

# Cheers to 20 Years!



September 2011

## In This Issue

20th Anniversary  
Campus Safety  
Volunteer Opportunity

## Mission:

Hands of Hope  
Resource Center  
advocates,  
educates, and  
promotes societal  
change for those  
affected by  
violence and abuse.

## Quicklinks

Newsletter Archive  
[HOHRC Website](#)



## [Join Our Mailing List](#)



## Approaching a milestone...

In 1985, Hands of Hope Resource Center began providing services to sexual assault victims under the name of the Morrison County Sexual Assault program. This program was housed at and supported in part by Northern Pines Mental Health Center. Then, in 1986, Morrison County United Way began contributing to the education programs that the agency provided, and in 1988 the first funding was received from the state of Minnesota, Department of Corrections.

In 1991, Hands of Hope Resource Center became incorporated and on September 17, 2011, we will celebrate the 20-year anniversary of that event! This milestone was the start of who we are as an agency today and laid the foundation for the 501(c)3 status, the name change, and the expansion of services to victims of domestic violence, sexual assault, child abuse and general crime in both Morrison and Todd counties!

We take this time to say thank you to all the current and previous board members, staff members, volunteers, community supporters and most of all clients that have shaped us into the agency we are today.

See below for our \$20 for 20 years fundraiser!



## September is Campus Safety Awareness Month

**Nearly 3 percent of college women experience a completed or attempted rape during a typical college year.** -U.S Department of Justice press release on *The Sexual Victimization of College Women Report*.

A college is supposed to be a safe, nurturing place where students learn. Following the precautions outlined in this section can substantially decrease your chances of becoming a victim.

- Be aware of your surroundings, including people, visualize potential exit routes from an event or location. Know safe and direct routes to campus destinations.
- Try not to walk alone after dark. If you do, try to utilize well-lit and populated routes on campus.
- Keep emergency numbers in cell phone or by your landline phone, including that of your RA, campus safety, and health services.
- Trust your instincts, especially when you feel that something is "not right."
- Be aware of what you post on the internet, especially online social networks like Facebook and Myspace. You can never be sure of who is viewing your personal information or pictures, stalkers, employers, recruiters, family.
- Do not prop open campus building doors, especially residential buildings. Remove props and report the problem to an RA or campus safety.
- Do not accept drinks from strangers as they could be easily contaminated with a drug.
- Try to avoid being alone in areas of campus that can often be empty or isolated such as basement laundry rooms, study lounges, etc.
- If you notice another person in danger follow your school's safety and security procedures and call 911. Do not engage another person who has a weapon or involve yourself in a fight.

## Volunteers Wanted!



- Are you caring, compassionate, empathetic, and motivated?
- Do you want to make a difference in the lives of those affected by domestic violence, sexual assault, child abuse, or general crime?
- Are you willing to volunteer your time for a worthy cause?

In order to provide services free of charge, we rely heavily on trained volunteers to assist in staffing our 24-hour hotline. We are in the process of recruiting volunteers who are interested in going through the training. After training, you will be qualified to answer and respond to our 24 Hour Hotline from YOUR OWN HOME. Volunteer advocates provide support and make referrals to those who have been victimized. There will be a free volunteer advocate training starting September 15th. For more information, call Karla at 632-1657 or 1-800-296-1657.

**\$20**  
for 20  
Years!



Please consider donating **\$20** in honor of 20 years of serving victims.

**\$20** can provide a night in a safe home,  
**\$20** can provide gas for someone fleeing to a shelter,  
**\$20** can buy diapers and wet wipes for a baby or  
**\$20** can buy pajamas for a child that had to leave their home.

Your **\$20** can help!

To make a tax deductible donation, mail it to our P.O. Box or click on the link below:

[Donate Now](#)

If you have any questions, please call Kristi at 320-632-1657.

## Upcoming Events

Volunteer Advocate Training  
Sept 15th- October 25th, 2011  
Contact Karla 320-632-1657

19th Annual Take Back the Night Event  
5:30 pm October 27, 2011  
St. Francis Gym, Franciscan Sisters Convent  
Little Falls

## Contact Info

Morrison County Office  
PO Box 67  
Little Falls, MN 56345  
Phone 320-632-1657  
Fax 320-632-5457  
24 Hour Hotline 320-632-4878  
Or 1-888-454-4878

Todd County Office  
PO Box 171  
Long Prairie, MN 56347  
Phone 320-732-2319  
Fax 320-732-2056  
24 Hour Hotline 1-800-682-4547

