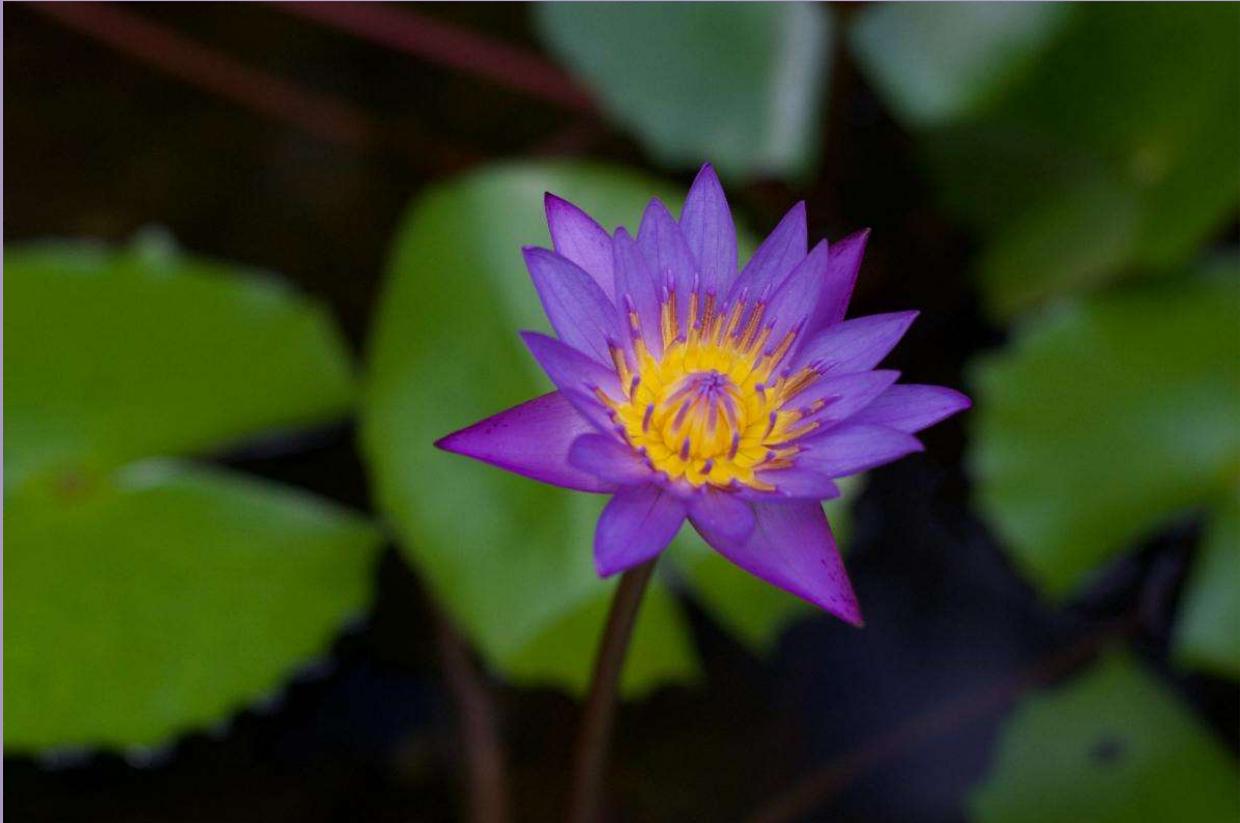


The HOPE Connection

~a quarterly publication of Hands of Hope Resource Center
~Fall 2022~



Thoughts from our Executive Director...

Once again fall is upon us. School is back in session. October brings Domestic Violence Awareness Month. Change is in the air!

Through client surveys and ongoing feedback from partners and businesses, we are continually looking at the way we provide services and striving to do better to serve victims/ survivors in the community with their ongoing needs. The last year has been one of growth for Hands of Hope Resource Center.



As we entered our 31st year of service, we recognized the need to increase our outreach to the more diverse service area in Todd County. An opportunity arose and through a grant from the Initiative Foundation (a regional community foundation), we were able to expand our office by adding a bilingual, Spanish-speaking advocate. To learn more about this wonderful addition to our staff as well as other news from Hands of Hope Resource Center, please read on!

~Stephenie Och

Welcome, Rocio!

Bio by: Rocio Fernandez Lugo

¡HOLA! My name is Rocío Fernández Lugo, and I am the new Bilingual Advocate at Hands of Hope Resource Center in the Long Prairie office! I am very excited to have joined this wonderful team of advocates and work with the communities in Todd County.



After many years of working in education and seeing first-hand the impact the different family realities and the complexity of domestic relationship dynamics have on a child's learning process, I wondered if more could be done from a different perspective to contribute to create safer and healthier communities. This is how I discovered the world of advocacy with Hands of Hope Resource Center where I am hoping to make a positive contribution through my work.

As an advocate, I aspire to walk with individuals who have been affected by violence and abuse as they re-claim their power and voice. I will do this by providing information, presence and support while making sure their rights are being protected and promoted. As a bilingual person and having had extensive experience in working with minorities, I look forward to reaching and serving diverse populations by reducing the language and cultural barriers.

My immediate goals are promoting the education on advocacy and facilitating the equal access to tools and resources, therefore moving towards a more integral societal change. I truly believe Hands of Hope Resource Center is the perfect channel for accomplishing these goals!



October is Domestic Violence Awareness Month

By: Johanna Klinkner

As October is Domestic Violence Awareness Month, I would like to shout out to area businesses inviting them to participate in "Paint It Purple" during the month of October. This could be as simple as putting a purple ribbon in their front window. A hair salon could offer to put purple dye in someone's hair at a discounted price or offer a special deal on getting

your fingernails done up in purple or white with purple ribbons painted on them. On October 20, 2022 we are asking everyone to wear purple as a sign to show our support for survivors and also to bring awareness.

In 2021 we felt just how horrible domestic violence can be when Jonathan Greyblood killed his wife, Jeanine.

In 2022 we felt this horrible feeling again when Christine Nygaard was killed.

Close to 20 women and one child have been killed due to domestic violence in Minnesota alone. I ask, when will this stop? How does this continue to happen? What can we do to bring an end to this madness?

My heart also goes out to all the silent victims of domestic violence... the children who live in the homes where this takes place. The trauma that stays with them for the rest of their lives and affects them in so many ways.

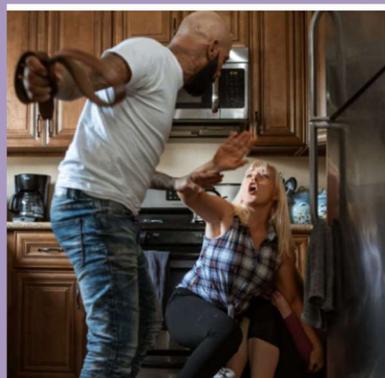
Most importantly, I would like you to know that there are programs that are available to help, such as Hands of Hope Resource Center. If you need help, or someone you know needs help, please reach out to us. There are programs all over the United States. Please help us to put an end to Domestic Violence.

Paint it Purple

By Connie Nelson

The color purple is often symbolic of peace, so it is very fitting as the chosen color for domestic violence awareness. Purple ribbons are often displayed in support of victims.

As you can see in the image, there are many ways that you can show your purple -- too many to put in a photo. You don't have to be a business to show your purple in support of domestic violence victims. Show your support by posting your pictures on Hands of Hope's Facebook page-- and then on your own!



Domestic Violence Effects on Children

By: Taylor Hernandez

When talking about domestic violence, many overlook or forget that also includes children. Studies have estimated that 3.3 - 10 million children witness domestic violence each year. Children, like their adult caregivers, experience trauma from the physical and verbal abuse in the home. According to Domestic Violence Services, INC “ *Children from homes with violence are much more likely to experience significant psychological problems short and long-term. Living with domestic violence significantly alters a children’s DNA, aging them prematurely 7-10 years.*”

The violence and trauma they go through whether it is verbally, physically, emotionally or witness counts towards their ACE's (adverse childhood experiences).

The National Child Traumatic Stress Network states that *“children's responses depend on the severity of the violence, their proximity to the violent events, and the responses of their caregivers.”* Children's immediate reactions to domestic violence may include generalized anxiety, sleeplessness, nightmares, difficulty concentrating, high activity levels, increased aggression, increased anxiety about being separated from a parent, intense worry about their safety or the safety of a parent. Long-term effects, especially from chronic exposure to domestic violence, may include physical health problems, behavior problems in adolescence (e.g., delinquency, alcohol, or substance abuse), emotional difficulties in adulthood (e.g., depression, anxiety, PTSD).

There are an overwhelming amount of negative side effects that come from domestic violence but that doesn't mean it has sealed the fate of the children that experience it. Children have the potential to be very resilient: the dictionary definition is “the capacity to recover quickly from difficulties; toughness”. The MN Department of Health definition is “the result of a dynamic set of interactions between a person's adverse experiences and his or her protective factors.” Protective factors also can help a child heal/cope and move on. Children's social and emotional health plays a big role as well along with other social connections. One of the strongest protective factors for children exposed to domestic violence is their relationship with the non-abusive parent.

Being a child survivor of domestic violence gives me a closer perspective to the obstacles a child faces, but it is possible to heal and move on.

October is National Bullying Prevention Month. October 19th is Unity Day.

By Kim Cook

Bullying is the use of force, coercion, hurtful teasing, or threat to abuse, aggressively dominate or intimidate. The behavior is often repeated and habitual.



According to the website www.pacer.org/bullying, **1 out of every 5 students report being bullied**. In addition, **41%** of students who reported being bullied at school indicated that they think the bullying would happen again.

46% of bullied students report notifying an adult at school about the incident.

Minnesota school districts are required to adopt, implement, review, and revise written policies to prevent and prohibit bullying. These policies must include requirements to notify the parent of the reported target and the parent of the actor engaged in the prohibited conduct. School districts must provide appropriate training for all school personnel to prevent, identify, and respond to prohibited conduct.

Visit www.pacer.org/bullying for more information, along with template letters for parents to use as a guide when writing letters to the school.

Statistics show that bullying prevention programs, like the ones that Hands of Hope Resource Center provide, decrease bullying by up to **25%**.

Through our Violence Prevention Program (VPP) we provide educational presentations in the communities of Todd and Morrison counties. These presentations are not only provided in the schools, but civic groups, church groups, businesses, and other organizations, and are developed on a variety of topics based on the organization's need.

October 19 is Unity Day - plan to wear and share the color orange as a tangible representation of the supportive, universal message that our society wants to prevent bullying, and is united for kindness, acceptance, and inclusion.

Mental Health and the Holidays

By Barb Goodrich



The holiday season is typically a time of joy and laughter for most people. However, high expectations, loneliness, and stress can lead to the “Holiday Blues” from Thanksgiving to New Year’s. If “’tis the season to be jolly” isn’t always the way you feel during the holiday season, you are not alone.

Stress comes from unrealistic expectations, having too many gifts to buy in too short a time, crowded stores, family conflicts, financial woes, fears, or sadness about being alone. Even the snowy, cloudy, cold days along with shortened day light hours can put a damper on your life.

You can turn this time of the year into a more pleasant and happy occasion by focusing on what you can control:

- Plan ahead and be realistic with your time. An early preview of the day allows you to discover obstacles before they occur so you can plan ways around them and clear paths toward greater success.
- Stay in balance. Make sure you include enjoyable activities each day, not just your holiday obligations. Do things that feel good!
- The holidays are often filled with perceived obligations. Make conscious decisions about these obligations and make sure they are your choices, not someone else’s.
- Take the initiative to resolve emotional unfinished business. Identify and let go of old issues, anger, and resentments along with tasks or projects that simply will never get done.
- Be good to yourself. Set an intention to be loving and accepting of the most important person in your life: You!

Remember, no one can make you happy more than yourself. This is one thing that’s your responsibility.

Do You Want to Make a Difference in Someone's Life?

By: Lyndsey Dimateo

Are you caring, compassionate, empathetic, and motivated? Are you looking to volunteer your time for a worthy cause? If so, come volunteer with Hands of Hope Resource Center! Advocates at Hands of Hope answer and respond to calls on our 24-hour hotline.

Volunteers are required to complete a 56-hour online training about victims' rights, advocacy, domestic abuse, sexual assault, general crime, problem solving, referrals, assessing victims' needs, conflict management, and much more! Each month, all volunteers get together with the Volunteer Coordinator to connect and to discuss ongoing training materials and how to improve the way we respond to victims of crime. Volunteering with Hands of Hope Resource Center does not *only* benefit the clients we serve, but it also expands volunteers' knowledge, awareness, and experience.



For a volunteer application or more information, please contact Lyndsey, the Volunteer Coordinator, at 320-632-1657 or lyndseyh@handsofhope.net.

Where to contact and locate us:

Morrison County
Little Falls Office:

Monday-Friday
8:30am to 4:30pm
Historic Courthouse
107 2nd Street SE, Suite 102
Little Falls, MN, 56345
By phone:
24 hour Hotline: 320-632-4878
Office:
320-632-1657
Fax:
320-632-5457
By mail:
PO Box 67
Little Falls, MN 56345

Todd County
Long Prairie Office:

Monday-Friday
8:30am to 4:30pm
Main Street Government Center
347 Central Ave
Long Prairie, MN 56347
By phone:
24 hour Hotline:
800-682-4547
Office:
320-732-2319
Fax:
320-732-2056
By mail:
PO Box 171
Long Prairie, MN 56347

Todd County
Staples Office:

Available by appointment only.
Todd County Health and
Human Services
200 1st St NE
Staples, MN 56479

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