



Sounds of Survival

Sexual Assault Program of Beltrami, Cass & Hubbard Counties

New Statewide Initiative Designed to Ramp Up Primary Prevention Efforts



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Inside this issue:

Community Ed News	2
29th Annual TAKE BACK THE NIGHT event	2
Anishinaabe Equay Update	3
SAP gets grant from MN State Bar Foundation	3
B-SMART Corner	3
Mark Your Calendar	4

When I hear these words, all I can think of is the Beatles classic song, "Revolution". Truly this is what we are doing, starting a revolution. The fire has been lit, and it grows bigger each time someone finds their voice and speaks out against sexual harm. For years we have been educating people about sexual violence. We have given statistics on how we as a society are affected every day. We've passed on the cost report for Minnesota, showing that in 2005 we spent over \$8 Billion on sexual violence, all of it on intervention after the violation. Now we're moving forward and inviting everyone who has had enough to join us and speak out and demand a change. We have joined forces with the Minnesota Coalition Against Sexual Assault and we're using the internet to pool people and ideas from all across the state, and giving it back to you. We're giving you the tools to make changes in society. We need your input. We need your help. Are you ready to join the Revolution? Are you ready to speak up and Demand the Change? Go to www.mncasa.org and click on "Demand the Change, Change of Heart" to learn more about this project. What are you waiting for? The revolution is here. The time to act is now.

The Vision of the Sexual Assault Program of Beltrami, Cass & Hubbard Counties is to provide support for all victims of all levels of sexual violence, to educate the community about the issues of sexual violence, and to promote changes in attitudes and behaviors that will stop sexual violence



Community Education has been busy!

We teamed up once again with students from Trek North Junior and Senior High school and took our show on the road. Together we visited eleven different Leech Lake Head Start classrooms and over 100 kids. We talked about feelings, read "My Body Belongs to Me" and even taught a song that reminds kids that if they get touched in a way they don't like, they have the right to say no. We identified people that we trust, and reminded kids that sometimes we have to keep on telling in order to get our voices heard. Good lesson for everyone when it comes to perseverance. Keep your ears on for a follow up project that is in the works. We're trying something new and are very excited about it.

Spring is not here yet, but it's on its way! The 4th annual 5K Run/Walk is right around the corner, and this year promises to be the best yet! While we can't guarantee no snow, (we moved the date to April 9th this year), we can guarantee warmth. The inside track will be monitored for those that wish to participate indoors, and for the die-hard runners, the outside loop is the same as always- starting and finishing from the Gillette Recreation Center parking lot. Prizes this year are starting to roll in, and guaranteed to keep you guessing. The t-shirts will be incorporating our new theme; "Demand the Change- Change of Heart".

Early Bird Registration will be open until March 18 for the guaranteed size of t-shirt and discounted price of only \$15. After March 18th, registration is still allowed, encouraged and accepted, but for the standard rate of \$20 and a first come first serve mode for t-shirt size. Tell all your friends, co-workers and relatives, and come to BSU on April 9th. Your voice matters!

CHAT

Sexual Assault Program applied for and received a two year grant to start an audit team in Cass and Hubbard Counties. The acronym, CHAT, stands for Cass and Hubbard County Audit Team, but also explains quite deliberately what the audit team is about. We will be chatting about sexual violence and our system response to victims. The purpose of CHAT is to provide and promote closer coordination and better communications among all participants. We will create or improve upon policies and protocols designed to guide every practitioner to do everything possible each time a person reaches out to this massive criminal justice system for help. Currently we are holding two separate meetings, one for Cass County and one for Hubbard County, to keep attendance strong with limited travel. It is our hopes that by the time the grant is over in 2 years, there will be an improved system response to victims of sexual violence. Thus, more victims will come forward, and more perpetrators will be held accountable.

29th Annual Bemidji Area TAKE BACK THE NIGHT Event and March

Thursday, April 28,
2011
5:00 pm
Bemidji Senior
Center

Sponsored by: BSU,
Headwaters Unitarian
Universailst Fellowship, Sexual
Assault Program of Beltrami,
Cass & Hubbard Counties,
Northwoods Coalition for
Family Safety, and Northern
Minnesota Family Advocacy
Center.



SAP receives MN State Bar Foundation grant

Sexual Assault Program staff and board are pleased to announce a grant from the Minnesota State Bar Foundation. The \$1500 grant will help offset the costs of doing legal advocacy for sexual violence victims in Beltrami, Cass, Hubbard and Clearwater counties. "When providing advocacy services in an area that is over 6000 square miles, staff travel time and mileage can get to be significant expenses," says Executive Director Cassondra Johnson Blackbird. "We are so appreciative of the continued support of the Minnesota State Bar Foundation."

Join us for the
4th Annual
5K Run/Walk for
Sexual Assault
Prevention and
Awareness
9 am
Saturday, April 9 @
Bemidji State
University's Gillett
Recreation/Fitness
Center

*Demand the Change
Change of Heart*

Visit www.sapbchc.org for
registration information

Event sponsors include ,
TEEVO, Thunderbird
Graphics, and BSU's Lifestyle
Educators.

Event will be held indoors if
weather is poor.

Anishinabe Equay Update



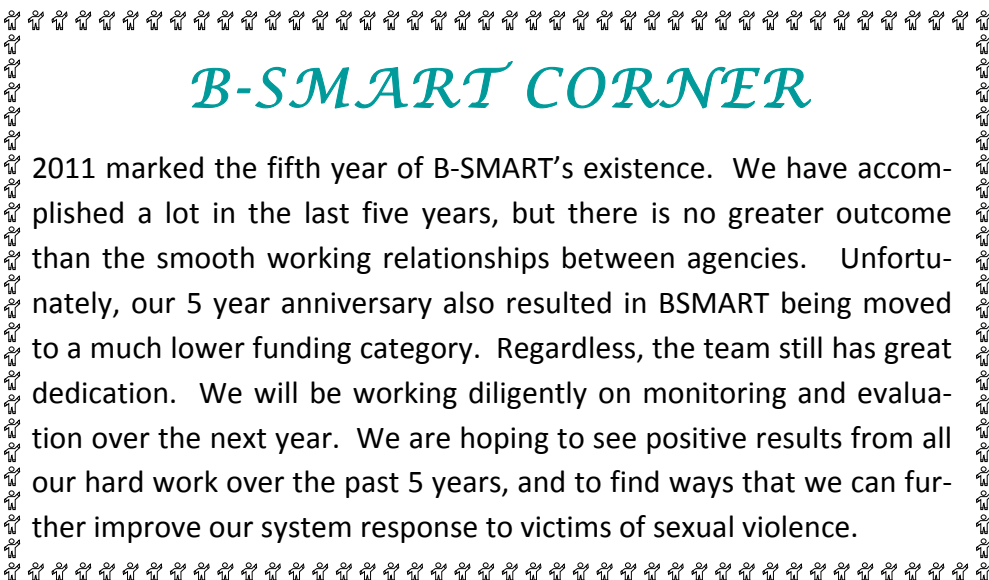
Boozhoo! In December, I had the opportunity to attend the 12th National Indian Nations Conference: Justice for Victims of Crime in Palm Springs, CA. I attended sessions titled "Working with Sexually Exploited Youth in Indian Country" and "Youth Gangs/Drug Trafficking: Direct Threat to Tribal Sovereignty/Victim Safety." Sessions such as these play a crucial role in one's understanding when working with Native American youth who have experienced sexual violence. The conference also had a chair ceremony to honor victim/survivors who were unable to attend the conference. The ceremony included four chairs representing children, women, elders, and men. This was a truly moving ceremony which served as a reminder to those working in any aspect of victim services why we continue the work that we do.

Lately, I have been collaborating with our community outreach coordinator providing prevention/outreach activities at the Leech Lake Head Start Programs and the Oshkii Manidoo Recovery Center. The A.E. Program also had the chance to attend Leech Lake's sobriety feast in Walker, MN. Here the program has been able to reach out to those in the Native Community who are recovering from alcohol and/or drug addictions.

The A.E. Beading Circle is still going strong. Barrettes will be mailed to the MIWSAC office soon to ensure the current stories and barrettes are submitted before the publication of the Barrette Project Book. I look forward to the busy month of April and continuing to promote healing and change to stopping sexual violence!

B-SMART CORNER

2011 marked the fifth year of B-SMART's existence. We have accomplished a lot in the last five years, but there is no greater outcome than the smooth working relationships between agencies. Unfortunately, our 5 year anniversary also resulted in BSMART being moved to a much lower funding category. Regardless, the team still has great dedication. We will be working diligently on monitoring and evaluation over the next year. We are hoping to see positive results from all our hard work over the past 5 years, and to find ways that we can further improve our system response to victims of sexual violence.



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United Way
of Bemidji Area

Mark Your Calendar

March 2011

- **Wednesday, March 9** ~ ACTION DAY TO END VIOLENCE AGAINST WOMEN AND CHILDREN, Capitol Building, St. Paul
- **Tuesday, March 15** ~ PAMPERED CHEF FUND-RAISER AT SAP, Noon ~ 2pm, Come to our Bemidji office and view the new Spring line-up, place and order and raise money for SAP!!

April 2011~SEXUAL ASSAULT AWARENESS MONTH & Child Abuse Prevention Month

- **Saturday April 9** ~ 4th ANNUAL 5K RUN/WALK FOR SEXUAL VIOLENCE, ~ Bemidji State University Gillett Rec Center ~ 9am *Register now at www.sapbhc.org*
- **Thursday April 28** ~ TAKE BACK THE NIGHT Bemidji Senior Center (March, Feast, Speakers, Open Mic) 5:00 pm

Trivia Teams raise funds for SAP

Is your head full of useless knowledge? Well, we have the perfect outlet for that knowledge. Gather with your friends for Brainstormer Trivia every Monday night in April at Brigid's Cross Irish Pub in Bemidji. Brigid's donates a dollar for every team member present to the Charity of the Month. SAP is Charity of the Month for April. (Flanagan the Flying Pig also takes donations at the bar.) You can compete against other teams for prizes. Registration starts at 7pm and Trivia begins at 7:30pm. So gather your brainy friends, put on your smarty pants, have fun and raise money for SAP all at the same time!