



# Sounds of Survival

*Sexual Assault Program of Beltrami, Cass & Hubbard Counties*

## SAP is on the MOVE!!!



The Sexual Assault Program's  
Bemidji office is moving!

As of December 1, 2010 we will be at

403 4<sup>th</sup> Street NW, Suite 140

(also known as the 4West Building).

Join us for a

Holiday Open House!

Friday, December 17 from 11 am to 2pm

### It's Radiothon time again!

The Annual Radiothon to End Child Abuse is almost here. In effort to support the Beltrami County Child Abuse Prevention Council, kids at Trek North again, stepped up to the plate to help out. A fundraiser is underway to help get the word out for the Radiothon. Trek North kids are putting together over 200 coco packets to sell to classmates and community members the week of Thanksgiving. **Packets of coco sell for \$1.00 each** and contain cocoa, marshmallows, and is complete with a chocolate dipped spoon for stirring. These little packages are too cute! Students are hoping to keep up with the demand, and hope to sell all 200 before the end of the month. **Call Kelly at SAP** if you would like to purchase some cute little packages for stocking stuffers.

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#### *Inside this issue:*

Scrapbooking 2  
retreat for ser-  
vice providers

The Impact of the 2  
work we do

Anishinabe Equay 3  
Update

Scrapbooking and 3  
journal making

BSMART Corner 3

Mark Your Calen- 4  
dar



### Scrap Book Retreat

We applied for a small project grant from Itasca/Mantrap's Operation Round Up to host a scrap book weekend for survivors in Hubbard County. After much discussion, we decided we were not ready to offer the retreat to survivors and switched our focus to direct service providers. Our goal for the first year was to get a few people to participate and brainstorm ways to make a fabulous annual event out of it.

A small group came together on October 8<sup>th</sup> and 9<sup>th</sup> at Borde Du Lac Lodge on Benedict Lake. SAP was able to purchase some fabulous supplies that were given as gifts to those who attended, and food was also provided. The entire weekend was free for our guests! We enjoyed one of the hottest October weekends on record with great company, scenery and our crafting.

The Brainstorming sessions produced these results:

- We should make this an annual event for those experiencing vicarious trauma. As advocates, we know how important it is to promote self healing.
- Have Scrapbooking be only one suggestion for their activity of choice. Others may be painting, quilting, knitting, reading, beading, or simply sleeping!
- Throughout the weekend have breakout sessions for people to attend that will promote different ways for self healing. Examples of this could be yoga, motivational speakers, art demonstrations, etc.
- Have massage therapy students in need of "practice subjects" come out to give our guests back massages.
- Have the meals catered to reduce the stress for SAP employees.

Thank you to all who planned, participated and funded this great weekend!

#### WHY WE DO WHAT WE DO...

We were given permission to use this statement by a young survivor who wrote and read to the court at the sentencing of her perpetrator.

*An impact statement is supposed to state how you felt about what happened, but for me there are no words to describe how this effected me. My life will never be the same because of what happened.*

*When I was a little girl I would dream about being in love with someone who cared about me, who loved me for who I am inside and out..... He led me to believe it was him who loved me- who wanted to be with me forever. During this time I thought I felt something for him. But the truth is that he never loved me, he didn't want to be with me for me, he wanted a puppet to do what he wanted. He never cared about what I wanted. His only concern was himself.*

*There is not a single day that goes by that I do not think about what happened. It has caused me to lose my self esteem, my happiness, and my virginity.*

*I was raped, brain washed, lied to, blinded by a guy who thought he was unstoppable. My life will never be the same.*

*My home feels unsafe knowing what happened there. I have nightmares that were real at some point because of him. I thought I was in love, but I was forced to see the truth. My family hurts, my relationships suffer trust issues because of him. My body feels violated in too many ways to count because of him.*

*I never thought I would be a victim. I never thought I had the strength to stand up for what was right. All I wanted was to feel love for someone and have them feel it for me back. I was just a toy to him. I meant nothing to him. When I would tell him no, he wouldn't care. But now I realize that that was not a relationship. It was all a game to him.*

*Today I not only speak for myself, but I speak for my family and friends when I say this..... You are not in control anymore. I am. And when I say no it means no. Today things change..... Today I can move on.*

*I want him to think about what happened, I want him to put himself in my shoes. I want him to know what he did was wrong. But mostly I want him to have consequences that will make him reflect on himself. I want him to feel what I felt until today.*

*This changed my life physically, mentally and emotionally. And I will never be able to trust the same way again.*

By Taylor , Age 15



We're "Scraping" Prevention!

Anishinabe Equay Update

Thanks to a FABULOUS donation and help from the Itasca Mantrap Operation Roundup grant we received, scrapbooking items were gathered and purchased, then put to great use- all in the name of prevention!

Leftover scrap items were used in conjunction with the Bemidji Middle School family fun night (a partner in the Bemidji Area Prevention Alliance) to help kids make their own journals. Round two of journal

making yielded more than triple the participants when we participated in a similar family fun night at



Calvary Lutheran Church. The third "scrap" event with Bemidji area youth included over 17 kids at Trek North Junior and Senior High School. There we used the scrap materials to cover composition notebooks all while talking about the benefits of journaling. Prevention was fun; kids learned a skill, spent time with us working side by side, and all while building strengths of support from adults and programs (US!) in the community. Thanks to our great partners in this project, prevention was fun, fun, fun!

Boozhoo! The Anishinabe Equay Program has had a busy winter so far. Following SAPBCHC's Annual Meeting, the A.E. Program has started its Beading Circle and the response has been great! The first project that we have been working on is the Minnesota Indian Women's Sexual Assault Coalition's Barrette Project.: survivors of sexual violence are honored through submission of a Barrette which is a visual representation of their survival of sexual assault. The project is dedicated to collecting stories to raise awareness about the high rates of sexual violence perpetrated against Native women and girls. The barrette project is committed to telling the stories of our mothers, grandmothers, sisters, aunties and friends as we work together to end sexual assault and restore the sacredness of women in our communities. When the Barrettes are complete, we will be looking into other art projects for survivors to participate in.

Our other exciting recent news is that I have been granted a full scholarship to attend the 12th National Indian Nations Conference: Justice for Victims of Crime in Palm Springs, CA. I look forward to participating and applying what I have learned to my work at SAP. Miigwetch!!

**B-SMART CORNER**

The current goal of the B-SMART team is to get members back involved and at the table every month. With exception to the few members who were active in the protocol trainings, the team had the first six months of 2010 off. It is understandable that the break has caused a halt in momentum with our members. They may have lost interest, or now have a scheduling problem where making it to meetings falls low on the list of priorities. This issue also happens to be one of the areas the team has chosen to look at in our monitoring and evaluation process. Naturally we chose to tackle this segment first, as the other areas would not be a multidisciplinary approach without more members active. Part of our plan is for me to compile all the attendance information from the past four years into one report. With this report, we will be able to go to department heads. We also want to find ways to lighten the burden for agencies in order to improve attendance. Some ideas were change the location of meetings, offering food at every meeting, etc. I have also made changes to our meeting agenda by adding system consult, agency updates, and topic of interest to make the meetings more interactive. For our December meeting we will be exchanging white elephant gifts and enjoying some Christmas treats!



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*Mark Your Calendar*

**December 2010**

- Wednesday the 1st, Beltrami CAPC Luncheon for the Radiothon, 11 am to 1 pm at 616 America Ave, Bemidji in the Lunchroom
- Thursday and Friday, 2 & 3, Radiothon to End Child Abuse, Paul Bunyan Mall
- Friday 17th, SAP HOLIDAY OPEN HOUSE, 403 4th St. Suite 140 (4West Building) from 11 am to 2pm

**January 2011**

- Community Champions training in Bemidji sponsored by MNCASA and MNMAN. Check with us for more details later

**February 2011**

- SAP Volunteer Advocate Training in Hubbard County (check with our office for more details)

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money and trees!**

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Or call us at 218-444-9524 .

