



Wish List

- Car seats
- Booster seats
- Bicycles (women and children)
- Socks and underwear
- Sweats
- Diapers—sizes 4 & 5
- Silverware
- Pots and pans
- Drinking glasses
- Dishware
- Pizza pans
- Safety can openers

Upcoming Events — Save the Dates!

• Dine & Donate

Invite family, friends and neighbors to Burger King in Detroit Lakes on October 23rd from 5-8 p.m. with a portion of proceeds going to LCRC.

• Give to the Max Day

On Give to the Max Day Thursday, November 15, 2012, thousands of Minnesota nonprofits will come together to raise millions of dollars in just 24 hours. Please support our cause!

• 4th Annual Santa’s Breakfast

Join us for our 4th Annual Santa’s Breakfast on December 2 at M|State in Detroit Lakes. A pancake and sausage breakfast will be provided with proceeds benefitting LCRC.

• Giving Hearts Day

On February 14 2013, you can double your gift by giving an online donation. Dakota Medical Foundation will provide matching funds to contributions made to LCRC.

• 23rd Annual Banquet and Auction

The annual Lakes Crisis Banquet and Auction is set for Friday, April 5th. Once again we’ll be setting up shop at the Speak Easy in Detroit Lakes with auction items and games to attract your donations. You can be assured that we’ll have a terrific dinner, entertainment, and a night of socializing so mark it on your 2013 calendars – April 5th. Details will follow in later newsletters.



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The Advocate

She wasn’t bad – he was! *(Jill’s story)*

He was good looking and accepted as a “good guy” in the community so when she saw his abuse escalate, she initially blamed herself. He told her she was “bad” and when she tried to alert family and friends to the beatings behind closed doors, nobody believed her.

This is the story of a young mother now living at Mary’s Place, the Lakes Crisis and Resource Center’s shelter in Detroit Lakes, Minnesota. She says she now knows that her story is not unique because since she has attended group sessions at the shelter, she has heard other women recount similar nightmares. She says it doesn’t matter what race, age, or economic background they come from, they now realize they were not crazy or deserving of the violence inflicted upon them.

Jill is well educated but she was naive to the emotional prison she was living in. Years ago, her husband’s abuse started as negative comments, then emotional abuse, and eventually he gained control of her mind and emotions. Any independent decision making abilities she may have had before they met were in the past. She also gave up contact with friends and others in the community who may have shed some light on what eventually escalated into violence.

Finally, one day stood out from the others. She sent her children to a friend’s home before she endured the last beating at the hands of the man who supposedly loved her. With blood gushing from her latest wound, she drove herself to the hospital emergency room and law enforcement was alerted. Under their watchful eye, she returned home. She only had time to take a few things including a tent she was prepared to use as their only shelter.

Jill and her children were one of many families on the beach of Detroit Lakes this past summer, trying to blend-in but certainly not carefree tourists. She recalls, “We would go to the beach to get away and let go of problems – manage stress. I would go to that happy place in my mind when things were too much.”

She called the YWCA Shelter in Fargo but it was full. She then reached out to Mary’s Place where she lives today, just a few miles from the beach that gave her temporary solace.

On purpose, I will not share too much information about Jill (whose name has been changed) because she fears her attacker may hunt her down. She wants to find a good job and provide for her children but before that can happen she needs to work on her own self esteem. She says group sessions with LCRC advocates and shelter residents as well as individual meetings with the staff psychologist are helping her on her long road to recovery. She now realizes the life she endured was not “normal”. It is not normal for young children to see their mom scared literally and figuratively. She doesn’t want them to grow up thinking that abusive lifestyles are normal and continue the cycle into their own adulthood. She was raised in a non-supportive, alcoholic family and consequently, she fell into the same pattern as an adult – choosing partners with chemical abuse problems. She has now shed chemical addictions in her own life and in the lives of those she befriends. She now has a chance thanks to Mary’s Place.

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Dine & Donate

LCRC staff welcomes you to Burger King!

Invite family, friends and neighbors to Burger King on October 23rd from 5—8 p.m. and 20% of all sales will benefit LCRC.

For those individuals that donate over \$5, a whopper coupon will be given.

Please stop by and see us, feed your family and support LCRC!



From the Director's Desk

Dear Friends,

Approximately 150 women and children have resided at Mary's Place since opening in August, 2011. The past year has been a journey filled with hello's and goodbye's but most importantly "hope" for these women and children. Children who have lived in fear for themselves and for their mothers have been able to sleep safely at night thanks to Mary's Place.

We have seen situations where women have been living in abuse for over 25 years and never before had a place to go until Mary's Place opened its doors. We have young women with children that are no more than a child themselves. Often, they are sweet, but sad, and in need of just as much love, care and protection as their children. Their lives have many times been characterized by constant trauma and abuse. These women face fighting domestic violence, sometimes their own drug addictions, homelessness and possible rejection from their own family. Typically, these women have been victimized by the same vicious cycle that is now affecting their children.

Mary's Place has consistently been filled to capacity since opening day. There are so many heart-breaking examples every week that have already become too familiar to us. We know through research the cycle of domestic violence repeats itself without proper intervention, advocacy and education. In our first year we are pleased to say that we have implemented new or enhanced programs to provide education and intervention services, including: budgeting classes, educational domestic violence groups, trauma groups, parenting groups and much more. We are encouraged at the positive results the combination of a safe place to reside and high quality education and intervention services have had on those we serve. It is clear, however, to sustain long-term change, more time is needed than 30 to 60 days to continue the educational work needed to transform lives.

The impact of domestic violence is significant. We also know from research that a stable home life is invaluable to the growth and development of children. Recently, Lakes Crisis has been awarded an Otto Bremer Grant to hire another psychologist to focus on the mental health needs of children. We are excited to add another mental health professional to our staff in the near future.

Lakes Crisis & Resource Center has always known that to truly break the cycle of violence, there are three key legs to the housing need for battered women and their children: emergency safe shelter, transitional housing and long-term affordable housing. After one year of operation of the shelter, what we have always believed has been verified by the underlying need these women face in finding long-term affordable housing in our community or surrounding area. We are currently exploring the opportunity to build transitional housing on our land donated by DelRae Chivers to meet the second critical step in achieving a violence-free existence for women and their children. In addition, residents could continue to work with LCRC staff. Contact me if you would like to visit about this possibility.

Lakes Crisis & Resource Center and those we serve are truly blessed to have such a generous and kind community. Together we can strive to break the cycle of violence.

Jan Logan

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HOME

ABOUT US

PROGRAMS

GET INVOLVED

RESOURCES

Fostering safety, hope and healing through
advocacy, intervention and education



24/7 Crisis Lines

LCRC Crisis Line
218-847-7446 or 877-754-9683

Mental Health Crisis Hotline
218-850-HELP or 877-380-3621

It Is Here! Our New Website

We are pleased to announce the launch of our newly redesigned website at www.lakescrisis.com

The site's homepage welcomes visitors with new colors, a clean uncluttered design and clear navigational tools.

The user friendly site provides an information platform. The aims of the site are to allow visitors to gain a comprehensive understanding of LCRC and its shelter, Mary's Place. It also provides contact information.

Each of LCRC's programs are explained in greater detail. Past newsletters can be reviewed at any time. Employment and volunteer opportunities will be posted soon. We will keep our wish list updated at all times too.

The site also links to our facebook page which provides another way for our supporters to follow us.



Find Lakes Crisis & Resource Center on facebook and "like" us.

You can stay current with the happenings at Lakes Crisis & Resource Center, view our wish list posts and see when the staff will be out in the community advocating for our cause.



Domestic Violence Hurts! No One Suffers Alone! October is National Domestic Violence Awareness Month

Domestic violence is a pervasive, life-threatening crime that affects millions of individuals across our country regardless of age, economic status, race, religion, or education.

Children are particularly vulnerable as both victims and witnesses to domestic violence. Statistics show that children who experience domestic violence are at a higher risk for failure in school, emotional disorders, and substance abuse, and are more likely to perpetuate the cycle of violence themselves later in life.

Everyone has a part to play in ending violence. President Obama states "this is not just a job for government but for us all."

By engaging men and women, mothers and fathers, and schools and universities in the fight, we can teach our children about healthy relationships. We are asking everyone to play an active role in preventing and ending domestic violence, by stepping up to stop violence when they see it. During National Domestic Violence Awareness Month, we recommit to making sure that no one suffers alone, and to assisting those who need help in reaching a safer tomorrow. LCRC is committed to doing their part by offering safety, hope and healing to individuals and their families affected by domestic violence. For more information on how you can make a difference, contact LCRC at 218-847-7446.

Donate Online



Use the QR Code app on your smart phone to donate online. This code will bring you to LCRC's page on the giveMN website.