



Crime Victims Resource Center

Serving victims in Mower County since 1977

October is Domestic Violence Awareness Month

Domestic violence impacts:



1 in 3
women



1 in 4
men



- In 2018, domestic violence accounted for **20% of all violent crime.**
- **72% of all murder-suicides involve an intimate partner;** 94% of the victims of these crimes are female.

"Why didn't you just leave?"

Domestic violence is prevalent in the lives of many men, women, and children. Here at Crime Victims Resource Center, we have worked with thousands of victims that often find it challenging to leave their abuser. Unfortunately, many abuse victims are questioned about staying and the perceived inability to break free from their abuser.

One of our clients has provided us with a poem she wrote describing the "hold" and her journey in breaking that hold. She has given us permission to publish her poem. To respect her privacy, we are not publishing her name.



Terminating the hold

How could it ever
Be OK for you
To threaten my life
And assault me too?

Why would you EVER
Say or do or be
The narcissistic parasite
Like you were with me?

I did my best to understand
To accept & to forgive
To help you rise above
Your past
And learn how to live.

Yet – your demands to be right
And simply not care who
Your dagger words & actions
Wound & leave bleeding too.

Manipulation – guilt trips –
The hateful threats you spew
Rage fueled tirades – victim playing
Are tactics used by you.

You've commanded YOU ARE KING
And EVERYONE owes you
Like I'm supposed to be impressed
And bow down to you.

My "bow down" days are over
My life belongs to me
Your well-being is your own
And you will also be
Reaping all you have sown
I hope you choose wisely.

So: you can take your royalty
And entitlement as well
Pack 'em tight and hold 'em close
And you can go to hell.

I will not be watching –
it matters not to me.
I've reclaimed my right to live
And live MY LIFE FREELY.



**DID YOU
KNOW?**

Fast Facts

Minnesota Crime Victims Reimbursement Program

(formerly known as Reparations)

If you are interested in more information or would like assistance in submitting an application, please call Crime Victims Resource Center at 507-437-6680.

- This program provides financial help for victims and their families for losses incurred as a result of a violent crime.
- As of July 1st, 2023, it has been renamed the Reimbursement Program.
- The crime must have occurred in Minnesota (or in a foreign country without a compensation program).
- The crime must be reported to police within 30 days (time limit exception: sexual assault and child abuse victims).
- The victim must not have committed a crime or contributed to the incident through their own misconduct.
- Pain and suffering, stolen money, and property loss are not covered. If a criminal file exists, restitution may be the appropriate venue to cover out of pocket expenses.
- The Reimbursement Program pays only a percentage of medical, dental, and mental health counseling expenses.
 - However, the provider is required by law to accept the Board's reduced payment as payment in full and should not charge the victim for the remaining balance.
- All expenses must be submitted to insurance (if applicable) prior to submission to the program.

Types of crimes covered: crime involving injury or death, homicide, assault, child abuse, robbery, kidnapping, domestic abuse, stalking, and criminal vehicular operation and drunk driving.

Types of expenses covered: funeral and burial expenses, medical and dental bills, mental health counseling expenses, child care and household services, loss of wages, crime scene cleanup, and financial support for dependents of a homicide victims.

Is your loved one in a toxic relationship?

It's not uncommon for someone on the outside to recognize the red flags in a relationship before someone discloses abuse. It can feel daunting to know how to approach a delicate situation such as a loved one's relationship. This is amplified if there is suspected violence involved.

Some red flags to keep an eye out for include:

- Changes in communication frequency
- Sudden changes in financial ability. For example, losing access to their credit cards or bank accounts
- Appearance changes such as covering up more
- Significant personality changes
- Unusual vagueness or secrecy about their relationship
- Social and/or physical isolation
- Unexplained injuries

This list is not exhaustive, and every person's situation is going to present itself differently.

So, what can you do? As a friend or family member, it's best to focus on things within your own control. An important first step is to provide support; let them know that you are concerned about their situation. It may be helpful to identify the red flags that you have observed but do so with a non-accusatory tone. Keep in mind that abusers thrive when their targets are isolated. You can help break that barrier down by letting them know that you are concerned and a safe person or place to go to when they're ready.

If they decide to disclose to you about what is going on, be sure to remain calm and let them know it's okay to talk to you. Be a listening ear first and do your best to understand what they are saying before trying to jump into solutions. What may be an "easy fix" to you, could be impossible to the person when considering their circumstances.



You can also help them connect with resources. This can be as simple as researching your community and letting your loved one know what is available. If they are comfortable, you could possibly attend meetings with them to provide support as they reach out. It's important to let them take the lead on what they are comfortable with.

Keep in mind that they will ultimately make the final decision on what they will do. This means that you may think someone should leave a relationship, however that doesn't mean that they may be able or want to do so. There are many reasons why someone may stay in a toxic relationship. This could be due to financial dependence, custody of children, lack of access to resources, it being unsafe for them to leave, unable to relocate, threats and manipulation by the abuser, etc. Toxic relationships are extremely complex and there is often a lot more at play than what you may be aware of.

While someone may not be ready to leave or change their situation, you can help them know who they can turn to when the time is right. Here in Mower County, our community works together to build a web of resources available to victims of domestic violence. If you are not sure where to start or how to help, you can call Crime Victims Resource Center and we can help you support your loved one.



Women's Support and Education Group

If you or someone you know is in a difficult relationship, please consider attending our Women's Support and Education Group.

5:30 p.m. ▪ Wednesdays

For more information,
please call 507-437-6680.

Crime Victims Resource Center

101 14th Street NW, Austin · 507-437-6680

Empowering victims of crime through education, intervention, support and advocacy.

The Crime Victims Resource Center will help individuals who have been victims of many different types of crime. Some of the specific crimes we work with are:

- Accidents involving intoxicated driver
- Assault
- Burglary
- Child Abuse
- Domestic Abuse/Assault
- Elder Abuse
- Harassment
- Sexual Abuse/Assault
- Stalking
- Terroristic Threats
- Theft



Tori Miller
Director



Sasha Border
Victim Advocate



Linnea Garness
Victim Advocate

Victim Support Services

- 24 hour crisis hotline
- Crisis counseling
- Safety planning
- Arranging emergency shelter
- Support groups
- Referrals to other agencies
- Emergency transportation
- Support during hospital examinations
- Support during police reporting
- Assistance with Orders for Protection and Harassment Restraining Orders
- Assistance with understanding the criminal justice system
- Accompaniment to court proceedings for support
- Updates on the progress of court proceedings
- Notification of victims' rights

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