



# Crime Victims Resource Center

Serving victims in Mower County since 1977

## SEXUAL ASSAULT AWARENESS MONTH

Learn how to take steps to build connected communities and enhance your knowledge of sexual assault, harassment, and abuse. You have the power to help create safe communities where everyone feels

safe and supported. Please join us in promoting equity and respect in our community, as our connections to one another have an impact more significant than just ourselves.



#saam2024

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To subscribe or unsubscribe, email [miller.tori@mayo.edu](mailto:miller.tori@mayo.edu)

## Support Survivors During Sexual Assault Awareness Month



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### Every Person has a Role in Preventing Sexual Violence.

What Role  
will you play?



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### Together, We Can Build Connected Communities



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### What does it take to build connected communities?

Addressing the social and structural determinants of health, such as education, income, employment, community safety, and social support, is crucial to improving the conditions in which we live, learn, work, and play. In a connected community, we can look out for one another and make choices to promote health, safety, and well-being. Building connected communities brings us closer to the goal of health equity. Health equity means that everyone, no matter their situation, has a chance to achieve their best possible health, creating a fair and just opportunity for all to reach their highest level of well-being (PI & NSVRC 2021).

We recognize that how we talk about sexual violence significantly impacts survivors, their families, our communities, and society. We also understand that our voices have power and that when one of us does not feel safe or respected we are all affected. As such, we must strive to create strong, connected communities that take care of one another and make decisions to ensure the safety and well-being of others to end sexual violence.

### STATISTICS SHOW:

- Most women and men across all sexual identities who experienced contact sexual violence reported that the person who harmed them was someone they knew (Chen, et al., 2023).
- 1 in 5 male victims reported only male perpetrators, 1 in 2 had only female perpetrators, and about 1 in 6 had both male and female perpetrators (Chen, et al., 2023).
- More than 1 and 4 non-Hispanic Black women (29%) in the United States were raped in their lifetime (Basile et al., 2022).
- 1 in 3 Hispanic women (34.8%) reported unwanted sexual contact in their lifetime (Basile et al., 2022).
- 32.9% of adults with intellectual disabilities have experienced sexual violence (Tomsa et al., 2021).
- 47% of all transgender people have been sexually assaulted at some point in their lives (James et al., 2016).

Information excerpt shared from National Sexual Violence Resource Center; [www.nsvrc.org](http://www.nsvrc.org).



# Trauma Bonding

Part 1 of a 3-part series

People often make statements about domestic violence victims:

“why doesn’t she/he just leave?”

“She/he must like getting hit!”

“Nobody is forcing her/him to stay, I’d just leave!”

Victims stay because of very complex circumstances, one of which may be a trauma bond. In our three-part series, we will highlight what a trauma bond is, how to identify the signs of a trauma bond, and how to help someone break free from that bond.

To understand the core of a trauma bond, essentially it comes down to two primary factors:

- 1) power and control
- 2) intermittent abuse

These bonds are powerful and play a big role in why people stay.

A trauma bond is the connection a person develops to another through an unstable and potentially unsafe relationship. Specifically, this bond grows



when an abuser provides intense affection, love, and admiration followed by periods of indifferent, aggressive, and/or hurtful behavior. The behavior typically consists of grand gifts, 24/7 attention, and compliments to anger, control, cruelty, and violence. Then, in the same unpredictable fashion, the abuser will return to intense affection and starts the cycle over again.

These periods can last days, weeks, or even months. The changes in behavior are seemingly random and leave the other person wondering what they did wrong as they try to make sense of the drastic changes in the person, they believed loved them.

This intermittent abuse progressively breaks down a victim and leads to low self-worth, fear, anxiety, depression, etc. Abusers work to achieve this intentionally, not only does this allow them to maintain power, it allows them to use the periods of affection as a manipulation tactic.

The abuse leaves people grasping for any kind of love and abusers recognize this. They'll strategically show they are capable of affection and make the victim feel as though it's their fault they won't give it. When they do decide to switch to the affection stage, it can be a huge relief and feel very rewarding to the victim.

The trauma bond is powerful, it essentially creates confusion for the victim as they are thrown into a whirlwind of love and malice. The abusive individual relies on this state of confusion to keep their victim trapped in their game of control and coercion.

Stay tuned for our next newsletter, where we will highlight the signs that will help you identify if someone is in the depths of a trauma bond.

# CVRC Updates

## LOOKING FOR A GROUP SPEAKER?

Would you like to learn more about victimization and the services we provide? Is there a particular crime topic you'd like to learn more about? We would love to come and speak to your organization.

## DID YOU KNOW?

We moved to the main campus of the medical center located at 1000 1st Drive NW. Visit our offices by taking the Clinic South elevators to Floor 1A-Desk C.

## NEWS FLASH

Check out the CVRC feature in the 2024 edition of the Austin Daily Herald Progress Magazine!

## GROUP UPDATE

Our Women's Support and Education Group is now called **R-I-S-E** (Resilience Independence Support Education). If you are dealing with a difficult relationship, whether an intimate partner or family (i.e. parent/child struggles), join us from 5:30 to 7 p.m. on Wednesday. Call 507-437-6680 for more information.

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## OUR SINCEREST APPRECIATION

Thank you to the Hormel Foundation and United Way of Mower County for their continued support of our program and to all the organizations that donated to our program in 2023:

-Westminster Presbyterian Church  
-St. John's WELCA of Elkton

-LeRoy Lutheran Women of E.L.C.A.  
- Royal Neighbors of America

# 20 23

CVRC  
provided

# 7,278

services to

# 683 VICTIMS

## Crime Victims Resource Center

1000 First Drive 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

Free and confidential service funded by The Hormel Foundation, Minnesota Department of Public Safety-Office of Justice Programs, and United Way of Mower County.