

Healing Hearts & Families

"I have fallen, but I will get up" Maya Angelou

Giving Tree Participants

Thanks to our generous community and people like you, someone has the chance to start over with their life free from abuse. It's not an easy move but it's possible because of you. Our "Giving Tree" participants this year were:

Heritage Bank~Broken Bow
Bruning Bank~Broken Bow
Great Western Bank~Broken Bow
Nebraska State Bank~Merna
Custer Federal State Bank~Broken Bow
Team Physical Therapy~Broken Bow
Edward Jones~Broken Bow
Central NE Medical Clinic~Broken Bow
First NE Bank~Broken Bow
Flatwater Bank~Ansley
Pathway Bank~OrdBank First~Ord
Great Western Bank~Ord
First National Bank~Ord
Citizens Bank~Loup City
Union Bank & Trust~Taylor
First National Bank~Greeley
Bibs & Boots~Bartlett
Methodist Church~Bartlett
Open Bible Church~Dunning
Sandhills Community Church~Dunning
Western Nebraska Bank~Purdum

*1 in 3 women &
1 in 4 men have
experienced some
form of physical
violence by an
intimate partner*


Thanks!

Your support
is appreciated!

If you are interested in a presentation developed around your group's interest, please contact HHS. Topics include Bullying, Teen Dating, Sexual & Domestic Violence, Trafficking & Healthy Relationships. For more information contact us at 308-872-2420 or email healingheartsandfamilies@gmail.com



Save the Date

**HEALING HEARTS &
FAMILIES SPRING GALA
MARCH 21, 2020**

Merry Christmas & Happy New Year

Suellen Koepke, Director

Healing Hearts & Families would like to take a moment and thank all the business and individuals who have helped us during this past year meet the needs of those utilizing our services. Once again Healing Hearts & Families is reaching out to our supporters. The holidays are supposed to be a safe and enjoyable time of the year with family and friends. Unfortunately, not all are able to experience this due to a variety of circumstances. Until you have been able to experience the joy in a survivors face when Healing Hearts & Families is able to give them items to help make this time of year a joyful time with their children and family a person doesn't realize how appreciated it is to fill this gap in their life. One client responded, "I didn't know how I was going to be able to do anything for my children as I have just left my abusive situation and am starting over. I have not been able to find a job and had no extra money to buy my children anything. Thank you this means the world to me." She then embraced the advocate from Healing Hearts & Families and cried tears of joy while saying her thank you over and over again. It is with this generosity from all our communities that we are able to make this time of year a little more special to our clients. Thank you for all of your help in helping people to move away from living a life in fear into a world without violence. As you open your hearts in giving to Healing Hearts & Families you are also providing a tiny glimmer of hope in the eyes of our survivors.



**JANUARY~STALKING & HUMAN TRAFFICKING AWARENESS MONTH
FEBRUARY~TEEN DATING VIOLENCE AWARENESS MONTH
MARCH~HHF SPRING GALA MARCH 21, 2020**

The Holiday Appeal

When a young pregnant mother with three small children called the hotline in a panic Healing Hearts & Families was there to assist in her time of need. She had left her abusive husband the day before and was terrified. He found where she was staying and broke out the back window of her vehicle. She needed to find a place to move away from him so that she could start a life free from violence and constantly living in fear of her life as well as her children's safe being. If this was not enough to deal with she was also experiencing a risky pregnancy which meant she had limitations as to how much she was able to do. Healing Hearts & Families advocate listened to her needs and fears then offered shelter services to her and her family. She said that she would be able to come into the office later that day and would like to talk with an advocate and discuss future plans. The advocate at Healing Hearts & Families visited with her upon her arrival as to what she wanted to do and how we would be able to help her move forward. Once she was moved into a shelter then the survivor and worker began working on helping her find a place to rent, a job, worked with her on getting a protection order as well as providing for her immediate needs of food, hygiene items, clothing, medication, etc. She was able to find a place to live as well as a job which relieved her stress level. She was able to deliver a healthy baby to add to the family. She stays in contact with Healing Hearts & Families through our therapy services as well as advocacy services. Watching her go from a withering individual with low self-esteem and self-worth that had been shattered due to the emotional abuse into a positive individual who has a home for her children free from violence has been one of the many rewards the staff at Healing Hearts & Families has been able to witness this year.

Healing Hearts & Families has dealt with more young mothers with children during this past year and due to the **generosity** of citizens from the eight counties we serve: Blaine, Custer, Garfield, Greeley, Loup, Sherman, Valley and Wheeler we were able to meet the needs of this family through assistance with protection order, application for Nebraska Legal Aid, emotional support, transportation, household items, food, and clothing. Not only were we able to assist this family, Healing Hearts & Families has provided services to 118 victims through 861 contacts in an effort to meet their immediate needs. 42 nights of shelter were provided during their time of homelessness. We have had 83 individuals attend support group this year and 437 therapy sessions.

Healing Hearts & Families is committed to the prevention and elimination of sexual and domestic violence. We work to **EDUCATE** the public by implementing a variety of outreach activities and public education programs to increase awareness of domestic violence, sexual assault, stalking and bullying.

We **ASSIST** victims and their families in many ways. A crisis line is available 24 hours a day, seven days a week for the eight county area. In the past year 155 calls were answered. Many times a phone conversation or a visit to our office is sufficient. Other times, we formulate a safety plan for the victim and children, provide emergency shelter, food, clothing, medical care, and help our victims make contact with other providers.

To **SUPPORT** our victims, Healing Hearts & Families helps them plan for tomorrow and the future. We are able to provide assistance by contacting agencies for career planning, financial assistance, counseling, education, housing, employment and any other follow-up services.

Please give a gift today so **Healing Hearts & Families** can continue to be able to meet the immediate needs of those who reach out to us for help during their time of crisis as they move towards a life free from violence.

Her Plans for the Future Could have Been Different

DIVERSION PROGRAM

The Healing Hearts & Families Diversion Program began working with Emily Rosalez (name changed to protect minor's identity) at the end of August 2019. She was referred to the diversion program after she received a citation for MIP (minor in possession). Before being cited, Emily had been working closely with a branch of the military and was planning on enlisting as soon as she turned 18. Her 18th birthday was a week after her court date and Emily was very concerned about how her MIP would affect her future. Emily had been talking frequently with her military sergeant about the situation and was informed she could still enlist, but her ticket could affect her career with them later if she wanted to rank higher up. This was devastating to Emily as she was passionate about joining the military and beginning her new journey.

Emily's home life was tough as she was constantly fighting with her parents and they did not approve of her choice to join the military. Emily saw joining the military as her way to positively change her life, improve herself, and serve her country. Thankfully, Emily's case was referred to diversion by the county attorney. Typically, when a case is referred to diversion the charges are not filed. This would mean that if Emily were to successfully complete the diversion program, her MIP would not appear on her record and would not affect her future with the military or anyway otherwise. Emily worked very hard and quickly completed her community service, educational classes, and other diversion requirements and has now began a successful career with the military.



HAPPY

Holidays

Healing Hearts & Families

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Please accept my gift of:

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Name: _____ Address: _____

City: _____ State: _____ Zip: _____

PLEASE RETURN THIS FORM WITH YOUR CHECK PAYABLE TO HEALING HEARTS & FAMILIES