



Crime Victims Resource Center

Serving victims in Mower County since 1977

Stand with strength, resilience, and justice
by supporting victims of crime in our community.

April 2–8 is National Crime Victims' Rights week. This week of awareness seeks to bring an expansive understanding of justice. Widespread and fundamental justice in our communities must include victim-centered, trauma-informed, and culturally competent services for all victims of crime. Crime Victims Resource Center uses these crucial points to guide our comprehensive services to all victims of crime. Through advocacy for the victim, education, crisis intervention, and support, we seek to empower victims, and give them back the strength that may have been taken away as a victim of a crime.

The theme—Strength. Resilience. Justice.—reflects our vision of the future. One in which all victims are strengthened by the response they receive, organizations are resilient in response to challenges, and communities are able to seek collective justice and healing. This theme highlights the need for multiple avenues of victim support. It also acknowledges two truths: that justice reaches outside the courtroom, and that the strength and resilience of our communities depend on confidence in our justice system. For every victim, the definition of what justice means to them has the potential to vary across many systemic perspectives. Having this basic understanding will aid all providers in understanding a victim's goals and how best to support their victims.

We can support healthy individuals, capable service providers, and productive communities throughout the Nation and in our community by working together to address the needs of vulnerable populations and to normalize the provision of specialized services to reach them. At Crime Victims Resource Center, we are doing just that. By hiring a bilingual victim/outreach advocate, we are dedicated to creating awareness of our services to under served victims. Building these strong relationships within the community to a variety of vulnerable and under served populations is fundamental in strengthening our community response to victim support.

Please join Crime Victims Resource Center, Office for Victims of Crime and communities across the country in raising awareness of victims' rights and services, highlighting our local programs, celebrating progress achieved, and honoring victims and the professionals who serve them.

Interested in more information and how you can make a difference in our community? [Watch the National Crime Victims' Rights Week theme video](#). If you are interested in ways that you can work with Crime Victims Resource Center, and help raise awareness of our program and assist victims of crime, please contact us at 507-437-6680. Thank you for your commitment to victims in our community!

To subscribe or unsubscribe, email miller.tori@mayo.edu

STRENGTH ★ RESILIENCE ★ JUSTICE

Who we are...

What we do

Crime Victims Resource Center

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

Crime Victims Resource Center (CVRC) is a non-profit organization assisting victims of crime regardless of age, gender or ethnic background. In 1977 we were established as Victim's Crisis Center, initially focused on female victims of domestic violence and sexual assault. As needs grew, the center expanded its focus on all crimes and all victims including; men, women, and children. In 1996 we changed our name to Crime Victims Resource Center. CVRC is a program within Mayo Clinic Health System (Austin West Building) and is grant funded by the Minnesota Department of Public Safety – Office of Justice Programs, The Hormel Foundation, and United Way of Mower County.

We have three staff members and are always looking for volunteers to assist us with victim services as well as outreach projects. Crime Victims Resource Center is the only agency in Mower County providing direct advocacy services to victims. All services we provide are free of charge. In 2016, we provided 1,951 services to 361 victims. We also provided sexual abuse prevention education to 555 2nd graders in Mower County.



Tori Miller, Director



Jessica Bernand,
Victim/Outreach Advocate



Linnea Borland,
Victim Advocate

Victim Support Services

Our services are based on the self-defined needs of the victim and include but are not limited to, the following:

- 24 hour crisis hot line
- Crisis Counseling
- Emergency Service Support for Victims (dispensing emergency funds, shelter, transportation, and food)
- Support/Education Groups
- Advocacy
- Support
- Information & Referrals
- Court Advocacy
- Victim Rights Information
- Assistance with filing Orders for Protection and Harassment Restraining Orders
- Community and Professional Education

If you would like to learn more about victimization, the services we provide, or volunteer opportunities, call us at 507-437-6680 or visit crimevictimsresourcecenter.org

Find us on Facebook:

www.facebook.com/CrimeVictimsResourceCenter

COLLABORATION: Working together to make a difference.

An inter-agency collaboration is defined as “a mutually beneficial and well-defined relationship entered into by two or more [individuals or] organizations to achieve common goals.” As human service professionals, our services are primarily crisis-oriented. Each of us has our own unique skill set and is governed by our program’s guidelines and accountability requirements. Often times this presents challenges since the client/patient needs may exceed that program’s funding, manpower, or expertise. The client/patient and professional are all too often left feeling overwhelmed and helpless. Reaching out and forging relationships with other community agencies could help alleviate this.

Many times agencies with dissimilarities in professional orientation and program guidelines do not see each other as allies. It is important to remember that although we have different requirements, we all share the same goal – to help

the client. By coming together we can easily provide access to a wide array of prevention, treatment, and support services. Sharing resources also helps overcome obstacles and fosters mutual respect. Combining our knowledge, skills, and experiences we can accomplish more than if we worked alone.

Agency collaboration has given us the opportunity to learn roles and responsibilities of community agencies as well as, allowing us the opportunity to educate about our roles and responsibilities. The goal is a holistic approach that allows for continuity of services and empowerment for our clients/patients to achieve success.

The next time you run into a challenge, reach out to a colleague you normally wouldn’t turn to for help - you could be pleasantly surprised with the results!

People with **disabilities** are
3x more likely to become a
crime victim

Sexual violence includes sexual assault and abuse. Assault is a crime of violence, anger, power, and control where sex is used as a weapon against the victim. It includes any unwanted sexual contact or attention achieved by force, threats, bribes, manipulation, pressure, tricks, or violence.

People with intellectual disabilities are at a greater risk of abuse and –

- Tend to be abused more frequently.
- Are abused for longer periods of time.
- Are less likely to access the justice system.
- Are more likely to be abused by a caregiver or someone they know; many are repeatedly abused by the same person.
- Are more likely to remain in abusive situations.

People with severe intellectual disabilities may not understand what is happening or have a way to communicate the assault to a trusted person. Others

with less severe disabilities may realize they are being assaulted, but don’t know that it is illegal and that they have a right to say no. In addition, they are rarely educated about sexuality issues or provided assertiveness training. Even when a report is attempted, they face barriers when making statements to police because they may not be viewed as credible due to having a disability.

We need to recognize the magnitude of the problem and face the reality that people with disabilities are more likely to be sexually assaulted than those without disabilities. Also, societal attitudes must change to view victims with disabilities as having equal value as victims without disabilities, and giving them equal advocacy. Every sexual assault, regardless of who the victim is, must be taken seriously.

References:

1. *The Arc: People with Intellectual Disabilities and Sexual Violence.*
2. *Disability Justice*

April is... Volunteer Appreciation Month

At Crime Victims Resource Center, we are committed to recognizing and honoring those who dedicate themselves to taking action and fulfilling needs in our community. The energy and talent that volunteers contribute to various organizations connects individuals with resources and makes a positive impact in the lives of adults and children in our community.

Volunteering opportunities in Austin are endless! From staffing Crime Victims Resource Center's after-hours crisis line, to helping provide meals for Real Hope for the Hungry, or serving as a mentor at the Welcome Center, there are a myriad of ways to support your community. Looking for a way to get involved? Check out the local newspaper or call organizations in our community and see how you can be a part of change right here in Austin!

Research shows that volunteering even has a positive impact on one's health. As Jane Piliavin stated, "One does well by doing good." Numerous studies have shown the correlation between long term volunteering and the positive effects on physical and mental health. Researchers consider amount of volunteering on three different dimensions: the number of different organizations (diversity), the amount of effort or time spent per week, year, or month (intensity), and how regularly one volunteers across their lifespan (consistency). Volunteering has shown a positive impact in the following measures of well-being: happiness, life satisfaction, self-esteem, mastery, depression, and physical health. The physical health benefits of volunteering include lower blood pressure, less stress, greater functional ability, lower rates of depression, and a lower mortality rate later in life than those who do not volunteer.

The health benefits are great – but let's talk about economic impact. The Corporation for National and Community Service says it has collectively dedicated 8.1 billion hours to a variety of organizations. They

value that donated time and expertise at \$173 billion! Volunteer Appreciation Month also provides a great opportunity to reflect on how much volunteerism has changed since President Nixon created the first National Volunteer Week in 1974. According to Points of Life, an organization that encourages and empowers the spirit of service, the number of people who volunteer has increased by 60 percent since 1989. Not only has the amount of volunteerism increased, but the impact of volunteerism is increasing as well. As organizations and corporations encourage their employees to engage in meaningful volunteer activities, long-term and skills-based volunteerism is becoming more popular.

"Anyone can make a difference. The important thing is to find what your strength is and then find a place to put it. Be that point of light, because the world needs you."

-Amy Paterson

So as we celebrate National Volunteer Month, let's recognize those who give themselves to help others. Let's continue to motivate others to join the effort. And let's stay focused on how volunteerism can continue to evolve to bring maximum value to our community. To all the volunteers at Crime Victims Resource Center, and at all organizations within our community, we thank you for dedicating your time and service to helping others and connecting individuals and families with the resources they need. Your time, talent, voice, and support are integral in creating change and inspiring the continued collaboration within our community, organizations, and individuals and families. Your story and continued efforts can serve to inspire others to become change makers in our community!

