



TimeOut Is Now Embrace!

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TimeOut Family Abuse Shelter, Inc., the tri-county domestic and sexual violence services provider and safe shelter, has changed its name to Embrace and adopted a new tag line of {People. Change. Equality.}.

The name Embrace better reflects the organization's mission of providing unwavering support to all people affected by domestic and sexual violence and nurturing a social change in our communities that will end all forms of oppression. An updated logo for the organization will also be released in the upcoming months.

"There were so many considerations that went into the decision to change the organization's name," said Embrace Executive Director Katie Bement.

"The staff and board had been searching for some time to find a name that more fully embraces our mission, vision, and values," said Embrace Board Treasurer Dave Willingham.

The re-brand process kicked off in May 2015 after the staff and board participated in a capacity building process where the entire group prioritized updating the mission and vision statements, and then, finding a name to match.

"We gathered community feedback as well as insight from partners at the statewide level through online surveys and simply talking with folks at fundraisers and outreach events," said Bement. "The board and staff wanted to be extremely thoughtful in selecting a name that appeals not only to the survivors we work with but also to our community partners covering all the aspects of our advocacy work."

"We weren't going to take the leap to make this change unless it was the right change," said Willingham.

To read more about the Embrace Board of Directors' unanimous vote to change the organization's name, [click here](#).

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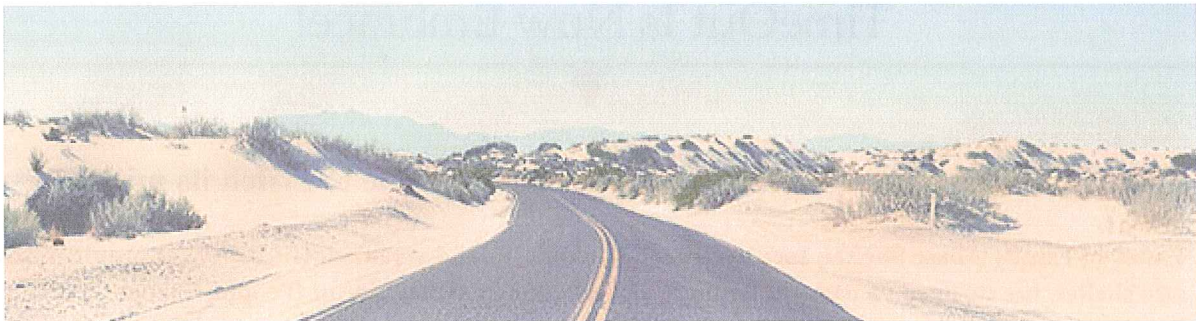
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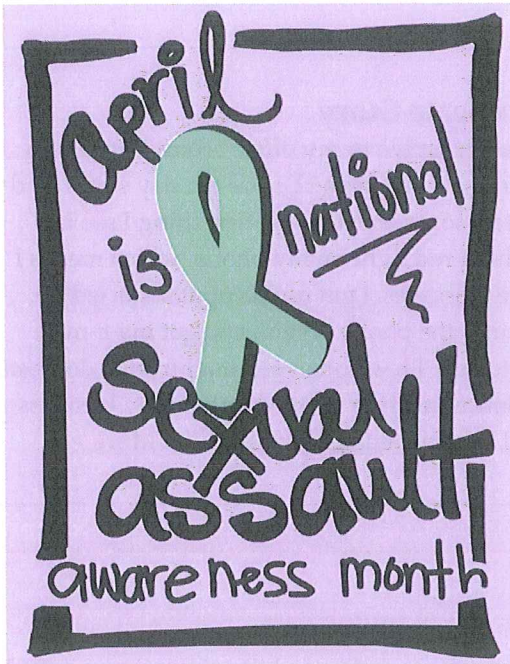
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Program Highlights

Tri-County Sexual Assault Awareness and Prevention Activities Planned

Embrace is spreading awareness that "prevention is possible" this April for Sexual Assault Awareness Month. This year's tri-county campaign focuses on ways individuals, communities, and local businesses can help prevent sexual violence. "There are many practical steps that are currently being taken in our homes, neighborhoods, schools, faith communities, and workplaces," said Price County's Sexual Assault Program Coordinator Becky Steinbach. "But there are many more things we can do to promote safety, respect and accountability." To find out which community



partners have teamed up with Embrace this April and how you can get involved... [Read More >>](#)



New Office Space and Open Houses

We are growing and making more room at the shelter! Thanks to the Mary Alphonse Bradley Foundation, an office space at the shelter has been remodeled from one large space to three office spaces, one meeting room, and a waiting area! Tri-county office locations have also been updated to create a more welcoming atmosphere for all survivors. Open houses will be held this summer to show off the new spaces, celebrate our name change, and thank our volunteers and community partners for their continuous support! Please save the dates and plan to join us!

Shell Lake Outreach Office - May 25, 11:30a-1:30p
Ladysmith Office and Shelter - June 22, 11a to 2p
Phillips Outreach Office - Aug. 18, 11:30a-1:30p



"It does feel like home here,": Shelter's Usage Skyrockets in Serving Northern Wisconsin Survivors

In early January, WJFW News Watch 12 came to tour the Shelter, learn about our services, and visit with some of the survivors. [Click here](#) or on the video to the left to hear the story!

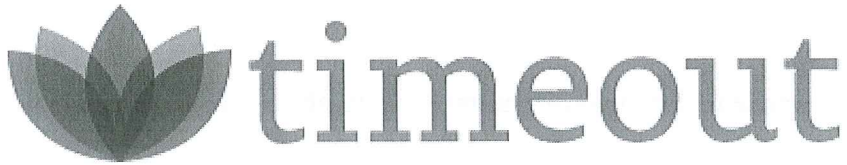


Advocate Story

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"Someone I loved gave me a box full of darkness. It took me years to understand that this too, was a gift." --

Mary Oliver



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Newsletter

March 2016 E-Newsletter

[TimeOut Is Now Embrace](#)

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The re-brand process kicked off in May 2015 after the staff and board participated in a capacity building process where the entire group prioritized updating the mission and vision statements, and then, finding a name to match.

"We gathered community feedback as well as insight from partners at the statewide level through online surveys and simply talking with folks at fundraisers and outreach events," said Bement. "The board and staff wanted to be extremely thoughtful in selecting a name that appeals not only to the survivors we work with but also to our community partners covering all the aspects of our advocacy work."

"We weren't going to take the leap to make this change unless it was the right change," said Willingham.

Bement explained the more they began to bring up a possible name change to survivors and community partners, the more they began to realize how important it was to get away from the name TimeOut Family Abuse Shelter. "There was confusion about us only serving families; staff was constantly trying to highlight our program's services as being more than just safe shelter because the name implies that's all we do," she said.

The organization was also hearing many negative connotations survivors had with being sent to a place called "TimeOut."

"Children in shelter were asking us if they could rename their temporary home to "safe place" because they don't want to be in a time out," said Bement.

To most people, a time out is a punishment for a child. The organization needed a name that helps the community understand survivors do not deserve to be sent to a time out for a break from the violence, rather the community has the responsibility of working together to hold abusers accountable and end the violence for good. "We all agreed we needed a name that represented our mission and vision because TimeOut didn't," said Bement. "After we read the definition of embrace during a brainstorming session; there was no going back."

"Lo and behold, Embrace turned out to be exactly what we were looking for all along," said Willingham.

"It's a positive word and you connect with its meaning immediately. We all felt that this word covered exactly what the organization does. We embrace people, and we embrace change," said Embrace Vice-President Kelly Swan. "Not only does this new name and tag line better reflect what this organization represents, but it also describes what we do as board members coming together to represent all three counties and all people, equally. The board voted unanimously for Embrace," explained Swan.

In the past two years, there has been tremendous progress made by the staff and board in stabilizing and expanding the program. "Our service numbers and collaborative partnerships have sky-rocketed; our programming has doubled, and we are now going up stream prioritizing prevention efforts to end the violence for future generations," Bement said. "The name change to Embrace is the cherry on top of all of our accomplishments in the past two years and represents the shift in the program's philosophy."

"The staff and services are the same high-quality support as before," Rusk County Sheriff and Embrace Board Member Jeff Wallace.

To get the word out about the new name, Embrace has an outreach and media campaign planned where they will distribute new materials widely throughout the service area. They envision having an awareness poster behind every closed office door of local doctors, teachers, and business leaders who meet with individuals confidentially.

"We want every public bathroom stall in the three counties to have an informative poster and contact information for Embrace available. We will mail out new brochures to our partners, overhaul our website, and ramp up our social media outreach strategies," said Bement. "As always, we'll stay involved with our local schools and continue to participate at community events to promote our services and the new name."

As part of the campaign, open houses will be held in the Washburn, Rusk and Price Counties' local offices to celebrate. Shell Lake Outreach Office Open House will be held Wednesday, May 25 from 11:30 a.m. to 1:30 p.m. Phillips Outreach Office Open House will be Thursday, August 18 from 11:30 a.m. to 1:30 p.m. Ladysmith Office and Shelter Open House is on Wednesday, June 22 from 11 a.m. to 2 p.m.

For more information about the new name, contact Bement at 715-532-6976. If you are a survivor looking for support, contact an advocate at Embrace by calling 1-800-924-0556 or texting 715-532-6976. An advocate is available 24/7/365.

Tri-County Sexual Assault Awareness Activities Planned

Embrace is spreading awareness that “prevention is possible” this April for Sexual Assault Awareness Month. Nearly one in three American women and one in 33 American men are victims of sexual assault*, but every community member is impacted by sexual violence. This year’s campaign focuses on ways individuals, communities, and local businesses can help prevent sexual violence.

Everyone understands sexual violence impacts victims and their families, but the effects of this violent crime on communities and society are less obvious. Sexual violence creates a climate of fear, anger, and disbelief in workplaces, campuses, and communities in which it occur. Additionally, sexual violence generates criminal justice, medical, and crisis and mental health service expenses. Perhaps most damaging are the lost contributions of survivors to our communities.

“There are many practical steps that are currently being taken in our homes, neighborhoods, schools, faith communities, and workplaces,” said Price County’s Sexual Assault Program Coordinator. “But there are many more things we can do to promote safety, respect, and accountability.”

Prevention starts with challenging victim-blaming and believing survivors when they disclose. Community members individuals can also model supportive relationships and behaviors, call out harmful attitudes, and challenge the societal acceptance of rape. Communities and businesses can take action to implement policies that promote safety, respect, and equality. Preventing such a far-reaching and prevalent social issue as sexual violence may seem overwhelming or impossible, but **if you get involved, prevention is possible!**

How YOU Can Get Involved

Embrace’s Price County Outreach Office will host the tri-county **Take Back The Night** program this year. We are partnering with **Cinema North Theatre** in Phillips and showing *The Hunting Ground*, a revolutionary documentary showing the wide-reaching scope of sexual assault on college campuses. We have invited students and staff from the three Price County School districts to attend and plan to have speakers share their experiences and messages of support following the movie. **Take Back The Night** will coincide with **Denim Day** this year; we will have activities in the local schools throughout the day of Wednesday, April 27, leading up to the showing. **The event is open and free to the public from all of Price, Rusk and Washburn Counties!** We hope you’ll join us. Call any of the Embrace locations for more information.

Embrace encourages community members to support survivors of sexual assault and wear jeans on **Wednesday, April 27. Denim Day** is a nationally recognized campaign which states there is no excuse and never an invitation to rape regardless of what someone may be wearing. Stop by many local businesses and community agencies to see their Denim Day support and decorated blue jean displays. Would you like your business to be part of Denim Day 2016? It’s not too late! Contact Katie at katie@timeoutabuseshelter.org if you’d like to show your support.

Embrace, along with all of the law enforcement agencies in Rusk, Price and Washburn Counties, welcome April as Sexual Assault Awareness Month. To show their support for the many survivors of sexual assault, all ten law

enforcement departments have teal “End Sexual Violence” ribbon magnets on their squad vehicles. The teal ribbons convey a powerful message that there is no place for sexual assault in our community and encourage community members to stand up alongside survivors, Embrace and law enforcement officers against sexual assault crimes.

Thank you to all ten of the local law enforcement departments participating in SAAM!

Park Falls Police Department, Phillips Police Department, Price County Sheriffs Department, Minong Police Department, Birchwood Police Department, Shell Lake Police Department, Spooner Police Department, Washburn County Sheriffs Department, Ladysmith Police Department, and Rusk County Sheriffs Department

Embrace is also teaming up with **Razors Edge** in Ladysmith, **Be.You.tiful** Hair Designs in Shell Lake, and **Salona** in Phillips to provide temporary, real, teal colored hair extensions. The hair extensions are \$10 each with all proceeds being donated to Embrace. Give the salon nearest to you a call or stop in to get yours!

- **Razors Edge** – 715-532-4247
- **Be.You.tiful Hair Designs** – 715-520-3091
- **Salona** – 715-339-6804

Keep an eye out for Embrace’s displays with information about sexual assault and prevention at the **Phillips Public Library, Park Falls Public Library, Spooner Memorial Library, Minong Community Library, Shell Lake Public Library, Rusk County Community Library** and **Hawkins Area Library**. Also at the shelter and outreach offices during the month of April, teal pinwheels and spray paint stamp artwork created by a local teen will be displayed to represent the 221 survivors of sexual assault which Embrace provided support services last year.

*National Institute of Justice & Centers for Disease Control & Prevention. *Prevalence, Incidence and Consequences of Violence Against Women Survey*. 1998.

Advocate Story: A Day in the Life of an Outreach Advocate

I usually arrive to my office around 7:45am to get myself organized before the day starts (and to start some coffee!). The first thing I see is a flashing red light on my phone, which means I have messages. I get my computer started up, log into the phone system and get my e-mail started up. I have one voicemail from a domestic violence survivor who was given my business card by a law enforcement officer. I write her name and number down and then look at the two text messages that have come in. The first is from a sexual assault survivor whom I’ve been meeting with once per week at her high school. She wants to know if I could come by the school today to talk. I look at my calendar quick, and reply that I could be there at 3:00pm. The second text message is from a woman who was given information during a DART (Domestic Abuse Response Team) visit when law enforcement and I went to visit her house 72 hours after the incident, but she did not wish to speak with me at the time of the visit. She has looked through the information that I left with her and has some

questions. I send her a reply with a date and time that would work to meet in-person.

I call the woman from the voicemail back. She tells me about what is going on in her relationship, and she says she needs someone to be on “her side” and understand what is going on. I tell her that is exactly what I am here for, and I ask her if she’d like to come into the office to talk. She says she would like to come in as soon as possible since she has access to a car right now. We schedule the meeting for an hour later at 9:00am. After we hang up, I get some intake paperwork ready for her and gather some phone numbers and resources to have ready when she arrives.

I’m replying to a couple of e-mails from community partners about presentations and the next Coordinated Community Response meeting when she arrives. She comes in and sits down on the comfy couch and begins telling me about the events that have occurred the past few days. She tells me about how her significant other takes advantage of her disabilities. How she can’t hear well, so he uses this to his advantage; that he’s always threatening to commit suicide; the name-calling, belittling, criticizing, and of course, the physical violence. After his last blow-up, he called the police and told them that *she* was suicidal. They showed up with guns drawn, yelling at her to get on the ground. Once they realized that she was in fact, not suicidal, they gave her my business card, and she decided to give me a call. He’s been taking advantage of community programs, telling them that he is the one who is abused. She feels like no one believes her or is on her side. However, I assure her that I am. I validate her feelings, we talk about power and control dynamics in abusive relationships, and I let her know that I am here for her.

We spend an hour together and plan to follow up with a phone call the next day. As she is leaving, a volunteer comes in. I set her up on an open computer and explain to her the project that she’ll be working on. I’m so grateful for the time our volunteers spend in our offices working on important tasks for us! After some training, she spends most of the afternoon in the office with me.

A little while later, my next survivor comes in. We’ve spoken before and had planned on filling out paperwork for a Domestic Abuse Restraining Order today. She has her statement prepared, which is very detailed. She begins by describing how the abuse started with verbal statements and threats, a little pushing and shoving, but then grew worse. She gives details of specific incidents including when her husband slammed her head repeatedly against the wall while she was eight months pregnant with their daughter. She also writes about a similar incident when their daughter was six months old, and he repeated his behavior from the previous incident, slamming her head on the ground, only this time while she was holding their screaming daughter.

After about two hours, we finish all of the paperwork to file for a Domestic Abuse Restraining Order and a Child Abuse Restraining Order. Then, we fill out an online application for Judicare, a non-profit law firm. Judicare will help her find a lawyer to represent her in her divorce and custody cases. I explain to her how to file the paperwork with the Clerk of Court and also give her some contact information for Health and Human Services. They’ll be able to help her out with child support and Foodshare. I let her know that I’d be happy to accompany her to any appointments with other agencies if she’d like a familiar face to be there and support her in deciphering the paperwork. I also let her know I will definitely be available for the court hearing for the Restraining Orders, and beforehand, as it’d be good to go over what to expect and prepare together.

As soon as she walks out the door, I need to run out to make it to the appointment with the student at the local high school—a 45 minute drive from the office. We’ve been meeting weekly and working through a Post-Traumatic Stress Disorder (PTSD) workbook. We usually get through one unit per meeting. By the end of our time today, she is feeling a little bit better about the anxiety she was having this morning.

When I leave the school, I drive back to the office and take a little bit of time to find some new materials for the Sexual Assault Awareness Month displays I'm putting together. I'm able to give the local public libraries a call, and they all agree to have a display up during the month of April and some even offer to pick out some books on the issue to include in the display. The displays encourage survivors and bystanders to break their silence; that one in six American women are sexual assault survivors and help is available. With the last few minutes of the day, I get some materials ready for meetings with three girls the next morning at another school in the county. I'm looking forward to my time with these girls tomorrow. They always brighten my day despite the issues they face so courageously are nothing a 12 year old should ever have to experience, and they even think I'm kind of "cool."

On my drive home, I remember an e-mail on grant reporting I was supposed to respond to today, but didn't have a chance. I make a mental note to do this right away tomorrow morning. I reflect on the rest of the day and feel extremely grateful that I have such a wonderful job I enjoy so much. It has been a very busy week, but I remind myself busy is good. It means community partners are making referrals and survivors know about our services and trust us enough to confide in us and ask for help. Some days are harder than others, but I'd say today was a rewarding one!

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