



# INSPIRING ACTION FOR AN ABUSE-FREE COMMUNITY

United Communities Advocating Non-Violence  
(UCAN)

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# INTRODUCTIONS



## ▶ **United Communities Advocating Non-Violence (UCAN)**

### ▶ Mission

- ▶ To transform the community and the lives of those affected by domestic violence through support, awareness, education, and involvement.

### ▶ Vision

- ▶ To be an abuse-free community.

### ▶ We are

- ▶ Volunteers
- ▶ Community members
- ▶ Business leaders
- ▶ Concerned Citizens

UCAN

## ▶ **What is Domestic Abuse?**

- ▶ Domestic Abuse (also called domestic violence or intimate partner violence) can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.
- ▶ Abuse is physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person.
- ▶ Anyone can be a victim of domestic violence, regardless of age, race, gender, sexual orientation, faith, or class.

# DOMESTIC ABUSE

▶ Does your partner...

- ▶ Embarrass or make fun of you in front of your friends or family?
- ▶ Put down your accomplishments?
- ▶ Make you feel like you are unable to make decisions?
- ▶ Use intimidation or threats to gain compliance?
- ▶ Tell you that you are nothing without them?
- ▶ Treat you roughly—grab, push, pinch, shove or hit you?
- ▶ Call you several times a night or show up to make sure you are where you said you would be?
- ▶ Use drugs or alcohol as an excuse for saying hurtful things or abusing you?
- ▶ Blame you for how they feel or act?
- ▶ Pressure you sexually for things you aren't ready for?
- ▶ Make you feel like there is "no way out" of the relationship?
- ▶ Prevent you from doing things you want – like spending time with friends or family?
- ▶ Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

▶ Do you...

- ▶ Sometimes feel scared of how your partner may behave?
  - ▶ Constantly make excuses to other people for your partner's behavior?
  - ▶ Believe that you can help your partner change if only you changed something about yourself?
  - ▶ Try not to do anything that would cause conflict or make your partner angry?
  - ▶ Always do what your partner wants you to do instead of what you want?
  - ▶ Stay with your partner because you are afraid of what your partner would do if you broke up?
- ▶ No one deserves to be abused. The abuse is not your fault. You are not alone.

# RECOGNIZING THE SIGNS OF DOMESTIC ABUSE

Source: Domestic Abuse Intervention Project

- ▶ Emotional abuse
- ▶ Psychological abuse
- ▶ Financial or economic abuse
- ▶ Physical abuse
- ▶ Sexual abuse
- ▶ Stalking

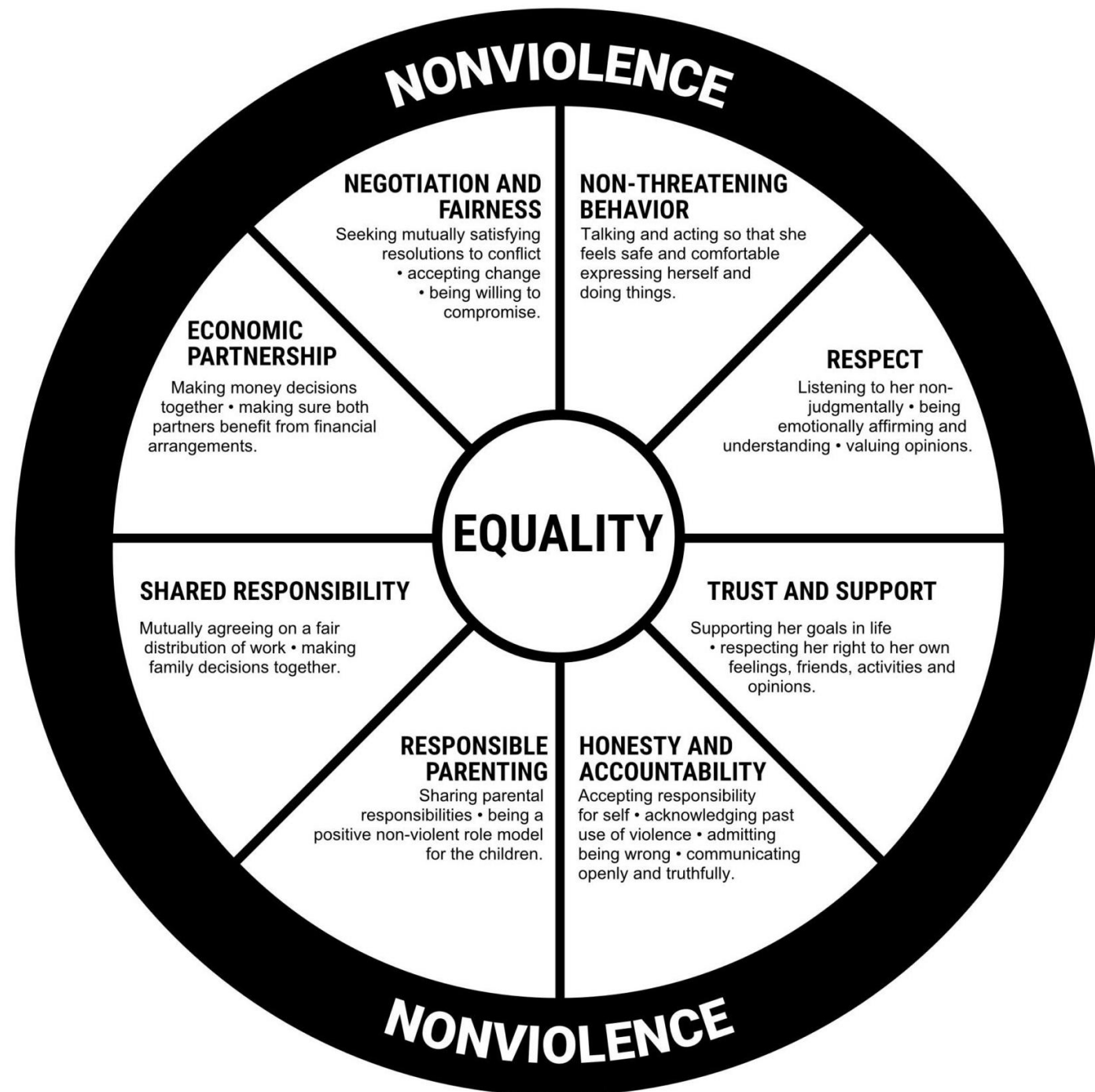
# POWER & CONTROL WHEEL



Source: Domestic Abuse Intervention Project

- ▶ Healthy relationships
- ▶ Mutual respect
- ▶ Shared power
- ▶ Reciprocated trust
- ▶ Equal partnerships

# EQUALITY WHEEL



- ▶ 40 confirmed victims of intimate partner homicide in MN in 2023 (Source: Violence Free Minnesota)
- ▶ 344 victim survivors sought help from Someplace Safe for domestic violence in 2023
  - ▶ This is 53% of the total number of victim survivors that were seen
- ▶ The Alexandria Police Department received 246 domestic calls in 2023
- ▶ The Douglas County Sheriff's Office received 131 domestic calls in 2023

# DOMESTIC ABUSE



- ▶ Educate yourself & be aware of the signs of abuse
  - ▶ Recognize controlling behaviors
- ▶ Listen and believe the abused person
  - ▶ Encourage them to seek support
- ▶ Share knowledge with others to bring awareness to the issue
- ▶ Know the resources available or who to contact to find them
  
- ▶ Ultimately, SAFETY is the top priority
  
- ▶ Take the PLEDGE - #1Thing

# WHAT CAN YOU DO?

#1Thing



## Community Pledge

The #1Thing Community Pledge is a call to action, an invitation; a voluntary choice and opportunity to affirm your commitment to end domestic violence. Taking the pledge says that you will help end domestic violence by pledging to do #1thing.

### MY PLEDGE

I, \_\_\_\_\_, pledge to \_\_\_\_\_  
\_\_\_\_\_

I understand doing/changing one thing can make a difference in my community and the movement to end domestic violence.

#1THING

## ▶ **UCAN Monthly Meetings**

- ▶ 2<sup>nd</sup> Monday of the Month
- ▶ Time: 12:00-1:00 PM
- ▶ Location: Alexandria Police Dept.  
Front Training Room

## ▶ **October is Domestic Violence Awareness Month**

- ▶ What #1Thing do you plan to do?

## ▶ **October Events**

- ▶ Take a Stand Against Domestic Violence
  - ▶ October 15, 2024
  - ▶ Zion Lutheran Church
  - ▶ 5 PM
  - ▶ Free event (including food and a T-shirt)
- ▶ Domestic Abuse Awareness Luncheon
  - ▶ October 16, 2024
  - ▶ Arrowwood Resort & Conference Center
  - ▶ 11:45 AM
  - ▶ \$25 per ticket (includes meal and program)
  - ▶ SOLD OUT EVENT

JOIN US!

## ▶ **EMERGENCY**

- ▶ 911
- ▶ Alexandria Police Department
  - ▶ 320-763-6631
- ▶ Douglas County Sheriff's Office
  - ▶ 320-762-8151

## ▶ **LOCAL RESOURCES**

- ▶ Alomere Health Hospital
  - ▶ 320-762-1511
- ▶ Douglas County Social Services
  - ▶ 320-762-2302
- ▶ Horizon Public Health
  - ▶ 320-763-6018
- ▶ United Way of Pope/Douglas
  - ▶ [www.uwdp.org](http://www.uwdp.org) or 320-834-7800
- ▶ Legal Services of NW MN
  - ▶ [www.lsnmlaw.org](http://www.lsnmlaw.org) or 800-450-8585

## ▶ **CRIME VICTIM ADVOCACY**

- ▶ Someplace Safe
  - ▶ 24-hour crisis line: 800-974-3359
  - ▶ Alexandria Office (Douglas County)
    - ▶ 320-762-1995
  - ▶ Website: [www.someplacesafe.info](http://www.someplacesafe.info)
  - ▶ Text and live chat
  - ▶ [Contact Us page](#)

# RESOURCES



## ▶ UCAN

- ▶ [peaceinalexandria@gmail.com](mailto:peaceinalexandria@gmail.com)
- ▶ [www.ucanalexandria.com](http://www.ucanalexandria.com)
- ▶ Facebook: <https://www.facebook.com/UCANINC>
- ▶ Instagram: <https://www.instagram.com/ucanalexandria/>

# CONTACT INFORMATION

