



# The Bridge

Violence Ends. Empowerment Begins.

Issue 11

NOVEMBER 2019

A bridge is a structure built for the purpose of providing a passage over obstacles.

## Mission Statement

The prevention and elimination of domestic violence and sexual assault. We work to enhance safety and to promote equality in relationships. We are opposed to the use of violence to control the lives of others. The Bridge is committed to eliminating violence in the lives of women, children and men through empowerment, education and social change.

## Healthy Relationships

The Bridge promotes healthy relationships. We focus on the safety of victims when working with them. Every situation and individual we work with is different, and so are the outcomes. We continue to do our best to help those we serve.

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## 5-County Bridge Advocacy



## Sexual Assault Advocacy

Advocacy through the Bridge's mission takes shape in many Nebraska area towns. We service five specific counties: Dodge, Saunders, Burt, Cuming and Washington. Today we will steer our focus towards Sexual Assault Advocacy.

### A Few Fast Facts: Sexual Assault

- \*One in five women and one in 71 men will be raped at some point in their lives
- \*In the U.S., one in three women and one in six men experienced some form of contact sexual violence in their lifetime
- \*51.1% of female victims of rape reported being raped by an intimate partner and 40.9% by an acquaintance.
- \*52.4% of male victims report being raped by an acquaintance and 15.1% by a stranger
- \*In 8 out of 10 cases of rape, the victim knew the perpetrator
- \*Eight percent of rapes occur while the victim is at work

### What is Sexual Assault?

Sexual assault can take many different forms and be defined in different ways, but one thing remains the same: it's never the victim's fault. Generally, sexual assault is defined as unwanted sexual contact. "This assault takes on many forms including attacks of rape, groping, child sexual abuse or the torture of the person in a sexual manner. Sexual assault is an act in which a person intentionally sexually touches another person without the person's consent, or coerces, or physically forces a person to engage in a sexual act against their will." Sexual assault survivors often face significant challenges in overcoming their trauma, including diminished physical and mental health.



### The Bridge: Sexual Assault Advocacy

Advocate, Kylie Kampschneider, has been a sexual assault advocate at The Bridge for 4 years. Kylie's day consists of providing support to individuals who have been sexually assaulted. Kylie's role as an advocate is to explain their options and to be there for them as they move forward in their lives. "I have the ability to accompany them to the hospital for a medical exam. When I meet with a client, I provide crisis intervention, safety planning, explain the criminal justice system, and offer referrals and resources to supporting services. Working with individuals who have had something so personal taken from them, I hear different fears they may have." "What will my friends say? Will anyone believe me: How will I move on? How could I let this happen?" "The most important reminder I have is: this was not their fault. The work I do is important, and sometimes you leave exhausted but happy, honored that I played a small part in helping people become stronger and empowered. These people are what drive me every day and are truly remarkable!" ~continued on page 2

# Advocacy Testimonial

Kylie states, "As an advocate at the Bridge, I am lucky to meet amazing individuals who are so brave to share their story with me. In one of the darkest moments of their lives, I can offer hope and light that they many not have seen. Sitting and listening to someone share something so personal they may have never shared with anyone is why I love my work. The trust we form and hope we give makes the hard days rewarding. As a mom, I believe it is so important to empower and teach healthy relationships and boundaries to my daughter. I hope as she grows up, she too becomes a voice to individuals who have lost theirs and encourages her peers to do the same. Being an advocate, allows me to give hope an encouragement whenever and wherever I can. I am honored to take on this work and make a change for everyone's future." ~Kylie Kampschneider, Bridge Advocate

"Kylie,

Thank you for absolutely everything. Without you, your support, and support from The Bridge, none of this would've been possible. I truly can't thank you enough for being there every step of the way for over a year. Because without you being there, I couldn't (and most likely wouldn't) be where I am today. This journey made me a stronger person and knowing you'd always be there, made it possible to keep going and continue to fight for what is right. You told me we have to be our own superheroes, but you are truly my superhero and saving grace. All of you, at The Bridge are superheroes on a daily basis! I am forever going to be thankful for you and blessed to have been lucky enough to have you in my corner." ~Bridge Client



## Thank you for supporting October's Domestic Violence Awareness Month! \* Check out our Face Book Page and get a glimpse of all of the support we received while

creating awareness in our 5 county area!





# Incredible Donations

The following names are of those who donated to The Bridge between the dates of October 1-Present. We regret the accidental omission of any donor. Thank you for your donation and continued support;! We could not do this without you!

Addisen Beck  
 Barbara Dean  
 David and Kathy Pinkall  
 Eloise Greunke  
 First Baptist Church Congregation/Blair  
 Fremont Dental Group  
 J Evan & Carolyn Nordstrom  
 Jamie Adler & Fremont Alliance Church

Jeremy Rehwaldt  
 Johnson and Wasson Families  
 Lana Menton  
 Lenore Peatrowsky  
 Lisa Nitzsche  
 Louanne Kampschneider  
 Methodist Fremont Health  
 Michael and Cindi Brass  
 Nick & Cheryl Lamme  
 Our Specialtea/Blair

Passageway Church/Blair  
 Patty Bales  
 Reginald Alexis  
 Robert Williams  
 Ruth Christensen  
 Sharon Krasne  
 St. Patrick's Catholic Church/Fremont  
 Women of the ECLA

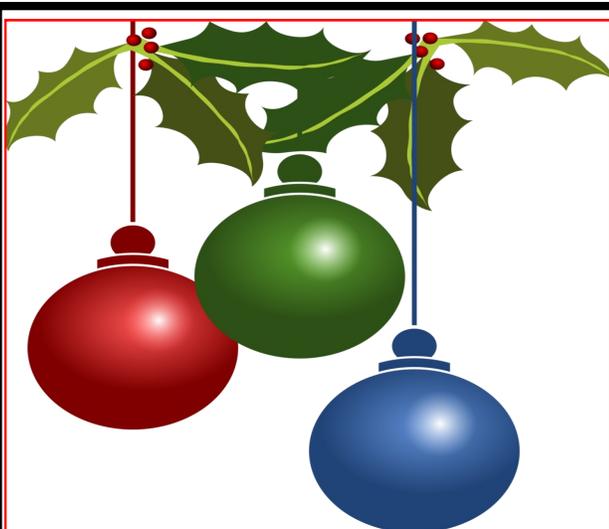
## Needs List

Copy Paper  
 Stamps  
 8x11-Clear stand up desk/table announcement boards  
 Toilet bowl cleaner and brushes  
 Hand pump soap  
 Laundry soap  
 Individual Spaghetti's and

Mac and Cheese meals  
 Toilet paper  
 Gas Cards  
 Ground Regular Coffee  
Snacks  
 Granola bars, Rice Krispy treats, pretzels, fruit snacks, cookies, etc.)  
 Jelly

Dish Soap  
 Fruit cups  
 Microwaveable meals  
 New dish towels and rags  
School Activity  
Presentation Items:  
 Starburst jelly beans  
 Sidewalk Chalk  
 Regular sized, not mini sized, Marshmallows

"That risk that you are afraid to take, could be the one that changes your entire life."  
 ~Kyle Francis



Be on the look out for information regarding our **Annual "Festival of Hope Silent Auction!"** (Nov. 27th-Dec. 8th)

Items will available for in-store and online bidding at:  
**Abe Krasne Home Furnishings/Fremont, NE**

**AND NEW THIS YEAR:**

**ON LINE BIDDING FOR DONATED FESTIVAL PACKAGES and ITEMS WILL BE AVAILABLE!**

**Website link coming soon!**



**24 Hr Crisis Line 1.888.721.4340**  
**1.402.727.7777**  
**Email:**  
**info@bridgefromviolence.com**

**FREMONT**  
**141 South Union**  
**1.402.721.4340**

**BLAIR**  
**810 North 22nd Street**  
**1.402.533.4411**

**WEST POINT**  
**500 East Decatur Street**  
**1.402.372.2204**

**The Bridge Services**

24-Hr Crisis Line: 1.888.721.4340 or 1.402.727.7777,  
 Crisis Intervention, Emergency/Temporary Shelter,  
 Support Groups for Women and Children, Medical  
 and Legal Referrals, Criminal Justice Advocacy, Public  
 Education and Awareness.

**Victim services are free, confidential, and available in Spanish.**

**Women's Support Group**

**Fremont** - English & Spanish Women's  
 Support Groups & Children's Rainbow Days Group,  
 Thursdays, 6:30-7:30,  
 The Bridge, 141 S Union,  
**Babysitter available**



**The Bridge Board**

- |                                    |                          |
|------------------------------------|--------------------------|
| <b>Ja Harnish, President</b>       | <b>Alisa Brunsing</b>    |
| <b>Sid R. Dillon, Treasurer</b>    | <b>Kiley Cordes</b>      |
| <b>Kylee Stanley MD, Secretary</b> | <b>Becky Novacek</b>     |
| <b>Jeremy Barton</b>               | <b>Becky Von Seggren</b> |
| <b>Dian Christensen Hillis</b>     | <b>Vickie Cameron</b>    |
| <b>Marcey Darmento</b>             |                          |

**The Bridge Staff**

- |   |  |
|---|--|
| <b>Suzanne Smith</b> , Executive Director                                     | <b>Kylie Kampschneider</b> , Sexual Assault/<br>Criminal Justice Advocate        |
| <b>Jody Bykerk</b> , Shelter Program Manager                                  | <b>Christine Torres</b> , Cuming County/Spanish<br>Speaking Services Coordinator |
| <b>Stacey Lichtenberg</b> , Community Education<br>Coordinator                | <b>Linda Schlapfer</b> , Outreach<br>Communications Coordinator                  |
| <b>Jody Koziol</b> , Washington County Outreach<br>Coordinator                | <b>Niki Herre</b> , Client Advocate/Burt County<br>Outreach                      |
| <b>Jennifer Thomason</b> , Criminal Justice<br>Advocate/Volunteer Coordinator |  |

**LEAVING A LEGACY**

A thoughtful planned gift can become a beautiful legacy you leave to The Bridge and to the victims of abuse who come through our doors for years to come. Bequests, Charitable Gift Annuities, Charitable Remainder Trusts and Charitable Lead Trusts are a few of the many avenues you may consider for continual support. An attorney can help you decide which option best fits your personal needs and financial circumstances.

