



SMSD Information and Resources

Service Members and Military Families

October 2021

Domestic Violence Awareness: Why Do You Stay?



Dr. Lisa Kluetz | Service Member Support Directorate | JFHQ

There is not a “typical” domestic violence victim. It is not exclusively a women’s issue. Victims come from all walks of life; varying age groups, across all socioeconomic groups, every religion, every culture, every ethnicity, and all backgrounds. Violence in a relationship occurs when one person feels entitled to power and control over another. Sadly, three out of ten women and one out of ten men have experienced violence (rape, physical violence, or stalking) by a current or former intimate partner.

When looking at domestic or intimate partner violence, it can be very easy for friends, peers, family members, law enforcement professionals, and even medical professionals to ask a victim, “Why do you stay?” Followed by, “If you leave, the abuse will end.” Domestic violence is the only crime where a victim is told the abuse will end if they leave. Simply stated, the fear of leaving is often greater than the fear of staying. Abusers often threaten victims or other family members on a regular basis. The victim is often most at risk when attempting to leave. Other barriers to leaving include: abuse is or has been normalized; shame; lack of family support; intimidation; low self-esteem; a lack of financial resources; immigration status; cultural context; children, and, still loving their abuser.

Victims are often told several myths about domestic violence that may actually endanger their wellbeing, such as, “It takes seven times for a victim to leave their abuser.” Statements like these may actually contribute to normalizing behavior or at the very least lets the perpetrator off the hook, and places the responsibility to end the relationship on the victim. Domestic violence is rooted in power and control. Victims are sometimes convinced that they are also perpetrators because they too may use violence against a partner as a survival strategy or even as retaliation for abuse and humiliation. (Continued on page 4)

In this Issue...

Monthly Feature: Domestic Violence Awareness, Dr. Lisa Kluetz

SMSD Programing: pg. 2-4

Additional External Resources: pg. 5

SMSD Announcements: pg. 6

Need Support? Call us at 1-800-292-9464, Option 1



<https://www.facebook.com/WIFamilyPrograms/>

Soldier & Family Readiness Specialist Introduction

Shawna Wyman | Soldier & Family Readiness Specialist | Madison



Hello Soldiers and Families! I am Shawna, the newest member of the Soldier and Family Readiness Support Services team. Even though I am new, I bring with me many years of experience within Service Member Support Division and Family Readiness. I served as the Lead Volunteer at the 115th Fighter Wing from 2002-2012, then worked in various SMSD programs from 2012-2018. Lastly, I volunteered as the Advisor for 32D Infantry Brigade Combat Team from 2018 until I took this position in June.

I'm looking forward to working with the Wisconsin National Guard Soldiers and families again. I wholeheartedly believe in helping empower service members, and their families, with resources and programs to help ease the unique experiences that often come with uniformed service. I'm also a firm believer that families, though they don't wear the uniform, equally serve this great Nation through the support of your family member.

A little about myself: I am the wife of an Airman, Maj Brian Wyman, who is stationed at the 115th Fighter Wing. I have two amazing sons; Nic who is a senior at UW - Eau Claire, and Paxton who is loving his sophomore year of high school. My family has experienced many deployments and knows firsthand what it is like to have anything and everything happen the minute our service member leaves. That is partly why I am so passionate about family support. When I am not working to help you, I can be found doing photography, crafting, or refinishing furniture.

If you are looking for a great nonconventional resource to help you through deployment, or even day to day life, I highly suggest Pinterest.com. I use Pinterest almost daily!!! It is a smorgasbord of ideas for everything from budgeting to cooking to self-care to deployment activities for kids and so much more. I've used it to search for recipes, activities to do in the snow with my kids, care package ideas, crafting ideas, and even basic household repairs. My one warning is watch out because it is addicting.

If you see me around, don't hesitate to say hello. I'm looking forward to helping you and your families!



A Message from SAPR on Domestic Violence

Domestic Violence Awareness Month is an important time to educate ourselves on the intersection of intimate partner violence and sexual assault. According to the National Center Against Domestic Violence, 40-50 percent of women in abusive relationships will also be sexually assaulted during the course of the relationship and women who are sexually abused by their partner, are more likely to report risk factors for intimate partner homicides than non-sexually abused women (2017). The WING is dedicated to eliminating sexual assault amongst our ranks. Through ongoing outreach and collaboration with our community providers including, Hope House of South Central Wisconsin, Madison Rape Crisis Center, Domestic Abuse Intervention Services (D.A.I.S.), and UNIDOS of Wisconsin, we seek to educate, empower, and foster a culture intolerant of sexual assault and domestic violence.

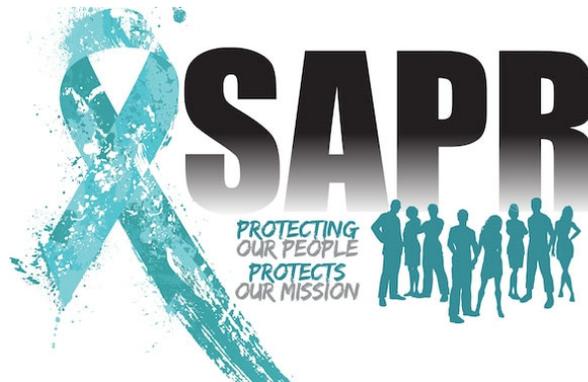
Hope House of South Central Wisconsin:

24/7 Helpline 608-356-7500 hopehousescw.org

Madison Rape Crisis Center: Helpline 608-251-7273 thercc.org

D.A.I.S.: 24/7 Helpline 608-251-4445 abuseintervention.org

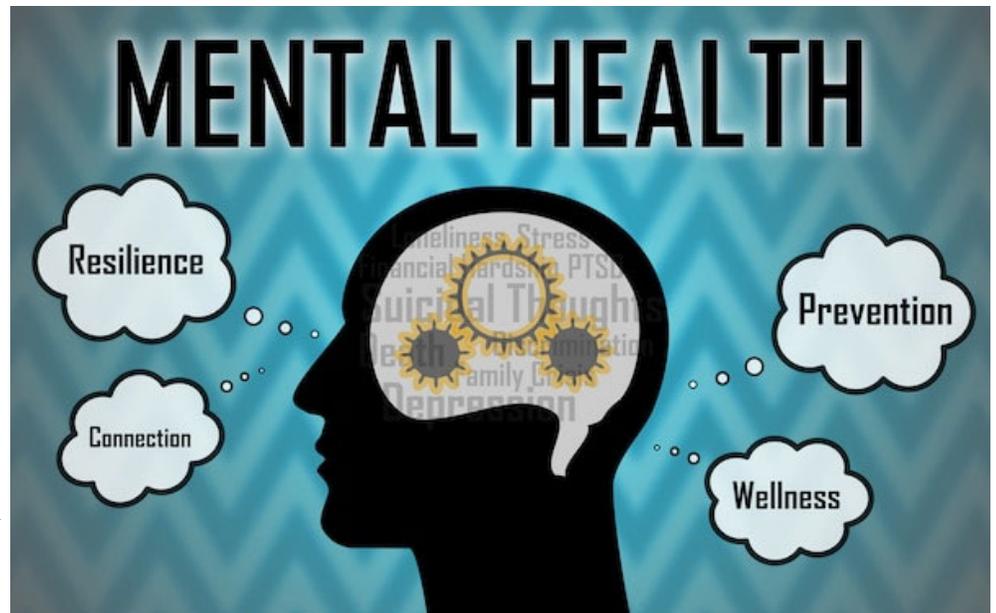
UNIDOS of Wisconsin: Bilingual 24/7 Helpline 1-800-510-9195
unidoswi.org



Personal Maintenance Checks and Services #pmcs

Paul Perales, MSW, LCSW | Director of Psychological Health | Wisconsin

This month we recognize Mental Illness Awareness Week, which began in 1990 led by the National Alliance on Mental Illness to “educate and increase awareness about mental illness.” It takes place Oct 4-10 with two significant dates: National Depression Screening Day on Oct 8 and World Mental Health Day on Oct 10. “During this week, mental health advocates and organizations across the U.S. sponsor events to promote community outreach and public education concerning mental illness,” (Wikipedia, 2021).



Anyone can head to [Mental Illness Awareness Week | Mental Health America \(mhanational.org\)](https://mhanational.org) and take a depression screen on October 8 or any time of year. Several other tools are available, such as screenings for anxiety disorders, post-traumatic stress disorders, substance use disorders, eating disorders, bipolar, and psychosis.

Once you click on a screen you can educate yourself and under symptoms, you can begin the test. You will be provided with the outcome and resources, specific to your zip code. The tests are not meant to diagnose, but they are designed to draw attention to areas that might be of concern.

If there is a concern, you can talk with you primary care physician, certified counselor, loved ones, or WI National

“The PSI in a tire is like stress in people. Like tires have different PSI, we all have different thresholds for stress,”

- Robyn Bradley (LCSW), DPH

Guard (WING) service members can reach out to a Director of Psychological Health (wisconsinmilitary.org) for additional screening, diagnostic clarification, and resource access.

The screening is much like the personal maintenance concept introduced by Maj Gen Paul Knapp, Wisconsin Adjutant General, in his recent September and October messages when he compared the personal maintenance WING members do on their equipment to what we all should do with our own health and wellness on a regular basis.

Checking in with our mental status can be important preventative maintenance.

“The PSI (pounds per square inch) in a tire is like stress in people. Like tires have different PSI, we all have different [thresholds for] stress,” explained Robyn Bradley, LCSW, WING DPH.

She talks with new Commanders about how stress levels impact mental wellbeing to help develop interpersonal skills and increase understanding of mental health. Bradley also asks, “What would you do if you were on the side of a road with a flat tire?” Most respondents state they would call a tow truck or a friend. Seeking help is what people can do to help themselves or others when feeling stressed or overwhelmed.

Perhaps initiating regular personal maintenance checks and services (#pmcs) is something we can all develop this Mental Illness Awareness week. Talk with your loved ones about this concept to help build greater social networks, which is a pillar of comprehensive health and wellness within the WING. You’ll be hearing more about this pillar through December 2021.

Child & Youth Program

The WING Child and Youth Team is working to bring exciting and unique opportunities to the children of the Wisconsin National Guard. These activities are open to Army and Air members and their families.



Fall Field Craft

Oct 22-24 at Central Wisconsin Environmental Station, 10186 Country Rd MM, Amherst, WI. Learn outdoor skills, resiliency, and connect with other military youths. Ages 8-17 are welcome to join us for a weekend in the beautiful North Woods. **NOTE: this event is currently full, but a wait-**

list has been started. Sign up here: <https://www.eventbrite.com/e/fall-feild-craft-2021-tickets-167494519617>



Let get Spooky!

Join us at our Spooktacular Day Camp. The whole family is welcome on Oct 30 at Lutherdale Camp, N7891 US-12, Elkhorn, WI. It will be a fun-filled day with pumpkin painting, craving, archery, and so much more.

Don't delay, sign up today!

<http://www.eventbrite.com/e/168288442261>



Virtual Leadership Academy 2021

Dare to Lead in this virtual event! The future is in the hands of those who "Dare to Lead". This year Leadership Academy we will learn how to take on the challenge of the future. Dare to Lead event will be on Nov 8 and 15 at 6:30 pm. This event is open to 13-17 years old.

Sign up here: <https://www.eventbrite.com/e/168742073083>

To stay up to date on what happening with Child and Youth Program, please like us on Facebook. Just search for: Wisconsin National Guard Child and Youth Program.

(Domestic Violence, Continued from page 1)

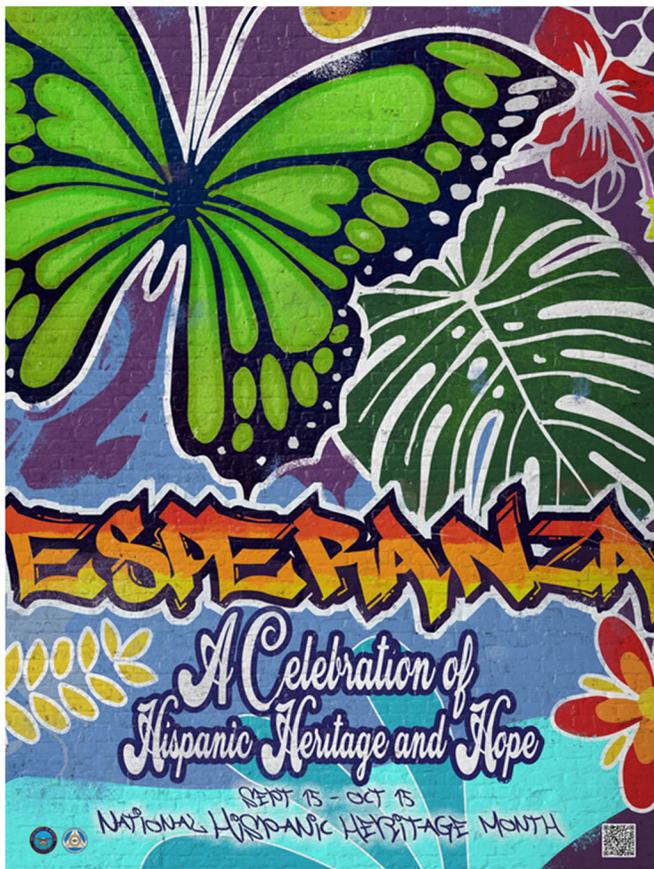
To gain power and control, there are known patterns of abuse. [The Duluth Power and Control Wheel](#) identifies the following patterns of abusive behavior: physical and sexual violence, using coercion and threats, intimidation, emotional abuse, children, male privilege, using economic abuse, and finally any combination of minimizing, blaming or denying behavior or conduct. Visit www.theduluthmodel.org for additional information and videos on each pattern of abuse.

Domestic Violence is inconsistent with the core values of service within the DMA. The organization is dedicated to bringing awareness to the traumatic and long lasting impact of domestic violence on relationships and households within our communities.

If you or someone you love is in immediate danger dial 911 or the National Domestic Violence Hotline at 1-800-799-7233 or text "START" to 88788. For non-urgent assistance, contact the Family Programs Office at 1-800-292-9464 option 1.



From the Office of Diversity & Inclusion



Hispanic Heritage Month

Join us Oct 12 in Witmer Hall to celebrate Hispanic Heritage Month.

Beginning at 1100 and ending 1400, a hosted video will show every 15 minutes.

Stop by as your schedule allows to watch the seven-minute video titled, "A Conversation with Latinos on Race".

While you are in Witmer Hall, enjoy perusing a colorful display of art and other items from Nicaragua, courtesy of the State Partnership Program office.

Cyber Awareness Month

October is Cyber Awareness Month. Do you realize that we often do things at home or even at work that cause us to be a security risk? Pause, before mailing that next document, talking about work after hours at the local watering hole, or emailing work documents to cloud service. Over the last year and half, many people have adjusted their work habits for teleworking. The following tips will help to ensure that you or your family are not security risks:

1. Do not email important work documents to your home or school computer.
2. Do not take sensitive work documents home.
3. Do not provide a service member's (or family members') name to friends during casual conversation.
4. Do not upload work documents or reports to your personal cloud account.
5. Do not discuss details of military operations, troop movements, or events in a personal group chat.
6. Avoid texting or calling service members or family members from a personal phone in lieu of a work phone to discuss federal or state government events, operations, or other sensitive topics.
7. Avoid logging into virtual video conferences for work from a personal laptop.
8. Avoid replying to all and send everyone sensitive data only meant for one person.
9. Avoid granting everyone permission access to all of the files on the shared drive.
10. Avoid sending editable forms or documents that have been signed using email.
11. Do not leave important or sensitive files open on your work computer when walking away to use the restroom or go to lunch.



Save the Dates: Military Family Appreciation

During the month of November, the State Family Programs Office will be recognizing “The Force, Behind the Force.

The Soldier & Family Readiness Specialists will be teaming up with the Child & Youth Services to provide virtual family-friendly events every Tuesday in November starting at 7 p.m.



Calendar of Events

- 30 October: Kick Off—Spooktacular Day
- 2 November: Family Fun Cooking
- 9 November: Family First
- 16 November: Family Art Night
- 23 November: Welcome Wagon Webinar
- 30 November: Family Ready Challenges

Coming Soon: Employment Resource Partnership

National Guard Employment Network (NGEN)

Employment services were previously provided the Employer Support Program Coordinator, Mr. Chris Campbell. The contract for this position has ended. Moving forward, the Wisconsin National Guard is teaming up with the National Guard Employment Network (NGEN) to assist with employment resources.

NGEN offers career readiness training, job placement assistance, and one-on-one training for Service Members and their family members.

The Wisconsin National Guard will have a state specific website hosted by NGEN. The site is currently being developed and will be available shortly.

If you or a member of your family are seeking employment, register for an NGEN account today to access all of the free resources available at <https://ngemployment.com/ngen-home>.

