



View ASPEN's 2017-2018 Impact Report

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ASPEN's Yearly Impact

ASPEN began its new fiscal year on July 1st and here it is already August! We are off to a productive start. Please be sure to join us for our final "Lunch & Learn" of a four part summer series. On September 26 we will discuss "Human Trafficking". The program is held at the Livingston Food Resource Center from Noon to 1:00 pm and lunch is included with registration (see complete listing below).

The board and staff of ASPEN wish to extend their gratitude for the financial contributions many of you have made this past fiscal year. We could not do it without your support. I am excited to share with you that ASPEN can now accept gifts of appreciated stock. We have an account set up with Ameriprise/Granite Peak Financials. The account number is 1857-7457 with a DIC # of 0756. For more information you may contact me at 222-5902, ext. 2 or call Jeffrey Larson at Ameriprise at 406-541-2100. This is a wonderful way to make a gift.

To learn more about ASPEN's work please see the FY18 Impact Report.

Thanks for your continued support and involvement.

Heidi

Heidi Barrett

Executive Director

ASPEN – Abuse Support & Prevention Education Network



JOIN US FOR ASPEN'S LAST SUMMER LUNCH AND LEARN ON HUMAN TRAFFICKING

WEDNESDAY, SEPTEMBER 26TH 12:00-1:00 PM AT THE LIVINGSTON FOOD RESOURCE CENTER

The HEART Initiative (Humble Efforts Actualizing Real Transformation) is a human trafficking awareness and prevention student organization based at Montana State University. Leaders of this group will educate our attendees for the hour on prevalence of human trafficking in Montana, some tools to recognize when and where it may occur, and resources for prevention.

ASPEN PRESENTS A VIOLENCE PREVENTION SUMMER SERIES:

LUNCH & LEARN



12:00-1:00 PM *FREE AND LUNCH PROVIDED WITH REGISTRATION @ THE LIVINGSTON FOOD RESOURCE CENTER

WEDNESDAY JUNE 27 UNDERSTANDING VICTIM BLAMING
INTERACTIVE LEARNING OPPORTUNITY FOR PROFESSIONALS AND COMMUNITY MEMBERS TO LEARN MORE ABOUT VICTIM BLAMING AS IT RELATES TO DOMESTIC AND SEXUAL VIOLENCE AS WELL AS A CHANCE TO BUILD ADVOCACY SKILLS

TUESDAY JULY 24 ACTIVE LISTENING: TOOLS AND SKILLS
ACTIVE LISTENING IS A COMMUNICATION TECHNIQUE THAT IS USED IN CONSENSUAL TRAINING AND CONFLICT RESOLUTION. SESSION LEAD BY A TRAINED NAVEEN ADVOCATE TO FOSTER ACTIVE LISTENING SKILLS AND TOOLS FOR THE WORKPLACE AND BEYOND

WEDNESDAY AUGUST 22 MEDIA AND VIOLENCE
PRESENTATION AND DISCUSSION CONSIDERING HOW MEDIA, INCLUDING PORNOGRAPHY, PLAY AN IMPORTANT ROLE IN NORMALIZING VIOLENCE IN OUR CULTURE. PLUS, TIPS AND TOOLS FOR TEACHING CONSENT AND RESPECT TO ALL AGES

WEDNESDAY SEPTEMBER 26 HUMAN TRAFFICKING IN MONTANA
JOIN THE HEART INITIATIVE FOR A FOR A COMMUNITY TRAINING ON THE PREVALENT ISSUE OF HUMAN TRAFFICKING IN MONTANA AND ELSEWHERE. LEARN HOW TO RECOGNIZE IT AND WHAT TO DO ABOUT IT

REGISTER BY VISITING ASPEN'S FACEBOOK PAGE [HTTPS://WWW.FACEBOOK.COM/ASPENLIVINGSTONMT](https://www.facebook.com/aspenlivingstonmt) OR BY CALLING ASPEN @ 222-5902 OR EMAIL [ABBIE@ASPENMT.ORG](mailto:abbie@aspennmt.org)

REGISTER FOR THE LUNCH AND LEARN (AND FREE LUNCH!) BY CLICKING THE BUTTON BELOW

[REGISTER](#)

SURVIVORS NEED VAWA NOW!

Support VAWA #VAWA4ALL #VAWA18

VIOLENCE AGAINST WOMEN ACT

ASPEN receives funding from VAWA—please get involved in urging Congressman Gianforte and Senator Daines and Senator Tester to support VAWA 2018.

Call ASPEN to learn more about how you can help. 406-222-5902

VAWA is Moving! Strong House Legislation Introduced Co-Sponsors Needed!

Rep. Sheila Jackson Lee (D-TX) has been working closely with the National Alliance to End Sexual Violence and the National Task Force to End Sexual and Domestic Violence to develop legislation to reauthorize the Violence Against Women Act (VAWA) that goes the next step to address the needs of survivors and communities, and she has just introduced a very strong bill. Today she introduced VAWA legislation that we wholeheartedly support!

With each iteration of VAWA, Congress responds to emerging issues brought forward by advocates on the ground. Based on extensive conversations with local programs and advocates, the NTF suggested several key enhancements to leaders of both parties in both the House and Senate, and we have been pleased Rep. Jackson Lee's legislation, H.R. 6545, includes all of these. From an increased investment in sexual violence prevention programs to provisions to hold offenders accountable on tribal lands to efforts to convey our criminal justice system more responsive to survivors to updated definitions to protections for incarcerated survivors, this legislation includes the realistic enhancements survivors need and advocates have asked for.

While the NTF has been working hard the past year in the Senate and House to find bipartisan sponsors for VAWA reauthorization against a timeline of the September 30 expiration date, we can no longer afford to wait to begin pushing a bill. Rep. Jackson Lee's bill has all of the key components we've asked for, we wholeheartedly support it, and we need to act now to convey our support and secure many co-sponsors from both sides of the aisle. Survivors deserve action on VAWA now!

Action 1: Call your representative today with this message: We need the Violence Against Women Act reauthorized now before it expires. Survivors can't wait for lifesaving responses to sexual assault and communities can't wait for prevention programs. Rep. Sheila Jackson Lee has introduced moderate legislation, H.R. 6545, reauthorizing VAWA that both sides can support. Please co-sponsor this legislation today.

Action 2: Tweet at your representatives asking them to co-sponsor VAWA. See sample tweets below.

We can't stress enough how important it is for a groundswell of voices to tell Congress to reauthorize VAWA now. In order to break through the noise, we will have to be strong, loud, persistent and determined.

What does the bill do?

- Increases authorization for the Rape Prevention & Education Program from \$50 million to \$150 million to address skyrocketing need and demand for community prevention programs.
- Returns sovereignty to tribes to prosecute non-native offenders of sexual assault, trafficking, stalking, and child abuse.
- Adds new definitions including Abuse in Later Life; Alternative Justice Response; Digital Services; Forced Marriage; Economic Abuse; and Technological Abuse and updates the definition of domestic violence.
- Strengthens public housing protections for survivors including those seeking housing transfers based on safety concerns.
- Adds a new purpose to the Improving Criminal Justice Response grant program to implement alternative justice responses that are focused on victim autonomy, agency and safety to provide resolution and restitution for the victim.
- Strengthens privacy protections across state lines, online with digital records, and preserves confidentiality upon survivor's death in accordance with their wishes.
- Acknowledges the trauma of incarceration on women and their family members, especially their children, and improves health care services and trauma informed responses to better prepare incarcerated women to return to their communities.
- Improves enforcement of current federal domestic violence-related firearms laws and closes loopholes to reduce firearm-involved abuse and intimate partner homicide.
- Expands VAWA's ability to respond to sexual harassment.

Know that as you're making your phone calls and tweeting, we're meeting with leaders in both the House and Senate to advocate for a bipartisan VAWA bill that protects all survivors. Stay tuned for more actions!

Sample Tweets:

Tweeting pro-tip: add a gif to make your tweet stand out!

- TY @JacksonLeeTX18 for being a champion for survivors of sexual assault. We welcome the introduction of the "Reauthorization of the Violence Against Women Act of 2018" for a #VAWA4ALL #VAWA18
- The Reauthorization of the Violence Against Women Act of 2018, introduced by @JacksonLeeTX18 today, includes key enhancements for all survivors of domestic and sexual violence. @HouseDemocrats and @HouseGOP, let's get this bill across the finish line! #VAWA18 #VAWA4ALL
- The Violence Against Women Act has always been a bipartisan bill. @Rephandle can we count on you to co-sponsor @JacksonLeeTX18 "Reauthorization of the Violence Against Women Act of 2018" for a #VAWA4ALL survivors? #VAWA18
- We're with @JacksonLeeTX18 to pass #VAWA4ALL because communities need access to sexual assault prevention! @Rephandle, please co-sponsor #VAWA18
- We're with @JacksonLeeTX18 to pass #VAWA4ALL because survivors need housing protections! @Rephandle, please co-sponsor the "Reauthorization of the Violence Against Women Act of 2018"
- We're with @JacksonLeeTX18 to pass #VAWA4ALL because native survivors deserve justice! Please co-sponsor @Rephandle
- @Representative, violence against women happens in our community, too. Reauthorize #VAWA and support prevention and education programs that keep our jurisdiction safe!
- Violence doesn't discriminate and neither should our laws! Support #VAWA18 and ensure Native survivors of gender-based violence have access to justice on tribal lands! #VAWA4ALL
- Violence doesn't discriminate and neither should our laws! Support #VAWA18 and ensure incarcerated survivors of gender-based violence have access to trauma-informed care! #VAWA4ALL
- Support #VAWA18 and ensure survivors of domestic abuse access to safe housing! #VAWA4ALL
- Reducing access to firearms saves women's lives! Support #VAWA18 and help prevent firearm-involved intimate partner homicides #VAWA4ALL

Thank you for all you do to support survivors and end sexual violence in your communities!

Information from:

[National Alliance to End Sexual Violence](#)

ASPEN wishes to thank the following individuals, businesses and organizations for their support in the past month:

All who attended our Lunch & Learn event which raised nearly \$5,000.00 for ASPEN's programs.

Lynn Donaldson and Dan Vernillion

Deborah Erdman

First Baptist Church

Whiskey Creek Saloon

Park County Community Foundation

Community Closet

Sweet Grass County Commissioners

The Thomas A. Stoench Marital Trust

First Interstate BancSystem Foundation

Chris Hillgass

Rich Hall

Staying Safe: Campus Sexual Violence

By Mary Baker
ASPEN Program Advocate

Fall is in the air. The mornings are crisp, the leaves are just beginning to turn color and college campuses are bustling. College campuses can provide a sense of security. Everyone appears to know each other and there is a buzz of excitement in the newness of a semester. However, we know that this time is actually very dangerous for students regarding sexual violence. Women ages 18 -24 are at an elevated risk of experiencing sexual violence. A reported 11.2% of all students experience rape or sexual assault through physical force, violence, or incapacitation (Raiin, 2018). Among undergraduate students, 23.1% of females and 5.4% of males experience rape or sexual assault in their time as students (Raiin, 2018). More than 50% of total collegiate-age assaults occur in August, September, October, or November and students are at the highest risk during their first and second semesters of college.

When it comes to personal safety, there are some helpful tips available. However, no tips can guarantee safety and if an assault occurs, **it is important to remember that it is never the survivor's fault. Help and support is available.**

Campus Safety

Know your resources – locate resources such as campus health center, campus police, and local sexual assault service providers. Take note as to where emergency phones are located on campus and program the campus security number and alert feature on your phone.

Stay alert – be aware of your surroundings. Consider walking with a friend or a group. If you choose to use headphones, only use one ear.

Make others earn your trust – give people time to earn your trust before relying on them.

Make a plan B – spend some time thinking about back-up plans in case of potentially sticky situations (eg. alternative modes of transportation home or how to leave a date that doesn't feel good or safe)

Be secure – lock your door when you are asleep or when you leave the room.

Social Setting Safety Tips

Make a plan – go with people you trust. Plan to leave together and if plans change, make sure to inform someone within the group.

Protect your drink – do not leave your drink unattended and watch out for your friend's drinks too. Most drugs that are utilized for drug-facilitated sexual assault have no color, taste, or smell.

Know your limits – keep track of how many drinks you've had and be aware of your friends' behavior. If you or a friend is feeling more tired than usual or more intoxicated than you feel you should, leave the party or situation immediately and find help.

It's okay to lie – if you are uncomfortable or feeling unsafe in a situation, it is okay to make up an untrue excuse or scenario to get to safety.

Be a good friend – trust your instincts. If it doesn't feel right, it probably isn't. Check in and intervene if needed.

Local Campus Resources

Montana State University Bozeman
Campus Police: 911 or 406-994-2121

Voice Center 24 Hour Confidential Support Line: 406-994-7069

Montana State University Billings
Campus Police: 911 or 406-657-2222

Title IX Office: 406-657-2221

Montana State University Northern (Havre)
24 Hour Support Line: 406-265-2222

University of Montana
Campus Police: 911 or 406-243-4000

Title IX Officer (Sexual Assault, Stalking, etc.): 406-243-5710

University of Montana Western (Dillon)
Campus Police: 911 or 406-683-7142

Resource

Safety for Students. (n.d.). Retrieved August 20, 2018, from <https://www.rainn.org/safety-students>

To donate, drop supplies by our office at 411 East Callender Street, call 406-222-5902 or send us an email and info@aspennmt.org

GARBAGE BAGS

CLEANING SUPPLIES

WOMEN'S AND KIDS SOCKS AND UNDERWEAR

YOU MAY MAKE A SECURE, TAX-DEDUCTIBLE GIFT TO ASPEN BY CLICKING ON THE DONATE BUTTON BELOW.

[DONATE HERE](#)

FOLLOW US ON SOCIAL MEDIA!

FIND US ON FACEBOOK AND INSTAGRAM FOR GREAT RESOURCES, INFORMATION AND INSPIRATION!

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