

April 2021

# Parents Page



Heart Advocates Rayme Lacey and Shelly Whale with April's Health and Wellness Kit

## Teen Health and Wellness Kits

The next wave of Health and Wellness Kits will be distributed to Grant County teens during April. If your teen does not receive one from the school they attend, please email the Grant County Community Health Improvement Coalition at grant-countychic@gmail.com. This month's kit includes an orange Heart of Grant County sport bag as well as information and contributions from Community Counseling Solutions, Families First Parent Resource Center, Oregon Department of Human Services, Grant County 4H, Blue Mountain Hospital, Advantage Dental and Grant/Harney County CASA.

## What is Heart of Grant County?

Heart of Grant County is a community based 501(c)3 non-profit organization that offers confidential advocacy and emergency services to victims of domestic violence and abuse, sexual assault, adult and teen dating violence and stalking. Educational programs are provided throughout Grant County to promote the value of living life free from violence.

Under Federal law, Heart of Grant County advocates have special confidential privilege and are not mandatory reporters. This essential protection allows victims to seek confidential help, information and guidance without disclosure of their personal situation to anyone else unless they grant permission.

Heart of Grant County services are free and confidential. Assistance and support are based on an individual's specific needs for emergency crisis assistance and shelter and as well as providing the tools to enable survival and encourage healing.

## What is Domestic Violence?

Domestic violence not only includes physical and sexual abuse, it includes the trauma resulting from unhealthy personal relationships and can take form in a variety of ways that restrict a person's sense of well-being including:

- Physical Assault - Sexual Assault - Verbal, Emotional and Psychological Abuse
- Social Control and Isolation - Financial and Spiritual Control
- Stalking and Harassment - Threats and Intimidation
- Dating Matters / Relationship Red Flags for Teens

One in four teens report verbal, emotional, physical, or sexual dating violence each year. Those who experience dating violence are more likely to show symptoms of depression and anxiety; engage in unhealthy behaviors like using tobacco, drugs and alcohol; and think about suicide. Those who experience dating violence as a teen are at increased risk of partner violence in adulthood. Parents should encourage their teen to reach out for confidential help.

## Safety Planning

Domestic violence can escalate over time and especially when someone wants to leave the relationship. Heart of Grant County can offer guidance in keeping safe and developing appropriate safety plans.

## Effects of Domestic Violence on Children

Long term effects on children who witness domestic violence often suffer emotional psychological trauma from living in homes where one parent abuses the other parent and/or others in the home. Children whose primary parent is abused are denied the kind of normal life that fosters healthy development. Children who grow up observing a parent being abused, grow up with a role model of intimate relationships in which one person uses intimidation and violence over the other person to get their way. Seeing a parent treated with enormous disrespect teaches children that they can disrespect that parent as well as disrespect someone they love. It can also contribute to problems in developing healthy relationships that are essential for their emotional well-being and their sense of self-worth and value.



## April is Sexual Assault Awareness Month

Sexual assault is an act of violence. It is any touch or act that is sexual in content either by force, threat of force, trickery, coercion, bribery, or between individuals where an imbalance exists in age, size, power, development or knowledge. Anyone can be a victim of sexual assault – your partner, your parent, your child, your friend, neighbor or co-worker. Sexual assault cuts across lines of race, sex, class, age and background. Over 90% of victims know their assailant.

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## Strawberry Wilderness Community Clinic

541-575-0404  
Zachary Bailey, MD  
Janessa Sickler, DO  
Emily Lieuallen, DO  
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Erika Adams, FNP-C  
Caitlin MacCoun, MD  
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## FRONTIER Early Learning HUB

Harney & Grant Counties

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## Check Website for Upcoming Events



541-575-0110

jdccparksandrec.rc@gmail.com

## Families First PARENT RESOURCE CENTER

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