

Spirit Lake Victim Assistance News

Greetings to our community:

I have been employed with the Spirit Lake Victim Assistance Program as the director since October 2014. It has been a rewarding and challenging job, but also a great learning experience. I, too, am a victim of domestic violence and sexual assault. In May of 1984, I entered the Alcohol Treatment Program in Sisseton South Dakota and there I began my sobriety. I returned home in June 1985 and began working part-time for our Tribal Alcohol Program. Later that fall I went to Sgt. Bluff, Iowa for more treatment training, since I was working for the Alcohol Program. There was the beginning of my new life of sharing and working on my personal self and honestly heal my inner child and learned to become an adult.

With that brief background, today I am alcohol and drug free and truly happy at where I am in my life. I can honestly share my personal feelings with my co-workers, or those I come in contact with. I have experienced the pains, heart aches and death of my dad, and my oldest daughter who died of suicide.

Our Spirit Lake Community members are always welcome to our office and we will assist in whatever way our program can provide, if we don't have the answers we do work with other tribal entities who we can refer to or those off reservation. Should you have any questions please call our office at 766-1816.



Imogene Belgarde, Director



Our Mission:

Spirit Lake Victim Assistance Program exists to assist victims of domestic violence/sexual assault and to promote safety, healing, advocacy and be the voice for our victims.

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WHAT IS DOMESTIC VIOLENCE?

Domestic Violence is an ongoing pattern of behaviors and abusive tactics used by an intimate partner or ex-partner to gain complete power and control over a person's life.

“He doesn’t have to hit you for it be abuse. He can degrade, humiliate, blame, curse, manipulate, or try to control you. It’s still Domestic Violence.”

“One in five teens in a serious relationship reports having been hit, slapped, or pushed by a partner. Are you the one in five?”

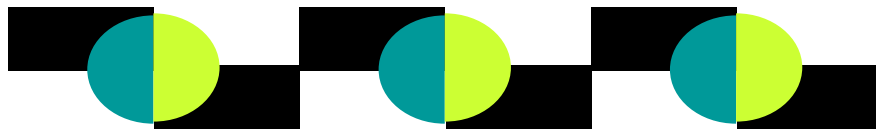
ND Council on Abused Women's Services

FORMS OF DOMESTIC VIOLENCE

- Battery-a pattern of abusive behavior ; control; intimidation; coercion.
- Isolation-forcing a partner to account for whereabouts; you exist only for him.
- Emotional Abuse-telling a partner who they are or should be, constant insults and degradation.
- Financial Abuse-controlling all monetary resources
- Threat of Control of the Children-threat of taking away the kids.

SERVICES PROVIDED BY SPIRIT LAKE VICTIM ASSISTANCE:

Crisis Counseling, Follow-up, Referral to Shelter, Support Groups, Financial Emergency Assistance, Transportation (Limited), Information, Referrals, Assistance with Victim Compensation Forms, Criminal Justice Support, Legal Advocacy



Cycle of Violence



SPIRIT LAKE TRIBAL RESOURCES:

Emergency:

911

Spirit Lake Victim Assistance:

701.766.1816

Fort Totten Police Department:

701.766.4231

Legal Services of North Dakota:

1.800.634.5263

Spirit Lake Behavioral Health

701.766.1613

Spirit Lake Indian Health Service:

701.766.1600

Spirit Lake Tribal Court:

701.766.4244

Other:

SAAF:

701.662.7378

Lake Region Human Service
Center Crisis Line:

701.662.5050

National Domestic Violence
Hotline:

1.800.799.SAFE

MEET THE ADVOCATES OF SPIRIT LAKE VICTIM ASSISTANCE

My name is Mary Ann Ott. I was born and raised here on the Spirit Lake Reservation. When I was growing up I lived with my parents in Saint Michael N.D. I am the only girl and I have 4 brothers, and I am right in the middle of them all. I attended Four Winds School also I graduated from there in 2003. I went on to continue my education at Cankdeska Cikana Community College. I graduated from there in 2007, with my Associate's degrees in Accounting and Business Administration.

I have been married for little over year now, to Thomas. I don't know why he asked me to marry him I don't cook. Anyways I also have a beautiful little girl, her name is Ava Ann Ott, and she was born 11/6/16. In January 2017, I started working for the Victim Assistance Program. I love working here also I have awesome co-workers.

My name is Monique Lambert and I am enrolled member of the Spirit Lake Nation Tribe and descendent of the Turtle Mountain Chippewa on my mother's side. I was raised on the Spirit Lake Nation.

I earned my AA Degree from Cankdeska Cikana Community College and BSSW Degree from the University of North Dakota. Shortly after college I worked for the Spirit Lake Tribal Social Services Program as a Child Protection/Foster Care Case Manager. In this capacity, I was able to work with agencies at the tribal, state, and federal levels. I later worked for First Nation's Women's Alliance, which is a Domestic Violence/Sexual Assault Coalition. During this I was able to travel throughout North Dakota and provide technical assistance to tribal domestic violence/sexual assault programs.

When human beings experience trauma, it is not uncommon that their lives unravel. Working at SLVAP gives me the opportunity to help people and families, who have experienced trauma locate available resources to help them navigate through their experience.

My name is Gloria Redroad. I was raised by my grandparents here on Spirit Lake, also lived with grandparents in Sioux Valley, Manitoba, Canada. I was 6 yrs old when I first met my mother. I had to attend the Catholic school in St. Michael. I experienced the abuse that our grandparents talked about. I was not allowed to speak my Dakota language. The Catholic religion was forced on me.

During my childhood years, I experienced many traumas. As a result, I started drinking (alcohol) which led to many legal issues and family problems etc. In 1985, I went to a chemical dependency treatment program in Sgt Bluff, Iowa. I have been alcohol/drug free since then.

I have 2 sons and one daughter. My oldest daughter is deceased. I have 16 grandchildren and 5 great-grandchildren.

I dropped out of high school when I was 16, got my GED when I was seventeen. Twenty years later, I went back to school at Little Hoop Community College. I received my two-year degree, Associate of Arts and continued on with Social Work classes at Minot State.

I have worked with the youth in my early years of recovery in the addiction field. I started working with Victim Assistance in 2002. I was able to relate to the youth and parents/caretakers because of my experiences.



*Life doesn't get easier,
you just get stronger.*



Spirit Lake Victim Assistance On Call Schedule

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>Mary Ann</u> 766-1816 351-2724	2 <u>Mary Ann</u> 766-1816 351-2724	3 <u>Mary Ann</u> 766-1816 351-2724	4 <u>Mary Ann</u> 766-1816 351-2724	5 <u>Mary Ann</u> 766-1816 351-2724
6 <u>Mary Ann</u> 766-1816 351-2724	7 <u>Imogene</u> 766-1816 381-2930	8 <u>Imogene</u> 766-1816 381-2930	9 <u>Imogene</u> 766-1816 381-2930	10 <u>Imogene</u> 766-1816 381-2930	11 <u>Imogene</u> 766-1816 381-2930	12 <u>Imogene</u> 766-1816 381-2930
13 <u>Imogene</u> 766-1816 381-2930	14 <u>Gloria</u> 766-1816 381-2488	15 <u>Gloria</u> 766-1816 381-2488	16 <u>Gloria</u> 766-1816 381-2488	17 <u>Gloria</u> 766-1816 381-2488	18 <u>Gloria</u> 766-1816 381-2488	19 <u>Gloria</u> 766-1816 381-2488
20 <u>Gloria</u> 766-1816 381-2488	21 <u>Nikki</u> 766-1816 230-5182	22 <u>Nikki</u> 766-1816 230-5182	23 <u>Nikki</u> 766-1816 230-5182	24 <u>Nikki</u> 766-1816 230-5182	25 <u>Nikki</u> 766-1816 230-5182	26 <u>Nikki</u> 766-1816 230-5182
27 <u>Nikki</u> 766-1816 230-5182	28 <u>Monique</u> 766-1816 230-8095	29 <u>Monique</u> 766-1816 230-8095	30 <u>Monique</u> 766-1816 230-8095	31 <u>Monique</u> 766-1816 230-8095		

