



Crisis Resource Center of Steele County

112 North Oak Avenue
Owatonna, MN 55060

24 hour crisis line
(507) 451-1202
1-800-451-1202



Who We Are

The Crisis Resource Center of Steele County is a non-profit organization. All services are free and completely confidential. The Center was established in Steele County in 1990 and provides support and services to individuals affected by domestic abuse and sexual assault.

Statistics

1 in 4 women and 1 in 9 men are victims of domestic violence in their lifetime.

1 in 6 women and 1 in 33 men will be sexually assaulted in their lifetime.

On average, it takes an individual at least 7 times to leave an abusive situation for good.

What Do I Do?

Call the CRC at 507-451-1202. If there is immediate danger, call 911.

Talk in confidence with someone you trust: a relative, friend, etc.

If you choose to remain in the situation for now, set up a safety plan. For example: hide a car key and money in a safe place, and locate somewhere to go in case of an emergency. The CRC has resources available to assist with this process.

Anyone can be a victim of abuse.
Anyone can be a perpetrator of violence.

Abuse does not discriminate; it crosses all education levels, ages, races, sexes, religions, abilities and economic classes.

CRC Services

24 Hour Crisis Line

The CRC's phones are answered 24 hours a day, seven days a week by trained staff and volunteer advocates.

Advocacy

We listen and help victims define their needs. Each victim is encouraged and supported in deciding what is right for him or her and is assured complete confidentiality.

Court Advocacy & Accompaniment

We provide support and information to those dealing with both criminal and civil court systems and we can attend court hearings with or on behalf of victims.

Law Enforcement Advocacy & Accompaniment

Staff members are available to explain the criminal justice process and accompany victims when reporting to law enforcement.

Legal

We assist victims in filing Orders for Protection and Harassment Restraining Orders.

Public Education & Outreach

Staff members are available to present information on services and programming to groups, churches, schools, employers, social services agencies or any interested group. Speakers can be arranged by contacting the CRC. Violence Prevention education is made available to all K-5 classrooms in Steele County through a grant funded by the United Way of Steele County.

Resources & Referrals

We can help find other local agencies to help meet your needs.

Safety Planning

No matter what your current situation, staff members are available to help you work out a safety plan.

Transportation

We can transport clients and their children to and from the hospital, lawyers, clinic and other social service agencies including emergency transportation to shelters or safe-housing.

Power & Control

Intimidation

Making someone afraid by using looks, actions, gestures, smashing things, destroying property, abusing pets, displaying weapons

Emotional Abuse

Putting someone down, making him/her feel bad about themselves, calling him/her names, playing mind games, humiliating him/her, making him/her feel guilty

Isolation

Controlling what someone does, who he/she sees and talks to, what he/she reads, where he/she goes, limiting his/her outside involvement, using jealousy to justify actions

Minimizing, Denying, Blaming

Making light of the abuse and not taking his/her concerns about it seriously, saying the abuse didn't happen, shifting responsibility for abusive behavior, saying he/she caused it

Using Children

Making him/her feel guilty about the children, using the children to relay messages, using visitation to harass him/her, threatening to take the children away

Economic Abuse

Preventing him/her from getting or keeping a job, making him/her ask for money, giving him/her an allowance, taking his/her money, not letting him/her know about or have access to family income

Male Privilege

Treating her like a servant, making all the big decisions, acting like the "master of the castle," being the one to define men's and women's roles

Coercion and Threats

Making and/or carrying out threats to do something to hurt him/her, threatening to leave him/her, to commit suicide, to report him/her to welfare, making him/her drop charges, making him/her do illegal acts

* These are eight of the most common ways batterers abuse, taken from the Power & Control Wheel developed by the Duluth Intervention Project.

CRC Programs

Abused Children's Program

Provide services to children who have been the victim of abuse and/or witnessed abuse. Through one-on-one contact and support groups, children receive an opportunity to talk about their experiences and receive the help they need.

Domestic Violence Program

Provide services to women and men who have been the victim of physical, verbal and/or emotional abuse.

Sexual Assault Program

Provide services to women, men and children who have been sexually assaulted and/or abused.

Support Groups

Children's Group

The Children's Support Group is offered to children ages 4 through 12 who are victims of child abuse, sexual assault or have witnessed abuse in their homes. Children's support group focuses on giving children the skills they need to process what has been going on in their lives, helps to develop coping skills, deal with peer pressure and learn different techniques to deal with anger and stress. This group discusses self-esteem, manners and bullying.

Women's Group

A woman may attend group to discuss an issue or just listen to other women in similar situations. This is a place to problem-solve about positive actions toward escaping, ending or coping with abuse. Childcare is typically provided. COMPLETE CONFIDENTIALITY is required to attend.

Please call ahead if you or your children are interested in attending group.

How Can I Help?

Be a Volunteer Advocate

Our volunteer advocates assist the CRC with our 24-hour crisis phone line, answering our calls by use of a CRC cell phone. Primary duties include: listening, supporting, providing information and referrals and assisting law enforcement personnel and emergency room staff with crisis situations involving domestic abuse, sexual assault and child abuse.

Donate old cell phones, used ink cartridges or make a financial contribution

The Crisis Resource Center recycles old cell phones and ink cartridges to receive supplemental funding to support our programs. Some cell phones are also used as 911 phones for victims in need. Any financial contribution you make is tax deductible and will help support the ongoing needs of our clients.

TALK ABOUT IT!

Talking about violence can help develop open communication and make it known that you are supportive and trustworthy. Since violence affects so many people, it is likely that you already know at least one person who has been victimized at some point in his or her life.

If you have any questions, please feel free to contact
CRC at
507-451-1202.

