

December  
2021

# THE TURNING POINT

SERVING SURVIVORS OF SEXUAL VIOLENCE

Vol 1  
Issue 1

newsletter



THE  
TURNING  
POINT  
RAPE CRISIS CENTER  
IS HERE  
FOR YOU

## INSIDE THE ISSUE

END OF THE  
YEAR REVIEW

Page 2

COPING DURING  
THE HOLIDAYS

Page 2

VOLUNTEER &  
ADVOCACY

Page 3

COMMUNITY  
ENGAGEMENT

Page 4

## FROM THE DESK OF THE EXECUTIVE DIRECTOR

**Dear Friends of the Turning Point,** I wish to thank all of those who have supported our humble agency this past challenging year through your service and financial gifts. Our work could not be done for not for the generosity of all of you.

**To our amazing donors:** Every gift you bestow on our agency, no matter the amount, validates the work we do but more importantly, is a statement to survivors that they matter and their healing is your priority. It is a commitment that reflects the passion you feel for their well-being and to ending this horrific public health crisis that is sexual violence.

**To our community partners in healthcare, law enforcement and advocacy:** It is more than a privilege to serve survivors and our community along side of each and every one of you. I have learned so much about grace, resilience and commitment working with you all.

**To our amazing advocates:** While I don't always have the opportunity to see your shiny faces in person, your work is seen through the eyes of survivors who receive your generous and compassionate service. I read your service records and am so very grateful that you were there at the survivor's most traumatic time. You need to know that they will always remember your empathetic heart which eased their tremendous heartache if even for just a while.

**To our incredible forensic nurses:** Your chosen path to serve victims of sexual assault with your incredible clinical and supportive work is quite simply a gift. I am honored to be even a small part of your service and am inspired watching you care for your patients-our survivors.

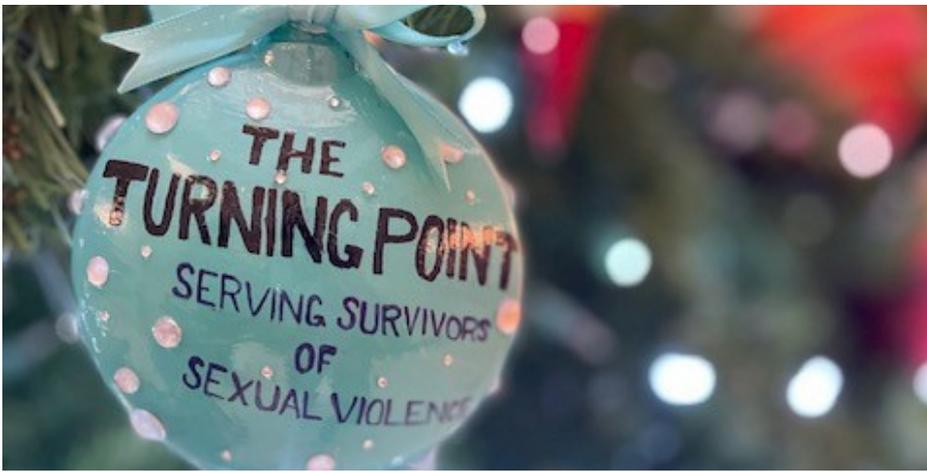
**To our committed counselors:** If I have said it once, I have said it a million times, you are the backbone of our agency and all that is good and right with this world. Trauma therapy is not for the meek and you all show such incredible commitment, care and endurance in the difficult work you do tirelessly every day.

**To the rest of my incredible staff:** You educate, teach, coordinate and lead with conviction every day. You are the cogs in the wheels on this machine that keeps us going. You all ensure that our mission is not just a statement but an action. Your belief in survivors is seen in all that you do every day.

**And finally, to survivors and your families:** We will not stop serving you and ensuring that our community is free of sexual violence. We will always offer you safe harbor and be your port in the storm. We will fight for your rights. We will always believe you. While we cannot take away the violation and pain you suffered, we strive to ease your suffering if even a little bit and pray that you can find enduring peace and healing.

Thank you all and may 2022 bring the gift of hope and healing to you all.

Wendy Hanna



## END OF THE YEAR REVIEW

As we end 2021 and year two of a global pandemic, we are thankful that we were able to help so many survivors and families of survivors during times of unease and concern. The Turning Point was still able to make a difference even through all the hardships and uncertainties with the support of our staff, board of directors, donors, volunteers, advocates, nurses, counselors, sexual assault response team, and law enforcement. The Turning Point is one step closer to winning the fight against sexual violence in Collin County.

Here's a summary of the impact we have made in the community  
January 2021-November 2021:

Services Provided by The Turning Point	Total
Hotline Calls	1,397
Counseling Sessions	4,514
Medical Accompaniment	406
SANE Exams	502

“I've never really been able to express my deep gratitude for the time and wisdom you put into my recovery. I was so terrified that when therapy ended I would regress and turn into that terrifying version of myself that I was when I began with the Turning Point. Instead, I have somehow managed to make it through another recovery milestone and been able to utilize the tools you gave me to make it through each step without falling apart. Thank you!!”

-Survivor's Story

## COPING DURING THE HOLIDAYS

### Ideas for self-care

The holiday season is a time of celebration and a chance to reconnect with family and friends, but it can also present challenges for some survivors. Each survivor's experience and healing process is unique, and for some people the holidays may be an especially tough time. Simple safety tips, self-care strategies, and the support of loved ones can sometimes make all the difference.

### Here are a few ideas for self-care during the holiday season:

- Take a warm, soothing bath/shower
- Go for a walk
- Make yourself a cup of tea or coffee
- Read a book or a magazine for pleasure
- Unplug from electronics for an hour
- Engage in some positive self-talk (ex. I am a good person; I deserve good things)
- Do a short meditation
- Give yourself permission to say 'yes', 'no', or 'maybe' to things today
- Talk to people in your life about how they practice self-care to generate ideas
- Take 5 minutes to stretch

# VOLUNTEER OPPORTUNITIES

You're a go-getter, a change maker, and you want to use your talents to serve others. You know the statistics are overwhelming. You know the work is tough. You know the fight is long. **YOU DON'T CARE. YOU ARE DETERMINED TO GIVE SURVIVORS A VOICE.**

**Volunteers like you are the pillars of our organization.**

## TTP NEEDS:

Administrative Volunteers,  
Outreach Volunteers,  
Special Event Volunteers,  
Fundraising Volunteers,  
24-Hour Crisis Hotline Advocates,  
& Hospital Advocate's

**For more information email  
volunteer@theturningpoint.org**

# DEPARTMENT HIGHLIGHT: VOLUNTEER & ADVOCACY

## JANUARY TRAINING DATES

Tuesday, January 11 (6:30pm-9:30pm via Zoom)

Wednesday, January 12 (6:30pm-9:30pm via Zoom)

Thursday, January 13 (6:30pm-9:30pm via Zoom)

Tuesday, January 18 (6:30pm-9:30pm via Zoom)

Wednesday, January 19 (6:30pm-9:30pm via Zoom)

Thursday, January 20 (6:30pm-9:30pm via Zoom)

Saturday, January 22 (9am-2pm in person)

Tuesday, January 25 (6:30pm-9:30pm via Zoom)

Wednesday, January 26 (6:30pm-9:30pm via Zoom)

Thursday, January 27 (6:30pm-9:30pm via Zoom)

## VOLUNTEER & ADVOCATE SPOTLIGHT



Olivia is a staff advocate. She assists with all daytime medical accompaniments.

"My name is Olivia, and I am the Daytime Advocate for The Turning Point. I recently graduated from Texas State University, with a degree in Human Development and Family Sciences. In the past, I worked in Special Education and Child Development fields, and I started volunteering with The Turning Point last July. I quickly fell in love with helping survivors and was excited to become a staff advocate. I am so thankful to be able to do this work and support survivors of sexual violence."



Marina is a medical accompaniment advocate.

Marina is very passionate about the work TTP does and has enjoyed being an advocate since she started in April. For work, Marina is a Project Manager at a technology company and in her free time she likes to paint and have game nights with friends.



Hillary is a Crisis Hotline Advocate.

"I started volunteering at TP in January of 2021 because I am an RN who is interested in becoming a SANE nurse. I decided to volunteer to learn more about that process, and also because I am a nurturing person, and my strength is being supportive to someone going through a crisis situation.

Fun fact: I used to train for and compete in long distance triathlons."



Fern is an admin volunteer.

"Turning Point has been a great retirement "job" for me. It gives me structure and an opportunity to contribute to my community. Taking care of administrative tasks allows the staff to spend more time on what they do best."

# Community Engagement

## *How can you help?*

### **Volunteering/Advocacy:**

Email [volunteer@theturningpoint.org](mailto:volunteer@theturningpoint.org) to get started

### **Donations:**

[Amazon Wish List](#)

[Wal-Mart Wish List](#)

Are you considering an end of the year donation?

Donations can be made here: [TTP Donations](#)

## **Stay Connected:**



@theturningpointrcc



@TheTurningPoint



@TurningPointRCC



info@theturningpoint.org



24 hour Crisis Hotline: 1-800-886-7273

*The Rape Crisis Center of Collin County (d.b.a. The Turning Point) is a 501(C)3 charitable organization and is supported by donations and public funds. Donations are tax deductible to the fullest extent of the law.*

*Donations can be sent to 3225 Silverstone Drive, Plano, TX 75023*

*or through our website at: [www.theturningpoint.org/donate](http://www.theturningpoint.org/donate)*