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THE TURNING POINT

SERVING SURVIVORS OF SEXUAL VIOLENCE

newsletter

Vol 1
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April is Sexual Assault Awareness Month

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FROM THE DESK OF THE EXECUTIVE DIRECTOR

April is Sexual Assault Awareness Month. A time each year we recognize survivors for their incredible resilience and strength. Those we are fortunate to serve and advocate for through our programs and through legal remedies. However, we also recognize that far too many survivors never come forward with their stories of abuse, oppression, and assault. We know that over 90% of victims of sexual assault choose not to report their victimization to law enforcement in the state of Texas. This is a sobering statistic and the reasons are still clouded in their own shame and blame for a crime that was committed upon them. We choose "Start By Believing" as our theme again this year and one that continues to resonate with those who advocate and care for victims of sexual violence. It is a simple statement with a huge impact for survivors. If we as a community just start by believing every victim, approach every report of sexual violence as a brave step in a survivor's journey, then healing and justice can be a realization for the many who fear stepping forward. Together, let's end sexual violence so no survivor has to remain in the shadow of shame.

Wendy Hanna

APRIL IS SEXUAL ASSAULT AWARENESS MONTH

"START BY BELIEVING"

When survivors have the support of friends and family, as well as positive interactions with law enforcement, victim advocates, medical providers, and others, it can decrease the long-term effects of trauma.

Research shows the two things that have the most positive impact on survivors are:

- (1) having someone to talk to, and
- (2) being believed.

Start by Believing is a public awareness and action campaign launched by End Violence Against Women International (EVAWI) in April 2011. It was created to end the cycle of silence and change the way society responds to sexual assault. The campaign focuses specifically on changing the response to survivors of sexual assault by expressing belief and support, rather than doubt, shame, or blame.

Sexual assault victims often face reactions of doubt and blame when they report the crime or reach out for help. These reactions can increase the trauma survivors experience and decrease the likelihood they will pursue justice and healing. This also means that perpetrators are not held accountable for their crimes, and they remain free to hurt more people. Outcomes will change when police and prosecutors start from the presumption that a sexual assault report has merit, and then follow the evidence through the course of a fair, impartial, and thorough investigation.

When someone has been sexually assaulted, they often turn first to family members or friends. If the response to their disclosure is disbelief or blame, this can increase the trauma of the assault and reduce the chances that the victim will report to law enforcement or seek other services. On the other hand, victims who are treated with respect and whose accounts are taken seriously will often feel more comfortable reporting or seeking additional help. In recognition of Sexual Assault Awareness Month, this April we are encouraging all communities to "Start by Believing."

You can take action now by clicking [here](#) to make a personal pledge to start by believing.

"Start by Believing, FAQs" www.startbybelieving.org

What to Say



START BY BELIEVING

"I believe you."

"I'm sorry this happened."

"I am here for you."

BE SUPPORTIVE

"You can tell me as much, or as little as you want."

"It's not your fault."

"I'm glad you told me. I'm so proud of you."

ASK HOW YOU CAN HELP

"What can I do to support you?"

"I can stay with you tonight. Would that help?"

"Do you want me to go with you to the hospital or police station?"

AVOID WHY QUESTIONS

Even with the best of intentions, "why" questions can sound accusatory and make survivors blame themselves.



SEXUAL ASSAULT VICTIMS WHO RECEIVE NEGATIVE REACTIONS FROM LOVED ONES ARE LESS LIKELY TO DISCLOSE TO ANYONE ELSE. #STARTBYBELIEVING



My counselor at The Turning Point saved my life. She worked with me tirelessly and oh so patiently to bring me to a more stable emotional health. I feel very blessed to have had her in my life.

—Survivor Story



EVENING OF EMPOWERMENT

April 29, 2022
4:00 PM – 8:30 PM

The Turning Point proudly and wholeheartedly supports the 2022 Evening of Empowerment to be held April 29, 2022. *(The location of this event cannot be shared due to the privacy and protection of the participants.)*

This event was created by the Collin County Crime Victims Council to help crime survivors by providing access to resources necessary to continue to heal so they can move from victim to survivor. It provides Collin County survivors of crime with the support they need to continue to heal, so they can move from victim to survivor.

Free childcare will be provided to allow attendees to shop, enjoy the event and focus for the evening on their healing. Evening of Empowerment attendees will also be able to talk with legal representatives, connect with mental health and counseling resources, pick up household and personal supplies, enjoy dinner and shop for themselves and/or their children all for **FREE**.

This event is only possible because of the generosity of our community as it provides items for women and children so many of us take for granted. The Turning point will be collecting items for this event; if you would like to donate any of the items listed below, you can drop them off at our office, located at 3325 Silverstone Dr. Plano, TX 75023, Monday, Wednesday, or Friday from 9:00 AM – 5:00 PM. We will be taking donations through April 24.

- Shampoo/Conditioner
- Body Wash/Soap (liquid or bar)
- Diapers, Wipes, Baby Food, Baby Formula
- Detergent, Cleanser, Bleach, Fabric Softener/Dryer Sheets
- Cleaning Products: Clorox Wipes, 409, Windex, Toilet Cleanser
- Toothpaste/Toothbrushes
- Feminine Products (Pads, tampons)
- Sponges
- Deodorant
- Hand Sanitizer

Contact: Terri Clark, tclark@theturningpoint.org or 501-779-1196

"I believe you."



THERAPY THURSDAYS

with The Turning Point's
Clinical Team

Do you have questions about counseling services at The Turning Point? About counseling in general? Have more specific questions about healing after trauma? Join us on Instagram Live every Thursday in the month of April for **Therapy Thursdays** at 6:00pm CST.

Instagram: [@theturningpointtrcc](https://www.instagram.com/theturningpointtrcc)

What Can Therapy Help With?

Therapy is a positive way to deal with trauma, pain, or any issue you have in life so you can become a healthier, happier, more peaceful person.

Therapy can help you navigate many common, yet difficult things in life, such as:

- Wanting to better yourself or your life
- Managing your anxiety and/or depression
- Feeling like you're overwhelmed
- Dealing with a serious life change or transition
- Navigating relationships
- Getting through a crisis
- Working through difficult or stressful family dynamics
- Overcoming or managing substance abuse and addiction
- Learning how to deal with difficult or toxic people
- Thoughts of self-harm or suicide

For more information about our counseling services, click [here](#).

VOLUNTEER OPPORTUNITIES

You're a go-getter, a change maker, and you want to use your talents to serve others. You stand strong in your beliefs but are understanding of people who think differently. You don't shield your eyes from the problems of the world, but rather you let them compel you to serve others. You are bold, imaginative, and anything but apathetic.

Volunteers like you are the pillars of our organization.

TTP Volunteer Opportunities:

- Administrative Volunteers
- Outreach Volunteers
- Special Event Volunteers
- Fundraising Volunteers
- 24-Hour Crisis Hotline Advocates
- Hospital Advocates

To register for the April Training Class, contact the advocacy program manager at: jbettswilliams@theturningpoint.org

DEPARTMENT HIGHLIGHT: VOLUNTEER & ADVOCACY

APRIL TRAINING DATES

Tuesday, April 5 (6:30pm-9:30pm via Zoom)

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

Thursday, April 7 (6:30pm-9:30pm via Zoom)

Tuesday, April 12 (6:30pm-9:30pm via Zoom)

Wednesday, April 13 (6:30pm-9:30pm via Zoom)

Thursday, April 14 (6:30pm-9:30pm via Zoom)

Saturday, April 16 (9am-2pm in person)

Tuesday, April 19 (6:30pm-9:30pm via Zoom)

Wednesday, April 20 (6:30pm-9:30pm via Zoom)

Thursday, April 21 (6:30pm-9:30pm via Zoom)

VOLUNTEER & ADVOCATE SPOTLIGHT



Cara is a staff advocate. She assists with medical accompaniments.

"My name is Cara, I began volunteering in October 2021. I absolutely love being a Turning Point Advocate. It is so rewarding and I'm grateful to be there for the Survivors and hopefully I'm a light to their situation. My goal is to make all Survivors feel safe and make sure they have the resources to get through their assault. Thank you Turning Point for this amazing opportunity."



Charlotte is a medical accompaniment advocate.

"My name is Charlotte, and I have been volunteering at The Turning Point since August 2021. I adore dogs, getting to know new people, cooking, and the life sciences, and hope to one day serve my community better by becoming a doctor. Thank you for letting me help you!"



Catherine is a Crisis Hotline Advocate.

Catherine is a former Vice President of a Fortune 1000 company and currently transitioning to teaching body sovereignty and safety to women. Catherine is an avid yogi and meditator. She dedicates her time to volunteering with various organizations centered around women's empowerment and animal rights. She lives in McKinney, Texas with her partner, Carl and dog, Roxy.



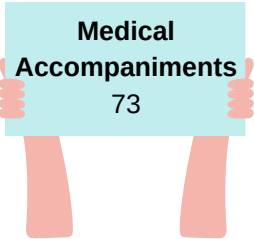
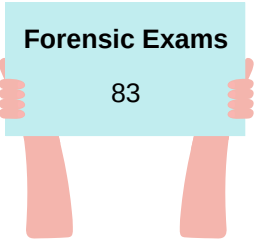
Elizabeth is an admin volunteer.

"My name's Elizabeth! I've been really enjoying my time helping out at The Turning Point. A few things about me: I love reading and I love to watch movies! I'm a sucker for anything horror related or any action movies!"



DEC 2021.-FEB.2022 COMMUNITY IMPACT

Here’s a summary of the impact we have made in the community
December 2021-February 2022:



DIVERSITY & INCLUSION

As you may know, The Turning Point is an all-inclusive organization serving all survivors of sexual violence. To help us better serve our community, we take time to reflect on different populations and how they are affected by sexual violence. We ask you to join us in observing the impact of sexual violence has on them.

February: Black History Month

- 1 in 4 black girls will be sexually abused before the age of 18
- More than 20% of black women are raped during their lifetimes
- 40% of confirmed sex trafficking survivors in the U.S. are black

March: National Women’s History Month

- 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime
- Over 1.5 million women were raped by an intimate partner in 2019
- 82% of all juvenile sexual assault victims are female

April: National Deaf History Month

- 50% of Deaf girls have been sexually abused compared to 25% of girls who are hearing
- 54% of deaf boys have been sexually abused compared to 10% of boys who are hearing

Sources: RAINN.ORG and mcasa.org

Community Engagement

Join Our April Awareness Campaigns on Social Media

To use The Turning Point's Facebook profile photo frames, Click [here](#)

Search and Use Hashtags:
#startbybelieving #saamTTP

Like, Comment, & Share all of our social media content at the accounts listed below.



Our community impact could not be done without your generosity. Thank you!
Donations can be made here: [TTP Donations](#)

Stay Connected:



@theturningpointtrcc



@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*