

THE SAHC SENTINEL

SEXUAL ASSAULT HELP CENTER QUARTERLY NEWSLETTER

important dates to remember

November 24 - Thanksgiving
all SAHC offices closed

November 25 - Black Friday
all SAHC offices closed

December 23 - Christmas Eve Observed
all SAHC offices closed

December 26 - Christmas Day Observed
all SAHC offices closed



Day of Caring

On September 14th, 2022 The United Way of the Upper Ohio Valley hosted their annual Day of Caring where volunteers from across the Ohio Valley gave helping hands to non-profits with a variety of projects.

SAHC Wetzel County office benefited from this project by receiving 4 volunteers employed by Covestro to assist with a large painting project. Mariah Hamilton, Wetzel county advocate and Ashley Carpenter, executive director of SAHC along with 4 volunteers spent the day prepping, painting and putting the Wetzel county office back together.

SAHC would like to extend a huge thank you to The United Way of the Upper Ohio Valley, Covestro, our 4 wonderful volunteers and all who made the Day of Caring possible!

Marshall County Office

In September of 2022 SAHC officially added a third outreach office located in Marshall county. With this addition, SAHC now has a physical location in each county we serve.

The Marshall county outreach office is housed within the Unity Center, located in Benwood. The Unity Center takes a holistic approach to the treatment of individuals in addiction recovery, here at SAHC we understand the correlation between substance use disorders and sexual violence and we are thankful that we now have the opportunity to be present within the Marshall county community.

For any questions about Marshall county outreach please contact Haley Kleinedler, the Marshall county advocate and prevention specialist at Haley@sexualassaulthelpcenter.com

Voter Registration Event

As of August 2022 the West Virginia Secretary of State reported that there are 1.1 million registered voters residing in the state of West Virginia. According to the United States Census there are 1.5 million West Virginia citizens who are of voting age or above, leaving approximately 400,000 West Virginia citizens not registered to vote.

Voting is more than just checking a box on a ballot, it is the right of United States citizens and voting is a simple, effective way of making sure that each and every voice is heard. No vote is too small.

SAHC understands the many obstacles that West Virginia citizens face when it comes to voting, and more specifically the obstacles of those who have been impacted by sexual violence. According to the National Resource Center on Domestic Violence "the number one thing you can do to address domestic and sexual violence is commit to voting." Many survivors face barriers in voting due to privacy concerns, safety concerns, and overall lack of election information.

SAHC has made it a priority to help give survivors their voice back in all manners including mentally, physically and politically. In October our Brooke and Hancock advocate Ashley Williams will be providing free voter registration events in 3 locations, please see below under our upcoming events section for more information or reach out to Ashley at Williams@sexualassaulthelpcenter.com.

VOTING INSPIRES CHANGE! **DON'T GO UNHEARD**

SCAN ME

Scan the QR code for more information or to register online.

Need help or a paper copy? Ask an advocate for assistance.

Building Bridges Summit

On September 28, 2022 all SAHC staff attended the Building Bridges: WV Civil and Human Rights Summit in Charleston, West Virginia located on the beautiful West Virginia State University campus.

The 8 hour summit was comprised of brilliant individuals who have made it their life work to advance and advocate for civil and human rights in the state of West Virginia. SAHC staff members attended a variety of breakout sessions covering laws, codes, obstacles, new approaches, and panel discussions all related to civil and human rights within the state.

It is important to understand how civil and human rights intersect with the rights of those who have experienced sexual violence. Harvard Kennedy School of Women and Public Policy reports that although sexual violence is a direct violation of human rights it still occurs at an alarming rate.

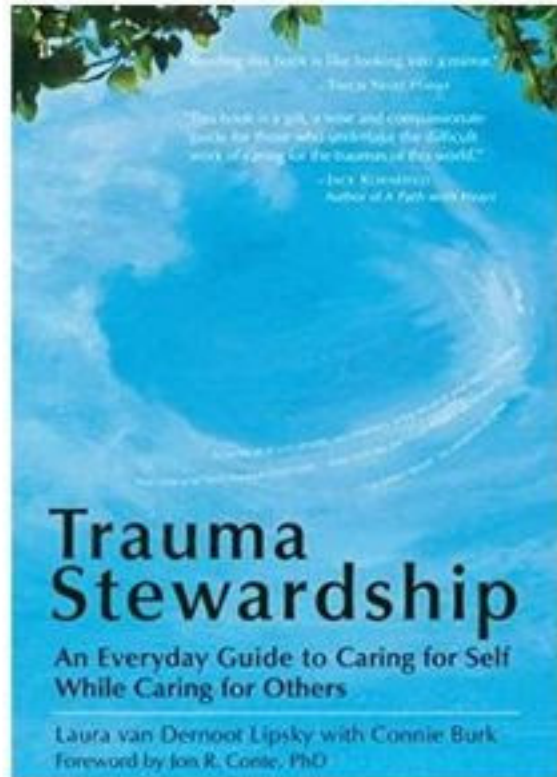
Human rights were created to protect the well-being of all humans regardless of background, gender, race, location, and identity but human rights cannot be obtained until we are free from sexual violence. Join us in this conversation on Human Rights Day on December 10, 2022.

THEIR FIGHT IS OUR FIGHT

LEND A HELPING HAND
Human Rights Day
DECEMBER 10, 2022

What We're Loving This Month

Books



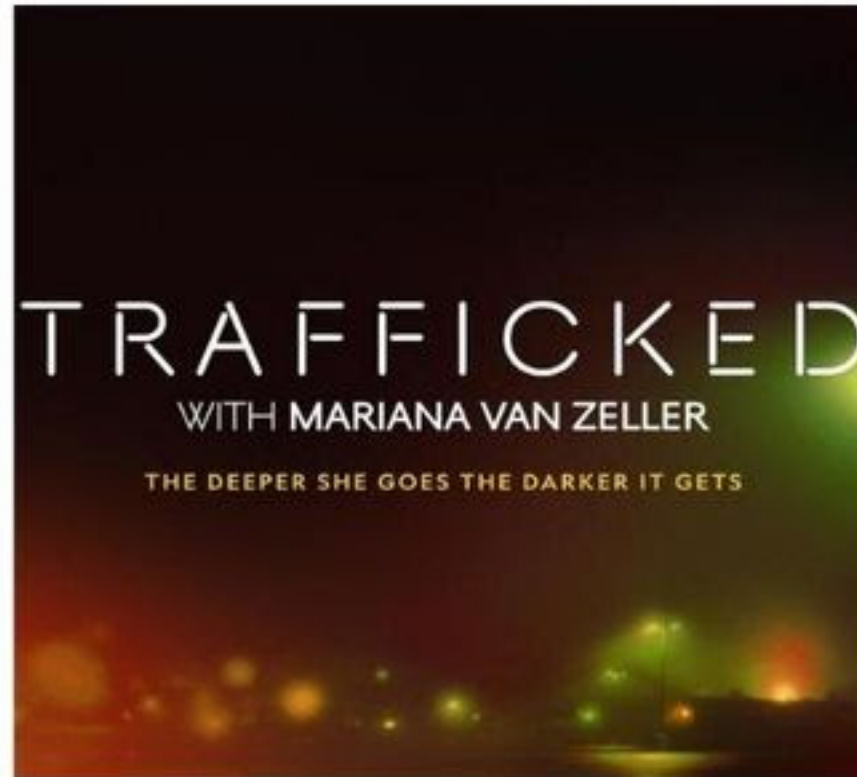
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Connie Burk and Laura van Dernoot Lipsky

Those who complete advocacy work in any capacity are familiar with burnout, vicarious trauma, and emotional numbness, however, this book seeks to ease the mind and body of those who ease the mind of others.

The authors of this book use a combination of modern psychology and spiritual practices to offer a unique stance on healing for those who offer healing.

The authors published this book with the strong belief that we must take care of ourselves before we can take care of others.

Series



Trafficked with Mariana Van Zeller Season 1 Episode 5

Human trafficking has become a hot topic across social media platforms, with claims of human trafficking tactics appearing in nearly every local grocery store and shopping center.

This series goes behind the scenes of what many call "The Game", where human trafficking is spotlighted on busy avenues, broad daylight, and even college campuses.

Although human trafficking has many different faces it is important to understand the warning signs and dangers of this crime.

Mariana does an excellent job of asking the difficult questions, showing the raw emotion of human trafficking and giving a voice to those who have been silenced.

Podcasts



Finding OK - Healing After Sexual Assault and Abuse

A podcast series that touches on all the difficult conversations that occur during healing from abuse.

This podcast stars survivors from all walks of life including beauty pageant winners, military veterans, and religious group members who all discuss how they found strength, belief, empowerment and healing after experiencing sexual violence and abuse.

Listeners from across the globe have given this podcast a 5 star rating on Apple Podcasts. It can also be found on Spotify, Apple Podcasts, Podchaser, and Finding-OK.com.

Content Warning This podcast may be found distressing by some listeners,

Upcoming Events

Brooke/Hancock

- October 12- Voter Registration @ Chester Library 9a.m.-1p.m.
- October 13- Voter Registration @ New Cumberland Library 9a.m.-1p.m.
- October 14 - Voter Registration @ Brooke County Library 9a.m.-1p.m.

Marshall

- October 30- Track or treat @ Monarch Stadium 5-6 p.m.

Ohio

- October 7- Wheeling Health Right Fair @ Wheeling Health Right, Inc. 9a.m.-3p.m.
- October 12- Family Service Upper Ohio Valley Vendor Fairs 10a.m.-2p.m.

Wetzel

- October 28 - Boo at Bruce @ Bruce Park 6-7:30p.m.

Contact Us

Email: info@sexualassaulthelpcenter.com

Donation Site:
www.sexualassaulthelpcenter.com/donate

Fax: 304-234-8231

Text: 304-574-8844

Wheeling Office: 304-234-1783

Weirton Office: 304-559-1601

New Martinsville Office: 304-830-1494

Mailing Address:
PO Box 6764
Wheeling, WV 26003

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Donation Corner

All services at SAHC are free of charge to our clients. Because SAHC is 100% grant funded, some of our clients needs cannot be met without the generosity of our donors. Donations go directly to our clients for things like therapeutic art supplies, healing workbooks for clients, children's toys and other supplies that may help in the healing process, snacks for children's group, and hospital kits for victims. All donations are greatly appreciated.

How will my donation help?

- \$20 provides a hot meal for a Human Trafficking victim
- \$50 provides snacks and drinks for a month of our children's groups
- \$75 provides one night of safety in a hotel room for victims fleeing abuse.
- \$150 is one month of cleaning to keep our survivors safe and healthy from Covid-19.




Scan here to donate