

# THE SAHC SENTINEL

SEXUAL ASSAULT HELP CENTER QUARTERLY NEWSLETTER

important dates to remember

July 1-Minority Mental Health Awareness Month

July 30-World Day Against Trafficking Persons

August 26-National Women's Equality Day

September 1-National Recovery Month

September 10-World Suicide Prevention Day

New Season  
*new beginnings*

## Campus Advocate

In June 2022 the Sexual Assault Help Center expanded by one! We want to extend a warm welcome to Lindsay Manor as she joins the SAHC team as a full-time campus advocate and prevention specialist. Lindsay was previously staffed at SAHC as a college intern. With her bachelor's degree in science of art therapy from West Liberty University, Lindsay will be equipped to support survivors and provide education to the community.

Lindsay will be providing both advocacy and prevention services to college campuses in Brooke, Hancock, Ohio, Marshall, and Wetzel counties. Lindsay can be reached at [Lindsay@sexualassaulthelpcenter.com](mailto:Lindsay@sexualassaulthelpcenter.com) or at 304-650-8748.

## Resource Connect

At SAHC we understand the difficulties of reaching out for help after experiencing or encountering sexual violence both as a primary and secondary victim. SAHC now has the ability to text and chat anonymously through a secure site known as Resource Connect.

Resource Connect is a quick, easy and safe option for individuals to access and use, providing them complete privacy while still receiving support.

At this time, Resource Connect will operate between the hours of 8 a.m. to 4 p.m. on weekdays where an advocate will be present to text and chat about any questions or concerns involving sexual violence and all of our resources. Resource Connect can be accessed via text (304) 574-8844 or on the website at <https://www.resourceconnect.com/sahc/chat>.



# Safe Bars Program

Drug-facilitated sexual assault is the act of using drugs or alcohol to weaken and/or incapacitate an individual's ability to consent to sexual activity. The use of drugs and alcohol can cause both physical and mental impairments. According to the United States Drug Enforcement Administration (2017), alcohol is the most commonly used drug in sexual assault crimes.

Other drugs that are commonly associated with drug-facilitated sexual assault are Rohypnol, GHB, and Ketamine which can be referred to by their street names as "roofies", "grievous bodily harm", and "special K" among many others. Rohypnol is presented in pill form, GHB can present in liquid, pill, or powder form and Ketamine is typically presented in powder form, all of which have virtually no taste or smell once dissolved in liquid.

SAHC is thrilled to be partnering with local bars across the Ohio Valley to provide education, training, and options for bartenders, owners, and servers to assist patrons who may be in an uncomfortable situation or need help. The Safe Bars Program is a prevention measure to help keep bars and customers safe, happy, and educated.

Bar owners and employees will be trained and provided with a guide on how to provide discrete assistance to anyone in an unsafe or uncomfortable situation. Once the training has been completed the establishment will be presented with a letter of completion and be publicly added to a "safe bar" list that will let all customers know that the staff has been trained and prepared to add one extra step against drug-facilitated sexual violence.



## JULY IS MINORITY MENTAL HEALTH MONTH

- ✓ 37% of individuals who identify as LGBTQIA+ report having mental illness
- ✓ 25% of people who identify as being two or more races report having mental illness
- ✓ 17% of African Americans report having mental illness
- ✓ 15% of Latinx/Hispanic Americans report having mental illness
- ✓ 13% of Asian Americans report having mental illness
- ✓ 23% of Native Americans/Alaskan Natives report having mental illness

Source: American Psychiatric Association (2017, December 15). Mental health disparities: Diverse populations.

## Minority Mental Health Month

July is Minority Mental Health Awareness Month also known as BIPOC Mental Health Month! In May 2008 the United States House of Representatives declared July as Bebe Moore Campbell National Minority Mental Health Awareness Month, Bebe was an advocate among many other things, who fought for greater mental health education and support for those in minority communities.

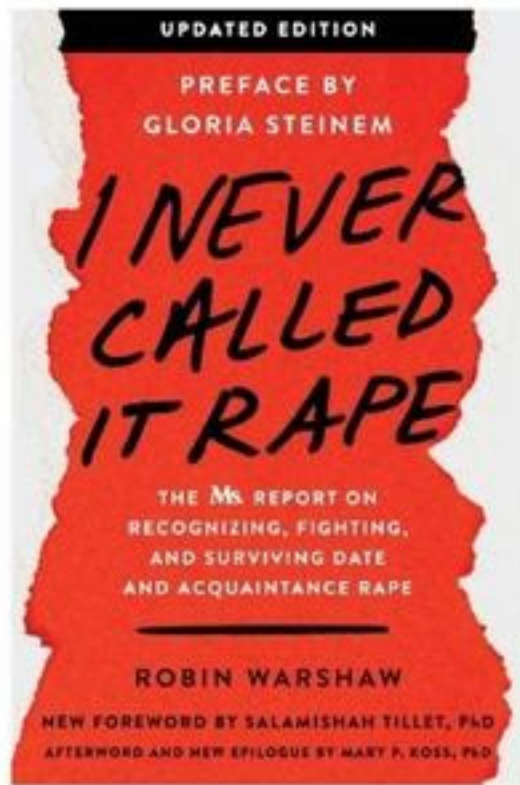
The most recent report on minority mental health in West Virginia was published in 2007 by the West Virginia Department of Health and Human Resources (found here: [http://www.wvdhhr.org/bph/oehp/hsc/pubs/minorityhealth/minority\\_health\\_report\\_2007.pdf](http://www.wvdhhr.org/bph/oehp/hsc/pubs/minorityhealth/minority_health_report_2007.pdf)). This years BIPOC Mental Health Month campaign is #beyondthenumbers because although numbers are crucial, each number represents a human life that needs to be identified individually to be able to receive proper and unique mental health support, guidance and treatment.

At SAHC we are aware of the disproportionate mental health treatment options for those in minority communities. As we continue to strive to be a place of comfort, safety, and education for all, we ask that you join us in the month of July to explore minority mental health statistics and tools to implement in your practice. The 2022 BIPOC Mental Health Awareness toolkit can be found here: <https://mhanational.org/sites/default/files/2022-06/2022-BIPOC-MHM-Toolkit.pdf>



# What We're Loving This Month

## Books



### **I Never Called it Rape by Robin Warshaw**

In West Virginia legislation, being "married" as it is legally defined, can exempt an individual from receiving criminal charges in the case of nonconsensual sexual contact with their partner. This book is crucial for those who are in *any* relationship who have experienced sexual violence at the hands of their partner as it supports and guides those who have been culturally and legally made to feel as if they were not harmed.

\*this book identifies women as the victims and men as the perpetrators, SAHC would like to identify that **all** genders can experience relational sexual violence and violence can be perpetrated by **all** genders\*

## Companies



### **Holler Health Justice Charleston, WV**

In the wake of the recent Roe v. Wade overturn decision by the United States Supreme Court, many sexual assault survivors, allies, and advocates are left concerned and confused. Holler Health Justice is a nonprofit agency located in West Virginia's capitol that was developed **by and for** rural, low income, LGBTQIA+, BIPOC. HHJ offers several programs such as free emergency contraception for individuals, groups, and agencies as well as a support hotline.

Holler Health Justice can be contacted by email at [holler@hollerhealthjustice.org](mailto:holler@hollerhealthjustice.org), by their hotline at 1-833-465-5379 or by their website at <https://www.hollerhealthjustice.org>. HHJ is also active on Facebook, Twitter and Instagram.

## Podcasts



### **Ask the Advocate by Billie Jo Weyant**

A podcast series starring domestic violence, abuse, and sexual assault advocates who discuss survivor services, relevant headlines in the media, challenges that rural advocates and survivors face, therapy based techniques for survivor healing, and continuous support for any and all individuals who work in the advocacy field.

This podcast is presented by CAPSEA, Inc. a nonprofit victim service agency in rural Pennsylvania who often encounter the same rural based complications that we do in West Virginia, this podcast can be found on Spotify, Audible and Amazon as well as on their website <https://capsea.org/ask-the-advocate-podcast/>



# Upcoming Events

## Brooke/Hancock

- August 6-Booke Hancock Backpack & Resource Fair @ Weirton Event Center

## Marshall

- August 3-Back 2 School Fun Fair @ Moundsville Center

## Ohio

- July 23/24-PRIDE festival @ Heritage Port
- August 2-National Night Out @ Wheeling Park Ice Rink
- August 4-Celebrate Youth Festival @ Wheeling Park
- August 31-Sunset Senior Fair @ Heritage Port

## Wetzel

- July 25-Moms Talk Group @ Wetzel County Center for Children and Families 6-7 p.m.

# Contact Us

Email: [info@sexualassaulthelpcenter.com](mailto:info@sexualassaulthelpcenter.com)

Donation Site:  
[www.sexualassaulthelpcenter.com/donate](http://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

# Follow Us!



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[www.pinterest.com/UOVSAHC](http://www.pinterest.com/UOVSAHC)



@sahc6764



@sexualassaulthelpcenter

# 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