

# THE SAHC SENTINEL

SEXUAL ASSAULT HELP CENTER QUARTERLY NEWSLETTER

important dates to remember

**December 23 - Christmas Eve Observed**  
all SAHC offices closed

**December 26 - Christmas Day Observed**  
all SAHC offices closed

**January 2 - New Years Day Observed**  
all SAHC offices closed

**January 16 - Martin Luther King Jr. day**  
SAHC office hour vary

**MERRY &  
BRIGHT**

HAPPY HOLIDAYS FROM SAHC!

## Month of Giving

November is often known as the month of giving, as an agency in the non-profit world giving is what allows us to provide various services to a multitude of individuals.

SAHC has made use of AmazonSmile, which is an extension of the popular online shopping site Amazon. When an individual chooses SAHC as their charity within their Amazon account, a percentage of each purchase will automatically be donated to SAHC.

With these donations, SAHC is able to provide amenities to survivors such as a warm drink during a supportive counseling session or a safe night's sleep in a hotel.

As we reflect on the month of giving, it is with full hearts that we thank all who have given. When you give to a rape crisis center, you are not just giving time or money; you are giving hope, healing, safety, and so much more to those in need.

## Legislative Roundtables

In December, SAHC hosted two in-district legislative roundtable meetings. Each year SAHC invites local legislators to meet in-district before the legislative session begins in the new year.

SAHC took a new approach this year and invited legislators to meet within the SART meetings. Brooke, Hancock, and Ohio county SART members and legislative representatives met on December 12th, where local news media was present. Wetzel and Marshall county SART members and legislative representatives met on December 13th.

In 2021, the West Virginia legislature redistricted. These roundtables provided the time to discuss current work being done in each county to combat sexual violence and educate lawmakers on upcoming sexual violence-related bills.

On behalf of SAHC and all SART teams, we want to extend a warm welcome and thank you to all our legislative representatives!

# SAHC Year in Review

The Sexual Assault Help Center took its 44th trip around the sun in 2022, from opening new offices to pilot projects SAHC has had a record year but one thing remained steady; the shared passion of living in a world free from sexual violence.

SAHC began the year by making use of social media to educate and support individuals far and wide. Between Facebook, TikTok, Instagram, and Pinterest, SAHC raised their online engagement by upwards of 900%!

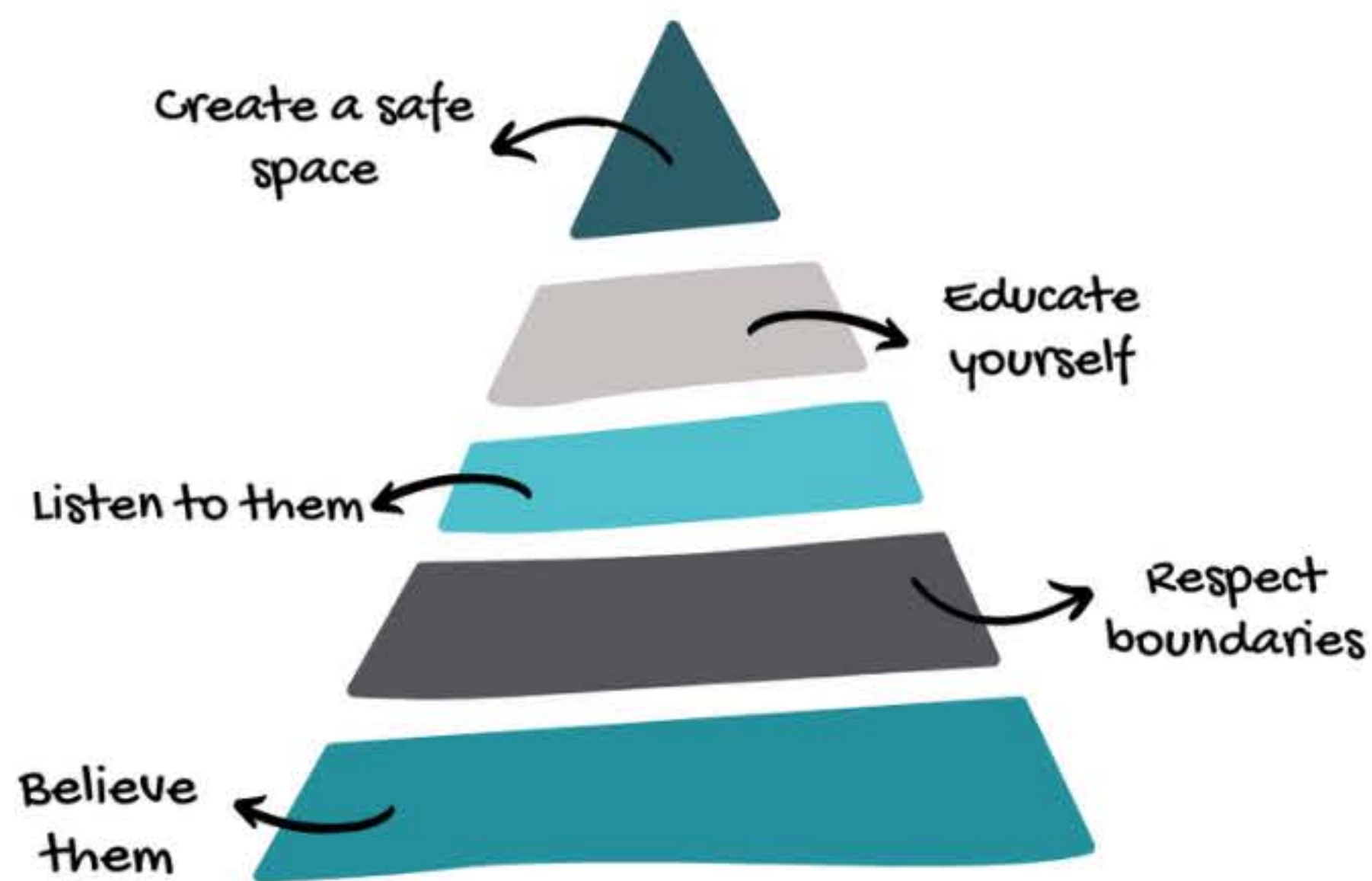
Prevention efforts doubled in 2022 as SAHC prevention specialists shared their knowledge with elementary schools, high schools, and colleges. By August, SAHC was staffed with a full-time campus advocate providing individual services and prevention measures.

You could find SAHC staff on any given weekend in October at local community events, from trunk or treats to health fairs SAHC attended numerous events and had some fun along the way.

SAHC hosted a staff Thanksgiving lunch complete with all the fixins' and used this as an opportunity to educate others on consent (check out our leftover consent videos on Instagram).

SAHC wrapped up 2022 by celebrating our dear coworkers 80th birthday, happy birthday Janet! From the SAHC family to yours, we wish you happy and healthy holidays! We can't wait to see you in 2023!

## HOW TO SUPPORT A SURVIVOR during the holidays



## Supporting Survivors

The holiday months can be stressful for a variety of reasons, being a survivor of sexual violence can cause excess difficulty during this time. Here are some easy ways to support a survivor during the holidays!

Create a safe space; a space where a survivor is able to move around freely, interact with trusting individuals, and have the ability to leave if necessary is key to a cozy Christmas get-together.

Educate yourself; being informed on how trauma impacts the brain and body will allow you to better communicate with and support survivors.


Listen; allowing survivors to talk at their own pace without interruptions or unsolicited advice can open up the door for healing communications.

Respect boundaries; boundaries are created to protect an individual, not to hurt the feelings of others. Opt for air hugs and include non-alcoholic beverage options if you're hosting, giving choices helps survivors execute their boundaries.

Believe; three simple words "I believe you" lets a survivor know that they are heard and establishes a solid foundation for future conversations.




## Contact us

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## DONATE TO SAHC

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.

[www.sexualassaulthelpcenter.com/donate](http://www.sexualassaulthelpcenter.com/donate)



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