



SOLUTIONS

Thank you for helping these survivors find safety!

FALL 2019

“I don’t have to be afraid ever again, thank you!”

Thanks to you, Mia didn't have to face her abuser alone

For 10 years, Mia was home-schooled – and sexually assaulted – by her step-father. She kept quiet and endured the pain so as not to “destroy” her family.

This could have completely ruined Mia’s life and yet she chose to survive. Why? Because when she reached out for help, you were there.

From the time Mia stepped into the police station until the day she faced her step-father in court, she never had to be alone.

At first, Mia was very angry and defensive. She didn’t want to talk; she just wanted “this to be over.” But through peer counseling (made possible by you), Mia learned about PTSD and how it’s not just for soldiers.

You helped Mia see the strength she had deep inside



Thanks to you, Mia never had to be alone, from the moment she reached out for help until her step-father was sent to jail.

herself – the same strength she used to survive for 10 years. Then you sat by her side in court as she faced her abuser. In time, you helped her change her story from “victim” to “survivor.”

“I learned to tell my story in trial and to not be afraid when doing so. [I] didn’t have to do it alone,” said Mia.

In the courtroom, with her advocate by her side

and family all around, Mia listened as the judge read “guilty as charged.” Her abuser would spend his life in prison. “I don’t have to be afraid ever again, thank you,” said Mia.

A year has passed. Mia graduated cosmetology school and is thriving in the hairstyling business. She is in a caring relationship and is smiling again. And that is thanks to you!

“I learned that I am a survivor, not a victim.”

Mia, age 21

FROM THE CEO



*Erin O'Brien
President & CEO*

You gave them a lifeline to safety and healing

For Mia, Amber, Lauren, and so many other survivors of domestic violence, sexual assault, and human trafficking, your support provides a lifeline to safety and a crucial first step in the journey to healing.

Whether they walk in the door or call the 24-hour hotline, you support ensures that they are no longer alone.

As you read their stories, I hope you will truly see the difference you made. You gave these amazing young women a chance to feel joy again. What a gift!

Nearly written off by society

You saw a girl in pain and cared enough to help her

17-year-old Amber was an active gang member with a history of running away and risky sexual behavior. She was pregnant, actively using methamphetamines, missing school, and about to be removed from her home. She was also a survivor of sexual assault.

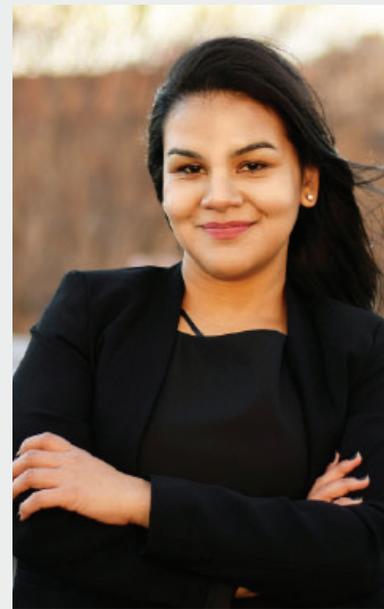
Because you cared enough to see through her tough exterior, Amber got the care she needed to heal from the assault. You gave her the opportunity to change her life.

Though she was angry and distrustful of the world, Amber was also honest, straightforward and very open to receiving help. Thanks to you, she received much-needed counseling and was able to attend a support group for sexual assault survivors.

Amber has been sober for over 1 ½ years now. She completed high school early and began attending Job Corps. The first in her family to graduate from high school, she will also soon be the first to attend college.

“I learned that I am stronger than I thought I was; that one step at a time is easier; that being nice is not a weakness, it is a strength. Also that even though it sounds like a cliché, communication is the key to a lot of things,” says Amber.

In place of the angry and hurting teenager now stands a strong, hardworking, independent young woman and mother. Thanks to you!



You saw through her tough exterior and got Amber the counseling and support she needed to heal from sexual assault.

Thanks to you, support was just a phone call away

Lauren didn't have to live in fear anymore

Despite having fled cross-country to escape sex trafficking, 20-year-old Lauren lived in constant fear. She didn't think the police would believe her. And if they did, she feared her trafficker would find her and retaliate.

Thanks to you, support was just a phone call away. It was Lauren's father who found the crisis hotline number online. When Lauren called, she was immediately connected with a caring advocate.

Her advocate stayed by her side as she first spoke with the police and later with the FBI.

Your support also provided peer counseling which helped Lauren begin to heal and feel safe again.

"When I first started this program...I did not want or need anyone, but after



Thanks to you, Lauren was immediately connected with a caring advocate who stayed by her side as she spoke to the police and FBI.

a while I realized that I do need someone to help me because I can't do this on my own," said Lauren.

In the end, after all the

her progress. Instead, she used it as motivation to complete her goals.

"I am not angry anymore because you made me

**"Talking with you makes me feel safe,
heard, and believed."**

Lauren, age 21

interviews, the FBI said there was not enough information to proceed with charges against Lauren's trafficker.

Though disappointed and hurt by this information Lauren did not let it stop

realize certain things about that situation, like it wasn't my fault and it was okay to feel angry but to channel that anger into something positive, like constantly focusing on my goals and dreams and how I can accomplish that stuff."

Can you help today?

Your donation of just \$31 can provide Rachel with a sexual assault advocate so she no longer has to face this alone

22-year-old Rachel was raped by a college classmate. She's sure the police will just blame her. After all, they were friends and wasn't she flirting?

Rachel is ashamed and embarrassed, and doesn't want to worry her parents. But she hasn't been to classes for a week now and is getting more and more depressed.

With a small donation today, you can give Rachel the help and support she needs.

Your donation can provide a trained and compassionate advocate who can help her



A young woman like Rachel is hurting and alone right now but you can change that. Will you provide her with a sexual assault advocate to stand by her side?

seek medical attention, talk to the police, provide counseling, and even stand by her side in court.

With your support, she doesn't have to be alone anymore.

Your donation today of just \$31 can provide a compassionate, trained sexual assault advocate to support a young woman like Rachel right now.

Yes, I want to help a woman in crisis today!

Please use my gift to provide a sexual assault advocate for a young woman like Rachel so she no longer has to face this alone:

- \$31 provides one hour of sexual assault advocacy and support
- \$62 provides two hours of sexual assault advocacy and support
- \$124 provides four hours of sexual assault advocacy and support
- \$ _____



Community Solutions

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