

THE TURNING POINT

SERVING SURVIVORS OF SEXUAL VIOLENCE

newsletter



FROM THE DESK OF THE EXECUTIVE DIRECTOR

The CDC released their Youth Risk Behavior Data Summary & Trends Report: 2022-2021 which provides a comprehensive look into the health of high school teens in America. The survey of a representative sampling of high school teens around the US is conducted every 2 years and illuminates a 10-year trend in behaviors and experiences that affect a healthy adolescence leading into adulthood. This year the survey included questions to measure social determinants of health, i.e. availability of food, shelter and education, in an effort to understand the impact they have on teens' quality of life.

There is some encouraging news in the survey with the number of teens experiencing bullying and participating in risky sexual behaviors declining; however, we cannot overlook the alarming increases in teens experiencing extreme sadness, violence and forced sexual experiences-especially true for girls.

I encourage everyone to read the study especially if you have teens in your life. Share this report with your educators and ask what your school is doing to increase connectiveness at schools and establishing positive role models which decrease health risks to teens and increase well-being.

The Center for Disease Control's Prevention Education program focuses on creating learning tools and programs that increase protective factors that increases teens' quality of life. We need to understand these trends and ask what we can do as a community to provide programs and opportunities that create a safe and supportive environment for positive growth. You can find the full report at www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBS_Data-Summary-Trends_Report2023_508.pdf

Wendy Hanna

2022 COMMUNITY IMPACT

Counseling • Education • Advocacy

Serving Survivors of Sexual Violence
Since 1982



<p>COUNSELING CLIENTS</p> <p>292</p>	<p>FORENSIC EXAMS</p> <p>472</p>	<p>CRISIS HOTLINE CALLS</p> <p>1,693</p>
<p>COUNSELING SESSIONS</p> <p>3,899</p>	<p>COMMUNITY EDUCATION REACH</p> <p>1,727</p>	<p>CRISIS INTERVENTION WALK-INS</p> <p>12</p>
<p>MEDICAL ACCOMPANIMENTS</p> <p>402</p>	<p>3325 Silverstone Drive Plano Texas 75023 Business 972.985.0951 Fax 972.612.2582 www.theturningpoint.org 24 HOUR CRISIS HOTLINE: 800-886-7273</p>	<p>LEGAL ACCOMPANIMENTS</p> <p>73</p>

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

DEPARTMENT HIGHLIGHT: CLINICAL



"Thank you for being there. I don't know what I would have done without the expert guidance and gentle support of your counseling facility. I am particularly impressed with (Therapist) and cannot thank her enough.



Three times a year, the Clinical Team at The Turning Point gathers with intention, attunement, and innovation to develop the next cycle (10–12-week period) of therapeutic groups. The foundation of the developing group cycle—the rich soil in which the next groups will grow from—is created with thoughtful consideration of the common challenges and triumphs between our clients, as well as research findings, trainings, and discussions with other sexual violence non-profit organizations.

As we celebrate our different strengths as humans and clinicians, each member of the team (Licensed Counselor or Case Manager) picks a topic that fits their “niche” or specific passion (expressive art, abusive relationships, healing trauma through the physical body, etc.) and begins the work of creating the curriculum.

Here is a look at some of our current groups that we have just rolled out for the Winter/Spring 2023 cycle and a bit about why each member of the Clinical team chose them.

TEEN SURVIVORS GROUP

Kristen Flow, LPC, Clinical Manager/Staff Therapist

The more teenagers I talk to, the more evident it becomes to me that most teenagers are not being heard, understood, or helped by the adults and institutions that they are connected to. This age group carries so much pain, experience, wisdom and hope within them that will become the foundation for the evolved world. By providing a space where Teens feel safe to experience and learn about their painful emotions around compassionate and empathetic others, we allow them to embrace their voice, their advocacy, and their determination to see the problems in this world and do something about it. To be able witness and hold this space for young people, and with unconditional positive regard, and to deliberately look for their capability and potential while helping them become unburdened by their emotional pain, is an absolute honor. After all, none of us can have the privilege of seeing ourselves as powerful if no one has ever showed us that we are. We are here and we see your power!

DEPARTMENT HIGHLIGHT: CLINICAL

TRAUMA 101

Bakhtawar Yasir, BS, BA, Case Manager/Legal Advocate

This is my second time leading the Trauma 101 group counseling. We go over various topics such as how to set boundaries, emotional regulation, breathwork, and how to cope with anxiety and depression and so much more. This group is so important to me because I can give survivors a platform to learn about ways to heal their trauma and offer a support system with others who understand what each other are going through. This is so important because a traumatic event like sexual assault can change someone's life and is an extremely difficult thing to go through. This group provides psychoeducation for survivors but also gives them a safe place to share their story and give reassurance they are not alone. This group is so important to me because every week I get emails saying how much this group has helped them and it warms my heart knowing I can provide that.



SURVIVOR'S BOOK CLUB

Irene Avina, LMSW, Staff Therapist

Coming out of college, I was so eager for community and was lucky enough to find a book club with like-minded individuals. That space helped me through some hard transitions in my life and became almost like a support group of sorts. I want survivors to be able to experience the same kind of connection, to see how beautiful it can be to do the hard parts of healing together and to know that they are never alone.

REMOVING THE MASK: SELF-ESTEEM AND EMPOWERMENT

Sabrina D. Henderson, MS, LPC-A, NCC, Staff Therapist

A person's life experiences contribute largely to the development of self-esteem and developing self-esteem is an important psychological ingredient to bring wholeness, not only to the individual, but also to others around him or her.

Life and the cruel lessons learned from personal experiences have created a passion and purpose to encourage, motivate and facilitate the healing journey of others who want to live beyond simply surviving. "Removing the Mask: Self-Esteem and Empowerment Group" is important to me because survivors like myself must be "Empowered" through the process of healing from the effects of sexual violence by establishing a sense of self in rebuilding self-esteem that spares what is essential about their nature while recovering and empowering aspects of themselves that were damaged by the abuse. The key is to allow the survivor to find their voice, become renewed, reawakened, feel alive, seek peace, safety, and freedom. Then allow them space to start rebuilding, arriving at readiness, resuscitating, and renovating the buried self.

DEPARTMENT HIGHLIGHT: CLINICAL

EXPRESSIVE ARTS

Irene Avina, LMSW, Staff Therapist

I have always gravitated towards creative outlets and have personally seen how regulating it can be to express oneself through things like music, visual art, storytelling and movement. I want survivors to see the power of connection that can come through creativity and self-expression.

believe →

DEPARTMENT HIGHLIGHT: COUNSELOR SPOTLIGHT



My name is Elizabeth Lopez. I am a Bilingual counselor at The Turning Point, and I am a survivor of sexual assault. I was born in Texas, surrounded by a Hispanic community, and my parents were born in Central America. Since I was a child, I have noticed how much of my Hispanic culture silences the survivor's mouth, promotes secrecy, and pressures individuals to always be "feeling well".

It is common for individuals to believe that "the purpose of therapists is to lie to people", that "women exist to be sexually used by men, regardless of consent", and that the "survivor is guilty of the abuse they suffered." In addition, it is common for Spanish-speaking religious institutions to mock and minimize the effect of counseling. The truth is that as a trauma-informed counselor, I value each survivor and strive to help them experience healing and improvement in their mental health. I desire to serve the Hispanic community that is often rejected and ignored and be a light of hope for their lives.

Mi nombre es Elizabeth López, soy una consejera Bilingüe de Turning Point, y soy una sobreviviente de agresión sexual. Nací en el estado de Texas, rodeada de una comunidad hispana y mis padres nacieron en Centro América. Desde niña, he notado como gran parte de mi cultura hispana silencia la boca de los que han sido abusados, promueve los secretos, y presiona a las personas a aparentar que siempre "están bien". Es común que la gente crea que "el propósito de los terapistas es mentirle a la gente", que "las mujeres existen para ser utilizadas sexualmente por los hombres, sin importar el consentimiento", y que el "sobreviviente es culpable del abuso que sufrió". Además, muchas instituciones religiosas de habla hispana, se burlan y minimizan el efecto de consejería.

La verdad es que como consejera informada en trauma, yo valoro a cada sobreviviente y deseo ayudarlos para que puedan experimentar sanación y mejoramiento en su estado mental. Yo deseo servir a la comunidad hispana que muchas veces es rechazada e ignorada y ser una luz de esperanza para sus vidas.



DEPARTMENT HIGHLIGHT: VOLUNTEER & ADVOCACY

NEW ADVOCACY TRAINING CLASS BEGINS APRIL 25, 2023!!

Interested in more information about being an advocate?

Contact: volunteer@theturningpoint.org

VOLUNTEER OPPORTUNITIES

VOLUNTEERS NEEDED:

We have a lot of events in April for Sexual Assault Awareness Month! We need your help.

Interested in becoming a volunteer?

Contact: volunteer@theturningpoint.org

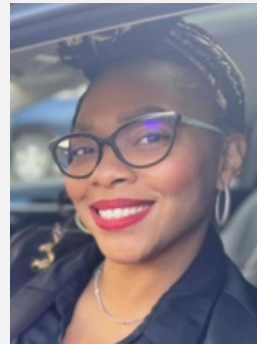
WELCOME NEW ADVOCATES!



VOLUNTEER & ADVOCATE SPOTLIGHT



My name is Clareth Mote Beltran. I am a Spanish interpreter and volunteer advocate and I love what I do. I adore spending time with my dachshund named Maple, reading, going to the gym, and live music. A fun fact is that I just visited NYC and really enjoyed it!!



My name is Pepper Johnson and I love being an advocate with The Turning Point. My passion to help others drives me in my volunteer work and through the Turning Point I am able to help others through uncertain times and encourage them to embrace their journey one step at a time. We have to take our time and pace ourselves so the end result can last and be rewarding. We will get there and we'll do it together.



My name is Star Harris. I was born and raised in Macon, Georgia. I currently reside in Dallas with my wonderful husband, Devin and my puppy, Honey. I became an advocate at The Turning Point because I truly believe that the work done here is so important. I'm extremely grateful to be a part of a team that empowers survivors and helps them move towards their healing journey.



My name is Andrea Duncan and I'm a player of many roles. I'm a District Manager for Zumiez, a full-time college student, a small business owner, and a volunteer advocate for The Turning Point, which happens to be my proudest role of all. The work this organization does for and with survivors is immeasurable and I'm so thankful to be a part of it.

Community Outreach

SEXUAL ASSAULT AWARENESS MONTH 2023 THEME:

“ASK FIRST: CONSENT”

This theme pushes the conversation forward by championing the message that asking for consent is a healthy, normal, and necessary part of everyday interactions.

Asking for consent is a concrete and powerful way to ensure that everyone feels safe and respected.



Please Join Us!

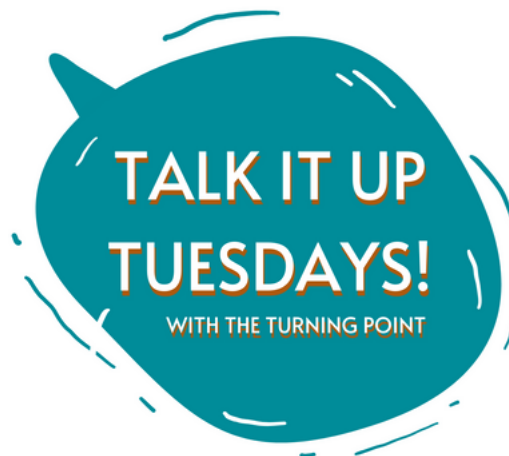
**OUR
COMMUNITY
SUPPORTS
SURVIVORS
EVENT**

SATURDAY, APRIL 1, 2023 10AM-2PM

**ARTCENTRE OF PLANO
902 E 16TH ST, PLANO, TX 75074**

This community outreach event brings the people of Collin County and community leaders and organizations together to help support and empower survivors of sexual violence and their families/friends. Family friendly event! Zumba, Food Truck, Community Partners

For more information, contact Amy Lawrence at 972-985-0951



let's talk...NEW EPISODE EVERY TUESDAY
ON FACEBOOK LIVE: THE TURNING POINT

The Rape Crisis Center of Collin County (d.b.a. The Turning Point) is a 501(C)3 charitable organization and is support 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

