


HELP RESTORE HOPE CENTER



**EMPOWERING
SURVIVORS
WITH SUPPORT
& RESOURCES**

Pride Month & LGBTQ+ Survivors

June celebrates Pride Month, commemorating and honoring the culture and history of activism behind Lesbian, Gay, Bisexual, Transgender, and Queer Rights. In 1969, the Stonewall Riots became a catalyst for works to achieve equal justice and opportunity for LGBTQ+ Americans. Despite the immense progress made since 1969, LGBTQ+ identifying individuals still face higher rates of poverty, stigma, and marginalization. These factors, along with hate-motivated violence, puts LGBTQ+ people at a greater risk for sexual assault and intimate-partner violence. The CDC's National Intimate Partner and Sexual Violence Survey found that 1 in 2 lesbian and bisexual women will experience sexual assault, physical violence, and/or stalking, compared to about 1 in 3 straight women. Additionally, 40-47% of gay and bisexual men have experienced sexual violence, compared to 21% of straight men. Within the LGBTQ+ community, bisexual women and transgender people face the most alarming rates of violence. Among both populations, sexual violence begins early, often during childhood. Along with these high rates of violence, LGBTQ+ survivors are often more hesitant to seek help from law enforcement, hospitals, shelters, and victims services due to the discrimination they face surrounding their identities. A survey done by the National Coalition of Anti-Violence Programs showed that 85% of victim advocates reported having worked with an LGBTQ+ survivor who was denied services because of their sexual orientation or gender identity. Additionally, added barriers, such as the threat of being outed, may further prevent survivors coming forward to report these crimes. All survivors need to feel a sense of safety and validation when choosing to report. Specific resources serve solely LGBTQ+ survivors and may be a safer first step when seeking support. The Anti-Violence Project serves LGBTQ survivors and can be reached 24/7 at (212)714-1124 (Bilingual). For additional national resources for LGBTQ+ survivors, visit vawnet.org/sc/organizations-focused-dv-lgbtq-communities

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BEYOND THE YELLOW BRICK ROAD HEALTH & WELLBEING FAIR

JUNE 12 1-9 PM

Foothill Hops Farm Brewery
5024 Bear Path Rd
Munnsville, NY 13409

Health & Wellbeing Fair

Beyond the Yellow Brick Road

Foothill Hops in Munnsville, NY is hosting a community fair on June 12th from 1pm-9pm, in hopes of connecting adults with agencies that help deal with concerns involving health and wellbeing. Help Restore Hope Center of Madison County will be joining other community organizations with a pop-up table to spread information on domestic violence, sexual assault, and stalking services. The event will also host live music, food trucks, and other vendors. Come enjoy the day and learn what resources are available throughout the community! For more information, please visit <https://www.foothillhopsfarmbrewery.com/ybr>

Supporting a Loved One

Experiencing Violence

Many survivors experiencing violence often confide in a family member, friend, or personal relationship whom they trust before ever seeking professional or legal help. The response they receive plays a big part in whether that survivor feels validated and will go on to seek additional supports. Here's some tips to appropriately support someone who discloses to you that they've experienced a form of violence:

- Believe & Validate: don't question or minimize the experience, focus on how they must have felt, etc.
- Speak on the Offender's Actions, Not the Victim's Response: victim-blaming can re-traumatize a survivor
- Do More Listening Than Talking: allow the individual to tell their story at their pace instead of prying with questions or asking for more details
- Encourage Documentation: logging details of the event can be helpful in an investigation & they will have it for future reference if they are unsure about reporting
- Offer Resources: national and local programs like hotlines can provide professional support, information, resources, and safety planning to the survivor
- Respect the Victim's Privacy: never share information about the survivor with their perpetrator, respect their wishes about who to tell/not tell about their experience
- Check In: healing can be a long journey, so continue checking in and offering support as time passes



Safety planning is a vital piece of supporting someone who may still be exposed to a violent situation or crisis. The main objective when safety planning is to brainstorm ways to stay safe and reduce the risk of future harm when experiencing domestic violence, sexual assault, and/or stalking. Safety planning usually includes making an outline of what to do in the event the situation escalates, considering available options/resources, and identifying support systems. When assisting someone with a safety plan, consider their daily routine and when they are most vulnerable. It may be helpful to identify individuals, public spaces, and resources nearby in the event they need to get out quickly and seek assistance. Creating a "Go-Bag", storing extra cash, having enough medication, and keeping copies of important documentation with a trusted person may be something they wish to do ahead of time. For help developing a thorough safety plan, visit <https://www.thehotline.org/plan-for-safety/create-a-safety-plan/> and check out their interactive guide or reach out to Help Restore Hope Center's 24-hour hotline at 1-855-966-9723. Exercise caution when using technology.