

MARCH IS BRAIN INJURY AWARENESS MONTH

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TURNING POINTS

News and Updates from Turning Point of Lehigh Valley



TRAUMATIC BRAIN INJURY: THE INVISIBLE IMPACT OF DOMESTIC & INTIMATE PARTNER ABUSE

When you hear the words Traumatic Brain Injury (TBI), most people automatically think of athletes and combat soldiers. Did you know that TBI affects survivors of domestic and intimate partner abuse and it often goes unrecognized and diagnosed? Survivors of intimate partner abuse have a 35-80% higher rate of TBI than the general population, as reported by the Brain Injury Research Center.

Traumatic Brain Injury is defined as an injury to the brain that is caused by external physical force and is not present at birth or degenerative. It can be due to a blow to the head, shaking of the brain, or loss of oxygen to the brain.

Arizona's Sojourner Center in conjunction with the Mayo Clinic was one of the first to research the link between domestic abuse and TBI. The TBI screening interviews conducted by the Sojourner's Brain Recovery And Inter-professional Neuroscience (BRAIN) program discovered that almost 90% of survivors had been struck in the head by their abusers, some over a dozen times per year. Incidents of choking and strangling, which block the brain's critical oxygen supply, are also common.

TBI's can have serious negative consequences in which impairs a person's daily functioning. a headache that gets worse and does not go away, nausea or vomiting, slurred speech, weakness, numbness or decreased coordination, feeling very confused, feeling very drowsy, convulsions or seizures, fluid dripping from the nose or ears. These symptoms can be particularly problematic for a survivor that is facing some very difficult decisions such as... How do I leave? Where will I live? Will my children be safe?

If you or someone you know has recently experienced a traumatic brain injury, see a doctor or go to the emergency room as soon as possible. While there may be some very clear changes in behavior caused by traumatic brain injury, some effects are often much more unclear. Traumatic brain injuries affect all people differently and should always be taken seriously.



TurningPoint
of Lehigh Valley



Our mission is to eliminate domestic and intimate partner abuse in the Lehigh Valley through empowerment, education, and engagement.

New Path Forward Program

**NOW ACCEPTING APPLICATIONS FOR SPRING 2020
LIMITED AMOUNT OF SPACES AVAILABLE!**

Equi-librium provides healing through interaction with horses. Adults and child survivors of domestic & intimate partner abuse will experience the opportunity to gain self-confidence and increase self-esteem.

**Transportation is now available for this program.
Must be able to attend the entire
8-week program (1 session per week).**

**If you are interested in learning more, contact:
Miriam at 610-797-0530, ext. *305 or
miriamr@turningpointlv.org**

www.turningpointlv.org



SURVIVOR SPOTLIGHTS



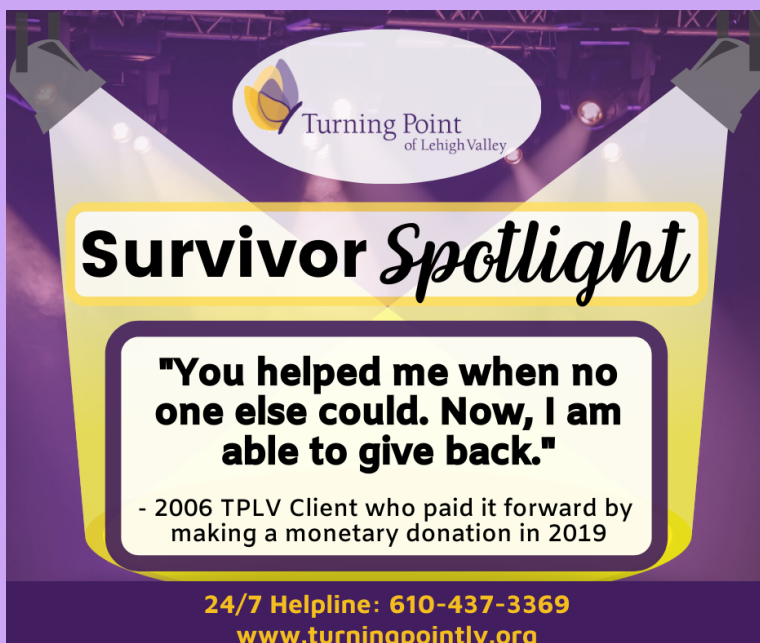
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Survivor *Spotlight*

**This is the only place I have
and I know I can always
come for support.**

- Former Safehouse Resident

24/7 Helpline: 610-437-3369
www.turningpointlv.org



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Survivor *Spotlight*

**"You helped me when no
one else could. Now, I am
able to give back."**

- 2006 TPLV Client who paid it forward by
making a monetary donation in 2019

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Survivor *Spotlight*

**"I can take the years I have
left and live them - on my
own terms."**


- a survivor in her 80's who
just left her abuser

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WAYS TO PAY IT FORWARD

NEW donation items needed for our clients:

- Journals and Pens
- Umbrellas and Ponchos
- Suitcases and Duffle Bags
- Air Mattresses (Twin Size)
- Sneakers, Slippers, Flip Flops
- Gift Cards in \$20 increments

Thank you... 

All items may be dropped off at our
Administration Building located at
444 E. Susquehanna St., Allentown, PA 18103
from Monday-Friday, between 8:30am-4:30pm.



Turning Point
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Create a Facebook Fundraiser

*for your birthday, anniversary, a friend, in honor of,
in memory of, to pay it forward, to help survivors*

How to Create a Facebook Fundraiser

1. Click Fundraisers in the left menu of your News Feed.
2. Click Select Nonprofit.
3. Type in Turning Point of Lehigh Valley, Inc.
4. Complete the three screens - "Let's start with the basics", "Tell Your Story", and "Pick a cover photo".
5. Click Create.
6. Share with your Facebook Friends and share with Turning Point of Lehigh Valley @turningpointlv.

You can make a difference!!!



We have updated our Amazon wish list.
Check it out at - <http://bit.ly/tplv>

