

JUNE 2021

## TURNING POINTS

News and Updates from Turning Point of Lehigh Valley



Turning Point  
of Lehigh Valley

### GIVE THE GIFT OF GROWTH

Dear Turning Point Friend,

If you've ever tried to grow something, then you know how important it is to provide the right conditions: plenty of space, patience, and care. With this support, you were able to watch it grow and reach its fullest potential. Too many families who have experienced abuse have tried to flourish without support. They are resilient, yes, but imagine how they could have flourished with the right conditions; the support of the community behind them, rooting for their success.

At Turning Point of Lehigh Valley, we provide survivors of domestic and intimate partner abuse the resources they need in order to process and heal from the traumatic impact of abuse. No matter what type of abuse someone has endured, the healing process is always emotional. It's learning how to feel good about themselves again. It's helping survivors appreciate that even when someone they love struggles with their own pain, it doesn't give them license to be abusive. It's gaining the belief that they are worthy of respect and have the right to live safely.

The most important resource we can offer survivors is simply the time and space needed to heal, in their own way, and on their own terms. This may be safe shelter or legal protections, it may be empowerment counseling, financial education, or housing assistance. Your support is the reason that we are able to be there for survivors and their families throughout the Lehigh Valley as they demonstrate resiliency and make their goals a reality.

During this time of year when so much growth surrounds us, I invite you to consider giving back by making a one-time donation or choosing to give monthly so that survivors and their families also have the chance to heal, and ultimately, to grow and flourish.

In Peace,

Executive Director

"Like tiny seeds with potent power  
to push through tough ground and  
become mighty trees, we hold innate  
reserves of unimaginable strength.  
We are resilient."

Catherine DeVrye, The Gift of Nature



Scan to Donate

Every donation makes a  
difference!



# COMMUNITY PARTNER SPOTLIGHT

## SHANTHI PROJECT



At Turning Point, our staff engage in guided mindfulness and meditation practices twice a week with the Shanthi Project. The benefits of these regular mindfulness and meditation practices cannot be overstated. This trauma sensitive practice promotes a feeling of empowerment and self-awareness with nonjudgmental and compassionate sessions that teach us how the mind, body, and breath are connected.

During these sessions, we learn to focus on our breathing, tune in to our senses, and find a sense of wholeness anchored in our body starting with feeling our feet firmly planted on the floor. We can feel the weight of stress, anxiety, or negative thoughts melt away. The tools we learn from each session we can utilize whenever needed, both at work and in our personal lives.

One study in particular found that mindfulness practices can serve as a buffer for social service workers in the wake of a disaster. As domestic and intimate partner abuse advocates, we listen to crisis and abuse situations several to dozens of times each work day whether it is over the phone, via secure telehealth sessions, or in person. Self-care is vital in order to take care of ourselves so we can best serve our clients in their time of need.

### What does our Turning Point Staff say about the Shanthi Project Mindfulness Sessions?

"Good self-care is essential for doing the important work that we do with survivors. I have learned valuable mindfulness techniques that are helpful to me so I can be in the present when working with clients. Each person deserves me at my best."

"Mindfulness has become a daily practice for me to get myself centered at the start of each day or if I need to reset any time during the day."

[www.shanthiproject.org](http://www.shanthiproject.org)

Learn more about  
Shanthi@Work!





***For Pride Month, Turning Point of Lehigh Valley is hosting Queer Care, a series on supporting and empowering LGBTQIA+ Youth survivors and promoting healthy relationships. One in three teens will experience teen dating abuse and one in three LGBTQIA+ people will experience domestic and intimate partner abuse. As a community of LGBTQIA+ people and allies we can serve a crucial role in uplifting and advocating for survivors.***



**Queer Care: Supporting and Empowering Trans\* Youth Survivors of Dating Violence**

June 14, 2021 | 6pm-7pm | [Click this link to register!](#)

In this presentation, we will: define teen dating abuse, learn potential barriers for trans teens to report dating abuse, recognize warning signs of abuse, develop a plan for responding to a dating abuse situation, and learn about local resources.



**Queer Care: Supporting and Empowering LGBTQIA+ Youth Survivors of Dating Violence**

June 17, 2021 | 7pm-8pm | [Click this link to register!](#)

In this presentation, we will: define teen dating abuse, learn potential barriers for LGBTQIA+ teens to report dating abuse, recognize warning signs of abuse, develop a plan for responding to a dating abuse situation, and learn about local resources.



**Queer Care: Supporting and Empowering LGBTQIA+ Polyamorous Youth to Build Healthy Relationships**

June 24, 2021 | 7pm-8pm | [Click this link to register!](#)

In this presentation, we will: define teen dating abuse, define polyamory and learn several general kinds of polyamory, discuss methods for building healthy polyamorous relationships, and develop a plan for responding to a dating abuse situation.



**Queer Care: Supporting and Empowering Asexual & Aromantic Youth Survivors of Dating Violence**

June 28, 2021 | 7pm-8pm | [Click this link to register!](#)

In this presentation, we will: define teen dating abuse, learn potential barriers for asexual/ aromatic teens to report dating abuse, recognize warning signs of abuse, develop a plan for responding to a dating abuse situation, and learn about local resources.

[www.turningpointlv.org](http://www.turningpointlv.org)

**24/7 Helpline 610-437-3369**

**Visit our [EVENTBRITE](#) page for ALL of our upcoming trainings!**

# TRAINING HIGHLIGHTS

## Medical Outreach Advocacy Highlight

A huge thank you to David Griffiths from the Lehigh Medical Society for being an ally and helping us make the CME (Continuing Medical Education) credits for this medical training a reality.

We were pleased to hear in March from David the wonderful news from the Pennsylvania Medical Society's CME Office stating, "Thank you for your request for joint providership of the live virtual series entitled "Domestic and Intimate Partner Abuse and Health Implications". The Pennsylvania Medical Society CME Advisory Panel has voted to approve awarding 1.5 AMA PRA Category 1 Credits™ to your live activity.

In addition to this training, we also had a second CME training for the Mental Health department physicians of St. Luke's University Health Network. This training covered the intersection of Domestic and Intimate Partner Abuse with Mental Health.

## Additional Training Highlights

Earlier in the year, we trained Social Workers and Family Therapists through the National Association of Social Workers (NASW)-PA professional association, Chapter 7. The attendees received 1.5 Continuing Education (CE) credits. We are looking forward to partnering with NASW for more upcoming trainings.

Do you have an opportunity for us to partner with you to provide credits? Do you know want to know more or want to schedule a virtual or in person training?

Would you like our Turning Point brochures, posters, or palm cards for your workplace, school, or organization?

If so, reach out to our Community Outreach Team today at:  
[TPCommunityOutreach@turningpointlv.org](mailto:TPCommunityOutreach@turningpointlv.org).

Email our Community Outreach  
Team

**YOUR CHILD'S VOICE MATTERS.**

# Has your child experienced abuse?

**IF YOU ARE 18 OR OLDER AND HAVE A CHILD THAT HAS DISCLOSED ABUSE, HERE IS YOUR CHANCE TO GIVE FEEDBACK ON THE WAY IT WAS HANDLED. WE ARE LOOKING TO HAVE YOU TELL US ABOUT YOUR EXPERIENCE WITH THE DIFFERENT COMMUNITY SYSTEMS (CHILDREN & YOUTH, LAW ENFORCEMENT, COMMUNITY PARTNERS, ETC.).**

If you have any questions or would like more information please contact:

Michele Nurse - 484.425.0754

michele.nurse@lvhn.org

Mary McKenna - 610.797.0530 x314

marym@turningpointlv.org

Joadis Fortunato - 610.782.3145

jfortunato@cvclv.org

To get involved please complete the "My Experience" form through the QR Code or the link below.



<https://is.gd/myexperience>

**Survey Link - Enlace de  
Formulario**



LA VOZ DE SU HIJO ES IMPORTANTE.

# ¿Su hijo ha sido víctima de abuso?

SI USTED TIENE 18 AÑOS O MÁS Y TIENE UN NIÑO QUE HA COMUNICADO UN ABUSO, ESTA ES SU OPORTUNIDAD DE DAR SU OPINIÓN SOBRE LA FORMA EN QUE SE MANEJÓ. QUEREMOS QUE NOS CUENTE SU EXPERIENCIA CON LOS DIFERENTES SISTEMAS DE LA COMUNIDAD (SERVICIOS PARA NIÑOS Y JÓVENES, FUERZAS POLICIALES, SOCIOS DE LA COMUNIDAD, ETC.).

Si tiene alguna pregunta o desea más información, por favor, comuníquese con:

Michele Nurse - 484.425.0754

michele.nurse@lvhn.org

Mary McKenna - 610.797.0530 x314

marym@turningpointlv.org

Joadis Fortunato - 610.782.3145

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Para participar favor de completar el formulario "My Experience" utilizando el código QR o el enlace a continuación.



<https://is.gd/myexperience>