



## The Survivors Health Project Information & Membership Eligibility Requirements

### ABOUT HOPEWORKS

HopeWorks' mission is to support and advocate for people in Howard County affected by sexual and intimate partner violence and to engage the community in creating the change required for violence prevention. HopeWorks' services include crisis shelter, counseling, advocacy, legal resources, prevention education, survivor leadership & wellness programs, professional trainings, community self-care & social justice programs and volunteer opportunities.



To accomplish our mission, we use an anti-racist/anti-oppression analysis and framework; enabling us to address and decrease the root causes of sexual and intimate partner violence, as well as the systems that fuel sexism, racism, poverty, transphobia, health disparities, homophobia, ableism, genocide, xenophobia, and other forms of oppression.

We support and partner with others doing anti-racist/anti-oppression work, efforts to achieve healthier relationships and a world where each person is safe, valued and affirmed.

Research confirms that physical, sexual, and psychological violence is linked to many long-term health problems, including arthritis, anxiety, chronic pain, cardiovascular disease, diabetes, depression, fibromyalgia, frequent headaches, traumatic brain injury, irritable bowel syndrome, gastrointestinal disorders, migraines, myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), problems with the immune system, and post-traumatic stress disorder.

### THE SURVIVORS' HEALTH PROJECT OVERVIEW

HopeWorks addresses the long-term effects of violence through The Survivors Health Project. The project includes seven programs that support and provide opportunities for survivors to attend to and advocate for their health, learn and practice wellness skills and create a network of care. The seven programs are:

- ARTiculation: expressive-arts peer support & education group for survivors living with chronic health conditions
- Thriving Together: Survivors Mental Health Awareness & Wellbeing Group
- Trauma-informed Virtual Yoga Classes
- The Wellness Locker
- The Health Advisory Board
- Articulating Health Newsletter
- The Wellness Grants to receive free health and wellness treatment

These offerings are educational/support programs and are not intended to replace or to be a substitute for clinical counseling, clinical therapy, medical advice and/or medical services. Please refer to our website or fliers for full program descriptions. **For crisis referrals please call the HopeWorks Hotline at (410) 997-2272.**



## Education & Support Groups

- **ARTiculation:** expressive-arts peer support & education group for survivors living with chronic health conditions
- **Thriving Together:** survivors mental health awareness & self-care group
- **LOVED:** Survivor Self-Care Circle for Black Women

ARTiculation and Thriving Together are peer-led and are most often held virtually. During each group we explore ways to live well, be informed self-advocates, and address stigma and the health disparities that challenge well-being. Sessions are designed using the modality of Transformative Language Arts. Activities include the use of poetry, visual arts, journaling, crafts, music, theater, self-care practices, play, educational seminars, relaxation techniques and presentations from guest speakers.

In LOVED: A Survivor Self-care Circle for Black Women, we address “triple jeopardy;” the exploitation and oppression experienced by survivors who are Black women. Through engaging and creative activities, we cultivate self-love, beloved community, and strategies to address the root causes of violence. Sessions feature the use of Transformative Language Arts techniques, creative expression, guided discussions, seminars, and guest speakers.

## Trauma-Informed Yoga Class

Three and a Half Acres Yoga (THAY) partners with HopeWorks to provide a weekly, virtual, one hour trauma-informed yoga session each Tuesday from 4pm to 5pm.

## Free Wellness Items

The Wellness Locker contains essential wellness items to replenish body and mind. The locker may be used by any survivor.

## Community Advice & Support

**Health Advisory Board** members serve as resources of support and information as we work to address the long-term health effects of trauma. They share their experiences, knowledge, to help us reach our goals of increasing awareness, improving care, and expanding access to a broad range of treatment modalities.

Members of the Advisory Board may be survivors, care givers, acupuncturists, internists, rheumatologists, nurses, nutritionists, trauma nurses, physical therapists, partner organizations, and mental health practitioners. Board Members support the survivors' health project in several ways:

- Attending quarterly meetings in the months of September, December, March, and June.
- Sharing their expertise at a HopeWorks support group, public seminar, or event.
- Alerting HopeWorks of research opportunities that are specific to trauma survivorship.
- Hosting a (free) HopeWorks violence prevention training for your staff or civic group
- Increasing access to wellness services by offering discounts, gift certificates and/or a sliding fee scale to survivors.
- Becoming a sponsor for The Survivors Health Project or for one of its programs.
- Serve as a “Vetted Practitioner” providing care to survivors with a HopeWorks’ Wellness Grant.



To receive the Health Advisory Board Membership Form please contact Vanita Leatherwood, Director of Community Engagement at [vleatherwood@hopeworksofHC.org](mailto:vleatherwood@hopeworksofHC.org).

### Information

HopeWorks' publishes a quarterly electronic newsletter called **Articulating Health**. Each issue features notices of health/wellness workshops and events, agency news, and articles highlighting the work of community partners.

### Access to Treatment

Survivors who are members of The Survivors Health Project are eligible to receive financial support for health and wellness treatments through "**Wellness Grants.**" The Wellness Grants offset the cost of holistic treatment modalities and limited sessions of cognitive behavioral therapy. Each person who is a member of the Survivors Health Project is may apply for wellness grant funds. The Wellness Grant must be used with a "Vetted Practitioner."

## MEMBERSHIP IN THE SURVIVORS HEALTH PROJECT

Any survivor may attend **ARTiculation, Thriving Together, LOVED**, virtual **Yoga** sessions and use the **Wellness Locker**. However, membership in the health project includes additional benefits and conditions. Members of The Survivors Health Project are eligible to receive ARTiculation and Thriving Together program materials, receive Wellness Grants and participate in other special opportunities.

Wellness Grants can be used with our "Vetted Practitioners" who are members of the HopeWorks Health Advisory Board. Vetted Practitioners are preapproved Howard County wellness/health-care providers who partner with HopeWorks to provide trauma-sensitive and/or trauma-informed care. Vetted Practitioners are cleared to receive the grant payments directly from HopeWorks.

Practitioners include:

- Acupuncturist
- Cognitive Behavioral Therapy (Limited Sessions)
- Massage Therapist
- Nutritionist
- Breathwork
- Reiki Practitioner
- Traditional Chinese Herbal Medicine
- Holistic Health Consultations
- Yoga Practitioners: Classes or Individual Sessions
- Cupping
- Myofascial Release

### ELIGIBILITY FOR MEMBERSHIP

- Must be a survivor of IPV/SV living with a chronic health condition
- Complete The Survivors Health Project (SHP) Membership Application
- Receive a Membership Card
- Regularly attend ARTiculation or Thriving Together sessions (*minimum of four*)
- Take your SHP Membership Card and photo ID to your appointments



- Complete satisfaction surveys

### **BENEFITS OF MEMBERSHIP**

- Receive **ARTiculation** Program Materials
- Receive **Thriving Together** Program Materials
- Receive Wellness Grants (*based on availability*)
- Receive for the HopeWorks' Holiday Drives
- Receive invitations to special events, offers and opportunities

**Questions?** Please email Vanita Leatherwood, Director of Community Engagement at:  
[vleatherwood@HopeWorksOfHC.org](mailto:vleatherwood@HopeWorksOfHC.org).

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