



from Crisis to Hope



# THE SURVIVORS HEALTH PROJECT

Addressing the Long-term Health Effects of Sexual and Intimate Partner Violence



Unfortunately, the consequences of experiencing trauma can last well beyond the moment of crisis.

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, migraines, chronic fatigue syndrome (ME/CFS), and post-traumatic stress disorder.

HopeWorks addresses the long-term health effects of violence through our Survivors Health Project. The project provides opportunities for survivors to attend to and advocate for their health, learn and practice wellness skills and create a network of supportive care.

*This project is supported by a grant from the Howard County Government*

HopeWorks of Howard County  
(410) 997- 0304  
9770 Patuxent Woods Drive, Suite 300  
Columbia MD 21046  
HopeWorksOfHC.org

*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.*



# WELLNESS PROGRAMMING



## EDUCATION & SUPPORT GROUPS

- **ARTiculation:** peer support & education for survivors living with a chronic health condition
- **Thriving Together:** a mental health awareness & self-care group for survivors

Both of our Survivor Health Education & Support Groups are peer-led. During each group we explore ways to live well, be informed self-advocates, 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, journaling, music, self-care practices, educational seminars, relaxation techniques and presentations from guest speakers.

## TRAUMA-INFORMED YOGA

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



### ARTiculation

Chronic Health Condition Support Group  
3pm to 5pm

- Sunday, July 2, 2023
- Sunday, September 3, 2023
- Sunday, November 5, 2023
- Sunday, January 7, 2024
- Sunday, March 3, 2024
- Sunday, May 5, 2024

### Trauma-Informed Yoga

Every Tuesday  
4pm to 5pm  
Via Zoom

### Thriving Together

Mental Health Awareness & Self-care  
10am to Noon

- Saturday, October 14, 2023 (in-person)
- Saturday, December 9, 2023
- Saturday, February 10, 2024
- Saturday, April 6, 2024
- Sunday, May 4, 2024 (in-person)

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*sessions are virtual except where noted*

**REGISTER AT:  
HOPEWORKSOFHC.ORG/EVENT**



# INCREASING ACCESS



## NEWSLETTER

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

## THE HEALTH ADVISORY BOARD

Members of our Health Advisory Board serve as resources of support and information as we develop The Survivors' Health Project. Together we work to raise awareness, to educate, to improve care, and to increase access to a broad range of treatment modalities. Board membership is open to survivors, care-providers, community partners and health practitioners such as acupuncturist, internists, rheumatologists, trauma nurses, physical therapists, and mental health practitioners.

## FREE WELLNESS ITEMS

The HopeWorks Wellness Locker contains essential wellness items to replenish mind, body and spirit. Items include dry brushes, acupuncture mats (i.e., Spoonk), weighted blankets, heating pads, shower chairs, yoga mats, raised toilet seats, foot massagers, air purifiers and knee braces.

## JOINING THE SURVIVORS HEALTH PROJECT

Any survivor may use the Wellness Locker, attend ARTiculation, Thriving Together, or the Yoga classes. However, membership in the Survivors Health Project includes additional benefits.

### Programming Materials

Members of The Survivors Health Project receive **ARTiculation** and **Thriving Together** programming materials, such as a journal, art materials and other resource materials.

### Financial Support

Members of the Survivors Health Project are also eligible to receive financial support through our **Wellness Grants** to offset the cost of holistic treatment modalities. The Wellness Grant must be used with a "Vetted Practitioner."

Vetted Practitioners are pre-approved Howard County wellness/health 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. Treatments may include acupuncture, cognitive behavioral therapy (limited sessions), nutritional counseling, reiki, traditional Chinese herbal medicine, myofascial release, or cupping.

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Many Thanks to our Sponsors!

## To Apply for Membership Contact:

Vanita Leatherwood, Dir. Community Engagement  
(410) 997 -0304, ext. 7720  
vleatherwood@HopeWorksOfHC.org