



## 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 eight 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 eight programs are:

- CommYOUity: education & support for survivors living with a chronic health condition
- ARTiculation: expressive-arts peer support & self-care group
- Thriving Together: a mental health awareness & support for survivors
- 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 (as available)

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

All **CommYOUunity**, **Thriving Together**, and **ARTiculation** 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. Activities can include the use of arts & music, self-care practices, play, educational seminars, relaxation techniques and presentations from 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 member of the Survivors' Health Project.

### 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 board meetings in the months of August, January, and May.
- 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 or gift certificates
- 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 Community Educator Tori Rain, MSN, RN at [vrain@hopeworksofhc.org](mailto:vrain@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** (as available). 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 **CommYOUunity, ARTiculation, Thriving Together**, and virtual **Yoga** sessions. However, membership in the Survivors' Health Project includes additional benefits and conditions. Members of The Survivors' Health Project are eligible to receive CommYOUunity, ARTiculation, and Thriving Together program materials, access free wellness items through the Wellness Locker, receive Wellness Grants (as available), and participate in other special opportunities.

When available, 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

- You must be a survivor of IPV/SV living with a chronic health condition
- Complete The Survivors Health Project (SHP) membership application
- Regularly attend CommYOUunity, ARTiculation, or Thriving Together sessions (minimum of four between July 1 and June 30)
- Take your SHP membership card and a photo ID to your appointments (when using available Wellness Grants)
- Complete a satisfaction survey after your appointments (when using available Wellness Grants)

### BENEFITS OF MEMBERSHIP

- Receive **CommYOUunity** Program Materials
- Receive **ARTiculation** Program Materials



- Receive **Thriving Together** Program Materials
- Receive Wellness Grants (*based on availability*)
- Receive invitations to special events, offers, and opportunities

**Questions?** Please email Community Educator Tori Rain, MSN, RN at: [vrain@hopeworksofhc.org](mailto:vrain@hopeworksofhc.org).