



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.

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



## TRAUMA-INFORMED YOGA

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

## EDUCATION & SUPPORT GROUPS

- **Comm(YOU)nity:** education & support for survivors living with a chronic health condition
- **ARTiculation:** an expressive-arts peer support & self-care group
- **Thriving Together:** a mental health awareness & support for survivors

During each group, we explore ways to live well, be informed self-advocates, & address stigma and the health disparities that challenge well-being. Sessions feature informational workshops, seminars, listening sessions, and guest speakers. ARTiculation features the use of the arts as a healing tool and also incorporates mindfulness and relaxation techniques.



### Comm(YOU)nity

Chronic Health Condition Education & Support  
3pm to 5pm: Via Zoom

- Sunday, August 4, 2024
- Sunday, October 6, 2024
- Sunday, January 5, 2025
- Sunday, April 6, 2025 (in-person)

### ARTiculation

expressive-arts peer support & self-care  
3pm to 5pm: Via Zoom

- Sunday, December 8, 2024
- Sunday, March 23, 2025

### Thriving Together

Mental Health Awareness & Support  
3pm to 5pm

- Sunday, September 8, 2024
- Sunday, November 3, 2024
- Sunday, February 2, 2025
- Sunday, May 4, 2025 (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 for 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.

## JOINING THE SURVIVORS HEALTH PROJECT

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

## MEMBERSHIP

### Programming Materials

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

### 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.

### Financial Support

When available, members of the Survivors Health Project are also eligible to apply for financial support through our **Wellness Grants** Program. The grants offset the cost of holistic treatment modalities. The Wellness Grant must be used with a "Vetted Practitioner."

Vetted Practitioners are pre-approved virtual and 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.

### To Apply for Membership, Contact:

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