



MARCH 24TH, 2021



Trauma and Stress

Secondary Traumatic Stress refers to the presence of Post Traumatic Stress Disorder (PTSD), in which the symptoms are caused by at least one indirect exposure to traumatic material. PTSD can develop in anyone after experiencing or witnessing a major life-changing event. Secondary stress is the stress caretakers experience from taking care of traumatized victims with PTSD. Secondary stress occurs when the caregivers experience a host of symptoms that arise in the course of, and due to the care of, a trauma victim. This can include domestic abuse as it exposes the victim to extremes of fear and vulnerability. The fear can become overwhelming during and after an experience of abuse. PTSD sufferers can have significant difficulties in relationships and with their children, due to their emotional difficulties and behavioral patterns. Children can be deeply affected by the trauma symptoms of a parent. People respond to traumatic stress in individual ways. Factors that may hinder the development of symptoms involve reliable support systems, individual personal history, good self-care routines, and adaptability to circumstances. Parents must recognize possible signs of secondary traumatization in their children. Possible signs could include behavioral problems, including risky behaviors during adolescence, depression, anger issues, withdrawal or depression, sleep and/or appetite disturbances, difficulties with attention and focus, and hyperactivity. Please monitor your child, be proactive, and immediately seek medical or mental health support if you suspect your child is struggling. Remember that you are part of the good that is happening in your child's life, you are your child's lifeline. Taking care of you is taking care of your child. Compassion Fatigue is a less-stigmatizing term used for secondary traumatic stress. . (Cont. Pg. 8)

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EAST TEXAS GIVING DAY



SAVE THE DATE!

APRIL 27th 6am - 11:59pm

Please visit

<https://www.easttexasgivingday.org/SAFE-T>

on April 27th between 6:00am and 11:59pm to make your donation and help SAFE-T receive a matching donation of \$7500. All donations support survivor services!

GIVE LOCAL!

MAKE HISTORY!

GATSBY GALA NIGHT

a one night only charity event for the benefit
of SAFE-T Crisis Center

APRIL

23

6:30PM

Lucy's Hacienda Event Hall
742 SE I-30 Access Road, Mt. Vernon Texas, 75457

ROARING 20'S OR FORMAL COCKTAIL ATTIRE
FOUR COURSE GOURMET DINNER
LIVE MUSIC, CASINO GAMES, OPEN BAR WITH SIGNATURE
COCKTAILS.
TICKETS ARE \$250.00

SAFE-T Crisis Center 2nd Annual Gala

April 23, 2021

Corporate Sponsors

<i>American National Bank</i>	<i>Brookshire's</i>
<i>Stanley Landscaping</i>	<i>Wood County Electric</i>
<i>Newly Weds Foods</i>	<i>Grocery Supply Company</i>
<i>Ergon Asphalt</i>	<i>Cypress Bank</i>
<i>Vera Bank</i>	<i>Hamilton's Jewelry</i>
<i>Merrill Lynch</i>	<i>Wal Mart</i>
<i>Diamond C Trailers</i>	<i>Big Tex Trailers</i>

R.S.V.P.

ON OR BEFORE 4/1/21

To pay online go to:

<https://www.betterunite.com/SAFE-T>

Sponsorships Available

\$5,000 - PATRON

- Eight tickets to the event
- Presenter Recognition in event advertising, print material (logo), Facebook, website, and during the event
- Two Free Bottles of Champagne
- Private Butler Service for Table
- Free Valet Parking

\$2,500 - CONTRIBUTOR

- Six tickets to event
- Contributor Recognition in event advertising and print material (logo), and on website
- Free bottle of champagne
- Free Valet Parking

\$1,000 - PARTNER

- 2 tickets to event
- Partner Recognition in event advertising and print material (non-logo), website
- Free bottle of wine
- Free Valet Parking

Contact Christie Burnett

cburnett@safe-agency.com

or call 903-572-0973



SAFE-T CRISIS CENTER RAFFLE

2 Great Gatsby Gala tickets includes a 3 Course Gourmet Meal
One Night in Luxury Suite with turndown service and private butler
2 bottles of Wine with wine glasses
Starbucks Coffee with his and her coffee mugs
\$25.00 HeBrews Coffee Gift Card,
\$50.00 Jo's Downtown Coffee Card
Gourmet Chocolates

TICKETS \$25.00 EACH



TO PURCHASE TICKETS:

<https://betterunite.com/SAFE-T-safe-traffle>

Basket picture on page 5.

<https://www.betterunite.com/safe-t-safe-traffle>



Post Separation Power and Control Wheel



© COPYRIGHT 2013 DOMESTIC ABUSE INTERVENTION PROGRAMS
 202 East Superior Street
 Duluth, MN 55802
 218-722-2781
www.theduluthmodel.org

What is shared parenting like if your abusive ex is also your child's parent? It often means your abuser still has access to hurting you. If parenting with your abusive ex is a high conflict situation, call us. Our advocates can safety plan with you and share techniques and resources to help protect you from continuing abuse.

SHOP FOR A GREAT CAUSE!

SAFE-T's Spring Yard Sale

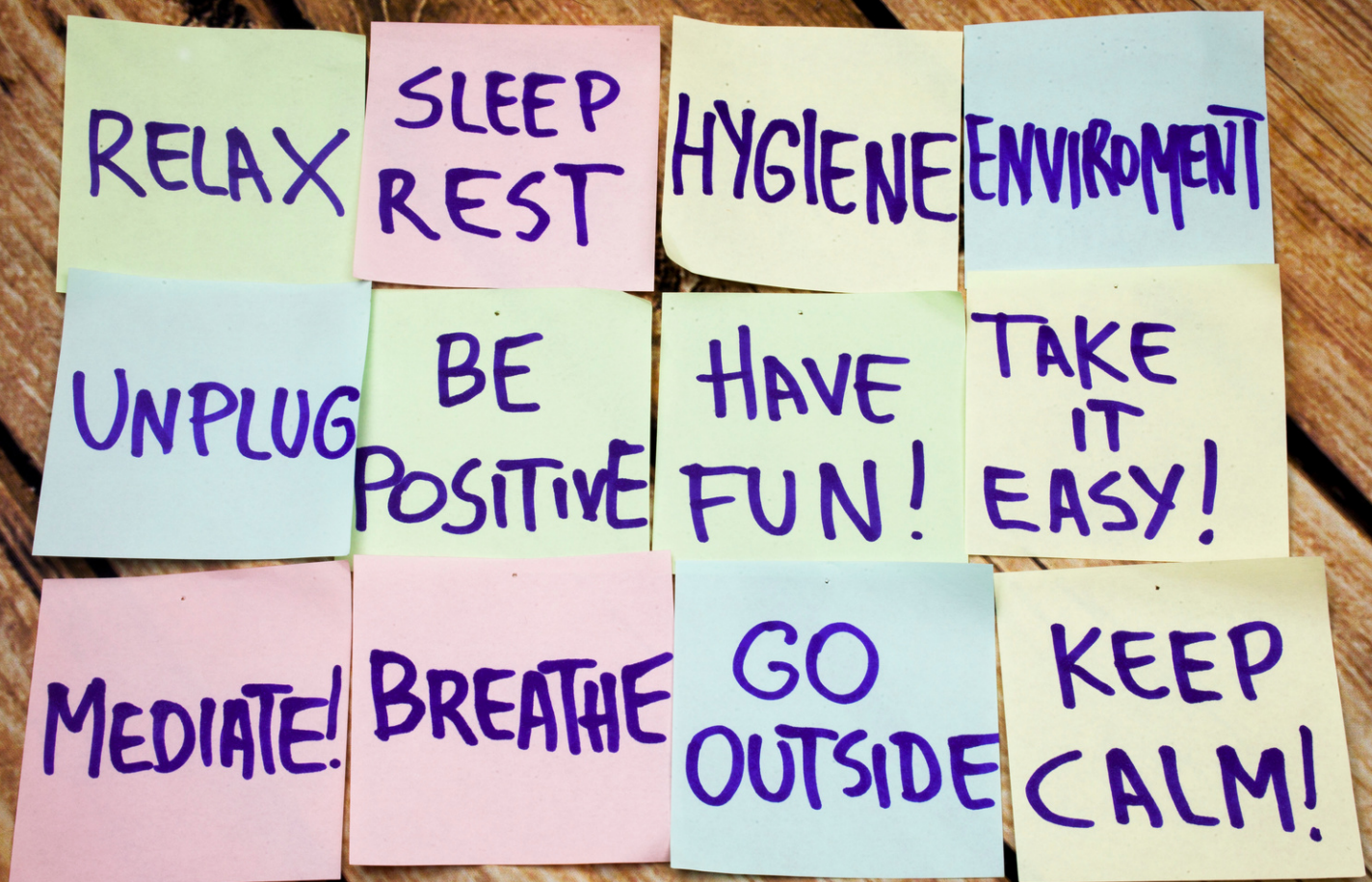
A yard sale for the benefit of survivors
of Domestic Violence and Sexual
Assault.

APR. 15, 2021 | 8 AM TO 5 PM
1249 LAMAR AVE., PARIS, TX

*We're inviting everyone to come and shop at our
yard sale! Bring items to donate to the sale and
shop great finds, all for a good cause!*

If questions: Call 903-572-0973
and speak with Gabby or Pepper

(Cont. Pg. 1) Vicarious Traumatization is used to describe the increasing effect of working with traumatized persons. This term is often used about professionals as opposed to caregivers. Burnout is a state of mental and physical exhaustion that can result from ongoing stress. Symptoms may include sleep disturbances, fatigue, headaches, lowered immunity, changes in appetite, irritability, anger, anxiety, depression, feelings of being overwhelmed and helplessness, apathy, isolation, and withdrawal, aggression, substance abuse, inability to focus, difficulties with concentration and memory, cynicism, and indecisiveness. Understand and respond to your own needs. Learn to recognize your body's signs of stress. Set limits. You cannot be everything to everyone. Learn to say "NO" to requests for your time or attention. Create time for rest and leisure. Self-care can include time for a morning cup of coffee or a walk in the park. Maintain a positive view of the world. Bad things happen, but there is a lot of good in the world. Seek out help for your feelings. Find others who will listen without judgment: a friend, a sibling, a therapist, a support group, or if possible, all of the above. Choose your battles wisely. You do not have to attend every event you are invited to attend. (Cont. Pg. 10)





Domestic Violence & Sexual Assault Volunteers needed at all SAFE-T locations:
Mount Pleasant, Paris, & Sulphur Springs.

If you are interested in becoming an Advocate for Domestic Violence and Sexual Assault Survivors, a Face-to-Face Technology Training will be held April 14th, 2021 from 2:00 PM-4:00 PM.

If you are interested or have questions, please contact Program Director Mary Ferguson at 903-572-0973 or Email: mferguson@safe-agency.com to register.



(Cont. from pg. 8) This includes problems and situations that you cannot change and especially those that are none of your concern. Ask yourself "does this matter to me?" Realize that life will go on even if you are not perfect to everyone.



Shelter Donations Needed!

Please drop off
all donations at our
Main Office at 204
Patrick St. Mount
Pleasant, TX or the
Thrift Store at 1014
West 1st St in Mt.
Pleasant, TX

- pillows, comforters & throws
- cleaning supplies
- underwear (men & women, all sizes)
- clothes detergent powder
- towels
- twin size sheets
- soap
- hand sanitizer
- socks (men, women, & children)
- baby wipes



Call 903-572-0973 for
more information.





SAFE-T Thrift Store

1014 W 1st St Mount Pleasant, TX 75455

Store: (903) 577-9035 9am - 6pm

We gratefully accept the following donated items:

Gently used clothing
 Gently used shoes
 Gently used furniture
 Household items
 Appliances
 Pet items

Books
 Toys
 Curtains and Drapes
 Electronics
 Lighting
 Home hardware

On every Wednesday, we have a storewide
 20% discount for everyone over 55.

March 25th- 10% Off Store Wide

March 26th- 15% Off Store Wide

March 27th- Spin The Wheel For Discount

March 29th- 10% Off Storewide

March 30th- 30% off Home Improvement

The Easter bunny will be from March 18 to April 4
 and the Facebook Easter basket giveaway will be
 from March 29 to April 3rd. Like, Share, and Tag 3
 Friends in the picture that will be loaded on
 Facebook on March 29. The winners for the basket
 will be picked on April 3rd.



ALL SURVIVORS DESERVE JUSTICE.

THE REAUTHORIZATION OF THE VIOLENCE AGAINST WOMEN ACT IS SCHEDULED FOR A VOTE THIS WEEK IN THE HOUSE OF REPRESENTATIVES.

SAFE-T NEEDS YOUR HELP! MEMBERS OF CONGRESS NEED TO HEAR FROM YOU THAT YOU WANT THEM TO SUPPORT VAWA.

THE NEW UPDATED VERSION OF VAWA MAINTAINS MANY OF ITS KEY COMPONENTS BUT ALSO EXPANDS IN IMPORTANT AREAS. H.R. 1620, THE VIOLENCE AGAINST WOMEN REAUTHORIZATION ACT OF 2021, WOULD:

- INCREASE PREVENTION;
- INVEST IN COMMUNITIES OF COLOR
- END IMPUNITY FOR VIOLENCE AGAINST NATIVE WOMEN BY NON-NATIVE PERPETRATORS ON TRIBAL LANDS;
- IMPROVE ACCESS TO HOUSING FOR VICTIMS AND SURVIVORS;
- PROTECT VICTIMS OF DATING VIOLENCE FROM FIREARM HOMICIDE;
- HELP SURVIVORS GAIN AND MAINTAIN ECONOMIC INDEPENDENCE;
- IMPROVE THE HEALTHCARE SYSTEM'S RESPONSE TO DOMESTIC VIOLENCE AND SEXUAL ASSAULT, DATING VIOLENCE, AND STALKING.

IF YOU ARE LOOKING FOR #1THING YOU CAN DO RIGHT NOW TO SUPPORT SURVIVORS - CONTACT YOUR STATE REPRESENTATIVE [HERE](#) AND ASK THEM TO SUPPORT THE REAUTHORIZATION OF THE VIOLENCE AGAINST WOMEN ACT. LET THEM KNOW THAT YOU SUPPORT IT AND BELIEVE ALL SURVIVORS DESERVE JUSTICE.

COMMUNITY SUPPORT GROUP

Where survivors of abuse or persons with an abusive partner can come together for support, understanding and fellowship.

SAFE-T Crisis Center

When: Every Thursday of Every Month

Time: 5:00pm to 6:00pm

Where: Zoom

Meeting ID: 865 4875 3453

Passcode: 653690



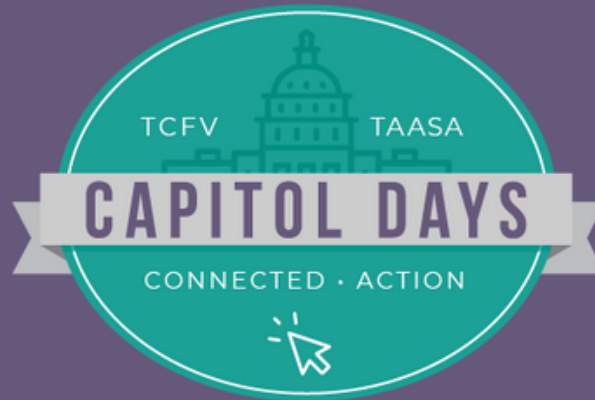
903.572.0973

You can also click here to join from a web browser

<https://us02web.zoom.us/j/86548753453?pwd=VVExN3BPNjg1VTJBNDdBsSU9zdmFQUT09>



MAR. 29 - APR. 1



#TXLEGE

Dear Texas Advocates,

Mark your calendars for March 29th to April 1st for rescheduled Capitol Days! Thank you all for your patience and flexibility around the storm; we are so excited to lift our voices together at this new event.

We anticipate sending out updated booklets within the next week or so—keep an eye out for those—but now is the time to schedule lawmaker visits if you have not yet done so.

The lineup of events is largely the same. We are so pleased that Loretta Ross is still able to speak. One small change: office hours with the TCFV and TAASA policy teams will be by appointment. If you'd like to prepare for legislative visits with policy folks, please reach out to our policy teams!

Schedule of Events:

Mon 3/29

1:00-1:30: Opening Remarks for Survivors and Leadership
1:30-3:00: TCFV/TAASA agenda presentation

Tues 3/30

Office Hours as Requested
9:00-3:30: Capitol Visits
3:30-4:15: Loretta Ross

Wed 3/31

Office Hours as Requested
9:00-4:00: Capitol Visits

Thurs 4/1

Office Hours as Requested
9:00-4:00: Capitol Visits
4:00: Happy Hour