

# EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

OCTOBER 2020



*Tricia, Rosemary, and Kristin prepare for Champions & Confidence.*

## MESSAGE FROM TRICIA RUSSELL, EXECUTIVE DIRECTOR

Rosemary and I were blown away by the attendance and generosity of everyone who joined us for our Virtual Champions & Confidence event on the 29th! We hope you enjoyed the night as well, and we are so grateful to everyone who made it possible!

A big shout out and thank you to Coach Christen Shefchunas, our keynote speaker, who gave us so much insight into being responsible for our own confidence and happiness. Thank you to Molly Waters for so bravely sharing her story and how she became an overcomer. We are so appreciative of our virtual table hosts and steering committee who helped take this event from an in-person luncheon to a virtual evening at home. James River Audio Visual did an incredible job of making our virtual event look so professional and flawless! For access to a recording of this event, you can email me at [tricia@fear2freedom.org](mailto:tricia@fear2freedom.org)

Because of your incredible generosity, we will continue to give survivors their first glimpse of hope: a physical reminder that someone cares, that they are not alone, that they can move from a place of undeserved shame and overwhelming fear to a place of freedom!

## CHAMPIONS & CONFIDENCE

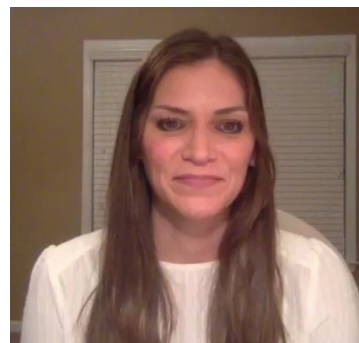
On September 29th, Fear 2 Freedom hosted Champions & Confidence, our first VIRTUAL fundraiser. Originally planned as an in-person Capital Champions Luncheon in Northern Virginia, the event was reinvented out of an abundance of caution for safety and pandemic restrictions. During the event, attendees heard from speakers, participated in a virtual paddle raise, and listened to an inspiring talk on confidence from Coach Christen Shefchunas. During the virtual paddle raise facilitated by our incredible auctioneer Rick Overy, our Champions raised \$48,000 to support survivors! THANK YOU to everyone who attended Champions & Confidence - YOU made the event a success!

Our Champions and attendees were able to listen to Coach Christen's inspirational speech on harnessing confidence and speaking one's truth. Coach Christen shared the story of a strong swimmer who was overcome with anxiety in competitions. Eventually, through speaking her truth, she was able to overcome all of her inner doubts and insecurities that were holding her back. Coach Christen said that every person experiences doubts and insecurities in the moments leading up to a performance, like a meeting or an important conversation.

Coach Christen suggested that by voicing these doubts and our truths, we can better share our light with others. She also shared the history of Confidence Nuggets, bracelets which help remind us of our strength and ability to succeed. These are available for purchase in the F2F Store and on Coach Christen's website. We want to offer a special thanks to Coach Christen for speaking with us and sharing wisdom with all the attendees at the first ever Champions & Confidence virtual event!



*Tricia and Rosemary deliver a welcome to virtual attendees. Over 100 attendees joined us to support survivors of sexual violence and hone our confidence to make the most of our lives.*



*Christen speaks to attendees about how you must build your own confidence.*



*Rick from Compass Wealth Strategies facilitates the paddle raise.*

# RELATIONSHIP RED FLAGS DURING SOCIAL DISTANCING

More relationships than ever are connecting via technology, especially in this time of social distancing. As we move into Domestic Violence Awareness Month, it is important to recognize red flags and unhealthy relationship dynamics.

Many of us are going through a lot mentally and emotionally as isolation continues into the fall. This paired with being disconnected from support systems means that people in unhealthy relationships are especially vulnerable in this time.

Even if partners aren't seeing each other in person during the pandemic, intimate partner violence can be perpetrated virtually and still has devastating effects for survivors. Check out the graphic to learn how to recognize the ways control and abuse can be perpetrated even from a distance.

If you or someone you know is experiencing an unhealthy or abusive relationship, call the **National Domestic Violence Hotline** at **1-800-799-7233**.

**WHO... WHAT... WHERE... WHEN...**  
**Excessive Questioning**  
In unhealthy relationships, asking questions becomes an interrogation since the intent behind them is control not concern.

**DON'T SPEAK TO THEM. THEY'RE BAD FOR YOU.**  
**Exerting Control**  
Controlling partners may restrict your communication with others, block websites, check your browser history, monitor your phone, or track your location.

**IF YOU LOVED ME YOU WOULD SEND THEM.**  
**Sexting Pressure**  
Sexting becomes unhealthy when a partner tries to pressure or manipulate you into doing what they want, regardless of your feelings.

**I DIDN'T MEAN IT... THAT WASN'T THE REAL ME.**  
**Manipulating Emotions**  
Following up volatile communications with apologies and sweet messages is a tactic to make you feel confused and on edge.

**IF YOU'RE NOT HIDING ANYTHING IT'S NO BIG DEAL.**  
**Demanding Passwords**  
Being forced to give up your privacy because your partner(s) feel(s) entitled to access your phone/social media accounts at any time is not okay.

Fear 2 Freedom

## WELCOME, FALL INTERNS!



Having fresh perspectives contribute to our success! Please join us in welcoming our Fall 2020 interns:

- Abby Sams, Development
- Jack Ziegler, Digital Marketing
- Jordan Garza, Community Engagement
- Jordan Oglesby, Videography
- Madeline Malnight, Logistics
- Matthew Arthur, Database Management
- Stephanie Thompson, Grant Writing
- Valencia Izquierdo, Programs

Even with most of our interns working virtually to support the F2F mission, we aim to ensure a quality internship experience. Application of education and career exploration are important, and an internship with F2F is a great way to apply your knowledge from the classroom, gain experience, and increase your marketability and networking skills. Thank you to each of our interns for helping F2F drive our mission forward!

# COMMUNITY PARTNER SPOTLIGHT: VCU HEALTH

VCU Health, formerly MCV Hospital, is one of our oldest F2F Kit Distribution partners. Since we began our partnership in 2015, we have distributed more than 1,200 F2F Kits to survivors who seek medical attention there.

Dr. Jean Cheek, Coordinator of the Forensic Nurse Examiner Team in the VCU Health Emergency Department, wants everyone to know that forensic nurses prioritize their patients' health first and foremost. Whether a patient decides to pursue criminal charges or not, Dr. Cheek believes everyone who has experienced sexual violence to be able to have a medical exam to ensure their physical and emotional wellbeing.

If you are over the age of eighteen, and you do not want to report your assault to law enforcement, you don't have to. It's also possible to wait to decide on pursuing criminal charges. You can request what is called a blind kit. This would mean that you have evidence collected and stored anonymously for up to two years (ten years with a written objection to the destruction of the PERK by the victim).

Forensic nurses are available 24/7 at the VCU Health Emergency Department. Dr. Cheek urges anyone who has experienced sexual violence to come forward and talk to a forensic nurse. Your health is their primary concern.



*Dr. Cheek received 260 F2F Kits on 9/10 as a part of the annual Hour 2 Empower event at VCU.*

**For more information from VCU Health,  
call 804-828-9000.**

## INSTITUTE ON VIOLENCE, TRAUMA AND ABUSE: INTERNATIONAL SUMMIT



### COMPASSIONATE ADVOCACY AND AFTERCARE KITS

Compassionate care and how to implement it in your work

*Title slide of Rosemary's presentation.*

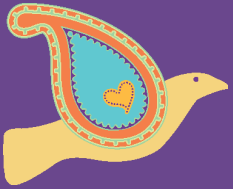
**Thank you so much to all of the staff at IVAT and event attendees. Being part of an event where we could all come to share and learn together was amazing.**

F2F was honored to be selected to present at the Institute on Violence, Trauma and Abuse (IVAT) International Summit. This was a wonderful opportunity to increase awareness for F2F's programs across the country. Both Rosemary Tribble, our founder, and Lauren Brennan, our Director of Programs, were chosen to be virtual speakers at the event.

Rosemary spoke to the attendees about compassionate care for survivors of sexual violence. She focused on how this compassion is vital for survivors and their healing process.

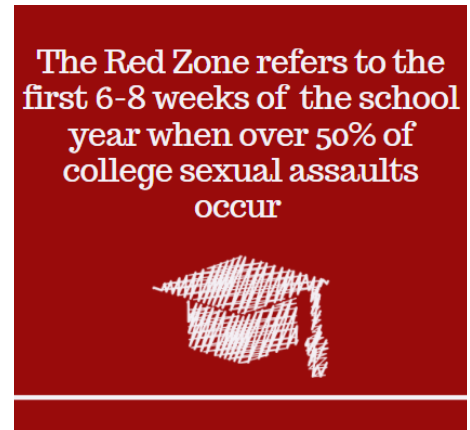
Lauren shared how attendees can compliment their violence prevention efforts by implementing service-learning programs like F2F's Hour 2 Empower event in her presentation: Compassionate Campuses.

# EMPOWERMENT STORY: ADVISORY COUNCIL



We are thrilled for our partnerships with the members of the F2F Advisory Council. This group meets quarterly to discuss developments in sexual violence awareness and prevention, as well as challenges we can confront together.

Our most recent meeting focused on the challenges that our respective organizations are facing and how our work has changed in the light of the COVID-19 pandemic. By working together, we can meet the needs of more survivors.



*We couldn't do this without your support. Thank you!*

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