

# EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

JULY 2020



## Champions Luncheon

September 29, 2020

11:00 a.m. - 1:00 p.m.

Army Navy Country Club

[fear2freedom.org/capital-champions-luncheon](http://fear2freedom.org/capital-champions-luncheon)

## MESSAGE FROM TRICIA RUSSELL, EXECUTIVE DIRECTOR

I hope this newsletter finds you healthy, safe, and well. 2020 is turning out differently than anyone could have ever imagined. The COVID-19 pandemic has led to an increase in incidences of domestic and intimate partner violence. 79% of individuals calling RAINN's hotline were living with their perpetrator. There was also a 22% increase in calls to the hotline from people under the age of 18. These statistics suggest that many survivors aren't getting the support they need.

Fear 2 Freedom (F2F) is working to fill this gap. This past fiscal year, we empowered 1,275 students with programs on thirteen campuses. We distributed 3,376 Kits to survivors, which means we helped 3,376 survivors begin their journey from fear to freedom.

We're also currently adapting our in-person events into virtual and hybrid programs. We are still sending AfterCare and iCare Kits to hospital and community partners in need, and the need is great! We are so grateful for the continued and ongoing support of our donors, volunteers, and supporters. We couldn't do this without you!

## MOVING INTO THE NEW FISCAL YEAR

July 1, 2020 started our new fiscal year. On the right are our successes from the previous year. Despite many of our events being cancelled due to the pandemic, we still distributed more F2F Kits than we did the year prior.

For the 2020-2021 fiscal year, we have a goal of distributing 4,500 F2F Kits to survivors of sexual violence. These 4,500 survivors will receive practical and emotional support through the tools provided by the F2F Kits at no cost to them because of the generosity of our donors and funders.

With the start of the new fiscal year, we want to recognize our fantastic Board of Directors. Carol Downey, our Board President of two years, has moved to the position of Emeritus. Our new President is Sue Ivy; we are thrilled to welcome her! We also want to welcome Alexis Carter, Molly Trant, Stephanie Craig, and Walt Williams to the Board.

F2F is always looking for dedicated members of our community to join the Board of Directors. If you are interested in learning more about what this entails, please reach out to [tricia@fear2freedom.org](mailto:tricia@fear2freedom.org).



Fear 2 Freedom  
888-453-3059  
[getinvolved@fear2freedom.org](mailto:getinvolved@fear2freedom.org)

# COMMUNITY PARTNER SPOTLIGHT: NNPD DOMESTIC VIOLENCE TEAM



The NNPD Domestic Violence Team can be reached at 757-928-4646 or [nnpddvteam@nnva.gov](mailto:nnpddvteam@nnva.gov)



Neisha Himes



Cheryl Chavers

The Newport News Police Department Domestic Violence Team is staffed by Neisha Himes and Cheryl Chavers, who bring their unique perspectives to the team. Ms. Himes is a survivor of domestic violence and knows the legal and administrative challenges that survivors may face within the criminal justice system. Ms. Chavers served as a Family Services Specialist with the City of Newport News for nearly eighteen years and saw those same challenges from a different angle.

The members of the Domestic Violence Team are victim advocates that work within the Police Department itself. The Domestic Violence team seeks to connect law enforcement officers and domestic and/or intimate partner violence survivors through five avenues: victim advocacy, empowerment, community outreach, collaborating with community partners, and training for officers.

Ms. Himes and Ms. Chavers are excited for the opportunity to work with the community to combat domestic violence in the Newport News area.

"Survivors, we are going to follow up with you after your officer interaction to provide you with advocacy, support, resources, and the tools needed to rebuild your life after abuse. We want you to know that you are not alone on this journey." - Neisha Himes

## END THE RED ZONE

More than 50% of campus sexual assaults happen between August and November. This is referred to as the Red Zone. Students are at an increased risk during the start of their first and second semesters in college.

This year, F2F is empowering college students to take a stand and end the Red Zone. We are providing messaging for students and community members to spread awareness on social media and support even more survivors by holding a fundraising campaign.

Those interested can register online to join the fundraising campaign as individuals or as teams. To participate or donate, register online at [fear2freedom.salsalabs.org/RedZone](http://fear2freedom.salsalabs.org/RedZone).

The money raised through this campaign will go towards spreading awareness and education to prevent instances of sexual violence on college campuses and to creating resources to help support survivors of sexual violence.



If you have any questions or suggestions, please contact Director of Development Kristin Ritchey at [kristin@fear2freedom.org](mailto:kristin@fear2freedom.org).

# SHOWING UP WHILE SOCIAL DISTANCING

We are all familiar with the negative effects of the COVID-19 pandemic, but there is also something positive: solidarity. Collective crises bring us together for altruism in sincere ways. We see the needs of our communities in a new light and strive to help each other however we can.

So how can we put this empathy into action? One easy way is that we can aid the sexual violence survivors in our lives who may need support now more than ever.

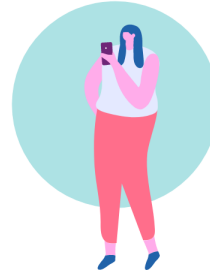
Showing up for trauma survivors in the ways that they want and need can, and should, be done at any distance. Here are four ways you can get started today.



## Be Active

Physical activity brings the body to a place of strength & control.

- Take on a new fitness program together
- Go for a weekly bike ride
- Video chat while practicing a new dance routine
- Share photos of garden projects you're working on



## Get Connected

Closeness & intimacy can & should be nurtured even remotely.

- Send a text to remind them you're here if they need you
- Call them to listen & learn how they'd like to be supported
- Set up a video chat to catch up over a cup of home brewed coffee

## Promote Calm

Mindfulness & grounding exercises can help promote psychological balance & clarity.

- Text each other to share your experiences with trying a meditation app
- Call to practice breathing exercises over the phone
- Video chat while doing a yoga routine together



## Bring Joy

Incorporating personal sources of positivity into daily life can be restorative.

- Host a distance book club by reading something comforting or inspiring & discussing it over the phone every week
- Watch a favorite movie together over a video call
- Share weekly music playlists with your top hits to get energized, calm, etc.
- Play a fun game together online



## Save the Date: Gala



# May 22, 2021

We are excited to announce the date for our tenth anniversary Gala! Please stay tuned for more information about this spectacular event.

## Retreat 2020



F2F hosted our second annual Staff Retreat at the home of Tricia Russell. Staff members came together for a full day of teambuilding. This time gave everyone a chance to openly discuss, share, and develop new ideas. From presenting strategic goals to reflecting on individual strengths, our day together contributed to making us stronger moving forward.

Chief Operating Office January Serda believes "when a group has a shared investment in the goals and outcomes, we all win."

Community Engagement Coordinator Vickie Garton-Gundling shares her main take away this year, saying "F2F's mission and services are more important now than ever before. The retreat provided a great venue for our team to brainstorm creative ways to adapt our programming and F2F Kit distribution in the COVID era."

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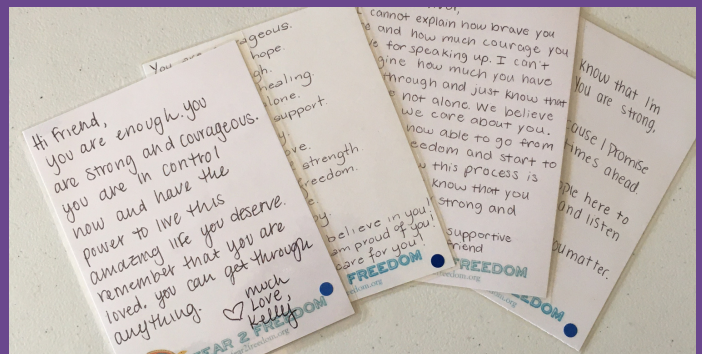
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## SERVE THE CITY PENINSULA AND SPAIN COMMERCIAL - THANK YOU!



Serve the City Peninsula donated their time to help count our inventory.  
Spain Commercial built shelving in our warehouse.  
We are so grateful for these partnerships!

## EMPOWERMENT STORY: NOTES OF SUPPORT



"The handwritten note of support is empowering. Many of my patients keep them long after the exam.

I had one patient who told me in court that they still had the note. This was almost a year later."

- Jennifer K. SANE-A



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