

# Transitions

Volume 11, Issue 1 • September 2015



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## 2015 Suicide Prevention Conference Set for September 30th

*“Magnifying the Facts, Dispelling the Myths, Finding Solutions”*



From left to right: The Center and partners kickoff Suicide Prevention Month with a press conference at State Capitol.



**“Why do they do it? African Americans don’t do that! Who knew she was serious? Why didn’t I see it coming? Now, where can I get help?”**

These are just a few questions we hear during the aftermath of a suicide. Suicide is the 10th leading cause of death in the US. Arkansas is a state with a suicide rate above the national rate of 12.94 per 100,000 with fire-arms being the most common method of death by suicide.

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is simple. Reduce factors that increase risk and increase factors that

promote resilience. Ideally, prevention addresses all levels of influence: individual, relationship, community, and societal. Effective prevention strategies are needed to promote awareness of suicide and encourage a commitment to social change.

September is nationally recognized as Suicide Prevention Month, which presents a great opportunity to focus on the many health disparities in our communities. It is an opportune time to create awareness of the devastating long-lasting effect that suicide has on Arkansans. To this end, a suicide prevention conference is being planned. The Center for Healing Hearts and Spirits, the Arkansas Minority Health Commission, City of Little Rock, Exodus Foundation of Arkansas,

and Philander Smith College have forged alliances with more than twenty agencies to present the 2015 Suicide Prevention Conference on Wednesday, September 30th on the Campus of Philander Smith College. The full day conference will kick-off with an opening plenary addressing the State of Minority Mental Health and will conclude with result-oriented solutions, best practices, and next steps. The conference will also address topics such as suicide myths, When Suicide Hits Home; Suicide in Desperately Affected Populations; Faith-Based Communities and Media’s role; and

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# Center hosted An “Evening To Heal A Heart Gala 2015,” Rebuilding Communities, One Healthy Heart At A Time!

Violent crime and chronic illness survivors have been the focus of the Center for Healing Hearts & Spirits. Staff and volunteers are committed to this mission by helping individuals transition and overcome some of life’s devastating conditions through hope, healing, and restoration. While the work is done on a daily basis, we celebrate their recovery once a year during an event entitled an “Evening to Heal a Heart Gala”

The 2015 “Evening to Heal a Heart” theme was Rebuilding Communities, One Healthy Heart at a Time. It was a celebration of survivors triumphs, volunteers’

service, and partners and sponsors commitment to the organization. It also celebrated ordinary people doing extraordinary work. The gala took place on February 12, 2015 at the Holiday Inn Presidential. The proceeds from “An Evening to Heal a Heart” Gala benefited the Center’s programs and services. Center services include, but not limited to, grief counseling, comfort care bags for sexual assault victims, educational scholarships, back-to-school supplies for Arkansas’ youth, emergency domestic violence shelter services, and tobacco prevention and education. So the month that many observe Valentine’s Day

and celebrate the heart, the Center celebrated individuals by connecting them to culinary delights, soulful sounds, and educational resources to help to continue to heal the hearts of many.

Awards presented were the **Unsung Hero** to Mr. Chester Carrigan; the **Emma Porchia Impact Award** to Mrs. Angela McGraw; the **Champion Award** to Mr. Hayes Q. Miller; the **Sharing Heart Volunteer Awards** (posthumously) to Mrs. Mattye J. Willis and Mrs. Stella M. Hayes; the **Heart Beat Awards** went to Kroger Stores and Kohls Department Store; and finally, the **Raye Evelyn Loyd Memorial Scholarship Award**

to Tracy and Stacy Loyd. More than one 150 were in attendance to celebrate the recipients. Mrs. Brittney Johnson, former weekend anchor at Channel 4, served as the event’s Mistress of Ceremonies.

**We invite you to come and be our special guest for the next “Evening to Heal a Heart Gala” on February 16, 2016, location TBA.** Admission will be \$75 per person or a table of ten is \$750, so bring us your special gift – your presence, your guest or co-worker out for An Evening to Heal a Heart. For more information about the event or how you may register, call (501) 372-3800 or e-mail us at [hhscenter@sbcglobal.net](mailto:hhscenter@sbcglobal.net).

## 2015 Evening to Heal a Heart Gala



## 2015 Heal a Heart Symposium

The Center hosted a first-time ever Heal a Heart Symposium and educated 125 attendees on risky behaviors that affect the heart (tobacco use, alcohol and other drugs). Dr. Regina Hunter and Dr. Rhonda Mattox are pictured below.



# Rape Crisis Program Merges Intervention and Prevention

Hotline 1-855-6-HELP 4 U

Did you know that...

- Every day 1,871 women are forcibly raped every day in the United States.
- 1 out of 3 women will suffer sexual abuse at some point in her life.
- In 8 out of 10 rape cases, the victim knew the perpetrator.
- One in 4 girls and 1 in 6 boys will be sexually assaulted by the age of 18.
- Nearly 1 in 4 women may experience sexual violence by an intimate partner in their lifetime.

~National Sexual Violence Resource Center

The Center for Healing Hearts and Spirits has administered successfully the Rape Crisis Program for three years since its launch on June 2012. The program works to assist sexual assault victims and advocate on their behalf. The program serves 5 counties: Pulaski, Saline, Lonoke, Garland, and Jefferson Counties. The two

major goals of the program are to identify/ assist victims in crisis, assist victims in their long term recovery to overcome the negative aspects of the crime committed against them, and to increase their knowledge of the resources available for them. The other goal of the program is to increase training opportunities for volunteers assisting victims of sexual assault.

In an effort to provide a comprehensive program, the Center merged its prevention program with the crisis intervention program to expand its reach to educational outreach to youth and young adults. Since October 1 of 2014, the Rape Crisis Program has assisted approximately 350 victims of rape and molestation as children with diverse services including mental health counseling, referrals, emergency financial assistance, Arkansas Crime Victims Reparations

applications, emergency transportation, support groups, and others. The Rape Crisis Program has also educated approximately 700 students of middle, high school, and college level on the prevention of sexual abuse.

- The program pursues recovery, healing, and hope through four services
- Support Group Sessions - advocates facilitate support groups for victims of intimate partner sexual violence and for adults molested as children. Currently we have 6 ongoing groups at different sites.
- Court Advocacy – advocates assist victims by providing guidance and information on court processes, hearings, and of course victims’ rights along with court accompaniment.
- Hospital Advocacy – advocates accompany victims in emergency room at hospitals and provide a comfort care bag with clothes and supplies along with an information

packet, advocates may also assist family members during the difficult time after a sexual assault.

- 24/7 Crisis Hotline 1-855-6-HELP 4 U. The hotline receives calls from victims and/or law enforcement across the state. Advocates respond with crisis intervention and emergency guidance. After assessing the caller’s needs staff works in connecting the victim with the appropriate service provider. With the new legislation of Laura’s Law and Laura’s Card, in which the center’s hotline is listed as one of the emergency service providers, the center’s hotline is assisting victims of domestic violence in addition to victims of sexual assault. The volume of calls has almost tripled, and we are fortunate to work hand in hand with law enforcement and local agencies in the effort to improve crisis assistance to survivors.

## New Legislation - Laura’s Law And Laura’s Card

Statistics on Domestic Violence ...

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.
- 1 in 3 women and 1 in 4 men have been victims of some form of physical violence by an intimate partner within their lifetime.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- Intimate partner violence accounts for 15% of all violent crime.
- Women between the ages

of 18-24 are most commonly abused by an intimate partner.

New laws went into effect Wednesday July 22, taking on the problem of domestic violence through education and prevention efforts, increased services for victims and new tools for law enforcement officers and prosecutors. Representatives Douglas and Ballinger said Act 877, titled “Laura’s Law,” and Act 873, which create “Laura’s Card,” are named for three women: Laura Webb, who survived being hit by a truck driven by her then-husband in 2012; Laura Aceves, who was killed by her ex-boyfriend in Carroll County in 2010; and Aceves’ mother, Laura Ponce. Laura’s Law requires

that when a law enforcement agency responds to a report of domestic abuse, the first officer to interview the victim must ask a series of questions contained on a form, known as a “lethality assessment.” Laura’s Card will be a card containing information about victims’ rights and various types of assistance available to victims. A law enforcement officer will be required to provide a card — along with the officer’s name, badge

number and contact information — when making contact with a victim or a victim’s family.

CHHS— Rape Crisis Hotline is listed on Laura’s Card. The center’s staff is working hard to assist a great number of callers providing referrals and crisis intervention services.

<p>7) You have a right to be present at all hearings where the defendant is present</p> <p>8) You have a right to responsible protection before, during, and after all court proceedings</p> <p>9) If available, you have the right to be provided a separate waiting area before, during, and after all court proceedings</p> <p>10) In criminal proceedings, you have a right to request restitution be sought through the prosecutor’s office</p> <p>11) You have a right to provide a Victim Impact Statement at the sentencing hearing (<a href="#">click here</a>)</p> <p>12) You have the right to be notified on the status of the alleged or convicted offender (<a href="#">click here</a>)</p> <p>13) You have a right to be provided with an interpreter during all court proceedings</p> <p>14) If the victim is a minor, incapacitated or deceased, a member of the victim’s family may exercise these rights</p>	<p><b>Officer</b></p> <hr/> <p><b>Contact Info:</b> <b>Pulaski County Sheriff’s Office</b> 501-340-6960 - Non-Emergency 501-340-6600 - Main Office</p> <p><b>24 Hour Crisis Line</b> Hotline Center for Healing Hearts and Spirits 1-855-6-HELP 4 U (1-855-643-5748) Domestic Violence 800-745-6666 Child Abuse 800-422-5554 Adult Abuse 800-443-5748 Rape Crisis Program 855-643-5748 Human Trafficking 688-993-5748</p> <p><b>Shelters</b> Arkansas Coalition Against Domestic Violence <a href="http://www.arkansascadav.org">www.arkansascadav.org</a></p> <p><b>Women and Children First</b> <a href="http://www.womenandchildrenfirst.org">www.womenandchildrenfirst.org</a> 501-376-3219 800-332-4443</p> <p><b>Victims Services and Social Services</b> 600-332-4443 Arkansas Administrative Office of the Courts Domestic Violence Program <a href="http://www.courts.arkansas.gov/administration">http://www.courts.arkansas.gov/administration</a> <a href="http://www.dvrc.org">www.dvrc.org</a></p> <p><b>Court Connect</b> helps keep victims informed of court proceedings and other pertinent information <a href="http://www.inb.gov/arkansas/courtconnect">http://www.inb.gov/arkansas/courtconnect</a> 800-799-7233 - Local 800-799-7233 - National 866-331-9474 - TEEN</p>	 <p><b>Laura’s Card</b></p> <p><b>Rights &amp; Responsibilities of Victims of Crimes</b></p> <p><b>Pulaski County Sheriff’s Office</b> Sheriff Doc Holladay 2900 South Woodrow Little Rock, AR 72204 501-340-6600</p> <p><b>Victim Helpline</b> 800-332-4443 - Local 800-799-7233 - National 866-331-9474 - TEEN</p>
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## Partner Spotlight: Arkansas Minority Health Commission

By Joyce Raynor



### Arkansas Minority Health Commission

As I listened to the upbeat commercial encouraging people to do the funky chicken, the electric slide, and to go hula hoop, I couldn't help but chuckle. "They" had me. I was drawn into doing the funky chicken.

The rhythmic cadence of the voice boomed through my surround sound challenging me to drop the phone and the remote and give her 30. She wasn't asking for \$30 or 30 minutes of treadmill, weights, or elliptical training. She was coaxing me into rediscovering my inner child with fun things like chase, tag, basketball, and nature walks.

The soothing voice did not promise delayed benefits like weight loss but immediate benefits--boosting my brain power; improving circulation; and reducing stress. Now, I need some of that. Count me in! And then the cherry on top--this fun could lower my risk for strokes, diabetes, and heart disease. Well sign me up for 30 minutes of fun

and making memories.

And then there it was--the commercial ended with "Like your mama used to say, go outside and play today, brought to you

by the Arkansas Minority Health Commission". For almost 25 years, AMHC has been a staple in the community—a catalyst in bridging the gap in the health status of the minority population and that of the majority population in Arkansas. To accomplish this, the Commission focuses on addressing existing disparities in minority communities and educating these communities on healthier lifestyles.

During the month of September, we join our partners at AMHC in celebration of the fifth anniversary of National Childhood Obesity Awareness Month and the fifth anniversary of the Let's Move campaign. We accept the challenge to "drop the phone, drop the remote and go outside and play today!" And we pass the challenge on to you.

We welcome AMHC's new leadership team--Executive Director Dr. Micheal Knox and Medical Director Dr. Rhonda

Mattox. And we celebrate our community partner the Arkansas Minority Health Commission (AMHC) for making "our health" their priority and helping us to understand that all of our Arkansas lives matter.

Dr. Rhonda Mattox, the Medical Director of AMHC tells us that as of 2013 Arkansas had the 3rd highest adult obesity rate in the nation according to The State of Obesity: Better Policies for a Healthier America. She laments that exercise has become the new 4 letter word. So in an effort to overcome that barrier and give exercise a make-over, Drop & Give Me 30 was crafted to make exercise more appealing to those strapped for cash or the busy without time to stop by the gym who are craving more time with their loved ones. She knew it was working when the mother of a four year old toddler stopped her at church and told her that her daughter heard Dr. Mattox on the commercial and insisted that she needed a hula hoop!

For more information, visit the Arkansas Minority Health Commission's website at <http://arminorityhealth.com/>

## Meet Our Rape Crisis Staff



**Karla Contreras**  
Sexual Assault  
Volunteer  
Coordinator



**Annette Lindsey**  
Sexual Assault  
Prevention  
Program  
Coordinator



**Shantell Alexander**  
Sexual Assault  
Victim Support  
Specialist



**Edna I Ramirez**, Limited English Proficiency Victim Advocate, receives FBI Citizens Academy certificate from FBI Special Agent in Charge David T Resch (left) and Kevin Perkins (right), FBI Associate Deputy Director, LR Field Office.



# PICK YOUR POISON

EITHER WAY, YOUR HEALTH TAKES A HIT

Call **1-800-QUIT-NOW** for resources to help you live tobacco and nicotine-free.



Arkansas Department of Health



STAMP OUT SMOKING  
1-800-QUIT-NOW



YOUTH TOBACCO &  
NICOTINE PREVENTION



## 2015 Summer Youth Recreation Program

The Center for Healing Hearts & Spirits facilitated a 2015 Summer Youth Recreation Program from June 16th through July 31st on the campus of the Greater 3-4 Missionary Baptist Church in Little Rock. The program served fifty boys and girls, ages 6-15. The program was funded by the City of Little Rock Community Programs. It provided seven weeks of educational, recreational, team-building and sports-related activities. Spanish as a second language, Tobacco-Prevention,

Bullying and Conflict-Resolution classes were taught. Youth also participated in arts and crafts classes. They enjoyed a safe and enriching time during their summer break. Kudos to our presenters: Hayes Miller, Annette Lindsey, Leticia Bailey, Dr. Jeffrey C. Franklin, Karla Contreras, LRPD and a host of Greater 3-4 MB Church volunteers. The Center staff and WCAA Board thanks the City of Little Rock for yet another opportunity to protect the lives of its valuable assets - its youth!



## Back To School Block Party



The Center for Healing Hearts and Spirits, WCAA Tobacco Free Coalition, and the OMEGA PSI PHI Fraternity (Pi Omicron Chapter) hosted its annual Back-to-School Block Party on Sunday, August 16, 2015 at the Omega Psi Phi House on 2521 State Street in Little Rock, AR.

The event was free, opened to the public, and provided over 350 students with school supplies including backpacks, food, entertainment, and educational literature. Parents and youth signed tobacco- and drug-free pledges, adults were educated on Act 811 (Smoke-Free Car Law), and staff and volunteers conducted CO monitoring on more than 20 adults on the level of carbon monoxide in their bodies.

During the event, participants were encouraged to adopt healthy habits such

as a good night's sleep, proper nutrition, exercise, reducing youth access to tobacco products, and more.

The Center also provided 19 schools and the Mexican Consulate with boxes of school supplies the first week of school.

Many thanks to our sponsors - Omega Psi Phi Fraternity, Pulaski County Youth Services, Kohls Department Stores, Post Foods, Monterrey & Tellez Law Firm P.L.L.C. and Nancy Upchurch McGill. We also send out kudos to our many partners: Arkansas Cancer Coalition, Division of Behavioral Health Services and Prevention Services, Arkansas Minority Health Commission, Greater 3-4 Missionary Baptist Church, Mt. Moriah Grand Chapter Order of the Eastern Star, and those hard-working volunteers!

*See next page for more photos!*

# More Back To School Block Party - CHHS And Omega Psi Phi Extend Their Reach To 19 Schools!



## Suicide Prevention (Continued)

“Navigating the Health Maze (Finding Resources).

“Whether directly or indirectly, suicide affects all of us. I applaud all allies who come together to provide support systems for life for anyone who sees suicide as their only option. We must own suicide as a societal problem that deserves our full attention,” said Senator Joyce Elliott.

Approximately 200 attendees are expected to attend the full day conference at no cost thanks to our sponsors – the City of Little Rock and the Exodus Foundation of Arkansas. Seating is limited to the first 200 registrants. For more information on the conference, log on [www.hhscenter.org](http://www.hhscenter.org) or you may call 372-3800.

## Center Staff Welcomes Tristan Traylor

Tristan Traylor educates individuals in Faulkner, Clark and Lonoke counties on the harmful effects of tobacco products such as e-cigarettes, vapors, and smokeless tobacco. He helps businesses and churches develop tobacco-free policies and allows them to become a resource for their neighborhood and community.



## WCAAA Tobacco Free Coalition Continues Efforts

The Women’s Council on African American Affairs (WCAAA) Tobacco Free Coalition received another round of funding from UAPB Minority Initiative Sub Recipient Grant Office (MISRGO) and the Arkansas Department of Health - TPCP Program in July. The funding continues our community outreach collectively in six counties (Clark, Faulkner, Pulaski, Grant, Saline, and Lonoke

counties).

The MISRGO Program, which covers Clark, Faulkner and Lonoke, is currently facilitated by our new Diversity Outreach Coordinator Mr. Tristan Traylor. The program targets minority populations (African American and Hispanic males) to help lower their tobacco use prevalence rates. This year’s grant activities include policies and policy imple-

mentation for churches, business, and other community areas to adopt Comprehensive Tobacco Free/ Smoke Free Policy to stop the exposure of secondhand smoke and alternative nicotine products. The 2015 90th General Assembly passed three tobacco-related laws pertaining to e-cigarettes; Act 847 which requires all state-supported colleges and universities to have smoke-free

campuses including prohibiting the use of e-cigarettes, Act 708 that restricts smoking within 25 feet of primary entrances at Long-Term Care Facilities, and Act 1235 which regulate Vapor Products, Alternative Nicotine Products and E-Liquid (E-Juice) products which require all alternative nicotine products have child resistant packaging and licensing specific

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## Holy Grounds Initiative Announced in News Conference

*By Dr. Rhonda Mattox*

On Tuesday, August 18, 2015 at 10:30 a.m. the Center for Healing Hearts and Spirits partnered with the Arkansas Minority Health Commission to announce the Holy Grounds Initiative during a news conference. A group of African American faith-based leaders, tobacco prevention coalitions and advocates, the Arkansas Minority Health Commission, and Arkansas Department of Health convened to celebrate the monumental faith based initiative. The purpose of the news conference was to highlight the participation of each organization for making the healthy decision for their members to adopt a comprehensive tobacco-free policy for facilities including their grounds.

On May 13, 2015, leaders from New Hope Baptist Church, St. Paul Missionary Baptist Church, Lebanon Missionary Baptist Church, ACTS Church--NLR (Non-denominational), ACTS Church--Conway (Pentecostal), Gener8tion Church (Pentecostal), First Baptist Church, St. Bartholomew and St. Augustine Churches (Roman Catholic), Greater Rose of Sharon, First Baptist Church, Church of Deliverance, Bethel AME Church (Methodist), Missionary Baptist Church signed a comprehensive tobacco-free grounds policy. Each faith based leader was presented with a framed nicotine free policy and a nicotine free metal sign to be displayed prominently at their facility. They were provided

with other nicotine cessation materials, including the 40 Days to Freedom Facts outlining information about the faith-based tobacco cessation course that is geared toward African

American Churches.

The news conference lasted about 30 minutes. A press packet was distributed to the media.



## Straight talk from the Council's Corner



**Wanda Bynum-Ashley**  
Board Chair

President Barack Obama said, "If you go out and make some good things happen, you will fill the world with hope."

For more than 16 years, the Center for Healing Hearts and Spirits has been dedicated to giving hope to individuals who are victims of violent crimes, chronic illness, and domestic violence. Created to address the economic and social health and education of greatly affected individuals, the Center has come a long way since its infancy. The Center has provided services for tobacco prevention and cessation programs, chronic illness prevention, back-to-school programs and teen conferences on prevention and risky behaviors.

Although we had a tremendous heat wave during the last few months, it did not prevent the following programs from taking place:

- Executive Director Joyce Raynor and the staff successfully organized and

provided a summer youth development and recreation program for 6 to 15 year old at risk youth in Little Rock.

- On August 16, 2015, the Center worked collaboratively with the Pulaski County Youth Services Division, and Omega Si Phi Fraternity to host a back-to-school program that provided students with the supplies they needed to start school the next day. Special thanks to each of partners in making it a very successful event. We are grateful that Judge Barry Hyde, Representative Fred Love, and Jaime Scott were present to support the event.

- On Wednesday, September 30, 2015, we will host the free 2015 Suicide Prevention Conference at the Philander Smith College Kendall Science Center from 8:00 a. m. – 3:30 p.m.

Finally, I am deeply honored to have been elected chair of the board and I am excited about working with the other board members, our award winning executive director, and the dedicated staff members. On behalf of the board, I extend special thanks to Susie Marks for her dedicated leadership as our immediate past chair and for the insights she shared during her tenure. I have confidence in our commitment, and I ask for your support as we continue to give hope to our community.

## Sexual Assault Prevention Program

It has been said that "an ounce of prevention is worth a pound of cure." That statement is certainly true as it relates to Sexual Assault Prevention and Awareness. The Center has been fortunate over the past five years to conduct evidenced-based multi-sessions curricula in Jefferson, Pulaski, and Clark Counties. The journey has been most rewarding touching the lives of more than 500 middle, high school and college-aged students annually.

I can recall the first year teaching the Safe Dates curriculum to a group of young women at sorority house at Henderson State University. After the presentation, a young student asked for a side bar and said "I wish you had come a year ago and talked to us when I first started to college, my life would be different today." We could see the hurt in her eyes. The sad truth about her statement was, she was not alone. There were others. Statistics say that one in 5 women have been sexually assaulted while in college and 80% of female victims of completed rape experienced their first rape before the age of 25. The program has long become much more than a job, we have all come to take it personal, insisting that our own children, grandchildren, co-workers kids, youth at our churches and other community groups learn of warning signs and red flags to avoid becoming one of those aforementioned statistics.

"Harmful Behavior" seems to be the norm in our society today. We see it on television, read it in the

headlines of the newspapers, and are inundated with the social media frenzy. Society has become captivated with violence and tragic situation especially where it relates to sexual acts. It is the goal of this program to educate youth on what is a "normal relationship" vs an "unhealthy relationship."

The Sexual Assault Awareness Program weaves in and out of middle and high schools in the targeted counties teaching the Aggressor, Victim, and Bystander Curriculum. It teaches, in life, each of us can be one of the three. You are either an aggressor, a victim, or a bystander. Think about it! Which one are you and to what degree?

How do we change negative attitudes and reduce risky behaviors? We start with education. We educate the masses or we can teach one child at a time. In 2015 alone, staff educated over 600 students in approximately 10 schools, 4 colleges and universities, 4 churches, and numerous community events. We have established partnerships and memorandums of understanding to ensure the program efforts sustain itself for the long term.





**October 13, 2015**  
**8:00 a.m. – 1:30 p.m.**  
**Shorter College**  
**604 Locust St.**  
**N. Little Rock**

**Presented by**



# **SPEAKING UP**

## **Domestic Violence & Sexual Assault Forum**

**A WORKSHOP SPECIFICALLY DESIGNED TO EDUCATE, ADVOCATE, AND LEAD THE WAY TO SOCIAL CHANGE.**

### **WHO SHOULD ATTEND?**

- Domestic Abuse Victims
- Sexual Assault Victims
- Domestic Violence Victim Advocates
- Sexual Assault Victim Advocates
- Law Enforcement Individuals
- Concerned Citizens
- Tobacco Prevention Advocates

### **FORUM OBJECTIVES**

1. To identify best practices for intervention by multiple professionals who come into contact with domestic violence, sexual assault and tobacco products remnants.
2. To discuss the complexity of domestic violence and sexual assault situations.
3. To recognize the signs of abuse and victimization.
4. To discuss how a coordinated community response benefits the victims of domestic abuse and sexual assault.

### **REGISTRATION FORM**

*Event is free, but please register by completing the form below. Seating is limited and will be on a first-come first serve basis.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Number attending: \_\_\_\_\_

Please return this form by Oct. 9th, by fax to (501) 372-2150 or e-mail to [hhscenter@sbcglobal.net](mailto:hhscenter@sbcglobal.net). For more information, call 501-372-3800.

### **Tobacco (Continued)**

for vape stores.

In the month of July, Mr. Traylor assisted Gentry's Press & Wash Inc. in Conway in implementing a Comprehensive Tobacco Free Workplace Policy. This policy allows customers and employees to work and shop in a smoke free/nicotine free environment and allows employees who smoke

to be referred to the Arkansas Quit Line. Another event was the implementation of "40 Days to Freedom" curriculum at The Infinity Church of Conway. This is a faith-based group cessation program that guides participants through a spiritual journey towards a tobacco free lifestyle.

During the month of August the coalition participated in Henderson State University's Community Fair and the University of

Central Arkansas Conway Daze. Both events orientated freshmen to their campuses and surrounding businesses. To date, we have educated 150 students on the dangers of tobacco usage.

The WCAAA Tobacco Free Coalition will continue its tobacco prevention education and cessation efforts throughout the year because tobacco is still the leading cause of preventable death. We invite local youth

groups, faith-based or other civic organizations to join the WCAAA Tobacco-Free Coalition to advocate healthier lifestyles for all citizens in the state of Arkansas. To join our coalition, call us at 501-372-3800 or complete the enclosed volunteer form on page 15. If you know of someone who is a tobacco-user, please encourage them to quit and refer them to 1-800-QUIT-NOW.

## Calendar of Events

Continuing with our efforts to educate the community on suicide, domestic violence, sexual assault and health care Center for Healing Hearts and Spirits will be hosting several upcoming events. You don't want to miss out, so clear your calendars and make plans to join us.

### SUICIDE PREVENTION CONFERENCE

September 30, 2015 • 8:00 a.m. – 4:30 p.m.  
Philander Smith College  
Little Rock, AR 72206  
Event is free, but please call 501-372-3800 to register.

### SPEAKING UP - DOMESTIC VIOLENCE & SEXUAL ASSAULT FORUM

October 13, 2015 • 8:00 a.m. – 1:30 p.m.  
Shorter College  
604 Locust Street  
North Little Rock, AR 72206  
Event is free, but please call 501-372-3800 to register.

### “TIS THE SEASON TO BE HEALTHY, WEALTHY & WISE” OPEN HOUSE & FAMILY OUTREACH PROGRAM

December 17, 2015  
Center for Healing Hearts & Spirits  
2516 S. Chester Ave.  
Little Rock, AR 72206  
Event is free, but please call 501-372-3800 to register.

### ANNUAL “EVENING TO HEAL A HEART” BLACK TIE GALA

February 11, 2016  
Location TBD  
Tickets are \$75 per person.  
For more information, please call 501-372-3800.

### CENTER CIRCLE OF FRIENDS

3rd Thursdays Monthly •  
Center for Healing Hearts & Spirits

## Special thanks to our 2014-2015 Funders, Donors and Sponsors

### 2014

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### 2015

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Arkansas Department of Health – Hometown Health Improvement  
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*When you're a mother, you're smoking for two.*

Call  
**1-800-QUIT-NOW**  
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[stampoutsmoking.com](http://stampoutsmoking.com)

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Arkansas Department of Health

  
Your Tobacco Settlement Dollars at Work

# The WCAA Underage Drinking Coalition Takes Their Message To Indianapolis!

The WCAA jumpstarted the Drinks, Drugs, Nah! Campaign for a second year with funding from the Arkansas Department of Human Service – Division of Behavioral Health. The educational campaign on underage drinking and prescription drugs was expanded by attending the Mid-Year Community Anti-Drug Coalitions of America (CADCA) Conference in Indianapolis, Indiana in August. Coalition members were provided with many takeaways such as literature and resources to share with the other coalition members. Coalition participated in nearly 100 hours of training over such topics as coalition building, dangers of e-cigarettes, alcohol and marijuana.

The Women’s Council on African American Affairs, Inc.,-

Drug-Free Coalition’s (WCAA-DFC) project assesses substance abuse problems in Pulaski County. Alcohol remains the most widely used substance of abuse among America’s youth and Pulaski County youth. Pulaski County has the 4th highest rate for alcohol or other drug related crashes in Arkansas.

The WCAA-DFC team educates members and the community about what puts young people at risk for substance abuse (alcohol and prescription drugs.) With the help of the coalition members they learn about protective factors and protective processes that moderate or mediate the effects of risk exposure. The Coalition disseminated information that explains how prevention promotes resilience in children, prevent health



and behavior problems, and strategies that reduce risk and enhance the protective factors of bonding and clear standards for behavior. Last year, more than 200,000 residents were educated through print, radio, social media, health fairs, and community forums.

As part of the data collection process and to enhance mobilization, the WCAA-

DFC team will start this year conducting focus groups and town hall meetings to gather community views regarding which factors influence underage drinking and other drugs. For more information about underage drinking, prescription drugs, and how to join the coalition, call (501) 372-3800.

**Take Action Arkansas...**

**Prevention Works!**  
Reduce Underage Drinking and Prescription Drug Abuse Today.

[www.takeactionar.com](http://www.takeactionar.com)

## Did You Know?

- **In Arkansas,** The first incident of underage drinking occurs at the age of 12. Two years later, at the age of 14, that same person is considered an alcoholic.<sup>1</sup>
- **22% of youth nationwide binge drink,** which increases your chances of high blood pressure, stroke, and other heart-related diseases, liver disease, nerve damage, sexual problems, and permanent damage to the brain.<sup>2</sup>

Using prescription drugs can cause health effects you may not be aware of :

- **Seizures**
- **Slurred speech**
- **Body odor**
- **You risk losing a lot when you drink and use prescription drugs:** The respect of your friends, your family’s trust, maintaining your grades and more. Drinking and using prescription drugs while underage can also land you in jail. It is illegal!

Now that you know the facts...It’s your choice. Live a healthy life and just say NAH to alcohol and prescription drugs!

**Drinks? Drugs? NAH!**  
Take Action Arkansas...Prevention Works

Division of Behavioral Health Services • Prevention Services

305 South Palm Street, Little Rock, AR 72205

[www.hhscenter.org](http://www.hhscenter.org) (501) 372.3800

1-2. Arkansas Prevention Needs Assessment. [www.preventionworksar.com](http://www.preventionworksar.com)

## Train The Trainer Open Forum Commemorates Sexual Assault Awareness Month

April is Sexual Assault Awareness Month and National Minority Health Month. Each year the Center for Healing Hearts & Spirits hosts a "Train the Trainer" open forum to educate prevention and crisis intervention advocates, victims and survivors, and the general public on available victims' services and the devastating, long-lasting affect that violence leaves in our communities. The 2015 forum gathered victim service providers from different agencies and discussed topics relevant to the field. This year the theme of the forum "ASSISTING A VICTIM OF SEXUAL ASSAULT and counted with the participation of several panelists including : Will Jones - Arkansas Attorney General's Office,Assistant Attorney General, Cyber Crimes Unit; Carla Jackson- Saint Vincent Health, Sexual Assault Nurse Examiner; Charlene James, North Little Rock Police Department, Victim Services; Lisette Yang, Children's Protection Center, Forensic Interviewer; Angela McGraw- Women and Children First, Executive Director; Emily Robbins, LCSW, UAMS

Department of Psychiatry, Clinical Therapist, Child Study Center; Angie Bowen, LPC- Bowen Wellness Center, Clinical Therapist.

Presentation topics and open discussion included: Human Trafficking, Preserving the Dignity and Reducing the Psychological Trauma Experienced by the Victim, Assisting Sexual Abuse Victims through the Investigation and Legal Process, The Forensic Interview Process of Young Adults Victims of Sexual Abuse, Advocate Burn-out Prevention and Self-care, Psychological Effects of Sexual Abuse in Young Adults, Psychological Effects of Sexual Abuse in Adults.

This workshop is designed specifically to educate, to advocate, and to lead the way to social change through the improvement of knowledge among victim service providers. Another important purpose of this workshop is to strengthen the network and communication channels among colleagues of the field with the goal to provide comprehensive services.



### "Casting The Net" Fundraiser Please help and make your donation!

Have you ever wondered, if you cast a net, how many fish you could catch? Well, God has asked each of us to go out and make fishermen out of men and women. He asked us to feed the hungry and clothe the poor. He tells us that we should be our "Brother's Keeper." That is what the Center for Healing Hearts and Spirits, Inc., is all about - helping others!

Now we need your help! Each year, the Center provides families with school supplies, food, clothing, toys and other items. We provided school supplies to nearly 500 students this year alone. We assisted homeless families, including children, with blankets, clothes, food, and life skills training. We provided emergency domestic violence shelter services to nearly 50 families, and crisis intervention services to approximately 125 sexual assault and homicide victims. We cannot do it alone. We need you to cast your net!

We are asking 100 of our closest friends and supporters to donate \$25, \$50, \$75, \$100 or more for our community outreach. You can help our families today by casting your net and seeding our outreach efforts. Each dollar makes a difference in the lives of our clients!

**Please visit [www.hhscenter.org](http://www.hhscenter.org) to give via Paypal.**

#### "Casting The Net" Donation Form

Yes, I want to help! I am enclosing  \$25  \$50  \$75  \$100  Other

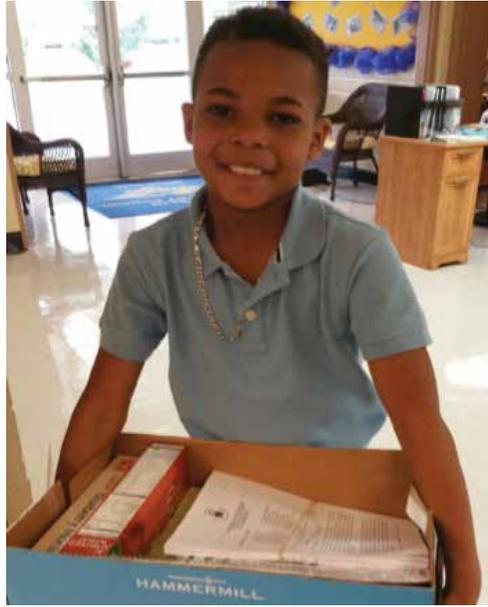
Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

*Please complete and mail this form with your donation made payable to the Center for Healing Hearts and Spirits and mail to 2416 S. Chester, Little Rock, AR 72206 by November 10, 2013. The Center for Healing Hearts and Spirits is a 501 (c) (3) non-profit organization and your donation is tax deductible. You will receive a receipt for your contribution. Thank you!*

# It is All About the Kids! Center Staff and Volunteers Jumpstart 19 Area Schools, Women & Children First, and The Mexican Consulate With School Supplies



# 2015 Teen Conference

The Center for Healing Hearts and Spirits hosted its annual teen conference entitled "Choices, Consequences, and the Bottom Line." The Teen Conference / Parent Forum was held on Saturday, April 11, 2015 at Greater 3-4 Missionary Baptist Church (formerly Rightsell Elementary School), located at 911 West 19th St, Little Rock, AR.

The conference was provided to youth and parent participants at no cost. Each

year the Center invites 250 youth to participate in this conference to learn about how their choices will result in serious consequences which will affect their futures.

Youth ages 9-19 participated in age-appropriate sessions on underage drinking, drugs, tobacco- and violence-prevention, sex education, abstinence, teen suicide prevention, conflict resolution,

texting and driving, and positive career choices.

The goal of the conference was to improve the outcomes of youth and to reduce risky behaviors. The event encouraged youth to adopt healthy habits, such as a good night's sleep, proper nutrition and exercise. Some of the topics discussed were "Drinks, Drugs, NAH", "Aggressor, Victims and Bystanders", "How to be a Playa",

"Safe Dates" and "Lessons for a Queen".

The presenters were Mr. Hayes Miller (Arkansas Family Services), Ms. Annette Lindsey (Center for Healing Hearts & Spirits), Ms. Kim O'Guinn, Dr. Jeffrey C. Franklin (Pastor of Greater 3-4 Missionary Baptist Church), Mr. Chris James (Author and Poet, House of Art) and Mr. Reginald Merritt (Little Rock School District).



*Sponsored by*



Business matters.

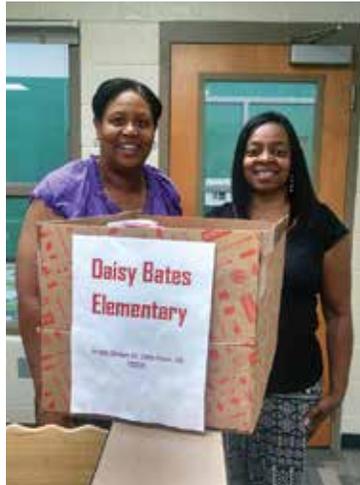
**Drinks? Drugs? NAH!**

Take Action Arkansas...Prevention Works

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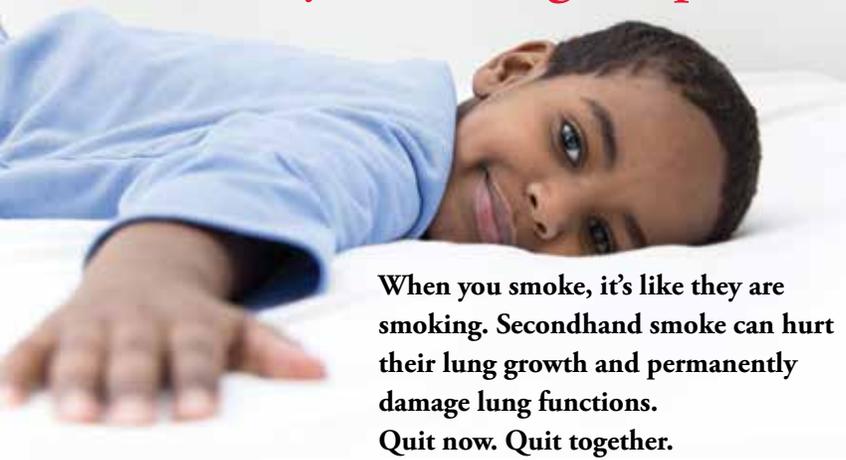
# Photo Gallery



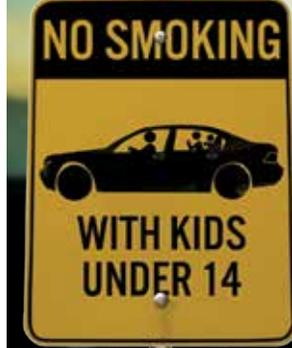
**Wanted: We Need You To Volunteer!**

We need energetic, hard-working, health-conscious, community-oriented individuals to volunteer at least 2-3 hours a month. Please call 375-HEAL(4325).

“I have my first cigarette of the day when I get up.”



When you smoke, it's like they are smoking. Secondhand smoke can hurt their lung growth and permanently damage lung functions. Quit now. Quit together.



Smoke-free cars for healthy Arkansas kids.

**Arkansas Protection From Secondhand Smoke for Children Act (ACT 811 of 2011) FACT CARD**

There is no safe level of exposure to secondhand smoke; even brief exposure can be harmful to children.

- Act 811 prohibits smoking in all vehicles when a child under 14 years of age is present.
- Smoking in a vehicle with children under 14 is a primary offense; a vehicle can be pulled over, and the driver may receive a ticket for violating the law.
- Any first offenders may have their fine removed by proving current enrollment into a program to quit using tobacco (tobacco cessation program).
- To quit tobacco call 1-800-QUIT-NOW, or 1-800-784-8669, for a free program including medication, while supplies last.

1-800-QUIT-NOW



Arkansas Department of Health



STAMP OUT SMOKING  
1-800-QUIT-NOW



Your Tobacco Settlement Dollars at Work



For more information, visit [stampoutsmoking.com](http://stampoutsmoking.com) or [healthy.arkansas.gov](http://healthy.arkansas.gov).

**We Connect People to Services That Affect Their Hearts, Minds, Souls and Bodies.**

Our mission is to promote and nurture individuals in areas of education, economic and community development, healthcare issues, public safety and race relations.

The Center for Healing Hearts and Spirits was created to assist victims of violent crimes and terminal illnesses and their affected families to improve the quality of their economic and social environment, transition back into the workforce and to provide for self-sufficiency.

**How You Can Help...**

We are a 501(c)3 non-profit organization. We operate solely on private and public donations. Your tax-deductible dollars will help us in assist our community. **To give via Paypal you may visit [www.hhscenter.org](http://www.hhscenter.org).**

We also need energetic, hard-working, health-conscious, community-oriented individuals, who are committed to living smoke-free lives, to volunteer at least two hours a month. Please call Joyce Raynor at 501-375-HEAL (4325).

**Donation Form**

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Donation Amount \_\_\_\_\_

In Honor Of: \_\_\_\_\_

Check is enclosed. (Please make payable to Women's Council on African-American Affairs, Inc.)

Please invoice me at the address above.

Signature \_\_\_\_\_ Amount \_\_\_\_\_

Please return completed form to: Center for Healing Hearts & Spirits, 2416 S. Chester, Little Rock, AR 72206, or you may fax it to 501-372-2150. For more information, call 501-372-3800 or visit [www.hhscenter.org](http://www.hhscenter.org)