

Transitions

Volume 14, Issue 1 • June 2018



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2018 Pampered Ladies Luncheon and Wellness Expo Held in May

The ever-popular "Pampered Ladies Luncheon & Wellness Expo" was held Saturday, May 12 at Agape Community Temple of Servants (ACTS) Church at 1224 Franklin Street in North Little Rock. The theme of the Luncheon and Expo was "Women Working

Together to Make a Difference" and was attended by nearly 150 women ranging from 7 to 93 years. Ladies received information on how to manage their health, wealth and families.

Baptist Health provided nurses to conduct cholesterol,

blood pressure, blood glucose, and cholesterol screenings. Massages, personal training, prevention bingo, chiropractic neck and back screenings, and a nutritious meal were offered to all attendees.

Continued on page 2

Pampered Ladies

2018 LUNCHEON & WELLNESS EXPO



Hosted by



Women Working Together to Make a Difference



2018 Suicide Prevention Conference Planned - PG 8

Back-to-School Block Party - PG 4

Pampered Ladies

Continued from page 1

The highlight of the event was the "Ask the Doc" forum, where participants were able to ask the panel of experts many questions that they typically forget to ask their private physicians, at no cost.

If you would like more information, you may contact us at (501) 372-3800.

Special Thanks

PARTNERS



2018 HOST COMMITTEE

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Arkansas Minority Health Commission
Arkansas Tobacco Control Coalition
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Alma Stewart / Mark Kay Cosmetics
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The Vitamin Shoppe
Women's Council on African American Affairs, Inc.

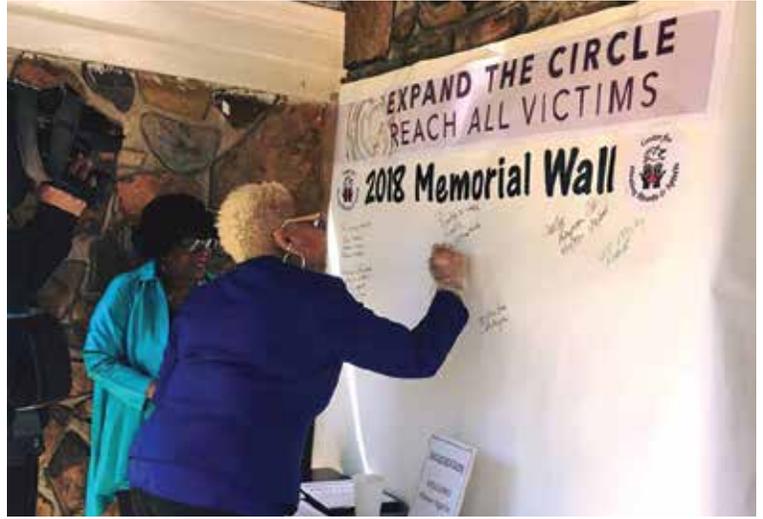


Crime Victims Rights Week Observed

The month of April is inundated with awareness activities and events. April is Sexual Assault Awareness Month, Minority Health Month, Alcohol Awareness Month, and includes National Crime Victims' Rights week. The theme of this year's National Crime Victims' Rights Week,

observed from April 8 through April 14, was "Expand the Circle, Reach All Victims." It emphasized the importance of inclusion in victim services and addressed how the crime victims field can better ensure that every crime victim has access to services and support and how professionals, organizations, and communities

can work in tandem to reach all victims. Law enforcement representatives, state legislators, health care providers and victim service workers spoke to attendees about the reality of crime, health disparities, the importance of mental health, and sexual assault awareness. More than 50 people attended the press conference and included victims, victim advocates and partners of the Center. After the press conference, attendees were given an opportunity to sign the Memorial Wall and plant a flower in remembrance of victims lost to violent crime. KARK and KATV offered coverage of the day's event.



Start talking - before they start drinking!

Drinks? Drugs? NAH!

Take Action Arkansas...Prevention Works

Division of Behavioral Health Services • Prevention Services

Center for Healing Hearts & Spirits
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501-372-3800

The Women's Council on African American Affairs Underage Drinking Coalition

Salutes
2018 Graduates

START TALKING - BEFORE THEY START DRINKING UNDERAGE DRINKING KILLS DREAMS

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

Drinks? Drugs? NAH!

Take Action Arkansas...Prevention Works

Division of Behavioral Health Services • Prevention Services
305 South Palm Street, Little Rock, AR 72205

Center for Healing Hearts & Spirits
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501-372-3800

Back to School Event to be Held August

The Center for Healing Hearts and Spirits and the Omega Psi Phi Fraternity (Pi Omicron Chapter), along with other partners, will host a Back-to-School Block Party for area youth on August 12, 2018 at the Omega Psi Phi house. There will be food, fun, school supplies, prevention educational materials, and fellowship for community youth and adults. The backpacks will be filled with the necessary tools to be healthy and productive. Generous volunteers donate paper, tablets, crayons, pencils, etc.; they make an assembly-line to place the supplies in the backpacks; they prepare food; help serve the hungry students; and help distribute school supplies to youth at 15 local schools and 2 shelters. Thanks to everyone for what they do to jumpstart our youth's school year with a hopping backyard party!

If you would like to help, we ask that you make either a cash donation or pick up supplies while you are visiting your local grocers or retail outlets. The Center will provide a list of needed 2018-19 school supplies. For more information or to let us know if you will be able to help, please contact us at (501) 372-3800 or hhscenter@sbcglobal.net.



Pi Omicron Chapter of Omega Psi Phi Fraternity, Inc. Hosts Fund Raiser for the Center for Healing Hearts and Spirits

Written by Mike Williams, Basileus

On April 7, 2018 the Pi Omicron Chapter of Omega Psi Phi held a fund raising activity for the Center for Healing Hearts and Spirits.

The fraternity has been a long time supporter of the Center and learned that their funds could potentially be reduced this year. The Basileus led the charge to raise money to donate to the Center.

With inclement weather lurking, the lead Brother for the event called Brother Micheal Williams, Basileus, who insisted the event take place as scheduled. Brother Williams would not let anything stop the effort and the Fish Fry / Crawfish Boil was held in thirty degree temperatures.

The event was a huge success; there was nothing left, as a matter of fact, there were some Brothers upset because they could not go and purchase more to sell.

To the Director and #1 supporter of Pi Omicron thanks for all you do in our community!

National Rx Drug Prescription Take Back Day Held at Kroger's on Cantrell

Got Drugs? Unused Rx drugs? Law Enforcement Agencies from across the nation joined forces for the 2018 National Prescription Drug Take Back Day on April 28. Most abusers of medicines, including teens, get the drugs from a friend or relative – not from a drug dealer. A safe medicine take-back program gets potentially dangerous leftover drugs out of our homes. More than 4 in 10 teens who have misused or abused a prescription drug obtained it from their parent's medicine cabinet...Every day in the US, 2,500 youth (ages 12 to 17) abuse a prescription pain

reliever for the first time. On April 28, the WCAAA Drug Prevention Coalition collaborated with the Pulaski County Sheriff's Department (PCSD) and Little Rock Police Department to disseminate alcohol and prescription drug-related prevention brochures and Coalition information to the community during the Arkansas Drug Takeback Day. "Drug abuse continues to be a public health and safety risk. More Americans die every day from drug overdoses than from motor vehicle crashes," according to the Office of National Drug Control.



Center Produces Media Campaigns

Recently, the Center's Underage Drinking Prevention Program and Tobacco Prevention and Cessation Program each produced a media campaign that

included newspaper and radio advertisements, advertisements in local publications, an updated brochure, and billboards around central Arkansas.



Train The Trainer Open Forum Commemorates Sexual Assault Awareness Month

The Center for Healing Hearts and Spirits hosted its annual "Train the Trainer" open forum on Tuesday, March 11, 2018 in Garland County at the Ouachita Behavioral Health and Wellness Center. This year's theme was, "We're All in This Together," which emphasized the importance of collaboration to ensure that needs of all victims are met. Effective collaboration requires that victim service workers, health care providers, law enforcement personnel, higher educational professionals be aware of services within the community that can assist individuals who are experiencing trauma

as a result of violence. Representatives from various disciplines served as panelists for the forum, including Deputy Attorney General Will Jones, Captain Belinda Cosgrove of Garland County Sheriff's Office, Director Kendra Johnson of the Human Rights Campaign and Lenora Ayers, a licensed social worker and many others. Topics discussed ranged from existing and new laws, institutional policies and procedures as they relate to sexual assault and domestic violence, and cultural diversity in service provision. The forum closed with an "I Care to Share" segment that allowed attendees to share how they

manage stress and burnout. The forum was a great opportunity to renew old and forge new partnerships that enhance the quality of services for victims of crime.



Center Hosted an Evening to Heal a Heart Gala 2018 With the Theme of, "Healthy Hearts, Healthy Communities"

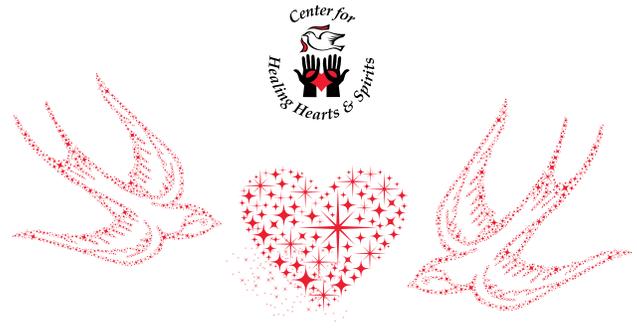
Thank You to All of Our Friends, Family, Supporters, Sponsors, Volunteers, Staff, and Board for Another Successful Gala!

For nearly two decades, 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 2018 "Evening to Heal a Heart" theme was *Healthy Hearts, Healthy Communities*. 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 13, 2018 at the Holiday Inn Presidential in Little Rock. The proceeds from the Gala benefited the Center's programs and services. Center services include, but are 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. In 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 2018 Champion Award,



16TH ANNUAL

Evening to Heal a Heart

presented to Mrs. Charlene James; the 2018 Champion Award, presented to Mrs. Susie Reynolds Reece; the 2018 Emma Porchia Impact Award, presented to Mrs. Stephanie Walker Hines; and the 2018 Survivor Award, presented to Mr. Earl Williams.

Nearly 150 were in attendance to celebrate the recipients. The evening's wonderfully entertaining emcees were Billy St. James of Praise 102.5 FM and Sonta Jean, "The KOKY Queen," and a special musical performance

was delivered by Mrs. Genine Perez.

We invite you to come and be our special guest for the next "Evening to Heal a Heart Gala" in February of 2019. Watch for date and location announcements at hhscenter.org. 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, call (501) 372-3800 or e-mail us at hhscenter@sbcglobal.net.



Healthy Hearts, Healthy Communities

2018 Heal A Heart Symposium Held

February is American Heart Month. Love was definitely in the air on February 13 for the Center's *Heal A Heart Symposium* held at the Holiday Inn Presidential. The symposium highlighted so many ills that impact the heart.

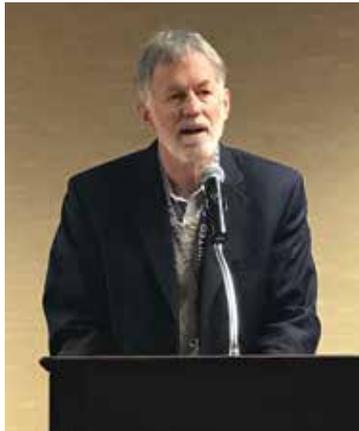
During the 3 hour symposium, presenters had "heart to heart" conversations with attendees on such topics as prescription drug abuse, tobacco and vape products dangers, and underage drinking. Presenters were reminded that when it comes to Big Tobacco, "their hearts

are not in it." Law enforcement representatives educated on opioids and cocaine epidemics and the lasting devastation left on our communities. Mental health experts reminded us that mental health treatment is absolutely "a matter of the heart." The symposium was certainly informative, educational, and healthy through the assistance of Baptist Health nurses conducting health screenings. Attendees left the symposium with an aura of completion and a mindset of "Create in Me a Clean Heart."

SPECIAL THANKS TO OUR HEALTHY HEART SPONSORS AND PARTNERS



- | | | |
|------------------------------|---------------------------------------|-------------------------------|
| AR Poison Control | Greater 3-4 Missionary Baptist Church | Part of the Solution |
| AR Tobacco Control Coalition | Family Service Agency | Pulaski County Sheriff Office |
| Baptist Health | Hometown Health Improvement - ADH | UAPB - MISRGO |



Center Hosted 2017 Safe Talk Forum

The Center hosted a 3-hour Safe Talk Forum on September 12, 2017 and a free Suicide Prevention Conference on September 14 at ACTS Church in North Little Rock. The full-day conference kicked-off with an overview on the state of minority mental health in Arkansas and concluded with result-oriented solutions, best practices, and next steps. The conference addressed such topics as "A Cry For Help: Not

Just Attention Seeking," "State Of Mental Health & Suicides In Arkansas," "An Ounce Of Prevention: Better Safe Than Sorry," "B4 Stage Iv: First Aid For Your Mental Health," "Connecting To Resources & Treatment," "A Village Approach To Emotional Wellness," "Not Just Suicide Prevention-But Something To Live 4," "Treatment: Just What The Preacher Ordered," a suicide policy update by State Representative Fred Love,

and a call to action by Senator Joyce Elliott. The conference also featured a performance by Comedian Nate Williams, who reminded us that we all have "Something to Live For."



Suicide Prevention Conference 2018

Hosted by
Center for
Healing Hearts & Spirits



Save the Date!
September 18 - 20



"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.

Suicide Prevention Conference to Be Held September 18 - 20

Arkansas is a state with a suicide rate above the national rate of 12.94 per 100,000. According to the Centers for Disease Control (CDC) and Prevention, 90 percent or more of all people who die by suicide have a diagnosable psychiatric disorder at the time of their death. In addition, over 60 percent of all people who die by suicide suffer from major depression. If one includes alcoholics who are depressed, this figure rises to over 75 percent.

Suicide is a serious public health problem that can have lasting, harmful effects on individuals, families, and com-

munities. 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 and create awareness of the devastating effects that suicide has on Arkansans. To this end, the Center for Healing Hearts and Spirits, CHI St. Vincent, and Suicide Prevention Allies will host a free Suicide Prevention Conference September 18 - 20 with the theme of "Moving Forward."

A registration form for the forum on September 20 in Hot Springs is provided below. A full list of activity times and locations for the other days of the conference will be provided on our website at www.hhscenter.org.

For more information, call 501-372-3800.

REGISTRATION FORM for the SUICIDE PREVENTION FORUM

Sep. 20, 2018 • Arlington Hotel, Hot Springs • Please return this completed form by Sep. 7th.

Name _____ Title _____

Company / School / Organization _____

Address _____

City / State _____ Zip _____

Phone / Contact Numbers _____

Fax _____ E-mail _____

Number Attending _____ ADDITIONAL NAMES

Use additional sheets if necessary. Please fax completed form to 501-372-2150.

Center Celebrates 17 Years of Community Service and Assistance to Families in Need

The Center for Healing Hearts and Spirits invited everyone to attend their annual "Tis the Season to be Healthy, Wealthy, and Wise" Holiday Celebration and Open House on December 20 of last year.

Guest were provided holiday treats, a luncheon and literature. The highlight of the event was presenting struggling families with gifts to open on their Christmas morning. Twelve families experienced the true meaning of the holidays!



The Spring Was Very Busy for the Project Prevent Youth Coalition!

Written by Laura Taylor



Ready. Set. Record. Film Festival

On Thursday, February 22, 2018 The Project Prevent Youth Coalition (PPYC) hosted the Ready. Set. Record. Film Festival at the Colonel Glenn XD Cinema in Little Rock. A total of 161 individuals were present, including teachers and students from 17 different school districts. Others in attendance included tobacco prevention partners such as the Arkansas Tobacco Control Coalition, Center for Healing Hearts and Spirits, and a representative from Arkansas Tobacco Control.

There were a few additions to the Film Festival this year that were very successful. First, and most noteworthy was the inclusion of "previews" before the event started. The previews consisted of several short tobacco prevention/education ads from truth (#FinishIT, Smoking Gap, Worth More) and The Real Cost (Football Practice and Straw City), as well as 3 Corrective Statement ads from Campaign for Tobacco-Free Kids. This was fitting because another great addition to the Film Festival was hosting it inside an actual movie theater. The students were able to see their anti-tobacco commercials

on the big screen and it was a big hit. Attendees also received a "SWAG-BAG" and t-shirt as they left, just as they would at actual red-carpet events. The items they received were chosen for that particular audience – tech-savvy teens. They received PopSockets for their phones and multi-use charging cables, as well as sunglasses and memo boards, a PPYC one-pager, a T21 flyer and fact cards for e-cigarettes/nicotine and tobacco harms. Attendees were also able to use a SnapChat geo-filter that showed the PPYC and Ready. Set. Record. logos.

As always, it was truly amazing to witness the students' creativity in addressing social norms about tobacco and nicotine. This year's entries did not disappoint! Winners from Central Arkansas included:

Best Editing - "Stomp Out Smoking" by Haley Stroyk and Ainsley Rottinghaus from Lakeside High School

Best Use of Special Effects - "Mr. Rock A Doodle" by Nina Gunnell and Tillie Reagler from Hot Springs Junior Academy EAST

Best Use of Social Media - "I Deserve..." by Gabrealle Shelton from Brandon House Cultural & Performing Arts Center

My Reason To Write Project

In May, the winners of the annual "My Reason to Write" project were announced. This year the theme was "How I See a Healthy Me" and more than 700 students from across the state entered an essay or poem/song lyrics. Entries were asked to describe the ways in which you can live tobacco and nicotine free, and show your friends how to do the same. Prizes included Chromebooks, Samsung Galaxy Nooks and Beats Headphones. Teachers of the first place winners were also awarded \$300 for classroom supplies. Winners in Central Arkansas included:

Elementary Essay 2nd Place – Leslie Nelson, Homeschooled in Alexander

Middle School Essay 2nd Place – Laney Hubbard, Bethel Middle School in Bryant

About PPYC

The Project Prevent Youth Coalition is a tobacco prevention student organization coordinated by Arkansas Children's Hospital. ACH receives funds to coordinate the program from the Arkansas Department of Health, Tobacco Prevention & Cessation Program (TPCP). Project Prevent has local chapters across the state of Arkansas. Each local coalition is comprised of students who wish to make their community tobacco and nicotine free. These coalitions are coordinated on a local level by teachers or people who work with youth. For more information visit sosprojectprevent.com. To learn how to receive a stipend for being a PPYC Advisor, contact Laura Taylor at 501-364-3883 or taylorlb@archildrens.org.



Many Hands Make **LIGHT** Work!

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).

Crime Summit Held

Crime: Whose Responsibility Is It Anyway?

Nationally, homicide remains the leading cause of death for black males ages between the ages of 15 to 34. Homicide also remains the second leading cause of death for black females ages 15 to 24. (CDC)

In 2017, there were 75 homicides committed in Pulaski county with 52 of those homicides committed in Little Rock. As of June 9, 2018, 20 homicides have already occurred in Little Rock alone. (ACIC)

According to the National Institute of Justice Research Report, personal crime is estimated to cost \$105 billion annually in medical costs, lost earnings, and public program costs related to victim assistance.

Crime is at epidemic proportions. Whose responsibility is it to reverse the trend? Are our schools missing the mark? Are the faith- and community-based organizations backsliding? What about our legal system? Is it all about punishment? Has corporate America turned its back on us? What about you and me?

Time to Reverse the Trend!

The Center for Healing Hearts and Spirits believes it's time – time to effect a change, time to reverse the trend. To this end, we hosted the 2017 Crime Summit on October 13-16, 2017. The mission of the Summit was to engage a wide array of Arkansans from across the state in results-oriented discussions and workshops designed to respond to crime. Audiences comprised of community residents, neighborhood association leaders, faith-based leaders, youth and youth leaders, educational experts, crime prevention special-

ists, government officials, law enforcement agencies, individuals interested in creating safe and healthy communities were in attendance.

A Continuation of Work

The Crime Summit was a continuation of the work that the Center initiated in 2002. The Center and partnering agencies provided crime prevention education, outreach and awareness, intervention and victim services to residents in Little Rock and Pulaski County.

For more information, call 501-372-3800.



Arkansas MADD Announces New State Program Manager

Written by Yolanda Williams Holmes



Yolanda Williams Holmes
State Program Manager
Mothers Against Drunk Driving

Meet Arkansas MADD new State Program Manager, Yolanda-Williams Holmes, a native of Pine Bluff, Arkansas, having

graduated from Pine Bluff High School. She holds a Master's in Public Administration, Bachelor's in Business & Organization Management, Associate's in Paralegal and an Arkansas State Department of Workforce

Leadership Graduate. She has 18+ years of employment from the State of Arkansas and a former Director of the Food Kids Programs at the Arkansas Foodbank.

In 2014, 60,947 total crashes were reported, a 4.3% increase from 2013. Arkansas has a 23% of alcohol related crashes to the National percentage of 28%. 109 were alcohol related fatalities. There was 206 alcohol/drug related fatalities. Arkansas ranks 44% of alcohol and drug fatalities while the Nation is 40%. Each crash, each death, each injury impacts not only the person in the crash, but family, friends, classmates, coworkers

and communities. Even those who have not been directly touched help pay the \$3.2 billion yearly price tag for these crimes across our country.

The good news is that – together – we can eliminate drunk and drugged driving.

MADD's vision is a nation without drunk or drugged driving. Mrs. Holmes states that right here in Arkansas, MADD is working with schools, community partners, law enforcement, state agencies and companies to spread the word that drunk and drugged driving is a 100% preventable crime. We believe strongly in the power of:

- Prevention through MADD's education programs for youth of all ages;
- Intervention through MADD's Victim Impact Panel presentations to each first-time DWI offender; and
- Support and healing through MADD's victim services which are offered at no charge to



anyone who self-identifies as a victim of drunk and/or drugged driving.

The staff and volunteers of MADD Arkansas would be honored to share our vision with any individual, community group, church or company that wishes to learn more about our life-saving work. We would also welcome the opportunity to share information about the many ways in which individuals or groups can support MADD through volunteering or lending financial support.

We look forward to hearing back from you regarding partnership opportunities that will support our goal of eliminating drunk and drugged driving here in Arkansas.

Learn more by visiting madd.org or calling 1-877-ASK-MADD.

Center Presents to Midtown Health Alliance

Written by Ashley King

The Midtown Health Alliance serves as a collaborate partnership between private/public service delivery agencies, business organizations, neighborhood associations, religious organizations, city/county/state civic organizations, and all other individuals, and or groups who desire to serve the people of Midtown Little Rock. Midtown Little Rock is defined as East of John Barrow, West of Interstate I-30, North of Fourche Creek and South of Markham.

The alliance is committed to assessing the needs of the community, engaging in strategic planning, inviting local input needed to set priorities, seeking and utilizing local public and private resources, increasing and enhancing individual and, or group development and initiating actions in response to

identified community needs. The alliance seeks to improve the quality of life for its residents of all ages.

During the April 2018 meeting, Sarah Jimerson, a representative from the Center for Healing Hearts & Spirits, presented on Sexual Assault Awareness and Prevention. She discussed some of the signs to look for in those who may have been sexually assaulted, and she also informed the alliance of the challenges victims and families encounter with sharing their stories and getting assistance to begin the road to recovery. Sarah encouraged the alliance to always start by believing what the victim has shared, and then proceed with getting them the help that is needed. Below is a picture of the alliance sharing our mission of encouraging others to start by believing.



CHI St. Vincent Goes Smoke Free

All CHI St. Vincent facilities became tobacco-free on January 1st of this year.

The new tobacco-free policy supports the hospital's goal of providing a safe and healthy work environment and promoting the health and well-being of our coworkers, patients, volunteers and visitors.

The policy complies with Arkansas state law that bans smoking at all hospitals, hospital grounds and parking lots, which has been in effect since 2005.

This policy prohibits the use of all tobacco products, including e-cigarettes, on CHI St. Vincent property and applies to all coworkers, physicians, volunteers, contractors, visitors, patients, vendors and temporary staff at all CHI St. Vincent facilities.

Additional information and



resources will be given to our patients upon admission to CHI St. Vincent. As coworkers, we model this expectation and dedication to health.

This policy requires all individuals refrain from the use of tobacco products while on CHI St. Vincent property and during work hours. Coworkers who do smoke do not report to work or return to work with the strong smell of tobacco smoke on their clothing.

Smoking cessation help is available. CHI St. Vincent provides resources, including free smoking cessation classes.

For help quitting, call 1-800-QUIT-NOW or visit www.stampoutsmoking.com

Kids From Across Arkansas Walked Round Our State Capitol to Mark Arkansas Alcohol, Tobacco And Other Drugs (ATOD) Day

Prevention Works!

ATOD Day was held during the week of Spring Break and had an attendance of approximately 300 central Arkansas students and their supporters. The participants walked around the State Capitol building, holding signs and calling for state leaders to make it illegal for cigarette companies to market tobacco or e-cigarettes to minors. Rally attendees also called for expansion of smoke-free area laws, better support of prevention programs, and higher taxes on tobacco products. They encouraged everyone to refrain from using alcohol, tobacco and other drugs in their homes, cars, and communities.

For more information, call 501-372-3800.



Red Ribbon Week Celebrated in October

Winning schools were treated to a pizza party at The River Market in Little Rock last October during Red Ribbon Week. Congratulations were expressed to Dunbar Middle School, Martin Luther King Elementary, and Parkview.

There were 30 other schools in attendance and 1200 students from the Little Rock School District pledged to be tobacco, alcohol, and other drugs free!



Red Ribbon Week OCT 23 - 31ST



SO STAY TOBACCO-FREE. CALL 1-800-QUIT-NOW!



Treatment for the Uninsured, Just a Phone Call Away

Written by Dr. Rhonda Mattox

Each day I receive texts, emails, and phone calls from concerned family, friends, or health care providers. They tell me that they need to refer someone to mental health or substance abuse treatment. The person has finally agreed to see someone. But wait. They don't have insurance. How can I help them get treatment during this short window of opportunity and they don't have insurance?

In this situation, many people without insurance feel desperate. They will use the emergency room and rake up enormous hospital debt that they can't afford to pay. Yes, the ER is a great option when the situation is potentially life-threatening. If the person is suicidal or homicidal or not able to take care of their activities of daily living, yes you should get immediate emergency assistance by calling 911. That's available 24 hours a day. Also, if you or someone you

know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline. Call 1-800-273-TALK (8255) and speak with trained crisis workers. This is available 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers will provide crisis counseling and mental health referrals to the appropriate sites. What are your options if the person needs treatment but they are not exactly in a life-threatening situation yet? We realize that we can not afford to wait until they get to life threatening. The costs are too high—children, jobs, reputations, and even lives. Fortunately, you don't have to wait.

Most Arkansans don't realize that if you or a loved one does not have insurance but need substance abuse or mental health treatment, treatment is

just a call away. Start by calling the Division of Behavioral Services at 501-686-9164. You can speak to a professional Monday through Friday during normal business hours. He or she can tell you which mental health or substance abuse treatment facilities accept people who don't have insurance. They will ask you what county you or the person that needs treatments resides in and then provide you with contact information for state funded facilities in that county that will provide services at no cost to you. For instance, if you tell them you need substance abuse services in Pulaski County, they will refer you to Recovery Centers of Arkansas at 501-372-4611. When you call Recovery Centers of Arkansas or any of the state funded facilities, the facility will request that you present with an identification card, social security card, and proof



Rhonda Mattox, MD
Associate Professor
Dept. of Psychiatry & Behavioral Health
Dept. of Family & Preventive Medicine

of income. Proof of income is a W2, check stub, statement from Department of Human Services (DHS) if you have food stamps, or an awards letter if you have disability. If you do not have any of those, then you can call or go to the social security office and request an earnings statement printout.

Your treatment is just a phone call away. Don't delay.

VICTIMS Services Program

We assist crime victims and their affected families to improve the quality of victim's services delivery in high-crime, urban and rural areas of Pulaski, Saline, Jefferson and Faulkner counties. For more information, contact the Center for Healing Hearts and Spirits at 501-370-4TLC (4852).



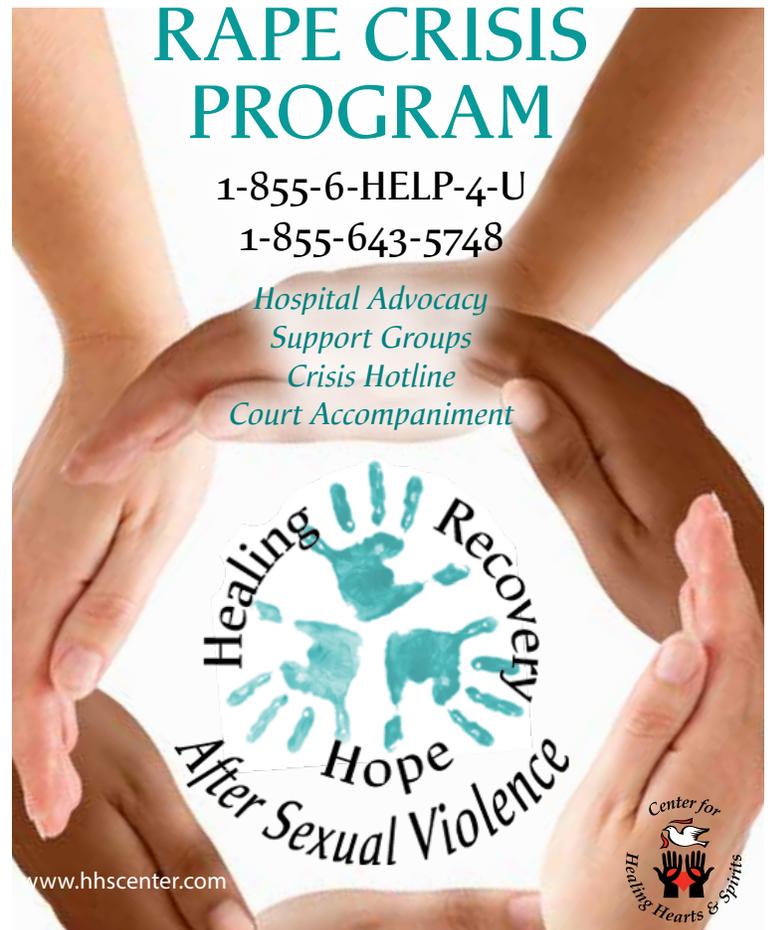
"We Connect People To Services
That Affect Their Hearts, Minds, Souls and Bodies."

2416 South Chester Street, Little Rock, Arkansas 72206
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RAPE CRISIS PROGRAM

1-855-6-HELP-4-U
1-855-643-5748

Hospital Advocacy
Support Groups
Crisis Hotline
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www.hhscenter.com



Arkansas Minority Health Commission 5th Biennial Summit Recap

Written by Colbie McCloud

Addressing the nation's opioid epidemic to mobilizing health resources, the Arkansas Minority Health Commission's (AMHC) 5th Biennial Arkansas Minority Health Summit provided a diverse range of sessions for over 150 attendees.

"The 5th Biennial Arkansas Minority Health Summit provided an opportunity to bring together national and state leaders to address health topics impacting minorities in Arkansas," said ShaRhonda Love, AMHC director. "One of the summit highlights included

a panel discussion, entitled U.S. Surgeon General's Past and Present, for which we were honored to have participation by current Surgeon General Dr. Jerome Adams and past Surgeon General Dr. Joycelyn Elders."

The free summit was held at Doubletree by Hilton Hotel in downtown Little Rock on April 13 and offered two keynote speaker sessions, a panel discussion, eight afternoon breakout sessions and a vendor exhibition. Recognized partners included: Arkansas Department of Health, Arkansas Human Development

Corporation, Center for Healing Hearts and Spirit, Arkansas Tobacco Settlement Commission (ATSC), Community Clinic Northwest Arkansas, University of Arkansas for Medical Sciences (UAMS) Fay W. Boozman College of Public Health and Arkansas Medical Dental & Pharmaceutical Association (AMDPA).

On April 12, an opening reception at the Arkansas Governor's Mansion honored award recipients: Representative

Jeff Williams-Governor's Health Policy Award; Dr. Martha Phillips-Vanessa E. Davis Change Agent for Minority Health Award; and Joyce Raynor-Dr. Joycelyn Elders' Minority Health Pioneer Award.

The mission of the AMHC is to assure all minority Arkansans equitable access to preventive health care and to seek ways to promote health and prevent diseases and conditions that are prevalent among minority populations.



Joyce Raynor receives Dr. Joycelyn Elders' Minority Health Pioneer Award



Calendar of Events

Continuing our efforts to educate the community on suicide, domestic violence, sexual assault and health care. Clear your calendars and make plans to join us!

TEEN CONFERENCE

August 9, 2018
9:00 am to Noon
Touch of Quality Event Center
1715 Scott St., Little Rock

BACK-TO-SCHOOL BLOCK PARTY

August 12, 2018
Omega Psi Phi House
2512 State St., Little Rock

SUICIDE PREVENTION CONFERENCE

September 18 - 20, 2018
All Day
Arlington Hotel, Hot Springs

RED RIBBON WEEK

October 23 - 31, 2018

DOMESTIC VIOLENCE AWARENESS MONTH AND WTAW FORUM

October 18, 2018
Location TBD

"TIS THE SEASON TO BE HEALTHY, WEALTHY, AND WISE" HOLIDAY CELEBRATION AND OPEN HOUSE

October 18, 2018
Center for Healing Hearts & Spirits

UNDERAGE DRINKING AND TOBACCO-FREE COALITION MEETING

2nd Wednesday monthly
11:30 am- 12:30 p.m.
Willie Hinton Resource Center

CENTER CIRCLE OF FRIENDS

4th Thursday monthly
5:30 - 6:30 pm
Center Offices

For more information on any event, call (501) 372-3800.

Smoke Free Initiatives Lead to Positive Results

Tobacco Control Efforts Yield Holy Grounds and Comprehensive Business Policies

Does your business, organization or church promote tobacco-free living? Do you have a tobacco-free grounds policy like the daycares in the photos below? Are your church grounds "Holy Grounds?" If you are interested in eliminating secondhand smoke exposure for customers, staff, church members, and visitors, give us a call at (501) 372-3800 and the Center will deliver signage to your location.



Community Family Enrichment Center, Arkadelphia



Rosie's Daycare, Tuckerman



Shalom Recovery Centers, Hot Springs



Milestone's Services Inc., Conway



Ms. Carol's Daycare, Conway



Bright Beginnings Learning Center, Arkadelphia



Kids World, Conway



Ms. Lia's Little Village, Conway



Ouachita Children's Center, Arkadelphia

"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.



Abundant Blessings Childcare Center, Conway



Sister Care Daycare, Ward

1-800-QUIT-NOW



Smoke Free Initiatives (Continued)

Center Joins Coalition for Tobacco Free Arkansas for Press Conference

November is Lung Cancer Awareness Month and the Center was pleased to join the Coalition for Tobacco free Arkansas during their annual press conference today. Lung cancer is the leading cause of cancer death. 1 out of 3 cancer deaths can be prevented. Call 1-800-QUIT NOW today!



Did You Know:

- Kids under the age of 18 who become new daily smokers each year - 1,700.
- 5,800 Arkansans die each year due to smoking.
- \$1.21 billion annual healthcare cost in Arkansas due to smoking.
- \$1.7 billion in lost productivity.
- Smoking cost each Arkansas household on average \$1,007 annually in Federal, state and local taxes.
- Smoke-free policies have been shown to reduce hospitalizations and death rates.
- Smoke-free policies reduce second-hand smoke exposure.
- In 2016, the FDA ruled e-cigarettes, vaping products and the other electronic nicotine delivery systems as tobacco products.

Center Educates on Tobacco Ills at Salt Bike Tour

Mayor Jill Dabbs is continually leading her city in healthy initiatives. She rode 20 miles on Saturday during Bryant's annual Salt Bike Tour. We were on hand to educate on "smoke-free is healthier, cleaner, and safer." So many bikers out on that cool, brisk morning. Great initiative!



Thank you to Our Partners and Sponsors

- | | |
|--------------------------------------|------------------------------------|
| ACTS Church | Muskie Harris |
| Arkansas Minority Health Commission | Tommy Howard |
| Baptist Health | Lovetta Johnson |
| Shelia Campbell | LaShannon Spencer |
| Joyce R. Carr and Associates | Kroger Stores |
| Centennial Bank | Lynn Lincoln |
| Community Health Centers of Arkansas | Annette Lindsey |
| Betty Conner | Dr. Rhonda Mattox |
| Rev. Barbara Douglas | Donna Miller |
| Rick Douglas | Omega Psi Phi Fraternity |
| Senator Joyce Elliott | Pepsico Foundation |
| Family Service Agency-PRP | Premier Funeral Home |
| Foundation Fatherhood Incorporation | Joyce Raynor |
| Goins Insurance Agency | Alma Stewart |
| John E. Green Jr. | LaShonda Wade |
| Hardy Funeral Home | Mary Louise Williams |
| | Velvatex College of Beauty Culture |
| | Janie Wayne |

Center Held 2018 Sexual Assault Forum, “Embracing Your Voice,” at UAPB in April

On Tuesday, April 17, 2018, the Center for Healing Hearts and Spirits (CHHS) hosted a Sexual Assault Awareness Month (SAAM) Forum at the STEM Conference Center on the campus of University of Arkansas at Pine Bluff (UAPB). The theme for SAAM for this year was Embracing your Voice. Representative Vivian Flowers and City Alderman Bruce Luckett brought greetings to the audience. There were presenters that represented the following areas: Arkansas Attorney General’s office, local and campus law enforcement, student affairs, student counseling center, addiction studies

and representatives from CHHS. Topics presented for educational awareness as well as open discussion were: Existing Laws, Title IX, Laura’s Card, AR Statutes on Sexual Assault, and Sexual Assault Policies Procedures Plans. The Forum was well attended by staff and students. Awareness and educational materials were shared as well as discussed by all in attendance. This was the second SAAM event held in Jefferson County. CHHS looks forward to more collaborative efforts with UAPB. For additional information, contact our Center at 501-372-3800.



Photo Gallery

Press Conference and Restoration Ceremony Held at CHHS for National Crime Victims’ Rights Week



Photo Gallery (Continued)

Drug Take Back Day at Walmart on Cantrell in October



Joyce Raynor wins Herstory Award from Women's Federation for World Peace



All Award Recipients at Women's Federation for World Peace Event



In December, Center Staff joins Power 92 at Watershed Christmas Outreach



In November and December we welcomed new Center staff!



Darlynton Adegor
Victim Services Volunteer Coordinator II



Renee Brown
Sexual Assault Support Specialist



Dr. Nedra Allen
Sexual Assault Volunteer Coordinator

World No Tobacco Day



October was Domestic Violence Awareness Month



Homeless Outreach in November



In November, the Center joined in the Little Rock Smoke-Free Campaign Kickoff at the Hillcrest Fountain

Who is WCAAAA?

Women's Council on African American Affairs, Inc.

We Connect People to Services that Affect Their Hearts, Minds, Souls, & Bodies.



SERVICES

- **VOCA-Victim Services Program**
501.370.4852 - hhscenter.org
- **Rape Crisis Program**
24-Hour Hotline
1.855.6.HELP.4.U (1.855.643.5748)
- **Sexual Assault Awareness Program**
501.372.3800 - hhscenter.org
- **Suicide Prevention Program**
501.372.3800 - hhscenter.org
- **Emergency Domestic Violence Shelter Services Program**
501.372.3800 - hhscenter.org
- **Youth & Homeless Outreach Programs**
hhscenter.org
- **Tobacco Prevention Program**
Need Help Quitting Tobacco?
1.800.QUIT NOW
www.cleartheairarkansas.com
- **Underage Drinking Program**
501.372.3800 - hhscenter.org



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