

# Transitions

Volume 12, Issue 1 • December 2016



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- LaShannon Spencer  
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- Editors*
- Joyce M. Raynor
- Graphic Artist*
- Lori Lemley

## Healing for the Holidays! 'Tis the Season to be Healthy, Wealthy and Wise! Open House

*Tuesday, December 20th, 2016 • 11 a.m. - 2 p.m.  
2416 South Chester Avenue • Little Rock, AR  
RSVP by calling 372-3800 or emailing us at [hhscenter@sbcglobal.net](mailto:hhscenter@sbcglobal.net) by Wednesday, December 14th. A light lunch will be served.*

During this Holiday Season, we extend our heartfelt thanks to our partners, supporters, friends, and volunteers for their loyal support of the Center for Healing Hearts and Spirits. To this end, we will be celebrating the Season with you. We will also continue our tradition of giving by supporting our families in need.

Let us adopt a healthier lifestyle this season and commit to helping reduce and prevent sexual assault, domestic violence, and other violent crimes. Let us also support activities that raise awareness concerning suicide, tobacco consumption, second- and third-hand smoke, underage drinking, obesity, and heart disease.



## Center to Host 15th Annual "Evening To Heal A Heart" Gala

Please mark your calendars for the Center's Premier Celebration Event "An Evening to Heal A Heart" Gala and Symposium on Thursday, February 9th, 2017 at the Four Points by Sheraton in Little Rock. The Gala is a black-tie event filled with soothing live music, culinary delights, and an opportunity to honor individuals in our state who have made

and continue to contribute their time, support, and love to the Center, Center clients, and all Arkansans. Tickets are \$75 each. Don't miss this event. The symposium also takes place on the same day and place. The symposium is free to public, but you must register at [hhscenter.org](http://hhscenter.org) or call 372-2800.



At the 2016 "Evening to Heal A Heart" Gala, the Center for Healing Hearts and Spirits staff were feeling fantastic at the Holiday Inn Presidential.



Welcome New Staff! - PG 16

New Staff at the Helm of Community Health Centers of Arkansas - PG 11



# SOS

STAMP OUT SMOKING  
1-800-QUIT-NOW

It's Lung Cancer Awareness Month.  
Want  
**HEALTHIER LUNGS**  
and a  
**BRIGHTER FUTURE?**

Call 1-800-QUIT-NOW  
for help to quit smoking.

## Center Promoted Lung Cancer Awareness Month in November

The Center encouraged everyone, through social media and office signage, to make all of their homes, workplaces, and automobiles tobacco-free environments during the upcoming holidays.

The WCAAA Tobacco-free Coalition is grateful for fresh air this season. Make it a goal to encourage family and friends (or yourself!) to Stamp Out Smoking all year long, not just at Thanksgiving, for healthier lungs and a brighter future.

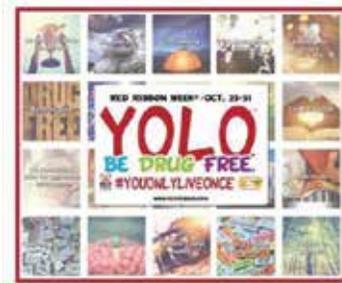
## The Center Celebrates Red Ribbon Week 2016 in October

*You Only Live Once!*

Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States. The Center was joined by the WCAAA Tobacco-Free and Underage Drinking Coalitions, the Little Rock School District, the City of Little Rock, Part of the Solution, Inc, Family Service Agency, and many other partners as they

celebrated on Tuesday, October 25th at Little Rock's Riverfront amphitheater.

Local citizens and students let their voices be heard. Tobacco kills! Let's not let our children become one of these statistics. Become an advocate and let's continue to prevent youth from starting smoking and using other tobacco products. After all, YOU ONLY LIVE ONCE!



Each year, **3,300** kids in Arkansas become new daily smokers.



You're more than a statistic.  
It's your future.  
Change it.

ONE IN THREE STUDENTS perceived e-cigarettes as less harmful than conventional cigarettes—and were more likely to have used e-cigarettes.

**“LESS HARMFUL”**  
is NOT the same as  
**“HEALTHY.”**

This Red Ribbon week is all about loving yourself. Start by loving your health. Choose to live a tobacco- and nicotine-free lifestyle.

SOS Project Prevent

Visit [SOSProjectPrevent.com](http://SOSProjectPrevent.com) to learn more.

Stroke kills around  
**1,700** ARKANSANS  
ANNUALLY.

But there's hope:

Two to five years after you quit smoking, your risk for stroke is almost the same as

**A NONSMOKER'S.**



Celebrate Great American Smokeout by improving your health and your odds.

For help to quit, call **1-800-QUIT-NOW.**



## WCAAA Tobacco Free Youth Coalition Promotes Great American Smoke-Out

The WCAAA Tobacco Free Youth Coalition of Faulkner, Clark & Lonoke Counties participated with other tobacco-free advocates around the nation on November 17th to promote the Great American Smoke-out. This year's slogan was "Be a Quitter!" However, if you missed the fun on November 17th, it's not too late! Today can be your day to Become a Quitter! Call 1-800-QUIT NOW. The best call you can make!



# Red Ribbon Week 2016 (Continued)



## The Center for Healing Hearts and Spirits Takes Their Message to Northeast Arkansas

"Where do we find services and who can we turn to for Victims Services Assistance?" asked Mr. Elroy Brown, who is also known as "Mr. Mississippi County." "We have experienced an overwhelming number of violent crimes here in our county - we need to educate our residents on what's available and how it can be accessed." Joyce Raynor, Annette Lindsey, and other volunteers responded to the call on Saturday, December 10, 2016, by travelling to Blytheville, Arkansas, to educate attendees on the Arkansas Attorney's Generals Crime Reparation Program. Nearly 70 participants, including Mayor James Sanders, were in attendance to hear about crime victim's services, ranging from assistance with reparation forms, counseling and legal services referrals, and court room accompaniment, to personal advocacy and other emergency services. Joyce Raynor explained that her agency staff walks clients through the process, but the Arkansas Crime Reparations Board made the final decisions on the applications. Whether the individual suffered a victimization during a homicide, domestic or other physical assault, rape, DUI/DWI, etc., the Center is available to serve. The Center is funded by the Arkansas Department of Finance and Administration - Intergovernmental Office to provide victim services in Pulaski, Saline, Lonoke, Garland, Jefferson, Clark, and Faulkner Counties. Raynor says, "We go where we are needed." For more information about victims services, other Center services, and how you can access them, call 501.372.3800 or log on to [hhscenter.org](http://hhscenter.org).



What we believe about love  
begins in our childhood  
**what we feel**  
**what we hear**  
**what we see**



Stop telling our daughters  
**"He hit you because he likes you."**

Tell them  
**"There is no such thing as a love tap."**

Tell them  
**"Love does not hurt physically."**

Tell them  
**"If it leaves you black and blue, it is not love."**

Tell them  
**"If you are demeaned in any way,  
hold your head high and . . ."**

**WALK AWAY**



## EXODUS FOUNDATION OF ARKANSAS

Offering families impacted by domestic violence  
another chance at a new beginning

Visit our resource site at [exodusfoundationar.com](http://exodusfoundationar.com) to learn more.

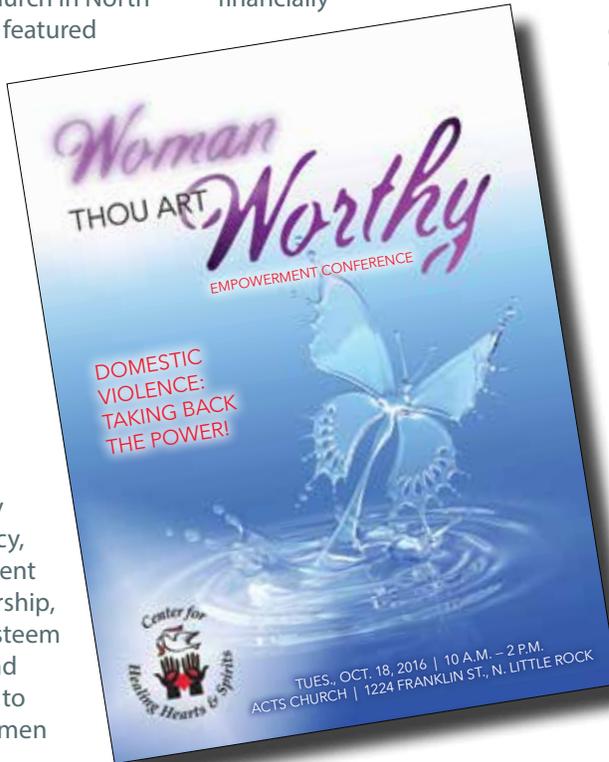
# Center Holds Women's Empowerment Conference and Highlights Domestic Violence

The "Woman, Thou Art Worthy" Empowerment Conference was held October 18th at ACTS Church in North Little Rock, and featured the theme "Domestic Violence: Taking Back the Power!" Participants learned from other women who are practitioners of self-empowerment, who have moved from co-dependency to self-sufficiency, from displacement to entrepreneurship, from low self-esteem to bold faith, and from "faking it" to "making it." Women

were encouraged to come and get mentally, physically, spiritually, politically, and financially

empowered. This empowerment conference, organized by women for women, ensured that women of all ages, races, and socio-economic levels became better

mothers, wives, partners, daughters, entrepreneurs, employees and more importantly, well-rounded individuals.



Attending the WTAW Domestic Violence Forum. "Taking Back the Power."

## 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



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

## 2016 Suicide Prevention Conference Held September 13th

*This Year's Theme: "The Missing Link — Connecting Services"*

"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 firearms being the most common method of death by suicide. 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 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 presented a great opportunity to focus on the many health disparities in our communities and create awareness of the devastating, long-lasting effects that suicide has on Arkansans. To this end, a free suicide prevention conference

was held by the Center for Healing Hearts and Spirits, Arkansas Behavioral Center; Drinks?Drugs?NAH! Take Action Arkansas... Prevention Works, Arkansas Department of Health, Division of Behavioral Health Services - Prevention Services; Exodus Foundation of Arkansas; Community Health Centers of Arkansas, Inc.; Baptist Health; Family Service Agency; and Omega Psi Phi Pi Omicron. These organizations partnered with more than thirty agencies to present the 2016 Suicide Prevention Conference on Tuesday, September 13th at Saint Mark Baptist Church. 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 also addressed such topics as Suicide 101: Overcoming Treatment Hurdles; Suicide Attempts: Not Just Attention Seeking; Faith And Treatment: a Dynamic Combo; A Faith-Based Perspective: Treatment - Just What The Preacher Ordered; Connecting The Dots/Accessing Services; Community Resources; A Mental Healthcare: Legislative Update by Senator Joyce Elliott, District 31; and Suicide Protocol In Schools. The conference also featured a luncheon with keynote address by Kevin Kelly, Anchor with Fox 16 News. Approximately 200 attended.

"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.



*The 2016 Suicide Prevention Conference: great information all day at no cost, thanks to sponsors, planning committee, center staff and board, and all of our partners for solutions.*



Panel 2 discussed "Connecting the Dots/Accessing Services."



Kimberly Bell, LCSW, presents "Faith & Treatment: A Dynamic Combo."



Suffrican Bishop Frank Stewart presented "A Faith Based Perspective: Treatment - Just What the Preacher Ordered."



Dr. Abeer Washington speaking on Suicide 101: Overcoming Treatment Hurdles. "If you know of anyone who is thinking about suicide, get them professional help. Many of my patients who have attempted suicide were under the influence of alcohol or other drugs," said Dr. Washington.



## Straight talk from the Council's Corner



**Wanda Bynum-Ashley**  
Board Chair

### President's Message

As we approach the holiday season, it gives us the opportunity to pause and reflect on the important things around us - a time when we can look back on the year that has passed

and prepare for the year ahead.

We are proud that the Center for Healing Hearts and Spirits has concluded more than 17 years of serving our community by supporting victims of violent crimes, domestic violence, sexual assault, and suicide and chronic illness prevention.

On behalf of the Board of Directors, I am deeply honored to extend our sincere appreciation to the Executive Director, staff, partners, and our generous supporters.

Best wishes for a wonderful holiday season and a new year filled with health, happiness, and spectacular success!

Wanda Bynum Ashley

## Center Holds Back-to-School Block Party in August

The Center for Healing Hearts and Spirits and the Omega Psi Phi Fraternity (Pi Omicron Chapter), along with other partners, hosted a Back-to-School Block Party for 400 youth on August 14th of this year at the Omega Psi Phi house. Generous volunteers donated paper, tablets, crayons, pencils, etc.; made an assembly-line to place the supplies in backpacks; prepared food; help serve the hungry students; and helped distribute the school supplies. Thanks to everyone who did what they could to jumpstart our youth with a hopping backyard party!



Shining Star Chapter OES were the hardest workers at the block Party!



**Drinks? Drugs? NAH!**  
Take Action Arkansas - Prevention Works  
Division of Behavioral Health Services - Prevention Services



host



**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).

## Center Staff Honored at Power of Faith Conference

The Second Annual Power of Faith Women's Solace Annual Conference, entitled "Mask I Wear," was held at Embassy Suites Little Rock in August. The

event focused on unmasking our insecurities and highlighted the epidemic of domestic violence and sexual abuse.



## Wisdom from POPS



### Mike Williams

Founder and Executive Director  
Foundation Fatherhood Inc./P.O.P.S.  
Training Program

The elements of the POPS program are designed in such a way that the noncustodial father can be positioned to become custodial father by the completion of this training. The program has been divided up into four succinct segments. The training is organized strategically by the acronym "P.O.P.S.". POPS is a compilation of innovative, solid and useful information. It is designed to enhance the relationship between both the parents and children of these distressed situations. This is by no means a quick fix to some very difficult situations, but it is a start in the right direction. This does not speed up the judiciary process nor eliminate child support, but it does educate on those processes.

### Phase I. Preparation

During this phase, the father will be given basic tools, ranging from establishing paternity to discipline styles. This portion of the program is about rights and responsibility as father. The facilitator walks through a step-by-step process that is aligned with the systemic process in place, educating the participant on how to gain access to the "fatherless" child.

### Phase II. Overcoming Obstacles.

With education and knowing your rights, there are prohibitory circumstances that have been identified as internal and external influences. We teach on how to work through those elements as we prepare

the father for his role. There is extensive training by technical supporters to cover the emotional elements associated with the level of frustration that will occur during this process. This segment brings out those subsurface conditions that the father has to deal with. During this portion of the program, a psychologist is usually the presenter here and is better prepared to recognize or identify the types of emotions being expressed.

### Phase III. Project Completion

Participants will have been given a pre-determined project during the orientation session to complete as a part of the Performance segment. Although the preparation and obstacle portions are more engaging in the group sessions, the individual has a responsibility to interact with his child. This forces interaction with the mother or custodial parent of his child. This is by design, due to the content of the training as it relates to the treatment of the mother. The individual will be measured on his project and that measurement will determine the level of support to be given during the next and final phase. In addition to the project, there are two surveys, Pre- and Post-participation, that will be given to the participants as a prerequisite to the completion of the course. These surveys will be analyzed to evaluate the results of the program's intent.

### Phase IV. Relationship Building

The program is designed to move the father into a continuous relationship with the child and the mother. Numerous resources will be brought into the session to share with the participants. The availability of options at their disposal is designed to enhance their skills, provide employment opportunities, educate on health and wellness alternatives, Child Support, legal, and financial education.

For more information, contact Foundation Fatherhood, Inc. at 501-400-3320.

## 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.

### HOLIDAY OPEN HOUSE

December 20, 2016  
11a.m. — 2 p.m.  
Center for Healing Hearts & Spirits  
2416 S. Chester Ave.  
Little Rock, AR 72206  
Event is free, but please call 501-372-3800 to register.

### 14TH ANNUAL "EVENING TO HEAL A HEART" BLACK TIE GALA

February 9, 2016  
6:30 p.m. — 9 p.m.  
Four Points by Sheraton  
Little Rock  
Tickets are \$75 per person.  
For more information, please call 501-372-3800.

### KICK BUTT DAY / AR TOBACCO FREE KIDS DAY EVENTS

March 20th  
Location TBA

### CHHS ANNUAL TEEN CONFERENCE

April 9th  
ACTS Church

### NATIONAL CRIME VICTIMS' RIGHTS WEEK

April 2, 2017 - April 8, 2017

### PAMPERED LADIES FORUM

May 6th  
ACTS Church

### BACK-TO-SCHOOL BLOCK PARTY AUGUST 13TH

OMEGA Psi Phi House

### SUICIDE PREVENTION CONFERENCE

Sept 10th  
ACTS Church

### CENTER CIRCLE OF FRIENDS

Monthly at the Center for Healing Hearts & Spirits  
2017 Dates TBD

## Special thanks to our 2015-2016 Funders, Donors and Sponsors

### 2015

Arkansas Minority Health Commission  
Arkansas Department of Health – Hometown Health Improvement  
Wanda Ashley  
Bank of the Ozarks  
Barnes & Noble  
Lloyd W. Black  
Sharon Brumfield  
Kathy Buri  
Tjuana Byrd  
Shelia Campbell, PA  
Joyce R. Carr and Associates  
Henry And Linder Conley  
Betty Conner  
Rev. Barbara Douglas  
Senator Joyce Elliott  
Albert Frazier  
Earnestine Frazier  
Raymond Frazier  
John E. Green Jr.  
Phyllis Green  
Healthy Smiles  
Dr. Regina Hunter  
Gaby Martinez  
Tommy Howard  
Loretta Johnson  
Kohl's Department Store  
Kroger Stores  
Lori Lemley  
Lynn Lincoln  
Annette Lindsey  
Susie Marks  
Dr. Rhonda Mattox

Nancy Mcgill  
Mimi's  
Monterrey Law Firm  
Ocean Dental  
Omega Psi Phi Fraternity  
Pain and Rehab Consultants  
Part of the Solution, Inc.  
Edna Ramirez  
Joyce Raynor  
Nicholas Rios  
Sam's Club  
Hazel Ramsey Scroggins  
The Spudnut Shoppe  
Alma Stewart  
LaShonda Wade  
Janie Wayne  
Doris B. Williams  
Mary Louise Williams  
Diane Zook

### 2016

Arkansas Behavioral Health Center  
Arkansas Minority Health Commission  
ACTS Church  
Cleara Adams  
Bank of the Ozarks  
Baptist Health  
Lloyd W. Black  
Joyce R. Carr and Associates  
Centennial Bank  
Choice Promotion  
Community Health Centers of Arkansas  
Henry And Linder Conley

Betty Conner  
Rev. Barbara Douglas  
Senator Joyce Elliott  
Family Service Agency - PRP  
Exodus Foundation of Arkansas  
Marcie Flowers  
Foundation Fatherhood Incorporation  
Dr. Jeffrey C. Franklin  
Albert Frazier  
Earnestine Frazier  
Raymond Frazier  
Government Supply Services  
John E. Green Jr.  
Dr. Regina Hunter  
Tommy Howard  
Kroger Stores  
Lori Lemley  
Lynn Lincoln  
Annette Lindsey  
Susie Marks  
Dr. Rhonda Mattox  
Nancy Upchurch McGill  
Monterrey Law Firm  
Omega Psi Phi Fraternity  
Pain and Rehab Consultants  
Part of the Solution, Inc.  
Pepsico Foundation  
Edna Ramirez  
Joyce Raynor  
Spudnut Shoppe  
Alma Stewart  
Velvatex College of Beauty Culture  
Janie Wayne  
Doris B. Williams



*When you're a mother, you're smoking for two.*

Call  
**1-800-QUIT-NOW**  
or visit  
**stampoutsmoking.com**

**SOS**  
STAMP OUT SMOKING  
1-800-QUIT-NOW

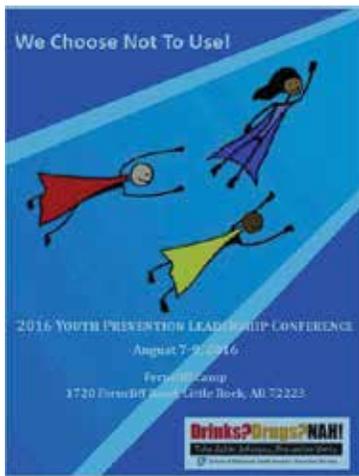
  
Arkansas Department of Health

  
Your Tobacco Settlement Outside of Work



## Center Rocks It at 2016 Youth Prevention Leadership Conference

The WCAA UAD / Tobacco Free Youth Coalition would you like to see their cities go smoke-free! Tobacco use is the leading preventable cause of disease



and death in the United States. In Arkansas, more than 5,800 people die from tobacco-related illnesses each year.

## SECONDHAND SMOKE



You don't smoke, but you're around people who do. Think you're safe? More than 53,000 people die in the U.S. every year from exposure to secondhand smoke - more than 500 adults a year in Arkansas alone.

## The Center staff and partners go live on social media at the 2016 Youth Prevention Leadership Conference.

We want to be an example for our youth and we want them all to know "the best me is being drug free!" Because life is good and addiction shortens life. Longevity is everything.



## Community Health Centers of Arkansas' Latest Addition



**LaShannon Spencer**  
Chief Executive Officer  
Community Health Centers  
of Arkansas, Inc.

WCAA Board Vice President returns to Arkansas to assume the helm of the Community Health Centers of Arkansas (CHCA), Inc. in August. After working in public health in Nevada and California for nearly 10 years, LaShannon Spencer is now the Chief Executive Officer with CHCA. LaShannon brings a wealth of knowledge and experience to the Community Health Centers of Arkansas. She has served as Chief Strategist Consultant/Principal, KLS Health Solutions; Director Public Policy & Advocacy, St. Rose Dominican Hospitals in Las Vegas, Nevada; and Labor Relations Manager of St. Rose Dominican Hospitals.

Community Health Centers of Arkansas, Inc. (CHCA), Arkansas' Primary Care

Association strives to ensure 100% access and zero health disparities through promoting and facilitating shared resources, collaborative partnerships, and by providing technical assistance, training, and resources to impact positively the expansion of affordable, quality, comprehensive, and integrated health care services in and among Arkansas communities. CHCA has a mission to develop and protect the resources that ensure quality healthcare for all. Community Health Centers are a key strategic tool in assuring underserved areas and populations have access to quality healthcare. Their doors are open to everyone in the communities they serve, regardless of insurance status, household income, age, ethnicity, or health condition. The Community Health Centers help bridge the gap for individuals who would otherwise remain isolated from health care due to lack of insurance, inability to pay for services, as well as transportation, language, and cultural barriers. Community Health Centers of Arkansas is proud to be the voice and membership association for twelve centers of excellence across the state. To learn more about CHCA, log on <http://www.chc-ar.org/> or call the CHCA office at (501) 374-8225.



## WCAAA UAD / Tobacco Free Youth Coalition Wins PFS Award

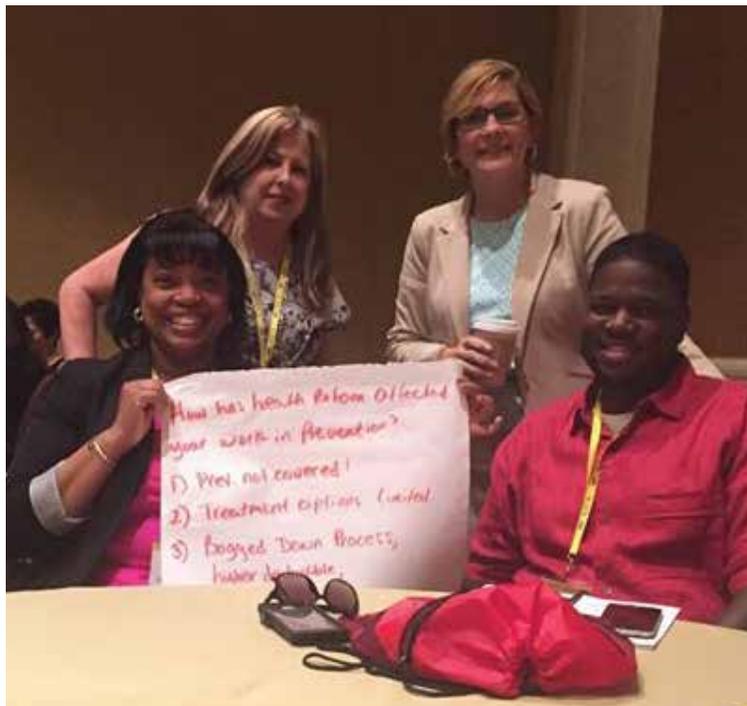
The WCAAA UAD / Tobacco Free Youth Coalition was presented the Arkansas Department of Human Services 2016 "Outstanding Displays of PFS Values" Award in August.



## Center Executive Director Attends the Center for Disease Control's Community Anti-Drug Coalitions of America Mid-Year Training Institute in July

The title of the CADCA conference was "Changing the Landscape of Prevention" and was held in Las Vegas. The weather was hot, but the topics were hotter: Underage Drinking, Emerging Tobacco Products, How to Implement Change when the Funds Go Away, Building a Strong Coalition, and Making Sure Our Coalitions Are Diverse.

The Center participated along with such organizations as the Alabama Department of Mental Health, Blount County in Tennessee, Community Services Inc., etc. Along with the WCAAA UAD/Tobacco-Free Coalition, there were many groups in attendance from Arkansas, such as Healing in the Hood, FSA, LRSD, DHS, and UALR, to name a few.



## Underage Drinking Ad Campaign

The Center continued its effort to stop underage drinking before it begins by running a large advertisement congratulating all 2016 graduates in the Arkansas Democrat Gazette.

**THE WCAAA UNDERAGE DRINKING COALITION**  
Salutes



**2016 GRADUATES**

**START TALKING – BEFORE THEY START DRINKING**

**UNDERAGE DRINKING KILLS DREAMS**

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

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

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



Center for Underage Abuse & Injury  
www.takeactionar.com  
305 South Palm Street, Little Rock, AR 72205  
(501) 373-2669

## Greater 3-4 Missionary Baptist Church Celebrates “No Menthol Sunday” by Wearing Green

May 22nd was a blessed day at the Greater 3-4 Missionary Baptist Church. Some of the members celebrated “No Menthol Sunday” by wearing green. What a way to say “No to Big Tobacco!”

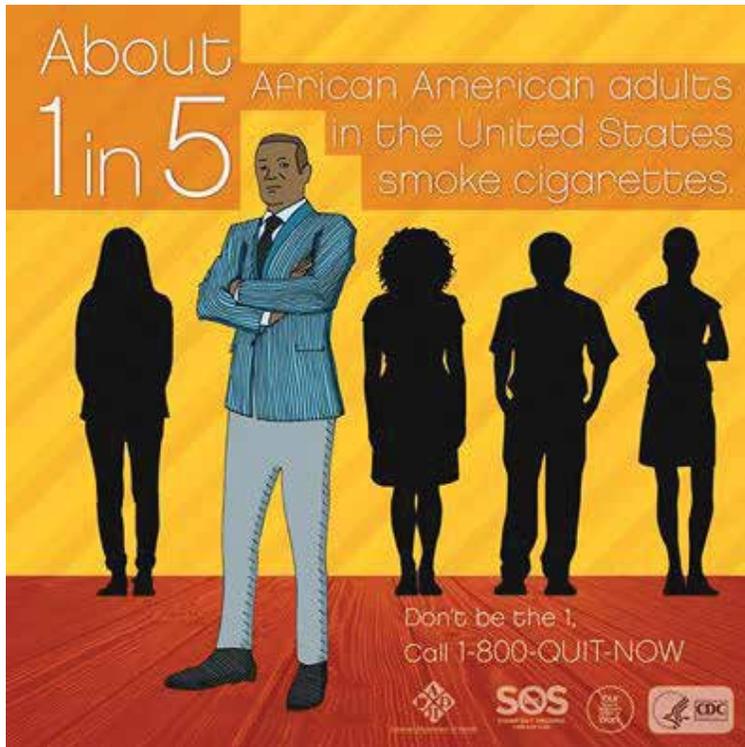
Greater 3-4’s Pastor, Dr. Jeffery Franklin, gave a sermon from Ezekiel 37:1 - 3a, and John 14:27 - 28a. The sermon title was “Pieces Knowing Peace.” He reminded us that the God we served connected all the pieces

(bones). Could these bones live? Sometimes we feel like we are there in the land of dry bones. All God wants from us is love. If we love, we will obey. If we love him, we will love ourselves and protect our bodies.



## Center/WCAAA Underage Drinking and Tobacco-Free Coalition Participates in First Baptist Church’s (Scipio Jones) Health Fair in May





## Center Presented Sexual Assault Awareness Forum in April

April was Sexual Assault Awareness Month, and the Center held a forum titled "Prevention is Possible!" It was a workshop designed to educate, advocate, and lead the way to social change. The forum was held at the Greater 3-4 Baptist Church in Little Rock, and was sponsored by Changed Life Ministries, Family Service Agency, Government Supply Services, Greater 3-4 Missionary Baptist Church, Exodus Foundation of Arkansas, Omega Psi Phi Fraternity, and Superior Funeral Home. This conference was also held in Pine Bluff, through the partnership of Barbara Douglas and the St. Luke United Methodist Church on April 19th.

**Sexual Assault Awareness Month**  
**2016 Forum**  
**PREVENTION IS POSSIBLE!**  
 A workshop specifically designed to educate, Advocate, and lead the way to social change.

**Tuesday, April 5<sup>th</sup> 2016**

**Greater 3-4 Baptist Church**  
 911 West 19<sup>th</sup> Street St.  
 Little Rock, AR 72206

**8:30 a.m. - 1:00 p.m.**

**Presented by**



**A Project of the Women's Council Of African American Affairs, Inc.**

## Center and ACTs Church held 2016 Pampered Ladies Luncheon and Wellness Expo in May

### *Celebrating Womens' Health*

The Center for Healing Hearts and Spirits and the ACTs Church held the 2016 Pampered Ladies Luncheon and Wellness Expo on Saturday, May 7th at the ACTS Church in North Little Rock.

Nationally, 80% of lung cancer deaths in women are smoking-related. In Arkansas, 15% of pregnant women smoke during pregnancy.

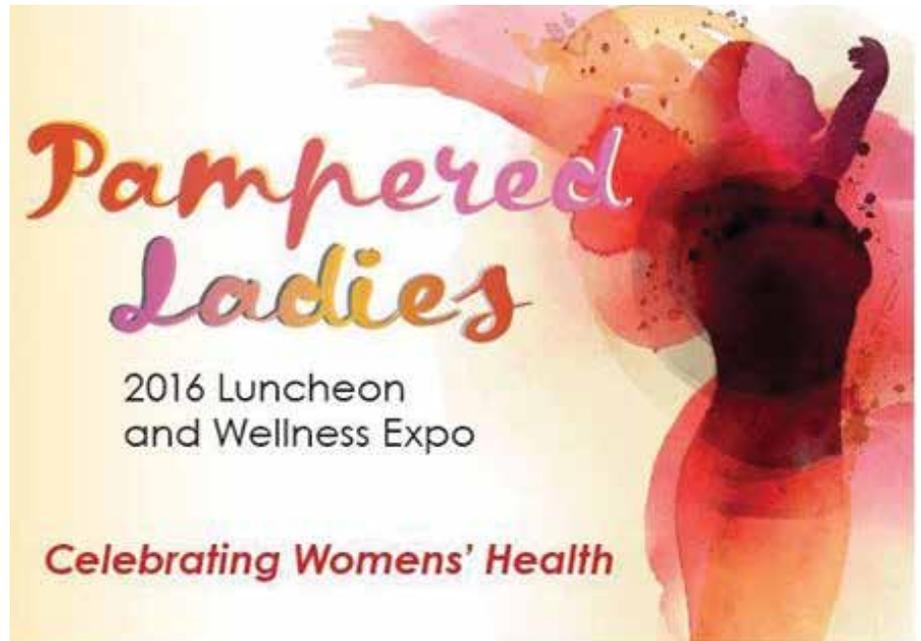
During National Women's Health Week in May, we invited women who are mothers, daughters, wives, cancer survivors, tobacco users, tobacco prevention advocates, patients, and caregivers, to come out for a pre-Mothers' Day of pampering.

We provided educational booths, health screening, Zumba, massages, manicures, Tobacco Prevention Bingo, and much more.

We heard from experts such as Dr. Kim Eason, Dr. Rhonda Mattox, Dr. Karen Mathis, Dr. Abeer Washington, Senator Joyce Elliott, and others on women's health issues.

The Expo was free, thanks to the Pampered Ladies Host Committee and sponsorship by the Center for Healing Hearts and Spirits, Exodus Foundation, Drinks? Drugs? Nah! and STAMP Out Smoking - Putting your tobacco settlement dollars to work.

Approximately 150 women attended and were refreshed, renewed, and re-energized.



## AGAPE COMMUNITY TEMPLE OF SERVANTS (ACTS) CHURCH North Little Rock

1224 Franklin Streets

Saturday, May 7, 2016 • 8:30 a.m. to 1:30 p.m.

Presented by



Hosted by



## Toll-Free Number Hotline Begun in April for Rape Victims to Monitor Status of Rape Kits



From KTHV in Little Rock -- Every 6.6 minutes someone in the U.S. is raped, according to the FBI.

1,423 people have been raped in Arkansas over the course of a year, and sadly the state is in the top five with the highest reports of forcible rape. These are the latest FBI rape statistics since 2013.

However, now rape survivors in Arkansas are given more knowledge and encouragement in their case, simply from a phone call.

"But I thought if he had just cut me, or shot me, punched me

or something because I don't have a mark on me, nobody's going to believe me, everybody loves Rodney," said Barbara Corbell, an

Arkansas rape survivor.

She was raped 25 years ago by her husbands' longtime friend. Corbell told her story on Tuesday at the State Capitol in front of dozens.

"Well it's very hard for a rape victim to come forward anyway," said Joyce Raynor, executive director of the Center of Healing Hearts and Sprits, a crisis center for rape victims.

This center has helped at least 15 rape victims this year alone.

"It's very prevalent in our Hispanic community," said Raynor.

A mandate now requires all rape kits to be accounted for by the end of each year.

"People need to know what the status of their cases are," said Raynor.

On Tuesday, survivors got even more assurance.

"Where they are in the process, how much longer," said Raynor.

The Arkansas Coalition Against Sexual Assault (ACASA) provides a toll-free hotline for survivors to call and find out the status of their rape kit. That number is 1-800-977-5776.

"The access that survivors have to this information if

they choose to use it, is so empowering," said Corbell.

This shows support from hospitals and crime labs, and speeds up the process of rape kit testing, giving survivors justice faster.

"It also speak to the fact that the state cares," said Raynor, "So we can in turn, prosecute more individuals."

The Center of Healing Hearts and Spirits offers their services for free throughout the entire process. They are funded by a federal grant through the Department of Finance and Administration. Their Rape Crisis Hotline is 1-855-643-5748.

## Center Participates in 2016 National Rx Drug Abuse Summit in Atlanta

Chief Kirk Lane of the Benton Police Department and Center Executive Director, Joyce Raynor, attended the 2016 National Rx Drug Abuse Summit in Atlanta, Georgia, in March. The Summit drew more than 1,900 participants representing 49 states, the District of Columbia, two U.S. Territories (Puerto Rico and Virgin Islands) and four countries in addition to the United States (two Canada Provinces, Kenya, Lebanon and Taiwan) to focus on ways to "Make an Impact" in the fight against Rx opioid and heroin abuse.

During the Summit, President Barack Obama announced

new initiatives and thanked the efforts of Operation UNITE during a panel discussion.



## Underage Drinking Prevention Topic of "Ask the Doc" Segment on Local Radio

"Underage drinking is not a game. We need to encourage parents to have that discussion with their kids." Underage drinking was just one of the

topics discussed during the April "Ask the Doc" segment with Dr. Rhonda Mattox, Broadway Joe, and others on Power 92 in Little Rock.



# The Center Got Into March Madness - They Got Mad And Kicked Some Butt!

The Center began March by asking Arkansas: is your place of worship tobacco-free? Is your workplace clear of tobacco and nicotine products? Are you still enduring Second Hand smoke? If the answers were no to any of these questions and should have been yes, the WCAAA Tobacco-free Coalition assisted! They were there to help implement a "Holy Grounds" Comprehensive Policy for churches, a comprehensive tobacco-free policy for businesses, and referrals to 1-800-Quit-Now to help individuals and/or their loved

ones stop using tobacco and nicotine products. The Center always encourages tobacco users to KICK the Habit Today!

On March 16th, the Center continued to help KICK BUTTS, along with thousands of advocates across the United States and beyond, who stood out, spoke up, and seized control against Big Tobacco. They joined the Tobacco Free Coalition and Arkansas Youth Leadership Initiative to KICK Big Tobacco out of the homes, cars, businesses, communities, and lives and reminded big tobacco that our kids are

"no-replacement." Thank you to all the students, teachers, bus drivers, and legislators (especially to Genine Perez of Arkansas Youth Leadership Initiative and all others) who did the work to make this wonderful event happen.

Then on March 18th, the Center helped KICK Butts out of churches and faith-based organizations! Thank you to everyone who joined the WCAAA TOBACCO FREE COALITION "HOLY GROUNDS" INITIATIVE on March 18th at Ward Chapel AME in Prescott.



## Welcome to Our New Center Staff!

### **Christy Collins**

*Diversity Outreach Coordinator*

Christy Collins is pursuing her degree in Business and Organizational Management at Philander Smith College. She enjoys spending time with family and singing at special events and church functions.



### **Sarah Jimerson**

*Sexual Assault Support Specialist*

Sarah Jimerson is a graduate of UALR with a Master's degree in Criminal Justice. With her prior experience, Sarah is motivated to serve as a resource for persons in need.



### **Kristen Roberson**

*Victim Services Volunteer Coordinator II*

Kristen is an enthusiastic entry level professional and UALR Alumna with degrees in Criminal Justice and Spanish. In her spare time she enjoys traveling, seeing movies with friends, and playing with her two dogs.



### **Tasia White**

*Sexual Assault Volunteer Coordinator*

A graduate from Henderson State University, Tasia has worked with the Center since May 2, 2016. She enjoys serving the community and working to help others become aware of the resources available to them.





Some e-cigarette solutions and vapors contain nicotine levels and toxins that do not match packaging labels.

Nicotine poisoning is serious. **Don't play with your health.**

Source: TPCP E-Cigarette Fact Sheet.

EACH YEAR TOBACCO USE COSTS ARKANSANS UPWARDS OF

**\$1.2 BILLION**

INCLUDING AT LEAST

**\$242 MILLION**

STATE-FUNDED MEDICAID HEALTH CARE COSTS AND AN ADDITIONAL

**\$1.4 BILLION**

IN LOST PRODUCTIVITY

www.tobaccofreekids.org/facts\_research\_understanding\_arkansas  
Arkansas 10/10/14

**IT'S EASY TO MEASURE TOBACCO'S TOLL ON ARKANSANS**

Quitting is difficult, but the rewards of living tobacco-free are **PRICELESS**

Help save lives and money by sharing  
1-800-QUIT-NOW or StampOutSmoking.com

A TIP FROM A FORMER SMOKER

**DO YOUR HEART A FAVOR. QUIT SMOKING.**

Roosevelt, Heart attack at age 45  
Virginia

Smoking causes immediate damage to your body. For Roosevelt, it caused his heart attack. Your heart attack risk drops as soon as you quit smoking. For free help, call 1-800-QUIT-NOW.

## Center Hosted an “Evening To Heal A Heart Gala 2016,” Still 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 2016 “Evening to

Heal a Heart” theme was Still 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 11, 2016 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. Elroy Brown; the Emma Porchia Impact Award to Dr. Regina Hunter; the Champion Award to Ms. Selandria Jackson; the Sharing Heart Volunteer Awards to Dr. Rhonda Mattox and Mr. Morris Williams; and the Heart

Beat Award went to Exodus Foundation of Arkansas; and finally, the Heal a Heart Lifetime Achievement Award went to Dr. Joycelyn Elders. More than 150 were in attendance to celebrate the recipients. The evening’s emcee was preacher, teacher, Psalmist, songwriter, conference host, recording artist, and community leader, Ms. Sheree’ Holmes.

We invite you to come and be our special guest for the next “Evening to Heal a Heart Gala” on February 9, 2017, at the Four Points Sheraton in Little Rock. 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).

An Evening  
to Heal a Heart

BLACK TIE GALA

“STILL REBUILDING  
COMMUNITIES,  
ONE HEALTHY HEART  
AT A TIME!”

Hosted by the  
Center for  
Healing Hearts & Spirits



Joyce Raynor and Dr. Rhonda Mattox at the Healing Hearts Banquet. A notable event for a very worthy cause!



**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**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-Mail \_\_\_\_\_

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.

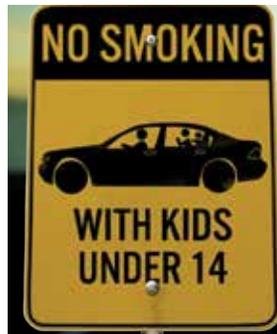
Signature \_\_\_\_\_ Amount \_\_\_\_\_

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)

**“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.

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

**1-800-QUIT-NOW**



*This holiday, there is an empty chair at the dinner table.*



*What would you do if you were in their shoes?*



A project of the Women's Council on African American Affairs, Inc.

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

Our mission throughout the year 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. The Holidays are especially hard times for families in crisis. We need your help now more than ever.

***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 assisting in our community.

We also need energetic, community-oriented individuals who are committed to living smoke-free lives to volunteer at least 2 hours a month. Interested parties please call Joyce at 375-HEAL (4325).



*Yes, I want to help this Holiday Season!*

Amount:  \$25  \$50  \$75  \$100  Other \_\_\_\_\_  
 I would like to donate the following items for the food baskets:

\_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

Center for Healing Hearts & Spirits  
2416 South Chester  
Little Rock, AR 72206

*Please mail this completed form and return it with your Holiday donation. Your donation is tax-deductible as allowed by law. You will receive a receipt. Thank you.*