



A MESSAGE FROM THE CEO

April is Sexual Assault Awareness Month (SAAM). Turning Point

actively engages in SAAM because it is an opportunity to create awareness about the prevalence and impact of sexual violence. It also serves as a call for individual and community action to end sexual violence.

Sexual violence is a destructive and life altering crime, the ultimate violation and degradation of an individual. It can be committed by a stranger, acquaintance or someone that is loved and trusted by the survivor. Sexual violence can happen to anyone regardless of gender, age, race, or socioeconomic status.

According to the National Sexual Assault Hotline:

- The ages 12-34 are the highest risk years for rape and sexual assault.
- One out of every 6 American women and 1 out of every 33 American men have been the victim of an attempted or completed rape.

- Females ages 16-19 are 4 times more likely than the general population to be victims of rape, attempted rape, or sexual assault.

- Women ages 18-24 who are college students are 3 times more likely than women in general to experience sexual violence.

I hope that you find these statistics to be as disturbing and frightening as we do at Turning Point. More importantly, I hope these statistics serve as a call to action and a desire to stop this needless and horrific violence that is perpetrated against individuals from our families and communities. To prevent sexual violence, we must be willing to take a stand against it and all behaviors that promote and support it. You and your family can take action to end sexual violence by educating those who engage in victim-blaming, sexist language, and behaviors that promote violence. Take a stand, by sharing your belief that those types of comments are incorrect, inappropriate, or myths that

promote the acceptance of sexual violence. You could also take a stand-by becoming a volunteer at Turning Point, engaging in a donation drive for survivors, or requesting a speaker come out to educate your church or other community organizations regarding sexual violence, domestic violence, or human trafficking.

Most importantly when you talk to a survivor listen and believe them, and share Turning Point's 24-hour hotline number with them – 586-463-6990. Let them know that Turning Point will help, that we provide a place where survivors can share their truth, where they will be believed and supported through their healing journey.

To learn more about engaging with Turning Point, requesting training, and upcoming events visit our website turningpointmacomb.org.

The 7th Annual Stepping Out With The Stars will be held Friday, April 14, 2023, at the Palazzo Grande Banquet & Event Center, 54660 Van Dyke, Shelby Township. Doors open at 5:30 p.m. and the event starts at 6:00 p.m. With a limited number of available tickets, advance ticket purchase is required. Ticket includes dinner, open premium bar, dancing, raffles, and a silent auction. \$125 per person or purchase a table of 10 for \$1250. For tickets or more information, visit <https://turningpointmacomb.org/event/sowts/>

April 14, 2023 • 6:00 p.m.

**Palazzo Grande
Banquet & Event Center**



**7th Annual
STEPPING OUT
WITH THE STARS**



SURVIVOR CORNER

I had what would have been considered a blessed childhood. But at the age of 14, I became suicidal. And it took me 23 years to figure out why.

For over two decades, I despised myself. And I thought about ending my life often. I was living in a fight-or-flight state. I was anxious and depressed. I had neurological disorders, chronic pain, insomnia, TMJ, digestive and reproductive issues. My sensory processing was disordered, and I dissociated often.

I spent most of my life trying to get help, but I only seemed to get worse. Then, at 34, I began going to psychotherapy, and I started investigating why I had hated myself so much for so long.

I also started reflecting on journals I'd kept since I was a child, and I began noticing patterns. My angry outbursts were triggered by my family often. And there were strange gaps. Always around Christmas. A holiday I had grown to loathe.

Then, at 37, I started seeing an occupational therapist, and she started con-

ducting craniosacral therapy, a technique that works with the craniosacral system and with tissue memories, and memories of childhood trauma began to surface. The worst of which was being raped by my uncle on Christmas Eve when I was 14. Which explained everything.

I had suffered somatic trauma—trauma that is of the body—where my mind had dissociated—disconnected—from my body and my trauma was not a conscious memory. It had stayed stored in my body. I had buried it. My mind and body had malfunctioned as a result of it. And I'd unconsciously blamed myself for it. For 23 years.



Since uncovering my hidden trauma, I have been healing through self-care. And I've learned that it was the acknowledgement of my trauma that has set me free.

– Jenna Grace, *Survivor Speaker*

CALENDAR of EVENTS



For more about upcoming events visit turningpointmacomb.org/calendar

Wear Teal Day

April 4, 2023

7th Annual Stepping Out with the Stars

April 14, 2023

Palazzo Grande Banquet & Event Center
4660 Van Dyke Ave, Shelby Twp, MI 48316

Denim Day

April 26, 2023

Survivors Golf Outing at Cracklewood Golf Club

June 23, 2023

80's Party with a Purpose at the Emerald Theatre

May 20, 2023

Turning Point will be one of three charities benefiting from this year's 80's Party with a Purpose, tickets available at <https://www.80sparty4apurpose.org/>

LEGACY GIFTS

*Remembering
Turning Point in your
will can help you
reduce estate taxes
and ensure the life
changing work you
care about will
always continue.*

**Turning Point's
SECOND HAND ROSE
RESALE SHOP
is moving!**

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Turning Point



Second Hand Rose

