

**Lifting family and community
one life, one day at a time**

This Project was founded on the sheer belief that until every voice is lifted against the crime of Violence; Sexual and Domestic we will never eradicate it, neither from our hearts, our minds, nor from our experiences. “We have all been touched by violence; it’s just that some of us don’t know it yet.” Lift your voice! Tell the secret! Break the cycle! Become a GRIOT by contacting your State Representative to let them know that you support the “*WORTH IT!*” screening initiative.

**Lift Every Voice Family and
Community Development
Project is an advocacy
agency supporting survivors
of Violence; Sexual and
Domestic**

**Lift Every Voice Family and
Community Development
Project**

WORTH IT!

Ph. 214.732.3544
Fx. 972.572.5439
P. O. Box 380327

Duncanville, TX. 75138
www.evenme.org



Worth It!

The American Medical Women’s Association, The American Medical Association, The Centers For Disease Control, The American Academy of Pediatrics and the World Health Organization are among Health Care Organizations that recommend all Health Care Professionals screen patients for a history of trauma/violence. Despite this, many Health Care Professionals still don’t screen. Please ask your Health Care Professional to take the Continued Medical Education training offered this year by the Texas Medical Association and screen patients for a history of trauma/violence. If they ask why, tell them because you are “WORTH IT!”

Tell the secret! Break the cycle! Become the GRIOT!

Of times survivors of violence are impacted by symptoms long after a traumatic experience. Because many are afraid or too uncomfortable to bring the subject up themselves they suffer for years in silence never knowing that revealing their history may be just the information the Health Care Professional needs to better treat their symptoms.

Violence is common in many people's lives. Asking patients about a history of trauma/violence will equip Health Care Professionals to better know their patients needs and serve them holistically; body, mind and spirit.

The following are some ways that survivors of trauma/violence can be impacted many years after a traumatic experience:

**National Sexual Assault Hotline:
800.656.HOPE**

Physical: chronic pelvic and general pain, gastrointestinal disorders, migraines, back pain, brain trauma, partial or permanent disability, loss of years of productive life.

Reproductive Health Effects: GYN problems, STIs including HIV/AIDS, unintended pregnancies, abortion, less use of contraceptives, pregnancy complications, infertility.

Health Behaviors: unprotected sex, having sex with high risk partners, multiple partners, using substances, such as: drugs and alcohol, cigarettes, trading sex for food, money and /or drugs.

Psychological: Anxiety, depression, phobias, PTSD (which includes flash backs, sleep disturbances, hyper vigilance and/numbing), dissociation, suicide attempts, shame, fear, guilt.

Interpersonal: Mistrust of others, isolation, breaking off of or less frequent contact with others, strained relationship with family, friends

and intimate partners, less support from these people, of relationships and revictimization.
http://newvawnet.org/category/Main_Doc.php?docid=1191

If you, a friend or acquaintance is a survivor of Sexual Violence and wish to speak with someone about counseling please contact the National Sexual Assault Hotline at 1.800.656.4673. If you are a victim of Domestic Violence and wish to speak with someone about services you may call 800.799.7233.

Please pass this information on to others concerned about advocating for the screening initiative and encourage them to contact their State Representative.

To contact your Representative you may log onto: <http://www.house.state.tx.us/members/welcome.php> or call 512.463.4630. Thank you for your support.