

transitionsNews

HAPPY
HOLIDAYS

Adopt-A-Family

With Christmas right around the corner, Transitions of PA has kicked off its yearly Adopt – A – Family, program, that assists the survivors in our communities with making their Christmas, one to remember!

Transitions of PA has participated in this yearly program, for over (20) years, which allows, advocates and survivors to work together on a wish list, so that our donors, can purchase items for the family they adopt. Transitions of PA advocates, then deliver these presents, for Christmas morning. Transitions of PA, assists all survivors in our communities, from single individuals to families with child(ren), making sure that the child(ren) and their parent(s), wake up to experience a Christmas miracle, with presents under the Christmas tree, as many survivors, are starting fresh in their new path, a life free from abuse. Over the past (2) years, Transitions has assisted over (78) families with the Adopt-A-Family program, and this year has been estimated to have at least (60 – 65) families alone.

If you or someone you know would like to be a donor and make a difference in the lives of our survivors, during the Christmas season, please reach out to our Outreach Coordinator Tracy Strosser at 570-217-1099 or tracy_s@transitionsofpa.org to discuss further.

By Nina B. - Housing Coordinator

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HOW TO MANAGE STRESS DURING HOLIDAY SEASON

The holidays can be a time for joy and connecting with friends and loved ones, but they can also bring stress and sadness. Listed below are some helpful tips to manage your stress during the holiday season.

-Manage your expectations and the expectations of others (letting go of the fantasy).

Often times people have expectations of how the holidays “should” be and have a vision of what food, decorations, and gift-giving “should” look like. People have expectations of how others should act, what they should bring to the festivities, etc. Most of the time, the stress comes from trying to live up to this vision of the holiday. People generally end up disappointed as their vision does not match the reality of the holiday season. The solution is to ask yourself, is this task or item really going to bring me joy for the holiday? Can I really expect another person to behave in the manner that I want them to act? If the answer is no, then remove this expectation from your mind. Let go of those expectations that you have no control over and form your expectations on what will bring you joy.

-Check in with yourself!

One way to manage your reactions is to check in with yourself regularly. Ask yourself how am I feeling. How am I reacting to the world around me? When you notice that you are overwhelmed, give yourself permission to take a break. Accept your needs and do not let others convince you that your needs aren't important. Do something relaxing like taking a bath, singing, deep breathing, taking a walk outside, or doing nothing at all. Learn to be self-aware so that you can care for yourself rather than becoming too overwhelmed.

-Manage your Time and Set Boundaries

Holidays bring extra tasks, additional contact with other people, and financial strain. After managing your expectations, prioritize the activities and list the anticipated time needed to complete the tasks. Map out a schedule. If it appears that there isn't enough time to get all the tasks done, go back to managing your expectations. Set boundaries for yourself and others. Holidays are meant to be enjoyable.

-Connect with your community.

For some individuals, the holiday memories are filled with dread, loneliness, hurt feelings, broken promises, and grief. The key is to acknowledge these feelings and not force yourself to be in the holiday spirit. If you find yourself without a positive network of family and friends to help you with managing these emotions, the holidays are great opportunities to get involved in your community to meet other people by serving the needs of others. Volunteer at a soup kitchen, visit a nursing home or send holiday cards to military personnel. Look at your gifts/ talents and share them with others. Talk to people and reach out to others.

By Rose Weir - Therapist in Counseling



Transitions Welcomes New Development Director

My name is Abby Gulden-Luthi and I am the new Fund Development Director at Transitions of PA. I am honored that Transitions has entrusted me with the important responsibility of working with our donors, sponsors and volunteers as they continue to support the mission of Transitions and fund the important work we do as an organization. As the Fund Development Director I will be responsible for the ongoing strategic planning and management of fundraising and events.

I was born and raised in Lewisburg. I have a passion for helping nonprofits in my community. I bring 9 years of fundraising experience to Transitions of PA. Throughout my career, I have placed great emphasis on the cultivation of relationships and serving as a connector to resources in my community.

Over the past 3 months, I have been impressed with the work Transitions dedicated staff completes to directly and positively impact the lives of survivors and their families. Everyday many victims of domestic violence, sexual assault and human trafficking are assisted as they make a plan for safety and to improve their lives. We have the staff to make this happen, but the resources to continue this work are still needed!

There are many ways to support Transitions. I invite you to be a champion of our cause in your community! Share what we do with others, take a step further to donate your time as a volunteer, or make a meaningful gift. Donations can be made to our organization during our Annual Appeal. Please follow this link to learn more: <https://www.mygiving.net/donate/Transitions-of-PA>

I am excited to work together with staff, volunteers, and donors as we support survivors while they find their path forward! I'd love to hear from you! Please contact me at abby_g@transitionsofpa.org



VIRTUAL SUPPORT GROUP

Open group for survivors of domestic violence.
Bi-weekly on Tuesdays from 5-6pm

For more information on the virtual support group, please call our hotline at 1-800-850-7948.



January- Human Trafficking Awareness Month

"What the eye doesn't see, and the mind doesn't know, doesn't exist" - D.H. Lawrence

If we don't know what human trafficking is, or don't know what we are looking for, we probably can't identify it, respond to it, or report it. We think we know what it is, but it is one of the most underreported, misunderstood crimes to exist. It is the fastest-growing criminal enterprise. It profits over 150 billion dollars annually worldwide. Brought about by sex buyers presenting a "demand" for which traffickers are happy to provide a "supply".

Human trafficking is defined as an ACT (Recruits, entices, solicits, transports, provides, obtains, or advertises) by a MEANS (Force, fraud, or coercion; threats, physical abuse, kidnapping, extortion, use of drugs, controlling property, withholding food, etc.) for a PURPOSE (Commercial sex act; involuntary servitude, debt bondage).

Its activities include others benefiting financially. Human trafficking is a global problem affecting people of all ages. It is estimated that approximately 1,000,000 people are trafficked each year globally and that around 200,000 people are trafficked within the US each year. Our area is no different. Locally, we are seeing an increasing amount of familial trafficking- family members trafficking their own.

Human traffickers often prey on vulnerable populations where victims have already experienced violence, abuse, and/or trauma- or are in current situations that they are looking to get away from. Many of the kids in this life are runaways or homeless. Many are minor girls and most are LGBTQ. Traffickers can be parents, guardians, boyfriends/ husbands, pimps and other acquaintances, smugglers, drug dealers, gang members, fake employment, and modeling agencies. It can also be called commercial sexual exploitation, or sex trafficking.

Victims can be men or women, adults or children. While they share the trait of vulnerability, victims have diverse ethnic and socio-economic backgrounds, varied levels of education, and may be documented or undocumented.

The most prevalent form of human trafficking is sex trafficking and constitutes an estimated 58 percent of all trafficking activities. It consists of different types of servitude, including forced prostitution, pornography, sex rings involving children, and sex-related occupations such as nude dancing and modeling. These victims are forced into prostitution and recruited into this lifestyle. Victims of sexual slavery are often manipulated into believing they are being relocated to work in legitimate forms of employment or offered a legitimate lifestyle.

Those who are forced into this life are exposed to inhumane and potentially fatal conditions, especially with the prevalence of HIV/AIDS. Physical indicators could include various injuries (beatings), signs of malnourishment, tattoos or brandings; signs of torture (cigarette burns); fear, anger, sadness, inappropriate humor, and feeling emotionless.

All victims need hope and a purpose. They need to be heard and understood. We need to do better to address the issues surrounding commercial sexual exploitation in our area and have comfortable conversations about this uncomfortable topic.

By Heather Shnyder - Health Systems Training Specialist

**WE ARE
HIRING!**

OPEN POSITIONS:

- Legal Advocate
- Visitation Monitor

**JOIN OUR
TEAM!**

TRANSITIONSOFPA.ORG/EMPLOYMENT-OPPORTUNITIES