

My Healing Within Inc

# July Newsletter

July 2022



My Healing Within  
NON-PROFIT ORGANIZATION

---

**Mission Statement:** The mission of My Healing Within is to advocate for and empower domestic violence survivors by providing free, safe, confidential shelter and support services. This program is for women and their children.

**Executive Director's Message:** Mid-July is here, which means the final days of summer are slowly approaching. Children will soon go back to school, for some of the individuals we serve or those who have been looking for a way out of their abusive homes, this is the return to "normalcy" they have been waiting for. This opening is giving them the chance to escape safely or connect with our organization to gather information and possible tools to assist them in their situation. Each day as I tune into the news or turn on social media, there seems to be a new case or tragedy due to domestic violence. As I scan the comments section of the online post or listen to individuals talk, the same questions continue to be asked, "Why didn't they leave?", "Why didn't they ask for help?", "How could we have helped?" For many individuals, we cannot step in to assist until they are ready to leave the situation and that looks different for each person. Statistics show it can take an individual seven to eight times before they leave an abusive relationship for the last time. Every individual going through a violent situation is the expert in their life and we, as an agency, are here to help not force them to do anything they are not ready to do or willing to do. While it may be hard to understand why a person stays, we must remember we have no idea what is going on in that person's life. We do not know all the details, because we are not the ones living in that situation every day. There are other times when the individual does speak up to ask for help but because the aggressor is the breadwinner, the victim cannot afford legal assistance or representation (our advocates are not attorneys

---

and cannot speak on the laws or give legal advice). Due lack of funding our organization is limited on our outreach efforts but we fully intend to be present at each event possible to make sure those in our community know who we are, what we do and how we can help. The communities we serve have always come together in times of need; I would like to encourage each of you to be vigilant. Pay attention to those around you, chances are someone you work with, go to school with, sit next to at church or a loved one may be going through a violent situation that you may not know about. If you believe someone you know is a victim of domestic violence and would like information on how to help them, please reach out to us. This mission is not easy, but if we come together, we can do our part as a community to break the cycle of violence. Since last month we were able to help two (2) more ladies with resources and/or encouraging words, since April 2022 has been able to provide seven (7) lifesaving services to strong, courageous individuals who have taken the first step in living free of violence. Some were about to relocate to new safe, affordable homes where they along with their families can begin their journey to heal from the inside out, and others were connected to necessary resources to assist them in becoming self-sufficient in surrounding areas in the last 3 months. Thank you to the many donors who continuously connect and give daily, to the agencies who reach out to us for referrals and the community who graciously gives us so much love and support. ~Thremene Murphy

## **National Minority Mental Health Month: What Critical Issues Do Multicultural Communities Face?**

- Less access to treatment
- Less likely to receive treatment
- Poorer quality of care
- Higher levels of stigma
- Culturally insensitive health care system
- Racism, bias, homophobia or discrimination in treatment settings
- Language barriers
- Lower rates of health insurance

---

## Signs Someone May Need Help

- Feeling very sad or withdrawn for more than 2 weeks. For example, crying regularly, feeling fatigued, feeling unmotivated.
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Sudden or unexplained physical aches and pains such as headaches or backaches.
- Severe mood swings that cause problems in relationships. Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping or eating habits. For example, waking up early, not eating, eating too much or throwing up.
- Extreme difficulty in concentrating or staying still that can lead to failure in school or problems at work.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes or work.

**Ways to Help:** ~Talk to your doctor ~Get a referral to a mental health specialist ~Work together with your mental health provider to integrate your culture into your treatment plan ~Connect with other families ~Learn more about mental health ~Visit [www.nami.org](http://www.nami.org)

Source: National Alliance on Mental Illness



---

## Domestic Violence - Why Do Victims Stay?

When it is a viable option, it is best for victims to do what they can to escape their abusers. However, this is not the case in all situations. Abusers repeatedly go to extremes to prevent the victim from leaving. In fact, leaving an abuser is the most dangerous time for a victim of domestic violence. One study found in interviews with men who have killed their wives that either threats of separation by their partner or actual separations were most often the precipitating events that lead to the murder. A victim's reasons for staying with their abusers are extremely complex and, in most cases, are based on the reality that their abuser will follow through with the threats they have used to keep them trapped: the abuser will hurt or kill them, they will hurt or kill the kids, they will win custody of the children, they will harm or kill pets or others, they will ruin their victim financially -- the list goes on. The victim in violent relationships knows their abuser best and fully knows the extent to which they will go to make sure they have and can maintain control over the victim. The victim literally may not be able to safely escape or protect those they love. A recent study of intimate partner homicides found 20% of homicide victims were not the domestic violence victims themselves, but family members, friends, neighbors, persons who intervened, law enforcement responders, or bystanders. Additional barriers to escaping a violence relationship include by are not limited to:

- The fear that the abuser's actions will become more violent and may become lethal if the victim attempts to leave.
- Unsupportive friends and family • Knowledge of the difficulties of single parenting and reduced financial circumstances
- The victim feels that the relationship is a mix of good times, love and hope along with the manipulation, intimidation and fear.
- The victim's lack of knowledge of or access to safety and support
- Fear of losing custody of any children if they leave or divorce their abuser or fear the abuser will hurt, or even kill, their children
- Lack of means to support themselves and/or their children financially or lack of access to cash, bank accounts, or assets
- Lack of having somewhere to go (e.g. no friends or family to help, no money for hotel, shelter programs are full or limited by length of stay)
- Fear that homelessness may be their only option if they leave

- 
- Religious or cultural beliefs and practices may not support divorce or may dictate outdated gender roles and keep the victim trapped in the relationship
  - Belief that two parent households are better for children, despite abuse.

**Source: National Coalition Against Domestic Violence**


## **My Healing Within Inc~ The Value of Your Monetary Donation:**

My Healing Within goal is to be accepted for government grants or foundations; but we are seeing much of that support has not come through yet!

Therefore, we desperately need your help to serve our clients in seeking safety. They often need help with finding a safe place when deciding to leave their abuser, since we don't have our facility yet we help domestic violence survivors and their children with hotel stays when or if nearby shelters can't help; help with gas cards, with medical bills; and with legal bills.

Survivors of domestic violence could be your neighbor, your co-worker, your cousin, or the person you pass on the street. Domestic violence lives in secrecy. Every person who can leave an abuser deserves the best chance possible to create a successful life.

Your monthly donation of:

- \$25.00 per month for 3 months will help provide bedding and towels for our future facility.
  - \$50.00 per month for 3 months will help provide appliances and furniture for our future facility.
  - \$100.00 per month for 3 months will help provide New Mattresses for our future facility.
- 

- 
- \$140 per month will pay for storage unit each month.
  - \$250.00 per month will help cover relocation costs for one family, providing its members with a safe new home and brighter future.

There is a minimum contribution and you can change the amount or cancel the contribution at any time.

My Healing Within is a 501 © (3) tax-exempt, non-profit organization that serves survivors in Pitt County and surrounding areas.

Please call us at 252-227-0527 for more information. Make your check out to My Healing Within and mail it to:

My Healing Within

P. O. Box 560

Farmville, NC 27828

or, go to [www.myhealingwithininc.org](http://www.myhealingwithininc.org) to make an online donation.



---

## Upcoming Events:

August 20th from 11am to 2pm at Lakeforest Elementary School: We will have Phylicia Bridgers to speak on Mental Health. The cost will be \$20 and includes lunch and hand-outs. Pay through cash app: \$Myhealingwithininc (Mental Health Luncheon "for" section) or pay on our website [www.myhealingwithininc.org](http://www.myhealingwithininc.org) (under events). You can pay at the door which will be \$25.00 and the day of the event.

## Ways you can Help:

You can help us by donating funds, clothing items, toiletry items, supporting our workshops/events, sharing our posts, following us on Facebook, Instagram, and Tik Tok and definitely praying for us! Keep the QR code and learn more about us!

