



Domestic Violence and PTSD

This month on our Facebook page we have been covering the ins and outs of Post Traumatic Stress Disorder (PTSD). Many survivors of domestic violence often live with PTSD due to the trauma they have endured.

Domestic violence can take many forms ranging from physical and emotional abuse to financial control and psychological actions or threats. Domestic violence is a very traumatic experience and because it mostly happens behind closed doors, it is sometimes easy to overlook or explain away.

PTSD is one of the lesser acknowledged outcomes of domestic violence. It can result from any traumatic event including war or a serious accident, but domestic violence is often not recognized as a cause.

Some symptoms of PTSD include:

- Avoidance - Avoiding reminders or "triggers" of the event
- Arousal and reactivity - Sudden unexplained outbursts or anger, feeling numb, trouble sleeping
- Reliving the event - Causing extreme anxiety and emotional outbursts

Left untreated, PTSD can cause long-term mental health issues and other life-threatening conditions such as high blood pressure, heart disease and substance abuse disorders.

Self-care is extremely important when experiencing PTSD. In addition to medication and/or therapy treatments, take time to practice some lifestyle changes to improve your chances of recovery:

- Engage in regular exercise to reduce stress
- Confide in a trusted friend or loved one
- Communicate what may trigger your symptoms

Most of all be good to yourself. It takes time, don't get discouraged.

If you or someone you know is experiencing domestic violence, call our 24 Hour Hotline at 352-344-8111, or the National Domestic Violence Hotline at 1-

We LOVE our community!!!!

Feather Friends 4 H Club

Feather Friends 4 H Club members L-R Katherine Kupcho and David Kupcho dropped off clothing and toiletries collected from David's community service project to help support the participants at CASA.



CASA is extremely thankful to our community and groups like 4 H that help support our mission to help victims and survivors of domestic violence by providing shelter, safety, intervention, and education, and to educate the community for social change. Thank you Katherine and David setting a great example! Robert Burns is their group leader.

Knights of Columbus



CASA is very grateful to have received a generous donation from the Ladies Auxiliary of the Abbott Francis Sadlier Council 6168 Knights of Columbus.

It is organizations such as the Knights that keep CASA going and this is just one reason we love our community!

Sweet Dreams

Huge **THANK YOU** to Lisa Ramsey for having a stock pile of pillows (for our adult survivors as well as our littles) delivered right to our outreach door!! This is such a blessing for our shelter!



4th Annual Rosie the Riveter Ride

CASA wanted to give a big shout out to Robin Hawk, [Stilettoes on Steel, LLC](#)



Female Riders Group, and Crystal Harley-Davidson. CASA was the beneficiary for the 4th Annual Rosie Riveter Ride. Pictured from left to right is Bonnie Huggett who made a monetary donation to CASA from her prize money at the event, CASA Prevention Advocate Chrissy Hill, Robin Hawk, Owner of Uncaged Life & District Coordinator Stiletto's on Steel All Female Riding Group, CASA Volunteer Angie Arnold and Marj

Pellor, mother of Robin Hawk traveled from Pennsylvania to assist at the event. CASA also wanted to thank Gennevie Hennisse (not pictured) who made a monetary donation to CASA from her prize money.



Donors May 2022

We would like to extend our sincerest thank you to our individual donors for the month of May of 2022. Without your donations, we would not be able to do the work that we do in the community:

Rudy & Diane Beres, Jeff Countryman, Joanne Jenuleson, Peter & Claire Lindley, William & Jean Petruska, Theresa Rahn, American Irish Club of West Citrus, Crystal River Eagles AERIE 4272, Ladies Aux/Abbott F. Sadlier, Women of Sugarmill Woods, Inc., First Church of God of Crystal River/Rock Crusher Church of God.

If you would like to donate to CASA now, you can go to our website www.casaf.org.

[Donate Now](#)



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