

# THE MOVEMENT

Together, we will provide resources for women trapped in abusive situations to end their cycle of trauma and live free.

## The Happenings

- We are Continuing our involvement with the Buncombe County Anti Human Trafficking Coalition & with the Buncombe County Rapid Response Team where we participated in helping to create the Buncombe County Human Trafficking Rapid Response Team Protocol to better empower survivors and connect them with the resources they need to thrive.
- Because of so much need in our community, we continue to familiarize & educate ourselves with grant funders' procedures of applying & receiving grant money for our foundation.
- We are continuing to work with local property management companies to create a better rental approval process to allow women with a monthly income but a limited credit history to be approved for property rental. We will be working with our partner organizations to identify more Emergency Shelter locations in order to provide shelter to women escaping abusive environments.
- Continuing to develop our network of provider organizations to offer more healing & recovery pathways to our program service recipients.

## A Year Of Recovery!

After Hurricane Helene, friends, neighbors and organizations came together to bring light and hope to our beautiful mountain community! It's been a time of recovery and reflecting. A common mantra we have is this - Our Mission Is Not a Sprint but A Marathon! So, we remain focused on our Mission to provide help - From Start To Freedom - to women escaping abusive situations from sexual abuse, human trafficking, & domestic violence. Focusing on each person's individual needs to provide a Holistic recovery program has been very successful with a 100% success rate over our first 3 years of operation! This wouldn't be possible without YOU!

**To all our DONORS, HELPERS, SUPPORTERS, and CHEERLEADERS - you make Our Mission possible!**

**We Are Humbled and grateful! THANK YOU!!**

If you would like to be a part in helping solve the Emergency Shelter Crisis, please consider joining our giving program.

**\$15 FOR FREEDOM**

[Click Here](#)



**Join Our Monthly Giving Program!!  
Help Provide Emergency Shelter  
For Women Escaping Abusive Situations**

**\$15 FOR FREEDOM**



## The Happenings, con't.

- Continuing to participate in training seminars to better understand the non profit culture.

## PARTNER CORNER

- Financial decisions can be difficult for women who are escaping abusive situations and are a very important part of being able to thrive. We are now partnering with **Redefine Counseling & Wellness PLLC**, Certified Financial Counselors, to provide financial therapy! Financial therapy blends behavioral therapy with financial coaching to address the emotional and psychological aspects of money, helping people understand their money mindset, overcome habits like overspending or debt anxiety, and build healthier financial behaviors. Redefine Counseling & Wellness provides specialized and compassionate therapy for those who are stuck and struggling. Thank you **Rikki at Redefine Counseling & Wellness** for your partnership!

## THE MOVEMENT IN ACTION

The Movement to provide Program Services to our recipients is a result of **DONATIONS** from **OUR DONORS!**

These services include:

- ◆ Hurricane Relief
- ◆ Holistic Case Management Services
- ◆ Specialized Financial Therapy
- ◆ TRE Therapy - Tension & Trauma Release Therapy
- ◆ Financial & Debt Counseling
- ◆ EMDR Therapy
- ◆ Lodging for out of town Medical Treatments
- ◆ Safe Housing Advocacy
- ◆ Life Management Skills
- ◆ Basic Needs including Covering Rent, Bills, & Food
- ◆ Emergency Shelter
- ◆ Transportation When Needed
- ◆ Relocation Services for Housing
- ◆ Legal Advocacy

**THANK YOU DONORS!**

## JANUARY is Human Trafficking Awareness MONTH!

This month is dedicated to raising awareness and educating the public about human trafficking and how to identify and prevent it. A key day within this month is **#WearBlueDay**, which is on **January 11**, symbolizing solidarity with victims and the fight against human trafficking. This month-long observance was established by presidential proclamation in 2010 to increase public education on how to recognize the signs of human trafficking, learn how to report it, and support victims and survivors. Events and educational activities are held throughout the month, and people are encouraged to get involved by using the hashtag **#WearBlueDay**, on social media, sharing information, and learning more about the issue. **What You Can Do: Please consider wearing BLUE on January 11th** to raise awareness. The blue color is associated with the U.S. Department of Homeland Security's Blue Campaign.



## Meet Our President - Sarah!

Sarah received her bachelor's degree from Rollins College in Winter Park, FL & her master's degree from Georgia State University's Counseling & Psychological Services program, known for its strength in clinically-grounded treatment and culturally-sensitive counseling. Sarah began her therapy career working in community mental health counseling agencies & residential treatment centers with women and girls recovering from addictions, emotional distress, and trauma. Sarah is a Licensed Therapist specializing in Complex Trauma Therapy. Sarah, herself, is a Survivor & the journey of sitting on the couch across from a therapist, choosing to confront her own fears and life patterns, has been the most informative education for providing treatment as a therapist.

In her counseling practice, Sarah observed most of her clients had endured repeated, ongoing traumatic experiences throughout multiple areas of their life. In addition, these clients had similar maladaptive behavioral, mental, relational, emotional & spiritual patterns when it came to getting their basic human needs and desires met. Also, many of these clients complained of increasing physical discomfort, needed additional medication for physical symptoms, caught communicable diseases often, and developed more serious health conditions over time. It was upon this realization that the idea for holistic treatment was born.

Sarah's personal recovery journey is the model & inspiration for Mercy Mountain Foundation. Her holistic recovery treatment program, which included multiple treatment & recovery pathways, was individually created by Sarah, herself, & was supported with therapists specially trained for complex trauma. Sarah is uniquely qualified to lead our Foundation in the development of our partnership network, individualized treatment programs & case management services for traumatized women.

**#MERCYFREES**

