



# *The Sacred Art of Rising*

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# Jessica McGhee

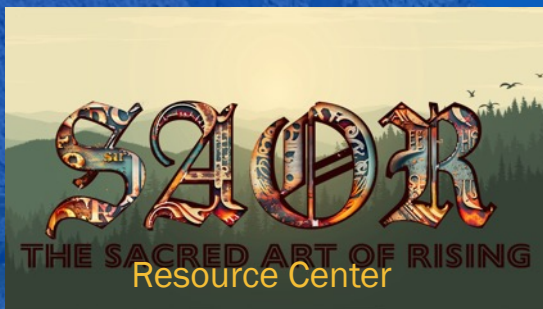
## Founder & CEO

Jessica is a Fine Artist, Art Educator and current student of the Creative Arts Therapy Master of Science at Syracuse University, graduating in May of 2024. Jessica earned her Bachelor of Fine Arts in Studio Arts from Syracuse University as well.

Jessica is a survivor of chronic and complex trauma with several related health disparities and disabilities. Jessica's mission is to help others heal through chronic and complex trauma before they sustain related health disparities, to assist them in the reclamation of their hearts, bodies, and minds from the Living Legacy of Trauma, and to provide a solid foundation in which they can reroute their lives into their self-directed purpose.

Jessica uses Creative Arts Therapy to provide psychoeducation on how acute, chronic and complex trauma impact the explicit and implicit mind, the somatic self, and how creative investigation and investments into the self can be implemented while journeying through path of recovering the *whole self* from the Living Legacy of Trauma.





# Mission Statement

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SAOR's Mission is to aid healing from chronic and complex trauma exposure via nonverbal and verbal therapeutic platforms, to provide a safe space for explorations in existential self-discovery and self-actualization, and aid in individual, family, and community healing. SAOR's retreat-styled and trauma-sensitive services will invest in historically disinvested and neglected communities and engage survivors with fellow survivors in the journey of healing *as we are stronger together.*

Community ∞ Creation ∞ Catharsis

# What is Trauma?

The Substance Abuse and Mental Health Services Administration (SAMHSA) describes *individual* trauma as an event or circumstance resulting in:

- physical harm
- emotional harm
- and/or life-threatening harm

The event or circumstance has lasting adverse effects on the individual's:

- mental health
- physical health
- emotional health
- social well-being
- and/or spiritual well-being

## Traumatic events can include:

- Sexual Assault trauma, Adverse Childhood Experiences (ACE's), and Intergenerational Trauma
- Physical Assault
- Intimate Partner Violence (IPV) including verbal, emotional, and psychological abuse.
- Domestic Violence (DV) including preverbal
- Military Combat violence
- Community violence
- Witnessing a violent act

And many more...

# What is *Collective* Trauma?

The American Psychological Association describes Collective Trauma as:

“An event or series of events that impact not only one person but also a group of identified or targeted people. Collective trauma usually refers to traumas rooted in oppression or discrimination toward a minority group by a dominant group, in contrast to interpersonal trauma.”

Source: <https://www.apa.org/about/governance/president/grief-toolkit/collective-trauma.pdf>



# PTSD & CTSD Symptomology

*“These are symptoms, they are not character traits.”*

~Janina Fisher

## Re-experiencing symptoms

- Flashbacks—reliving the traumatic event, including physical symptoms, such as a racing heart or sweating
- Recurring memories or dreams related to the event
- Distressing thoughts
- Physical signs of stress
- Thoughts and feelings can [activate] these symptoms, as can words, objects, or situations that are reminders of the event

## Avoidance symptoms

- Staying away from places, events, or objects that are reminders of the experience
- Avoiding thoughts or feelings related to the traumatic event
- Avoidance symptoms may cause people to change their routines. For example, some people may avoid driving or riding in a car after a serious car accident.

## Arousal and reactivity symptoms

- Being easily startled
- Feeling tense, on guard, or on edge

- Having difficulty concentrating
- Having difficulty falling asleep or staying asleep
- Feeling irritable and having angry or aggressive outbursts
- Engaging in risky, reckless, or destructive behavior
- Arousal symptoms are often constant. They can lead to feelings of stress and anger and may interfere with parts of daily life, such as sleeping, eating, or concentrating.

## Cognition and mood symptoms

- Trouble remembering key features of the traumatic event
- Negative thoughts about oneself or the world
- Exaggerated feelings of blame directed toward oneself or others
- Ongoing negative emotions, such as *fear, anger, guilt, or shame*
- Loss of interest in previous activities
- Feelings of social isolation
- Difficulty feeling positive emotions, such as happiness or satisfaction
- Cognition and mood symptoms can begin or worsen after the traumatic event. They can lead people to feel detached from friends or family members.

\*Diagnostic data in appendix.

# Complex & Chronic Trauma Exposure as a Public Health Issue

## Health Disparities associated with Chronic Trauma Exposure

- Irritable Bowel Syndrome
- Eating Disorders
- Obsessive Compulsive Disorder
- Heart Disease
- Obesity
- Diabetes
- Autoimmune & Inflammatory Diseases
- DNA methylation
- ADHD-like symptomology (especially in children)
- Oppositional Defiant Disorder
- Conduct Disorder
- Major Depressive Disorder
- Anxiety
- Attachment Disorder
- Adjustment Disorder
- PTSD & CTSD
- Substance Use Disorders (SUD)
- Stress-induced Epilepsy
- Borderline Personality Disorder (chronic developmental trauma exposure)
- Dissociative Identity Disorder (chronic developmental trauma exposure)
- Suicidal Ideation & Completed Suicide

\*Relevant Syracuse Health Data noted in Appendix.



In youth and adolescents, symptoms of chronic trauma exposure, depression, and anxiety can look like ADHD and Oppositional Defiant Disorder, and can also be the cause of gastrointestinal issues, blocked trust, attachment disorders, eating disorders, self-harm, and suicidal ideation.

# *The Living Legacy of Trauma*

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“After the overwhelming experience is over and they have survived, traumatized individuals are left with only a fragmented, confusing sense of what happened. Traumatic reminders continue to keep the trauma ‘alive’ by repetitively re-activating the stress response system and survival defenses. Unaware that these reactions are traumatic memories held in the body, clients assume that they are still in danger or somehow at fault. Without a way to understand sensory and body memories, survivors of trauma come to either distrust themselves or distrust others. Telling the story of what they remember sometimes brings relief but does not resolve the ‘living legacy’ of traumatic reactions that continue to torment the client day after day.”

~Janina Fisher

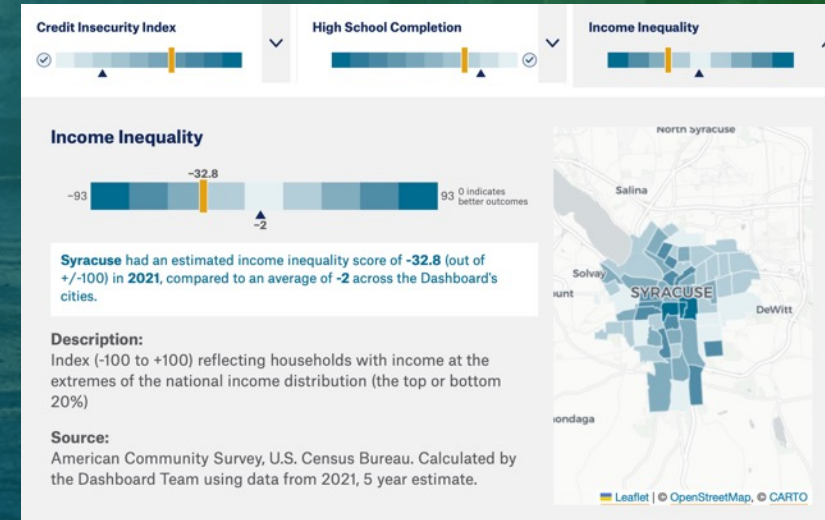
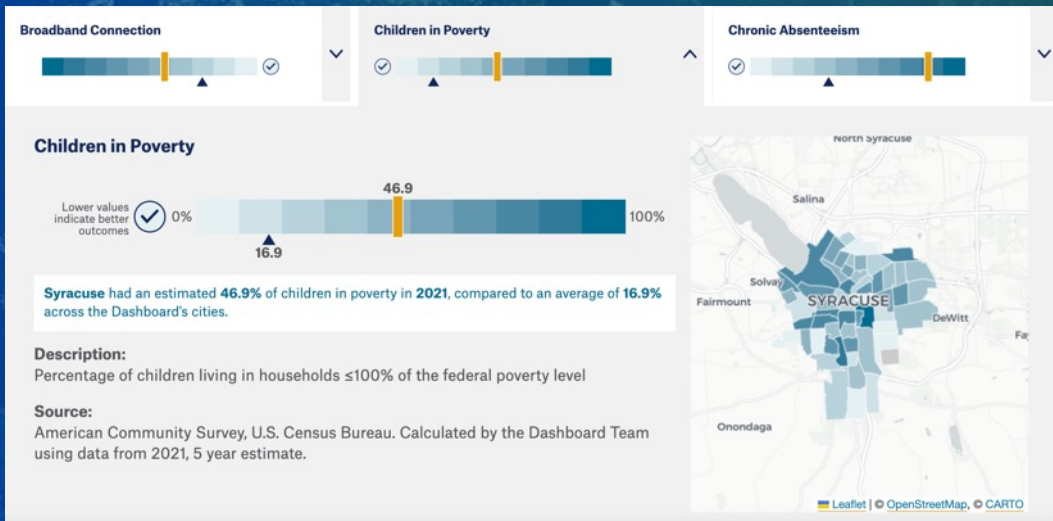
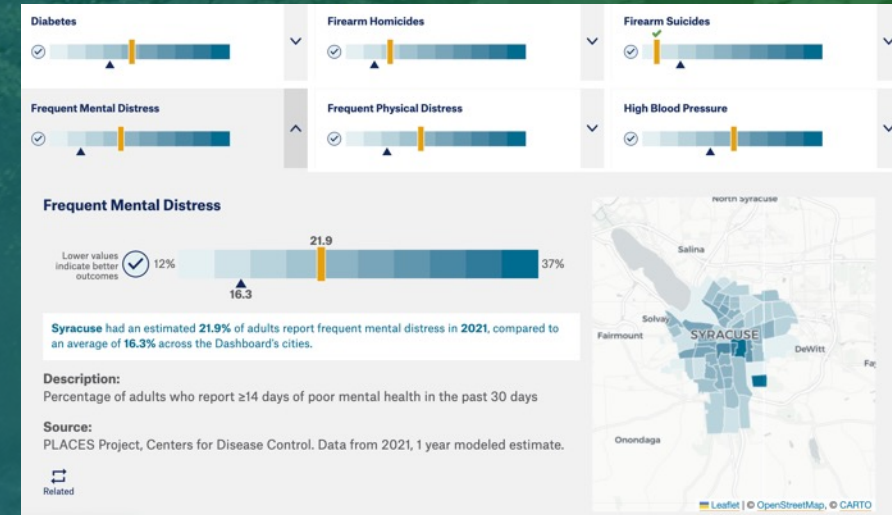
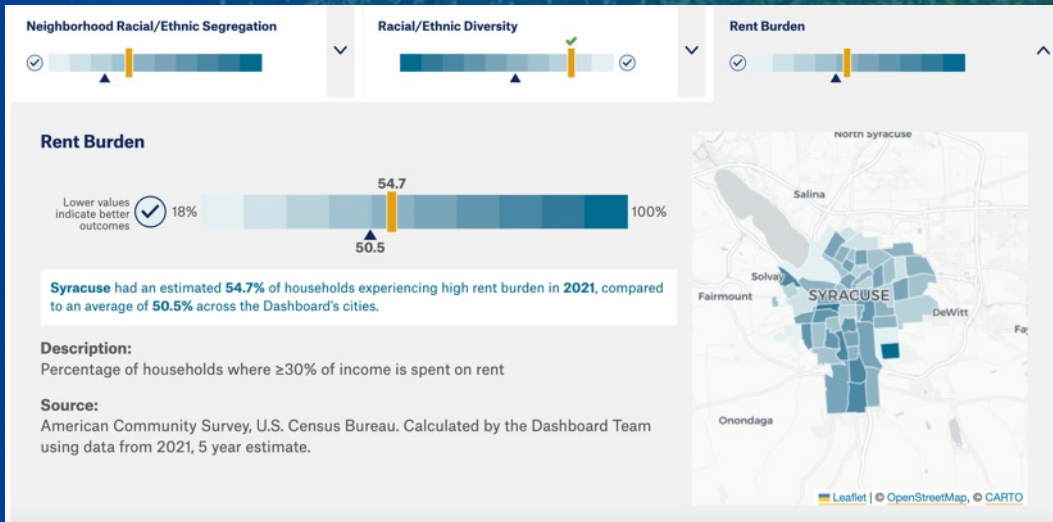
Source: <https://catalog.pesi.com/item/the-living-legacy-trauma-janina-fisher-phd-tangible-tools-transform-clinical-practice-74973>



# City Health Dashboard Data

# Syracuse, NY

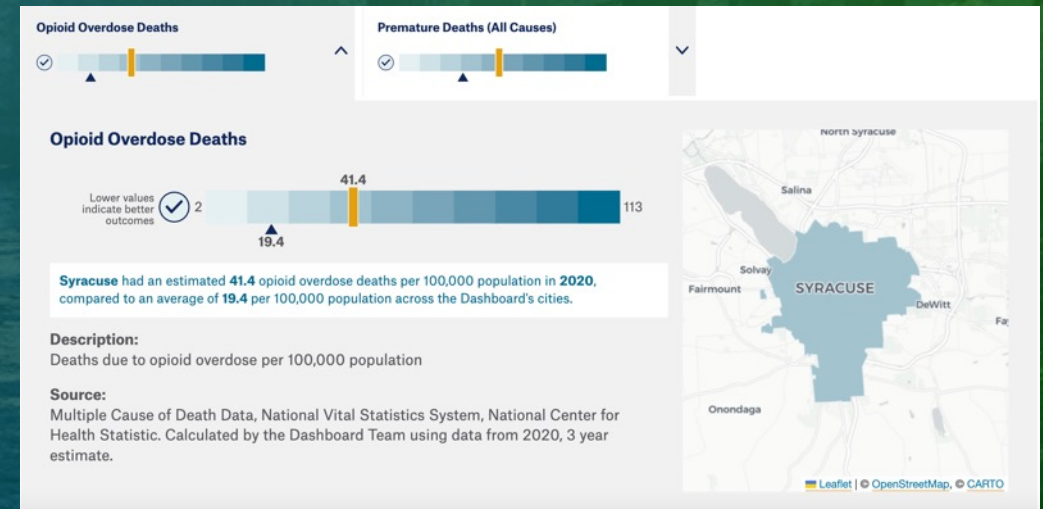
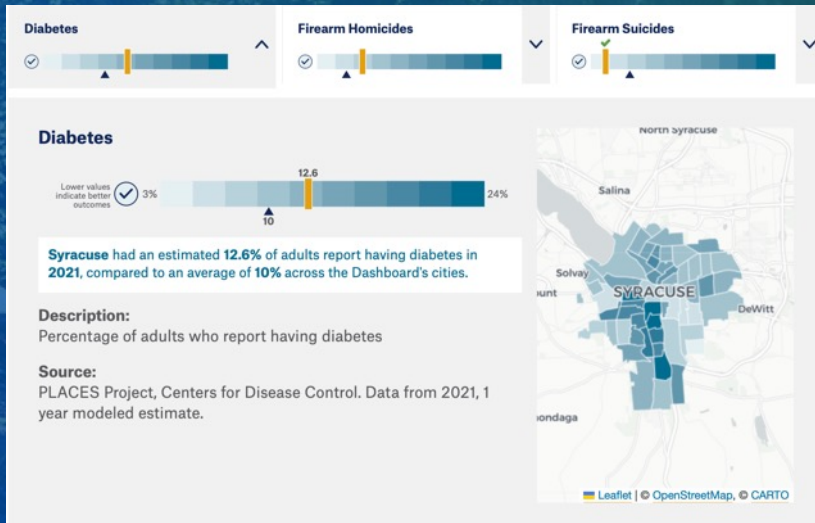
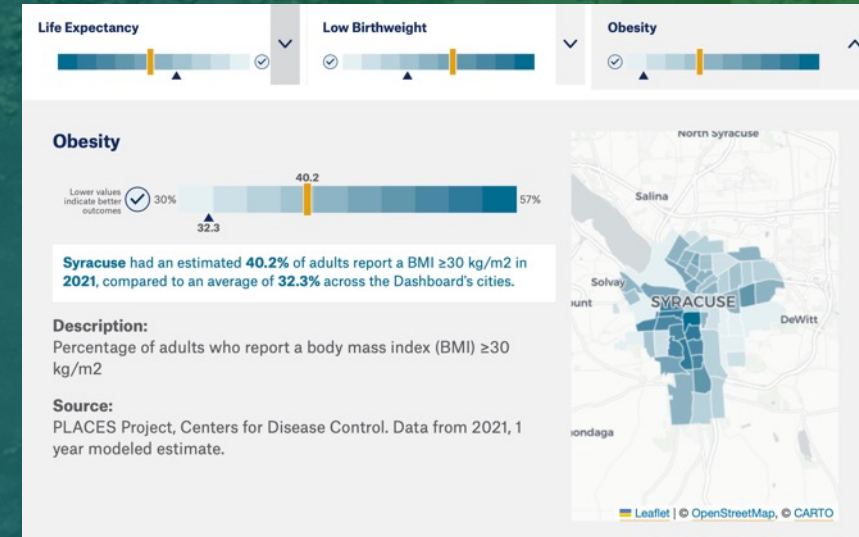
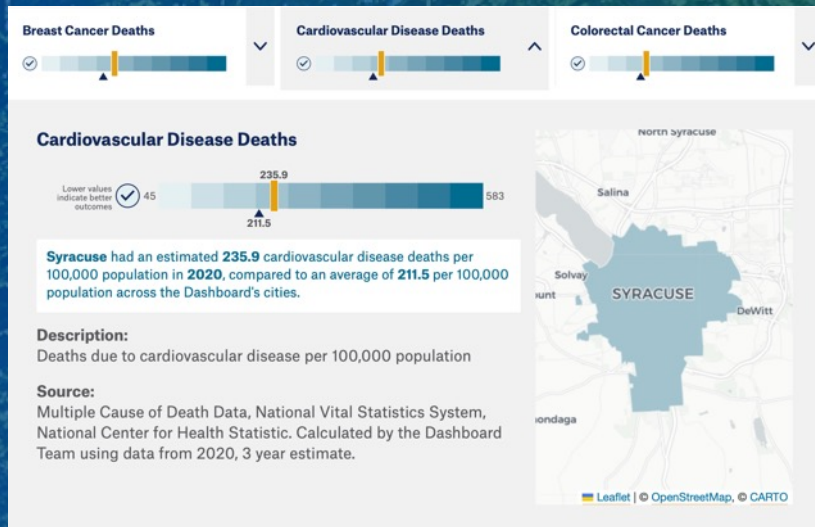
Population  
146,781



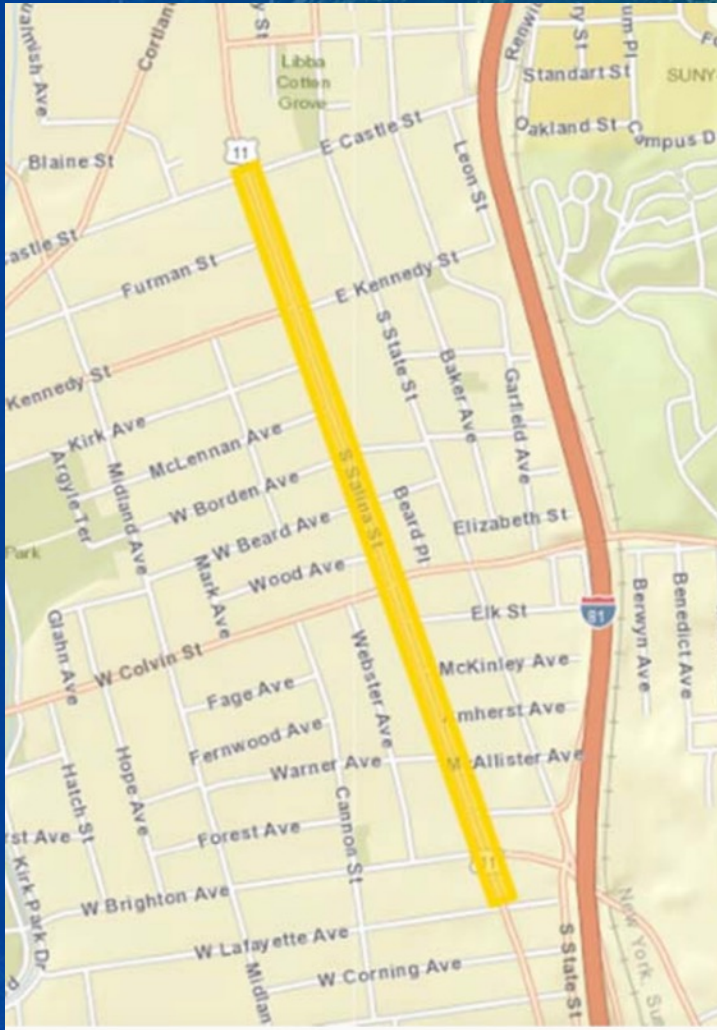
# City Health Dashboard Data, cont'd

# Syracuse, NY

Population  
146,781



# South Salina Commercial Corridor Demographics



2018 Population: 8,273 per square mile

Blacks/African Americans represent most of the population share (81.2%); 9.4% is white, and the same share (9.4%) identifies as Hispanic. This legacy African American population contributes to the large share of households that speak only English at home (85.3%).

22% of residents do not have cars

Walk score of 65 with no pedestrian lights and missing sidewalks in some locations

Transit score of 45

Traffic count 9,500

The average household size is 3.02 with incomes of approximately \$27,010, nearly \$5,000 less than the city's average. The largest share of the households (47%) earns less than \$25,000, which is likely a factor of one-income households indicated by the percentage of households with no spouse present (50.5%).

Multigenerational households are also more common in this neighborhood than others studied (9.4%). Income in the neighborhood is projected to grow by 12% over the next five years, a growth rate higher than the city's projected overall growth.

A small share of this population has obtained a bachelor's degree or higher (9%), which is among the lowest of all trade areas.

Vacant house in this neighborhood is at 21%. Numerous vacant, brick, pre-war buildings are in need of redevelopment.

# The Sacred Art of Rising *Solution*

Sacred Art of Rising  
Mobile App



Syracuse, NY

Open Access Creative Arts Therapy, SAOR Café, CSA, Community Garden, Community Engaged Arts programming, career counseling, social leisure green terrace & special events!

Free & Sliding Scale Content

Virtual & In-Person Engagement Opportunities



Tully, NY

Open access retreat center tending the health and well-being of the whole-person with a vast array of nonverbal, alternative, and traditional therapies.



**SAOR**  
THE SACRED ART OF RISING  
Resource Center

Take your  
mental health  
day and come  
out to SAOR!



Invest in the  
well-being of  
yourself & your  
family.

- Located on the CENTRO line in Syracuse's Southside.
- Provides open access to Creative Arts Therapy, Trauma-Informed Yoga, & Self-Defense classes.
- Has an organic and affordable café with well-rounded intentional meal offerings focusing on traditional cultural dishes, gut health dishes, and brain health dishes.
- Community Supported Agriculture shop
- Provides a safe social rest and green space for adolescents, adults and families on the Social Rest & Meditation Green Terrace.
- Career Counseling & Small Business Incubator space
- Provides a community engaged social justice art space with a gallery and cyclical artist-in-residence program.
- Embarks on routine community investment projects which include going out into the community, seeking community members who would like to participate in new projects, and activates abandoned spaces with various forms of art and green space improvements.
- TIF Etiquette for Legal Professionals Representing Survivors



## Open Access Resources

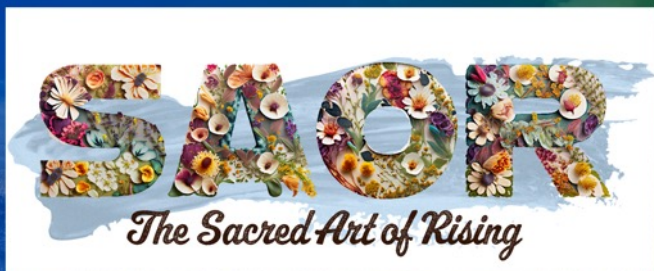
- Museum-based Creative Arts Therapy
- Open Studio w/ Art-based Psychoeducation Workshops
- Somatic Therapy
- Therapeutic Massage
- Play Therapy & Art Therapy for children
- Emotions-focused Family Therapy
- Traditional Talk Therapy
- Community garden with mentorship programming
- Anonymous meetings platform
- Restorative Justice Program (closed cohorts)
- Free transportation to SAOR Retreat Center twice daily



## Café & Community Supported Agriculture (CSA)

- Café with healthy meal options
- Commercial kitchen- can be rented out to restaurant start-ups on sliding scale w/ SAOR Social Media push
- Nightly events (Spoken Word & Slam Poetry, Blues Nights, weekly LGBTQIA+ Sunday Brunch, Community Activism & Investment meet-ups, etc.)
- CSA to welcome local vendors and sell SAOR Homestead & local vendor products
- EBT & WIC eligible CSA products, 10% discount for City of Syracuse residents





*The Sacred Art of Rising*  
**Retreat Center**

As a Guest of the Sacred Art of Rising Retreat Center, we offer you warm and healthy comfort food, open access to a wide array of nonverbal and talk therapies to accommodate diverse interests, learning styles, and abilities, time and space for existential rest and exploration, nature exposure, creative exploration outlets, psychoeducation, self-defense training, and an evening bond-fire to decompress your day with.



The Blackbird House by Will Bruder



# Retreat Center Services



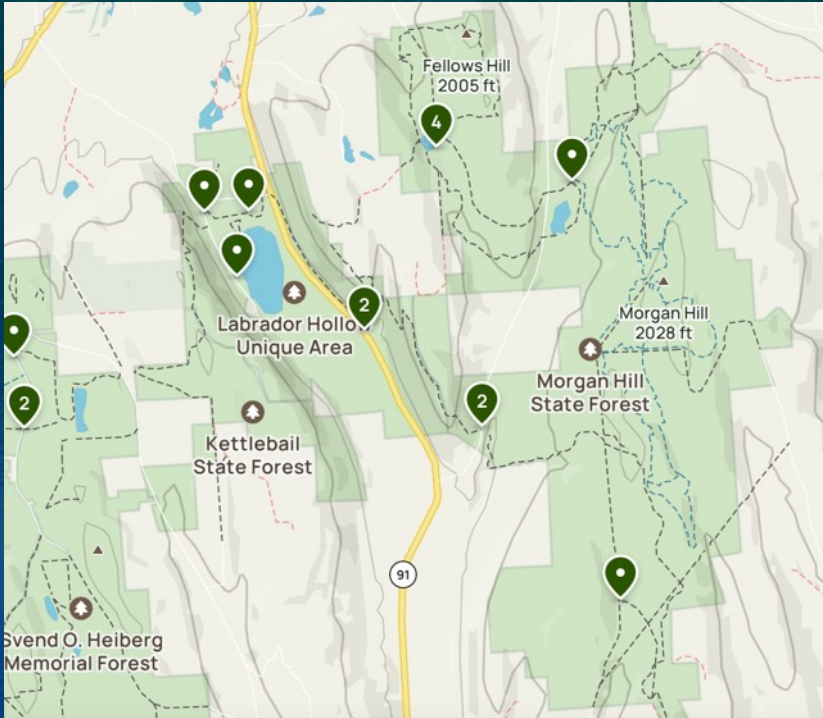
- Retreat-style accommodations for 3-7 days with single and shared rooms.
- 6-week Tiny Home Haven retreat accommodations for families fleeing domestic violence and survivors of sex trafficking.
- Intentional Eating Culinary Program with commercial kitchen and apprenticeships.
- Art studio, ceramic studio, woodshop, and metalshop w/ academic internships and an Artist-in-Residence programs.
- Full Day Spa
- Fully equipped Homestead with barn, greenhouses, and an Homesteader-in-Residence program with apprenticeships.
- Wilderness Therapy program with short hikes to week-long excursions.
- Career counseling with an entrepreneurial incubator program and community incubator partnerships.
- Educational opportunities for youth residing in SAOR's Tiny Home Haven facilities include Outdoor Education, Independent Study, and Montessori-style educational exploration. Youth also have the option to participate in Play Therapy, and all developmentally appropriate nonverbal and verbal therapies with parental consent.





# Therapies Offered

- Creative Arts Therapy & Open Studio
- Expressive Arts Therapy
- Music Therapy & Dance Therapy
- Sound Bathing
- Somatic Therapy & Therapeutic Massage
- Play Therapy
- Emotions-focused Family Therapy
- Trauma-sensitive CBT & DBT
- Nature-based CBT & DBT
- Horticulture Therapy
- Agriculture Therapy
- Wilderness Therapy
- Trauma-Informed Yoga
- Martial Arts & Self-Defense Classes
- Intentional Community Building





# The Sacred Art of Rising Mobile App

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Seek Equanimity, Inspiration, & Loving Kindness Anywhere, Anytime

# SAOR Subscription-based Mobile App

## \$9.99/ mo (SNAP Recipients \$1.99/mo)

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This HIPAA Secure app will operate similar to a combination of PepTalk, InsightTimer, SimplePractice & My Health Story, with free and sliding scale services.

- Daily BIPOC-focused Motivational Affirmations (free)
- Daily Self-Empowerment Affirmations (free)
- Entrepreneurial Motivation Videos (free)
- Our Stories: Stories of Post-Traumatic Growth from our Survivors
- Interviews with leading experts in trauma research, emotional literacy, and BIPOC post-traumatic growth.
- Educational Entrepreneurship Videos & Live Workshops
- Creative Technique Videos & Live Streams
- Sound Bathing, Positive Psychology, & Entrepreneurial Motivation Walking Meditations (free)
- Body & Mind Diary- keep track of moods, physical sensations, trauma response activations, understand personal patterns & record investments into the self (free)
- HIPAA Secure Remote Therapy platform
- Career Counseling
- Trauma-Informed Yoga Livestreams
- Registration Hub for Visiting Workshops, Corporate Trainings, & Conferences
- Visiting Workshop Livestreams
- Bi-Weekly Open Studio Livestream (free)

# Investing in our Marginalized Communities

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Systemic Trauma, Disinvestment & Neglect has led to broken families, poverty and intergenerational wealth gaps, health disparities including substance use disorders, and contracted the potential of the beautiful minds within our marginalized communities. We are living in a time where we can consciously address these inequities and create real and positive rippling impacts within our neglected communities.

Chronic Toxic Stress Exposure, such as surviving through the demands of poverty, can overwhelm Working Memory function/allostatic load and activate trauma response symptoms such as irritability, anger, exaggerated startle response, fight or flight responses, and dissociative states. Long term, this can cause dysregulation in the trauma response system and activations can present themselves without prompting, i.e. panic attacks or episodes of debilitating depression. Exposure to nature can reduce the stress-load on working memory function and allow the mind and body to engage in systemic rest and existential curiosity.

Traumatic memory is stored in the body and implicit/ subconscious mind, as well as the conscious mind. Often, traumatic memories are repressed for survival because the psyche simply cannot tolerate the traumatic memory and can contribute to short term memory issues. Trauma response symptoms can also resurface in ways which confuse the survivor. These implicit stored memories can be the root of maladaptive behavioral patterns, such as anger issues and pushing away loved ones. Chronic trauma exposure they can also code the DNA for future generations. This coding process, known as DNA Methylation, also causes future generations to be more susceptible to PTSD.

# Investing in our Marginalized Communities, cont'd

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Early treatment for trauma exposure, within the first 30 days, can have the greatest impact in the presentation of PTSD symptomology.

Engagement of the Implicit/ Nonverbal self in the treatment of Chronic and Complex Trauma Exposure allows the survivor to safely engage with traumatic memory stored in the body and implicit mind from a safe distance/ a birds-eye-view. Cathexis offers a safe space to investigate, externalize, and deal with these stored memories. Combined with psychoeducation on the trauma response system, one can begin to understand everything that is going on with their body and mind, from there they can embark on a journey of healing.

While on this journey, space in the mind can be created for creative investigation into the self, one's strengths and passions, and their purpose. But one must be able to gain access to this creative space, by healing the survivor self, one's panorama can expand, and life-purpose can be seen and pursued from a place of empowerment and self-compassion.

## Why nature?

Green & Blue space benefits to working memory, allostatic load, executive function, hormone balance, physical health, immune function, and self-preservation.

## Why clean food?

Clean and intentional eating is an investment in one's well-being. Anti-inflammatory diets can help with the impacts of many of the health disparities related to trauma. They are not a cure, the whole body needs to be tended delicately and with self-compassion. Clean eating is a way to show your body loving kindness. Overly processed foods with pesticide/ herbicide exposure or ingredients like carrageenan or Yellow #5 can contribute health disparities. Clean eating is preventative care for a trauma survivor's body.



## Why community?

People need people. After COVID, trauma exposure and mental well-being are topics we have all come to more greatly recognize and understand. But, more importantly, it is how we survive and thrive as humans. Humanity simply could not have evolved to its current state without community, tribes, families, and close friends. Our internal reward system provides us with bursts of dopamine, *naturally occurring* opioids, and oxytocin when we engage in quality time with our families and friends and engage in social rest.

When we isolate, we experience cognitive decline, increased physical pain, and can get caught in negative thought patterns and loops causing deeper suffering. When we have our people, our chosen family, the people that love us and the people we love, we are healthier and happier. PTSD and CTSD can cause debilitating social anxiety, depression, isolative behaviors, disinterest in things which we previously enjoyed, and levels of physical pain and emotional suffering which becomes intolerable. This is dangerous because when one is desperate for the suffering to cease, they become vulnerable to substance use, re-victimization, a wide array of mental health disorders, and physical illness/ dis-ease, and suicidal ideation. We need each other's light.

# Full Development Financials

Phase 1  
SAOR Resource Center & Mobile App  
2025-2027

Phase 2  
SAOR Retreat Center  
2027-2030

Phase 3  
SAOR Retreat Center Expansion  
2030-2032

## Phase 1 Budget

### SAOR Southside Resource Center & SAOR Mobile App Development

2025: \$2,523,060

Combined Capital & Annual Budget

2026: \$5,339,040

Combined Capital & Annual Budget

2027: \$3,549,860

Phase 1 Completion. Transition to Phase 2 Capital & Annual Budget.

## Phase 2 Budget

### SAOR Tinkers Falls Area Retreat Center

2027 Transition: \$20,031,350  
Combined Capital & Annual Budget

2028: \$6,456,880

Combined Capital & Annual Budget

2029: \$5,270,600

Combined Capital & Annual Budget

2030: Option to Extend into 2030

## Phase 3 Budget

### SAOR Tinkers Falls Area Retreat Center: Tiny Home Haven and Retreat Expansion

2030: \$7,752,200

Capital & Annual Budget

2031: \$5,622,200

Capital Completion & Annual Budget

2032: \$4,503,200

Regular Annual Budget minus Cost-of-Living Increases

# Primary Revenue Drivers

## 1 SAOR Mobile App

Subscription-based App available with in-app free and sliding scale content and opportunities for in-person participation accessibility via Visiting Workshops and Corporate Trainings led by SAOR's diverse array of therapists.

## 3 Grants & Donations

- 2 fulltime staff Grant Writers seeking local, regional, national and international grant opportunities on a rolling basis.
- *Give What You Can and Pay it Forward* donations can be made in person or online. We thank you with loving kindness.

## 2 SAOR Café & CSA

The SAOR Café & CSA will be open daily with organic and affordable food, safe spaces for social rest, career counseling services, urban farming mentorship, anonymous AA/NA meetings, a Restorative Justice program, Trauma-Informed Library, Creative Arts Therapy and Open Studio in Local Activist Art Space, green terrace leisure area, nightly events, and LGBTQIA+ Sunday Brunches.

## 4 Insurance Billables

Traditional talk therapy with an LMSW/ LCSW can be billed for using Medicaid and Medicaid Managed Care plans. Creative Arts Therapy and other non-traditional therapies can be billed with for certain kinds of insurance but are not covered by Medicaid or Medicaid Managed Care plans. Insurance billables will not be a primary source of revenue as SAOR's target market includes marginalized communities enduring economic inequities.



# Phase 1 Expenses & Revenue Sources

Phase One Total Expense Budget	2025	2026	2027
Capital Budget	1,979,000	2,143,680	182,600
Salaries	544,000	2,001,000	2,172,000
Replenishables	60	1,195,260	1,195,260
<b>Total</b>	<b>2,523,060</b>	<b>5,339,940</b>	<b>3,549,860</b>

## Revenue Sources

### Earned Income

- SAOR Café & Events
- SAOR CSA
- SAOR Mobile App
- Insurance Billables

### Government Funding

- Funding from the City of Syracuse
- Funding from the State of New York
- VA funding for Vets 10%

### Foundation Grants

- Two dedicated grant writers on staff at The Resource Center

### Applicable Government & Foundation Sources

NYSOMH, NYHealth, ODTA, NYSDAM, NYSED, OASAS, SAMHSA, USDA, Community Foundation, Allyn Foundation, Cabrini Foundation, Community Services Block Grant, Robert Wood Johnson Foundation, Bill & Melinda Gates Foundation, and many more...

### Special Initiatives

- Corporate Trainings (i.e. Law Firms serving Survivor Populations such as Domestic Violence Survivors)
- Art-based Psychoeducation Workshops & Museum-based Open Access Creative Arts Therapy in marginalized communities and cities outside of Central New York.

## Detailed 3-Phase Financial Breakdown

Spreadsheet:

<https://1drv.ms/x/s!AuZr4ssyG-bxjCP35K-3bJL8NEc5>

# Phase 1 Revenue Projections

SAOR Earned Income Revenue Projections	2025	2026	2027
Café & CSA Revenue Projections	379,200	432,800	432,800
Annual App Projected Revenue	9,990	12,488	15,609
Special Initiatives (can begin in 2024)	105,360	105,360	105,360
<b>Total Earned Income Revenue Projections</b>	<b>494,550</b>	<b>550,648</b>	<b>553,769</b>

## Earned Income

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- SAOR CSA
- SAOR Mobile App
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# Landscape Analysis: Syracuse, NY

## Community & Arts-based Wellness & Education Resources in Syracuse

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- The Community Folk Art Center (CFAC), La Casita Cultural Center, and Mercyworks Vision Center offer after school arts, STEM, and college preparatory programming at no cost.
- The Southside Communications Center offers open access literacy and creative writing programming, Open Studio Makerspace on Saturdays and Creative Arts Therapy.
- The Brady Market, the Brady Farm, and the Stone Soup Community Education Garden is a grocery store with retail, deli/catering, wholesale grocery operations, job training, and wrap-around healing support services with holistic health programming which enables Brady to support the physical and mental health of community members. The Brady Market also offers classes in health and nutrition to help reduce health disparities caused by chronic stress, trauma, and lack of equitable food access.
- The Creator's Lounge is an open access arts-based entrepreneurial incubator.
- Vera House offers safe refuge and therapy for survivors of Domestic Violence and Sex Trafficking.
- Helio Health offers inpatient and outpatient treatment for survivors of Substance Use Disorders and outpatient Mental Health Treatment.

*These institutions provide rich benefits to children, adolescents, and adults in Syracuse's marginalized communities.*

*SAOR does not seek to compete with these institutions, but rather compliment their missions via strategic partnerships.*

# Marketing Plan



- Dedicated marketing staff
- Bi-weekly Empathy-focused Social Media Outreach on TikTok and Instagram
- Free Psychoeducational content on SAOR's LinkedIn and YouTube channels
- NPR Fiscal Sponsorship
- iHeart Media Radio Ads
- Community Outreach & Investment Projects
- Strategic Partnerships with local institutions such as: Syracuse Community Health, Southside Innovation Center, WISE Women's Business Center, Syracuse University, CFAC, La Casita Cultural Center, Southside Community Center, Southside Communications Center, Mercyworks Vision Center, The Brady Market, Wegmans, Tops Supermarkets, Helio Health, SCSD, CNY Pride, OG's Against Violence, and Take Back the Streets.
- Semi-annual SAORing Arts Festival
- Annual Gala at The Syracuse Hotel
- SAOR Resource Center Events & Community Action Panel
- SAOR Mobile App cross markets events
- Direct engagement in cities and marginalized communities around the continental United States via in-person Open Access Art Therapy Visiting Workshops and corporate trainings. Both expanding the subscriber base for SAOR's mobile app.

# Traction

## Connections:

- We have brought on a Chief Operating Officer; Shubh Swain has a Ph.D. in Population Science from Cornell. He has led the design, management, program monitoring, and impact evaluation of more than 30 health programs at community, state, and federal levels.
- We are currently searching for our Chief Finance Officer and Corporate Compliance Officer.
- Currently in search of Board Member candidates.
- Discussions with Electronic Health Record Management systems EPIC and AthenaHealth currently underway.
- Standing connections with CFAC, La Casita Cultural Center, MercyWorks Vision Center, and the Community Foundation.

## Seed Funding:

- Application submitted for Orange Innovation Fund to cover legal fees for the 501c3 articles of incorporation, trademarking and IP.

## Website Developer:

Aditee Suryakant Malviya  
Full Stack Developer  
Syracuse University's  
Blackstone Launchpad

## Mobile App Developer:

Currently in search of a Syracuse-based app developer.



# Team Advisors



## Community Foundation:

- Qiana Williams, MA., MSc (Program Officer)

## Syracuse University:

- Indaria Jones (Entrepreneurial Advisor and Southside Syracuse Nonprofit Entrepreneurial Expert)
- Linda Dickerson Hartsock (Entrepreneurial Advisor)
- Traci Geisler (Entrepreneurial Advisor)

# Building Us Up

It is important to acknowledge the impact we have on one another, and to know that just one person can make a powerful impact in someone's life. Sometimes it takes a tribe of people believing in you before you can believe in yourself. Survivors of Chronic and Complex Trauma Exposure are a vulnerable population just needing to see that they are of some value to others. Our society serves microaggressions and microinsults so easily without regard to the hearts and spirits they are harming.

When I'm working with clients or patients and they have that "aha" moment, when they realize how powerful their strengths are, how vivid their passions are, and begin to witness their actual value, that is the most beautiful in the therapeutic process moment for me. But arrival to that place takes a lot of *hard work* and dedicated self-investment, and being as it is actual "work" the mind and body also need ample systemic rest and recovery time during this process. This is what SAOR seeks to provide- a platform for healing, systemic rest, existential exploration opportunities, and support in self-actualization pursuits, in as many different learning dialects as possible. *So let's do this!*

**“Healing the wounds of collective trauma is a challenge that requires supporting each other, and fighting together to achieve social justice.”**

~American Psychological Association Presidential Task Force for the Culturally Informed

# Thank You

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Through community investment, community building, creative exploration, somatic awareness, clean foods, nature exposure, and mindfulness practices, catharsis can be engaged, and we can help one another find and reach our own highest good. *Together.*

Community ∞ Creation ∞ Catharsis

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# Additional Content

SAOR's New COO

Trauma Exposure Diagnoses & Symptomology



# Shubh Swain, DrPH

SAOR's COO

Shubh Swain is a public health program implementation expert. He has led the design, management, program monitoring, and impact evaluation of more than 30 health programs at community, state, and federal levels. He has worked around the issues of HIV prevention, harm reduction among injecting substance users, maternal and child health, prevention of gender-based violence, and improving nutrition through a food system approach in diverse low-resource settings of the Global South.

He has a Ph.D. in Population Sciences and worked as a faculty member at Cornell University for seven years. He is passionate about underserved populations. Coming from a low socio-economic background in a remote district in India, Shubh realizes the importance of equity and inclusion to achieve better human well-being.

# Trauma Exposure Diagnoses

## Acute Stress Disorder DSM-5-TR

Acute Stress Disorder is the development of characteristics including intrusion symptoms, negative mood, dissociative symptoms, avoidance symptoms, and hyperarousal symptoms lasting from 3 days to one month following exposure to one or more traumatic events including exposure to actual or threatened death, serious injury, or sexual violation in one or more of the following ways:

1. Directly experiencing the traumatic event (s)
2. Witnessing, in person, the event(s) as it occurred to others.
3. Learning the event(s) occurred to a close family member or close friend.
4. Experiencing repeated or extreme exposure to aversive details of the traumatic event(s).

Source: DSM-5-TR

## Post Traumatic Stress Disorder DSM-5-TR

Post Traumatic Stress Disorder is the development of characteristic symptoms following exposure to one or more traumatic events including actual or threatened death, serious injury, sexual violence. The presentation of PTSD symptoms varies and can present with fear-based re-experiencing, emotional and behavioral symptoms, anhedonic or dysphoric mood states, negative cognitions, hyperarousal and reactive-externalizing (expressing anger, harming others), and dissociative symptoms, or any combination of these symptom patterns. Emotional and behavioral symptoms include intrusion symptoms (flashbacks, nightmares), dissociative reactions in which the individual feels or acts as if the traumatic event(s) were recurring, with the most extreme being a loss of awareness, intense or prolonged distress at exposure to internal stimuli or external cues which symbolize or resemble the traumatic event(s), persistent avoidance of stimuli associated with the event, negative alterations in cognitions and mood associated with the traumatic event(s) which causes clinically significant distress or impairment on social, occupational or other important areas of functioning which lasts more than one month and is not attributable to the psychological effects of a substance.



Source: DSM-5-TR

## Complex Traumatic Stress Disorder ICD-11

The ICD-11 formulation and characterisation of the two disorders follow from a long history of clinical observation that individuals who experienced chronic, repeated and prolonged traumas, such as childhood sexual abuse or domestic violence, tended to experience more complex reactions extending beyond those typically observed in PTSD and which included effects in three key domains: emotion regulation, self-identity and relational capacities. Thus, in ICD-11, CPTSD is a disorder that includes not only the symptoms of PTSD but additionally disturbances in re-experiencing of the trauma (for example nightmares, flashbacks), avoidance of reminders of trauma-related stimuli (for example places that reminded the person of the event, talking about the experience) and hypervigilance (for example easy startle, excessive attention to potential threat).

Source: <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/icd11-complex-posttraumatic-stress-disorder-simplifying-diagnosis-in-trauma-populations/E53B8CD7CF9B725FE651720EE58E93A4>