



Strengthening You Newsletter



HAPPENINGS

CHW STRENGTH

COMMUNITY HEALTH WORKER TRAINING -
AFTERNOON CLASS 2-4P OR EVENING 6-8P
MON 9/25/2023 TO MON 11/06/2023

FOR DETAILS VISIT

[HTTPS://WWW.CHWSTRENGTH.COM/SERVICES](https://www.chwstrength.com/services)
TO ATTEND SELECT TRAININGS, EMAIL US FOR
MORE INFO STRENGTHENINGCHWS1@GMAIL.COM

WORKFORCE DEVELOPMENT MEET:
OCTOBER 11TH

VA COMMUNITY HEALTH WORKER DEVELOPMENT
COUNCIL

VACHW ASSOCIATION MONTHLY MEET: OCTOBER
17TH
VACHWA MEETINGS

LEARN MORE ON HOW YOU CAN CONTRIBUTE TO
THE MISSION

[HTTPS://WWW.CHWSTRENGTH.COM/SUPPORT](https://www.chwstrength.com/support)



WANT TO HIGHLIGHT YOUR CHW CONTRIBUTIONS IN THE
NEXT STRENGTHENING YOU NEWSLETTER,
EMAIL US AT STRENGTHENINGCHWS1@GMAIL.COM

In the month of October, Domestic Violence awareness is observed. Domestic Violence is defined as someone who uses violence or manipulations to maintain power or control over someone. This can be in the form of physical, emotional, sexual or financial abuse. More prevalent than made aware, many experience verbal domestic abuse in the home. CHW Strength sat down with a healed domestic violence victim to get their thoughts and share with the community.

- In your opinion, how does verbal violence begins? For me, it began in the home - familiarity. From my perspective, I didn't see it coming because it was familiar. I didn't know what it looked like because it was from a loved one (my husband). It's not always awkwardly ugly.

- With home being the "safety net" from the world, how did you navigate the day-to-day with the familiar behavior?

When I realized I needed help, I spoke with a school counselor who gave me space and time to talk to her. That gave me great relief. Also a trusted neighbor was a safe space to just go and be.

- What are some things CHWs can do to help someone in the community that may be experiencing domestic abuse?

Holding SPACE for sure, being a listening ear. You don't have to have all the answers. Just being a soft landing spot. Free from judgement. Just open space.

- Verbal abuse may not be present to the physical eye but what are signs to detect of a verbal abuse victim.

It's so misleading because someone could be smiling or joyous. Signs may look like it being hard for them to take compliments and/or diverting eye contact. Avoiding interaction or coming out their shell may be hard for a victim.

- What are practical help tools or activities CHWs can offer? Easy things, such as meeting up for a walk. Free events happening locally. Community centers that offer free/reduced price hobbies or opportunities to make connections. Inviting them to do that brings them joy.

- How does a victim begin to remove themselves from the cycle of abuse?

Key word is self-awareness, pulling back layers and working on yourself. For me, asking yourself those hard questions, How did I compromise my self-worth? Where in my life did this start? Healing those parts of yourself, forgiving yourself.

POWER CORNER

RESILIENCE CORNER

**STOP THE
CYCLE OF
ABUSE**



October is Breast Cancer Awareness month, and CHW Strength is taking the time to acknowledge those who persevere and survived and bring forth information to those who may need it. Breast Cancer is not always apparent, but you can reduce the risks, and show resilience through preventative measures.

DOMESTIC VIOLENCE MAY FEEL LIKE AN UNPREDICTABLE ACT HOWEVER, DOMESTIC VIOLENCE TYPICALLY FOLLOWS A PATTERN OF BEHAVIORS NO MATTER WHEN IT OCCURS. THIS IS KNOWN AS THE CYCLE OF ABUSE. UNDERSTANDING THE CYCLE CAN HELP BRING AWARENESS TO THE MISTREATMENT THAT MAY FEEL NORMAL. THE FIRST STEP IS RECOGNIZING THERE IS A CYCLE OF ABUSE HAPPENING THROUGH LEARNING THE SIGNS TO LOOK FOR. FOR A LIST OF BEHAVIORS OF POSSIBLE DOMESTIC ABUSE CLICK THE LINK: [ABUSIVE BEHAVIORS](#)

Here are some helpful measures to take control of your health:

**TAKE YOUR POWER BACK,
KNOW THE CYCLE OF ABUSE**

↓ 1. BUILD UP

↓ 2. EXPLOSION

↓ 3. REMORSE

4. HONEYMOON OR RECONCILIATION PHASE

1. Maintain a healthy lifestyle.
2. Do home checks! If something feels abnormal, call your doctor.
3. Schedule regular preventive checkups.
4. If you are diagnosed, seek comfort in your personal support system, or your community.

NEED HELP?

CONTACT THE HOTLINE BELOW.

FREE. CONFIDENTIAL. 24/7.

[HTTPS://WWW.THEHOTLINE.ORG](https://www.thehotline.org)

Click here to see your risk assessment for Breast Cancer. [*#pinkispowerful*](#)
<https://bcrisktool.cancer.gov/>

CHW FORUM - Have a topic you want to discuss with other CHWs? We invite you to share in our forum



[HTTPS://WWW.CHWSTRENGTH.COM/FORUM](https://www.chwstrength.com/forum)



ENERGY CORNER

INVEST ENERGY ADVOCATING FOR BREAST CANCER AWARENESS

CHW Strength brings awareness to Breast Cancer month and celebrates the individuals who have battled breast cancer and/or currently battling it. Individuals who may experience Breast cancer, may struggle through a long-lasting battle. This journey can be a long and gruesome one, and each individual deserves the love and care from a strong community. As part of this month's energy corner, here are a few ways you can invest energy in advocating for breast cancer awareness!



Advocating Ideas

1. Pink theme food party
2. Find a local charity run walk to participate in
3. Participate/Volunteer in fundraisers
4. Donate to breast cancer charities



SOUND CORNER

In the month of October, a spotlight is shined on bringing awareness to Breast cancer. We don't just wear pink for 31 days. We wear pink to show our solidarity and support for those who are battling or knows someone who may be battling with breast cancer.

According to breastcancer.org, breast cancer "affects 1 in 8 women in the U.S. every year and 2.3 million women worldwide." In addition, there's a rise in male breast cancer with over a thousand men diagnosed this year.

We all can do our parts by gaining more knowledge on the topic and getting involved in our local communities that aim to promote:

- Breast Cancer Research
- Educating the public on the risk
- Regular Screenings
- Support/Support groups for people with breast cancer

Below are insightful links to websites on breast cancer awareness and fun activities like awareness walks that you or someone you know can enjoy!

<https://www.breastcancer.org/about-breast-cancer/breast-cancer-awareness-month>

<https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>

https://www.nationalbreastcancer.org/events/month/2023-10/?_ga=2.180018471.221313773.1696308488-961259525.1696308488&_gl=1*jOaxeg*_ga*OTYxMjU5NTI1LjE2OTYzMDgOODg.*_ga_LF2CKKEMRD*MTY5NjMwODQ4OC4xLjAuMTY5NjMwODQ4OC42MC4wLjA

https://secure.info-komen.org/site/TR;jsessionid=00000000.app30117b?fr_id=9886&pg=entry&NONCE_TOKEN=B43191130D9CFB69BA782E961FBE37AF

