



May Newsletter 2020

DVACK

HOPE • EMPOWER • HEAL

Supporting survivors of domestic and sexual violence, stalking, teen dating violence, elder abuse and human trafficking

Salina Office
148 N Oakdale
785-827-5862

Concordia Office
336 W 5th St
785-243-4349

www.DVACK.org



Click on the icons to follow us!



TAKE A CHECKUP FROM THE NECK UP



FREE. PRIVATE. ANONYMOUS.
MHASCREENING.ORG

Do You Have the #Tools2Thrive?

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. The good news is there are practical tools that everyone can use to improve their mental health and increase resiliency, and there are ways that everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health.

This Mental Health Month, DVACK is featuring [#Tools2Thrive](https://www.instagram.com/tools2thrive) on social media. These tools highlight what individuals can do daily to prioritize their mental health, build resiliency in the face of trauma and obstacles, support those who are struggling, and work towards a path of recovery. We will explore topics such as recognizing and owning your feelings, finding the positive after loss, connecting with others, eliminating toxic influences, creating healthy routines, and supporting others—all as ways to boost the mental health and general wellness of you and your loved ones.

One of the easiest tools anyone can use is taking a mental health screen at mhascreening.org or [Central Kansas Mental Health Center](http://CentralKansasMentalHealthCenter.org). It's a quick, free, and private way for people to assess their mental health and recognize signs of mental health problems. For each of us, the tools we use to keep us mentally healthy will be unique. By developing your own #Tools2Thrive, it is possible to find balance between work and play, the ups and downs of life, and physical and mental health, and set yourself on the path to recovery. Learn more at www.mhanational.org/may.

COVID-19 AND YOUR MENTAL HEALTH

While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

DVACK

Here are the services we provide due to COVID-19

FREE HOTLINE

SHELTER

To all those who are in need our 24 hour hotline is open as well as confidential.
1-800-874-1499

Emergency shelter services are also available

FOOD AND OTHER NECESSITIES

we are able to give out food and other necessities please give our hotline a call and we will work out a plan.

Call DVACK with any questions you may have. We are still here for our clients and will find a way to meet their needs.

Support DVACK by Donating to Project Salina

DVACK depends on your donations to Project Salina (an organization that collects and distributes food to local charities' food pantries) to feed our shelter residents and outreach clientele in need.

Due to COVID-19, Project Salina is requesting monetary donations this year instead of food donations. With your donation, Project Salina will be able to purchase in bulk, tax exempt, making your dollar go even further. Additionally, monetary donations allow the opportunity to purchase food throughout the year reducing the amount of storage space required, and by purchasing throughout the year, we can be conscientious of expiration dates, ensuring all food gets used.

Here's how you can contribute:

- **Check:** Make checks out to Project Salina and send to Project Salina, PO Box 2861, Salina KS 67402-2861
- **PayPal:** <https://www.projectsalina.com/take-action>
- **Go Fund Me:** <https://charity.gofundme.com/o/en/campaign/project-salina>



Thank you for your support!

Flattening the Curve

Thank you to wonderful volunteers with the Kansas Coalition Against Sexual and Domestic Violence for making and donating masks to DVACK to promote the health and safety of our employees and clients and to help us do our part in flattening the curve!



More Ways to Support DVACK!

Purchasing items on Amazon? Shop on smile.amazon.com, and Amazon will donate money to DVACK! While you're on Amazon, purchase items from our [Charity List](#); the items will be mailed to us! Wish to make a direct financial contribution? Click "Donate" on our [Facebook Page](#)!

Meet DVACK's Hotline Advocate!

Coral Goode

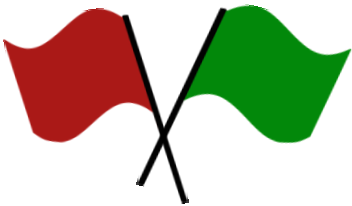


Coral Goode is our Hotline Advocate. She has been with DVACK a little over a year. Her interest in this field ignited as a young girl wanting to help people in need; through this desire she joined DVACK, a perfect match for her and us!

Coral has gained a wealth of knowledge through her work here. She has learned to promote healthier relationships not only with clients but in her personal life as well. In addition to learning, Coral has also been able to share her own unique view of the world with clients, allowing many to look at their situation with new eyes and help find a new solution.

Coral would like to spread the word of the dangers of domestic violence and sexual assault and help the community see the red flags as well as the green flags to create a world with better and healthier relationships. She believes the best way to do this is through education and better understanding of the difference between healthy and unhealthy relationships.

A life lesson Coral has learned here is that you can only do so much before you have to take care of yourself. As author Eleanor Brown writes, "Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel."



Do You Know the Signs?

Spotting the signs of whether a person is entering a relationship from a healthy or unhealthy standpoint can sometimes feel confusing. "Red flags" are the warning signs that a person may not respect their partner and could become abusive. "Green flags" are the indicators that a person is safe and that they respect their partner and themselves. In a healthy relationship, each partner is willing to work on themselves and be accountable for their own actions, beliefs and feelings. Learn more about the signs by visiting [JoinOneLove.org](https://www.joinone.org).

