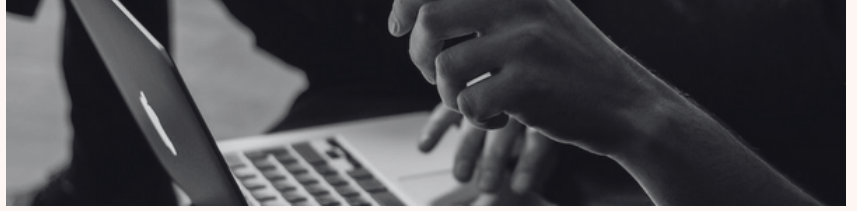


Saheli



COMMUNITY JOURNAL

YOUTH FELLOWSHIP SUMMER PROGRAM

Saheli offers non-judgemental & culturally sensitive domestic & sexual violence services that are vital to the well-being of South and Arab immigrant survivors and their children. Saheli provides one-on-one mental health counseling to survivors dealing with anxiety, trauma, and other symptoms. Saheli also holds in-person therapeutic support groups for survivors.



Saheli provides survivors access to transitional housing while they are getting back on their feet. We assist this process by helping them apply for eligible public benefits and enrolling them into our economic empowerment program. Saheli provides family law and immigration legal services with the goal of increasing survivors' access to justice. We assist survivors in navigating the complex legal system.

For our community, by our community

This summer, Saheli's efforts to engage youth in prevention work against systemic issues, such as domestic violence and sexual assault, culminated in a 5-week fellowship program throughout the summer. 8 high students gathered online alongside the Prevention Specialist at Saheli to engage in discussion, mindfulness practices, and arts-based exploration.

Students were asked to process their experiences in the fellowship through a medium of their choice - poems, art, writing, etc. These entries and discussions from the workshop are reflected here in this "community journal." Its aim is to highlight learned experiences by voices from our communities for our communities.

We hope that pieces of this journal can connect with you and foster a sense of connectedness between us. If you're interested in connecting with Saheli, please do not hesitate to reach out to info@saheliboston.org. You can also find more information on our website at saheliboston.org.

Prevalent Issues Within Our Community

Language Barriers			
Mental Health	Racism		
Substance Abuse	Generational Trauma	Sexual Assault	
Caste Discrimination	Domestic Violence	Immigration	Literacy

A WOMAN OF TODAY

by Kate Lechoe

The women before fought for
the woman of today,
In order for her to be in better
position,
A position where her voice
could be heard by others,
Her views could be seen as of
substance,
Her qualities could befit that
of a leader.
The woman of today.

A woman is a human being
with feelings,
A person who can make
mistakes like a man,
But why do you condemn her
when she strays?
Why bring out the flaw to be
'because she is a woman'?
If so, then why do women lead
some homes much better?
They are strong and can do
anything that their hearts are
in it.
Because the woman of today
is capable of so much,
Much more than we
anticipate.

As a woman of today,
Strive to be excellent and
competent,
Because your maker has
bestowed so much in you,
To change the society and the
world.
Yes, a woman of today,
A woman of strength.

Poem was selected
by a Saheli youth fellow.

on “Moving” by a Saheli Youth Fellow

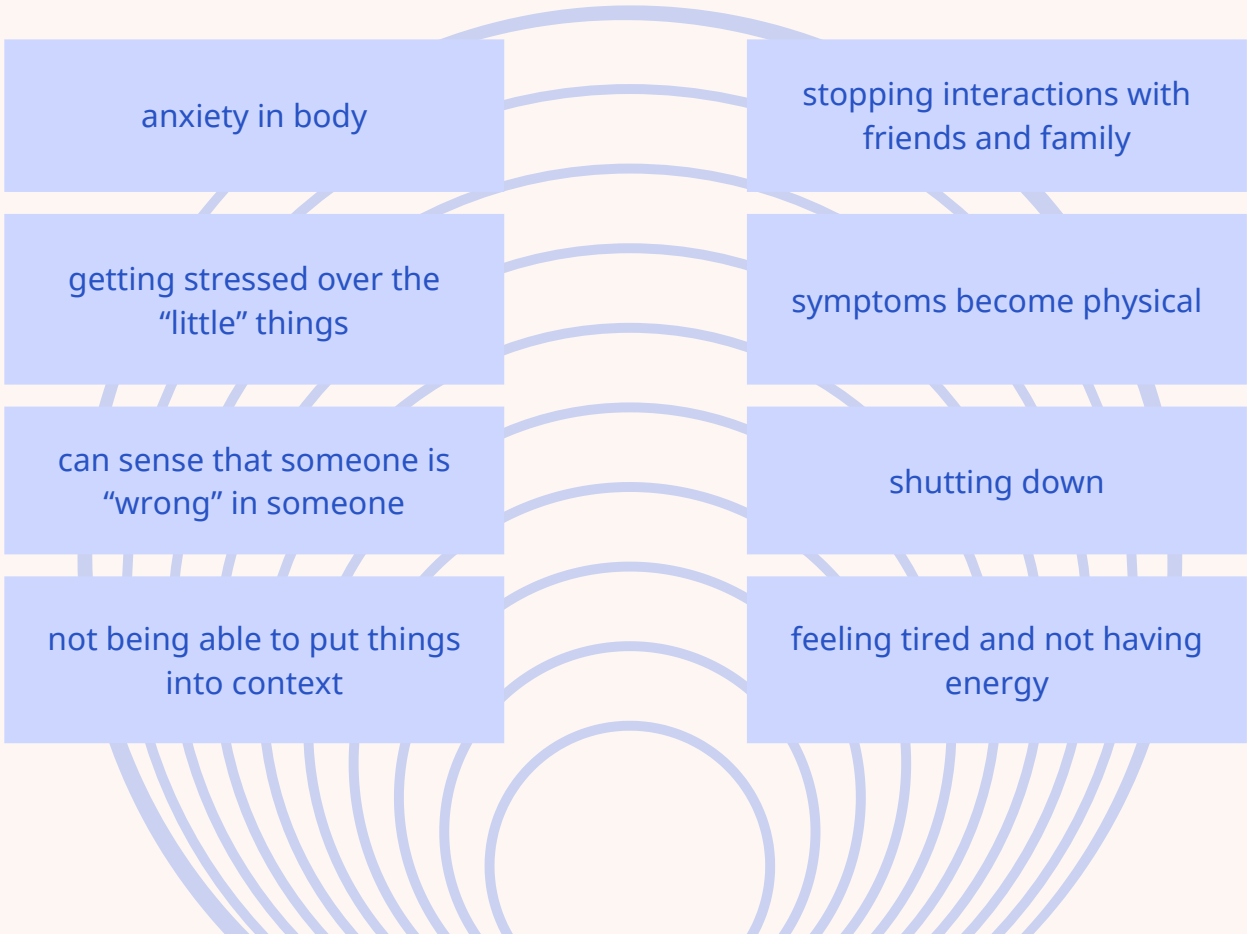


August 5th, 2017. Although a typical day for everyone else, it was the day my life completely changed. Growing up, I've always been an independent, overachiever. I gave my all to everything I did: school, sports, and even my chores around the house. If I had to do something, I had to do it either well or not do it at all. I always had good grades and never wanted to disappoint anyone due to fear of failure and disappointment. I loved and still do love to learn new things. I learned to speak 2 languages fluently, always had an interest in science, and always looked for new ways to increase my knowledge in math. Everyone looked up to me. Teachers and parents used me as an example, and my friends always came to me for help. Despite all my efforts, I had to start over. Although, I'm still not fluent and will probably not be for a long time. I would've never believed I would be where I am today, taking the hardest classes I can and actually doing well in them, as well as being able to communicate anything I want. I'm still learning new words every day and probably will be for the rest of my life. If asked whether I would do this over again, my answer would be "yes.". Although it took me years to get used to my new life, moving would probably be the best thing to ever happen to me. I never expected this experience to be so hard for me, as everything came to me so easily. However, I learned so much from this experience. The most important lesson is to always believe in yourself even when it seems impossible.

Identified Barriers to Community Issues

language	coercive control	trauma and its symptoms
the influence of media	lack of resources	“normalization” of these issues
technology	stigma of accepting help	trying to hide personal issues

what does unaddressed mental health look like?



“I grew up” by a Saheli Youth Fellow

I grew up almost my whole life in Houston Texas.
I grew up with the same classmates from kindergarten.
I grew up through their awkward stages.
I grew up through the class parties we had in elementary.
Most of all I grew up nestled between the same walls,
within those walls was a place I called home.
It's where my earliest memories took place.
I lost my first tooth there.
I remember I would play outside with my neighbors till the sun set,
it was all I was ever used to.
I was rich, not through wealth but through the memories I formed over the years.
I believe in life the experiences and encounters we face truly allow us to become who we are.
It was the summer of my sophomore year.
All I can recall from the summer was “the move”.
Two new words: Boston Massachusetts.
What an irony I became the new kid.
I felt as if silence overtook me the first few months.
Being immersed into a new environment was a force.
All in all I grew up through the move.
I grew up through resilience and fostering patience.
I grew up through valuing gratitude.
I grew up through the various outlooks of my peers.
I grew up through the quiet moments.
I grew up through breaking out of my comfort zone.
All in all I grew up through the move.



Thinking Critically About Community Resources



Fellows were asked to research resources for individuals seeking services for domestic violence and substance abuse - they were also asked to think critically about the benefits and limitations of these resources. These are some key points that fellows identified about various resources for substance abuse and domestic violence.

Identified Resources

[I Am Sober App](#)

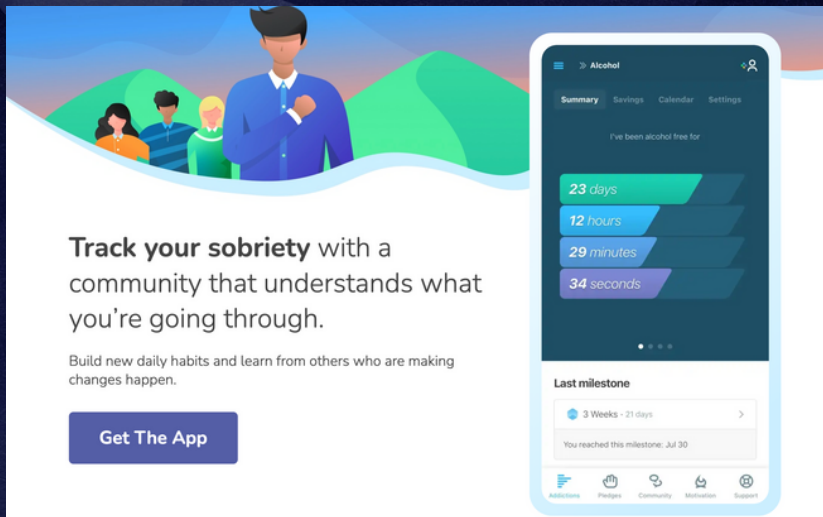
[SafeLink](#)

[SAMHSA Treatment Locator](#)

[SaS](#)

[Safe Haven Holistic Recovery](#)

Community, identity, and knowledge: a conceptual framework for LIS research by Afzal Waseem



I Am Sober App

The "I Am Sober" app is an app used to help track how long a person has been sober. This resource could be helpful to people with substance abuse as it not only follows how long a person has been sober from certain drugs but also from other habits other people could go through, such as junk food, nail-biting, and online shopping. This allows people with substance abuse to feel a sense of normality because there's always a habit they're trying to get rid of. The app allows you to connect with similar communities and provides motivation and support. An example of the support provided is the option for online therapy and some motivational quotes. In the app, a person is allowed to reflect on themselves every day, which allows them to express "why they are doing this" by providing a sense of clarity and motivation. The app contains many ways that can be used to spend your time other than doing your habit and how you can improve your environment and your patterns. This app would help improve people's mindsets, especially those struggling with substance abuse. There are many downsides to this app. For instance, there is a premium version of the app, which is a monthly subscription, and though some people might be able to afford it, most other people wouldn't want to spend their money on it. I think making the whole app and its concepts available to the public will ensure many more users can use it. However, the app does have a lot of concepts for free. I think helping fundraisers find these types of resources will help with the bigger issue. I also think adding a reward option will help in the long run and will encourage more people to "quit". This app is also not available to everyone as it is an app, so a person who wants to use it will need some sort of communication device. The good thing about this app, though, is that you only have to share what you want to share, and your progress can be left to yourself or you can share it with friends, family, or even a community that is struggling with the same habits as you. All in all, this app can be used by many people and is not only for people with substance abuse; however, it would help them the most as it would create a sense of achievement and allow people to work on themselves for the better.

Safelink

(877) 785-2020

Domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain power and control over another intimate partner. In the United States, 1 in 4 women experience severe partner violence. This issue has always been existing and lingering in the relationships in America, typically lingering more around the vulnerable like the disabled, financially insecure, and non English speakers. However, there are many resources now that aim to help Victims in these circumstances. SafeLink is Massachusetts' statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence. Some ways SafeLink aims to help "everyone" is by offering special services. If the victim is hard of hearing or deaf, they say to dial "711" which connects to the "MassRelay Service". The "MassRelay Service" is a free and confidential communication relay service for those who may be deaf, hard-of-hearing, late deafened, or speech disabled. Not only does SafeLink offer resources to help hard of hearing victims, but they also aim to help people who cannot advocate for themselves fully in English. At SafeLink, all advocates are fully bilingual in English and Spanish and have access to another service which provides translation over 130 languages. This is very helpful because language barrier is a very large issue because victims may think that they don't have the ability to talk to advocates in fear of not understanding. Some ways they could improve this system is by the accessibility. Some people may not have working phones or access to them so a goal could be to make sure there is enhanced coverage of access to the hotline. Also another thing would be to advertise and increase awareness of this amazing program regularly because many people may not know it exists.

Millions of Americans have mental and substance use disorders. Find treatment here.

Welcome to FindTreatment.gov, the confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.



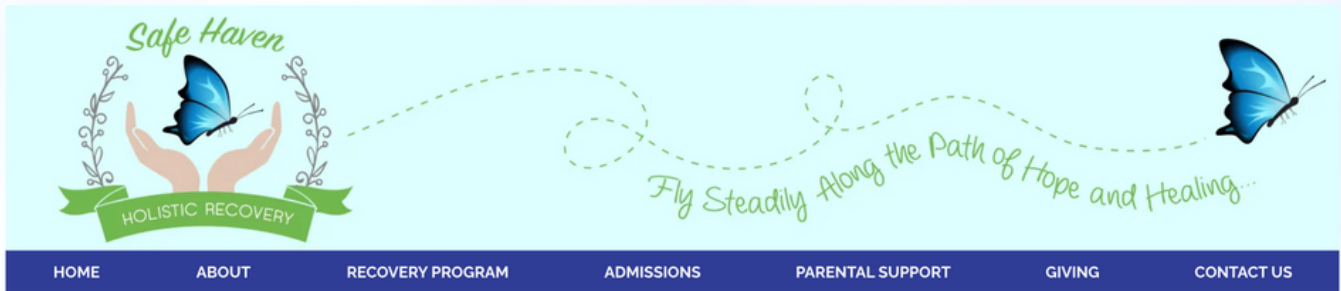
SAMHSA Treatment Locator

The SAMHSA Treatment Locator is an easy-to-use database that connects people struggling with addiction and mental health disorders to treatment programs and services in their area. The application connects users to a vast network of licensed treatment facilities, support groups, and specialists that provide critical care and assistance to anyone suffering from mental illness or substance abuse.

The SAMHSA Treatment Locator could be immensely valuable for individuals seeking assistance with their mental health and addiction issues. One of the most significant advantages of SAMHSA's Treatment Locator is its accessibility to use and comprehensiveness. Anyone can access the resource via the internet, phone, or mobile application. People can easily identify suitable treatment alternatives in their area by searching the database by zip code and therapy type. Individuals can use the SAMHSA Treatment Locator to find treatment choices while being confidential and anonymous. This is especially crucial for those who are afraid of stigma or bad treatment as a result of their addiction or mental health issue. Anonymity provides people seeking assistance with protection and security, allowing them to explore treatment choices without fear of criticism or humiliation. The therapy Locator database provides individuals with a variety of therapy options. Options include inpatient, residential, and outpatient rehabilitation programs, as well as peer support groups and internet resources. This vast range of treatment alternatives means that individuals can select the treatment option that best matches their requirements and circumstances.

However, the SAMHSA Treatment Locator has several potential limitations for those in need of assistance. The Treatment Locator database has an excessive number of treatment alternatives, making it difficult for users to navigate through what is and isn't relevant.

Safe Haven Holistic Recovery



In our society, the challenges of domestic violence and substance abuse have become pressing concerns, affecting the lives of numerous individuals. However, there exists a beacon of hope in the form of "Safe Haven," a resource center designed to aid those grappling with these issues. By adopting a holistic approach that addresses the interconnectedness of these problems, Safe Haven offers a safe space for healing and recovery. While it boasts commendable features, there are still some aspects that could be improved to make it more accessible to those in need.

Limitations

Accessibility: Despite its commendable efforts, Safe Haven being centered in Salt Lake City makes their in person workshops generally inaccessible for the general public. Expanding its reach through virtual platforms, such as online counseling and support groups, would bridge this gap.

Religious Focus: While it doesn't seem extreme, there is an underlying theme of Christianity in this program. Being centered in Utah, people growing up in the Church may be their target audience, but the recovery process might be improved by less of an association with the concept of God and religion.

Safe Haven Holistic Recovery

Strengths

Holistic Support: Safe Haven understands that addressing domestic violence and substance abuse necessitates a comprehensive approach. By simultaneously tackling these challenges, the resource center provides individuals with a well-rounded support system that considers their emotional, psychological, and practical needs. This multifaceted approach contributes significantly to the overall healing process.	Privacy and Confidentiality: Safe Haven places paramount importance on safeguarding the privacy and confidentiality of its clients. The resource center employs robust security measures and ethical protocols to ensure that individuals seeking help can do so without fear of judgment or exposure, fostering an atmosphere of trust and safety.
Expert Guidance: At Safe Haven, individuals can rely on a team of highly trained professionals, including therapists and counselors with specialized expertise in domestic violence and substance abuse. This pool of knowledgeable professionals ensures that clients receive informed and empathetic care, allowing them to confront their issues with confidence and determination.	Empowering Education: By offering a wealth of educational resources, Safe Haven equips individuals with knowledge critical to their recovery journey. Educational materials provide insights into recognizing abusive behaviors, understanding addiction triggers, and developing effective coping mechanisms. This empowerment empowers clients to make informed decisions and strengthens their resilience.
Support Groups: The resource center facilitates support groups that serve as a lifeline for survivors and those struggling with addiction. Engaging in these groups provides individuals with a sense of belonging and understanding, reducing feelings of isolation and encouraging them to share their experiences in a supportive community.	

Community, identity, and knowledge : a conceptual framework for LIS research

Waseem, Afzal

2008

This resource is helpful because it talks about the problems in domestic violence, and also says more on the types of violence in society and how it affects men and women. This will also help me in determining what problems are in society and what people are going through each day. Moreover, it also impairs the individual's social skills and increases their likelihood that he/she will participate in practices harmful to their health, like self-harm or substance abuse. This article also has other various types of examples such as dowry and criticism. Domestic violence also affects individuals in the family, or sometimes everyone. They include things on how the bride's family does to give dowry to the groom's side, which leads to violence and assault towards women, and is common in many parts of the world. This may cause serious problems to the women's health mentally and physically, which also includes reproductive and sexual health. Constant name calling and criticizing their names is also a type of emotional abuse. This can lead to suicide as well as depression within the person, which may take a long time to overcome. I also had been called in my school when I was in middle school, but that did not affect me because I did not pay attention to them. This source is not helpful because it does not say anything about how we can solve this, and how people can avoid it. Most people might be going through this phase everyday, and the absence of the solution may cause it to spread even more. I would add different ways on how to tackle this issue if you already have it, and also spread this information to those who do not have access to it, and also to different schools within that area. What I would actually change is to spread awareness everywhere and give opportunities to those who have mental depression and anxiety. I would also focus more on asking them to express their issues so that they get the solution to their problems and can lead a happy life. This can help reduce the problem in a slower and steady way, which will of course take a lot of time to fully lower this rate.