

transitionsNews

SEPTEMBER IS SUICIDE PREVENTION MONTH

Written by Nicole Y., Education Specialist

Suicide Prevention Month, observed every September, is a time dedicated to raising awareness about suicide, reducing the stigma surrounding mental health, and promoting resources and support for those in need. The campaign encourages open conversations about mental health struggles, emphasizing the importance of recognizing warning signs, offering support, and understanding that help is available.

Organizations, communities, and individuals come together to share information, host events, and advocate for better mental health resources. Campaigns often focus on educating the public about risk factors such as depression, anxiety, and substance abuse, while also highlighting the value of early intervention and accessible treatment options.

A key aspect of Suicide Prevention Month is the promotion of resources like hotlines, counseling services, and support groups, which are crucial for those struggling with suicidal thoughts or dealing with the loss of a loved one to suicide. The Suicide and Crisis Lifeline (988) serves as a 24/7 support for individuals in crisis. Resources like this hotline are available to assist anyone struggling with thoughts of suicide.

The goal of Suicide Prevention Month is to foster a compassionate and supportive environment where individuals feel empowered to seek help and where communities are better equipped to support those in crisis. Additionally, the month serves as a reminder that every life is valuable and that by working together and supporting each other we can make a difference in preventing suicide.

For more information, contact outreach@transitionsofpa.org.

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Transitions of PA



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EXECUTIVE ASSISTANT

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Please visit www.transitionsofpa.org for Job Opportunities and a job description.

DESK OF THE CEO: OCTOBER 2024: DOMESTIC VIOLENCE AWARENESS MONTH

As we observe Domestic Violence Awareness Month this October, I am reminded of the profound impact that awareness and education can have on our communities. This year's theme of Every1KnowsSome1, underscores a critical truth: domestic violence is not a distant issue but one that touches the lives of people we know and care about.

Domestic violence affects individuals across all demographics, and its repercussions are felt deeply by families, friends, and communities. By embracing the theme Every1KnowsSome1, we acknowledge that awareness is the first step towards change. It encourages us to look beyond the surface and recognize the signs of abuse, offering support and resources to those in need.

At Transitions of PA, we are committed to continuing our efforts to educate, advocate, and support survivors. Throughout this month, we will be hosting a series of events and initiatives aimed at raising awareness and providing valuable resources. On Thursday, October 17, we encourage participation in our PURPLE THURSDAY campaign by inviting our community to wear purple to show solidarity with survivors and to spread the message that help is available.

We also recognize the importance of training and education in preventing domestic violence. By equipping individuals, organizations, and communities with the knowledge and tools to identify and respond to domestic violence, we can create a safer environment for everyone. Our training programs and resources are designed to empower people to take action and support those affected by domestic violence.

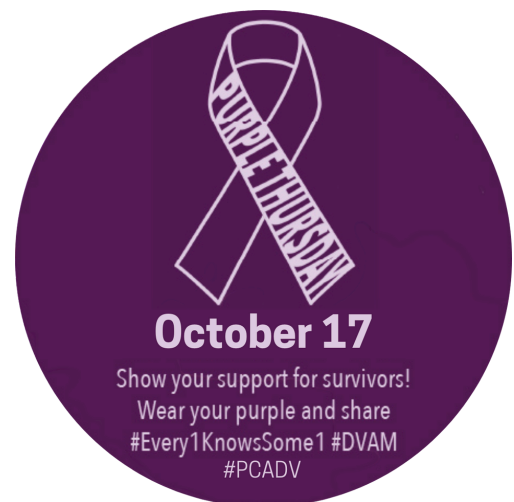
This October, we also encourage you to participate in national observances such as World Mental Health Day on October 10th and National Coming Out Day on October 11th. These days provide additional platforms to discuss the intersection of mental health, LGBTQ+ issues, and domestic violence.

As we move forward, let us remember that the fight against domestic violence requires a collective effort. Every one of us has a role to play in supporting survivors and preventing abuse. By continuing to build on the theme Every1KnowsSome1, we can foster a culture of empathy, understanding, and action.

Thank you for your ongoing support and dedication to this vital cause. Together, we can make a difference.



Mae-Ling Kranz is the Chief Executive Officer of Transitions of PA and has been with the organization since 2016. Mae-Ling previously held the position of the Chief Operating Officer and has more than 20 years of non-profit experience.



TRANSITIONS OF PA'S EDUCATOR'S CORNER

Written by Jen D., Education Specialist

The Transitions of PA Education Department hopes to present programs in every school in Snyder, Northumberland, and Union counties during the 2024-2025 school year. The curriculum has been updated to ensure that the Education team delivers the most effective and engaging Internet Safety and Healthy Relationships presentations. By partnering with schools and community organizations, Transitions can inform families about our services and equip students with the knowledge and skills needed to navigate the digital world safely and build positive, respectful relationships. For grades K-4, presentations center around acquaintance awareness, respecting boundaries, digital privacy and security, good and bad secrets, and digital citizenship. Presentations for grades 5-8 teach against bullying, building healthy relationships, digital drama, and sexual harassment as well as sexting laws and using social media safely. There is a range of adaptability within the grades 9-12 presentations, and the areas covered are healthy relationships and dating violence, human trafficking, internet safety and digital choices, and suicide prevention using the QPR curriculum (Question, Persuade, Refer). Presentations can also be adapted for students with intellectual disabilities, and the Education team is always happy to discuss a school's individual needs and find a way to adapt the materials to fit a specific request. The beginning of the school year is an exciting time to take a proactive approach to internet safety and relationship dynamics. By addressing these topics early, the Education team is hoping to create a safer, more informed generation of young people and to build a foundation for healthier, more resilient communities.

For more information contact:
outreach@transitionsofpa.org

NEW EMPLOYEE SPOTLIGHT



Hayley Y. - "I am excited to be a part of Transitions in my new position as Counselor/Advocate. In this new role, I will be providing direct counseling services to those within our communities. I am from Mifflinburg, PA, where I was born and raised. I graduated from Bloomsburg University in 2023 with a master's degree in social work and a minor in art studios. I have previously worked with older adults and provided direct services to individuals and families over the age of 60. Throughout my career, my goal has been to treat everyone with love, dignity, and respect. I am looking forward to being able to support and listen to survivors through difficult life experiences and circumstances."

OCTOBER IS
**DOMESTIC
VIOLENCE**
AWARENESS MONTH



Quilt Raffle \$10 / Ticket

The quilt was created
in memory of
Carolyn I. (Hand) Eash
whose life ended due
to domestic violence.



transitions
END VIOLENCE. PROMOTE HEALING. CHANGE LIVES.
1-800-850-7948 www.transitionsofpa.org

Drawing will occur on
October 31, 2024
at 12pm.

NEW VISITATION ROOM

Written by Hillary O., Fairl Family Justice Center Coordinator

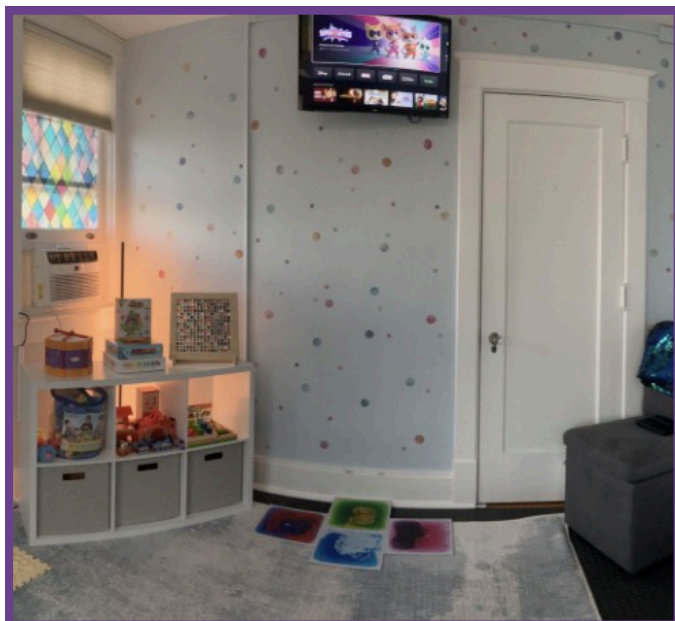
We are thrilled to share some exciting news with you! Back in October 2023, the Fairl Family Justice Center (FJC) was funded by a grant from the Community Giving Foundation-Sunbury to assist FJC with an exciting change of turning an office into an additional visitation room. The primary goal for this room has always been to cater to the sensory needs of individuals utilizing our services. This initiative was born out of a deep understanding of the unique challenges faced by families, particularly those dealing with sensory sensitivities and traumatic experiences.

As of August, we completed furnishing and transforming the new room into a calming and welcoming space for families. The room has been thoughtfully designed with soothing colors, comfortable seating, and sensory-friendly materials/toys to create a tranquil environment. We are pleased to report that this room has started to be utilized for visitations and hope to increase that number as we continue getting referrals. Parents have noted that the new space has made a noticeable difference in their children's behavior and overall experience during visitations. The room not only provides a more serene environment but also allows families to get creative with how they use the space. Whether through interactive play, quiet reading, or simply spending quality time together, the room offers a versatile setting that meets the diverse needs of our families.

To ensure high levels of physical, mental, and emotional safety in the room, we had to dedicate significant time and focus to this aspect. This presented itself as a barrier due to the time required for this task, but it was a necessary step to create a secure and supportive environment for everyone.

We are extremely proud of this achievement and grateful for the Community Giving Foundation-Sunbury that made it possible. The positive impact we have seen affirms our commitment to creating supportive environments that foster healing and growth.

For more information, contact hillary_o@transitionsofpa.org





PHONE ABUSE & SAFETY FOR SURVIVORS

Written by Annette S., Legal Advocate

According to The Safety Net Project: Stalkerware/ Spyware refers to apps, software programs, and devices that let another person secretly monitor your phone activity.

Stalkerware/Spyware can monitor almost everything you do on your phone, including your photos and videos, internet activity, messages, your call history, and your location. Before you delete the stalkerware from your phone take a moment to safety plan. It is important to note that abusive behavior may escalate when stalkerware is removed.

For the majority of phone stalkerware, the device must be physically accessed to install. Once installed, it is difficult to identify or uninstall as it operates in stealth mode without displaying any alerts or identifying activity.

Detection can be tricky. Your device turning off and on, your battery draining rapidly, or unexpected increases in data usage are a few signs. But the most common indication that someone is monitoring you is the other person's suspicious behavior. Do they have information that they shouldn't know? Are they showing up in places you didn't tell them you would be?

Your phone activity may be visible to the other person. If you suspect stalkerware use an unmonitored phone or other device when doing anything that requires privacy. This could be a trusted friend's phone or a computer at work, school, or the library. There are steps you can take to secure your phone, apps, and accounts. What works for someone else may not work or be safe for you. Please contact an Advocate to discuss options available for securing your devices.

Try to document what is happening. If it feels safe to do so, you can take screenshots or create a log of the abuse. Give copies of the log/screenshots to a trusted person for safekeeping. That way there is a backup copy in case the original is lost or destroyed. Pay attention to your instincts. You can speak with an advocate to discuss your options or create a safety plan if you think someone is exploiting your phone.

Below are some safety tips from the Safety Net Project:

- Set up a screen lock (passcode, pattern, or fingerprint) to block unwanted access.
- Check access logs on accounts or apps to see which devices have signed in and detect any suspicious activity.
- Contact your wireless carrier to review features like location sharing, family sharing, or parental controls.
- Delete any family locator apps you didn't install yourself.
- If you share a phone plan with the abuser, consider separating your account.
 - The Safe Connections Act of 2022 allows victims to split lines free of charge upon request.
- Change passwords and enable two-factor authentication.
- Install an anti-virus app for added security.
- Turn off location sharing in your phone and app privacy settings when not in use.
- Avoid rooting or jailbreaking your phone, as it weakens built-in security.



UPCOMING EVENTS

- **Thursday, September 26, 6-7PM-** Virtual QPR Training
- **Wednesday, October 2 – 31** - Display at Union County Public Library
- **Tuesday, October 1, 9:30AM** – Snyder County Commissioners Meeting for Snyder County DVAM Proclamation.
- **Tuesday, October 1, 1PM-** Northumberland County Commissioners Meeting for Northumberland County DVAM Proclamation.
- **Tuesday, October 1, 6PM-** PCADV Vigil on Capital Steps in Harrisburg
- **Thursday, October 3, 7PM-** Proclamation and information at The Campus Theater's showing of It Ends With Us.
- **Wednesday, October 9, 1PM** – DVAM Proclamation reading for Lewisburg on the Union County Court House steps (2nd Street).
- **Saturday, October 12, 10AM – 5PM-** Lewisburg Fall Festival
- **Thursday, October 17** – Wear Purple in Support of DVAM
- **Friday, October 18, 6-8pm-** Noah's Ark, Milton Trunk or Treat
- **Saturday, October 19, 9AM – 1PM-** Mifflinburg Health and Safety Fair (w/ Evan./WellSpan Comm. Hosp.)
- **Saturday, October 19, 9AM – 2PM-** New Columbia Apple Butter Festival
- **Wednesday, October 23, 6:30 – 7:30PM** – Warrior Run Student Government Trunk or Treat
- **Thursday, October 24** – DVAM Day of Giving
- **Tuesday, October 29, 5:30 – 7:30PM** – Milton Treats on the Track – Resource Table at Milton High School Track.
- **Thursday, October 31 12PM** – DVAM Quilt Raffle Drawing