



End Violence. Change Lives. Give Hope.



MEDIA TOOLKIT

WHAT WE CAN DO TOGETHER
TO IMPROVE LIVES IN WEST
TENNESSEE!

WWW.WRAPTN.ORG
Updated September 2023



Hello Media Partners!

Welcome to the WRAP Toolkit for Media Outlets. We appreciate your commitment to sharing information that shapes our communities.

At WRAP, we recognize the invaluable role that media plays in amplifying critical issues. Together, we can bring awareness to the challenges faced by survivors of domestic and sexual violence, as well as the needs for families caring for the children of relatives.

Our dedicated team of advocates serves 20 counties in West Tennessee, working tirelessly to build safe, nurturing communities. We understand the power of your platform in spreading awareness and educating the public about the impact of violence on individuals and families.

By collaborating with us, you have the opportunity to shed light on these crucial issues, contribute to community healing, and ultimately, save lives. We hope you find this toolkit a valuable resource for your important work.

Thank you for your commitment to positive change, and we look forward to partnering with you to create a safer and more compassionate world. Feel free to reach out to our media coordinator, Jenci Spradlin, at jspradlin@wraptn.org or 731-571-0330

Warm Regards,

Mamie L. Hutcherson

Executive Director



Contacts:

-  www.wraptn.org
-  [@wrapwesttn](https://www.facebook.com/wrapwesttn)
-  [@wrapbelieves](https://www.instagram.com/wrapbelieves)
-  support@wraptn.org
-  731-668-0411 (Office)
800-273-8712 (Helpline)
-  62 Directors Row
Jackson, TN 38305

Media Contact:

Jenci Spradlin | jspradlin@wraptn.org | 731-571-0330



What's Included:

- About WRAP
- Just the Facts
- How to Be an Up-Stander
- Ways WRAP Can Help
- 5 Things You Can Do Today
- Sample Social Media Posts
- WRAP Circle of Support
- WRAP Partners Program
- WRAP Tear Tab Flyer
- WRAP Informational Poster

Check out this and other toolkits, posters & shareable graphics online by scanning the code below:

Faith Community
Community Action Toolkit
Employer Toolkit
Government Support Toolkit
Healthcare Partners Toolkit
Media Toolkit





End Violence. Change Lives. Give Hope.

MAKING AN IMPACT IN WEST TENNESSEE

2023-2024

★ 49 ★ YEARS

WRAP has been serving West Tennessee since 1975!



WRAP supports 20 counties in West Tennessee

1800

Survivors Supported Annually

Survivors receiving support from WRAP, including calling our hotline, or receiving safety and emotional support.

1988

Emergency Bednights Annually

Survivors needing emergency placement in a hotel or one of our two safe homes.

18,000

Hours Facilitating Survivor Healing

Hours our advocates spent supporting survivors.

2340

Calls to our 24/7 Helpline

Number of times our 24/7 Helpline was called.

*Statistics represent FY 22-23



Relative Caregiver Program

New in 2023, WRAP became the provider of the state's Relative Caregiver Program. This program provides support and resources to relatives who are caring for children who cannot live with their parents, such as those who have experienced abuse or neglect. The goal of the program is to help keep children in a safe, stable, nurturing environment and out of the foster care system.

40%

Average percent of all reported crimes against persons throughout West Tennessee involving domestic and sexual violence and stalking.

OUR MISSION

WRAP's mission is to prevent intimate partner violence, stop the transmission of violence to children, youth, and young adults, and build healthy relationships across the lifespan - from children to seniors - one relationship at a time.



WRAP employs a staff of 44. Staff are located throughout our 20 county service area!



WRAP BELIEVES THAT WE CAN TRULY DEVELOP SAFE, STABLE, NURTURING RELATIONSHIPS, FAMILIES, AND COMMUNITIES THROUGHOUT 20 COUNTIES IN WEST TENNESSEE.

\$3.7 MILLION

WRAP's Annual Budget brings in new dollars to West Tennessee!

92% of WRAP's budget is spent on direct services to survivors!

WRAP partners with survivors in their healing journey, providing them with the education, tools, and support they need to build resilience, self-confidence, and a strong sense of independence so that they can build healthy, stable, nurturing relationships that are based on equality and not dependence.



WRAP supports children in a number of ways:

- WRAP-DCS Domestic Violence Partnership
- Support for children exposed to violence in the home or teen survivors of sexual assault
- Relative Caregiver Program

WRAP'S CORE PROGRAMS

Domestic Violence Response

Sexual Assault Response

Residential Services

Relative Caregiver Program

DCS / WRAP Liaison Program

These programs provide comprehensive services that include:

- 24/7 helpline for crisis stabilization
- Counseling and therapeutic services
- Emergency housing in hotels and safe homes
- Permanent housing via rental assistance and rapid rehousing
- Court, medical, and socio-economic advocacy services
- Emergency financial, clothing, food, and transportation assistance
- Connections to formal and informal community resources
- Case management

All WRAP services are free and confidential.

SURVIVOR OUTCOMES



94% Felt Safer



96% Achieved their Goals



98% Felt More Knowledgeable & Connected

SUPPORT OUR WORK!

To support the vital services provided by WRAP to victims of domestic and sexual violence in West Tennessee, you can donate to WRAP by scanning the QR code. You can also give through Venmo (@Wraptn) or CashApp (\$Wraptn). Your donation can help make a difference in the lives of those who have experienced trauma and are seeking support and resources to heal and rebuild. Find out other ways to support survivors by visiting our website.



In all that we do, we strive to be survivor-centered, strengths-focused, trauma-informed, and evidence-based.

WRAP is a United Way partner agency.



Just the Facts

Everyone Knows Someone

In 2022 throughout West TN, over **4,000 reports** of domestic and sexual violence were reported to law enforcement agencies, representing **40%** of all reported crimes against persons. (Source: *TBI Crime in Tennessee 2022*)

The number of **domestic-related homicides** in West Tennessee in 2022 was **8**.

On average, **1 in 3 women** and **1 in 4 men** in the US will experience rape, physical violence, and/or stalking by an intimate partner.

Most cases of domestic violence and sexual assault are **never reported** to the police. (30% DV reported; less than 20% SA reported)

1 in 15 children are exposed to intimate partner violence each year, and **90%** of these children are eyewitnesses to this violence. When parents experienced verbal abuse and physical violence by their partners, their **children were more likely** to experience abuse and violence in their dating relationships than those whose parents did not perpetrate violence

Thirty to 60% of perpetrators of intimate partner violence also abuse children.

Nearly **1 in five women** and **1 in 71 men** in the United States have experienced rape or attempted rape some time in their lives.

Nearly **1 in 11** female and approximately **1 in 14** male high school students report having experienced physical dating violence in the last year.

Nearly **1 in 3 women** and **1 in 6 men** have experienced stalking victimization at some point in their lifetime.

26% of women and **15% of men** who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner **before age 18**.

Nearly **1 in 3 college women** say they've been in an abusive dating relationship. Over an average 5-year college career, between **20-25% of college women** reported being raped. **Only 5 in 100 reported**.

Fifty percent of battered women who are employed are harassed at work by their abusive partners.

12% of children under 18 in TN live with relatives; 2% are in the foster care system or with unrelated adults.

Start by Believing

Tips for Helping Others

For more information about how you can help support others, visit our website's FAQ section: <https://www.wraptn.org/faq>

Do You Know Someone Who is Being Abused?

Domestic violence is not “an isolated incident,” “a lovers’ quarrel” or “a private family matter.” It is a pattern of coercive and controlling behaviors that one person in an intimate relationship uses against another. Every relationship has ups and downs, but domestic violence includes repeated behaviors with the aim of coercion and control. People who use violence try to control aspects of a partner’s life through fear, threats, manipulation, and other tactics. Sometimes—but not always—people use physical and/or sexual violence as a way to dominate an intimate partner.

Someone May Be Experiencing Violence in Their Relationship If They:

- Stop seeing friends and family members, or become more isolated
- Often cancel plans at the last minute
- Frequently absent from work
- Are quiet when their partner is around and seem afraid to make their partner angry
- Casually mention the violent behavior, but say it's "not a big deal"
- Have unexplained injuries or offer explanations that do not quite make sense

Why Do They Stay?

Seeing a friend, loved one, or co-worker mistreated can make you feel very frustrated, not only at the person who is violent, but also at the loved one for not leaving. There are many reasons that a person decides to return to or stay in an abusive relationship. People often:

- Fear for their lives and are terrified that their partner will become more violent if they leave. In fact, the most dangerous time for a person is when they try to leave.
- Have limited financial resources to break away and believe they cannot make it on their own.
- Believe the situation is their fault.
- Fear that their partner will get custody of the children.

A person experiencing violence may want the violence to end, but not the relationship. People who abuse are not violent all the time. They often can come across charming and romantic in between episodes of violence.

What Can You Do?

Most importantly, encourage your friend, loved one, or co-worker to develop a safety plan with a domestic violence advocate. Connect with WRAP by calling **800-273-8712** to speak with an advocate. Safety planning is a free service, and calls are confidential.

DO:

- Ask specific questions about the abuse
- Listen without judging
- Tell them that they are not alone and help is available
- Trust their knowledge
- Highlight their strengths and courage
- Learn about and offer community resources (WRAP can connect them with community resources)
- Provide information on domestic violence (Visit WRAP’s website for information and resources)
- Contact police immediately **ONLY** if you witness or hear a violent episode. **DO NOT** try to intervene.

If They Are Ready to Leave:

If a person experiencing violence decides to leave, they may need money, help finding a place to live, somewhere to store their belongings, or transportation to a safe place. Decide if you feel comfortable helping in these ways. A person may leave and return to their partner multiple times before leaving for good. It is important to respect their judgment and timeline for leaving. Try to think of each time as them moving closer to freedom. WRAP advocates are here to help.

If They Aren’t Ready to Leave

You can help by providing emotional support to build their self-esteem. Let the person experiencing violence know: "I'm sorry this has happened to you." "You don't deserve that." "You are an amazing person."

When you focus on their specific strengths and abilities, your encouraging words begin to diffuse their partner’s hurtful and degrading comments, enabling them to feel stronger.

Tips for Helping Others

For more information about how you can help support others, visit our website's FAQ section: <https://www.wraptn.org/faq>

What is Sexual Violence?

Sexual violence happens in every community and affects people of all genders and ages. Sexual violence is any type of unwanted sexual contact. This also includes words and actions of a sexual nature against a person's will and without their consent. A person may use force, threats, manipulation, or coercion to commit sexual violence. (*Information from the National Sexual Violence Resource Center.*)

Forms of sexual violence include:

- Rape or sexual assault
- Child sexual assault and incest
- Sexual assault by a person's spouse or partner
- Unwanted sexual contact/touching
- Sexual harassment
- Sexual exploitation and trafficking
- Exposing one's genitals or naked body to other(s) without consent
- Masturbating in public
- Watching someone engage in private acts without their knowledge or permission
- Nonconsensual image sharing

How Can I Help Someone Who Was Sexually Assaulted?

If someone you know has experienced sexual assault, it's important to take their situation seriously and offer support. Here are some steps you can take:

- **Listen and believe them:** Provide a non-judgmental and supportive space for them to share their experiences. Let them know that you believe them and that you are there to support them.
- **Offer resources:** Share information about WRAP. Encourage them to reach out for help and let them know they are not alone.
- **Safety planning:** Help them identify a safe place to go and emotionally process what has taken place.
- **Medical options:** Help them explore their medical options. Victims of sexual assault have the right to medical treatment. Encourage them to get a SANE exam. It is typically free to the victim and addresses concerns that may arrive after an assault has occurred. (i.e.: assessment of potential injuries, preventative treatment for STI's, and pregnancy concerns).
- **Legal options:** Help them explore their legal options. Victims of sexual assault have a choice about reporting to law enforcement. Remember, receiving medical treatment does not mean they have to report. (Their kit can be held anonymously.)
- **Encourage professional help:** Suggest that they seek support from professionals, such as counselors, therapists, or advocates who specialize in sexual assault. (WRAP can provide referrals and assistance.)
- **Respect their decisions:** Respect their autonomy and support them in making decisions that are best for their safety and well-being.
- **Keep their confidentiality:** Maintain their privacy and confidentiality unless they give you permission to share their situation. Respecting their trust is crucial in supporting them effectively.

Remember, sexual assault is a serious issue, and professional assistance can be invaluable. Encourage the person to reach out to WRAP for comprehensive support.

**All WRAP services are FREE and
CONFIDENTIAL.**

How WRAP Can Help

You are not alone!

Let us partner with you to create communities where individuals, children and families can thrive!

Support for Survivors

If someone you know has disclosed domestic violence or sexual assault and you believe they may benefit from WRAP's support, encourage them to reach out to us directly. We prioritize the confidentiality and autonomy of survivors, and it is important for individuals to contact us at their own pace and comfort level. We are here to provide compassionate and empowering assistance, but it is ultimately their decision to connect with us. We can provide resources and information for you to share with them, and they can reach out to us when they are ready.

Services to survivors include:

- 24/7 helpline for crisis stabilization at **800-273-8712**
- Counseling and therapeutic services
- Emergency housing in safe homes or hotels
- Permanent housing via rental assistance and rapid rehousing
- Court, medical, and socio-economic advocacy & accompaniment services
- Emergency financial, clothing, food, and transportation assistance
- Connections to formal and informal community resources
- Case management

Support for Children and Families

WRAP is dedicated to promoting the safety and wellbeing of children and families through our WRAP-DCS Domestic Violence Partnership, which ensures collaboration between child protective services and our advocacy services. Additionally, we offer specialized support for children exposed to violence in the home, as we work with the entire family to promote their safety and wellbeing. Our sexual assault program can support young people who have experienced sexual assault as well. We also provide assistance through our Relative Caregiver Program, designed to empower those caring for the children of relatives to enhance the family's resilience.

Support for Students

WRAP is committed to creating safe environments for students of all ages. Our advocacy services extend to middle and high school students, as well as those attending local colleges. We offer support for students who have experienced dating violence, sexual assault, or exposure to violence in the home. Additionally, we provide educational programs, such as 'Shifting Boundaries,' to promote healthy relationships, consent, and personal boundaries in middle school classrooms.

Support for Workplaces

WRAP collaborates with employers to create safe and supportive workplaces. We offer guidance on recognizing and addressing domestic violence and sexual assault concerns among employees, which can improve workplace safety, productivity, and employee well-being. Together, we can foster a safer and more inclusive work environment.

Support for Relative Caregivers

WRAP understands the unique challenges faced by those caring for the children of relatives. Our Relative Caregiver Program offers essential resources and support to these caregivers, ensuring the safety and well-being of children under their care. We are here to assist and guide relative caregivers through their journey, providing them with the necessary tools and assistance to create a stable and nurturing environment for the children in their care. Learn more about the program and complete an online referral form by visiting rcp.wrapn.org. They can also call **731-203-1339** for more information.

5 Things You Can Do Today

You can play an important role in raising awareness about domestic violence and sexual assault, showing your support for victims and survivors. By joining in WRAP's mission, you have the opportunity to help create safer, healthier relationships and communities throughout West Tennessee!

- 1. Plug in with WRAP** - Sign up to receive WRAP's emails and follow us on your favorite social media channel!
 - Sign up for our email newsletter at www.wraptn.org
 - Follow us on Facebook (@wrapwesttn)
 - Join one of our county-specific Facebook Groups
 - Follow us on Instagram (@wrapbelieves)
 - Subscribe to our YouTube channel (@WrapTN731)
- 2. Get Informed** - Learn more about WRAP, domestic violence, sexual assault, and relative caregivers
 - Visit WRAP's website (www.wraptn.org) to learn about WRAP's mission, history and services
 - Check out the FAQ section of WRAP's website (www.wraptn.org/faq)
 - Review the Guides on WRAP's website, as well as Helpful Links to local, state & national resources
 - Read posts on WRAP's blog
- 3. Raise Awareness** - Spread the word by sharing information with others
 - Select some of the facts and tips in this toolkit and use them to produce content, write stories, or craft interviews.
 - Share WRAP content posted on our social media channels
 - Attend WRAP awareness events in your community
- 4. Use Your Voice** - Use your knowledge and passion to connect with your readers, listeners and viewers
 - Talk about how WRAP supports individuals and families in your community.
 - Share how important it is to YOU that we work together to create a safer and healthier community for everyone that is free from violence
 - Encourage municipalities to allocate a portion of their budget and victim of crime fees to WRAP to help support the work being done in their community and individuals to donate to WRAP
- 5. Share Yourself** - Share yourself by speaking out, volunteering and/or making a donation
 - The easiest place to start in sharing yourself is letting the world know how important the issue is to you
 - Organize an item collection drive for things such as household items, diapers and hygiene supplies
 - Become a media partner for WRAP's annual Denim and Pearls Fundraising Dinner and Silent Auction

Sample Social Media Posts

Use these sample social media posts to help raise awareness and engage others. Images can be downloaded from WRAP's website at www.wraptn.org in the "Guides" section.

🚨 Shocking but true: 1 in 3 women and 1 in 4 men in the US face intimate partner violence. You're not alone. Discover support at www.wraptn.org. 🙌 #SupportSurvivors #BreakTheSilence #YouAreNotAlone

💔 Shocking Stats: In 2022, over 4,000 cases of domestic & sexual violence were reported in West TN, making up 40% of all person-related crimes. Together, let's break the cycle. 🙌 #EndDV #SupportSurvivors #CommunityStrong

😭 Heartbreaking news: In 2022, 8 lives were lost to domestic violence in West TN. 💔 Let's work together to end this cycle. Learn how at www.wraptn.org. 🙏 #EndDomesticViolence #TogetherWeCan

Survivors of domestic violence face complex challenges. Let's not judge their decisions, but offer understanding, compassion, and support, whether they choose to leave immediately or not. ❤️🙌 #SupportNotJudgment #DomesticViolenceSurvivors #WRAPTN

💔 Shocking statistics: 1 in 11 girls and 1 in 14 boys in high school experience dating violence. 🚀 Let's educate our youth about healthy relationships for a brighter future! Discover how we can help at www.wraptn.org. 🌟 #HealthyRelationships #PreventDatingViolence

😭 Shocking campus stats: 1 in 3 college women report being in abusive dating relationships, and 20-25% experience rape over 5 years. 😞 Only 5 in 100 report. Let's break the silence and support survivors! 🌟 Learn how at www.wraptn.org. 🙌 #SupportSurvivors #CampusSafety

The lasting impact of sexual assault can't always be seen, but its effects are very real. Let's remember not to judge, but to support and uplift survivors on their healing journey. 💙🙌 #NoJudgment #SupportHealing #WRAPTN

Did you know? 🧑🧑 12% of TN children live with relatives, providing love and stability. ❤️ WRAP's Relative Caregiver Program is here to support these unsung heroes! 🌟 Learn more at rcp.wraptn.org. #RelativeCaregivers #FamilySupport

Join me in supporting WRAP! 🙌 Together, we can make a difference in the lives of survivors and their families. Learn more about their mission and services at www.wraptn.org. #SupportWRAP #CommunityStrong 💜

Did you know WRAP serves 20 counties in West Tennessee? 🗺️ They're the largest victim service agency of its kind by geography in Tennessee, with a legacy of support since 1975. Help them continue their mission! Discover more at www.wraptn.org. #SupportWRAP #CommunityImpact 💙

Join Our Circle of Support!






At WRAP, we believe in the power of collective support and unwavering commitment to creating safer and healthier communities. Our mission to provide critical services to survivors of domestic and sexual violence, children, and families relies on dedicated individuals like you.




Become a Monthly Donor and Change Lives Every Day!

When you join our **Circle of Support** by making a **monthly recurring donation**, you're not just giving; you're becoming an integral part of our mission. Your ongoing support helps us offer a lifeline to survivors, children, and families when they need it most.

Here's what you'll receive as a valued member of our Circle of Support:

-  **Exclusive Circle of Support E-Newsletter:** Get an inside look at the impact of your donations, survivor stories, and the latest news on our programs. You'll see firsthand the positive changes you're helping us achieve.
-  **Custom Zoom Background:** Showcase your commitment during video calls with a unique WRAP-themed Zoom background. It's a visual reminder that you're making a real difference.
-  **Custom Social Media Profile Frame:** Let your friends and followers know that you stand with survivors. Display our custom social media profile frame proudly and inspire others to join the Circle of Support.

Why Choose Monthly Giving?

-  **Consistent Impact:** Monthly donations provide steady support, ensuring that our programs can thrive year-round.
-  **Convenience:** Set it and forget it! Your monthly contribution is automatic, making giving easy and hassle-free.
-  **Be Part of Something Bigger:** Join a community of compassionate individuals who share your dedication to ending domestic and sexual violence and supporting children and families.

**Your monthly support creates a ripple effect of hope, healing, and empowerment.
Together, we can change lives and build a future free from violence.**

Ready to make a lasting impact?

Join the Circle of Support today and become a beacon of hope for survivors in need. Visit our website at www.wrapn.org to make a donation through our online portal. When you select your donation amount, be sure to set your donation frequency to monthly!

A Story of Surviving & Thriving



Sabrina Dexter's life could have ended in tragedy instead of triumph. She courageously shares her story to help others going through something similar to know that there is hope and they are not alone. Hers is just one of the stories of resilience out of the thousands of survivors WRAP has supported. *[Condensed for space.]*

I was married to a military gentleman for 17 years, and to whom I would believe to be the love of my life. Swept up by the romance, simple I love you's, attention to the littlest of details, you would never forecast this whirlwind romance would soon crumble piece by piece. Reflecting back, the pieces fell away so inconspicuously at times that one may fail to even notice the signs. Slowly, I lost myself piece by piece, and never will be the same person I once was. Every swing of the fist, and landing of degrading words causes scars that will never heal. They are forever imprinted in your soul.

Upon returning from his first deployment, my husband would slowly fall into a depression, attempting to fight his way out, but alcohol was used continuously as a crutch to fight the nightmares and visions he faced upon sleep at night or something as simple as the backfire heard from an automobile. Tiptoeing around a conflict became a new normal within our home.

My world fell apart in the early morning hours of late January in 2010. An exciting night out with friends would turn into the day I reflect on as mourning the loss of my husband and becoming what I now coin as a "psychological war widow". I say this because all that returned of my husband after the last deployment was a shell. I no longer would ever experience or see the man I once knew.

That early morning, I would take a cab home prior to my husband because of an argument that occurred. I would be in bed asleep and be awakened to being flung out of bed with such force, I hit the wall in the sleep position. The look within his eyes was beyond terrifying, and the words he would spout would be a reflection into a combat takedown of an insurgent. Punch after punch, and kick after kick, I would hear a pop in my left ear, and feel my nose and eyes swell with blood dripping down. Tears poured from my eyes begging him to stop. In what seemed like hours of him ranting for me to die, I finally saw that my only way out would be holding my breath, as if I was dead, so he would possibly stop this bludgeoning attack. I made a choice that day to keep this within the family. He promised to get help, and nothing like this had ever happened before. I made excuse after excuse, to my family and his.

There came a time I didn't even want to leave my room. I cried, had nightmares, suffered horrible pain in my neck and head due to multiple blows over time. Each and every time a promise to get help or with begging eyes pleading for help, I would fall for it. Thinking each and every time would be different. I lived a lie, I made appearances and played a role as if I were in a movie. Nothing that was me was truly real anymore. I became a shell just as he had become. Living with fear every day that I woke, I became so tired, and wanted out. I wanted to feel peace. There came a point, after repeatedly being told by my husband how worthless I was and that I would be doing the kids a favor if I just ended it all, that the day finally came when I sat and wrote letters to my children saying goodbye and explaining why I needed to go.

We would move into our home in beautiful Big Sandy, and looked forward to simple remodeling plans, and making it our own. Even with multiple trips to the ER's and clinics with "falls down the stairs", or "something fell and hit me in the head" excuses listed as reasons for treatment, nobody ever questioned my recall of events that would happen causing these injuries.

Having drank a liter of alcohol and making threats, I started videoing parts of his behavior and called 911 before things were to escalate. My daughter that night stood strong and stayed in the living room with me as he went on and on, calling her disgusting names, ordering her upstairs, as he always did with the kids when an event like this would take place. Yet she stayed by my side, knowing that should she walk away, she knew what would happen. Never should your child ever have to take that stand or feel that type of energy and hurt within what is supposed to be their safe place, their home, their family.

■ *My dear sweet babies,*

■ *I love you more than you will ever know. I leave you with so many butterfly kisses and may the spirit of my love and good memories embrace you during the hardest times of life. I am sorry I wasn't strong enough and that I allowed the pain and hurt to take me over and could not find the fight in me to fix it. My sweet babies, saying goodbye to you is the hardest thing I could ever possibly face. I wish I was stronger, that I wasn't sad and didn't cry all the time. I wish I could take back the days I laid in bed and just slept instead of making memories with you. I am disappointed in the decisions I have made in not standing up for me and fighting back. I am just so tired and weak it feels and I just want to finally feel some sort of peace and release from all the sadness and pain. I am ashamed of the shell of a person I have become and that I could not find my way back. There are so many things that you will not truly understand right now about why this happened and I really hope one day you may be able to. I am so sorry I couldn't hold on. I love you, I am sorry but mommy has to go. Never think any of this was your fault, you are perfect I love you more than you will ever know! Please forgive me!!*

I am beyond thankful that I was introduced to Niki Simko with WRAP. Without her and WRAP, you would be reading my obituary right now, instead of hearing my story. Detoxing from a violent relationship can be compared to someone coming off of a heroin addiction. It's painful, there is fear, it hurts, but you have to feel it, face it, fix it, and free it in order to truly recover and become the survivor you lost so long ago. Every court hearing, breakdown, and any questions I needed answered, she was there, supporting and standing by my side. The strength of a total stranger made me stand, fight and get my life back.

I spent a year in physical therapy having to recover from a 5 inch mass on my brain, permanent nerve damage to both ulnar nerves, c-6 damage in my neck and a frozen shoulder. I found myself, and my true strengths, my soul, and who I was meant to be during that time. Me and my children found humor and healing in the hardest of moments. Every moment matters in life. Finding myself, and making every moment matter with my children, allowed me to truly discover what matters in life. I discovered woodworking and was able to strengthen my fine motor skills I had lost, and slowly remodeled the house I fought back to keep. I moved on to opening two, well known, successful restaurants as the general manager and built my life back up, with my children, by my side. We would soon experience holidays with their dad and our significant others as friends, and reflect upon all the healing from the journey we had endured.

Resilience is my word of the day, don't allow anything to break you or take you down. Do not let your pride, shame, or fear discourage you from reaching out. You matter, your children, parents, husband, wife, friends, they matter. Do not hide and think you are less than, and feed into the psychological hold of what you are being subjected to. You matter, this moment matters!!

WRAP Partners Program

Our **WRAP Partners Program** is your opportunity to make a meaningful investment, not only financially, but also in the creation of safer, healthier relationships, families, and communities. By partnering with us, you're not just supporting an organization; you're championing the cause of ending domestic and sexual violence in our region and in supporting stable loving families. Together, we can build a brighter, more secure future for all.

\$25,000

Supports the operation of our safe homes for 1 month.

\$12,000

Supports 1 month of support & advocacy services in a single county.

\$5,000

Supports an impactful regional awareness campaign.

\$1,000

Supports providing one month of support to a family for a fresh start.

\$500

Supports transporting a family to safety out of the area.

\$125

Provides 1 night of safe refuge in an emergency hotel.

Legacy Leader (\$20,000 and above)

All Winged Warrior benefits plus:
Logo on WRAP's website footer for one year

Winged Warrior (\$10,000 - \$19,999)

All Resilient Responder benefits plus:
Featured Recognition in WRAP's annual report
Recognition at WRAP's major events
Named Sponsorship of WRAP Program

Resilient Responder (\$5,000 - \$9,999)

All Altruistic Advocate benefits plus:
Recognition in featured article on WRAP's website

Altruistic Advocate (\$2,500 - \$4,999)

All Purple Partner benefits plus:
Linked logo inclusion on WRAP's website

Purple Partner (\$1,000 - \$2,499)

All Teal Trailblazer benefits plus:
Recognition in WRAP's annual report

Teal Trailblazer (\$500 - \$999)

All Nurturing Neighbor benefits plus:
Recognition on WRAP's website and social media platforms
Recognition in WRAP's e-newsletter

Nurturing Neighbor (\$100 - \$499)

Exclusive updates on WRAP's impactful work and events

At WRAP, we are committed to transforming lives, one relationship at a time. With over 92% of our annual budget dedicated to direct services across West Tennessee, we tirelessly work to support survivors and families.

While we are grateful for the vital state and federal grants that fund most of our programs, they often come with evolving criteria and varying annual allocations. To maintain the crucial continuity of our services and meet grant requirements for matching funds, we rely on the generous support of individuals, foundations, and corporations like you.

Gold
Transparency
2023

Candid.

Ready to help us change lives in West Tennessee? Contact Jenci Spradlin, Development Coordinator, to discuss ways we can work together to create safer and healthier communities at 731-571-0330 or jspradlin@wraptn.org.



End Violence. Change Lives. Give Hope.

We provide free & confidential support for survivors of domestic violence or sexual assault in West Tennessee. If you or someone you know needs help, please call us 24/7 at 800-273-8712!



Scan the Code to visit our website.

Hope Lives Here!

WRAP services are free and confidential. Call us 24/7 at 800-273-8712 or visit wraptn.org

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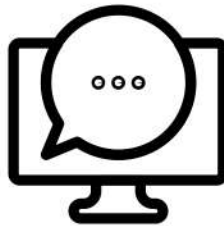
Need Support?

Call.



800-273-8712
24/7 Confidential

Chat.



Facebook.com
/wrapwesttn

Connect.



We have advocates
who can meet you
in your area!

We Are Here for You!

If someone is abusing you or someone in your household, you do not have to accept it. If you have been sexually assaulted, do not feel ashamed. At WRAP, we offer an array of free and confidential services for anyone who has suffered from domestic or sexual violence. We serve 19 counties in West Tennessee!

- 24/7 Crisis Line
- Safe Homes
- Advocacy & Outreach
- Orders of Protection
- Hospital Accompaniment
- Counseling
- Housing Support
- Resource Linkage
- Parenting Support

