



End Violence. Change Lives. Give Hope.



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# HEALTHCARE PARTNER TOOLKIT

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

[WWW.WRAPTN.ORG](http://WWW.WRAPTN.ORG)  
Updated September 2023



# Dear Healthcare Heros!

I am delighted to welcome you to this toolkit, designed to foster collaboration and improve outcomes for survivors of domestic and sexual violence. At the WRAP, we recognize the vital role healthcare providers play in identifying, supporting, and advocating for survivors.

Our mission at WRAP is to **build safe, stable, nurturing relationships, families, and communities, one relationship at a time.** We understand that as healthcare professionals, **you are uniquely positioned to contribute to this mission by recognizing the signs of abuse, offering compassionate care, and connecting survivors with the resources they need.**

In this toolkit, you will find valuable information, resources, and guidance to assist you in providing trauma-informed care and support to survivors. We encourage you to explore the contents, share knowledge within your healthcare teams, and integrate these resources into your practice.

Collaboration between healthcare professionals and organizations like WRAP is crucial to **creating communities where survivors receive the care and support they deserve.**

Together, we can make a profound difference in the lives of survivors, helping them heal and build brighter, safer futures. Thank you for your dedication to the health and well-being of our community. We look forward to partnering with you in our shared mission.

Warm regards,

*Mamie L. Hutcherson*  
Executive Director



## Contacts:

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## **What's Included:**

- About WRAP
- Just the Facts
- Start by Believing
- Ways WRAP Can Help
- Intimate Partner Violence & Health
- How We Can Support Patients Together
- 5 Things You Can Do Today
- A Story of Surviving and Thriving
- 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





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# 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
- 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 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 caregivers and 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 relative caregivers. 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](http://rcp.wrapn.org).

# Intimate Partner Violence and Health

CDC defines Intimate Partner Violence: "(IPV) is abuse or aggression that occurs in a romantic relationship. "Intimate partner" refers to both current and former spouses and dating partners. IPV can include any of the following types of behavior:

- Physical violence
- Sexual violence
- Stalking
- Psychological aggression

**IPV has been documented with numerous health sequelae including:**

- Injury (strains, contusions, fractures, traumatic brain injury, homicide)
- Chronic conditions (asthma, diabetes, HTN, stroke)
- Mental health & substance abuse
- Obstetrical & gynecological complications

**Screening Considerations:**

- IPV screening of pregnant women went from <20% from Sept. 2021–June 2022 to >60% from June 2022 -- June 2023.
- Nonpregnant women of reproductive age are still screened significantly less than pregnant women
- NOTE: American Academy of Family Physicians(AAFP) recommends screening all women of reproductive age
- Of those who screened positive/"At Risk" -- only 25.5% had documentation in their notes that the screening result was discussed/ resources provided.

**How to Document in Charts (Per US DOJ)**

- Describe the abuse using the patient's own word within quotation marks: The patient stated, "My boyfriend kicked and punched me"
- Avoid such phrases as "patient claims" or "patient alleges," which imply doubt about the patient's reliability.
- Avoid summarizing a patient's report of abuse in conclusive terms. If such language as "patient is a battered woman," "assault and battery," or "rape" lacks sufficient accompanying information, it is inadmissible.
- Do not place the term "domestic violence" or abbreviations such as "DV" in the diagnosis section of the medical record—terms only used by court.
- Describe the patient's demeanor, indicating, for example, whether she is crying or shaking or seems angry, agitated, upset, calm, or happy.
- Record the time of day the patient is examined and, if possible, indicate how much time has elapsed since the abuse occurred.

**IPV is a serious health concern for patients in West, TN  
including pregnant and nonpregnant women.**

**Screening for IPV can be the first step to providing life-saving resources to patients.**

# How We Can Support Patients Together

- Consider developing a formal referral process between your clinic / practice and WRAP: Agencies like WRAP cannot initiate contact with a potential victim. They MUST have verbal or written permission to engage with them.
- Develop a flow chart for medical staff and office staff to use to determine next steps when abuse is disclosed, and be sure to put WRAP's hotline number on there (800-273-8712)
- You CAN call WRAP on a patient's behalf when they are in your presence. You CAN speak on their behalf IF we can at least hear the victim authorize you to do so.
- We cannot tell them what they should do. As part of psycho-education and safety planning, we can express concerns for their wellbeing, but we cannot deny services based upon their decisions or expressly tell them what they MUST or SHOULD do.
- If the patient's abuser is physically present at the time of service, think about how you might assess their level of danger in a confidential manner or provide them the opportunity to indicate.
- If the patient discloses that they would like to immediately flee from their situation while in your care, think about how you might facilitate that before an incident presents itself. WRAP advocates cannot transport if there is a threat of danger, but they can help coordinate with law enforcement to get them safely away.
- Agencies like WRAP can support survivors regardless of when the abuse occurred.
- If you have a patient who is caring for the children of relatives, suggest they reach out to WRAP for the Relative Caregiver Program. They can self-refer to the program from our website at [www.wraptn.org](http://www.wraptn.org).

## **WHY YOU SHOULD TALK ABOUT DV & SA WITH YOUR PATIENTS?**

"Studies show that talking to all of your patients about healthy relationships and how unhealthy relationships affect health, not screening, is what improves health + safety and prevents violence." (From IPVHealthPartners.org)

### **Screening is a START**

Conversations can move the discussion forward!  
Why? People do not always see themselves as a victim.  
They may assume that IPV is ONLY physical violence.

# 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](http://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](http://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](http://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 patients and colleagues
  - Share WRAP content posted on our social media channels to your clinic's pages
  - Invite WRAP to speak to your clinic's staff
  - Attend WRAP awareness events in your community
  - Print out WRAP flyers and posters and put them up in common areas and restrooms
- 4. Use Your Voice** - Use your knowledge and passion to connect with others
  - 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 your clinic to adopt a DV/SA screening protocol and flow chart of how & when to contact WRAP
  - Encourage your clinic to develop a referral MOU with WRAP to facilitate connections with patients who need support
- 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
  - Become a sponsor of WRAP's Denim and Pearls Fundraising Dinner & Silent Auction
  - Join WRAP as an agency partner
  - Organize an item collection drive for things such as household items, diapers and hygiene supplies
  - Another way to share yourself is to volunteer your time. Find out ways you can do so on our website (<https://www.wraptn.org/volunteer>)
  - Set up a one-time or recurring donation to WRAP. Visit our website and click on the "Donate" button to make an online donation

# 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](mailto: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](http://wraptn.org)

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# 800-273-8712



## 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

