

Hyde County Hotline, Inc.

24-Hours Crisis Line 252-925-2500

Visit us at: HydeCounty-Hotline.org Facebook: [Hyde County Hotline](#)

This newsletter is dedicated to our precious friend and co-worker, Irene Gibbs.

Looking at the life of Irene Gibbs we see a portrait of love, devotion, strength, courage and resilience! These are only a few of the adjectives used by our staff and volunteers to describe our dear friend and co-worker. There has been great sadness and laughter as we all share stories of our special moments with Irene. It was a privilege and blessing to have known and been a part of her life!

Irene worked as the Shelter Manager at Hyde County Hotline from the time we opened in 2013. You will never find another person so dedicated to victims! It didn't matter the need, she would be here day or night with words of encouragement or wisdom, or material items to meet the need of victims and even co-workers.

We cannot help but smile when we think about her quick wit and candid manner and loving, giving heart. She was always on the move to go somewhere, but it was not for herself. She was constantly on the lookout for how she could help someone else. She loved to volunteer at the thrift store and share meals in the community through "Meals on Wheels". She was a fantastic advocate for victims of domestic violence and sexual assault during her time at Hyde County Hotline and for many years prior to joining our family and spent much of her life doing suicide prevention work.

We will miss her charming Scottish accent and love of tea, her kind words and even the occasional reprimand. We thank The Lord for the beautiful example of love, dedication and courage that her life was to all who knew her. She was a unique and amazing person and she will be greatly missed!

Irene's Garden - Planted with love in memory of Catherine Irene Gibbs.



April is Sexual Assault Awareness Month

THROUGH A SURVIVOR'S EYES

As I walk into the sanctuary, I quietly sit in my usual seat—the same place I've been sitting since coming back to my home church where I attended while I was being sexually abused. The church where no one knows what happened to me.

But surely some of them have heard by now. I lost my teaching job and had to go onto disability because of it. Yet as everyone stands up to shake hands, all I get is the usual—a sympathetic smile, a nod, a handshake. No one asks, "How are you?" or "How can I help?" No one speaks to me about it or anything else. No members offer to pray for me. No one hugs me. This is church. Isn't it supposed to be comforting? I spent the first couple of years on disability so depressed I didn't come to church. No one came to see me or call. Now I'm back, but I'm invisible.

The pastors say they pray for me in staff meetings, but this brings me little comfort when I need people surrounding me with love and support. I need people praying with me, not about me. They are scared. All churches are scared. Pastors are scared—scared of the two words "sexual abuse." I don't blame you for being scared. It's a scary issue. A complicated one.

How can you help? What can you do? Here are seven ways to help.

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RECOGNIZE IT'S HAPPENING.

Whether you realize it or not, your church is full of current sexual abuse victims, survivors, and abusers. The statistics show it, and the people prove it.

Most survivors never report it. I didn't. Fewer than 4 in 10 rapes are reported to the police. Only 12 percent of child sexual abuse is reported.

Think about your congregation. Look out over them on a Sunday morning. As many as 1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18.

Around 44 percent of women and 23 percent of men will be victims of some form of sexual violence during their lifetimes, according to a CDC study. This includes people in your congregation. The church is not excluded from these numbers.

DON'T BE AFRAID TO USE THE TWO WORDS: SEXUAL ABUSE.

One of the hardest steps for those of us who have been sexually abused is opening up and sharing. We already endured the abuse, but now we need healing.

And who better to be there for us during healing than the church? Yet it is the last place I have been able to find help.

The church is quick with judgments about forgiveness and forgetting the past. Sexual abuse survivors need time to heal before these things happen.

CONNECT SURVIVORS WITH PROFESSIONAL HELP.

From my experience, most pastors should not try to counsel us. This could be shaming for us if you are not trained in dealing with sexual abuse.

We already struggle with shame because of what was done to us. Simply being given Bible verses or being told to forgive or just trust God to get us through is invalidating the abuse we endured.

It makes us feel ashamed for telling our story and shuts us down from wanting any connection with the church. It makes us feel as if we were the ones who did something wrong.

Instead, the best thing you can do is listen and pray with us. Recommend therapy, and especially a trauma therapist. Do some research in your local area for recommendations?

ENCOURAGE OPENNESS FROM THE SURVIVOR AND THE CONGREGATION.

Ask your congregation for people who are willing to befriend abuse victims. Then, have a trauma therapist or someone similar come in and educate about how survivors feel, about shame, and how people can help.

People who befriend survivors don't have to be therapists. They just need to validate what the survivor says by listening. We all are broken, yet we all hold great possibilities in Christ.

DON'T LET SURVIVORS BECOME ISOLATED.

Because abusers have broken our trust, we will tend to isolate ourselves. Don't let us do that.

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It's going to take time after time of people consistently reaching out for us to trust you. People need to just be there for us, regularly, and be willing to feel the pain with us.

Don't try to give us a solution because you are uncomfortable with the pain we feel, or rescue us from our pain before we make our way through it. This is invalidating.

Steven Curtis Chapman says it well in his song, Beautiful Scars. "Sit here with me and tell me your story, even if it breaks my heart. Let me see your scars."

We need people willing to hear our story and see our scars without trying to fix us. Just listen. Pray. Walk beside us.

HELP SURVIVORS THINK ABOUT SOMETHING ELSE.

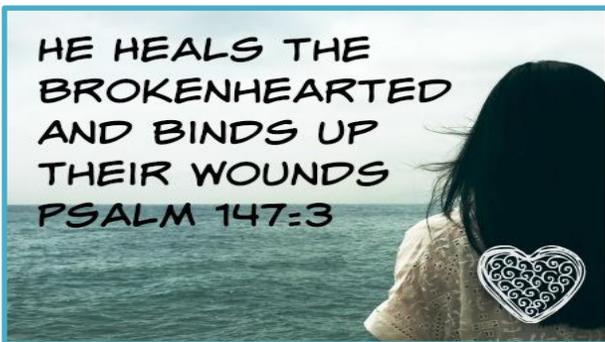
A huge part of supporting is for our friends to not always allow times together to focus on the trauma, but to do things that are fun and balance the relationship.

This is hard for us as trauma survivors, but it is needed.

LEAD YOUR CHURCH TO HELP.

I challenge you to be open to helping those in your congregation who have been sexually abused. We are hurting, waiting, and longing to be loved, helped, and embraced by the church. Will you be Christ to us?

Susan M. Clabaugh is a writer living in Missouri. She is a childhood sexual abuse and assault survivor who is still currently on her recovery journey.



Assault on women, in the form of sexual violence, is epidemic in the United States, according to a government study conducted in 2010. The study, called The National Intimate Partner and Sexual Violence Survey, found that almost one in every five women reported that they had been raped or had been victims of attempted rape at some point in their lives. The effect of sexual assault can persist for decades.

Did you know that every 92 seconds someone in the United States is sexually assaulted? Every minute that victim is a child. Did you know that 90% of people with developmental disorders will be sexually abused in their life time? 1 in 5 women and 1 in 71 men will be raped at some point in their life. Statistics show that in 80% of cases the victims know their attacker yet, only 5 out of 1,000 perpetrators will end up in prison.

In 2018 Hyde County Hotline received 654 crisis related calls from sexual assault victims/survivors and had 93 in person contacts with victims of sexual assault. (These could be multiple calls or contacts from the same victim.)

These statistics are staggering!

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Effects of Sexual Assault

The effect of sexual assault on women takes many forms – some lasting a relatively short while and others lasting for years after the incident occurred. While men can experience sexual assault, assault on women is far more prevalent. The mental and physical effects of sexual assault on women include:

- **Post Traumatic Stress Disorder (PTSD)** – Victims may experience severe anxiety, stress, and fear as an effect of sexual assault.
- **Substance Abuse** – Women sexual assault victims may use alcohol or drugs to dull their emotional suffering and pain.
- **Self-Harm** – Some sexual assault victims may harm themselves by cutting or other means.
- **Depression** – Depression represents one of the most common effects of sexual assault on women.
- **Sexually Transmitted Disease (STD)** – Perpetrators of sexual violence may infect their victims with STDs.
- **Pregnancy** – Sometimes, assault on women may result in pregnancy.
- **Flashbacks** – Some victims become tormented by flashback memories that make it seem as if the sexual assault is happening all over again.
- **Eating Disorders** – Frequently, victims of sexual assault may use food to control and cope with their negative emotions. Using food in this way can result in the development of eating disorders, such as anorexia nervosa and bulimia.
- **Sleep Disorders** – Sexual assault survivors may develop sleep disorders characterized by sleeping too much or not being able to sleep.
- **Body Memories** – Frequently referred to as psychosomatic symptoms, body memories occur in the form of physical problems like headaches, migraines, digestive issues, light headedness, or dizziness that medical examinations cannot explain.

Most women sexual assault victims suffer from some form of debilitating mental and emotional aftershocks, these often subside. Once these dissipate, the victims often feel like they've gotten past the worst part of the aftermath and try to carry on with their lives as usual. The longer lasting effects of sexual assault then begin to manifest a little at a time; unless the victims seek ongoing help from sexual assault counseling groups and mental health professionals who specialize in helping victims overcome any potential long-term effect of sexual assault. *Article by Samantha Gluck-Healthyplace.com*

These victims and survivors need us, as a community to step in and show them love and support. They need people to not judge them and feel sorry for them, but to love them and listen to them. Let's step up and out of our comfort zones and take the time to help those hurting from abuse!

Sexual Assault in the United States

- In the U.S., one in three women and one in six men experienced some form of contact sexual violence in their lifetime [\(k\)](#)
- 51.1% of female victims of rape reported being raped by an intimate partner and 40.8% by an acquaintance [\(a\)](#)
- 52.4% of male victims report being raped by an acquaintance and 15.1% by a stranger [\(a\)](#)
- Almost half (49.5%) of multiracial women and over 45% of American Indian/Alaska Native women were subjected to some form of contact sexual violence in their lifetime [\(j\)](#)
- 91% of victims of rape and sexual assault are female, and nine percent are male [\(i\)](#)
- In eight out of 10 cases of rape, the victim knew the perpetrator [\(i\)](#)
- Eight percent of rapes occur while the victim is at work [\(b\)](#)

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Child Sexual Abuse

- One in four girls and one in six boys will be sexually abused before they turn 18 years old [\(c\)](#)
- 30% of women were between the ages of 11 and 17 at the time of their first completed rape [\(a\)](#)
- 12.3% of women were age 10 or younger at the time of their first completed rape victimization [\(a\)](#)
- 27.8% of men were age 10 or younger at the time of their first completed rape victimization [\(a\)](#)
- More than one third of women who report being raped before age 18 also experience rape as an adult [\(a\)](#)
- 96% of people who sexually abuse children are male, and 76.8% of people who sexually abuse children are adults [\(h\)](#)
- 34% of people who sexually abuse a child are family members of the child [\(h\)](#)
- It is estimated that 325,000 children per year are currently at risk of becoming victims of commercial child sexual exploitation [\(g\)](#)
- The average age at which girls first become victims of prostitution is 12-14 years old, and the average age at which boys first become victims of prostitution is 11-13 years old [\(g\)](#)
- Only 12% of child sexual abuse is ever reported to the authorities [\(d\)](#)

Crime Reports

- Rape is the most under-reported crime; 63% of sexual assaults are not reported to police [\(h\)](#)
- The prevalence of false reporting is low — between 2% and 10. A study of 136 sexual assault cases in Boston found a 5.9% rate of false reports [\(f\)](#). Researchers studied 812 reports of sexual assault from 2000-2003 and found a 2.1% rate of false reports [\(e\)](#).

Ways To Help Sexual Assault Victims and Survivors

Have a day of prayer for healing for sexual assault survivors.

Plant a pinwheel garden to honor survivors of abuse

Have a fundraiser & raise awareness & support for the men, women & children in your community.

Offer a support group in your church or place of worship

Volunteer your time & resources to support a local advocacy agency.

Get educated about abuse prevention & intervention.

Speak out against abuse from the pulpit.

Educate your employees about sexual violence.

STEP UP & SPEAK OUT!

Words can not express how thankful we are for all of our volunteers! Thank you for your constant support and for the love you show when you help us and the clients we serve!

You make a world of difference!

We Love ***OUR VOLUNTEERS***

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“Give justice to the poor and the orphan; uphold the rights of the oppressed and the destitute. Rescue the poor and helpless; deliver them from the grasp of evil people.

Psalm 82:3-4

HUMAN TRAFFICKING

Maria stopped by one of the houses she was having rehabbed to check in with the contractor hired to do the job. He wasn't there. Instead, Maria found six men, sleeping on the floor in the barely habitable building. The men told her that the contractor had been recommended through an acquaintance. He picked them up out of state, drove them to the project and told them they were not allowed to leave the premises. He would bring them food and water, as necessary. Sometimes he did, sometimes he didn't, they reported. He never paid them. But when the men complained he told them he would call immigration immediately. They would be jailed first, then deported. To prove he was serious he took a group of them out to the desert and left one of them there, in the middle of nowhere, with no food or money. So the men worked, 10 hour days, without breaks. They slept in the houses they were working on, with cardboard boxes to cover themselves at night. Some of the houses had electricity, some didn't. Some had running water, some didn't. Maria called the Hotline and, together with Hotline Advocates, worked to learn more of the men's stories, get them to a safe place to stay and start the process of getting the men visas, while pursuing a case against the trafficker.

NATIONAL HOTLINE: 1-888-373-7888 | BEFREE TEXTLINE: 233733 | WWW.POLARISPROJECT.ORG

North Carolina has consistently ranked in the top 10 states in the country for having a human trafficking problem. Both children and adults, male and female are sold for sex or labor for the benefit of another. Trafficking occurs in hotels, homes, truck stops, and massage parlors. Because of the psychological manipulation that occurs, most victims don't identify as victims and will not seek help.

The National Human Trafficking Hotline and BeFree Text line provide survivors of human trafficking with vital support and a variety of options to get help and stay safe. These could include connecting callers with local law enforcement, emergency shelters, transportation, trauma counselors or a range of other services and supports. The 40,000+ cases identified on these helplines comprise the largest publicly available data set on human trafficking in the United States. The data do not represent the full scope of human trafficking. Lack of awareness of the crime or of these resources in certain geographic regions, by particular racial or ethnic groups, and by labor trafficking survivors, can lead to significant underreporting. Nonetheless, this information spotlights where and how traffickers operate so that we can put them out of business, keep them from harming more people, and help survivors find the services they need.

If you are a victim of Human Trafficking or you know a victims of Human Trafficking please call **Hyde**

County Hotline staff on our **24-Hour Crisis Line at 252-925-2500** or the

National Human Trafficking Hotline 1-888-373-7888

SMS: 233733 (Text "HELP" or "INFO")

Languages: English, Spanish and 200 more languages

Website: humantraffickinghotline.org

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North Carolina Coalition Against Sexual Assault

NCCASA

EDUCATION  ADVOCACY  LEGISLATION

Direct Services to Survivors of Human Trafficking

This day-long training is being offered at no cost to NCCASA member agencies (\$10 for non-members) to better prepare those coordinating and providing direct services to survivors of human trafficking, to include advocates, case managers, program directors, outreach specialists, mentors, and related program or shelter staff. It will include detailed information on prevention, outreach, and advocacy with trafficking survivors as well as an in-depth review and explanation of the newly-adopted NC Human Trafficking Commission Standards of Service for Survivors of Human Trafficking — NC's official document of best practices in the field.

Please share this information with your professional networks and interested members of your local multi-disciplinary teams.

The training will be from 9:00am – 4:00pm with registration from 8:45am – 9:00am.

Please note that lunch and snack will be provided.

Participants will be provided with the training address after registering.

To register: <https://forms.gle/FK6d7JUuy5u57dL6>

* After registering, you will receive a confirmation email which will have a link to a shelter survey. One person from each agency should complete this survey to better inform our trainers about the shelter options and policies on the ground for each attendee.



Thank you to the N.C. Council for Women and Youth Involvement-Family Violence Prevention and Services Act Program and US DHHS for financial support.

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We have been so blessed by your support of Hyde County Hotline's shelter - Ashely and Debbie's House of Faith, Hope, and Love! We would like to extend the opportunity for you to continue to care for and give hope to the victims of domestic abuse and sexual victimization that we serve.

Below is a "Wish List" of needs for the shelter that are ongoing. We ask that your church, community group, or business consider showing your support by donating some of the items listed:

Toiletries:

- *Toothbrushes
- *Feminine Hygiene Products
- *Toothpaste
- *Shampoo
- *Hairspray
- *Conditioner
- *Hair Gel
- *Lotions
- *Bath Soap
- *Razors
- *Deodorant
- *Combs/Brushes

Baby Items:

- *Diapers
- *Diaper Wipes
- *Clothing
- *Diaper Rash Cream
- *Baby Lotion
- *Baby Wash
- *Baby Shampoo

Misc. Items:

- *Journals
- *Non-Violent Books/magazines
- *Stationery
- *Stamps
- *Envelops
- *Holiday Decorations
- *First Aid Kit/Fillers

Linens:

- *Full Size Sheets (White Preferred)

Paper Goods:

- *Toilet Paper
- *Paper Towels
- *Disposable Plates
- *Disposable Cups
- *Disposable Bowls
- *Disposable Utensils
- *Kleenex

Supplies:

- *Cleaning Supplies
- *Dish Soap
- *Laundry Soap
- *Dryer Sheets
- *Cleaning Rags
- *Plastic Garbage Bags (All Sizes)
- *Light Bulbs

The need for cash donations and grocery items will be ongoing.

For further information on how you can help please call our office at 252-925-2502

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