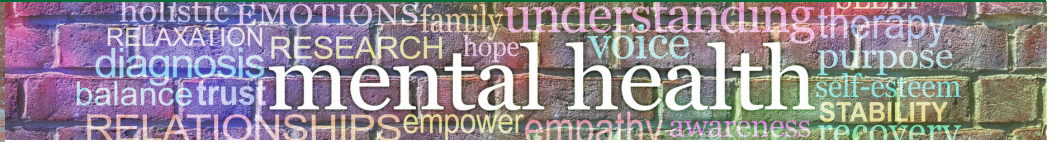


B FREE 2 FLY INTERNATIONAL NEWSLETTER



IS EMDR FOR ME?



Life Coach and Survivor Advocate Maury Danielle had the chance to join a powerful conversation regarding EMDR therapy and why she would recommend it. Breaking the Silence Against Domestic Violence is a partnership organization doing great things in the community to bring awareness and prevention.

LIVE MENTAL WELLNESS CHAT

BF2F PRESENTS

Dr. Terry Ann Scott | Maury Danielle, Survivor Advocate | Nisrine Maktabi, Registered Psychotherapist, MSc, RP

Mental Health Chat
INSTAGRAM LIVE
Saturday | 21st May 2023 | 12:00 Pm CST

Join Us Live!

TRENDING THIS MONTH:

- EMDR Podcast Episode (BTSADV)
- Mental Health Live Chat- May 20th
- Community Events
- Mental Health Blog
- Move 4 Campaign
- Spotlight Moment
- Work Highlights
- I AM Enough 2nd Annual Symposium- Save the Date





COMMUNITY EVENTS

 Houston Area Urban League
Young Professionals

QUIET TRUTHS


PANEL DISCUSSION ON HOW CULTURAL NORMS AND BELIEFS CAN IMPACT DOMESTIC VIOLENCE

WEDNESDAY, 3RD, MAY 2023

6.30 PM - 8.00 PM

UNITED WAY GREATER HOUSTON
50 WAUGH DR.
HOUSTON, TX. 77007

"JOIN HAULYP FOR AN ENGAGING CONVERSATION ABOUT THE STIGMA OF DOMESTIC VIOLENCE WITHIN THE BLACK COMMUNITY"

 Houston Area Urban League
Young Professionals

QUIET TRUTHS

PANEL DISCUSSION ON HOW CULTURAL NORMS AND BELIEFS CAN IMPACT DOMESTIC VIOLENCE

MODERATOR
DR. MATARA WRIGHT, PSYD
ASSISTANT PROFESSOR OF HEALTH, BEHAVIORAL & FORENSIC PSYCHOLOGIST

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REGISTER NOW AT:
HAULYP.ORG/EVENTS

THE SPEAKER LINEUP

 **JADE MILLER**
FOUNDER OF FIGHT4YOURLIFE

 **STEFANIE HAYES**
FOUNDER OF SONGSIRB IN HERPECT RESPECT FACILITATOR WITH HARRIS COUNTY DOMESTIC VIOLENCE COORDINATING COUNCIL

 **MAURY DANIELLE**
FOUNDER OF #P2F

 **THECIA JENKINS**
TRAINING DIRECTOR HARRIS COUNTY DOMESTIC VIOLENCE COORDINATING COUNCIL

 **TORY SMITH, BCC**
FOUNDER OF I FOREVER WILL CHRISTIAN MARRIAGE COUNSELING, LLC

 **ZACHARY BUDD, LMSW**
RESOURCES & CRISIS CENTER OF GALVESTON COUNTY, INC.





VICTIM SHAMING THROUGH CYBER BULLYING



Cyber Bullying and Cyber Stalking is a CRIME! Many don't realize that this type of conduct can harm a victim's mental health. As internet use increases, there is a growing risk of online harm, including cyber stalking and cyber harassment.

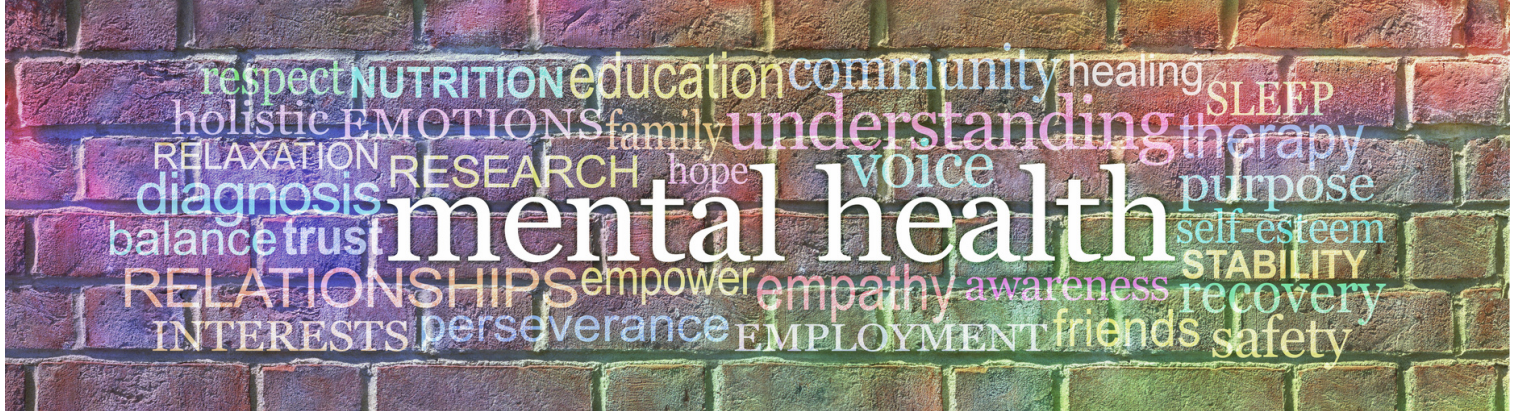
Victims of cyberstalking, cyberbullying, and/or harassment can experience many harmful and detrimental consequences to their mental health;

- Depression
- Anxiety
- Anger and Frustration
- Suicidal Ideation
- Panic Attacks
- Fear
- Shame
- Discouragement

In addition, victims' lack of support received from the criminal justice system can increase their subsequent distrust of technology. Post-abuse through cyberbullying is another way for an abuser to try to regain the mind control of a survivor. Another word for it is 'coercive control.' *This refers to an ongoing intimidation, isolation, and control strategy used by violent partners, seen as a central component of IPV (Stark, 2007).*

I remember when I began advocating for survivors and sharing my story through news/media outlets, my abuser did everything to attempt to discredit my story and the horrific effects of their abuse on me and my children. They changed their name, used multiple aliases, and began a 'smear campaign' to their friends and family, but also they continued to stalk my social media pages, leaving slanderous lies and hate in the comments. Even when I left my abuser, I dealt with stalking, hacked e-mail accounts, the abuser hiring private detectives, mail tampering, property damage, blocked phone calls, and so on. I have spent years being intentional about my mental health, self-care, and safety. One way to regain my power was by continuing to share and advocate to free someone else from abuse.





Lawmakers and researchers agree that stalking refers to some form of repeated contact or surveillance. However, legal definitions of stalking vary remarkably across states concerning whether they require: (a) subjective target fear or threat, (b) explicit perpetrator threat or even proof of intent to threaten the target, or (c) a standard of fear or threat based on the reasonable person. (Psychology of Violence, 2019).

Unfortunately, a person who experiences IPV (intimate partner violence) can likely experience post-abuse cyber attacks and cyberstalking from the perpetrator. Jealousy or possessiveness may underlie the IPV and Cyber Pursuit, as research assessing morbid jealousy among abusive partners has found that post-separation violence is associated with depressive ruminative thoughts, such as "If I can't have her, nobody will" (Dutton, 2006). This behavior has been associated with desires to control a former partner.

Here are some cyberbullying intervention and prevention tips to help you stay safe and safe guard your mental wellness:

- Analyze how the attack happened and close any "gaps" in your cyber security (if you can).
- Change your password to your accounts every 30 days.
- Keep your social media pages private, and be watchful for 'troll' or fake account requests.
- Turn on two-factor authentication, remove unknown and unused apps/browser extensions/software/files, and review the security settings for important accounts like email and financials.
- Stay cyber aware. Watch for suspicious online account activity and take action at the first sign of something strange. Turn on account alerts to your phone or email. Enable dark web monitoring and follow up immediately on publicized data breaches. Know the signs of phishing and social engineering attacks, and scrutinize every text/email/phone call/social media message for signs of fraud.
- Educate yourself and prepare in advance. This will help you work around those emotions during and after an attack.
- Don't hesitate to discuss it with a therapist or a qualified mental health professional. Someone who can help you process after you're the victim of cybercrime.
- Know your worth and value yourself. Remember, 'hurting people hurt people.' It is not your fault; you are NOT the cause of this vicious behavior and abuse.
- Remind yourself, 'I AM Enough.'

Victim shaming through cyberbullying is not ok. Awareness is key; the more we are aware, the safer we can be!

In Faith, Hope, and Love!

Mary Danielle

Life Coach, Survivor Advocate, Speaker, Author

References: Psychology Today, LastPass,
Psychology of Violence





MOVE 4 CAMPAIGN

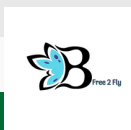


The goal of the **MOVE 4** campaign is to encourage people to prioritize their well-being while using actions to positively impact their local and national communities.

On the 4th day of every month, BF2F, Inc (nonprofit) encourages individuals and global communities to 'move for' a cause on the 4th day of the month. This month BF2F is supporting 'Move 4' through mental wellness. May is Mental Health Awareness Month, and we want to support survivors in their mental wellness journeys. There are plenty of ways you can get involved and make an impact:

- Participants can get 'moving' physically, post their movement on social media, and tag B Free 2 Fly or BF2F.
- Participants can donate to the cause through the following avenues:
 - Clicking paypal.me/bf2fgive
 - A portion of donations will go towards a 1:1 Life Coaching session for survivors rebuilding their lives and general support.

Through this campaign, we hope to move the ladder '**4forward**' in ensuring people know the stigmas and effects of domestic violence/intimate partner violence/sexual assault and the need for trauma recovery. Help us continue to take a stand against violence!





SPOTLIGHT MOMENT

SUQUETA HENLEY- EXECUTIVE COORDINATOR

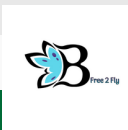


The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). For our organization, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible, and for BF2F, that gratitude is being thankful for Suqueta. Ms. Henley joined our organization as a volunteer last summer, 2022, and is now the Executive Coordinator.

With gratitude, we acknowledge the goodness in life. We recognize that the source of that goodness often lies at least partially outside ourselves. This month we would like to share our gratitude for Ms. Henley. We appreciate your wisdom, dedication, and grit! Thank you, Suqueta Henley, for all that you do and all that you are within our organization, community, and family.

A little bit about Suqueta.....

She has worked in health care for over 25 years and is passionate about helping others reach their full potential. Through her healthcare career, she discovered a great desire and the importance of helping, motivating, and empowering individuals. She is dedicated to helping clients to find their healing path and life purpose by providing progressive tools and resources. She is a mom to two amazing young men, enjoys time with her family, and playing roller derby.



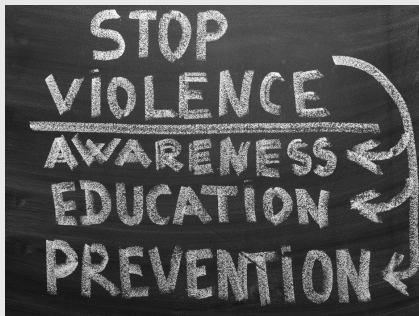


WORK HIGHLIGHTS

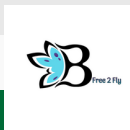
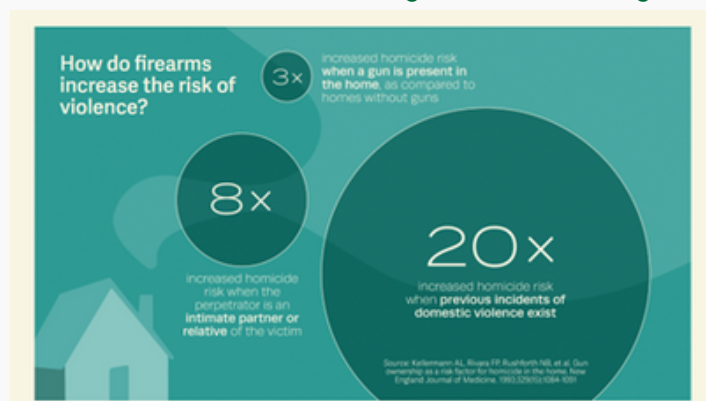


So honored and humbled to do the work and be a part of advocacy teams and partnerships that make this work impactful. A village is only as strong as its allies.

Ending gun violence is a big part of the work and focus on prevention. Thank you to the California Partnership for allowing me to contribute to the '**Ending Gun Violence and Domestic Violence**' toolkit. This toolkit is designed to support survivors of gun violence in their safety and healing and provide vital resources to domestic violence service providers working with survivors. For more information or to view the toolkit, click the link: <https://endinggv.org/>



The California Partnership to End Domestic Violence (the Partnership) is California's recognized domestic violence coalition, representing over 1,000 advocates, organizations, and allied groups throughout the state. Through our public policy, communications, and capacity-building efforts, we align prevention and intervention strategies to advance social change. We believe that by sharing expertise, advocates, and policy-makers can end domestic violence. For nearly 40 years, we have inspired, informed, and connected all those concerned with this issue because together, we're stronger.





SAVE THE DATE

SAVE THE DATE

the

"I AM ENOUGH"
2ND ANNUAL SYMPOSIUM

SATURDAY
OCTOBER 21ST, 2023

HOUSTON, TX
11:00AM-4:00PM

WWW.BFREE2FLYINTERNATIONAL.ORG

We are excited about the many things in store for this year's 2nd Annual 'I AM ENOUGH' survivors symposium. More details are coming soon, so don't forget to mark your calendar for Saturday, October 21st, 2023. We are looking for vendors, sponsorships, and volunteer support. If you want to learn how to get involved, please e-mail info@bfree2flyinternational.org for more information.

