



**COMMITTED TO
PREVENTING SEXUAL ABUSE
& SUPPORTING SURVIVORS**
LANCASTER, PA

Word from the Director

“At least he didn’t make me a \$20 girl.”

Ashley, survivor of sex trafficking

Of all the services we offer at Safe Communities, our consultation sessions with survivors of sexual violence are the most hidden and quiet aspects of our work.

Many survivors of child sexual abuse are victimized by more than one perpetrator and become so vulnerable they are raped as teens or young women. Some were also sex trafficked as children, often initially by their family, friends, or others in their circles of trust. A significant number are also victims of domestic violence as adults. As sexual abuse as a child is the biggest risk factor for being trafficked later in life, many survive childhood only to succumb to traffickers in young adulthood. Survivors like Ashley (not her real name) have suffered all of this, and more.

Most who come to us for individual consulting have repeatedly tried counseling but find that the low-cost therapists they worked with are unreliable, coming and going from various agencies; or simply cannot deal with the layers of complex trauma they’ve experienced. We hear them say:

“I could see on the therapist’s face I was just too much for her.”

“I was not sure he believed me when I described some of the things that happened to me.”

“Agencies kept shuffling me around for domestic violence, for child sexual abuse, for sex trafficking – each one seemed to deal with just one thing, not all of me.”

Ashley was grateful she was not forced to be a \$20 girl by her boyfriend-trafficker. She explained that \$20 girls were sent out to sexually service a house party of multiple men. He kept her “on the wall” as she was more valuable. Men would bid for her. However, the boyfriend who trafficked her as a teenager was not the first one; that distinction went to her mother, who trafficked her as a toddler so she could buy drugs.

Ashley found Safe Communities through another woman who had a similar history and had experienced healing at a deep level through her work with us. She wanted Ashley to have the same chance. She is borrowing money on her credit card to pay for Ashley's consulting sessions. She cannot afford to do this much longer.

Despite what Ashley has been through, she wants so much to heal. She is living in poverty and is determined to break the intergenerational cycle of abuse in her family by raising her own children with care and respect. She suffers chronic PTSD. Every day she does not turn to alcohol or drugs or cutting to ease her pain is a victory.

She tells me she once had dreams of going to college, to nursing school, to learn how to help people.

I hold her tears, and her dreams, in my hand as we talk. Each time I talk with her, I marvel at the strength of her spirit, at her courage, at her will to live and be a good mother.

Non-clinical consultation is our quiet and deep work. We make space for the most vulnerable and traumatized ones among us. The ones who don't fit anywhere else.

I close this letter to you, our friends and supporters, by sharing a poem Ashley wrote after a recent session. She gave me permission to share it with the hope that someone who reads it might be moved to make a donation to support her continued sessions with us, as the other trafficking survivor currently supporting her can't do so much longer.

From: XXXXXXXX

Sent: Thursday, September 1, 2022 7:20 PM

To: Linda Crockett <lcrockett@safecommunitiespa.org>

Subject: Re: poems

I wrote this one about what we talked about today some. It does feel good to write it out to feel it a little bit and move forward. I used to write poems all the time when I was a teenager it helped me to not cut. I always use them as form of release. Thank you for helping me to find that again.

Sins

The sins of my father are not mine,
they may have been passed down my bloodline,
but no longer by them will I be defined.

There once was a time when,
I believed they were - every sin.

My father's sins are plenty,
sins that have affected many.
My father's sins cut me deep,
to this day sometimes I still weep.

I blamed myself for years,
when any of the memories started to appear.
Somehow a young girl at fault for her father's drug abuse
and his short fuse.

She caused his touches,
even though she couldn't escape his clutches.
She was at fault for it all,
even when she was so small.

The sins of my mother are not mine,
they may have been passed down my bloodline,
but no longer by them will I be defined.

There once was a time when,
I believed they were - every sin.

My mother's sins are worse than my fathers,
for she was supposed to protect her daughters.
Instead she abused,
and used.

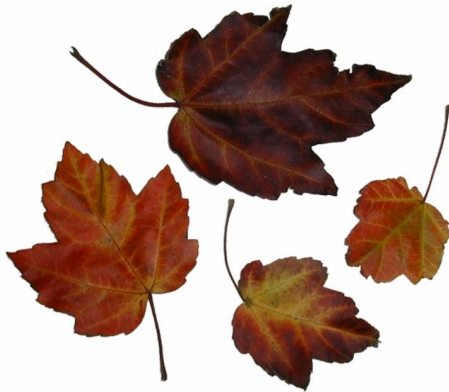
But this little girl felt it was all her fault it was not her mama,

she is the one that likes the drama.
Mother would never take photos,
none like those,
mother would never make me do that type of pose.
Mother never showed up for school functions, or even when I was baptized,
I felt as if I was the devil himself hiding - disguised.

Sins of drunks, pedophiles, and drug abusers run in my bloodline,
But they are no longer mine.
Took me 35 years to break the silence,
And stop the cycle of violence.

The sins of my mother and father are not my own,
I do not claim them, it is them that must atone.
For my children I break the cycle- the chains that had me bound,
so that they only feel love, kindness, and security all around.
Sins of drunks, pedophiles, and drug abusers run in my bloodline,
today for my children and for all future generations I now cut that line.
I start anew,
as I hope others like me can one day do too.

Linda Crockett, Director
September 2022



To learn more about our consultation work with organizations, churches and individuals impacted by sexual abuse, visit our website at <https://www.safecommunitiespa.org/consulting.html>

Fall 2022 Newsletter, *In this issue:*

- **A word about Advocacy from our Assistant Director**
 - **No-Cost Educational Workshops**
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 - **Clergy Sexual Ethics and Boundary Training**
 - **Lancaster's Extra-Give**
 - **Thank You for your Support! - our wish list and storefront**
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advice, advisory committee
specially appointed to give
certain matters. [F.<L. s
ad vi'-tam ant cul'-par
lifetime or until fault.
ad' -vo-cate, n. c
of another (esp. in
(-ca-ted, -ca-tin
to plead (a c

How can we be Advocates for Positive Change?

Our Mission at Safe Communities, to end Child Sexual Abuse(CSA), is aspirational without a doubt, and we're proud of that. The vision of a world in which no minor is hurt in this way may seem unattainable. At the same time, considering the current statistics, that 1 in 4 girls and 1 in 6 boys are sexually abused before their 18th birthday, there is plenty of room for improvement. We believe that those statistics can and must change. All of that can be understood within the reality that most of us who do this work will consider it a success even if only one child is helped, or one case of CSA is prevented.

Our organization has progressed over time, increasing our clientele, and continuing our commitment to change. As we move forward, our hope is that all of those whom we have helped and gathered into this work will develop into a grass roots movement. This is what it will take to change our culture in a lasting and meaningful way.

If you are receiving this newsletter, if you have donated to Safe Communities, if you have attended one of our workshops, Circles of Hope, or retreats, you already know far more about the subject of CSA than most people. We do not want to overlook or neglect what is perhaps our greatest resource in this work: YOU. We

believe wholeheartedly that each and every one of you can be an advocate for change.

Advocacy looks like a lot of different things though. So, before you fear that we expect everyone to start marching in the streets carrying signs, let's talk about that. There are so many ways in which we can help to change our culture.

1. Simply being the informed, engaged person you already are, reading newsletter articles, and connecting with and encouraging organizations like Safe Communities is its own kind of advocacy. Your quiet presence in the world has a positive influence in and of itself, and you need not do more to consider yourself an advocate.
2. Recommending our organization to others who could benefit from our programming and advocacy is a quiet and direct way to advocate for the work we do. By spreading the word, we extend our reach into the wider world, and can bring more people into the movement.
3. Advocating for good child abuse prevention policies and practices within organizations we belong to or utilize, with the recommendation of Safe Communities as a resource, both advances our mission and helps to ensure that those safe practices are spread farther and wider all the time. Too many organizations rely almost completely on legal compliance with background checks and training on mandatory reporting, rather than evidence-based practices to prevent harm.
4. Speaking publicly out about CSA, its effects and prevention can be very powerful. Survivors are incredibly impactful speakers when they are able to do so, but it is important to remember that not every survivor is in a place where this is possible. The friends and family of survivors can be important in the work of speaking out as well.

Beyond these ways of advocacy, there are many other opportunities to advance the work of CSA prevention, which include asking legislators to introduce or support bills that do more to protect children from sexual harm, or help with fundraising to support the people who turn to Safe Communities for help. For example, one low key option is to invite us to meet with a small circle of friends at your home so we could let more people know about our mission, our programs, and how our work is transforming lives.

The real purpose behind this article is not to push people into uncomfortable roles, or to ask more from people than they are

already giving. One of the most common questions we receive in our work is, “What else can I do?”

This article is in answer to that question, and to the many among our followers and advocates who want to do more to bring about change. In all of our many, different ways, we can make change happen.

Mark Harris, Assistant Director
September, 2022

NO-COST EDUCATIONAL WORKSHOPS

The Third in our Series of No-Cost Educational Workshops:

The Grooming Process – Tuesday, October 18 - 6:30 to 7:30 PM

Beginning in August, we offered one workshop per month open anyone who is interested. We began with Social Media Navigation with Kids for parents/caregivers, and continued with Child Sexual Abuse Prevention 101. The remaining workshop will explore the Grooming Process used by some predators to gain control over child victims. These virtual introductory workshops are provided free of charge Zoom. This is a great way to introduce someone new to our organization and our work. So, please feel free to spread the information amongst your contacts, especially, to anyone you know who would appreciate and benefit from these workshops.

Registration required prior to the workshop.

Registration for the third workshop is open, and will close at noon on Monday, October 18th. Please click on the link below for more information and to register.

[**CLICK HERE FOR MORE INFO ABOUT THE NO-COST EDUCATIONAL WORKSHOPS**](#)

JOB OPENING AT SAFE COMMUNITIES

Safe Communities is Hiring!

We are accepting resumes for the position of Office Manager. This position will be half-time, with a salary of \$20K per year, paid vacation, and some flexibility regarding hours and work from home possibilities. Candidates should have office skills including knowledge of Microsoft Office products, including Power Point; Social Media

Acumen, including Facebook, Twitter, and Instagram; and website maintenance. For a full job description, or to submit a resume, contact us at info@safecommunitiespa.org.

[CLICK HERE FOR JOB
OPENING](#)

CIRCLE OF HOPE

FOR ADULT SURVIVORS
OF CHILDHOOD TRAUMA & ABUSE

HOLIDAY EDITION!

CO-FACILITATED BY MARK HARRIS AND ALI HAIGIS

OCT. 20, NOV. 15 & 29, DEC. 15 & 29

6:30 TO 8:00 PM

*THIS HOLIDAY SEASON, WE WILL HOST A
CIRCLE'S OF HOPE GROUP TO SPECIFICALLY
ADDRESS THE HOLIDAYS, HOW WE MANAGE
THEM, AND HOW WE MIGHT BETTER
PROTECT OURSELVES AND OUR RECOVERY.*



VIRTUAL - VIA ZOOM, \$75 PER PARTICIPANT

REGISTER AT WWW.SAFECOMMUNITIESPA.ORG

Circles of Hope: Holiday Edition

Safe Communities will be holding a special Holiday edition of our Circle of Hope group this year. Our new Assistant Director, Mark Harris, and Advisory Board Member, Ali Haigis will co-facilitate this Circle, which will focus on the special difficulties that this season may pose for Survivors of Childhood Trauma, and how we can cope, keep ourselves safe, and even find ways to enjoy the season as we continue to recover and grow. Please click the link to register for this special edition of Circles of Hope. Each session will begin at 6:30pm, and last for an hour and a half.

[Register for Circles of](#)



BOUNDARIES, POWER AND WELL-BEING:

APPROACHES FOR HEALTHY LEADERS AND CONGREGANTS

PRESENTED BY
LINDA CROCKETT,
DIRECTOR OF SAFE COMMUNITIES

www.safecommunitiespa.com



We are making churches safer!

We are excited that so many regional church bodies are asking us to train their pastors on sexual ethics i.e. boundaries, power, and abuse of it. We focus on sexual abuse of minors; of adult congregants (**no, it is NEVER an affair!**) and sexual misconduct toward female clergy. We trained over 100 clergy from a PA-Delaware region in October, and have another seminar scheduled for November for clergy from the Baltimore-DC area. We use a model of deep engagement, and many clergy tell us we provide the best boundary/sexual ethics trainings they have ever received.

If your denomination's district, synod, diocese or conference wants to schedule a training, please reach out to

LCrockett@safecommunitiespa.org or call 717 560 9969.

EXTRATM GIVE



Extra Give: 2022

Safe Communities will be participating once again in LCCF,s Extra-Give Campaign, which will take place on November 18, 2022. The Extra-Give is an easy way to make a contribution that may be stretched by corporate sponsors. Click below for more info:

Lancaster's Extra-
Give

Your Donations Are What Make this Work Possible



We are THANKFUL for the valuable support of our individual donors, gifts from business such as Clark Associates, and key foundations including Touchstone Foundation, LMC Legacy Foundation, The Alpern Family Foundation, Tecumseh Milestone Foundation, Lancaster County Community Foundation, and the High Foundation.

***Your partnership enables us to continue this work!
Thank you!***

Safe Communities needs every day items to keep our programs running. We have created a wish list of our most needed items on Amazon.com. Your aid will help us in continuing our work of educating people about Child Sexual Abuse and assisting Survivors. Please click on the link below to view our wish list.

[CLICK HERE TO SEE OUR WISH LIST](#)

If you have not already done it, please check out our storefront for some cool merchandise. Your purchase will help Survivors of child sexual abuse move forward in their healing journeys and lead more fulfilling lives.

[VISIT OUR STOREFRONT](#)

If you would rather support us directly, you can click below to give online, or send a check payable to our Fiscal Sponsor, Humanitarian Social Innovations (please write Safe Communities in Memo line only) - 313 W. Liberty St., Suite 242, Lancaster, PA 17603.

[DONATE
NOW](#)

Our core values: **Respect:** Recognizing the worth and dignity of each person of every race, culture, and socioeconomic status. **Integrity:** Adhering to moral and ethical principles, keeping commitments, doing the “right thing”. **Social Impact:** Eliminating root causes of systemic social problems so that individuals and communities can flourish. **Equality:** Embracing non-hierarchical models within our organization, and our work. **Accountability:** Being transparent and accountable to those we serve and

the donors who support us.

Please share this newsletter with your friends, family, clients, colleagues, organizations, and faith communities to help spread the word that prevention and healing are possible.

www.safecommunitiespa.org

**We welcome your questions about any of these programs.
Contact info@safecommunitiespa.org or 717.560.9989**

