



healing connection

 COMPASS
sexual assault
education • prevention • support



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Coloring: relax, reduce stress, and boost mental clarity

Coloring is an activity that we often associate with children. As we grow up, we tend to lose sight of our creative abilities, feel as if we aren't any "good" at creating art, or that it's not worth our time.

However, it turns out coloring can be beneficial for adults, even those who are not artistically inclined. There are many reasons that art is a great stress relief tool, even for those who don't consider themselves to be artists. According to PsychCentral, Coloring generates wellness, quietness, and mindfulness, involves both logic and creativity, as well as the use of fine motor skills, and can be a powerful tool for helping us to de-stress. It brings us back to a simple time like childhood. It can take you out of your present worries and let your brain have much-needed rest and relaxation.

When we color, our brains switch from other thoughts and distractions and allow us to focus on the moment and not our worries. Concentrating on coloring an image may also help to replace negative thoughts with more positive ones.

Crack open your adult coloring books, sharpen your colored pencils, and follow these tips to help you relax, reduce stress, and boost mental clarity!

Find the right time and place

Try to give yourself at least 30 minutes of uninterrupted coloring time.

Pick a location that is comforting or convenient for you. For example, you might be more comfortable working in your living room at home, but you may need the de-stressing effects of coloring at work.



Practice mindfulness techniques.

Be fully present in the moment by paying close attention to the movement of your hands and the colors that emerge on the page.

Focus on your breath. Pay attention to the sensations as you breathe deeply, in and out.

Look closely at each color as though you were seeing it for the first time. You can also focus on the experience of holding your pencils or crayons and think about what it feels like in your hand.

Listen to relaxing music. Different individuals may find different types of music relaxing. This will vary, depending on your personal tastes and preferences, but listening to an album or soundtrack that you find calming can help improve your coloring session.

Free, downloadable coloring pages available at...

www.justcolor.net/

www.art-is-fun.com/free-adult-coloring-pages/

Advocacy on Campus

Even with school not in session for most students, our Outreach Advocate has not slowed down. Throughout the summer, COMPASS continued providing our office hour services on the campus of Aultman College two days a week. We loved the opportunity to be a part of a number of summer events at the campus. We had a great time meeting students at Welcoming Week. We also participated in more than 10 student orientations, allowing us to meet the new incoming students and explain the services we offer. In August, Aultman and COMPASS staff members attended a prevention training where we, as a team, began creating a strategic plan for preventing sexual violence on campus. This training had led us to start a task force on campus that included staff from different programs of the school and some students to put our strategic goals into action.

Even though COMPASS was not physically on campus for our other colleges, we still were able to do a variety of things for and with the campuses! Malone University and COMPASS partnered together to update a pamphlet educating students on sexual assault, consent, what being an active bystander means, and what to do after a sexual assault. This pamphlet will be handed out to all of the students during their freshman orientation. Staff worked together to create trainings for the coaches, athletes, and the RA's on Malone Campus. These trainings will cover sexual assault, consent and intervening as an



active bystander. Each participant will be provided a book of resources we have named "Game Plan." COMPASS will also be creating interactive bulletin boards in each of the campus dorms at Malone with trivia, education and resources. COMPASS and Malone are currently working on creating a curriculum for consent to include in their general education classes that all freshman take as part of their requirements.

At Kent State Tuscarawas, COMPASS is in the process of planning a meet-and-greet event to be held during the beginning of fall semester, "Cookies with COMPASS!" This event will allow the students to meet our team, ask questions, learn about our services, see the office, and eat cookies. Students who come and participate will be entered into a raffle to win prizes!

Last, but certainly not least, we have hired our newest Outreach Advocate, Caitlyn! We look forward to having her on the campuses.

Summer highlights at COMPASS

Staff have been busy this summer in many different areas of our agency. To ensure survivors only receive the BEST services from COMPASS, staff has been busy revamping all of our policies and procedures. We have created our policies and procedures to align with Ohio's core standards of rape crisis centers. In that, we have also created an Advocacy Protocol Guide for all new advocates. Our new volunteers will also be receiving a new orientation manual. Our peer-facilitated craft group, Crafting Hope, will begin selling their crafts out of a Goodwill retail location. Crafting Hope group allows our survivors to foster a sense of empowerment, develop social skills and encourages survivor connections through creativity. COMPASS is also a part of the Sexual Assault Response Team (SART) of Stark County. With partner agencies, we have finished the protocol, created a logo, and created a Facebook page for SART (@StarkCountySART). Not only is COMPASS making big strides, our survivors are also doing the same. We have had survivors schedule classes for the first time, obtain jobs, and also paint pictures for our counseling spaces to help encourage other survivors.

As the start of the school year approaches, our prevention educators have been busy adding NEW schools to receive programming this school year. Our prevention educator, Tiffany, was involved in the Ohio Alliance to End Sexual Violence's annual conference held in Dublin. She was on the planning committee and also served as a moderator for two of the sessions. Look to our next newsletter to reveal the new name and logo for our Prevention Education program!



COMPASS staff attended the Ohio Alliance to End Sexual Violence training this summer.

Prevention education programming reaches kindergarten to high school students



In America today, 1 in 4 girls and 1 in 6 boys will experience sexual violence before the age of 18. However, even one is too many, which is why we at COMPASS provide prevention education programming to students k-12 in the community.

This programming equips students with the tools they need to stop these crimes before they even start. We cover a wide range of topics, from how to safely intervene, to warning signs for abuse. One new subject which has been met with tremendous success is our segment on Human Trafficking. The human trafficking curriculum covers defining human trafficking, warning signs of victimization, impacts to victims and a short film on two survivors.

At the end of our sessions with high school students we provide a retrospective survey to test knowledge gained throughout the week. Overall, the high school data showed a significant increase (20-23%) in understanding the potential increases and decreases of human trafficking in communities. The data proves more high school students understand the risk and protective factors for human trafficking, which will equip them in preventing this in the future.

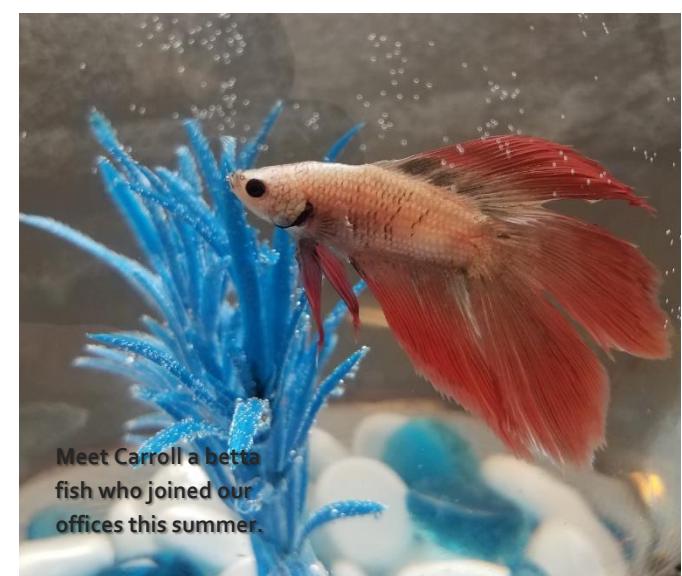


Meet Caleb one of our Prevention Educators here at COMPASS! Caleb graduated from Kent State University studying Psychology and Criminal Justice, and has been working with survivors for three years.

He is from Cuyahoga Falls and has been dating his girlfriend, Alex, for two years.

Some fun facts about Caleb...he has only broken three cell phones in his life and one of those was caught in his car door! (About 15 minutes after this photo was taken.) Halloween is his favorite holiday. He says "it's the only holiday that doesn't just turn into work when you become an adult!" His favorite costume was the year he dressed up as Santa Claus!

Meet the team



VOLUNTEER SPOTLIGHT

Cassandra Wisdom

Cassandra is a native of Massillon, Ohio and currently living in Canton, Ohio. She is the mother of 5 beautiful children and 15 awesome grandchildren. She is currently raising a beautiful little girl who is now 6 years old and came to her at 3 months old. Cassandra says she is a blessing and an asset to their family. "My children have made me very proud of their careers and families. We spend as much time together as we can. We enjoy taking trips together at least once a year and Thanksgiving is our most appreciative time together," says Cassandra.

She is currently employed at Siffrin Inc. for the past 10 years as a Direct Support Professional and she also works as a secretary at her church for the past 5 years. She has been a volunteer for COMPASS for almost 18 years. COMPASS is honored to have her as a volunteer.



She is a graduate of the University of Akron with a degree in Social Work and is an active member of her church, Peoples Baptist Church, in Canton, Ohio.

She enjoys cooking, especially for her large family gatherings and she loves going to the movies to see the latest action movie. She also enjoys traveling to visit her grandchildren in Kentucky as much as she can. One of her favorite quotes is: "Life isn't about finding yourself, it's about creating yourself." A favorite song of hers is Amazing Grace. She has had the opportunity to travel to at least 20 states within the United States with her family and, hopefully, in the upcoming years, they will get a chance to see more the U.S. and travel abroad.

Cassandra says that the most rewarding thing about volunteering is the fact that you get the

opportunity to help and meet people of all nationalities and backgrounds. She feels that the most critical problems faced by people in this field is the lack of communication between other support systems. "I really wish they understood the important role that COMPASS plays in the lives of victims."

Cassandra points out why she initially chose to volunteer for COMPASS: "Because of personal reasons. I was, at one time, in their shoes. So, I understand the emotional trauma and embarrassments that go along with having to face this situation and I wanted to help make the process easier with exposure."

Her advice to people who have been sexually assaulted, "What happened to you does not define who you are as a person. God loves you and you have a very special purpose in life. What happened to you was not your fault. Surround yourself with people who love and support you and with that support you will get through this."

To anyone thinking about volunteering for any organization, Cassandra's advice is that "it doesn't matter what support organization you choose to serve. Just remember that the needs of the people you serve should always come first. Empathy is very important and to use your resources."



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[@compassrapecrisis](https://www.instagram.com/compassrapecrisis)

donations needed

Did you know COMPASS has a craft group! Crafting Hope is a peer lead group here at COMPASS for survivors; a safe space to empower and encourage social interactions where creative minds can come to unwind. Items needed are: Glue guns, glue sticks, glitter, and paint.

We also have advocates that go to the hospitals and provide support to survivors during the forensic exam. When their clothing is taken as evidence, COMPASS provides the survivor with a sweat suit. We are in need of sweat suits in gray, navy, or black (Sizes: Small, Medium, 2 XL, and 3 XL). Shampoos, conditioners, soaps, lotions, combs and brushes are also needed.

Thank you so much for supporting our mission to promote healing! As always, monetary donations are always accepted.

