



sexual trauma services of the midlands

Volunteer Voice

June 3, 2010

June2010

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Group Services Coordinator

Anna Walton
Bilingual Victim Advocate

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Teen Health Summit	5
6	7	8	9	10	11	12 Advocate Training
13 Advocate Training	14 Advocate Training	15 Advocate Training	16 Advocate Training	17 Advocate Training	18	19
20 Father's Day	21	22	23	24	25	26 Block Party
27	28	29 Survey Due	30			

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- * June 4: Teens from across the state will meet at Dreher High School to discuss health issues. Volunteer Alexis will be there to represent STSM.
- * The last day to submit an application for advocate training is Monday, June 7. Fall training will start on September, 28.
- * SC HIV/AIDS Council will host their annual block party on Saturday, June 26 from 10:00am—2:00pm. We still need another volunteer to help pass out STSM information at this fun event.
- * June 29 is the last day to complete the STSM volunteer survey. The link is in the Tips and Reminders section.



Tips for Summer Advocate Survival

By Anna Walton



Summertime has arrived in South Carolina! This is the time when SC beaches and lakes reach maximum capacity, stepping outside feels like you just opened an oven door, and sipping a cold glass of sweet tea while sitting in a rocking chair transports you to a scene of *Gone with the Wind*. It is also the time when Sexual Trauma Services of the Midlands receives the highest volume of hotline and hospital calls. While you can help by diligently signing up for your two on-call shifts a month, it is also important to be prepared. Of course, being on call does not mean sitting in your room, waiting for the phone to ring. Definitely go out and have fun! However, do so responsibly. If you do end up going to the lake, the river, or any other place to hang out and have fun, you should keep these things in mind:

- Make sure you have cell phone reception wherever you go!
- Make sure you can hear your phone at any minute. For example, don't go on a boat ride and leave your cell phone in the glove compartment.
- Make sure you can get to any of the hospitals served by STSM within 30 – 45 minutes of being called and in suitable advocate attire.
- If you are with friends, make sure you have a quiet, secure place to which you can go if you have a hotline call. Remember that all things mentioned in hotline calls are confidential and you must ensure that no one can overhear you. Plus, you want the survivor to know that he or she has your undivided attention.
- Do not drink while on call because it impairs your ability to serve the survivor, and it is a violation of your volunteer terms.

Also, it may be a good idea to prepare a bag with the following items to keep with you:

A change of clothes that will look professional and keep you comfortable in a hospital. Don't wear shorts or tank tops.

Closed-toe shoes.

Directions from the place you are going to each of the hospitals served by STSM.

Telephone charger for your car.

Water!

Your STSM binder with information, forms, and pens.

Anna Walton has been an advocate with STSM for almost 3 years. She recently came on board at STSM as our Bilingual Victim Advocate. Anna also works part time at the Good Samaritan Clinic. She recently graduated from USC and is already planning on going back for more! Anna looks forward to spending as much time as possible on the lakes, rivers, and beaches of South Carolina this summer.

Tips and Reminders

- * CE courses will soon be available online. Check back for more information.
- * Don't forget to get permission to call the on call advocate for USC or Columbia College from a survivor who is a student at either school.
- * You should always wear closed toed shoes to the hospital.
- * Please complete the Volunteer Survey on Survey Monkey by June 29. Here is the link:

<http://www.surveymonkey.com/s/Z27NZNX>

May Call Totals

Total Hospital Calls: 34

Hospital Calls answered by volunteers: 28

Hospital Calls answered by staff: 6

Total After Hours Hotline Calls: 16

Hotline Calls answered by volunteers: 13

Hotline Calls answered by staff: 3

Welcome Pam Osman, Office Manager!

Pam Osman joined the STSM staff in May 2010 as the office manager. Pam moved from Chicago to South Carolina in 2005 with her family to open a new business in Columbia and decided to stay after falling in love with the city and people of Columbia. Pam is married with four children and has worked as an office manager for over 15 years in the private sector. Pam was thrilled and honored to obtain a position that allowed her to utilize her administrative skills to provide a much needed service to the community as part of the dedicated STSM team. Pam loves to cook because she finds it is a great stress reliever and very creative. She also loves to ride on the back of her husband's Harley. We are so excited to welcome Pam to STSM!

Upcoming Dates to Remember:

Saturday, June 12-Thursday June 17: Summer Volunteer Advocate Training

Saturday, June 26: HIV/AIDS Council Block Party

Saturday, August 21: Speaker's Bureau Training

Friday, June 4: Teen Health Summit at Dreher High School from 8:00am-3:00pm

Saturday, June 26: SC HIV/AIDS Council Block Party from 9:00am-2:00pm

Monday, July 5: STSM office closed

Saturday, July 10: New Ebenezer Baptist Church Health Fair 10:00am-2:00pm

Saturday, July 31: Midlands Community Health Center Family Fun Day from 10:00am-2:00pm

Tuesday, August 10: CE on Working with the GLBTQ Community

Saturday, August 21: Speaker's Bureau Training 9:00am—5:00pm

Monday, September 6: STSM office closed

September 25—September 30: Fall Volunteer Advocate Training

Tuesday, November 9: CE Event on Communication Skills from 6:00pm—8:00pm