

Thank you to our 2019
Annual Sponsors!



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WHAT WE'VE BEEN UP TO

Our 2nd annual *Sunset Dining* event on July 28 was the perfect evening, with delicious food and wine, dancing, and truly spectacular mountain views! Attendees also heard a moving personal account from one of the many individuals who have been touched by the Phoenix Project since it began last year.



Guests of all ages enjoyed great music and colorful entertainment while supporting our HealthWays program at the inaugural *Take The Plunge For Health!* celebration on August 25, where **Ruth Birge** (left) was crowned our winning Golden Plunger. Don't miss next year to see who'll take the coveted trophy!

Fall 2019
Community Impact Focus:
The Phoenix Project



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A Message from Our Executive Director:
Judith Long

Last fall, TFC embarked on a new collaborative partnership with AdventHealth and Safelight to create a unique model of care for survivors of domestic violence, sexual assault, human trafficking, among other kinds of trauma. When the three organizations were meeting to design and create the program, we researched whether similar programs existed anywhere in the nation. And we found **none**, nothing comparable that brings together an integrated clinical care team with victim and legal advocacy, all from the basis of trauma-informed care.

We conveyed to our prospective funder that there were no programs like what we envisioned, that there was nothing we could draw upon as a best practice, and that we were entering uncharted waters to unite clinical care with social services focused upon survivors. So, they challenged us. The Duke Endowment funded our pilot *and* asked our team to do the documentation necessary to create a model of care that could be replicated in other communities, including the history, the trial and error, the “what worked” and “what didn’t,” recommendations for success, and potential roadblocks.

So, our work with the Phoenix Project is truly ground-breaking for our community and the hope and healing we can offer to local survivors. And our work has the potential to transform care for survivors in other communities. As a key dimension of this effort, TFC has been working for the past year to integrate a deeply trauma-informed structure into all facets of our organizational structure. Working with vulnerable patients who have faced significant trauma in their lives can create secondary trauma in staff and volunteers. Developing and nurturing intentionally trauma-informed care policies and practices can help protect the team, prevent burnout, and enable more effective care for our clients.

It is both exciting and humbling to live into potentially transformative moments—when we bring together the best a community can offer to change lives, to embrace healing, to offer hope. Please read more about the exciting Phoenix Project, and I encourage you to join our efforts. We need a few dedicated volunteers to work with Kerri and expand our efforts to change lives for survivors.

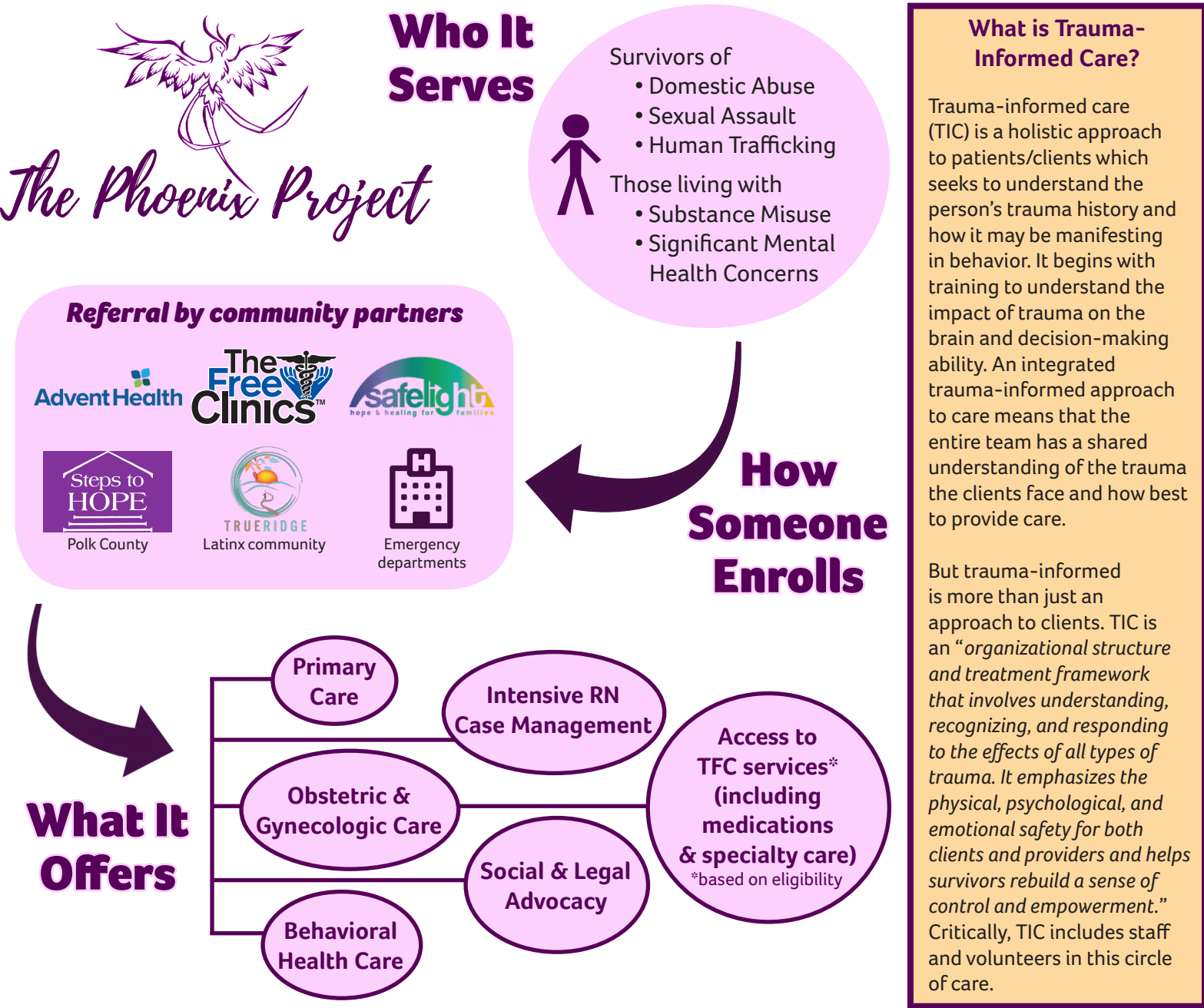
828.697.8422

info@thefreeclinics.org

Supporting Survivors with a Pioneering Collaboration

The Phoenix Project is a collaboration between **The Free Clinics**, **AdventHealth**, and **Safelight** that launched in fall 2018. It supports and promotes the health and well-being of the most vulnerable members of our community: specifically, survivors of domestic violence; survivors of sexual assault; survivors of human trafficking; and those with significant mental health and/or substance misuse concerns. Through this unique partnership, we offer comprehensive, integrated, holistic healthcare to very vulnerable persons that is trauma-informed, ACES*-informed, and resiliency-focused—while creating a model of care for other programs around the country to implement in the future.

* Adverse Childhood Experiences



Talking with Kerri Sanders, RN - Case Manager for The Phoenix Project

What is the biggest benefit you've seen for your clients?

The purpose of creating the Phoenix Project was to provide integrative, wrap-around care for survivors of various forms of trauma, and I truly believe that's happening! The project

partners work together as a team to address patient needs from all angles. Patients receive compassionate and trauma-informed care that supports their medical, emotional, social, and legal needs. As the various organizations interact and work together, patients receive individualized, comprehensive care and are empowered in their journey toward health.

How has working with this program changed you?

I am continually amazed by my patients and their resiliency! Despite the many challenges and setbacks that they have faced, they continue to move forward. As the name “phoenix” implies, they “rise from the ashes.” I’ve become more aware of the fact that growth is not always linear, and am more committed to supporting my patients to take the steps that *they* are ready and willing to take. I am encouraged and inspired by journeying with those who have faced the unthinkable and yet still find a way to press forward – to better themselves, to care for their families, and to make a difference in the world.



If you or someone you know needs the specialized care offered by the Phoenix Project, please call Kerri at 828-697-8422.