SLC | Survivor Leadership Collective



ISSUE 7 • OCTOBER 2025

FALL NEWSLETTER

Survivor Leadership Collective

A Warm Greeting

Dear SLC Members and Friends,

Happy October! We wanted to share with you a little bit about what we've been up to in recent months as well as upcoming opportunities for connection and other ways to get involved with us during this autumn season. This newsletter contains updates on DV Awareness Month, info on upcoming events and projects, and some recommendations for self-care.

Take care and be well!

Warmly,
The Survivor Leadership Collective (SLC)

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October is

Domestic Violence Awareness Month



The month of October is recognized nationally as **Domestic Violence Awareness Month (DVAM).** This annual campaign, which seeks to uplift the needs and voices of survivors, is a result of organizing efforts led by the National Resource Center on Domestic Violence (NRCDV) and a group of other national organizations that ultimately became known as the Domestic Violence Awareness Project (DVAP).

Since 1985, DVAP has selected a variety of themes to represent the core mission of the month. **For 2025, that theme is "With Survivors, Always."** According to DVAP, "This theme allows us to explore what it means to be in partnership with survivors toward safety, support, and solidarity. It is both a love letter and a call to action for those committed to advocating for survivors' needs and rights." More information can be found here (click the link):

https://www.dvawareness.org/blog/DVAM2025

Please see the following pages to learn more about upcoming SLC events and offerings in honor of DVAM. You can also print out the next few pages of this newsletter to use the DVAM coloring pages created by the Domestic Violence Awareness Project!

With Survivors, Always



DOMESTIC VIOLENCE AWARENESS PROJECT

with survivors. ALWAYS



DOMESTIC VIOLENCE AWARENESS PROJECT
A project of the National Resource Center on Domestic Violence

with survivors, ALWAYS

SLC DVAM Events

Virtual Writing Workshop for Survivors

Wednesday, October 15th from 7:00 to 8:30 PM
On Zoom

Please join us for an expressive arts opportunity centered around healing and growth. Anyone who identifies as a survivor of interpersonal violence is welcome to attend, and no previous writing experience is necessary. There will be writing prompts available that participants can use to reflect and get creative. The event is designed to be a supportive environment, and sharing your writing is not required.

Please RSVP by Monday, October 13th by emailing CVPR staff member Jodi Dean at jdean@bidmc.harvard.edu or by calling 617-667-3628. The Zoom link will be sent to you when you RSVP.

With Survivors, Always: An Open Mic Night for Domestic Violence Awareness Month

Wednesday, October 22nd at 5:30 PM
In Brookline, MA (Specific Location Provided Upon RSVP)

Please join the Survivor Leadership Collective and the Center for Violence Prevention & Recovery for a night of sharing and solidarity. This event will offer opportunities for healing, grounding, and holding space for survivors' experiences. Participants are welcome to share creative writing, songs, journal entries, and/or stories, or to an attend as a supportive audience member. All are welcome.

Please RSVP by Monday by emailing CVPR staff member Jo-Anne Ochalla at jochalla@bidmc.harvard.edu or by calling 617-667-5633. The event will be held in a space in Brookline, MA that is accessible by MBTA, and public parking will be available. Specific information about the event location will be provided upon RSVP.

Note: These events will be offered in English. Technology support/accommodations are available. Some language interpreters are available. Please feel free to contact us if you have any specific needs and requests.

October is Domestic Violence Awareness Month

Writing Workshop

For Survivors- all those who identify as survivors of interpersonal violence



October 15, 2025

7-8:30pm

PRESENTED BY THE SURVIVOR LEADERSHIP COLLECTIVE AND THE CENTER FOR VIOLENCE PREVENTION AND RECOVERY OF BIDMC

You're invited to attend a virtual writing workshop for survivors. This writing workshop will be offered in English and virtually. Technology support/accommodations are available. Some language interpreters are available. Please feel free to contact us if you have any specific needs and requests. Please RSVP by contacting Jodi Dean at Jdean@bidmc.harvard.edu or 617 667 3628.

Center for Violence Prevention and Recovery

Beth Israel Lahey Health
Beth Israel Deaconess Medical Center

Updates From BIDMC

The Center for Violence Prevention and Recovery (CVPR) at Beth Israel Deaconess Medical Center is proud to be the host of the Survivor Leadership Collective (SLC). CVPR and the SLC will also recognize Domestic Violence Awareness Month by promoting **"Health Cares About Domestic Violence Day"** on October 8, 2025.

This awareness event is organized annually during DVAM by the non-profit FUTURES Without Violence. As noted by the organizer, this day "**shines a spotlight on the critical connection between domestic violence and health.** The day mobilizes healthcare providers and domestic violence advocates to work together, support survivors, and advance prevention efforts—because domestic violence is a healthcare issue."



On October 8th, CVPR and the SLC will educate medical staff at BIDMC about the importance of "Universal Education" around violence in relationships using the CUES Model. See the next page to learn more about the model!

CUES AN EVIDENCE-BASED INTERVENTION TO ADDRESS DOMESTIC AND SEXUAL VIOLENCE IN HEALTH SETTINGS

shown to improve health and safety outcomes for survivors

Survivors say they want health providers to:
Be nonjudgmental * Listen * Offer information and support * Not push for disclosure

C: Confidentiality

- Know your state's reporting requirements and share any limits of confidentiality with your patients.
- Ensure that you can bring up relationships, violence, or stress safely by seeing patients alone for at least part of the in person or virtual visit

! *Make sure you have access to professional interpreters and do not rely on family or friends to interpret.*

"Before we get started I want to let you know that I won't share anything we talk about today outside of the care team here unless you were to tell me about [*find out your state's mandatory reporting requirements*]."

UE: Universal Education + Empowerment



Safety cards are available for different settings, communities and in a variety of languages at ipvhealth.org

- Give each patient <u>two</u> safety cards or ask if you can send them a link to resources to start the conversation about relationships and how they affect health.
- Open the card and encourage them to take a look. Make sure patients know that you're a safe person for them to talk to.

! *Offering this information to all patients ensures that everyone gets access to information about relationships, not just those who choose to disclose experiences of violence.*

"I'm offering these resources to all my patients. They talk about relationships and how they affect our health. Take a look, and please share with a friend or family member….On the back of the card there are resources you can call or text, and you can always talk to me about how you think your relationships are affecting your health. Is any of this a part of your story?"

S: Support

- Though disclosure of violence is not the goal, it will happen -- know how to support someone who discloses.
- Make a warm referral to your local domestic/sexual violence partner agency or national hotlines (on the back of all safety cards).
- Offer health promotion strategies and a care plan that takes surviving abuse into consideration.

! *What resources are available in your area for survivors of domestic and sexual violence? Partnering with local organizations makes all the difference.*

"Thank you for sharing this with me, I'm so sorry this is happening. What you're telling me makes me worried about your safety and health...

A lot of my patients experience things like this. There are resources that can help. [*Share name, phone and a little about your local DV program*] I would be happy to connect you today if that interests you."

For more information or to order materials contact the National Health Resource Center on Domestic Violence: health@futureswithoutviolence.org ipvhealth.org

FUTURES WITHOUT VIOLENCE

- place this poster in your health staff break room -

SLC Gardening Group Updates





This summer, the Survivor Leadership Collective and Center for Violence Prevention & Recovery once again co-led a successful Gardening Group! On the next few pages, please enjoy images from the garden and reflections on the experience from SLC Advisors and CVPR staff.

From Simone (CVPR Staff):

There's nothing like being in nature on a summer evening in the middle of the city! The Gardening Group gathered every other week throughout the summer in the Hawthorne Community Garden in Roxbury, a green gem filled with raised garden beds. When you enter the space, you immediately begin to feel more tranquil.

During our time together we planted, weeded, watered, harvested, laughed, shared stories and snacks and if time permitted worked on an arts and crafts project together. It was a wonderful opportunity to step out of the hustle and bustle of life and enjoy getting our hands in the soil, watching the plants grow and most of all sharing the experience with each other.

From Laura (SLC Advisor):

For the past few years, I have co-led a Gardening Group as an advisor of the SLC. We have a gardening plot and meet to garden, harvest vegetables and herbs, and do activities that I've often planned. The group is held at a community garden located at a community center. It also houses an urban farm.

During the last gardening group, we made our way to the urban farm. Once there, we checked out different plants, flowers and tasted unusual herbs. When walking around the garden I saw a sign painted in simple black letters and partially covered by grass, that read "peace is cheaper."

The sign made me think of the chaos, divisiveness and hatred in the world today. It gave me a new appreciation for the calm, and community oriented evenings spent at the garden. It reminded me how lucky I am am to be involved in this group, meet the people I met and taken on the leadership role that this has allowed me. It reminded me of the kindness that does exist and just how much of a strength it can be for one's self and for others. Walking through the urban farm the sun started to set as we picked flowers to bring home, hanging onto summer for just a little longer.







NEW OPPORTUNITY!

An Exciting Update from SLC Advisor Laura:

A new way to become involved or stay connected to the Gardening Group is through a project that the SLC starting. This project will be a **book with recipes and activities that use items from a garden**.

The SLC is seeking out volunteers to share recipes and activities that could be used in the book. If you have a favorite family recipe, an activity you do every year with your children, or just something you'd like to share, we'd love to hear from you. Any pictures that could go with the submission are welcomed, too.

This will be a longer project and we are just starting. To see an example of what could be included, check out the recipe from SLC Advisor Becca on the next page.

If you are interested in more information or would like to share a submission, let us know by emailing slchealing@gmail.com!



Rainbow Plant-Based Korean Vegetable Pancakes (Yachaejeon)

These colorful vegetable pancakes are delicious and versatile! It's a great recipe you can customize easily to choose your favorite combination of vegetables or use up a bunch of vegetables in your fridge. These pancakes make a delicious snack or can be served part of a meal. Makes 4 large pancakes.

Dry Ingredients:

- 1 1/2 cup all purpose flour
- 2 tsp baking powder
- 4 tbsp corn starch or potato starch
- 1 1/2 tsp salt or black salt (for an "eggy" flavour)
- 1/2 tsp turmeric powder optional for color

Wet Ingredients:

- 1 1/2 cup room temperature water
- Additional 2-4 tbsp water to adjust consistency

Vegetables of Choice:

- 1 medium zucchini, sliced into match sticks
- 1 small sweet potato, sliced into match sticks or shredded (i used orange sweet potato and added them raw)
- 1 medium carrot, sliced into match sticks or shredded
- 1/2 medium onion, thinly sliced
- 1 long green chili or jalapeño, optional for heat
- 1 bunch scallions or green onions, around 2 cups, chopped or thinly sliced
- Other vegetables of choice sliced (Aim for 5-6 cups of sliced vegetables total, can use any vegetables! Bell peppers, cabbage, mushroom, potatoes would work.)

Additional Ingredients:

- Neutral oil (I used vegetable oil)



Dipping Sauce to Serve:

- 1 tbsp soy sauce
- 1 tbsp water
- 1 tbsp vinegar
- 1 tsp sugar , adjust to taste
- 1 tsp sesame oil
- 1/2 tsp sesame seeds
- Gochugaru or chili flakes/powder optional

Rainbow Plant-Based Korean Vegetable Pancakes (Yachaejeon)

Cooking Instructions:

- Heat a medium/large non-stick pan over medium high heat. Note that the size of your pancake will depend on the size of your pan. IMPORTANT: I highly recommend using a non-stick pan for the best results and so that your pancakes do not stick to your pan. It's also important that your pan has been preheated well and is hot before you add in the oil and the veggies/batter.
- Add enough oil to add to coat the surface of the pan. Once hot, scoop a generous amount of the batter and veggie mix. Spread these over your pan and get these as thin as possible without exposing the surface of the pan. I use a spoon to spread it evenly onto the pan. If there are holes, feel free to scoop some of the batter to cover them.
- Cook for 4-5 minutes over medium or medium heat or until the batter starts to dry up. You can also cover your pan to cook down the veggies.
- If you covered your pancake, remove the cover and allow the excess steam to evaporate. Press down on the centre of your pancake.
- Once the top of the pancake and sides start to dry up, carefully scrape the sides and check underneath if it's lightly brown or golden.
- Carefully flip the pancake with a spatula. Cook the other side until golden brown and crisp.
- If you want extra crispness, allow the pancakes to cook over low heat for another 3-4 minutes on each side or until its a deep golden brown (a slight char is great too!) to get really nice and crisp on the outside. This way any excess moisture from the batter and veggies will evaporate and you'll get crispier and less doughy pancakes.
- Repeat this for the rest of the batter.
- Slice your pancakes into small squares or bite-sized pieces. This is best enjoyed with a good dipping sauce (recipe here or in the card above)! I also find it a lot easier to cut the pancakes using a pair of scissors.

Storage & Reheating Tips:
Store the cooked pancakes in an air-tight container and refrigerate for 1-2 weeks. To reheat, pan fry the pancakes on a pan for 2-3 minutes on each side until crisp. You can also heat these in your oven toaster.

Recipe from The Foodie Takes Flight
Recipe tested and enjoyed by SLC Advisor Becca



Self Care Corner



This is a gentle somatic and visual grounding practice that invites you to land into your body using the imagery of falling leaves and deep roots. You can do it outdoors (if possible) or indoors in a quiet space. Allow approx. 5–10 minutes.

Steps:

- **Settle In & Feel Your Body**
  - Begin by sitting or standing in a relaxed posture. Place your feet flat on the ground (bare if possible).
  - Close your eyes (or soften your gaze). Take 2–3 slow, deep breaths. Feel how your body carries you in this moment.
  - Bring attention to any places of tension, discomfort, or aliveness — without judgment, just noticing.

- **Imagery: Leaves letting go**
  - Imagine that your emotions, thoughts, and burdens are like leaves clinging to the branches of a tree.
  - See them gently—one by one—release their grip and drift down as autumn leaves.
  - Visualize those leaves slowly falling to the forest floor. You see their colors change, you see them land. They don't disappear; they just rest.
  - As each leaf falls, feel the space it leaves behind — lightness, openness.

Shared by SLC Advisor Cynda



Self Care Corner



- **Rooting: Find Your Ground**
  - Now shift your attention downward: envision roots growing from the soles of your feet (or your seat) into the earth.
  - Let the roots travel through soil, rock, water layers, deeper and deeper—sturdy, wide, and strong.
  - Know that these roots are supporting you, nourishing you, anchoring you no matter the winds above.

- **Cycle Awareness: Let Go & Receive**
  - As above (leaves falling), we release. As below (roots), we receive.
  - Breathe into that duality: out = letting go, in = drawing from earth's steadiness.
  - With each exhale, feel something letting go. With each inhale, feel something returning — nourishment, steadiness, safety.

- **Return & Reflect**
  - Come back to sensing your physical body: your feet, your breath, the weight of yourself in the space.
  - When you feel ready, open your eyes (or shift your gaze).
  - You might say quietly (or in your mind): "I let go of what no longer serves me. I root into what sustains me."
  - Notice: How do you feel now compared to before? Is there more softness, steadiness, ease?

Shared by SLC Advisor Cynda

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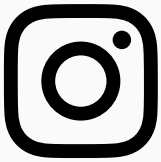
Stay Connected With Us!



Email: slchealing@gmail.com



Website: https://www.survivorleadership.com/



Instagram: @survivorleadershipcollective

To be added to our listserv or update your contact information, please email us at slchealing@gmail.com.

Center for Violence Prevention and Recovery

The SLC is hosted by The Center for Violence Prevention & Recovery at Beth Israel Deaconess Medical Center
bidmc.org/centers-and-departments/social-work/center-for-violence-prevention-and-recovery