

# SRT SERVICES

## TRANSITION PLAN



WELCOME TO SRT SERVICES



TFC TRANSITION PLAN

**A holistic approach to evaluating client's needs**



---

**1** Definitions



---

**2** About SRT Services

WELCOME TO SRT SERVICES



---

**3** The Need for SRT Services



---

**4** TRC Goal



---

**5** Transition Plan

TRC TRANSITION PLAN

SRT Transition Plan

# CONTENTS



# DEFINITIONS

---



## **SRT- SEXUALLY RELATED TRAUMA**

Sexually Related Trauma (SRT) is trauma from one (or more) of the following:

- Trauma due to sexual abuse/assault
  - Trauma due to past abortion(s)
  - Trauma due to miscarriage/stillbirth
  - Trauma due to unwanted pregnancy
  - Trauma due to STDs
- 



## **SAVANON- SEXUAL ABUSE VICTIMS ANONYMOUS**

SAVAnon is a free eight-week healing program offered for those who have experienced emotional trauma from sexual abuse or assault. Our gender specific groups are provided both online and in person. Participants work through varied emotional symptoms including anger, depression, shame, anxiety, addictions and feelings of dirtiness.



## **MISANON- MISCARRIAGE AND STILLBIRTH ANONYMOUS**

MiSAnon is a free eight-week healing program offered to those who have walked through the emotional trauma of a miscarriage or stillbirth. Groups are provided both online and in person and include curriculum designed to bring healing and restoration.



## **ABANON- ABORTIONS ANONYMOUS**

AbAnon is a free eight-week healing program offered to those who have experienced emotional trauma after an abortion. Our gender specific groups are led by experienced, trained facilitators who understand the effects this trauma can take on relationships, mental health and the well-being of each participant.

---



## **PRC - PREGNANCY RESOURCE CENTER**

PRCs offer a collection of programs providing medical care and practical pregnancy resources. PRCs come alongside women and men who are impacted by unwanted pregnancy, sexual trauma or issues of sexual health.



## **TRC- TRAUMA RESOURCE CENTER**

Trauma Resource Centers provide SRT healing programs and services within their local communities.

# SRT SERVICES



WELCOME TO SRT SERVICES

## Mission

The purpose of SRT Services is to create awareness regarding the emotional harm caused by Sexually Related Trauma (SRT) and to provide a path to healing for those affected.

## Vision

Any individual who has experienced Sexually Related Trauma (SRT) and desires healing will be aware of and have access to the programs offered by SRT Services

## Accomplishments

Through our holistic approach to life transformation, our healing groups and our many speaking opportunities, SRT Services has created awareness regarding the emotional harm caused by Sexually Related Trauma (SRT) and provided a path to healing for thousands of individuals in the Greater Spokane Area, throughout the nation and around the world.



## NEEDS

It is estimated that half of the US adult population has been affected by one (or more) of the five Sexually Related Traumas (SRT)

## WHAT IS SEXUALLY RELATED TRAUMA (SRT)

- Trauma due to sexual abuse/assault
- Trauma due to past abortion(s)
- Trauma due to miscarriage/stillbirth
- Trauma due to unwanted pregnancy
- Trauma due to STDs

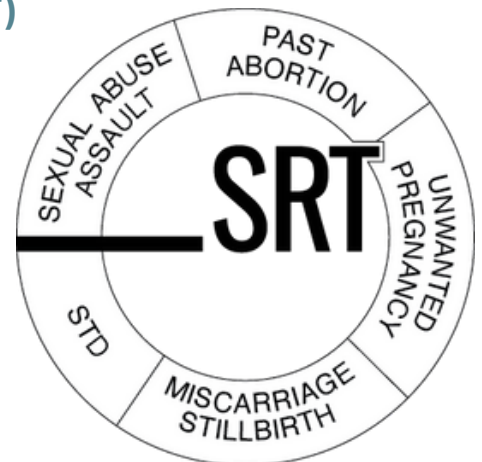
WELCOME TO SRT SERVICES

## COMMON SYMPTOMS OF SEXUALLY RELATED TRAUMA (SRT)

- |                                      |  |
|--------------------------------------|--|
| Suicidal tendencies                  | That something is fundamentally wrong with them  |
| Hypersexuality and promiscuity       | Personal responsibility for the abuse or assault |
| Avoidance of sex and physical touch  | Worthlessness, unworthiness, or dirtiness        |
| Problems with sleep or nightmares    | Difficulties with intimacy and trust             |
| Self-harm                            | Personality disruptions                          |
| Addictions to drugs, alcohol or food | Attachment issues                                |
| Unusual sexual behavior              | Sexual dysfunction and fertility issues          |
| Phantom pain                         | Gay/Lesbian lifestyle                            |
| Depression                           | Prostitution                                     |

## COMMON EMOTIONS OF SEXUALLY RELATED TRAUMA (SRT)

- ✓ Anxiety
- ✓ Despair
- ✓ Guilt
- ✓ Shame
- ✓ Fear
- ✓ Anger



# The need for

# SRT SERVICES



# TRAUMA RESOURCE CENTER

## SPOKANE, WA

### The Model

SRT Services is a Trauma Resource Center (TRC) in Spokane, WA, USA. It is a hub for healing Sexually Related Trauma (SRT) by partnering with other local non-profits and businesses who are like-minded in the Greater Spokane Area.

### Reach

The Spokane TRC will serve the Greater Spokane Area as well as to provide a model for Trauma Resource Centers (TRC) around the world.

### Partnership

Partnering with like-minded organizations in our community will ensure a further reach and a better use of resources in our mission to help people heal from Sexually Related Trauma (SRT).

### Ongoing Innovation

The Spokane TRC is an innovative leader in our approach to the:

SRT Marketing Model  
SRT Life Care Model



# TRANSITION PLAN

Step-By-Step

---



## STEP ONE

Q&A with TRC leadership and SRT Services



## STEP TWO

Create a game plan

1. Board member buy-in
2. Staff buy-in
3. Donor buy-in
4. Strategic partner buy-in

Note: Buy-in must include identifying the key messages of:

- a. What is SRT and the five traumas (Problem)?
- b. Healing from trauma (Solution)
- c. Why SRT – programs/services ?
- d. Why become a TRC?
- e. Why now?

# TRANSITION PLAN

## Step-By-Step

---



### STEP THREE

#### Identify Potential facilitators

1. Identify 6 - 15 individuals with facilitator potential to send through SRT Services programs. Becoming a facilitator for SRT Services is normally a six-month process that includes:

- A. Attending a group
- B. Application and vetting
- C. Attending training
- D. Co-facilitate a group
- E. Facilitate a group
- F. Ongoing huddles and team meetings

Note: TRC Leadership is encouraged to audit SRT Services Facilitator Training



### STEP FOUR

Set a projected Launch Date for TRC roll-out



### STEP FIVE

#### Create Marketing Strategy

- A. SRT Marketing Model
- B. Review templates provided by SRT Services
- C. On-going TRC leadership huddles



# TRANSITION PLAN

## Step-By-Step

---



### STEP SIX

#### Implement the Life Care Model

- A. Life Care Model
- B. Review and update all internal forms (Intake, etc.)
- C. Evaluate staff roles and volunteer needs
- D. Initial Life Care Model and Coach training
- E. On-going networking and training



### STEP SEVEN

#### Establish Measures of Effectiveness (MOE)

- A. What does success look like for your TRC?
- B. Establish periodic reviews of MOE
- C. On-going networking huddles



### STEP EIGHT

Consider becoming a monthly financial partner with SRT Services.

All our services are provided free of charge. Because of our monthly support from generous donors, we are able to provide healing opportunities and keep our services free.

WELCOME TO SRT SERVICES

TRC TRANSITION PLAN

**SRT SERVICES  
PO BOX 11664  
SPOKANE VALLEY, WA  
99211  
WWW.SRTSERVICES.ORG**