

Consumer Corner

Pain

By Donna L. August

I hear the rain

Yet tonight it's not soothing the pain

It wells up in me

So devastating yet not me

The normal me travels with ease

So eager to always please

It's just not about that anymore

I need to be strong but it's a chore

To deal with all life has dealt

Against what I have felt

Cause what I feel isn't what matters

To change what is happening lies in tatters

How do I go through with strength

I'm reaching into my deepest depth

My soul is not prepared

My choice of outcomes I am scared

I will face all that comes

Just need the strength to overcome

Somehow I will prevail

And no matter what comes my way I will tell a tale

A tale of strength of how it does makes sense

To be your wary of my own defense

Those who oppose you cannot overcome you

Pain is just a feeling that does not define you

Lenape Valley Foundation's Partial Hospitalization Program Gets a Facelift!

As a trauma-informed agency, Lenape Valley Foundation is committed to providing a comfortable environment for consumers who receive services within the Partial Hospital Program. The consumers who attend this program are recovering from mental illness that is, oftentimes, compounded by a traumatic experience. Providing a safe, comfortable space is a key component to trauma-informed care.

At Lenape Valley Foundation, we have made a number of improvements in the Partial Hospital Program setting. The hallway, lobby, and group therapy rooms now have a new coat of paint that is warmer than its predecessor. With extra details, such as the two-tone wall design in the hallway, we have attempted to provide a space that is open and welcoming. In addition to minor repairs to the kitchen, the staff has secured options for chairs and art to further create a welcoming space in the therapy rooms. Finally, a large piece of art that states WELCOME will be installed in the lobby. This will hopefully provide extra comfort to our consumers as soon as they walk through the door.

Human Trafficking

According to the National Human Trafficking Resource Center, human trafficking is a form of modern-day slavery that, "occurs when a trafficker uses force, fraud or coercion to control another person for the purpose of engaging in commercial sex acts or soliciting labor or services against his/her will." Human trafficking has received a lot of attention recently, both locally and nationally.

On the local level, the Intelligencer published a series of articles on human trafficking in Bucks County in September. The Well, a long-term housing program for victims of sex trafficking in Pennsylvania, opened its doors in upper Bucks County just last month. Freedom Boutique & Worthwhile Thrift, a unique thrift store located in Pipersville, PA, also opened in January. Its mission is to provide financial support to Worthwhile Wear programs and give the women residing at The Well valuable work experience.

On the national level, several TV programs have begun to examine the complex problem of human trafficking and its impact on communities. On Nightline, Diane Sawyer previewed the upcoming PBS documentary, *A Path Appears*. Created by New York Times journalist Nicholas Kristof, the documentary aims to highlight the human rights aspect of prostitution.

For more information about human trafficking and human trafficking in Bucks County, please visit

National Human Trafficking Resource Center <http://traffickingresourcecenter.org>
 Bucks County Coalition Against Trafficking (BCAT) <http://www.bcatpa.org>
 Freedom Boutique and Worthwhile Thrift <http://www.worthwhilewear.com>
 The Well <http://thewellusa.com>
 The Intelligencer <http://www.theintel.com>
 ABC News <http://abcnews.go.com/US/lured-off-streets-young-women-sex-trafficking-victims/story?id=28428792>