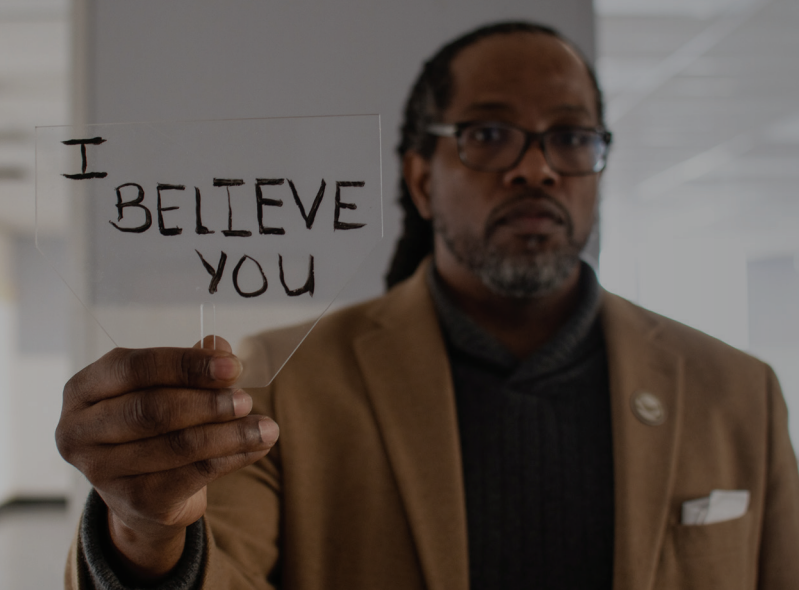




HEALING

INSPIRING HEALING AND EMPOWERMENT FOR THOSE AFFECTED BY SEXUAL VIOLENCE



WE DON'T HAVE TO CARRY THIS TRAUMA AROUND WITH US ANYMORE



SURVIVOR STORIES

2 | AVALON LETTER FROM THE BOARD

4 | MEET A SURVIVOR: ISABELLE BROURMAN,

6 | STAFF SPOTLIGHT KRISTYN NIKORIUK, LMSW & CTP

3 | WHO IS REALLY DOING THE TIME? A POEM BY MICHAEL NESBITT

5 | TRAUMA-INFORMED HOLISTIC SERVICES THAN EVER

7 | SAVE THE DATE DETROIT RED WINGS VS. TAMPA BAY LIGHTNING

LETTER FROM THE FOUNDER

Hello Friends

2022 has been an amazing year for us, with continued growth and innovation as we develop the Avalon model to share with you all. Our unique approach is much needed not only here in Detroit, but in communities across the country -- and even the world! -- and we're laying the groundwork for creating healing centers like Avalon elsewhere.

But the dream of expanding and improving services will never cause us to waiver from our primary mission: Supporting survivors right here at home. To that end, we've helped nearly 1,000 survivors to date, which brings us to a total of over 19,000 survivors reached since we opened in 2006.

We couldn't do any of this work without you and the support of our community. Our mission is furthered by our incredible team of skilled and caring volunteers, talented and committed staff, and brilliant Board of Directors -- but we find our inspiration through our connection to you.

Our community partners, donors, supporters, and allies ~, we are primed for continued growth and expansion, which will give us the opportunity to reach more people, create innovative programs, develop new approaches to care, and help hold abusers accountable for the harm they cause.

While we recognize that the frequency of sexual assault and abuse or increase and human trafficking means that we have to grow to meet the need, we also know that we're creating a community of care that transcends beyond the traumatic events that underlie its founding. We remain committed to ending sexual violence, and know that a key element of that is through outreach and our education programs - most recently at the forefront is addressing abuse in sport - youth sports, collegiate sports and beyond.

Overall, the resilience that we see everyday is what keeps us going, and we thank you for being part of this healing journey. Your unwavering support will help us make next year our biggest year yet.

With Heartfelt Gratitude,

Kimberly Hurst

KIMBERLY HURST, PA-C

FOUNDER AND EXECUTIVE DIRECTOR
AVALON HEALING CENTER



KIMBERLY HURST
FOUNDER & CEO

Listen to the Voices Thru Avalon



Did you know that we have a podcast? Twice a month, Access Coordinator Sharon Fincher and Director of Communications Katie Smith sit down and discuss a variety of topics specific to our work at Avalon. We explore advocacy, empowerment, and activism, while also discussing self-love, healing, and self-care.

We interview essential members of our community who are helping us create a safer world. Hear from Meredith Baughman about human trafficking, our founder Kimberly Hurst, assistant prosecutor Natalie Brookins, and more.

Upcoming topics include trauma-informed yoga, Sexual Assault Collaborative Task Force, Protecting Athletes Grant, our Community Partners, and Poetic Justice.

Listen today at avalonhealing.org/podcast

WHO IS REALLY DOING THE TIME?

A POEM BY MICHAEL NESBITT

I was hit with question after question as though he couldn't wait,
I wanted to say "hold on could you give a minute to think".
I understand that he was trying to do his job,
But I haven't had any time to process and my head still had an intense throb.

I was sad, I was emotional... I could not get my words out,
Because of this, the investigator developed even more doubt.
Reporting to the police was already a worry of mine,
Because they always make you feel like you are wasting their time.

I was raped, why is he being so mean to me?
I am so vulnerable right now, can't he see?
I came in here as a survivor, now I am being viewed as a suspect,
Am I remembering things correctly? I need a sec.

I was being extensively integrated, I felt like I was losing my mind,
He is making me feel like I was the one who committed the crime.
I was so worn down, I felt like I could not trust myself,
Nor did he, and I am sure not anyone else.

I fell in his trap, and was made to feel like I was making a false report,

He mentioned that my story was coming up a bit short.

I plead guilty to false reporting,
I should have listened to my intuition, it gave me a warning.

Months later my rapist was captured in a series of assaults,
I knew...I knew this wasn't my fault.

The investigator made me believe I was lying,
This unfortunately happens to many survivors and they are sent home crying.

We go to law enforcement to seek help,
But many make us feel that we are better off dealing with it ourselves.

Why do they protect the perpetrator, they are the ones who did the crime?
In the end, we are the ones who end up doing the time.



Michael Nesbitt is a First Responder Sexual Assault Advocate with WC-SAFE and has been in this position for over a year. His role as an advocate is very important to him and he feels that his purpose in life is to help better someone else's, in whatever capacity that may be. He is currently pursuing his Master's in Social Work at Wayne State University. In his free time, Michael enjoys traveling, photography, exercising, and spending quality time with friends and family



MEET A SURVIVOR: ISABELLE BROURMAN,

THE ARTIST

IF ISABELLE BROURMAN FOUND HERSELF STRUGGLING with her experiences of sexual assault on her own. But when she learned that she wasn't the only one that her former professor at the University of Michigan had assaulted, and that the University was aware of a prior assault on a student before she had enrolled in his class, she knew that she had to get involved in the legal process, and to try to form a community of sister survivors.

"I live in Brooklyn now, and I had to go back to Michigan to participate in getting justice for myself and for others," she notes. "At first, I felt really alone because the burden of re-assessing something so dark was too overwhelming, I couldn't imagine giving it to anyone who cared for me, but then I was introduced to Trinea at Avalon through my attorney and then to Jon Vaughn ...getting in touch with other survivors changed everything."

When Brouman began her healing journey, she took on the monumental task of coordinating everything herself. **"I don't think people realize how difficult it is to find professionals to work with, who know what you've gone through, who can prepare you for what to expect,"** she explains. "It's like a job in and of itself! Finding someone who specializes in assault, who you trust, who takes your insurance -- every step feels incredibly heavy and tiresome, I understand why many survivors suffer through it alone."

Avalon's holistic approach to care, as well as their highly trained therapists and support team, create an atmosphere for survivors like Brouman to share their stories in a safe and secure way. "It's totally different at Avalon, it's everything that I needed to begin caring for myself again," Brouman shares. "I've been back and forth between here and Michigan, and all of my therapy has taken place online with another sister survivor. Our therapist, LaShonda, has been instrumental in how I approach both the justice process and my own personal healing. I really needed flexibility and for my wishes, even if they weren't traditional, to be incorporated. A tailored and accessible approach to healing is essential."

In fact, it's **Avalon's comprehensive suite of support and care services** that have made the difference in her healing. "I really felt like I won the lottery when I met Trinea and learned about Avalon," she remembers. "I was internalizing a lot of what I had experienced, I was suffering from anxiety attacks and sudden bouts with depression, I was incredibly angry with myself, I was grieving a part of me I had to

let go of that I felt was taken from me. Avalon provided a sounding board for all of that, enabled me to see how I had compartmentalized my emotions, how my PTSD was showing up in all different areas of my life, and how to take a step back, reflect, and begin to process those emotions I was denied during my abuse."

Now, Brouman is serving on a commission at the University of Michigan to incorporate protections into the syllabi used by the school. "When we started, there really was a gap between the needs of the survivors and the understanding of the faculty," she explains. "So we brought in a member of Avalon's team to help mediate and work through these issues together. They've been key in helping us find consensus as we address these sensitive topics."

In terms of expanding Avalon's style of holistic care into other regions, Brouman believes it would have an immeasurably positive impact on communities overall. **"The kind of skilled nurturing that Avalon provides is life changing,"** she explains. "There's really nothing else like it. And I'd love to see it expanded to include more body-focused therapies such as somatics or acupuncture. There is such a huge opportunity here to change people's lives for the better."

For other survivors, Brouman wants to remind them that everyone's journey is unique and that there isn't a blueprint that they are required to follow. "It's great to have a big goal, to work toward healing, but don't get overwhelmed by it," she advises. "It really is just one foot in front of the other, asking for help, and knowing where to find it. That's why Avalon is so important -- to me, and to everyone they've worked with. They create an environment for strength, for exploration, and for resilience. So **we don't have to carry this trauma around with us anymore; Avalon is the space where we can let it go.**"



TRAUMA-INFORMED, HOLISTIC SERVICES

At its core, Avalon is focused on intersectionality, and this shows up in the diverse clients we support.

We offer services that center the unique needs of the following communities:



CHILDREN & TEENS

We are the only organization in the community that provides a comprehensive response to, and provision of, acute medical-forensic healthcare and crisis intervention to children and their families in the immediate hours and days following a disclosure of sexual assault or abuse.

RACE- & GENDER-BASED VIOLENCE

Women of color experience greater health inequities, more chronic disease, and less access to healthcare. At Avalon, we center their unique perspectives and provide services that celebrate and honor their dignity and care.

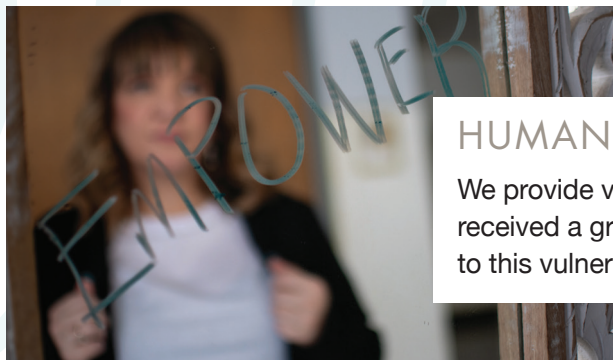
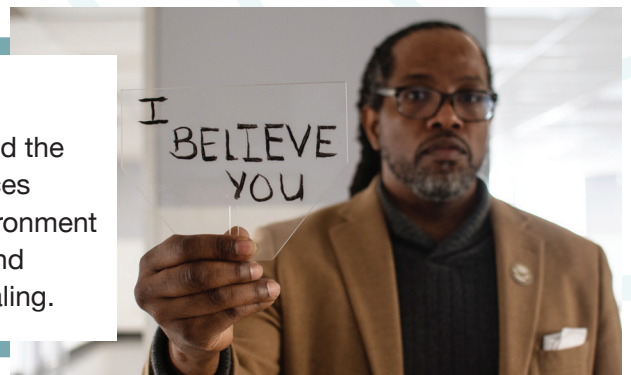


LGBTQ+ COMMUNITY

With almost half of all transgender people experiencing some form of sexual assault in their lives, our focus on providing culturally-sensitive support to the LGBTQ+ community is essential.

MALE RAPE

Sexual assault is not limited to female-presenting individuals, and the shame and cultural expectations around masculinity often silences male survivors. At Avalon, we are committed to creating an environment that supports this community, and have hired male advocates and counselors who are skilled in creating a safe atmosphere for healing.



HUMAN TRAFFICKING

We provide vital services to victims of trafficking, and recently received a grant in order to expand and strengthen our services to this vulnerable community.



STAFF SPOTLIGHT

KRISTYN NIKORIUK, LLMSW & CTP

Believe in yourself and you will be unstoppable.

— EMILY GUAY

This quote by Emily Guay is one of Kristyn’s favorites, and she regularly uses it when working with her clients at Avalon. Kristyn completed her Bachelor’s and Master’s in Social Work at Wayne State University in Detroit, and has been working with Avalon Healing Center for the past seven years. She started her work with us as a First Responder, and is currently a Sexual Assault Advocate and Counselor, in addition to mentoring Social Work and Psychology students in the community.

Kristyn is passionate about and inspired to provide advocacy, counseling, crisis intervention, emotional, and secondary support to each individual that Avalon supports -- from youth to adults, both the vulnerable and oppressed. She is skilled in working with underserved populations and is always mindful of the experiences of her diverse, cross-cultural clients. Kristyn creates a therapeutic environment defined by a safe atmosphere of trust, mutual respect, healthy boundaries, and effective communication. Her approach to trauma-informed care incorporates CBT-DBT, grief and loss, mindfulness-based cognitive therapy, guided imagery, wellness, and meditation. Her clinical interests include working with anxiety, PTSD, complex trauma, and depression as it relates to sexual assault, and she is also a coach for Avalon’s trauma certification program. Working in this field as a silent survivor, she has found her voice and is rewarded by empowering others to do the same.

In her spare time, Kristyn enjoys finding a healthy balance by spending time with her husband, family, friends, faith, cooking & baking, 80’s music, college football, wine tasting, visiting zoos, watching Hallmark & GAC, and her favorite holiday is Christmas.



KRISTYN NIKORIUK
SEXUAL ASSAULT ADVOCATE
AND COUNSELOR

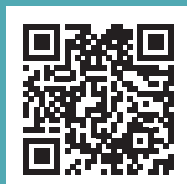
HELP AVALON ENCOURAGE SURVIVOR HEALING & EMPOWERMENT.

Avalon provides those affected by sexual assault with immediate and ongoing comprehensive services, at no cost to survivors and their families. Your donation is important to promote public awareness and lead social change.

To donate online, visit avalonhealing.org.



AVALON
HEALING CENTER



CALLING ALL AVALON SUPPORTERS & HOCKEY FANS!
WE'VE GOT SOME BIG NEWS!



Detroit Red Wings
vs
TAMPA BAY LIGHTNING

The Detroit Red Wings and Avalon Healing Center are partnering for Charity of Choice for the **December 21st Detroit Red Wings vs. Tampa Bay Lightning** game at The Little Caesars Arena.

Wednesday, December 12

7:30 PM

Little Caesar's Arena
2645 Woodward Ave
Detroit, MI 48201

Each ticket purchased online via DetroitRedWings.com/AvalonHealing will provide a donation to our organization, and support our work in helping survivors of sexual violence and human trafficking.

HERE'S HOW IT WORKS:

Purchase your seats by visiting:
DetroitRedWings.com/AvalonHealing

Choose your section: 100 Level
or 200 Level.

Complete the easy purchase process.

Share your personal link and invite your family and friends.

Enjoy the game!

Invite your family and friends to embrace the spirit of strength and triumph over adversity, and stick around during halftime to check out our Avalon feature video!

To buy tickets or find out more information, visit:
DetroitRedWings.com/AvalonHealing





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DETROIT, MICHIGAN 48201

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AVALON HEALING WELLNESS CLINIC

The Avalon Wellness Clinic is a safe space that is focused on providing important medical services following the trauma of a sexual assault.

Clinic Hours Monday - Friday, 9am - 6pm
Schedule an appointment 313-920-0470

We offer the following care in a supportive, confidential environment:

- Free services
- Injury re-evaluation
- Photo documentation of injury progression
- Medication evaluation
- Follow-up testing for sexually transmitted infections
- Follow-up HIV testing and pREP medication management
- Non-fatal strangulation assessment and evaluations
- Women’s and men’s reproductive healthcare and expanded medical-forensic healthcare

DID YOU KNOW...
YOU CAN SUPPORT
SURVIVORS BY SHOPPING?

VISIT
AVALONHEALING.ORG/SHOP

