

*UP LIFTING LIFE AND  
COMMUNITY AT THE SAME TIME  
PRESENTER*

*Charlise Smith, CEO*

*Women Against Violence Enterprises and  
Services (WAVES)*

*#A NEW WAVE OF LIFE*



Women Against Violence Enterprises & Services (WAVES)  
P.O. Box 24050, Pittsburgh, PA 15206 [www.waveoflife.org](http://www.waveoflife.org)  
412-758-8402

## ***Our Mission***

The mission of WAVES is to primarily facilitate safe housing and high quality social services for individuals who reside in subsidized housing, many of whom are transitioning from incarceration in order to help them heal, transform, and rebuild their lives.

## ***Our Vision***

WAVES will become a worldwide ministry that will empower and change the mindset and long-term well-being of individuals who have been afflicted by violence.



# Why WAVES...

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# WHO ARE WE?

WAVES is a community based organization that provides In-home services and mobile case management. Our goal is to provide services to enhance the lives of its participants by providing services that will effectuate tangible and measurable changes toward self-sufficiency.

# PURPOSE

The purpose of Women Against Violence Enterprises and Services (WAVES) is primarily to promote and enhance the personal well-being and health of individuals residing in subsidized housing in the greater Pittsburgh area who have experienced violence in their lives.

# OUR SERVICES

- **Social/Spiritual Empowerment**
- **Education/Employment/Entrepreneurship**
- **Financial and Housing Literacy**

# SOME THINGS WE PROVIDE

1. Identify signs of abuse and trauma in your life and in the life of others
2. Receive tools to empower your household
  - a. Avoiding provocation and power assertion,
  - b. Modeling pro-social behavior,
  - c. Maintaining clear and consistent boundaries, and
  - d. Delivering services in a nonjudgmental and respectful manner.
3. Support the case managers roles in restoring a sense of stability to the family through Education, Employment, and Entrepreneurship.
4. Understand the importance of Financial Literacy and Home Ownership opportunities to prevent generational poverty.

# DID YOU KNOW?

- According to the National Center for PTSD, about 7 or 8 out of every 100 people will experience PTSD at some point in their lives. Women are more likely to develop PTSD than men, and genes may make some people more likely to develop PTSD than others.
- Many types of psychotherapy can help people with PTSD. Some types target the symptoms of PTSD directly. Other therapies focus on social, family, or job-related problems



# PTSD: Post Traumatic Stress Disorder

## Life Skills Lesson 1

PTSD: A disorder that develops in some people who have experienced a shocking, scary, or dangerous event .

Signs and symptoms: Not everyone experiences the chronic (long term) or acute (short term) PTSD. Everyone with PTSD has had some form of traumatic event. Death of a loved one, witnessing an accident, etc. Symptoms must last more than a month and be severe enough to interfere with relationships and work.

- At least one re-experiencing symptoms
- At least one avoidance symptom
- At least two arousal and reactivity symptoms
- At least two cognitive and mood symptoms

# PTSD: Post Traumatic Stress Disorder

## Life Skills Lesson 1a

Re-experiencing symptoms include: Thoughts and feelings

- Flashbacks- reliving the trauma over and over, including physical symptoms like racing heart or sweating
- Bad dreams
- Frightening thoughts

# PTSD: Post Traumatic Stress Disorder

## Life Skills Lesson 1b

Avoidance symptoms include: Things that remind a person of the traumatic event, which causes to change personal routine.

- Stay away from places, events or objects that are reminders of the traumatic experience
- Avoiding thoughts or feelings related to the traumatic event

# PTSD: Post Traumatic Stress Disorder

## Life Skills Lesson 1c

Arousal and reactivity symptoms include: usually constant, instead of being triggered by things that remind one of the traumatic event

- Being easily startled
- Feeling tense or “on the edge”
- Having difficulty sleeping
- Having angry outbursts

# PTSD: Post Traumatic Stress Disorder

## Life Skills Lesson 1d

Cognitive and mood symptoms include: can worsen after the traumatic event but are not due to injury or substance use.

- Trouble remembering key features of the traumatic event
- Negative thoughts about oneself or the world
- Distorted feelings like guilt or blame
- Loss of interest in enjoyable activities

# PTSD: Post Traumatic Stress Disorder

## Life Skills Lesson 1e

Anyone can develop PTSD at any age here are some things that can cause PTSD

- Gun violence
- Drugs
- Abuse
- Seeing and hearing abuse

# DID YOU KNOW?

- For millions of non-veterans suffering from PTSD, treatment resources are far less comprehensive and accessible, according to a new study published in the *Harvard Review of Psychiatry*.
- Those affected by PTSD — victims of sexual assault, child abuse, and natural disasters — there really isn't an organized body of research that generates guidance for how they and their caregivers should deal with their PTSD," said lead author Dr. Judith Bentkover, professor in the Brown University School of Public Health.

# Self Motivation

## Life Skills Lesson 2

- Helping women understand the importance of Self Care:
- Working on Self-Understanding: Understanding who you are, why you are here, and what you want out of life
- Working on Self-Esteem: Defines as confidence in one's own worth or ability.
- Number one is having the women find a mentor to encourage and guide them through their self journey.
  - It is important to seek out mentors who model the “Self” skills and attributes you desire.



# Self Motivation

## Life Skills Lesson 2 (cont.)

- Discovering what strengths and weaknesses mean?
- Building on your strengths and weaknesses.

# Positive Thinking

## Life Skills Lesson 3

- Thinking responsibly: you are the only person who knows your thoughts besides God. Become aware of your thoughts and write them down throughout the day or at the end of the day.
- Think Realistically: Set goals for yourself that are achievable and start off small. I take the stairs at school/ work as oppose to riding the escalator or elevator. DON'T set yourself up to fail. Gradually work your way up to your major goal. Create a strong and vivid picture of what it will be like to achieve your goals. What is one goal you would like to start this week?
- Thinking Critically: Challenge your negative thoughts and replace them with positive ones daily. Practice positive thinking until you automatically think about yourself and the world in a positive way, every day.

# Focus on Strong Goals

## Life Skills Lesson 4

- Work on setting goals for yourself. There are 5 key ingredients to help with successful goals.
  1. Clarity
  2. Challenge
  3. Commitment
  4. Feedback
  5. Complexity

# Understanding your life's Purpose

## Life Skills Lesson 5

### Finding your purpose

- **Meditation:** It is important to connect with a higher being a relationship with God and praying makes that possible. Taking time out to meditate and reflect on the good and bad
- **Sacrifice:** Helps pull you closer to your purpose in life. Letting go of those things that hinder your progress. Whether that be friends, family, going out etc.
- **Reading :** Is another important factor that helps discipline and build on your career and or trait.

# Motivating Environment

## Life Skills Lesson 6

### External Factors

- Look for groups and clubs that focus on your interest. Joining a group makes you accountable to others and helps you build relationships and gives you positive support. Name and what it offers?
- Ask your boss for specific targets and objectives to help you measure your success.
- Ask for interesting assignments.
- Set up some goals that you can easily achieve. Quick wins are great for getting you motivated.

# Motivating Environment

## Life Skills Lesson 6 (cont.)

### External Factors (cont.)

- Find a mentor who you trust to be supportive, and ask them to help keep you accountable. Name? \_\_\_\_\_
- Try not to work by yourself too much. Balance the amount of time you work from home with time spent working with others.
- As you start working on your self-motivation program you may tend to rely heavily on these external factors. As you get more comfortable and confident with your self-motivation you'll probably use them only as needed.
- What is something you would like to work on to become better at?

# Emotional Feelings

## Life Skills Lesson 7

Letting go of the Past!

- Past relationships: Don't look at past relationships as negative, view them as experiences. They shaped you into the person you are today.
- Past pain: Pain is defined as a distressing feeling often caused by intense or damaging stimuli, **Pain motivates the individual to withdraw from damaging situations.** We all learned something from our past pain. We didn't forget it, but we realized we need to stay away from it.
- Past Regrets: Regrets hold us back from our future goals. If I only did this, why I do that, etc. We have to live and learn that there is a lesson learned as well from our mistakes and to find one positive thing out of it. (there is always a positive out of anything we do).

# Self-Care

## Life Skills Lesson 8

### Discovering your shape

- Gift; discovering what you love and building it up for you and to help others. If at first it doesn't work, call it an experiment not a failure.
- Ability; we have dozens of hidden abilities that we possess. Each one unique to that individual. Stop trying to do something someone else is doing or trying to do the same thing better, instead appreciate what you can do for someone.



# Self-Care

## Life Skills Lesson 8

### Discovering your shape

- Learn to accept and enjoy it.
  - Focus on your accomplishments and not compare yourself to others.
  - Appreciate where you are and not where others seem to be. Love yourself first in order to love others. Agree or disagree?

# Self-Care

## Life Skills Lesson 8

### Discovering your shape

- Exercise: Name 5 things that you like about your self.
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.



# QUESTIONS & ANSWERS

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# Resources

- Pedersen, T. (2015). Resources Found Lacking for Non-Veterans with PTSD. *Psych Central*. Retrieved on June 19, 2017, from <https://psychcentral.com/news/2015/12/21/resources-found-lacking-for-non-veterans-with-ptsd/96523.html>
- <https://www.ptsd.va.gov/about/mission/research/index.asp>

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