

FIGHT, GIVE, SERVE, PRAY, SHOW UP,



for the one.

WHAT WE DO

One Voice is a Haven for survivors of sex trafficking to begin their unique Journey of healing. The One Voice organized living environment will allow girls and young adults to experience a new beginning using an overall holistic approach designed to fit her specific needs:



ONE VOICE

LUBBOCK, TEXAS
EST. 2015



RELATIONAL

The foundation of our program is relationship focused & driven. Developing healthy relationships is the goal in every aspect of our program.



PHYSICAL HEALTH:

Help residents identify & understand triggers, trauma in the body, addictions, & provide the tools and resources to overcome & self-regulate.



MENTAL HEALTH :

Discover & identify tools to become self-aware of emotions and begin to thrive in their mental health journey.



SPIRITUAL:

Connect to a community of faith of the resident's choice to experience a spiritual healing journey where they can express love to others and have belief in their purpose & identity.



EDUCATIONAL:

Assist residents in continuing their personal education to help them achieve their next academic goal.



TRANSITIONAL:

Beginning with the end in mind, we will aim to help residents reach self-autonomy, executive function, self-advocacy, & thrive in community.

STATEMENT OF PURPOSE



RELATIONAL



TRANSITIONAL

One Voice is a Haven for survivors of sex trafficking to begin their unique journey of healing. One Voice is a trauma informed and therapeutic facility. We hope survivors of Sex Trafficking who enter One Voice discover the courage and bravery within to find healing, restoration, and their unique purpose.

Fighting to make a difference, community leaders Peggy Galanos, Kim Start, Gloria Toti, Laura Pratt and Terisa Clark Founded the Nonprofit organization known as

OneVoiceHome in 2015 This nonprofit organization is a key piece in a collaborative effort to combat the sex trafficking of girls and young women adults in the entire West Texas Region.

All donations will provide the necessary resources to meet each survivors needs and will lay the foundation for her to achieve a positive future.



MENTAL HEALTH



SPIRITUAL



EDUCATIONAL



HEALTH



OUR PROGRAMS AT ONE ! VOICE



Journey

It's your story. It's your healing. It's your journey.

The Journey program includes homes for female survivors of sex trafficking ages 18-25 where we prioritize safety, education, holistic care, & life skills to equip participants to take the next right step in their continual healing journey. The One Voice Journey program also provides outpatient services to survivors outside of a residential setting.

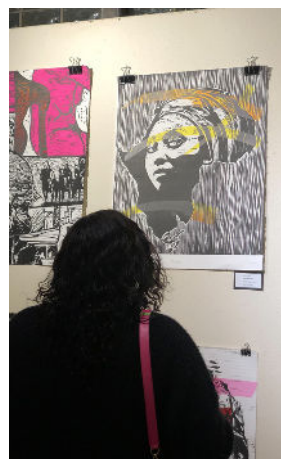
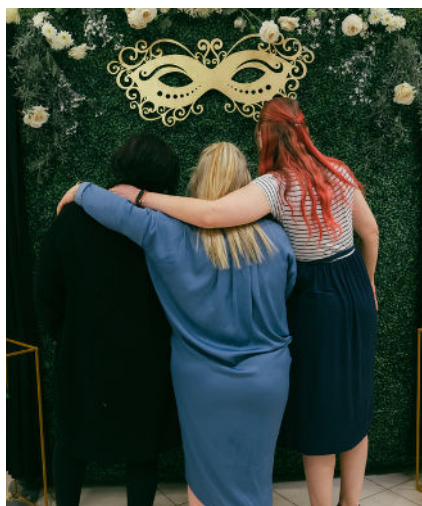
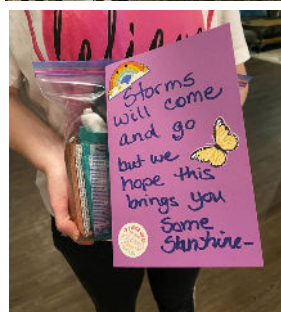
HAVEN

The One Voice Haven Outpatient Program (HOP) provides outpatient services for female minor survivors of sex trafficking where safety, individual needs, & holistic care are the primary goals; where new opportunities are discovered along with the tools to begin a journey of healing. The Haven program works in conjunction with child placing agencies and foster families.



ONE VOICE

for the one



How did we get here?

2000

The United States passed the Trafficking Victims Protection Act (TVPA). Since that time there has been a universally accepted definition of sex trafficking.

2011

Voice of Hope & Forensic Nurse Staffing of West Texas noticed an increase in the number of children presenting "red flags" in the emergency room indicating sex trafficking. VOH spearheads a local task force that reveals a gap in services for victims of DMST in the West Texas region.

2018

One Voice hires Executive Director, Hillary Cobb, & Program Director, Dacia Hamby, to raise funds and create the program necessary to open a home of healing. The One Voice Team raises funds with Running2Rescue, a 5k race, and the Art of Freedom, an art sale & auction. These fundraisers in combination with the Texas state license and policies and procedures are what advances the opening of One Voice.

2016

A study from the University of Texas at Austin estimates over 79,000 American minor & young adults under the age of 25 are being trafficked in Texas at any given time.

2019

Based on community involvement, One Voice finds a need for Supervised Independent Living for young adults 18-20 years of age. In response the One Voice team creates the Journey program. Establishing this type of home for survivors allows One Voice to move forward in obtaining the Texas state license for Haven.

2020

One Voice officially opens to accept placements and is serving survivors in the Journey program for young adults without a grant. In doing this One Voice is eligible for grant funding to expand the mission of One Voice and to walk alongside even more survivors on their journeys of healing.

2021

One Voice implemented and delivered the program's six benchmarks of our Journey Program. We served 5 survivors within this year and focused on their individual needs and goals.

2023

One Voice celebrated the second graduate from the Journey program! We have launched two homes in the Journey Program. We have served 16 survivors since inception in November of 2020.

2022

One Voice celebrated the first graduate from the Journey program! We also have a multi-purpose space. This facility is filled with a sensory room, classroom, and a fully equipped boutique to instill confidence.



It takes a village...

One Voice has grown and continues to flourish because the West Texas community continues to step forward and fight for the one. We cannot exist without the support from local businesses, churches, schools, other nonprofits, & individuals such as yourself.

FOCUS AREA: RELATIONAL



The foundation of our program is relationship focused & driven. Developing healthy relationships is the goal in every activity that we offer.

Input:

The goal of relational growth is to establish felt safety and stabilization. We want to empower the OVH residents to rebuild trust. Survivors of trafficking's needs have been neglected and we want to encourage them to communicate their needs & establish healthy communication.

Activity

Participate in:

1. Nurture Group
 2. Boundaries class
 3. Ropes course
 4. Tournaments
 5. Game Nights
 6. Values class
 7. Conflict Resolution class
 8. Identifying Intimacy class
- Role play scenarios will be heavily utilized in this category of healing.

Desired Outcomes:

Learn how to:

1. Identify felt safety
 2. How to have fun
 3. How to set healthy boundaries
 4. Rebuild Trust
 5. Express needs
 6. Establish deeper relationships
- Ultimately, we hope that role playing will equip a resident with all the tools she needs to find healthy relationships after OVH.
- Survivors are able to identify with a support system who will continue to walk alongside them for accountability, support, & encouragement.

Desired Impact to the Community:

The impact of survivor relational growth, in the community, is that a survivor will have confidence to identify for herself the indicators of a healthy relationship and will have the ability to maintain healthy relationships with others. This helps eliminate vulnerabilities that contribute to the cycle of trafficking.

FOCUS AREA: PHYSICAL HEALTH



Identifying & understanding triggers, trauma in the body, addictions, & being provided with the tools and resources to overcome & self-regulate.

Input:

The goal of medical/physical growth is to develop self regulation. Understanding the impact that trauma has on an individual's body & mind is vital for success. Helping a survivor absorb the benefits of understanding sensory needs, dietary needs, & nutrition importance is vital in the healing journey.

Activity

Participate in:

1. Self-regulation class
2. Assessment from medical personnel to determine if addiction treatment is needed
3. Trust Based Relational Intervention (TBRI) class
4. Trauma Informed Yoga Therapy led by a certified instructor
5. Creating a self-prevention plan to avoid relapse

Desired Outcomes

Learn How To:

1. Identify basic physical needs
2. Express needs & find a way to meet individual needs
3. Specific understanding of relaxation techniques & other sensory tools
4. Understanding the importance of physical activity, healthy eating, & sufficient sleep
5. How to apply tools to practice self- control, teamwork, healthy determination, & accomplishing small goals
6. Practical steps to take to eliminate relapse back into the life of sex trafficking.

Desired Impact to the Community:

When a survivor understands her medical & physical needs it has a positive impact on the community. When a survivor is educated on how diet, sleep habits, & exercise positively impact her mental & physical health, she will be more capable of facing daily stressors. These stressors might have originally cause a downward spiral but with a medical & physical understanding she will continue to move forward in her healing journey.

FOCUS AREA: MENTAL HEALTH



Discover & identify tools to become self-aware of emotions and begin to thrive in your mental health journey.

Input:

The goal of psychological growth is to learn to become self aware of emotions & how to self regulate them. Through the resident's personal counseling & therapy the objective is to identify their personal journey and the effects it has had on their life, both positive & negative. The resident will be given the appropriate tools to begin their healing journey.

Activity

Participate in:

1. Understanding the effects of trauma on the brain & body through counseling, games, & classes.
 2. Attend multiple classes understanding triggers & how they can affect us on a daily basis.
- *The residents will participate in the Ending the Game class which is a survivor-led course.

Desired Outcomes

Learn How To:

1. Define the word trigger & identify personal triggers
 2. Utilize coping skills to combat triggers
 3. Understand brain function & how it is different due to adverse effects of trauma
 4. Reevaluate individual trauma timelines & locate places where they have experienced growth
- Survivor led classes will help them walk through their past experience with the leadership & guidance of someone who has lived "the life."

Desired Impact to the Community:

The impact in the community of understanding psychological growth will equip the survivor with knowledge to understand the effect that trauma has had on her mental health. Equipped with the tools, framework, & modalities received in counseling the resident will be able to identify triggers & know how to appropriately respond & not react in jobs or other public settings.

FOCUS AREA: SPIRITUAL



Connect to a community of faith of your choice to experience a spiritual healing journey where you can express love to others and have belief in your purpose & identity.

Input:

The goal of spiritual growth is to know the importance of a healthy community; a community built on faith is a source of ongoing spiritual support. Having a healthy place to belong is imperative for residents at OVH to resist going back to the life of sex trafficking. Identifying with a faith community helps with expression & finding a purpose & identity in something bigger than ourselves.

Desired Outcomes:

Learn how to:

1. Ability to express emotions in writing
2. Ability to extend trust & invite someone to read their thoughts & talk through them
3. Connect to a community of faith of their choosing
4. Establish healthy relationships within their community of faith that will remain upon graduation from the OVH program
5. An understanding of how to read and study scripture in order to apply it to all areas of their life

Cost Breakdown:

Self Care \$625.00
Self Development \$750.00
Journaling Workshop \$500.00
Nature/Outdoor Excursions \$1000.00
Church Community \$Priceless
Connection Team established \$Priceless
Small group community \$Priceless

\$2,875.00 Per Survivor

FOCUS AREA: EDUCATIONAL



Assist you in continuing your personal education to help you achieve your next academic goal.

Input:

Provide the survivor the opportunity to achieve educational success by graduating High School or obtaining a GED. Many survivors have missed vast amounts of a formal education and lack the self confidence to complete their education.

Desired Outcomes

Learn How To:

1. Thrive in a school environment
2. Establish their grade level, are on track, & headed towards a GED or high school diploma
3. Absorb the meaning of TBRI (Trust Based Relational Intervention) & how it can positively change their lives
4. Mastered areas of job interview skills, life skills, planning for the future, & more.

Cost Breakdown:

Further Learning (GED, Drivers ED, Vocational, etc.) \$852.00
TTU K-12 \$750.00
College Prep \$500.00

\$2,102.00 Per Survivor

FOCUS AREA: TRANSITIONAL



Beginning with the end in mind, we will aim to help you reach self-autonomy, executive function, self-advocacy, & thrive in community.

Input:

The goal of transitional growth for a survivor is to enhance their confidence to take the next right step. It strengthens the survivor to step confidently into independent living, knowing they can make a difference in the lives of others, and equips them with tools to navigate life outside of OneVoiceHome.

Desired Outcomes

Learn How To:

1. Establish boundaries, communicate needs, and respect their boundaries as well as the boundaries of others
2. Best provide for herself and seek out job opportunities
3. Break down walls they have built and rely on their Care Team.
4. How to provide for their family & live within their means
5. Use their voice to communicate what they need
6. Strength to make the decision for continual forward momentum, not regression

Cost Breakdown:

Records (DL, SSC, etc.) \$250.00
Survivor giftcard \$348.00
Safety Bags \$75.00
Case Management \$417.51
Health Services \$313.14

\$1,403.65 Per Survivor

ONE  VOICE

SEX TRAFFICKING

Anyone can be trafficked by family, friends, significant others, or even strangers. Sex trafficking does not require transportation across borders, a person can be trafficked in their own home.

LESS THAN

1%

of survivors are receiving long-term care in Texas.

APPROXIMATELY

79K

minors & young adults are victims of sex trafficking in Texas right now.

SINCE 2011

300

cases of sex trafficking have been reported in Lubbock.

THE YOUNGEST REPORTED CASE IN LUBBOCK WAS JUST,

8 YEARS OLD



3 JOURNEYS, 1 DESTINATION



VOICE *of* HOPE



ONE  VOICE



open door

JOINING VOICES



Voice of Hope exists for survivors of sex trafficking & sexual assault. Voice of Hope is committed to survivors, their trauma, their courage, & the resolution of their crisis. Face to Face Crisis Intervention and Victim Advocacy. Services are available. Call our 24-hour Crisis Hotline at 806.763.7273 for more information.

Assistance is available for victims, non-offending family members & friends affected by the trauma of sexual assault/sex trafficking: (806) 763-7273.

Learn more at
www.VoiceOfHopeLubbock.org



One Voice's mission is to provide a Haven for survivors of sex trafficking to begin their unique Journey of healing. The One Voice Journey program is a Transformational Living Program for 18-25 year old female survivors of sex trafficking to receive licensed therapeutic counseling, education, & 24 hour supervision. The Journey program also provides outpatient services to survivors outside of a residential setting. The Haven program provides outpatient services for female minor survivors of sex trafficking where safety, individual needs, & holistic care are the primary goals; where new opportunities are discovered along with the tools to begin a journey of healing.

Learn more at
www.OneVoiceHome.org



Open Door Supervisor Housing is a transitional housing (TH) program providing housing with therapeutic supportive services for adult survivors of sex trafficking & their children. Launched in January 2019, Open Door Survivor Housing provides 20 units of transitional housing & comprehensive supportive services including child care, intensive counseling, life skills classes, & 24-hour on-call case management for periods of 6-18 months.

Learn more at
www.OpenDoorLBK.org

**3 ORGANIZATIONS WORKING TOGETHER
IN UNIQUE WAYS TO
COMBAT SEX TRAFFICKING IN WEST TEXAS**

ONE ! VOICE

*It's not too early,
It's never too late,
To begin your journey
To heal from the pain.
Heal in the good,
Heal in the bad,
Heal in the confused,
Heal in the sad.
Heal because you deserve it.
Heal because you're worth it.
Be patient.
Take up space.
It might be a bumpy ride,
But it's your journey,
And we're here to come alongside.*

WWW.ONEVOICEHOME.ORG