



JUSTICE IN ACTION

VOLUME III, NO. 5

FROM OUR TEAM

Dear Reader,

This month, we reflect on the important and complex relationship between mental health and intimate partner violence. We also celebrate the graduation of our distinguished Legal Fellows! Because you are such a valuable resource as advocates in your community, we hope you utilize and benefit from our free access to our training on Secondary Trauma and Self Care that we've included in this issue. As always, you will hear from one of our valued voices who contributes to making our work possible.

Happy reading,
The MBP Team



MENTAL HEALTH *Awareness Month*

During this National Mental Health Month, it is important to recognize that batterers and their victims can have mental health issues, illnesses, or conditions, but that none of those cause, excuse, or explain IPV. IPV is an issue separate and apart from mental illness, though there can be overlap. By acknowledging this, we affirm the value of safe relationships, encourage appropriate mental health treatment, and accept that mental illness does not prevent persons from being involved in healthy relationships.



Congrats to our graduating Mary Byron Project Legal Fellows. This outstanding group of attorneys has gained knowledge in how to expertly approach cases involving intimate partner violence, skills in persuasive legal writing, and inspiration for how to creatively apply the law to help victims become and stay survivors, hold offenders accountable, and be part of the end of intimate partner violence. We truly appreciate their time and dedication and wish them the very best!



This mental health awareness month, check out our [training on Secondary Trauma and Self Care](#). For those in the helping professions, working with victim/survivors who have experienced violence can take a toll on our professional and personal lives. With the added stress of recent tragic events, it's more important than ever to talk about ways that we can take care of ourselves in order to minimize harm, both to ourselves and our clients. In this video, we discuss the physical and emotional effects of secondary trauma and explore self-care strategies that can help you increase your own resilience and well-being.

Volunteer Voices

Testimonials from MBP Supporters

“ Once you learn about the prevalence of dating violence, the warning signs, and all of its other aspects, this is information that you can carry with you for the rest of your life. It is beyond empowering to be able to share this information to whoever needs to hear it, and it can truly save a life. The work that the Mary Byron Project does is invaluable, and I have been continually inspired through my work with this organization. ”

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The Mary Byron Project
9901 Linn Station Rd
Louisville, KY 40223-3808

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