



# MOSAIC GEORGIA

SAFETY | HEALTH | JUSTICE

## Tesserae

*{ˈte-sə-rē, plural noun, the small pieces used to build a mosaic}*

Mosaic Georgia Newsletter | May 2023



MAY IS MENTAL HEALTH AWARENESS MONTH

### The Big Picture



#### Trauma and the Brain: A Look at How Traumatic Events Shape Memory and Perception

*by Kendall Wolz, Mental Health & Wellness Manager*

At the age of 13, I disclosed years of sexual abuse by my stepfather. *"When did the abuse start, how old were you, how many times did it happen?"* I felt intense fear that people would not believe me because I could not give the answers to these seemingly simple questions. The reality is that my brain did not file the memory of the first incident, or subsequent incidents of abuse as a biographical memory where the date and incident number were important.

Instead, what I could tell investigators included the show, *Who Wants to Be a Millionaire*, was playing in the background... [Read more](#)

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Special Feature: Someone's Gotta Say It



*SANEs in action at Mosaic Georgia.  
From left to right: Melissa Drinkard, Kathy  
Carter, Teresa Bullard*

## SANE Spotlight: Remember the SANEs during National Nurses Week

*by Marina Sampanes Peed, Executive Director*

A small but mighty forensic nursing specialty is quietly yet boldly making a difference: Sexual Assault Nurse Examiners (SANEs). Their practice is unique as *their patients are both people and evidence*.

During National Nurses Week, [read more](#) about these specially trained registered nurses who provide compassionate care to survivors of sexual violence.

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## Connecting the Pieces



*May is Teen Self Esteem Month,*  
a good time to commit to cultivate a self aware,  
confident, and healthy generation of teenagers.

## Gen Z and Self Esteem: The Kids Are (Gonna Be) Alright

*By Ashia Gallo, Wholeness Collective  
Coordinator*

Studies show Gen Z to be the least confident generation. Yet they are poised to break barriers possibly like none before them. [Read more](#) as this compelling contrast, unique to Gen Z, is explored.

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## Mosaic in Action



**A Nice Win**

## Faces of Mosaic



**Meet our Mental Health and**

On April 26th, our team spoke out against victim blaming by sharing on camera why they sported their denim pants and jean jackets on Denim Day 2023. The video won us an honor from the NSVRC's #30DaysOfSAAM contest! Watch as our team candidly relays their own personal reasons for speaking out about #WhyIWearDenim.

#### Wellness Team:

Hagikah • Kendall • Ashia • Emily

This Mental Health Awareness Month, we honor our counseling team for their skill in guiding individuals and families to reclaim safety, rebuild health, and experience justice through healing.

Meet more of the Mosaic Georgia team.



Kevin McNeil

Victim Advocate,  
Retired Detective,  
Speaker, Author



Maryam Jordan

Mosaic Georgia  
Professional  
Educator & Trainer

## Caring and Courageous Conversations

Join us Tues June 6 at 7PM EST

@mosaicgeorgia  

## Upcoming Events

### Mosaic in the Community

#### Gwinnett Multicultural Festival

Sat 5/13/23 • 10am-2pm • Gwinnett Place Mall

[View more details](#)

#### Asian Heritage Celebration

Sat 5/20/23 • 10am-2pm • OneStop Buford

[View more details](#)

#### Gwinnett Mental Health Awareness Fair

Sat 5/27/23 • 10am-2pm • Alexander Park, Lawrenceville

[View more details](#)

### Medical Trainings for Sexual Assault Nurse/Forensic Examiners (SANEs/SAFEs)

#### 40 Hour Virtual Didactic SANE Training

Interact real time with your instructor in this virtual, live-taught, interactive training.

July 17-19th and 26-28th, 2023

Space is limited

[Get more details and apply now...](#)

#### PRO/SANE Monthly Peer Review Sessions for Forensic Medical Exams (FME)

SANE moderated peer reviews to foster shared learning and skill building. These virtual sessions are held the third Wednesdays of each month at 12:30PM ET.

[Get more information](#)

## SANE Community Support Network

A private, supportive online gathering place for SANEs, medical professionals and leaders of agencies that offer forensic medical services. [Request to join](#)

## Wholeness Collective Class Offerings

Join a Finding Hope support group, a nature hike, or art therapy, offered as part of our new trauma-informed wellness program. View our [class series](#) and other events.

## Retreats for Survivors

Saprea's ongoing [Haven Retreats](#) are a free, clinically informed four-day experience followed by a self-guided online course for adult women who were sexually abused at or before age 18 for survivors in North Georgia. [Learn more](#)



## Two New Series from the Wholeness Collective!

Join us in nature and let hiking facilitate healing. Explore our [group hikes](#) around Gwinnett County.

Our [Youth Art Therapy Classes](#) for children and teens allow creativity to channel emotional release.

## Join the Mosaic Georgia Team:

Bilingual Forensic Interviewer/Advocate Position  
Read the full [job description](#) and [apply here](#).

Victim Assistance Attorney  
Read the full [job description](#) and [apply here](#).

## How You Can Help

Our Sexual Assault Awareness and Child Abuse Prevention April fundraisers are still active. Help us get from \$9,000 to \$10k!

- Plant a pinwheel in our [Virtual Pinwheel Garden](#)
- Contribute to [Denim Day](#)

**Donate to Mosaic Georgia today!**

Mosaic Georgia, Inc. is a private, nonprofit corporation that is a Children's Advocacy Center and Sexual Assault Center that strives for and demands safety, health and justice for children and adults victimized by sexual abuse, assault and trafficking. Donations are tax-deductible EIN: 58-1762829.

Find us online at [MosaicGa.org](https://MosaicGa.org)



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