



PREVAIL

Hero of the Month!

September 2020

Michelle Sloderbeck!

I don't think any advocate would argue with the fact that being on-call can be stressful. You never know what type of call you are going to get and there is a constant worry that you will somehow let the caller down in their moment of need. I definitely felt this way recently, when a client called in looking for a service that was outside the "normal" crisis calls- the client needed a haircut.

Part of Prevail's empowerment philosophy is acknowledging that the survivor is an expert on their own situation. With good information, they can make good decisions for themselves and their families. An advocate's role is seeking to understand the survivor's need and coordinating resources to meet it. This can open many other avenues for continued healing and empowerment. This also means that advocates sometimes help survivors meet some non-traditional needs.

As I spoke to the client, and as the client explained the situation and the true need for the haircut, I racked my mind to think of a way to make it happen. And the answer came in the form of Prevail volunteer, and Prevail Hero of the Month for September, Michelle Sloderbeck.

Michelle, who owns The Bombshell Hair Company, has been a volunteer with Prevail for years, providing help at numerous functions and fundraisers. But on this particular night, she went above and beyond for a Prevail client in need. Michelle, whose workday had already ended, agreed to return to the salon and provide the much-needed haircut. She was warm and welcoming, making the client feel safe and secure. And she provided an amazing haircut that left the client feeling safer and less triggered by her trauma. Michelle spoke to the client in a way to connect and support, making sure the client was aware of what she was doing so that there were no surprises and the client could relax. The appointment was full of energy, laughter, and calm- exactly what the client needed. Michelle was amazing, and it was a pleasure to get to be part of the experience. Being there for others and her community is not a new thing for her, but this level of support definitely earns Michelle the title of Prevail Hero.

Thank you Michelle! You are our hero!