

INFORM-ENCOURAGE-EMPOWER

MAY 2022

# VOSAS

MAGAZINE

VOICES OF SEXUAL ABUSE SURVIVORS

*May is  
Mental  
Health  
Awareness  
Month*

***INSIDE THIS ISSUE***

***COUNSELOR'S CORNER***

***SPECIAL FASHION EDITION***  
*Healing from the  
inside out*

***Spotlight***



**Seeing Beyond The Shattered Glass**  
**DR. KETRA L.**  
**DAVENPORT-KING**

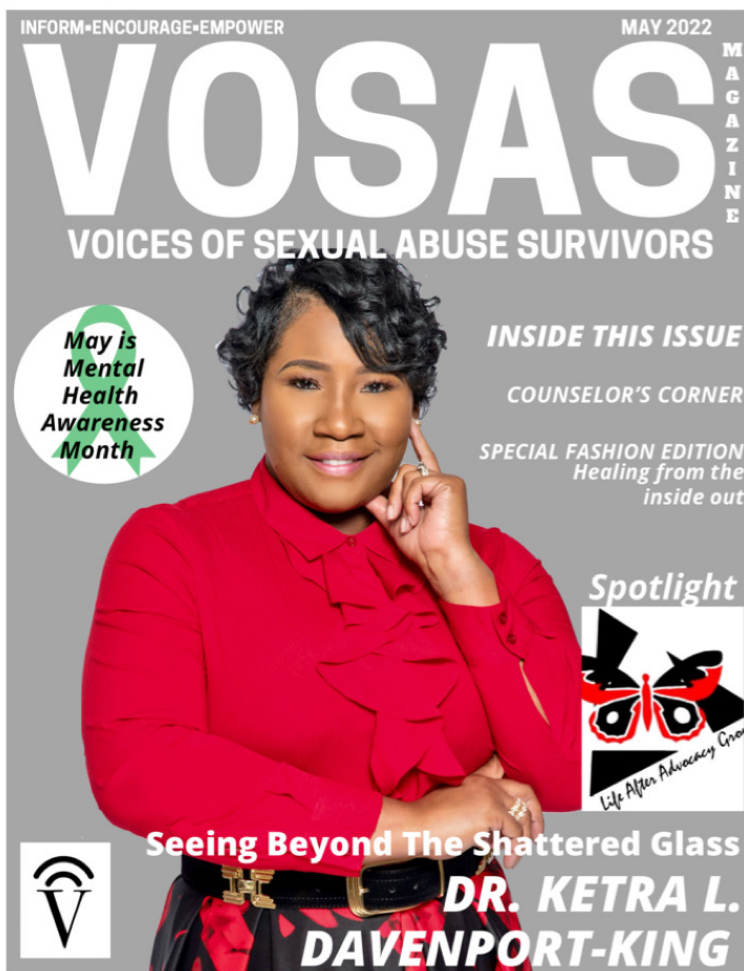




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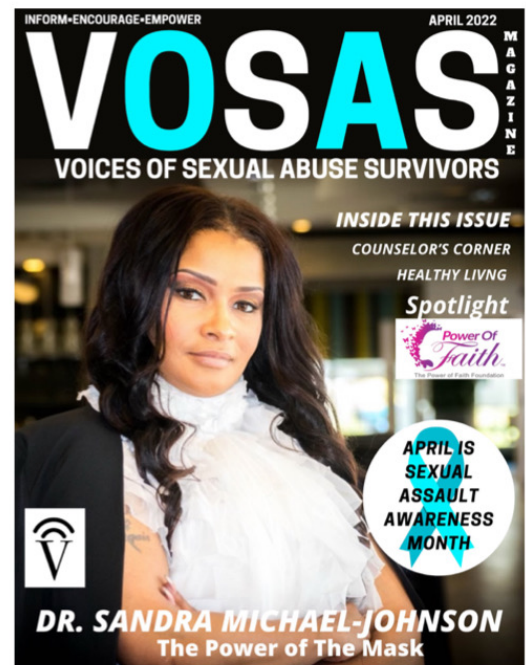
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## On The Cover



**Dr. Ketra L. Davenport-King**



*May*  
Mental Health  
Awareness Month

## COUNSELOR'S CORNER

*Beauty*





# Letter from... The Editor

## Get Back Up Again!

Yes you did it again. Yes you went over there..again. Yes you quit again. Yes you ate that again! Honey! That is the story of my life. And every single time I get so frustrated with myself. Why do I keep doing the same things over and over, knowing I need to change?? This is a transparent moment. I want to be the person that eats well and exercise all the time. I love people that do that, and in my mind I strive to be like them, but I fail every time. Obviously it's not that I don't have the desire to get healthier, the truth of the matter is I lack discipline.

Here is the good news! The Bible tells us in Lamentations 3:22-23, "Through the Lord's mercies we are not consumed because His compassions fail not. They are new every morning." This tells me that every day is another opportunity to get it right. I don't care if it's your 2000th time, **GET BACK UP AND TRY AGAIN!** Ask God to help you with discipline. Every featured survivor in this magazine is an example of someone who kept getting up. Healing is a journey and sometimes it takes many attempts, but if you just get back up, you can move forward.

*Dee Marie*

Chief Editor  
President/CEO



**A community support group for parents/caregivers of adult children who suffer with mental illness.**



## NAMI (National Alliance Mental Illness)



**1st Meeting:**  
**Wednesday May 4th 6-8 PM**  
**Overland Community Center**  
**9225 Lackland Road**  
**St Louis MO 63114**



### Mental Illness In our Community

According to the World Health Organization (WHO), one in four people will struggle with a mental illness at some point during their lives.

### Statistics in Black communities

One study showed 63% of black people believe that mental health condition is a sign of personal weakness. As a result, people may experience shame about having a mental illness and worry that they may be discriminated against due to their condition. they live in right at the coast of the Semantics.

### Resources-Places for People

A Gleam of Hope Community will be a group where people can share freely about their loved ones and the struggles they are facing, without judgement.

### ◆ Types of Disorders

Learn about several types of disorders as it relates to mental health conditions.

### ◆ Types of Medications

Learn about different medications that are used to assist those with mental illness have a better quality of life. Let's end the stigma, especially in our communities.

### ◆ Side effects

It is very important to to be educated on side of effects that could occur with taking medication for mental illness.

# Survivor's Story

**Dr. Ketra L.  
Davenport-King**





# **Beyond the Shattered Glass: The Struggle Has No Hold on the Outcome**

Can you see beyond the shattered glass? Do you feel helpless because you are struggling to deal with certain life circumstances that hinder your desired outcome? Welcome to the life of child sex abuse survivors around the world.

You walk past a child sexual abuse victim every day:

- the prostitute on the corner
- the addict in the alleyway
- the prisoner in jail
- the doctor in the ER
- the politician
- and the list goes on.

No sexual abuse survivor comes out unscathed. There are layers of scars mentally and or physically for the battle they won and the raging fire that burns within. If you ever meet or pass by Dr. Ketra Davenport-King, you would have no idea the fire that she escaped and fought to survive.

Dr. Ketra Davenport-King, author of the fictional memoir *Beyond the Shattered Glass*, has spent most of her adult life looking beyond the shattered pieces of her life. After being sexually abused as a child by the one person she once viewed as her hero, her father, she has become an altruistic overcomer through her life pains. Life pains that were inflicted upon her by her father starting at the age of six. (The sexual abuse continued until she was twelve years old.)

Dr. Ketra recalls life with her father before the sexual abuse. She shared how he was the type of father that little girls would dream of: "He was a good guy, he was nurturing, he read to me, he played with me." Unfortunately, the "good guy"/father she knew would reveal a dark, horrid side that would leave his six-year-old daughter *broken and spiritless through all of her youth and most of her adult life*.

Like many child sex abuse victims, Dr. Ketra would live with her secret until she was in her twenties. She explained in our interview how she felt very inadequate in her teen years and felt the need to give gifts just to feel accepted. Her perception of love was tainted by the dysfunctional relationship her father created between them. Dr. Ketra admits to having many toxic relationships including one that led to her losing her virginity to a random guy on his bathroom floor.

*My virginity was taken in a situation when I didn't really know my worth. I felt empty as though this was another situation I had to do for someone to like me.*

*I didn't know that my virginity was my virtue or how to protect it. My dad never allowed me the space to understand my virtue.*

Toxic relationships leading to fornication, an abortion, and children born out of wedlock, eventually led her into a dysfunctional marriage to a man who she states bore the image of her daddy. Dr. Ketra admits that she knew before marrying her first husband that he would not stay her husband.

*My selfishness led me to marry him. He was nice looking, he had good credit, he could buy me a house, and give me a fairytale life and he did. I knew he was not my husband because God showed me that and told me that before I married him, so when we divorced due to his infidelities, I walked away with no regrets.*

Feeling a massive void in her life, Dr. Ketra realized that she had become emotionally and spiritually disconnected from God. Growing up in a traditional Baptist church, she knew God for herself and knew it was time to seek the Lord's guidance. Never being angry or questioning God, she admits that she had to find peace and solace with God, which is how she was able to totally forgive her father "without the buts" and have a relationship with him today.

*My heart never hardened toward my dad that is why I was able to totally forgive him.*

Her spiritual journey would take place after hearing a *piercing* message from gospel singer Juanita Bynum, *No More Sheets*. She said it pierced her soul and she immediately became convicted.

*I was able to walk in total healing and recovery.*

*I was able to understand my body was a virtue.*

*I was able to walk boldly into the room.*

*I was able to be okay with being confident in myself.*

*I was able to see the light.*

*I am who I am through Christ Jesus.*

Dr. Ketra would reclaim her spiritual wellness over a period of ten years. During this time, she returned to school to obtain her degree. Her educational journey became a healing mechanism, a positive focus in her life. Never did she ever see herself obtaining a doctorate's degree, but she now knows it was God's plan for her.

*What God allowed me to complete was because of his grace based on where he wanted to take me. It was never about me.*

*Jeremiah 29:11 has become my favorite scripture:*

*For I know the plans I have for you, declares the Lord. Plans to prosper you and not to harm you plans to give you hope and future.*



A single parent with two children, struggling and not knowing how she would make it from month to month. But she remained faithful that God would provide for her and her two children.

*I came home to no lights one day; I didn't have enough money to get my lights turned back on, but I had enough money to go to a hotel room. My journey has always been a faith walk.*

Through professional counseling and her strong faith in Jesus, Dr. Ketra has overcome the statistical life of a child sex abuse victim. Instead of a victim, she has become victorious through her endless advocacy efforts for survivors of child sexual abuse, molestation, and rape. She has served on countless boards as well as procured a seat on the commission of Dallas County Sexual Assault Coalition. In 2004, she founded *Life After Advocacy Group (L.A.A.G)*, what Dr. Ketra calls her *heartbeat*. *Life After Advocacy Group* is a 501c3 formed to advocate and educate survivors of child sex abuse, molestation, and rape.

*The reason why I have transitioned through life is because of this moment... Because of LAAG, my heartbeat.*

Dr. Ketra Davenport-King leaves survivors with this message:

*It was not your fault. You are not a victim of someone else's dysfunction. You have the ability to rise up above anything that has happened to you in your life and soar like an eagle.*

Transformational words and the perfect advice from one survivor to another.



Follow Dr. Ketra

[DRKETRA.com](http://DRKETRA.com)

[www.LIFEAFTERAG.org](http://www.LIFEAFTERAG.org)

[lifeafterag.org](http://lifeafterag.org)

Social Media:

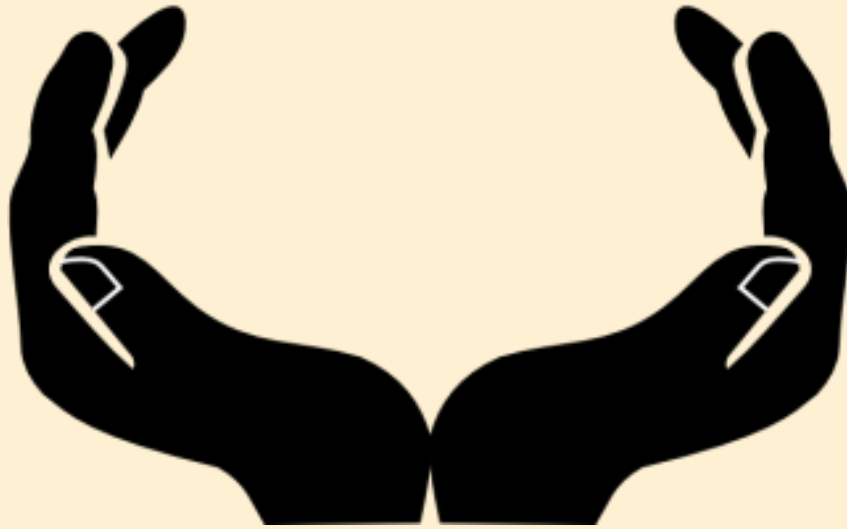
Facebook: @Author Dr. Ketra

Instagram: author\_dr.ketra

Twitter: @DrKetra

Linkedin: Dr. Ketra L. Davenport-King

# COUNSELOR'S CORNER



## **Andrea Jackson, CIT , contributor**

*Supervised by: Jean Moretto, PhD, LPC*

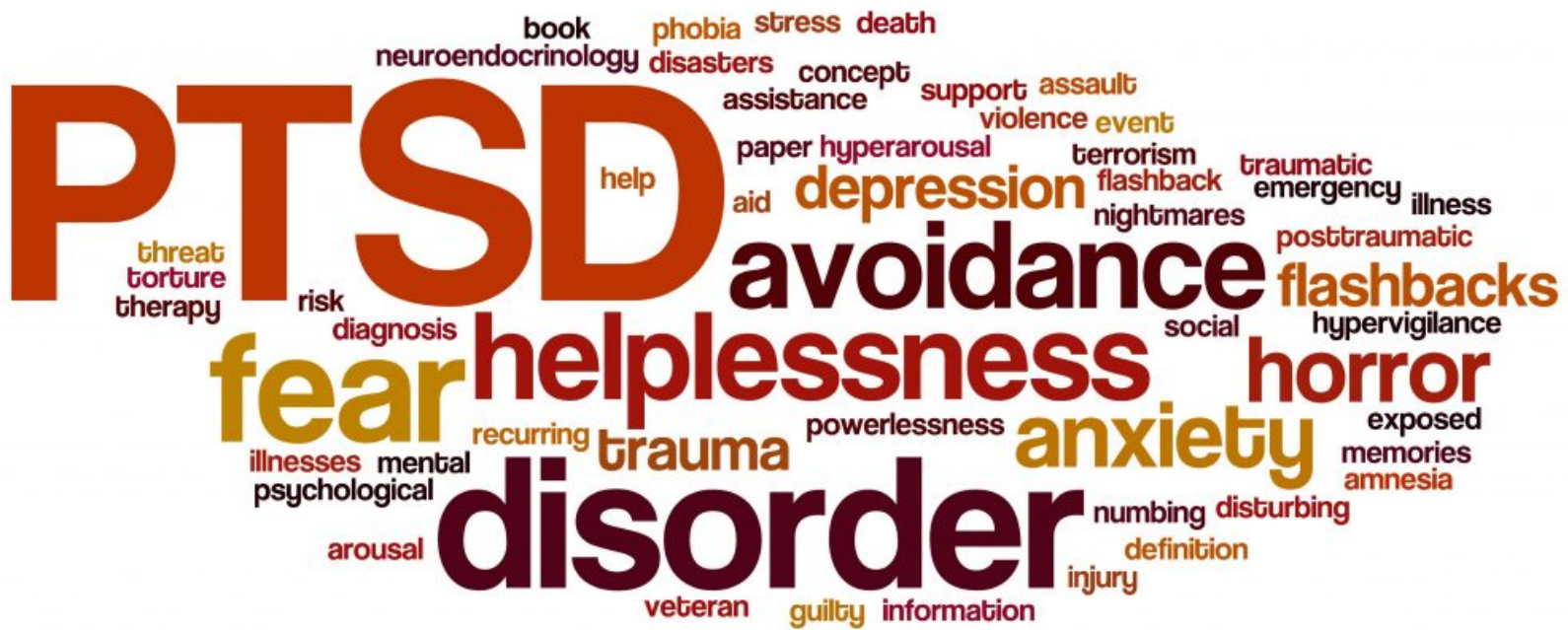
Andrea completed her Master of Arts degree in Professional Counseling May 2017 from Lindenwood University. Andrea believes that a primary means of change lies in developing a strong therapeutic and collaborative relationship. She utilizes a strengths based approach in working with clients to develop a unique fit to their personal needs and draws from several modalities including, but not limited to, cognitive behavioral therapy and solution based work.

Andrea has worked with clients of all ages and has dealt extensively with depression, anxiety, sexual abuse and behavioral issues. When requested by the client, Andrea finds that seeking God authentically in session results in healing and can lead to life forming changes.

Andrea is a member and also on the board at Moving4ward Ministries, a 501c3 organization created to provide the community of St. Louis and St. Charles counties of Missouri, a place where adult survivors of sexual abuse ages 18 and older, regardless of race, gender, ethnicity, or sexual orientation, can feel safe sharing experiences that has caused lasting effects on professional resources so healing can begin. Andrea is Youth Mental Health First Aid Certified. Andrea is also a member of the International Honor Society of Counseling Professionals, Chi Sigma Iota.







## HELP WITH PTSD

**PTSD** – this is a psychological disorder that develops in response to a shocking, frightening, or traumatic event. This event can include being exposed to actual or threatened death, serious injury, and/or sexual assault, natural disasters, and motor vehicle accidents.

It is common and expected for most people to experience fear and anxiety during and immediately following a traumatic event, and most people tend to naturally recover from these reactions as time goes on. However, when a person continues to experience persistent trauma and stress-related symptoms for more than six months, a diagnosis of PTSD should be considered. These symptoms include re-experiencing the traumatic memory in an unwanted and disturbing way, avoiding thoughts, feelings and situations that remind the individual of the event, experiencing intense negative moods or having negative thoughts associated with (e.g. thinking it's your fault or feeling depressed), as well as feeling overly aroused since the event.

Given the potential for PTSD to develop a chronic diagnosis it is important for individuals experiencing symptoms of PTSD to reach out for help as soon as possible.



# Pretty Little Candle Co

Unique ✨

Bold ✨

Extravagant ✨



## About Us

Pretty Little Candle Co. started as a vision December 2021. In January 2022 our creator Tia Latimer started her strive for PLCC. Our motto here at Pretty Little Candle Co. is Unique, Bold & Extravagant. PLCC makes handmade Beverage, Food, Scented, Themed & etc candles. "My uniqueness is because of my boldness, and my boldness is unique because of my extravagance"-Tia. Thank you so much for your support and always remember to be you!

[www.prettylittlecandlec.com](http://www.prettylittlecandlec.com)





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# TIPS & SAFETY

## *Keeping Our Children Safe Online*

### **Sextortion**

*is a crime that happens online when an adult convinces a person who is under 18 to share sexual pictures or perform sexual acts on a webcam.*



### **Grooming**

*is the process in which perpetrators judge how far they can push boundaries and exploit someone's trust.*

# How parents can keep kids and teens safe online

Parents and caregivers can help keep teens and kids safe while with others online. You can have age-appropriate conversations with teens and younger children about red flags that may indicate an online friend is not trustworthy.

People who sexually offend will target potential victims on platforms like social media, online multiplayer games, or chat apps. These offenders may send or ask for sexual content — meaning that victimization can happen completely behind a screen and within the victim's own home.

## What is grooming?

People who sexually offend often test boundaries and manipulate potential victims before committing outright sexual abuse — this process is called grooming.

**Grooming** is the process in which perpetrators judge how far they can push boundaries and exploit someone's trust.

During the grooming process, people who commit sexual abuse will manipulate a victim's trust by passing off inappropriate behaviors as “normal” or “no big deal.”

**Sextortion** is a crime that happens online when an adult convinces a person who is under 18 to share sexual pictures or perform sexual acts on a webcam.

Parents can talk with teens and younger children about some of the behaviors that indicate online grooming, such as:

- Asking to keep the relationship secret.
- Making suggestive or sexual comments.
- Asking the child about their sexual background (have they been kissed, are they a virgin, etc.).
- Sending links to suggestive images, memes, or porn.
- Asking the child to only contact them on certain apps.
- Asking the child to close the door when speaking with them.
- Only wanting to chat at certain times (like at night) or asking if their parents are around.
- Making conditions on their relationship — for instance, saying they will only continue to talk to the child if the child does something in return for them, like send photos.
- Discussing the child's appearance or requesting to see more photos of them.
- Sending the child online gifts, like items in games.
- 

Having regular conversations about healthy and unhealthy ways to communicate online can help kids feel more comfortable coming to a parent or trusted adult if they experience inappropriate behavior online.

If a child shares that they had an uncomfortable exchange with someone online, parents should always take them seriously. Parents and supportive adults can also contact [Stop It Now's online help center](#) if they are concerned about behaviors or seeking guidance. Contact Childhelp Hotline or local law enforcement if your suspect child abuse is taking place.





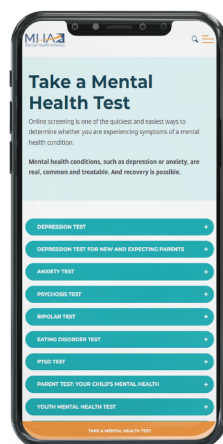


# May

## Mental Health Awareness Month

Since 1949, Mental Health America and their affiliates across the country have observed May is Mental Health Month by reaching out to millions of people through the media, local events, and screenings. They invite other organizations to join in spreading the word that mental health is something everyone should care about by using the May is Mental Health Month toolkit materials and conducting awareness activities. <https://www.mhanational.org>.

**MAY IS MENTAL  
HEALTH MONTH**



## Feeling like something “isn’t quite right”?

Check your symptoms at [mhascreening.org](https://mhascreening.org).  
It’s free, confidential, and anonymous.



**LEARN MORE**  
[mhanational.org/may](https://mhanational.org/may)



Mental Health has been a negative topic in our society for many years. It's time to normalize seeking help when we notice something is not right mentally or emotionally. Going to see a primary care physician or for women, an OBGYN doctor is second nature. Physical annual wellness exams are encouraged with our doctors, on our jobs, and throughout our communities, why not the same for mental health wellness exams?

Fear of seeking a mental health professional is probably one of the main reasons we don't. Fear of what they will say about us, fear of telling someone deep personal issues, fear of being diagnosed, also fear of being misunderstood. What I have learned personally is that my therapist is not there to diagnose me, or judge me, or even tell me what to do. She is there to walk this journey with me.

Being alone in crisis, or even in situations that are not so serious can be overwhelming. Being able to reach out to someone that is trained to assist during these times is priceless. No matter who you are, what race you are, what gender, socioeconomic status you're in, or how old you are, we all have issues that arise in our lives. These can be things that affect you directly or indirectly. This May let's begin to normalize mental health. If you feel you need to talk someone, or even if you feel you don't, take some time to evaluate your situation and don't be afraid to reach out and find a therapist. It may change your life!

## FAST FACT:

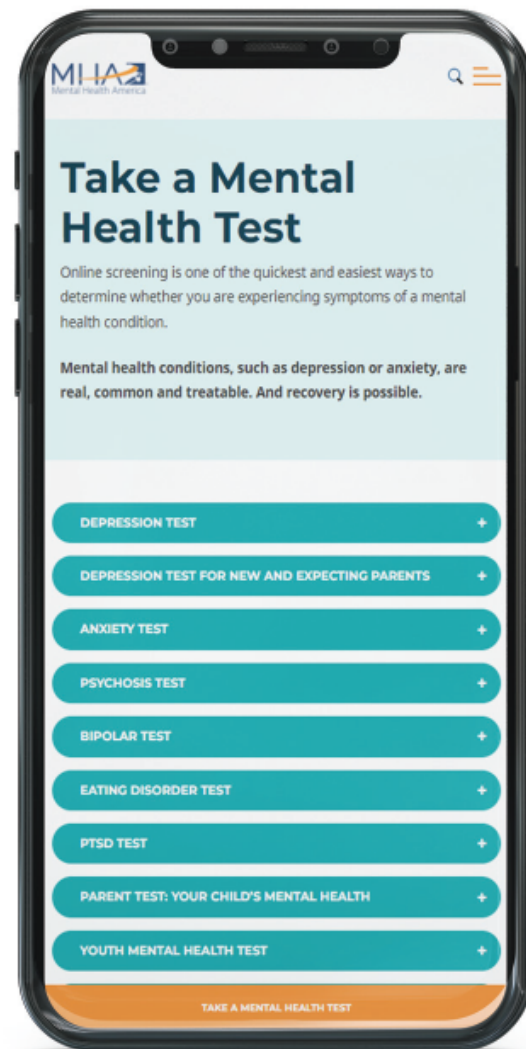
CHILDREN WHO EXPERIENCE TRAUMA ARE APPROXIMATELY  
**1.3X MORE LIKELY**  
TO DEVELOP A MENTAL HEALTH CONDITION AS ADULTS THAN CHILDREN WHO DON'T EXPERIENCE TRAUMA.

**BACK**  
**BASICS** **LEARN MORE**  
mhanational.org/may

**MHA**  
Mental Health America

# 20 MAY IS 22 MENTAL HEALTH MONTH

**Taking a screen  
is an easy way  
to check in on  
your mental  
health.**



**VISIT  
MHASCREENING.ORG**



# SPOTLIGHT



*Life After Advocacy Group*

## OUR MISSION

THE MISSION OF LAAG IS TO ASSIST CHILDREN, WOMEN AND MEN IN PROMOTING A BALANCED LIFE AFTER BEING SEXUALLY ABUSED THROUGH CREATING A CONFIDENT, CARING AND PERSONAL ENVIRONMENT.

## OUR VISION

TO REHABILITATE THE LIVES OF SEXUALLY ABUSED AND RAPE VICTIMS. ALSO, PROVIDE ADVOCATES FOR LEADERSHIP AND ENCOURAGEMENT ON SEXUAL ABUSE ISSUES.

## OUR PURPOSE

TO PROVIDE SUPPORT TO VICTIMS AND THEIR FAMILY MEMBERS BY EDUCATING THEM OF INFORMATION REGARDING SEXUAL ABUSE AND NEGLECT.



# FOUNDER

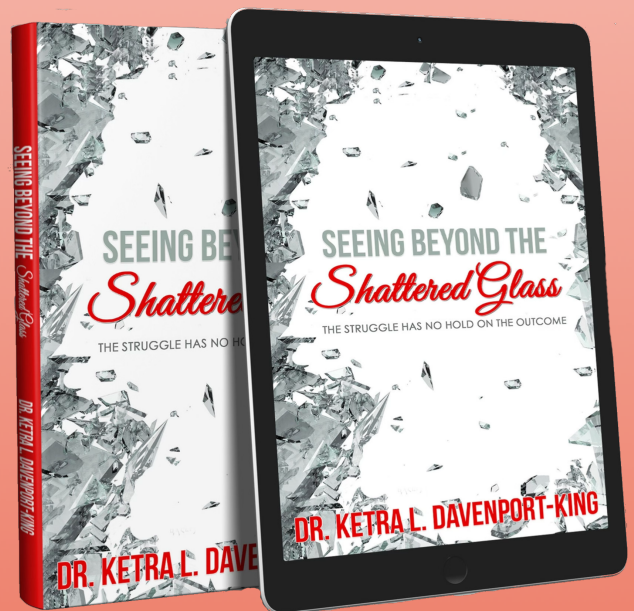
Dr. Ketra L. Davenport-King Author | Advocate | Consultant

Charismatic, Energetic, and Captivating are words that describe the personality of Dr. Ketra. Armed with over 20-years of serving the community, Dr. Davenport-King is an advocate, speaker, mentor, life coach, and philanthropist who has radically impacted the lives of believers under the flagship of her ministry.

Dr. Ketra L. Davenport-King, a native of Dallas, Texas, received her Bachelor of Arts and Science in Christian Counseling, Master of Arts in Christian Education, and Master of Business Administration from Dallas Baptist University. She earned her Doctorate of Strategic Leadership from Regent University. She has spent much of her life serving people in various capacities. One of her greatest joys is starting Life After Advocacy Group, Inc., in 2004, to help individuals who have been victims of sexual abuse recover and live a healthy life.

Dr. Ketra opened the doors to Rock Dimensional Consulting (formally known as KLD Consulting Services) in 2005. Through RDC, she has spent the past 15-years coaching and training leaders, developing and educating church ministries, hosting leadership seminars and workshops. Dr. Ketra is known for her innovative and engaging Leadership Seminar name, 'The Leadership ReCourse,' designed to reconnect today's leaders back to collaborative leadership. Dr. Ketra wholeheartedly believes, "when you live in a community, there should be a handprint of your work left behind for future generations." She launched the North Vernon Women's Community Bible Study group in 2015 to bridge the gap and bring together a diverse group of women to improve the family dynamic in underserved communities.

Her greatest accomplishment is her new book, *Seeing Beyond the Shattered Glass*, which is a fictional memoir based on her true-life events. Also, becoming a #1 Best-Selling Author and receiving a Henri Award-winning author in 2021. Dr. Ketra is confident that her books will inspire victims of sexual abuse who have suffered in silence to speak their truth.





# BEAUTY Tips

# BE-YOU-TIFUL

by Dee Marie

Beauty is in the eye of the beholder, at least that's what has been told. Usually that refers to someone else, but what if the person on the other side of your eye is you? What is the beauty you see in you?

I've just recently gotten into colors as it relates to makeup since the pandemic. I never really wore colors because I always thought my skin was too dark, but let me tell you!!! That was all in my head. Colors were the best thing introduced to me, thanks to Kendress Hughes, owner of Kozmetics. A bronze look was always my go to face, and although I still love a bronze face, I now have other options that include bright and bold looks. I think self consciously I was afraid of what other people would think. I have learned that my beauty should not be based on what others think, but the beauty I see in me. We all have different styles, different tastes, and it's okay. The key is knowing who you are.

In Psalm 139:13-14 it says, "For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well." That is good news. If your style is natural hair, braids, weave, locs, or bald, you are fearfully and wonderfully made! Go ahead and explore the look you've been thinking about. We only live once, you just might love it!

“Beauty is in the eye of the beholder.”





STYLE  
&

Latonya Buford

FASHION

# THE EXPERIENCE

It was at the end of 2020 when a friend of mine that I had graduated from high school with suddenly passed away. The world had been in a pandemic for the past two years and unfortunately death was very prevalent. There had already been so many deaths due to Covid 19. The friend had developed Covid a month earlier and had survived to only have a sudden heartache at work and die. When I learned of his passing it struck me hard, here is someone my age, we went to school together and I had just spoken with recently. This caused me to begin to think about life and life is very short. This made me decide that I know longer wanted to just exist but I wanted to live my life or whatever time I had life on this Earth to the fullest.

I decided I wanted to do something that was out of the box for me and create an experience like I have never had before. I decided I wanted to do a photo shoot but not just an ordinary photo shoot. I wanted the whole Next Top Model experience, so I created it for myself. I wanted someone who would had an eye for fashion and would style me outside of my comfort zone, a makeup artist who would transform my natural beauty and enhance it, a hairstylist who would elevate my natural hair and reinvent my locs; and then a photographer who had an eye for the perfect scenery and poses. I found a team of people who were able to capture my vision and execute it beyond even my expectations.

My fashion stylist took her assignment and informed me that she was in total control of my look. I trusted her and allowed her to tell me what items to purchase and not question her judgment. She went online and came to me with a list of things to buy including accessories and shoes. She had her vision for my entire look for both outfits. My makeup artist made my look based on the color scheme of both outfits and he stayed with me for the entire shoot touching up my look when necessary. He made sure that I stayed glamorous the entire day. My photographer's eye for posing and just the scenery around the area where we were located was amazing. My team worked together to make this the most amazing day ever. I felt as if Tyra Banks was there herself guiding and transforming me into the World's Best Plus Sized model. When I saw myself for the first time I began to cry. It was me..Tonya The Upgrade!!!. My vision for what I wanted had come into manifestation and had blown my mind.

This was completely out of my comfort zone but the one of the greatest experiences of my life. I'll never be able to do a regular photo shoot again. The only thing for me is to do it bigger and better for the next. So be on the lookout for the next mind blowing photo shoot!...Tonya The Experience!!

*Latonya Buford*





**2022  
FERGUSON  
TWILIGHT RUN**  
★ 10M ★ 5K ★ 10K ★ 13.1M  
★ & 1 MILE FUN RUN

#RunWithFerguson

VIRTUAL  
OPTIONS  
AVAILABLE

**14  
MAY**

**4:00PM - 1mile  
4:45PM - 5K & "FTR13.1"  
5:15PM - 10K & 10mile  
7:00PM - FREE Concert**

Enjoy this award-winning evening race through beautiful historic neighborhoods. Professional timed, medals for all finishers, cheer stations along closed course, and post race concert by [Top of the World](#) band.



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