



Set Point (n): An internal regulatory system for maintaining a relatively stable condition in the face of changing external circumstances.

SETpoint (Strength and Empowerment Training):
The point at which we believe in our strengths and defend what we value.

SETpoint Announces FORCE

We are proud to announce the launch of **FORCE ... Foundations of Respect, Confidence and Empowerment!** This four-part curriculum, funded in part through the generous support of the Jewish Women's Foundation of Greater Pittsburgh, presents a holistic empowerment and self defense model that fundamentally recognizes our Human Right to be respected. Through four 90-minute sessions, as well as self-paced learning and reflective journaling, we explore ways that each of us is strong in mind, body, and voice, often in ways we don't recognize. We practice ways to use those strengths to empower us defend ourselves in situations where we don't feel respected or to step forward where we might assist others in need. Contact us if you are interested in joining our FORCE! ►

- A **FORCE** for equity.
- A **FORCE** for change.
- A **FORCE** for me.
- A **FORCE** for others.



Get to Know Our Board of Directors!

Our passionate and dedicated Board provides expert knowledge, unique perspective, and important guidance to the SETpoint organization. Here's a brief introduction to our Board!



John Kandray serves as SETpoint's Director of Diversity and Inclusiveness, a role that professionally aligns with his position as the Diversity, Inclusiveness Leader for EY LLP's Americas Core Business Services team. In this role, he works with all aspects of the diversity spectrum

to ensure that leadership understands the importance of creating inclusive environments where everyone can bring their authentic self to work. John has been part of SETpoint's team from its earliest days, and is actually credited for our motto from a time when he discussed his own journey in self defense and Kung Fu training. As John said, "until I started my own self defense training, I never realized that we defend the things we value ... and that includes ourselves".



Carla Adams serves as SETpoint's Director of Survivor Support and Advocacy. She is the Director of Programs at the Women's Center & Shelter of Greater Pittsburgh. Carla holds a B.S. in Psychology and M.A. in Clinical Mental Health, and is a National Certified Counselor (NCC) in Domestic Violence

and Sexual Assault. Carla joined the Board in 2018 and says, "I am very proud to serve in the capacity of Director of Survivor Support and Advocacy with SETpoint. I have witnessed the SETpoint training sessions positively impact survivors of domestic violence and sexual assault. After I completed my first training session, I felt empowered and confident that I could take care of myself if placed in a compromising situation. My service to SETpoint allows me to carry out my life's mission, which is to assist every community to find their voice and defend their rights. Helping others is not just what I do, it is a vital part of who I am."

" At POWER we are happy that the coach teaches our clients self-defense skills. We are even happier that she shares our goal of empowering women in recovery. (SETpoint) values the women and shows them how to demonstrate that they value themselves. **"**

Rosa Davis, Executive Director, POWER

Lead Coaches Receive Sexual Assault Counselor Certification

In January 2019, Lisa and Michele completed 40 hours of training to receive Sexual Assault Counselor certification in the State of Pennsylvania. This training is critical to SETpoint's ability to teach from a trauma-informed perspective. We recognize that sexual assault, intimate partner violence, harassment, and similar kinds of trauma are common elements of many people's life histories and experiences. Teaching from a trauma-informed perspective means that we respect the life experiences of our participants, and we work with every individual to find their own strengths. ►



You are strong.
Believe in that
strength and defend
what you value.
Know that you
are worth it.

LISA NAKAMURA AND
DR. MICHELE MONTAG
SETPOINT, STRENGTH AND
EMPOWERMENT TRAINING

SOUTHWEST PA SAYS
NO MORE

" I have truly enjoyed working with SETpoint and having them teach Empowerment-Based Self Defense programs for PAAR's wellness series. The instructors are trauma-informed in their approach and extremely flexible to meet the needs of our population **"**

Lea Tambellini, Supervisor of Clinical Services,
Pittsburgh Action Against Rape (PAAR)

**"I didn't know
I was so strong!"**



Our 2018 Core Accomplishments!

Thank you to everyone who helped us continue to grow in 2018!

- We received our first official grant from the Jewish Women's Foundation of Greater Pittsburgh, allowing us to develop and pilot our new FORCE curriculum (see page 1)
- We coached almost 550 people including enhanced support to survivors of sexual assault and intimate partner violence, women in recovery, and the LGTBQ+ communities
- We expanded our network through partnering with organizations such as SisTers PGH, Gay4Good, PPG Industries, Inc., and Athleta
- We expanded our Peer Coaching program, forming bridges with the communities we support as well as provide compensation and leadership opportunities for our coaching team members

We are grateful to you all ►



"I have personally benefitted from the empowerment/self-defense training provided by SETpoint on many levels. The training has given me a boost of confidence knowing that there are many options available to me as means of self-defense that I would not have known without this valuable training. I have taken CPR training since 2000 every other year to be prepared to save the life of another if necessary, and I think this empowerment training from SETpoint should be on that same cycle. I definitely feel stronger, empowered, and ready to defend myself if necessary. **"**

Traci Hairston, PPG Industries, Inc.

"(The program) ... focuses on how one carries oneself in the world. By teaching empowerment along with self-defense techniques, it makes it much more likely that those techniques will not have to be used in a real-life situation. **"**

Bernie Sullivan, Director Global Security,
Hanes Brand, Inc.

SELF DEFENSE TIPS:

Be Aware

A common element of most self defense classes is situational awareness. We agree, and situational awareness is a core aspect of what we teach. But what does it mean, and how can we use it? As we explain in our training sessions, situational awareness is about giving yourself time to react. Physically, if we keep our senses open and unobstructed, we can see, hear, or smell things that allow us to react to potentially dangerous situations. But we can also be aware of behaviors in others that we may need to respond to. For example, extreme jealousy, monitoring your location, or saying negative things about your friends or family can be cues of unhealthy relationship behaviors. Situational awareness applies in these situations as well. If we can recognize signs of unhealthy behavior, we can choose to respond in a variety of ways, from using our voices to seeking expert help.

If you or someone you know has questions about relationship behaviors, RUSafe is an excellent smartphone app developed in collaboration with the Women's Center & Shelter of Greater Pittsburgh. You can read more about this app at www.wcspittsburgh.org/rusafe-app/ and also download it for free for iPhone or Android. ►



5 Patrice Court
Pittsburgh, PA 15221

[f](#) [t](#) [set-point.org](#)

The mission of SETpoint is to reduce sexual and physical assault, particularly among people who are at a higher risk of potential victimization.

SETpoint is a 501(c)(3) organization, donations to which are tax deductible to the fullest extent permitted by law. The official registration and financial information of SETpoint may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

Help support our mission

Your support of SETpoint helps us bring empowerment-based self defense to individuals and communities that are most at-risk of gender-based violence, regardless of financial circumstances. It also helps us select, train, and develop peer coaches from the groups we teach, providing economic opportunities for individuals and diversifying the range of life experiences our coaches bring to the sessions we teach. **There are several ways you can support us:**

"I loved the support and encouragement, and I actually do believe I am strong."



Donate via our website:
www.set-point.org



Schedule a session for your group, company, or community



Refer us to communities and groups who you believe would benefit from empowerment-based self defense training.



Email us at:
Lisa Nakamura | Founding Director
lisa@set-point.org

Dr. Michele Montag | Executive Director
michele@set-point.org