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2023  
MEDIA KIT

SILENCED VOICES  
STORIES OF MST



# Silenced Voices - Stories of MST

Rachelle Smith - Founder & Host

## About the Podcast:

"Silenced Voices - Stories of MST" is a groundbreaking podcast hosted by Air Force veteran and MST survivor, Rachelle Smith. The podcast aims to bring awareness to the prevalence of Military Sexual Trauma (MST) and domestic violence within the Armed Forces, with a mission to drive significant change within the military while raising funds to provide specialized private care for veterans.

## Key Podcast Highlights:

- Compelling survivor stories: Hear firsthand accounts from MST survivors, shedding light on their experiences and journeys to healing.
- Awareness and advocacy: Explore the scope of MST's impact on veterans and the need for change within the military.
- Fundraising for veterans: Support our mission to provide specialized private care for veterans affected by MST.

## About the Host:

Rachelle Smith, an Air Force veteran and survivor of MST and domestic violence, is the driving force behind this remarkable podcast. Her journey from military service to advocacy and storytelling has inspired her to create "Silenced Voices," where she serves as the compassionate and dedicated host. Rachelle graduated from the University of Texas at San Antonio with a degree in Communications with a focus on Public Relations in 2012. She also commissioned into the US Air Force as a Public Affairs Officer the same year. Her career in the military included significant contributions to national news matters, including her role in the aftermath of the Shell 77 crash in 2013 and her work showcasing the KC-135 mission in Manas, Kyrgyzstan.



## Key Highlights:

- Air Force veteran and MST survivor
- Experienced Public Affairs Officer
- Passionate advocate for MST survivors
- **Podcast launch date:** Veterans Day (November 11, 2023)
- **Upcoming episodes:** 5 Pilot Episodes

# our mission







@silencedvoicesmst

**Mission statement:** Our mission at "Silenced Voices - Stories of MST" is to provide critical support and resources for veterans who have experienced Military Sexual Trauma (MST) during their service. We are dedicated to empowering survivors and helping them access the specialized care they deserve. We are committed to:

- 1. Raising Awareness:** Our primary goal is to raise awareness about the prevalence of MST within the Armed Forces and the significant impact it has on survivors' lives. By sharing these stories, we aim to educate the public and promote understanding.
- 2. Creating Change:** We aspire to drive meaningful change within the military community. Through open dialogue and advocacy, we work towards reforming policies, procedures, and attitudes to prevent MST and support survivors effectively.
- 3. Supporting Survivors:** We are dedicated to creating a safe and supportive space for survivors to share their stories. By doing so, we hope to empower survivors on their journey to healing and encourage them to seek the help they deserve.
- 4. Fundraising for Specialized Care:** We are committed to raising funds to help veterans access specialized private care to address the mental and emotional challenges stemming from MST. Our goal is to provide survivors with the resources they need for healing and recovery.
- 5. Building a Community:** We aim to build a community where survivors, allies, mental health professionals, and advocates can connect, share resources, and offer support. Together, we can break the isolation that often accompanies MST.

## Find us on Social Media

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## PRESS INQUIRIES

For press inquiries, interview requests, or additional information, please contact:

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**Together, we can make a difference.**

# the podcast

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## Our Diverse Range of Guests

At "Silenced Voices - Stories of MST," we believe that bringing together a diverse array of voices and perspectives is essential to fostering understanding, empathy, and connection. That's why we're proud to feature a wide range of guests on our podcast, including:

## WHO I WORK WITH

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- **Survivors:** Our courageous survivors share their personal stories of Military Sexual Trauma (MST) and the journey toward healing. These brave individuals inspire us with their resilience and strength.
- **Subject Matter Experts:** We collaborate with mental health and medical professionals who provide valuable insights and expertise on the physical, emotional, and psychological impact of MST. Their knowledge helps us better understand the challenges survivors face.
- **Supporting Agencies and Organizations:** We're honored to partner with agencies and organizations dedicated to supporting veterans and survivors of MST. These collaborations create opportunities for listeners to access essential resources and support.
- **Advocates and Activists:** We amplify the voices of advocates and activists working tirelessly to raise awareness about MST and drive positive change within the Armed Forces. Their commitment to justice and reform is truly inspiring.

## WHAT YOU CAN EXPECT

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Our podcast aims to build a community where survivors and allies can find solace, guidance, and a sense of belonging. Together, we create resources and foster connections that help individuals overcome isolation and navigate the complex journey toward healing and growth.

Join us on this transformative journey, where every voice matters, and together, we'll break the silence surrounding Military Sexual Trauma.

### To Participate:

If you or someone you know would like to share their story or expertise on our podcast, please reach out to us at:

**[info@silencedvoicesmst.com](mailto:info@silencedvoicesmst.com)**.