

Voices of Triumph

Deborah Antoine, Editor

Tower of Hope Ministries

October 2025

Healing Families, Transforming Legacies

Focus on Healing Family Trauma

Tower of Hope Ministries believes that when one person heals, their family begins to heal. The **Tower of Hope Academy's Triumph Over Trauma** program equips participants with the tools to involve loved ones in the recovery process. Graduates often advocate for healing, inspiring their immediate and extended family to join them in their efforts.

For the first time, a mother and daughter enrolled in the *Triumph Over Trauma* program. Their enrollment represents a commitment to personal healing and the courage to confront cycles of generational abuse and trauma. Together, they rewrote their family story and demonstrated that families can change their legacies: a powerful testimony that healing is contagious.

The mother's journey required her to face the brutal truths of the childhood trauma she endured, the damaging adult decisions she made,



Tiffany and her mother, Esther

and the wounds she unintentionally passed to her daughter. The daughter, in turn, had to bravely step into the same space with the one who wounded her, choose forgiveness over bitterness and reconciliation

over unforgiveness. This effort is nothing short of miraculous.

Tiffany Solomon came to **Tower of Hope Ministries** to gain a better understanding of herself and to learn how to manage the cluster of stresses she faced in 2021, as she experienced an empty nest, buried her beloved stepfather, and became a live-in caregiver to her mother, Esther. Following Esther's open-heart surgery, Tiffany had crippling anxiety and insomnia, and knew that something had to change.

Tiffany entered Phase 1 with the 2022 *Triumph Over Trauma* cohort and learned about childhood trauma, which enabled her to recall previously buried negative experiences. She encouraged her mother to seek help through the program, hoping that they could have

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OUR MISSION

To help people triumph gloriously over trauma through research-knowledge and faith-based strategies.

OUR VISION

To transform trauma survivors into healed overcomers by empowering them with HOPE.

[Heal, Overcome, Persevere, Educate]

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2025 Graduates *Triumph Over Trauma*



Alisha Branigan

I know God loves me no matter what. In the past, I limited God by my beliefs and thoughts. His truth has rewritten the false narrative I had. Through **TOHM** teaching, incorporating research-knowledge and faith-based strategies, I can think and know God for who He truly is.

I read and comprehend the Bible, and I now know the truth. Prior to TOHM, my brain was severely damaged. Through healing, my brain is being restored daily, and I am able to do things I've never imagined.



Melanie Evans

I am so grateful that my emotions are no longer all over the place. I no longer wish to argue. I have peace in difficult situations that I don't even understand. I face my giants with confidence. I overcame through reading God's word and being in **TOHM**, where I didn't feel judged.

The faith-based strategies and research-knowledge helped me gain awareness of my struggles. Consistent support from my leaders and peers helped me persevere.



Tiffany Solomon

I overcome trauma on a daily basis, gloriously! I can manage work, life's challenges, caregiving, parenting, and loving myself without guilt. I serve, love others, process trauma and pain, knowing that my Father loves me unconditionally!

2025 Participants

I am transformed from a Christian to being Christ-like. I have a relationship with my Heavenly Father. I am learning to live the abundant life Jesus promised.



Carmen Michaud

I am loving my authentic self! **TOHM** is a safe place where I learned how to heal and grow from my trauma. God healed me from insomnia, digestive issues and COVID. I've learned to use my authority and I stand firm against the enemy's lies and deceiving thoughts.

Healing Families, *continued from p. 1.*

a better relationship and discover what really happened to them, even if it was painful. Esther joined the 2024 cohort while Tiffany was in Phase 3.

To heal, Tiffany followed the **POWER Healing Assignments** and focused on journaling about her feelings of anger, resentment, and depression. Going through the process of *feeling* emotions and then talking to God helped her avoid the adverse outcomes from dominating her life. She repeated daily affirmations and read scriptures to fill her mind with comfort and strength. Occasionally, Tiffany would share and pray with her mother. Conflicting memories of what happened were surrendered to God, rather than arguing over each other's version of the event. Tiffany leaned on the Holy Spirit to reveal the truth.

Praise and worship uplifted Tiffany's emotions and centered her mind on Christ, giving her encouragement and the strength to forgive. She did not want to repeat a negative cycle and frequently quoted Psalm 121:1-2 [*My help comes from the Lord, the Maker of heaven and earth.*]

Tiffany said that healing while living with her mother often felt like imprisonment. Situations were frequently challenging, but some could also be joyful. She knew that she was privileged to heal *with* her mother. While living through the process of confronting painful memories required patience, it also brought peace and long-suffering that only God provides, allowing them to live a life of true freedom.

Tiffany's mother, Esther, said she was motivated to enter the *Triumph Over*

Trauma program following conversations with Tiffany about her experience. Esther took the **Road to Redemption [R2R, now H.O.P.E. 101]** class first to prepare for the more demanding *Triumph Over Trauma* course. Completing **R2R** modules and learning how daily Declarations, Affirmations, and Prayers could help her, Esther was able to face her trauma truths. The process of self-reflection and surrender to God enabled Esther to accept her mistakes. She decided that if God could forgive her, she could forgive others.

Esther said she could see a reflection of herself in her daughter, Tiffany and was better able to accept and understand her. Esther also found her authentic self and accepted herself as she really is. She said that asking God for courage and strength to be as honest as possible during the process helped her maintain her faith and stay hopeful.

Sisters Find Healing Together

Two families of sisters are participating in the *Triumph Over Trauma* program.

Alisha and Monique followed their sister Angela after they saw the changes in her life during her first year in the program. Alisha said *I came to the program after seeing Angela's life change. She didn't talk much about what she was doing, yet confessed she trusted God for everything. I witnessed her struggle and win in new ways,*



*Eight
Years
of
Glorious
Triumph
over
Trauma*

From the Desk of the Founder
and Executive Director
Dora Washington, Ed.D.

I was a toddler when I saw my parents burn my sisters on a stove. The memory was too painful to face, so I buried it, along with the rest of my abusive childhood. I tried to convince myself it never happened. But trauma does not stay buried forever. That memory returned 40 years later, shaking every part of my life.

At that time, very few people were talking about Childhood Trauma, but I could no longer ignore the truth. I saw how it affected my relationships, my family, my job, and my physical and mental health. Out of that deep concern, I did the unthinkable: I pursued a doctorate in the very thing I once tried to deny—**Childhood Trauma**.

It is a privilege to utilize my studies to help survivors overcome the debilitating effects of trauma with practical strategies for healing. In our 8th year of **Tower of Hope Ministries**, God has been faithful.

- Every month, He shows up in our trainings to destroy yokes and lift burdens.
- Every week, He is present on our prayer calls.
- Every day, He reveals more of His character—Healing,

Compassion, Forgiveness, Grace, and Restoration.

As a survivor of both trauma and spiritual abuse, I once couldn't imagine having a relationship with God. But I've come to know Him as Christ My Redeemer—the One who heals, restores, and sets free.

At the start of this year, God gave me a promise I shared with TOHM: **Your buried dreams are coming alive in 2025.**

True to His word, dreams once thought lost, like marriage, children, education, homeownership and financial freedom, are now resurrected, and we see the fruit:

- Homes & cars purchased
- Debts cleared
- Marriages & new families created
- Students enrolled in college

We, too, can boldly say, *Not one word of His promises has failed* [Joshua 23:14].

This year, we witnessed a remarkable victory when a student faced breast cancer with faith and courage. She used the strategies learned at **Tower of Hope Ministries** and triumphed—not even cancer could stop what God promised her. Watching her journey from fear to faith was one of the most trying and triumphant moments in our history. Jesus remains the Great Physician.

In 2025, God opened new doors for **Tower of Hope Ministries**. We:

- Promoted three participants from Phase 1 and six from Phase 2.
- Published our 2nd book, ***And Then She Prayed***, under **Tower of Hope Publishing**
- Established a podcast
- Filmed *Stories of Hope*: students sharing their testimonies of hope and healing
- Hosted our 3rd Annual The King's Men Conference with keynote speaker Perry Coleman, a John Maxwell Certified Trainer and Coach

- Partnered with the city of St. Ann, MO, to host the **Hope 4 Healing 5K Race** annually in August
- Raised awareness through Give St. Louis, Giving Tuesday and shared our story on the local news
- Sent staff to *Toastmasters International Training* and John Maxwell conference for leadership development
- Hosted our 6th Annual Family BBQ and first Trivia Night Fundraiser
- Benefited from over 11,000 volunteer hours, worth an estimated \$370,000 in in-kind support.

God promised to heal, bless, and be with His people, and He has kept that promise. No matter what we encounter, how long or where, He is with us to bring us through. Scripture reminds us: *God cannot lie*. His Word is the anchor we hold onto, and we share that anchor with every person who walks through our doors. At **Tower of Hope Ministries**, we tell every survivor: *Jesus is Jehovah Rapha, the Lord who heals*. There has never been a problem too big or a wound too deep for Him to heal.

We are blessed to have donors and sponsors who have supported us since our inception, as well as new ones who wish to contribute. We also appreciate the countless hours that graduates dedicate to helping others heal and the participants who contribute to keeping the program going. We believe we are here today because God has called us for such a time as this.

As we step into another year, we do so with great expectation—believing that more dreams will be resurrected, more lives will be transformed, and more miracles, signs, and wonders will be experienced. We remain confident in God's covenant promises of Hope, Healing, and Restoration.

Dora Washington

HOW OUR LIVES HAVE CHANGED

Testimonies of Deliverance

- ◆ My mind is free from confusion, doubt and fear. I used to have cobwebs of negative thoughts that ran on tracks through my mind without a single stoplight.
- ◆ I can do mental math, track and remember phone calls, critical job details and descriptions. I can think critically about situations that need thoughtful solutions.
- ◆ I'm able to recognize feelings in myself and in others that are critical to maintaining positive relationships. I can thoughtfully consider how I want to discuss situations and follow through with meaningful conversations. I can stand firm on my decisions without being aggressively assertive.
- ◆ I am so grateful that my emotions are no longer all over the place. I don't want to argue. I have peace in difficult situations that I don't even understand.
- ◆ The trauma, secrets and resulting patterns of behavior fractured my psyche and soul. Through 3 years of *Triumph Over Trauma* strategies of healing through research-knowledge and faith-based practices, I can say that I finally feel whole.
- ◆ I hold a bachelor's degree in psychology, and I've participated in decades of self-help studies, counseling, and even attended faith-healing conferences. Still, none of them were able to get to the real root of the problem: Childhood Trauma. *Triumph Over Trauma* has all the components to break through the trauma drama and achieve hopeful healing. What happened to me no longer controls me. I am finally free to be whole, happy and healthy.

Tower of Hope Ministries Organizational Achievements

- **Tower of Hope Ministries** marks its 8th year of operations.
- **Tower of Hope Academy** celebrates its 4th year of operations, including the flagship **Triumph Over Trauma** program, mentoring and one-on-one faith-based coaching to provide mental, physical, emotional and spiritual support
- **19** Participants have graduated from the **TOH Academy**
- **TOHM** leaders certified to coach, speak and train as Maxwell Leadership Team Members
- **Hope Headlines** is a monthly e-newsletter launched to communicate news and events
- **H.O.P.E. 101** is a self-paced online introductory course to help individuals overcome obstacles and persevere through life's difficulties.
- **Hope4Life** is a **TOHA** alumni program in its 3rd year
- **Facebook Impact:** Living Hope group and TOHM page have over 300 members
- **Up From These Ashes** published as 1st book from TOHM Publishing
- **And Then She Prayed** by Dr. Washington is the 2nd TOHM publication
- The **Voices of Triumph** newsletter communicates news regarding the work of **TOHM** and the successes of its participants
- **Triumph Over Trauma Manual** was used in the TOHM Academy to educate, support and train trauma survivors using *research-knowledge and faith-based strategies*
- **Community celebrations:**
 - Annual Family BBQ
 - Annual Christmas party
 - Vision Board Party
 - **Hope4Healing 5k** race
 - Health fairs
 - **Hope Hangouts**
 - **Sponsor Appreciation Dinner**
- **Volunteer** contributors gave more than **11,000** hours to provide services for operations, conferences and social events.

TOHM leadership staff attended the April 26th Regional Toastmasters Conference in St. Louis, MO. Since 1924, Toastmasters International has inspired people to confidently communicate through regular practice and evaluation in fun and supportive clubs worldwide.

Our staff attended workshops on effective communication, leadership development, and personal connection—vital tools for anyone leading others toward healing. As John Maxwell Certified Coaches, our team believes that true leaders never stop learning. Growth isn't optional—it's essential.

The highlight of the evening occurred when **TOHM** grad and staff leader, Shaneice Miller Thomas, took the



stage to compete in the District's International Speech competition. Shaneice won the title with her speech, **Turn Pain to Purpose**. Her storytelling made the audience laugh and cry. More importantly, they left with hope.

Shaneice advanced to the quarterfinals to compete against 129 other regional winners from around the world. Her willingness to publicly say the name of Jesus and bring awareness to Childhood Trauma was made possible by her healing.

Shaneice is no longer silenced by guilt or shame. She knows her purpose is to help others find hope, purpose and freedom from their past. View her speech here:

<https://youtu.be/ImKUgaXMgb8>

Healing One Step at a Time

This year’s *Hope 4 Healing 5K Race* was a true test of faith. As the event approached, registrations were scant. Only 29 participants had signed up just two weeks before race day, and an extreme heat advisory was in effect for the week leading up to the event. Experts warned against outdoor exercise.

But we had hope. At **Tower of Hope Ministries**, every effort begins with prayer and a steadfast belief that God will send precisely the right people to be there. We trust that when we’ve

done our part, He will do the rest. And He did. By race morning, the weather was superb, with crisp air and bright sunshine. Even better, our registration climbed to 95 participants, and we had a glorious turnout!

We are deeply grateful to every participant, volunteer, donor, and sponsor who made this event possible, including the City of St. Ann, which graciously hosted us again.

The 3rd Annual *Hope 4 Healing 5K Race* is scheduled for August 1, 2026, at Tiemeyer Park in St. Ann. We plan

to add more race events and anticipate an even greater turnout next year. Stay tuned for sponsorship opportunities, registration details, and exciting updates.



News

TKM Hosts 3rd Conference

The King’s Men hosted *The Audacity to Heal*, the third annual conference, over the first weekend in June. The two-day experience equipped, empowered and educated men about their Childhood Trauma and its effects on their adult lives. Dr. Washington and iEmerge Leadership’s Perry Coleman provided keynote addresses.

On Friday evening, a co-ed panel discussion examined how to successfully navigate relationships infected by Childhood Trauma. Saturday’s agenda of small-group sessions provided men a safe place to recognize, analyze and release their past to move toward their future to live the abundant life Jesus intended. Men left empowered, inspired, determined and hopeful to influence their families and communities positively.



TKM Conference Sessions

Family BBQ



The weather forecast called for showers, but even the threat of rain could not dampen the joy and unity felt at **Tower of Hope Ministries’ 6th Annual Family BBQ** held this year at the St. Ann Community Center. The event moved indoors, where warmth, love, and laughter more than made up for the clouds outside.

Delicious food, contagious smiles, and powerful moments of connection made the day unforgettable. Students, graduates, and new faces came together to share food, camaraderie, and uplift each other through stories of triumph, healing, transformation, and friendly competition.

H.O.P.E. 101

INTRODUCTORY COURSE TO TOWER OF HOPE ACADEMY

H.O.P.E. 101 is an introductory course, open to everyone ages 18 and older. In a self-paced, online program providing a solid foundation for healing, growth, and transformation through engaging instructional videos and activities, **H.O.P.E. 101** participants explore how early childhood adversities impact emotional responses, relationships, and decision-making. It is designed to help individuals heal from past experiences, overcome obstacles, and persevere through life’s challenges.

Participants can begin at any time—enrollment is always open. To learn more or to refer someone, please submit an Interest Form: <https://bit.ly/tohm-hope101>, and a Certified Coach will respond to provide additional details.

Healing Families, continued from p. 4.

changing her lifestyle in aspects I'd never experienced during over 30 years of sisterhood. I was amazed by what I observed. Things began to come together when she invited me to her graduation and shared her testimony. From that moment, I knew I wanted what she had experienced.

Monique enrolled in the **Triumph Over Trauma** program after seeing changes in her sisters. I joined **TOHM** after witnessing the powerful transformation of my sisters. Angela first told me about the program, and while I didn't think it was for me, I couldn't ignore the undeniable changes in her—she seemed lighter, freer, and more confident. Later, I saw a similar glow-up in Alisha. She matured into a strong woman of God. Both were walking with a peace I'd never seen before. Their glow-ups stirred something in me, and I



Monique, Angela, Alisha

wanted that same freedom and healing. I know that I joined out of desperation and hope. Deciding to heal has been the best decision I've made in my life!

Angela said, My sisters and I communicate better. We are accountable to each other for what we've learned. We can share our personal experiences meaningfully. We pray and have compassion for family members who struggle, just as we did. Most of all, my sisters and I love with genuine affection and authenticity.

Another family of three sisters has been with **TOHM** for several years. Tiffany and Christian are serving as leaders in the organization. Tiffany

shared: Our lives have changed because we have a transformed sisterhood. We were always close, but our relationships are now healed and healthy. Before healing, we had strife, bickering and angry outbursts when we disagreed. Now, we understand how to work through conflict in mature, healthy, Godly ways. Our relationship is purified, restored and renewed as a result of the healing we experienced, as evidenced by our communication, kindness toward each other, and genuine support. I'm so thankful for the deliverance and strategies we received at **TOHM** that caused us to know and love God, ourselves and each other authentically.

During the past year, Christian got married, purchased a home and started a family with her husband. The bond with her sisters is a crucial part of her support network. She said, We are all now on the same page. We are each other's biggest cheerleaders, and recognize we have different gifts that make us stronger, not just as sisters but as people. We can support and encourage each other in every phase of life to be the best we can be and are no longer codependent. We can help each other grow without jealousy, competition or strife. The relationships with my sisters are the closest and healthiest relationships I have. Without healing, it would not be possible for all of us to thrive in our own arenas

Symone, the youngest sister, followed Tiffany and Christian after seeing the changes in them. Watching their transformation gave me hope, and I knew that if God could heal them, He could heal me, too. I saw them overcome the issues that had restrained them, and I saw them conquer the fears they had struggled with. Their growth showed me that real change was possible, and I didn't want to stay stuck in the same place. I wanted freedom, healing, and

the strength to move forward. Seeing their journey gave me the courage to believe that God could do the same work in my life.



Symone, Christian, and Tiffany photographed at Christian's wedding

- ◆ *TOHM has helped me overcome trauma daily, gloriously! I can manage life's challenges from work, caregiving, and parenting. I love myself without guilt, serve and love others, process trauma and pain, and know that my Father loves me unconditionally!*
- ◆ *God used the founder of TOHM and its leaders, acting in love, to provide understanding of my pain, accept my flaws and help me to heal.*

2025 Participants

Home Ownership Marks a Healing Milestone

Overcoming Fears, Dreaming & Hoping, Living Transformed

God's faithfulness continues to shine through the lives of **Tower of Hope Academy Triumph Over Trauma** graduates. Five graduates have recently achieved the milestone of homeownership. What may seem like a normal rite of passage for some is, for survivors of childhood trauma, a bold declaration of healing, growth, and divine restoration.

Homes are more than keys and contracts. Buying requires critical thinking, long-term planning, and

TILT: Trauma-Informed Leadership Training

Leading with Empathy and Impact

Tower of Hope, LLC, a for-profit subsidiary of Tower of Hope Ministries, hosted a 2-day Trauma-Informed Leadership Training in July to enable leaders to recognize trauma-driven behaviors and respond with wisdom and compassion. This transformative experience is designed to reshape how leaders support and care for those in their organizations.

Childhood Trauma, abuse, neglect, or prolonged stress leaves lasting effects on a person’s behavior, relationships and job performance. In workplaces, churches and community spaces, these effects are often overlooked or misinterpreted as laziness, disrespect or emotional instability.

Leaders learned to shift their mindset from *What’s wrong with you?* to *What happened to you?*, a subtle yet life-changing perspective that fosters understanding in place of judgment.

Participants learned to:

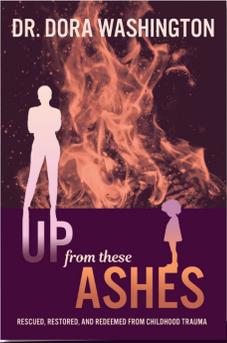
- Recognize the typical challenges of trauma survivors
- Understand trauma’s impact in the workplace
- Lead with empathy, not just policy
- Reinforce trauma-informed strategies

TILT is practical and faith-based, helping leaders apply researched information and Biblical principles to real-world challenges. Embracing trauma-informed practices becomes an instrument of healing and hope. Participants were equipped with greater compassion and commitment to leading with empathy, patience, and purpose.

Tower of Hope Ministries believes that leadership is not simply about direction; it’s about restoration. And when leaders

BOOK RELEASE!

ORDER on Amazon bit.ly/ufta-ddw


Dr. Dora Washington

Dr. Washington’s memoir is now available from Amazon. Despite a childhood of physical, emotional and sexual abuse, abandonment, starvation and unrelenting poverty, God’s love and mercy triumphed as His grace provided redemption and healing, leading Dr. Washington to establish Tower of Hope Ministries.

TOHM helped me process my past without shame. I am aware of my behaviors that were impacted by trauma.

2025 Participant



become trauma-informed, entire organizations and communities begin to heal.

To schedule a Trauma-Informed Leadership Training for your team, contact one of our trainers at smt@ShaneiceMillerThomas.com

I’m delivered from trauma behaviors that once controlled me. I’m stronger, grounded and less easily offended. I’m learning to walk in peace and wisdom.

2025 Participant

We are Grateful for Your Support

Your financial support is vital to help people triumph gloriously over trauma, and know God. TOHM never takes a break from our mission and your donations make it possible for us to keep working to help others.

Please make your tax-deductible donations at the platform of your choice.

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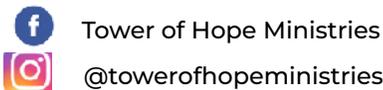


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Triumph Over Trauma

Home Ownership, *continued from p. 6.*

most of all, the ability to dream. Childhood Trauma often robs people of a hopeful future. Homeowning graduates have moved from barely surviving to intentionally thriving. They've planted a tangible seed of love and legacy to pass to their children and grandchildren.

For survivors, a home is more than a building; it is sacred ground. It represents the safety, control and autonomy stolen by trauma. Many lived in chaotic or unsafe environments where they had no voice or power. Buying a home flips the narrative. It requires thoughtful

decisions, patient waiting, and trust that they deserve something good to reclaim agency over their lives.

Home ownership also crushes generational strongholds of poverty and limited beliefs. Survivors who once believed they couldn't own homes now stand as proof that healing opens doors—literally and spiritually. Each new set of keys

reminds us we are worthy, capable, and deeply loved.

The impact is clear. Homes symbolize more than stability. They represent a profound transformation. What once felt impossible is now a living testimony that healing works, hope endures, and God's promises never fail.

Homeowners left to right: Shaquia, Christian, Tiffany, Angela, Lauren



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