

FY11 United Way Mid-year Report

Program: Sexual Assault Resource Agency

Agency: Sexual Assault Resource Agency

Date: February 3, 2011

1. For the current funding period, please highlight your program's goals, activities and results, noting any changes to your original plan/proposal. Include any relevant budget and/or financial information. Limit your response to no more than one page.

Program Goals

Outcomes were revised for FY11 the following categories:

- The goal for the number of victims who access SARA crisis services was revised from 750 to 518. This change does not reflect an actual reduction in the number of people we serve, but a more accurate, unduplicated count of people using our services throughout the year.

This indicator does not fully capture the range of SARA's crisis services, nor reflect the way in which those services can be measured. For example, it is not always possible or appropriate to ask a hotline caller if he or she is a new client. For next fiscal year, to reduce possible duplication of client numbers, we have broken out this measure into constituent parts: counseling clients (unduplicated), child and adult advocacy clients (unduplicated), and hotline calls received. We will report the number of hotline calls where we know the client is new, but the total number will reflect calls received, not unduplicated callers. This method will produce a better and more accurate count of unduplicated clients.

The revised target for FY11 projects that 248 of 450 hotline callers (55%) will be new callers, that we will have 145 advocacy clients, and 125 therapy clients.

- The goal for the number and percent of clients seeking and receiving at least one referral to an identified community resource to address current needs was revised to 518 or 100%.
- The goal for the number and percent of clients who report feeling helped and better able to cope with the presenting stressors and current impact of the violence has been revised to 466 or 90%.
- The goal for the number and percent of community members attending presentations who indicate having learned more about sexual violence was increased from 500 or 90% to 1,700 or 85% based on trends.

Staffing

As mentioned in our FY10 Year End Report, our former Hotline Coordinator became our Adolescent Educator. Our new Hotline Coordinator, Theresa Miller, comes to us with five years' experience as a victim advocate and educator.

2. Please share a success story from your program. We are especially interested in stories that show a long-term impact on a person or family, and stories that show collaborations or referrals with other community programs in meeting a client's multiple needs.

One recent case that took a large amount of the Child Advocate's time was a case involving a Spanish-speaking family. The Child Advocate coordinated between several agencies, law enforcement, and the family to organize meetings and provide appropriate mental health services, while also providing interpretation and language support to all parties involved. The Child Advocate also played a role in the U-Visa process, writing an affidavit in support of the family and describing their efforts to cooperate throughout the court process and facilitating the meetings between the clients and lawyer.

In another case, our Child Advocate began seeing a teen for crisis counseling, and then the teen began therapy sessions with the SARA Counselor. Through the process of counseling, more details of the assault came to light and the Child Advocate and SARA Counselor supported the teen's parents to advocate for prosecution (which originally had been thought not to be an option). The Child Advocate attended a second forensic interview at Foothills Child Advocacy Center to support the family, and when more victims came forward was also available to support those families who were just beginning the reporting process. The SARA Counselor continues to see the teen as the court case progresses.

3. Complete the following Outcome Measurement update (based on your application for funding) for the fiscal year to date.

Projected Number of Intended FY11 Primary Beneficiaries:	3,840	Actual Number of FY11 Primary Beneficiaries:	4,966
			262 crisis services clients
			300 children participating in prevention education
			3,868 community members (including 511 students) reached through outreach activities
			536 allied professionals trained

Projected FY11 Outcomes	FY11 Indicators Tracked	FY11 Outcome Results (provide specific numbers and percentages)
<p>Victims of sexual violence are less isolated and no longer w/o resources</p>	<p>518 victims call SARA hotline or access crisis services</p> <p>518 or 100% of clients receiving one referral to community resource</p>	<p>262 people accessed SARA crisis intervention services, including the hotline, advocacy, and counseling</p> <ul style="list-style-type: none"> • 86 clients received personal advocacy services. • 29 clients received counseling from a licensed therapist. • We received 197 hotline calls. Of those, we know 39 to have been first-time callers. 50 had used SARA services before, and 108 were not asked. <p>All clients were provided referrals to community resources</p>
<p>Community members learn more about the dynamics & impact of sexual violence.</p>	<p>1,700 or 85% of community members attending presentations indicate having learned more about sexual violence</p> <p>640 or 80% of allied professionals who receive training will indicate gained knowledge</p>	<p>Approximately 3,868 community members attended 52 outreach presentations or events. 83% of those surveyed indicated a gain in knowledge.</p> <p>536 allied professionals received training from SARA; 97% of attendees reported an increase in knowledge of SARA's services, awareness of sexual violence, and an ability to better respond to the needs of victims of sexual violence.</p>
<p>Charlottesville/Albemarle residents affected by sexual violence are empowered to respond to the issues & its impact on the community</p> <p>Victims of sexual violence begin to let go of shame, talk more openly about</p>	<p>11 or 50% of community members interested in volunteering become active hotline volunteers at SARA</p> <p>8 or 80% of community members interested in the community volunteer program</p>	<p>18 community members were interviewed and 15 became new hotline volunteers.</p> <p>We have four new outreach volunteers.</p>

Projected FY11 Outcomes	FY11 Indicators Tracked	FY11 Outcome Results (provide specific numbers and percentages)
<p>their victimization, and are better able to cope with the impact of the violence</p> <p>Women, children, & men learn strategies to identify and respond to threatening situations and hold perpetrators accountable</p>	<p>become active with SARA.</p> <p>466 or 90% of clients report feeling helped and better able to cope with the presenting stressors and current impact of the violence</p> <p>15 or 25 % of clients request legal accompaniment</p> <p>14 or 95% of rape aggression defense workshop participants report increased confidence in their ability to respond to threats and/or potential threats</p> <p>192 or 60% of clients at risk for re-victimization or immediate harm develop a safety plan to address current and/or future threats</p> <p>240 or 80% of children/youth attending educational presentations and/or workshops who display an awareness of the characteristics of healthy relationships.</p>	<p>91% of hotline callers reported feeling helped by SARA staff/volunteers. 100% of advocacy clients reported feeling helped.</p> <p>Provided legal accompaniment to 20 clients (23% of advocacy clients) to date.</p> <p>4 or 100% reported increased confidence</p> <p>35 or 18% of 197 hotline callers received safety planning support. 75 or 87% of advocacy clients received safety planning support.</p> <p>300 students are participating in our ongoing multi-session prevention programs. We have not yet compiled the results of those programs.</p> <p>511 additional students have participated in one-time educational presentations, and 100% displayed an awareness of the characteristics of healthy relationships.</p>

4. Impact Report. We are looking for issues and statistics specific to our local area; you are also welcome to include some general issues that set the framework for the local statistics. Under the Actual Results heading, we are looking for impact, especially long-term results, not just numbers served. For the Financial Impact section, have each example highlight a different thing (in other words, don't just multiply the first answer three more times).

Community Needs or Issues Your Program Addresses -- please include at least 3 local issues/statistics and cite your source

A study published in 2004 by the Virginia Department of Health found that one in four women and one in five men in Virginia have been sexually assaulted before age 18 (Childhood Sexual Assault Victimization in Virginia, August 2004). The mean age of first sexual assault was 14 years for females and 12 years for males. For female and male victims, almost one-third of perpetrators were themselves minors.

Young people are less likely to experience sexual violence when they feel valued and cared for by adults, have positive role models, and skills to engage in healthy relationships. Hyper-masculinity, strict adherence to traditional gender norms that promote male superiority and women's inferiority, lack of empathy, peers who encourage sexual coercion, and a lack of positive behavioral models are all risk factors for perpetrating sexual violence (*Guidelines for the Primary Prevention of Sexual Violence & Intimate Partner Violence*, Virginia Sexual and Domestic Violence Action Alliance, 2009). Together with parents and educators, SARA's prevention programs help children and teens

- increase their empathy for others,
- identify role models for healthy relationships,
- build skills for healthy relationships including healthy boundaries and respect for others' personal space, impulse control, conflict resolution, self-esteem, and emotional independence,
- learn how to step in safely when they see inappropriate behavior, and
- let go of attitudes and behaviors that assume competition between genders

This year, SARA is working with three Charlottesville public schools to develop sustainable prevention programs. We recently received a private foundation grant that will enable us to work with an additional three schools.

59% of people receiving advocacy services from SARA so far this year reported the presenting sexual violence to the police. At this time last year, only 38% of people receiving advocacy services from SARA had reported to the police. We are not sure what has caused this change, but we will continue to monitor this positive trend.

Fewer than 2% of perpetrators of assaults against SARA's clients this year were strangers. Most perpetrators were either acquaintances or members of the victim's household (family, dating partners, stepparents, parent's dating partner). To increase reporting of sexual violence in our local community to police, we must increase people's willingness to report crimes committed by nonstrangers. To that end, our community presentations address the problem of victim-blaming, and expectations about who victims and perpetrators are likely to be. We also offer legal accompaniment to victims to make the reporting process easier.

Your Program's Solutions that United Way Community Impact Funds Support

SARA's solutions include providing crisis intervention, counseling, legal and medical accompaniment, safety planning, systems advocacy, individual advocacy, referrals to other agencies, and prevention education.

Actual Results - based on your stated outcomes; please use percentages and numbers served to help show outcomes

In the first half of the 2011 fiscal year, SARA volunteers and staff responded to 262 people seeking crisis intervention services and answered the hotline 197 times. Many of our clients receive multiple referrals as well as direct advocacy from a SARA staff person in accessing community services.

Not all community agencies are well equipped to deal with issues of sexual violence, so we continue to offer support, collaborate with, and train allied professionals. This year, we have provided training to 536 allied professionals, 97% of whom reported an increase in ability to better respond to the needs of victims of sexual violence. Looking at the long term implications as we refer clients to other agencies and establish community relationships we are broadening the number of people able to understand the dynamics of sexual violence, and to work with victims. Employment, relationships, parenting, community involvement are all negatively impacted when an individual is dealing with this kind of crisis. Having the necessary resources and the opportunity to address their issues allows individuals to cope more effectively in other realms of their life.

Many of our clients need help in planning for their safety in the aftermath of a sexual assault, even years after the initial assault. As standard practice, each hotline caller, if a victim, is asked about their immediate safety. Further, we talk about ways to feel safer and problem-solve ways to avoid situations that could feel dangerous for the client.

We were able to provide safety planning strategies for 75 or 87% of our personal advocacy clients. The amount of assistance varies according to the client's needs. Sexual assault victims typically feel a loss of control and the lack of safety in their world, home, even their workplace, so being given the opportunity to identify concerns and find ways to become empowered is a vital piece of the recovery process.

Financial Impact of Donations

\$30 would provide a new set of clothes for a victim after being seen at the ER and having his/her clothes kept as evidence.

\$50 would cover the cost of one counseling session for an adult or child victim of sexual violence.

\$ 20 is the cost to keep our 24-hour hotline running for a day.