



2018  
**SAVA**  
ANNUAL REPORT

## LETTER FROM THE EXECUTIVE DIRECTOR

As we reflect upon 2018, we are filled with gratitude for your individual support, contributions, and commitment to addressing sexual violence within our community. We could not do our work without the tremendous and important support from each and every one of you. We are celebrating 15 years of serving our community in Larimer County and 8 years in Weld County, yet we still have tremendous work to do and we need your help.

Every 98 seconds, an individual is sexually assaulted (RAINN, 2018), and that statistic is just simply not acceptable. So, we continue to combat that horrific statistic through ongoing outreach, education, and arming youth with the knowledge and empowerment to create a generational shift in the way our society responds to sexual assault.

This past year has brought unexpected challenges to our doors. The inundation of reports of sexual assault through the media has been difficult at best to apprehend. The media's portrayal of victims has been heart-wrenching and overwhelming to all of us here at SAVA. As advocates, staff, and volunteers, we are committed to listening, believing, and supporting every victim.

We therefore recognize that our services are more vital than ever, as we continue to support our community. We have the honor of providing services to every person who deserves a safe place to share their journey. Thank you so much for your support as we continue to strive towards our vision of ending sexual violence within our community.

**Dorothy Farrel, DM, LCSW**  
**Executive Director**



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“They have made it possible for my healing process to start, and have given me hope for my future. They have made a huge difference in my life.”

– Client Statement

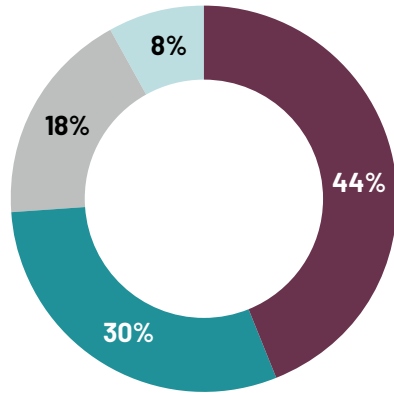


## MISSION

The Sexual Assault Victim Advocate Center's mission is to provide crisis intervention, advocacy, and counseling for all those affected by sexual violence, and provide prevention programs through community outreach and education.

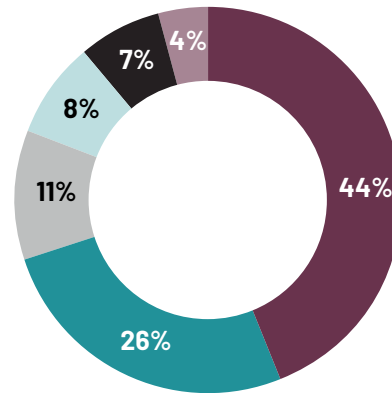
# ABOUT THE PEOPLE WE HELP

## RELATIONSHIP TO PERPETRATOR



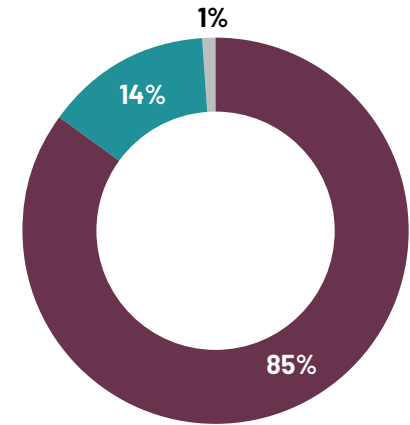
● Friend / Acquaintance    ● Partner  
● Family Member    ● Stranger

## CITY



● Fort Collins    ● Other    ● Weld County (excluding Greeley)  
● Greeley    ● Loveland    ● Larimer County (excluding Loveland)

## GENDER



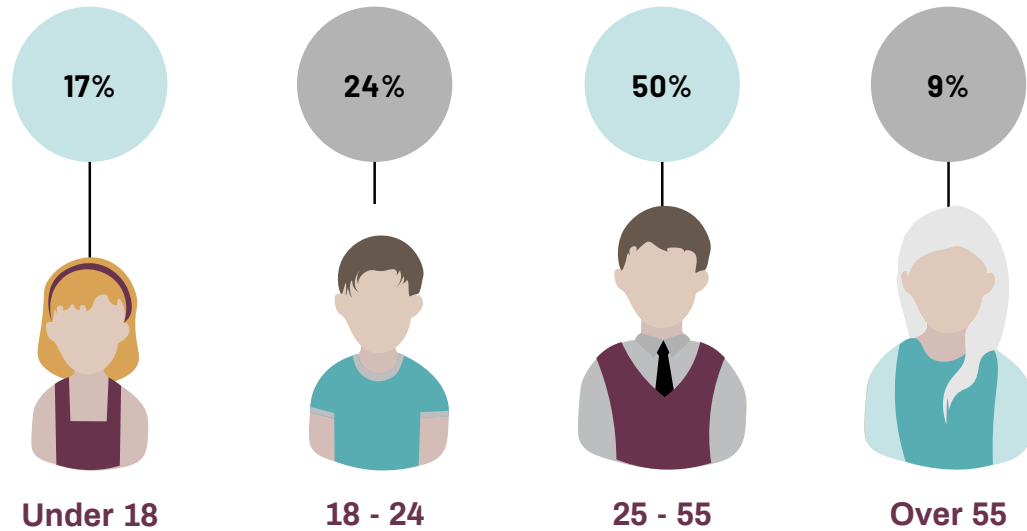
● Female    ● Male    ● Other

## HOTLINE CALLS



**1,168**

## AGE



\* 38% were assaulted before the age of 18  
 \* 86% were considered low income

# INCOME AND EXPENSES

## REVENUE

\$98,000 .....	Private Donations
\$463,066.....	Government Grants
\$169,582.....	Special Events
\$116,897 .....	Corporate, Foundation, and Nonprofit Grants
\$63,036.....	Program Service Fees
\$2,631 .....	Miscellaneous Revenue
<b>\$913,212 .....</b>	<b>TOTAL REVENUE AND SUPPORT</b>

## EXPENSES

\$806,673 (84%).....	Program Services
\$70,271(7%).....	Management and Administration
\$86,730 (9%).....	Fundraising
<b>\$963,674 .....</b>	<b>TOTAL EXPENSES</b>

**- \$50,462..... NET INCOME**

“They are incredibly kind to our family and my daughters absolutely love them. I don’t know where we would be without them, but I do know that we are much better off with them. Thank you so much for everything.”

- Client Statement



# PREVENTION EDUCATION

"I like Speak Up! because it has created a safe place for me to learn and express what I feel. I also enjoy learning about how to help others."

- Julia, Speak Up! Participant

## SPEAK UP!

- **91** participants in Thompson School District & Poudre School District
- **57** participants in Weld County



## SUPERWORLD

- **100** participants ages 8-12
- **23** community mentors

Served Fort Collins, Loveland, Johnstown/Milliken, and Greeley



"I understand that it is never the survivor's fault and that if there is no sign of consent, you should ask before continuing."

- Cayden, SART Participant

## SART PEERS

- **164** Poudre School District peer educators
- **3,449** Poudre School District participants
- **79** Weld County peer educators
- **2,250** Weld County participants



## ADDITIONAL YOUTH REACHED

- **1,518** through SAVA presentations

# PROGRAMS AND SERVICES

## SAVA'S PROGRAMS



### General Advocacy

Support in accessing additional services related to sexual assault. Advocacy in working with other community service providers to ensure victims' interests are represented.



### Crime Victim Compensation

Assistance and guidance in completing and filing application for crime victim compensation.



### Prevention Services

Community skill-building and strategy development to prevent sexual assault. It is our aim to change the societal norms that support sexual violence through education.



### Information and Referral

Response to requests from victims, families, and service providers for information or assistance related to sexual assault.



### Crisis Intervention and Therapy

Assistance by phone or in person to individuals who have been affected by sexual violence. Licensed therapists are specially trained to work with sexual assault victims and their families.



### Legal Advocacy

Help and support for victims interested in reporting the crime to law enforcement. Assistance in filing related paperwork. Accompaniment during criminal and civil court hearings.



### Medical Advocacy

Information on medical resources following a sexual assault. Accompaniment during the Sexual Assault Nurse Exam (SANE).

## SEXUAL ASSAULT VICTIM SERVICES

### Therapy

Trauma-informed counseling for victims and their loved ones

- Eye Movement Desensitization and Reprocessing (EMDR)
- Strength-based therapy
- Cognitive behavioral therapy (CBT)
- Narrative therapy
- Play therapy for younger victims of child sexual abuse (Weld County only)

### Support Groups

Specific groups are formed to fit client needs

- Female survivor support groups
- Male survivor support groups
- Secondary survivor support groups

### Toll-Free Rape Crisis Hotline

24-hour support for victims and their families

- Staffed by specially trained sexual assault victim advocates

"I can take the safety I feel in your office with me and use it when I feel overwhelmed"

- Client Statement



# DONOR LIST

## \$10 - \$999

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				Rachel Weigle		

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of NoCo - Give Next  
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Alberta Inc.  
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Blue Bonnet Foundation  
Gilliam Foundation  
Kile Family Foundation  
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“I have grown so much in such a short time. I’m so thankful for this help.”

– Client Statement

## CLIENT STORIES

### “Sarah”

a sixteen-year-old female came to SAVA seeking services after a sexual assault that occurred in January. She reported extreme sadness, disappointment and anger at self, sleep disturbance, and hypervigilance. Also, she was having struggles at home with her parents’ response to her sexual assault. Her goals were to increase feelings of happiness, gain a sense of calmness and relaxation, and prevent further behavioral problems that could result from the sexual assault.

The client was extremely consistent in coming to her appointments and made great strides in achieving these goals. Perhaps the greatest accomplishment is that through building rapport in the therapy room, introspection outside of therapy sessions, and discussion about the aspects of shame, she became more willing and able to candidly discuss the sexual assault without great distress. Through learning and developing stronger coping skills, she found that she could more easily manage her anxiety.

As her anxiety was reduced, she found that her sleeping patterns were more regular and restful. She continues to improve in her day-to-day functioning.



### “Joey”

is a sixteen-year-old male who was sexually assaulted on a date. He came to SAVA seeking therapy services shortly after the sexual assault. Initially, he was struggling with intrusive thoughts and memories, feelings of shame and self-loathing, intense sadness, and difficulty focusing on his schoolwork and extra-curricular activities. He was also struggling with relationships with those closest to him, as he felt that trust had been violated by some friends and family at the time of the assault.

Gradually, through hard work in weekly therapy sessions, Joey became aware that the sexual assault was not his fault. Through discussing the events that had transpired, he was more able to assign blame where appropriate. One of his goals was to become more comfortable with who he was as a person, and Joey gradually began to like himself again. He learned new ways to communicate with his family and friends that resulted in stronger, more fulfilling relationships. His grades improved and he found joy in spending time with his friends again. Joey is looking forward to beginning to date again, and he feels hopeful for the future.

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*Larimer and Weld County Therapist*

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savacenter.org

“They help me see I matter.”

– Client Statement