

# KCSARC

## 2015 Impact Report

i am loud!



**“I am LOUD for my children, and their friends, and their friends’ friends. I am LOUD for those who are not ready... I am LOUD because justice... sadly isn’t always just.”**

– Captain Hali Picciano, KCSARC Supporter



King County  
Sexual Assault  
Resource Center



# What is BE LOUD about?

BE LOUD is a rallying cry that encourages KCSARC staff, clients, leaders, and investors to speak up about their experiences healing from sexual assault, to promote research-based educational programming, to campaign for progressive public policy, and to raise their voices to demand safer communities for everyone.

## KSCARC’s Impact

### Direct Services

- 24-Hour Resource Line
- Family Services
- General Advocacy
- Legal Advocacy
- Medical Advocacy
- Trauma Specific Therapy
- Dando Voz – all direct services offered in Spanish

### Innovative Programs

- Abriendo Puertas
- CourtWatch
- Project360

### Prevention & Education

- 100 Conversations toolkit
- School and community prevention sessions
- Parent and youth workshops
- Community based education programs



**In 2015 we invited you, our supporters, to *Imagine a World without sexual violence.* It is a vision that underscores our daily work and inspires all of us at KCSARC.**

You are bringing that vision to life! With your partnership, we’ve seen significant changes in our community. Change takes hold when barriers are dismantled, access to care is improved, and offenders are held accountable. You have made possible some significant milestones in 2015, and here are several that make me particularly proud.

### DISMANTLING BARRIERS

KCSARC believes that laws need to work for victims—not against them. The civil Sexual Assault Protection Order (SAPO) is often the only legal tool that victims have for protection from the offender. However, CourtWatch documented that the SAPO has considerable limitations and so we led the charge for a bi-partisan, common-sense bill to amend the protection order. Though widely supported in both the House and the Senate, it failed at the last minute due to gun politics. While we are disappointed in the outcome, we are encouraged by the support and significantly increased awareness about protection orders. We will be working to pass this bill in the 2017 session.

### IMPROVING ACCESS TO CARE

King County is the 15th largest county in the country, and we all know getting places can be difficult. Now in addition to providing therapy at our office in Renton, in Seattle at YouthCare, and at EvergreenHealth in Redmond, we now have a presence in Federal Way through a partnership with Healthpoint and King County Public Health. These additional locations are absolutely key to our ability to expand access to trauma specific therapy for those who aren’t able to get to Renton for treatment.

### HOLDING OFFENDERS ACCOUNTABLE

Our ground-breaking program, CourtWatch, gives victims of sexual assault increased access to justice by monitoring the courts and makes concrete recommendations for system change. Last fall KCSARC was awarded an extremely competitive three-year, \$500,000 grant from the Department of Justice, Office on Violence Against Women. This award funds an expansion of the CourtWatch program to engage additional volunteers, gather more information about the courts, increase education and outreach to criminal justice stakeholders, and analyze gaps to help implement improvements.

Your support made it possible for KCSARC to provide direct service to nearly 4,000 clients and families this past year, and reach over 10,000 people through our prevention programming. We honor our youth, men, women, and families who have worked so hard to overcome the debilitating effects of sexual violence, and celebrate your strength and your tremendous capacity for healing. Together, we are creating real and sustained change, and moving toward our vision of creating a world without sexual violence.

Mary Ellen Stone  
**EXECUTIVE DIRECTOR**





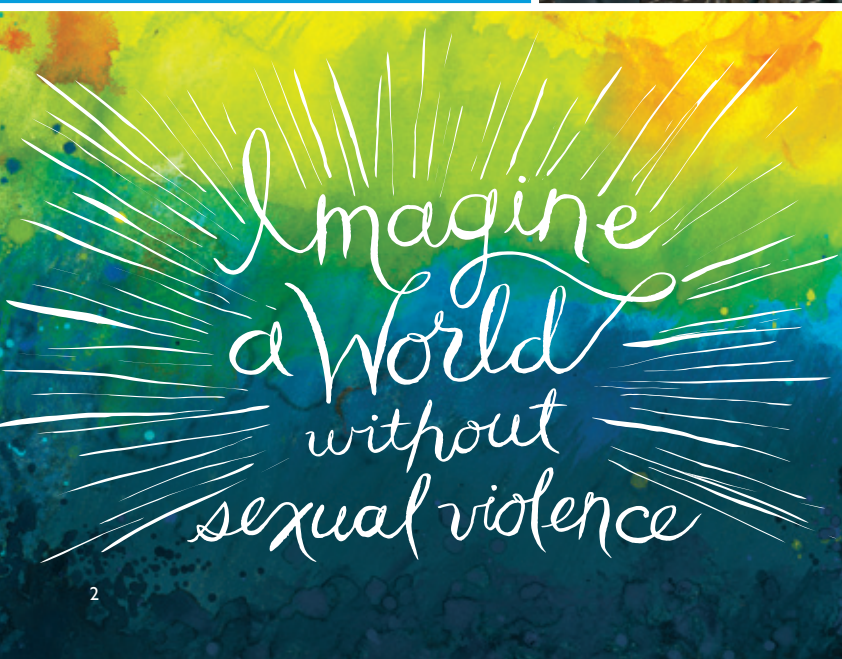
# BE LOUD Breakfast



Gathering nearly 1,000 supporters to stand up and BE LOUD about sexual assault



#BELOUD



## This page:

- > **(Top left):** Bikers Against Child Abuse (BACA) KCSARC Supporters: Sarge, Bearcat, Lil Mama, Sinner, Karma, Scout, Archer, Bun Bun, Shine and Machine.
- > **(Top right):** KCSARC Executive Director Mary Ellen Stone and First Lady Trudi Inslee.
- > **(Center):** KCSARC Breakfast Supporters: Leslie Tubbs, Meghan Kroll, Alden Kroll, Paula Pyatt, former KCSARC Board President Jeffrey Pyatt, Kandace Holley, Rick Holley, Tim Kerr, Cynthia Wells, and Madelaine Pyatt.

## This page:

- > **(Top left):** King County Prosecuting Attorney Dan Satterberg and KCSARC board member Mark Sidran.
- > **(Top right):** KCSARC staff Mary Laskowski, Rachel Taylor, Ellen Cleary-Penninger, and Dani Johnson hosting the information table.
- > **(Center):** Speaker KCSARC board member Dr. Carl Morris.
- > **(Bottom):** Poster of KCSARC supporter Detective John Awai with his BE LOUD Statement.





# Family Services



> KCSARC Family Services staff: Erin Esteban, Bilingual Family Services Specialist; DeAnn Yamamoto, Deputy Executive Director; Marie Pereda, Family Services Specialist.

Child sexual or physical abuse impacts not only the person victimized but also their extended family and loved ones. A parent or caregiver’s positive and supportive reaction to a child’s disclosure of abuse is vital. KCSARC’s Family Services program is designed to support the child’s healing by giving parents and caregivers information and tools to equip them now and in the future. Parent education services better enhance their understanding of the impact of the abuse now and through their child’s on-going development. This understanding leads to increased empathy and engagement with their child, which ultimately supports their healing.

The Family Services Educators are highly trained and experienced professionals who utilize best-practice techniques. The services they provide are tailored to each family’s unique situation, and delivered in a one-on-one format so that we can provide information that is directly relevant to the particular family.

**Family Services’ individualized educational programs include topics such as:**

- Sexual Abuse: The impact on child victims, non-offending parents, and families.
- Sex Offenders: Understanding strategies, motivation and persistence.
- Coping Strategies: Practical tips for dealing with stress and anxiety.
- Boundaries: Understanding child development impacted by sexual abuse and positive discipline strategies.
- Social Media: Safe use of social media for children.

The dual approach of treating the impact of current abuse includes both child individual therapy and increased family support. Reducing the risk of future abuse through parent education is what makes KCSARC’s Family Services Program effective.

## Family Ties

KCSARC embarked on a new prevention education program for parents in 2015, with the ultimate goal of preventing sexual assault from ever occurring. Typical programs may aim to equip children or youth with tips for how to avoid becoming victims, but in fact this isn’t the responsibility of the child or youth. And while these tips may reduce the risk for a single child, they do not end sexual violence. Ending sexual violence is only accomplished by ending perpetration; stopping the violence before it occurs. The goal of KCSARC’s parent prevention education program is to do just that. **Family Ties** equips participants with strategies designed to strengthen communication in families and give parents and caregivers tools to use in addressing the needs of their pre-teens and teens, ages 11–16.

The focus of the interactive training series is to give parents and caregivers concrete skills to enhance their parenting practices at home to build the individual esteem of children, increase their ability to communicate, and bolster their respect for boundaries and consent. KCSARC has worked with the Riverview School District to launch this program with much success, working with youth ages 11–16.

*“I would recommend this program to all parents. It supports a positive coaching and parenting style. The trainers presented relevant and applicable tools. The program opens doors for family conversations around fun and sometimes difficult topics.”*

*“EXCELLENT trainers. I enjoyed this class very much. I valued the practical information and application practice. I use everything I learned everyday with my kids.”*

– Quotes from two participating parents

# Heaven’s Story

Imagine a canvas, perfectly painted, nicely framed, and hung on the wall for all to admire. At the center of this picture is a family. When you look at this canvas you see a family with two girls, two boys, and loving parents. You see joy. But underneath the surface of that canvas is a totally different picture. I am Heaven Strothers, the mother in that canvas.

One night, while I was at a friend’s house with my youngest children, I returned home to find police cars all over the neighborhood. I thought they were looking for a ‘bad guy.’ What I learned—that ‘bad guy’ was my husband. Little by little, bit by bit, over eight and a half years, I found out that my husband had groomed our oldest daughter, Anna, to ‘be’ and ‘do’ what he wanted.

**“If KCSARC hadn’t stepped in at the very beginning when our world shattered, our outcome, our future, our lives as a family would not be what they are today.”**

That night he had threatened to kill himself if Anna didn’t respond to his pressure for sex acts. She got scared and ran to a friend’s house and told her everything. That friend’s mother called 9-1-1. I immediately questioned everything I had done in my entire life as I discovered the person I was married to had been sexually molesting my daughter from the time she was seven until she was sixteen.

Since then, through my work with KCSARC and their Family Services program, I’ve learned there are ways that predators gain the trust of their children, their spouse, and their families to make sure that they appear to be the perfect father, or mother. I never knew how brave my daughter was until that moment. He manipulated her into thinking that if she ever told, he’d get in trouble, lose his job, and lose the medical benefits that her chronically ill brothers both desperately needed. This kept her silent for eight and a half years.

My daughter began to work with a therapist at KCSARC. At the same time, I began to see a Family Services Educator. She helped me understand what my daughter was going



> Former KCSARC client Heaven Strothers speaking at the KCSARC BE LOUD Breakfast.

through. I learned ways to help her, what to expect, how to remind Anna that she is loved, and most importantly—**that none of this was her fault or mine.**

There were days when I would see my Family Services Educator that I left feeling emotional, and vulnerable. I learned more about what predators do, the manipulation, the lies, and came to realize—I was a victim of domestic violence. After seeing her therapist, Anna also would come home with many different emotions: mad, sad, frustrated, happy, relieved, and hopeful. These are all healthy to feel, but it was a rollercoaster ride at times. Through it all, I felt equipped with the tools I needed to support her and because of KCSARC’s help I knew Anna was going to be just fine.

As we close this chapter and start a new one, I am excited to see where The Lord takes us next. I am so grateful to KCSARC for the support our entire family received. If KCSARC hadn’t stepped in at the very beginning when our world shattered, our outcome, our future, our lives as a family would not be what they are today.



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# Your 2015 Investment in KCSARC

## Support and Revenue

Private & In-Kind Contributions; Events	\$1,389,269
Government Grants	\$2,754,208
United Way	\$60,278
Fee for Service	\$223,626
Miscellaneous	\$3,231
<b>Total Revenue</b>	<b>\$4,430,612</b>

## Expense

Program Services	\$2,970,112
Management & General	\$524,050
Fundraising	\$707,551
<b>Total Expense</b>	<b>\$4,201,713</b>

Reinvested in 2016 Programs & Services \$228,899



**\$2,500 = 16 hours**  
of trauma focused  
therapy for one child

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**[www.kcsarc.org](http://www.kcsarc.org)**

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