

KCSARC

2017-2018 Impact Report



advocate

verb ad·vo·cate \ 'ad-və-, kāt \

to support or argue for (a cause, policy, etc.)

Our mission

To **give voice** to victims, their families,
and the community; **create change** in beliefs,
attitudes, and behaviors about violence;
and **instill courage** for people to speak
out about sexual assault.

KCSARC changes lives with:

Direct Services

24-Hour Resource Line
Family Services
Legal Advocacy
Evidence-Based Therapy
Dando Voz (Giving Voice):
all direct services
offered in Spanish

Innovative Programs

Abriendo Puertas (Opening Doors)
CourtWatch
Project**360**

Prevention & Education

100 Conversations
Trauma-Informed Classrooms
Inter-Agencies Liaison
School and community prevention sessions
Parent and youth workshops
Community-based education programs
Resource development

**For more information,
visit www.kcsarc.org/aboutus**



This extraordinary moment in our work to end sexual violence is full of both challenges and opportunities.

When #MeToo began trending last fall, it focused the world's attention on sexual assault like never before. Soon after, calls to our 24-hour Resource Line began to escalate sharply, and still show no signs of slowing down.

The flood of calls is a dam breaking. More people feel empowered to come forward. More people recognize sexual assault has lasting impacts. Last year, we directly served 4,100 children and adults, and reached another 11,000 with prevention education, training, and outreach.

As the largest and most comprehensive sexual assault service provider in the state, KCSARC is uniquely equipped to help survivors take the next step.

We have been working and advocating for this moment these last four decades. We have seen a dramatic change in the way our community thinks about and responds to victims of sexual assault.

At the heart of this shift is advocacy: for victim-centered services that enable someone to heal from the moment they disclose abuse. For bridging the justice gap. For preventing sexual abuse from happening.

ADVOCATING FOR SURVIVORS

The needs of survivors like Pauline, whose powerful story appears on the next page, drive every decision we make. Sexual violence is complex, and we continue to seek ways to adapt our comprehensive services and programming to meet shifting and growing needs. With that in mind, we have strengthened programs and increased capacity across the board: therapy, parent education, legal advocacy, case management, bilingual intake, and external relations. We have also expanded our presence in Federal Way to stay ahead of the increasing demand for services we are seeing in South King County.

Recognizing the unique and escalating barriers to justice for survivors who also face the daunting legal complexities of immigration and family law systems, we were pleased to revive our *Abriendo Puertas* program. We're proud to offer King County's only culturally and linguistically competent advocacy program for survivors of sexual assault that also provides civil legal services in partnership with private attorneys.

Our extensive work with survivors informs the work we do to bridge the justice gap between the number of rapes versus those involved with the criminal justice system. By adding staff

to CourtWatch, one of the only programs of its kind nationwide, we change the way survivors are seen, heard, and treated in courtrooms throughout King County.

As the largest and most comprehensive sexual assault service provider in the state, KCSARC is uniquely equipped to help survivors take the next step.

Our unique perspective is also making an impact on state policy and local initiatives. Building on our success in early 2017 on legislation that now allows judges to grant lifetime sexual assault protection orders, we laid important groundwork this session to simplify and extend Washington State's Statute of Limitations law for reporting sexual assaults to law enforcement. We also helped pass legislation to protect the privacy of abused children, and to strengthen policies and funding to test rape kits and end the backlog of untested kits. At the local level, we helped pass King County Proposition 1, the Veterans, Seniors & Human Services initiative in 2017, which funds services for survivors of sexual assault, among others.

ADVOCATING FOR A SHIFT IN CULTURE

Even as we bolster programs that treat the aftermath of trauma and sexual assault, we continue to expand our critical, research-informed prevention education work.

By increasing our presence in schools, workplaces, churches, and community groups, we are working with children and adults to help shift the conversation and the culture, especially with the next generation. Thanks to the Best Starts for Kids Initiative and our partnership with HealthPoint, a KCSARC prevention specialist works on-site at Renton High School with students and staff to increase understanding of consent and healthy relationships—and get to the cultural shift needed to end sexual assault. And with help from Kaiser Permanente, we are extending and adapting our Trauma-Informed Classrooms tools and resources for use in middle and elementary schools.

With the shift in landscape, the deep expertise we have built over four decades is being tapped in new and exciting ways. From media to businesses, from schools to public institutions, we are pleased to see broader interest in proven strategies that address sexual violence and harassment, such as King County Metro Transit's *Report it to Stop it* campaign launched in early 2018.

With your help, we look forward to meeting the challenges and embracing the opportunities ahead.

A handwritten signature in black ink that reads "Mary Ellen Stone".

Mary Ellen Stone
EXECUTIVE DIRECTOR

Adult therapy helps survivors take back their lives

Trauma associated with sexual assault can be devastating, preventing someone from fully participating in life, and even realizing their potential and dreams.

To the surprise of some trying to understand degrees of harm suffered by survivors of rape, sexual assault, or sexual harassment, there's no single or "right" way for a survivor to react. Our trauma-informed approach to therapy acknowledges that sexual violence takes many forms, and operates across a wide spectrum, but focuses on how an individual reacts emotionally to their experience.

Treating that reaction is the key to regaining a life following sexual abuse—whether it happened last week, last year, or 30 years ago.

We often hear from clients who have attempted to heal from sexual violence that therapy hasn't worked for them prior to finding KCSARC. They're surprised to hear KCSARC can often help them transform their lives in as few as 16 sessions.

We often say we can't change what we can't talk about—and that belief forms the core of our therapy approach.

What sets KCSARC's approach apart from other therapy is our deep and focused work with each client to help them face the very thing most survivors fear talking about.

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Last year, our therapy program helped 408 children and adults recover from trauma. As part of its comprehensive and holistic system of support that helps survivors of sexual assault heal, KCSARC offers therapy geared toward overcoming trauma of sexual or physical abuse.

For adults, treatment begins with a comprehensive trauma assessment, allowing us to understand the unique needs of each individual client, and what approach will be most successful. Treatment options we deploy are considered the gold standard in our field, geared to mitigate and even alleviate symptoms of PTSD as well as related issues that

result from abuse. Many survivors carry guilt or blame themselves for their abuse, and have low self-esteem stemming from their abuse.

Our therapists offer support, an inviting atmosphere, a sense of justice to survivors. But they also offer a lot more. They often help family members and significant others through their loved one's healing, too, helping them understand how they can help. They work closely, where appropriate, with a team of allied professionals at KCSARC, such as legal advocates, wrapping support around the client at every point in their healing process.

For many women and men who seek KCSARC's help, the journey to healing is difficult. Facing a world that often disbelieves them, misunderstands, or brushes aside their pain, our therapists offer respite and a way forward.

Light Revealed

A happy story, you say?

A joyful outlet to direct her energies

But negative pulses overflow

Maintaining her usual status quo

Still,

She can embrace this new challenge

This new dawn breaking

Maybe she can recapture the life she's making

A new picture might be painted

A new song might be heard

A woman that once was silent

Might finally be able to speak words

Words that reveal her soul

Telling stories that unfold

All her tears and secrets

All her hopes and dreams

Maybe the scars aren't as noticeable after all

Maybe she'll find peace despite her flaws

She lifted her eyes to the sunlight

Welcoming the warmth on her skin

The sun smiled at her and said—

Let the light in

She thought about it for a moment

Thinking how bad could it be?

After the shadows lifted

I realized that woman was me

~ Pauline Tikvah

Pauline's story



Pauline Tikvah

It took a long time and a lot of love, support, understanding, and patience from my closest friends and counselors to understand how much a lifetime of sexual abuse had affected my mindset. I was molested as a young girl for years. Then, at 16, I was stalked and sexually assaulted by an older man.

At 19, I was married to an abusive man. At 30, I was assaulted by someone I thought I could trust.

For so many years, I struggled to understand why I reacted to things the way I did. Ordinary things—conversations that rose above a whisper, or even walking past a group of guys—put me into panic mode. I didn't realize how much I held my breath around people, and why I preferred to just stay home no matter the costs.

Prior to moving to the Seattle area, I had tried counseling briefly, to boost my coping skills. My therapist was nice, but she couldn't bring me to speak about what had happened.

And I didn't have insurance or the \$2,500 it would cost for 10 sessions at other places offering treatment. I had no idea that resource centers like KCSARC existed and serve clients even if they're uninsured or can't afford to pay at all.

Meantime, I continued to have nightmares and panic attacks. I refused to deal with feelings of rejection or pain. Basically, I faked being happy and optimistic all the time. I couldn't handle confrontations or make eye contact with people. I couldn't watch movies or shows with sex scenes or long kissing scenes, even if it was consensual. I was suicidal by the time I was 29.

By the time I moved here, I knew I needed help. Fortunately, I was put in touch with KCSARC. I wasn't working at the

time, and had no insurance. But three weeks after my call in January 2017, I had my first appointment with their therapist named Molly, and help was available to me at no cost.

It wasn't until the end of March that I was finally able to start speaking my memories aloud.

This was a long process for me, but they didn't rush me or push me out. KCSARC took the time I needed to get everything under control.

When I started, I was pretty tight-lipped. I shared some of my poems with Molly instead—it was just easier to express myself in vague ways versus sharing exact details. But I liked that there was an agenda on the board, so I knew what to expect when I came into the room. I also liked how Molly showed me my SUDs* so I could see how I was progressing.

Therapy wasn't what I expected. It was a safe place. It took me awhile to open up, but once I did, I started relaxing more. Each memory was different and had its own pain. Molly told me to pick three. Focusing on the three "worst" ones was less overwhelming than trying to figure out my whole life's worth of horrible memories.

This was a long process for me, but they didn't rush me or push me out. KCSARC took the time I needed to get everything under control.

Now I am much more open about my feelings. I am generally a happy person, but I know it's OK to NOT be OK, as long as I don't get stuck there. My hands shake a lot less, and I can make eye contact when I speak to people, men and women alike. I still don't like watching shows with long sex scenes or kissing scenes, but I don't freak out, cry, and have nightmares like I used to. I sleep better.

I owe my future to KCSARC because I wouldn't have had one if they hadn't helped me overcome my past.

Thanks to Pauline for permission to print her poem *Light Revealed* on previous page.

**Subjective Units of Distress. The SUDs Rating Scale is a 0-10 measure of intensity of distress, a benchmark to evaluate the progress of treatment.*

Your impact

Your partnership in KCSARC's work this year connected a growing number of survivors throughout King County to the support they need to regain their lives. Your volunteer time, expertise, engagement, and support allowed us to embrace opportunities to educate the community, work for systems improvements, and advocate for the strongest possible policies to help end sexual violence.



(Top left): Board member Ryan Schafer and wife Stephanie attend Toast for a Cause at Matthews Winery in September 2017.

(Bottom left): Honorary Advisory Cabinet member Rosanne Esposito-Ross (back row, third from right) invited KCSARC Executive Director Mary Ellen Stone and Justice Mary Yu to Women of Expeditors' luncheon in October 2017 for a conversation on women in leadership.

(Top right): Seattle Storm's Breanna Stewart (center) joins members of KCSARC's board, Speakers Bureau, and staff for the team's BE LOUD Night May 2018.

(Bottom right): Washington's First Lady and Honorary Advisory Cabinet member Trudi Inslee with KCSARC's long-time BE LOUD Breakfast emcee Margo Myers at the 2018 event, which drew over 1,100 attendees.

(Facing page, top left): Bilingual, bicultural therapist Agustina Colombo Eiff greets guests at the 2018 BE LOUD Breakfast. KCSARC is one of the few providers of Spanish-language evidenced-based therapy for survivors of sexual violence in King County.



(Middle left): Supporters took time to introduce KCSARC to new audiences this past year and helped expand our outreach. Rebecca Drew, pictured here, partnered with Josh Blondo to secure space for our Consent Photo Booth at Emerald City Comic Con in March 2018.

(Bottom left): Our Speakers Bureau offers opportunities to speak out against sexual violence in meaningful, change-making ways. The 2017 Speakers Bureau members above were powerful voices at our annual Breakfast and other events, in media interviews, and legislative halls.

(Top right): KCSARC Board Member Diana Schuetz (middle), with husband Derek and guest Charm Wrencher, joined 75 others at our annual Toast for a Cause Eastside fundraiser at Matthews Winery.

(Middle right): Table Captains Meghan and Alden Kroll (right) with their guests Shawn Bomers and Renee Rassilyer at our 2018 BE LOUD Breakfast. Table Captains play a crucial role in the success of this annual fundraiser by introducing KCSARC to their networks.

(Bottom right): Executive Director Mary Ellen Stone answers questions about KCSARC's work from supporters.

The impact of your 2017 investment



Legal advocacy:

We supported **2,033** individuals through the complex and challenging legal system.



Parent education:

We supported parents of **327** children in learning how to better facilitate their child's healing.



Evidence-based therapy:

We provided life-changing therapy to **408** children, teens, and adults to help them recover from trauma.



24-Hour Resource Line:

We answered **2,098** calls and provided information, crisis support, and referrals 24/7.



Prevention & Outreach:

We reached **11,440** individuals with sexual violence prevention education, training, and outreach both in person and online.

Support and Revenue

Private Contributions	\$1,374,398
Government Grants & Contracts	\$3,853,798
Fee for Service	\$250,374
Misc. Revenue	\$18,021
Total Revenue	\$5,496,591

Expense

Program Services	\$3,888,425
Management & General	\$734,439
Fundraising	\$890,096
Total Expense	\$5,512,960

Unaudited report. Full audited financial statements are available at www.KCSARC.org.

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Attorney, Vreeland Law and Immediate Past President, Washington State Association for Justice

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