

# Safe Harbor

DCCAV - Davis Citizens' Coalition Against Violence

Business: 801.444.3191

Crisis: 801.444.9161

FY 2016/17 Annual Report

#METOO

#UTAH1IN3

#OFFERINGHOPE

#ENDINGTHESILENCE



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# A MESSAGE FROM THE EXECUTIVE DIRECTOR



Dear Friends,

Since I joined the Safe Harbor team as the Executive Director in July 2017 I have been amazed: amazed by our myriad dedicated supporters like our donors who launched our Sustainer Program (check out how you can get involved at [www.safeharborhope.org/donate](http://www.safeharborhope.org/donate)) or sponsor the Evergreens Benefit each year; awed by volunteers who donate their time each week to our cause; inspired by dedicated staff who tirelessly work to serve survivors; energized by community members who think of us when they have a bounty of produce in their garden. All the ways, great and small, that the community supports Safe Harbor, I want to thank you. Thank you for thinking of us, thank you for helping continue the conversation, thank you for being part of a growing movement that wants to end violence in our community.

I came to Safe Harbor with experience from the public and private sector, including government agencies such as the Department of Workforce Services and The Office of Child Care, where I first learned about the diverse needs of individuals experiencing domestic and sexual violence. I have learned so much more in my time at Safe Harbor and I look forward to translating these ongoing lessons to continued trauma-informed services (learn more on page 5) and growing our organization to meet the diverse needs of our community and survivors.

I'm excited as we celebrate our success this past year and as we look to the next year and new partnerships, new team members, and new supporters as we continue to *Offer Hope and End the Silence* in our community.

Give us a call to get involved, 801-444-3191, and thank you for your support.

Warm Regards,

A handwritten signature in cursive script that reads "Kristen Floyd". The ink is dark and the signature is fluid and legible.

Kristen Floyd  
Executive Director

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# LAUNCHING THE OUTREACH CENTER



**T**his year, with the support of Christian Heritage Ministries and our donors, Safe Harbor launched the first domestic violence and sexual assault outreach center in Davis County.

Many people believe that the only option to receive domestic violence services is to enter into protective shelter when in fact more than 80% of domestic violence survivors served by Safe Harbor never require shelter. **Our new Outreach Center opened at 225 Adamswood Road, Layton in early 2017.** We were thrilled in April to welcome the public, community partners, funders, legislators, volunteers, donors, and many others to launch this new resource center. Hundreds joined us on a blustery day to celebrate this milestone in accessible services for survivors and services have been going strong in this central location ever since. We welcome anyone impacted by domestic violence or sexual assault to call us to see how we can help, 801.444.9161.



## Outreach Center services include:

- Education, awareness, and personal empowerment
- Safety planning
- Advocacy
- Case management
- Protective Order assistance
- Stalking injunction assistance
- Information
- Resources
- Advocacy and coordination with criminal justice, law enforcement, legal, and social services as well as medical and mental health personnel
- Referrals
- Support for family and friends of survivors
- Support Groups including: Domestic Violence 101; Domestic Violence 201; Parenting Groups; Sexual Trauma and Recovery (STAR); Teen-STAR; Children's Groups
- All services are FREE
- Services are available in Spanish | Si Español



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# TRAUMA: WHAT YOU NEED TO KNOW



**W**hat is trauma and trauma-informed care? There's been a lot of talk about the impact of trauma in recent years, especially as the Utah State Legislature took a forward thinking approach with the passage of H.C.R. 10 in the 2017 general session requiring a trauma-informed approach. But, what does this all mean?

## WHAT IS TRAUMA?

Numerous years of study have demonstrated that exposure to traumatic events ranging from divorce or death of a loved one to rape, abuse, witnessing violence, or war can have a multitude of impacts on those who experience these traumatic events. Additionally, the impacts can compound when there are multiple traumas. The Adverse Childhood Experiences (ACE) Study included 17,000 participants and found those who experienced more traumatic events in childhood were more likely to have chronic illness, such as heart disease or cancer, high risk behaviors, such as smoking or drug use, and ultimately die earlier. The impact of trauma is not limited to children. Adults who have experienced traumatic events also experience physical, mental, behavioral, and even economic consequences.

## WHAT IS TRAUMA-INFORMED CARE?

Have you ever heard of zero-tolerance policies? These can crop up in a variety of settings from schools to laws to social services. For example, maybe you've heard of homeless shelters that require drug tests and if the participant fails the drug test they

are back on the street. Trauma-informed care looks at behaviors that are unhealthy or less desirable, such as drug use or disruptive outbursts, and recognizes that these behaviors are often a result of the individuals exposure to trauma. Trauma-informed care approaches helping individuals with the lens of "What happened to you?" as opposed to "What is wrong with you?". Advocates are trained to recognize the symptoms and behaviors stemming from trauma and then are provided with case management tools and more inclusive and tolerant agency policies that aim to help individuals who've been impacted by trauma as opposed to punishing them, which can compound the trauma. This approach does not mean that behaviors that threaten the safety of others are allowed, but they do mean that each person is treated as an individual and their unique strengths and needs are identified and addressed to help them achieve safety and self-sufficiency.

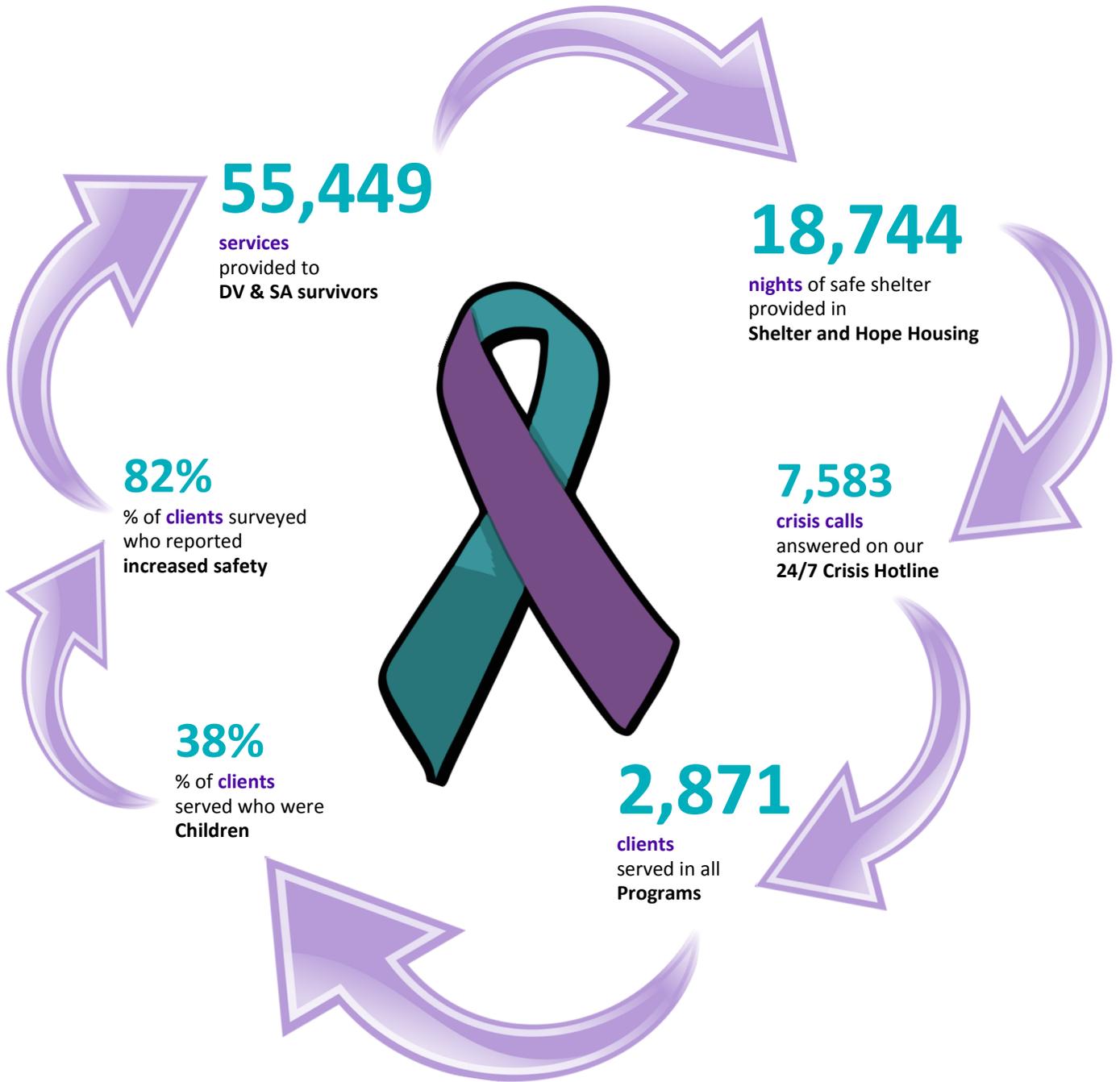
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# SAFE HARBOR SERVICE SNAPSHOT - FY 16/17



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# A SURVIVOR SHARES HER STORY

**J**ennifer and Ted met at a friend's party. At first, Ted was charming, affectionate, and always giving her compliments. They quickly moved into an exclusive relationship, though now she says the warning signs were there. Immediately after their honeymoon he became violent and demeaning, telling her she was a huge mistake. Despite escalating abuse, Jennifer didn't think there was anything wrong. After all, her family knew what was happening and didn't offer any help. Plus, she'd experienced abuse as a child at the hands of her parents, so her situation seemed normal, if not ideal.

When Jennifer got pregnant on birth control, Ted was apoplectic, accusing her of getting pregnant on purpose. As her daughter grew inside her, so did Ted's rage and the violence. Jennifer, for the first time, realized it wasn't going to be safe to raise a child in their home. "I had given up. My pregnancy gave me new resolve to do something. To find a way out," Jennifer recalls. "But, still, I felt he deserved a right to be a Dad and I didn't want to tear the family apart." So, she stayed.

The day she gave birth, "He yelled at me in the hospital, really going off. Then he yelled at the baby for crying."

"I didn't know what to do."

On advice from her family, she went to a therapist, who taught her how to change her reactions to the abuse. But, that just caused Ted to change his abuse tactics until he got the response he wanted. "He would use my daughter against me and threatened to hurt her as a way to control me."

By the time her daughter was 18-months-old, Jennifer had to sleep in her room. "She would just cry and cry if I wasn't there." But, one week Ted went out of town and her daughter slept through the night alone with no problems. "It made me wonder." The night he came back is the night she resolved she had to leave. Jennifer was in the nursery and her daughter was in the crib. "She was cooing and smiling, and then Ted came through the door." Her daughters face completely changed, she remembers, and she scuttled to the back corner of the crib to get away from him. He picked her up and she started screaming and reaching for her mother. "I realized she was afraid of him. I thought, that's it. I have to get her out."

Her therapist helped her create an escape plan and one day when Ted left to work her co-workers and family helped her load up her things and leave. "I called him and told him, my stuff is moved out and we're done. I'm filing for divorce." He tried to manipulate her into returning, but she stayed strong for her daughter and for herself.

Leaving was just the first step. She didn't have a place to live. She couldn't afford to feed her daughter. And she still didn't feel safe, so she sought a Protective Order, when she heard about Safe Harbor. She started taking Safe Harbor's classes where she had her first A-Ha moment. Since then there's been many lightbulb moments. "What the staff and Safe Harbor has given to me, I don't know how to adequately express the impact. They helped me understand that what I experienced with my husband and childhood wasn't ok. It wasn't my fault. I always thought it was my fault and I was ruining my child's life. Having someone actually believe me. No one believed me. It felt like something was wrong with me. Having someone tell me, I am here to help you get something better, it was huge."

While at Safe Harbor, Jennifer enrolled in school, signed up for DWS services, learned how to set boundaries, found a safe place to live, took classes, and got help and support she needed. Now she is looking forward to the next chapter in her life with a mixture of excitement and trepidation. "It took over two years to get divorced and it's been hard. I have some major PTSD issues that impact what I can do, but my worst days are still 100 times better than living one day with my ex. Healing is hard, but it's hopeful."

"To anyone going through this, I would say, I believe them and I believe in them. There are people who love you and care for you and know how brave, strong, and lovable you are. You deserve better. You don't have to do it alone. Come to Safe Harbor where there are people who can help."

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# FY 16/17 HIGHLIGHTS

More and more Davis County police departments are partnering with Safe Harbor to implement the life-saving Lethality Assessment Protocol (LAP). LAP is an evidence-based assessment protocol proven to save lives, improve prosecution rates and decrease domestic violence related homicides in over 30 states. LAP is a screening tool for members of law enforcement responding to a domestic call. When the screen indicates a high risk of a lethal level of violence, the officer makes immediate contact with a domestic violence program, such as Safe Harbor, to connect the survivor to services that could increase safety and save their life. **Safe Harbor has now partnered with all 13 Davis County Law Enforcement Departments.**



Safe Harbor's supportive services are now more accessible than ever! In addition to the new Outreach Center location, all Safe Harbor advocates have been cross-trained to provide comprehensive services that previously were specialized roles, such as protective order assistance and economic empowerment services. This training helps make our services more accessible and trauma-informed, reducing wait times, and improving efficiency so those who need help can get the help they need faster. We welcome anyone who needs help or just wants more information about how they can help end violence in our community to call us, **801.444.9161**. Our crisis line operates 24/7.

# #MeToo—OUR SA ADVOCATE SPEAKS OUT

**B**y now, you likely have heard of the global phenomenon movement, #MeToo. More than a simple hashtag, the widespread disclosures of sexual assault and harassment (and demand for the end of same) was started by Tarana Burke, an American civil rights activist, around ten years ago as a way of assuring survivors that they were not alone — by “empowerment through empathy”. The original movement was targeted towards young women of color and those with low socio-economic status, who we know experience among the highest rates of sexual assault and sexual harassment. The movement gained momentum through a tweet by prominent actress Alyssa Milano, and has seemed to move like a tidal wave throughout Hollywood and other areas of public life.

But what impact has the movement had on your typical survivor? We know that there are more than just in Hollywood — 1 in every 6 women in the USA will be a survivor of sexual violence and that number in Utah is even higher at 1 in every 3 women, many of whom are younger than 18. 78.7% of Utah females who have been sexually assaulted reported that their first sexual assault occurred before the age of 18. We also know that the number of TGQN (transgender, gender queer, nonconforming) survivors is even higher, as well as the rate for women and people of color. Concerns were raised about the validity of “#MeToo” for this vast population, or whether the message of the movement resonated with the average survivor.

As the lead for Safe Harbor’s Sexual Assault Program, I am in a unique position to see and analyze the impact the movement has had on sexual assault and rape survivors — my clients. After the resurgence of the movement, our program saw a drastic increase in phone calls and requests for service from survivors of all age ranges wanting to explore their experiences of sexual trauma, past or recent. Survivors of all demographics and socio-economic statuses in the region were seeking services ranging from individual counseling and advocacy to support groups, at a rate where our two-staff sexual assault team were stretched to full capacity. Our adult support group for survivors enrollment burgeoned due to increasingly popular demand, and requests for community consultation and collaboration grew. Requests for teenage groups centered around healthy relationships and healthy sexual development increased, as well as an interest in initiatives for bystander intervention and trauma-informed responses to sexual violence. The message we were getting was abundantly clear — our community needs services for survivors, and we need services to ensure that this epidemic of sexual violence minimizes.

Out of curiosity, I asked survivors who had contacted us what had made them pick up the phone and make the initial call. Overwhelmingly, the responses were similar:

*“I felt empowered by the women that had stood up and named their abusers. If they could stand up against powerful men, I could too.”*

*“I realized that what had happened to me was not my fault. I did not send ‘mixed signals’ when I said ‘no’. I was raped.”*

*“I want other people to know that they are not alone — I’ve been here, and I’ve gotten help.”*

For too long sexual assault and domestic violence have thrived in the shadows. As an advocate, I am grateful for the #MeToo movement and other social media movements that are helping survivors feel less isolated and empowered to seek the support and services they need. It certainly seems like Burke’s mission of “empowerment through empathy” is achieving its goal.

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# SAFE HARBOR'S 13 CLIENT-CENTERED BEST PRACTICE SERVICES

**24/7 Crisis Support**—A 24-hour hotline, 801.444.9161, staffed by trained advocates, plus a crisis response team who can provide on-site support during a rape exam, offer crisis counseling, and advocacy.

**Emergency Shelter**—Private, secure rooms with access to the fully equipped kitchen, laundry facilities, and outdoor playground. People experiencing domestic violence can seek shelter 24-hours a day, seven-days a week. In addition to shelter, residents may receive supportive services, group enrollment, food, clothing, and household goods.

**Outreach Services**—Most individuals never need to come into shelter. Safe Harbor advocates can work with individuals to achieve safety while they remain in the community.

**Protective Orders**—Assistance with the protective order and stalking injunction process for those experiencing domestic violence, dating violence, sexual assault, or stalking.

**Sexual Assault Services**—Services for rape or sexual assault survivors, as well as their close family and friends. Anyone can call the 24-hour crisis line for confidential help, 801.444.9161. On-going support groups help survivors cope with the after effects of assault. We also have case management support and advocacy with trained advocates.

**Children's Services**—Advocates work with children to help safety plan and overcome the trauma of witnessing violence.

**Hope Housing**—Secured two- and three- bedroom apartments coupled with case management, referrals, and supportive services.

**Economic Empowerment**—Domestic violence workplace advocacy, job readiness training including on-site free workshops.

**Groups and Classes**—Educational and supportive groups for domestic violence or sexual assault survivors, as well as groups specifically for children who have been exposed to domestic violence and sexual assault

**Prevention Education**—Safe Harbor is available to present at schools, churches, businesses, and other groups or events to raise awareness about violence and how we can all help end it using evidence-based approaches.

**Lethality Assessment**—Partnerships with law enforcement using an evidence-based screening tool to identify survivors at high-risk to help save lives.

**Diversity Support**—Services are available in English and Spanish for survivors. Safe Harbor can also access a language line for other languages.

**Therapy**—Free one-on-one and group therapeutic services with a licensed therapist for adult and youth survivors.

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# VOLUNTEERS MAKE A DIFFERENCE

**S**afe Harbor volunteers impact every level of our organization. Volunteers are the backbone of our organization and we could not meet the needs of our clients without them. **In the last fiscal year, volunteers donated 9,203 hours, the equivalent of 4.5 full time staff members, in a variety of capacities in our organization.** Volunteers staff our shelter desk every day and they are trained to meet the needs of survivors, answer crisis calls, provide administrative support, and fill in



many gaps to ensure our organization functions. Additionally, our Crisis Response Team is staffed by trained volunteer advocates. Our Protective Order Program relies on Court volunteers to provide vital support for survivors during the stressful process and a wonderful array of Pro Bono Attorney's volunteer their time to represent survivors in Protective Order Court. Our organization is run by an all volunteer Board of Directors and we rely on numerous volunteers to make our fundraising events, especially our Annual Evergreens Benefit, successful. We also have interns from area universities who complete various projects and provide support. We are actively recruiting volunteers to assist in our new Outreach Center location. Outreach Center volunteers will answer calls, greet clients when they come into office, help maintain a warm and welcoming environment, and assist with special projects.

To support our amazing volunteers we provide shadowing, skills building, training, and professional development opportunities. In January 2017, the Volunteer Program launched a monthly New Volunteer Orientation, which provides an introduction to Safe Harbor Crisis Center and our programs, an introduction to domestic violence and sexual assault advocacy, and knowledge building. Interested volunteers learn about volunteer opportunities and complete paperwork. The training concludes with a tour of our Kaysville campus. Since the orientation launched, 43 new volunteers joined our team and 35 of those are still volunteering today in various programs. Volunteer retention is vital to serve survivors and maintain a welcoming environment. The Volunteer Program also created a volunteer handbook with a welcome letter, a description of Safe Harbor services, volunteer opportunities, important information about background checks, confidentiality, acceptable social media use, attendance, dress code, progressive discipline, and mandatory volunteer trainings. Volunteers can keep the manual in their training binders to refer to when needed.

Several service projects and Eagle Scout projects were also generously completed this year. These amazing volunteers provided a facelift to our work areas by painting advocate offices, provided support with maintaining our landscaping, painted the upstairs common areas at Hope Housing, completed a make-over of Commons 2, created a shelter quiet room, built a dog run, and created a garden area in the backyard of the shelter.

We appreciate the invaluable support from everyone who donated their time this past year and every day! If you would like to volunteer, email [volunteer@safeharborhope.org](mailto:volunteer@safeharborhope.org) or call 801.444.3191.

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# FY 16/17 FINANCIAL HEALTH

**T**hank you to everyone who donated to Safe Harbor to keep our doors open and services free! And to our volunteer Board and Evergreens Committee, whose time and commitment ensured vital resources for Safe Harbor!

## Board of Directors

Bret Millburn, Chair

Jim Gramoll, Vice Chair

Teresa Kendell, Secretary

Jill Alsop

Dawn Brandvold

Mikal Ann Byrd

Becky Edwards

Mike Edwards

Melissa Freigang

Sol Olberg

Mark Parsons

Ann Shumway

Paul Summers

## *Evergreens Committee*

Carlene Kemp

Wendy Roberts

Alana Cloud

Dianne North

Kimberly Gottfredson

Trevor Johnson

Jennifer Webb

Nicole Nance

Leila Turner

Kristen Floyd

Anna Memmott

Cathy Dains

The Tennis Ladies

Kent Boam

### *Income*

Corporate/Private Donations	\$133,080
Fundraisers	\$107,688
Grants	\$877,180
Rental Income	\$21,304
Other/In-kind Income	\$172,191
Other	\$22,641

**TOTAL OPERATING REVENUE** \$1,312,780

### *Expenses*

Salaries & Wages	\$800,051
Fringe Benefits	\$213,756
Client Services	\$214,773
Building Maintenance, Rent, & Utilities	\$193,208
Professional Fees & Licenses	\$38,696
Other Expenses	\$42,512

**TOTAL OPERATING EXPENSES** \$1,502,996

**Net Assets at End of Year** \$2,369,631

Administrative Cost Percentage 15.40%

Fundraising Cost Percentage 2.97%

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24/7 Crisis Support |

Si Hable Español

**801.444.9161**

*If you are in immediate danger,  
call 911*

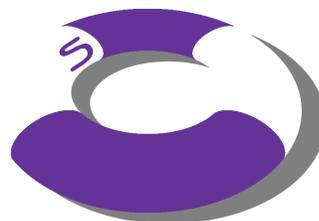
Business Line

**801.444.3191**

[www.safeharborhope.org](http://www.safeharborhope.org)

[Facebook.com/  
SafeHarborCrisisCenter](https://www.facebook.com/SafeHarborCrisisCenter)

Safe Harbor, a non-profit organization, provides shelter, supportive services and advocacy to survivors of domestic violence and sexual assault, as well as education, awareness and resources to our community.



OFFERING HOPE, ENDING THE SILENCE

**Mailing:**

PO Box 772

Kaysville, UT 84037

**Outreach Center:**

225 Adamswood Road

Layton, UT 84040