

2021 Annual Report



Safe Harbor

Offering hope. Ending the silence.



Letter from Executive Director

Dear Friends,

In the past eighteen months we have observed the beginning of a global pandemic, a nationwide quarantine, the development and release of multiple vaccines, and a slow move towards a new normalcy with the lifting of various restrictions. Though COVID-19 is still a concern, we are optimistic in the future. Despite the difficulties, Safe Harbor has adapted and endured to help victims of domestic and sexual violence regardless of race, gender, sexual orientation, religion, or creed.

Safe Harbor embraces our motto, EMPOWER. EMPOWER stands for, Encourage, Motivate, Promote, Openminded, Willing, Equality and Respect. Our EMPOWER values offer us a compass in our character development. We believe that with these values aligned, we improved our efficacy which in turn strengthens our ability to serve our clients. When we focus our purpose, we can improve the quality of our work and the connections we can make within the community. We encourage our clients and all we interact with to join us in adopting this motto as well!

Though we have experienced setbacks, we continue to focus on what we can accomplish. With the support of the community, we have broken ground on the new Lifeline Prevention Center. This center will act as a permanent location for our outreach services. Last fiscal year, over 60% of the services Safe Harbor provided were accessible through our temporary Prevention Center location. Services include Individual Advocacy, Assistance with Protective Orders, Safety Planning, Therapy for Adults, Therapy for Minors, Life Skills Courses, Crime Victim Reparations, Forensic Medical Exam, and additional services. Many clients who seek our assistance do so through the Lifeline Prevention Center. It has been held in temporary locations, but a permanent location will make it easier for victims to seek help. This building has been many years in the making, and the progress we've made towards its establishment is thrilling. It is through community involvement that Safe Harbor has this opportunity. Construction is expected to be completed spring of 2022. During the peak of the pandemic, to protect our clients, staff, and volunteers, Safe Harbor suspended volunteer work temporarily. We have slowly implemented volunteer work back into our operations. We are impressed at how the community has rallied around us. We are seeing unprecedented numbers of volunteers and volunteer groups work with Safe Harbor. From prior to the pandemic to now, there has been a 38% increase in volunteers working at Safe Harbor. These volunteers are invaluable to Safe Harbor's operations, and we are so grateful for their time and willingness to help our staff and clients.

Despite hardships, we have seen some amazing progress in our fight against domestic violence and sexual assault. However, there is still much to do. We are enthusiastic about this what has been accomplished but continue to face challenges related to COVID-19. The need for housing assistance, therapy, and emergency shelter continues to outweigh our resources. Critical federal funding for our programs is being reduced in the upcoming year. We need community support now more than ever. There are many ways you can help; donations, volunteering, and even sharing what you know about Safe Harbor with those around you can have an impact. We are fortunate to be surrounded by a community that does its utmost to enact change.

Sincerely,



KRISTEN FLOYD

Executive Director



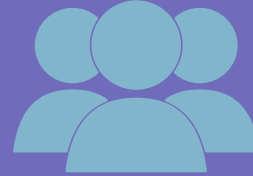


SAFE HARBOR
CRISIS CENTER

FAST FACTS

3,077

Total
clients
served



346

Children
served



Community
education
attendance

2,317

Shelter
nights

5,733



CLIENT PROGRESS

80% reported progression on a goal

85% reported feeling increased safety

79% reported greater confidence making decisions



**CALL US
NOW**

801-444-9161



**DONATE
NOW**

WWW.SAFEHARBORHOPE.ORG

Our Furry Friends

Safe Harbor is thrilled to announce construction has begun on our newly improved pet area. Thanks to a generous grant provided by the RedRover organization, Safe Harbor is constructing a special dog area to house our clients' furry companions. This is important for many reasons. "Nearly 50 percent of domestic violence victims have delayed leaving their abuser out of fear of harm to their animals (Carlisle-Frank, Frank and Nielsen, (2004). Pets as Pawns.)"

"71 percent of pet-owning women entering women's shelters reported that their batterer had injured, maimed, killed or threatened family pets for revenge or to psychologically control victims; 32 percent reported their children had hurt or killed animals (National Coalition Against Domestic Violence)." By providing additional assistance through our pet facility as well as pet supplies and equipment for clients fleeing, we hope to encourage individuals who are staying in unsafe environments to leave.

Pets are the most vulnerable of domestic violence victims as well as a source of control for abusers and abuse of a pet leads to abuse of children in the home. "Domestic violence victims whose batterers abuse their pets report more than twice as many incidents of child abuse as compared to domestic violence victims whose batterers have not abused their pets." Pet abuse is a stepping stone to abusing other family members. Raising awareness of the importance of protecting pets is part of our goals with the newly received funding.

Protecting pets is also critical for patient recovery. "55% of domestic violence victims and their children report that their pets are very important sources of emotional support, thus violence toward pets may be especially devastating and viewed as another form of family violence."

"Interacting with animals has been shown to decrease levels of cortisol (a stress-related hormone) and lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood.." Having improved facilities on site for pets will help ease the burden a family fleeing a violent situation may feel and also provide a source of strength as they work toward recovery.

Expanding our capacity for pets will help save the lives of our pets and their owners. Your continued support of our programs allows us to protect those most vulnerable victims of domestic abuse.



Why Do They Stay?

When we hear stories in the media about abuse victims being killed by their abusers, the question often arises, "why didn't they leave?" This is a complex question that has multi-faceted answers. It's important to remember that, "Abuse is a process, not an event. On average, female victims leave and return to the relationship seven times because abusers often apologize and promise to change after a victim leaves."



Abusers isolate their victims, making them emotionally and financially dependent on them. There is cause for abuse victims to fear, as "leaving an abuser is the most dangerous time for a victim of domestic violence. One study found in interviews with men who have killed their wives that either threats of separation by their partner or actual separations were most often the precipitating events that lead to the murder." Domestic Violence Victims have shared their stories to help others understand their decision to stay.

*"I was a sophomore in college. I fell in love with a wonder guy, my prince charming. It was the perfect relationship – until one day I felt his hand on my face. He said, 'B**** if you had kept mouth closed, it wouldn't have happened. From that moment, my life was turned upside down. I was mentally, emotionally and sexually abused. He degraded me, he talked about me being overweight, and he stripped me of all of my power. I began to question my self-worth, self-confidence, and my true purpose in life. I thought of committing suicide many times. It was a way out for me. I told no one in the beginning. I was too embarrassed and ashamed to share what I was going through – my family and friends adored him. He isolated me from my support system, those who loved and cared for me dearly. Lines of communication with family and friends were limited. He monitored my every move. Eventually I built up enough courage and strength to tell a relative. She said, 'I believe you. You deserve better. What can I do to help?'"*

"I met someone in high school and we started dating. I fell pregnant 3 months before graduating and moved in with him. The first time he put his hands on me was while I was pregnant. I wanted my daughter to have a father so I stayed with him. The violence progressed. It was sexual, physical and emotional abuse. No one knew what went on behind closed doors. He treated me like I was his property. I got my first restraining order after he showed up at my apartment, threw me around, choked me. I got another one four years later, but I ended up dropping it because I didn't have anyone to represent me and I was afraid of his threats.... A women's abuse group was started at the Bayou church – and that's where I broke my silence for the first time. Now I am a trained facilitator. I spoke in front of a group of 150 women and shared my story of domestic abuse. It was an incredible feeling when these women stood up and clapped for me – it made me feel as though my chains were broken."

While their reason for staying are complex and rooted in long-term abuse, there is hope. Through the support of friends, family, and community, we can work together to help survivors break the cycle of violence. Your support is crucial to making change a possibility.

Families in Crisis

Due to the quarantine, and increased economic strain on fractured homes, more and more individuals and their families are seeking our assistance. Our Emergency Shelter services are trending upwards when it comes to requests for housing. Demand rose 7% from the previous fiscal year.

There is a constant need for our emergency shelter due to the large volume of people utilizing this service. In fiscal year 20-21, Safe Harbor received over 1000 requests for emergency shelter. We were able to fulfill 363 of those requests, leaving over 600 requests unmet. Safe Harbor does all it can to house those in need, however; we are limited by space on-site despite making use of overflow facilities.

Currently, Safe Harbor is the only emergency shelter located in Davis county. Individuals who qualify for Emergency Shelter are often fleeing volatile environments. Individuals often qualify after a LAP, or lethality assessment protocol, has been followed. Many entrants to our emergency shelter are referred to us by local law enforcement who have already performed LAP with the client.



Some questions that arise during a LAP are as follows:

- Has [the partner] ever used a weapon against you or threatened you with a weapon?
- Has [the partner] threatened to kill you or your children?
- Do you think [the partner] might try to kill you?

While many of us cannot fathom responding yes to the above questions, they are a key part of identifying which applicants need to enter the shelter the most urgently. As the name suggests, individuals moving into Emergency Shelter often leave their place of residence in a state of emergency, including their lives and/or the lives of their children being threatened. Emergency Shelter provides up to a 45-day period of safety to help clients begin the pathway to recovery. Safe Harbor seeks to expand our Emergency Shelter to increase capacity and remove more individuals from dangerous environments. Safe Harbor is grateful for the community support we have already received in maintaining this valuable resource. We look to you now to join others in the effort to expand our life saving services. As 40% of homicides in Utah are Domestic Violence related, our Emergency Shelter provides intervention that will impact hundreds of lives each year and thousands of lives in the years to come. As one survivor said, “[Safe Harbor has] been a lifeline to me in the storm.”



FINANCIAL REPORT

FY 2020-21

Income

Corporate/Private Donations	\$52,085
Fundraisers	\$119,632
Grants	\$2,266,328
Rental Income	\$2,410
Other/In-kind Income	\$170,723
<u>TOTAL OPERATING REVENUE</u>	<u>\$2,915,978</u>

Expenses

Salaries & Wages	\$1,321,578
Fringe Benefits	\$354,381
Client Services	\$530,183
Rent	\$35,740
Building Maintenance & Utilities	\$169,095
Professional Fees & Licenses	\$59,639
Other Expenses	\$409,420
<u>TOTAL OPERATING EXPENSES</u>	<u>\$2,880,036</u>

Net Assets at End of Year	\$3,513,346
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THANK YOU!

This year has been especially challenging for all, but the support received by our community was evident. Thank you for your continued support and invite you to learn more at

<https://safeharborhope.org/offer-hope/>

BOARD OF DIRECTORS

Safe Harbor is led by an all-volunteer Board of Directors who provide leadership, stewardship, and support for our clients, services, staff, and volunteers.

VOLUNTEERS AT SAFE HARBOR

Safe Harbor relies on the generosity of community members to sustain our free services. While this year was a challenge, our incredible volunteers found creative ways to support our mission. If you would like to become part of this incredibly-talented, committed group, email volunteer@safeharborhope.org.

MISSION

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

STAY IN TOUCH

24/7 Crisis Line: 801.444.9161

Lifeline Prevention Center: 385.515.4044

Business Line: 801.444.3191

www.safeharborhope.org

www.facebook.com/SafeHarborCrisisCenter

Lifeline Prevention Center: Station Park,
280 N Union Avenue, Farmington, Utah 84025
Mailing: PO Box 772, Kaysville, Utah 84037