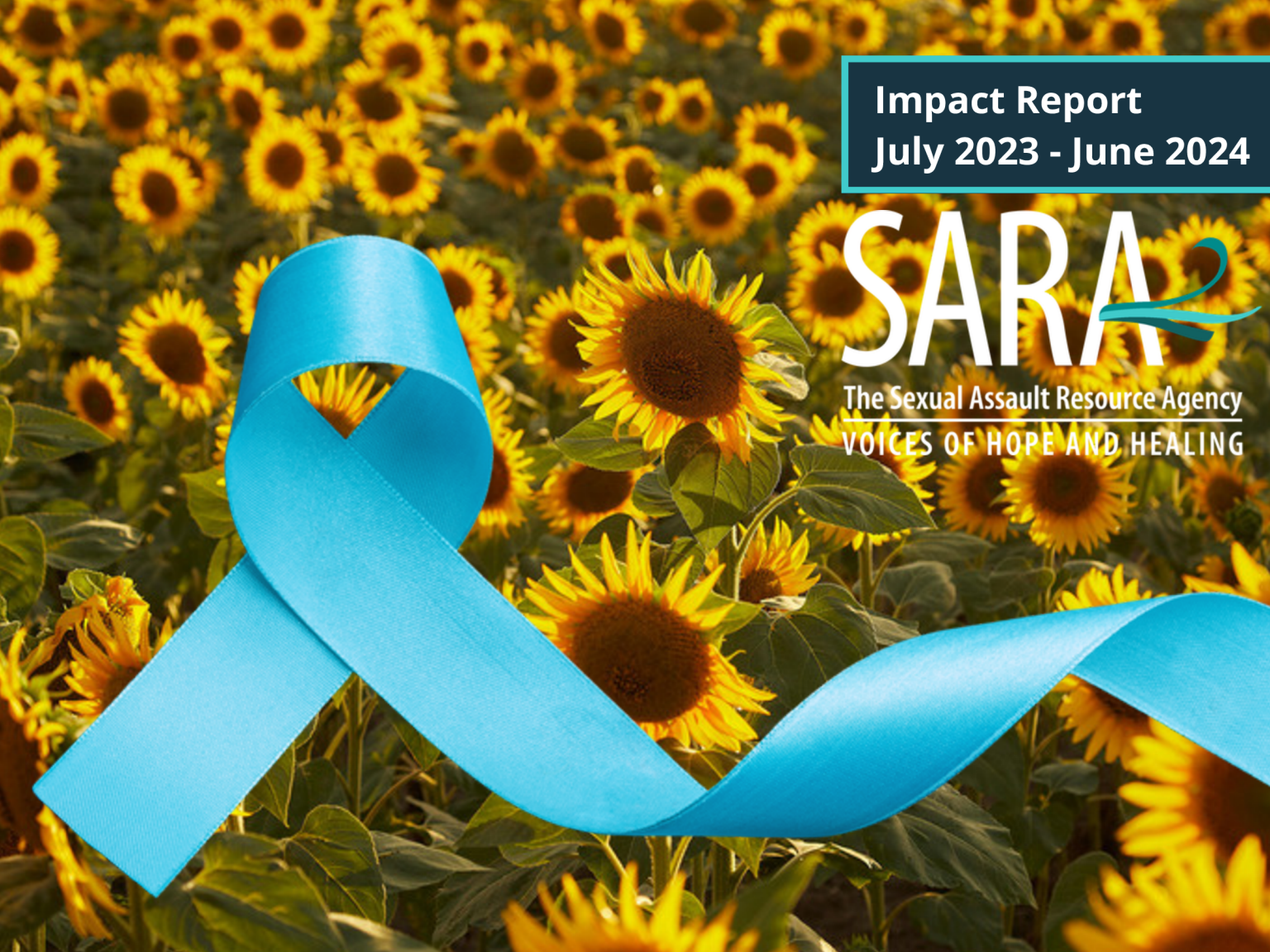




Impact Report
July 2023 - June 2024

SARA

The Sexual Assault Resource Agency
VOICES OF HOPE AND HEALING

Board of Directors

Megan Mitchem, *President*
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**The scope of the problem we
address is vast.**

1 in 3 women, 1 in 4 men, and 1 in 2 in the LGBTQ community,
have experienced sexual violence in their lifetime.

The estimated lifetime cost of rape is \$122,461 per victim.

Leadership Staff

Bass Wolf, *Executive Director*
Katie Aplis, *Director of Programs*
Marni Barish, *Therapist, Co-Clinical Director*
Nicole Baucum, *Therapist, Co-Clinical Director*
Jacqueline Schell, *Advocacy Manager*
Lindsey Hayes, *Prevention Manager*
Priya Bajaj, *Development Manager*

**Together we can create a community
free from sexual violence.**

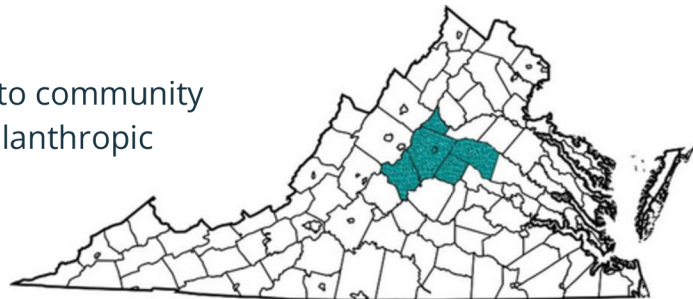


Voices of Hope and Healing

The Sexual Assault Resource Agency was established in 1974, then called the Charlottesville Rape Crisis Group, in response to community needs when survivors lacked empathetic and empowering options after incidents of rape and sexual violence.

After more than 45 years, we continue to respond to community needs with innovative efforts made possible by philanthropic community support.

SARA remains the only free, confidential sexual assault and prevention agency servicing the city of Charlottesville and counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson.



SARA's work today includes:

Prevention Education to reduce the risk of perpetration and to create sustainable cultural change, **Advocacy and Therapy** for survivors and their loved ones to support healing and accessing justice, **Training** to increase the number of people in our community who are prepared to support survivors and, **Community Outreach** to improve services to survivors through our area and advance access to justice.

Everyone Deserves to Grow and Flourish

SARA's vision is a community free from sexual violence. Our mission is to eliminate sexual violence and its impacts means focusing on both prevention education and survivor support services.

Sexual violence thrives when people exploit power over others. It connects to other forms of violence and causes serious health and economic consequences. Through our approach that addresses risk and protective factors, sexual violence can be prevented.



Prevention is possible.

SARA is committed to providing education about sexual violence as well as how to create cultural change that prevents sexual violence in the first place. Our primary prevention approach is based on research, evidence-based practices, and collaboration with community partners.

Preventing Sexual Violence

Program Objectives

- Engage the whole community in preventing sexual violence and abuse.
- Increase empathy and decrease objectification.
- Improve community-wide response to sexual harassment.
- Help set healthy norms around consent and relationships.
- Increase the likelihood that bystanders will intervene to prevent sexual violence.



Community Prevention

We engage leaders from various communities to build skills for prevention and to support lasting change. Community-level work involved long-term planning, revising policies related to sexual violence, and lots of listening. We are grateful to our partners who helped create change.

Accomplishments

- Completion of 2024 Ten Men Cohort
- The Virginian completed the pilot year of “On The Fly”
- The End Games started “On The Fly”
- Statewide agency TA for restaurant support
- Continuation of the Restaurant Coalition

On The Fly

Overview

A program developed by the Restaurant Coalition in Charlottesville, VA to promote a more safe environment by enforcing a **quick & efficient** reporting system to the harmful situations that may occur amongst restaurant staff.



Color-coded System

Code Yellow

When a staff member reports a 'code yellow,' they are in a situation where they are starting to feel uncomfortable with a customer(s). This means the leadership team will begin to monitor the customer(s) or the situation.

Code Orange

When a staff member reports a 'code orange,' they are in a situation where they are consistently becoming uncomfortable with a customer(s). This means the leadership team will begin to intervene with the customer(s) or the situation.

Code Red

When a staff member reports a 'code red,' they are in a situation where they feel unsafe and there needs to be immediate attention on the customer(s) or the situation. This means the leadership team will separate or remove customer(s) from the staff member or restaurant.

Ten Men

Overview

The Ten Men program selects 10 male-identifying folks each year to be influencers for change around issues of gender-based violence. At our gatherings, participants build connections and camaraderie with other male-identifying folks who are taking ownership of these issues.

As well as training, each of the Ten Men develops a personal project to create change, however big or small, in their community, with the goal of helping to prevent gender-based violence. Personal action projects are ways the Ten Men use their influence to increase safety and well-being in the places where they work and live.

Program Details

Each Ten Men participant gets to attend a full-day retreat with the other Ten Men, as well as 7 gatherings throughout the year. These gatherings are where the connections are built, training is received, and participants can collaborate on their personal action projects.

Topics Covered

Healthy Masculinity
Bystander
Intervention
Primary Prevention
Emotional Intelligence

Non-violent
Communication
Trauma & Resilience
ACES
Inclusive Belonging

Allyship
Gender
Empathy
Marginalization

Coaching Boys into Men

Overview

Coaching Boys into Men® (CBIM) is a violence prevention program for athletic coaches designed to inspire them to teach their young male athletes about the importance of respect for themselves, others, and particularly women and girls.

Over the course of a season, CBIM coaches lead their players through brief weekly activities that address themes such as personal responsibility, respectful behavior, and relationship abuse. Teams are encouraged to involve fans, parents, faculty, other students, and school administrators in support of CBIM's respect message.



Program Details

Coaches will attend an initial 2-hour training that will prepare for teachable moments and scenarios as well as facts, information, and tips for implanting the program with their athletes. Post training, coaches will decide the best time to initiate and lead one 10–15-minute conversation with their athletes once week for 12 weeks. We provide our coaches with a card series that has tips, discussion questions, and helpful tools for each of the 12 conversations.

Prevention & Education By Locality

Locality	Events	Meeting	Presentation/ Education	Resource Distribution	Special Events	Tabling	Training for Allied Professionals
Charlottesville	92	47	11	2	10	11	5
Albemarle	25	13	3	1	2	2	4
Nelson	11	5	0	1	1	2	2
Louisa	15	10	0	1	0	2	0
Greene	10	7	0	2	0	1	0
Fluvanna	10	7	0	1	2	0	1
Total	163	89	14	8	15	18	12



Continuum of Care...

The healing journey after sexual assault is complex and looks different for every person.

Whether a survivor is grappling with impacts from a recent event or struggling through resurfacing childhood trauma, SARA provides comprehensive services to meet survivors where they are at in any given moment.

We support a holistic healing process curated through a trauma-informed lens.

Our services are always **free of cost** for survivors and their loved ones and include:

- 24/7 medical accompaniment
- 24/7 hotline service
- Long-term trauma therapy
- Legal accompaniment
- Safety planning
- Emotional support
- Support for non-offending secondary survivors



"SARA has been a lifesaver."

How We Serve Our Community

Our services are available to all individuals impacted by sexual violence. SARA also provides services to loved ones of survivors who have their own healing journeys to navigate.

Number of Services

Service Category	Individuals	Sessions	Hours
Information & Referrals	107	320	95
Personal Advocacy & Accompaniment	111	214	316
Legal Advocacy & Accompaniment	32	72	79
Medical Accompaniment	80	86	253
Emotional Support and Safety Services	163	2,350	1,469
Therapy (included in emotional support)	53	1,040	1,091

Number of Individuals Served by Gender

Male	35
Female	204
Transgender or Gender Non-Conforming	7
Other	1
Total	247

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Community Engagement

Media	14
Meeting	99
Presentation/ Education	19
Tabling & Special Events	34
Training for Allied Professionals	21

Healing takes time.

Sexual violence starts early.

1 in 3 female rape victims experienced it for the first time between 11-17 years old and 1 in 8 reported it occurred before age 10.

Nearly 1 in 4 male rape victims experienced it for the first time between 11-17 years old and about 1 in 4 reported it occurred before age 10 (CDC).

Client Demographics for Fiscal Year 2024

<u>Race/Ethnicity</u>	<u>No. Clients</u>	<u>Therapy & Advocacy Clients</u>	<u>Age</u>	<u>Therapy Clients</u>	<u>Age</u>
American Indian/Alaska Native	3	0-9 years	9	14-17 years	5
Asian	3	10-14 years	8	18-24 years	17
Black/African American	36	15-18 years	23	25-29 years	8
Hispanic or Latino	12	19-24 years	35	30-39 years	17
Native Hawaiian/Pacific Islander	0	25-29 years	16	40-49 years	12
Multiple Races	3	30-39 years	50	50-59 years	5
Not Reported	90	40-49 years	29	60+ years	1
Not Tracked	3	50-59 years	19		
Unknown	1	60+ years	9	Total	65
White Non-Latino/ Caucasian	96				
		Total	198		
Total	247				

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Therapy Demographics FY24

<u>Therapy Clients</u>	<u>Individuals</u>
14-17 years	5
18-24 years	17
25-29 years	8
30-39 years	17
40-49 years	12
50-59 years	5
60+ years	1

Community Outreach



SARA serves the city of Charlottesville and counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson. Each community has unique needs related to addressing and preventing sexual violence. We work with community partners and attend events to reach more survivors and spread the word about our services and programs.

Preparing community members to respond to and support survivors with empathy and compassion.

SARA celebrated our 45th anniversary of incorporation in 2024. We have helped thousands of survivors and their loved ones to get the help and information they need to begin healing. Informed responses from within our community help make that connection even more quickly.



Challenging Prevailing Attitudes & Myths

Myth: Rape does not happen that often.

Fact: There is an average of 463,634 victims age 12 or older of rape and sexual violence each year in the U.S. This means an act of sexual violence occurs every 68 seconds.

Myth: Wearing revealing clothing, behaving provocatively, or drinking a lot means the victim was “asking for it”.

Fact: The perpetrator selects the victim -- you should be able to wear whatever you want and drink without fear of being assaulted.

Myth: Many reports of sexual assault to law enforcement are false.

Fact: The prevalence of false reporting for sexual assault crimes is low — between two percent and ten percent.



Your Impact on Healing

"Working with my therapist continues to be the most effective therapy that I have received. Her attention to detail and expertise in navigating my complex ptsd from childhood sexual abuse has been a complete game changer compared to the five previous therapists I had worked with."

"I'm grateful everyday that I have access to this service. I'm blown away by the knowledge and medical care provided here. I feel safe and like I'm on the right the path for healing."



You can continue to help SARA by:

- Providing financial support, and asking your friends and family to join you
- Volunteering your time on the hotline and at events
- Brining SARA to your civic group or workplace for free training
- Helping us build stronger relationships in our community
- Referring survivors and sharing about our programs



Fiscal Year 2024 Financials

Revenue

Government Grants	\$570,735
Fundraising	\$296,835
Program Revenue	\$25,000
Investment Income	\$13,866
Other Revenue	\$1,746
Total Revenue	\$908,182

Expenses

Programs	\$795,089
Management and General	\$185,627
Fundraising	\$3,986
Total Revenue	\$984,702



Why Give This Year

- You ensure there is access to hope through a 24-hour on-call advocate when survivors need one the most, over the phone and on-site in critical cases
- You provide the capability for survivors to heal through tele-therapy when in-person counseling is not possible
- You enable prevention specialists to train our community partners and first responders