

SARA

The Sexual Assault Resource Agency
VOICES OF HOPE AND HEALING

*We Will
Believe You*

SUPPORT.
ADVOCACY
PREVENTION

www.saracville.org
24/7 Hotline: 434-977-7273



Impact Report
July 2018-June 2019





Dear Friends,

In 1974, Charlottesville community members gathered to improve crisis response for survivors and built SARA, then known as the Charlottesville Rape Crisis Group. In 1979, SARA incorporated as a nonprofit agency. Forty years later, we honor our trailblazers and celebrate that anniversary.

Your support helps expand services to meet the needs of survivors and their loved ones. After forty years, there is still much work to be done to support survivors and build skills for prevention.

Without your generous philanthropy, our work would not be possible. We hope you will continue to invest in our vision of a community free from sexual violence.

Sincerely,

Rebecca Weybright
Executive Director

***“There is still much work
to be done to support
survivors and build skills
for prevention.”***

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SARA
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VOICES OF HOPE AND HEALING

The scope of the problem we address is vast.

1 in 3 women, 1 in 4 men, and 1 in 2 transgender individuals have experienced sexual violence in their lifetime. The estimated lifetime cost of rape is **\$122,461 per survivor**.

1 in 4 girls and 1 in 13 boys experience sexual abuse in childhood. In the United States, the lifetime economic burden of child sexual abuse is **\$9.3 Billion**.

Together we can create a community free from sexual violence.

40 Years of Hope and Healing

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

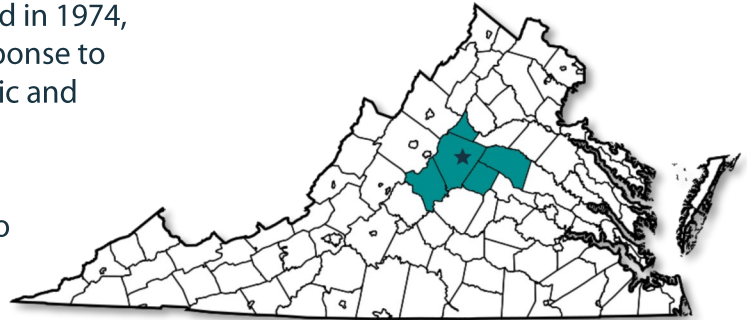
After more than 40 years, we continue to respond to community needs with innovative efforts made possible by philanthropic community support.

SARA remains the only free, comprehensive rape crisis and prevention agency in the greater Charlottesville Area.

Our approach is trauma-informed and survivor-centered, informed by current research and the experience we gain working with survivors in our area.

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 throughout our area and advance access to justice.



SARA provides services to survivors in the city of Charlottesville and the counties of Albemarle, Fluvanna, Greene, Louisa, and Nelson.

"When I was a child, no one knew. I felt I had no voice and was unprotected."

-a survivor

Everyone deserves to grow and flourish.

SARA's vision is a community free from sexual violence. Our mission 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 is connected to other forms of violence. It 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 prevention approach is based on research, evidence-based practices, and collaboration with community partners.

Preventing Sexual Violence

SARA Prevention Educators reached over 1,000 people this year with on-going facilitated groups, leadership coalitions, and education to promote sustainable change in our community.

Program Objectives

- ♦ Engage the whole community in preventing sexual abuse
- ♦ Increase empathy and decrease objectification
- ♦ Decrease rigid gender norms
- ♦ 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



SARA Prevention Team. left to right): Laurie Jean Seaman, Director of Prevention; Rebekah Coble, Prevention Training Specialist; Jada Cox, Bystander Empowerment Specialist.

Community Prevention

We engage leaders from variety of communities to build skills for prevention and to support lasting institutional change. Our community-level work involves long-term planning, revising policies related to sexual violence, and lots of listening. We are grateful to our partners who helped create change in:

8 Restaurants

39 Restaurant owners, managers, and staff

6 Senior Living Facilities

30 Senior Living Facility Staff

41 Religious Communities

42 Religious Community Representatives

8 Allied Organizations

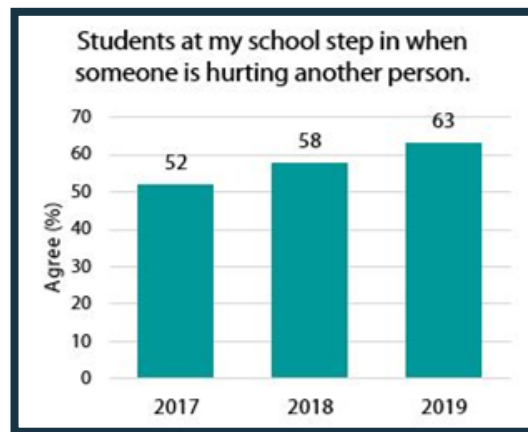
113 Allied Professionals

Program Highlight: Green Dot

Green Dot is a bystander intervention training plan that builds a movement within a school community. It engages students in their real lives and gives them skills to stop abuse before it starts. Grounded in the idea that **nobody has to do everything, but everybody has to do something**, Green Dot teaches two social norms to protect against sexual violence:

1. Abuse won't be tolerated in our community.
2. Everyone is expected to play a role in preventing abuse.

After three years, this program is already changing the culture at a local high school. 63% of students believed their peers would step in when someone is hurting another person, an 11% increase from when SARA began Green Dot.



Youth Prevention

Local schools are important partners in our prevention efforts. In these partnerships, SARA offers materials, consultations, and support for educators and administration in preventing sexual violence in their schools. During the 2018-2019 school year, SARA provided prevention education to:

5 High Schools

1860 High School Students

111 Teachers

and School Administrators

2 Middle Schools

1076 Middle School Students

158 Parents and Guardians

Together we can build sustainable cultural change for safer, more empathetic communities.

Continuum of Care

The healing journey after sexual assault is often 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 that particular moment.

We are part of the holistic healing process, walking with survivors through:

Medical services to heal from physical injuries,

Therapy to heal from the psychological trauma, and

Legal Advocacy to support seeking justice.

Impacts of Sexual Violence

Primary concerns expressed by survivors:

- 159** Mental/Emotional Health (fear, anxiety, stress, shame, etc.)
- 106** Physical Well-Being (stress, health issues, sleep, etc.)
- 96** Awareness & Access to community resources (how to get help)
- 72** Safety (feeling unsafe, threatened, or in danger)
- 68** Support/relationships (trust, family, friends, etc.)



During forensic medical exams, survivors may experience a multitude of physical and emotional reactions. Many survivors will have their clothes collected as evidence of a crime.

SARA offers teddy bears and new clothes for much needed comfort at the hospital.

Services Provided

- 242** Emotional Support, Counseling
- 195** Hotline Calls
- 121** Crisis Intervention
- 115** Safety Planning
- 113** Information and Referrals
- 81** Accompaniment at Forensic Exam
- 79** Therapy (licensed)
- 29** Services to Address Basic Needs
- 28** Legal Advocacy
- 6** Accompaniment at Police Interviews

Healing takes time.

Services are available to all survivors of sexual violence including men, women, nonbinary individuals, and children. SARA also provides services to friends, family, and loved ones of survivors who have their own healing journeys to navigate.

Client Demographics

325 Individual Clients

50 Children and Youth

47 Girls

3 Boys

273 Adults

252 Women

21 Men

Locality of Residency

28% Albemarle County

37.5% City of Charlottesville

13% Fluvanna County

3% Greene County

3.5% Louisa County

5% Nelson County

11% Out of Service Area

No.

Clients

Age

2

0-4

8

5-12

40

13-18

105

18-29

69

30-39

45

40-49

36

50-59

18

60 +

Race/Ethnicity

53

African American / Black

9

Asian / Pacific Islander

198

Caucasian

15

Hispanic / Latino

2

Native American / Native Alaskan

17

Other

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 that 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 that it occurred before age 10 (CDC).

All services are provided free of cost. We believe survivors should not hold the burdens of healing from sexual assault.



Community Outreach

SARA serves 5 counties and the city of Charlottesville, all with a multitude of communities represented. Each community has unique needs related to addressing and preventing sexual violence. We work with community partners and attend events like health fairs and festivals to reach more survivors and spread the word about our services and programs.

Increasing public awareness about the impacts of sexual assault.

5816 Individuals reached through

164 Community Engagement Activities including:

- 49 Educational Presentations
- 44 Resource Distributions to local medical offices, mental health agencies, social service organizations, schools, etc.
- 35 Special Events –Community Days, Resource Fairs, etc.
- 27 Media Events including radio and television

49 Educational Presentations through:

- 15 Community Social Events
- 11 Professional Settings
- 9 College and University Presentations

28 Trainings for Allied Professionals including:

- 15 Law Enforcement
- 9 Health Care Professionals

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

SARA has helped thousands of survivors and their families over the past 40 years get the help and information they need to begin healing. Informed responses from within our community help make that connection even more quickly.

Challenging the prevailing attitudes and dispelling the myths which perpetuate sexual violence.

Myth: Rape does not happen that often.

Fact: There is an average of 293,066 victims ages 12 or older of rape and sexual assault each year in the U.S. This means 1 sexual assault occurs every 107 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.

Thank you to our friends at Champion Brewing Co., Reason Beer, South Street Brewery, Three Notch'd Brewing Co., and to everyone who participated in Simcoe for SARA 2019!



Volunteers from UVA Batten School



You Are Our Advocates

"No matter what, the folks at SARA believe survivors. It's sometimes nice to see the world that way. That we believe, we trust, and we do our work from there."

-Jennifer King

"My hope is with further community involvement and awareness that sexual violence in our community will continue to decline."

-David Ferrall, Broker, Nest Realty

"The work that SARA has done and continues to do for people I care about, as well as just people in general, is extremely important and worth supporting."

-anonymous monthly donor

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
- ♥ Bringing SARA to your civic group or workplace for free training
- ♥ Helping us build stronger relationships in schools and congregations
- ♥ Referring survivors and telling people about our programs

2018-2019 Financials

Revenue

State Grants from Government Agencies	66%
Fundraising	21%
Local Grants	7%
Other Grants	3%
Community Groups & In-kind Gifts	1%
Miscellaneous & Investment Income	1%
Total	\$890,803

Expenses

Personnel	82%
Building, Maintenance, and Equipment	7%
Supplies & Outreach Materials	4%
Professional Fees	3%
Fundraising & Special Events	1%
Insurance	1%
Other	1%
Statewide Hotline	<1%
Total	\$919,925

Why Give This Year

To tackle the problem of sexual assault, we must change the public perception of rape and sexual violence, ensure adequate services for survivors, involve men and boys in prevention efforts, ensure responsive criminal justice practices, and prevent sexual assault.

Your generous contributions are fundamental in eliminating sexual violence.

Thank you to our donors.

Community involvement, including gifts received between July 1, 2018—June 30, 2019, allows for community-level change. We could not do this work without your generous support.

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SARA
The Sexual Assault Resource Agency
VOICES OF HOPE AND HEALING

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