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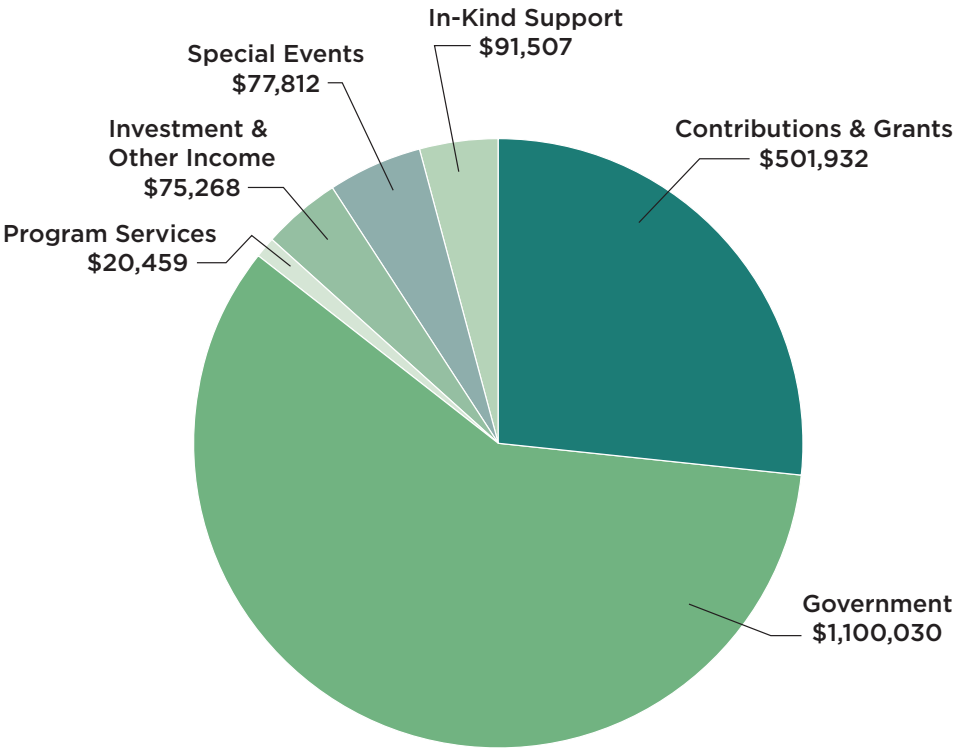
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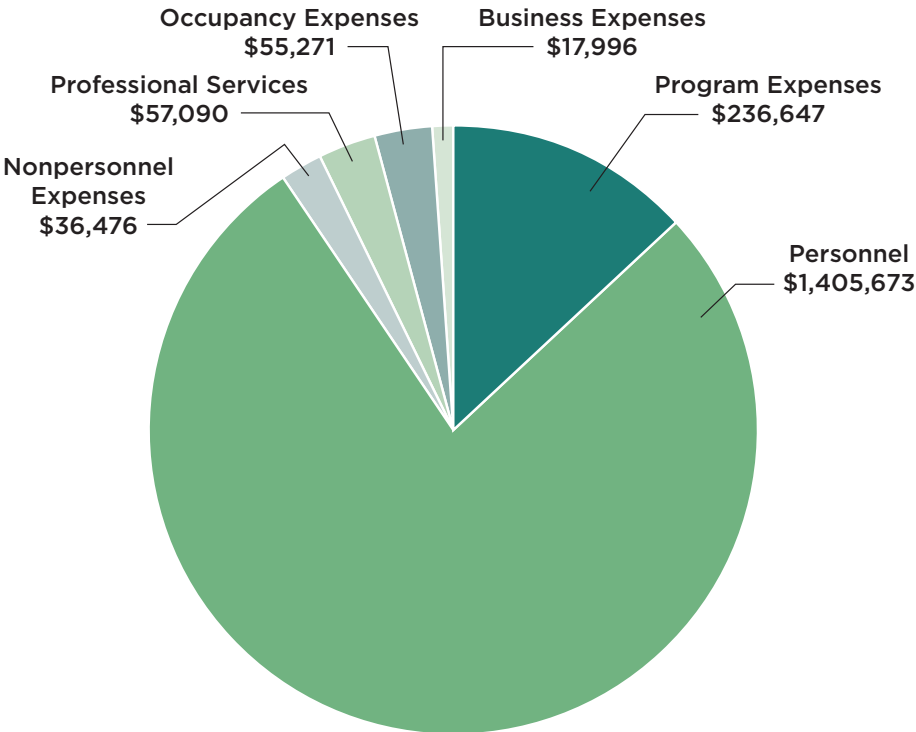
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Summary Statement of Revenue & Expenses FY19

TOTAL INCOME: \$1,867,008



TOTAL EXPENSES: \$1,809,153



For more information about our services or to donate or volunteer, visit our website: www.safeharborshelter.com.



Impact Report

July 1, 2018–June 30, 2019

“When I came to Safe Harbor, I was living a nightmare of fear, anxiety, shame and self-doubt. Now I am strong. I am confident. I am proud. I am happy. I am present. I am truly surviving. Thank you would never be enough.”

— V., Client

Safe Harbor provides the support that survivors of sexual and domestic violence and human trafficking need to overcome their crisis and to transform their lives.

Because of your generous support...
We served 1,588 clients (1,349 adults and 239 youths).

Sexual and domestic violence and human trafficking are prevalent in every community, even ours.

The core of our work is to help survivors heal and rebuild their lives.

Counseling

Working with a counselor will improve a survivor's quality of life, mental and emotional health, and significantly reduce the likelihood that they will be abused again. Our Counseling Program helps survivors, who are living in our shelters or in the community, experience a reduction in trauma symptoms and an increase in resiliency.

531 clients (450 adults and 81 youths) received trauma informed individual counseling and/or participated in a support group, both of which are offered in Spanish and English.

Approximately two-thirds of adult counseling clients reported clinically meaningful increases in their ability to demonstrate coping strategies for trauma triggers after participating in counseling services.

100% of clients surveyed agreed or strongly agreed that they had accomplished what was needed to gain safety and stability after receiving DSV Emergency Shelter Services.

Domestic & Sexual Violence Safe House Program

Leaving is the most dangerous time for a survivor because the abuser senses they have lost control of that person—and will do anything it takes to get control back, even homicide.

Our Domestic & Sexual Violence (DSV) Emergency Shelter and Transitional House provide a safe place for survivors to heal.

105 clients (58 adults and 47 youths) found shelter, safety and support as they processed and healed the trauma they experienced.

Human Trafficking Program

We are the only agency in Central Virginia to provide comprehensive services including therapeutic counseling, addiction counseling, case management, and shelter for human trafficking (HT) survivors in our community.

57 individuals, who were survivors of human trafficking, received the support and services they needed to rebuild their lives.

100% of HT residents, who resided in shelter for at least 180 days and entered with their physical health in crisis and little to no access to health care, exited in good health and with the ability to maintain their own care.

Court

Navigating the court system can be complex and re-traumatizing for survivors. **731 clients received the help they needed to navigate the court system** when seeking protective orders in addition to support and crisis intervention.

Outreach & Volunteers

105 volunteers were trained and over 10,000 volunteer hours were donated to Safe Harbor. **9,642 community members were reached** through outreach programs and educational workshops.

FY19 Highlights

- We expanded our reach to serve more human trafficking survivors with the implementation of a dedicated hotline. This new hotline is registered with Polaris, who maintains the 24/7 National Human Trafficking Hotline. **When human trafficking survivors call Polaris for help, they can now be connected with Safe Harbor, who can provide services and shelter.**
- **We shared our knowledge and learnings about our Human Trafficking Program by hosting a conference on human trafficking, Building Recovery: Starting a Comprehensive Residential Program for Survivors of Human Trafficking** on Friday, April 26, 2019. Over 75 service providers attended the conference, which aimed to help agencies and their staff identify and serve human trafficking survivors in a manner that is trauma-informed and meets the client where they are with dignity and without judgment.
- **We expanded our ability to show the impact our services are making in the lives of survivors with the hiring of a full-time Director of Data and Evaluation.** This new role provides leadership and strategic direction in agency-wide data infrastructure, collection, and analysis, as well as, the design, development and implementation of agency outcomes. Using evidence-based methods and tools, we are now able to document behavior changes within our clients.