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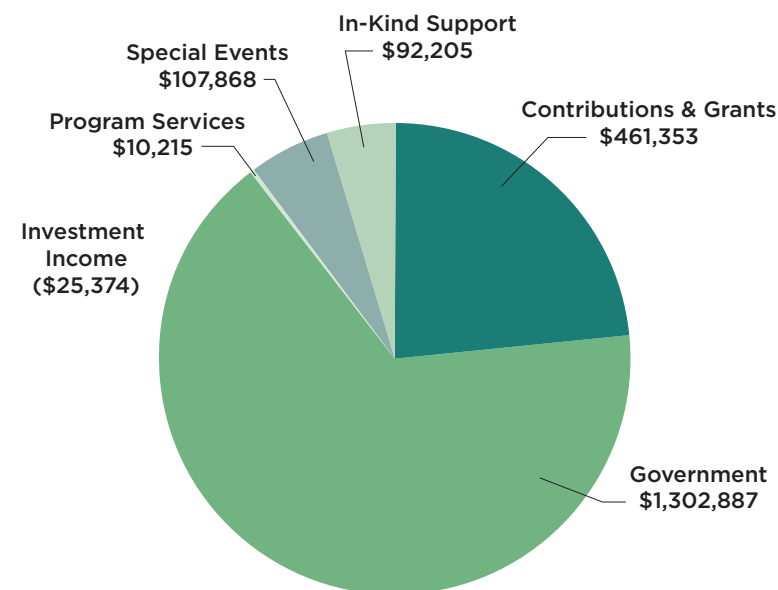
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content centered around the healing and regulation of trauma stemming from sexual and domestic violence. These videos are posted on our website and promoted on our Facebook (www.facebook.com/SafeHarborRVA) and Instagram (@safeharborrva) pages.

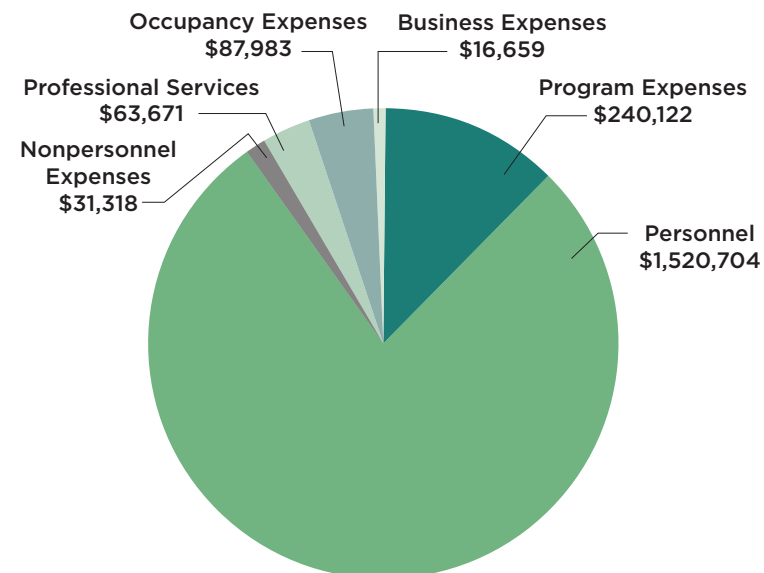
It is definitely a new normal for us and for those we serve. For over 20 years, we have prided ourselves on our ability to quickly respond to community needs with the implementation of new programs and services. In this environment of COVID-19 and whatever the future may bring, we will continue to adapt to provide the services and programs survivors need to heal and rebuild their lives. **Thank you for your support!**

Summary Statement of Revenue & Expenses FY20

TOTAL INCOME: \$1,974,528



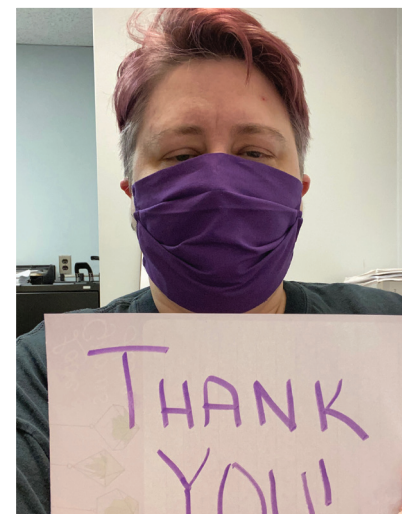
TOTAL EXPENSES: \$1,960,460



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

Impact Report

July 1, 2019–June 30, 2020



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 1,389 clients (1,252 adults and 137 youths).

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

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

Counseling

Survivors often struggle with self-esteem, feelings of shame and powerlessness, and symptoms of PTSD. Carrying these feelings alone can be a heavy burden, which can lead to addiction, chronic health conditions, depression and anxiety, self-harm, and other mental health disorders.

Our Counseling Program helps survivors process the trauma they have experienced so they can

- **experience a reduction of trauma triggers, such as flashbacks or panic attacks, and**
- **increase their ability to adapt to adversity and feel empowered to make their own decisions (resiliency).**

“*I am so thankful to have found Safe Harbor. My counselor has been pivotal in my growth as a woman and in my healing.*”
-C., counseling client

Domestic & Sexual Violence Safe House Program

Our Safe House Program provides shelter for those needing to escape imminent danger. While in shelter, clients are provided with support services, food and personal care items, as many survivors needing emergency shelter leave home with just the clothes on their back.

“*Thank you for helping me.*”
-S., shelter client



431 clients (377 adults and 54 children) received trauma informed individual counseling and/or participated in a support group, both of which are offered in Spanish and English.

66% (two thirds) of adult counseling clients reported significant improvements in their ability to face adversities.

76 clients (40 adults and 36 children) were sheltered and given safety and support.



100% of shelter clients who resided 14 or more days exited to a safe living situation, one free of violence or where they are not living with their abuser.

Human Trafficking Program

Safe Harbor opened the first comprehensive human trafficking (HT) shelter program in Central Virginia to provide shelter, counseling, case management, and addiction counseling for survivors of trafficking. Prior to this time, there were no programs in Central Virginia and few trafficking recovery programs throughout the state and nation.

The Department of Justice and the National Center for Missing and Exploited Children ranks Richmond one of the Top 20 jurisdictions for sex trafficking in the United States. Greater Richmond's geographic location and proximity to major highways make it a hub for trafficking activity. Since opening our human trafficking program in January 2017, we have provided shelter and services to 58 human trafficking survivors.



Supporting Survivors in the Midst of COVID

COVID-19 has impacted all of our programs.

The pandemic has created situations that have resulted in increases of abuse-survivors trapped in their home with an abuser, traffickers using the crisis as an opportunity to exploit those economically disaffected-all of which has resulted in an increased demand for our Counseling and Safe House Programs.

Safe Harbor staff have adapted operations to protect and assist current and new clients.

Steps are in place to help those in imminent danger seeking safety through our **Safe House Program**, which consists of four shelters: a domestic violence emergency shelter and transitional house, and a human trafficking emergency shelter and transitional house.

Staff continue to answer hotline calls and provide shelter clients with services such as safety planning, crisis intervention, emotional support, case management, and resources such as food and personal care items.

Since the start of the pandemic, we have seen an increase in the number of survivors needing emergency shelter as well as an increase in case management services needed by past shelter clients, who are requesting additional emotional support as they navigate this new normal.

We continue to provide **individual therapeutic and addiction counseling** in Spanish and English, through a HIPAA compliant virtual telehealth service, for adult survivors and for children, age 5 and up, who have witnessed sexual or domestic violence

100% of HT clients regardless of length of stay exited with a personalized, practical plan to improve their safety should they experience abuse again or need to leave an abusive situation.

Court Advocacy

Navigating the court system alone can be scary and confusing. **Our court advocates provided education about the legal system, assistance in securing emergency and permanent protective orders, safety planning, referrals and support to 639 clients.**

between a parent or guardian, and for teens, age 13 and up, who have been the victim of sexual assault/abuse or dating violence.

Because some of our clients still reside with their abuser and it is not always safe to conduct counseling sessions, our counselors have developed a system using phone calls, text messages, emails and even code words to make sure that clients and their children are safe. Over the last month, we have seen an increase in demand for counseling services. We currently have a waiting list of clients seeking appointments.

Virtual support groups, including one for men and one for immigrant survivors, have resumed, and counselors have been creating videos to share with clients and the community that provide information, tools, and creative