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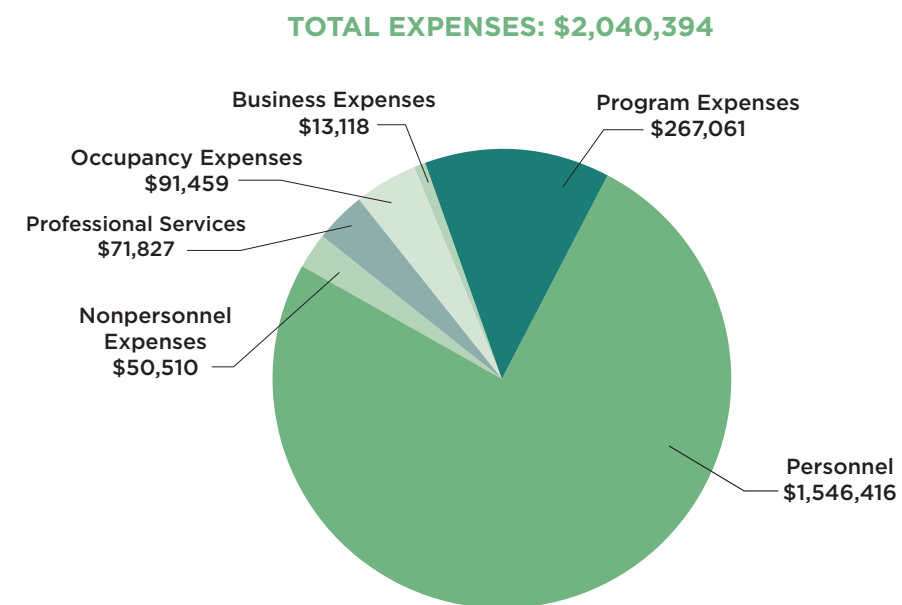
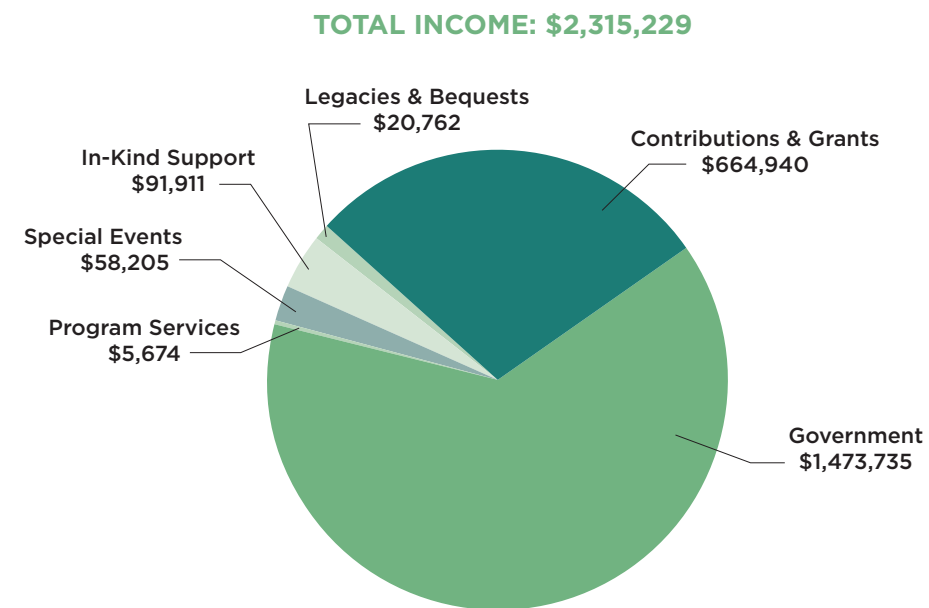
Katherine Moore  
Volunteer & Administrative Manager

Kailie Smith  
Director of Outreach, Education & Community Engagement

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In service to the work, rebuilding the lives of survivors of sexual and domestic violence and human trafficking, we thought outside the box. Instead of being daunted by the challenges of virtual operations, we were emboldened. We continued to serve clients here in Central Virginia. We broadened the audience for our messages about sexual and domestic violence and human trafficking. And we made access to our services easier. **We couldn't have done it without your steadfast support.** It let us view this crisis as an opportunity, and our organization emerged from it more resilient and more nimble. These traits will allow us to meet the needs of those we serve wherever they are and whatever the future may bring. **Thank you!**

## Summary Statement of Revenue & Expenses FY20



For more information about our services or to donate or volunteer, visit our website: [www.safeharborshelter.com](http://www.safeharborshelter.com).

# Impact Report

July 1, 2020–June 30, 2021

*The Silver Linings  
of a Pandemic*

safe harbor

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.

# There is no doubt the pandemic has made life challenging for all of us.

*But for some of our friends, neighbors, or co-workers the pandemic has been life shattering.*

The pandemic created situations that resulted in increases of abuse as survivors were isolated or trapped at home with their abuser, and traffickers used the crisis as an opportunity to exploit those economically disadvantaged.

**Your support helped to rebuild the lives that had been shattered and re-establish the hope that had been broken.** Because of you, 1315 survivors of sexual and domestic violence and human trafficking found the safety and support they needed to heal and rebuild their lives.

*[Thank you!]*

## Counseling

Our therapists work with adult and child survivors to bring about a reduction in trauma triggers such as flashbacks or panic attacks and an increase in resilience, so clients feel empowered to make their own decisions.

*“The services I and my two children received through Safe Harbor have been so helpful and really good for us. We have peace now and are happy. My children are now able to talk about the changes in their lives and their feelings. I feel so relieved to move on and ready to start a life free of abuse.”*  
- S.

**414 clients**  
(356 adults and 58 youth)

received trauma informed counseling and/or participated in support groups, which are offered in Spanish and English.

**77% of adult counseling clients**

reported significant improvement in their ability to face adversity.

**83% of child counseling clients**

showed minimal trauma symptoms after counseling.

## Domestic & Sexual Violence Safe House Program

Without shelter programs, the consequences for many victims would be dire: homelessness, loss of their children, actions taken in desperation, returning to the abuser, or death. Our Safe House Program is a safe haven for survivors and their children to work through the harmful effects of the trauma they have experienced, so they can heal and rebuild their lives.

**94 clients**  
(56 adults and 38 youth)

were provided with safe shelter and support.

**100% of shelter clients who resided 14 days or more**

exited to a safe living situation, one free of violence or where they are not living with their abuser.

*“I love Safe Harbor with all of my heart. I stayed in the shelter with my kids, and they loved being there—being safe. We were treated with nothing but love and respect. Without Safe Harbor where would I be? Safe Harbor is my safe harbor. Thank you!”*  
- K.

## Human Trafficking Program

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.

Our comprehensive Human Trafficking Recovery Program offers emergency and transitional shelters, therapeutic and addiction counseling and case management services and was the first program of its kind in Central Virginia. Without this dedicated shelter program, survivors would have to be transported to shelters outside of Central Virginia or would go unserved.

**28 female adult survivors** were provided with therapeutic and addiction counseling, case management, and shelter.

**94% of HT clients** regardless of length of stay exited with a personalized, practical safety plan to improve their safety should they experience abuse again or need to leave an abusive situation.

## Court Advocacy

Court Advocates assist survivors seeking protective orders in Henrico County Courts and provide wrap-around services including safety planning and crisis intervention.

**687 clients** were provided with services and support in the securing of 865 preliminary and protective orders.

## The Silver Linings of a Pandemic

**The last 18 months have been challenging for the world and for our little corner of it.**

Non-profits had to reimagine how they provide services to protect clients and staff. Not only did the Safe Harbor team successfully find innovative ways to continue to deliver their services safely, but they discovered a silver lining or two along the way.

Adult counseling clients were often trapped at home with their abuser during the crisis. The virtual counseling platform allowed them to easily connect to their therapist for counseling and support. Many clients talked to their therapist while in their car or on a walk around their neighborhood. No longer did clients have to worry about the logistics of getting to our community office for appointments without their abuser knowing.

But our amazing counselors went farther. They leveraged their technical know-how to create YouTube videos to help people manage stress, provide guidance to parents on how to talk to anxious children, and to give instruction on relaxation exercises. In turn, the communications team shared these videos on Safe Harbor's social media to expand their reach. These evergreen videos will continue to make an impact on our community.

Prior to COVID, receiving counseling service virtually was far from standard.

But over the last year and a half, the use of virtual platforms for meetings and counseling sessions has not only been normalized but, in our case, allowed us to serve more clients where they were, *literally*. Moving to BlueJeans, a virtual platform for our counseling and support groups, came with technical challenges but it also brought the benefit of easier access.

**The use of virtual platforms for meetings and counseling sessions has not only been normalized but, in our case, allowed us to serve more clients where they were, literally.**

Another silver lining was the growth we saw in our teen support groups. Support groups provide youth with a safe

place to understand that they are not alone while also engaging in self-healing alongside their peers. Pre-COVID, many teens had to rely on parents or guardians for transportation to our community offices for their weekly support group. With the virtual platform, teens can log on from anywhere to participate, which has increased the number of teens in our groups by 20%.

Our annual Walk to End It event was held virtually last November. Virtual events became another first for Safe Harbor. People across the nation walked for Safe Harbor, urged on by many friends of the organization with family spread across the country. We had people walking from California to Virginia, Maine to Florida. Our virtual Walk became our most successful one yet and the message about our work reached a national audience. Going forward, we hope our Walk will always include an opportunity for people to join the event outside of Richmond.