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Safe Bars RVA

From Looking Away to Reaching Out

Restaurant and bar staff often are frontline witnesses to sexual harassment, aggression, and assault—but they don’t always know what to do. Enter the Safe Bars RVA program founded by Kailie Smith, Safe Harbor’s Director of Education, Outreach, and Community Engagement.

In this initiative, trained local bartenders and violence prevention advocates teach industry staff how to recognize and safely respond, whether the aggressor is a patron or coworker. Participants learn the 5 Ds:

- **Direct**, such as asking an abusive patron to leave
- **Distract**, which means redirecting the aggressor’s attention to give the targeted person a chance to leave the situation
- **Delegate** responsibility to someone who’s better equipped to handle the problem, such as a manager or bouncer
- **Delay**, which means speaking with the victim after the fact
- **Document** the incident with photos or video (not to be used without the victim’s consent)

Simply acknowledging what happened can make a difference, Smith says, because “the way others react to someone’s experienced trauma can affect the way they process it.” Imagine a sympathetic bartender leaning over to say to a young patron, “I heard what he said to you, and that’s not OK.”

With Safe Bars RVA, we envision a future where every frontline bar worker feels empowered to intervene in instances of harassment and abuse. “Sadly, there’s been times I’ve just walked away or not said anything,” one participant said. “I will be checking in more often when needed.”

Your Impact, By the Numbers

25 certified trainers

11 establishments trained since December 2021

50 out of 52 participants report an increased understanding of how sexual violence plays out in bars.

100% of participants say they’re better equipped to intervene in unsafe situations.

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



From Fear to Freedom

From Survival to Hope



Impact Report July 1, 2021–June 30, 2022

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.

Dear Friends,

For many survivors of domestic violence, things got much worse this past year. Following the economic and emotional aftershocks of COVID-19, abusers have become more violent, attacks have grown more lethal, and victims have found it harder to escape abusive situations.

It takes tremendous courage for a survivor to take the first step and ask for help. Safe Harbor is there to answer their call—**thanks to your generosity.**

As you'll see in this Impact Report, we've made a lot of progress in helping survivors recover and rebuild. Significant challenges remain, however. One of the most urgent needs we're seeing is housing. Safe Harbor shelters as many clients as we can, but there are limited community resources to help people find affordable housing. Not only that, but our government funding has been reduced even as the demand for services has substantially increased.

It takes a whole community to help someone overcome trauma. **You, our wonderful donors, are the heart of that community.** Thank you for your compassion and your generosity. Thank you for being the difference in someone's life.

Cathy Easter, Executive Director

“They help me to discover all that I am worth as a person and that emotional wellbeing can be achieved.” (translated from Spanish)

– N., Client

Counseling

357 clients (291 adults, 66 youth)

63% of adult counseling clients reported significant improvements in their ability to face adversity.

65% of child survivors were better at expressing their feelings after counseling.

“Safe Harbor was there for me when I reached a low point in my life mentally and emotionally.”

– E., Client

“Safe Harbor has been great for me and my children. I feel we survived thanks to them.”

– B., Client



Domestic & Sexual Violence Safe House Program

83 clients (56 adults, 27 children)

88% 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.

“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

Human Trafficking Program

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

100% 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.

The Safe Harbor Counseling Program

From Self-Doubt to Self-Discovery

Before and during the COVID pandemic, Safe Harbor received a handful of calls each month that intake staff marked as needing urgent attention. In 2022, we received the same number of urgent calls each week.

The reason: Survivors who normally would have reached out for help earlier found themselves trapped with their abusers, isolated by the pandemic and by economic circumstances. As a result, the threats they faced grew more dire, involving weapons, strangulation, hopelessness, and suicidal ideation.

Thanks to the steadfast support of our donors and our therapists, Safe Harbor has been able to respond rapidly to these survivors in crisis. “I am just so proud of everyone. They have really stepped up for clients, and for each other,” says Clinical Director Cindy Capriles, LCSW, CTP-C.

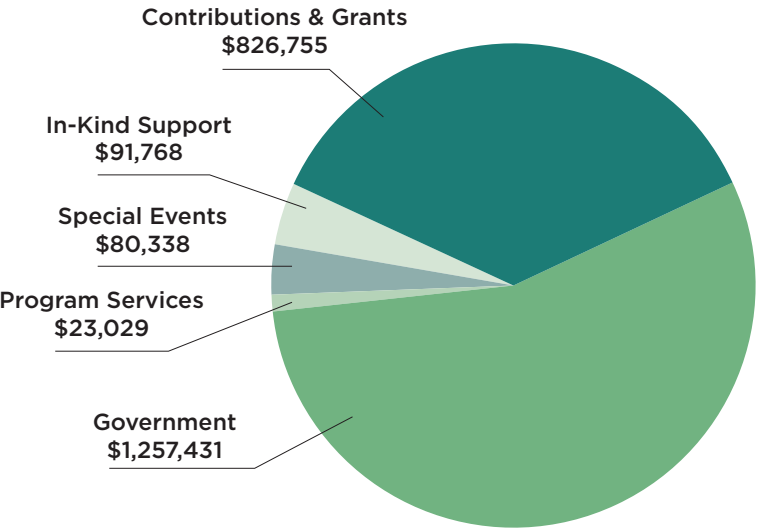
In 12-week sessions, counselors begin by teaching survivors coping skills, so they can reach a place of stability and safety. Then, they move to a phase of remembrance and mourning to process what they've been through. Finally, they work on reconnecting with others and developing a new sense of self.

In 2022, Safe Harbor returned to offering in-person counseling at the community offices and the Sacred Heart Center, which provides childcare, transportation and other services for clients in the Latinx community.

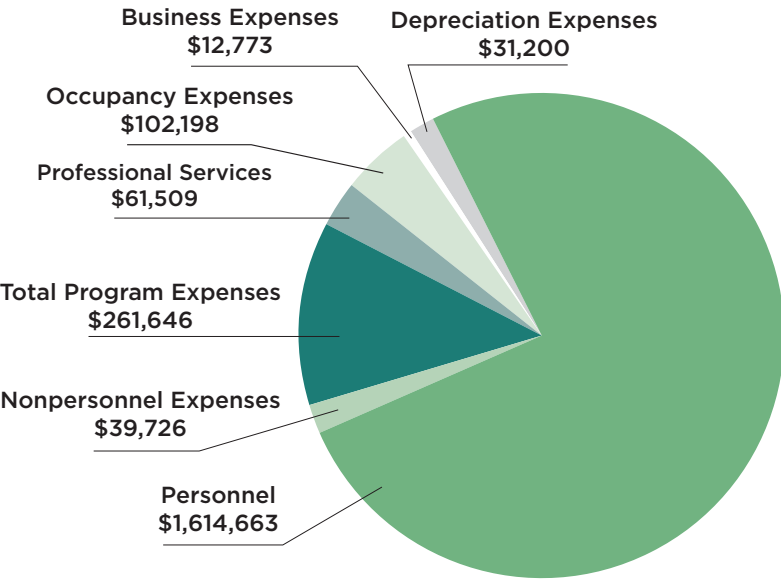
To ensure survivors get the ongoing care they need, Safe Harbor continues to run a wide array of support groups. These include groups for women, men, teens, Spanish speakers, and LGBTQ survivors. “No one else was providing that service,” Capriles says. When we see a need, we meet it.

Summary Statement of Revenue & Expenses FY22

TOTAL INCOME: \$2,279,321



TOTAL EXPENSES: \$2,123,715



“The staff at Safe Harbor have been absolutely amazing. I am very touched to have encountered such understand(ing) and reassuring individuals. You have really allowed me to transform my life, healing deep wounds inflicted upon me, and explaining to me that love is respect, and that I should not expect anything less than that.”

– C., Client