



Take Back
the Night

Sexual Assault Centre Kingston Annual Report 2017-2018

Chair's Remarks

And another year has past! When we last met at the 2017 AGM we celebrated our work, and to introduced our then new Executive Director. It seems like just a few months ago! Much like a year ago, there have been many **successes, challenges, changes**, and hard work put in by the staff, volunteers, and Board members.

#metoo has lead to a monumental shift in how our community talks about and organizes against sexual violence. Last October that conversation sparked a renewed vigor against sexual violence that has brought survivors forward, challenged society's myths about sexual violence, and has inspired many new feminists to organize for change. Our Centre has seen these impacts and more. Since #metoo began trending we have seen a **50% increase in survivors** coming forward to the Centre seeking support. Kingston was not alone in seeing this increase in demand for service; our sister sexual assault centres across Ontario all reported similar increases in survivors coming forward.

For our Centre #metoo is not just an increase in service demand but also an opportunity. We have seen a tremendous increase in support for our vision of a community free of sexual violence. More volunteers have come forward. More of our neighbours and friends have supported our cause. It is important to remember in this time that we are a feminist-centre for survivors to heal and also a place for **feminist action** to be a future free of sexual violence.

Mandate

For forty years we have been providing services informed by a feminist, anti-racist and anti-oppressive framework. We do this through:

A feminist perspective - We believe in gender equity and equal access to resources and opportunities for people of any gender.

A trauma-informed approach - We aim to provide specialized services that are safe and client-centered to the needs of those affected by trauma due to sexual violence.

An anti-oppressive perspective - We strive to include and empower marginalized groups that are underrepresented and undeserved, giving a voice to those whose stories go unrecognized.

We understand that the resiliency and bravery of survivors is the foundation of all our work. We are guided by the voices of survivors in all aspects of our work, and we respect and honour all the decisions they make about their lives. We seek to identify and remove barriers that might exist for the communities we serve in accessing our program and services. We know that our greatest partner is our community; they are a key target for change and we can't achieve our vision of a community free of sexual violence without them.

Our '17-'18 Board of Directors

The Centre is governed by a volunteer Board of Directors. Directors bring their dedication, wisdom, passion, and lived experiences to the Centre. They promote feminist, anti-oppression values, and seek diverse, equitable representation that is reflective of our service users.

Mary Egbowon - *Director*

Denise Lamb - *Director*

Karina McInnis - *Vice-Chair*

Michelle LaMarche - *Chair*

Krista Videchak - *Director*

Alison Jog - *Director*

Nour Mazloum - *Director*

Lindsay McAllister - *Director*

Erina Park - *Treasurer*

Sue Spooner - *Director*

Chantale Blanchette - *Director*

Jennifer McCall - *Secretary*

Our '17-'18 Staff

Our Centre is powered by wonderful and amazing staff. They staff bring varied backgrounds, skills, and approaches making our organization more dynamic and better able to meet the needs of our services users and community.

Elayne Furoy - *Executive Director*

Theresa Metcalfe - *Coordinator of
Counselling Services*

Kim Graham - *Community Education
Coordinator*

Trina Martin - *Counsellor*

Megan Cyr - *French Language Services
Counsellor*

Sarah Perras - *Volunteer and Crisis Line
Coordinator*

Maryann Clayton - *Financial and
Administration Coordinator*

Jolie Brant - *Indigenous Counsellor*

Brea Hutchinson - *Executive Director*

Jennifer Byrd - *Counsellor*

Counselling

Our counselling services are free, confidential, individualized and flexible. We understand how hard it is for survivors to come into the Centre, so we try to help ease any fears or discomfort. We ensure our counselling services are **available in both official languages**, and we can also arrange translation services in over 300 other languages including ASL. We help by offering on-site child minding services as well as transportation subsidies for those in need. We offer a space for survivors to build coping skills and strengths, help reduce the impact of trauma and to explore avenues of self-directed healing and recovery.

Our counsellors are experienced in trauma informed care with a specialty in working with those who have experienced sexual assault and abuse. Our counsellors are educated in social work, counselling, and child and youth services.

In this reporting year our Counselling Services supported **490 survivors** of sexual violence.

Community Education

Community education aims to promote social change through advocacy, prevention and awareness. During this reporting year we delivered public education workshops in every high school in our region – and reached over **3600** participants through more than **580** hours of workshops, lectures, teach-ins, and other events.

Workshops included: sexual violence, consent, effects of childhood sexual assault, bystander intervention and much more. In addition, we develop digital and print resource material, and participate in anti-violence coalitions. Our initiatives are survivor-centred and we are continuously integrating more volunteers into our work.

Volunteer Contributions

Volunteers magnify our ability to support survivors and to challenge rape culture – our impact is greater because of their amazing contributions every day. In this reporting year more than **75** volunteers gave over **10,000** hours of service to the Centre. We are proud to work with all who have brought their diverse experiences, strengths, and skills to the Centre. Whether engaging on crisis line, public education, court support, or fundraising, because of their commitment that we can provide such a wide range of services.

Crisis and Support Line

Our 24-hour, seven days per week Crisis and Support Line provides confidential and non-judgmental support for survivors and their loved ones. We offer information, support and coping strategies for our callers of all gender identities. Our crisis and support line covers KFL&A, Belleville, Cornwall, Peterborough and the Four Counties. In this reporting year we received more than **1600** crisis contacts.

Using Technology to Support Survivors

During this reporting period the Centre joined with our sister sexual assault centres across the province to explore how we can use technology to better support survivors. This pilot project saw our Centre explore the possibility of offering video-counselling, text-based counselling, and a short project to explore the possibility of text enabling our crisis and support line.

The pilot demonstrated that we need to meet survivors where they are - and increasingly that is online. Moving forward from the pilot our Centre is implementing the resources and training to offering **video-counselling** and to expand our crisis and support line to include an **online chat** and **text messaging** functions.

Indigenous Services

We provide one-on-one sexual assault counselling for Indigenous peoples who are seeking supportive services. Our Indigenous Counsellor takes a holistic approach when working with Indigenous individuals. The Indigenous Counsellor incorporates traditional Indigenous healing approaches and traditions based on Medicine Wheel Teachings which focuses on **spiritual, emotional, physical** and **mental balance**. Medicine Wheel Teachings encourage and facilitates growth, belonging and identity.

Les Services en Français

Nous continuons d'offrir des services en français de façon régulière et uniforme aux survivants francophones. Nous avons réussi à nous assurer que notre matériel de sensibilisation, notre site Internet et nos documents de gouvernance sont disponibles dans les deux langues officielles.

Funders and Finances

Our Centre is honoured to have the support of the Kingston & FLA community, the students of Queen's University, the Ministry of the Attorney General, the Ministry of Health and Long Term Care (through Addictions and Mental Health Services, and the United Way of Kingston & FLA. With their support we are enabled to support survivors of sexual violence and works towards our vision of a community free of sexual violence.

In this reporting year we have more than **doubled the donations** received from individuals to the Centre. This has been the result of hard work by volunteers, the Board, and the generosity of more than **100 individual** donors.



United Way
Kingston, Frontenac,
Lennox and Addington
Partner Agency

