

A letter from the Executive Director

This has been an awesome year. We have grown; we have found new supporters; we have found new ways to approach our work. While there is still much work to be done, the Sexual Assault Centre Kingston leaves behind the 2018-2019 fiscal year in an excellent condition to thrive moving forward.

During this year we gained a new financial supporter for the Centre; we have added a new counsellor position to our team; we reorganized and enhanced our statistics collection and privacy processes. Further, we have begun to track our successes and barriers; we now can demonstrate the power of supporting our work and the cost of our under-funding. With this new data we have been better able to connect with donors and push governments to support our work.

While this year has seen many positive steps in the right direction, we still face many challenges. Our funding from the provincial government has no increased. The priorities of the provincial government likely does not have our best interests at heart. And, as a community Kingston has a crisis in delivering mental health services.

With all that said I feel beyond a shadow of a doubt, the Sexual Assault Centre Kingston has an amazing team supported by a large and loving community; and with these two ingredients, we remain well positioned to succeed.

A year in review

This reporting year, covering from April 2018 through to March 31 2019, has been an exciting and vibrant time. From hopeful new opportunities, to exciting new friends and supporters of our work, this year has laid the foundation for many more successes in the future.

As the last days of the fiscal year were upon us the Centre was busy with two game changing projects; our new Status of Women Canada grant, and the Vogue Charity Fashion Show. Both of these projects will be explained in further details elsewhere in this report.

This year saw the continuation of the **#metoo** phenomenon. Since 2017 our year-over-year requests for service has doubled. During this reporting year we supported nearly **480** individual survivors at our Centre. We delivered more than **2200** hours of individual counselling and psychotherapy; more than 250 hours of group counselling; and answered more than **3000** crisis calls.

Our team continues to grow and our Centre continues to rise to the challenge of supporting survivors and building a community free of sexual violence.

Our 2018-2019 Team

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.

Michelle LaMarche - *Chair*

Jenn McCall - *Vice Chair*

Erina Park - *Treasurer*

Alison Jog - *Secretary*

Sue Spooner - *Director*

Denise Lamb - *Director*

Chantal Blanchette - *Director*

Our Centre is driven by a dedicated staff team of nine members with two additional full-time student placements. These nine staff have been with the Centre from a range of six months to eleven years; collectively they bring more than 50 years of experience to the Centre. During this reporting year we honour Kim Graham for her tenth anniversary working with the Centre.

brea Hutchinson - *Executive Director*

Trina Martin - *Coordinator of Counselling Services*

Kim Graham - *Community Education Coordinator*

Maryann Clayton - *Administration and Finances Coordinator*

Nicole Sarsons - *M. Counselling Student Placement*

Sam Galati - *Volunteer and Crisis Line Coordinator*

Jennifer Byrd - *Counsellor*

Bethany Smith - *Counsellor*

Ashlee Allen - *Counsellor*

Jayne Blondin - *Counsellor*

Chantal Lake - *Child and Youth Worker Student Placement*

Wait times, and what could be

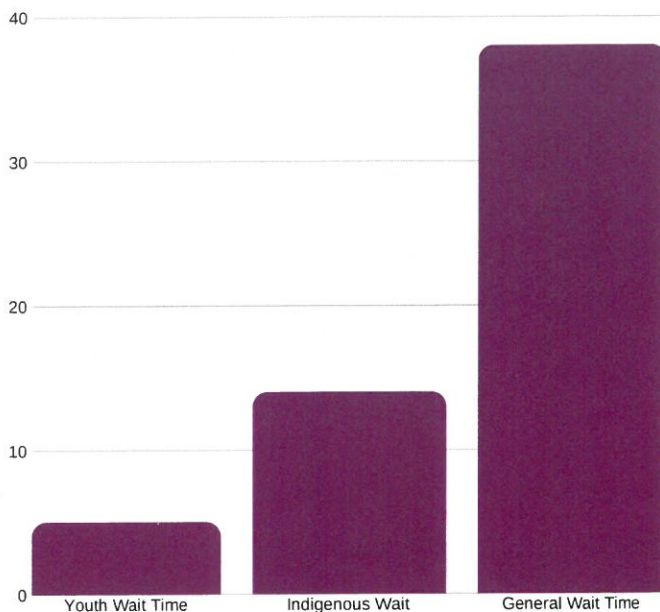
The Board of Directors has identified two priority populations; young and Indigenous survivors. These two groups of survivors access our services faster. Wait-time is measured from intake date to the beginning of their counselling services.

The United Way of Kingston Frontenac, Lennox and Addington funds the Centre to provide rapid response to high-school aged youth. This is an exciting problem and with their support we were able in the 2018-2019 fiscal year to have an **average wait-time of five days**.

In the 2016 fiscal year the Board identified Indigenous survivors as a priority population as a first step to work towards justice for Indigenous communities. This program is not funded by an funder. During the 2018-2019 fiscal year we had an average wait-time of **15 days for self-identified Indigenous survivors**.

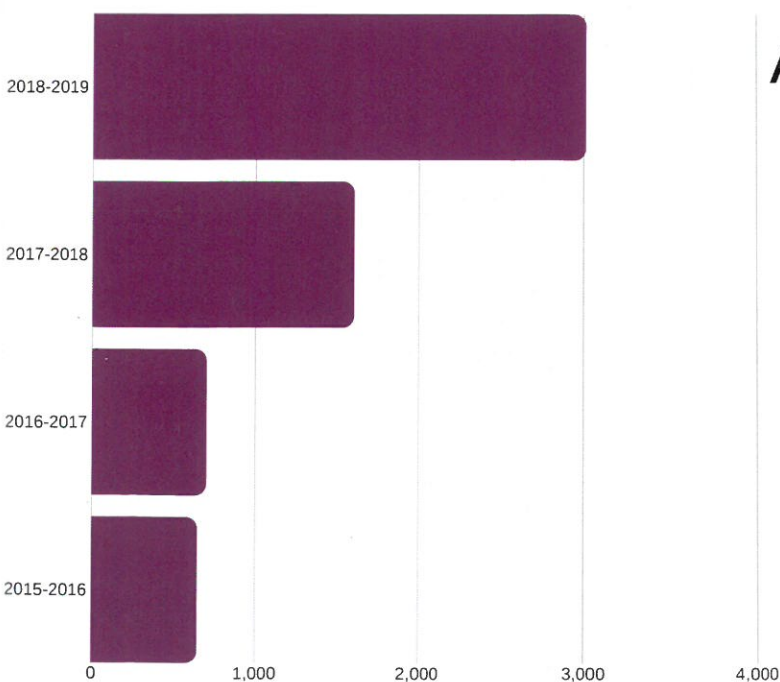
As written earlier, since 2017 we have seen a doubling of service-requests while our funding has remained flat. This has resulted in an unfortunate average wait-time of just less than **40-business days** for the general wait list during this reporting period.

To eliminate the wait list for counselling for survivors of sexual violence we would need three new full-time counsellors.



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the number of full time counsellors we would need to eliminate the wait list



And with longer wait times

The Centre has experienced ever more calls on our crisis lines. In the 2018-2019 year we had a total of 3010 crisis contacts.

More than 65 volunteers provided nearly 700 hours of crisis intervention and support over our crisis lines.

During this reporting year we sought out funding and the required resources to add a new chat and online text line to our crisis services.

Unfounded and the Independent Police Review

Working in collaboration with our partners across the province and with a national team lead by Sunny Mariner; Kingston became one of the first municipal police force to welcome feminist, community led review of their unfounded and cleared without charge police files. This review, led by our Centre, sees feminist advocates review the police's investigations, without redaction and without police in the room, and make recommendations to improve their work. While the process is still new, and there is much room for improvement, this is a first step in seeking transparency from the Kingston Police Force.

Going the Distance - Status of Women Canada

During this reporting year our Centre answered a call for proposals from the federal Status of Women Canada seeking to develop and test best practices for supporting survivors of sexual violence. Our submission was selected for further development and as the last days of the fiscal year were upon us, our project received confirmation of funding.

For the next four and a half years our Centre will be exploring the best practices for supporting marginalized survivors of sexual violence through distance-counselling modalities. This is exciting work as we will be at the leading edge of this field. The grant from Status of Women Canada is for \$540,000.

Funders, Finances, and Vogue

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.

During the summer of 2018 our Centre was selected as the recipient charity by the Vogue Charity Fashion Show of Queen's University. These amazing students, set up to raise awareness of our work, give their time to our mission, and set out to raise \$60,000 for SACK. After ten months of dedicated and inspiring work, Vogue shared that they raised over \$84,000. This amazing gift will be used to support our Indigenous and youth Counselling programs and enhance our crisis line to better reach youth.



Addiction & Mental Health Services | services de lutte contre les dépendances et de santé mentale
Kingston Frontenac Lennox & Addington



United Way
Kingston, Frontenac,
Lennox and Addington
Partner Agency

