

Annual Report 2010-2011

Women's Sexual Assault Centre



healing, education
& prevention

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24 hour Crisis Line service made possible through
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Victoria Women's Sexual Assault Center



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REPORT FROM THE EXECUTIVE DIRECTOR

At WSAC's past three Annual General Meetings, we honoured the work of our amazing staff, celebrated our volunteers, and humorously roasted our dedicated Board. In my fourth year as the Executive Director we will be celebrating and recognizing those who participate in our events and their supporters. Special events benefit VWSAC in three ways:

1) Events, and the publicity around them, **advertise that WSAC exists in Greater Victoria to serve survivors of sexual assault.** We know that one in three women are sexually assaulted every year and only 6-10% come forward to report to the authorities or to seek assistance. Community events, with the support of the media, keep us in the public eye, build awareness of our Centre, and, most importantly, ensure survivors know where to turn for help.

2) Events allow us to **educate the public about sexualized violence issues in our community.** At Walk a Mile in Her Shoes, WSAC invites speakers to talk about the diverse aspects of sexualized violence and address how men can support anti-violence work. At the Triathlon of Compassion, organized by Island Triathlon and sponsored by Fort St Cycle and Frontrunners, athletes who compete and raise pledges to support our organization use creative multimedia tools (a form of peer to peer education) to explain to potential sponsors why the fight against sexualized violence is important to them personally. As an example, long time participant, Jules Wilson created a YouTube video, you can watch it here: <http://bit.ly/10bO43>.

As one of twenty-two charities participating in The Good Life Fitness Victoria Marathon, WSAC has a team of marathon, half marathon, and 8k athletes that run and walk to support our agency. Last year Christy Smith bravely shared her own experience with sexualized violence through an innovative social media campaign and went on to win the award for top individual fundraiser (out of 13,270 registered runners) raising over \$20,000 to fund WSAC's services. Christy's blog post went viral, and created an opportunity for widespread learning and understanding that went beyond our city limits. You can read her story here: <http://bit.ly/k5Z11d>.

3) Events **bring in much-needed financial support to WSAC.** We thank all participants, whether they are hobbling in women's shoes, bicycling, swimming, and/or running, or organizing their own fundraising event on our behalf. We also thank those of you who cheer them on at events and/or sponsor them through pledges; we would not be able to provide necessary services without your help. In total, special events raised over \$75,000 in 2010-11! WSAC thanks you all!

As always, thanks to all funders and donors, we continue in every way to value your gifts of money, time, and needed items. You can be assured that your ongoing contributions leave a legacy and contribute to the vibrancy and health of our agency. I also want to especially thank our staff and volunteers, including our Board of Directors, who work so tirelessly to make the services we provide come alive each day.

Sincerely, **Makenna Rielly**

REPORT FROM THE BOARD OF DIRECTORS

Again this past year, our Board members brought passion and dedication to our work with the Centre, whether it was our regular monthly meetings to help with agency governance or the many committees in which we participate. Of particular note this year was our effort to play a key role in engaging with our community in the Centre's many community events – from registering and cheering on hard-working athletes at the Triathlon of Compassion, to event planning that invites men and their loved ones to step up and step out for the best turn-out and fundraising effort to date for Walk a Mile in Her Shoes, to joining the agency's TC10K team to enhance the agency's community visibility, to walking with our community to speak out about missing Aboriginal women at the Memorial March for Missing and Murdered Indigenous Women – and many actions in between.

For us, these events are about much more than simply raising critical funds to support the Centre, or raising awareness about VWSAC's services – although these are important goals unto themselves. These events also help raise awareness across our community about very challenging issues – sexualized violence, gender inequality, and the cycles of oppression that support them. And each year, we are always grateful to see so many people join us by showing up, speaking up and taking action. Whether it's donating time, money or voice to the VWSAC and its events, this community continues to provide us with both purpose and inspiration to fuel our ongoing commitment to this work. We owe all of our volunteers, donors, participants and partners our deepest appreciation. Without them, and without you, very little change could ever be accomplished.

In addition to events that invite all of us to get involved, we also know it is our responsibility to look inward for change as well. Learning and expanding our awareness of the issues of sexual and gender-based violence is everyday work here at the Centre. However, to do this well, we must also understand how these forms of violence are tied to other forms of oppression and injustice, like discrimination based on race and/or ethnicity, sexual orientation, ability and socio-economic status – and create a culture at the Centre that does not.

This year we renewed our commitment to feminism and human rights by exploring how we can adopt more inclusive ways of thinking, reflecting, growing and acting. We created an Anti-Oppressive Caucus with both staff and Board members to explore how we are doing, and offer recommendations about how we need to evolve. Board members also serve on the agency's new staff/board working group to revisit current agency policies and create new ones where they're needed – starting with our promise to create Anti-Oppressive and Transgender Policy to help guide VWSAC's future work. Of course, this couldn't be possible without the support of the Centre's amazing staff, so we wish to thank all of them for their willingness to engage in and support this challenging, very rewarding endeavor.

Finally, we wish to acknowledge a few members of the Board who left this year – Jennifer Harrison, Natasha de Klerk, Liz Morrison, Katie Shaw-Raudoy, and Shelley Spring. We thank you for your service to the Centre, and wish you all the very best.

Sincerely,

Allison Beardsworth, Kimberly Brown (Treasurer), Ann Evans Locker, Heidi Exner (Co-Chair), Sally Gose (Co-Chair), Yvonne Haist, and Tyler Schaus (Secretary)

THANK YOU TO OUR FUNDERS & GRANT PROVIDERS

◆ **Community Gaming Grant through the Province of BC** – Project Respect & youth-focused counsellor ◆ **Ministry of Public Safety & Solicitor General** – STV & VS contracts ◆ **Provincial Employees Community Services Fund** – Crisis & Info Line and Workshops for Supporters ◆ **RBC Foundation** – Project Respect ◆ **Thrifty Foods** – Smile Card Program ◆ **United Way of Greater Victoria** – Project Respect ◆ **Victoria Foundation** – Trauma Informed Practices ◆ **Victoria Foundation** – Vic High – Youth in Philanthropy grant ◆ **Walk BC** – Walking to the Wilds Group

EMILY ELLINGSEN ACHIEVEMENT AWARDS

There are many people and groups throughout the year who contribute thousands of hours of their volunteer time in support of WSAC. In fact, we could not deliver the services and programs that we do without them. We are very fortunate to have dedicated volunteers on our Sexual Assault Response Team, our Board of Directors and our Admin team. We also have hundreds of volunteers who help us at events and who organize fundraising and awareness events on our behalf. Heartfelt and warmest thanks to all of you!



Christy Smith, Lenore Kennedy and Tracy Lubick

In honour of outstanding achievement and support through volunteerism and/or fundraising, we recognized two individuals this year with the Emily Ellingsen Achievement Award. Christy Smith courageously shared her experience as a survivor in Oct 2010 when she launched a social media

campaign around her participation in the GoodLife Fitness Marathon raising an amazing \$12,000. An article in the Times Colonist prompted a call from generous donor, Rudi Hoenson, whose gift of \$7,500 brought her overall total to an astounding \$20,000! This was followed by a personal letter included in our holiday mail campaign that brought in another \$34,000. In April 2011, Christy organized a fundraising event at Willow Stream Spa where she unveiled her personally designed Shh! Campaign t-shirts that raise awareness about the issue of sexualized violence and are now on sale at LeBlanc Boutique with all proceeds benefitting WSAC. Christy's goal is to break the silence that surrounds this issue and to let survivors know that they are not alone.

Niki Hodgkinson was the recipient of the second Emily Ellingsen Award at the Tri of Compassion in July. Niki launched her fundraising efforts in the spring by doing a spin demo for six hours in the front window of the Lululemon store in downtown Victoria. Together with DJ Anger and Plint's Prints she created and sold a music CD that included training music for Tri participants and she had a personalized fundraising website encouraging people to support WSAC. Completing her first Triathlon and finishing third in her age category, Niki was the top fundraiser at the event raising \$2,295!

Thank you, Christy and Niki, for going above and beyond, and thank you volunteers, participants, organizers, sponsors and donors for making such a huge difference in the work that we do.

Tracy Lubick, Resource Development Manager

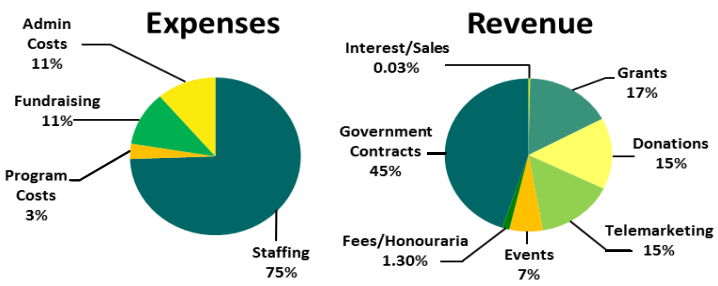


Niki Hodgkinson

OUR DONORS

We rely on the generous financial support of the community to sustain our services. Thank you to all of our donors whose gifts make a difference in the lives of many. We extend special recognition to the following:

A & A King Family Foundation, Barbara Armstrong, Award Builders Ltd, Barbara Baillie, Harold Bird, Laurel Bowman, Bruce Bryant-Scott, Lori Bulmer, Robert Cameron Law Corp, Michael Carson, Sheridan Cooper, Charlie Danbrook, James Darke, Irma de la Verde, Odette Drackley, Chris Eve, Excel Systems Software Development Inc, Dwane Ford, Fort St Cycle, Frontrunners, J.F. Furber, Ellen Godfrey, Kathy Gose, Sally Gose, Joanna Hagar, Gerald Halford, Rudi Hoenson, Island Acupuncture and Herb, Island Triathlon, Don & Ruth James, David Kazakoff, Mary Langran, Catherine McAteer, Mel McDonald, Jean McGale, Gwyneth Murray, Dr. John Muzio, Jack Noel, Katherine Nonesuch, Scott Phillips, Annette Przygoda, Chuck Redman, Elizabeth Riehm, Makenna Rielly, Janet Rowney, Runners of Compassion, Sacred Heart Christian Charities, Stephen Scobie, Philip Selbee, Tracey Sinclair, Wendy Smith & Arlene Skagfeld, Stephen Smith, Swiftsure Drywall, Dr. Jennifer Waelti-Walters, Gordon Warrenchuk, Van City-Victoria Community Branch, Louise White, Norma Wuester, Dr. Julian Young, and Christopher Zemanek.



TRAUMA-INFORMED PRACTICE AND SUPPORT (TIPS) ON THE ROAD!

In 2008, WSAC developed and began providing training in the community on trauma-informed practice as a way to share what we know about supporting survivors of sexualized violence. A trauma-informed perspective is like a lens that can be applied to any field of work: youth work, medical, social work, policing, etc. This lens helps a supporter better understand the range of responses and increase the effectiveness of their primary work with a survivor by acknowledging the centrality of safety in supportive relationships, understanding the myriad of ways people respond to trauma and the importance of support for workers.

After completing the third round of trainings in Victoria in March 2010, we have moved to a fee-for-service model of delivering the TIPS training. In April, TIPS trainer and coordinator, Barb Peck, travelled to Ucluelet to deliver training to a mixed group of MCFD workers, outreach workers, First Nations community support workers, transition house staff and community response personnel. In late 2010, we negotiated with the Yukon Government's Women's Secretariat to deliver the TIPS training at the Yukon College in June 2011, which included an additional day to share our experience of the Sexual Assault Response Team with a group initiating a similar system in Whitehorse. We've also been asked to participate in national efforts to integrate trauma-informed practice into mainstream health and social support systems. On November 18th, 2010, Direct Client Services Manager, Stephanie Capyk participated in a national webinar with a panel of practitioners and researchers to explore trauma-informed practices around the country. Later this year, the Centre for Addiction and Mental Health in Toronto will be publishing a book to which Barb and Stephanie contributed a chapter on the development of TIPS, and available online, WSAC's TIPS program is referenced as an example of trauma-informed practice in action on the BC Centre for Excellence in Women's Health website. We look forward to ever-evolving ways to share the learning and ideas that our clients teach us to better support and make our community safer.



CONVERSATIONS ABOUT SEXUALIZED VIOLENCE IN THE CAPITAL REGIONAL DISTRICT

Over the past year, there have been a number of stories in the media about sexualized violence. These stories were first in response to police investigations into high profile criminal investigations of sexual assault, and then over recent months, stories exploring survivors' experiences, the responses they've received from police, medical and services such as WSAC, and the socially held beliefs and values that may make it difficult for survivors to come forward with their experiences. Through these stories, a public dialogue has been emerging about sexualized violence, and people are asking, 'what is happening in our community?'

We've been so encouraged to see how our local media have sustained the conversation beyond the initial stories of public stranger assaults. Reporters such as Danielle Pope at Monday Magazine have invited Victorians to think more deeply about sexualized violence by covering a range of stories from the recent flashings in Victoria, to coverage of Christy Smith, who has transformed her healing path into a campaign to raise awareness and funds, and an in-depth, honest and poignant story of one woman's difficult path to healing from a sexual assault. These stories act as a chorus of voices, help us all to better understand different perspectives, to hear the diversity of experiences of community members who are survivors, and hopefully to challenge us to understand the roots of sexualized violence and work together to make our community safer for all.

COMINGS AND GOINGS

Over the past year, we've been so lucky to have a group of amazing interns in the Direct Client Services Team. These interns bring an incredible wealth of knowledge, curiosity and passion for supporting survivors, and the most amazing mutual learning and growth happens when we share our knowledge and experiences! A big thank you to Lisa George from the U. Vic M.Ed. Aboriginal Communities Counselling program, Lindy Devine from the U. Vic Community-Based M.Ed. Counselling Psychology program, Fabiane Silvera from the U.Vic M.A. Counselling Psychology program, and Jessica Lefevre from the City University M.A. Counselling Psychology program!

We also bid a sad farewell to a few staff, though with their reasons for leaving (the London School of Economics, U. Vic. law school, travelling the world, being closer to family, working with the police), we just feel so excited for what comes next for you all! Thank you, and we'll miss you, Sarah Schlote, Grace Lore, Savanna Peekeekoot, Kim Hamilton and Lindsay Nicholson.

Project Respect works to prevent sexualized violence among youth aged 14-19 by providing safe and skillfully facilitated spaces for young people to begin to think critically about, act to resist, and create positive alternatives to the harmful (yet normalized) messages they receive about gender, relationships, sexuality, and violence. Programming addresses individual, relationship, and societal level influences by focusing on knowledge change, skill-building, attitude change, and social change.

Project Respect reached 1020 youth during the 2010/11 school year through 55 two-part workshops in schools and community-based organizations, including 5 new partners. Our primary focus this past year has been strengthening and expanding partnerships with alternative schools and organizations serving marginalized youth. This allows us to engage with more young people living in contexts that produce greater risk of victimization and/or perpetration. We also facilitated 4 Young Men's Groups and 6 Young Women's Groups, with specialized curricula. In addition to working with young people who face a lot of structural barriers, another focus has been on doing more work with young men to explore masculinity and challenge gender expectations that lead to gender based violence. Our Young Men's Groups are facilitated by two man-identified facilitators and specifically explore: the gender expectations of the 'Man Box', sexualized labels, enthusiastic consent and positive sexuality, and creating alternatives to violent masculinities. We were also able to engage with adult men in a similar way at our tent at the annual Walk-a-Mile in Her Shoes fundraiser. At our tent, we had a "Break out of the Man Box" graffiti wall, where participants wrote comments and thoughts that challenge dominant expectations of being a man. A few people also shared their perspectives on video camera at our speaker's corner. This footage will become part of a larger video project we are starting, through which Project Respect will create video resources featuring boys and men in our community talking about gender and their roles in preventing sexualized violence.



RESPECT REVOLUTION CAMPAIGN



This year Project Respect partnered with Girls Alternative Program for our Respect Revolution Campaign. Over several weeks Project Respect engaged with the girls at GAP supporting them to deepen their understanding of sexualized violence and create social action through Facebook. We collaborated to create the Fierce Youth Reclaiming Empowerment (F.Y.R.E.) Facebook group as a public awareness/social action initiative to take a stand against websites that promote sexualized violence through gossip that degrades girls' and women's sexuality (e.g. through labels like "slut"). In particular, girls wanted to stand up against a website called thedirty.com that has targeted several girls and women in the Victoria area. We then promoted (and continue to promote) the Facebook group via our own Facebook page and through Twitter as well as at events like Walk a Mile in Her Shoes. The F.Y.R.E. Facebook group currently has 153 members.

TRIATHLON OF COMPASSION – JULY 2011

Wow! This year's Triathlon organized by Island Triathlon and sponsored by Fort St Cycle and Frontrunners brought in over 190 participants and raised a record \$25,000!! We thank everyone for making this event a tremendous success and extend special recognition to top fundraisers: Niki Hodgkinson (\$2,295), Bjarne Hansen (\$2,015.01) and Jules Wilson (\$1,625).



PREVENTION TEAM

There have been several changes in staffing this year at Project Respect. PR said good-bye to Prevention Coordinator, Soumya Natarajan, in August 2010 and to Prevention Coordinator, Billy Bingaman in October 2010. Soumya and Billy were instrumental to the success of Project Respect in their respective 2 and 5 years with us. In October 2010, Elicia Loiselle was hired as Prevention Coordinator and Vince Terstappen joined us as Prevention Educator. As a dynamic team, Elicia and Vince dove right into the work of Project Respect and enjoyed an exciting year working with the Greater Victoria community. In May, Vince had to leave PR to move to Vancouver, having contributed invaluable knowledge and skills to the program at a pivotal time. David Boffa became the new Prevention Educator this past May bringing a wealth of experience in anti-violence work. PR could not do the work it does without our extended team including: facilitators, Paulina Hakkarainen, Nishad Khanna and Billy Bingaman; practicum students, Lydia Hodgins and Leah Wall; and, volunteers, Anni Patila, Keyanna, and Cassie.



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5TH ANNUAL WALK A MILE IN HER SHOES

In May 2011, we had another successful Walk a Mile event, raising an amazing \$34,000 in pledges and welcoming over 600 people. In addition, an anonymous couple from Victoria gave \$28,000 as a matching gift. Everyone did a phenomenal job of fundraising and we extend special thanks to our top fundraisers: Dwane Ford (\$5,925), Mike Kroeger (\$1,525), Howard Liptrot (\$1,135), Bruce Bryant-Scott (\$1,130) and Leopold Bienkowski-Gibbons (\$1,109). (We extend a special apology to Mike Kroeger for not being publicly recognized as 2nd top fundraiser at the event and thank him for being so gracious in accepting our oversight.)



Our presenting sponsor, RBC, was once again our top fundraising team and had over 50 employees join in the walk and volunteer. Team RBC (\$20,416), CFUV 101.9FM (\$1,746), Bruce & the Boys (\$1,130) and Victoria Social Media Ninjas (\$700).



DIRECT CLIENT SERVICES ANNUAL SERVICE SUMMARY		
	2010/11	2009/10
Crisis and Information Line Calls	1329	1506
SART Responses	115	113
Victim Services Program Direct Client Contacts	739	632
Information Meetings Attendees	95	108
Victim Services Crisis Sessions	1202	1031
Stopping the Violence Counselling Sessions	1866	1531
Group Support & Counselling Sessions	90	96

2010 - 2011 WSAC STAFF

Makenna Rielly, Executive Director
 Lorinda Allix, Whitney Archer, Annie Banks, Billy Bingaman, Kirsten Bingham, David Boffa, Mareena Buchanan, Chelsea Budden, Stephanie Capyk, Catherine Charlton, Brianna Cook-Coates, Jennifer Cooper, Tracey Coulter, Catherine Day, Kate Fleming, Paulina Hakkarainen, Kim Hamilton, Linda Jennings, Lenore Kennedy, Elicia Loiselle, Grace Lore, Tracy Lubick, Jude Marleau, Paula Murphy, Soumya Natarajan, Lindsay Nicholson, Flora Pagan, Barb Peck, Savanna Peekeekoot, Lindsay Pomper, Connie Sheffield-Reith, Vince Terstappen, Karen Wickham and Melissa York.