

# Annual Report 2005-2006

## Women's Sexual Assault Centre



healing, education  
& prevention

### Contact Information:

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[www.vwsac.com](http://www.vwsac.com)

Charitable Business # 10822 0054 RR0001



[www.yesmeansyes.com](http://www.yesmeansyes.com)

### REPORT FROM THE BOARD OF DIRECTORS

The Board of Directors for the Women's Sexual Assault Centre are first and foremost volunteers. We are part of a deeply-committed and skilled group of people with big hearts and boundless energy who log hours and hours of work supporting the work of the staff of the Centre.

Dwarfing our efforts are the staff of the Women's Sexual Assault Centre—we are blessed with sound and wise leadership, a highly professional counselling service, effective and well-regarded volunteer and fund-raising personnel, an efficient and committed administrative arm, and an innovative and widely recognized prevention team.

Over the next year, we will be focusing our efforts on working with the Executive Director, managers and staff to put in place a succession plan. We understand that we must plan for the future, and which includes having continuity and capability in the energy and skills of agency staff. We also understand that this task is broad and encompassing, as it will mean a thorough look at the whole agency by volunteers and staff.

Our Board possesses a variety of organizational, professional and academic skills that enhance our performance as a Board and our ability to support the agency. Dr. Ilka Thiessen is an anthropologist and has taken a leave of absence from our Board to teach and learn in the Cook Islands. She will return to the Board in January 2007. In the meantime, we are pleased to welcome several new Directors: Mary Heppner, Jen Cooper, Emily Ellingsen and Shelley Spring. A special thanks to departing directors Jenelle Cooper and Erica Willinger.

The Board of Directors commit their efforts once again to the staff and volunteers of the Women's Sexual Assault Centre and to our community.

Respectfully,  
WSAC Board Members

Kimberly Brown, Jen Cooper, Emily Ellingsen, Mary Heppner, Ingrid Kirk, Shelley Spring, Lola Freeman Storry, Dr. Ilka Thiessen, and Jan Trainor (Chair)

### OUR DONORS & FUNDERS

We are very fortunate to have the generous financial support of many individual donors, foundations and organizations. Without you, we would not be able to provide the services that we do. Please accept our heartfelt thanks for your continued support.

A special thank you to the following groups who provided grants and funding this past year:

Direct Access to Gaming through the Province of BC  
Ministry of Community Services  
Ministry of Solicitor General and Public Safety  
Provincial Employees Community Services Fund  
United Way – Community Collaborative Grant  
Vancity Credit Union  
Victoria Foundation – Community Fund  
Victoria Foundation – Woodsome Fund

### REPORT FROM THE EXECUTIVE DIRECTOR

#### Building Strengths 2005-2006

#### Staff

Our greatest strength is our competent, committed and enthusiastic staff team. This year saw some changes as we welcomed new staff and bid farewell to others moving on to new challenges and adventures. We continued to work creatively to provide professional development opportunities and a healthy work environment for all of our staff.

#### Fundraising

As an agency that receives less than 50% of its budget from government contracts, fundraising is a critical activity for us. This year we increased the position of Resource Development Officer to full time and worked to expand our funding base. The support of individual donors and local businesses makes it possible to continue the many services we offer.

#### Our Space and Infrastructure

We were able to have the downstairs offices painted so that this space will provide the same warm and welcoming feeling as our upstairs offices. We completed the networking of our computer system and programs making the sharing of information and resources more efficient. With our new copier we are able to complete small printing jobs in house and more effectively allocate costs to specific programs.

#### Community

We continue to work in partnership with many other community agencies to provide needed services and avoid duplication. Our training programs were provided to many groups in the community helping to ensure an informed response for survivors of sexual violence wherever they seek help. Again this year we coordinated a multi-agency group that organized the "Take Back the Night" event. This was an empowering experience for those that took part and a great opportunity to increase public awareness about sexualized violence.

As we head into our 25<sup>th</sup> year of services to this community we are strong in our commitment to: assist survivors of sexual violence to heal; provide education and training for other service providers; and, most of all, work diligently to prevent the sexual violence that impacts so many in our community.

Sandy McLellan,  
Executive Director

#### WSAC Staff

Sandy McLellan, Executive Director  
Lorinda Allix, Christina Apega, Billy Bingaman, Myriah Breese, Catherine Charlton, Tuval Dinner, Terrina Fitzgerald, Jessica Forbes, Fran Guenette, Sally Gose, Susana Guardado, Linda Jennings, Beth Kope, Tracy Lubick, BeAnna Lynne, Jude Marleau, Jenny Matthews, Romina Miranda, Jette Midtgaard, Lindsay Pomper, Suzanne Simpson, and Karen Wickham.

### BUILDING STRENGTHS WITH VOLUNTEERS

The strength of a volunteer program is built with the time, skills, commitment and caring of those volunteers. We are thankful for an incredibly gifted and giving group of volunteers here at the Women's Sexual Assault Centre.

I receive phone calls weekly from individuals who have seen a need in our community and wish to make a difference. There are the SART volunteers who give three shifts each month in order to meet the needs of a recent survivor in a professional and compassionate manner. The office volunteers, who provide the often needed extra pair of hands to support our administrative staff in reception. Our Board of Directors who make their skills, support, direction and wisdom accessible to the Centre. The organizing committee for our Triathlon of Compassion are people who have come forward year after year to make this community event successful, and those volunteers who step forward for the day of the race, adding in much needed labour. And there are the Project Respect's, our youth volunteers, full of energy and keen ideas when reaching out to their peers.

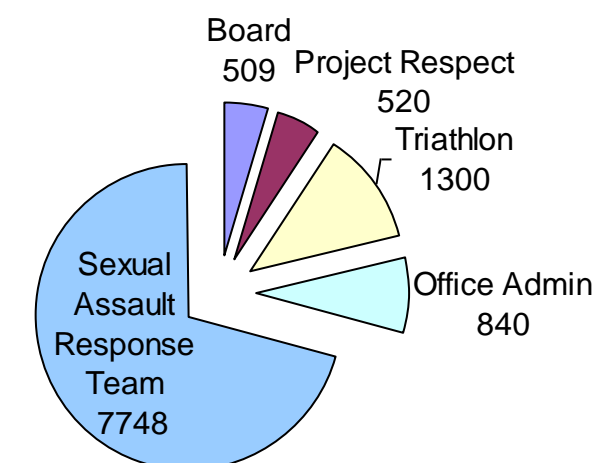
As Coordinator of Volunteers, I am thankful to be a part of recognizing these volunteers who support the centre, its work, and of course, our clients. The commitment and compassion, the skills and dedication they give go a long way in strengthening the services the Centre can offer to our clients!

Beth Kope, Coordinator of Volunteers



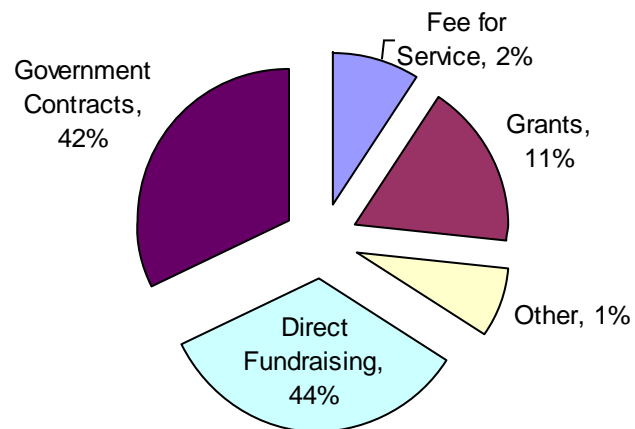
Spectrum and Mt Doug "Revolutionaries".

### Volunteer Hours



# Women's Sexual Assault Centre

## Funding Sources



### Women's Skills for Healing Group

During this past year, the Centre has been co-facilitating a women's group with an Aboriginal Health Outreach worker at the Victoria Native Friendship Centre. The group is designed to explore safe and meaningful ways of healing from the effects of trauma. The Centre is honoured to work in partnership with the VNFC to provide these services.

### Aboriginal Youth Healing & Prevention Program

This is the final year of a three year project with the Victoria Native Friendship Centre funded by a collaborative grant from United Way. The goals are to provide awareness sessions on sexual violence to Aboriginal youth, and to increase capacity of the youth workers to respond to disclosures and crisis situations.

Building upon the activities of last year, Project Respect facilitated a workshop at the Victoria Native Friendship Centre. The workshop was well received by the participants who contributed much insight and ideas to the discussions. Both facilitators admired the honesty and willingness of the youth to ask questions and explore a topic that is often not talked about. Project Respect will continue to work in cooperation with the VNFC in reaching the goals of this partnership. Potential plans include more workshops as well as extended youth training similar to the Respect Revolution Campaign being delivered in the schools.

### Quote from a participant:

What I found the most valuable was: "The great amount of respect and knowledge the workshop provided. The awareness will take everyone just a few steps forward. Overall I find it great that the workshop comforts, understands and tries to handle each situation the best possible way".

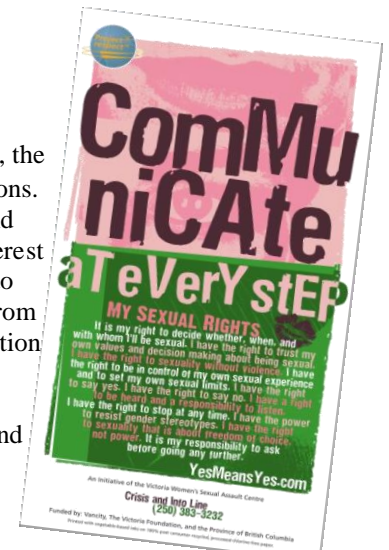


### Project Respect

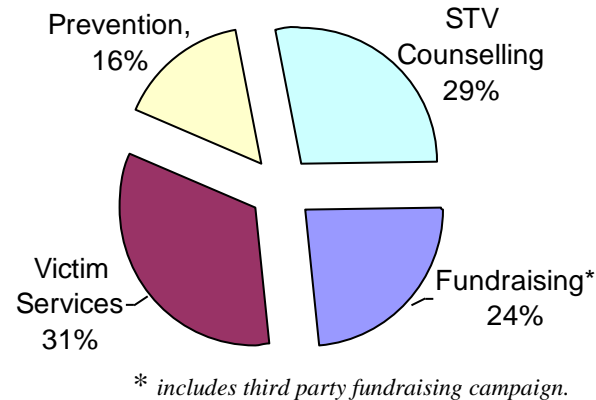
has been very busy this year with the Respect Revolution Campaign, the Young Men's Group, new social marketing tools, school workshops and community presentations. The project was invited to present at the BC Association for Specialized Victim Counselling and Assistance Programs Training Forum in Richmond, B.C. This presentation generated much interest from rural and isolated communities including Bella Coola, who successfully secured funding to invite Project Respect to visit the community in May 2006. Requests have also been received from communities across BC and Canada seeking resources and ideas for delivering violence prevention programs in their communities.

Project Respect continues to work in partnership with other community agencies including Island Sexual Health, NEED Crisis Line, and Volunteer Victoria. These partnerships have included community events such as Youth Weeks 2006, co-delivering presentations at Belmont School Healthy Sexuality Week and participation in the Youth Now conference.

"I learned so much. I learned that I have a voice, and that I can speak up in situations. I learned that I can and am able to make a difference even on the smallest level. Most of all I learned that I can be myself". -Youth group participant, female, 17



## Expenses Breakdown



### Young Men's Group

In the spring of 2005, a cutting-edge program for young men was developed and delivered by Project Respect. This spring saw the delivery of the second Young Men's Group at Lambrick Park. This program, led by two male facilitators, creates the opportunity for young men to explore the role of traditional masculinity in the issue of sexualized violence. Participants also look at the role men play in stopping violence and how to establish and maintain healthy relationships.

### Social Marketing Tools

Project Respect has developed a brand new series of posters, stickers and mini-brochures. These social marketing tools reinforce the work of the program in the schools and create awareness around the issue of communication and consent. The tools were designed in cooperation with iD2 Communications and have received a positive welcome in schools, community centres, health centres, night clubs and shopping centres.



### Respect Revolution Campaign

This year saw the launch of the Respect Revolution Campaign in three local schools: Mt. Doug Secondary, Lambrick Park and Spectrum Community School. The Revolution provided training to 17 students who then designed and delivered a variety of prevention activities based on their learning. Through youth to youth presentations, Project Respect reached over 240 students at Mt. Doug and Lambrick Park schools. These presentations included skits and video created by youth group participants as educational tools. The youth group at Spectrum Community School is in the final planning phase and will be preparing a banner where students can pledge to stand up against sexualized violence in their schools.

### Number of Youth Reached

School Program Youth Participants: 997  
Community Presentations and Events: 1177  
Website Visits: 15,913

### Services for Young Women

During this past year, there has been a steady increase in the number of young women (age 13- 19) accessing services at the centre. Young women now comprise 10% of our long term counselling clients, which represents a significant step in the Centre's goal of being accessible to young women. The 10 week Soul Survivors Group was offered this winter, and it will be offered again in the fall of 2006.



### Team Victoria

This team of police, Sexual Assault Nurse Examiners, Crown Counsel and direct services from WSAC, continue to meet on a monthly basis for case consultation, service coordination and improvement, and tracking statistics. This partnership has resulted in improved service provision to survivors of sexual violence, an increase in collaboration and training opportunities, and utilizing "Best Practice". Over the last year, members of the team provided training to: Campus Security and Residence Advisors at the University of Victoria, Victim Services workers across Vancouver Island, Sexual Assault Nurse Examiners, Sexual Assault Response Team volunteers, and to Police detachments. Team Victoria is also organizing a conference for police, Crown Counsel and the community on responding to sexual assault set for October 2006. Topics will include investigation and prosecution of sexual assault, forensic evidence, drug facilitated sexual assault, myths and stereotypes, and the impact of trauma. Funding towards this training is being provided by the Donner Foundation.



Team Victoria: Janet Calnan, Catherine Charlton, Rob McColl, Sally Gose and Jack Henzie

### Direct Client Services

Number of Clients Seen  
From April 05 - March 06

Crisis Line	1,388
SART	110
Victim Service Program	275
Crisis Counselling	310
Information Meetings	72
Intake Appointments	76
Individual Counselling (STV)	227
Group Counselling	106
Youth Clients	26
Family Members-Individual	15
Family Members-Workshops	11

### Donor Organizations

We gratefully acknowledge the financial support of the following:

Cordova Bay Ladies Golf Club in honour of Mr. Robert Foster, Fort Street Cycle, Frontrunners, iD2 Communications Inc., Mitra Jordan, Knights of Columbus (BC) Charity Foundation, Needs of Victorians Society, Royal Canadian Legion-Trafalgar/Pro Patria Branch 292, Runners of Compassion, Sacred Heart Christian Charities, Soroptimist International, Starbucks Make Your Mark Volunteer Program on behalf of Kimberlee Hunter, UVic Women's Centre (Groovefest Grant), Victoria High School & St. Michaels University School ~ Victoria Foundation's Students Who Care ~ Youth in Philanthropy Program, Victoria Women Work Society, VIHA Employees Charitable Fund.

And thank you to the following businesses for their in-kind support:

Cook's Day Off, Intrepid Theatre, Island Blue Print, James Bay Tea Room & Restaurant, Opus Art, Pic A Flic Video, Silk Road Aromatherapy & Tea Co., and Starbucks.