

# Annual Report 2012-2013 Women's Sexual Assault Centre



healing, education  
& prevention

## Contact Information:

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Business Line: (250) 383-5545

Crisis & Information Line: (250) 383-3232

24 hour Crisis Line service made possible through  
partnership with the Vancouver Island Crisis Line

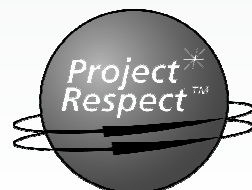
[WWW.VWSAC.COM](http://WWW.VWSAC.COM)

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Victoria Women's Sexual Assault Center



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## REPORT FROM THE EXECUTIVE DIRECTOR

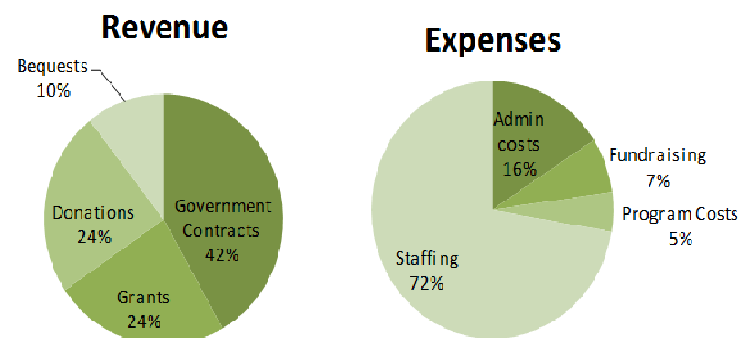
As I reflect on my 6th year of work at the Women's Sexual Assault Centre, I couldn't have chosen a more poignant topic than that of community support and partnership. We accomplished many things in the past year, but none of them could have been done without a foundation of support from our community donors and the savings from our administrative consolidation in partnership with the Victoria Women's Transition House. We have not received increases in our government contracts since 2008; therefore, we depend on our community to say no to sexualized violence by supporting survivors and keeping our programs strong. In addition, we were honoured again this year by multiple bequests, which leave a legacy for the agency and finally enables us to pursue more cost saving measures and reduce our overhead.

Donor bequests in the 2012/2013 fiscal year have allowed for transformational growth and planning. We are actively pursuing a co-location opportunity with our partner agency to lower our overhead spending. Because of donor bequests, WSAC is able to purchase an office suite for our counselling and prevention education services in the same building as the Victoria Women's Transition House Community Office, which will allow us to save at least 25% of our current overhead costs. In the long run this will be a good return on investment for our Society.

So many times I am moved by the thoughtfulness and poignancy of donations to WSAC, whether they be gifts of time, goods or money. So many have such a strong tie to this agency and act on that commitment so generously each year. Thank you for allowing me to be part of such a wonderful community partnership over these past years!

Makenna Rielly, MA  
Executive Director

## 2012-2013 EXPENSES/REVENUE BREAKDOWN



## 2012-2013 WOMEN'S SEXUAL ASSAULT CENTRE STAFF

Makenna Rielly, Executive Director  
Lorinda Allix, Whitney Archer, Rae Bandla, Elinor Bazar, Kelly Blank, David Boffa, Catherine Charlton, Brianna Cook-Coates, Tracey Coulter, Katy Craig de Boer, Mathew Davydiuk, Catherine Day, Alex Filippelli, Kate Fleming, Lara Graves, Amanda Lynn Halldorson, Erin Harvey, Quetzo Herejk, Linda Isarasakdi, Linda Jennings, Jasmine Kambo, Lenore Kennedy, Nadia Khan, Gagan Leekha, Katrina Lim, Elicia Loiselle, Tracy Lubick, Jude Marleau, Tyler Morden, Paula Murphy, Danielle Nelson, Gordon O'Connor, Flora Pagan, Barb Peck, Judith Prat, Lindsay Pomper, Yuko Sakima, Kelly Sherwin, Cici Shi, Jen Spilstead, Sharon Stewart, Kingsley Strudwick, Robyn Tomaz, Karen Wickham, Melissa York and Dawnae Zachary.

## REPORT FROM THE BOARD OF DIRECTORS

It's always a pleasure for the Board to reflect on the year's accomplishments at the WSAC. What a year it has been! The Board has been fully engaged with the activities of the centre as well as building a solid new team. The Board has also spent time team building and on professional development, as well as orientation and information sharing. The newer members to the Board have hit the ground running with all the goings-on, and by stepping into some of the executive roles. Kelly Branchi is the Board Secretary and Debra Scarfone is the new Treasurer of the Board.

As we do every year, the Board was eager to support a number of the Centre's community events, including two of our most well-known annual events: Walk A Mile in Her Shoes and the Triathlon of Compassion. As before, we offered our support where we could, attending pre-event planning meetings and showing up on event day to help out. Another exciting event – and a first for the Centre – was hosting renowned scholar and speaker Jackson Katz to lead a public lecture and trainings on the role of men in ending gender-based violence here in Victoria. We were so thrilled to be able to support the hard work of many staff and fellow volunteers in seeing all these events – and many more – become great successes in both raising awareness and much-needed funds for the Centre.

We're also passionately committed to continuing the work of updating the accessibility of our services, and this year, we continued a focus on improving the Centre's support to the transgender community. While the Centre has always offered services to survivors who identify as trans\*, the Board proudly assisted with the planning and roll-out of a community consultation process that invited the trans\* community to share their needs and concerns for greater service access. Already, it's been a humbling, inspiring and provocative process that drives us to re-think and improve our ways of working on issues of gender-based violence in community. The Board will remain at the table to assist the Centre on how to implement the suggestions brought forward into the coming months and years to ensure our services are more meaningful and relevant for the trans\* community.

The Administration Consolidation with Victoria Women's Transition House continues to show promise, with mutual benefits and efficiencies for both agencies. The Joint Negotiation Committee met quarterly over the past year to monitor the impact of the administrative consolidation. In November, the year evaluation of the consolidation was commenced. A financial analysis and staff feedback were identified as the most crucial area to review. Feedback from the community and donors was also incorporated. The evaluation was completed in December, and the Board voted unanimously to continue the administrative consolidation for fiscal year 2013/14.

A new committee has been created this year called the Gratitude Committee. The goal of this committee is to explore ways to show appreciation to our funders and donors. Board members have been actively involved in this committee, creating genuine and creative ways to say 'thank you' to our donors and supporters.

Not only is the Centre moving, but we are purchasing a space! No more landlords and leases! No more moving every 5 years! Over the past few years it has been recognized that the Centre has outgrown its current space. As well, some deficiencies and the high rent made moving a desirable choice. The Board discussed and deliberated over questions such as when should we do this, how can we afford it and where can we move? Should we co-locate with another agency offering compatible services? Should we rent or buy? Since the current lease is up in August 2013 the first question was answered. Makenna and various Board members hit the pavement and began looking at office spaces downtown. Each month they would report back on various locations they had visited with a list of pros and cons for each space. None of them were quite right and most of them were expensive. By March the Centre was looking quite seriously at a suite in the Transition House Community Office. Makenna and the Fi-

nance Committee crunched the numbers, and by April the Board voted unanimously to purchase the space.

Makenna continues to demonstrate strong leadership, financial and organizational skills. The evaluation of her role as Executive Director was completed in February 2013, and the results are summarized as follows. *The Board of Directors commends Makenna for another three years of remarkable achievement. Staff, Board and community stakeholders overwhelmingly evaluated Makenna as having met or exceeded expectations in competencies such as Human Resource Management and Supervisory Skills, Communication Skills, Flexibility and Adaptability, Initiative, and Planning and Organization. It is with great pleasure that the Board assesses Makenna's performance of her duties in 2010/12 as having exceeded expectations.*

We conclude by acknowledging Natasha de Klerk and Elizabeth Holland, Board members who resigned this year. We thank you for your commitment and hard work over these past few years.

Sincerely,

Emily Arthur, Kelly Branchi, Kim Brown, Julia Denley, Sean Dhillon, Heidi Exner (Co-chair), Sally Gose (Co-chair), Yvonne Haist, and Debra Scarfone (Treasurer).

## REPORT FROM RESOURCE DEVELOPMENT

The generosity of individual donors, granting foundations, and businesses in the 2012/2013 fiscal year brought exciting opportunities to WSAC. Here are some highlights:

- Over \$300,000 in grant funds contributed to the breadth and depth of WSAC programs and projects, especially Project Respect, whose critical work with youth continues to improve understanding about gender based violence in our community.
- We were extraordinarily fortunate to have donors choose to honour us with gifts in their will for a total of \$134,000. The impact of these legacies will be felt in our community for years to come.
- Our annual campaign remained strong. Over 2700 individuals and businesses made donations in the 2012/2013 fiscal year.
- We put significant effort into community outreach this year. We delivered 25 public presentations to workplaces that support the United Way of Greater Victoria campaign and others, including the Provincial Employees Community Services (PECSF) where we spoke to thank PECSF volunteers for their tremendous fundraising efforts on behalf of hundreds of charities across British Columbia.

Thank you to everyone who made financial contributions this year. Each gift, no matter the size, is truly appreciated and we sincerely value each and every donor.

## THANK YOU TO OUR FUNDERS & GRANT PROVIDERS

**Ministry of Justice - Stopping the Violence & Victim Services contracts**  
**Province of British Columbia - Community Gaming Grant – Project Respect & youth-focused counselor**

**Provincial Employees Community Services Fund – Crisis & Information Line, Information Meetings, Workshops for Supporters**

**United Way of Greater Victoria – Project Respect**

**RBC Foundation – Project Respect**

**Thrifty Foods Smile Card Program – Signage and Promotional Material**

**Government of Canada – Canada Summer Jobs – Project Respect**

**Canadian Women's Foundation – Project Respect**

**Telus Community Fund – Project Respect**

**Victoria Foundation – Community-based Prevention Education**

## DIRECT CLIENT SERVICES SUMMARY

Our programs and services, are made possible through funding from: The Ministry of Justice, PECSF and our generous donors. We wish to thank our staff, interns, volunteers, community and funding partners for their contributions toward this much needed support for survivors of sexualized violence.

### DIRECT CLIENT SERVICES ANNUAL SERVICE SUMMARY

	2012/13	2011/12	2010/11
Crisis and Information Line Calls	1060	917	1329
SART Responses	67	80	115
Victim Services Program Direct Client	901	738	739
Crisis Support Sessions	899	1026	1202
Stopping the Violence Counselling Sessions	1851	1947	1866
Group Support (Information Sessions & Group Therapy)/ Number of Participants	92/404	113/443	90/

## DIRECT CLIENT SERVICES: SUPPORTING SURVIVORS OF SEXUALIZED VIOLENCE

As always, providing direct support to survivors of sexual assault and childhood sexual abuse continues to be the main focus of work by our dedicated, professional staff in the Direct Client Service Team. With a staff of ten providing immediate crisis support, victim service support and/or longer-term counselling, clients may access service at various points in their recovery and healing journeys.

Further support for survivors is evident in our community by the many local organizations that request presentations for their staff or that work with the WSAC to ensure that information and a continuum of services is available. Over the past year, we have provided presentations to: the Intercultural Association, Cool-Aid Society, PEERS and Camosun College, as well as speaking on the radio about sexualized violence. Further, we continue to work with the Vancouver Island Crisis Line, VGH, Crown Counsel, Police Departments and RCMP to ensure that recent survivors of sexual assault will receive consistent services, no matter where they choose to report when an incident has occurred, and that their right to choice of services will be respected.

When a sexual assault has occurred, survivors can receive an immediate response through the WSAC Crisis and Information Line, where a dedicated worker facilitates the mobilization of the *Sexual Assault Response Team*. This service provides survivors with much needed information, support and accompaniment to hospital and/or to the police. Research shows that this type of support and coordination of services reduces the effects of trauma on survivors. When clients choose to report to police they can receive Victim Service support. Our Victim Service Workers support survivors at each step of the criminal justice process, e.g., keeping them informed of Court updates such as meetings with Crown and trials.

As noted above, clients may engage in services at different points in their recovery. Our counselling services range from short-term crisis support to longer-term, individual trauma therapy and groups with other survivors. Our counsellors are all trauma specialists and use a variety of approaches and techniques, such as: EMDR, Somatic, Narrative and Art therapy. Practicum students are also mentored in trauma-informed practice and hone their skills through a placement with the Crisis Team. Together, their common perspective is the commitment to supporting women and all trans\* survivors of sexual assault and childhood sexual abuse and ending sexualized violence.

**PROJECT RESPECT** works to prevent sexualized violence among youth aged 12-19 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 approximately 1020 youth and community members during the 2012/13 school year through: 60 workshops in schools and community-based organizations; multiple youth-led social action projects; and, key community events.

## SCHOOL AND COMMUNITY-BASED WORKSHOPS FOR YOUTH:

This year Project Respect made exciting modifications to some of our curricula to make them more relevant and responsive for youth in middle schools. In the process, we added fun activities that turned out to be appealing to all ages. Our consent mingle game, which includes a “yes, no, maybe” dance warm-up, has been an awesome addition to exploring positive and respectful communication. We were also able to integrate new tools to explore how parents can teach and model consent with their children at every age, which provoked awesome conversation with the amazing folks at the Young Parents Support Network. Project Respect provided workshops to: high schools in school districts 61, 62, and 63; alternative education programs serving marginalized youth; community-based youth groups; Victoria Immigrant and Refugee Centre’s Youth Strides camp; and more. Overall, these workshops were highly successful from the perspectives of youth, teachers, counselors, and Project Respect facilitators.

### YOUTH-LED SOCIAL ACTION:

**Rhizome: Youth-led Social Action Camp:** In June 2012 we held a week-long day camp called **Rhizome: Youth-led Social Action Camp** to engage young people living diverse realities to develop youth-led social actions that address gender-based sexualized violence in their communities. Our youth-adult team collaboratively developed and facilitated a five day participatory action camp using a popular education model. The youth participants had ownership of the process, choosing the focus of exploration and developing social actions.

**Gender in the Classroom – Youth-led Training for Teachers!** After **Rhizome** Youth-led Social Action Camp, the youth participants continued to develop their social actions and we continue to be amazed at what people have come up with. One recent example includes a group of **Rhizome** participants who noticed

that some of the language used in classrooms was reinforcing gender stereotypes and leading to isolation and difficulty for some students to fit in. The youth team recognized an opportunity to offer training for teachers in middle school and high schools, based on what they had learned at Rhizome, to create more comfortable learning environments by promoting gender-inclusive language and approaches to teaching. They developed a 2 hour long workshop, which four of our youth facilitators delivered to a group of 12 teachers at this year’s Tapestry teacher professional development conference. The feedback was incredibly positive and the youth team will be taking this workshop to more teachers and service providers in the 2013/14 school year!

**HOLLABACK! VICTORIA:** A group of talented youth leaders from Project Respect who wanted to do something to help raise awareness about and work towards ending violence in our community were instrumental in launching **Hollaback! Victoria** ([www.victoria.ihollaback.org](http://www.victoria.ihollaback.org)). **Hollaback!** is an international movement to end street harassment powered by people from the community. The way it works is it offers a place online for people to anonymously share their personal stories about harassment they have experienced in our community. Friends and supporters then have the chance to show them support by clicking on the “I’ve got your back!” button. We held a launch event at Solstice Café in August 2012 with a great turn out – one of the Café staff said he had never seen an event at Solstice where people were so lively and engaged with interacting together. Check out this Monday Mag interview with Hollaback! Victoria collective members (Project Respect youth leader Rowan Hébert and Anti-Violence Project volunteer Julie MacSween): <http://www.mondaymag.com/opinion/171597843.html>

**COMMUNITY MURAL PROJECT:** This year, Project Respect partnered with the Inter-cultural Association of Greater Victoria, antidote: Multiracial and Indigenous



Girls’ and Women’s Network, and Heart and Hands Health Collective to do a youth-led, community-based anti-violence mural project. Over four amazing months, this diverse team of youth explored how interlocking forms of violence are happening in our communities, looked at the root causes of this violence, and took action using street art as a way to resist violence and create inclusive space in downtown Victoria. Graffiti artists Remia Wong (Project Respect youth leader) and Cameron Kidd (community art facilitator) supported this youth team to create a bright, colourful, and inspiring mural on the side of Heart and Hands Health Collective on Cormorant Street as well as the wall of the adjacent building.

*“What makes this Community Mural Project special for me is witnessing the connections youth are making with each other, and in forming a sense of belonging in our community. Our aim has been to create a youth-led space where young people feel valued, supported and encouraged to make social change in the community through creative expression and finding their own voice.”*  
**Letitia Annamalai, Youth Services Facilitator with our community partner agency, InterCultural Association**

**THE PREVENTION TEAM**  
This year, Project Respect was honoured with two United Way Youth Now Awards! The Project Respect Rhi-

zome Youth Social Action Team was recognized with the Group Volunteer Award and Prevention Coordinator, Elicia Loisel, was recognized with the Youth Worker Award. We are so proud of our team and all they have accomplished this year toward our broader goal of engaging the community in preventing and ending gender based violence!

Project Respect’s success over the past year is due to its incredible facilitators and youth leaders, who bring amazing skill, knowledge and energy to engaging the community in difficult discussions about sexuality and violence. Our staff team over 2012/13 included: Elicia Loisel (Prevention Manager), Kingsley Strudwick (Prevention Coordinator), Quetzco Herejk (Auxiliary Facilitator), Whitney Archer (auxiliary facilitator), Tyler Morden (Auxiliary Facilitator), Alex Fillipelli (auxiliary facilitator), Yuka Kurokawa (practicum student) and



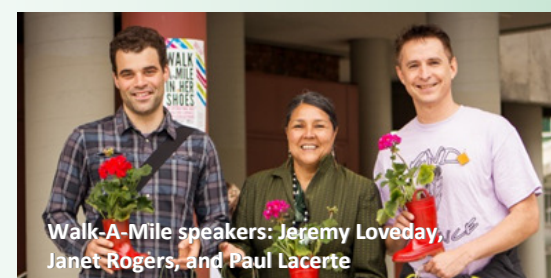
2012 youth summer staff Jasmine Kambo. Many youth were involved in creating our various social action projects this year. Our core team of awesome youth leaders kept the momentum of the projects going throughout the year: Rowan Hébert, Paloma Ponti, Eunice Malchuk-Rasmussen, Nicholas Higgins, Geneviève Nevin, Danielle Recalma, Emily Carson-Apstein, Kika Mueller, Morgan Cassels, Shannon Phillips, Hannah Sofia Bilobram-Stuckey, Remia Wong, Emily Gittens, Brianna Maria Da Luz, Kamilla Popushkova, Soukeyna Magassa and Meris Ngan Colby.

A big thanks to all of our community partners and supporters and to our funders.



**VICTORIA GODDESS RUN:** WSAC was selected to be one of three charitable partners for the inaugural Victoria Goddess Run, and again for the 2013 event. For each participant who registered, \$5 was allocated to the charity of their choice. Some runners also chose to raise additional pledges. The Goddess Run is organized entirely by a volunteer committee and we are honoured to be part of this inspiring event.

**WALK A MILE IN HER SHOES 2013:** A huge thank you to our returning presenting sponsor, Vancity, our volunteer organizing committee, and everyone that participated and supported our 7<sup>th</sup> annual Walk a Mile in Her Shoes® on May 26<sup>th</sup>, 2013. Over 400 people came together for this event and together we raised \$22,000 in donations for our services for survivors of sexual assault. The Project Respect



team, along with UVic’s anti-violence project did an excellent job engaging the audience in arts-based activities focused on violence prevention and this year, we had 3 very inspiring speakers join us on stage: Janet Rogers, Victoria Poet Laureate; Paul Lacerte, Founder of the Moosehide Campaign; and Jeremy Loveday, Victoria Slam Poet.

**JACKSON KATZ:** With the support of Vancity and anti-violence project, we invited educator, author, and leader in engaging men in gender-violence prevention, Jackson Katz to come to Victoria for three community events. We held a Public Talk, a Men’s Leadership Breakfast, and a Training for prevention educators and in total engaged over 500 people. Through a post-event survey, many people told us that they had a better understanding of how violence is embedded in

language, media and societal norms and how men can play an important leadership role in preventing violence in our communities.

**COMMUNITY-BASED VIOLENCE PREVENTION:** Our violence prevention education programming expanded this year to reach adults in workplaces and the wider community – with a particular aim to engage more men in violence prevention. Thanks to a grant from the Victoria Foundation we offered violence prevention training for community groups and businesses including Vancity, Discovery Coffee, Victoria Immigrant and Refugee Centre Society, OUR Ecovillage as well as others others. The training is based on Project Respect’s award-winning curriculum and explores the root causes of sexualized violence and what we can do as individuals to prevent it.