



2020 IMPACT REPORT



SAFE CONNECTIONS

OUR VISION

Safe Connections envisions a world where everyone is free from domestic and sexual violence.

OUR MISSION

The Mission of Safe Connections is to reduce the impact and incidence of relationship violence and sexual assault through education, crisis intervention, counseling and support services.

OUR VALUES

Values

- Safe Connections is a client-centered organization.
- Safe Connections is committed to operating as a trauma-informed organization.
- Safe Connections provides a safe, respectful and outcomes-focused environment.
- Safe Connections actively pursues diversity among all stakeholders.
- Safe Connections is a learning organization that provides best-practice programs and environments for clients, staff and volunteers.
- Safe Connections operates with conduct and language that is free from violence and oppression.

OUR HISTORY

In 1976, we began as a grassroots domestic violence crisis hotline. Quickly, counseling services for victims of abuse became necessary, so we hired our first mental health therapists.

In 1988, responding to research and our own recognition that breaking the cycle of violence must include youth, we developed Project HART (Healthy Alternatives for Relationships among Teens).

In 2007, we evolved from serving only women to serving teens and adults, inclusive of gender, gender identity, gender expression and sexual orientation and changed our name to Safe Connections.

OUR LOGO



The Safe Connections logo features the Lotus flower. A symbol of purity and rebirth across many cultures and religions. In murky waters, Lotus flowers grow from the mud and ultimately rise above the surface of the water as a beautiful bloom and is a symbol for the work Safe Connections does to help survivors rebuild and reclaim their lives after abuse.

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CRISIS INTERVENTION

Our 24-Hour Crisis Helpline is a live-voice helpline for the entire St. Louis region, 24 hours a day, 365 days a year. Highly-trained advocates assess safety needs, assist with safety planning, provide emergency transportation, and give referrals for medical care, shelter, legal aid, counseling, and other area resources. Our Helpline is there for adults and youth of all genders who have experienced rape, domestic or dating abuse (physical, sexual or emotional), sex trafficking, and/or childhood sexual abuse. The Crisis Helpline is also an excellent resource for friends and family members who are concerned for a loved one.

Safe Connections arranges over-the-phone interpreters to translate more than 140 languages for Crisis Helpline callers. For callers who are Deaf or hard of hearing, RELAY services are available 24/7 by dialing 711.

3,650
Calls received

4
Walk-ins



INDIVIDUAL THERAPY

Safe Connections offers individual therapy free of charge to adults and youth of all genders ages 12+ who have experienced rape, domestic or dating abuse (physical, sexual or emotional), sex trafficking, and/or childhood sexual abuse.

Compassionate and highly specialized, master's degree-level therapists help victims reclaim their lives as survivors. Additionally, clients partner with their therapists to build stability, improve mental/physical health, and create greater safety for violence-free futures.

ADULT THERAPY

Weekly individual therapy is offered for clients of all genders hurt by domestic or sexual trauma in the past or present. Traumas addressed include sexual assault/rape; physical, emotional, mental or financial abuse; stalking; human trafficking; past childhood sexual abuse; or family neglect.

TEEN THERAPY

Safe Connections offers individual counseling to teens of all genders. We work with teens who have been impacted by abuse or sexual violence at home, school or elsewhere. Safe Connections also serves teens who have been bullied and harassed about their sexual orientation or gender identity. Services are available at schools, other youth-serving sites and at Safe Connections.



242
Adults
Served

5,459
Adult
Therapy
Sessions

154
Teens
Served

1,492
Teen
Therapy
Sessions

SUPPORT SERVICES

Safe Connections offers a variety of groups for adults and youth. These complement individual counseling or can be accessed as stand-alone services. Participants gain a social circle and build knowledge and skills in a safe and healing environment.

Safe Connections' support services are regularly updated based on best practices in the field and the changing needs of clients. Adult groups include:

- Breaking the Cycle
- Building Healthy Relationships
- Building Effective Communication Skills
- Connections
- Dialectical Behavior Therapy (DBT)
- Expressive Therapy Groups
- Trauma Changes Things
- Trauma Recovery Group

Teens can access our DBT-Informed Skills group at Safe Connections and other teen group offerings at many schools.

12
Adults Served

81
Sessions
Conducted



PREVENTION EDUCATION



PROJECT HART

Healthy Alternatives for Relationships Among Teens is a relationship violence prevention program made up of interactive workshops to give teens the knowledge and skills to develop healthy relationships. Project HART serves teens in middle schools, high schools, and alternative school settings.

Sample Topics: Healthy Relationships • Teen Dating Violence • Technology and Relationships • Sexual Assault Awareness • Bystander Intervention • Survivor Support • Understanding Gender • LGBTQ Awareness Series

GUYS GROUPS

Guys Group uses activities and guided, small-group discussions to explore and expand young men's beliefs about teen relationships, relationship violence and masculinity. Through Guys Group, middle- and high-school-age boys learn how to strengthen their own behaviors and serve as peer leaders advocating against a culture of violence toward women and girls.

GIRLS GROUPS

Girls Group is a small-group curriculum that uses activities and guided discussions to explore and expand young women's attitudes and beliefs about teen relationships, relationship violence and self-respect. These groups help girls ages 12-19 use what they learn to navigate their own relationships and support peers to make healthy relationship decisions.

SAFE CONNECTIONS ON CAMPUS

Safe Connections on Campus engages college students in the work to end relationship and sexual violence—on and off campus.

This initiative provides a forum for discussion and the exchange of ideas among colleges and universities in the St. Louis area. Additionally, Safe Connections on Campus offers students the opportunity to take action on their home campus and to connect with students from other area schools.

Students, faculty and staff from various post-secondary institutions come together to build relationships, share information and plan campus activities that raise awareness about relationship and sexual violence and provide resources for those seeking help.

PREVENTION EDUCATION

13
Guys Groups

58
Guys Groups
Participants

28
Girls Groups

153
Girls Groups
Participants

31
Prevention
Groups Sites

51
Project HART
Sites

4,078
Project HART
Participants

75
Community
Education
Participants



VOLUNTEERS

Volunteers are crucial to the mission-centered services of Safe Connections and our fundraising capacity. Diverse opportunities to contribute valuable service are plentiful.

Volunteer opportunities include:

- Answer our Crisis Helpline
- Assist with Special Events
- Serve on a Committee
- Help with Special Projects



115
Volunteers



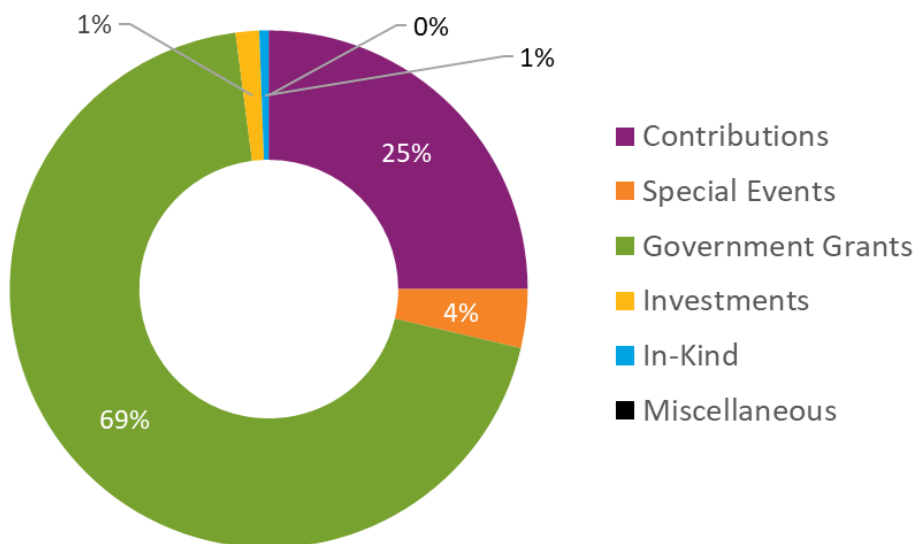
1,572
Volunteer Hours



FINANCIALS

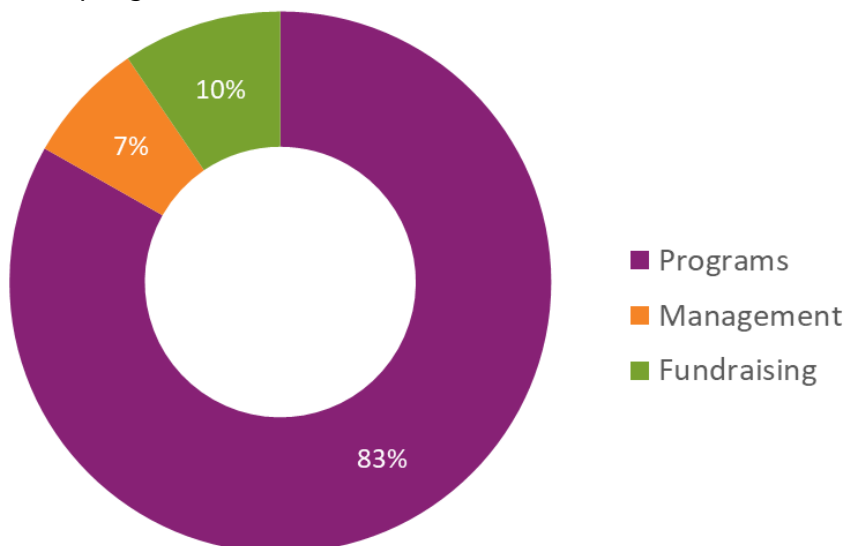
REVENUE

Contributions	\$ 720,860
Special Events	\$ 105,701
Government Grants	\$ 1,998,145
Investments	\$ 42,237
In-Kind	\$ 16,629
Miscellaneous	\$ 333
	<u>\$2,883,905</u>



EXPENSES

Programs	\$ 2,237,468
Counseling	\$ 1,471,218 - 66% of programs
Crisis Intervention	\$ 273,847 - 12% of programs
Prevention Education	\$ 492,403 - 22% of programs
Management	\$ 195,396
Fundraising	\$ 255,985
	<u>\$ 2,688,849</u>



HIGHLIGHTS

COVID-19 Pandemic - We Never Closed

Calls to our 24-Hour Crisis Helpline increased greatly as a result of the COVID-19 virus. While Safe Connections was not meeting with clients in person, we continued serving victims of domestic violence and sexual assault in a no-contact, safe manner and continued to provide uninterrupted service. The demand for mental health services was high. Many callers indicated an increase in stress and trauma in the home because they are isolating in place, often with an abuser who is otherwise not in the home as often. Safety planning was more complex because options were limited during this crisis; survivors were not able to leave and safely reach a friend or relative's home. Many survivors whom we serve were experiencing loss of income and could not pay for basic needs such as food, household items, and rent. We received increased requests for crisis support in these areas from crisis and therapy clients.

We transitioned individual and group therapy to virtual services, meeting with clients via telephone and HIPAA-compliant video conferencing service. We worked with schools and other institutions to provide violence prevention education remotely. Accepted new clients and processed intake remotely.

Our Events Went Virtual



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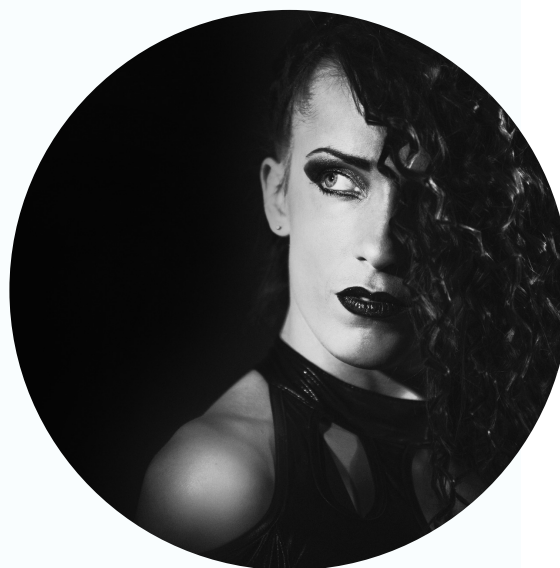
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Where violence ends and healthy relationships begin

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