



COLCHESTER  
**SEXUAL ASSAULT CENTRE**

2020-2021

## **ANNUAL REPORT**

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**Colchester Sexual Assault Centre**  
35 Commercial Street, Suite 403, Truro, NS  
ColchesterSAC.ca  
info@colchestersac.ca / 902.897.4366



CSAC Colchester Sexual Assault Centre

# OUR MISSION & VISION

The Colchester Sexual Assault Centre (CSAC) is a non-profit, community-based organization dedicated to strengthening, empowering, and supporting those impacted by sexual violence in a gender-equitable, compassionate environment.

The ultimate goal of the CSAC is the prevention of sexual violence. The CSAC provides numerous services and programs, including one-on-one counselling, emotional support to those impacted by sexual violence and their support network, group counselling, education, advocacy, and community events.

Located in Truro, Nova Scotia, the CSAC's services are available, but not limited to, individuals in the Colchester, Cumberland, and East Hants Counties.

## ***AT A GLANCE***

- Call volumes have **quadrupled** since the COVID-19 pandemic began
- On average up to **3** clients began services each week
- On average, clients completed **10** sessions each
- On average, clients only missed **1** session each
- Over **26%** of our clients graduated from counselling services

# MESSAGE FROM THE CHAIR



On behalf of the Board of Directors, I would like to extend our sincerest thanks to everyone who has made this 25th anniversary year of the Colchester Sexual Assault Centre incredibly successful. In our 25 years we never could have imagined that the demand for our programs and services would grow to the levels we've seen over the past year. In order for us to effectively respond to this growing need, our organization has undergone significant changes in our operations. Thank you to our Board of Directors for their ongoing support and leadership, to our Executive Director for navigating us through these challenging times, and to our team who have embraced our path forward and have always kept the needs of our clients, and the community, at the core of all we do.

Since October 2020, our Board of Directors has doubled in size and I would like to personally welcome each of you, and to thank you for volunteering your time. I am confident that the diverse Board of Directors we have possesses the required skills, expertise and knowledge we need to continue building upon our organization's legacy. Like any non-profit organization, COVID-19 has posed many challenges and how we will address these unforeseen obstacles is uncertain, however I truly believe that we have the right team in place to effectively manage what the future holds.

During this past year we have implemented an effective governance structure, introduced a more comprehensive policy and procedures manual to guide us forward, created the financial controls needed to manage our financial position, built upon our human resources and introduced an employee benefits program, secured new funding opportunities, and developed a more person-centred approach to our programs and services, among many other new and exciting developments. This is all attributed to our highly skilled and dedicated team of both board and staff, and has been made possible by the generosity we received from our funding partners.

The Board of Directors would like to extend our appreciation to the Province of Nova Scotia, and to all our supporters, for their renewed investment into addressing the needs of those impacted by sexual violence. Because of this support, our organization has a renewed passion for providing the best possible service in communities across the region. We are looking forward to furthering our engagement with the community, developing new partnerships, and advocating in support of our clients and the programs and services we provide. Sincerely,

Deb Pryor, Chair of the Board of Directors

## Executive

Deb Pryor, Chair  
Alysse Taggart, Vice-Chair  
Niki Henderson, Treasurer  
Jenna MacKeil, Secretary

## Members-at-Large

Matthew Berrigan  
Tyrone Goodwin  
Eryn Heidel  
Susan Henderson  
Cathy Hinton

Victoria Mumford  
Chantal Paris  
Cheryl Paris  
Cheryl Young  
Paul Young

# MESSAGE FROM THE EXECUTIVE DIRECTOR

2020 has certainly been a challenging year but it has also been a great opportunity for our organization to pause and reflect on new and exciting opportunities. During our 25th anniversary as an independent community-based non-profit organization, I am thrilled and honoured to be leading our organization as we continue to offer our vital programs and services – for the next 25 years! I would like to take this opportunity to thank our team and our Board of Directors for all their hard work and dedication over the past year, as well as their patience as we adapted to our ever-changing world during the COVID-19 response.



This year has been like no other, for the first time in our organization's 30-year history have we seen cases of sexual violence reach these levels. Calls into our Community Resource Centre have quadrupled, with upwards of 8 new calls per week resulting in a

waitlist of 14 people at its peak. I am humbled and inspired by our compassionate team of Counselling Therapists who have provided 1,064 hours of free counselling services this past year!

In response to this growing demand, our organization has been a recipient of new funding opportunities that enabled us to grow our capacity and to develop new and innovative programming. We are now able to offer virtual and tele-support and have recently developed our new Aftercare: Journey program for our graduating clients. Because of these new opportunities we are now better positioned to provide a proactive continuum of care to the clients who access our services. Our sincerest thanks to our funding partners and our network of partner agencies who have made this possible.

The Colchester Sexual Assault Centre has always been a safe place for EVERYONE in need of support and we will continue to embrace our diverse communities through our programs and services, outreach, education and advocacy. Those who identify in the African Nova Scotian, First Nations and 2SLGBTQIA+ communities, as well as people with disabilities, account for over 20% of the clients who have reached out to us for support. We are incredibly proud of our diverse team of Counselling Therapists who each bring a unique set of skills and experience that enable us to be a safe and inclusive space for all.

Thank you again to everyone who has made this year possible, each of you have had a lasting impact on our organization, our clients and on our communities. I hope you'll continue to join us as we enter into a new year that is filled with limitless possibilities and building a legacy of change for those impacted by sexual violence. Sincerely,

Jamie Matthews, Executive Director

## Acknowledgements

Thank you to those who have contributed to our organization's growth and success over the past year. Your support has had a lasting impact on our community.

- John Butts - 30-Year Retired Treasurer
- Lesa Douglas - Retired Member-at-Large
- Sarah Flemming, Former Executive Director
- David Johnstone, Former Counselling Therapist
- Jackie Higgins, 2020 Canada Summer Jobs Student

# OUR TEAM



Jamie Matthews  
Executive Director



Marilyn Ebsary  
Bookkeeper



Sara-Lynne Lantz  
Client Intake Supervisor

## Counselling Therapists



Malory  
Beazley



Stacy  
Darku



Khanden  
MacMullin



Nicole  
Williams

# 25TH ANNIVERSARY



March 8, 2021 marked the 25th anniversary of the Colchester Sexual Assault Centre as a non-profit community-based organization. Since its formation in 1992 as a program offered through the former local chapter of the YMCA, our organization has been responding to the ever-growing need for supporting those impacted by sexual violence across the Colchester, Cumberland and East Hants counties. Since obtaining incorporation status as an independent non-profit organization on March 8, 1996, we have been providing free counselling services, education and support programs, outreach, awareness and advocacy to those impacted by sexual violence in our communities.

Over the past 25 years, our organization has become the trusted authority on sexual violence in the region and has developed dozens of valuable referral partnerships. The development of this network of community resources has increased access to information and support services. Our Community Resource Centre at 35 Commercial Street in downtown Truro is a safe space for all gender identities, sexual orientations, cultures and ethnicities.

The programs and services we offer are made possible by our generous donors and committed funding partners. It is because of this support, and to commemorate this 25-year milestone, we also launched our new Aftercare: Journey program during the month of March 2021. This program will further enhance the support services provided to those clients impacted by sexual violence, following the completion of the initial 12-week offering with one of our highly trained Registered Counselling Therapists.

We would like to thank the Canadian Red Cross and the Government of Canada for their financial contribution in making this next phase in our organization's legacy possible. This new program will ensure that our organization will continue its vital services in the community and to continue to be there as a resource to anyone in need of support.

## OUR CLIENTS

- Nearly **12%** of clients identify as male
- **80%** of clients identify as female
- Upwards of **8%** of clients identify as 2LGBTQIA+
- **37%** of clients are under the age of 24
- **52%** of clients are between 25-50 years old
- **11%** of clients are 50+ years old
- **10%** of clients identify as First Nations
- Nearly **4%** of clients are a person with a disability
- Nearly **4%** of clients are members of the African Nova Scotian community

# AFTERCARE: JOURNEY PROGRAM

Following completion of the initial offering of the 12 free individual sessions with a Counselling Therapist, clients are “graduated” into our new **Aftercare: Journey Program**. Clients meet with our Client Intake Supervisor to discuss their continuing care options, which may include:

- referrals to external counselling services
- group counselling
- support groups
- community services

Following the completion of this program, clients can be referred to other local organizations who are members of our highly trusted network of referral partners for services that are already well-established in the community.

Every client will also be provided a Strategies Tool Kit that is a comprehensive workbook filled with exercises, resources, and helpful tips and tricks that will help in effectively managing their self-care.

14

CLIENTS  
PARTICIPATED IN  
THE AFTERCARE  
PILOT PROGRAM

This program is available both in-person and virtually and is comprised of five distinct themes including:

- Understanding Self-Esteem
- Identifying Values
- Boundaries and Healthy Relationships
- Effective Communication Techniques
- Self-Forgiveness

# PROGRAMS & SERVICES



We have seen the undeniable impact our organization has had over the past 25 years, with thousands directly benefiting from our free counselling services. We provide an alternative for those with limited financial means, our 12-week offering is valued at just \$420 compared to upwards of \$1,400 through a private practice. Our free counselling services also helps to alleviate the burden placed on our healthcare system and government agencies.

## COUNSELLING

Our team of highly trained Registered Counselling Therapists provide a wide range of mental health counselling, emotional support and psychoeducational services. One-on-one counselling services are one of the most valuable and accessed services offered through our Community Resource Centre. Each client receives up to 12 free individual counselling sessions for those impacted by sexual violence. They are welcomed by the Client Intake Supervisor who then pairs the client with the best suited Counselling Therapist based on their unique situation and needs. They will then meet with the same counsellor weekly or biweekly for an hour-long session of therapeutic conversation. During treatment the main focus is on developing goals, collaborating on a treatment plan, evaluating progress to determine what future services may be beneficial and charting a course for healing.

**1064**

HOURS OF FREE  
COUNSELLING  
SERVICES

# OUTREACH & EDUCATION

Our organization offers educational workshops, presentations, and Healthy Relationships Groups to all ages. Some of the work we do includes:

- Educational workshops and presentations for both youth and adults
- Healthy Youth Relationships Groups at schools
- Canadian Red Cross *RespectED* violence prevention programs
- Group facilitation of *Beyond Trauma: A Healing Journey for Women*
- Support and educational groups
- Providing resources and information on various issues including sexual violence, sexuality, relationships, sexual health, and personal wellness



*In November we presented to the 30+ nurses and first responders in attendance as part of the training to launch the SANE program in Colchester County.*

# 110

NEW CLIENTS BEGAN  
SERVICES IN THE  
PAST YEAR

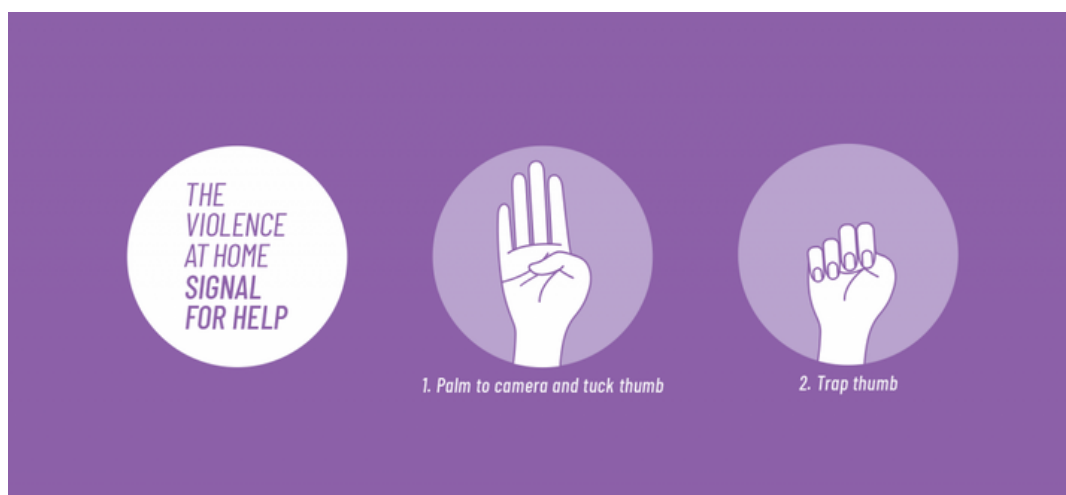
## REGIONAL BREAKDOWN

- |   |                                   |
|---|-----------------------------------|
| • Colchester County - <b>71%</b>            | • Cumberland County - <b>3.5%</b> |
| • Halifax Regional Municipality - <b>9%</b> | • North Shore - <b>2.75%</b>      |
| • East Hants County - <b>6.5%</b>           | • South Shore - <b>2.75%</b>      |

# COMMUNITY PARTNERSHIPS

We have developed an extensive network of community partnerships that enable our organization to provide the best possible service to our clients. Our sincerest thanks to all of our referral partner agencies, funders and friends in the community.

- Antigonish Women's Centre and the Sexual Health Centre
- Autumn House
- Canada Summer Jobs
- Canadian Mental Health Association
- Canadian Red Cross
- Canadian Women's Foundation
- Colchester Anti-Poverty Network
- Colchester Chamber of Commerce
- Colchester Community Workshops
- Colchester Partnership for Economic Prosperity
- Colchester United Way
- Department of Community Services
- Disability Support Program
- East Hants Lloyd E. Matheson Centre
- East Hants Wellness Fund
- ElevateHER
- Elizabeth Fry Society of Mainland NS & the Truro Program Centre
- Government of Canada
- Indian Brook Peer Outreach Support Services and Education (POSSE)
- The Lotus Centre
- Maggie's Place Family Resource Centre
- Millbrook Family Healing Centre
- NS Community Links for HRM, Colchester and East Hants
- NS Health Promoters in Colchester and East Hants
- NS Sexual Violence Strategy
- Pictou County Women's Centre
- Province of Nova Scotia
- Sexual Assault Nurse Examiner program (SANE)
- Slate Youth Centre
- Third Place Transition House
- Trafficking and Exploitation Services System (TESS) working group
- YReach
- The schools, educators and guidance counsellors across the region who have entrusted us to support their students



# ADVOCACY

Our organization not only supports those impacted by sexual violence but we also give a voice to those who feel marginalized as a result of their trauma. The CSAC operates from a holistic, person-centred approach and offers gender-sensitive, trauma-informed counselling services.



We view counselling as a collaborative relationship where the counsellor provides structure, information, and guidance during the healing process. Our counsellors believe that those impacted by sexual violence are the experts on their own lives, including how and at what pace they should heal.

Those impacted by sexual violence who choose to seek counselling do so at different points in their lives. Many find themselves in a state of crisis when they first contact us. Our first priority is the client's stabilization and safety, after which we will work with the client to rebuild balance and connection.

We recognize that supports, services, and resources geared to the general public are not always accessible or culturally safe for marginalized groups. To ensure we are providing culturally-relevant services to all those impacted by sexual violence, we have compiled a list of resources and supports specifically targeted toward marginalized groups and are available on our website.

## OUR WORK

- In October 2020, we met with the Provincial Government of Nova Scotia to make a renewed investment into sexual violence support services
- In December 2020, we joined in the letter of solidarity with Third Place Transition House and other organizations to support those in the Pugwash area impacted by a specific instance of sexual violence in their community
- We provide court accompaniment to our clients so they would have a familiar face, and to help them feel safe and secure when facing their perpetrators

# MARKETING & COMMUNICATIONS

## AWARENESS MONTH

Each year the Colchester Sexual Assault Centre participates in and supports the annual Sexual Assault Awareness Month during the month of April that takes place in communities across Canada.

8

AVERAGE NEW  
CALLS PER WEEK

As part of the campaign, along with our community partners, we actively break down the barriers that many Nova Scotians face when accessing support services in their community. The education programs and support services offered by the Colchester Sexual Assault Centre are based on a single fundamental principle, to create a positive healing journey for those impacted by sexual violence. However, one of the greatest obstacles in accessing those available services are the negative myths that deter far too many from getting the support they need.

Sexual violence impacts everyone, which is why the Colchester Sexual Assault Centre remains open and available to everyone – to all cultures, races, ethnicities, sexual orientations and gender identities – who are in need of support.

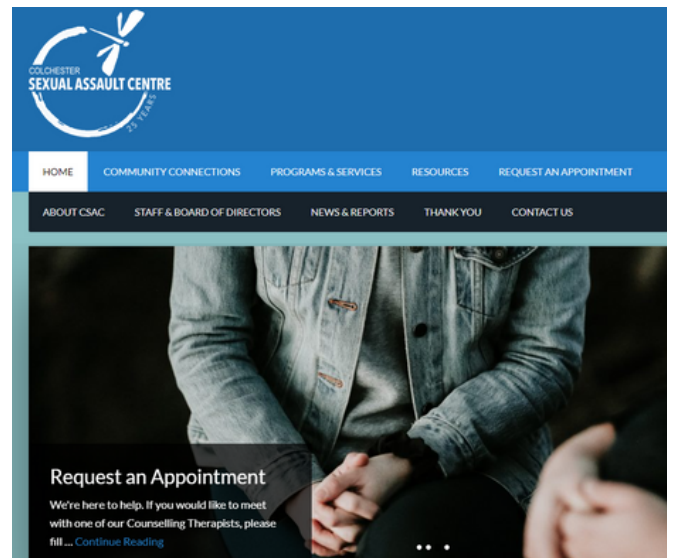


# WEBSITE

We completed a full overhaul on our website content this year!

Changes include:

- New resources and materials
- Updated inclusive language
- External links to our referral partners
- Recognition for our funders and supporters
- Individual pages have been created for distinct marginalized groups in the community with specific information and resources
- News & Reports section has been added for press releases and special announcements

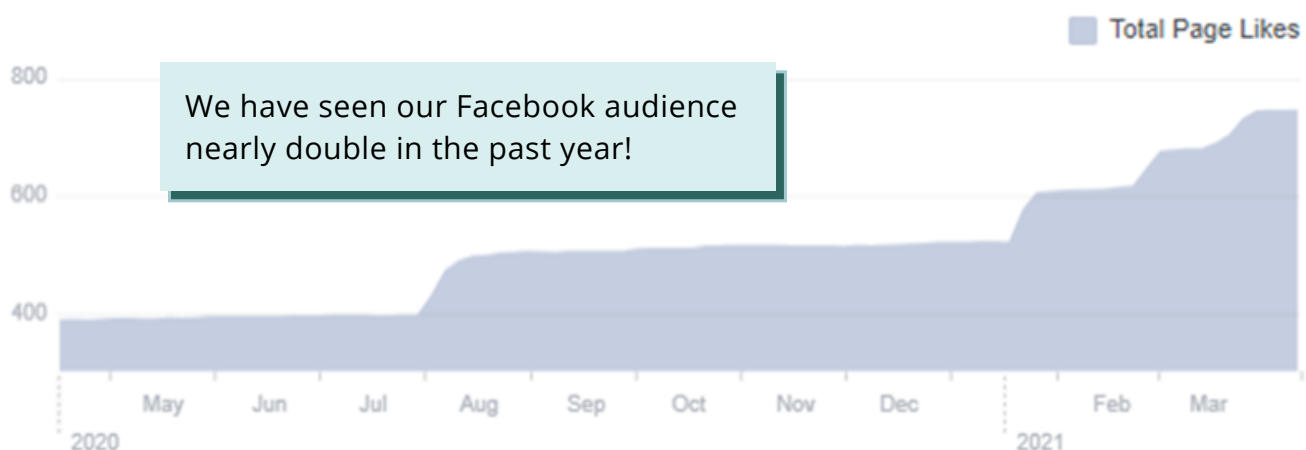


## AVERAGE MONTHLY STATS

- 277 unique visitors accessed our services and requested information
- 113 of those unique visitors typed in our web address which shows we have a strong online brand that resonates with our audience
- 99 of our social media followers use our platforms to access our site
- 103 unique visitors search for us online

# SOCIAL MEDIA

 @ColchesterSAC  @CSAC16  @ColchesterSAC  CSAC Colchester Sexual Assault Centre



# OUR FUNDING PARTNERS

The Colchester Sexual Assault Centre is a non-profit community-based organization that relies on the generous financial support of grants and donations. We would like to recognize and thank our funding partners and donors for their generosity!

To show **YOUR** support of those impacted by sexual violence in our province please contact us at [info@colchestersac.ca](mailto:info@colchestersac.ca) / 902.897.4366



\$900

February 2021 – Thank you to the **East Hants Wellness Fund** for selecting our organization so we can work together to support those in the East Hants region of our province! Virtual support options and outreach in the community are vital in supporting those impacted by sexual violence.

January 2021 – Thank you to the **Canadian Women's Foundation** for their sizable funding opportunity! This will enable us to continue to expand our programming and outreach in support of those women in our community that have been impacted by sexual violence! Thank you also to our friends at Bridges Institute for their valuable partnership!

\$17,065

\$21,650

October 2020 – Thank you to the **Canadian Red Cross** and the **Government of Canada** for their generous grant in order for us to create new virtual programming to better respond to the evolving COVID-19 pandemic in our province. This support will have a lasting impact on our organization!

\$940

October 2020 – Thank you to the **Nook and Cranny** for selecting us as the recipient of their charitable donations! Your contribution will have a lasting impact on the programs and services we provide!

## In-kind

September 2020 – Thank you to our friends at **Big Dog 100.9** for their generous donation as part of their Tampon Tuesday initiative, and to all who donated! Those in need have greatly appreciated your generosity!



\$4,116

June 2020 – Thank you to **Canada Summer Jobs** for selecting our organization to provide a student with a valuable opportunity in their field of study! Our student Jackie Higgins was a great addition to our team during the summer!

\$6,805

May 2020 – Thank you to the local production of the **Vagina Monologues** for selecting us as the recipient of their fundraising efforts! Your support is greatly appreciated!

\$170,000

April 2020 – Thank you to the **Province of Nova Scotia** for their COVID-19 relief funding in order for us to grow our capacity to effectively meet the ever-growing demand on our programs and services!

\$43,300

April 2020 – Thank you to the **Department of Community Services** of the Province of Nova Scotia for their annual funding contribution in support of our daily operations!

# FINANCIAL STATEMENT

## COLCHESTER SEXUAL ASSAULT CENTRE Statement of Operations Year Ended March 31, 2021

	2021	2020 (restated - Note 6)
<b>REVENUE</b>		
Province of N.S. grants (Note 6)	\$ 213,300	\$ 213,300
Other grants	55,038	-
Fundraising and donation revenue	1,556	10,630
	<b>269,894</b>	<b>223,930</b>
<b>EXPENSES</b>		
Advertising	4,779	1,079
Education services	201	2,017
Insurance	1,290	1,427
Office expenses	12,904	4,375
Professional fees	5,939	854
Rent	12,380	14,660
Salaries and wages (Note 7)	178,753	160,505
Telephone	2,605	1,929
Travel expenses	821	3,869
	<b>219,672</b>	<b>190,715</b>
<b>OTHER INCOME</b>		
Interest income	2,050	4,116
<b>EXCESS OF REVENUE OVER EXPENSES</b>	<b>\$ 52,272</b>	<b>\$ 37,331</b>

SEE ACCOMPANYING NOTES TO THE FINANCIAL STATEMENTS

**AC** MCISAAC • DARRAGH  
CHARTERED PROFESSIONAL ACCOUNTANTS

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