

### 2021-2022

### **ANNUAL REPORT**

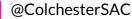
**Colchester Sexual Assault Centre** 35 Commercial Street, Suite 403, Truro, NS ColchesterSAC.ca info@colchestersac.ca / 902.897.4366



@ColchesterSAC

@CSAC16







CSAC Colchester Sexual Assault Centre

## OUR MISSION EVISION



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
- We have supported **117** new clients this year
- We have provided **119** individual Aftercare: Journey sessions
- On average, clients only missed **1** session each
- Over **36%** of our clients graduated from counselling services



## MESSAGE FROM THE CHAIR

On behalf of the Board of Directors, I would like to extend our deepest appreciation to everyone who has made this another memorable year in the history of the Colchester Sexual Assault Centre. It has been an honour to serve as Chair over these past several years, which have certainly posed some challenges but have also led to many exciting developments as we continue to respond to the ever-growing demands placed on our programs and services. Please join me in thanking each of the members of the Board of Directors, for their endless dedication and leadership. We would also like to thank our Executive Director for his enthusiasm and ensuring we have secured new funding sources to effectively manage the evolving COVID-19 response. To our team of Counselling Therapists and administrative staff, the work you do each, and every day has impacted countless lives and we couldn't be any more grateful for all you do.



Our organization is incredibly fortunate to have such a diverse team. Each, and every one of you brings something unique and special to the client experience. I have never been more confident in the potential of our organization and in the capabilities of our team. Each year, we welcome new members to the Board of Directors and although we sadly have to say goodbye to some, we are incredibly excited for what the future holds. We would like to take a moment to thank Alysse Taggart for serving as Vice-Chair and Jenna McKeil as Secretary, you both will be greatly missed and we sincerely thank you for all you have contributed.

It is those contributions over this past year that have secured a more prosperous future for the organization. Together we have secured new revenues ensuring our financial stability, fostered an effective team environment by investing in our human resources, invested in our team by implementing an employee benefits program, and continued to make great strides in our person-centred approach to our clients. These accomplishments are attributed to your motivation and passion, and we couldn't possibly thank each of you enough.

We have developed a reputation of trust and professionalism within our schools, transition homes, women's resource centres, the business community, the non-profit sector, all levels of government and its agencies, the media, and most importantly – with our clients. I would like to personally extend our sincerest thanks to everyone who has partnered with us along the way.

Lastly, on behalf of the Board of Directors, we would like to extend our appreciation to the Province of Nova Scotia, and to all our funding partners and supporters, for their ongoing investment into addressing the needs of those impacted by sexual violence. Whether it be the renewed funding from our government, the awarding of a successful funding application, or as simple as purchasing one of our 25th anniversary dragonfly ornaments for \$25 – that support has made a lasting impact on our organization and on our community. We are incredibly proud to say that every dollar received by the Colchester Sexual Assault Centre is re-invested into our community which makes it a safer and more inclusive place for everyone.

Sincerely,

Deb Pryor, Chair of the Board of Directors

#### Executive

Members-at-Large

Deb Pryor, Chair Niki Henderson, Vice-Chair Victoria Mumford, Treasurer & Secretary

- Matthew Berrigan Eryn Heidel Susan Henderson Cathy Hinton Melissa McNutt
- Chantal Paris Cheryl Paris Cheryl Young Paul Young



## MESSAGE FROM THE EXECUTIVE DIRECTOR



2021 has been an incredibly exciting year in the history of the Colchester Sexual Assault Centre. Not only have we proactively responded to the unprecedented demands placed on our programs and services, but we also took this opportunity to grow and adapt as an organization to deliver the best possible service to the diverse communities we serve. I would like to personally thank each member of our highly dedicated Board of Directors and our remarkably talented team of Counselling Therapists and administrative staff. Together we all have made a lasting impact on those who reside in the Town of Truro, Colchester County and beyond!

As we close our 25th anniversary year of being an independent communitybased non-profit organization, and in recognition of our 31 years in the community, I continue to be honoured and humbled to lead this organization forward. Over these past 3 plus decades, our organization has developed a legacy in prevention, education, advocacy and support for those impacted by sexual violence. However, we haven't done this work alone and would be remis if we didn't acknowledge the valuable partnerships we've made in the community.

These partnerships were especially important this past year when we embarked on several legacy projects in celebration of our 25th anniversary:

- Our commemorative holiday ornament campaign was a huge success raising over \$3,900 in support of our programs and services. We would like to thank everyone who purchased one, and to Thrown Together Pottery and the Truro Farmer's Market for their generosity and support of the campaign.
- In response to the growing cases of sexual violence, particularly within marginalized and racialized communities, our organization proactively responded by committing ourselves to better understand the systemic barriers faced when accessing support services. We would like to thank Tracy Dorrington-Skinner, KAIROS Blanket Exercise Canada and Millbrook First Nation for trusting us in sharing their emotional experiences.
- First impressions are especially important by those who initially access our programs and services, which is why we invested in our office spaces and Community Resource Centre this past year. When people enter our space they are now greeted by an open, airy environment that gives a sense of a "new beginning". We would also like to recognize each of our funding partners in making this possible. To the Department of Community Services, Colchester County, the Canadian Red Cross and the Canadian Women's Foundation, we extend our deepest appreciation for your continued support and generosity.

Thank you again to everyone who has contributed to making this another memorable year in our organization's history. We are incredibly excited for the year ahead and remain committed to supporting those impacted by sexual violence in our communities.

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.

- Alysse Taggart Retired Vice-Chair, Board of Directors
- Jenna McKeil Retired Secretary, Board of Directors
- Stacy Darku Former Counselling Therapist
- Mairi Hughes McKay 2021 Canada Summer Jobs Student



# OUR TEAM



Jamie Matthews Executive Director



Marilyn Ebsary Bookkeeper



Sara-Lynne Lantz Client Intake Supervisor

#### **Counselling Therapists**



Malory Beazley



Khanden MacMullin



Nicole Williams

### OUR CLIENTS

- Upwards of **12%** of clients identify as male
- Over **81%** of clients identify as female
- Upwards of **12%** of clients identify as 2SLGBTQIA+
- Nearly **18%** of clients are youth
- Over 28% of clients are aged 18-24

- Over **39%** of clients are aged 25-50
- Over **4%** of clients are people with a disability
- 9% of clients identify as First Nations
- Nearly **3%** of clients identify as African Nova Scotian



## LEGACY PROJECTS

### Holiday Ornament Campaign

To commemorate our 25th anniversary of being an independent community-based non-profit with a 30year history in the community we unveiled our handmade dragonfly holiday ornaments. We were thrilled to support and partner with a local artist at Thrown Together Pottery.





With the support we received from Truro Farmer's Market we sold 143 ornaments and raised more than \$3,900 in support of our programs and services. We would like to thank the community for their generosity, ensuring that our organization will be here for another quarter century supporting those impacted by sexual violence! These ornaments will be available all year round and are a great Christmas gift, a thoughtful thank you gift for someone special, or in honour of someone who has benefited from our services.



# LEGACY PROJECTS

#### **Community Resource Centre Refresh**



Our organization was the recipient of several funding opportunities this past year that enabled us to reinvest into our Community Resource Centre! We wanted to create a welcoming and professional environment for our clients and visitors, and to make them feel more represented when they enter our space. We also wanted to create a healthier workplace for our counselling team who work tirelessly in support of our clients. Some of the improvements that were made include:

New additions to our Resource Library

- Adaptable furniture that can cater to both formal education or more intimate peer-support options
- Artwork that is a better representation of the communities we serve and our diverse clientele
- Ergonomic desks and chairs for our team to allow for comfortable seated and standing positions
- Secured storage for enhanced security and confidentiality
- A smart monitor with a rotating slideshow highlighting our organization, which also allows for virtual conferencing and access to online resources



• and much more!



## DIVERSITY & INCLUSION

Our organization has always been committed to supporting our diverse communities, but for us to be truly understanding and an ally for all, we first took the steps needed to educate ourselves on the lived experience of marginalized and racialized communities. As the only non-profit organization in Colchester County who supports men, we also strive to be the most inclusive organization for everyone. Which is why we embarked on a series of educational opportunities that have had a lasting impact on our perceptions of what it is like to live with trauma, in addition to the systemic challenges and barriers that people face each, and every day.

### Ally is a Verb Training

Our team completed an 8-hour offering on the African Nova Scotian experience, presented by Tracy Dorrington-Skinner. We learned so much valuable information and insight into the African Nova Scotian experience, and we would like to thank Tracy for trusting us to share her personal stories.



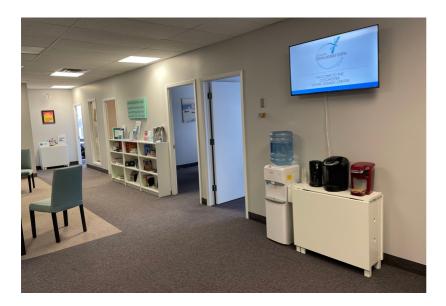


#### **KAIROS Blanket Exercise**

Our team, along with The Lotus Centre, Autumn House and the United Way of Colchester County were honoured to participate in this emotional educational immersive experience. We now have a better understanding of the lasting societal and cultural impacts of colonization on First Nations communities.



# PROGRAMS & SERVICES



### COUNSELLING

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.

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.





### AFTERCARE: JOURNEY



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

## OUTREACH & EDUCATION

We provide educational workshops, presentations, and group support options in the community. Throughout the year, our organization has provided outreach and education services to schools in the CCRCE, facilitating programs for youth, workplace educational services, as well as several participants and staff with our network of community partners. These presentations have included:

- Understanding Healthy Relationships (for youth)
- Understanding Healthy Relationships (for adults)
- Online Safety for Families and Youth
- Sexual Violence and Trauma-Informed Practices

We provide resources and information on various issues, including sexual violence, trauma and trauma responses, trauma-informed practices, online safety, trafficking and exploitation, sexuality, relationships, sexual health, and personal and self-care planning.

### REGIONAL BREAKDOWN

- Colchester County 71%
- Halifax Regional Municipality **12%**
- East Hants County 4%

- Cumberland County 8%
- North Shore 2%
- South Shore 3%



### 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.

- Autumn House
- Black Girl Magic Nova Scotia
- Bridges Institute
- Canada Summer Jobs
- Canadian Mental Health Association
- Canadian Red Cross
- Canadian Women's Foundation
- CBDC NOBL
- Colchester County
- Colchester Anti-Poverty Network
- Colchester Chamber of Commerce
- Colchester Partnership for Economic Prosperity
- Community Health Board
- Department of Community Services
- Department of Health and Wellness
- Futureworx
- Government of Canada
- Indian Brook Peer Outreach Support Services and Education (POSSE)

- KAIROS Blanket Exercise Program
- The Lotus Centre
- Maggie's Place Family Resource Centre
- Mi'kmaw Family Healing Centre
- Nova Institution for Women
- Nova Scotia Sexual Violence Strategy
- Province of Nova Scotia
- Rath Eastlink Community Centre
- Third Place Transition House
- Thrown Together Pottery
- Trafficking and Exploitation Services System (TESS) working group
- Truro Farmer's Market
- Truro Police
- United Way of Colchester County
- YReach
- The schools, educators and guidance counsellors across the region who have entrusted us to support their students





### A D V O C A C Y

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.

### OUR WORK

- In September 2021, we were visited by Dave Ritcey (MLA for Truro-Bible Hill-Millbrook-Salmon River) to discuss the need for a long-term commitment from the Province on behalf of the non-profits delivering sexual violence support services.
- In December 2021, we co-hosted the National Day of Remembrance and Action to End Violence Against Women event in partnership with The Lotus Centre, Third Place Transition House and Mi'kmaw Family Healing Centre.
- In February 2022, we co-signed onto a letter sent to the Minister of Education, expressing the need for formal sexual violence education and prevention in our schools.
- In March 2022, we were visited by Dave Ritcey, Minister Brad Johns (Attorney General and Minister of Justice), and Darryl Johnson (Community Outreach and Stakeholder Relations Officer) to discuss the great work being done by our organization and the need for further investments into sexual violence prevention and support services.

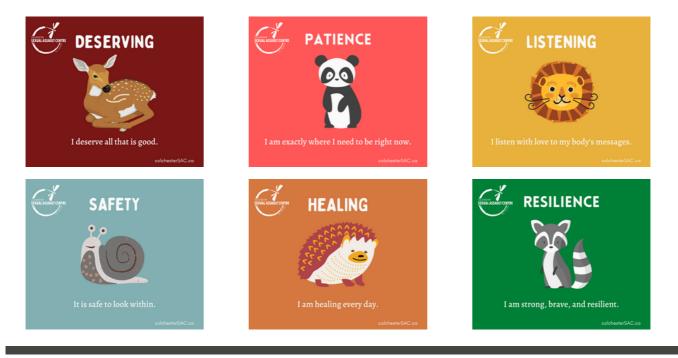


# MARKETING & COMMUNICATIONS

### 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. EDUCATIONAL OUTREACH ACTIVITIES

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.





2021-2022 Annual Report

### WEBSITE

ColchesterSAC.ca continues to be a trusted resource for those impacted by sexual violence and trauma. People can safely and securely Request an Appointment with one of our Counselling Therapists and gain access to:

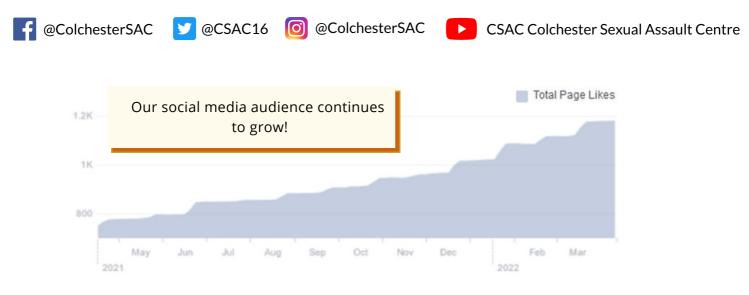


- up-to-date resources and information
- external links to our referral partners on our Community Connections page
- individual pages for distinct marginalized and racialized groups with applicable resources under the Resources menu
- special announcements on our News & Reports page
- our funding partners and community supporters on our Thank You page

### AVERAGE MONTHLY STATS

- 353 total monthly visitors
- 335 unique monthly visitors
- 35% of visitors type in our web address
- 24% of visitors reach us through social media
- 41% of visitors search using a search engine
- Most visited pages are Staff & Board (66), News & Reports (49), Programs & Services (47), Request an Appointment (31), Contact Us (30), Men Impacted by Sexual Violence (19), Myths About Sexual Violence (18), Consent (15), and Community Connections (14)

### SOCIAL MEDIA





## 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 / 902.897.4366

### \$18,000

March 2022 - Thank you to the **Canadian Women's Foundation** for their ongoing investment into sexual violence services! 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 in Truro for their valuable partnership!



February 2022 – Thank you to the **Truro Community Health Board** for selecting our organization to develop a new virtual speaker series aimed at better supporting marginalized and racialized communities within Truro and Colchester County! \$2,200

### In-kind

November 2021 – Thank you to our friends at **Pure Country 99.5 & Bounce Radio 100.9 (CTV)** for their generous donation as part of their annual Tampon Tuesday initiative, and to all who donated! We were then able to pay-it-forward by supporting our friends at Autumn House!





June 2021 – 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

### **In-kind**

June 2021 – Thank you to our friends at **White LeBlanc Wealth Planners** who dropped off a stack of gift cards for treatments to Intrinsic Salon & Spa for our entire team! Thank you for this incredibly generous gift!





June 2021 – Thank you to **Canada Summer Jobs** for selecting our organization to provide a student will a valuable opportunity in their field of study! Our student Mairi Hughes McKay has been a great addition to our team this summer!

#### \$4,041

\$2,309

### 

May 2021 – Thank you to the **Building Vibrant Communities** fund and the Province of Nova Scotia for their generous support of our programs and services for the upcoming year! This contribution will ensure our team will continue to provide our valuable service across the region!

#### \$170,000

May 2021 – 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 2021 – 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 Revenues and Expenditures Year Ended March 31, 2022

	2022		2021	
<b>REVENUE</b> Province of Nova Scotia ( <i>Note 5</i> ) Government of Canada Municipality of Colchester County Charitable Organizations ( <i>Note 5</i> ) Fundraising and donations Training services	\$	214,200 4,031 45,000 32,040 4,025 4,025 303,321	\$	213,300 28,927 - 26,111 1,556 - 269,894
EXPENSES Advertising and fundraising Education services Insurance Office Professional fees Rent Salaries and benefits ( <i>Note 7</i> ) Telephone Travel		2,199 2,081 1,337 22,693 8,816 14,190 299,430 2,454 1,769 354,969		4,779 201 1,290 12,904 5,939 12,380 178,753 2,605 821 219,672
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES FROM OPERATIONS		(51,648)		50,222
OTHER INCOME Interest income		632		2,050
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	\$	(51,016)	\$	52,272

See accompanying notes to the financial statements



