



Annual Report 2013-2014

The Sexual Assault Centre Kingston is a not-for-profit, charitable organization mandated to:

- Provide counselling, support and advocacy services for survivors of sexual violence
- Educate and increase awareness of issues relating to sexual violence
- Advocate for social change which will contribute to the eradication of sexual violence



Board Chair & Executive Director's Report

For SAC Kingston, this past year was a time of change. New leadership, a new logo and, most notably, a new location. A new location for an agency is a significant undertaking - not only have we increased our square footage, but we have seen a renewed enthusiasm and creative energy among staff as a result! Some of the many perks include: offices for students, a designated child minding space and a lunchroom. Our new location also offers improved access for rural and north end service users, and most importantly, more parking!

This year, our counselling program underwent a significant review. As we reflected on the counselling services that we offer, we recognized that it was time to broaden ways that we were providing support to survivors of sexual violence. One result is that we have started to expand the groups and workshops being offered.

Our centre was fortunate to receive a training grant, allowing us to hold a retreat where staff received intensive training on trauma in the context of sexual violence. Going forward, we will continue to offer services from a trauma-informed, feminist framework which changes the question from "What is wrong with you?" to "What has happened to you?".

We continue to affirm the importance of collaborating with community partners in addressing sexual violence. We had a busy year coordinating with others to deliver a variety of events aimed to educate and raise awareness. As we go forward, we hope to increase the centre's prevention work, paying particular attention to children. Recent local research into the legal system has also indicated ways that SAC Kingston can improve support and outreach into the court system.

Let us conclude by thanking both the staff and Board members for their compassion and dedication they bring to this very important work. Thanks to you, we continue to make a difference in the lives of survivors and help them heal from the effects of sexual trauma.



Denise Lamb
Chair, Board of Directors



Elayne Furoy
Executive Director

SAC Kingston Counselling & Support Services



SAC Kingston offers individual and group counselling to women and girls impacted by sexual trauma, whether it be from sexual assault, childhood sexual abuse or both.

We believe that safety and stabilization are essential elements that need to be in place prior to processing traumatic memories. Our First Response Counsellor can help ready women for trauma counselling by assisting with crisis management, emotion regulation, physical health issues and getting basic needs met. Educating survivors on the effects of sexual violence and dispelling myths and distortions are important parts of the services we provide. We also frequently help women connect to other appropriate services in the community.

The goals of counselling are often to assist women in addressing their emotions that are connected to the traumatic events and to help them reduce the impact of the memories. The outcomes for women can be an increase in self esteem, improved sense of safety and overall better health and well being.

How survivors access our services and for how long is very individual. Some attend only individual counselling, while others only attend a group. Some survivors require longer term support, particularly when complex and/or repeated trauma is involved. It is important to recognize that recovery work is cyclic in nature, meaning that over a lifetime, a survivor may access our services at different points in their life in different ways.

Going forward, we plan to offer different modalities of counselling that connect both the physical and emotional aspects of trauma work, some examples include singing, yoga, art and drumming. We will continue to find ways to improve/expand our services to Napanee and rural areas as well. Finally, we hope to create opportunities where survivors can gather together to support one another.

SAC Kingston in the Community

Our community partners include:

- ◆ HIV/AIDS Regional Services
- ◆ Kingston Interval House
- ◆ Sisters of Providence
- ◆ Public Health
- ◆ White Ribbon Kingston
- ◆ Queen's University
- ◆ St Lawrence College
- ◆ KFACC
- ◆ K3C



One of the best parts of SAC Kingston is our ability to build and maintain positive relationships with community members and agencies within KFL&A. This past year, we were able to work closely with other agencies from the Kingston Frontenac Anti-Violence Coordinating Committee (KFACC) to offer a free day long workshop with Carol Todd and Julie Lalonde for Victim Awareness Week. The event brought many different agencies and community members, including members of the school boards, together for a powerful workshop on sexual violence and social media, a topic that is so timely in today's technologically driven world.

We worked closely with Sisters of Providence and Peace Quest to bring *Women Do Peace*, a day long interactive workshop that brought keynote speaker, renowned author Erna Paris to Kingston. We also helped to organize the 3rd annual *She Creates* artisan fair at Portsmouth Harbour as the kick-off event to International Women's Week. Every December, we help to organize a memorial in honour of those lives lost during the Montreal Massacre. Last year we chose to move it inside to the Sydenham Street United Church where there was a beautiful candlelight ceremony. John McTavish, Executive Director of HIV/AIDS Kingston said it was one of the nicest and most beautiful December 6th ceremonies he has ever been to. As part of the Safe & Sober Committee, we also held a bystander workshop for bar employees in Kingston, Queens and CFB Kingston, concerning the prevalence of sexual assault and alcohol.

We continue to be involved in social justice and advocacy by responding to media inquiries and events that happen in our community and in our politics. Whether that is responding to the new proposed prostitution legislation, women's issues in provincial elections, rape jokes in the media, men's rights groups, or human trafficking — advocating for those whose voices can't or aren't being heard is something we are not afraid to take on!

Kim Graham, Community Education Coordinator

Our Dedicated Volunteers

It is important to once again acknowledge all of the time and energy that is contributed by the volunteers of the centre. Their passion, commitment and creativity is vital to SAC Kingston's capacity to respond to the needs of survivors of sexual violence. We greatly appreciate your time and contributions—your work continues to be an integral part of the Centre's operations.

Some of the roles our Volunteers perform:

- Crisis Line Work
- Court & Hospital Accompaniment
- Community Education
- Child Care
- Funds Development
- Group Co-Facilitation
- Board Work

In 2013-2014, they contributed more than 12,000 hours of volunteer time!

Volunteers Make a Difference!



"I called your support line today and verbally told someone what happened to me for the first time. I am so happy that there was a person on the other end who offered me support, coping strategies and simply listened to what I said with no judgement. It was like a weight was lifted off my shoulders for the first time in a long time."

Anonymous

Staff

Elayne Furoy	Executive Director
Sara Peter	Administrative Assistant
Kim Graham	Community Education Coordinator
Tanya Wilson	Volunteer & Crisis Line Coordinator
Theresa Metcalfe	Counsellor
Lisa Doxtator	Counsellor
Heather Morrison	Young Women's Counsellor
Jennifer Byrd	First Response Counsellor



Board of Directors

Denise Lamb	Chairperson
Lisa Carnduff	Co-Chairperson
Karina McInnis	Treasurer
Nancy Brar	Secretary
Alicia Hussain	General Director
Deb Kinder	General Director
Raye McAvoy	General Director



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