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REBUILDING SHATTERED LIVES

Women's Resource Center

Serving victims of domestic violence and sexual assault for 33 years

2006-2007 ANNUAL REPORT

Our Mission

Women's Resource Center (WRC) provides supportive services, counseling, shelter and education to women, men and families involved in or threatened by domestic violence or sexual assault.

To achieve this we:

INFORM domestic abuse and sexual assault survivors about their right to live violence-free.

EDUCATE domestic abuse and sexual assault survivors about domestic violence and rape including the effect of such violence on the family.

TEACH abusers and batterers about anger control and alternatives to using violence in their relationships.

ALERT teens and pre-teens within the school systems about family violence,

date rape, and both physical and sexual child abuse.

ADVOCATE for domestic abuse and sexual assault survivors with law enforcement, social service agencies, and other service providers who have contact with the survivor and her/his family.



HEIGHTEN PUBLIC AWARENESS of the devastating effects of domestic violence and sexual assault on the survivor, the family, and the community.

REINFORCE the fact that domestic violence is a crime, and as such, is an intolerable violation of another's right to self-determination.

SUPPORT individuals recovering from the trauma of sexual assault and domestic violence through practical assistance and counseling.

PROVIDE SHELTER on both a short and long term basis for survivors of domestic abuse and their children.

Women's Resource Center is recognized by community, and business leaders, other social service agencies, law enforcement, government representatives, and private funding sources, as providing effective comprehensive and professional services in a fiscally responsible manner.

What We Do

Domestic Violence

Since 1974, Women's Resource Center has offered non-residential domestic violence services which include: supportive services, counseling, emergency food clothing and transportation, in-person advocacy, and information and referral.



Emergency Shelter

In 1980, Alternatives to Abuse, Women's Resource Center's 30-day emergency residential shelter for battered women and their children was opened. In addition to safe refuge from the violence in their homes, the shelter offers counseling and supportive services for those in residence. In 1984, this facility

was expanded to its present 26-bed capacity. Alternatives to Abuse is one of the few shelters in the State which allow boys over 10 and girls over 12 in residence with their mothers.

Transitional Housing

Recognizing that a 30-day emergency shelter did not meet all the needs of battered women trying to rebuild their lives, Transition House was opened in 1994. This transitional housing facility features 21 individual apartments for families and serves as a bridge from shelter refuge to self-sufficiency. The program is designed for a twelve month residency. During this time, former victims are in job training or employed and receive counseling and other supportive services which enable them to reach their goal of independence. The program provides a variety of case-

managed services.

Abuser's Program

In an effort to address all aspects of family violence, the Women's Resource Center offers a violence intervention program for abusers. The program is available to participants who are court-referred as well as for those who are seeking intervention services voluntarily. The "Family Violence Intervention Program" (FVIP) focuses on ending the violent behavior of abusers and substituting peaceful coping techniques. The fee-based program requires a 52-week participant commitment.



What We Do, continued

Sexual Assault

Since 1979, Women's Resource Center has addressed the special needs of rape victims with a program of 24-hour, in-person response to hospitals, law enforcement and emergency care centers. This program helps to insure the optimum possible level of service to victims.

The Center provides on-going individual and group counseling for rape victims as

well as advocacy and accompaniment services. In addition, WRC offers complete supportive services and counseling for victims of incest and molest. Specialized programs have been developed to assist adults who were victimized as children and are now beginning to deal with the experience.

Women's Resource Center's sexual assault services also extend to families of victims

through counseling and mediation.

Crisis Hotline

A 24-hour crisis hotline provides victims with around the clock access to Women's Resource Center's life-saving and life-sustaining services.



A Message from the Chair of the WRC Board of Directors



What an exciting year we have had at WRC! Our major board-directed accomplishments are as follows:

1. **Sustainability:** Established an endowment fund with The San Diego Foundation with \$150,000. Only the income from the fund will be used for programs. Now our donors have an opportunity to help us ensure our future.
2. **Expanding our Influence:** The

Friends of WRC now has over 100 members and is actively raising funds for children's services. We would welcome your membership.

3. **Planning:** Adopted a Long Range Strategic Plan to coordinate orderly growth in the agency.
4. **Programs:** Expanded client services to respond to community needs.
5. **Branding:** Created a new logo and tag line (*Rebuilding Shattered Lives*).
6. **Accessibility:** Launched a new website receiving 7,000 visits in

2007. Check us out at womensresourcecenter-wrc.org!

Our continuing challenge is maintaining and expanding our service levels to meet the needs of our clients, especially in light of projected cut backs in government grants. With our committed Board, talented staff, passionate volunteers and generous donors, we look forward to a successful 2008.

Colleen O'Harra
Chair
Board of Directors

From the Executive Director

Sometimes in the day-to-day rush, we lose track of the incredible difference Women's Resource Center can make in a person's life. Here is Vanessa's story,

Vanessa's life is changing...all for the better... and she credits WRC for her new beginning. After giving birth to seven children, she is laboring again; this time to become a better person and a better parent. In her words, "I deserve better for myself."

Her story of domestic violence started almost 20 years ago living with a husband who threatened and abused her. When he cut off her ear with a knife she left him for good. She says the worse thing was that it happened in front of the children.

Finding another man shortly afterwards was not the answer Vanessa had hoped it would be. While she was four months pregnant with his twins, this guy deliberately hit her with a car causing serious complications that resulted in an early delivery of her babies, a boy and a girl. The little girl died a few days later.

Today she says life is much better for her and the four children with her. Her two oldest twin daughters are U.S. Marines who just finished a tour of duty in Iraq. Vanessa says she has learned so much since coming to WRC four months ago...about herself and her kids. A son and a daughter are on their school's basketball teams and that makes Vanessa proud. "Now it's time to be proud of myself", she says. "I'm learning to take charge of my own life and that feels really good! I want my kids, too, to say they're proud of me."

Her plans are to be a full-time nursing assistant after completing the school program in which she's now enrolled. "I've always wanted to do that," she says, "but the kids' father would never let me. Now I make my own decisions about my life. It will be a long time before I get into another relationship because I have other things to do first." She's looking forward to the WRC graduation program, starting a bank account, and buying a car with cash. Her goal is to keep her family together, all of them living in a house.

"If it weren't for WRC, I might be dead by

now. Thank God for putting me here." Vanessa especially appreciates the help and support she's received from Jodi, Griselda and Carmen, staff members. "Some women never have the chance that I've gotten and some day I'd like to help women and this program here at WRC."

October 11, 2007

Special thanks to all of you—staff, volunteers, donors—who help Women's Resource Center work miracles such as this.

—Marva Bledsoe
Executive Director



Women's Resource Center Service Information

- **6,488** adults and children received over 20,817 units of assistance services from Women's Resource Center
- **1,879** requests for emergency service were answered via the 24-hour crisis hotline
- **225** volunteers donated almost 21,400 hours of service and
- **22,790** nights of safe shelter were provided

Specific types of service areas utilized by families were:

Sexual assault	536
Domestic violence (non-residential)	4,260
Domestic violence (residential)	226
Transitional housing	93
Children's services/Child abuse	231
Emergency services	1,142
Total Clients	6,488

Specific services provided:

Adult counseling	4,511
Children's counseling	469
Case management/Follow-up	4,561
Emergency services	2,930
Domestic violence team response	44
Referral and information	3,869
Crisis assistance/Intervention	4,433
Total Services	20,817

Service statistics by area served:

Oceanside	3,188	47 %
Carlsbad	349	5 %
Vista/San Marcos	1,052	16 %
Escondido/Valley Center	304	5 %
Fallbrook/Bonsall	175	3 %
San Diego	403	6 %
Unincorporated areas/Other	1,276	18 %

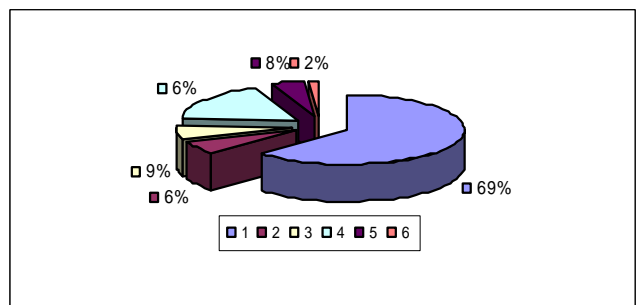
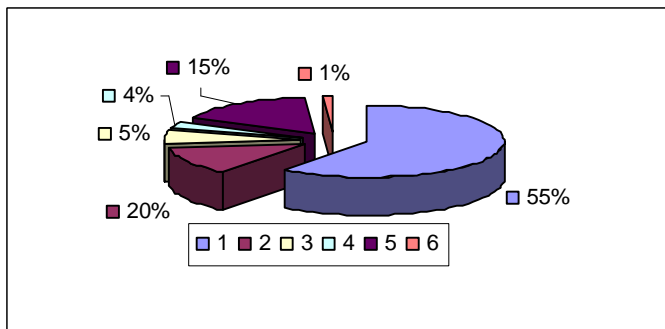
Audited Income and Expenses Fiscal Year 2006-07

Total Budget \$ 2,002,739

90% of all income was utilized for direct client services

INCOME

- | | |
|-----------------------------|-----------------------------|
| 1. Government Grants | 2. Private Donations |
| 3. Fundraising | 4. Foundation Grants |
| 5. Project Generated | 6. Miscellaneous |



EXPENSES

- | | |
|------------------------------------|------------------------------|
| 1. Personnel and Fringe | 2. Emergency Services |
| 3. Facilities Operation | 4. General Operation |
| 5. Reserve/Designated Funds | 6. Miscellaneous |

FROM A CLIENT'S PERSPECTIVE

"Some may call it adversity. I call it opportunity. Two years ago, in January 1996, I fled from an abusive partner, the father of my then 11-week old baby girl. All that I had was a baby bag with a half dozen diapers in it, both my children, and the clothes on our backs. My children and I were homeless, penniless, and vulnerable. I had been out of the workforce for more than three years, and did not have a college education to back me up. Leaving the abusive relationship was to be the beginning of the greatest adventure of my life.

Before I left my partner, I used to wish that suicide was an option; living in an abusive situation is not only terrifying, it is also oppressive and demoralizing. Choosing to leave, however, left me and my children at the mercy of "the system." I spent those first three months struggling just to survive. Fortunately, I made some decisions that have proven to be the best decisions of my life.

The first decision I made was to move into the Women's Resource Center's Transition House—a particularly tough decision for me to make. Being raised in an upper middle class family and having the expectations of a comfortable lifestyle made it especially difficult for me to adjust to living in a shelter-type atmosphere, where I had to sign in and out every time I came and went, and where my home would be inspected on a weekly basis. Even more degrading to me was the idea of curfew for visitors, and having to meet with a case manager weekly to evaluate my situation. In many ways, I felt like I had left one controlling situation and entered into another. I felt humiliated for moving into the Transition House, and angry with everyone, especially myself, for being in the situation I was in.

Slowly, however, I began to accept the reality of my position, and as this reality began to sink in, so did my gratitude for having the Transition House as an option. I began to look at the program as an opportunity rather than as a sign of failure. I realized that in living at the Transition House I had the opportunity to restructure my life and to rest from the chaos domestic violence had put me through. At the Transition House, I had the opportunity to learn why I had exposed myself and my children to the abuse in the first place, as well as tools to prevent it from happening again. Suddenly, I realized that the Transition House was a place of sanctuary for me and my two girls—a place to rest and revive.

Part of the requirements for living at the Transition House is a 30-hour per week work/school requirement. Hence, my second decision to return to school and earn a college degree worked well with the program requirements. Since entering the Transition House, I have finished my lower division course work and am preparing to enter my junior year at Cal State San Marcos. My goal is to earn a teaching credential in special education within the next three years.

Over the past year, I have earned four different scholarships based on my academic achievements, and I have acted as a student ambassador for Mira Costa College. These achievements are not mine alone. They are largely the combined effort of the incredible support system I have had through the Transition House program, including both the staff and the other residents who have encouraged me and helped me to reach my academic goals. At times it was my case manager listening to my gripes about too much homework and not enough time. Sometimes it was the other residents, watching my children for me while I worked on a research paper or did some other homework project, and providing words of encouragement when I most needed to hear them. And sometimes, it was just knowing that if the other residents could keep going, I could too. Knowing that I was not alone in my situation and understanding that domestic violence can happen to anyone helped me to get past feeling sorry for myself, and get going with my life.



Domestic violence can be one of the most destructive forces in a person's life; with the support of a community that is understanding and willing to help, it can also be an opportunity—an opportunity for the community to combine its efforts and help its members, and an opportunity for the individual to better their life and give back to the community. That's what it was for me—a call to action in my life, and a chance to build the life for myself and my children that I have always dreamed of. And, every day, I hope to give back just a little bit more to the community that supported me. Sally**

* Name changed to protect the client's identity.

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