



WRC 2016

ANNUAL REPORT

Women’s Resource Center (WRC) is dedicated to providing the highest quality supportive services, counseling, shelter and education to North County women, children and men involved in or threatened by domestic violence or sexual assault. It is our vision that through our victim empowerment, education of future generations and community awareness that we will create an environment where domestic violence and sexual assault are neither tolerated nor accepted.

To achieve this, we:

SUPPORT those recovering from the trauma of sexual assault and domestic violence through case management, support services and counseling.

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

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

ALERT teens and pre-teens within the school system about family violence, date rape, and both physical and sexual child abuse.

ADVOCATE for domestic violence and sexual assault survivors with law enforcement, social service agencies and others service providers.

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 and sexual assault are crimes and as such are an intolerable violation of another’s right to self-determination.



FROM OUR BOARD CHAIR



2015 was a busy year for WRC providing 30,971 total services to our clients. Unfortunately, that doesn't mean we get to sit down and relax. In fact, that is the opposite of what our staff does here at WRC. The Board of Directors could not ask for a more devoted CEO and the team of talented staff and passionate volunteers she has built.

Through WRC's education of future generations, victim empowerment and community awareness, we strive to create an environment where domestic violence and sexual assault are neither tolerated nor accepted. WRC is dedicated to providing the highest quality supportive services, counseling, shelter and education to North San Diego County women, children and men involved in or threatened by domestic violence or sexual assault.

As WRC enters the year 2016, we do so with an energized Board of Directors working hard on a new strategic plan to ensure that WRC continues to grow and fit the needs of our community. Along with the continued growth of our "Legacy Society", we acknowledge the generosity and vision of individuals who have provided for WRC with a donation in their will, trust or through charitable gift annuities. These bequests forge a future of possibilities for WRC.

I would also like to thank our donors who throughout the years have believed in and given to WRC. Even through challenging economic times in past years they have managed to continue to support WRC. This has allowed us to maintain our service levels to meet the needs of our clients.

Thank you for being a part of our efforts! Together we will make 2016 a year to remember!

Kaj Leonard, Chair
Board of Directors

FROM A CLIENT'S PERSPECTIVE



I am no longer a victim, but a survivor of domestic violence. I left the relationship about a year and a half ago and although it was difficult to begin with, being safe became of paramount importance to me.

I was in the relationship for nearly eight years, never once realizing that I was suffering from domestic violence thinking that it was only related to physical not mental abuse. I was humiliated, criticized and more disturbingly, isolated, becoming a virtual prisoner in my own home. I told no-one, as I was ashamed and was told that it was my fault. I was harassed and bullied into doing things that I didn't want to do. He was possessive and jealous and fierce and would blow up, at any time over anything. I was always walking on eggshells, in the end becoming compliant, just to keep the peace.

He would never leave me alone, every time I turned around, he was there or he called and e-mailed me constantly. I was told 'no-one will ever love you, the way I do' and 'I will never understand why you need space'. This still rings in my ears, even today. The moment I realized that I needed to leave is when he began hitting me in front of a sibling and also when a particular look appeared in his eyes, like he had begun to enjoy seeing me frightened. The abuse became progressively worse, he dehumanized me, I became a non-person. I feared for my children. I was so ashamed and humiliated ... his father intervened and helped us to get out of there.

I really believe in divine intervention, without that I would not be alive today. I feel sure that in a fit of anger, he would have ended up really hurting or even killing me. He may have even started to abuse our children. I sought out help from WRC and they helped me be safe and heal. They provided my children with a place where they were not terrified and could begin to smile again.

Day by day I take a piece back of myself and have grown stronger and happier than ever. He attempted to win me back for about six months after I left, but I stayed strong and determined thanks to my supportive family members and incredible WRC shelter staff. My family has no real clue what happened as I can't bring myself to tell them, although I think they suspect. I believe that people are sent to teach us lessons about life and I have certainly learned mine. As a result I have become enlightened and spiritual. I feel like I have truly found myself and I am happy to finally be free.

It is a hard road to travel, it is not easy and I still have the odd bad day and have trouble even thinking about even getting into another relationship as I am scared, but anything is possible if you believe and have faith.

There is light at the end of the tunnel. You don't have to live like this, there is an alternative and I never regret the day I left.

~ Anna.

2015 SERVICE INFORMATION

- **6,841** adults and children received over 10,450 units of service from WRC
- **843** requests for emergency service were answered via the 24-hour crisis hotline
- **238** volunteers donated 24,000 hours of service
- **20,521** nights of safe shelter were provided

Specific types of service areas utilized by families were:

Sexual assault	368
Domestic violence (non-residential)	3,966
Domestic violence (residential)	398
Transitional housing	103
Children’s services/Child abuse	56
Emergency services	1,950
Total Clients	6,841

Specific services provided

Adult counseling	1,235
Children’s counseling	423
Case management/Follow-up	4,208
Emergency services	2,034
Referral and information	1,102
Crisis assistance/Intervention	1,448
Emergency/Transitional Housing	20,521
Total Services	30,971

Service statistics by area served:

Oceanside	2,668	39%
Carlsbad	274	4%
Vista/San Marcos	958	14%
Escondido/Valley Center	274	4%
Fallbrook/Bonsall	137	2%
City of San Diego	684	10%
Unincorporated areas/Other	1,846	27%

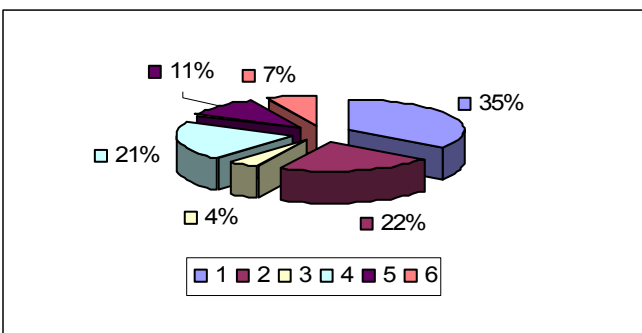
AUDITED INCOME AND EXPENSES—FISCAL YEAR 2014-15

TOTAL \$ 1,931,179

86% of all income was utilized for direct client services

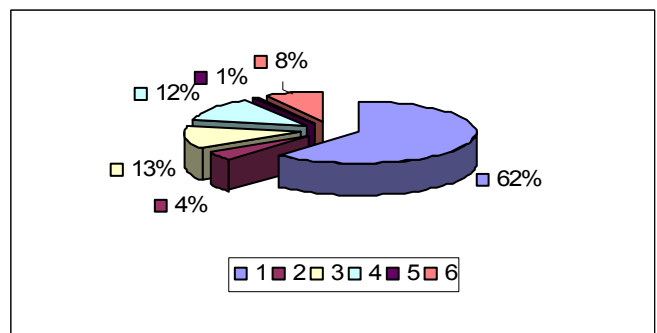
INCOME

1. Government Grants	35%	2. Private Donations	22%
3. Fundraising	4%	4. Foundation Grants	21%
5. Project Generated	11%	6. Miscellaneous	7%

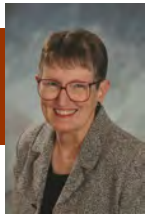


EXPENSES

1. Personnel and Fringe	62%	2. Emergency Services	4%
3. Facilities Operation	13%	4. General Operation	12%
5. Outside Services	1%	6. Miscellaneous	8%



FROM OUR CHIEF EXECUTIVE OFFICER



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 a story of hope from a former Transition House client,

"As a product of a domestic violence relationship, I watched through a child's eyes as my father abused everyone in our household. For years, I watched in fear as my father sent my mother to the emergency room after long nights of heavy drinking, fist fights, and verbal abuse. The abuse took its toll as mom begged me not to call the ambulance this time, but let her die because then she would have peace.

By the time I was eighteen, I had a child on the way and had married my first boyfriend. Somehow, I had managed the constant verbal abuse from my father and helped care for my brother into his teens. When I finally left home, I knew nothing about how relationships should work. The only example I had was the one my parents had provided.

My marriage was twenty years long to a man who financially provided for myself and the children. The price I silently paid were the attacks on my self-esteem and verbal cruelty. I ask myself today, why did I stay so long with a man who thought so little of me? Maybe it was for the same reasons my mother stayed with my abusive father; we needed a place to stay. I had no money or income. I depended on my husband to support me, but I truly paid a price.

As my children grew older, I became more in tune with my own needs and dreams. I finally had enough of the abuse and walked out of the marriage with nothing but the clothes on my back. I struggled to get a job and gave up my desire to continue school; at that point, I was in my third year of college. I made a living for the children with two minimum wage jobs.

In the back of my mind, I always wanted to finish school but couldn't afford to. It was during this time in my life that I met another man and once again made the same mistake of getting involved with an abusive person. This man was not only abusive, but he was also cruel and sometimes even dangerous. After two years and a small baby, I began to reach out for help.

It was during this time in my life that I met a counselor at the WRC. At the Center's transitional housing program, I have been able to afford an apartment and receive counseling and therapy for my poor self image. With a counselor's help, I began realizing that I learned early how to be a victim and I was stuck in that self-image. At WRC, I slowly learned how to stop mentally excusing people who had violated me.

I honestly believe that I would not have made it without their help. The Center's safe, nurturing environment has allowed me to see that life is much different than what I had perceived. I am now able to concentrate more on my hopes and dreams without fear or judgment. The WRC has provided me a support system, unimaginable resources, and helped me draw on strength I never thought I had.

Now another dream has come true for me: a chance to finish my degree. I have completed my BA degree in Elementary Education at a local university through a scholarship created to help women, such as myself, advance academically and thus create a better future for myself and my children.

Thank you WRC for what you have done for me, my family and many, many others."

Special thanks to all of you—staff, volunteers, donors—who help WRC work magic such as this.

—Marva Bledsoe
Chief Executive Officer

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