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A publication for friends of The Haven Shelter & Services | 2022



**“Every staff member have been patient, great listeners,
and a wealth of information about my traumatic experience and the effects on my brain.”
- Anonymous Program Participant on the Documenting our Work (DOW) survey.**

Dear Friends of The Haven,

You know someone who is using The Haven's services or someone who needs to. You may not know who it is, since these are very private experiences, but someone you know has experienced this trauma. Everyone knows someone. That's why we are asking you for support.

Last year, Haven staff answered nearly 1,000 calls on our 24-hour, toll-free hotline. Staff listened as callers shared information about the trauma of the abuse they or someone they loved had suffered. They listened and they responded providing hours of information about sexual and domestic violence, hours of safety planning, and hours of information callers needed to keep themselves and their children safe from domestic and sexual violence and to heal from the effects of trauma.

Nearly 400 adults and children participated in on-going services in an effort to create violence-free lives. Some came to our 24-hour, emergency shelter. Some had a court advocate to provide support through the legal process. Some learned more about the dynamics of sexual and domestic violence and gained a better understanding of the causes and the effects. Some learned parenting skills to strengthen their relationship with their children who had witnessed intimate partner violence. Others learned more about the resources available in the community to help build violence-free lives and how to access these resources.

In the past year, hotline callers and other program participants have described far more lethal abuse than in the past. Our efforts to collaborate with law enforcement and other agencies are more important than ever before as sexual and domestic violence incidents become more and more deadly.

Other staff have continued to work on building a resilient community in which these and other acts of violence are less likely to happen. They have coordinated meetings of area service providers to more effectively build a whole community that is strong and healthy. Others have worked in-person and virtually with area youth in the Do You: Building Resilience through Creative Expression programs.

We need your support to help us maintain our services as well as our efforts to eliminate the need for such services. We already know that due to dwindling Victims of Crime Act funding, we will be losing \$36,000.00 in federal funding we currently use to provide core services to victims such as shelter, court accompaniment, case management, and hotline services. We have a vision of a community that no longer needs full-time crises intervention for domestic and sexual violence, and we are working toward that vision. Until then, we need to maintain vital services through out the process of creating safer communities.

Please consider giving generously and increasing your support, if possible, to ensure that our services will remain strong within your community. Your support will likely be helping someone you know even if you don't know who it is.

Sincerely,
Ellen Yackel
Executive Director

"[What I liked most was] that we got to talk about something I never really talked about before"
- Do You Participant

Do You Program: Building Youth Resilience Through Creative Expression

Do You works to address the root causes of dating, sexual violence, bullying, and sexual harassment by enhancing protective factors among 13-16-year-old youths.



Between January and June of 2022, our preventionists implemented four cohorts of Do You: Building Youth Resilience through Creative Expression (Do You) for 34 youth in Essex County and the Northern Neck of Virginia. Youth who participate in Do You use creative expression (visual arts, music, storytelling, creative writing) to build resilience as a protective factor against violence. Youth who participate in Do You also take part in discussion groups to learn about healthy relationships and healthy sexuality.

All 34 youth who participated in Do You showed statistically significant improvements in all categories, especially in the categories of their self-esteem/self-understanding; their attitudes about their ability to make a change in their community; their skills for communication with adults; and their knowledge about healthy sexuality. Additionally, all 34 youth who participated in Do You received \$299 in economic support. Between January and June of 2023, our preventionists will increase the number of cohorts from four to five and increase the number of youth from 34 to 40. They will implement Do You in all five counties of The Haven's service area: Essex, Lancaster, Northumberland, Richmond County, and Westmoreland.

By providing youth with social-emotional learning programs like Do You, as well as economic support to participate in them, our preventionists create communities in which youth have the resources that they need to not only survive but thrive!

Youth's responses after participating in Do You

"I literally love everything about
[Do You] "

"I wanna do more things like this."

"I am glad [I participated] mostly
because that I figured more stuff out
about myself."



"I've been welcomed with so much support."
- Anonymous Program Participant on the Documenting our Work (DOW) survey.

Circle of Security Parenting Program

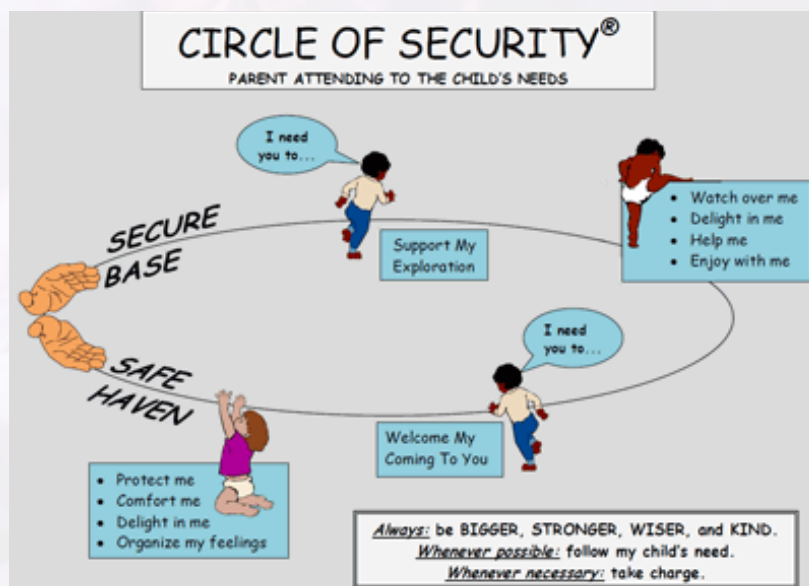
The Circle of Security parenting program (COSP) is based on years of research about how secure parent relationships with their children can be supported and strengthened. This early intervention program is designed to enhance parenting skills and security between both parent and children.

Our Child and Family Resilience Coordinator facilitates COSP sessions for program participants residing in the shelter and for community members. COSP is for all parents and caregivers with children ages 0-12 years old. Participants do not need a referral to attend this course; however, to attend an individual session, the parent must present the urgent matter to the facilitator (court, custody case, DSS).

In this 8-week course, our Child and Family Resilience Coordinator engages, reflects, provides examples, and helps parents/caregivers navigate through the many challenges of parenting. By ensuring a warm and relaxed environment for confidential, non-judgmental discussion, parents and caregivers can share their struggles/concerns without feeling uncomfortable by listening to similar experiences.



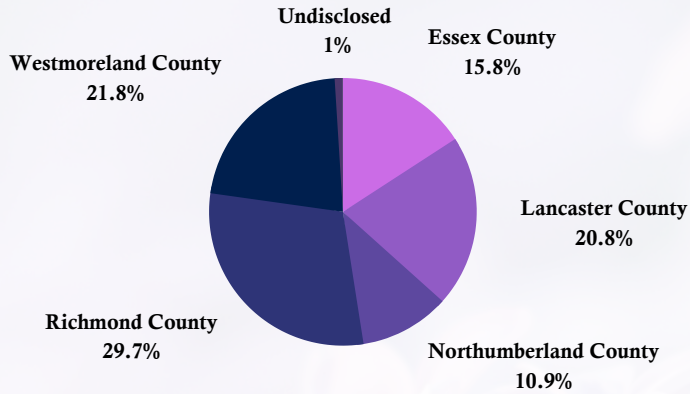
During this course, parents begin to look beyond children's behavior and identify/respond to their emotional needs with the appropriate response. They learn how to understand the child's emotional state, support curiosity, and enhance the development of self-esteem within themselves and their children. Program participants have given great feedback on this informative course. The Haven is honored to be able to provide this unique experience to families in need.



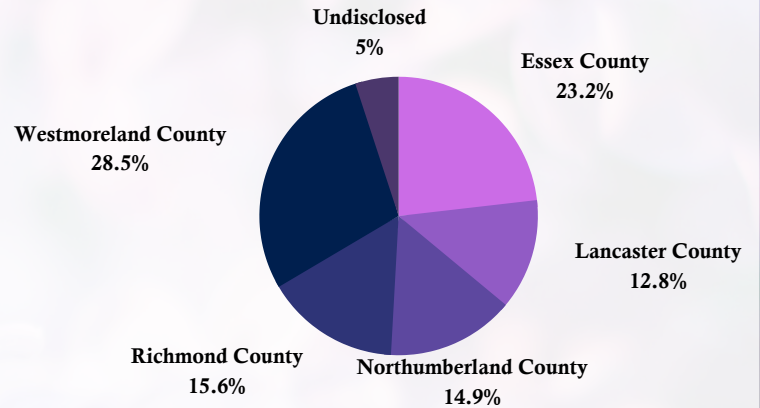
"Very supportive, there for me to talk to. Was there for me at every court case I had to be at."
 - Anonymous Program Participant on the Documenting our Work (DOW) survey.

2021-2022 Impact Report

Individuals Receiving Shelter, By County



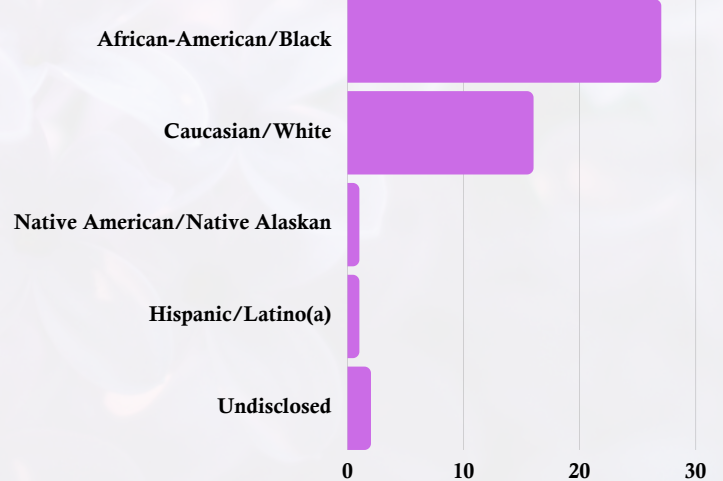
Individuals Receiving Advocacy & Community Based Services, By County



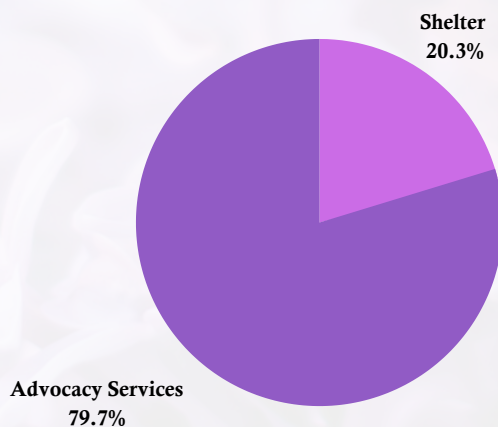
Advocacy Services By Gender



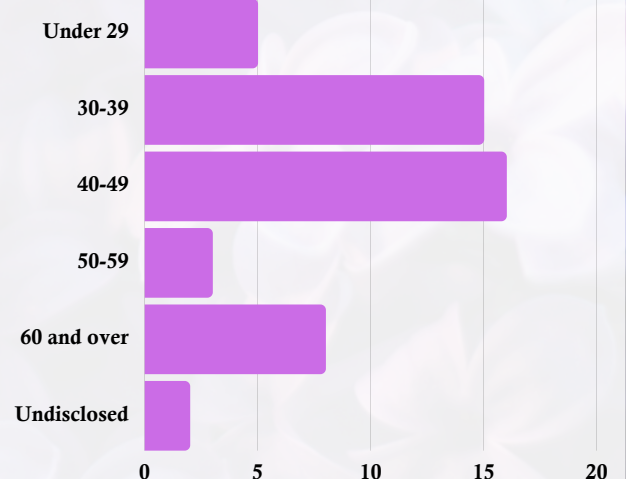
Shelter Services By Race



The Haven: Not Just a Shelter



Shelter Services By Age



"[They] validated my feeling. [They] were very helpful with every transition [and] helping me know what to expect."

- Anonymous Program Participant on the Documenting our Work (DOW) survey.

2021-2022 Impact Report

Below are the statistics for emergency shelter and advocacy services at The Haven:

The Haven provided 4,424 nights of emergency shelter for individuals and families in need.
That is a 43% increase since last year.

The Haven received 964 hotline calls.

The Haven provided 357 adults with advocacy services.
That is a 17% increase within the past year.

Within the last year, The Haven provided 40 children with advocacy services.

The Haven provided 52 adults and 49 children with emergency shelter.

Below are the statistics taken from Documenting our Work (DOW) surveys:

73% of shelter program participants reported that they feel that their children are having more positive interactions with others.

76% of shelter program participants reported that they feel that their children know that it's okay to talk about their experiences with violence.

94% of shelter program participants reported knowing how to take their next steps.

92% of shelter program participants reported feeling more hopeful about life.

87% of shelter program participants reported learning more about sexual and/or domestic violence and its impact.

97% of shelter program participants reported learning more about community resources.

95% of shelter program participants reported learning more ways to plan for their safety.

100% of shelter program participants reported that they felt welcomed by staff and treated with respect.

""They help me get through this trial when I felt like there was no one in my corner to help me at all.
And I really appreciate that. Being a single mother sometimes is hard.""
- Anonymous Program Participant on the Documenting our Work (DOW) survey.

The Haven Shelter and Services, Inc.
Statement of Financial Position
FY 2022 - June 30, 2022

Assets	FY 2022
Cash and Cash Equivalents	335,398.00
Investments	91,348.00
Grants and Contributions Receivable	145,273.00
Prepaid Expenses	8,701.00
Land, Building, Fixtures, and Equipment	979,623.00
Less Accumulated Depreciation	-481,445.00
Total Assets	1,078,898.00
Liabilities and Net Assets	
Liabilities	
Accounts Payable	5157.00
Accrued Expenses	15,904.00
Total Current Liabilities	21,061.00
Net Assets	
Net Assets w/out donor restrictions	
Unrestricted Operating	406,003.00
Unrestricted Property and Equipment	497,178.00
Total net assets w/out donor restrictions	903,181.00
Net Assets w/Donor Restrictions	154,656.00
Total Net Assets	1,057,837.00
Total Liabilities and Net Assets	1,078,898.00

80 cents of every donated dollar go to program services.

The Haven Shelter & Services

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