



COLCHESTER
SEXUAL ASSAULT CENTRE

2022 – 2023

ANNUAL REPORT

Colchester Sexual Assault Centre

35 Commercial Street, Suite 403, Truro, NS

ColchesterSAC.ca

info@colchestersac.ca 902.897.4366

 @ColchesterSAC

 @CSAC16

 @ColchesterSAC

 CSAC Colchester Sexual Assault Centre

OUR MISSION & VISION

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, our services are available to anyone within Colchester, Cumberland and East Hants Counties... and throughout the province!



Team of Registered Counselling Therapists (RCT-C)
L-R: Reena Davis, Nicole Williams and Sara-Lynne Lantz

AT A GLANCE

- ▶ We had an average of at least **1** new client starting counselling services every other day and we received an additional **150** total inquiries in the past year
- ▶ We have supported **129** clients in the past year
- ▶ **55%** of our graduating clients opted to enroll in our Aftercare: Journey program
- ▶ On average, clients only missed **1** session each
- ▶ Over **36%** of our clients graduated from counselling services
- ▶ At least $\frac{1}{3}$ of clients identify in a racialized or marginalized community

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 my absolute pleasure to serve as Chair over these past several years. Please join me in thanking each of the members of the Board of Directors for volunteering their time. Your dedication and leadership has had a lasting impact on the communities we serve. To our Executive Director who has dedicated his time to effectively grow our presence in the community and to further expand our free programs and services. To our team of Counselling Therapists and administrative staff, you inspire the rest of us by the incredibly important service you provide to our clients and for building that trust we have with our network of community and referral partners. It is those contributions over this past year that have ensured our organization can continue to fulfill its mission.



As a local community-based non-profit organization, we can't do this work alone. We rely on the generosity we receive from those in the community, local businesses, and fellow non-profit organizations. This support was clearly seen when we launched our newest fundraising campaign, the first of its kind in our organization's 32-year history, the Reverse 50/50 Lottery campaign! We saw over 620 tickets being sold, over 25 volunteers dedicating their time, over 40 local businesses donating prizes and well over \$15,000 in revenues. I'm happy to report that all proceeds from this campaign have been re-invested into growing our free programs and services. We were so inspired by the community's response that this will now become an annual campaign!

Lastly, on behalf of the Board of Directors, we would like to extend our appreciation to the Province of Nova Scotia and the Canadian Women's Foundation, and to all our funding partners and contributors, for their ongoing investment into addressing the needs of those impacted by sexual violence. We are incredibly proud to say that every dollar received by the Colchester Sexual Assault Centre has contributed to our prevention, education, awareness, outreach and support initiatives – making our communities more inclusive and safer for everyone.

Sincerely,

Deb Pryor, Chair of the Board of Directors

Executive

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

Members-at-Large

Eryn Heidel	Melissa McNutt
Susan Henderson	Chantal Paris
Cathy Hinton	Jeanne Rutledge
Josie Lake	Cheryl Young
Diane Maher	Paul Young

MESSAGE FROM THE EXECUTIVE DIRECTOR

2022 has been another incredibly exciting year in the legacy of the Colchester Sexual Assault Centre. On behalf of our team, we are honoured to have reached those impacted by sexual violence in communities from across our province this past year, from Bridgewater to Halifax, the Annapolis Valley to Truro, Amherst to New Glasgow, and all points in between. 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!



Last year, you may recall that our organization dedicated our time to educate ourselves on the systemic barriers faced by marginalized communities when accessing support services, and to better understand this lived experience. Our organization prides itself on being an inclusive space for anyone impacted by sexual violence, and this is something that we remain committed to as we move forward into the next chapter of our organization's future. I am incredibly proud to say that in this past year, we took what we learned and put it into practice. By building relationships in these communities, and hosting outreach and education initiatives, we are actively making our programs and services more accessible for everyone, particularly for those in surrounding rural communities. This past summer, our Canada Summer Jobs students embarked on a roadshow initiative across Colchester, Cumberland, East and West Hants, and Kings counties. We visited 13 communities, attended 2 health fairs, and met with 95 individual non-profit organizations, local businesses and government agencies delivering our materials and gathering valuable resources for our clients.

Over these past 3 plus decades, our organization has developed a reputation as leaders in prevention, education, advocacy, and support for those impacted by sexual violence. I continue to be honoured and humbled to lead this organization forward and would like to thank everyone who has contributed to another memorable year. 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.

- ▶ Matthew Berrigan and Cheryl Paris – Retired Members-at-Large, Board of Directors
- ▶ Malory Beazley and Khanden MacMullin – Former Counselling Therapists
- ▶ Reagan Arseneau and Tatum Griffiths – 2022 Canada Summer Jobs Students

OUR TEAM



Jamie Matthews
Executive Director



Marilyn Ebsary
Bookkeeper



Sara-Lynne Lantz
Client Intake Supervisor

Conselling Therapists



Reena Davis



Nicole Williams

OUR CLIENTS

- ▶ Nearly **8%** of clients identify as male
- ▶ Over **84%** of clients identify as female
- ▶ Nearly **19%** of clients identify as 2SLGBTQIA+
- ▶ **23%** of clients are youth
- ▶ **25%** of clients are ages 18-24
- ▶ **42%** of clients are ages 25-50
- ▶ **10%** of clients are 50+
- ▶ Over **6%** of clients are people with a disability
- ▶ Nearly **9%** of clients identify as BIPOC

REVERSE 50/50 LOTTERY DRAW

We were excited to launch our first lottery fundraising campaign this year! The Reverse 50/50 Lottery Draw was a great opportunity for us to engage with the community and to provide them with a means of supporting the vital programs and services we offer. The campaign resulted in \$15,775 in revenues and we can't thank everyone enough for their support!



IN SUPPORT OF THE
COLCHESTER SEXUAL
ASSAULT CENTRE

ColchesterSAC.ca
35 Commercial Street, Unit 403, Truro, NS
info@colchestersac.ca 902-897-4366

Licensed by the Alcohol and Gaming Division. License # AGD-317708-22
*Prize amounts advertised are based on the sale of all 1,000 available tickets and may be subject to change if unsold tickets remain by the purchase deadline, see contest rules.

We are extremely grateful for the generosity we received from the local business community in donating 39 prize packages for our lucky winners, in addition to the \$12,500 in available cash prizes! We would like to extend our thanks to everyone on our team, Board of Directors, summer students, community partners and volunteers who made the campaign a success, and to the Truro Farmer's Market and Truro Mall, as our retail partners!

The proceeds from the campaign have directly funded the programs and services we offer, see pages 8-12. To learn more about the campaign visit ColchesterSAC.ca/Lottery and for when tickets go on sale again this fall for the 2nd annual Reverse 50/50 Lottery Draw!

COMMUNITY EDUCATION

Pride Speaker Series

Members of the 2SLGBTQIA+ community who do not have access to resources and support options are at a higher rate of sexual violence, substance abuse, and homelessness. It is a primary objective of our organization to provide education and prevention, as well as advocacy, for marginalized communities within the Town of Truro, Colchester County and beyond. During Pride Month in June 2022, we hosted a 5-part education series for the 2SLGBTQIA+ community funded by the United Way of Colchester County, in partnership with The Lotus Centre, and supported by the Truro Pride Society. Each week we explored different topics applicable to the unique lived experiences of those in the queer and trans community, and had over 40 people directly benefitting from the series!



PRIDE SPEAKER SERIES 2022

Join us on Thursdays at 6pm!

- June 2 - Queer Consent 101: Boundaries in Relationships
- June 9 [Zoom] - Emotional Regulation for Traumatic Stress
- June 16 - Queer Attachment: Healthy Communication
- June 23 [Zoom] - How to Support Your Trans, Nonbinary, and Gender Non-Conforming Child
- June 30 - Self-Compassion 101: Queer Mindfulness

Register at colchestersac.ca/pride-speaker-series or scan the QR code below

Presented by the Colchester Sexual Assault Centre in partnership with The Lotus Centre. Funded by the United Way of Colchester County and supported by the Truro Pride Society.

Virtual Speaker Series

In February 2023, we hosted a 4-part Virtual Speaker Series on the Impacts of Trauma and Sexual Violence on Marginalized Groups. This education series was made possible by the Truro and Area, Northern Zone Community Health Board of Nova Scotia Health. Each session we welcomed special guest presenters to discuss these unique lived experiences within the Disabilities, 2SLGBTQIA+, African Nova Scotian, and Two-Spirit and First Nations communities. The goal of this project was to provide a free educational opportunity to other organizations in the non-profit sector who directly work with these communities. We were thrilled to receive 76 individual registrations from 41 organizations and agencies, and had up to 30 people attend each session!



FREE VIRTUAL SPEAKER SERIES

Impacts of Trauma and Sexual Violence on Marginalized Groups

3 - 4:30 PM FEBRUARY 21st - 24th

February 21 st  Dr. Tammy Bernasky Assistant Professor, CBU Disabilities Perspective	February 22 nd  Shannon Hardy Registered Social Worker LGBTQIA+ Perspective
February 23 rd  Robert Wright Counselling Therapist African Nova Scotian Perspective	February 24 th  Calendula Sack BPOC, Support Services Educator First Nations Perspective

To register visit [ColchesterSAC.ca/for-marginalized-groups](https://colchestersac.ca/for-marginalized-groups)
902.897.4366 info@colchestersac.ca

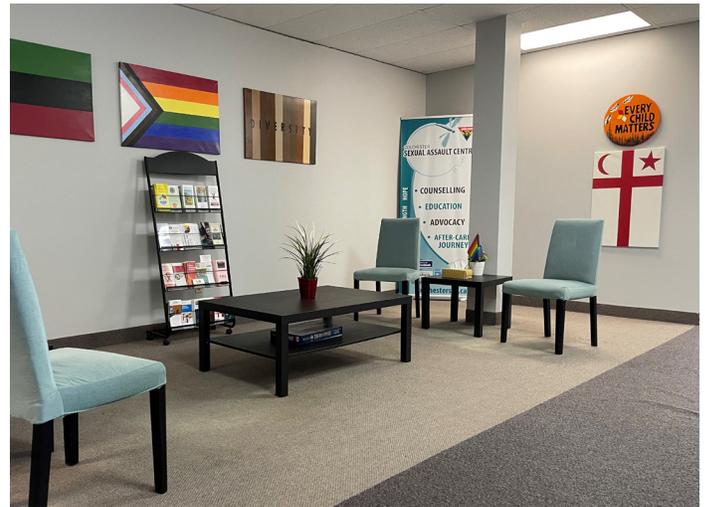
Completion Certificates for professional development will be provided for those attending all sessions.

Please note: sessions will be held live over Zoom and will be recorded for future use.

Funding made possible by the Truro and Area, Northern Zone Community Health Board and the Truro and Area Community Health Board.

PROGRAMS & SERVICES

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.



Counselling

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.

1195
hours of free
counselling
services

After-Care: Journey

The After-Care: Journey Program was created to further support our clients with their healing and growth process after completing individual counselling sessions with a Counselling Therapist. It also acts as an alternative to formal counselling and is open to anyone impacted by sexual violence who may be seeking a less formal support option. This educational, empowerment, and self-care focused program is specifically focused on a client's personal goals and needs.

What services are currently being offered in the After-Care: Journey Program?

1. Educational programming: Wounds of Change: *Strengthening Self Worth*

This is a guided discussion and workbook that is completed one-on-one and focuses on the following:

- ▶ Understanding self-esteem / self-worth and connection to wounds & triggers
- ▶ Identifying your values & strengths
- ▶ Understanding self-forgiveness and shame and building self-compassion
- ▶ Learning about boundaries, healthy relationships, and the role of values and wounds and assertive communication

2. Creating a self-care plan and health-focused goals

One-on-one discussion using the *Strategies Tool Kit* and other resources to create a realistic plan for self-care.

3. *Mini Psycho-educational groups*

- ▶ Understanding Healthy Relationships
- ▶ Safety
- ▶ Body Oriented Strategies

Body-Oriented Strategies for Trauma is facilitated virtually or in-person, depending on enrollment and is only available to CSAC clients.

This 4-session group would provide the opportunity to learn about the following:

- A. Trauma — brief overview of common responses and trauma and the brain
- B. Breathing and mindfulness – includes learning breathing strategies and mini mindful practices for your everyday
- C. Guided Practices – includes Progressive Muscle Relaxation (PMR), body scans, and meditation
- D. Body-Oriented Strategies

4. Connection to other organizations for programs

Providing information and the contacts for local and provincial programs:

- ▶ ElevateHer / Truro Program Centre
- ▶ Slate Youth Centre
- ▶ Peer Support NS Virtual Groups for youth and adults
- ▶ Other organizations and virtual opportunities
- ▶ Clients also participated in the *Body Oriented Strategies for Trauma* group



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 within 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	74%
▶ Halifax Regional Municipality	9%
▶ Cumberland County	7%
▶ East Hants County	4%
▶ Pictou/New Glasgow	3%
▶ Windsor and Annapolis Valley	2%
▶ South Shore	1%

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
- ▶ Bible Hill RCMP
- ▶ Big Brothers Big Sisters of Colchester
- ▶ Black Girl Magic Nova Scotia
- ▶ Bridges Institute
- ▶ Canada Summer Jobs
- ▶ Canadian Mental Health Association
- ▶ Canadian Red Cross
- ▶ Canadian Women's Foundation
- ▶ Colchester County
- ▶ Colchester Partners working group
- ▶ Dalhousie Agricultural Campus
- ▶ Department of Community Services
- ▶ Department of Health and Wellness
- ▶ ElevateHer
- ▶ Elizabeth Fry Society
- ▶ Futureworx
- ▶ Government of Canada
- ▶ Indian Brook First Nation (Sipenke'katik)
- ▶ Indian Brook Peer Outreach Support Services and Education (POSSE)
- ▶ Interagency working group
- ▶ The Lotus Centre
- ▶ Maggie's Place Family Resource Centre
- ▶ Mentoring Plus Strategy
- ▶ Mi'kmaw Family Healing Centre
- ▶ Millbrook First Nation
- ▶ Nova Institution for Women
- ▶ Nova Scotia Community College – Truro Campus
- ▶ 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 and Area Community Health Board
- ▶ Truro and Colchester Chamber of Commerce
- ▶ Truro and Colchester Partnership for Economic Prosperity
- ▶ Truro Farmer's Market
- ▶ Truro Mall
- ▶ Truro Police
- ▶ Truro Pride Society
- ▶ United Way of Colchester County
- ▶ YReach
- ▶ The schools, educators and guidance counsellors across the region who have entrusted us to support their students



Advocacy

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.

In March 2023, our organization along with 500+ delegates from across the country attended the National Shockproofing Communities Summit in Ottawa! This was a great opportunity for non-profits to come together, to stand united against gender-based violence, and to network and share their experiences with one another. After the conference, our organization came home feeling inspired and motivated to continue the vital service we provide here in Nova Scotia. In addition to the educational opportunities that were made available we also were invited to participate in the *NAP on the Hill*, where



delegates met with Members of Parliament to stress the urgency of the National Action Plan on gender-based violence. We were honoured to meet with Andy Fillmore, MP for Halifax, along with representatives from the Antigonish Women's Resource Centre & Sexual Assault Services Association and Transition House Association of Nova Scotia.

OUR WORK

- ▶ February 2023, met with representatives from the Office of Addictions and Mental Health of the Province of Nova Scotia to advocate for funding of community-based programs and services.
- ▶ December 2022, 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, Truro Pride and Mi'kmaw Family Healing Centre.
- ▶ October 2022, met with representatives from the Department of Community Services of the Province of Nova Scotia to ensure sustainable funding for education and prevention initiatives in our communities and in our schools.
- ▶ August 2022, met with Dave Ritcey (MLA for Truro-Bible Hill-Millbrook-Salmon River) to ensure that the predominance of sexual violence in our main centre was proactively being represented in our provincial legislature.

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.

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

117
Education and Outreach Activities

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.



In The News

By having the Colchester Sexual Assault Centre and sexual violence featured in the news, it helps to bring, not only, awareness but to help reduce stigma. Fear of not being believed, negative perceptions and stigma are the leading cause why so many people go under supported, or prevents them from reaching out all-together. We are committed to breaking down those barriers, to add a face and a voice to sexual violence in our communities, and to recognize that no one is immune to its impacts. There is still much work to be done, but every act – big or small – has a direct impact on someone impacted by sexual violence.

SALTWIRE



Colchester Sexual Assault Centre now in its 27th year
March, 2023

TRURO NEWS



'Tangible impact on the community'
August, 2022



Remembering women lost to violence
November, 2022



Win big with Colchester Sexual Assault Centre's latest fundraiser!
November, 2022



Year-round 50-50 draw supporting Colchester Sexual Assault Centre
November, 2022

TRURO BUZZ

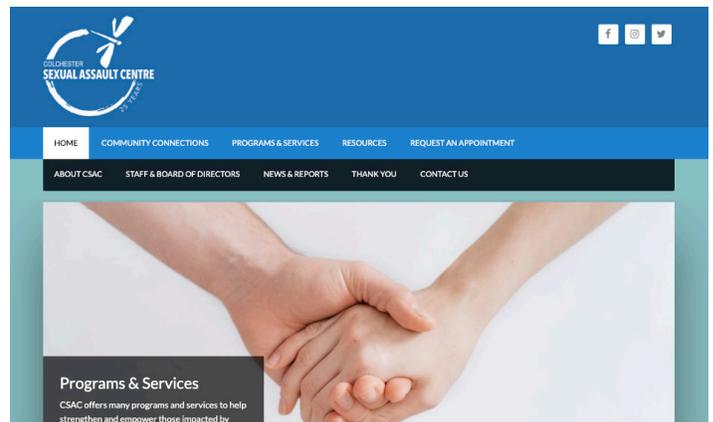


Acknowledging International Day for the Elimination of Violence Against Women with the Colchester Sexual Assault Clinic
November, 2022

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



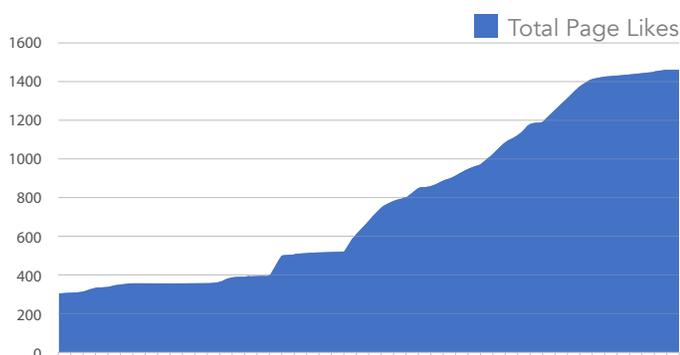
- ▶ special announcements on our News & Reports page
- ▶ our funding partners and community supporters on our Thank You page

AVERAGE MONTHLY STATS

- ▶ 375 total visitors
- ▶ 359 unique visitors
- ▶ 38% of visitors typed in our website address
- ▶ 16% of visitors reached us through our social media
- ▶ 46% of visitors search used a search engine to find us
- ▶ Most visited pages are Staff & Board (53), Programs & Services (53), Reverse 50/50 Lottery (38), Contact Us (35), Pride Speaker Series (32), Sexual Violence (23), Request an Appointment (23), Community Connections (21), Myths About Sexual Violence (21), and Consent (18)

Social Media

Our Social Media Growth Since 2019



Be sure to **LIKE** and **FOLLOW** us for exciting updates and special content!



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

\$920

March 2023 – Thank you to the **Canadian Women’s Foundation** for the bursary for us to represent our organization at the National Shockproofing Communities Summit on Gender Based Violence held in Ottawa!



\$15,775

December 2022 – We can’t possibly thank everyone enough for supporting our first **Reverse 50/50 Lottery Campaign!** To all our prize donors and to everyone who purchased a ticket – you’ve all made a lasting impact on how our organization responds to those impacted by sexual violence in our communities! Visit ColchesterSAC.ca/Lottery for more information.



\$226

November 2022 – A big THANK YOU to Mrs. Adams’ grade 12 class at **Cobequid Educational Centre** for selecting us as the recipient of their bake sale fundraiser after receiving education and prevention from our organization in their school! Your support has directly funded the programs and services we offer to those impacted by sexual violence in our community!

\$8,149

July 2022 – Thank you to **Canada Summer Jobs** for selecting our organization to host two summer students this year! We provided meaningful employment to university students in the areas of education and programming, fundraising, and marketing and communications!



\$3,000

May 2022 – Thank you to the **United Way of Colchester County** for selecting us as a recipient to develop a community needs assessment initiative to better support female-identifying members of the 2SLGBTQIA+ community, in partnership with **The Lotus Centre!**



\$170,000

May 2022 – Thank you to the **Province of Nova Scotia** for their funding contribution that enabled us to effectively meet the ever-growing demands for our free programs and services!

\$132,000

April 2022 – Thank you to the **Canadian Women's Foundation** for their sizeable contribution and ongoing investment into sexual violence services! This enabled us to continue expanding our programming and outreach in support of those women and girls, and female identifying people 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!

\$43,300

April 2022 – 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, and our education and prevention initiatives!

COLCHESTER SEXUAL ASSAULT CENTRE
Statement of Revenues and Expenditures
Year Ended March 31, 2023

	2023	2022
REVENUE		
Province of Nova Scotia <i>(Note 6)</i>	\$ 213,300	\$ 214,200
Canadian Women's Foundation <i>(Note 6)</i>	121,212	-
Fundraising and donations	16,637	4,025
Government of Canada	8,149	4,031
Rental	6,330	-
Charitable organizations <i>(Note 6)</i>	5,200	32,040
Municipality of Colchester County	-	45,000
Training services	-	4,025
	<u>370,828</u>	<u>303,321</u>
EXPENSES		
Advertising and fundraising	14,302	2,199
Education services	2,887	2,081
Insurance	1,420	1,337
Office	22,684	22,693
Professional fees	8,201	8,816
Rent	14,273	14,190
Salaries and benefits	306,972	299,430
Telephone	2,550	2,454
Travel	2,641	1,769
	<u>375,930</u>	<u>354,969</u>
DEFICIENCY OF REVENUE OVER EXPENSES FROM OPERATIONS	(5,102)	(51,648)
OTHER INCOME		
Interest income <i>(Note 4)</i>	7,070	632
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	\$ 1,968	\$ (51,016)