



**sarah's inn**  
together strong

TOGETHER WE  
COLLABORATE  
TO PROMOTE  
VIOLENCE-FREE  
COMMUNITIES

FY18 Annual Report

# LETTER TO OUR FRIENDS

Dear Friends:

As we navigated Oak Park, River Forest, and other neighboring communities last October, we did so with great pride. Many of you supported our first annual Domestic Violence Action Month purple ribbon campaign in October 2017 with great zeal, tying a ribbon on your own tree and encouraging neighbors and friends to do the same as a demonstration of solidarity in our collective fight to end domestic violence. This “purple wave” was one that mirrored the key to the success of Sarah’s Inn, namely *collaboration*.

This year’s annual report highlights the myriad ways we rely on **collaboration** and **partnerships** to meet the needs of our clients, educate those who serve them in the community, and build awareness among area youth for what constitutes a healthy relationship. Relationships are at the core of domestic violence and we, in turn, rely on relationships to enable our work at Sarah’s Inn - be it the funding received to incorporate the Parenting Fundamentals curriculum into our intervention programming, the school district staff and social work interns who support the implementation of our prevention work at middle and high schools, or the partnerships with area educational institutions and police departments to implement programs designed to ensure victims receive the immediate response and support they deserve.

We thank you for your commitment to Sarah’s Inn and for your ongoing partnership and collaboration. Together we can help realize dreams and promote violence-free communities.

Most sincerely,

Carol Gall

Executive Director

Sheryl Martin

Board President



# SARAH'S INN BY THE NUMBERS

## Holiday Gift Project

**309** children (**124** Parents) received age appropriate gifts for the holidays, and winter hats, gloves and coats



## Back to School Drive

**109** children (**68** parents) received backpacks with personalized school supplies necessary for them to succeed in school



**\$4,500**

donated via gift cards to grocery stores, pharmacies and other retail outlets to stabilize families in crisis and support the immediate needs of their families



**2,552** calls made to our 24-hour crisis line



**1,166** adult

survivors of domestic violence received free advocacy, and individual and group counseling services



**238** children and teens

received free individual and group counseling services to help them overcome trauma from witnessing domestic violence



**7,211** hours of service

provided by interns from social work programs who engage with our intervention clients, educate our prevention students, support the crisis line, and more



**312** groups held per year to

support adults, children, teens and tots



**7,946**

middle and high school youth received education in violence prevention and how to create healthy relationships

**6,619**

individuals were provided with domestic violence education and training to ensure victims receive the support they deserve



**665** survivors of

domestic violence received assistance from our legal advocates to protect their rights and ensure their safety



**7,585** hours of service

provided by volunteers who are the backbone of our after-hours and weekend hours for our 35+ years running 24-hour crisis line



# DOMESTIC VIOLENCE ACTION MONTH

In October 2017, Sarah's Inn kicked off Domestic Violence Action Month by asking our community partners to take action and create awareness about domestic violence throughout the month. Sarah's Inn painted the town purple with ribbons tied to hundreds of trees and lamp posts throughout Oak Park and River Forest. Our kickoff event at Community Bank of Oak Park River Forest included several remarkable partners in our work, including Senior Vice President of Operations at Community Bank Ruth McLaren; State Representative Camille Lilly; State Senator Don Harmon; Oak Park Mayor Anan Abu-Taleb; training partner River Forest Police Chief Greg Weiss; Sarah's Inn Youth Committee member and high school student Emily ; and one of the many courageous victims we serve with our intervention services.

## ACTIONS YOU CAN TAKE

- 1 - Talk the Talk: Start a conversation with family and friends about DV and related topics.
- 2 - Watch your Language: Be careful not to fall into sexist societal norms around language and hold others accountable when they do.
- 3 - Talk to Youth: Support youth in developing healthy relationships and empower them to make a difference with their peers and community.
- 4 - Ask your Employer: Inquire about HR policies and contact Sarah's Inn to provide a training on the Victim's Economic Safety and Security Act.



"After a 40 year practice in health care I have learned that prevention is the first step to a cure. I feel that the solution to gender based violence is in prevention. The safe relationship programs Sarah's Inn provides in our schools is a first step to a cure"

— Shirley Moore Board Member



# COLLABORATE TO SUPPORT

For many years Sarah's Inn has proudly provided **intervention services** for families affected by domestic violence in order to safely navigate crises, effectively process trauma and ensure self-sufficiency. We have continued to deepen our services to meet our clients' needs. In FY18 we provided 1,166 adults with advocacy, and individual and group counseling services.

As part of the Intervention Program, our Children's Counseling services met the needs of 238 children and teens addressing the effects of trauma. Counseling helps them learn healthy coping mechanisms and healthy behaviors; understand the cycle of family violence; and be empowered to develop skills and use tools to lead healthy lives. Advocates and counselors provide space for creative expression through the use of multiple art media and play to process and recover from the trauma caused by domestic violence. Support groups allow children and teen clients to receive support from their peers and Sarah's Inn staff in age-appropriate group settings. Family counseling offers the opportunity to work with an adult client and his/her children to address issues together.

Recognizing that our clients with children would benefit from having the tools to support their relationship with their children,

Sarah's Inn added a new program called **Parenting Fundamentals** in FY18. This imperative programming provides parenting strategies to promote healthy attachment in the healing process. Some examples of these strategies include connecting with children; effective discipline techniques; supporting school success; and prioritizing parent self-care. Parenting Fundamentals promotes healthy adjustment post-trauma and increases child achievement. Parents receive a solid foundation to allow healthy attachment with their children and to grow their interpersonal parenting skills to move through their healing process while simultaneously supporting their children's need to heal from the violence they witnessed and trauma they experienced.

Sarah's Inn continued to grow and deepen our intervention work through our Partner Abuse Intervention Program (PAIP). In an effort to get to the root cause, PAIP provides services to men who either voluntarily want to change their abusive behaviors or who, as our clients, must complete the program by mandate from the judicial system and/or other service agencies such as the Department of Children and Family Services (DCFS). In January 2018, we added a Spanish-speaking PAIP group to serve monolingual Spanish-speaking men.

Sarah's Inn has made a positive impact in my life and my children's lives. We feel safer now and understand none of us are to blame. Thank you Sarah's Inn for all you do. You made us feel safe from the dark place we came from.

—Sarah's Inn Client



# CLIENT STORIES A COLLABORATIVE EFFORT



Antonio was a victim of domestic violence but was not aware of this due to his cultural beliefs. His abuser was threatening to report his immigration status and was also physically abusing their son. He felt lost and vulnerable, unable to navigate the process of leaving his situation alone. It was then that he decided to seek support. He reached out to Casa Esperanza, a community center which houses multiple agencies, and they referred him to the Sarah's Inn 24-hour crisis line and he spoke to an advocate over the phone. An appointment was scheduled with our advocate. Our advocate accompanied Antonio to seek an order of protection and was there by his side throughout the whole process. During this time of fleeing his abuser, Sarah's Inn was also there to help with rental assistance, gift cards, and food pantry items.

Our Sarah's Inn advocate was able to further support Antonio by informing him that he qualified for VAWA to help him navigate his immigration status and Sarah's Inn referred him to PASO which provided pro-bono services for his application, which was accepted and he now awaits his visa to arrive.

Today Antonio is grateful to Sarah's Inn for giving him the tools to live a life free-of-abuse and the opportunity to remain in the USA.



Mary has been coming in for advocacy and individual counseling through our off-site services at Taller de José. Mary and her two children left her abuser just under a year and a half ago. She has supported herself and her family independently ever since, balancing two jobs with being a full-time parent. Recently and unexpectedly, she lost both sources of employment. Through emergency financial assistance funds, Sarah's Inn provided economic assistance to Mary, relief that enabled her to focus on seeking new employment that would also meet her needs as a parent.

She has since started a new position at a job that is flexible and allows her to be present for her children. Apart from economic advocacy, Mary received counseling to support her as a mother, reinforcing the importance of self-care and self-love, and providing a safe space for reflection and processing past abuse.



MacNeal  
Hospital



Taller de José

# COLLABORATE TO PREVENT

To realize our mission of “breaking the cycle of violence for future generations” we must support the social and emotional well-being of today’s youth as they navigate friendships, intimate relationships, and day-to-day interactions online and in their schools and communities. In FY18 our **Prevention Program** experienced a significant increase in the number of students served through our collaborations with area schools and school districts. We provided classroom-based training to over 7,900 youth, reflecting a 62% increase over prior years, in ten middle and eight high schools across eight communities. Prevention staff augmented programming by expanding the middle school curriculum to include sixth grade (previously just seventh and eighth grades) and adding three trained Master’s-level interns to expand and increase our classroom presentations.

“I will take my experience at Sarah’s Inn wherever I go in the future. ...Sarah’s Inn has opened my eyes to the real world. Ultimately, my biggest take-away from my experience is to be an advocate for healthy relationships and the prevention of violence.”  
—Sarah’s Inn Youth Committee member



The Sarah’s Inn Youth Committee engages local high school youth in the fight against relationship violence by doing the following:

- Educate them about teen dating violence;
- Providing tools and skills to advocate for themselves and their peers; and
- Empowering them to take action and make a difference in their communities.

In FY18 our Youth Committee partnered with the One Love Foundation and Oak Park River Forest High School to host a screening and discussion of the film Escalation, which focuses on the relationship of a college-aged couple in which unhealthy behaviors escalate into abuse. Students, parents, educators and community members attended, and our Youth Committee members led the follow-up discussion of the film with the audience.

## Schools and Districts Receiving Prevention Services

### Oak Park

1. Fenwick High School (Private)
2. Gwendolyn Brooks Middle School (D97)
3. Oak Park River Forest High School (D200)
4. Percy Julian Middle School (D97)

### River Forest

5. Roosevelt Middle School (D90)

### Berwyn

6. Freedom Middle School (D100)
7. Heritage Middle School (D100)
8. Morton West High School (D201)

### Cicero

9. Morton East High School (D201)
10. Morton Alternative High School (D201)

### Melrose Park

11. Mannheim Middle School (D83)
12. Stevenson Middle School (D89)

### Maywood

13. Proviso East (West 40)

### Hillside

14. Proviso West (West 40)

### Riverside

15. Hauser Junior High (D96)

### Chicago

16. Al Raby High School
17. Brian Piccolo Elementary
18. Charles G. Hammond Elementary
19. Laura Ward Elementary
20. Legal Prep Charter Academy
21. Intrinsic Schools
22. Wolcott School

# COLLABORATE TO EDUCATE

The **Training and Education Program** reached more than 6,600 community members, professionals, volunteers and interns in FY18, about 500 more than in the prior year, to create a network of skilled bystanders to appropriately intervene and provide resources and support to families affected by domestic violence. We provided Domestic Violence Advocacy Training (DVAT) geared towards professionals in the social service, healthcare and domestic violence fields and offered two volunteer DVAT trainings. In FY18 we also trained facilitators for our Partner Abuse Intervention Program (PAIP).

Sarah's Inn staff partnered with Youth Crossroads to create, implement and evaluate a comprehensive trauma training for the entire Cicero Police Department. Our collective efforts led the department to establish an Officer Wellness Program, providing physical health, mental health and family support services to officers who often face trauma in their workdays. This program led to our receiving the Agency Partner of the Year Award with the United Way of Metro Chicago.

For the past three years, Sarah's Inn served in a leadership role with the Cicero Community Collaborative, a collaboration dedicated to achieving positive outcomes for Cicero children, youth and families. The Robert Wood Johnson Foundation awarded Cicero its prestigious Culture of Health Prize, an award that "honors and elevates American communities making great strides in their journey toward better health." Chosen from nearly 200 communities across the country, Cicero was one of four communities awarded the prize in 2018.

The United States Department of Justice's Office on Violence Against Women (OVW) awarded Triton College in nearby River Grove with a \$300,000 grant in Fall 2017. Triton selected Sarah's Inn to partner with the River Grove Police Department to implement programs to provide mandatory sexual assault, domestic violence, dating violence and stalking prevention programs for all incoming Triton students. Sarah's Inn is a part of a campus-wide team, including Triton administration and students. The River Grove and Triton College law enforcement personnel work to ensure policies and practices are in place to more effectively respond to sexual assault and domestic-violence-related incidents.





Thank you for always being on my side. We really appreciate the help and support. I don't know what I would have done without you. You are an indescribable strength.

— Sarah's Inn Client



#sarahsinn



# COLLABORATE TO FUNDRAISE

We have all heard the saying ‘it takes a village’ and our community continues to demonstrate this by providing essential resources to Sarah’s Inn consisting of time, talent, and treasure. This generous collaborative spirit enables us to go above and beyond to support our clients. Hundreds of service organizations, businesses, foundations, churches, and individuals stepped up in a variety of ways to support our growing client base and increase the depth of our services. This abundance of goodwill permeates the organization and is felt by every person we serve. Development efforts in FY18 exceeded the prior year’s revenue by 15% overall, with increased giving from our individual donors and grants from foundations.

Individuals and groups donated items to our food pantry throughout the year including canned goods, toiletries, hygiene and dental products. Gift cards donated by many provided a boost for families working towards self-sufficiency. Some of this past year’s highlights of grassroots fundraising efforts included the following:

- A local realtor organized a festive Halloween Carnival to raise funds while spreading the word about our services.
  - Many former clients contributed their time and money to give back to Sarah’s Inn for the life-saving services they received.
- Client events are a way we bring together those receiving our services for some “TLC” and added supports throughout the year.
- Our spring Women’s Day event treated our clients to a day of pampering and self-care contributed by businesses and individuals in our community.





- Our “Back to School” supply drive organized mid-summer and provided school supplies and other essentials for families with children.
- Dozens of businesses and organizations joined our Holiday Gift Project by hosting their own gift site to collect toys for our clients’ children.

We held two signature fundraising events that allowed us to not only raise a significant portion of our income from individual donations but also help our supporters become further educated about domestic violence related issues... and come together to have fun!

- Stand Tall, our premier gala event, experienced unprecedented growth through increased donations and the addition of a live auction.

All attending enjoyed lively music, delicious appetizers and beverages while learning more about our impactful programming. This event’s growth each year can be attributed to the generous support of our volunteers and donor community.

- Together We Inspire, our first annual educational breakfast forum, invoked thoughtful dialogue around creating communities free of gender-based violence. Through a panel discussion moderated by Michele Weldon, attendees received tools and resources to be agents of change by creating safer communities and workplaces. They left the event empowered to foster positive shifts in their homes, offices, and neighborhoods.

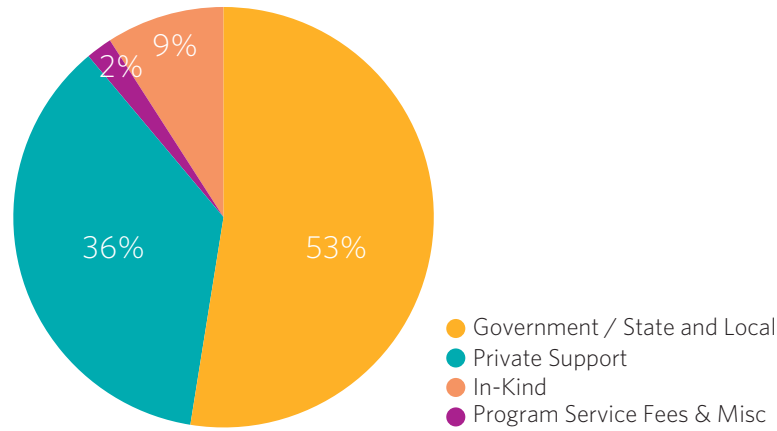
The Sarah’s Inn Associate Board, which has been active for five years, organized two fabulous fundraising events:

- A Little Sumpin’ Sumpin’ for Sarah’s Inn, was generously hosted by Lagunitas Brewing Company. This after-hours event featured music, raffles, Lagunitas beer, dinner and trivia!
- Cruise for a Cause: The Chicago Cruise Line generously contributed their cruise boat tour which took guests down the Chicago River, through the locks to Lake Michigan, and topped off the evening with an incredible view of the Chicago skyline and fireworks display. In spite of early evening thunderstorms, the show went on with an abundance of food, drink and exciting views of our beautiful city all to benefit Sarah’s Inn.

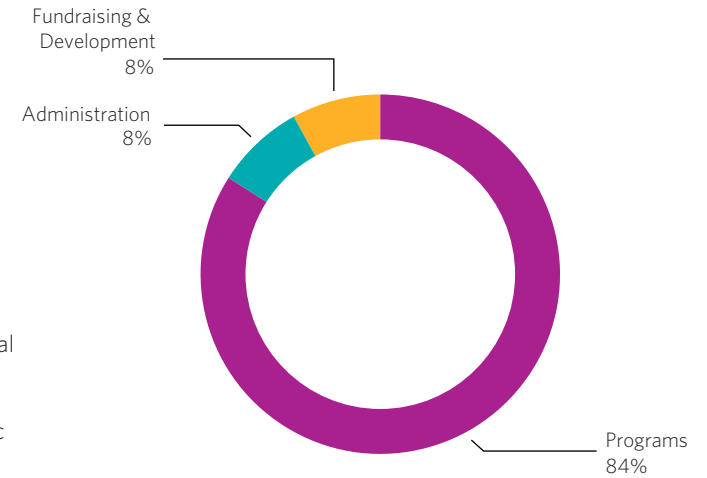


# FISCAL YEAR AT A GLANCE

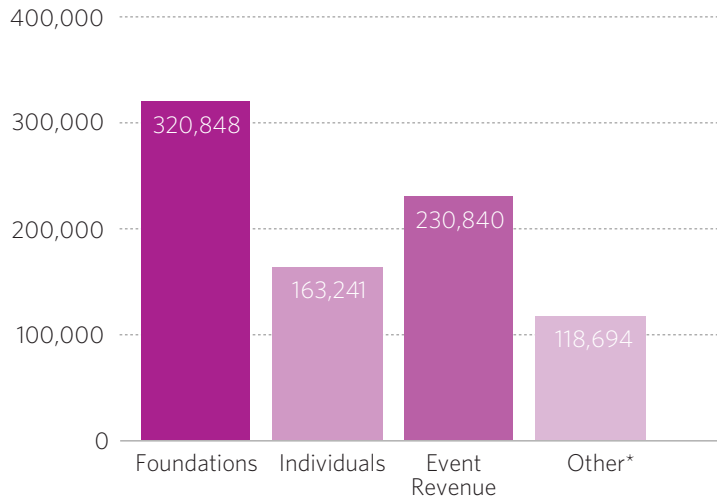
SOURCE OF FUNDING



DISTRIBUTION OF REVENUES

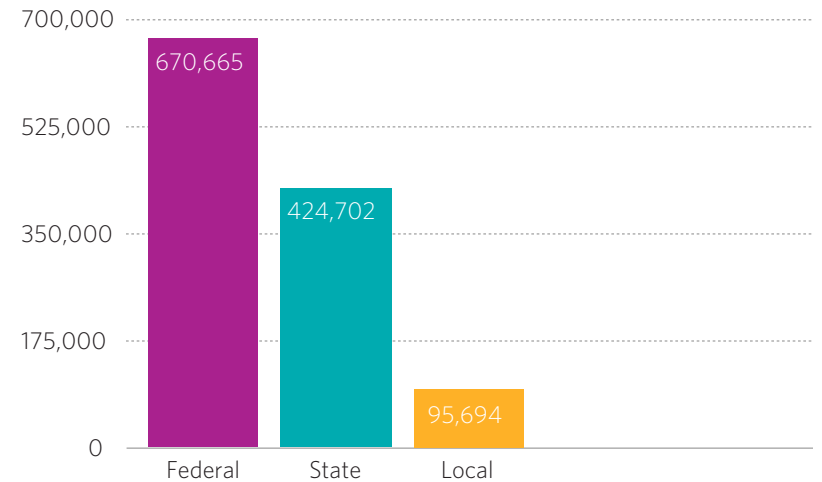


PRIVATE SUPPORT



\* United Way, Endowment, Corporations, Community Orgs

GOVERNMENT SUPPORT





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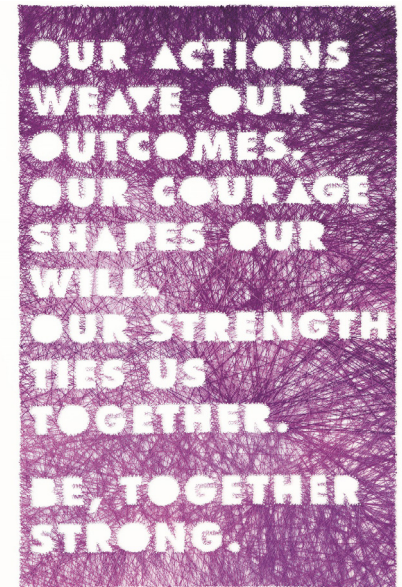
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