

healing self-discovery digital  
**MENTAL HEALTH**  
THE NEXT NORMAL  
**JOURNEY** of  
TRANSFORMATION  
work-life balance  
trauma recovery  
GROWTH resilience  
**EMPLOYEE WELL-BEING**  
GROWTH REMOTE WORK  
gratitude  
TECHNOLOGY  
UNITY



## MISSION

To provide individualized services and resources to victims of sexual assault, violent crime, and traumatic circumstances, through crisis response, advocacy, therapy, and community awareness.

## VISION

To transform victims' lives and prevent violence in our community.

## 2021-22 BOARD OF DIRECTORS

Amy Bosley

Derek Bruce

Bobbie Deverall  
*Vice Chairperson,*

Amy DeYoung  
*Secretary*

Adela Hathaway  
*Treasurer*

Allen Johnson

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Traci Smith

A.J. Stanton  
*Chairperson*

Craig Swygert



# A YEAR OF TRANSFORMATION

As we look back at FY 21-22, we are grateful for your continued support. Thanks to you we have been able continue to transform lives in our community by providing individualized healing services and resources for those that have been impacted by sexual assault, violent crime, and other traumatic circumstances. Over the past few years of the pandemic, we adapted to the "new normal" as we completely shifted our practice to remote work and virtual interactions. However, over the past year as COVID infection rates started to fall, more and more clients began returning to our offices once again seeking in-person services and we found ourselves adapting yet again. As we worked to find the optimal balance of in-person and virtual work we also focused our energies on the well-being of our team members by providing a supportive work environment that values and encourages diversity, equity, inclusion, self-care, and a proper work-life balance. This journey of transformation has led us to our "next normal" and defines who we are today 24 years after our inception.

In the coming pages you will see how over this past year we continued to build upon our therapeutic program with many innovative and holistic approaches that resulted in us providing well over 3,000 free therapy sessions for the first time in our history! You'll also learn how we've expanded our prevention education and outreach by creating new community partnerships, reaching more school age youth, increasing our use of social media, producing a weekly podcast series, and launching a new recurring "Healing Begins Here" television program. We also engaged our Board of Directors and staff in collaborative planning workshops that resulted in the development of five key organizational goals to guide the VSC's strategic plan over the next several years.

We understand that none of our success is possible without your continued support. Together with our incredible staff, Board of Directors, grant funders, sponsors, donors, volunteers, and community partners who share our passion, the VSC remains an essential and extraordinary resource in our community.

Sincerely,

*A.J. Stanton*

Chairperson

*Lui Damiani*

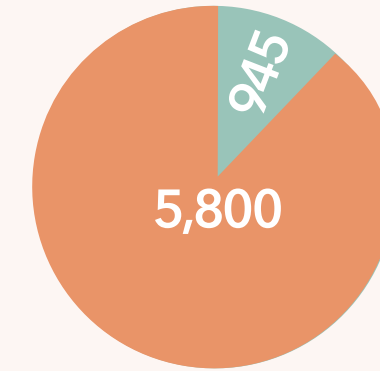
Executive Director

2021 -2022

# IMPACT

**6,744** CLIENTS HELPED

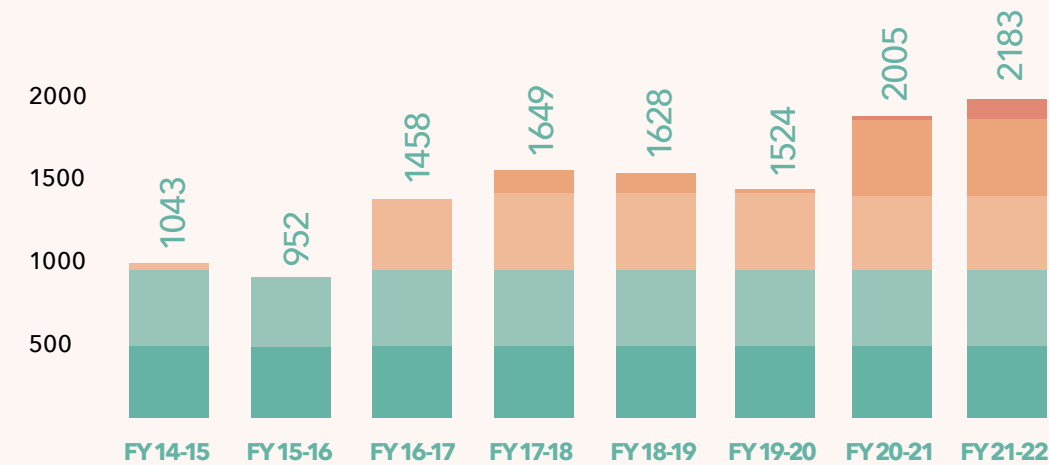
86% Sexual Violence  
14% Non-Sexual Violence



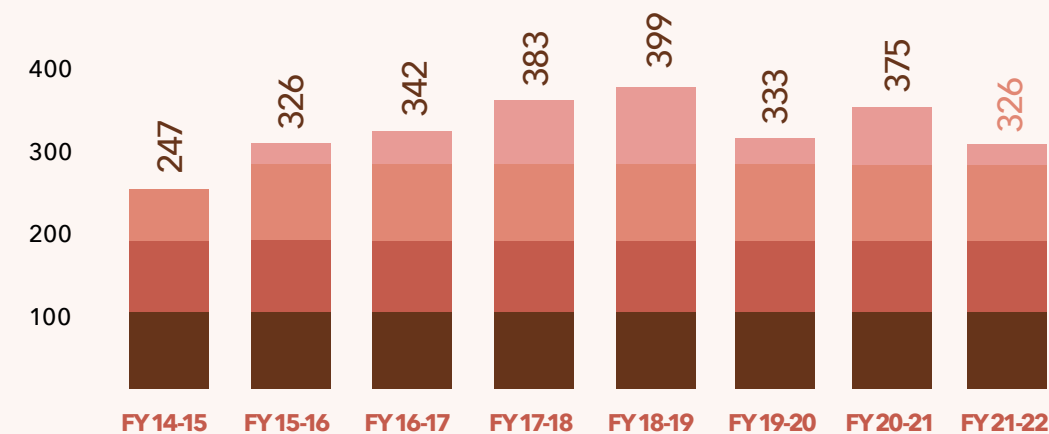
**2,183**  
24/7  
HELPLINE  
CALLS

**4,561**  
CLIENTS  
SERVED  
(BEYOND HELPLINE)

## HELPLINE CALLS PER YEAR



## IN-PERSON CRISIS RESPONSE & FORENSIC EXAMS



**3,188**  
THERAPY  
SESSIONS

**326**  
CRISIS  
RESPONSE  
& FORENSIC  
EXAMS

**222**  
OUTREACH  
EVENTS

# CRISIS COUNSELING & ADVOCACY

Our Advocacy Department continued to serve clients and their families on a 24/7 basis and at no cost. This year we provided 31,281 services that included criminal/civil justice navigation, accompaniment at forensic exams and court cases, crisis counseling, emotional support, support groups, personal advocacy, victim compensation filing, sexual battery relocation aid, and information and referrals.

- Adults abused as children
- Sexual assault
- Stalking/harassment
- Physical assault
- Robbery
- Home invasion
- Human trafficking
- Homicide survivors
- Domestic violence
- Secondary victims
- Drunk driving victimization
- Mass shootings
- Other traumatic events

## TRAUMA FOCUSED - COGNITIVE BEHAVIORAL THERAPY (TF-CBT)

This year we were honored to be selected as one of eight central Florida programs to be trained on Trauma Focused-Cognitive Behavioral Therapy (TF-CBT). This 18-month training provides a national certification for each counselor that is trained. During the initiative, VSC Crisis Counselors were trained to work with minors in the following subject areas: psychoeducation related to trauma, relaxation techniques, affective expression and regulation, and cognitive coping. The approach is already helping clients as one participant said about the TF-CBT process:

*"I think what helped was going to VSC to get counseling. This was a good step and I think this helped the most."*

VSC  
SERVICES  
OFFERED



ADVOCACY



OUTREACH



CRISIS  
COUNSELING



SAFETY  
PLANNING



VICTIM  
COMPENSATION



THERAPY



24/7 CRISIS  
HELPLINE



PREVENTION  
& EDUCATION



INFORMATION  
& REFERRAL



INJUNCTION FOR  
PROTECTION



MEDICAL  
& FORENSICS



SEXUAL BATTERY  
RELOCATION



COURT  
ACCOMPANIMENT



# THERAPY

Based on feedback from the community and our clients, we created new support groups to reach underserved populations and include innovative holistic approaches. We also expanded specialized groups for our Hispanic/Latinx, LGBTQ+, and Black community members. Since it is rare to find free therapy specific to trauma survivors with intersectional identities, we created a 12-week "Acceptance and Commitment Therapy" (ACT) group for participants to connect with themselves and one another. To expand beyond traditional therapeutic approaches, we also added a group entitled "Healing Through Movement." This group was led by a Registered Yoga Teacher and Licensed Mental Health Counselor and has become one of our highest attended offerings. We additionally created the

"Passion Flower Garden" group as a healing space for individual growth. In this group, participants combined their therapeutic journey with gardening by naming cycles of growth in nature and emphasizing the importance of tending to yourself through the analogy of building a beautiful garden.



## SUPPORT & THERAPY GROUPS

- Women's Sexual Trauma
- Men's Sexual Trauma
- Rainbow Resilience LGBTQ + Sexual Trauma
- Black/African American Women's Healing
- Spanish Speakers' Support
- Healing Through Movement Yoga
- Parenting as a Survivor Support
- Crime Survivors Workshop
- Passionflower Project Gardening & CBT
- Dialectical Behavioral Therapy (DBT) skills
- RISE Adult Survivors of Childhood Sexual Abuse
- Acceptance & Commitment Therapy (ACT) on Intersectionality
- Surviving the Holidays Workshop
- Art of Healing Workshop.

LIVES  
TOUCHED  
THROUGH  
THERAPY

**3,094**  
INDIVIDUAL  
SESSIONS

**95**  
GROUP  
SESSIONS  
(80% INCREASE)

**34%**  
HISPANIC

**26%**  
LGBTQ+

**18%**  
BLACK  
COMMUNITY

**12%**  
DISABLED

**28**  
AVERAGE  
CLIENT AGE

# EXPANDING OUR EDUCATIONAL OUTREACH

As we inched back into public life, we continued to focus on building partnerships, expanding our in-person trainings, and designing our presentations to be more inclusive and engaging. This year we found opportunities to reach more youth by developing and presenting age-appropriate trainings within elementary schools and high schools. Plus, we incorporated the use of QR codes within our presentations to make it simple for audience members to engage, provide feedback, and complete pre- and post-surveys to gauge their knowledge retention.

**38**  
PODCASTS

## 100th PODCAST

This year we celebrated our 100th podcast! Each week we featured an extraordinary array of guests including survivors of trauma, professionals that work with victims, and partners from within the Central Florida Community. Popular topics included Transgenerational Trauma in the Black Community, Narrative Therapy, and Childhood Assault. Our podcast was made available on all streaming platforms and has been listened to in more than twenty states as well as other countries.



**2,229**  
PODCAST LISTENERS



## REACHING THE MASSES

Given the popularity and success of our podcast series, we developed a new recurring interview-style television program that is broadcast on every Central Florida cable television network. Launched in early 2022, our "Healing Begins Here" television program is hosted by VSC's Education Coordinator

and features members from our team of professionals, survivors, and other local experts discussing topics related to our mission. Further, as part of our commitment to reach underserved communities, one recent episode was conducted entirely in Spanish.

# VOLUNTEERISM

Our volunteer program continued to adapt and grow in the face of the pandemic, incorporating remote opportunities for volunteers. We have always believed that our volunteers provide our organization with credibility, insight, perspective, and ability. Nowhere was that more apparent than when volunteers used their skill sets for remote opportunities doing research for VSC's staff, developing questions for our educational podcast, and writing blog posts for our website. Volunteers researched census data to help with identifying areas for community outreach,

worked with our Education & Prevention Coordinator for our podcast, and wrote blogs ranging from educational posts intended to raise awareness to topics centered around the diversity of the communities we serve by discussing intersections of identity, trauma, and healing. As the pandemic began to ease and we were able to safely return to in-person opportunities, volunteers were able to return to lending a hand with administrative support, special events assistance, and community outreach.

**11,789**  
OUTREACH INTERACTIONS

**33,868**  
AUDIENCE SIZE

**\$136,614**  
VOLUNTEER IMPACT

**4,687**  
VOLUNTEER HOURS

## LGBTQ+ FOCUSED OUTREACH



Since LGBTQ+ individuals are at a higher risk for sexual violence, we focused our energy on bringing awareness about LGBTQ+ risk factors and making our services known to LGBTQ+ survivors. To do that, we attended LGBTQ+ centered events and created new opportunities for survivors to safely disclose their victimization. We also provided education on LGBTQ+ issues through multiple platforms such as Facebook Live, Tik Tok, Instagram, Zoom, and the VSC Podcast. Plus, we created new partnerships with LGBTQ+ organizations and supplied trainings on LGBTQ+ topics to students, community members, and our non-profit partners. These trainings, events, and partnerships helped us become a trusted source within the community where survivors know they will be respected and validated when seeking our help. Our largest and most popular outreach activity was the Orlando Come Out with Pride Festival which attracted over 200,000 people! During the day-long festival our staff and volunteers engaged attendees with games and activities, provided information about our services and interacted with over 500 event participants!

# OTHER NOTABLE HIGHLIGHTS

## CHARTING OUR COURSE

In May of this year, The VSC Board of Directors held a special retreat at the Valencia College Collaborative Design Center to map out 5 key strategic goals to guide the organization over the next four years. The goals they developed are:

**GOAL 1: Enhance VSC Client Services**

**GOAL 2: Expand VSC Brand Awareness & Visibility**

**GOAL 3: Grow Community Education & Outreach**

**GOAL 4: Establish VSC as "The Employer of Choice"**

**GOAL 5: Increase Fundraising Efforts**

Following the Board Retreat later in the summer, VSC staff also set aside time to work on the development of various objectives correlated with each of the strategic goals which culminated in the creation of VSC's new FY22-26 VSC Strategic Plan.

## OUR COMMITMENT TO DEI

At the VSC, we reject racism and discrimination and are committed to being agents of social change. To that end, we are devoted to being an anti-racist organization where everyone is welcomed, valued, appreciated, and treated with dignity and respect. As part of our efforts this year, we created an employee-led Diversity Equity and Inclusion (DEI) committee to continually review our practices to ensure that they are in alignment with our commitment to

DEI. The committee rotates chair leadership responsibility to provide a greater opportunity for all voices to be heard and works to recommend training opportunities, identify underserved populations, celebrate diversity practices, draw awareness to culturally relevant topics, and nurture a culture of inclusivity in all that we do.



Believing" training conference where attendees took part in a mock rape case with live actors, interactive video, and role-play components to train participants on best practice techniques for conducting victim and witness interviews. The conference was a tremendous success, attracting 61 participants representing twelve different agencies across Central Florida.

## "SART" BY BELIEVING

To ensure sexual assault survivors receive the best care possible, each county has a "Sexual Assault Response Team" (SART) made up of representatives from all the agencies involved in helping victims throughout their healing journey. Representatives include our crisis intervention team members, law enforcement agencies, State Attorney's Office, Florida Department of Law Enforcement (FDLE), Hospital ER personnel, and others. These teams meet monthly in their respective counties to discuss recent cases and address any issues that may arise. This year, to raise the standard of excellence, the Orange and Osceola SART Teams came together in October for a specialized "SART By



## CHEERS TO CHANGE Rocks the Science Center

After having to cancel our Annual Cheers to Change benefit fundraiser in 2020 due to the pandemic lockdown and having it as a virtual event in 2021, this year we crossed our fingers and forged ahead with bold new plans for a bigger, livelier in-person event. We moved the April 1st event to a new location at the Orlando Science Center, created a circus-like theme, added an overhead aerial performance, and hired an 80's cover band to get

the attendees engaged and dancing! The event attracted 472 attendees and generated over \$100,000 for the VSC. One of the many highlights of the evening was a \$20,000 designated gift from the family of VSC's founder to be used for the establishment of the Commissioner Mary I. Johnson Endowment Fund in her honor so that her legacy will live on in perpetuity.



## A focus on COLLABORATION

The Federal Office of Violence Against Women (VAWA) awarded us a grant to help collaborate with our local state Department of Health (DOH) partners to better reach victims in need of our services. Within just three months of receiving the award, we executed a new Memorandum of Understanding (MOU) with the Osceola Department of Health solidifying our relationship. Then, we worked collaboratively to develop and produce a video about violence and VSC services that now plays continually on video monitors in the waiting areas at the DOH facilities. Thanks to this new partnership, DOH patients can now find VSC's tear-off flyers in all bathroom stalls where individuals can discretely learn about our 24/7 Helpline services.

## FORE!

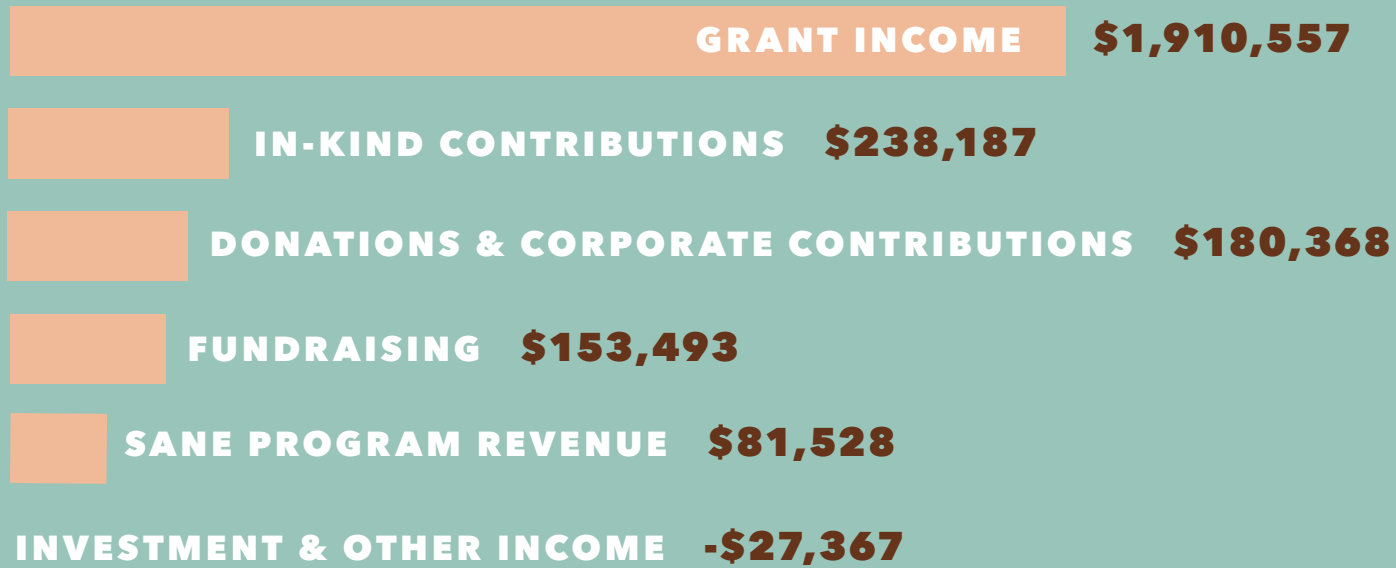
Thanks to the pandemic during 2021, Cheers to Change, our largest annual fundraiser, did not generate as much revenue as in previous years. To try to recoup some of that lost revenue, the VSC Board of Directors decided to host a golf tournament later in the year in hope that people would be willing to attend since the event would be outdoors. Over the next few months, VSC staff and interns worked diligently to sell sponsorships and foursomes for the event that took place on December 6, 2021, at the Heathrow Country Club. Thanks to a combination of hard work and great weather, the event attracted 88 golfers, fourteen sponsors, and raised an additional \$12,000 for the VSC!



2021-22

# FINANCIALS

## REVENUE



## EXPENDITURES



# SPECIAL THANKS TO OUR DONORS

## CONTRIBUTIONS

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| Rosa María Abraham<br>Acentria Insurance<br>Advent Health<br>Rachel Allen<br>Amazon Smile<br>Ambetter- Sunshine Health<br>Karen Anthony<br>Priscilla Aquino<br>Stephanie Asendorf<br>Catherine Atwood<br>Cindy Autry<br>Axiom Floors<br>Jessica Ayala<br>Jamie Ayers-Webb<br>Travis Badall<br>Sheri Baeza<br>Matthew Ballou<br>Brandi Barber<br>Alexandra Barker<br>Aldo Bartolone<br>Sadie Battle<br>Joanne Becknell<br>Cassandra Bell<br>Monique Bennett<br>Tanya Bernadotte<br>Liz Birriel<br>Suzanne Black<br>Craig Borkon<br>Amy & Mike Bosley<br>Brian Brophy<br>Dana Brown<br>Shawn Brown<br>Rebecca Brown<br>Richard Browning<br>Lisa Buehler<br>Built 4 Speed Tattoo<br>Dana Buonanducci<br>Robert & Amy Butcher<br>Brian M. 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|---|---|---|---|---|---|

## IN-KIND

- |  |  |   |  |  |   |
|--|--|---|--|--|---|
| Advent Health<br>City Beverage<br>ClearChannel Outdoor | Covenant Cleaning Services<br>Florida Bancorp Supply, Inc.<br>Florida Distributors | Greenway Ford<br>John Craig Clothier<br>Lucinda Esenam Kjerulff, MD,<br>FACOG | Maqsdud Ahmed, M.D.<br>Orange TV<br>Orlando Health | Pollo Tropical<br>Project Beloved<br>Project Linus | The Peaceful Peacock<br>Sam's Club<br>Withum, Smith & Brown, PC |
|--|--|---|--|--|---|

## GRANTORS

- |  |   |  |   |                                     |
|--|---|--|---|-------------------------------------|
| Dept. Of Justice - Office of<br>Violence Against Women<br>Florida Council<br>Against Sexual Violence | City of Kissimmee<br>City of Orlando<br>City of St. Cloud | Orange County Government<br>Victims of Crime Act (VOCA)<br>administered by Florida Office of the<br>Attorney General | The Martin Andersen-Gracia<br>Andersen Foundation, Inc.<br>Orlando Health-Passion<br>Flower Project | West Orange Health<br>Care District |
|--|---|--|---|-------------------------------------|

**AVAILABLE 24/7**  
**(407) 500-HEAL**

**APPOINTMENTS**  
**(407) 254-9415**

**ORANGE COUNTY**

2111 East Michigan Street, Suite 210  
Orlando, FL 32806

**OSCEOLA COUNTY**

201 Hilda Street  
Kissimmee, FL 34741

**SEMINOLE COUNTY\***

400 W. Airport Blvd.  
Sanford, FL 32773

*\*Office located at the Seminole County Department of Health*

**HealHere.org**

**VictimServiceCenter.org**

**@VSCFlorida**

