

2019



IMPACT REPORT

Empowering survivors of domestic abuse and engaging the community to break the cycle of violence.

At Safe+Sound Somerset it is our belief that every individual is valued and deserves to be Seen, Heard and Supported, especially survivors of domestic abuse in their journeys to Safety, Hope and Healing. Our trauma-informed, evidence-based programs are designed to support and empower survivors and their families as they build independent lives, free from violence and abuse. To that end, we are inclusive and welcoming to survivors who are diverse in gender, role, ethnicity and culture, sexuality, economic background and more. All of our programs are provided at no cost to survivors, confidentially, and in multiple locations throughout the county, and are available in English, Spanish and other languages as needed.

In 2019, Safe+Sound Somerset touched the lives of 9,611 individuals.

Of these, 3,329 received at least one direct service from us. Another 6,282 individuals participated in our 251 outreach and education programs.

✓ Creating SAFETY

Our core services focus on providing immediate safety to adults and their children who are at emotional or physical risk resulting from domestic abuse. Once safety and stability are established through our core services, survivors are able to achieve lasting and greater levels of hope and healing.



24/7 Call and Text Crisis Hotline

Point of entry for all services!
2,422 calls and texts were answered from **1,541 clients**



Safe House

5,235 nights of shelter for **44 adults** and **38 children** in our Safe House and Transitional Housing*



Domestic Violence Response Team

81 calls from police departments;
15,567 on-call volunteer hours



Domestic Violence Liaison

668 service referrals for adults and **55 for children** through DCP&P

✓ Building HOPE

We empower our clients with skills, education and resources to build vibrant lives for themselves and their families.



Financial Empowerment

47 survivors participated in **322 Coaching Sessions**, Workshops and Bootcamps. Housing First program launching in Summer 2020!



Family Advocacy

Formalized as a program beginning 2020!

Food pantry – Fed and provided toiletries and household supplies to **254 survivor families** with **593 dependents**; **Holiday Store** – Provided **46 survivor families' 148 children** with gifts and cheer; **Camp Fund** – **12 children** provided with summer experiences



Legal Advocacy

484 survivors received **1,749 units** of Legal Support and Case Management, Court Prep and Accompaniment, Restraining Order Counseling, and Dismissal Counseling



Transitional Housing

5,235 nights of shelter for **44 adults** and **38 children** in our Safe House and Transitional Housing*

✓ Empowering HEALING

We use a progressive array of evidence-based and trauma-informed modalities to help survivors heal from their experiences with domestic abuse. We were the first DV organization in the country to use Prolonged Exposure Therapy for the treatment of survivors with Post-Traumatic Stress Disorder and trauma related to domestic abuse.



Individual Counseling for Adults
502 adult survivors participated in **4,166 traditional, parent and family counseling sessions**, including Cognitive Behavioral (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Prolonged Exposure (PE) Therapies to treat PTSD.

Individual Counseling for Children
37 children (aged 3 to 17) participated in **223 Behavioral Therapy (TF-CBT) and Play Therapy sessions**



Psycho-educational, Supportive Group Counseling
50 survivors participated in **432 group sessions**

SPEAK™

✓ Educating Community

SPEAK interacts with the community to create awareness of domestic violence and our organization so that all in need of help related to domestic abuse receive the support they need. SPEAK also provides educational programs, workshops and trainings on topics related to domestic abuse so that individuals and groups possess the information, skills and tools needed to break the cycle of violence.



Teen Education
141 programs to **3,157 high school and middle school students**



SPEAK Leadership Camps & Conference
4 programs reaching **189 high school students**

Professional and Community Workshops & Trainings

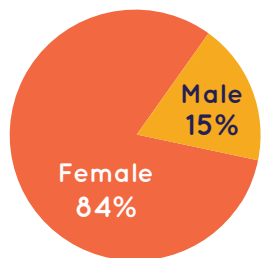
98 programs provided to **2,936 professionals**, law enforcement officers and court personnel, school personnel and community group members

40-hour DV Volunteer Training

203 volunteers provided **8,991 hours** of Volunteer Support valued at **\$197,802**; **29 new volunteers** participated in **951 hours** of Volunteer Training

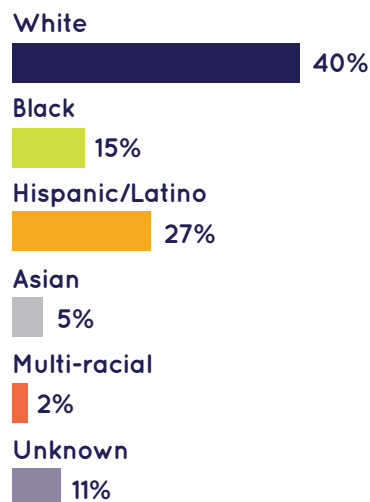
Demographics

Gender

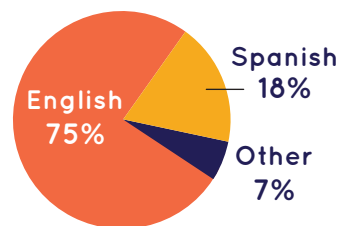


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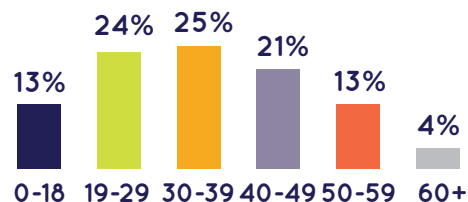
Race



Primary Languages



Age Range



Top Municipalities

(Representing 60% of our client population)

