Dear Friends,

In 1974, Charlottesville community members gathered to improve crisis response for survivors and built SARA, then known as the Charlottesville Rape Crisis Group. In 1979, SARA incorporated as a nonprofit agency. Forty years later, we honor our trailblazers and celebrate that anniversary.

Your support helps expand services to meet the needs of survivors and their loved ones. After forty years, there is still much work to be done to support survivors and build skills for prevention.

Without your generous philanthropy, our work would not be possible. We hope you will continue to invest in our vision of a community free from sexual violence.

Sincerely,

Rebecca Weybright
Executive Director

“There is still much work to be done to support survivors and build skills for prevention.”

Board of Directors
Fiscal Year 2018-2019
Amanda Litchfield, President
Melinda Baumann, Vice President
Alexandra Timmons, Treasurer
Bonnie Wilfore, Secretary
David Ferrall
Defines Fineout
Jennifer King
Robert (Alan) Leffers
Kimberley Martin
Shellie Taylor
Henry Young
The scope of the problem we address is vast. 1 in 3 women, 1 in 4 men, and 1 in 2 transgender individuals have experienced sexual violence in their lifetime. The estimated lifetime cost of rape is $122,461 per survivor.

1 in 4 girls and 1 in 13 boys experience sexual abuse in childhood. In the United States, the lifetime economic burden of child sexual abuse is $9.3 Billion.

Together we can create a community free from sexual violence.

Statistics from the Centers for Disease Control and Prevention
40 Years of Hope and Healing

The Sexual Assault Resource Agency was established in 1974, then called Charlottesville Rape Crisis Group, in response to community needs when survivors lacked empathetic and empowering options after incidents of rape and sexual violence.

After more than 40 years, we continue to respond to community needs with innovative efforts made possible by philanthropic community support.

**SARA remains the only free, comprehensive rape crisis and prevention agency in the greater Charlottesville Area.**

Our approach is trauma-informed and survivor-centered, informed by current research and the experience we gain working with survivors in our area.

> "When I was a child, no one knew. I felt I had no voice and was unprotected."
> - a survivor

**SARA’s work today includes:**

- **Prevention Education** to reduce the risk of perpetration and to create sustainable cultural change,
- **Advocacy and Therapy** for survivors and their loved ones to support healing and accessing justice,
- **Training** to increase the number of people in our community who are prepared to support survivors, and
- **Community Outreach** to improve services to survivors throughout our area and advance access to justice.
Everyone deserves to grow and flourish.

SARA’s vision is a community free from sexual violence. Our mission to eliminate sexual violence and its impacts means focusing on both prevention education and survivor support services.

Sexual violence thrives when people exploit power over others. It is connected to other forms of violence. It causes serious health and economic consequences. Through our approach, that addresses risk and protective factors, sexual violence can be prevented.

Prevention is possible.

SARA is committed to providing education about sexual violence as well as how to create cultural change that prevents sexual violence in the first place. Our prevention approach is based on research, evidence-based practices, and collaboration with community partners.
Preventing Sexual Violence
SARA Prevention Educators reached over 1,000 people this year with on-going facilitated groups, leadership coalitions, and education to promote sustainable change in our community.

Program Objectives
♦ Engage the whole community in preventing sexual abuse
♦ Increase empathy and decrease objectification
♦ Decrease rigid gender norms
♦ Improve community-wide response to sexual harassment
♦ Help set healthy norms around consent and relationships
♦ Increase the likelihood that bystanders will intervene to prevent sexual violence

Community Prevention
We engage leaders from variety of communities to build skills for prevention and to support lasting institutional change. Our community-level work involves long-term planning, revising policies related to sexual violence, and lots of listening. We are grateful to our partners who helped create change in:

8 Restaurants
39 Restaurant owners, managers, and staff

6 Senior Living Facilities
30 Senior Living Facility Staff

41 Religious Communities
42 Religious Community Representatives

8 Allied Organizations
113 Allied Professionals
Program Highlight: Green Dot

Green Dot is a bystander intervention training plan that builds a movement within a school community. It engages students in their real lives and gives them skills to stop abuse before it starts. Grounded in the idea that nobody has to do everything, but everybody has to do something, Green Dot teaches two social norms to protect against sexual violence:

1. Abuse won’t be tolerated in our community.
2. Everyone is expected to play a role in preventing abuse.

After three years, this program is already changing the culture at a local high school. 63% of students believed their peers would step in when someone is hurting another person, an 11% increase from when SARA began Green Dot.

Youth Prevention

Local schools are important partners in our prevention efforts. In these partnerships, SARA offers materials, consultations, and support for educators and administration in preventing sexual violence in their schools. During the 2018-2019 school year, SARA provided prevention education to:

5 High Schools
1860 High School Students

2 Middle Schools
1076 Middle School Students

111 Teachers
and School Administrators

158 Parents and Guardians

Together we can build sustainable cultural change for safer, more empathetic communities.
Continuum of Care

The healing journey after sexual assault is often complex and looks different for every person. Whether a survivor is grappling with impacts from a recent event or struggling through resurfacing childhood trauma, SARA provides comprehensive services to meet survivors where they are at in that particular moment.

We are part of the holistic healing process, walking with survivors through:
Medical services to heal from physical injuries,
Therapy to heal from the psychological trauma, and
Legal Advocacy to support seeking justice.

Impacts of Sexual Violence
Primary concerns expressed by survivors:
159 Mental/Emotional Health (fear, anxiety, stress, shame, etc.)
106 Physical Well-Being (stress, health issues, sleep, etc.)
96 Awareness & Access to community resources (how to get help)
72 Safety (feeling unsafe, threatened, or in danger)
68 Support/relationships (trust, family, friends, etc.)

During forensic medical exams, survivors may experience a multitude of physical and emotional reactions. Many survivors will have their clothes collected as evidence of a crime.

SARA offers teddy bears and new clothes for much needed comfort at the hospital.

Services Provided
242 Emotional Support, Counseling
195 Hotline Calls
121 Crisis Intervention
115 Safety Planning
113 Information and Referrals
81 Accompaniment at Forensic Exam
79 Therapy (licensed)
29 Services to Address Basic Needs
28 Legal Advocacy
6 Accompaniment at Police Interviews
Healing takes time.

Services are available to all survivors of sexual violence including men, women, nonbinary individuals, and children. SARA also provides services to friends, family, and loved ones of survivors who have their own healing journeys to navigate.

Client Demographics

<table>
<thead>
<tr>
<th>No.</th>
<th>Individual Clients</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>325</td>
<td>Children and Youth</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>Girls</td>
<td>0-4</td>
</tr>
<tr>
<td>47</td>
<td>Boys</td>
<td>5-12</td>
</tr>
<tr>
<td>273</td>
<td>Adults</td>
<td>13-18</td>
</tr>
<tr>
<td>252</td>
<td>Women</td>
<td>18-29</td>
</tr>
<tr>
<td>21</td>
<td>Men</td>
<td>30-39</td>
</tr>
<tr>
<td></td>
<td></td>
<td>40-49</td>
</tr>
<tr>
<td></td>
<td></td>
<td>50-59</td>
</tr>
<tr>
<td></td>
<td></td>
<td>60+</td>
</tr>
</tbody>
</table>

Sexual violence starts early.

1 in 3 female rape victims experienced it for the first time between 11-17 years old and 1 in 8 reported that it occurred before age 10.

Nearly 1 in 4 male rape victims experienced it for the first time between 11-17 years old and about 1 in 4 reported that it occurred before age 10 (CDC).

Locality of Residency

<table>
<thead>
<tr>
<th>Locality of Residency</th>
<th>No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albemarle County</td>
<td>53</td>
</tr>
<tr>
<td>City of Charlottesville</td>
<td>53</td>
</tr>
<tr>
<td>Fluvanna County</td>
<td>15</td>
</tr>
<tr>
<td>Greene County</td>
<td>2</td>
</tr>
<tr>
<td>Louisa County</td>
<td>17</td>
</tr>
<tr>
<td>Nelson County</td>
<td>11</td>
</tr>
</tbody>
</table>

Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American / Black</td>
<td>53</td>
</tr>
<tr>
<td>Asian / Pacific Islander</td>
<td>9</td>
</tr>
<tr>
<td>Caucasian</td>
<td>198</td>
</tr>
<tr>
<td>Hispanic / Latino</td>
<td>15</td>
</tr>
<tr>
<td>Native American / Native Alaskan</td>
<td>2</td>
</tr>
<tr>
<td>Other</td>
<td>17</td>
</tr>
</tbody>
</table>

All services are provided free of cost. We believe survivors should not hold the burdens of healing from sexual assault.
Community Outreach

SARA serves 5 counties and the city of Charlottesville, all with a multitude of communities represented. Each community has unique needs related to addressing and preventing sexual violence. We work with community partners and attend events like health fairs and festivals to reach more survivors and spread the word about our services and programs.

Increasing public awareness about the impacts of sexual assault.

5816 Individuals reached through
164 Community Engagement Activities including:
49 Educational Presentations
44 Resource Distributions to local medical offices, mental health agencies, social service organizations, schools, etc.
35 Special Events –Community Days, Resource Fairs, etc.
27 Media Events including radio and television

49 Educational Presentations through:
15 Community Social Events
11 Professional Settings
9 College and University Presentations

28 Trainings for Allied Professionals including:
15 Law Enforcement
9 Health Care Professionals
Preparing community members to respond to and support survivors with empathy and compassion.
SARA has helped thousands of survivors and their families over the past 40 years get the help and information they need to begin healing. Informed responses from within our community help make that connection even more quickly.

Challenging the prevailing attitudes and dispelling the myths which perpetuate sexual violence.

**Myth: Rape does not happen that often.**
**Fact:** There is an average of 293,066 victims ages 12 or older of rape and sexual assault each year in the U.S. This means 1 sexual assault occurs every 107 seconds.

**Myth: Wearing revealing clothing, behaving provocatively, or drinking a lot means the victim was “asking for it”.”**
**Fact:** The perpetrator selects the victim—you should be able to wear whatever you want and drink without fear of being assaulted.

Thank you to our friends at Champion Brewing Co., Reason Beer, South Street Brewery, Three Notch’d Brewing Co., and to everyone who participated in Simcoe for SARA 2019!
You Are Our Advocates

“No matter what, the folks at SARA believe survivors. It’s sometimes nice to see the world that way. That we believe, we trust, and we do our work from there.”

-Jennifer King

“My hope is with further community involvement and awareness that sexual violence in our community will continue to decline."

-David Ferrall, Broker, Nest Realty

"The work that SARA has done and continues to do for people I care about, as well as just people in general, is extremely important and worth supporting."

-anonymous monthly donor

You Can Continue to Help SARA by

♥ Providing financial support, and asking your friends and family to join you
♥ Volunteering your time on the hotline and at events
♥ Bringing SARA to your civic group or workplace for free training
♥ Helping us build stronger relationships in schools and congregations
♥ Referring survivors and telling people about our programs
## 2018-2019 Financials

<table>
<thead>
<tr>
<th>Revenue</th>
<th>Expenses</th>
</tr>
</thead>
<tbody>
<tr>
<td>State Grants from Government Agencies 66%</td>
<td>Personnel 82%</td>
</tr>
<tr>
<td>Fundraising 21%</td>
<td>Building, Maintenance, and Equipment 7%</td>
</tr>
<tr>
<td>Local Grants 7%</td>
<td>Supplies &amp; Outreach Materials 4%</td>
</tr>
<tr>
<td>Other Grants 3%</td>
<td>Professional Fees 3%</td>
</tr>
<tr>
<td>Community Groups &amp; In-kind Gifts 1%</td>
<td>Fundraising &amp; Special Events 1%</td>
</tr>
<tr>
<td>Miscellaneous &amp; Investment Income 1%</td>
<td>Insurance 1%</td>
</tr>
<tr>
<td><strong>Total</strong> $890,803</td>
<td>Other 1%</td>
</tr>
<tr>
<td></td>
<td>Statewide Hotline &lt;1%</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong> $919,925</td>
</tr>
</tbody>
</table>

### Why Give This Year

To tackle the problem of sexual assault, we must change the public perception of rape and sexual violence, ensure adequate services for survivors, involve men and boys in prevention efforts, ensure responsive criminal justice practices, and prevent sexual assault.

Your generous contributions are fundamental in eliminating sexual violence.
Thank you to our donors.
Community involvement, including gifts received between July 1, 2018—June 30, 2019, allows for community-level change. We could not do this work without your generous support.

Ashleigh Abrams  
Babette Smith Agett  
Thomas and Elizabeth Allan  
Allen Allen Allen & Allen  
Angela Allen  
Joseph and Claudia Allen  
Stacy Lorraine Allenbach-Stunes  
Virginia Andersen  
Samantha Anne  
Sarah Annear  
Apex Clean Energy, Inc.  
Jenny & Joseph Arcidicono  
Asian Student Union at UVA  
Sam Bachman  
Arnold F. Baggins Foundation  
Balanced Chiropractics  
Bama Works Fund of Dave Matthews Band in CACF  
Bankers Insurance, LLC  
Frank D. and Maria C. Barberio  
Kimberley Barker  
Sharon Barker  
Aileen Bartels  

Batten Family Fund  
Melinda Baumann and Marjorie Garmey  
Katherine Beard  
Timothy Beczkowski  
Beer Run  
Robert and Jessica Bell  
Benjamin and Helga Bennett  
J&E Berkley Foundation  
Better Living Foundation  
David Biber  
Phyllis Binder  
Carole A. Black  
Kristina Reid Black  
Susan Blackmoor  
Leslie Blaser  
Justin Boardman  
Bodo’s Bagels  
Robert Bohinke  
Thomas Bongo  
Mozell Booker  
Genevieve Brackins  
Kate and Lorrie Bradley-Ferrall  
Patricia Brady  

Renee Branson  
Brasserie Saison  
Elizabeth Breeden  
Anna Taylor Brokaw  
Jennifer Bulcao  
Maureen Burkhill  
Nancy Burr and Brad Suter  
Anne Burroughs  
Rebecca Burtram  
Jason Busching  
Richard Busofsky  
Mary Kate Caldwell  
Kelly Caponetto  
Carpet Plus  
Larissa Carres  
Maria Festa Carter  
Carter Myers Automotive  
CASA ALMA  
Catherine Casey  
Beverly Catlin  
Champion Brewing Company  
Dave and Cyndy Chapman  
The Charles Fund
Charlottesville Gastroenterology Associates
Charlottesville High School Sirens
Charlottesville Medical Research
Charlottesville Pride
Pat Cheeks and Steven Weaver
James Clark
Mary Ann Coffey
Terry Coffey
Nancy Collier
Commonwealth Pizza, Inc.
Josephine Conover and Jeffrey Erkelens
Lauren Conti
Covington & Burling LLP
Kelly Cox
Claire Cronmiller
Ethel Crowe
Crowflash LLC
Crutchfield
Change Cunningham
Cunningham United Methodist Church
Lorrie Curley
Hannah Curley
Kirt von Daacke and Nicole Eramo
Thomas Daniels
Virginia Daugherty
Davenport & Company
Davidson & Kitzmann, PLC
Nichol Denison
Norman Dill
Patricia and Jonathon Dinise
William Dittmar
Melissa Dorris
Patty Driskill
Christopher Dunbar
James Duncan
Maury Early
Amy Eastlack
Emma Ehrath
Newton Elberson
Elks Lodge #389
Emerson Machine Automation Solutions
Laura Evans
Cindy Eyler
Constance E. Fant
Diane Farineau
Anne M. Farrell
Krista S. Farrell
Kendra Hiliard Fauth-Edwards
David and Elizabeth Ferrall
Defines Fineout and Megan Gum
First Systems Resources
Cat Foss
Michelle Foss
Brooke Fossett
Vitreus Foundation
Jeffrey and Kay Fracher
Mr. and Mrs. Gerald Frankel
Alicia Franklin
David and Katharine Franzen
Tobe and Leora Friedberg
Dale and Jane Fruchtntich
Fruehauf Foundation
Pamela and Chris Gale
John Gallant
Jim and Nancy Galloway
Patrick Garcia
James C. and Maureen Garmey
Edward Gaynor
Ginger Germani
Mary Gialalone
Nicholas Gibiser
Monte Glander
Teresa Rose Glauser
Ian Glomski
Linda Gonder-Frederick
Edith Good
Karen Good
Wiliam J. Gordon
Grace Episcopal Church
Warner Granade
Grand Home Furnishings
Ellen Graves
Together We Provide Hope and Healing

Fred Greer and Vanessa Bourgeois
Annette DeGregoria and Phil Grimm
Journey Group
Emily Groves
Robert L. Grubbs
Lois Gwirtz
Carla Hallstead
Tracy Halstead
Milton Hamblin
Sarah Hamfeldt
Hantzmon Wiebel, LLP
The Harrison Foundation
Ada Harvey
Sheila Haughey and J. Lloyd Snook
Andrew Hawald
Thomas C. and Mary Ann Hays Family Charitable Trust
Deborah Healey and Margaret Mohrmann
Heiner Family Fund in CACF
Ann and Alfred Helmlinger
Mary Helmlinger
Nicole Hemmer
Anna Hennessy
Megan Hereford
Julie Herndon
Matthew Hersh
Rachel Hershey
Maeve Hickey
Barbara Higgins
Heather Hightower
Suzanne Hildebrand
Wendy and Jay Hirsh
Rosemary Hodges
Melissa Hoffman
Bobbie Holman
Paige Hornsby
Thomas Horton
Mary Alice Hostetter
Elizabeth Howard
Jennifer Huck
Hunton Andrew Kurth LLP
Vanessa Hurst
Patrick Huston
Barbara Hutchinson
Indoor Biotechnologies
Inter-Sorority Council at UVA
Elizabeth Irvin
Ix Foundation
Edith Jason
Kristin Jensen
Judy Marie Johnson
Cathee Johnson Phillips
Claire Kaplan
Erica Keller
David Kenerson
Jessica Kent
Candra Kenyon
Stephen Kimata
Jennifer King
Mable Kinzie
Gail Kitch
Jennifer Kline
Jody Knowles
Jennifer Kokochak
Laura Kooiman-Cox
Christopher and Catherine Kramer

Walk 2019
FOR SARA

Thank you for your support! You raised $9,511
Providing hope and healing services for survivors

Presented by
Virginia National Bank
Carter Myers Automotive
Crutchfield

Thank you to our sponsors!
Every donation is fundamental in our work to end sexual violence and its impacts.

Michael L. Murphy
Matthew B. and Mary P.Y. Murray
Beatriz Naranjo
Yvonne Newberry and Linda Eastham
Lorinda Ann Newland
Devin and Julie Newton
Ann and David Normansell
Dave Norris
Sarah Nusairat
Chrystal Oberloh
Marijean and Seth Oldham
Marcus Oliver
Michael Orefaugh
Nancy Ortiz
Sheri Owen
Bert and Elizabeth Page
Susan Painter
Dan R. Parks
David and Helen Parrish
Pass Thru at CACF
We Are Grateful for Your Support

Candance Della Patrick
Barbara Payne
Paypal Charitable Giving Fund
Lester Pearlstein and Ronna Gray
Sara Pennington
Andrea Perez
Perry Foundation
Christine Peterson and John Horneff
Sharon Petro, PhD
Phi Psi at UVA
Pi Lambda Phi at UVA
John and Jacquie Pickering
James and Margaret Plews-Ogan
David and Anna Posner
Posture Studio LLC
Michael W. and Karen L. Powell
Bill Pritchard
Michelle Prysby
David Pugh
Kate Pugh
Megan Pugh
Timothy Rambo
Taylor and William Randolph
Reason Beer
Amber Reichert
William Reichert
Kevin and Bonnie Reilly
Janine Reister
Wendy Repass
Ravi Respeto
Suzanne Reuter
Richmond Compensation Association
Paul Rittelmeyer
Bonnie J. Rivkin
Roar Training LLC
Joyce Robbins
Julia Diane Roberts
Lynne Roberts
Dudley and Lois Rochester
Kerry and Colleen Rock
Rockfish Presbyterian Church
Alan and Joanne Rogol
Kathleen Ross
Mazie Rowe
Royer Caramanis
Adair Rubeling
Ed Rushia
Forrest Samuels
Kristin Sancken
Katie Santoski
Scarpa
Bruce and Geri Schirmer
Joy Schloemer
Nathaniel Schneider
Candace Schoner
Alaina Schroeder and John Loy
Dana Schroeder
Carolyn and Kevin Schuyler
Susan Seidler and Robert Whaley
Sentara Martha Jefferson Hospital
Kelly Shaffer
Shakespeare on the Lawn
Joseph Shamy
Shannon Farm Association
Deborah Beth Shapiro and
Elizabeth Allen
Karen and Arthur Sherwood
Sigma Psi Zeta at UVA
Jill Simandl
Lorraine Sinden
Christine Slaughter
SloanManis
Taylor Smack
Mandi Smack
Herman Small
Ami Smith
Pat Smith and Ray Mishler
Elizabeth Smith
Martha Snell
Jessica Son
South Street Brewery
Southern Development Homes
William and Elena Speidel
Sprint Pavilion
Richard and Melissa Spurzem
St. Anne’s-Belfield School
Blair St. Ledger-Olson
John and Gineane Stalfort
Starr Hill Presents and Red Light Management
Thomas Steffes
Shelly Stern
Leslie Stojhovic
Kathy Stone
Jacque Strasser
Rebecca Swett
The Tailgate Caravan
Marjorie Coble Taylor
Shellie Taylor
Kevin Terhaar
Timothy and Rachel Tessier
Andrew Thiermann
Sally and George Thomas
Peter Thompson
Alex Timmons
Jane Touzalin
Margaret and Robert Tracci
Robert Tran

Marsha Trimble and Kent Olson
Dona-Lee Trotter
Barbara Tully
Twentieth Century Merchants Fund of the Charlottesville Albemarle Retail Merchants Association in CACF
Jonathan P. Ulrich
University of Virginia Community Credit Union
University of Virginia Fund
University of Virginia Honors Committee
University of Virginia Police Department
University of Virginia School of Nursing
University of Virginia Division of Student Affairs
Sharon Utz
Charles and Andrea S. Vest
Virginia National Bank
Carolyn Voytko
John and Elizabeth Waksmunski
Janet Walbeck
Lisa Wallace
Alexandra Nichole Waschura
Mic Weatherford
Doug Webbink
Christoper Welte
R. Ted and Sheila McCarthy Weschler
Westminster Presbyterian Church
The Whiskey Jar
Bonnie Wilfore and Christopher Conti
Stirling and Jane Williamson
Kevin and Loretta Willis
Mary H. and Stapleton W. Wills
Melvin Wilson
Charles Winkler
Lindsay Witt
WNRN
Megan Womack
Woman Care, LLC
Elizabeth Woodard
Woodard Properties
Jesse D. Woody
Anna Wu
Sabina Wuenschmann
Henry Young
Michael and Toby Zakin
John Zanoff
Julie Zayfudim

*Deceased

Please bring errors or omissions to our attention and we will be prompt to correct our records.

Thank you for your generous support!