Dear Friends of SARA,

The COVID-19 pandemic stopped a lot of things here in the Charlottesville and Central Virginia region. COVID-19 didn’t, however, stop sexual assault.

Imagine a survivor coping with the physical, mental, and emotional toll of sexual assault, then also fighting the day-to-day struggles of isolation, employment, family responsibilities, and possibly illness because of the pandemic. These “double victims” experience greater likelihood of depression, terror, hopelessness, and even suicidal ideation.

That’s why COVID-19 hasn’t stopped us here at SARA, either. We are evolving and adapting to serve new and emerging needs of survivors during these challenging times. This life-saving work is only possible with you!

Sincerely,

Renee Branson  
Executive Director

---

Board of Directors  
Fiscal Year 2019-2020

Melinda Baumann, President  
David Ferrall, Vice President  
Alexandra Frey, Treasurer  
Defines Fineout, Secretary  
Sarah Tucker Jenkins  
Robert (Alan) Leffers  
Amanda Litchfield  
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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 victim.

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 in $9.3 Billion.

Together we can create a community free from sexual violence.

Statistics from the Centers for Disease Control and Prevention and the National Sexual Violence Resource Center
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.

SARA provides services to survivors in the city of Charlottesville and the counties of Albemarle, Fluvanna, Greene, Louise, and Nelson.

“SARA is wonderful beyond measure—it has changed my life.”

-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 and 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 many new community members and organizations 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. Community-level work involved long-term planning, revising policies related to sexual violence, and lots of listening. We are grateful to our partners who helped create change in:

10 Restaurants
39 Restaurant owners, managers, and staff

8 Senior Living Facilities
47 Senior Living Facility Staff

9 Religious Communities
17 Religious Community Representatives

5 Allied Organization
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 four years, this program is already changing the culture at a local high school. 64% of students believed their peers would step in when someone is hurting another person, an 12% 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 2019-2020 school year, SARA provided prevention education to:

5 Schools
2225 Students

360 Teachers, Counselors and School Administrators

76 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:*
115 Mental/Emotional Health (fear, anxiety, stress, shame, etc.)
59 Physical Well-Being (stress, health issues, sleep, etc.)
57 Awareness & Access to community resources (how to get help)
53 Safety (feeling unsafe, threatened, or in danger)
37 Support/relationships (trust, family, friends, etc.)

Number of Individuals
212 Emotional Support, Counseling
165 Hotline Calls
117 Information and Referrals
80 Crisis Intervention
75 Safety Planning
44 Legal Advocacy
27 Accompaniment at Forensic Exam
32 Therapy (licensed)
15 Services to Address Basic Needs
9 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></th>
<th>No. Clients</th>
<th>Age (years)</th>
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<tbody>
<tr>
<td><strong>326 Individual Clients</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45 Children and Youth</td>
<td>2</td>
<td>0-4</td>
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<tr>
<td>36 Girls</td>
<td>8</td>
<td>5-12</td>
</tr>
<tr>
<td>6 Boys</td>
<td>40</td>
<td>13-18</td>
</tr>
<tr>
<td><strong>281 Adults</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>252 Women</td>
<td>105</td>
<td>18-29</td>
</tr>
<tr>
<td>21 Men</td>
<td>69</td>
<td>30-39</td>
</tr>
<tr>
<td></td>
<td>45</td>
<td>40-49</td>
</tr>
<tr>
<td></td>
<td>36</td>
<td>50-59</td>
</tr>
<tr>
<td></td>
<td>18</td>
<td>60+</td>
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**Locality of Residency**

<table>
<thead>
<tr>
<th>Locality of Residency</th>
<th>No. of Clients</th>
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<tbody>
<tr>
<td>Albemarle County</td>
<td>40.2%</td>
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<tr>
<td>City of Charlottesville</td>
<td>25.6%</td>
</tr>
<tr>
<td>Fluvanna County</td>
<td>13.9%</td>
</tr>
<tr>
<td>Greene County</td>
<td>1.6%</td>
</tr>
<tr>
<td>Louisa County</td>
<td>4.7%</td>
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<tr>
<td>Nelson County</td>
<td>4.4%</td>
</tr>
<tr>
<td>Out of Service Area</td>
<td>9.5%</td>
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</table>

**Race/Ethnicity**

<table>
<thead>
<tr>
<th>Race/Ethnicity*</th>
<th>No. of Clients</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American / Black</td>
<td>51</td>
</tr>
<tr>
<td>Asian / Pacific Islander</td>
<td>6</td>
</tr>
<tr>
<td>Caucasian</td>
<td>239</td>
</tr>
<tr>
<td>Hispanic / Latino</td>
<td>12</td>
</tr>
<tr>
<td>Native American / Native Alaskan</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>18</td>
</tr>
</tbody>
</table>

*some individuals are in multiple categories

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).

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.

5727 Individuals reached through
107 Community Engagement Activities including:
22 Educational Presentations
9 Resource Distributions to local medical offices, mental health agencies, social service organizations, schools, etc.
12 Special Events –Community Days, Resource Fairs, etc.
6 Media Events including radio and television

22 Educational Presentations through:
5 Community Social Events
9 Professional Settings
5 College and University Presentations

24 Trainings for Allied 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 463,634 victims ages 12 or older of rape and sexual assault each year in the U.S. This means 1 sexual assault occurs every 68 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.
A Life Changing Impact

"SARA is one of the most important resources in my weekly life. I'm so grateful for its existence, and the funding they have which sustains their incredible team."

“I absolutely love my therapy sessions at SARA. I’ve noticed so many huge changes in my life...everything has improved since I started my sessions at SARA. I can’t imagine where I’d be if I hadn’t been given this amazing opportunity to receive counseling at SARA since I can’t afford the regular fee for a counselor.”

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
Financials
Fiscal Year 2019-2020

<table>
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<tr>
<th>Revenue</th>
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<tr>
<td>State Grants from Government Agencies</td>
<td>78.6%</td>
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<tr>
<td>Fundraising</td>
<td>8.1%</td>
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<tr>
<td>Other Grants</td>
<td>12%</td>
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<tr>
<td>Miscellaneous &amp; Investment Income</td>
<td>1.3%</td>
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</table>

**Total** $832,110

<table>
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<tr>
<th>Expenses</th>
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<tr>
<td>Programs</td>
<td>80.7%</td>
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<td>Management and General Services</td>
<td>16.3%</td>
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<tr>
<td>Fundraising</td>
<td>3%</td>
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</table>

**Total** $931,146

Why Give This Year

**How you impact a survivor’s life with your gift:**

♥ You ensure there is access to hope through a 24-hour on-call advocate when survivors need one the most, over the phone and still on-site in critical cases

♥ You provide the capability for survivors to heal through tele-therapy when in-person counseling is not possible

♥ You enable prevention specialists to train schools, faith communities, and businesses remotely so they can work to prevent sexual assault from happening in the first place
Thank you to our donors.

Community involvement, including gifts received between July 1, 2019—June 30, 2020, allows for community-level change. We could not do this work without your generous support.

Ada Harvey
Adelaide King
Aileen Bartels
Alan and Joanne Rogol
Alex Butterfield
Alex Frey
Alex Partridge
Alison Kuhn
Allison Thompson
Amanda and Joel Litchfield
Amanda Tempel
Amber Reichert
Amelia Wilt
Angel Metro
Ann and David Normansell
Anna Emery
Anne Burroughs
Anne Carter
Annette DeGregoria and Phil Grimm
Anonymous
Arnold F. Baggins Foundation
Asian Student Union at UVA
Balanced Chiropractics
Bankers Insurance
Barbara Higgins
Barbara Murphy
Batten Family Fund
Beer Run
Benjamin and Helga Bennett
Benjamin and Stephanie Randolph
Bert and Elizabeth Page
Better Living Foundation
Beverly Catlin
Bill Pritchard
Bob Wyble
Bodo's Bagels
Bonnie J. Rivkin
Bonnie Wilfore and Christopher Conti
Braggs Body Shop
Brian Nickel
Bruce and Geri Schirmer
Buford Middle School
Caitlin Levine
Cara Hagan
Carissa Phillips
Carole Black and Doug Webbink
Carolyn and Kevin Schuyler
Carolyn Cullen
Carpet Plus
Carter Myers Automotive
Cassandra Fraser
Catherine Kane
Catherine Miranda
Catherine Reagan Palmore
Charles and Andrea S. Vest
Charles Winkler
Charlottesville Area Community Foundation
Charlottesville Gastroenterology Associates
Chris Hopkins
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<th>Name</th>
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<tr>
<td>Chris Neale</td>
<td>David and Katharine Franzén</td>
<td>Equity Saver USA</td>
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<td>Christine Peterson and John Horneff</td>
<td>David Walter</td>
<td>Erastus Wolf</td>
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<td>Davidson &amp; Kitzmann PLC</td>
<td>Ethel Crowe</td>
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<td>Davis Taylor</td>
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<td>Christopher Sylves</td>
<td>Deborah Healey and Margaret Mohrmann</td>
<td>Firefly Bar &amp; Restaurant &amp; Games</td>
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<td>Christopher Welte</td>
<td>Deborah McPhillips</td>
<td>Frank D. and Maria C. Barberio</td>
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<td>Claire Kaplan</td>
<td>Defines Fineout</td>
<td>Franklin Charitable Giving Program</td>
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<td>Commonwealth Pizza, Inc</td>
<td>Derek Brown and Deborah Hellman</td>
<td>Fred Greer and Vanessa Bourgeois</td>
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<td>County of Fluvanna</td>
<td>Derry Miller</td>
<td>Gayle Bragg</td>
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<tr>
<td>County of Nelson</td>
<td>Devils Backbone Brewing Company</td>
<td>Genevieve Brackins</td>
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<td>Courtney Orebaugh</td>
<td>Diane Lawson</td>
<td>Gina Engel</td>
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<td>Covington &amp; Burling</td>
<td>Douglas Miller</td>
<td>Ginger Germani</td>
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<td>Draft Taproom LLC</td>
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<td>Gregory and Margaret Edwards</td>
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<td>Dave and Cyndy Chapman</td>
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<td>Hantzmon Wiebel</td>
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<td>David and Elizabeth Ferrall</td>
<td>Emily Groves</td>
<td>Helen M. Dwyer</td>
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<td>David and Helen Parrish</td>
<td>Emily Richardson</td>
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</tbody>
</table>
Together We Provide Hope and Healing

Helene Downs
Henry and Diane Bisgaier
Henry Young
Indoor Biotechnologies
Inter-Fraternity Council
Inter-Sorority Council
Ivan and Marsha Login
Ix Foundation
J&E Berkley Foundation
J. Robin Albertson Wren and Jonathan Wren
Jacek Wolicki
Jack Marshall and Cri Kars-Marshall
Jaime Petralia
James C. and Maureen Garmey
James Duncan
Jamie White Real Estate
Jan Dix
Jane Gregorits
Jane McQueen
Jen Fox
Jennifer Doo
Jennifer Downs
Jennifer King
Jennifer Kokochak
Jennifer McCune
Jennifer McKeever
Jenny and Joseph Arcidicono
Jerrad Lee
Jessica and Niall Little
Jim and Nancy Galloway
Jody Knowles
John and Jacquie Pickering
John and Janice Stalfort
John Crombie
John Lanham
John Woodell and Michelle Prysby
Jon Nafziger and Carol Hurst
Jonathan Gomez
Jonathan Hornsby
Jonathan Kauffmann
Jonathan Kuthy
Josie Taylor
Joyce Robbins
Judith Thomas
Judy Marie Johnson
Julia Laroche
Julie Herndon
Kai Dozier
Kardinal Hall
Karen and Arthur Sherwood
Karen Jenkins
Katelyn Wood
Katherine Beard
Katherine Kroloff
Katherine Lucente
Katie Merkle
Kelly Lindauer
Kevin and Loretta Willis
Kevin E. Driscoll
Kevin Terhaar
Kimberley Martin
Krista S. Farrell
Kristen Elizabeth Eberly
Kristin Sancken
Lacy M. Legard Hoyt
Larissa Carres
Laura Efford
Laura Palmer
Leah Dutton
Leah Romanoff
Lesley Rigney
Every donation is fundamental in our work to end sexual violence and its impacts.

Lester Pearlstein and Ronna Gray
Lexie Groves
Lila Kelso
Linda Hitchings
Linda Lester
Lola Masson
Lorinda Ann Newland
Loring Woodriff
Loring Woodriff Real Estate Associates
Lorna Saunders
Madison Saunders
Maggie Strong
Marie Lattin-Souder
Marie Bette Bakery & Cafe
Marsha Trimble
Martha Snell
Mary Alice Hostetter
Mary H. and Stapleton W. Wills
Mary J. Poulter
Mary Jensen
Mary Johnston
Matt Berry
Matthew B. and Mary P.Y. Murray
Matthew Hersh
Maureen Burkhill
Maxine Platzer Lynn Women’s Center at UVA
Megan E. Gaspar
Meghan Gum
Melanie Gibson
Melinda Baumann
MH Swanson & Associates
Michael & Ms Toby Zakin
Michael W. and Karen L. Powell
Michelle Foss
Michelle Goodrich
Michelle Warwick
Miller School of Albemarle
Mimi Bender and Alfred Dougherty
Nancy and Carl Lake
Nancy Burr and Brad Suter
Nancy Hopkins
Nancy Ortiz
Natalie Hillerson
Nathalie Pincham
Nathaniel Schneider
Ned and Heidi Gumble
Network For Good
Nicole Eramo
Nicole Storm
Noah J Krohn
Oakwood Foundation Charitable Trust
Pat Cheeks and Steven Weaver
Patricia and Jonathon Dinise
Patricia Meyer-Peterson
Patty Driskill
Paul and Ruth Barolsky
Paul Murry Pitts
Pete and Barb Oprandy
Peter and Carol Easter
Phyllis Binder
Quantitative Investment Management Fund
R. Madison and Patricia Cummings, Jr.
R. Ted and Sheila McCarthy Weschler
Rachel Lloyd
We Are Grateful for Your Support

Rebecca Monhollen
Renee Branson
Rhonda Austin
Robert Alan Leffers
Robert H. Gough
Robert Hoke Perkins
Robert M. Thompson
Robert Tran
Robin Ruggaber
Robinson Farmer Cox Associates, PLLC
Rockfish Presbyterian Church
Roger Speed
Ross and Sherie Flores
Roxanne Johnston
Royer Caramanis
Russell Linden and Jacqueline Lichtman
S. Trombetta
Sally and George Thomas
Sara Neilon
Sarah Jenkins
Sarah Plummer
Sarah Stroehman
Scarpa
Seamane Flanagan

Sentara Martha Jefferson Hospital
Seth and Marijean Oldham
Shannon Cothran
Shannon Farm Association, Inc.
Shannon Thomas
Sharon Barker
Sheila Haughey and J. Lloyd Snook
Shelly Pellish
Shelly Stern
Sheri Owen
Shirley Kyger
Southern Development Homes
St. Anne's-Belfield, Inc.
St. James Episcopal Church
Stacy Hite
Stephanie Clarke
Stephanie J. Miller
Stirling and Jane Williamson, Jr.
Susan Dawson
Susan Grossman Schroer Trust
Susan Liebenow and Jane Touzalin
Susan Painter
Susan Seidler and Robert Whaley
Suzanna Turanyi and Attila Szabo

Suzanne Cincinnati
Tabitha Enoch
Tara Harrison
Terry Coffey
The Charles Fund
The Front Porch
The Manning Family Foundation
The Orange Tree Foundation
The Rust Foundation
The Whiskey Jar
Theodore Siedlecki and Aron Teel
Thomas C. and Mary Ann Hays Family Charitable Trust
Thomas Horton
Three Notch'd Brewing Company
Timothy Corcoran
Traci Lombardo
Tracy Halstead
Tracy M Meade
United Bank
University of Virginia Division of Student Affairs
University of Virginia Fund
University of Virginia Police Department
Thank you to the Commonwealth of Virginia Campaign participants for their contributions and generosity. Our CVC Code: 03541

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

Thank you for your generous support!
In September 2019, SARA was selected as the beneficiary of the fourth annual Hannah E. Graham Memorial Softball Tournament in Alexandria, VA. It was a great honor to celebrate Hannah’s life in benefit of our vision for a community free from sexual violence.

“Hannah greatly enjoyed softball, playing for the Fort Hunt Federals, Mount Vernon Magic, and for the West Potomac High School varsity team, which she co-captained during her senior year, but before she played softball she briefly played Little League baseball with the boys, once making a memorable catch in left field. Hannah benefitted enormously from softball, and learned a great deal from all her coaches and her teammates.

The Hannah Graham Memorial Softball Tournament is the inspiration of some of these coaches and team-mates’ parents. It is Hannah’s softball family’s way to remember Hannah, in a way that is pure Hannah: having fun, but with an important purpose, in this case increasing awareness in girls a little younger than Hannah of the need to be careful, and raising money for charitable causes.

The tournament is held annually in September, in the Alexandria region of Fairfax County, Virginia, and is open to local Under-16 and Under-18 teams, many of which played against Hannah’s Mount Vernon Magic team. “

—hannahgraham.virginia.edu