



www.supportwithinreach.org

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2011 Annual Report

Support Within Reach: Sexual Violence Resource Center

Serving Aitkin and Itasca Counties

Our Mission

To reduce the impact and harm of sexual violence for the individuals, families, and communities we serve.

Our Values

- We believe in providing options for individuals and encourage self-determination; we support an individual's freedom to make choices.
- We believe in building community through creating relationships, communication, mutual respect, and social commitment.
- We believe in the right to quality services delivered with respect and empathy.
- We believe in diversity that honors difference in age, culture, and social orientations.
- We believe in the right to accessible, free, and ethical provision of services.

this issue

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You can BE better THAN anything that CAN happen to You!

Growing Needs

- 3 Aitkin County Board Members—approximately 3-5 hours per month commitment—contact Amanda at 218-326-5008 if you are interested.
- 4-5 new Itasca County SANE nurses, must be a medical professional with a medical degree of a registered nurse or higher—contact Leah at 218-326-5008 if you are interested.
- Basic office supplies—white copy paper, colored copy paper, post-it notes, toilette paper, paper towels, bathroom cleaners, items for events such as paper plates, cups, napkins, silverware, coffee, and dry creamer.
- Individuals interested in volunteering for SWR through our after-hours crisis line, in office answering phones and working on projects, assisting with support groups, and working at community/fundraising events.

Dear Friends,

Each day, staff and volunteers of Support Within Reach are awed by the resilience of the women, youth, and men we work with. Their experiences facing sexual violence and daily life changes along with ongoing challenges to overcome barriers and achieving their individuals goals inspire our work.

As 2011 has come to a close, we reflect on our own challenges as an organization. The economic downturn brought funding cuts, a state shutdown, and renewed commitment to diversified funding strategy.

In 2012, SWR looks forward to the creation of a Financial Strategic Planning Session, with developing new ways to sustain our organization and contingency planning.

We are very grateful for your commitment to our mission. Your support directly assists hundreds of victims of sexual violence each year, as SWR works to ensure safety, calm, and reassurance to the lives of our clients.

Thank You!

Amanda Ysen, Executive Director
Ann Koetz, Board Co-Chair
Eric Villeneuve, Board Co-Chair



Services Offered

All Services Provided in Both Aitkin & Itasca

1. Victim Support & Advocacy Services

- 24 hour Crisis Line
- Basic One to One Peer Counseling
- Medical Accompaniment to Sexual Assault Examinations
- Law Enforcement Advocacy through the reporting/investigative process
- Prosecution Advocacy through the lengthy court process
- Civil Court Assistance—Restraining Orders
- Support Groups
- Outreach to Outlying Areas

2. Community Action Volunteer Program— Accepts Volunteers & Interns

3. Coordinated Community Response Program

- Sexual Assault Multi-Disciplinary Action Response Team—team meets monthly to develop victim centered protocols, policies, and practices, provide ongoing training to system providers, and encourage systemic change to reduce barriers for victims of sexual violence to come forward and report.
- Itasca County Sexual Assault Nurse Examiner Program—see more on page 8.

4. Prevention Education & Awareness Program

- Pre-school/Daycare—4th Grade Presentations
- Middle/High school Presentations
- Itasca Community College—campus office/presentations
- Chemically Dependent, Developmentally Disabled, and Youth At Risk Presentations
- Professional Development related to issues surrounding sexual violence
- Community Awareness

“SWR is always there for you, I found the staff were very understanding and helpful for what I was going through. They opened their door and hearts to me.”



We asked our Clients, what was most helpful about the services you received from SWR...

... I feel comfortable and at ease with my advocate, I was able to talk without feeling shame.

... Talking with others who understand.

... Having an advocate meet me at court and help me through an extremely intimidating and painful process.

... The support and making me feel more comfortable about my situation.

... SWR is a safe place to talk, my advocate provided me with positive support.

... They helped me fill out my restraining order paperwork, I had no clue how to do this.

... I enjoyed the laughter, I hadn't experienced that in a while.

... My SANE exam took a while, but everyone was so helpful and helped me to understand what was happening.

... My advocate helped me to feel positive about myself, she taught me how to have a life without abuse, negativity, and shame—I now feel worthy!

... I can trust my advocate.

... SWR helped me through this!

... That I can cope with what has happened to me.

... Having a nonjudgmental professional to talk to was awesome!

... I met other people going through the same things in support group.



Support Within Reach—2011 Statistics

	Itasca	Aitkin	Combined
New Primary Client	64	7	71
New Secondary Client Contacts	74	8	82
Subtotal New Primary & Secondary Contacts	138	15	153
Ongoing Primary Client Contacts	437	35	472
Ongoing Secondary Client Contact	523	29	552
Subtotal Ongoing Pri- mary & Secondary Con-	960	64	1,024
Totals	1,098	79	1,177

Aitkin Statistics:

- SWR staff attended to 15 new clients (primary and secondary) in Aitkin County for a total of 79 total client contacts. This was a 36% increase from 2010.
- Primary and secondary victims in Aitkin County accessed a total of 183 service types in 2011.
- SWR staff accompanied and advocated at 4 hospital calls for sexual assault examinations in Aitkin County. In 2010, SWR had no calls for sexual assault exams.
- SWR staff/volunteers attended to 10 after hours calls in 2011.
- SWR provided 19 presentations in Aitkin to 981 participants.
- SWR provided 10 awareness events related to sexual violence.

Itasca Statistics:

- SWR staff attended to 138 new clients (primary/secondary) in Itasca County for a total of 1,098 total client contacts. This was a 13% increase from 2010.
- Primary and secondary victims in Itasca County accessed a total of 2,140 service types in 2011.
- SWR staff accompanied and advocated at 20 hospital calls for sexual assault examinations in Itasca County.
- SWR staff/volunteers attended to 84 after-hours calls in 2011.
- SWR provided 190 educational and training programs in Itasca County to 5,228 participants.
- SWR provided 36 awareness events related to sexual violence.



PARTNERS/COLLABORATORS

THANK YOU!

Advocates for Family Peace | AEOA | Aitkin County Townships | Aitkin County School Districts | Aitkin Community Corrections | Aitkin City Police Department | Aitkin County Attorney's Office | Aitkin County Sheriff's Department | Bigfork Valley Hospital | Blandin Foundation | Business/Individuals who donated to events—Mexican Fiesta & Walk a Mile in Her Shoes | Broberg Ferraro | Bright Horizons Group Home | Cherish Our Children | Community Presbyterian Church | Deer River Healthcare | Deer River Police Department | First Call for Help | Grand Itasca Clinic & Hospital | Grand Itasca Foundation | Grand Rapids Community Foundation | Grand Rapids Police Department | Herald Review | Hired Hands | Itasca Community College | ICC—Psychology Department | Itasca County School Districts | Itasca County Townships | Itasca County Health & Human Services | Itasca County Attorney's Office | Itasca County Sheriff's Department | Itasca County Court Administration | Itasca County Probation | Itasca County Domestic & Sexual Violence Court Initiative | Kootasca | Lake Country Power | Leech Lake Sexual Assault Response Team | Legal Aid of NEMN | Mille Lacs Community Trust | Mille Lacs Band of Ojibwe | MN Department of Corrections | MN Coalition of Nonprofits | MN Coalition Against Sexual Assault | MN Office of Justice Programs | Moose, Eagles, Lions, and VFW of Grand Rapids | North Homes Children & Family Services | Northland Counseling & Recovery Center | ODC | Otto Bremer Foundation | Rapids Counseling | Rapids Printing | St. Joseph's Catholic Church | St. Andrews Church | United Way of 1000 Lakes | United Way of Northeastern MN | United Methodist Church | Wells Fargo | White Ivy | YMCA | Zion Lutheran Church |

Support Within Reach 2011 Board of Director's

(Name, Board Title, Area Represented)



Ann Koetz, Co-Chair—Northern Itasca County
Board Member Since April 2007

Eric Villeneuve, Co-Chair—Western Itasca County
Board Member Since March 2010



Abbey Pierce, Secretary—Southern Itasca County
Board Member Since December 2010

Kim Geislinger—Itasca County, Grand Rapids
Board Member Since March 2010



Becky Moore—Northern Aitkin County
Board Member Since March 2010

Terry Snyder—Northern Itasca County
Board Member Since July 2011



Andy Morgan—Itasca County, Grand Rapids
Board Member Since September 2011

Not Pictured"
Donna Flaherty 8/05-12/11

Support Within Reach

Income Statement

Jan-Dec 2011

The following report has not been audited by our accountant as of yet.



Income

Expense

Aitkin Donations	317.50
Itasca Donations	2,187.16
Itasca Fundraising	5,470.00
Federal Arrest Grant	9,025.39
Blandin Foundation Grant	35,383.70
Itasca County Grant	6,500.00
Lake Country Power Grant	1,000.00
VOCA Grant	94,731.00
SMART Grant	9,566.24
VAWA Grant	29,395.09
SASP Grant	11,033.00
MNCASA Grant	2,090.04
UW 1000 Lakes Grant	17,061.78
UW NEMN Grant	8,468.75
Mille Lacs Electric Grant	1,000.00
Streufert Peace & Safety Grant	1,000.00
Miscellaneous Income	398.03
Aitkin Court Fines	533.92
Itasca Court Fines	487.04
Itasca Program Service Revenue	4,796.30
SANE Program Service Revenue	4,715.00
Aitkin Townships	200.00
Itasca Townships	1,500.00
Grants Receivable	36,140.69
Interest Income	262.52

Total Income **283,263.15**

Operating Reserve Fund	32,992.82
Savings	64,181.27

Total Saving Funds **97,174.09**

Bank Charges	31.19
Contract Services	8,201.17
Dues/Memberships	1,348.50
Employee Benefits	9,455.96
Minor Equipment	8,563.32
Insurance	4,529.04
Legal & Accounting	5,036.00
Maint/Repairs	801.90
Miscellaneous Expense	54.98
Office Expense	2,787.29
Postage	631.93
Printing	16,622.24
Prof. Development	6,810.00
Program Expense	1,312.47
Emergency Funds	1,055.65
Exhibits/Conventions	510.79
Fundraising	1,099.47
Publicity	475.00
Recruitment	1,084.04
Rent	15,186.50
Telephone	3,982.32
Travel/Meals	10,251.61
Workers Comp. Expense	384.00
Payroll	
Employer's Medicare Expense	0
Employer's SS Expense	0
Gross Pay	144,183.08
Unemployment Compensation	5,544.00
Payroll Fee	153.23
Payroll Tax Expense	<u>11,029.98</u>
Total Expense	<u>261,125.66</u>

2011 Staff Members

(Staff Name, Position Title & Explanation)



Amanda Ysen, Executive Director

Email: executivedirector@supportwithinreach.org

Hired as Victim Services Coordinator 05/01, promoted to Executive Director 05/08. Amanda has 14 years of experience working in the field of victimization.

Degree:

- Some work towards Master's in Legal Studies
- Bachelor's Degree, Criminal Justice—Forensic Psychology—2008
- MN Victim Assistance Leadership Academy—2010
- MN Victim Services Professional Certification—2007
- Itasca Community College, Associate of Arts Degree, December 2004

Community Affiliation: Board Member MN Coalition Against Sexual Assault, Co-Chair Itasca County Non-Violence Council, St. Joseph's Catholic Church—Child Protection Task Force, Itasca County Children's Justice Initiative Member, Domestic Abuse Criminal Justice Committee.

Summary: As the Executive Director, Amanda oversees all business affairs, including program development, grant writing and management, financial management, budgeting, human resources, etc. in our two-county service area.



Sarah Norton, Prevention Education & Awareness Coordinator

Email: education@supportwithinreach.org

Hired August 2008

Degree:

- Bachelor's Degree, Criminal Justice—Psychology & Sociology—2003
- MN Mental Health Practitioner—2007

Community Affiliation: Sexual Violence Prevention Network, MN Alliance Against Violence—Mapping State Services, and Cherish Our Children.

Summary: Sarah's responsibilities include overseeing the Prevention Education & Awareness Program in Itasca County—developing and presenting educational and awareness programs to the community. Sarah also coordinates our agencies efforts at Itasca Community College through our office. She works to engage students by recruiting them in volunteer positions for staffing our ICC office, conducting student activities related to sexual violence at least twice a year, and notifying them of intern positions. Sarah also assists with victim services, support group facilitation, volunteer training, as well as developing the agency newsletter and website.

2011 Staff Members

(Staff Name, Position Title & Explanation)



Leah Mornes-Kulcsar, Victim Services/ICSAIC Coordinator

Email: sane@supportwithinreach.org

Hired August 2009

Degree:

- Currently working on Master's Degree in Human Services
- Bachelor's Degree, Criminology and Sociology—2009
- MN Victim Services Professional Certification—2011

Community Affiliation: International Association of Forensic Nurses—Northern Region Representative, Itasca County Health and Human Services—Child Protection Taskforce, Housing Issues Advisory Committee, Leech Lake Reservation Sexual Assault Response Team.

Summary: Leah began working with SWR as a student intern in 2009. As coordinator of the Victim Services/SANE Program, her primary responsibilities include developing and overseeing the Sexual Assault Nurse Examiner Program (SANE). In addition to this work, Leah oversees the Victim Support and Advocacy Program and works primarily with victims at the beginning of the reporting process and support groups.



Kari Horbacz, Aitkin Sexual Violence Services Coordinator

Email: aitkin@supportwithinreach.org

Hired January 2011

Degree:

- Associate Degree—Criminal Justice—2009

Community Affiliation: Aitkin County Mega Meeting and Wellness Committee McGregor Schools.

Summary: As the coordinator for Aitkin County, Kari works to ensure that our core sexual violence services are provided in Aitkin County. This includes Victim Support and Advocacy Services, Coordinated Community Response Program (SMART Team), and Prevention Education and Awareness Program. In addition to this, Kari works in direct services. Kari has a good understanding of Aitkin County and worked for several years with the probation department.

2011 Staff Members

(Staff Name, Position Title & Explanation)



Shona Brohman, Victim Services/ICSAIC/Volunteer Coordinator

Email: sitecoordinator@supportwithinreach.org

Hired: October 2011

Degree: Associate Degree—Nursing

Community Affiliation: Domestic Violence Criminal Justice Meeting, Domestic & Sexual Violence Court Meeting, and Court Services Meeting.

Summary: Shona spent five years working at a treatment based youth correctional facility. As ICSAIC/Victim Services Coordinator, her responsibilities include overseeing the Itasca County Sexual Assault Interagency Council and the criminal justice support services provided by SWR. In addition, Shona coordinates our Sexual Violence Victim Witness Program—assisting victims to understand the criminal and juvenile court system. She works on keeping victims informed and also advocating for their crime victim rights. As Volunteer Coordinator, Shona works to manage SWR's volunteers, recruits new volunteers, hold a monthly volunteer meeting and sets up new trainings twice a year.

2011 Volunteers/Interns

- SWR volunteers provide after hours response to victims of sexual violence, in both Itasca and Aitkin Counties.
- SWR currently has 14 active volunteers at the end of the year. We offer our state mandated sexual violence advocacy training twice a year, in the spring and fall. In 2011, on-call volunteers gave 3,959 hours. At a professional rate of \$10.00 per hour this equates to \$39,590 hours of in-kind service to SWR! Thank you Volunteers!

Volunteer Name, Volunteer Dates of Service

Jenny Jerome-Alstad (03/2004-03/2011)

Sarah Bellefy (12/2011-Present)

Jessica Choy (10/2010-05/2011)

Abby Cox (12/2011-Present)

Robbin Del Nagro (10/2010-05/2011)

Kim Erickson (12/2011-Present)

Nathan Erickson (12/2011-Present)

Donna Flaherty (07/2007-Present)

Jessica Furey (10/2010-Present)

Lindsey Gorshuch (12/2011-Present)

Erin Hall (10/2007-Present)

Sue Kaprowski (04/1997-05/2011)

Pamela Lepinski (11/2004 - 03/2011)

Loie Meyer (08/2000-Present)

Becky Moore (12/2011-Present)

Deven Oothoudt (12/2011-Present)

Kelly Peet (10/2010-2011)

Abbey Pierce (10/2010-Present)

Laura Roy (07/2007-06/2011)

Rachel Voight (12/2011-Present)

Collette Warner (12/2011-Present)

Jessica Wold (10/2010-06/2011)

Kathleen Zorman (9/2009-01/2011)

Sexual Assault Nurse Examiner (SANE) Program of Itasca County

2011 SANE Nurses



Paula Dearholt-Winkler,
MSN, WHNP-BC
SANE Program Medical
Director



Heidi French, RN



Natalie Gustavson RN
CCRN



Darcy Abell, RN



Nancilyn Meyer, RN



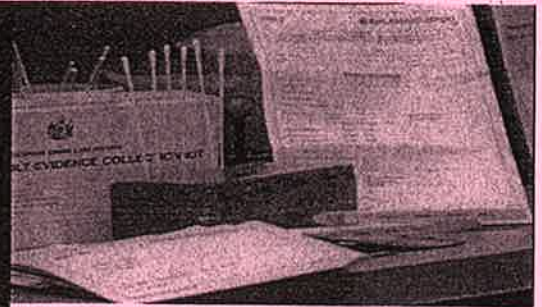
Heather Orhn, WHCNP



Sarah Julson, RN

Nurse Hours 2011

SWR SANE nurses were on-call a total of 3,744 hours in 2011. SANE nurses attended to 14 calls for sexual assault exams and worked a total of 66 hours during these exams. SWR continues to recruit new medical professionals for the SANE program.



Program Information

In collaboration with Grand Itasca Clinic & Hospital, Deer River Healthcare, and Bigfork Valley Hospital, SWR established the community based Sexual Assault Nurse Examiner Program (SANE) for Itasca County in August 2009. The SANE program is housed within SWR. Its purpose is to provide post assault care and evidence collection to victims of sexual assault age 13 and older.

A Sexual Assault Nurse Examiner (SANE) is a medical professional with a minimum of a registered nurse degree. SANE nurses are provided with comprehensive training in the forensic examination for victims of sexual assault. A trained nurse examiner conducts the examination, collects and preserves evidence, and can testify in legal proceedings. The benefits SANE nurses provide include:

- Quick, compassionate, & comprehensive medical care.
- Increases effectiveness of evidence collection, thereby increasing convictions due to better collection of evidence and case processing.
- Relieves the burden of emergency room staff who receive minimal yearly training in forensic evidence and care for victims.

Aitkin County SANE Work

Riverwood Healthcare in Aitkin has a hospital based SANE program. In 2011, SWR advocates attended to 4 calls for service during sexual assault evidence collection exams in Aitkin. SWR and Riverwood work closely together to ensure that their nurses (SANE and Non-SANE) are up to date on the best practices for victim service delivery, care, and evidence collection.





Aitkin Office

204 2nd Street NW

Aitkin, MN 56431

Office—218-927-6226



Itasca Office

1325 NW 4th Street

Grand Rapids, MN 55744

Office—218-326-5008

It's only a
moment not the
rest of your
life!

Thank you for taking time to learn more about our organization. If you have any questions, feel free to call us at 218-326-5008 (Itasca) and/or 218-927-6226 (Aitkin) (Aitkin)

Find out more about upcoming events, recent news, and volunteer opportunities at

www.supportwithinreach.org



Like us on Facebook
and follow our

organization at

[facebook/Support-Within-Reach](https://facebook.com/Support-Within-Reach)



our mission:

to reduce the
impact and harm
of sexual violence
for families and
individuals in
the communities
we serve



Serving & Collaborating in both
Aitkin and Itasca Counties



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Funded by:



Blandin Foundation™
STRENGTHENING RURAL MINNESOTA

OTTO BREMER FOUNDATION

providing support
for survivors of
sexual violence
and prevention
education for
the community



Support Within Reach is a private, non-profit, sexual violence resource center that provides services to both Aitkin and Itasca Counties. Our existence is made possible by the dedicated work of a volunteer Board of Directors, staff, and volunteers.

Support Within Reach provides services to women, children, and men who have experienced sexual violence directly or indirectly. Services are available 24 hours a day. Sexual violence advocates are able to provide options and information related to your experience, provide a listening ear to what you are going through and offer emotional support. Our services are free and confidential.

Forms of Sexual Violence

- Child Sexual Abuse
- Sexual Assault (stranger/non-stranger)
- Date Acquaintance Rape
- Intimate Partner Sexual Violence
- Drug Facilitated Sexual Assault
- Sexual Harassment
- Exposing/Obscene Phone Calls
- Sexual Exploitation
- Internet Related Crimes/Child Pornography

Call for specific services provided in your area:

Itasca Office: 218-326-5008 | 1-866-747-5008

Aitkin Office: 218-927-6226 | 1-866-747-5008

Victim Support & Advocacy Services

- 24 hour Crisis Line
- Basic One to One Peer Counseling
- Follow-Up Support
- Medical Accompaniment to Sexual Assault Examinations
- Law Enforcement Advocacy through the reporting process
- Prosecution Advocacy through the lengthy court process
- Support Groups
- Outreach to Outlying Areas

Community Action Volunteer Program

- Accepts Volunteers/Interns

Systems Change Program

- Sexual Assault Nurse Examiner Program
- Sexual Assault Multi-Disciplinary Action Response Team

Prevention Education & Awareness Program

- Pre-school/Daycare-4th Grade
- Middle/High school
- Chemically Dependent, Developmentally Disabled, Youth At Risk
- Professional Development related to issues surrounding sexual violence
- Community Awareness
- Other programs available as requested

PLEASE VISIT US ON THE WEB AT WWW.SUPPORTWITHINREACH.ORG