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# ANNUAL REPORT



~ providing crisis intervention ~ public education ~ counselling

## MISSION

The Sexual Assault Centre of Edmonton exists to empower individuals affected by sexual abuse and assault and to empower communities so they can take action against sexual violence.

## CORE BELIEFS

We believe...

- ~ sexual violence is an abuse of power and trust;
- ~ people can heal;
- ~ in valuing diversity and respecting all people;
- ~ individuals should be free to make their own life choices;
- ~ each person should have the opportunity to learn and grow;
- ~ in creating a safe environment and maintaining confidentiality;
- ~ inability to pay should not be a barrier to receiving service;
- ~ in providing support and advocacy for people who have been affected by sexual violence;
- ~ services must be accessible to children, adolescents, women and men;
- ~ communities must take action to protect vulnerable people and to become free from violence;
- ~ offenders, not victims, must take responsibility for violence;
- ~ teamwork is essential;
- ~ volunteers are crucial to our agency and provide a link to the community.

## Message from the Board Chair

Warm greetings from your SACE Board of Directors. We have had a good year in managing our Board activities. Please enjoy reading about our many agency accomplishments in the following pages.

Firstly, I would like to publicly acknowledge and thank the following funders for their continued support and belief in what we do: The United Way of the Alberta Capital Region, City of Edmonton Family and Community Support Services, Alberta Children and Youth Services, Alberta Solicitor General and Public Security, Donner Canadian Foundation, City of Edmonton Community Investment Grant, and the Province of Alberta Community Spirit Grant and Community Initiatives Program. We are also very grateful for the financial support of many other donors, including A.B. Edie Equities, Royal Alexandra Hospital Employees' Charitable Donations Fund, Union #52 Benevolent Society, and many individual donors.

I would like to thank my colleagues on the Board of Directors for their hard work and dedication to the mission of SACE: Ryan Schetzle, Mary Frances Fitzgerald, Denise Watson, Sean Armstrong, Michelle Boden, Allison Downey-Damato, Pat Harrish, Laura Lee, JoAnn McCartney, Sherry Melney, Kirsty Prasad, John Ratcliff, and Miriam Weinfeld.

Thanks and appreciation is also extended to our many volunteers and members and last, but certainly not least, the Agency staff.

Susan Jamieson,  
Chair

# Board of Directors

## EXECUTIVE

Susan Jamieson  
Chair

Mary Frances Fitzgerald  
Secretary

Ryan Schetzle  
Treasurer

Denise Watson  
Past Chair

## BOARD MEMBERS

Sean Armstrong  
Michelle Boden  
Allison Downey-Damato  
Pat Harrish  
Laura Lee  
JoAnn McCartney  
Sherry Melney  
Kirsty Prasad  
John Ratcliff  
Miriam Weinfeld

"Never doubt that a  
small group of  
committed people  
can change the  
world. Indeed, it is  
the only thing that  
ever has."

Margaret Mead

## Treasurer's Report

**SACE** continues to remain in a financially stable position. This is due to the generous contributions of our funders, combined with the efficiency and dedication of the volunteers, staff and management of SACE. The quality of the services SACE provides to the community is truly outstanding.

SACE is extremely grateful for the financial support received from our core funders: the United Way of the Alberta Capital Region, City of Edmonton Family and Community Support Services, Alberta Children & Youth Services, and Alberta Solicitor General and Public Security.

Additional funding is provided to SACE from a number of other organizations. This funding provides supplementary support to our core services, and also presents opportunities for additional, unique service provision. SACE would like to thank the following organizations for their financial support: City of Edmonton Community Investment Grant, the Province of Alberta Community Spirit Grant and Community Initiatives Program, Donner Canadian Foundation, Royal Alexandra Hospital Employees Charitable Donations Fund, and Union #52 Benevolent Society. SACE would also like to acknowledge the continued generous support and assistance received from our landlord, Allan Edie, of A.B. Edie Equities Inc.

2010 was a financially successful year for SACE. It achieved a bottom line of approximately breakeven and provided excellent and essential services to the community, through generous funding and efficient spending. We again thank all of our financial supporters and look forward to their continued and increasing support in the future as SACE continues to grow to meet the needs of the community.

Ryan Schetzle,  
Treasurer

## Message from the Executive Director

SACE has been a successful community organization for over 36 years. I believe it has to do with our shared beliefs and dedication to our work.

When you look at our core values, you begin to see who we are as an organization. However, our successes and our uniqueness comes from the people we are and the respect we have for one another, the respect we have for individuals needing our help and support, and the respect of those who help us achieve our mission.

We have a great passion to assist people who have been wounded and traumatized - survivors of some of the most horrific crimes. We believe that people can heal. We know we make a difference in people's lives. We want to educate people about the effects of sexual violence on individuals and our community. We are proud of our accomplishments, and we are proud of each other.

SACE will continue to respond to community needs with respect, dignity, understanding, support, compassion, and determination to be the best we can be.

I would like to thank our funders for their continued support and belief in what we do. The United Way of the Alberta Capital Region, City of Edmonton Family and Community Support Services, Alberta Children and Youth Services, Alberta Solicitor General and Public Security, Donner Canadian Foundation, City of Edmonton Community Investment Grant, and the Province of Alberta Community Spirit Grant and Community Initiatives Program all support our programs and permit us to continue with our mission to make our community a safer place for all of us.

SACE is also very thankful for the financial support of many other donors, including A.B. Edie Equities, Royal Alexandra Hospital Employees' Charitable Donations Fund, Union #52 Benevolent Society, and many individual donors.

I would like to thank the members of our Board of Directors for their visionary leadership. Susan Jamieson, Ryan Schetzle, Mary Frances Fitzgerald, Denise Watson, Sean Armstrong, Michelle Boden, Allison Downey-Damato, Pat Harrish, Laura Lee, JoAnn McCartney, Sherry Melney, Kirsty Prasad, John Ratcliff, and Miriam Weinfeld provide invaluable support and guidance, for which I am extremely grateful.

Lastly, I would like to express sincere thanks to our incredible staff, who make it all possible, and without whom SACE would not be able to function. Chandra Ashton, Mary Banda, Melanie Brochu, Pat C, Thea Comeau, Marion D, Karen Dushinski, Sandy F, Jill Green, Maddalena Genovese, Shirley Howarth, Mary Jane James, Terra Irvine, Matilda Kamara, Laura Kennedy, Becky Lee, Christine Mhina, Shazin Mohammed-Standing, Monika Penner, Joy Schmold, Pragma Sharma, Meagan Simon, Lily Tsui, and Natasha Z. Thank you.

Karen L. Smith,  
Executive Director

# Personnel

**Executive Director**

Karen L. Smith

**Financial Administrator**

Melanie Brochu

**Executive Assistant**

Mary Jane James

**Receptionist**

Terra Irvine

**Director of Public Education**

Pragya Sharma

**Public Educators**

Meagan Simon

Lily Tsui

**Director of Client Services**

Karen Dushinski

**Child & Adolescent Therapists**

Karen Dushinski

Monika Penner

Shazin Mohammed-Standing

Thea Comeau

**Intake and Adult Counsellors**

Shirley Howarth

Mary Banda

Matilda Kamara

Jill Green

Laura Kennedy

Shazin Mohammed-Standing

Thea Comeau

Maddalena Genovese

**Diversity Outreach/Court Support Program**

Christine Mhina

Mary Banda

Matilda Kamara

Maddalena Genovese

**Director of Volunteer Services**

Joy Schmold

"It is not our differences that divide us. It is our inability to recognize, accept and celebrate those differences."  
Audrey Lorde



## Client Services Department

The year 2010 was another year full of successes and challenges. I continue to be amazed at the passion and dedication of my colleagues, and I feel very fortunate to learn from each and every one of them. It has again been an honor to continue in the role of Director of Client Services with such an amazing group of women.

### Child and Adolescent Program

In 2010, the Child and Adolescent Program consisted of four capable staff members: Monika Penner, Thea Comeau, Shazin Mohamed-Standing and Karen Dushinski. During 2010, our staff had over 2200 consultations with community members, parents and professionals, as well as over 1400 hours of individual counselling with children and teens. In the fall of 2010, we were also able to offer another teen girls' group. The Child and Adolescent Program received referrals from various sources including: the Zebra Centre, the Child and Adolescent Protection Centre at the Stollery Children's Hospital, Region 6 CFSA, Metis Child and Family Services, Edmonton Public and Catholic School Systems, Alberta Mental Health, physicians, psychologists and other community agencies.

### Adult Counselling Program

The Adult Counselling Program at SACE offers group and individual counselling for people of all genders over the age of 18 who have been affected by sexual violence. Clients may attend individual counselling sessions, with the focus on stabilization and encouraging healthier coping mechanisms in their healing. Individual counselling also helps to prepare clients for the appropriate groups available at SACE.

Our adult counsellors saw over 300 new clients and logged over 2600 hours of client sessions, in addition to over 3000 community consultations. Over the course of the past year, we offered 15 therapeutic groups to 111 participants. SACE continues to benefit from the hard work and expertise of the adult counselling team: Shirley Howarth, Mary Banda, Matilda Kamara, Laura Kennedy, Jill Green, Jacqui Linder, Thea Comeau, Shazin Mohamed-Standing, Maddalena Genovese, Chandra Ashton, and Becky Lee.

SACE also has relationships with the various counselling and social work programs in the city. In 2010, we provided placements for several students, including Maddalena G., Katie P., Andrea P., Alycia C., Jasmine B., Tania N. and Brightina O. We thank them for their hard work and dedication to our clients.

### Innovative Programs

In early January 2010, SACE developed the **INDIGO** Program (Info on the counselling process, Neuro-anatomy/biology of trauma, Definition and myths of sexual violence, Impact of sexual abuse/sexual assault, Grounding techniques, Ongoing services at the Sexual Assault Centre of Edmonton). This psycho-educational program was introduced to address the long wait times in our counselling programs and has become part of the standard intake process for clients. Our goal of providing basic information on the impact of trauma, as well as ways to deal with trauma symptoms, has been largely successful and has allowed more people to benefit with fewer sessions required. This year we had 15 **INDIGO** sessions for 142 participants.

Dr. Karen Dushinski,  
Director of Client Services

## Diversity, Intake and Court Support Program

The Diversity Outreach and Court Support Program continues to provide services to marginalized populations which includes Aboriginal People, Ethno-cultural communities, seniors, persons with disabilities, and those who identify as sexual minorities or gender variant. The program had another successful year in meeting its mandate of REACHING out to as many individuals and communities as possible and assisting communities to HELP themselves. Partnership is the preferred model in our program, as we strive to prepare people to take action against sexual violence. Much of this work is because of the passion and dedication of our team members, Mary Banda, Maddalena Genovese, Matilda Kamara (maternity leave), and Christine Mhina.

One of the program goals has always been to increase the accessibility of our services to the targeted communities. We make connections and engage communities through establishing and maintaining contacts with elders in ethno-cultural and Aboriginal communities, who, in turn, act as valuable resources for providing guidance and cultural interpretations. In our interactions with community members, we strive to listen and understand the unique needs of community residents and truly embrace the cultural views being shared.

Throughout the year, we engaged in 180 community consultations. It is through these relationships that we are able to connect with individual clients for counselling services and crisis intervention. We have come to realize that long-term and sustainable relationships generate feelings of trust and respect that eventually lead to culturally-appropriate approaches and innovative solutions to support those who have been affected by sexual violence.

Through our public education initiatives in 2010, we facilitated 53 presentations with 644 individuals participating. Topics ranged from Victims' Rights and Responsibilities, the Justice System, and various topics on Sexual Violence and War Rape, as well as Community Engagement for Sexual Assault Prevention. In addition to public education, our program continues to support victims of sexual assault who choose to report to the police, and we provide information and emotional support while clients go through the court process. In 2010, we provided 271 hours of court support.

SACE values community partnerships as a means of bringing together the talents and skills of people in the community. In our efforts to enhance partnerships, we work collaboratively with the agencies and institutions formally charged with supporting

families and protecting children and the community, including Edmonton Police Service, Region 6 CFSA, various community organizations, and faith leaders. In order for us to remain connected in the community, and to increase the visibility of SACE with colleagues, agencies, and other community members, we are also active on various committees, including being part of the Organizing Committees for the 2010 Diverse Voice - Family Violence Conference and 2010 International Women's Week.

As advocates of social change, SACE continues to seek innovative and creative ways to reduce future incidences of sexual violence through primary prevention. By involving and dialoguing with community members, who are experts of their social-political and cultural environment, it is hoped that different community groups will discover their own strengths and become advocates for making a difference in their communities.

When individuals want to access the SACE adult counselling program, the counsellors working in Intake are often the first "face" of the Sexual Assault Centre of Edmonton. The intake process is comprised of gathering personal information, history pertaining to the reasons for accessing counselling, and pre-screening other issues that the individual may be dealing with related to the past or recent trauma(s). This process takes anywhere from 15 minutes to an hour, depending on the need of that individual. Intake counsellors provide validation, normalization, and psycho-education to help the caller understand that their experiences and responses are common among trauma survivors.

In 2010, 530 adults contacted SACE Intake to initiate the healing process. That averages 44 new adult clients a month looking for help to deal with sexual violence.

Once the intake is complete, the individual is placed on our waitlist (usually a four to ten week wait, depending on call volume and counsellor availability) and is then contacted when a counsellor has an opening, at which time their first appointment is booked.

Intake counsellors offer warmth and supportiveness to potential clients, many of whom describe their first call to SACE as one of the most difficult calls they ever made.

**Dr. Christine Mhina,**  
Director of Diversity, Intake and Court Support

## Public Education

Public Education has had yet another successful year in meeting its mandate to empower individuals and communities through sexual assault awareness and information!

Public Education represented SACE at many booths and information fairs throughout the year, distributing information on sexual violence and SACE services. While we are committed to ensuring there is a SACE presence at community events, the bulk of our department's work is in facilitating information sessions for schools, businesses and other organizations. In 2010, Public Education facilitated 382 information sessions to 8830 unique individuals!

In addition to presentations and information sessions, our department was involved in "Take Back the Night", "Expecting Respect", and the Community Initiatives Against Family Violence committee. We also sponsored Sexual Assault Awareness Week in April. The week began with a declaration read by Mayor Stephen Mandel at City Hall; continued with a film screen of the powerful *No! The Rape Documentary* on sexual assault and an open house at SACE; and finished with an art show and open mic at the ARTery. The week was a phenomenal success, largely due to the enormous contribution and support of volunteer Tracy J, and platinum sponsors such as the ARTery, the Edmonton Public Library, Guru Fine Indian Cuisine, Twisted Fork Diner, Blue Lotus Soaps, Sense of Serenity, and Kwik Kerb by Sydney.

While Public Education was certainly active in facilitating information sessions and special events, we were also involved in a broad, innovative, community collaboration to address alcohol-facilitated sexual violence perpetrated by young men between the ages of 18-24. Working with Edmonton Police Service, the University of Alberta Sexual Assault Centre, the Canadian Red Cross, Alberta Health Services, Covenant Health Group (Preventing Alcohol Related Trauma in Youth program), and various community members, we launched a cutting-edge social media campaign: "*Don't Be That Guy*". With taglines such as, "Just because you help her home doesn't mean you get to help yourself", and "Just because she isn't saying no doesn't mean she's saying yes", the campaign focuses on preventing sexual assault without blaming the victim. The campaign has been featured in prominent magazines and blogs such as Ms., Jezebel and Macleans for its call to encourage young men to take responsibility for their behaviour, rather than blame women for their victimization.

This year's work was possible because of the enormous passion, dedication and skill public educators bring to SACE and the innovation and creativity they contribute to presentations. That said, although our department did see the departure of Danielle Dressler and Bridget Stirling, we welcomed two new public educators. Megan Simon and Lily Tsui have been filling their very big shoes and both bring fresh energy, vitality and new ideas to public education. We are all excited to continue working together in 2011 as we continue educating Edmonton communities about sexual assault.

Pragya Sharma,  
Director of Public Education

## Volunteer Services

I am excited to have the opportunity to reflect on 2010 and all of the experiences, successes and fun in the Volunteer Program at SACE. I have been in the position of Director of Volunteer Services for a year, and I continue to be amazed at the dedication of these men and women.

I am very grateful to have new volunteers successfully complete the crisis line training program. SACE has many individuals working on the crisis line, and I continue to be inspired by each and every one of them. These volunteers show strength, compassion and courage as they answer calls and respond with empathy to very difficult issues involving sexualized violence.

I am also thankful and encouraged by our fundraising volunteers. These special people demonstrate their commitment and devotion to SACE over and over again. I am truly amazed by the dedication and passion of these individuals.

The office volunteers at SACE are also a wonderful group of people who continue to inspire me with their dedication and kindness. I am continually in awe of the willingness to help and the positive energy our office volunteers bring to every shift.

The volunteer program had the pleasure of working in collaboration with Canada World Youth this year. Two volunteers were placed with us, Myriam who is from Montreal, and Enoc who is from Nicaragua. Myriam and Enoc attended crisis line training, helped translate documents, presentations, and pamphlets into Spanish and French, and presented to some Francophone and French Immersion schools. They were a pleasure to get to know and I look forward to our continued involvement with the Canada World Youth program.

In 2010, we had 204 volunteers who collectively donated almost 11,000 hours of their valuable time to SACE. All of our volunteers are incredibly passionate and committed individuals, and each one gives me hope that change is possible. They prove that a genuine, caring community member has the power to make change, and the ability to help our community become even better than it already is. I thank all of you for your continued support and involvement with the volunteer program at SACE.

Joy Sch mold,  
Director of Volunteer Services

## Volunteers

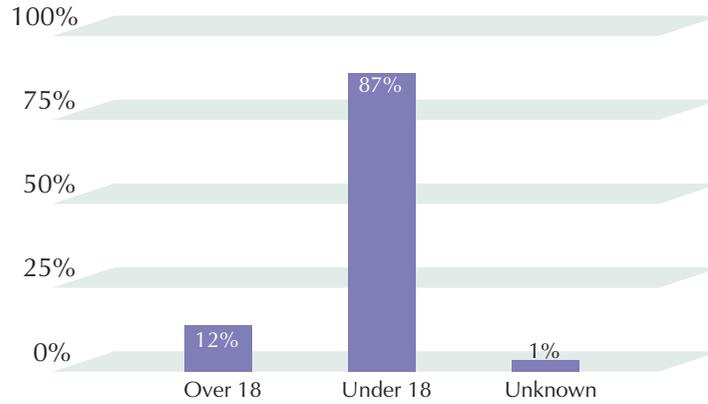
Alex R.	Christine M.	Jennifer S.	Mary S.	Rod G.
Alfie L.	Claire D.	Jillanne B.	Matilda K.	Ryan S.
Allison D.D.	Dana E.	Jill G.	Meagan P.	Saleena H.
Aly J.	Dana S.	Jill Z.	Megan H.	Sandi F.
Alyssa C.	Daniela V.	Joan L.	Megan K.	Sandra G.
Amy W.	Danielle C.	JoAnn M.	Melissa Z.	Sandy B.
Andrea P.	Danielle D.	JoAnn M.	Meryl F.	Sarah M.
Andrew L.	Dave D.	Jocelynn M.	Michelle B.	Satie S.
Andrew M.	Dave M.	John R.	Michelle M.	Sean A.
Andy D.	David D.	Joy S.	Michelle R.	Shandra N.
Andy L.	David M.	Karen D.	Mike A.	Shannon R.
Angela E.	Deb G.	Karen G.	Mike L.	Shazin M
Anna Y.	Debbie G.	Karen S.	Millie H.	Shazin N.
Anne R.	Debra W.	Karley S.	Miriam W.	Shelly B.
Ashley F.	Denise W.	Kathleen S.	Monika P.	Shelly N.
Ashley W.	Donna K.	Kathy B.	Morgan L.	Sherry M.
Audrey Y.	Doreen B.	Kevin B.	Mya I.	Shirley H.
Avril H.	Doreen C.	Kevin M.	Myrna D.	Sholly S.
Becky L.	Doreen J.	Khushbo H.	Natasha F.	Stacy N.
Belinda R.	Doug R.	Kirsty P.	Natasha P.	Stephanie B.
Beth A.	Elaine B.	Kristine H.	Natasha V.	Sue G.
Bev C.	Elise M.	Larissa P.	Nicole F.	Susan J.
Beverley N.	Ellen H.	Larry C.	Nicole T.	Susan L.
Bill H.	Emily C.	Laura B.	Nicolle H.	Sylvia H.
Bill T.	Emily S.	Laura K.	Noha B.	Tara B.
Brenda R.	Frances T.	Laura L.	Pam F.	Tasha S
Bridget S.	Gail M.	Leigh A.	Pam O.	Terra I.
Brittany J.	Gema P.	Les C.	Pat C.	Thea C.
Brooke J.	Gillian E.	Leslie A.	Pat H.	Tim R.
Candace C.	Glenda P.	Lillian G.	Pat P.	Tracy D.
Candice P.	Glenis S.	Liz O.	Pat P.	Tracy J.
Carla I.	Glynis T.	Lule B.	Pauline W.	Tricia M.
Chandra A.	Herma R.	Mackenzie G.	Peter B.	Troy G.
Charlie B.	Hilda Clara B.	Maddie G.	Pragya S.	Vivian L.
Chelsea B.	Ingrid M.	Maggie F.	Priyanka P.	Wade W.
Chelsea F.	Jackie Y.	Marianne K.	Raiha I.	Wence L.
Chelsea G.	Jacqueline L.	Marion D.	Raj P.	Wendy S.
Chris I.	Jacqueline M.	Mary B.	Ray L.	William T.
Chris J.	Jaleh S.	Mary Fran F.	Rita B.	Yvonne S.
Christa J.	Janice D.	Mary Jane J.	Rob B.	Zelekash A.
Christie B.	Jeff F.	Mary P.	Rob J.	
			Robin C.	

"The heart of a  
volunteer is not  
measured in size,  
but by the depth  
of the commitment  
to make a  
difference in the  
lives of others."

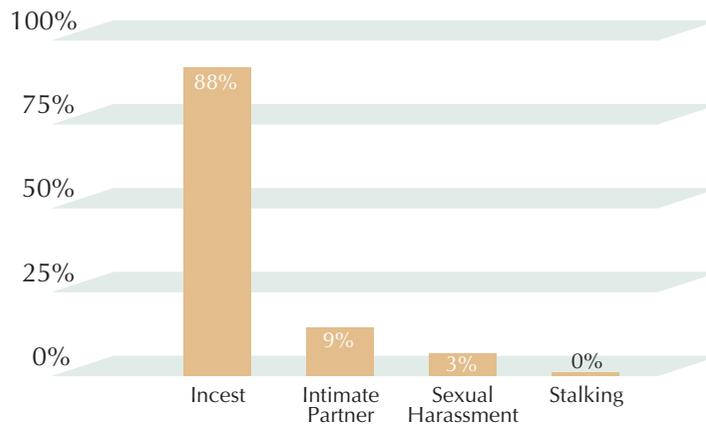
DeAnn Hollis

## 2010 Crisis Line Stats

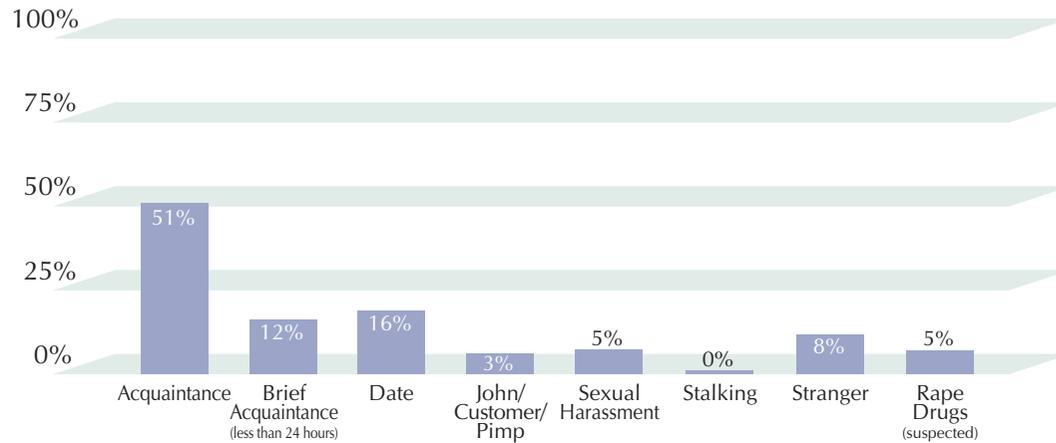
Victim Age at Time of Assault



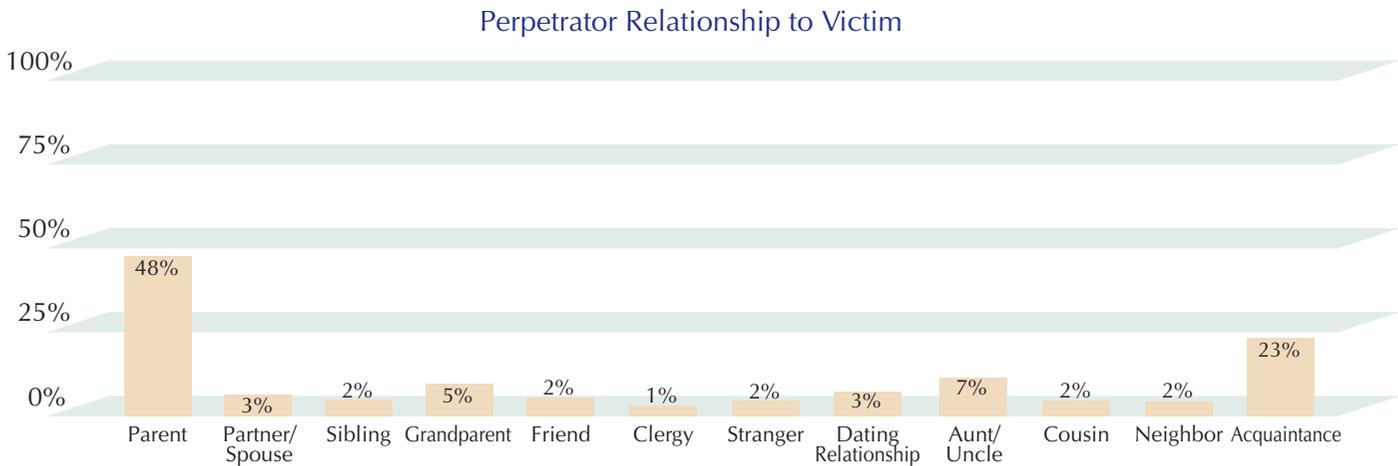
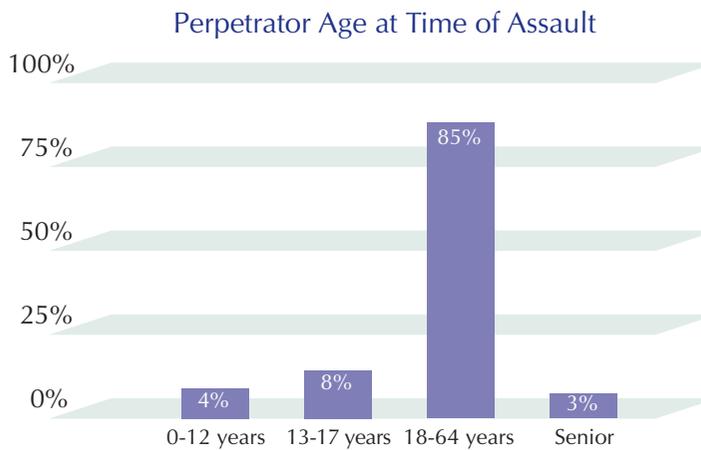
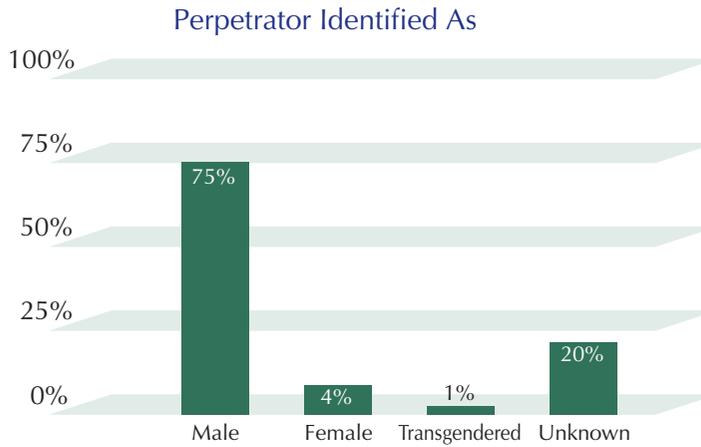
Assault Type - Interfamilial



Assault Type - Extra Familial



## 2010 Crisis Line Stats



In 2010, the Sexual Assault Centre of Edmonton received and processed almost 20,500 telephone calls during office hours. This amounts to about 82 calls a day during office hours! Again, this year, over 10,000 calls were placed to our 24-Hour Sexual Assault Crisis Line.

~ providing crisis intervention ~ public education ~ counselling



~ providing crisis intervention ~ public education ~ counselling

Suite 205, 14964-121A Avenue  
Edmonton, Alberta T5V 1A3  
Business line: 780-423-4102  
T.T.Y. (Telephone Device for the Deaf) line: 780-420-1482  
fax: 780-421-8734

**24 hour crisis line: 780-423-4121**

**[www.sace.ab.ca](http://www.sace.ab.ca)**  
**[info@sace.ab.ca](mailto:info@sace.ab.ca)**



**Government  
of Alberta** ■

