





All of us want to live in a world free of sexual violence, and until we get there, we want those who experience such violence to be supported and respected. We cannot achieve this goal without first recognizing how the non-consensual and violent displacement of Indigenous people across this land directly connects to issues of sexual violence.

Residential schools run by Anglican, Presbyterian, United, and Roman Catholic institutions, as well as the Canadian government, have been directly implicated in the ongoing cycle of sexual violence experienced by generations of First Nations, Métis, and Inuit peoples. We also cannot ignore that sexual violence continues to be used as a tool in the attempted genocide of Indigenous communities, and is closely tied to the devastating issue of Missing and Murdered Indigenous Women, Girls, and Two-Spirit Peoples (MMIWG2S).

SACE is committed to making every effort to becoming a safer and more welcoming space for Indigenous people to heal from sexual trauma. To do so, we must recognize and honour our collective responsibility towards Reconciliation and decolonization; a process that must centre Indigenous voices and self-advocacy work, and prioritize authentic relationships. We must also acknowledge the immense efforts being undertaken by these communities to heal, as well as the resiliency and strength that these efforts require.



We are grateful for Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls for providing us with a roadmap for our work. To view this important document, visit www.mmiwg-ffada.ca/final-report/

#### Who We Are



Despite how far our world has come with understanding the prevalence and seriousness of this issue, sexual violence continues to have a very consistent presence in our society. The stats have not changed: nearly half of Albertans will experience sexual violence in their life. We also know that sexual violence disproportionately impacts those who are pushed into positions of vulnerability, including Black, Indigenous, and other racialized people, members of 2SLGBTQ+ communities, and people with disabilities.

At SACE, we see the ramifications of this crime every single day, and we are there, with arms wide open, to hold survivors in their pain, to guide and support them in their healing, and to give them hope that their world can return to normal – whatever that normal means for them. Over the last year, we have continued to do our own internal learning and growing so that we can better meet our clients where they're at, and be a safer, more inclusive and accessible service provider for our community members.

This work is not easy, and none of it could be possible without our team of over 40 staff who pour everything they have into preventing sexual violence and supporting those who have experienced it. They are truly the most brilliant, compassionate, and caring people imaginable. I am so grateful for them always showing up, standing out, speaking up, and fighting every single day for justice.

SACE is also incredibly lucky to have over 100 committed volunteers. Without them, we would not be able to run our two support and information lines, host essential fundraisers, or engage with the community at outreach events. From the bottom of my heart, thank you. Our agency is constantly evolving, but you remain the core of who we are, and where we came from.

Thank you also to our Board of Directors for their immeasurable support, guidance and commitment. Our Board allow us to come to the office every day to do the work that we know continues to make a difference in the lives of many individuals – and contributes to making our city a safer space for all of us. No words could adequately express my appreciation and gratitude to you.

In addition to our incredible team of staff and volunteers, we have countless supporters who walk with us on this tough, but rewarding journey. SACE could not do the work that we do if it were not for the generosity and commitment of our core funders, Alberta Community and Social Services, Alberta Health, Alberta Justice and Solicitor General, United Way of the Alberta Capital Region, and the City of Edmonton Family and Community Support Services. There are also many individuals, organizations and corporations who, consistently but quietly, demonstrate their financial support and belief in what we do. For this, we are deeply grateful.

Some days it feels as if we're taking a step back for every step forward in this work. But, when I look at how far we've come, my hope renews. And when I look at how far we have left to go, my resolve strengthens. Together, I know we are moving closer

**Mary Jane James** 

(she/her)

CEO

#### Thank You to Our

#### 2021-2022 Staff Team





Thank You to Our

**Board of Directors** 

#### Thank You to Our

#### **Board of Directors**

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#### Thank You to Our

#### **Core Funders**





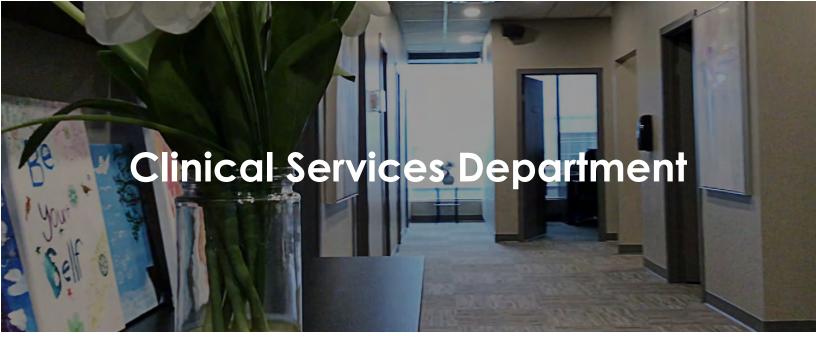












The SACE Clinical Services department includes our Client Care, Adult Counselling, Child and Youth Counselling, Group Counselling, and Police and Court Support programs. Our report for the 2021-2022 year outlines what it looks like to access Clinical services at SACE.

The clinical work provided by SACE is often quantified by the number of clients accessing our services, the number of counselling sessions offered or attended, or the number of people waiting for support. While these numbers paint a picture of incredible need in our community, they do not represent the heart of the work done by the clinical team, or the impact it has on the people we serve. The heart of this work is not quantifiable, but is quickly observed when working at SACE. It is something that begins the moment a client or caregiver acknowledges the need for help and chooses to visit our website or look into our services. These initial steps culminate in a moment of incredible vulnerability when a person chooses to reach out. In these moments, callers and future clients are met with compassion, warmth, and grace, whether by volunteers on our Support and Information Line, or by the team at reception. They take time to listen, to acknowledge the client's courage, and to explain the process for accessing services. These conversations can be tough; it is impossible not to feel some of the fear that those on the phone feel.

"SACE saved my life and my spirit. I will be forever grateful to not only my counsellor but the wonderful ladies at reception."

Following the initial point of contact with the SACE office, clients complete an intake with a member of our Client Care team. Within these conversations, clients share why they are reaching out for services, how their lives have been impacted by sexual violence, and often, how they are struggling to cope. These conversations are not easy to have once, let alone all day long. Hearing how this experience has changed the trajectory of a person's life can be overwhelming. Hearing about the challenges a client has had with navigating systems that are supposed to help them can be disheartening. Yet, up to six intakes are completed per day by each Client Care Specialist at SACE.

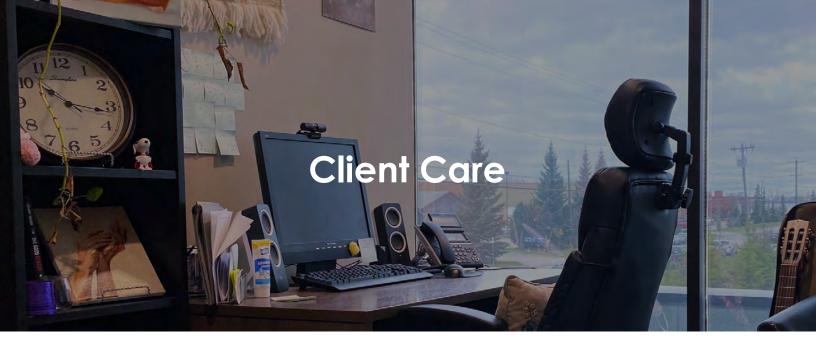
"Counselling through SACE was very impactful for me. I feel that I am more connected to myself. I know that I am kinder to myself and I am more assertive. I feel that I have an understanding of my value. I know now that it wasn't my fault, and when I forget that, I know to remind myself."

"Having someone to be there every step of the way made [the court processes] feel less scary and that in turn put me at a bit more ease making the challenging situation slightly easier." The moments we experience in the role of a Counsellor or Police and Court Support Advocate hold hope, such as when a client internalizes a sense of safety or holds their own against a defence lawyer. We hold these moments close because they are what we need when challenging moments happen; when learning that a client has returned to the hospital, has experienced another assault, or learns their case cannot proceed. Our work extends past traditional one-on-one support for many of our clients. We work to empower our clients to express their needs, and when this does not work, we amplify their voice with ours. While necessary, the investment in doing this is not always quantifiable. But knowing your voice matters: that can be felt.

No staff member enters SACE thinking that the work they will do here will be easy. They enter because it is important, and because they believe that all people have a right to be heard, believed, and supported. The work done at SACE is special and powerful, because the heart of our work – the work that truly moves us toward a society free of sexual violence – often lies outside of the numbers. From the bottom of our hearts, we say thank you to the Clinical Services Department 2022 team.

"SACE is a phenomenal service and its only drawback is we need more of it – more municipal, provincial, federal, and donation funding. This problem is rampant and is causing real damage. We all deserve better."

"SACE, and everyone here, has been super helpful and inclusive. I can't imagine this year without you – I know I wouldn't have been able to grow in this way without SACE."



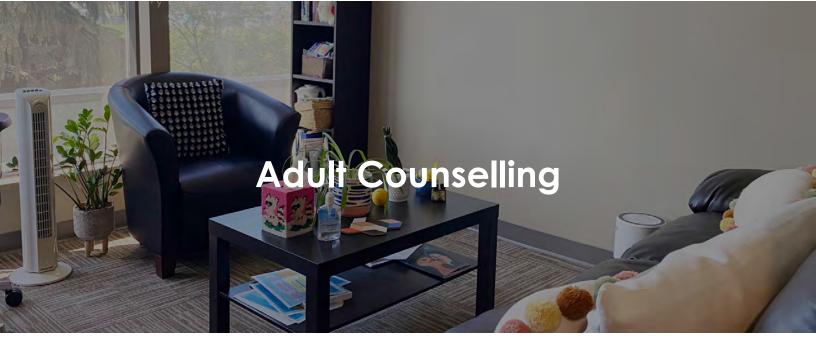
907

total intakes across all Clinical programs 44

crisis appointments

The Client Care program is a critical part of the Clinical Services department at SACE. Over the last year, the Client Care team completed hundreds of intakes for people accessing our range of clinical programs and services. This process includes speaking with prospective clients about the scope of SACE services, informing them about wait times, and holding space for the emotions that come with learning this. The team also ensures that clients have access to the resources they need while waiting, including referrals to other agencies, housing support, addictions support, legal aid, and cultural programming.

In addition to completing intakes, resourcing, and making referrals, the Client Care team identifies and advocates for clients in moments of crisis. While many people reach out to SACE in moments of significant hardship, identifying and triaging clients for crisis support sessions requires the ability to differentiate between dysregulation and crisis. The nuances in doing so require this team to assess personal and environmental risk, and to determine the client's capacity to move through the challenges they are facing. Through this advocacy, the Client Care team works to create the foundation of safety and care for those accessing services at SACE.



3,701

individual adult counselling sessions

74%

of clients had a reduction in trauma symptoms

94%

of clients reported increased understanding of the effects of sexual abuse/assault

98%

of clients felt their counsellor understood the impact sexual violence had on them

This year the SACE adult counselling program undertook a major update to our counselling student practicum program.

The environment of learning, which is foundational in the clinical programs at SACE, creates a rich and collaborative space for those entering the field to develop an ethical and informed practice. The adult counselling program and other SACE counselling programs draw students from across the province to apply for practicum placements within our agency. Attaining a placement within our counselling programs is a competitive process, as we receive upwards of 20 applicants before our cut-off each year for the two or three placements available.

In 2021-2022, we launched our newly redeveloped Adult Counselling program practicum framework. We welcomed three new counselling students, the first to trial the new approach. Shifts made to the program included training in case note writing, participation in mock sessions, observation of live sessions, video and live observation of student sessions, group supervision focused on ethical practice, guest group supervision, co-facilitation of group therapy, and collaboration and mentorship from senior members of the Adult Counselling team. Guest supervision allowed students to learn and receive feedback from a diverse group of practitioners who also began their careers at SACE. Developing a robust practicum program adds capacity to the clinical team, allowing an additional 74 clients to access support this year. Additionally, the learning that students access during their time with SACE equips them to more effectively support those impacted by trauma and sexual violence in diverse settings.

# Student feedback

"Completing a practicum at SACE entails a broad legibility of my skills in trauma work. This was a major goal of mine due to the widespread recognition of trauma's varied and constant manifestations in most populations; whether I wind up in post-secondary or in private practice or in another agency I think my practicum means I am in many ways over prepared for the average client (my preferred way to be prepared)."

"I think SACE provided an immense amount of growth and education with different approaches to trauma work. It is both incredibly supportive and challenging, and truly allows for a solid base of knowledge for continuing to grow."

# Feedback from clients of our Adult Counselling program

"This is the most successful course of therapy I think I've ever had, I have accomplished so much more than I thought possible in a relatively short period of time – it's shocking."

"You were a safe haven for me to understand, prepare myself, and start my journey to finally accept and end this chapter."

"I feel confident in saying that my sessions with [my therapist] have saved my life. Our work gave me my life back."





2,155

counselling sessions

359

parent support sessions

72%

of children demonstrated a reduction in trauma symptoms

In the 2021-2022 year our Child and Youth Counselling program continued to grow, with the addition of three new counsellors dedicated specifically to supporting young people impacted by sexual violence. This small but mighty team of five counsellors has supported hundreds of clients in the last year.

This year our team completed 359 sessions focused on supporting parents who are navigating the challenges associated with supporting children and youth impacted by trauma. This number does not include the hours spent providing this support via telephone and email.

Across all programs, we have observed the complexities that both COVID-19 and our social climate have added to the world of our clients; this is especially apparent in working with children and youth. As systemic change continues to shift capacities in community service agencies, this has decreased the time and resources available to support children and youth navigating learning challenges, housing insecurity, suicidal ideation, and complex psychiatric presentations.

The counsellors here at SACE work not only to create space for children and youth to process the impacts of child sexual abuse and other forms of sexual violence, but also act as advocates for kids and families as they navigate complex and nuanced systems. As we consider the care we provide to children and youth, we reflect not only on what we can do to support the child in front of us and how we can bring together networks of care to create long-lasting and impactful change.

"I see myself as worth something now."

- SACE Client

"I know now what is important is not how others see me, but how I see who I want to become."

- SACE Client

"In the absolute worst time of our family's life SACE was there providing support for our child and us as we navigated what moving forward could look like."

- parent of a SACE Client





100%

of participants said they use skills gained in group 100%

of participants felt more in control of their life and emotions

100%

felt supported by the group facilitator

100%

felt like the people in their group understood what they were going through

Group counselling supports clients in re-connecting to community

All counselling programs at SACE are rooted within the triphasic model of healing first outlined by Judith Herman in Healing and Recovery: The Aftermath of Violence (1992). This model asserts that supporting clients impacted by sexual violence first requires establishing safety and stabilization. This occurs when clients participate both in Skills for Change and in early stages of counselling. Following this, in phase two clients are supported in processing the impacts of their traumatic experiences. The third phase, supported by our Group Counselling Program, is re-engagement with meaningful activities and reconnection to community. While healing is not linear and movement between stages is anticipated, creating opportunities for connection is essential to supporting ongoing growth.

## **Psychoeducational Groups**

Skills for Change was implemented in 2019 to support adult clients on the waitlist. Despite being on hiatus while we navigated the outset of COVID-19, 165 clients on the waitlist accessed this support in the 2021-2022 reporting year. Skills for Change provides psychoeducation on sexual violence trauma, common post-trauma symptoms, and simple strategies clients can use to cope while waiting for services. Further to this, the simple act of accessing a group begins to challenge the belief that they are alone in their experience.



"I found the material to be excellent. There was nothing that came across as "problematic" or "out-of date"; the content and presenters were incredibly informed about intersectionality, systems of oppression, and more."

- Skills for Change participant

"In all my many years trying to meet various health and mental health professionals, never have I received such a helpful, concise kit of actual tools I can use to process my emotions. While I still have a long road ahead of me, at least now I have a functioning car to get me there."

- Skills for Change participant

### **Processing groups**

Following individual counselling, several process-based groups are available for clients to continue healing while connecting to others and building a sense of community. SASS (Sexual Assault Survivors Support), ASHA (Adult Survivors Healing from Abuse), Men's Group, RefleQT and Wîwîp'son each offer unique spaces for clients to process their experience while holding in mind intersections of marginalization, colonialism, and discrimination, and how these experiences can compound the impacts of trauma. This information is an essential part of healing for many clients given the diverse demographics and associated barriers present for those we support.

Over the year, the clinical team worked to update the content of our core groups. We worked to ensure that they continue to reflect best practices, create space for culturally relevant conversations, and incorporate feedback from those accessing the groups. While each time a group is run it shifts to best meet the needs of the participants, the implementation of a framework has allowed us to ensure consistency across client experiences in our group counselling program.

Our community's demand for group counselling is growing, with 209 clients accessing group counseling this year. In response to this we have increased the frequency at which our groups run, and are also exploring innovative ways to offer services in collaboration with other agencies. We are currently working with The Yellowhead Youth Centre in both their sexual exploitation and detox units, and with **Buffalo Sage Wellness House** to explore the facilitation of groups within secure settings.

"This group counselling was a powerful reminder of the strength and resilience that flows through my blood memory. It was healing to be alongside other Indigenous women to sit in ceremony and share about our experiences."

- Wîwîp'son participant

"I feel seen and heard. I know I am not alone. I haven't once felt like a burden or that I should push aside my trauma to help others. I have been accepted and heard. It seems so small BUT it is a huge step in the right direction."

ASHA participant



136
third-party referrals to the PACS Program

83
self-referrals to the PACS Program

665
hours of professional consultation, case management, or

advocacy

hours of police, court, & crown accompaniment

220

The SACE Police and Court Support program provides regular check-ins, informational resources, police and court forms and materials, referrals, and self-care strategies to clients. They also provide accompaniment and advocacy for clients at court, police detachments, meetings with the Crown prosecutors, and liaise with other professionals. Each of these interactions is provided with compassion, and creates space for the client's emotional needs.

Police and Court Support (PACS) at SACE focuses on supporting individuals who are navigating or considering navigating a police/court process. The program's clients vary; individuals may be: looking for support and information around reporting; actively involved in court processes; looking to a community resource to help navigate systems after disheartening experiences with police in the past or present; or simply looking for information and resources.

# Police and Court Support program 2021 – 2022 collaborations

The collaborations we engaged in over the year demonstrate the PACS program's expansive reach. Multiple jurisdictions coordinated with PACS to ensure that clients were effectively supported, including locations across the Edmonton region, Fort McMurray, Calgary, Athabasca, and the Northwest Territories.

PACS is also a part of the Alberta Specialized Police and Court Support Network. In early 2022, the network was nominated for the 2022 Community Justice Award in Service Enhancement through Alberta Justice and Solicitor General. This nomination reinforces the importance of specialized police and court supports for people who have experienced sexual violence.

The value of having a Police and Court Support Advocate present while clients are speaking to police is being embraced by police agencies. This year, PACS worked with Edmonton Police Services and RCMP to provide accompaniment support during client interviews, using the SACE group room to facilitate police and client

# Clients have shared the following comments about the Police and Court Support program:

"I think it's an amazing service, the court system does not make things easy for victims and the court support really helped me feel more in control with what was happening."

"Police and Court Support Advocate [PACSA] was wonderful and exactly the kind of support I needed. Thank you to the whole organization for everything you're doing to support victims of sexual assault."

"I only wish I had reached out to SACE before my local resources."

"It was nice to have someone who took the time to make sure I had a private spot available, etc. [PACSA] made herself available within 24 hours, as I was suddenly dropped by my local victim services two days before court. [PACSA] cleared her schedule for my trial."

"It would have been way worse if [PACSA] wasn't there... I knew the statistics..."



# The 2021 –2022 year brought much change to the Community Engagement department.

Some of our most senior team members departed SACE for new and exciting opportunities this year. As challenging as it was to see these phenomenal people move on from their full-time roles, we were fortunate to retain a few as contractors to provide continued mentorship and support. It's also been exciting to see remaining staff settle into leadership roles, and new staff bring energy, ideas, and diverse experiences and perspectives to our team.

Along with the staff changes, CE has had to continue to manage the shifting landscape caused by COVID-19. For the second year, our services were delivered almost entirely online. Fortunately, CE has proved time and again how incredibly adaptable and versatile we can be. Despite the challenges associated with online service delivery, we are truly stronger than ever, and providing more services, to a larger demographic, than ever before.

The SACE Community Engagement department is home to our community-facing programs: the SACE Support and Information Line, Public Education, Institutional Support, Community and Agency Development, Community Outreach, and Volunteer Services. In addition to the external work our team completed this past year, we put a strong focus on internal development and growth. A few examples include:

- ✓ In fall 2021, the Community Engagement department participated in an all-staff mandatory eight-week in-depth anti-racism and anti-oppression training hosted by consultants from the Centre for Race and Culture.
- Members of the team completed The First Nations Principles of OCAP® training to support our understanding of best practices in data collection and management, and respectful relations with Indigenous communities and individuals supported by SACE.
- All CE staff were given the opportunity to be trained in administering nasal Naloxone so that we may respond in the case of an accidental drug poisoning either in our office, or while we are out in the community.
- A group of CE staff created an in-depth internal resource titled Honouring September 30th: A Guided Workbook, which was completed by all CE staff, and has been used as a tool for holding ongoing conversations on how we can decolonize our work and engage with Indigenous communities in meaningful ways.

This ever-expanding basis of knowledge our team cultivates on topics that intersect with the issue of sexual violence gives us the foundation we need to continue to innovate and strengthen our sexual violence prevention and support services, and to provide the wrap-around support that makes SACE so essential and unique.









550

hours of active phone, text, and chat support provided 613

on the AB One Line
Northern Hub

2,037

phone conversations on the SACE SIL 691

text and chat conversations







SACE volunteers provided over 300 hours of phone support to Edmontonians and Albertans impacted by sexual violence during the Support and Information Line Program 2021-2022 year. They also contributed to over 250 hours of text and chat support on the One Line. We are so thankful for all the hard work, dedication, and energy our volunteers give to the SACE SIL and One Line!

The <u>Support and Information Line (SIL)</u> continues to be a cornerstone program at SACE. The program relies on over forty highly trained volunteers to provide specialized support to folks impacted by sexual violence, in addition to our staff team. SACE support line volunteers also play a key role in supporting the work of <u>Alberta's One Line for Sexual Violence</u>. This province-wide phone, text, and chat line gives all Albertans a place where they are listened to, believed, and supported in their experiences of sexual violence.

## Training highlights

Volunteer Services runs two trainings per year to recruit new volunteers to provide support on the lines. Once again this year, training was exclusively provided via Zoom; the upcoming fall 2022 cohort will experience our first-ever hybrid training.

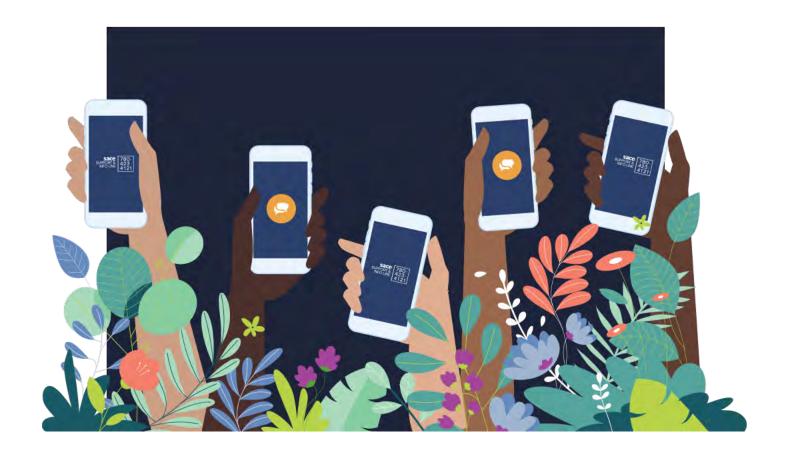
Working on the lines is a coveted volunteer position, and once again, we received many more applications than available training spots. In the 2021-2022 year we had over twenty new volunteers successfully graduate onto the line! And it's not just volunteers who attend the 70+ hours of training: new SACE staff participate in this training as well. Staff provide on-call debrief support for the lines, and act as a back-up for calls that come through when all volunteers are already busy on the line.

This past year was not only focused on training new volunteers and new staff. Volunteer Services staff developed and facilitated the first ever staff on-call refresher training. The purpose of this three-hour training was to increase staff's knowledge, skills, and confidence regarding their on-call work. Post-training participant survey responses were universally favourable, and we intend to offer this refresher every year going forward.

### **Operations highlights**

Every month, Volunteer Services meets with the One Line Operations Committee, which includes staff from the <u>Association of Alberta Sexual Assault Services (AASAS)</u> and <u>Calgary Communities Against Sexual Abuse (CCASA)</u>. These monthly check-in meetings ensure the phone, text, and chat support on <u>Alberta's One Line for Sexual Violence</u> continues to run effectively. Not only do these meetings strengthen our professional relationships with member agencies, they also greatly contribute to the program auditing process.

This year an exciting update came in the form of a brand new technological enhancement that gave us the ability to better schedule staff on-call shifts. Being scheduled for on-call phone line work is part of almost all job descriptions at SACE, and now staff can benefit from a schedule that is more balanced and efficient. The enhancement also increases capacity for Volunteer Services staff, reduces overtime work, and improves our data tracking.



130

callers self-identified
as being a
professional
(including medical,
justice, teacher,
social worker)

332

callers selfidentified as being
a support person
(for example a
partner, family,
friend)

1,241

callers selfidentified as a survivor of sexual violence



89%

of participants indicated they learned something new about sexual violence 91%

learned something new about how to support someone impacted by sexual violence

92%

learned about resources available to help those impacted by sexual violence 95%

have a greater understanding of how to address sexual violence within their community

94%

have a greater understanding of the impact of sexual violence within their community



As schools and organizations across the Edmonton area adapted to virtual learning in the 2021-2022 year, requests for SACE Public Education Program services skyrocketed. We saw an increase of 165% in the number of unique participants reached over the previous year.

Across 518 sessions, a total of 16,924 unique participants received crucial, research-informed education on sexual violence, consent, and best practice for supporting people who have experienced sexual violence. The Public Education team was thrilled to provide this vital education to so many youth and adults in our community, through live virtual presentations and our new online courses for youth in schools.

This year our team experienced vast growth in community reach, and demonstrated immense capacity and ability to respond to ever-changing, challenging demands with skill, flexibility, and grace. As the world continues to shift and adapt to the COVID-19 pandemic in the coming year, our team is ready to press on, providing essential anti-sexual violence education to our community.



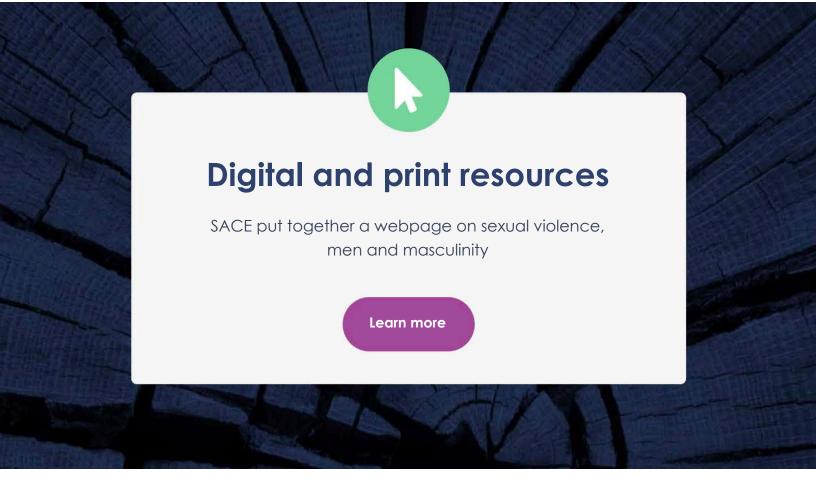
## Meeting the needs of secondary students

This year we created new online courses for junior high students, and updated our online course for high school students. Both courses were met with enthusiasm, and have received exceptionally positive feedback. Students find the courses to be engaging and important, with one student sharing, "I liked how informative this course was and how it opened up my perspective on consent."

In addition to facilitating online courses, Public Educators provided live, virtual sessions to youth on the topics of sexual assault, sexual harassment, and non-consensual photo sharing. In total the Public Education program provided services to a total of 14,758 youth participants.

In 2021 SACE launched WiseGuyz, a full-year, evidence-informed, in-school healthy relationships and healthy sexuality program for Grade 9 boys/masculine youth. The first groups were facilitated in two junior high schools. The program covers a range of topics including consent, respecting boundaries, bystander intervention, emotional intelligence, assertive communication, conflict resolution, gender norms and more, all while providing a safe space for boys and masculine youth to feel supported in their mental health, social health, and growing curiosities around relationships, sexuality, and gender. The WiseGuyz program was so well received that it will be offered in more schools in the coming year, and has a waitlist.

This year we provided support for, and engaged in consultation with, Edmonton Public School Board (EPSB) superintendents, principals, assistant principals, and counsellors. We have provided support and consultation on a number of topics, including how to best respond to student protests and student feedback following student disclosures of sexual violence, how to supportively respond to students who disclose experiences of sexual violence, and how to engage in sexual violence prevention within school communities. We also provided feedback and guidance for EPSB administration and teachers on how to engage with, and support, student-led activism related to the issue of sexual violence. We created a training specifically for EPSB principals and assistant principals on supportive responses to sexual violence, and this session prioritized applied practice of responding skills and techniques. We also provided schools with SACE resources (educational posters, brochures, youth handouts).



#### Some of the organizations we supported:



































Daysland School Box 340 / 5222-50 Street Daysland, AB, T0B 1A0

Phone: 780-374-3676 Fax: 780-374-2418

# Creative support for remote learning and rural communities

"(SACE) programming has filled an important need in our school community as we attempt to build a culture of awareness and support around the rights and responsibilities related to sexual assault and abuse.

I reached out to a variety of colleagues to determine where the best resource might be for educating students on their rights and responsibilities when it comes to sexual activity and possible assault. I was quickly pointed to SACE by one of our Mental Health Capacity Builders. She had mentioned that one of our bigger high schools in Camrose had accessed SACE for support and they made an impact on the culture. We contacted SACE and made arrangements to begin the journey of educating our staff and students.

The (first) presentation was extremely well received by students, staff, and parents. We had parents thank us for taking a step to educate their children before they headed to post-secondary or young adulthood in the workforce. We had young men realize they may have crossed some lines they did not realize could be detrimental. We had female students recognize they had been in vulnerable situations and left with a better understanding of what their rights and responsibilities are.

Due to the initial success of this remote presentation directly from a SACE presenter, we realized we had an opportunity to change the culture in our entire secondary and ensure that all of our students had the tools in their toolkit to promote a sense of respect and understanding of one another's rights and responsibilities.

We combined the in-house support of (our Mental Health Capacity Builder) and the SACE created resources to schedule a series of lessons in our Grade 7-10 classes. These initial lessons were well received. From the words of staff and students, the presentations 'pulled no punches' and were very direct and honest. Students had conversations that they would not have had otherwise, had the materials not been presented in such a manner. We are grateful that we were able to access Sarah as a presenter of the materials. She had a perfect relationship with the students who view her as a familiar face, but someone not as close to them as a teacher. I think this helped students feel more comfortable not only listening to the information but also interacting and asking questions.

Ultimately, we hope that SACE will allow this to be a long-term partnership between our school and the materials that are provided. As a rural community, we do not have access to a lot of the resources that larger urban centers do. For this reason, we really need to be creative. The solution of allowing (our Mental Health Capacity Builder) to present the lessons has been an excellent compromise to remote or one-off presentations by an unknown presenter. I can say from the anecdotal, short-term evidence that we have collected, these lessons have been successful at accomplishing their intended goals. We have had no issues or complaints arise as we did before, with risk-taking sexualized behavior."

- Wes Wilson.

Wel Wil

Principal of Daysland School in Daysland, Alberta



## Professional and community highlights

In addition to educating youth, connecting with adult professionals and community members contributes to increased community capacity to recognize sexual violence and respond to disclosures. This is a big part of ensuring that our community is better able to support people impacted by sexual violence, and it also increases our reach and impact as an agency. In collaboration with Institutional Support, the Public Education program team provided tailored education sessions to 2,166 adult and professional participants. This year we supported professionals from Edmonton-based school districts and medical, health, social services, Victim Services, and arts professions.

The Public Education team continued to support the Alberta Association of Sexual Assault Services (AASAS) in their #MomentsMatter campaign this year. The campaign is a three-year, province-wide initiative aimed at creating safer and healthier workplaces, and more specifically, workplaces free of sexual harassment. As part of the first year of this campaign, the SACE Public Education team consulted with AASAS on the creation of a new education resource, and participated in a pilot of the training to provide feedback on the content.

In addition to education geared at sexual violence prevention and understanding the issue, Public Education offers two <u>psychoeducation</u> courses for supporters and bystanders: Recognizing and Responding to Sexual Violence, and Information for Partners and Supporters. These courses offer information on sexual violence trauma, its impacts, and skill building for supporting a loved one or community member who has experienced sexual violence, as well as information on accessing community resources. Our team also continues to deliver <u>First Responders to Disclosures of Sexual Assault and Abuse training</u>, a two-day intensive program created and managed by AASAS.



148
facilitated workshop

917
workshop participants

242 consultation hours

38
organizations received consultation and/or education

Offering specialized education and policy review, the Institutional Support Program (IS) continues to increase community capacity to uphold a culture of consent.

Working closely with community leaders, the IS program supports the sustainable and exponential growth of consent awareness in Edmonton. We were proud to provide consultation to 20 unique organizations, and to facilitate education sessions for 917 participants across 50 sessions and 38 organizations. All of our consultations, whether with smaller groups or for large-scale organizations, were marked by meaningful engagement and progression.

We look forward to continuing to work with community leaders to amplify the impact of consent education in Edmonton.

### Some of the organizations we supported:



















## Supporting safer public transit

The City of Edmonton's Gender-Based Violence
Prevention Initiative contacted IS to support their
implementation of the <u>United Nation's Safe Cities Initiative</u>
to address sexual violence on transit.

Through consultation with Edmonton Transit Service (ETS) and the City of Edmonton, IS developed a highly customized six-hour workshop for transit dispatchers. Training dispatchers is significant because they are often the first individuals made aware of a safety concern through the transit-watch text line and transit centre emergency phones. The workshops covered trauma-informed responses to sexual violence-related disclosures and emergencies. It included transit-specific role plays and best practices for responding to disclosures over text. ETS will be using this training to reform their policies and protocols for responding to sexual violence, creating a safer transit experience for members of the Edmonton community.







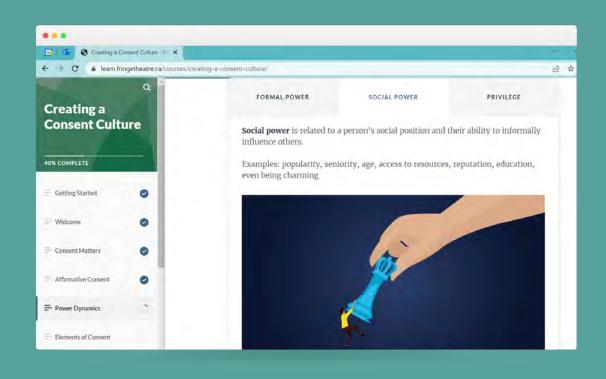
# Building consent practices in arts communities

This year the Institutional Support program also celebrated the launch of Creating a Consent Culture, an interactive, online course developed in partnership with the Edmonton Fringe. The course is designed to normalize, and build upon, consent practices within arts communities. Through extensive consultation, IS facilitated the development of an audio vignette that provides participants with an opportunity to consider the application of romantic consent while navigating the nuances of social power imbalances within an arts community. The course will be available on demand to arts communities nationwide and will be an annual component of training for all new Edmonton Fringe staff and volunteers. The in-depth consideration of complex relationship dynamics provides learners with skills to apply best consent practices to real-life situations, contributing to the meaningful growth of consent cultures.

236

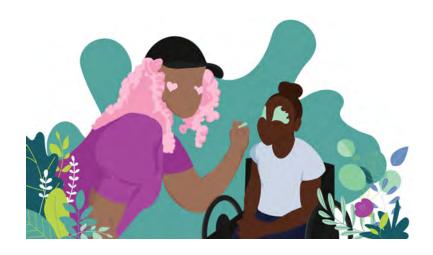
learners
completed the
Fringe Online
Course during the
2021 Fringe
Festival Run





"The part about power dynamics was really informative — how there are different types of dynamics at play, how privilege factors in, and how even though we may not be aware of the power we hold or do not intend to use it in a coercive manner, it can still impact our relationships with other folks. It really helped to reiterate the importance of impact over intent, and being aware of our privilege when dealing with other people and consent."

"I really liked that it discussed a situation that folks may find themselves on either side — as the one with less power, wondering 'what they did wrong' or the one with more power, and feeling defensive about their actions. It was a very gentle and well-done piece about how creating a culture of consent means actively thinking about our roles and relationships with other people and empathizing with their point of view when considering consent."





"What I liked best about the course was It's simplicity and how easy it was to work through navigate. howing empathy and understanding to the person taking the course when you anticipated some sections could be triggering so I liked how you took a pro-active approach by offering self-help tools to help us through any triggers and made me personally feel supported and cared for."

"Dealt with a very tough subject matter with grace and understanding. And created a relatable story to illustrate the lessons in a real world setting. I felt like this was very well done and very on-topic with being something intended to help folks navigate consent in festivals and related fields. I'm so impressed!"







# Supporting safety in public schools

Youth in Edmonton were particularly passionate about anti-sexual violence education this year, organizing walkouts at Edmonton public schools to bring attention to the issue. IS collaborated with the Edmonton Public School Board (EPSB) to develop a training program to provide school administration with the knowledge, skills, and resources required to respond to the needs of youth impacted by sexual violence. The interactive, three-and-a-half hour sessions were facilitated to 240 EPSB staff, consisting of representatives from over forty-five junior high and high schools. Providing training to school administration ensures that teachers, support staff, and students can access trauma-informed resources and support. By training individuals with decision-making power, we have amplified the capacity within Edmonton's public schools to create safer environments that are free of sexual violence.

240

EPSB staff, consisting of representatives from over 45 junior high and high schools



"Before this I was always confused about reporting. Now I know what to do and where to go."

"I knew pieces of this, but the presentation was set up in a way that it added texture to what was simply a framework. This is layered and nuanced."

"The presentation layout was excellent, the pacing, the knowledge of the presenters – as well as how articulate they are, and the opportunity to participate in a scenario and then discuss."



Despite the persistent challenges of COVID-19, the SACE team has remained committed to finding unique ways to meet the needs of the diverse communities in our city, and promote diversity, inclusion, and equity at SACE.

# Supporting older adults who have experienced sexual violence

In summer 2021, SACE launched an education session titled Supporting Older Adults Who have Experienced Sexual Violence. This workshop was created as a collaborative effort between Public Education, and the Older Adults Inclusion Committee, in consultation with older adults and community service providers.

Along with the education, we also launched a Learn article and print resource to address the issue of sexual violence perpetrated against seniors and older adults.



#### Asking Questions to Identify Sexual Abuse

Don't label the experience as a sexual assault.

Has ever touched you inappropriately?

Has ever spoken to you in a sexually inappropriate way?

Have you ever felt pressured to take part in a sexual act?

Have you ever been touched in any way you did not want?

Is there anyone you fear being left alone with?

Is there anyone close to you that makes you feel uncomfortable?

#### **Dementia and Inappropriate** Sexual Behaviours

- Dementia can alter a person's ability to understand what is appropriate behaviour in the company of others.
  - Ex. Rubbing genitals or removing one's clothes in public.
- Changes in the brain can result in changing needs for romantic and physical intimacy.
  - Noticeable increase or decrease in need for sexual relations.



Responding to inappropriate sexual behaviours

- Stay calm but firm
  Distract or redirect with an
  activity.
  Provide privacy or adapt
  environment
  Comfort the person to ease
  anxiety.
  Balance needs of individual with
  the needs of others.
  Cansuit your from
- · Consult your team



**Providing** Support

### **Responding to Disclosures**



#### Listen

- Silent moments
- Full disclosures are

#### Believe

- "I believe you"
- "I'm sorry that happened to you"
- "I hope you know it's not your fault"

#### Support

- Affirm their decision to tell
- Never underestimate the power of being present



#### **Cognitive Decline** & Consent

No clearly defined legal standard

Assessed on a case-by-case basis

Important to express your belief regardless of the person's cognitive capacity



# Strengthening connections with Indigenous communities

#### Some of the Indigenous Community Liaison's activities in the 2021-2022 included:

On National Indigenous Peoples Day 2021, SACE welcomed an Indigenous Community Liaison to our team. The purpose of this new positions is to build relationships with Indigenous communities, offer education, and conduct consultation on service delivery for sexual violence prevention.

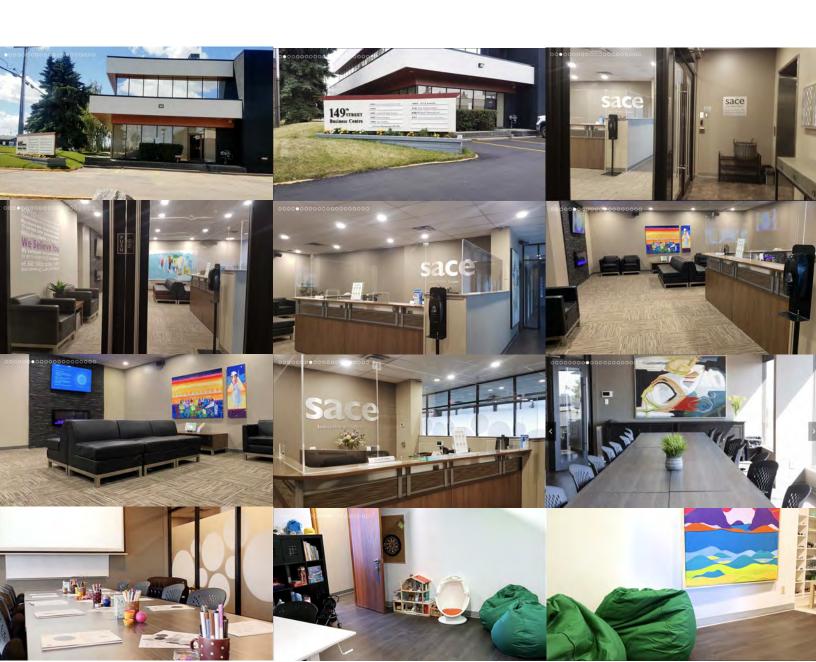
- Creation of an Indigenous crisis resource card
- Relationship-building with Indigenous communities, organizations, and individuals in Edmonton and surrounding area
- Creation and distribution of 100 self-care packages for Indigenous community members
- Facilitating a smudge of the newly renovated playroom with Kookum Ruth Cardinal de Ubiera



# **Enhancing accessibility at SACE**

In recognition of National AccessAbility Week 2021, SACE launched an Accessibility Community Scan to determine what kind of resources are needed by SACE clients, and by the clients and staff of our community partner agencies. The feedback from this survey is being used to inform our programming and services.

The SACE website was also updated with photos of our office, and information on the physical accessibility of our space, communication accessibility, chemical sensitives and allergies, and light sensitives.





# **Committees & community collaborations**

To improve our services, reduce barriers, promote diversity, inclusion and equity, and increase accessibility, SACE staff collaborate between program areas on a number of internal committees.

#### Internal Collaboration in 2021-2022:

- 2SLGBTQ+ Inclusion Committee
- Accessibility Committee
- Equity & Anti-Oppression Committee
- Indigenous Inclusion Committee
- Newcomers, Immigrants & Refugees Inclusion Committee
- Older Adults Inclusion Committee
- Youth Offending Behaviour Resource Committee

Staff also work in collaboration with service providers, settlement workers, community agencies, front-line workers, and diverse community groups at the grassroots level to build relationships, identify existing barriers, and promote community capacity building.

### Some of our external collaborations in 2021-2022:































11,478 engagements with

SACE social media

64,329 unique users at sace.ca

9,049

social media fans and followers

154,765

pageviews at sace.ca

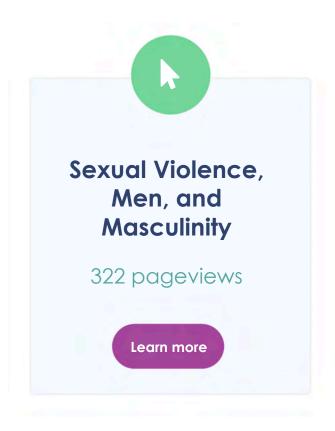
The Community and Agency Development (CAD) team saw a lot of growth and reorganization this year with the addition of a new team member: the Indigenous Community Liaison.

Our team was actively involved in several of the inclusion committees at SACE. This helped further our work with agency development, and helped determine areas of focus in our digital communications and social media strategies. Our involvement included the 2SLGBTQ+, Accessibility, Indigenous, and Older Adults inclusion committees.

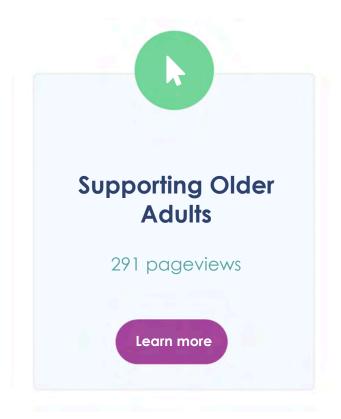
All four members of the team were instrumental in helping to collect stakeholder feedback and organize anti-oppression staff training that took place in the fall of 2021. The knowledge, tools, and reflection obtained from the extensive nine-week training further informed the work that the Community and Agency Development program team does on a daily basis.

As our team continues to grow, our priorities are becoming clearer and our team is getting stronger and more agile. We continue to find creative and innovative ways to do the work that we do.

## New and updated SACE learn page resources



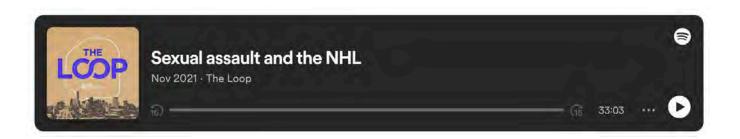




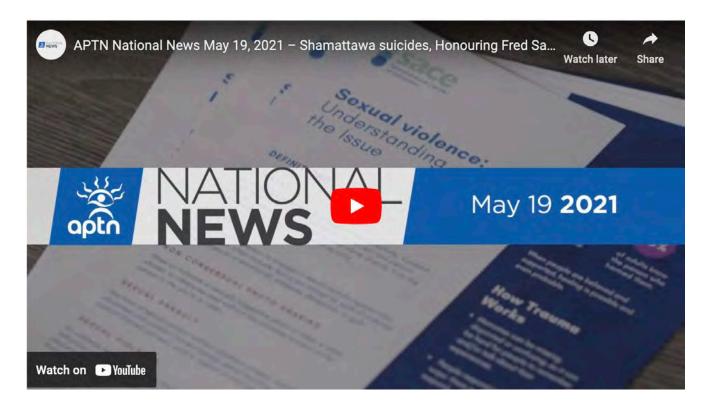


## **Public & media relations**

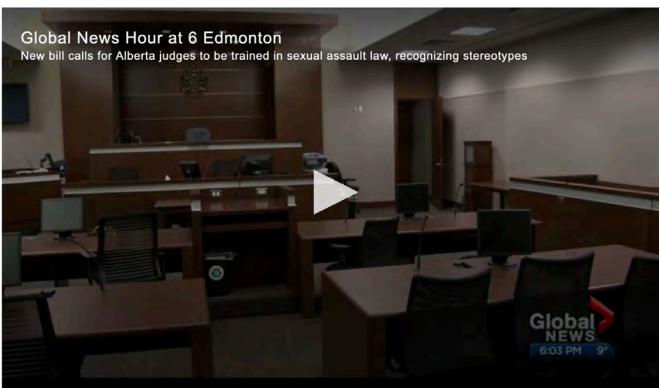
Our team wrote statements, speaking notes, and op-eds on behalf of the agency throughout what was another busy year. Topics included the Barton verdict, victims of crime fund, and the ongoing discoveries at Residential Schools. In all, SACE staff gave media interviews a total of 23 times during our 2021-2022 reporting year.



## **APTN** interview re: Indigenous Community Liaison role



# Global News Edmonton re: mandatory training for Alberta judges



#### Global News Edmonton re: victims of crime fund



# **Digital communications**

Our presence on Instagram continued to gain traction this year as we increased our focus on creating content for the popular platform. Educational carousels and agency statements continue to be some of the most-liked posts, positioning SACE as a thought leader and innovator in the not-for-profit sector in Edmonton. We also saw a 70% increase in unique users at sace.ca. In all, the Community and Agency Development program produced 52 new educational and public awareness resources this year.

Sexual Violence Awareness Month in May provided an opportunity to create conversations about a culture of consent with new content, local events and webinars, resources, and more. We used a combination of informative carousel posts and a video series called "That's Coercion" to engage our followers during the month of May.

With the help of the Public Education team, the November campaign for Family Violence Prevention Month and Movember (men's health awareness) also produced high performing content, including a learn article, educational social media posts, and a video introducing the WiseGuyz program.





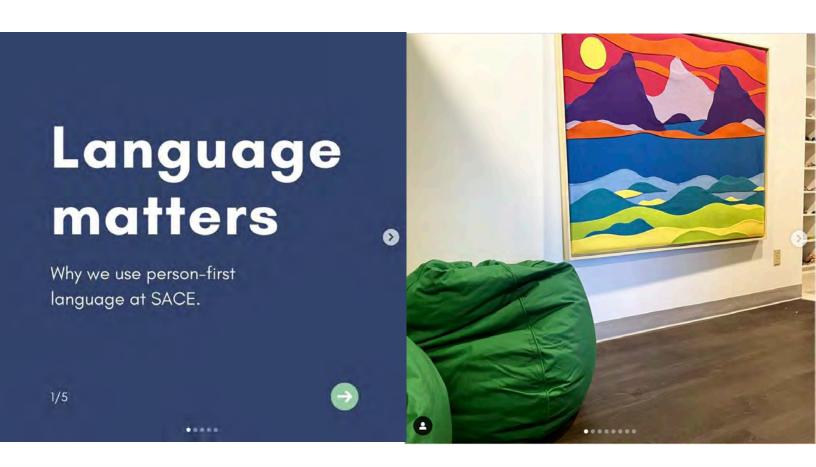




### **Top Posts:**







# **Fund development**

The CAD team promoted two major online fundraisers that leveraged our social media presence this year: a collaboration with local businesses Biera and Blind Enthusiasm Brewing Company (May 2021) and one with Bloom Cookie Co. (Feb 2022). We also coordinated with 11 groups and individuals organizing their own fundraisers on behalf of SACE.

We are so grateful to the many individuals, businesses, foundations, and government agencies that supported our agency this year, without whom we could not have been as adaptive or responsive to the needs of our community.

## We are grateful to have received financial support from the following funders in our 2021-2022 year:



































Home

#### **Donate to SACE**

Your one-time or monthly contribution helps to create sustainable funding for SACE.

When you donate to SACE, you are helping us to provide client-centred support for people who experience sexual violence through crisis support, counselling, police and court support, and advocacy, and to foster prevention of sexual violence through direct public education and advisory consultation with groups and agencies undertaking their own prevention efforts.

# Giving Tuesday

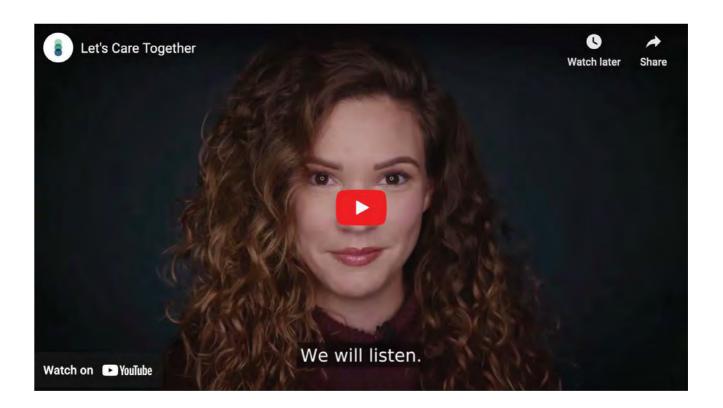
For Giving Tuesday on November 30, 2021, we shared the SACE 45th Anniversary video. Our tweet was retweeted 10 times and was seen over **17,000 times** (impressions) on Twitter.

"Happy #GivingTuesday!

Your donations help us to offer no-fee services & support to thousands of people who are affected by sexual violence in #yeg every year.

Let's care together. Donate at http://sace.ca/donate."

- SACE (@sacetalks) November 30, 2021





87 volunteers

1,400+
hours of volunteer training provided

5,629
volunteer hours on the support lines

40 support and information line volunteers

SACE began as a volunteer phone line in 1975, and the volunteer services program continues to be rooted firmly at the core of SACE values.

SACE began as a volunteer phone line in 1975, and volunteerism continues to be rooted firmly at the core of SACE values. Through the past year we continued our collaboration with Alberta's One Line for Sexual Violence community partners, and poured many hours into the training, operation, and maintenance of the One Line. The One Line service is a collaboration between SACE, the Association of Alberta Sexual Assault Services (AASAS), Calgary Communities Against Sexual Abuse (CCASA), and the University of Alberta Sexual Assault Centre (UASAC).

Although challenged by the pandemic, over the past year SACE volunteers have been involved in a multitude of ways supporting the operation of the SACE Support and Information Line program and our work as the northern hub of Alberta's One Line for Sexual Violence.

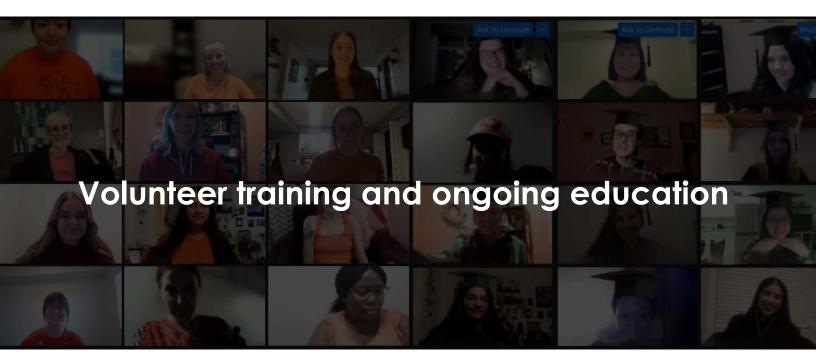
Our two-person program had our annual "visioning" session at the start of the year. This is dedicated time to reflect on the last twelve months, document our successes and learnings, and make a strategic action plan for the entire year. We've found this practice to be incredibly helpful in staying intentional; it helps us navigate where to spend our energy in a more holistic way. The program continues to run effectively and efficiently.

Our reputation in the community is growing, as evidenced by the number of applicants wanting to volunteer on the support lines. Volunteering with SACE has become very competitive; we always have 2-3 times more applicants than available training spots. We are also proud that multiple agencies have reached out to us recently for consultation on how to strengthen volunteer engagement. We anticipate this trend will continue going forward.









SACE prides itself on ensuring that our volunteers have the training and support they need to be able to comfortably and effectively fulfill their phone/text/chat support roles. We offer a free, 70+ hour training program that helps prepare our volunteers for their roles as supporters on the SACE Support and Information Line and Alberta's One Line for Sexual Violence.

Part of our yearly work continues to be the volunteer training curriculum review. For months, we worked with the other members of the Operations Committee of Alberta's One Line for Sexual Violence, to review and enhance the existing curriculum. These annual reviews are important to ensuring we are training volunteers with current best practices, so they can best support those who have been impacted by sexual violence. This year the edits focused on suicide risk assessments and child sexual abuse. We are excited to debut the updated curriculum with the next volunteer training cohort.

Each month we also host a virtual volunteer meeting. This helps to provide our volunteers with an opportunity to connect with each other and the agency, to refine their skills, and to continue learning more about sexual violence and community resources.

## Volunteer appreciation

Honouring our volunteers is one of the pillars of the Volunteer Services program. From our Star of the Month program, to prizes for taking shifts on long weekends, to mailing goodie bags of treats, we love to shower our volunteers in appreciation! In January we hosted the annual volunteer awards night virtually on Zoom. This is our biggest appreciation event of the year, and is a chance to celebrate all the volunteers who have contributed their time, effort, and skills. We present individual awards (e.g. Volunteer of the Year), acknowledge each person's hourly contribution, have door prizes, ice-breaker activities, and everyone gets a gift. Even with having the event online for safety reasons, the feedback on the event was very positive.

A huge thank you from the bottom of our hearts to our dear volunteers. Without their tireless support and dedication, SACE would not be able to operate to the capacity and standard of excellence that it does. We are so grateful to have spent another year working with the most incredibly compassionate humans who have shown us that in the most challenging times, community is still possible. They have been adaptive, innovative, and resilient in every sense of the word!

# Feedback from our volunteers

Every year Volunteer Services program staff send out an annual volunteer survey. The survey includes an option to share a testimonial, and volunteers give their consent for the testimonial to be used on the website and/or in the annual report.

"Volunteering here has literally changed my life for the better. The training was informative and through enough to give me the confidence to help those who have experienced sexual violence. The supervisors are excellent at ensuring that you are cared for and supported in your role so you do not burnout. The culture that you are welcomed into is warm and inviting."



# Volunteer Services program annual awards

In January 2022, Volunteer Services hosted our annual awards night to celebrate everyone's achievements for 2021. All volunteers are recognized for the time, energy, and effort they give to SACE. The three major awards that were presented at the annual event were: the Rick Chalifoux / Jean Gauthier memorial award (Volunteer of the Year); the Heather Huet memorial award for creativity, and; the Roots Award.

### **Roots Award for Longstanding Service**

This award is presented to any volunteer who reaches 5 or more years of service with SACE on the support lines.

#### Tessa H.

2021 Recipient

Tessa has been a wonderful, driven, kind and competent volunteer over the past ten years. She has been an empathetic and safe space for so many callers/chatters impacted by sexual violence and a pillar in the volunteer program. We are so grateful for her and her commitment to volunteer services and hope to have her on our team for many years to come.

# Rick Chalifoux / Jean Gauthier Memorial Volunteer of the Year Award

This award is presented in memory of two SACE volunteers who worked on the support line, with training, and with fundraising. Rick and Jean were partners and died within a few months of each other of HIV/AIDS.

# Jasmine D. 2021 Recipient

Jasmine was selected for the volunteer of the year award as a result of her wonderful performance over the past year. Jasmine is a committed and consistent volunteer, her communication skills are superb, and she is an excellent mentor for new volunteers. Overall, Jasmine's demeanor, and conduct is empathetic, positive, and she is an amazing volunteer!



### **Heather Huet Memorial Volunteer Award**

This award was donated by Susan Jamieson, who was a SACE Board President for 19 year before retiring in 2019. This award is in memory of her partner Heather, a volunteer manager at Catholic Social Services, who passed away of breast cancer. The award is for the volunteer who comes up with "creative" ideas or solutions to problems, or is just plain "creative" in their assistance to SACE!

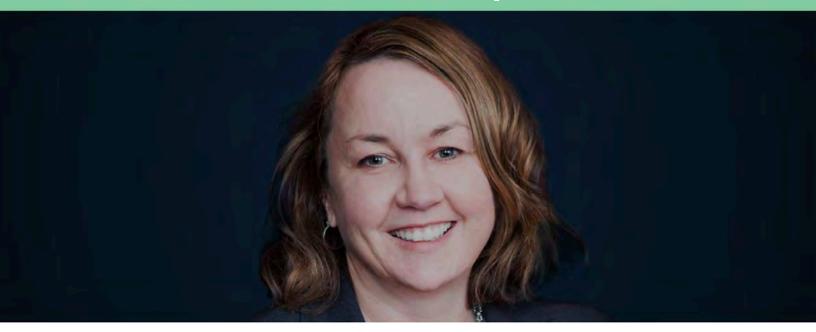
#### Jennie V.

2021 Recipient

Jennie is an incredibly talented artist, and was selected for this award as she very graciously donated a print of one of her beautiful paintings to the department. The painting, titled "Wading" is part of a larger series which is a fantastical representation of one character's healing journey. Jennie describes the piece as "about lovingly and carefully wading into the very stuff of which you are made; it is about reflection and self-compassion." We are so lucky to have such creative and generous volunteers like Jennie!



# Treasurer's Report



\$162,000

Revenue over expenditures

\$750,000
Operating Reserve Fund

81%

of expenditures went to salaries, benefits, and contractor services



SACE continues to achieve positive financial results in spite of the difficult climate for not-for-profits and fundraising. The 2021-2022 fiscal year began with continued uncertainty due to the COVID-19 pandemic. Management focused on continuing to pivot on the delivery of services as well as managing the financial aspects of the uncertainty – closely monitoring cash flows, carefully managing expenses, and applying for additional funding from various sources.

I am happy to report we achieved an excess of revenue over expenditures of \$162,000 for the 2021-2022 fiscal year.

The success of this year was once again due to the dedication and hard work of the management, staff, and volunteers of SACE. The services SACE provides are essential to our community and we are grateful to our funders, supporters, and volunteers for their continued support. You are the reason SACE continues to be a leader in the community.

Jennifer Forsyth, CPA CA

Treasurer

# **Financial Report**

The financial report summary shared here was prepared from financial statements audited by Grant Thornton LLP. Complete financial statements, including the auditor's report, may be obtained by contacting them directly at **780.423.8734**.



Condensed Statement of Operations	Year Ended March 31	
Revenues	2022	2021
Alberta Community and Social Services	\$1,897,983	\$1,771,983
Association of Alberta Sexual Assault Services	\$453,051	\$428,051
City of Edmonton Family and Community Support Services	\$240,791	\$218,292
United Way of the Alberta Capital Region	\$201,529	\$291,551
Alberta Justice and Solicitor General	\$150,000	\$150,000
Other grants	\$138,244	\$122,849
Alberta Health Services	\$123,000	\$123,000
Other revenues	\$225,628	\$298,013
	\$3,430,226	\$3,403,739
Expenditures		
Salaries, contract services, wages and benefits	\$2,776,800	\$2,658,615
Amortization	\$98,430	\$89,233
Other	\$392,837	\$467,760
	\$3,268,067	\$3,215,608
Excess of revenues over expenditures	\$162,159	\$188,131

Condensed Statement of Financial Position	Year Ended March 31	
Assets	2022	2021
Current	\$1,562,604	\$1,310,894
Capital Assets	\$328,814	\$351,782
	\$1,891,418	\$1,662,676
Liabilities	2022	2021
Current	\$546,159	\$462,801
Long-term	\$129,906	\$146,681
	\$676,065	\$609,482
Net Assets		
Unrestricted	\$266,446	\$98,093
Invested in capital assets	\$198,907	\$205,101
Operating reserve	\$750,000	\$750,000
	\$1,215,353	\$1,053,194
	\$1,891,418	\$1,662,676



SACE Photography
Chelsea McKibbon



Unsplash Photography
Chris Montgomery
Dmitry Mashkin

Dmitry Mashkin
Erik Lucatero
Headway



Web Design

Bear Belle Design Co.

Web Development Line 49

# Li∩e **49**



Healing starts with believing.

#### Visit Us

Sexual Assault Centre of Edmonton (SACE) 14964-121A Ave, Suite 205 Edmonton, AB Canada T5V 1A3

#### **Get in Touch**

Office: 780.423.4102