



Helping Our Community Become Silent No More

# 2023 ANNUAL REPORT

*Support. Advocacy. Education. Community.*



## 2022 BY THE NUMBERS

2,557

INDIVIDUAL SUPPORT  
CONTACTS

2,067

SERVICE HOURS

387

CAC CLIENTS  
SERVED

1,044

CLIENTS SERVED

488

SUPPORT LINE  
CALLS

161

CHILD  
INTERVIEWS

1,701

STUDENTS REACHED

175

PRESENTATIONS

196

HOURS TEACHING

**Things you might hear an advocate say when you call the support line:**

**You are so worthy of support**

**It wasn't your fault**

**I believe you**

**How can I support you?**

**I'm here**

**You are not alone**

**Take the time you need to heal**

**Don't give up**

**I'm so glad you called**

**You are so brave**

# 6 WAYS YOUR DONATION SUPPORTS US



**\$5** provides play-doh for a child being interviewed at our CAC to help them relieve stress while telling what happened to them.

**\$25** provides new clothes to a rape victim who had to relinquish their clothes as part of evidence collecting during a forensic exam.

**\$50** provides an hour of free prevention education to students and local businesses on consent, boundaries, and sexual harassment.

**\$100** provides a free support group session to help sexual assault victims heal in a safe and caring environment.

**\$150** provides 24-hours of free, and confidential sexual assault helpline service for victims and their families.

**\$250** helps provide support and advocacy for a victim seeking a protection order and/or a trial.

**Make a gift to the Sexual Assault Crisis & Support Center**  
**[silentnomore.kindful.com](http://silentnomore.kindful.com) or text GIVE to 207-204-9995**

# A Letter from the Executive Director

Dear Community Supporters & Allies:

I want to express my heartfelt thanks and gratitude for your support of sexual assault services in our community. As a supporter of sexual assault services, you have made a significant impact on the lives of survivors of sexual violence.

Sexual assault is a devastating crime that affects individuals of all ages, genders, and backgrounds. Survivors of sexual assault often experience physical, emotional, and psychological trauma that can be difficult to overcome. Services for these survivors are vital in helping them heal and recover from the trauma they have experienced.

Thanks to your support, survivors of sexual violence in our community have access to a range of services and resources, including crisis counseling, emotional support, advocacy, and prevention education. These services make a crucial difference in the lives of survivors, as they provide a safe and supportive environment where individuals can begin to heal and rebuild their lives.

Your support also helps to raise awareness about sexual violence and promote prevention education. By educating our community about sexual violence, we can work together to prevent it from occurring in the first place, and support survivors in their journey to healing and recovery.

We are incredibly grateful for your donations, time, and support, which enable us to provide these essential services to survivors in our community. Your generosity and commitment to supporting survivors of sexual violence demonstrate your understanding of the critical role that sexual assault services play in the health and well-being of our community.

Once again, thank you for your continued support of sexual assault services and helping our community become Silent No More, your contributions make a real difference in the lives of survivors.

With Gratitude,  
Donna Strickler  
*Executive Director*



# A Letter from the Board President

Dear Members of the Community,

As the president of the Board of the Sexual Assault Crisis & Support Center, as well as the District Attorney for Kennebec & Somerset Counties, I am writing to you today to address the issue of sexual violence and the important work that we do to support survivors.

Sexual violence is a pervasive and insidious issue that affects far too many individuals within our community. It is a violation of a

person's basic human rights and can have lifelong consequences for survivors and their loved ones.

At our sexual assault support center, our mission is to provide support and healing to survivors of sexual violence. We offer a wide range of services including crisis intervention, 24-hour support, as well as medical & criminal justice advocacy to help survivors navigate their healing journey.

As a small non-profit organization, we rely on the support of our community to continue our important work. Whether it is through volunteering, donating, or spreading awareness about our services, every contribution makes a difference in the lives of survivors.

I urge everyone in our community to stand in solidarity with survivors of sexual violence by supporting our center and other local organizations working to end the cycle of violence. Together, we can create a safer and more equitable world for everyone.

Sincerely,  
Maeghan Maloney  
*Board President*



# Three Powerful Words: “I believe you.”

*Jenna McCarthy, Associate Director*

The fear of not being believed is something that many survivors face, so making the decision to tell someone can be an intimidating, confusing and a challenging process. Our main concern is that the people that we work with feel as comfortable and as supported as possible.



Throughout our work with survivors, we have seen firsthand why saying, “I believe you” to a survivor is important. We don’t say it implicitly or assume that survivors know that we believe them. **We literally say the words, “I believe you”.**

“I believe you and I believe this happened to you because you are telling me that it happened to you”. We want survivors to hear this message over and over until they hear it, feel it, and believe it. It is quite common that survivors don’t receive this validation from people in their lives and for some survivors, that can become just as, or more painful than the sexual assault that they experienced.

There is so much research out there that shows how the cultural and interpersonal response to a survivor deeply impacts their ability to process and work through the trauma that they have experienced. Some people live their entire lives without ever telling anyone.

If a survivor chooses to disclose, who they disclose to is often the person that feels the safest. So how do we as individuals and as a community begin to create safety for survivors to reach out for support and make decisions on how to heal? Safety and support are given in the words, “I believe you”, “I’m sorry that happened to you”, “It’s not your fault”, “How can I help?”. These may seem like simple statements, but ultimately they are catalysts for change in a culture where victim-blaming still exists. This shift can provide survivors with the validation, safety, trust and choice needed to decide what healing looks like for them.

If someone in your life discloses that they have experienced sexual violence, you may feel overwhelmed or uncertain on how to provide support. Trust your connection with the survivor and try to balance the support that you offer, with the support that you give yourself.

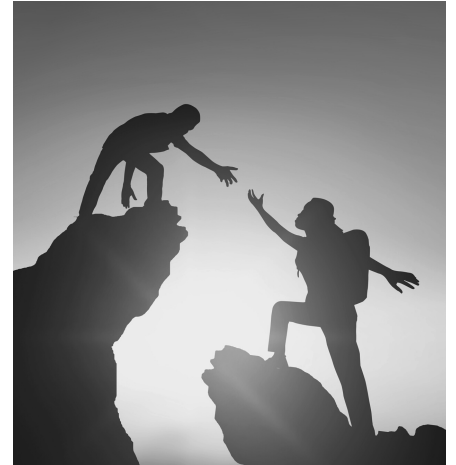
For more information on how to support a survivor in your life, visit our website [www.silentnomore.org](http://www.silentnomore.org) or call our 24-hr, free & confidential support line at 1-800-871-7741.

# SART Advocates/Direct Client Services

## *A Continuum of Support*

Our SART Advocates/Direct Client Services team has been very busy this past year as COVID restrictions have eased. We have seen an increase in calls to our support line and requests for hospital accompaniments, support with reporting to law enforcement and requests for accompaniment, advocacy and support through the civil and criminal legal systems.

We know and understand that there are many different pathways that survivors choose in their healing journeys. At the SACAC, it is our philosophy to provide support through each step of a survivor's healing journey by providing a continuum of support.



We know that when a survivor receives immediate, compassionate support, it has a significant impact in their healing. We also know that navigating through a sea of multiple services can be daunting and that without a continuum of support, a survivor is more likely to experience frustrating gaps in services.

We ensure that our services are accessible, seamless and progress with the survivor as they take their next steps toward healing. We provide services to survivors that are meaningful and relevant for them. One survivor may want long-term support to process their feelings, triggers and emotions; another may want a support group and yet another may just want support via a phone call to get through a difficult day or moment.

We are here to provide information and choices to survivors and to empower them to make the choices that they feel best meet their needs. We let survivors know that they are not alone, that they are believed and remind them that they have the inner strength necessary to heal and help brainstorm with them to assist with coping strategies, linkages with mental health/counseling support, and linkages with additional services that may assist them along the way.

Whether it's responding to the immediate needs of a recent survivor at the hospital or supporting a survivor through justice systems, or whether we are answering a phone call from a survivor that we worked with many years ago who called for support to get through a difficult moment; we make it a priority to let each survivor know that they are important and deserving of support.

It is a privilege to be invited to walk beside hundreds of survivors each year and we are reminded again and again of the incredible resilience and strength of survivors as they take brave steps toward their healing and recovery from trauma. We are here to help and provide support to a survivor regardless of what decisions they decide to make. We support survivors at every stage of the process and their individual journeys, 24 hours a day, 365 days a year.



# Call for Volunteers



As a result of the pandemic, we have fewer volunteers to help cover our 24-hour support line. This is the case both state and nation-wide.

We have continued to provide emergency crisis response and accompaniment to survivors any time of the day or night. We are trying to re-establish an appropriate number of volunteers to support this effort. Volunteering is an incredible opportunity to be involved in the community and offer much-needed support to survivors.

The time and passion that volunteers dedicate to SAC&SC is nothing short of extraordinary, taking on evening and weekend shifts to ensure we are there for survivors and our community. Volunteers are an integral component of being able to offer 24-hour support to survivors. Each volunteer brings valuable life experiences and skill sets to share, adding more dimensions and richness to our work. We extend our gratitude to all our past and present volunteers. They inspire us in our work to continue growing, learning and contributing to our shared commitments in supporting individuals impacted by sexual violence.

Volunteer advocate trainings are held virtually to make it easier for folks to participate and we are dedicated to increasing not only the number of volunteers, but also working to promote and recruit volunteers from diverse cultural and gender identities, professional backgrounds and lived experiences.

Any community members interested in becoming a volunteer advocate, please contact us through our website [www.silentnomore.org](http://www.silentnomore.org) or at 207-377-1010 to learn more!

# Children's Advocacy Center Update

The Children's Advocacy Center celebrated its 10-Year Anniversary in 2022. We have served over 2,500 children and their families. Before the Children's Advocacy Center opened its doors in 2012, young victims would be subjected to too many interviews with well-meaning social, legal, medical and law enforcement officials, each focused on only their part of the investigation. Today, we are proud to continue to offer a safe and neutral place for children and teens to talk about what happened to them. We are so thankful for



the continued partnerships with our multi-disciplinary team members. The Children's Advocacy Center (CAC) model is built on the belief that by working together with law enforcement, child protective services, prosecutors, sexual assault advocates, mental and medical health care professionals. Research shows that child victims and their families are better served by our collaboration.

As an Accredited Member of National Children's Alliance (NCA) since 2013, our center provides comprehensive, coordinated and compassionate services to victims of child abuse. Accredited CACs must undergo a reaccreditation process every five years to ensure that best practices are continually being applied. With accreditation standards being updated for 2023, our reaccreditation this year, reflects our Children's Advocacy Center's commitment to providing the most current evidence-based methods. We just submitted our extensive application in November 2022 and our site review visit, for reviewers to see our CAC space and meet with our multidisciplinary team members, will be in July 2023.

In 2022, we sought to improve our mental health collaboration for the children and families utilizing the CAC. The CAC Manager, Samantha Marquis and Family Services Coordinator, Julie Robertson started intensive training with the National Children's Alliance (NCA) with their Enhanced Early Engagement (E3) program. The goal is to increase the number of families who are screened for mental health needs, assessed for mental health treatment, referred for treatment and successfully complete treatment to heal from any negative impact from their abusive experience. Julie, assesses these needs by conducting a Child Behavioral Health Screening to every family while at the CAC, as well as assisting caregivers in identifying and overcoming any barriers to treatment success. The goal of this mental health initiative is to increase trauma focused mental health availability in Kennebec and Somerset counties, as well as increased engagement from the families seen at the Children's Advocacy Center serving Kennebec & Somerset counties.

# Outreach and Education

*Kathleen Paradis, Outreach and Education Manager*

Providing prevention education and building awareness of Sexual Violence in the communities of Kennebec and Somerset Counties is a cornerstone of the SAC&SC mission, and it's been an extremely successful transition back to in-person training, classroom programming, and tabling at events. The return of gatherings like Skowpendous and Hallowell Pride seemed extra festive, and families looked thrilled to be out in the community sharing post-covid catch-ups.

## Curriculum Development

Our Prevention Manager, Kathleen Paradis, is collaborating on a three-year project to build a pre-K-12 Sexual Violence Prevention curriculum. The statewide prevention team integrates Maine Learning Results, Health Education Standards, and best practices in evidence-based learning to create age-appropriate programming.

Research has shown that the best way to reduce sexual violence is through primary prevention. This comprehensive curriculum will provide consistency for students across the state and expand access for teachers who cannot bring in an outside Sexual Violence Prevention Educator.



Hallowell Pride, 2022

*"Knowing we're in compliance with the Maine DOE child sexual abuse prevention and education policy and that Kathleen is so experienced makes my life much easier. The lessons she provides are age-appropriate, engaging, and informative. Students always love when she visits!"*

Benton Elementary School  
Guidance Counselor

## Youth Programming

Last year, our Prevention Education team reached thousands of students at schools all over Kennebec and Somerset Counties. In 2018, the Maine Department of Education (DOE) created a Child Sexual Abuse Prevention Education and Response Model Policy to support schools in implementing effective child sexual abuse prevention policies. We help schools meet compliance by providing Personal Body Safety lessons to all students in K-5th grade.

We also provide education to middle and high school students, with familiar topics being Consent, Sexual Harassment, Bystander Intervention, and Media Literacy.

Our educators also provide "Walk In" hours at high schools for students that need extra support. Several students made disclosures last year, and the relevant reports were filed. One student was finally able to find safety after years of sexual abuse.

# Outreach and Education cont.

*Kathleen Paradis, Outreach and Education Manager*

## Professional Development

The MAPHERD (Maine Association of Health, Physical Education, Recreation and Dance) conference was back at the Samoset this past year. We presented to health teachers throughout the state on the intersection of CSEC (Commercial Sexualization and Exploitation of Children) and the media.

While there is no single type of survivor, characteristics commonly associated with sex trafficking survivors in Maine are white, female, and around 14 years old, which is why it's so essential that teachers and young people receive this information and know what CSEC looks like.



Tabling at the 2022 Successful Aging Expo

# Audited Financial Statement

For the year ended September 30, 2022

<b>REVENUE AND OTHER SUPPORT</b>	
Service contract revenue	\$836,811
Grants	\$26,830
Federated Funds	\$49,500
Donations	\$60,723
In-Kind Donations	\$15,855
Special event revenue, less costs of direct benefits to donors of \$12,750	\$76,302
Other revenue and support	\$6,469
Interest income	\$1,258
<b>TOTAL REVENUE AND OTHER SUPPORT</b>	<b>\$1,073,748</b>
<b>EXPENSES</b>	
Program services - Victims' Assistance	\$851,133
General and administrative	\$32,186
Fundraising	\$15,647
<b>TOTAL EXPENSES</b>	<b>\$898,966</b>
BOARD DESIGNATED EXPENSES	\$174,782

# 2022-23 Events

With COVID restrictions lifted, 2022 was a successful year for event planning.

Our 11th annual One in Five 5K was held in April at FirstPark in Oakland and raised **over \$28,000!** Over 350 people came out to run and/or walk in solidarity for the one in five people who have or will experience sexual assault in their lifetime.

Our 23rd Annual Celebrity Dinner was held in September 2022 and raised **over \$70,000.**

Both events broke records for our highest fundraising totals to date.

The Designing Women event held at Longfellow's Greenhouses is always fun. This year, we raised **\$1,600!**

Peacock Productions put on a show to benefit the agency and raised **over \$500!**



# Thank you to our donors!

## Over \$20,000

Vallee, Harwood, & Blouin, Real Estate

## \$10,000 - \$20,000

Peter McAvoy Sr.

## \$5,000 - \$9,999

Colby College - Athletic Department

Franklin Savings Bank

Kennebec Savings Bank

KeyBank National Association Trust Div.

## \$2,000 - \$4,999

Bangor Savings Bank

Cloud Tax Matters

G & E Roofing Co., Inc.

KSW Federal Credit Union

Morgan Cote

New England Rent to Own

Tex Tech Industries, Inc.

Town Fair Tire Foundation, Inc.

Town of Manchester

Town of Skowhegan

Winthrop Commerce Center, LLC.

Winthrop Police Department

## \$1,000 - \$1,999

Hasenfus Family Dental

Maine General Health

Sam's Club

Sarah Williams

Town of Belgrade

Town of China

Town of Litchfield

Town of Oakland

Town of Vassalboro

Town of Winslow

Walmart Financial Services

## \$500 - \$999

Augusta Country Club

Cape Air

Central Maine Motors Auto Group

Chuck Hays

Donna S. Laliberte

Harvard Pilgrim Health Care Inc.

Laura Benedict

Michael Pooler

## \$500 - \$999 cont.

Nicole McSweeney

Peacock Productions

Realty of Maine

Town of Albion

Town of Anson

Town of Benton

Town of Canaan

Town of Hallowell

Town of Mount Vernon

Town of Pittston

Town of Readfield

Winthrop Fuel Company

## \$250 - \$499

AAA Northern New England

Augusta Fuel Company

Connected Credit Union (Winslow)

Connected Credit Union - Augusta

Daniel J. Eccher Esq.

Dorothy Randall

Elizabeth Jean

Huhtamaki

Kathy Finnell

KeyBank

Lajoie Brothers Inc.

Maine State Credit Union

New Dimensions Federal Credit Union

One River CPAs

Roderick Gordon Mack II

Town of Caratunk

Town of Embden

Town of Wayne

William Trahan

## <\$250

Alison Bennett

Amanda Cooley

Amanda Surprenant

Ann LeBlanc

Anne Jordan

Anne Lachance

Bonny Redmond

Cassidy Hartin

Cheryl Dugal

Christine Brawn

## <\$250 cont.

Christine Longley

Daniel Cohen

Daniel Howard

David LaFountain

Dawn Brann

Dawn Nichols

Eric Lind

Gabor Korthy

Give Lively Foundation Inc.

Great Falls Regional Federal Credit Union

Hannah Longley

Hidden Valley Camp

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James Woodside

Jason Hayes

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Joanne Mason

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Jon Read

Jordan Powers

Joseph Hodgkins

Kelly Roderick

Kevin Ostrowski

Kimberly Therriault

Kirsten Perry

Kristin Guerette

Lauren Katzen

Laurie Crummett- Tranten

Lindsey Brann

Margaret Greenwald

Maryna Shuliakouskaya

Melissa Ann O'Neal-Low

Melody Brann

Natalie Tortorella

Nikole Williams

Paul Bourque

Paul Kaloustian

Paul Labun

Paul Sandlin

Pong Kaloustian

Renee Loring

Ron Ducharme

# Thank you to our donors!

## <\$250 cont.

Rosamond Stevens  
Rosemary Kenney-Lavin  
S. Ferguson  
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Stacey Rossiter  
Stephanie Trapnell  
Susan Marie Bowie  
Tadas Mikuzis  
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Town of Randolph  
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Whitney Gill  
William Stokes

## In Kind Donors

A Bit Off the Top  
A-1 Diner  
Albison's Printing  
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Aroma Joes  
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## In Kind Donors cont.

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Mary Kay Spencer  
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Matthew Folsom  
Meridians  
Merrill's K9 Academy  
Midas  
Mirakuya  
New England Patriots Charitable Foundation, Inc.  
NEWSCENTER Maine  
North Country Rivers  
Oakland Furniture  
Olde New England Candle Company  
Oriental Trading Company  
Pickle's Potions and Lotions  
Polkii Furniture  
Portland Sea Dogs

## In Kind Donors cont.

Ray Haskell Ford  
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Robin Miller  
Sam's Club  
Slates  
Stained Glass Express  
Staples  
State Lunch  
Subway Winthrop  
Sugarloaf  
The Barber Parlor  
The Elmwood  
The Leather Bench  
The Liberal Cup  
The Lighthouse Wine & Seafood  
The Mix 107.9  
The Pet Boutique  
Tobey's Grocery  
Townsquare Media  
Tree Spirits  
Water Street Barber Company  
Waterville Opera House  
Western View Golf Course  
Whiskey Kitchen  
Winthrop U-Haul  
Wrapped Up Coffee House  
Zardus



# Staff and Board of Directors

## STAFF

### Executive Director

*Donna Strickler*

### Education & Outreach Manager

*Kathleen Paradis*

### Office Coordinator

*Kathy Auclair*

### Associate Director

*Jenna McCarthy*

### SART Advocate

*Deanna Walker*

### Rural SART Advocate

*Morgan Polky*

### CAC Manager

*Samantha Marquis*

### CAC Family Services Coordinator

*Julie Robertson*

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*Dot Randall*

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*Hannah Longley, LCSW*

*Lt. Anna Love*

*Raymond Moinester*

*Chris Vallee*

*Sheriff Ken Mason*

# Thank you for supporting our mission

*The Sexual Assault Crisis & Support Center's mission is to lessen the trauma-related suffering of sexual assault and promote healing by guiding those affected by sexual violence toward survival through support, advocacy, education and community collaboration.*

## Your help and support is critical to achieving this mission



Cut here:

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

Please send me updates via  US Mail  Email

Please contact me about volunteering

I will make an online donation using your link: [silentnomore.kindful.com](https://silentnomore.kindful.com)

Check enclosed (please make checks payable to SAC&SC) **Amount: \$** \_\_\_\_\_

Please charge my credit card: \_\_\_\_\_

Expiration date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Today's date: \_\_\_\_\_

## Our Services

- A 24-hour, confidential, statewide, sexual assault support line: 1-800-871-7741
- Support Groups for survivors of sexual violence
- Crisis Intervention and information
- Client Support Services for survivors of sexual violence, their families, and supporters
- Advocacy for survivors who choose to seek medical attention, report to police, or go through the criminal justice system (Sexual Assault Response Team, S.A.R.T.)
- Referrals to appropriate agencies and individuals in the community
- Community, professional, and school-based education
- Children's Advocacy Center of Kennebec & Somerset Counties
- Informational Website: [www.silentnomore.org](http://www.silentnomore.org)



PO Box 417  
Winthrop, ME 04364  
(207) 377-1010

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24/7 Sexual Assault Crisis & Support Line: 1-800-871-7741

[www.silentnomore.org](http://www.silentnomore.org)