



*Sexual Assault
Crisis &
Support Center*

Helping Our Community Become Silent No More



2021 ANNUAL NEWSLETTER

SUPPORT. ADVOCACY. EDUCATION. COMMUNITY.





Donna Strickler
Executive Director

DEAR FRIENDS,

This past fiscal year has been both challenging and uplifting, the challenges we all have faced with the pandemic in our work and our lives has taught us many lessons, lessons of empathy, selfcare and resiliency. We have worked hard to ensure services continue in a way that is mindful of these added challenges for those we serve as well, victims/survivors who come to us in hopes and expectation of support. We have been here for each other, and we are here for you! Even though we had to change the way we did some of our work, we never faltered in our mission to provide the most comprehensive and trauma-informed

services possible. I am proud of our staff, Board of Directors, donors and community members who continue to step up every day to help make a difference in the lives of those affected by sexual violence and abuse.



Maeghan Maloney
Board President

As a prosecutor of sexual assault crimes, I cannot stress enough the importance of being a part of a multidisciplinary team. We all work together on behalf of victims. The Children's Advocacy Center (CAC) has made a difference for children who have to talk about the worst nightmare of their lives (sexual assault). In order to help the children, they must tell us what happened to them, but now they can do this in a child friendly environment with a trained sexual assault forensic interviewer. This means the questions are asked by a professional and the questions and answers are recorded so that defense and prosecution and child protective all know exactly what the child said. This helps with connecting the child and family to the resources they need as well as with prosecuting the case in court. In

these challenging times, the agency continues to provide quality 24-hour services. As a Board Member, it is a privilege to volunteer my time for this most important service for our community.

I hope you will join me in supporting these important services, consider giving of your time or helping to support the work by donating. All of your generous donations, big or small will go directly to services provided to victims as well as free education in our schools and community.

OUR MISSION

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.

STAFF MEMBERS

Donna Strickler
Executive Director

Jenna McCarthy
Associate Director & Forensic
Interviewer

Kathy Auclair
Office Coordinator

Kelly Couture
Outreach & Resource
Development Coordinator

Samantha Marquis
CAC Manager & Forensic
Interviewer

Katie Laflamme
Community Educator

Kathleen Paradis
Prevention Educator

Morgan Polky
Rural SART Advocate

Julie Robertson
Family Services Coordinator

Samy Sturtevant
Marketing & Events Coordinator

Deanna Walker
SART Advocate

BOARD OF DIRECTORS

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Maeghan Maloney

Vice President
Jared Mills

Secretary
Michelle Galego

Treasurer
Dot Randall

Julie Armstrong

Morgan Cote

Elizabeth Jean

Hannah Longley

Anna Love

Raymond Moinester



646

CLIENTS
SERVED

189

CHILD
INTERVIEWS

409

SUPPORT LINE
CALLS

1814

SERVICE
HOURS

2020

INDIVIDUAL
SESSIONS WITH
CLIENTS

FINANCIALS

Sexual Assault Crisis & Support Center's not yet audited statement of functional expenses for the 2021 fiscal year (October 1, 2020 to September 30, 2021).

Fundraising/Donations	75,000
MECASA Passthrough	820,120
United Way	33,000
Maine General Contract	4,400
Municipal Funding	12,000
In-Kind	160,000
Other Income	100
Total Support and Revenue	\$1,104,620

Payroll Wages	500,000
Payroll Taxes	40,545
Benefit Stipend/Insurance	72,000
Workers Comp.	2,500
Unemployment	5,000
Retirement	22,000
Phone/WiFi/Answering Service	12,000
Materials/Supplies	34,267
Equipment Rental/Lease	11,000
Travel and Meetings	10,000
Utilities	7,000
Maintenance	2,400
Rent Expense	54,000
Insurance (Liability/D&O)	4,000
Direct Service Consultants	33,200
Tech Services/Software	14,000
Fundraising	15,000
Accounting & Legal	51,200
Mental Health Consultant	40,000
Memberships & Dues	4,500
Staff Development/Training	6,000
In-Kind Expenses	160,000
Miscellaneous	1,000
Total expenses	\$1,101,612

SEXUAL ASSAULT RESPONSE TEAM (SART)

by Jenna McCarthy, Associate Director

One of the biggest fears that survivors have is the fear of not being believed, or that their experiences will be minimized or dismissed, or that somehow they will be blamed for what happened.



Sexual violence continues to be prevalent in the headlines across the state and the country. We are continuously seeking opportunities to talk with more and more people about sexual violence and remind our communities about the importance of believing survivors who have the courage to come forward and shine a light on the importance of the crucial support services that our agency provides through many different programs, such as accompanying survivors through the many systems that they may encounter throughout their healing journey. Systems such as medical, civil & criminal court matters, law enforcement interviews, mental health systems, victim advocacy systems, and more.

Not everyone who has experienced sexual violence is aware of or understands the amount of support that is available to them. Some survivors may not be ready or want to reach out for support yet. And that's okay. The options are always available to them if/when they decide to access them. Survivors can choose to access our services in their own time and when they want to. Our support services occur over the long-term.

Free and confidential support can be accessed 24 hours a day, 7 days a week through our statewide toll-free support line **1-800-871-7741**. It is also important to note that these support services are also available to friends, family members and loved ones.

It can take a lot of courage for someone to pick up the phone and call for support. We honor that courage and callers are met by advocates on the other end of the line who truly care. Who will listen without judgement, who will begin by believing and who will take the time to really listen and empower survivors to make decisions that are best for them. Advocates don't rush in with lots of information and solutions. It is most important for advocates to listen and to provide an opportunity for survivors to share their experiences and what those experiences were like for them.

We support survivors to make decisions about choices and options and empower survivors to have as much control over decision-making as they can. Advocates provide practical tools to help survivors deal with the symptoms they may be experiencing as a result of their trauma. Simple tools, ideas, and suggestions help survivors feel more in-control of their emotions, deal better with their relationships and function better at work and in their personal lives.

Advocates help survivors have a sense of HOPE for the future.

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

I'm so glad you called

I believe you

You are not alone

Don't give up

I'm here

You are so worthy of support

Take the time you need to heal

It wasn't your fault

You are so brave

How can I support you?



As always, we thank you for your continued support of our programming which has a positive impact on the lives of individuals impacted by sexual violence. Every voice counts and together we can collectively work to ensure that our support services continue to be available whenever they are needed.

PREVENTION EDUCATION

Professional Development for our Partners

Peter,* a middle school principal called about a hallway trend that was suddenly spiraling among sixth graders. Students were grabbing each other's bodies as they walked by them in the hallway. Since arriving at middle school, they hadn't received any education around sexual harassment or bystander intervention, so we quickly strategized and began integrating these topics into their curriculum. However, staff also had not received any training to respond to problematic sexual behaviors or empower students to be upstanders.

Laurie* called in a panic. She is a social worker at a high school, and she feared one of her students was a victim of sex trafficking. She began to describe some of the behaviors she was seeing, and we immediately understood her concern. The first was that Myah* was suddenly traveling to Portland on the weekends, and she was wearing clothes and jewelry that Laurie knew Myah's family could not afford. Thankfully, Laurie had attended one of our CSEC (Commercial Sexualization Exploitation of Children) workshops and knew potential signs of trafficking, and we were able to get involved. However, many teachers and youth-serving professionals don't receive training in areas of sexual violence. This leaves a knowledge gap that we strive to fill.

***names were changed for protection of confidentiality**

Our education team provides a wide range of training to schools. In 2018, the Maine Department of Education (DOE) created a Child Sexual Abuse Prevention Education and Response Model Policy to support schools implementing effective child sexual abuse prevention policies. We help schools



meet compliance by providing the necessary training and education to staff and students. This includes every staff member in the district. Bus drivers, ed techs, administrators, and teachers must attend every four years or upon hire. We cover essential topics like awareness of sexual development, including appropriate and inappropriate behaviors, and increase their ability to effectively respond to student disclosures, sexual behaviors, or suspicions of child sexual abuse. Staff members must understand their school district's response and referral system for suspected child sexual abuse incidences.

We also provide professional development for service providers and other professionals, such as stalking awareness, sex trafficking, and sexual harassment prevention. Nearly 1 in 6 women and 1 in 17 men have experienced stalking at some point in their lifetime, yet it is hardly ever reported or taken seriously. Stalking is criminal and traumatic, so our goal is to educate folks around this topic and others.

For parents, we offer informational evenings providing education and support around childhood sexual abuse prevention. This increases parents' understanding of raising sexually healthy children through personal body safety, boundaries, and talking to safe adults. We also collaborate with DHHS to educate parents to regain custody of their children and youth workers who are unsure how to react when a tween confides another peer in the program was sexually assaulted during a dance they were at the previous weekend.

This month, we are grateful to be back in person, training a school district in Somerset County and coaches at a college. However, we still have the opportunity to present virtually at a statewide conference for health teachers, enhancing their teaching skills and curriculum around consent.

Although we work with various topics and audiences, our training is always victim-centered, research-informed, and practice-based. If you would like to request free training at your school or organization, our education team can develop content and integrate topics to meet your specific needs. You can contact our education team by emailing Kathleen at kathleen.paradis@silentnomore.org.



CHILDREN'S
Advocacy Center
of Kennebec & Somerset Counties

The Children's Advocacy Center serving Kennebec & Somerset counties has been providing a safe and neutral place for child forensic interviews, that children and families feel comfortable in for the past nine years. To date, we have interviewed 2,300 children and helped caregivers through the process.



On May 6th, the CAC welcomed Julie Robertson as our new Family Services Coordinator. She has been with the agency for six months now and has had an incredible impact on the families we serve. She is so warm and welcoming to each family, while also providing them with beneficial referrals for the next steps in their healing process. We are very lucky to have her on our team.

As a program we are continually adding new services and adding extra resources for children and their families. One service that we have been offering over the past year is a mental health clinician at our Winthrop location every Thursday. We have a wonderful partnership with Kennebec Behavioral Health (KBH) in order to bring mental health consultation to children and their families the very day they visit.

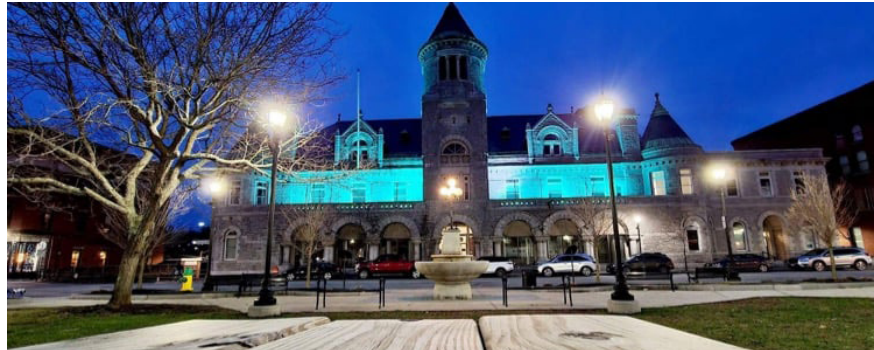
Another service we have updated is our Outcome Measurement Survey (OMS) for caregivers. This survey was developed by the very organization that accredits our center, the National Children's Alliance. This pilot project that 63 other Children's Advocacy Center's across America have signed on to participate in will allow caregivers who utilize our services to give more specific feedback about their mental health needs. We use OMS surveys to help make our program even better for the families that we serve.

On October 28th, CAC Manager, Samantha Marquis co-facilitated a training with Det. Ryan Brockway from Maine State Police at the Maine Criminal Justice Academy. The training provided was about minimal facts interviewing and subsequent referrals to Children's Advocacy Centers across the state of Maine. We look forward to providing this training again in Spring of 2022.



SEXUAL ASSAULT AWARENESS MONTH

Turn the Lights Teal



Teal lights displayed in downtown Augusta, courtesy of Skybox Holiday & Event Lighting

Turn the Lights Teal is a month-long initiative of the Sexual Assault Crisis & Support Center to promote awareness and community support for survivors of sexual violence. Our goal is to turn our local businesses and community teal in honor of Sexual Assault Awareness Month in April. With our Turn the Lights Teal Campaign, we hope to provide visual reminders that sexual violence does occur and one in five of us will experience this horrific crime in our lifetime.

Thank you to the following participating businesses:

Kennebec Savings Bank
Skybox Holiday & Event Lighting
Winthrop Commerce Center
G&E Roofing
Pickle's Potions and Lotions
Pouliot Real Estate
Rare Bird Art Studio
The Art Walk Shop & Studio
NAMI Maine
Imaginations
Otto's on the River
Water Street Barber Company
Sonny's Museum and Rock Shop and More
Downtown Diner
Ultra Electric
Hair Hustlers
The CBD Warehouse Maine
Colby College
Mixed Company Salon
Freckle Salvage Company

Law Office of Brian Condon, Jr.
Augusta Downtown Alliance
Levey, Wagley, Putman & Eccher, PA
Winthrop Police Department
Park's Performance
Maine Dental Boutique
Becky's Second Time Around
Autism Society of Maine
Everything Kids
Merkaba Sol
Lisa's Legit Burritos
KeyBank
True North Tattoos
Dreams Bridal
Cushnoc Brewing Company
John Sullivan's Pub
Tom Finn Shoe Repair
Riverfront BBQ & Grill
Bella Amica Salon
State Lunch

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 year end gift to the Sexual Assault Crisis & Support Center
silentnomore.org or text GIVE to 207-204-9995

FY 21 DONORS

Thank you to all everyone who has supported us this year! This list is comprised of donors who gave from October 1, 2020 to September 31, 2021

\$10,000 to \$25,000

Peter McAvoy, Sr.
United Way of Kennebec County

\$5,000 to \$9,999

Franklin Savings Bank
Hasenfus Family Dental
Kennebec Savings Bank
United Way of Mid-Maine

\$2,000 to \$4,999

Peter & Morgan Cote
G&E Roofing
KSW Federal Credit Union
Town of Skowhegan
Winthrop Commerce Center

\$1,000 to \$1,999

Granite Corp.
Chuck & Maria Hays
Melissa Hannon
Maine Community Foundation
Merrill's Investigations &
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Dorothy Randall
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Town of Clinton
Town of Litchfield
Town of Manchester
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Town of Vassalboro
Trademark Federal Credit Union
Walmart Financial Services
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Central Maine Motors Auto
Group

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James Nichols
Alane O'Connor
Janet Parkhurst
Carolyn McDaniel
Pine State Trading Company
Laura Ring
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Town of Canaan
Town of China
Town of Mount Vernon
Town of Pittston
Town of Readfield
Town of Winslow
William Trahan
Winthrop Fuel Company

\$100 to \$499

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Heather Allarie
Kristel Anuszewski
Lisa Barcellona-DiBiase
Elizabeth Barron
Susan Beaulieu
Tracy Beaulieu
Jane Benesch
Sarah Brooks
Polly Campbell
Skip Chabot
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Judith Churchard
Connected Credit Union
Kelly Couture
Naomi Crawford
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Judith Currie
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Financial
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Jennifer Day
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Carol Doorenbos
Downtown Diner
Angela Dumm
Daniel Eccher
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Furuta Family
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Michael Galante
Gardiner Federal Credit Union
Amy Gourley
Gay Grant
Benjamin Gray
Peggy Greenwald Forsyth
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Centers
Cynthia Hopkins
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KeyBank
Joe Ketzner
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Knights of Columbus
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Lajoie Brothers Inc.
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Jenn Lenotte
Steve & Jenn Lindquist
Dwight & Kristie Littlefield
Martha Lloyd
Longfellow's Greenhouses

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Aleisha Michaud
Christina Moen
Raymond & Mary Moinester
Monmouth Federal Credit Union
Tracy Morin
Kristin Murray-James
NAMI Maine
New Dimensions Federal Credit Union
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One River CPAs
Jeff Paquette
Paul Blouin Performance
Don Percious
Pine Tree Fence & Stove Shoppe
Danny Plourd
Pouliot Real Estate
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Christine Sullivan
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Town of Caratunk
Town of Embden
Town of Wayne
Town of Windsor
Michael Tracy
Meredith Turek
Ruth Van Arsdale
Donna Vintinner
Jill Welch

\$50 to \$99

Vikie Adams
Janice Amabile
The Art Walk Shop & Studio
Vanessa Bean
Christian Behr
Elizabeth Bellerose

Denise Benson
Susan Berry
Sue Blaisdell
Wendy Brochu
Amy Cemodanovs
Tara Chamberlain
Susan Cloutier
Kim Collins
Jill Colvin
Rebecca Cornell du Houx
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Darcy Liberty
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Deborah Munsen
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Betsy Panayides
Jenna Pederson
Tracey Philips
Chris Picard
Dennis Price
Lisa Randall
Nik Rende
David Ricker
Angela Robbin

Zoi Sandy
Kate Schleh
Nick Shelton
Mark Stailey
Nicole Stein
Benjamin Sweeney
Joshua Ward
Matthew Tardiff
Brenda Taylor
Michelle Teriault
Judith Towle
Ultra Electric
Michelle Walo Hartman
Tracy Warren

\$1 to \$49

Winter Adams
Nicole Alkire
Amazon Smile
The Art Store
Nancy Audet
Courtney Austin
Sara Bangs-Fifeld
Curtis Bentley
Deirdre Berube
Barbara Blake-Chapman
Richard Boghosian
Julie Booty
Jessica Braun
The CBD Warehouse Maine
Charities Aid Foundation of America
Erica Chute
Susan Cloutier
Jennifer Coffin
Daria Cullen
Mackenzie Cummings
Linda Dart
Dorothy Dominguez
Stacey Doyle Dow
Gail Drake
Gabriel Dumoulin
Keri Dunton
Allyson Eaton
Sarah Ferland
Erin Fortin
Jennifer Fortin

Ashley Gaslin
Elizabeth Gerdin
Heidi Gile
Roxanne Godin
Danielle Gorman
Meghan Gray
Kristi Greeley
Samantha Griffin
Ashley Gulyas
Hair Hustlers
Vickie Hebert
Peter Hodgins
Suzanne Holden
Imaginations
Ryan Jean
Nick Johnson
Peter Jon
Ravi Kamra
Charlotte Kelly
Molly King
Elisa Laflamme
Pam Lattin
Angela Leary
Michelle LeClair
Lulu LeGassey
Tammy LePage
Brian MacMaster
Danielle Magoon
Maeghan & Christopher
Maloney
Judy Marblestone
Missie Marks
Ang McAvoy
Susan McCarthy
Jeanne McIntyre
Joy McKenna
Donna Meuse
Brandy Meyer
Fawn Milbury
Vivian Mills
Cheryl Mitchell
Nathan Mitchell
Ryan Mitchell
Janice Murphy
Trish Nadeau
Carey Nason
Kathleen Nau

Otto's on the River
Pickle's Potions and Lotions
Andrew Pinkham
Grey Paquet
Kelly Paradis
Phyllis Pederson
Heather Plante
Jody Praul
Crystal Putek
Nikky Randel
Rare Bird Art Studio
Joy & Serena Richard
Stephanie Rioux
Judy Ringer
Tiffany Rooney
Sylvia Roy
Nicole Ryan
Sarah Schultz-Nielsen
Abigail Sears
Raphaelle Silver
Amy Sinclair
Lisa Snow-Manelick
Sonny's Museum and Rock Shop
and More
Elaine Staples
Jessica Strout
John & Samy Sturtevant
Yusum Sung-Hodapp
Dawnella Sutton
Margo Taylor
Maeghan Tobias
Brianna Tweedie
Dawna Vintinner-Grard
Candace Warren
Water Street Barber Company
Angela Westhoff
Kori White
Marcia White
Cami Wilbert
Cindy Witham
Jacklyn Woodward
Kartika Wright

thank
you ♥



Helping Our Community Become Silent No More

PO BOX 417
WINTHROP, ME 04364
(207) 377-1010



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

www.silentnomore.org