



RESILIENCE
EMPOVVERING
SURVIVORS
ENDING SEXUAL
VIOLENCE

FY2020 ANNUAL REPORT

SSION

Resilience is an independent, not-for-profit organization dedicated to the healing and empowerment of sexual assault survivors through non-judgmental crisis intervention counseling, individual and group trauma therapy, and medical and legal advocacy in the greater Chicago metropolitan area. Resilience provides public education and institutional advocacy in order to improve the treatment of sexual assault survivors and to effect positive change in policies and public attitudes toward sexual assault.

VISION

Resilience envisions a world where prevention efforts and global awareness of sexual violence expose rape myths, remove stigmas, eliminate rape and support all people as equal members of society.

FY2020 **BOARD OF DIRECTORS**

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ASSOCIATE BOARD UPDATE

"Resilience makes me a better person for every other person I get to know. When all of this is over, I'll still be here, and so will you."

- Alicia Babich, FY20 Associate Board President

In July of 2019, Resilience launched its first Associate Board comprised of 25 members, the purpose of which is to raise awareness of sexual violence and to take action through fundraising events and advocacy initiatives.

The Associate Board Commitment

- Join a community that shares a commitment to Resilience. Associate Board members will attend quarterly meetings, join committees to work on specific projects, and get together at Resilience events.
- Raise awareness of the entire spectrum of sexual violence. The Associate Board will host events and amplify the message of Resilience.
- Engage your networks in fundraising. Each Associate Board member contributes \$500 annually through a combination of personal giving and soliciting donations.



The Associate Board has been a huge success, with the following accomplishments:

• More than doubled the initial recruitment goal for Associate Board membership and added additional members throughout the year

> • Had nearly 100 attendees at their first single event

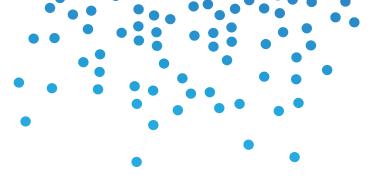


"To bring about change, you must not be afraid to take the first step. We will fail when we fail to try."
- Rosa Parks



"If your heart is broken, make art with the pieces."

WELCOME AND THANK YOU



2020 was a year unlike anything we've ever experienced, and it has impacted our community in countless ways: for those experiencing sexual violence, COVID-19 has, in many situations, exacerbated that danger; for our team at Resilience, the pandemic required that we completely rethink our programs to make them safe and effective during this time of crisis.

But as survivors kept bravely reaching out for support, we impelled ourselves to be there for them. Therapy services moved online, where we found that we could still help people dance, create, and communicate, even if we couldn't stand by their sides. Resilience also developed an online tool to walk survivors through the complicated legal process of petitioning for a remote order of protection, and we completed the state's first virtual 40-hour volunteer training program. These successes and more allowed us to continue to be a source of strength and healing to our clients. regardless of the physical distance.

Within the pages of this report, you'll find examples of all the ways your support has impacted survivors' lives during a difficult year. We're grateful for this community that understands and believes in the worth and dignity of those impacted by sexual assault, including during a pandemic. On behalf of Resilience, and on behalf of survivors, thank you.





Tom Andreesen Board of Directors

Gin Waltz



Erin Walton Executive Director

"On the other side of a storm is the strength that comes from having navigated through it. Raise your sail and begin."

4 RESILIENCE ANNUAL REPORT 2020

BY THE NUMBERS

SURVIVORS AND THEIR LOVED ONES SERVED THROUGH ADVOCACY, TRAUMA THERAPY, AND ANONYMOUS CRISIS SUPPORT

PROFESSIONALS TRAINED

30% Unknown

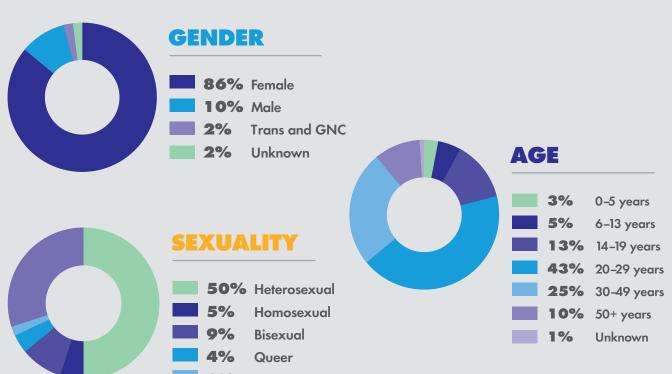
1,870

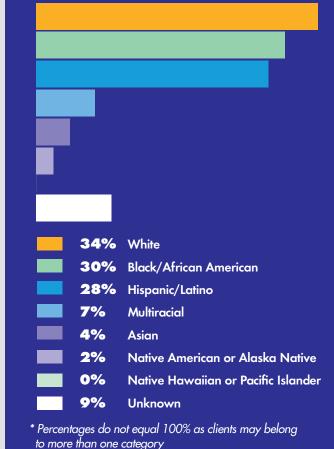
NEW VOLUNTEERS TRAINED





ETHNICITY





ADVOCACYSTANDING BY SURVIVORS

"It's people like my Resilience advocate that are the reason why I'm still here today. I am so grateful to the entire team for the work you do to make people in my situation feel heard." - Resilience Advocacy Client



"My advocate was fantastic! She came in, talked with us while no one was in the room and was really responsive to my friend when he needed it. She was able to get us simple stuff that I had a hard time doing."

- Resilience Advocacy Client

For years, Resilience has provided survivors of sexual assault with 24-hour aid and advocacy; our volunteers are always there to give non-judgmental crisis intervention, emotional support, legal and medical advocacy and referrals to more resources.

When COVID hit, Resilience had to quickly recalibrate its services to provide the same level of support remotely. We built partnerships with local clinics to provide free medical care for survivors who couldn't access hospitals; helped clients connect to mutual aid resources that took stress off other parts of their lives; and developed online tools to walk people through the complex process of petitioning remotely for an order of protection. Our advocates found ways to be with survivors, whether physically or from a distance.

Via highly trained volunteers and staff, Resilience offers medical advocacy in 16 Chicago emergency rooms, 24 hours a day (and also in Cook County Jail), as well as assistance with medical concerns that arise later. Similarly, Resilience legal advocates help survivors as they first begin to learn their rights under the law and also with any police reports, court proceedings, or other justice and legal matters that follow.

"Do not judge me by my success, judge me by how many times I fell down and got back up again."

- Nelson Mandela

& TRAINING

STOPPING SEXUAL VIOLENCE BEFORE IT STARTS

"You can give, you can talk about it, you can let people know why you're doing it. And if they're one of those people out there that doesn't know how big the problem is, educate them." — Jean Cozier, Donor and Ally

"I now know my own boundaries and know when to say stop."

- Resilience Education Program
Participant

Education is essential to ending sexual assault, and Resilience believes that teaching young people about consent, healthy relationships and bodily autonomy can build a future without sexual violence. This year, our in-person education for K-12 students moved online, with programs like our Sunday Storytelling, which taught all these principles through the use of Facebook Live giving the next generation a continued model for how to prevent sexual violence in their own lives through interactive storytelling.

We were the first organization in the state to host a 40-hour Sexual Assault Crisis Intervention Training, virtually, in addition to an educational book club series and our online events for Sexual Assault Awareness Month last April, including our signature events Standing Silent Witness and open mic night Breaking the Silence, helped us continue to raise awareness and support even from a distance.



"No matter how much falls on us, we keep plowing ahead. That's the only way to keep the roads clear."

- Greg Kincaid

6 RESILIENCE ANNUAL REPORT 2020

TRAUMA THERAPY

"It's easy to avoid topics or aspects that are uncomfortable or unsettling.

I loved that my counselor was able to push me in the ways she did, and directed my fears and my attention to the parts of myself that needed resolution."

- Resilience Trauma Therapy Client





Survivors deserve the chance to process and heal their sexual trauma. Resilience's trauma therapy program provides free individual therapy sessions, in addition to group therapy, to help facilitate the healing journey. Using methods including art, dance movement, talk and more, we provided hours of therapy to clients in 2020.

This year, Resilience facilitated new support groups to deal with this year's unique challenges, including one for college students handling new e-learning requirements and a knitting group. Movement therapy was new for Resilience before the pandemic, and it became more important than ever when our clients were stuck in their homes. In addition to dance therapy to deal with sexual violence, our therapists provided remote movement therapy to address the stress and anxiety that all of our bodies are experiencing during this extended lockdown. And while in the past we've limited our therapy sessions to 20 per client, our therapists found the time and flexibility to ensure that all our clients got the help they needed, as often as they needed, during these tumultuous times.

"I don't know how I would've gotten through the year following my sexual assault without Resilience and thetraumainformed therapy that was available to me."

- Stephanie Perkowski, former Resilience client and Associate Board President



In Illinois, the Sexual Assault Emergency Treatment Act (SASETA) ensures survivors get access to:

- Medical forensic exams
- 2 Evidence Collection
- 3 Treatment for STI exposure
- 4 Post-exposure prophylaxis and emergency contraception
- 5 Connection to social services and crises supports
- 6 A 90-day voucher for follow up treatment related to the sexual assault

SASETA aims to streamline access to comprehensive medical care, 24-hours a day by authorizing the above mandates be provided in emergency departments (EDs). Evidence collection and voucher access are not available in private or public health clinic settings under the law as a means to regulate compliance and strengthen education and specialization of Sexual Assault Nurse Examiners.

SASETA also appoints Rape Crisis Centers as the key stakeholder in meeting survivors' psychosocial needs during and after evidence collection.

THE PROBLEM

Since the outbreak of COVID-19, access to post-sexual assault care in EDs has declined significantly nationwide; Chicago is no different. Due to the influx of patients with COVID-19 in Chicago, EDs are high risk environments for COVID-19 transmission.

For survivors, this creates a barrier for care as survivors are following national, state, and local orders to shelter-in-place and avoid non COVD-19 related medical care. Additionally, they are understandably fearful of exposure.

Resilience reported a 49% decrease in calls from hospitals during the start of pandemic. What we know, is that historically in times of crises, natural disaster, and global instability, the rates of interpersonal violence (specifically sexual and intimate partner violence) increase. Thus, the 49% does not represent a decrease in assaults rather more accurately reflects a decrease in survivors accessing care in EDs.

THE SOLUTION

To address this urgent and real concern, Howard Brown Health, CAASE (Chicago Alliance Against Sexual Exploitation), Resilience and the Cook County States Attorney Office, in consultation with hospital partners, collaborated to create an amendment to SASETA to support the needs of survivors requesting access to medical forensic exams outside of the ER setting.

Resilience and our allies successfully advocated to expand evidence collection sites across the state of Illinois. Because of our work, approved federally qualified health centers can now submit sexual assault treatment plans to the Illinois Department of Public Health. When approved, they will follow the strict guidelines of the Sexual Assault Survivors Emergency Treatment Act and meet the same requirements as ERs.

- Meeting or exceeding current training requirements for care providers,
- Having cooperative partnerships with pediatric and emergency department facilities, as well as rape crisis centers,
- Abiding by the jurisdiction of all relevant authorities to allow monitoring and for chain-of-custody requirements,
- Not charging survivors for any treatment and providing free follow up care.

"I can be changed by what happens to me. But I refuse to be reduced by it."



OUR MUSIC MY BODY ISTENING TO OUR COMMUNITY

When Resilience initially collaborated with Between Friends to develop the Our Music My Body campaign, the mission was to bring consent education, bystander intervention and violence prevention to the Chicago music scene in an effort to promote safety overall.

Taking an intersectional approach, the belief was that preventing sexual violence in this specific community could have a ripple effect into other areas of people's lives. OMMB takes its work to where the musicians and fans are, providing information and support at festivals like Lollapalooza and Riot Fest as well as individual venues, including Schuba's, Lincoln Hall, and Sleeping Village.

When the pandemic started, we realized we needed to expand our vision of what OMMB could be — we needed to help those in the music industry address their basic needs, including food and shelter, before we could ask them to help us end sexual violence. Virtual education events hosted in collaboration with Amplify Her Voice gave a platform for music industry experts and community organizers to speak directly to what their communities - including musicians,



"Our hope is that when the pandemic ends, the music scene will not return to "normal": it will instead be more sustainable, more inclusive, and more consent-informed."

- Maggie Arthur, Senior Prevention Educator and Our Music My Body Campaign Coordinator

SOCIAL MEDIA UPDATE REACHING OUR COMMUNITY

This year, due to the pandemic, we had to turn all of our programming for Sexual Assault Awareness Month virtual, which forced new and creative social media engagements with our audience. This included an online fundraising challenge, virtual poetry slam, and two action-oriented days where our followers wore teal or shared messages of support for sexual violence survivors.

SAAM 2020 looked like this:

- Hosted 5 virtual events, attended by 126 people
- Inspired 162 donors to give and raised \$11,489,48 overall
- Created virtual alternatives for our two biggest SAAM events, Standing Silent Witness and Breaking the Silence, for the first time with huge success
- Grew our social media audience by 197 new followers







"Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up."

- Mary Holloway -----

RESILIENCE NOW HAS OVER 30,000 FOLLOWERS ON SOCIAL MEDIA, AN INCREASE OF 7% FROM LAST YEAR!

CELEBRATING RESILIENCELUNCHEON REVIEW

"We are grateful to Susan Packard, our Luncheon sponsors, and all of our supporters who made our inaugural Celebrating Resilience such a great success."

– Tom Andreesen, Resilience Board President

In October 2019, we had the opportunity to launch our inaugural Celebrating Resilience luncheon with special guest Susan Packard, cofounder of HGTV. More than 125 attendees, including community members, supporters and partners, gathered at the University Club of Chicago to celebrate Resilience, remember the survivors we support, and hear from one of the most successful women in the business and media worlds. Guests enjoyed delicious seasonal food and drinks as they learned key lessons on emotional fitness in leadership and how to deepen their personal satisfaction and productivity both in work and in life.





HOW YOU CAN HELP GETTING INVOLVED



- Become a volunteer medical advocate
- Intern at Resilience
- Join our Board of Directors or Associate Board

CONNECT

- Participate in one of our public events
- Sign up for our newsletter
- Follow us on social media
- Talk to others about Resilience



GIVE TO RESILIENCE

- Donate online or by mail
- Host a fundraiser
- Matching gifts
- Corporate giving
- Planned giving
- Sponsor one of our special events



"Our greatest glory is not in never falling, but in rising every time we fall."

- Confucius

FOR MORE INFORMATION CONTACT

Amy O'Keeffe

Director of Development

aokeeffe@ourresilience.org

VOLUNTEER PROGRAM

Volunteers are the backbone of Resilience, and this year demonstrated that more than ever. It is our volunteers that are often survivors' first point of contact with the organization, showing up (whether virtually or in person) 24 hours a day and walking them through hospital examinations, advocating for their rights, and guiding them through legal proceedings.

Resilience trained a total of 57 new volunteers this year, bringing our total number of volunteers to 191 and increasing our capabilities to assist even more survivors during this time of crisis. This year volunteers provided 16,376 hours of advocacy and support.



"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience." - Jaeda Dewalt

	2019	2020
Cash and Cash Equivalents	\$925,071	\$1,196,576
Investments	\$315,333	\$308,180
Grants and Accounts Receivable	\$742,181	\$754,746
Property and Equipment, Net	\$33,958	\$35,477
Prepaid and Other Assets	\$47,942	\$84,327
Rental Deposit	\$14,034	\$14,034
TOTAL ASSETS	\$2,078,519	\$2,393,340
LIABILITIES AND NET ASSETS	2019	2020
Accounts Payable		\$10,640
Accrued Expenses		\$82,18
Deferred Lease		\$17,10
Deferred Revenue		\$179,849
TOTAL LIABILITIES	\$260,776	\$289,771
Unrestricted	\$1,703,527	\$1,649,085
Temporarily Restricted	\$100,000	\$50,000
	*	Ċ1
Total Net Assets	51,803,527	51,099,085
Total Net Assets Total Liabilities and Net Assets	\$1,803,527 \$2,064,303	\$1,699,085 \$2,370,531
Total Liabilities and Net Assets	\$2,064,303	\$2,370,531 2020
Total Liabilities and Net Assets FY20 REVENUE	\$2,064,303	\$2,370,531 2020 \$1,750,114
Total Liabilities and Net Assets FY20 REVENUE Government Grants	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465
Total Liabilities and Net Assets FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243
Total Liabilities and Net Assets FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees Special Events, Net	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777 \$84,949	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243 \$8,977
Total Liabilities and Net Assets FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777	\$2,370,531
Total Liabilities and Net Assets FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees Special Events, Net	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777 \$84,949	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243 \$8,977
Total Liabilities and Net Assets FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees Special Events, Net Interests and Miscellaneous Income TOTAL REVENUE	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777 \$84,949 \$2,093 \$2,525,700	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243 \$8,977 \$14,61 \$2,649,832
Total Liabilities and Net Assets FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees Special Events, Net Interests and Miscellaneous Income	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777 \$84,949 \$2,093	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243 \$8,977 \$14,61 \$2,649,832
FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees Special Events, Net Interests and Miscellaneous Income TOTAL REVENUE FY20 EXPENSES Program Services	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777 \$84,949 \$2,093 \$2,525,700 2019 \$1,869,641	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243 \$8,977 \$14,61 \$2,649,832
FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees Special Events, Net Interests and Miscellaneous Income TOTAL REVENUE FY20 EXPENSES Program Services Management and General	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777 \$84,949 \$2,093 \$2,525,700 \$1,869,641 \$324,817	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243 \$8,977 \$14,611 \$2,649,832 2020 \$1,994,680 \$390,946
FY20 REVENUE Government Grants Foundation Grants Individual Contributions Service Fees Special Events, Net Interests and Miscellaneous Income TOTAL REVENUE FY20 EXPENSES Program Services	\$2,064,303 2019 \$1,694,507 \$225,000 \$228,374 \$290,777 \$84,949 \$2,093 \$2,525,700 2019 \$1,869,641	\$2,370,531 2020 \$1,750,114 \$252,422 \$187,465 \$436,243 \$8,977 \$14,611 \$2,649,832 2020 \$1,994,680





THANK YOU TO OUR **SUPPORTERS**

FOUNDATIONS

Blowitz Ridgeway Chicago Community Trust Chicago Says No More Crown Family Philanthropies Chicago Foundation for Women (CFW) The Duchossois Family Foundation East Tennessee Foundation Eau Claire Community Foundation Flowers For Dreams Friedell Family Charitable Fund Macarthur Foundation Nathan La Porte & Leah Handel Charitable Fund Polk Brothers Foundation S&P Global Foundation The Lucy Fund/Jean and

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\$10,000 and Above Anonymous

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Bela Gandhi

Alison Gutterman Elizabeth Haas Lindsay Hack Clara Haeffner Nate Hall Tay Ham Mollie Hambro Grace Hamilton Daniel Han Luke Hansen Mori Hansen Lisa Hanson-Braun Michael Happ Coleen Harden Lauren Harais David Hart Ariya Hatami Carmen Hatch Karen Hatfield Mary Hawkins Elizabeth Hayes Melissa Hayman Joanne Haynes Arthur Haynes III Alicia Healy Sarah Heilbronner Addison Heimann Sharon Heimbaugh Matthew Henry Jose Hernandez Mateo Hernandez Sarah Hernandez Raul Herrera Cassidi Hess April Hickey Colin Higgins Kathryn Hill Katie Hill Yary Hluchan Michelle Ho Sara Hodakins Kaethe Hoffer Claire Hoffman Betty Holcomb Anne Hollister Tamara Holmes James Holzhauer Elizabeth Honig Nancy Hook Michelle Hoppe

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16 RESILIENCE ANNUAL REPORT 2020

Lee Horne Hannah Horner Michael Horton Rashida Howard Chelsea Hoy Robert Hoye Pyrpre Hubbard Katherine Hufford Stephen Humber Ana Humphrey Jane Hungerford Leah Hungerford Chaclyn Hunt Brenda Hurley Matthew Huston Beth Hyland Fred Idesis Susie Imel Vaudezilla Inc Katie Infusino Katherine Infusino Rebecca Inskeep Gayle Irvin Jennifer Jackson Pamela Jackson Edward Jacobser Courtney Jacquin Angel Jaicome Tasfia Jamil Julie Janssen Amanda Jaron Lisa Jastram Rushini Jayawardena Val Jencks Mindu Jhattu Michelle Job Catherine Johns Amy Johnson Anita Johnson Kathy Johnson Lynne Johnson Michael Johnson Sarah Johnson Gina Johnson-Wells Eleanor Johnston Chris Jones Elizabeth Jones TeeNeka Jones Cameron Jordan Cecilia Jordan Sibyl Josephson

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18 RESILIENCE ANNUAL REPORT 2020

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20 RESILIENCE ANNUAL REPORT 2020

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