

# JOURNEY OF RESILIENCE



RESILIENCE
EMPOVVERING
SURVIVORS
ENDING SEXUAL
VIOLENCE

### MISSION

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.

"I've been working in social services for about 10 years

### **RESILIENCE IS A UNICORN.**

It is an agency that provides services that I didn't even think were possible. And why not continue to uplift and pour into an agency so they continue to heal the community one person at a time, not one community, multiple communities, one person at a time, one advocate at a time, one therapy session at a time, one group session at a time."

Gaby Molden-Carlwell, MSW LSW Resilience Austin Trauma Therapist



Thanks to the efforts of its Board of Directors, Resilience was able to meet its fundraising goals via event sponsorship, donor stewardship, and strategic planning. The Board continues its commitment to Resilience by offering fundraising support, unique perspectives, networks, and passion for our mission.

#### **FY2021 BOARD OF DIRECTORS**

Tom Andreesen, President Lauren Pesa, Vice President Beth Kallmyer, Secretary Jonathan Center, Treasurer Dr. Crystal Clark Eugene Halleran

Kate Meyer Kate Miaon Shonda Nelson Sarah Wallace McKaye Whiteside

#### FY2022 BOARD OF DIRECTORS

Lauren Pesa, President Jonathan Center, Vice President Kate Meyer, Secretary Eugene Halleran, Treasurer Lucero Castellanos

Dr. Crystal Clark Mark Cohen Brian Greenbera Kate Migon Dr. Swathi Mothkur Sarah Wallace

#### FY2022 ASSOCIATE BOARD

Sarah Kina. President Stephanie Armendariz Alicia Babich Stephanie Brown Kristin Burns Sarah Hernandez Andrea Kina Ashlee Krawczyk Megan Lawlor

Michelle Morrow Hannah Muerhoff Molly Nugent Lauren Okura Kerri Pana Amanda Robert Olivia Weyers Mary Wozniak Jennifer Zale

# RESILIENCE **ASSOCIATE BOARD**

The purpose of the Resilience Associate Board 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 \$650 annually through a combination of personal giving and soliciting donations.

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

\$55,000

Raised over \$55,000 in support of Resilience through events and individual give/gets

Held the first annual Resilience 5K Walk, Run, & Roll in June 2022

# WELCOME AND THANK YOU!

Dear Friends,

What a journey we have all been on for the past few years—and what a journey still lies ahead of us, in our fight against sexual violence. As we reflect on Fiscal Year 2022, there's one thing we know for sure: We're so glad you've been there with us every step of the way.

Our theme for this year's Evening of Impact gala—held in person for the first time in two years—was A Journey of Resilience. More and more, there's a feeling of forward momentum as we take the best of what we've learned during pandemic and use it to shape the current moment, and the one after that. Here's a quick snapshot of Resilience's steps forward in Fiscal Year 2022:

- · We strengthened both our staff and our volunteer corps, so we can continue to give survivors the support they deserve.
- We refined our hybrid service model, so we can be right where survivors need us—in person, online, or by phone.
- We expanded our roster of fundraising events when our Associate Board launched the Resilience 5K Walk, Run, & Roll.
- · We debuted out first-ever podcast, Celebrating Resilience, to bring awareness to sexual violence and help amplify survivors' voices.

Speaking of journeys, by the time you read this, Executive Director Erin Walton will be on to the next step in her career. She remains a steadfast advocate for sexual violence survivors, and we are profoundly grateful for the dedication and vision she has shown in leading our staff since 2017. Rest assured that Resilience is in capable hands as we search for our next Executive Director.

Again, we thank all of our donors, grantors, sponsors, allies, clients and other supporters. We couldn't have done this work alone and your support changes lives every day. We hope this look back at Fiscal Year 2022 makes you proud of everything you've helped Resilience accomplish on behalf of sexual violence survivors—and excited to continue walking with us on the road ahead. We thank you and celebrate you.

With gratitude and hope, Lauren Pesa and Erin Walton

Lamen Pesa



Lauren Pesa Resilience Board President

Gin Waltz



Erin Walton
Immediate Past
Executive Director

# RESILIENCE BY THE NUMBERS

**OVER 1,500** 

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

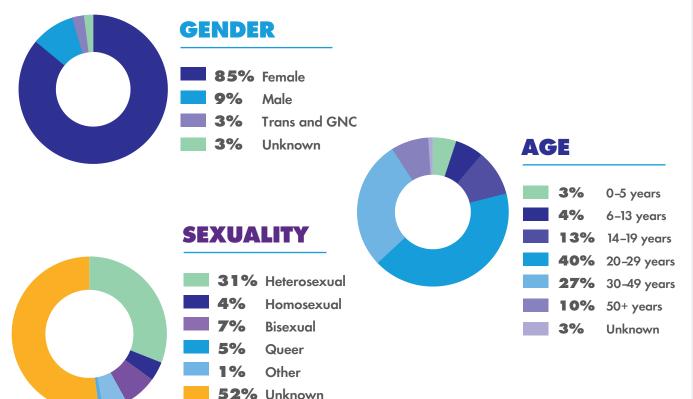
# 5,580 PROFESSIONALS TRAINED

72
NEW VOLUNTEERS TRAINED

## **OVER 8,400**

**ETHNICITY** 

INDIVIDUALS REACHED THROUGH OU PREVENTION EDUCATION PROGRAM





to more than one category

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### **ADVOCACY**



Our highly trained volunteers and staff offer medical advocacy in 15 Chicago emergency rooms, 24 hours a day. This work includes collaboration with detention centers under the Prison Rape Elimination Act (PREA) and our partner hospitals in also working with incarcerated survivors. Through our follow-up advocacy services, survivors learn their rights and options, including safety planning, accessing orders of protection, criminal legal options, and enforcing accommodation rights as an employee or student survivor. Our advocates also provide information and referrals around housing rights, survivor immigration related rights, legal representation referrals and more.

In Fiscal Year 2022, Resilience hosted three virtual trainings for new volunteers to provide 24/7 crisis intervention and advocacy, working

98% to 100%

of survivors receiving medical and/or legal advocacy reported that this was helpful.



My role as a volunteer medical advocate makes a difference. An individual's interaction with being in the emergency room... that can be very isolating, so I see myself as someone who prevents that individual from feeling alone, from feeling isolated in this environment... We're providing them the necessary care that prevents them from feeling alone and falling through the cracks and to the point where they understand that healing can happen.

Isa Alvarez. Resilience Volunteer Medical Advocate

# **EDUCATION** & TRAINING:

**KNOWLEDGE IS POWER** 

In schools, workplaces, community centers and a variety of other settings, Resilience provides high-quality prevention education and professional training to analyze the root causes of sexual violence in age appropriate ways, increase capacity in supporting survivors and where to get help when needed. Every workshop or training teaches participants how to identify and challenge elements of rape culture, recognize and reduce sexual violence risk factors, and become agents of change in their own communities.

In Fiscal Year 2022, Resilience's Education & Training program piloted a residency model in collaboration with long-time partner organization Imagination Theater (IT). Through this pilot, our two organizations offered intensive educational programming about child sexual abuse prevention for students in kindergarten through 8th grade at two CPS schools: Cameron in Humboldt Park, and Kozminski in Hyde Park. The four-week residency in each school allowed Resilience and IT to build deeper relationships with students and staff and to take additional steps to ensure that key information was learned and retained.

Children in the residency program showed a 65% INCREASE OF KNOWLEDGE of "grooming" behavior, such as being asked by an adult to keep a secret.



"The most powerful part of this program is giving students the knowledge of how to keep themselves safe, and also letting them know that should their safety be compromised, they can trust adults to go to talk to them about their situation."

Steve Leaver, Executive Director of Imagination Theater, a partner of Resilience

## TRAUMA THERAPY:

### HELPING SURVIVORS HEAL

Sexual violence is a highly traumatic experience. Resilience's Trauma Therapy program offers free, confidential individual and group therapy for survivors and their non-offending loved ones. Resilience therapists use evidence-based methods including talk, art, movement, and EMDR (Eye Movement Desensitization and Reprocessing).

Many survivors benefit from working toward healing within a group whose other members share their background of interests. In Fiscal Year 2022, the Trauma Therapy team was pleased to offer a variety of specialized groups, including: Queer Survivors Group, Empowering Art Therapy, Women of Color Support Group, Journaling & Meditation Group, Self Compassion Group, and Intimacy After Assault.

95% of survivors receiving Trauma Therapy reported that this helped them make progress toward their treatment goals.

"I'm truly grateful for everything Resilience has done for me, especially the therapy aspect of things. I really don't know where I would be right now, today, without you. I hope someday I am able to repay Resilience in some way or pay it forward in some way for the immense blessing I've been given." Resilience Trauma Therapy Client "I love how my therapist understood my anxiety and trauma. I have never been treated with so much care and respect by a therapist or anyone. She helped me feel safe enough to work through tough topics." Resilience Trauma Therapy Client

## **LEGISLATIVE NEWS**

Each year, Resilience participates in legislative and policy education to help ensure that laws and institutional responses are fair and compassionate toward sexual violence survivors.

#### HERE ARE A FEW BILLS THAT RESILIENCE SUPPORTED IN FISCAL YEAR 2022 THAT ARE NOW ILLINOIS LAW:

SB3033 AMENDMENTS TO SASETA: Amends SASETA, and defines "follow-up healthcare" to mean specified healthcare services within 180 (instead of 90) days of the initial visit for medical forensic services, aligning with CDC recommendations. A sexual assault survivor who is not the subscriber or primary policyholder of their health insurance policy may opt out of billing their private insurance, and if the survivor opts out, then the bill for medical forensic services shall be sent to DHFS's Sexual Assault Emergency Treatment Program for reimbursement.

Limits IDPH approval to no more than 6 federally qualified health centers (FQHCs), which must be in geographically diverse areas of the state, and prohibits approved FQHCs from billing sexual assault survivors directly for medical forensic services. Adds requirements FQHCs must meet to be approved.

Adds a member to the Sexual Assault Medical Forensic Services Implementation Task Force and requires the Task Force's report to the General Assembly be submitted by Jan. 1, 2024 (rather than 2023). Task Force provisions repealed on Jan. 1, 2025 (rather than 2024).

HB4430: Legislation that would allow pharmacists to prescribe, dispense, and administer HIV prevention drugs—including pre-exposure prophylaxis (PrEP) to people at risk and post-exposure prophylaxis (PEP) for people who may have been recently exposed to HIV—without a prescription from a provider. Pharmacists would continue to facilitate connections to ongoing medical care and social support services.

HB5441: Amends the Criminal Code of 2012. Provides that for purposes of the Sex Offenses Article of the Code, "unable to give knowing consent" also includes when the victim is intoxicated, but the accused did not provide or administer the intoxicating substance.

HB3988: Creates the Task Force on Missing and Murdered Chicago Women Act. Creates the Task Force on Missing and Murdered Chicago Women. Provides for the composition of the Task Force and its appointment and meetings, that the Task Force shall report annually to the General Assembly and the governor on the work of the Task Force, and that the Task Force must examine and report on the following:

- 1. the systemic causes behind violence that Chicago women and girls experience, including patterns and underlying factors that explain why disproportionately high levels of violence occur against Chicago women and girls, including underlying historical, social, economic, institutional, and cultural factors that may contribute to the violence;
- 2. appropriate methods for tracking and collecting data on violence against Chicago women and girls, including data on missing and murdered Chicago women and girls;
- 3. policies and institutions such as policing, child welfare, medical examiner practices, and other governmental practices that impact violence against Chicago women and girls and the investigation and prosecution of crimes of gender-related violence against Chicago residents;
- 4. measures necessary to address and reduce violence against Chicago women and girls; and
- 5. measures to help victims, victims' families, and victims' communities prevent and heal from violence that occurs against Chicago women and girls.

## OUR MUSIC, MY BODY

All too often, when people attend live music at festivals, clubs, and other venues, they are subjected to verbal harassment, unwanted touch, and other forms of sexual violence.

Indeed, surveys indicate that around half or even more than

# 90% OF WOMEN ATTENDING LIVE MUSIC

have had this experience—and it's often unclear how to respond.

The purpose of the Our Music, My Body (OMMB) campaign by Resilience is to help make sure live music is a fun, safe experience for everyone, and that fans and venue staff all know what to do if they experience, witness, or are told about this behavior.

#### Here are a few of OMMB's biggest successes in Fiscal Year 2022:

- In summer 2021, OMMB had staffed information tables at Lollapalooza, Ruido Fest and Riot Fest and also at a show by the band Inner Wave, which was the start of an ongoing partnership with that band.
- OMMB facilitated a staff training for Sad Summer Fest, continuing its partnership with this festival even though it didn't stop in Chicago in Fiscal Year 2022.
- OMMB conducted a series of Instagram live interviews with bands from the label Revival Recordings, including The Home Team and Nicolas Rage. Revival also started selling a collaboration T-shirt on its website and donating proceeds to Resilience.

# SOCIAL MEDIA UPDATE

In Fiscal Year 2022, Resilience continued to grow and connect with our dedicated social media community.





WE'RE PROUD TO REPORT WE GAINED OVER



FROM FY21 TO FY22 AND TODAY HAVE OVER

31,000 FOLLOWERS

**ACROSS PLATFORMS!** 

### FOLLOWERS AS OF JUNE 30, 2022



16,793



5,316



4,498



3,908



92

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### **EVENTS**

In FY22, we were delighted to be able to meet with our constituents in person again. Our two major events, Evening of Impact and the Celebrating Resilience Luncheon, were huge successes, underscoring the community's commitment to supporting survivors of sexual violence.



#### **EVENING OF IMPACT**

Evening of Impact is Resilience's biggest fundraiser of the year. In FY22, we hosted Evening of Impact in person again, after three years, at Galleria Marchetti in Chicago. The event was attended by more than 200 people and raised over \$122,000 in support of survivors and their loved ones. This year's theme, A Journey of Resilience, honors the resilience that survivors embody, and also the collective journey of resilience that we've all embarked on during the challenges of the past two years. After a period of so much isolation and many additional barriers to receiving help, it has been an extraordinary journey for survivors.



## CELEBRATING RESILIENCE LUNCHEON

The Celebrating Resilience Luncheon is one of Resilience's premier annual events. Every year, supporters, corporate and community partners, friends, and allies gather to celebrate an exemplary business leader who has demonstrated resilience throughout their career and who is committed to supporting Resilience's mission and vision. This year, we were thrilled to welcome Melissa Widen, Founder, Chief Administrative Officer & General Counsel of First Women's Bank, as our keynote speaker.



# CELEBRATING RESILIENCE PODCAST

FY22 saw the launch of Resilience's brand new communications project, the Celebrating Resilience Podcast. In the first episode, our hosts Jenniffer Weigel (a TV and radio personality and producer) and Erin Walton had a conversation about the healing power of art with actor and filmmaker Melissa Center. We discussed the short film "His Name is Niv, a Story about Consent"—which Melissa wrote and directed as part of her personal journey of healing.



#### SEXUAL ASSAULT AWARENESS MONTH (SAAM)

April is Sexual Assault Awareness Month (SAAM), and in FY22. Resilience held several events to support survivors during this critical month. Events included a T-shirt designing open studio, Breaking the Silence, and Standing Silent Witness. Breaking the Silence, a virtual open mic night for local Chicago artists to share their stories of survival and resistance through poetry, spoken word, and more, was attended by over 100 people. We were delighted to host Standing Silent Witness in person again this year at Federal Plaza. In a visual demonstration of the silencing of survivors, participants gather silently for one hour wearing T-shirts with stories and messages protesting sexual violence and rape culture. As a way to break the silence about sexual violence, this powerful event includes community members, advocates, volunteers, and survivors amplifying stories that are too often ignored

# HOW YOU CAN HELP -GETTING INVOLVED

# FOR MORE INFORMATION CONTACT

Amy O'Keeffe Chief External Relations Officer and Interim Co-Director aokeeffe@ourresilience.org

#### JOIN OUR COMMUNITY

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

#### **GIVE TO RESILIENCE**

- Donate online or by mail
- Matching gifts
- Corporate giving

Host a fundraiser

- Planned giving
- Sponsor one of our special events

CONNECT

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

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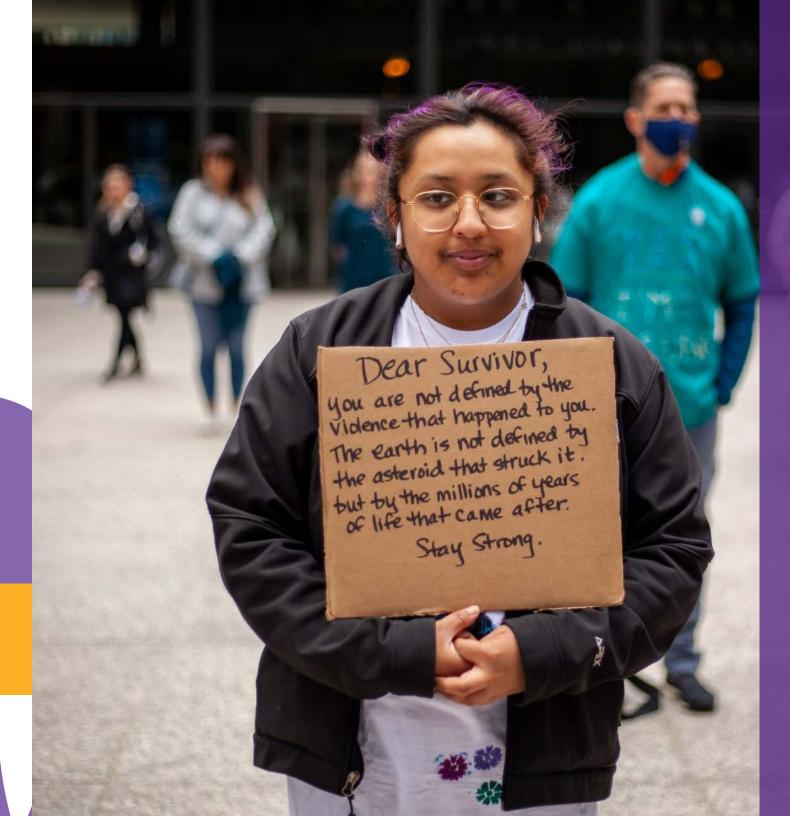
### **VOLUNTEERS**

When Resilience was first founded in 1974, our entire purpose was to provide one-on-one support for sexual violence survivors in the emergency room. Though our agency has expanded and added new programs and services over the years, 24-hour crisis intervention and advocacy in the ER is still at the heart of what we do – and volunteers play a critical role.

After they complete 60 hours of training, all Resilience volunteer advocates sign up to be on call for two 12-hour shifts each month. Depending on the survivor's preference, a volunteer will either meet with them in person at the ER or provide support by phone. Our volunteers help ensure that the survivor we see in the emergency room receive compassionate medical care, understand their legal and medical rights, and feels emotionally supported throughout their ER visit. Our services also extend beyond the emergency room through our full and part time staff.

In Fiscal Year 2022, Resilience was pleased to begin rebuilding our volunteer corps—an important sign of recovery after the restrictions and uncertainties of COVID caused many previous volunteers to discontinue their service.

With help from our volunteers, in the past fiscal year, Resilience provided 24-hour crisis intervention and advocacy to 726 survivors in 15 hospital ERs.



"I learned that it's never your fault if you get sexually touched or if you're too scared to tell someone that you're getting touched."

- 4th grade student

# **FINANCIALS**

ASSETS	2022	2021
Cash and Cash Equivalents	\$1,258,515	\$1,384,891
Investments	\$350,337	\$398,248
Grants and Contributions Receivables	\$568,111	\$577,245
Service Fees Receivables	\$222,642	\$118,889
Furniture and Equipment, Net	\$88	\$2,869
Other Assets	\$73,519	\$71,721
TOTAL ASSETS	\$2,473,212	\$2,553,863
LIABILITIES	2022	2021
Accounts Payable	\$23,324	\$20,756
Accounts Receivable	\$62,319	\$106,633
Deferred Lease	\$25,281	\$ -
Deferred Revenue	\$71,227	\$70,677
Long Term Liablities	\$ -	\$ -
TOTAL LIABILITIES	\$ 182,151	\$ 198,066
NET ASSETS	2022	2021
Without Donor Restrictions	\$2,136,061	\$2,010,797
With Donor Restrictions	\$155,000	\$345,000
TOTAL NET ASSETS	\$2,291,061	\$2,355,797
TOTAL LIABILITIES AND NET ASSETS	\$2,473,212	\$2,553,863
FY20 REVENUE	2022	2021
Government Grants	\$1,938,176	\$2,137,743
Foudation Grants	\$230,000	\$526,500
Individual Contributions	\$180,649	\$180,716
Service Fees	\$315,652	\$317,727
Special Events, net Interest and Miscellaneous	\$93,866	\$109,990
Interest and Miscellaneous	\$2,653	\$755
TOTAL REVENUE	\$2,760,996	\$3,273,431
FY22 EXPENSES	2022	2021
Program Services	\$2,042,032	\$1,971,475
	\$368,172	\$370,710
Management and General		T • / · · •
Management and General Fundraising	\$367,710	\$349,345

# TRIBUTE TO OUR DONORS

At Resilience, we pride ourselves on offering a wide range of high-quality programs and services at no cost to sexual violence survivors and their loved ones. Along with our individual donors, our supporters at foundations and corporations help us do this life-changing and life-saving work. Resilience is deeply grateful for generous support from these foundations, corporations, and our most generous community supporters in Fiscal Year 2022.





Left: Sponsors McCorkle Litigation Services at the Celebrating Resilience Luncheon

Right: Erin Walton and Resilience donor Jean Cozier

# **THANK** YOU TO LOYA **SUPPORTERS!**

### **FOUNDATIONS**

Alpha Delta Pi Foundation AmazonSmile Foundation America's Best Charities Arie & Ida Crown Memorial Blowitz-Ridgeway Foundation Chicago Area Combined Federal Campaign Chicago Foundation for Women Chicago Says No More Clark Family Fund David Reinisch & Julie Kiefer Fund **Exelon Foundation** Foursomes 4 Philanthropy Friedell Family Charitable Fund Healy Family Giving Fund The Lucy Fund, Jean and Ernest Cozier Nathan LaPorte & Leah Handel Charitable Fund Ott Kinser Giving Fund Polk Brothers Foundation S&P Global Foundation Sweeney Family Foundation Viola Foundation VMLY&R Foundation **VNA** Foundation

#### **CORPORATIONS AND BUSINESSES**

Abbott Laboratories AbbVie AEG Presents LA LLC Aspen Insurance AT&T Employee Giving Campaign Atticus Holdings LLC Blue Cross Blue Shield of Illinois Chicago Community Trust Coinbase Chicago Trading Company Fifth Third Bank First Women's Bank G2 Crowd. Inc. Grainger Robert Half IBM Inner Wave Intercontinental Exchange

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#### \$10,000 and Above

Toyota of Naperville

Jean Cozier Lucie Tolan

TransUnion

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

Garrett & Jennifer Glawe Elizabeth Howard Kristie Paskvan Walter & Melinda Winkel

#### \$1,000 - \$4,999

Tom & Azza Andreesen Michael & Elizabeth Beaudin Jonathan & Becky Center Dr. Crystal Clark Mark Cohen Darkest Before Dawn Delta Epsilon Mu Fraternity Christine Evans Marilyn Freund Nathan Gartlan

Eugene Halleran Kimberlee Herold Loretta Julian Beth Kallmyer William Kral Lindsey Lopatin Kate Meyer Kate Migon Kate Morrison Patti Nyien Derrick & Kendall Perkins Lauren Pesa Gary & Vicki Pines Aleiandro Rebollo Nicole Smith Pablo Sotelo Katherine & Laird Stabler Sarah Wallace Ted and Teresa Werner McKaye Whiteside & Jon Hussain

#### \$500 - \$999

Ranaa Ansari Vincent Arrigo Peter Ascoli Jane Bistry Tracey Breeden Claire Bushey Lucero Castellanos Michael Cermak Brandon Coleman Tim Davis Don Delves Andrea DeVincenzi Scott Dille Jean Dufresne Donna Espeut Christopher Fons Christopher Johnson Joseph Levering Phillip Patinkin Denis Pierce Paula Render Marilyn Rosen Mironda Ross Bill Springer Ann Weinert Melissa Widen

**Emily Zapotocny** 

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Stephanie Armendariz

Laura Anne

Riley Arnold

Chuck Aron

Berkeley Asare

Myrna Asencio

Fatimah Asahar

Keith Atkinson

Gili Averbuch

Chaylin Ayala

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Maria Balata

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Mitch Boyd Joanna Bradford Samantha Brahler

Kerith Brand

Trisha Brauer

Jeffery Bravo

Donata Brazdzionyte

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Michael Horton Jennifer Hsu Pyrpre Hubbard Schundra Hubbard Rachel Hudson Samantha Huffman Thomas Hughson Alyson Huguelet Cindy Hui

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