

Regional Funding

Fiscal Year 2021 - Partner Funding Application

Empowerhouse

Agency Information

General Information

Agency Name	Empowerhouse
Physical Address	150 Olde Greenwich Drive, Suite 101, Fredericksburg, VA, 22408, U.S.A.
Mailing Address	P.O. Box 1007 Fredericksburg, VA 22402
Agency Phone Number	(540) 373-9372
Federal Tax ID #	521142547
Web Address	http://www.empowerhouseva.org/
Agency Email Address	office@empowerhouseva.org

Agency Mission Statement

We empower survivors and their children to believe in themselves and build new lives filled with dignity, respect, safety, and hope. Empowerhouse gives victims the time, space, and tools to heal their hearts, restore their connections, rebuild their lives, and renew their spirits. Empowerhouse breaks the cycle of violence through shelter, housing, advocacy, education, awareness, prevention, and intervention. Major goals for our work include promoting the safety of domestic violence survivors and their children through the 24 hour domestic violence hotline and domestic violence shelter, direct advocacy, safety planning, housing entry and stabilization, court and healthcare accompaniment assistance, and collaboration with other helping agencies. Our work also focuses on addressing the crisis and domestic violence services needs of the entire family, including children's and teens' programming, providing a Certified Batterer's Intervention Program, and educating youth in classroom based education presentations on healthy relationships and the warning signs of teen dating violence.

Number of Years in Operation	41
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Main Contact

Main Contact	Kathy Anderson, phone: (540) 373-9372, email: kathya@empowerhouseva.org
Job Title	Executive Director

Localities Served

Please select any/all localities your agency serves.

Caroline	<input checked="" type="checkbox"/>
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- Fredericksburg
- King George
- Spotsylvania
- Stafford

Collaborative Impact

Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.

If Empowerhouse were dissolved or merged, we would see decreased health and economic status for many of our citizens particularly women and children. Homicides and suicides of men, women, and children would increase; injuries would increase; increased risk of harm would befall emergency responders who would continue to be called to escalated situations. There would be no-one to call at night, when law enforcement is on the scene, to discuss with them how to connect with shelter and mobilize resources to effect that connection. Our work improves the safety of DV victims (cost savings in not treating new injuries) and their children; it also does so for responders because we provide alternatives to what victims have been living.

We provide support to obtain jobs, access protective orders, and obtain court system relief. We move victims from crisis to stability. The shelters, rental subsidies, and employment services provided via donations and grant funding to DV victims are crucial in helping local citizens take control of their lives and gain economic stability that decreases the burden on tax payers. Our clients retain employment, pay taxes, and participate in the area's economy. This help stops survivors from spiraling into poverty and homelessness.

Empowerhouse leverages at least 10 dollars for every locality dollar invested. We make huge community improvements with the services made possible by the dollars Empowerhouse brings into the region and raises in our community. It makes fiscal sense that we partner with governmental systems. Our nonprofit wages cost significantly less than government workers performing comparable but different tasks and purpose. Our nonprofit leverages in-kind and volunteer contributions that unite with governmental support and make the total dollars expand the impact made in our region. We operate regionally which saves repetitive functions that would duplicate in each jurisdiction if services were stand-alone in each locality.

Community Impact

Please provide at least 2 examples of how your services have impacted members of our community.

Example 1

Victim notification calls are made when their abusive partners or ex-partners are court ordered into the Empowerhouse batterer's intervention treatment program, Fresh Start. This function is performed by the staff of Empowerhouse's Domestic Violence (DV) Education and Supports Program. This call provides information about the program, available victim services, and safety planning. Recently an Empowerhouse DV Advocate employee, intern, or volunteer reached a victim by phone. She learned that the victim credited the DV education/support group Empowerhouse provides bi-monthly at the Sunshine Lady House-SLH (RACSB Crisis Stabilization) as instrumental in her leaving her abuser. Persons experiencing acute psychiatric crisis may stay at SLH, a medical temporary step down from in-patient mental health or substance abuse facility or if experiencing a mental health or substance use crisis and in temporary need of stabilization.

Empowerhouse and the Sunshine Lady House established this partnership group a few years ago as a result of training received by Empowerhouse DV advocates and mental health and local substance abuse treatment providers. This training supported dialogue and cross training on the impact of domestic violence, needs of survivors, and needs of people experiencing trauma, mental health crisis, and substance use. The Empowerhouse DV advocate provides information on DV, group facilitation, activities to support learning and healing, imparts information about the dynamics of DV, and the availability of free services to support anyone who is experiencing DV. Learning about the Empowerhouse DV shelter and its 24 hour free and confidential services, hotline, community based support groups, court advocacy, healthcare advocacy, children and teen groups, housing, employment and education supports, risk assessment and safety planning have been a lifeline for some of the victims from all corners of PD16 who have passed through the RACSB Sunshine Lady House.

Example 2

"Avery", a 20 year old college student, came to the Empowerhouse office. She heard about Empowerhouse thanks to a partnership with the University. At her young age, she already had been repeatedly victimized by her cohabitant boyfriend of a year and a half. His abuse tactics included name calling, taking her vehicle, and the escalation to physical violence including two episodes of strangulation. She described one incident, "When he was attacking (strangling) me, I felt like I was in a seashell. I don't really remember some things but I will always remember the black look of his eyes and the 'whooshing' sounds in my ears. I fought back with everything I had in me... because at that moment, I knew I was going to die." Avery had no local support. Her family was out of state. She was sleeping on a friend's sofa. The Empowerhouse DV Education and Supports program advocate reviewed the dynamics of domestic violence (DV). Avery was unsure of her next steps. They put together a safety plan and reviewed highlights before she left. Avery returned twice to meet with her advocate. She decided she wanted to pursue a protective order (P.O.). The Empowerhouse DV advocate assisted her to navigate the courthouse while she filled out the paperwork detailing her reason for requesting the P.O. She accompanied her to all of the offices and court appearances and her 2 year P.O. eventually was granted. The DV advocate linked Avery to the DV Support Group service and she has attended several groups and has met with the DV housing program staff. Avery decided she wanted to pursue criminal charges against her abuser and the advocate accompanied her to a meeting with the Detective. Charges were filed for strangulation, assault and battery, and abduction and are pending trial. The advocate will accompany Avery to all future court proceedings, as well as provide continued support services as needed. Avery will contact her advocate to re-evaluate her safety plan if her abuser is released on bond.

Example 3 (Optional)

Hearing directly from the experts on the ground: the DV survivors who have passed through services provide insight. The following quotes were provided about the Empowerhouse Domestic Violence (DV) Housing Supports program via anonymous surveys sent to a confidential statewide repository at the state coalition: "I had no idea these types of things (meaning Empowerhouse DV shelter and housing resources) existed. My abuser told me no one would help me." When asked to describe any positive experiences, "Everything was positive. I have zero complaints. I will recommend you guys to anyone who needs help. Everyone made me feel safe and very peaceful and positive environment." Another DV survivor shared, "Oh my God! I would have died. I was malnourished and mentally done. I probably would have clung to anyone." When asked to describe any positive experiences, "Getting to rewrite my future and having a safe place to go. I was suicidal and abused. The program understands the history of abuse and your issues are taken seriously." Another DV survivor responded. "I've got help I would've never imagined. Everyone I came in contact with taught me to notice all the red flags I missed before. Impact on me I never had before. I am grateful." Another DV survivor responded, "It was nice to be able to get back onto my feet with help instead of going back to the relationship."

A final piece on a new partnership not shared in the application: Empowerhouse co-wrote a grant with MWHC, at their request, in response to a community need for restoration of 24 hour forensic nursing examiner (FNE) services at MWH emergency department. FNEs provide trauma informed nursing care to sexual assault, child abuse, strangulation, and injured DV victims. Their forensic exams collect evidence on associated crimes. They are a critical health response to our community's violence victims.

Empowerhouse received this grant and pays for one FTE FNE as pass through funds in our DV Education and Supports Program.

Empowerhouse

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for Empowerhouse in FY21 will be \$255,802. Empowerhouse continues to be administratively lean. The costs of administration continue to be a low percentage of the budget, last year at just over 11% of the operating budget, in 2018. The expenses include direct full or partial salaries of administrative and management staff and benefits for functions related to fiscal, administrative and fundraising efforts. It also includes a percentage of the overall operating costs and the total costs associated with fundraising events, the audit, payroll fees, and banking and credit card related fees and charges.

If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.

Empowerhouse is not requesting locality funding for administrative costs.

Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.

N/A, see above.

Capital Expenses

Please provide an overview of the capital costs for your agency.

In the budget year of this request, fiscal year (FY) 2021, we do not have any capital costs.

Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.

N/A

Salary & Benefit Expenses

Please provide an overview of any increases or decreases in general personnel expenses for your agency.

Fields are not open for actual 2017 and 2018. Empowerhouse has not intentionally left these columns blank.

There is very little change in overall staffing. The video production costs for the teen films are not in the FY21 budget and the restructuring of the hotline services eliminated part-time staffing hours which became necessary during the vacancy of a long term employee of 14 years as Empowerhouse tries to maintain or reduce strains on the overall budget.

Please provide a description of any changes to agency benefits structure or cost.

No change.

Budget Issues

Provide any legislative initiatives or issues that may impact the agency for the upcoming year.

The Empowerhouse Executive Director joined the Virginia Action Alliance Public Policy Committee in addition to renewing an appointment by the Governor of the Virginia Advisory Committee on Sexual and Domestic Violence. These are two ways among others that allow the organization to serve the Commonwealth. It also helps the organization to become aware of trends and initiatives that may impact the agency in the coming year. The new accreditation process will launch in the current year and this will allow Empowerhouse to renew its commitment to best practices in the field.

If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.

N/A

Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.

N/A

Empowerhouse

Agency Total Budget

In the boxes below provide an overview of the administrative costs associated with your total agency budget.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Salary			1,022,769.00	1,250,261.00	1,218,111.00
Benefits			169,997.00	224,461.00	215,670.00
Operating Expenses			457,234.00	593,732.00	601,311.00
Capital Expenses			0.00	30,000.00	0.00
Other Expenses			0.00	0.00	0.00
Total	0.00	0.00	1,650,000.00	2,098,454.00	2,035,092.00

Revenues

Please include revenue associated with your entire organization. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline			4,624.00	4,624.00	6,500.00
Fredericksburg			14,350.00	14,350.00	20,000.00
King George			0.00	0.00	10,000.00
Spotsylvania			55,448.00	58,220.00	68,000.00
Stafford			50,000.00	52,189.00	68,000.00
United Way			80,000.00	76,000.00	76,000.00
Grants			846,958.00	1,264,922.00	1,239,891.00
Client Fees			94,000.00	87,950.00	87,950.00
Fundraising			121,100.00	135,200.00	140,051.00
Other (Click to itemize)	0.00	0.00	215,000.00	405,000.00	318,700.00
Total	0.00	0.00	1,481,480.00	2,098,455.00	2,035,092.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	0.00	-168,520.00	1.00	0.00

Empowerhouse

Locality Information

Locality Notes

Please use the spaces below to provide any locality specific notes or statements that may be relevant to your application.

Caroline County

In FY 2019, 181 Caroline County residents received Empowerhouse services including 2,382 shelter and housing bed nights for 19 Caroline victims and children. Empowerhouse locality supported programs are requesting \$6,500 in total from Caroline County (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$1,876 over FY 2020 to continue supporting Caroline County residents affected by the trauma of domestic violence/intimate partner violence with life saving domestic violence services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Caroline victims with safety planning, court accompaniment, shelter, housing, support groups, and linkage to other services. Empowerhouse is present in Caroline juvenile and domestic relations court weekly for domestic violence cases and maintains a dedicated phone line specific to Caroline County on top of the 24-hour local and toll-free numbers.

City of Fredericksburg

In FY 2019, 775 Fredericksburg City residents received Empowerhouse services including 5,129 shelter and housing bed nights to 69 victims and children. Empowerhouse locality supported programs are requesting \$20,000 in total from Fredericksburg (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$5,650 over FY20 to continue supporting Fredericksburg City residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Due to the lifesaving and economic impact of DV shelter and housing, Empowerhouse devotes significant staff leadership and advocate time to coordinating with and supporting the Community Continuum of Care (located at GWRC) which is dedicated to all PD16 homeless including those who become homeless as a result of DV. Empowerhouse co-wrote and received a Federal grant with MWHC which supplies a new .9 FTE forensic nurse examiner for area violence victims.

King George County

In FY19, 215 King George County residents received Empowerhouse services including 736 shelter and housing bed nights to 5 victims and children (in the first third of FY20 10 victims and children received 686 bed nights already). Empowerhouse locality supported programs are requesting \$10,000 in total from King George County (out of total locality supported programs budget of \$1,579,885) for FY21. In FY17 King George committed to continue supporting King George residents affected by the trauma of domestic violence/intimate partner violence via match funding in which Empowerhouse partnered with the King George Sheriff's Office where the Sheriff dedicated office space for a full-time Empowerhouse advocate. Since then, the Empowerhouse advocate is providing immediate outreach to King George Sheriff's Office identified victims by phone and local in-person safety planning, court and other offices accompaniment and linkage to other services in addition to its 24-hour hotline and shelter.

Spotsylvania County

In FY 2019, 1,094 Spotsylvania County residents received Empowerhouse services including 4,754 shelter and housing bed nights for 109 Spotsylvania victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Spotsylvania (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$9,780 over FY 2020 to continue supporting Spotsylvania County residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Spotsylvania victims with safety planning, shelter, housing, support groups, and linkage to other services. The Empowerhouse outreach office and a satellite office provided by court services are located in Spotsylvania. Empowerhouse provides an advocate daily dedicated to Spotsylvania juvenile and domestic court to support them while filing protective orders.

Stafford County

In FY 2019, 1,125 Stafford County residents received Empowerhouse services including 9,969 shelter and housing bed nights for 113 Stafford victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Stafford (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$15,811 over FY20 to continue supporting Stafford County residents affected by the trauma of domestic violence (DV) with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Stafford victims with safety planning, shelter, housing, court accompaniment, support groups, and linkage to other services. The Stafford Sheriff's Office provided a satellite office last year for Empowerhouse with staff starting this year via Federal grant partnering with Stafford County. Empowerhouse provides on-site confidential DV services and supports a high risk team pilot effort to prevent DV homicides.

Empowerhouse - Domestic Violence Education and Supports

Program Overview

You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.

When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.

You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.

General Information

Program Name Domestic Violence Education and Supports

Is this a new program? No

Program Contact

Name Mendy Pierce

Title Services Director

Email mendyp@empowerhouseva.org

Phone (540) 373-9372

Program Purpose / Description

Provide an overview of this program

We provided in-person domestic violence (DV) education and supports to 1,210 adults at our public offices, court, support groups, and at health offices last year. 41 years ago, police and social workers had nowhere to send a mom (and her children) if beaten in her own home. Community members founded RCDV, now Empowerhouse, an accredited DV services organization, the only one locally, one of 55 in Virginia, providing free and confidential trauma informed services to DV victims including: risk assessment, education on impact & risks posed to self, to children-and to physical and mental health, services in Spanish, safety planning, legal remedies, and groups. Court advocates are in PD16 Juvenile & Domestic Court for regular DV criminal docket days or by request of victims, attorneys, or court services and help DV victims face their abusive partners in trials. They help with emotional support, filing, education, referrals, connection to services, and accompaniment to help them obtain protective orders, navigate a complex legal system, and safety plan as they choose to proceed or not and as they are successful or not, and as they move past court proceedings. Latina advocacy assists with a network to help navigate language barriers and culturally unfamiliar systems. In group, victims learn about the impact of DV on their lives and reduce isolation through peer and worker support. Workers assist identified victims in healthcare settings as requested by victims and professionals.

Client Fees

Please describe the fees clients must pay for the services by this program.

No fees. Empowerhouse is an accredited domestic violence program. Programs are not allowed to charge fees to victims of domestic violence for victim services. The majority of victims of domestic violence come to Empowerhouse without a name for what they are suffering and they do not assertively seek services. Many question whether they deserve to receive services because they are conditioned to believe they are not worth anything. We find that domestic violence victims frequently say they are unsure of whether they are calling/visiting the right place and go on to say that someone else may need Empowerhouse services more than they do. Fees for services would present one additional barrier which would make the services less accessible to them than is already the case based on their own self screening resulting from the isolation and the severe attacks to their self-worth. Removing barriers to services saves lives.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

Negotiating safely away from abuse is complex and challenging. Once the secret's out, much work is ahead for DV survivors, experts of their horrific situations. They continuously weigh options and competing needs, seeking an end to violence in a way safest for their family. Often certain safety is unattainable for them and their children since they are not the ones in control of stopping the abuse, stalking, and control their partners maintain and escalate once they leave. They strive for best decisions despite limited choices posing both benefits and risks in implementation. One in 4 women experience severe intimate partner violence in their lifetime. Every 5 days DV kills a Virginian, more while leaving than those living in abuse, underscoring the escalating danger while trying to end DV. Area law enforcement respond to over 6500 DV calls/year. With our help, victims assess risk & learn DV impact, legal remedies, safety planning, and community resources. They seek freedom from abuse.

If this is a new program, be sure to include the benefits to the region for funding a new request.

n/a

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

DV adult victims in need of services: every socio economic background, religion, education level, age, race, ethnicity, language, gender, profession, etc. We serve 24hrs/day regardless of locality. Police and courts refer to services at the Spotsylvania outreach office, the Spotsylvania Court Intake office, our King George & Stafford satellite offices within the Counties' Sheriff's Offices, or by phone. Victims appear in courts for DV criminal cases, or at health offices where we are located or respond. Daily our advocates are in Caroline, Fredericksburg, King George, Spotsylvania, and Stafford courts. Support groups-2 hours weekly at churches. Providing the only free and confidential support & accompaniment services strictly to help DV victims, we often save lives by helping assess risk, obtain protective orders, and safety plan. Learning they are not to blame and not alone, they see abuse is not the norm and not deserved. With help, they gain a support system and achieve many goals.

If your program has specific entry or application criteria, please describe it here.

n/a

Empowerhouse - Domestic Violence Education and Supports

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

The relatively modest increase requested 1. in relationship to the size of the budget (between \$720-\$6,096 increases to requests toward a \$518,667 program budget); 2. given 33% growth of the program since 2017 when the actual expenses were \$350,037; 3. given that the growth includes partnerships strengthened that have made possible locality based offices staffed with Empowerhouse services on-site; and 4. given their importance as critical risk assessment and life saving safety services for victims of domestic violence, Empowerhouse respectfully requests that localities increase their support to sustain the quality of services and in recognition that Empowerhouse uses best nonprofit practices in building awareness and seeking community based support for these same services. Every dollar that the community is able to provide is helping and the local government support is just as critical for Empowerhouse to provide the services to locality residents who need them and benefit from them.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

In order to maintain the level of services appreciated by the localities and its residents, Empowerhouse is in the position of needing to ask the localities to support the level of services that are now benefiting area residents. If cuts have to be made due to shortages in funding, staffing levels will be impacted which effectively reduces the availability of services that have proved to be critical in saving lives. We would like to see growth in numbers served, reaching victims that otherwise would not come forward and in safety outcomes.

In particular, please describe in detail if any increase is sought for new positions or personnel.

N/A. Our growth has occurred over the past few years and has now leveled off for this year and next year but is substantially higher than a couple of years ago. The FY19 budget was created in the fall of 2017 and the actual expenses were \$436,490, higher than budgeted, and in the FY20 budget in which we are operating now, the program budget will probably look more like the proposed FY 21 budget due to current staffing levels and current projections. The locality requests this year being made for next year will help us sustain our level next year.

Empowerhouse - Domestic Violence Education and Supports

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Personnel	254,028.00	300,194.00	308,138.00	430,045.00	407,961.00
Benefits	49,229.00	58,216.00	55,561.00	56,224.00	56,828.00
Operating Expenses	46,780.00	83,942.00	56,240.00	59,371.00	53,878.00
Capital Expenses		0.00	0.00	0.00	0.00
Total	350,037.00	442,352.00	419,939.00	545,640.00	518,667.00

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline	1,450.00	1,736.00	1,704.00	1,733.00	2,453.00
Fredericksburg	4,725.00	5,386.00	5,287.00	5,379.00	7,547.00
King George	5,207.00	0.00	0.00	0.00	3,773.00
Spotsylvania	17,552.00	20,196.00	20,429.00	21,823.00	25,659.00
Stafford	16,399.00	18,695.00	18,422.00	19,563.00	25,659.00
United Way	39,316.00	49,070.00	28,173.00	37,939.00	37,551.00
Grants	261,384.00	338,849.00	262,384.00	390,965.00	380,942.00
Client Fees	0.00	0.00	0.00	0.00	0.00
Fundraising	2,504.00	2,420.00	3,540.00	8,238.00	8,083.00
Other (Click to itemize)	1,500.00	76,000.00	10,000.00	60,000.00	27,000.00
Local Contributions	1,500.00	6,000.00	10,000.00	60,000.00	27,000.00
Local contributions received to be spent in following year		70,000.00			
Total	350,037.00	512,352.00	349,939.00	545,640.00	518,667.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	70,000.00	-70,000.00	0.00	0.00

Empowerhouse - Domestic Violence Education and Supports

[View Diagram](#) Goals and Objectives

Goals

Goal:

Promote the safety, education and support of victims of domestic violence to decrease exposure to and the harmful effects of abuse and violence.

Objectives

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
Provide assistance and support through a variety of support groups to 175 female victims of domestic violence meeting 2 hours each week/group.	Total # Clients Served	177		235		175	175
	Total # Clients Achieved/Successful	177		235		175	175
	% Achieved / Successful	100	0	100	100	0	100
At least 70% (Virginia standard) of domestic violence survivors are able to identify their safe options through participation in the development of a safety plan.	Total # Clients Served	1,116	1,150	1,202		1,180	1,180
	Total # Clients Achieved/Successful	1,031	805	1,131		826	826
	% Achieved / Successful	92.38	70	94.09		70	0

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

N/A

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

The outcome target for goals and objectives have not changed. The overall baseline number for projected target number of people served was increased by 30 for 2019. The actual number served in FY19 was 1,210 and the numbers participating in groups those accompanied at court and healthcare offices also increased to 252 and 680 respectively.

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Goal:

Survivors of domestic violence prioritize their own and their children's health, wellness, security, and safety.

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
At least 70% of surveyed survivors of domestic violence know more about community resources after participating in court advocacy, health accompaniment, Latina advocacy, and/or support groups.	Total # Clients Served	117	75	244	100		100
	Total # Clients Achieved/Successful	109	53	220	70		70
	% Achieved / Successful	93.16	70.67	90.16	70	0	70
At least 85% of surveyed survivors of domestic violence felt more hopeful about their future as a result of participating in the domestic violence education and support services.	Total # Clients Served	117	75	244	100		100
	Total # Clients Achieved/Successful	110	64	227	85		85
	% Achieved / Successful	94.02	85.33	93.03	85	0	85

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

N/A

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

No changes will be made. We had an unusually high number of surveys reported in the 2018 year due to holding onto surveys written in Spanish not realizing the state coalition had achieved capacity to enter the surveys in Spanish.

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Goal:

Promote the safety, health, security, and support of victims of domestic violence to decrease exposure to and harmful effects of violence.

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
To accompany and assist 600 victims of domestic violence in area Juvenile and Domestic violence Courts and healthcare settings.	Total # Clients Served	532		644	550		600
	Total # Clients Achieved/Successful	532		644	550		600
	% Achieved / Successful	100	0	100	100	0	100
To provide support and education services to 175 Hispanic/Latina victims of domestic violence in their primary language with the support of bilingual/ bi-cultural advocates.	Total # Clients Served	246		226	175		175
	Total # Clients Achieved/Successful	246		226	175		175
	% Achieved / Successful	100	0	100	100	0	100

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

N/A

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

No changes. Court accompaniments are higher now than in the past with increased staffing hours. We expect the increase to level off as the locality based advocates spend more time with the victims they are serving rather than attend more court appearances. The numbers will go up if more victims come forward however. With the political climate, we typically expect that services requested from survivors with limited English proficiency will go down related to fears of harassment around perceived immigration status. For that reason, we do not change the baseline projection but continue to promote the accessibility of the services. The number served this year is fewer than last year's 246 but more than the baseline. FY 2019 numbers of Latinx domestic violence survivors served was 224.

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Empowerhouse - Domestic Violence Education and Supports

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2017, FY2018, and FY 2019, the estimated numbers of individuals served in FY2020 and the projected numbers of individuals served in FY2021.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 Estimate	FY 2021 Projected
Fredericksburg City	128	134	133	130	130
Caroline County	95	77	72	70	70
King George County	40	135	131	125	125
Spotsylvania County	395	402	447	400	410
Stafford County	429	413	401	420	430
Other Localities	29	41	26	35	35
Total	1,116	1,202	1,210	1,180	1,200

Empowerhouse - Domestic Violence Education and Supports

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

Churches-support groups & other. Memoranda of Understanding- governmental & non to coordinate services to promote DV victims health and safety: 5 jurisdictions: Law Enforcement-work with officers, seek safety & justice & provide cross training; Quantico MB & victim/witness-at court and staff cases for best outcomes, training & plan events; prosecutors- seek assistance during trials and when abuser has elevated risk behaviors toward victim or worker; J & DR Court Intake & Clerks-to help victims file protective orders (PO), custody, etc., help Spanish speakers file in I-CAN; Social Service Departments- coordinate- expedite benefits and support services for children; Probation-coordinate victim safety related to offender accountability; LAW-prioritize assisting income eligible DV victims with lawyer or advice-civil proceedings: POs, custody, undocumented victims; UMW-campus victims; coordinate DV support and training in health settings w/RCASA, MWH Forensic Services, EDs, & health offices.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

If dissolved: DV Victims often believe there is nowhere to turn but to their abusers which was the case 41 years ago. They would have no free educational support group where they learn from prepared topics and from other peer group members facing similar trauma and would have no expanded support system. They would not learn how to spot abusive behaviors or what healthy relationships look like-gaining communication skills for future relationships. No one would train their healthcare providers to screen routinely and safely for DV offering a lifeline to an immediate advocate. They would not be repeatedly accompanied to all court hearings when they bravely face a person who professed to love them but instead had terrifying behavior and who remains a symbol of fear or an actual threat. Homicides and suicides of men and women, injuries, and child fatalities would increase; and increased risk of harm would befall emergency responders who would continue to be called to escalated situations.

Regional Funding

Fiscal Year 2021 - Partner Funding Application

Empowerhouse

Agency Information

General Information

Agency Name	Empowerhouse
Physical Address	150 Olde Greenwich Drive, Suite 101, Fredericksburg, VA, 22408, U.S.A.
Mailing Address	P.O. Box 1007 Fredericksburg, VA 22402
Agency Phone Number	(540) 373-9372
Federal Tax ID #	521142547
Web Address	http://www.empowerhouseva.org/
Agency Email Address	office@empowerhouseva.org

Agency Mission Statement

We empower survivors and their children to believe in themselves and build new lives filled with dignity, respect, safety, and hope. Empowerhouse gives victims the time, space, and tools to heal their hearts, restore their connections, rebuild their lives, and renew their spirits. Empowerhouse breaks the cycle of violence through shelter, housing, advocacy, education, awareness, prevention, and intervention. Major goals for our work include promoting the safety of domestic violence survivors and their children through the 24 hour domestic violence hotline and domestic violence shelter, direct advocacy, safety planning, housing entry and stabilization, court and healthcare accompaniment assistance, and collaboration with other helping agencies. Our work also focuses on addressing the crisis and domestic violence services needs of the entire family, including children's and teens' programming, providing a Certified Batterer's Intervention Program, and educating youth in classroom based education presentations on healthy relationships and the warning signs of teen dating violence.

Number of Years in Operation	41
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Main Contact

Main Contact	Kathy Anderson, phone: (540) 373-9372, email: kathya@empowerhouseva.org
Job Title	Executive Director

Localities Served

Please select any/all localities your agency serves.

Caroline	<input checked="" type="checkbox"/>
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- Fredericksburg
- King George
- Spotsylvania
- Stafford

Collaborative Impact

Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.

If Empowerhouse were dissolved or merged, we would see decreased health and economic status for many of our citizens particularly women and children. Homicides and suicides of men, women, and children would increase; injuries would increase; increased risk of harm would befall emergency responders who would continue to be called to escalated situations. There would be no-one to call at night, when law enforcement is on the scene, to discuss with them how to connect with shelter and mobilize resources to effect that connection. Our work improves the safety of DV victims (cost savings in not treating new injuries) and their children; it also does so for responders because we provide alternatives to what victims have been living.

We provide support to obtain jobs, access protective orders, and obtain court system relief. We move victims from crisis to stability. The shelters, rental subsidies, and employment services provided via donations and grant funding to DV victims are crucial in helping local citizens take control of their lives and gain economic stability that decreases the burden on tax payers. Our clients retain employment, pay taxes, and participate in the area's economy. This help stops survivors from spiraling into poverty and homelessness.

Empowerhouse leverages at least 10 dollars for every locality dollar invested. We make huge community improvements with the services made possible by the dollars Empowerhouse brings into the region and raises in our community. It makes fiscal sense that we partner with governmental systems. Our nonprofit wages cost significantly less than government workers performing comparable but different tasks and purpose. Our nonprofit leverages in-kind and volunteer contributions that unite with governmental support and make the total dollars expand the impact made in our region. We operate regionally which saves repetitive functions that would duplicate in each jurisdiction if services were stand-alone in each locality.

Community Impact

Please provide at least 2 examples of how your services have impacted members of our community.

Example 1

Victim notification calls are made when their abusive partners or ex-partners are court ordered into the Empowerhouse batterer's intervention treatment program, Fresh Start. This function is performed by the staff of Empowerhouse's Domestic Violence (DV) Education and Supports Program. This call provides information about the program, available victim services, and safety planning. Recently an Empowerhouse DV Advocate employee, intern, or volunteer reached a victim by phone. She learned that the victim credited the DV education/support group Empowerhouse provides bi-monthly at the Sunshine Lady House-SLH (RACSB Crisis Stabilization) as instrumental in her leaving her abuser. Persons experiencing acute psychiatric crisis may stay at SLH, a medical temporary step down from in-patient mental health or substance abuse facility or if experiencing a mental health or substance use crisis and in temporary need of stabilization.

Empowerhouse and the Sunshine Lady House established this partnership group a few years ago as a result of training received by Empowerhouse DV advocates and mental health and local substance abuse treatment providers. This training supported dialogue and cross training on the impact of domestic violence, needs of survivors, and needs of people experiencing trauma, mental health crisis, and substance use. The Empowerhouse DV advocate provides information on DV, group facilitation, activities to support learning and healing, imparts information about the dynamics of DV, and the availability of free services to support anyone who is experiencing DV. Learning about the Empowerhouse DV shelter and its 24 hour free and confidential services, hotline, community based support groups, court advocacy, healthcare advocacy, children and teen groups, housing, employment and education supports, risk assessment and safety planning have been a lifeline for some of the victims from all corners of PD16 who have passed through the RACSB Sunshine Lady House.

Example 2

"Avery", a 20 year old college student, came to the Empowerhouse office. She heard about Empowerhouse thanks to a partnership with the University. At her young age, she already had been repeatedly victimized by her cohabitant boyfriend of a year and a half. His abuse tactics included name calling, taking her vehicle, and the escalation to physical violence including two episodes of strangulation. She described one incident, "When he was attacking (strangling) me, I felt like I was in a seashell. I don't really remember some things but I will always remember the black look of his eyes and the 'whooshing' sounds in my ears. I fought back with everything I had in me... because at that moment, I knew I was going to die." Avery had no local support. Her family was out of state. She was sleeping on a friend's sofa. The Empowerhouse DV Education and Supports program advocate reviewed the dynamics of domestic violence (DV). Avery was unsure of her next steps. They put together a safety plan and reviewed highlights before she left. Avery returned twice to meet with her advocate. She decided she wanted to pursue a protective order (P.O.). The Empowerhouse DV advocate assisted her to navigate the courthouse while she filled out the paperwork detailing her reason for requesting the P.O. She accompanied her to all of the offices and court appearances and her 2 year P.O. eventually was granted. The DV advocate linked Avery to the DV Support Group service and she has attended several groups and has met with the DV housing program staff. Avery decided she wanted to pursue criminal charges against her abuser and the advocate accompanied her to a meeting with the Detective. Charges were filed for strangulation, assault and battery, and abduction and are pending trial. The advocate will accompany Avery to all future court proceedings, as well as provide continued support services as needed. Avery will contact her advocate to re-evaluate her safety plan if her abuser is released on bond.

Example 3 (Optional)

Hearing directly from the experts on the ground: the DV survivors who have passed through services provide insight. The following quotes were provided about the Empowerhouse Domestic Violence (DV) Housing Supports program via anonymous surveys sent to a confidential statewide repository at the state coalition: "I had no idea these types of things (meaning Empowerhouse DV shelter and housing resources) existed. My abuser told me no one would help me." When asked to describe any positive experiences, "Everything was positive. I have zero complaints. I will recommend you guys to anyone who needs help. Everyone made me feel safe and very peaceful and positive environment." Another DV survivor shared, "Oh my God! I would have died. I was malnourished and mentally done. I probably would have clung to anyone." When asked to describe any positive experiences, "Getting to rewrite my future and having a safe place to go. I was suicidal and abused. The program understands the history of abuse and your issues are taken seriously." Another DV survivor responded. "I've got help I would've never imagined. Everyone I came in contact with taught me to notice all the red flags I missed before. Impact on me I never had before. I am grateful." Another DV survivor responded, "It was nice to be able to get back onto my feet with help instead of going back to the relationship."

A final piece on a new partnership not shared in the application: Empowerhouse co-wrote a grant with MWHC, at their request, in response to a community need for restoration of 24 hour forensic nursing examiner (FNE) services at MWH emergency department. FNEs provide trauma informed nursing care to sexual assault, child abuse, strangulation, and injured DV victims. Their forensic exams collect evidence on associated crimes. They are a critical health response to our community's violence victims. Empowerhouse received this grant and pays for one FTE FNE as pass through funds in our DV Education and Supports Program.

Empowerhouse

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for Empowerhouse in FY21 will be \$255,802. Empowerhouse continues to be administratively lean. The costs of administration continue to be a low percentage of the budget, last year at just over 11% of the operating budget, in 2018. The expenses include direct full or partial salaries of administrative and management staff and benefits for functions related to fiscal, administrative and fundraising efforts. It also includes a percentage of the overall operating costs and the total costs associated with fundraising events, the audit, payroll fees, and banking and credit card related fees and charges.

If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.

Empowerhouse is not requesting locality funding for administrative costs.

Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.

N/A, see above.

Capital Expenses

Please provide an overview of the capital costs for your agency.

In the budget year of this request, fiscal year (FY) 2021, we do not have any capital costs.

Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.

N/A

Salary & Benefit Expenses

Please provide an overview of any increases or decreases in general personnel expenses for your agency.

Fields are not open for actual 2017 and 2018. Empowerhouse has not intentionally left these columns blank.

There is very little change in overall staffing. The video production costs for the teen films are not in the FY21 budget and the restructuring of the hotline services eliminated part-time staffing hours which became necessary during the vacancy of a long term employee of 14 years as Empowerhouse tries to maintain or reduce strains on the overall budget.

Please provide a description of any changes to agency benefits structure or cost.

No change.

Budget Issues

Provide any legislative initiatives or issues that may impact the agency for the upcoming year.

The Empowerhouse Executive Director joined the Virginia Action Alliance Public Policy Committee in addition to renewing an appointment by the Governor of the Virginia Advisory Committee on Sexual and Domestic Violence. These are two ways among others that allow the organization to serve the Commonwealth. It also helps the organization to become aware of trends and initiatives that may impact the agency in the coming year. The new accreditation process will launch in the current year and this will allow Empowerhouse to renew its commitment to best practices in the field.

If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.

N/A

Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.

N/A

Empowerhouse

Agency Total Budget

In the boxes below provide an overview of the administrative costs associated with your total agency budget.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Salary			1,022,769.00	1,250,261.00	1,218,111.00
Benefits			169,997.00	224,461.00	215,670.00
Operating Expenses			457,234.00	593,732.00	601,311.00
Capital Expenses			0.00	30,000.00	0.00
Other Expenses			0.00	0.00	0.00
Total	0.00	0.00	1,650,000.00	2,098,454.00	2,035,092.00

Revenues

Please include revenue associated with your entire organization. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline			4,624.00	4,624.00	6,500.00
Fredericksburg			14,350.00	14,350.00	20,000.00
King George			0.00	0.00	10,000.00
Spotsylvania			55,448.00	58,220.00	68,000.00
Stafford			50,000.00	52,189.00	68,000.00
United Way			80,000.00	76,000.00	76,000.00
Grants			846,958.00	1,264,922.00	1,239,891.00
Client Fees			94,000.00	87,950.00	87,950.00
Fundraising			121,100.00	135,200.00	140,051.00
Other (Click to itemize)	0.00	0.00	215,000.00	405,000.00	318,700.00
Total	0.00	0.00	1,481,480.00	2,098,455.00	2,035,092.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	0.00	-168,520.00	1.00	0.00

Empowerhouse

Locality Information

Locality Notes

Please use the spaces below to provide any locality specific notes or statements that may be relevant to your application.

Caroline County

In FY 2019, 181 Caroline County residents received Empowerhouse services including 2,382 shelter and housing bed nights for 19 Caroline victims and children. Empowerhouse locality supported programs are requesting \$6,500 in total from Caroline County (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$1,876 over FY 2020 to continue supporting Caroline County residents affected by the trauma of domestic violence/intimate partner violence with life saving domestic violence services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Caroline victims with safety planning, court accompaniment, shelter, housing, support groups, and linkage to other services. Empowerhouse is present in Caroline juvenile and domestic relations court weekly for domestic violence cases and maintains a dedicated phone line specific to Caroline County on top of the 24-hour local and toll-free numbers.

City of Fredericksburg

In FY 2019, 775 Fredericksburg City residents received Empowerhouse services including 5,129 shelter and housing bed nights to 69 victims and children. Empowerhouse locality supported programs are requesting \$20,000 in total from Fredericksburg (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$5,650 over FY20 to continue supporting Fredericksburg City residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Due to the lifesaving and economic impact of DV shelter and housing, Empowerhouse devotes significant staff leadership and advocate time to coordinating with and supporting the Community Continuum of Care (located at GWRC) which is dedicated to all PD16 homeless including those who become homeless as a result of DV. Empowerhouse co-wrote and received a Federal grant with MWHC which supplies a new .9 FTE forensic nurse examiner for area violence victims.

King George County

In FY19, 215 King George County residents received Empowerhouse services including 736 shelter and housing bed nights to 5 victims and children (in the first third of FY20 10 victims and children received 686 bed nights already). Empowerhouse locality supported programs are requesting \$10,000 in total from King George County (out of total locality supported programs budget of \$1,579,885) for FY21. In FY17 King George committed to continue supporting King George residents affected by the trauma of domestic violence/intimate partner violence via match funding in which Empowerhouse partnered with the King George Sheriff's Office where the Sheriff dedicated office space for a full-time Empowerhouse advocate. Since then, the Empowerhouse advocate is providing immediate outreach to King George Sheriff's Office identified victims by phone and local in-person safety planning, court and other offices accompaniment and linkage to other services in addition to its 24-hour hotline and shelter.

Spotsylvania County

In FY 2019, 1,094 Spotsylvania County residents received Empowerhouse services including 4,754 shelter and housing bed nights for 109 Spotsylvania victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Spotsylvania (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$9,780 over FY 2020 to continue supporting Spotsylvania County residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Spotsylvania victims with safety planning, shelter, housing, support groups, and linkage to other services. The Empowerhouse outreach office and a satellite office provided by court services are located in Spotsylvania. Empowerhouse provides an advocate daily dedicated to Spotsylvania juvenile and domestic court to support them while filing protective orders.

Stafford County

In FY 2019, 1,125 Stafford County residents received Empowerhouse services including 9,969 shelter and housing bed nights for 113 Stafford victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Stafford (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$15,811 over FY20 to continue supporting Stafford County residents affected by the trauma of domestic violence (DV) with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Stafford victims with safety planning, shelter, housing, court accompaniment, support groups, and linkage to other services. The Stafford Sheriff's Office provided a satellite office last year for Empowerhouse with staff starting this year via Federal grant partnering with Stafford County. Empowerhouse provides on-site confidential DV services and supports a high risk team pilot effort to prevent DV homicides.

Empowerhouse - Domestic Violence Housing Supports

Program Overview

You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.

When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.

You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.

General Information

Program Name Domestic Violence Housing Supports

Is this a new program? No

Program Contact

Name Kathy Anderson

Title Executive Director

Email kathya@empowerhouseva.org

Phone (540) 373-9372

Program Purpose / Description

Provide an overview of this program

This area's only domestic violence (DV) shelter is a multi-family residence in 10,000 square feet commercial building: 9 suites, 15 bedrooms, large dining room with 3 kitchens, playroom with laundry area, computer/job help center, and victim services center to provide for safety and protection of DV victims and their children. Safety planning is individually designed through exploration of past and current situations and examining the future. Fleeing often results in homelessness. We spend cash assistance for victims to enter and maintain in their own rentals dedicating staff and an RGI employment specialist to support housing and financial stability goals. 35 adults and children at one time stay up to 2 months (average 1 month) at the Empowerhouse shelter, a break from the danger and oppression in their home, or transitioning to independence. Some enter our independent site if additional time is needed to overcome barriers. We help obtain protective orders; some return home with court restriction on the offender. Provision of emergency resources, emotional support, linking families to community resources, including but not only legal, housing, social services, medical, mental health, school, education, family, faith, financial, etc. Last year, we permanently housed 86 (38 adult survivors and 48 children) and sheltered 286 (135 children; 151 DV victims). We have increased grant funding to aid us in housing more DV survivors and fast track applications for disability benefits.

Client Fees

Please describe the fees clients must pay for the services by this program.

No fees. Empowerhouse is an accredited domestic violence program. Programs are not allowed to charge fees to victims of domestic violence and their children for victim services.

The financial aid supporting victims in their own housing provides rent in its entirety for the first three months. Subsidies continue for a year or more. Survivors of domestic violence begin paying their portion of rent directly to their land lord as they stabilize in housing and continue to change their circumstances.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

PD16 area law enforcement respond to over 6,500 DV calls each year. DV victims enter emergency housing to alleviate their crisis. This saves lives and provides needed relief from volatile and dangerous violence at home. No other PD16 program provides DV shelter. Qualifying PD16 victims and their children are guaranteed overnight accommodation by Empowerhouse when requested if experiencing danger. All PD16 residents requesting, after eligibility assessment, are welcomed to shelter. If full, we transport to out of area DV shelters if requested. We shelter in other sites if in PD16 victims in danger when other facilities cannot be arranged. We also place in rentals with financial and staff support to regain housing and financial stability essential for DV victims who otherwise feel trapped in the abuse or spiral into ongoing homelessness. Last year we provided 9,470 bed nights to shelter DV victims and 15,084 bed nights in their own permanent housing through rental subsidies we provided.

If this is a new program, be sure to include the benefits to the region for funding a new request.

N/A

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

Primarily female domestic violence (DV) victims and their children in PD16 are sheltered and/or re-housed. In shelter with 15 locked bedrooms, and 9 locked multi-bedroom suites, survivors receive space, time, and support to heal, think, and plan. When needed, men are sheltered in emergency locations. Victims coming into shelter are seeking immediate relief from abusive, sometimes dangerous situations and/or have become homeless, recently, as a result of the DV. For safety reasons, the shelter is in an unpublicized area location. Shelter is offered for up to 2 months. We place people in housing from all over the area and in rentals all throughout the area per their unique needs. The financial assistance helps them overcome barriers to entering housing stabilizes them while on-going Empowerhouse and RGI employment specialist services support their efforts. If interested, we help them pursue education with scholarship and financial support to regain their safe and independent lives.

If your program has specific entry or application criteria, please describe it here.

Victims are interviewed using a shelter assessment prior to entering our domestic violence shelter. PD16 residents are offered shelter regardless of neighborhood or jurisdiction. There is no limit on the number of stays due to the crisis need for safe shelter. However, frequent requests for shelter may prompt a service delivery plan that would shorten subsequent stays if the resident uses the entire 2 month period in that year. It is unusual for persons to request multiple stays within one year.

Empowerhouse - Domestic Violence Housing Supports

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

The main differences between the FY20 budget and the FY21 budget are as follows: The capital purchase of a van for transporting shelter residents occurs in FY20 but not FY21. There will be increased spending in grant funding for rental assistance. Also Empowerhouse will pay an annual amount to Micah to support their furniture bank efforts of approximately \$4,700 which will allow them manage the donation center and in turn allow Empowerhouse to access the donated furniture for survivors entering housing. The relatively modest increases requested in relation to the size of the budget (between \$970-\$8,394 increases to requests toward a \$860,483 program budget) and given their importance as funding critical life saving and financial stability services for our areas victims of domestic violence, Empowerhouse respectfully requests that localities increase their support of the overall program which we have grown over the years to more fully serve our most vulnerable area residents.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

In order to sustain these essential safety services and in recognition that Empowerhouse uses best nonprofit practices in building awareness and seeking community based support for these same services, we need localities help too. Every dollar that the community is able to provide is helping and the local government support is just as critical for Empowerhouse to provide the services to locality residents who need them and benefit from them. In order to maintain the quantity and quality of services appreciated by the localities and its residents, Empowerhouse is in the position of needing to ask the localities to support the level of services that are now benefiting area residents. If cuts have to be made due to shortages in funding, staffing levels will be impacted which effectively reduces the availability of services that have proved to be critical in saving lives. We would like to see growth in numbers served as area residents need them and to continue achieving safety outcomes.

In particular, please describe in detail if any increase is sought for new positions or personnel.

N/A. We are hiring a part-time SOAR (SSDI/SSI Outreach, Access and Recovery) specialist with state victims services funding to more fully assist traumatized survivors who have co-occurring medical issues and disabilities which place them at further risk of future violence, harm and trauma. The overall cost of our services increases by adding new services for DV victims in shelter and housing. However, the benefit to these victims is life changing in that they have the chance for their disability benefits approval in a fast track due to their homelessness. The cases are labor intensive. Empowerhouse is glad to look for and receive funding to support initiatives that economically benefit our entire community and help victims become safer. Empowerhouse takes on added costs when initiating new services even when grant funding pays for salary and benefits. Empowerhouse cannot emphasize enough how critical it is to receive increased locality funding as part overall funding to meet services.

Empowerhouse - Domestic Violence Housing Supports

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Personnel	287,758.00	297,376.00	326,586.00	357,940.00	366,578.00
Benefits	53,374.00	57,045.00	63,278.00	73,348.00	77,573.00
Operating Expenses	377,951.00	364,350.00	302,211.00	402,737.00	416,332.00
Capital Expenses				30,000.00	0.00
Total	719,083.00	718,771.00	692,075.00	864,025.00	860,483.00

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline	2,394.00	2,270.00	2,321.00	2,128.00	3,098.00
Fredericksburg	7,802.00	7,045.00	7,203.00	6,604.00	9,533.00
King George	8,599.00	0.00	0.00	0.00	4,767.00
Spotsylvania	28,984.00	26,415.00	27,830.00	26,794.00	32,413.00
Stafford	27,081.00	24,451.00	25,096.00	24,019.00	32,413.00
United Way	64,925.00	59,002.00	31,462.00	38,060.00	38,449.00
Grants	535,556.00	507,195.00	463,822.00	607,497.00	584,287.00
Client Fees	0.00	0.00	0.00	0.00	0.00
Fundraising	26,200.00	50,393.00	50,341.00	58,923.00	58,523.00
Other (Click to itemize)	17,542.00	97,000.00	29,000.00	100,000.00	97,000.00
Local Contributions	17,542.00	42,000.00	29,000.00	100,000.00	97,000.00
Local Contributions received to be spent in following year		55,000.00			
Total	719,083.00	773,771.00	637,075.00	864,025.00	860,483.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	55,000.00	-55,000.00	0.00	0.00

Empowerhouse - Domestic Violence Housing Supports

[View Diagram](#) Goals and Objectives

Goals

Goal:

Promote the safety and support of victims of domestic violence to decrease exposure to and effects of violence and other forms of abuse within the context of an intimate partner relationship. Continue the domestic violence shelter and services in the new expanded and relocated building assisting increased numbers and need.

Objectives

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
130 women and their 150 children will be sheltered in our domestic violence shelter between July 1, 2018 and June 30, 2019.	Total # Clients Served	332	280	303	280		280
	Total # Clients Achieved/Successful	332	280	303	280		280
	% Achieved / Successful	100	100	100	100	0	100
At least 75% of adult shelter residents surveyed will be able to identify/will report that they know more ways to plan for their safety as a result of the services they received while at the Empowerhouse domestic violence shelter.	Total # Clients Served	46	45	67	45		45
	Total # Clients Achieved/Successful	43	34	63	34		34
	% Achieved / Successful	93.48	75.56	94.03	75.56	0	75.56
At least 75% of shelter residents surveyed will report that they know more about community resources as a result of the services they received while at the domestic violence shelter.	Total # Clients Served	45	45	70	45		45
	Total # Clients Achieved/Successful	42	34	61	34		34
	% Achieved / Successful	93.33	75.56	87.14	75.56	0	75.56

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

N/A

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

N/A

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Goal:

Victims of domestic violence who are homeless or at risk of homelessness are able to gain safe permanent housing, gainful employment (if needed) and economic stability.

Objectives

		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
Provide scattered site placements into permanent rental units with utility, deposit, and rental financial subsidy assistance to 32 domestic violence victims and their 53 children. Ongoing financial assistance and mobile staffing to support stability will be provided and assessed ongoing through and past an initial period of time.	Total # Clients Served	93		82		65	85
	Total # Clients Achieved/Successful	93		82		65	85
	% Achieved / Successful	100	0	100	100	0	100
<hr/>							
Provide supportive services to 32 survivors	Total # Clients Served	34		31		26	32

including safety planning, domestic violence advocacy, budgeting, clothing, and other services necessary to reduce the barriers they face to economic stability and permanent housing. Assist in gaining or retaining employment as they reside in housing, including employment assistance, job skills training, etc.	Total # Clients	34	31	26	32
	Achieved/Successful				
	% Achieved / Successful	100	0 100	100 0	100

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

When 2019 baseline numbers were set last year for the application, we anticipated a reduction in funding of rental assistance from a Federal grant (Federal budget is not calendar or fiscal year) because we are not notified early enough in our fiscal year to be certain to include it in the budget. Therefore target number of people served for 2019 was estimated lower at that time. The 3 year application was awarded again and our numbers will continue to be higher in 2019, 2020, and 2021. In this application the 2019 baseline numbers are now fixed and we are not able to adjust up.

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

N/A

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Empowerhouse - Domestic Violence Housing Supports

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2017, FY2018, and FY 2019, the estimated numbers of individuals served in FY2020 and the projected numbers of individuals served in FY2021.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 Estimate	FY 2021 Projected
Fredericksburg City	48	72	69	60	60
Caroline County	27	43	19	25	25
King George County	8	6	5	12	12
Spotsylvania County	115	100	109	113	113
Stafford County	149	121	113	125	125
Other Localities	18	26	15	15	15
Total	365	368	330	350	350

Empowerhouse - Domestic Violence Housing Supports

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

RGI supplies an Empowerhouse trained employment specialist to support housed DV victims in new homes (job search, applications, promotions, computer skills; overcome transportation and other barriers; retain employment). RGI supports 2 Empowerhouse job help centers we staff. EVCC-free certificate courses, massage, beauty, and pampering. Doris Buffett supplied 2 houses and the shelter building; MacDoc, Schmidt Construction, and Schiller Enterprise donated some improvements. COC (homelessness coalition) Housing Partners play roles sharing a housing locator and prevention from homelessness. Partners: GWRC coordinates; Micah picks up and delivers donated furniture. Subject to resources, each partner re-houses the homeless: Empowerhouse-DV victims-female headed families accompanied by children or unaccompanied; Micah -chronically homeless single adults, Hope House – families, TBC from shelter. Workforce Center and Women's Independent Scholarship Program partner on employment and education.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

Empowerhouse's specific mission brings grant funding to our community. Without DV Shelter and housing we would lose lives, diminish health and decrease safety and economic status for many. If Empowerhouse dissolved or its mission was diluted DV victims have no place to go in the middle of night to an expert response set up to effectively and efficiently mobilize via the simultaneously operating hotline staffing at shelter. They would remain in dangerous homes, routinely terrorized, reduced to non-human status with their children who are exposed and often direct victims. Because they are able to break free, child abuse decreases; fewer children in care systems that otherwise need to step in due to child injuries, endangerment, neglect, or lack of residence. We move victims from crisis to stability. The houses, rental subsidies, and employment work provided via donations and grant funding to DV victims are crucial in helping local citizens take control of their lives and gain stability.

Regional Funding

Fiscal Year 2021 - Partner Funding Application

Empowerhouse

Agency Information

General Information

Agency Name	Empowerhouse
Physical Address	150 Olde Greenwich Drive, Suite 101, Fredericksburg, VA, 22408, U.S.A.
Mailing Address	P.O. Box 1007 Fredericksburg, VA 22402
Agency Phone Number	(540) 373-9372
Federal Tax ID #	521142547
Web Address	http://www.empowerhouseva.org/
Agency Email Address	office@empowerhouseva.org

Agency Mission Statement

We empower survivors and their children to believe in themselves and build new lives filled with dignity, respect, safety, and hope. Empowerhouse gives victims the time, space, and tools to heal their hearts, restore their connections, rebuild their lives, and renew their spirits. Empowerhouse breaks the cycle of violence through shelter, housing, advocacy, education, awareness, prevention, and intervention. Major goals for our work include promoting the safety of domestic violence survivors and their children through the 24 hour domestic violence hotline and domestic violence shelter, direct advocacy, safety planning, housing entry and stabilization, court and healthcare accompaniment assistance, and collaboration with other helping agencies. Our work also focuses on addressing the crisis and domestic violence services needs of the entire family, including children's and teens' programming, providing a Certified Batterer's Intervention Program, and educating youth in classroom based education presentations on healthy relationships and the warning signs of teen dating violence.

Number of Years in Operation	41
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Main Contact

Main Contact	Kathy Anderson, phone: (540) 373-9372, email: kathya@empowerhouseva.org
Job Title	Executive Director

Localities Served

Please select any/all localities your agency serves.

Caroline	<input checked="" type="checkbox"/>
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- Fredericksburg
- King George
- Spotsylvania
- Stafford

Collaborative Impact

Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.

If Empowerhouse were dissolved or merged, we would see decreased health and economic status for many of our citizens particularly women and children. Homicides and suicides of men, women, and children would increase; injuries would increase; increased risk of harm would befall emergency responders who would continue to be called to escalated situations. There would be no-one to call at night, when law enforcement is on the scene, to discuss with them how to connect with shelter and mobilize resources to effect that connection. Our work improves the safety of DV victims (cost savings in not treating new injuries) and their children; it also does so for responders because we provide alternatives to what victims have been living.

We provide support to obtain jobs, access protective orders, and obtain court system relief. We move victims from crisis to stability. The shelters, rental subsidies, and employment services provided via donations and grant funding to DV victims are crucial in helping local citizens take control of their lives and gain economic stability that decreases the burden on tax payers. Our clients retain employment, pay taxes, and participate in the area's economy. This help stops survivors from spiraling into poverty and homelessness.

Empowerhouse leverages at least 10 dollars for every locality dollar invested. We make huge community improvements with the services made possible by the dollars Empowerhouse brings into the region and raises in our community. It makes fiscal sense that we partner with governmental systems. Our nonprofit wages cost significantly less than government workers performing comparable but different tasks and purpose. Our nonprofit leverages in-kind and volunteer contributions that unite with governmental support and make the total dollars expand the impact made in our region. We operate regionally which saves repetitive functions that would duplicate in each jurisdiction if services were stand-alone in each locality.

Community Impact

Please provide at least 2 examples of how your services have impacted members of our community.

Example 1

Victim notification calls are made when their abusive partners or ex-partners are court ordered into the Empowerhouse batterer's intervention treatment program, Fresh Start. This function is performed by the staff of Empowerhouse's Domestic Violence (DV) Education and Supports Program. This call provides information about the program, available victim services, and safety planning. Recently an Empowerhouse DV Advocate employee, intern, or volunteer reached a victim by phone. She learned that the victim credited the DV education/support group Empowerhouse provides bi-monthly at the Sunshine Lady House-SLH (RACSB Crisis Stabilization) as instrumental in her leaving her abuser. Persons experiencing acute psychiatric crisis may stay at SLH, a medical temporary step down from in-patient mental health or substance abuse facility or if experiencing a mental health or substance use crisis and in temporary need of stabilization.

Empowerhouse and the Sunshine Lady House established this partnership group a few years ago as a result of training received by Empowerhouse DV advocates and mental health and local substance abuse treatment providers. This training supported dialogue and cross training on the impact of domestic violence, needs of survivors, and needs of people experiencing trauma, mental health crisis, and substance use. The Empowerhouse DV advocate provides information on DV, group facilitation, activities to support learning and healing, imparts information about the dynamics of DV, and the availability of free services to support anyone who is experiencing DV. Learning about the Empowerhouse DV shelter and its 24 hour free and confidential services, hotline, community based support groups, court advocacy, healthcare advocacy, children and teen groups, housing, employment and education supports, risk assessment and safety planning have been a lifeline for some of the victims from all corners of PD16 who have passed through the RACSB Sunshine Lady House.

Example 2

"Avery", a 20 year old college student, came to the Empowerhouse office. She heard about Empowerhouse thanks to a partnership with the University. At her young age, she already had been repeatedly victimized by her cohabitant boyfriend of a year and a half. His abuse tactics included name calling, taking her vehicle, and the escalation to physical violence including two episodes of strangulation. She described one incident, "When he was attacking (strangling) me, I felt like I was in a seashell. I don't really remember some things but I will always remember the black look of his eyes and the 'whooshing' sounds in my ears. I fought back with everything I had in me... because at that moment, I knew I was going to die." Avery had no local support. Her family was out of state. She was sleeping on a friend's sofa. The Empowerhouse DV Education and Supports program advocate reviewed the dynamics of domestic violence (DV). Avery was unsure of her next steps. They put together a safety plan and reviewed highlights before she left. Avery returned twice to meet with her advocate. She decided she wanted to pursue a protective order (P.O.). The Empowerhouse DV advocate assisted her to navigate the courthouse while she filled out the paperwork detailing her reason for requesting the P.O. She accompanied her to all of the offices and court appearances and her 2 year P.O. eventually was granted. The DV advocate linked Avery to the DV Support Group service and she has attended several groups and has met with the DV housing program staff. Avery decided she wanted to pursue criminal charges against her abuser and the advocate accompanied her to a meeting with the Detective. Charges were filed for strangulation, assault and battery, and abduction and are pending trial. The advocate will accompany Avery to all future court proceedings, as well as provide continued support services as needed. Avery will contact her advocate to re-evaluate her safety plan if her abuser is released on bond.

Example 3 (Optional)

Hearing directly from the experts on the ground: the DV survivors who have passed through services provide insight. The following quotes were provided about the Empowerhouse Domestic Violence (DV) Housing Supports program via anonymous surveys sent to a confidential statewide repository at the state coalition: "I had no idea these types of things (meaning Empowerhouse DV shelter and housing resources) existed. My abuser told me no one would help me." When asked to describe any positive experiences, "Everything was positive. I have zero complaints. I will recommend you guys to anyone who needs help. Everyone made me feel safe and very peaceful and positive environment." Another DV survivor shared, "Oh my God! I would have died. I was malnourished and mentally done. I probably would have clung to anyone." When asked to describe any positive experiences, "Getting to rewrite my future and having a safe place to go. I was suicidal and abused. The program understands the history of abuse and your issues are taken seriously." Another DV survivor responded. "I've got help I would've never imagined. Everyone I came in contact with taught me to notice all the red flags I missed before. Impact on me I never had before. I am grateful." Another DV survivor responded, "It was nice to be able to get back onto my feet with help instead of going back to the relationship."

A final piece on a new partnership not shared in the application: Empowerhouse co-wrote a grant with MWHC, at their request, in response to a community need for restoration of 24 hour forensic nursing examiner (FNE) services at MWH emergency department. FNEs provide trauma informed nursing care to sexual assault, child abuse, strangulation, and injured DV victims. Their forensic exams collect evidence on associated crimes. They are a critical health response to our community's violence victims. Empowerhouse received this grant and pays for one FTE FNE as pass through funds in our DV Education and Supports Program.

Empowerhouse

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for Empowerhouse in FY21 will be \$255,802. Empowerhouse continues to be administratively lean. The costs of administration continue to be a low percentage of the budget, last year at just over 11% of the operating budget, in 2018. The expenses include direct full or partial salaries of administrative and management staff and benefits for functions related to fiscal, administrative and fundraising efforts. It also includes a percentage of the overall operating costs and the total costs associated with fundraising events, the audit, payroll fees, and banking and credit card related fees and charges.

If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.

Empowerhouse is not requesting locality funding for administrative costs.

Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.

N/A, see above.

Capital Expenses

Please provide an overview of the capital costs for your agency.

In the budget year of this request, fiscal year (FY) 2021, we do not have any capital costs.

Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.

N/A

Salary & Benefit Expenses

Please provide an overview of any increases or decreases in general personnel expenses for your agency.

Fields are not open for actual 2017 and 2018. Empowerhouse has not intentionally left these columns blank.

There is very little change in overall staffing. The video production costs for the teen films are not in the FY21 budget and the restructuring of the hotline services eliminated part-time staffing hours which became necessary during the vacancy of a long term employee of 14 years as Empowerhouse tries to maintain or reduce strains on the overall budget.

Please provide a description of any changes to agency benefits structure or cost.

No change.

Budget Issues

Provide any legislative initiatives or issues that may impact the agency for the upcoming year.

The Empowerhouse Executive Director joined the Virginia Action Alliance Public Policy Committee in addition to renewing an appointment by the Governor of the Virginia Advisory Committee on Sexual and Domestic Violence. These are two ways among others that allow the organization to serve the Commonwealth. It also helps the organization to become aware of trends and initiatives that may impact the agency in the coming year. The new accreditation process will launch in the current year and this will allow Empowerhouse to renew its commitment to best practices in the field.

If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.

N/A

Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.

N/A

Empowerhouse

Agency Total Budget

In the boxes below provide an overview of the administrative costs associated with your total agency budget.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Salary			1,022,769.00	1,250,261.00	1,218,111.00
Benefits			169,997.00	224,461.00	215,670.00
Operating Expenses			457,234.00	593,732.00	601,311.00
Capital Expenses			0.00	30,000.00	0.00
Other Expenses			0.00	0.00	0.00
Total	0.00	0.00	1,650,000.00	2,098,454.00	2,035,092.00

Revenues

Please include revenue associated with your entire organization. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline			4,624.00	4,624.00	6,500.00
Fredericksburg			14,350.00	14,350.00	20,000.00
King George			0.00	0.00	10,000.00
Spotsylvania			55,448.00	58,220.00	68,000.00
Stafford			50,000.00	52,189.00	68,000.00
United Way			80,000.00	76,000.00	76,000.00
Grants			846,958.00	1,264,922.00	1,239,891.00
Client Fees			94,000.00	87,950.00	87,950.00
Fundraising			121,100.00	135,200.00	140,051.00
Other (Click to itemize)	0.00	0.00	215,000.00	405,000.00	318,700.00
Total	0.00	0.00	1,481,480.00	2,098,455.00	2,035,092.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	0.00	-168,520.00	1.00	0.00

Empowerhouse

Locality Information

Locality Notes

Please use the spaces below to provide any locality specific notes or statements that may be relevant to your application.

Caroline County

In FY 2019, 181 Caroline County residents received Empowerhouse services including 2,382 shelter and housing bed nights for 19 Caroline victims and children. Empowerhouse locality supported programs are requesting \$6,500 in total from Caroline County (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$1,876 over FY 2020 to continue supporting Caroline County residents affected by the trauma of domestic violence/intimate partner violence with life saving domestic violence services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Caroline victims with safety planning, court accompaniment, shelter, housing, support groups, and linkage to other services. Empowerhouse is present in Caroline juvenile and domestic relations court weekly for domestic violence cases and maintains a dedicated phone line specific to Caroline County on top of the 24-hour local and toll-free numbers.

City of Fredericksburg

In FY 2019, 775 Fredericksburg City residents received Empowerhouse services including 5,129 shelter and housing bed nights to 69 victims and children. Empowerhouse locality supported programs are requesting \$20,000 in total from Fredericksburg (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$5,650 over FY20 to continue supporting Fredericksburg City residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Due to the lifesaving and economic impact of DV shelter and housing, Empowerhouse devotes significant staff leadership and advocate time to coordinating with and supporting the Community Continuum of Care (located at GWRC) which is dedicated to all PD16 homeless including those who become homeless as a result of DV. Empowerhouse co-wrote and received a Federal grant with MWHC which supplies a new .9 FTE forensic nurse examiner for area violence victims.

King George County

In FY19, 215 King George County residents received Empowerhouse services including 736 shelter and housing bed nights to 5 victims and children (in the first third of FY20 10 victims and children received 686 bed nights already). Empowerhouse locality supported programs are requesting \$10,000 in total from King George County (out of total locality supported programs budget of \$1,579,885) for FY21. In FY17 King George committed to continue supporting King George residents affected by the trauma of domestic violence/intimate partner violence via match funding in which Empowerhouse partnered with the King George Sheriff's Office where the Sheriff dedicated office space for a full-time Empowerhouse advocate. Since then, the Empowerhouse advocate is providing immediate outreach to King George Sheriff's Office identified victims by phone and local in-person safety planning, court and other offices accompaniment and linkage to other services in addition to its 24-hour hotline and shelter.

Spotsylvania County

In FY 2019, 1,094 Spotsylvania County residents received Empowerhouse services including 4,754 shelter and housing bed nights for 109 Spotsylvania victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Spotsylvania (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$9,780 over FY 2020 to continue supporting Spotsylvania County residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Spotsylvania victims with safety planning, shelter, housing, support groups, and linkage to other services. The Empowerhouse outreach office and a satellite office provided by court services are located in Spotsylvania. Empowerhouse provides an advocate daily dedicated to Spotsylvania juvenile and domestic court to support them while filing protective orders.

Stafford County

In FY 2019, 1,125 Stafford County residents received Empowerhouse services including 9,969 shelter and housing bed nights for 113 Stafford victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Stafford (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$15,811 over FY20 to continue supporting Stafford County residents affected by the trauma of domestic violence (DV) with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Stafford victims with safety planning, shelter, housing, court accompaniment, support groups, and linkage to other services. The Stafford Sheriff's Office provided a satellite office last year for Empowerhouse with staff starting this year via Federal grant partnering with Stafford County. Empowerhouse provides on-site confidential DV services and supports a high risk team pilot effort to prevent DV homicides.

Empowerhouse - Children Exposed to Domestic Violence

Program Overview

You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.

When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.

You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.

General Information

Program Name Children Exposed to Domestic Violence

Is this a new program? No

Program Contact

Name Mendy Pierce

Title Services Director

Email mendyp@empowerhouseva.org

Phone (540) 373-9372

Program Purpose / Description

Provide an overview of this program

Research indicates that children exposed to domestic violence (DV) are at risk of adverse health effects and diminished quality of life across the lifespan due to the traumatic exposures associated with witnessing DV. Empowerhouse is building resiliency by supporting these children with safe, stable, and nurturing adults and environments and DV prevention strategies. We provide trauma informed services for children at our groups, at our shelter, at our outreach office, through court accompaniment and through safety and exit strategies for their parents. As children participate in trauma informed educational services: children's and teen groups, A Windows Between Worlds art workshops, school based groups (when requested or arranged) or individual support at the Empowerhouse office or shelter, they begin to learn they are not alone and not to blame for violence frequently witnessed and often experienced directly in their homes. Safety planning and building their capacity (coping strategies, boundaries, communication, feelings management) are concrete skills they build through this program. We expanded services to DV exposed children through a new child resiliency advocate. (Related activities but not included in this program: Engagement of teen councils & college students; education on healthy relationships and warning signs of teen dating violence in area middle and high school classrooms now expanded to elementary schools, a free service reaching 6,000 children & teens/year.)

Client Fees

Please describe the fees clients must pay for the services by this program.

All of the children's services for victims and their families are provided free of charge as required by accreditation of local domestic violence programs and Federal funders to provided free services to victims of domestic violence and their children. The only fees for services at Empowerhouse are those that have an intervention focus, an effort to stop violent behavior by the perpetrator in the relationship. There is a nominal fee charged to the teen boys' education/intervention group. Many participants are court referred related to violence they have used in their family or interpersonal relationships. There is a \$100 fee for the 12 week group education group. The fee has been waived for families demonstrating financial hardship cases. The Forgotten Victims children's groups are mixed gender groups for children ages 2-4, 5-8, 9-12 and are free of charge.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

Research shows that children exposed to domestic violence (DV) will negatively impact the performance of every child in a school classroom. A child or youth's ability to interact positively with others, self-regulate their behavior, and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development creates extra stress for families; early identification and assistance for parents and children head off negative results and keep development on track. Based on national prevalence studies, it is estimated that 10,000 children in our PD16 community witness family violence each year. Children coping with DV need the trauma informed education/support individually and in groups provided by this program to help them express their feelings and words to communicate what they are facing. Services and facilities keep children safe and positively impact their health and well-being.

If this is a new program, be sure to include the benefits to the region for funding a new request.

n/a

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

Children exposed to intimate partner violence and/or teens identified to be in unhealthy relationships in Caroline, Fredericksburg, King George, Spotsylvania and Stafford are served by this program. Local children of all ages in our local community's only DV shelter receive concrete support to navigate the disruption in their family and school environments including schoolwork, school supplies, and communication with transportation, teachers, and counselors. We provide individual and group attention at shelter, at the outreach office, and at donated space at local churches for 0-17 years old. In addition to emotional support and education, their needs are assessed and they receive assistance to address emergency needs, referrals for medical, mental health and social services among others. Children and Teen groups (2 hours/week in 8-12 week cycles) are held at Fredericksburg located churches, at Empowerhouse public outreach office in Spotsylvania, and on occasion- in area schools.

If your program has specific entry or application criteria, please describe it here.

n/a

Empowerhouse - Children Exposed to Domestic Violence

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

The increased requests for localities for this program range in amounts from \$115-\$1,000 depending on locality and level of current funding. An overall modest increase relative to total budget (\$115,546) is requested. Empowerhouse secured grant funding to assist in the hiring of new position of children's resiliency advocate. Increased services were needed but state and federal funds were reducing over that time period while we struggled but maintained our level of services. With greater ability in our spaces where we serve children including children who leave shelter, we reconfigured our outreach office to have additional welcoming spaces and private spaces. We also designed parts of those spaces to be more appealing to children. We ask that localities support our efforts to provide comprehensive trauma informed services to children impacted by domestic violence while supporting their efforts gain freedom from abuse, find their voices, and strengthen their connections.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

Empowerhouse is unable to sustain services strictly by bringing grant dollars into the community when they are available and raising money through fundraising events and local contributors. Our partners need to be varied to sustain our ability to provide services. Without help, we do not have the capacity to deliver the services and have to make cuts in services.

In particular, please describe in detail if any increase is sought for new positions or personnel.

N/A. In FY 2021 we will not be producing a fourth film in our Be Real series which we funded in teen services within this program. This resulted in a decrease in personnel. Currently, health insurance benefits are offered to employees who need or request coverage at a certain percentage of the premium and at full-time status. If the employee is covered by another plan, they may choose not to seek the benefit. That results in a fluctuation of benefits line item which in this case shows a reduction from FY 2020 to 2021 budgets for this program.

Empowerhouse - Children Exposed to Domestic Violence

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Personnel	56,951.00	70,796.00	62,912.00	103,368.00	92,814.00
Benefits	6,242.00	7,169.00	6,990.00	17,635.00	10,649.00
Operating Expenses	9,748.00	11,752.00	7,982.00	14,774.00	11,993.00
Capital Expenses		0.00	0.00	0.00	0.00
Total	72,941.00	89,717.00	77,884.00	135,777.00	115,456.00

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline	302.00	352.00	316.00	431.00	546.00
Fredericksburg	985.00	1,092.00	981.00	1,339.00	1,680.00
King George	1,085.00	0.00	0.00	0.00	840.00
Spotsylvania	3,657.00	4,096.00	3,789.00	5,430.00	5,712.00
Stafford	3,417.00	3,792.00	3,417.00	4,868.00	5,712.00
United Way	0.00	0.00	0.00	0.00	0.00
Grants	42,574.00	37,077.00	24,245.00	75,532.00	73,131.00
Client Fees	0.00	874.00	1,000.00	650.00	650.00
Fundraising	10,200.00	20,434.00	20,136.00	22,527.00	17,185.00
Other (Click to itemize)	10,721.00	22,000.00	24,000.00	25,000.00	10,000.00
Local contributions	10,721.00	22,000.00	24,000.00	25,000.00	10,000.00
Total	72,941.00	89,717.00	77,884.00	135,777.00	115,456.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	0.00	0.00	0.00	0.00

Empowerhouse - Children Exposed to Domestic Violence

[View Diagram](#) Goals and Objectives

Goals

Goal:

Ensure crisis and support services are provided to child witnesses of domestic violence and court referred teens in need of violence intervention.

Objectives

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
Provide shelter services and case management to 155 child witnesses of domestic violence in domestic violence shelter and housing.	Total # Clients Served	200		186		160	155
	Total # Clients Achieved/Successful	200		186		160	155
	% Achieved / Successful	100	0	100	100	0	100
Provide group education, support, and activities to 180 child and teen witnesses of domestic violence and teen perpetrators of violence. (135 children, 35 tweens/teens, 10 teen boys referred for intervention)	Total # Clients Served	176	150	176		150	180
	Total # Clients Achieved/Successful	176	150	176		160	180
	% Achieved / Successful	100	100	100	106.67	0	100

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Stafford children served were exceptionally high in 2017 because we served two families with 8 and 9 children a piece. This was an unusual occurrence to serve two such large families in one year.

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

We expect to serve more children with our new full-time children's resiliency advocate but primarily serve existing caseload of children exposed to domestic violence more comprehensively with trauma informed services. Because we have hired, trained, and started this new position recently, we do not know how many victims will avail themselves of her services at the beginning stages of her work. The baseline is therefore not increased but likely will be increased next year. She will serve children impacted by domestic violence at the courthouse, develop services for children who leave our domestic violence shelter, and for children who are not able to attend support group but may be reached at outreach or satellite offices.

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Goal:

Children exposed to domestic violence are socially and emotionally competent as a result of Empowerhouse domestic violence children's services.

Objectives

		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
75% of adult survivors with minor children responding to the DOW survey report that because of services received, their children know that it's okay to talk about their experiences with violence.	Total # Clients Served	98	65	226	100		100
	Total # Clients Achieved/Successful	80	49	181	75		75
	% Achieved / Successful	81.63	75.38	80.09	75	0	75
75% of adult survivors with minor children responding to the DOW survey report that because of services received, they feel that their children are having more positive interactions with others.	Total # Clients Served	100	68	222	100		100
	Total # Clients Achieved/Successful	84	49	181	75		75
	% Achieved / Successful	84	72.06	81.53	75	0	75

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

N/A

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

The baseline will remain the same for target number of surveys. The surveys recorded in 2018 experienced a surge in numbers based on a high number of Spanish language surveys stored waiting on state capacity to enter Spanish surveys.

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Empowerhouse - Children Exposed to Domestic Violence

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2017, FY2018, and FY 2019, the estimated numbers of individuals served in FY2020 and the projected numbers of individuals served in FY2021.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 Estimate	FY 2021 Projected
Fredericksburg City	46	53	67	55	55
Caroline County	13	24	20	15	17
King George County	15	15	20	15	17
Spotsylvania County	111	129	124	125	128
Stafford County	142	117	113	125	128
Other Localities	11	16	18	15	15
Total	338	354	362	350	360

Empowerhouse - Children Exposed to Domestic Violence

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

Empowerhouse children's coordinator, services director, resiliency programming coordinator, and child resiliency advocate work closely with the Juv. & DR Relations Court Services' Units, the Office on Youth + group home, youth detention center, Head Start, the schools related to child IEPs, arranging transportation to school of origin, counselors, teachers, administrators, and social workers in schools identifying children witnesses and those who may need services, and also work closely with the school based McKinney-Vento homeless children liaisons, departments of social services child protective services. Area law enforcement, RCASA, RACSB, National Counseling Group, Catholic Charities, Healthy Families, CASA, and Safe Harbor additionally are linkages with Empowerhouse workers regarding child services. We stock libraries and schools with brochures and in October display the Clothesline Project in every library. We are active participants in the Collaborative for Youth and Families.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

When victims are able to break free (not always within their control; sometimes they are murdered in the process), child abuse decreases if a byproduct of partner violence, but not if an abuser is a predator and gains full access to a child during custody/visitation (at which time the protective parent would not be present). With no avenue for protective parents to seek DV help, more children would be direct child abuse victims. We ensure fewer children enter care systems otherwise needed to step in for child injuries, danger, neglect, or lack of dwelling. Current in DV National trends, we ensure best practices for our community. As a DV program, we have access to A Window Between Worlds art project database specific to DV work with exposed children. Empowerhouse mission and 24 hour services define us uniquely as responders to child DV witnesses including ones not victimized by code defined child abuse/neglect. Without this program, child DV witnesses would fall through the cracks.

Regional Funding

Fiscal Year 2021 - Partner Funding Application

Empowerhouse

Agency Information

General Information

Agency Name	Empowerhouse
Physical Address	150 Olde Greenwich Drive, Suite 101, Fredericksburg, VA, 22408, U.S.A.
Mailing Address	P.O. Box 1007 Fredericksburg, VA 22402
Agency Phone Number	(540) 373-9372
Federal Tax ID #	521142547
Web Address	http://www.empowerhouseva.org/
Agency Email Address	office@empowerhouseva.org

Agency Mission Statement

We empower survivors and their children to believe in themselves and build new lives filled with dignity, respect, safety, and hope. Empowerhouse gives victims the time, space, and tools to heal their hearts, restore their connections, rebuild their lives, and renew their spirits. Empowerhouse breaks the cycle of violence through shelter, housing, advocacy, education, awareness, prevention, and intervention. Major goals for our work include promoting the safety of domestic violence survivors and their children through the 24 hour domestic violence hotline and domestic violence shelter, direct advocacy, safety planning, housing entry and stabilization, court and healthcare accompaniment assistance, and collaboration with other helping agencies. Our work also focuses on addressing the crisis and domestic violence services needs of the entire family, including children's and teens' programming, providing a Certified Batterer's Intervention Program, and educating youth in classroom based education presentations on healthy relationships and the warning signs of teen dating violence.

Number of Years in Operation	41
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Main Contact

Main Contact	Kathy Anderson, phone: (540) 373-9372, email: kathya@empowerhouseva.org
Job Title	Executive Director

Localities Served

Please select any/all localities your agency serves.

Caroline	<input checked="" type="checkbox"/>
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- Fredericksburg
- King George
- Spotsylvania
- Stafford

Collaborative Impact

Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.

If Empowerhouse were dissolved or merged, we would see decreased health and economic status for many of our citizens particularly women and children. Homicides and suicides of men, women, and children would increase; injuries would increase; increased risk of harm would befall emergency responders who would continue to be called to escalated situations. There would be no-one to call at night, when law enforcement is on the scene, to discuss with them how to connect with shelter and mobilize resources to effect that connection. Our work improves the safety of DV victims (cost savings in not treating new injuries) and their children; it also does so for responders because we provide alternatives to what victims have been living.

We provide support to obtain jobs, access protective orders, and obtain court system relief. We move victims from crisis to stability. The shelters, rental subsidies, and employment services provided via donations and grant funding to DV victims are crucial in helping local citizens take control of their lives and gain economic stability that decreases the burden on tax payers. Our clients retain employment, pay taxes, and participate in the area's economy. This help stops survivors from spiraling into poverty and homelessness.

Empowerhouse leverages at least 10 dollars for every locality dollar invested. We make huge community improvements with the services made possible by the dollars Empowerhouse brings into the region and raises in our community. It makes fiscal sense that we partner with governmental systems. Our nonprofit wages cost significantly less than government workers performing comparable but different tasks and purpose. Our nonprofit leverages in-kind and volunteer contributions that unite with governmental support and make the total dollars expand the impact made in our region. We operate regionally which saves repetitive functions that would duplicate in each jurisdiction if services were stand-alone in each locality.

Community Impact

Please provide at least 2 examples of how your services have impacted members of our community.

Example 1

Victim notification calls are made when their abusive partners or ex-partners are court ordered into the Empowerhouse batterer's intervention treatment program, Fresh Start. This function is performed by the staff of Empowerhouse's Domestic Violence (DV) Education and Supports Program. This call provides information about the program, available victim services, and safety planning. Recently an Empowerhouse DV Advocate employee, intern, or volunteer reached a victim by phone. She learned that the victim credited the DV education/support group Empowerhouse provides bi-monthly at the Sunshine Lady House-SLH (RACSB Crisis Stabilization) as instrumental in her leaving her abuser. Persons experiencing acute psychiatric crisis may stay at SLH, a medical temporary step down from in-patient mental health or substance abuse facility or if experiencing a mental health or substance use crisis and in temporary need of stabilization.

Empowerhouse and the Sunshine Lady House established this partnership group a few years ago as a result of training received by Empowerhouse DV advocates and mental health and local substance abuse treatment providers. This training supported dialogue and cross training on the impact of domestic violence, needs of survivors, and needs of people experiencing trauma, mental health crisis, and substance use. The Empowerhouse DV advocate provides information on DV, group facilitation, activities to support learning and healing, imparts information about the dynamics of DV, and the availability of free services to support anyone who is experiencing DV. Learning about the Empowerhouse DV shelter and its 24 hour free and confidential services, hotline, community based support groups, court advocacy, healthcare advocacy, children and teen groups, housing, employment and education supports, risk assessment and safety planning have been a lifeline for some of the victims from all corners of PD16 who have passed through the RACSB Sunshine Lady House.

Example 2

"Avery", a 20 year old college student, came to the Empowerhouse office. She heard about Empowerhouse thanks to a partnership with the University. At her young age, she already had been repeatedly victimized by her cohabitant boyfriend of a year and a half. His abuse tactics included name calling, taking her vehicle, and the escalation to physical violence including two episodes of strangulation. She described one incident, "When he was attacking (strangling) me, I felt like I was in a seashell. I don't really remember some things but I will always remember the black look of his eyes and the 'whooshing' sounds in my ears. I fought back with everything I had in me... because at that moment, I knew I was going to die." Avery had no local support. Her family was out of state. She was sleeping on a friend's sofa. The Empowerhouse DV Education and Supports program advocate reviewed the dynamics of domestic violence (DV). Avery was unsure of her next steps. They put together a safety plan and reviewed highlights before she left. Avery returned twice to meet with her advocate. She decided she wanted to pursue a protective order (P.O.). The Empowerhouse DV advocate assisted her to navigate the courthouse while she filled out the paperwork detailing her reason for requesting the P.O. She accompanied her to all of the offices and court appearances and her 2 year P.O. eventually was granted. The DV advocate linked Avery to the DV Support Group service and she has attended several groups and has met with the DV housing program staff. Avery decided she wanted to pursue criminal charges against her abuser and the advocate accompanied her to a meeting with the Detective. Charges were filed for strangulation, assault and battery, and abduction and are pending trial. The advocate will accompany Avery to all future court proceedings, as well as provide continued support services as needed. Avery will contact her advocate to re-evaluate her safety plan if her abuser is released on bond.

Example 3 (Optional)

Hearing directly from the experts on the ground: the DV survivors who have passed through services provide insight. The following quotes were provided about the Empowerhouse Domestic Violence (DV) Housing Supports program via anonymous surveys sent to a confidential statewide repository at the state coalition: "I had no idea these types of things (meaning Empowerhouse DV shelter and housing resources) existed. My abuser told me no one would help me." When asked to describe any positive experiences, "Everything was positive. I have zero complaints. I will recommend you guys to anyone who needs help. Everyone made me feel safe and very peaceful and positive environment." Another DV survivor shared, "Oh my God! I would have died. I was malnourished and mentally done. I probably would have clung to anyone." When asked to describe any positive experiences, "Getting to rewrite my future and having a safe place to go. I was suicidal and abused. The program understands the history of abuse and your issues are taken seriously." Another DV survivor responded. "I've got help I would've never imagined. Everyone I came in contact with taught me to notice all the red flags I missed before. Impact on me I never had before. I am grateful." Another DV survivor responded, "It was nice to be able to get back onto my feet with help instead of going back to the relationship."

A final piece on a new partnership not shared in the application: Empowerhouse co-wrote a grant with MWHC, at their request, in response to a community need for restoration of 24 hour forensic nursing examiner (FNE) services at MWH emergency department. FNEs provide trauma informed nursing care to sexual assault, child abuse, strangulation, and injured DV victims. Their forensic exams collect evidence on associated crimes. They are a critical health response to our community's violence victims. Empowerhouse received this grant and pays for one FTE FNE as pass through funds in our DV Education and Supports Program.

Empowerhouse

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for Empowerhouse in FY21 will be \$255,802. Empowerhouse continues to be administratively lean. The costs of administration continue to be a low percentage of the budget, last year at just over 11% of the operating budget, in 2018. The expenses include direct full or partial salaries of administrative and management staff and benefits for functions related to fiscal, administrative and fundraising efforts. It also includes a percentage of the overall operating costs and the total costs associated with fundraising events, the audit, payroll fees, and banking and credit card related fees and charges.

If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.

Empowerhouse is not requesting locality funding for administrative costs.

Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.

N/A, see above.

Capital Expenses

Please provide an overview of the capital costs for your agency.

In the budget year of this request, fiscal year (FY) 2021, we do not have any capital costs.

Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.

N/A

Salary & Benefit Expenses

Please provide an overview of any increases or decreases in general personnel expenses for your agency.

Fields are not open for actual 2017 and 2018. Empowerhouse has not intentionally left these columns blank.

There is very little change in overall staffing. The video production costs for the teen films are not in the FY21 budget and the restructuring of the hotline services eliminated part-time staffing hours which became necessary during the vacancy of a long term employee of 14 years as Empowerhouse tries to maintain or reduce strains on the overall budget.

Please provide a description of any changes to agency benefits structure or cost.

No change.

Budget Issues

Provide any legislative initiatives or issues that may impact the agency for the upcoming year.

The Empowerhouse Executive Director joined the Virginia Action Alliance Public Policy Committee in addition to renewing an appointment by the Governor of the Virginia Advisory Committee on Sexual and Domestic Violence. These are two ways among others that allow the organization to serve the Commonwealth. It also helps the organization to become aware of trends and initiatives that may impact the agency in the coming year. The new accreditation process will launch in the current year and this will allow Empowerhouse to renew its commitment to best practices in the field.

If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.

N/A

Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.

N/A

Empowerhouse

Agency Total Budget

In the boxes below provide an overview of the administrative costs associated with your total agency budget.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Salary			1,022,769.00	1,250,261.00	1,218,111.00
Benefits			169,997.00	224,461.00	215,670.00
Operating Expenses			457,234.00	593,732.00	601,311.00
Capital Expenses			0.00	30,000.00	0.00
Other Expenses			0.00	0.00	0.00
Total	0.00	0.00	1,650,000.00	2,098,454.00	2,035,092.00

Revenues

Please include revenue associated with your entire organization. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline			4,624.00	4,624.00	6,500.00
Fredericksburg			14,350.00	14,350.00	20,000.00
King George			0.00	0.00	10,000.00
Spotsylvania			55,448.00	58,220.00	68,000.00
Stafford			50,000.00	52,189.00	68,000.00
United Way			80,000.00	76,000.00	76,000.00
Grants			846,958.00	1,264,922.00	1,239,891.00
Client Fees			94,000.00	87,950.00	87,950.00
Fundraising			121,100.00	135,200.00	140,051.00
Other (Click to itemize)	0.00	0.00	215,000.00	405,000.00	318,700.00
Total	0.00	0.00	1,481,480.00	2,098,455.00	2,035,092.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	0.00	-168,520.00	1.00	0.00

Empowerhouse

Locality Information

Locality Notes

Please use the spaces below to provide any locality specific notes or statements that may be relevant to your application.

Caroline County

In FY 2019, 181 Caroline County residents received Empowerhouse services including 2,382 shelter and housing bed nights for 19 Caroline victims and children. Empowerhouse locality supported programs are requesting \$6,500 in total from Caroline County (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$1,876 over FY 2020 to continue supporting Caroline County residents affected by the trauma of domestic violence/intimate partner violence with life saving domestic violence services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Caroline victims with safety planning, court accompaniment, shelter, housing, support groups, and linkage to other services. Empowerhouse is present in Caroline juvenile and domestic relations court weekly for domestic violence cases and maintains a dedicated phone line specific to Caroline County on top of the 24-hour local and toll-free numbers.

City of Fredericksburg

In FY 2019, 775 Fredericksburg City residents received Empowerhouse services including 5,129 shelter and housing bed nights to 69 victims and children. Empowerhouse locality supported programs are requesting \$20,000 in total from Fredericksburg (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$5,650 over FY20 to continue supporting Fredericksburg City residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Due to the lifesaving and economic impact of DV shelter and housing, Empowerhouse devotes significant staff leadership and advocate time to coordinating with and supporting the Community Continuum of Care (located at GWRC) which is dedicated to all PD16 homeless including those who become homeless as a result of DV. Empowerhouse co-wrote and received a Federal grant with MWHC which supplies a new .9 FTE forensic nurse examiner for area violence victims.

King George County

In FY19, 215 King George County residents received Empowerhouse services including 736 shelter and housing bed nights to 5 victims and children (in the first third of FY20 10 victims and children received 686 bed nights already). Empowerhouse locality supported programs are requesting \$10,000 in total from King George County (out of total locality supported programs budget of \$1,579,885) for FY21. In FY17 King George committed to continue supporting King George residents affected by the trauma of domestic violence/intimate partner violence via match funding in which Empowerhouse partnered with the King George Sheriff's Office where the Sheriff dedicated office space for a full-time Empowerhouse advocate. Since then, the Empowerhouse advocate is providing immediate outreach to King George Sheriff's Office identified victims by phone and local in-person safety planning, court and other offices accompaniment and linkage to other services in addition to its 24-hour hotline and shelter.

Spotsylvania County

In FY 2019, 1,094 Spotsylvania County residents received Empowerhouse services including 4,754 shelter and housing bed nights for 109 Spotsylvania victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Spotsylvania (out of total locality supported programs budget of \$1,579,885) for FY 2021, an increase of \$9,780 over FY 2020 to continue supporting Spotsylvania County residents affected by the trauma of domestic violence (DV) /intimate partner violence with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Spotsylvania victims with safety planning, shelter, housing, support groups, and linkage to other services. The Empowerhouse outreach office and a satellite office provided by court services are located in Spotsylvania. Empowerhouse provides an advocate daily dedicated to Spotsylvania juvenile and domestic court to support them while filing protective orders.

Stafford County

In FY 2019, 1,125 Stafford County residents received Empowerhouse services including 9,969 shelter and housing bed nights for 113 Stafford victims and children. Empowerhouse locality supported programs are requesting \$68,000 in total from Stafford (out of total locality supported programs budget of \$1,579,885) for FY21, an increase of \$15,811 over FY20 to continue supporting Stafford County residents affected by the trauma of domestic violence (DV) with life saving DV services for all impacted family members. Empowerhouse advocates receive calls 24 hours/day supporting Stafford victims with safety planning, shelter, housing, court accompaniment, support groups, and linkage to other services. The Stafford Sheriff's Office provided a satellite office last year for Empowerhouse with staff starting this year via Federal grant partnering with Stafford County. Empowerhouse provides on-site confidential DV services and supports a high risk team pilot effort to prevent DV homicides.

Empowerhouse - 24-Hour Domestic Violence Hotline

Program Overview

You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.

When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.

You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.

General Information

Program Name 24-Hour Domestic Violence Hotline

Is this a new program? No

Program Contact

Name Tammy Torres

Title Assistant Director

Email office@empowerhouseva.org

Phone (540) 373-9372

Program Purpose / Description

Provide an overview of this program

The 24-hour domestic violence (DV) hotline, the only serving PD16, provides access to trained workers via 2 Empowerhouse numbers, one toll-free. The service opens communication to those isolated by DV/ intimate partner violence. Workers validate feelings and experiences, provide risk assessment for future harm, and safety planning for the adult or teen victim and affiliated children. Safety planning (part of the service) is individually designed through analysis of the victim's past and current situation taking into consideration what the future may bring. Information on DV, Empowerhouse shelter, agency services, law enforcement, and other community resources are provided including crisis medical and legal, social services, financial, and mental health. Specific information provided on how to file for protective orders and the various governmental entities which are available to report abuse. Via a language line-we serve over 100 languages when English is not the first language. Professionals and family members call the hotline to request information to help a victim they know and many victims call for informational purposes. Most victims calling do not realize that the abuse they are experiencing is against the law. The primary purpose of this service is to increase safety and connect to resources providing a confidential, immediate, and free response to individuals isolated by their intimate partners, and demeaned, threatened, physically harmed, and frequently in danger.

Client Fees

Please describe the fees clients must pay for the services by this program.

There are no fees for this program. Empowerhouse is an accredited domestic violence organization. Critical life-saving services for isolated and controlled victims of domestic violence must be provided regardless of ability to pay. As such and because of a mandate by Federal funding, local domestic violence organizations are not allowed to charge fees to victims of domestic violence and their children for victim services. Diversified funding sources such as those granted by localities in combination with State and Federal funding and local contributions make it possible to provide this critical public safety life-saving service to PD 16 area citizens.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

One in 4 women experience severe physical violence by an intimate partner in their lifetime. A Virginian is killed by domestic violence (DV) every 5 days. Area law enforcement officers respond to over 6,500 DV related calls annually. This hotline saves local lives through providing expertly trained and experienced workers to educate and direct callers and provide an outlet to seek help and identify the problem and danger. No other PD16 agency provides relief in the form of a DV hotline, 24 hours/day, with a worker prepared to stop all activity and focus attention on the caller on average for one hour. This is critical; a DV victim may find the opportunity and courage to reach out only once and needs us to be ready to listen, address concerns, build trust, and open a support system lacking due to isolation. Safety planning is critical and a priority with all callers. All PD16 DV victims can access the 2 local numbers (one toll-free). 1,551 callers received confidential help last year.

If this is a new program, be sure to include the benefits to the region for funding a new request.

n/a

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

DV victims, family members, friends, and concerned community members in Caroline, Fredericksburg, King George, Spotsylvania, and Stafford call the hotline. Some callers do not provide information on their locality and are included in "other". Sometimes we respond to calls outside of PD16 especially when family who lives outside of the area call for a victim who is in PD16. We answer calls after hours at the undisclosed shelter location and during business hours at the public outreach office in Spotsylvania. Callers may use the hotline as often as needed. After the initial call, additional calls and services are recorded on other forms, not as hotline calls. This year, the program expanded by a part-time staffer to pilot an evidence-based program called LAP brought to localities in Virginia by the AG's Office. The LAP (Lethality Assessment Protocol) trains officers to ask victims a series of risk questions and immediately connect them with the local DV program if answers meet criteria.

If your program has specific entry or application criteria, please describe it here.

n/a

Empowerhouse - 24-Hour Domestic Violence Hotline

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

See below on program restructuring. With new dedicated grant funding, Empowerhouse anticipates an increase in calls from law enforcement as we roll out the LAP pilot brought to localities in Virginia by the Attorney General's Office. The Lethality Assessment Protocol (LAP) is between law enforcement and local community based DV programs. LAP is the only program of its kind in the nation and was recently honored as one of two promising practices to end homicide by the Department of Justice. Empowerhouse's dedicated hotline hours are funded by a state grant to Empowerhouse. The Stafford Sheriff's Office partnership was strengthened by Empowerhouse providing an advocate (with a Federal grant) to the satellite office they provided. LAP program roll out is one of the grant goal goals and will strengthen response across our region. It trains officers to use an 11 question protocol which informs an action to dial Empowerhouse to immediately link with identified high risk victims.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

The relatively small increases requested from localities to the overall budget and essential safety component of the program are vital to Empowerhouse maintaining quality of services.

In particular, please describe in detail if any increase is sought for new positions or personnel.

Increases are not requested for new positions or personnel. The program is restructured. Instead of a dedicated part-time Spanish speaking advocate, the dedicated hours are now supplied by a grant that supports an immediate link after hours with a staff person providing response to law enforcement for the purpose of linking identified high risk victims. The three full-time bilingual and bi-cultural advocates are still available as needed. Additionally use of a language line for interpretation fulfill the purpose of the former dedicated Spanish language hours.

Empowerhouse - 24-Hour Domestic Violence Hotline

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Personnel	45,995.00	50,302.00	53,723.00	74,999.00	65,476.00
Benefits	7,823.00	8,716.00	8,996.00	17,960.00	10,918.00
Operating Expenses	8,302.00	8,896.00	7,162.00	11,350.00	8,855.00
Capital Expenses		0.00	0.00	0.00	0.00
Total	62,120.00	67,914.00	69,881.00	104,309.00	85,249.00

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Caroline	257.00	266.00	284.00	332.00	403.00
Fredericksburg	838.00	827.00	880.00	1,028.00	1,240.00
King George	924.00	0.00	0.00	0.00	620.00
Spotsylvania	3,115.00	3,101.00	3,400.00	4,172.00	4,217.00
Stafford	2,910.00	2,870.00	3,066.00	3,740.00	4,217.00
United Way	0.00	0.00	0.00	0.00	0.00
Grants	39,232.00	36,351.00	35,006.00	66,409.00	65,323.00
Client Fees	0.00	0.00	0.00	0.00	0.00
Fundraising	7,285.00	12,499.00	13,245.00	15,629.00	6,229.00
Other (Click to itemize)	7,559.00	12,000.00	14,000.00	13,000.00	3,000.00
Local contributions	7,559.00	12,000.00	14,000.00	13,000.00	3,000.00
Total	62,120.00	67,914.00	69,881.00	104,310.00	85,249.00

Surplus / Deficit

	FY 2017 Actual	FY 2018 Actual	FY 2019 Budgeted	FY 2020 Budgeted	FY 2021
Surplus or Deficit	0.00	0.00	0.00	1.00	0.00

Empowerhouse - 24-Hour Domestic Violence Hotline

[View Diagram](#) Goals and Objectives

Goals

Goal:

Enhance the support of victims of domestic violence and their children to decrease exposure to and effects of violence. DV victims will receive attention to planning for their safety while on a hotline call and callers to the hotline will receive the information they are requesting.

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
At least 70% of victims of domestic violence calling the 24 hour domestic violence hotline know more ways to plan for their safety.	Total # Clients Served	1,252	1,260	999	1,090		1,050
	Total # Clients Achieved/Successful	965	882	808	763		735
	% Achieved / Successful	77.08	70	80.88	70	0	70
At least 65% of hotline callers (victims, family members, friends, concerned individuals in the community) will take a brief satisfaction survey rating information provided.	Total # Clients Served	1,718		1,546	1,550		1,550
	Total # Clients Achieved/Successful	1,343		1,093	1,008		1,008
	% Achieved / Successful	78.17	0	70.70	65.03	0	65.03
At least 95% of callers taking the brief satisfaction survey will state they received the information requested.	Total # Clients Served	1,343		1,093	1,008		1,008
	Total # Clients Achieved/Successful	1,333		1,082	958		958
	% Achieved / Successful	99.26	0	98.99	95.04	0	95.04

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

N/A

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

N/A

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Goal:

To enhance the support of victims of domestic violence and their children to decrease exposure to and effects of intimate partner abuse and violence. Empowerhouse workers listen to callers concerns, provide active listening, provide information on dynamics of DV and the free-confidential resources through domestic violence programs, Empowerhouse, such as domestic violence shelter, availability of 24-hour hotline, support /education groups, court accompaniment, and safety planning on-going.

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
At least 70% of individuals making victim related (victim, family & friend) calls to the hotline are more informed about the dynamics of domestic violence and services available through domestic violence programs.	Total # Clients Served	1,359	1,380	1,068	1,183		1,150
	Total # Clients Achieved/Successful	1,292	966	1,036	828		805
	% Achieved / Successful	95.07	70	97	69.99	0	70
At least 70 % of domestic violence survivors who call the hotline are given referrals to community resources to increase their capacity to acquire resources needed to live a violence-free life.	Total # Clients Served	1,252	1,260	999	1,090		1,050
	Total # Clients Achieved/Successful	940	882	940	763		735
	% Achieved / Successful	75.08	70	94.09	70	0	70

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

The outcomes are on target.

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

The target numbers however are higher than realistic in that we had an unusually high number of hotline calls in 2017. That could have been for many different reasons, more people coming forward due to awareness of their situation and the availability of resources, social media, news media related to high profile cases of domestic violence, PSAs on television during the Super Bowl, Empowerhouse advertising the work we were doing around expanding our domestic violence shelter, or some aspect of our work with the Continuum of Care at that time. The target number of people we expect to reach has been adjusted in the baseline numbers for 2018.

If you are restating the goals or objectives for the prior calendar year, please include those here

N/A

Empowerhouse - 24-Hour Domestic Violence Hotline

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2017, FY2018, and FY 2019, the estimated numbers of individuals served in FY2020 and the projected numbers of individuals served in FY2021.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 Estimate	FY 2021 Projected
Fredericksburg City	514	431	469	440	450
Caroline County	99	79	65	75	75
King George County	102	53	49	55	60
Spotsylvania County	375	377	355	370	370
Stafford County	365	368	359	370	405
Other Localities	326	238	254	240	240
Total	1,781	1,546	1,551	1,550	1,600

Empowerhouse - 24-Hour Domestic Violence Hotline

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

Empowerhouse maintains MOUs and cooperative agreements with multiple nonprofit and governmental entities to benefit DV survivors and their children including but not limited to 5 localities of law enforcement, prosecutors, victim/witness offices, Legal Aid Works, Mary Washington Healthcare, homelessness providers, and RCASA. Our staff participate in an area DV Coordinating Council that includes the aforementioned and additionally the public defender's office, RACSB, DSS, community based probation, Safe Harbor, Quantico Family Advocacy, and human trafficking workers. Our DV hotline and 24 hour response services are widely promoted through the coordinating body, through the CoC, and via training for first responders (including EMS, fire and rescue, state and military police), healthcare, churches, and all service providers who frequently come in contact with DV victims and their families. Each Empowerhouse programs focus on unique partnerships some of which serve more than one program.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

Phone planning makes a huge difference to DV victims' safety, ongoing economic struggles and coercion faced, pressure to return home where the abuser attempts to regain control so the abuse can continue unchallenged and unfettered. Without this program, victims would have no one confidentially to discuss this with in incremental steps and say, "Did you realize this behavior is against the law?" or "I am concerned for your safety." There would be no-one to call at night, when officers are on the scene, to discuss with them how to connect with shelter and mobilize resources to effect that connection. Communities everywhere value confidential and 24 hour access locally because victims are more likely to call if they know they can do so safely as their information is not shared and decisions are not made for them. Dedicating time to the hotline by 24 hour workers who perform other DV functions is an efficient way to respond quickly, expertly, and with dedication to DV victims.