

Regional Funding

Fiscal Year 2021 - Partner Funding Application

Rappahannock Council Against Sexual Assault

Agency Information

General Information

Agency Name Rappahannock Council Against Sexual Assault
Physical Address 615 Jefferson Davis Hwy., Suite 201, Fredericksburg, VA, 22401, U.S.A.
Mailing Address 615 Jefferson Davis Hwy., Suite 201 Fredericksburg VA 22401
Agency Phone Number (540) 371-6771
Federal Tax ID # 54-1443112
Web Address www.rcasa.org
Agency Email Address christina@rcasa.org

Agency Mission Statement

Our mission is to provide support, treatment, and advocacy to persons whose lives have been affected by sexual violence and to reduce sexual violence in our community through education and awareness.

Number of Years in Operation 33

Main Contact

Main Contact Christina Berben, phone: (540) 371-6771, email: christina@rcasa.org
Job Title Executive & Clinical Director

Localities Served

Please select any/all localities your agency serves.

Caroline
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.

For 33 years, RCASA, has offered services to survivors of sexual violence (SV) in PD16.

We are the only agency that provides comprehensive services to both adult & child victims of SV. Were our agency to dissolve, survivors of SV in our community would not have access to the services they rely on, including trauma-informed, evidence-based individual & group counseling by professionals who specialize in treating SV. Survivors in our community deserve a safe place for to talk about their experiences without stigma -- RCASA provides this and much more.

Research shows that victims of SV are more likely to thrive when seeking services from an agency that focuses solely on SV recovery. Victims of SV who receive responsive care immediately after their trauma are less susceptible to the economic impacts of SV, like homelessness, joblessness, and limited access to resources.

Victims provided with trauma-informed care & specialized advocacy report increased feelings of well-being & decreased symptoms of PTSD over the course of their care. Similarly, survivors report less distress after encounters with legal and medical systems with an advocate to assist & educate them throughout the experience. Further, research shows that victims who receive support from trained crisis responders are more likely to cooperate with law enforcement, increasing the overall safety of our communities as perpetrators of SV are more likely to be held accountable.

Further, RCASA's trained advocates prevent retraumatization to victims of SV by educating allied professionals about trauma response.

Finally, at RCASA we don't just treat the individual, we seek to change the culture of the community by providing education on the impacts and dynamics of SV and by collaborating with allied partners to promote a survivor-centered approach to service provision.

Community Impact

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

Example 1

A 23-year-old African American female received emergency medical accompaniment services at Mary Washington Healthcare (MWHC) stemming from sexual violence. As RCASA maintains an active MOU with MWHC, RCASA was contacted via our 24-Hour Crisis Hotline with a request for an advocate to provide the victim with information about RCASA resources and emotional support. An RCASA trained volunteer accompanied the victim throughout the forensic evidence collection.

Per RCASA protocol, RCASA staff maintained supportive communication to the victim following the hospital visit. The victim later initiated contact with our 24-Hour Crisis Hotline, requesting support in the aftermath of the trauma. At that time, the victim completed our intake process and requested court advocacy and case management services. With appropriate exchanges of information in place to protect the victims' confidentiality, RCASA staff reached out to law enforcement (LE) to obtain information about the victim's case and later reconnected with the client to explain the judicial process and to discuss the information obtained.

At that time, RCASA staff also coordinated with the Fredericksburg City PD, offering RCASA office space for them to meet with the client, who expressed feeling overwhelmed at the thought of speaking with LE. Fredericksburg City Police, on the other hand, needed to convey to the client that her case would not move forward and collaborated with RCASA to relay this message in a victim-centered way. RCASA staff accompanied the client during the meeting with LE and provided a safe and supportive environment in which to discuss the outcome of the investigation.

Client reported to RCASA staff that she had not understood the investigative and legal processes until meeting with an RCASA advocate in regards to judicial process, protective orders, and victim rights.

Client was later referred to RACSB after requesting support for medication management.

Example 2

A 13-year-old female and her mother were referred to RCASA by a member of the community who was aware of RCASA services to victims of sexual abuse. Client's mother scheduled an intake, initially requesting only court accompaniment services, which were provided by RCASA court advocacy staff.

Several months later, client's mother requested individual counseling services for client and client began weekly art therapy sessions with RCASA's Board Certified Art Therapist. Client presented with a history of sexual abuse by her biological father from the ages of 7 to 11. Client reported an increase in anxiety, difficulty focusing at school, and isolating herself from friends and family. Client received support navigating the educational system, with RCASA's Art Therapist advocating for client to attend school online by writing a letter to school administrators. Client continues to report decreased anxiety as a result of this change. Client has maintained bi-weekly art therapy sessions and has been receiving services at RCASA for 10 months. Therapy focuses on self-regulation and processing client's experience with the court process.

Client reports improved ability to discuss experiences, and improvement in identifying healthy supports and utilizing resources.

Additionally, client's mother has received secondary survivor support sessions, which provide support, knowledge and access to resources for family, friends, and loved ones of survivors, in order to equip mom with tools to help the client cope with her experience.

Reports from those who are aware of the details of the case in Stafford County, which included more than 20,000 images child pornography and videos of the abuse, indicate that this case is one of the most egregious cases of sexual abuse the community has ever seen. Victim's father was sentenced to three life sentences plus 70 years. RCASA's support minimizes the impact to the victim and to the community.

Example 3 (Optional)

A 28-year-old Caucasian female victim of human trafficking presented to MWHC for emergency medical accompaniment. RCASA was contacted through our 24-Hour Crisis Hotline by MWHC charge nurses to accompany victim through a forensic exam. Victim received emergency medical accompaniment services and an RCASA advocate was present during the 5-hour-long process. At that time, it was determined that this individual had been both sexually and physically abused by her pimp/manager (Human Trafficking professionals report that pimps now use the term "manager" to describe their relationship to the women they traffick). Victim reported a long history of drug use and abuse.

During the exam, the victim reported that she wanted to escape from her trafficker and RCASA and Spotsylvania County Sheriff's Department detectives at that time collaborated to provide services to the victim with this goal in mind. RCASA helped law enforcement to identify potential community resources that might be appropriate for housing for this victim. When all possible community-based resources had been exhausted, including Thurman Brisben, Empowerhouse, Micah, and other regional homeless shelter providers, RCASA stepped in to provide emergency housing to the victim.

In the days following the initial hospital visit, RCASA collaborated with Spotsylvania detectives and the Central Virginia Justice Initiative (CVJI) (an agency in the area that provides information and support to victims of human trafficking and the community) with providing short- and long-term solutions to ensuring the safety of the victim, including placement at a domestic violence shelter in Northern Virginia. With appropriate exchanges of information in place to protect client's confidentiality, RCASA coordinated with the victim's medication management provider to have her prescription transferred to the Northern Virginia medication management office nearest to the shelter. RCASA continues to be a resource for this client.

Rappahannock Council Against Sexual Assault

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for RCASA are those associated with agency expenses that are not allocated to direct service programs. These costs include portions of the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries, office supplies, commercial liability insurance, occupancy & utilities, & accounting services.

Agency administrative salary & payroll expenses total \$40,500; office supplies, \$1,000; commercial liability insurance, \$2,700; occupancy & utilities, \$34,200; and accounting services, \$11,000.

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

Starting FY20, RCASA relocated to a new office space because our previous space, once owned by and leased from the Rappahannock United Way (RUW), was sold. The cost of inhabiting the new space has increased our occupancy costs by 185%. In our search for an appropriate and affordable location, this office space, located in close proximity to Mary Washington Healthcare and the University of Mary Washington, two of our community partners with whom we work closely, was selected. Negotiations on the terms of the lease enabled us to rent the current space at approximately 50% below Fredericksburg City's average market value. After reviewing over one dozen properties, this was the most affordable option that met our needs for confidentiality and accessibility for clients.

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

Several administrative costs are defrayed by locality funds, including the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries (\$40,500), office supplies (\$1,000), commercial liability insurance (\$2,700), occupancy & utilities (\$34,200), & accounting services (\$11,000).

The total costs defrayed by locality funds is \$89,400.

Capital Expenses

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

Currently, RCASA does 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.

In FY20, RCASA has made it a priority to increase staff salaries in order to move them closer to a living wage in our area. According to the Living Wage Calculator, a living wage for an adult without children is \$17.44/hour; living wage for an adult with one child is \$31.46. Staff salaries were increased by 7%. FY19 salaries were budgeted at \$328,526 and FY20 salaries are budgeted at \$331,127. Staff and program restructuring and a focus on recruiting and maintaining volunteers has helped to defray costs of this increase.

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

In FY20, RCASA has maintained the benefits offered to staff (covering 100 percent of health and dental insurance to staff after one year of full-time employment), while also implementing a new benefit: Life Insurance. The annual cost, covered at 100 percent to staff after one year of full-time employment, is \$355.

Budget Issues

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

At this time, RCASA is unaware of any legislative initiatives or issues that may impact our agency in the upcoming year.

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.

In FY21, the Rappahannock United Way (RUW) will change its process of evaluating and improving their funding process. With RUW's commitment to serving the Asset Limited, Income Constrained, Employed (ALICE) population through the key areas of Education, Financial Stability and Healthy Living, it is possible that RCASA may lose our funding through the RUW. RUW has informed us that they may invest in programs that fall outside of those they have historically and traditionally funded. Further, they have stated that funding itself may look different. Currently, our Counseling and Case Management program is funded with \$10,000 from the RUW.

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

Currently, RCASA employs 1.6 FTE counseling staff. The approximate wait for clients who desire counseling services is 8-10 weeks. This pattern has continued for approximately two years. To address this issue, RCASA recruits master's level clinical interns to serve clients. This year, RCASA will host two clinical interns, an increase from previous years in which we had only one. In order to provide timely services, RCASA would need to hire an additional full-time counselor.

Rappahannock Council Against Sexual Assault

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			328,526.00	331,127.49	331,127.00
Benefits			78,202.00	90,307.00	90,307.00
Operating Expenses			107,730.00	101,599.00	97,479.49
Capital Expenses			0.00	0.00	0.00
Other Expenses			7,600.00	8,600.00	8,600.00
Total	0.00	0.00	522,058.00	531,633.49	527,513.49

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			1,100.00	1,100.00	1,100.00
Fredericksburg			4,140.00	4,140.00	8,280.00
King George			0.00	0.00	458.00
Spotsylvania			21,000.00	21,000.00	21,000.00
Stafford			7,400.00	9,503.00	12,085.00
United Way			10,000.00	10,000.00	10,000.00
Grants			443,418.00	454,590.49	454,590.49
Client Fees			0.00	0.00	0.00
Fundraising			17,000.00	18,800.00	20,000.00
Other (Click to itemize)	0.00	0.00	18,000.00	12,500.00	0.00
Total	0.00	0.00	522,058.00	531,633.49	527,513.49

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

Rappahannock Council Against Sexual Assault

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 FY19, RCASA prevention staff provided prevention education to 241 students to Caroline High School, but we typically provide education to approximately 450 students. Caroline Middle canceled due to snow.

In FY19, RCASA staff visited Caroline Detention Facility and met with the Superintendent and the Sexual Abuse and Assault Prevention and Intervention Coordinator to develop an MOU with the facility, to tour the facility, and to provide information and resources about RCASA services, including flyers that could be posted at the facility with our hotline number. Flyers were created in both English and Spanish.

City of Fredericksburg

RCASA has increased its collaborative efforts at UMW, seeing an 800% increase requests for case management services, a 400% increase in crisis services requested from students from the University of Mary Washington. RCASA continues to participate on the Coordinated Community Response Team (CCRT) at UMW.

Additionally, RCASA has experienced an increase in members of the homeless population requesting crisis services in the hospital setting.

RCASA prevention and outreach staff have provided prevention education to 160 to different groups at the University of Mary Washington, the Kenmore Club, Fredericksburg Academy, the Boys & Girls Club, and the Continuum of Care.

King George County

In FY19, RCASA staff collaborated with VW for a week-long trial, providing 43 total hours of court accompaniment. RCASA staff collaborated with King George VW to provide advocacy and support to the loved ones and support system of the victim. RCASA dedicated two staff members to this trial to ensure that the victim would have support for the duration of the trial.

RCASA prevention and outreach staff have provided prevention education to 672 to King George High & Middle schools.

Spotsylvania County

In FY19, RCASA staff provided Court Advocacy to four clients, to total 58.5 hours of court accompaniment over an 8-day trial process. Additionally, RCASA staff helped to implement a Sexual Assault Response Team (SART) by collaborating with Victim Witness staff, bringing our knowledge and expertise to the table from our involvement with the State SART Advisory Committee and collaborating with community partners to establish protocols and procedures that will increase positive outcomes for survivors of sexual violence.

RCASA staff provided training to the Spotsylvania County Sheriff's Department on the topics of trauma, vicarious trauma, and self-care. RCASA continues to provide training to the RACSB's Crisis Intervention Team on the topic of trauma and the impacts and dynamics of sexual violence.

RCASA prevention and outreach staff have provided prevention education to 429 to Chancellor & Courtland High schools. RCASA staff has collaborated with area partner FAHASS.

Stafford County

In FY19, three RCASA staff presented at the Rappahannock Juvenile Center on the topics of trauma and ASK ALEX underserved populations.

RCASA staff provided 182 hours of court accompaniment at 31 separate trials. Our continued partnership with Stafford County helps us to provide support and advocacy to victims of sexual violence. education, court, CM, national night out outreach how many people reached.

RCASA prevention and outreach staff have provided prevention education to 466 to Stafford High School, a Girl Scout Troup 3771, & Chaplin Youth Center.

Rappahannock Council Against Sexual Assault - Crisis Services

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 Crisis Services

Is this a new program? No

Program Contact

Name Christina Berben

Title Executive & Clinical Director

Email christina@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

The Crisis Services Program at RCASA is comprised of one full-time and two part-time designated paid crisis responders and volunteer Crisis Responders (CR), who are available to meet the immediate needs of survivors of sexual violence (SV). That said, every RCASA staff member is trained in crisis response. CRs man RCASA's 24-hour crisis phone line, provide walk-in crisis intervention during business hours, and accompany SV victim/survivors in the hospital setting.

A CR's top priority is to help clients assess and plan for personal safety. After establishing that a client is safe, a CR introduces, when appropriate, skills to help clients regulate the often intense emotions that follow the trauma of sexual violence. A CR is often a victim/survivor's first interaction with RCASA and with the community systems that are in place to respond to SV. The rapport that they build with victim/survivors leads to increased trust in the process. CRs use a strengths-based approach, empowering clients to make choices based on available resources and options. CRs are equipped to assist a victim/survivor in many ways, including explaining how to file a police report, supporting a client through a forensic exam, and providing appropriate community referrals.

CRs model self-advocacy for clients and advocate for victim/survivors, reducing the likelihood of retraumatization.

Client Fees

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

RCASA receives funding from Victims of Crime Act resources, funds that are derived from fines and penalties paid into a federal system by offenders. This is a dedicated source of funding for crime victims, including those who have been impacted by sexual violence.

RCASA is committed to providing services free of cost to victims of sexual violence, who deserve support and guidance in the aftermath of a violent crime. Therefore, there are no fees associated with receiving services from RCASA.

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.

Without crisis advocates, victims of sexual violence (SV) are less likely to receive critical services (e.g., referrals to community-based services, filing of police reports, information about sexually transmitted infections & pregnancy) in the immediate aftermath of their attacks. Without an advocate present, secondary victimization (or being blamed or re-victimized by first responders) is more likely. Both an absence of helpful services & secondary victimization have been linked to increased psychological distress, physical health issues, sexual risk-taking behaviors, self-blame, guilt, depression, & a reluctance to seek further help among survivors. These consequences can take an emotional & financial toll on victims & the community. Supportive, non-victim-blaming interventions provided immediately following SV may help to prevent long-terms physical & mental health struggles among survivors. Therefore, crisis advocacy can be considered cost-saving and fiscally responsible.

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

This is not a new program.

Target Audience and Service Delivery

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

Crisis services are available to anyone, adult or child, impacted by sexual violence (SV) in PD16. Whether a survivor was impacted years ago or recently, they can access services from RCASA. Every client receives trauma-informed, supportive services, regardless of the length of their care. Clients develop treatment goals and action plans with their counselor and case manager that encourage forward progress in their path to healing, along with assistance and referrals to community resources, as needed. The support systems (partners, parents, family, etc) of the primary victim are also provided with education & support that ensures understanding of how trauma impacts the brain, caring for the victim, & developing positive coping mechanisms after trauma has occurred. Educating and supporting support systems of survivors further mitigates the impact of trauma to the survivor of SV by helping to create hope and healing where they need it most -- in their own homes.

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

There are no specific application criteria to receive services from the Crisis Program at RCASA, excepting that one must identify as a victim or survivor of sexual violence.

Rappahannock Council Against Sexual Assault - Crisis Services

Program Budget Narrative

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

RCASA is requesting an increase in funding from Fredericksburg City. In July 2019, we moved office space to the city. Our services are more accessible to City residents and University students & our outreach to students there has increased as well. We have seen an 400% increase in requests for crisis services in the first quarter of FY20 alone -- it is likely this trend will continue for the remainder of the school year.

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

Without funding, it will not be possible to serve the number of students that request counseling and case management. RCASA is taking on an additional clinical intern in order to serve those students. The intern will require supervision and guidance from paid staff.

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

Salaries for FY20 have increased in order to provide a living wage to agency Crisis Services Program staff who offer the community specialized skills in treating the impacts of sexual violence.

Rappahannock Council Against Sexual Assault - Crisis Services

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	61,956.00	39,542.00	79,092.00	69,449.00	69,449.00
Benefits	11,640.00	14,862.00	26,353.00	19,126.00	19,126.00
Operating Expenses	24,975.00	15,442.00	15,347.00	18,287.00	19,317.00
Capital Expenses	0.00	0.00	0.00	0.00	0.00
Total	98,571.00	69,846.00	120,792.00	106,862.00	107,892.00

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	231.00	165.00	281.00	239.00	239.00
Fredericksburg	870.00	621.00	1,056.00	898.00	1,796.00
King George	105.00	0.00	116.00	0.00	132.00
Spotsylvania	4,410.00	3,150.00	5,360.00	4,554.00	4,554.00
Stafford	3,150.00	1,111.00	1,890.00	2,060.00	2,060.00
United Way	10,000.00	1,500.00	2,552.00	1,800.00	1,800.00
Grants	78,596.00	60,356.00	102,685.00	88,576.00	88,576.00
Client Fees	0.00	0.00	0.00	0.00	0.00
Fundraising	1,209.00	2,550.00	4,338.00	3,600.00	3,600.00
Other (Click to itemize)	0.00	393.00	2,514.00	5,135.00	5,135.00
Direct Public Support		393.00	2,514.00	5,135.00	5,135.00
Total	98,571.00	69,846.00	120,792.00	106,862.00	107,892.00

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

[View Diagram](#) Goals and Objectives

Goals

Goal:

To introduce victims of sexual violence to self-regulatory, grounding techniques that will assist them in processing their trauma.

Objectives

	2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
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RCASA Crisis Responders will educate 90% of appropriate SV victims who use our Crisis Text Line about self-regulating techniques.	Total # Clients Served	0		0	0	0
	Total # Clients Achieved/Successful	0		0	0	0
	% Achieved / Successful	0	0	0	0	0

*This is a new goal; therefore, we do not have year end or baseline information for this goal.

RCASA Crisis Responders will educate 90% of appropriate SV victims who use our Crisis Phone Line about self-regulating techniques.	Total # Clients Served	0	404	0	0	475
	Total # Clients Achieved/Successful	0	364	0	0	427
	% Achieved / Successful	0	0 90.10	0	0	89.89

*This is a new goal; therefore, we do not have year end or baseline information for this goal.

RCASA Crisis Responders will educate 90% of appropriate SV victims in the hospital setting about self-regulating techniques.	Total # Clients Served	0	42	0	0	50
	Total # Clients Achieved/Successful	0	42	0	0	50
	% Achieved / Successful	0	0 100	0	0	100

***This is a new goal; therefore, we do not have year end or baseline information for this goal.**

Explanation & Overview

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

Last year, we had hoped to implement our Crisis Text Line, but the program we chose turned out to be more complicated to implement than anticipated. As a result, we did not meet the goal of educating 90% of appropriate SV victims via a Crisis Text Line about self-regulating techniques. We continue to research other text programs because offering text-based services to the community is a valuable addition to the services we already provide. We know that many youth prefer text-based services and, especially with our continued work in area secondary schools and local colleges and universities, this will be an invaluable asset to the community.

In the interim, we have offered increased access to online services via our website, including the ability to request crisis services. To date, we have received 55 requests online.

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 plan to continue to research text-base software to implement this service to our existing crisis services.

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

Goal:

To provide comprehensive crisis intervention services to victims of sexual violence in Planning District 16.

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
RCASA Crisis Responders will spend 550 hours providing crisis intervention to survivors of sexual violence.	Total # Clients Served	355		603	542		650
	Total # Clients Achieved/Successful	355		603	542		650
	% Achieved /	100	0	100	100	0	100

***Note: RCASA is moving toward measuring service delivery both in the number of clients to which services were provided, as well as the number of hours of services that were provided in total. This serves to highlight the time commitment in service provision that might be missed when counting client numbers only. This is a new goal.**

Successful

RCASA Crisis Responders will spend 180 hours providing hospital accompaniment to victims of sexual violence.	Total # Clients Served	65	192	47	200	
	Total # Clients Achieved/Successful	65	192	47	200	
	% Achieved / Successful	100	0	100	100	0

***Note: RCASA is moving toward measuring service delivery both in the number of clients to which services were provided, as well as the number of hours of services that were provided in total. This serves to highlight the time commitment in service provision that might be missed when counting client numbers only. This is a new goal.**

Crisis Responders will provide 400 instances of crisis intervention support through text messages, via our new 24-Hour Text Crisis Line.	Total # Clients Served	0	0	0	0
	Total # Clients Achieved/Successful	0	0	0	0
	% Achieved / Successful	0	0	0	0

***This is a new goal. Prior to this year, RCASA did not operate a Crisis Text Line.**

Explanation & Overview

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

Last year, we had hoped to implement our Crisis Text Line, but the program we chose turned out to be more complicated to implement than anticipated. As a result, we did not meet the goal of providing 400 instances of crisis intervention support through text messages, via our new 24-Hour Text Crisis Line. We continue to research other text programs because offering text-based services to the community is a valuable addition to the services we already provide. We know that many youth prefer text-based services and, especially with our continued work in area secondary schools and local colleges and universities, this will be an invaluable asset to the community.

In the interim, we have offered increased access to online services via our website, including the ability to request crisis services. To date, we have received 55 requests online.

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 plan to continue to research text-base software to implement this service to our existing crisis services.

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

Rappahannock Council Against Sexual Assault - Crisis Services

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	151	133	149	160	160
Caroline County	36	23	28	27	27
King George County	27	24	31	28	28
Spotsylvania County	100	100	114	121	121
Stafford County	41	136	157	163	163
Other Localities	125	126	125	151	151
Total	480	542	604	650	650

Rappahannock Council Against Sexual Assault - Crisis Services

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.

RCASA maintains an MOU with Mary Washington Healthcare (MWHC) to provide crisis response services to victims of sexual violence who present at the hospital for forensic evidence collection. RCASA's Crisis Program staff and volunteers work closely with Forensic Nurse Examiners (FNEs) to provide advocacy and support to survivors while the FNE collects important physical evidence. RCASA's presence at the hospital setting allows FNEs to concentrate on the task at hand and cannot form an emotional bond with the victims for purposes of maintaining impartiality with victims. RCASA crisis services staff and volunteers make it a priority to help victims feel supported emotionally. FNE's often tell us that our presence in the hospital helps them feel confident that victims are supported and that victims are getting adequate resources in the community.

Efforts have been made to build relationships to Spotsylvania Regional Medical Center as well, with a formal MOU in current review.

Collaborative Impact

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

The RCASA Crisis Program is only agency in PD16 that responds to survivors of sexual violence in the hospital setting. Many victims of sexual abuse present at the Child Advocacy Center, but there are pediatric victims that do present at MWHC and our agency staff are the ones who respond. While there, we may support the victim and also the secondary survivors -- the family, friends, and loved ones of victims -- a service that sets our agency apart from others in our community. Importantly, we are the only agency in our community that provides crisis advocacy services to both adult and child victims of sexual violence.

With connections in all four counties and the City, we have a unique perspective regarding the shape of sexually violence crime in our district, often connecting the dots when perpetrators may commit acts of violence in more than one locality.

Regional Funding

Fiscal Year 2021 - Partner Funding Application

Rappahannock Council Against Sexual Assault

Agency Information

General Information

Agency Name Rappahannock Council Against Sexual Assault
Physical Address 615 Jefferson Davis Hwy., Suite 201, Fredericksburg, VA, 22401, U.S.A.
Mailing Address 615 Jefferson Davis Hwy., Suite 201 Fredericksburg VA 22401
Agency Phone Number (540) 371-6771
Federal Tax ID # 54-1443112
Web Address www.rcasa.org
Agency Email Address christina@rcasa.org

Agency Mission Statement

Our mission is to provide support, treatment, and advocacy to persons whose lives have been affected by sexual violence and to reduce sexual violence in our community through education and awareness.

Number of Years in Operation 33

Main Contact

Main Contact Christina Berben, phone: (540) 371-6771, email: christina@rcasa.org
Job Title Executive & Clinical Director

Localities Served

Please select any/all localities your agency serves.

Caroline
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.

For 33 years, RCASA, has offered services to survivors of sexual violence (SV) in PD16.

We are the only agency that provides comprehensive services to both adult & child victims of SV. Were our agency to dissolve, survivors of SV in our community would not have access to the services they rely on, including trauma-informed, evidence-based individual & group counseling by professionals who specialize in treating SV. Survivors in our community deserve a safe place for to talk about their experiences without stigma -- RCASA provides this and much more.

Research shows that victims of SV are more likely to thrive when seeking services from an agency that focuses solely on SV recovery. Victims of SV who receive responsive care immediately after their trauma are less susceptible to the economic impacts of SV, like homelessness, joblessness, and limited access to resources.

Victims provided with trauma-informed care & specialized advocacy report increased feelings of well-being & decreased symptoms of PTSD over the course of their care. Similarly, survivors report less distress after encounters with legal and medical systems with an advocate to assist & educate them throughout the experience. Further, research shows that victims who receive support from trained crisis responders are more likely to cooperate with law enforcement, increasing the overall safety of our communities as perpetrators of SV are more likely to be held accountable.

Further, RCASA's trained advocates prevent retraumatization to victims of SV by educating allied professionals about trauma response.

Finally, at RCASA we don't just treat the individual, we seek to change the culture of the community by providing education on the impacts and dynamics of SV and by collaborating with allied partners to promote a survivor-centered approach to service provision.

Community Impact

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

Example 1

A 23-year-old African American female received emergency medical accompaniment services at Mary Washington Healthcare (MWHC) stemming from sexual violence. As RCASA maintains an active MOU with MWHC, RCASA was contacted via our 24-Hour Crisis Hotline with a request for an advocate to provide the victim with information about RCASA resources and emotional support. An RCASA trained volunteer accompanied the victim throughout the forensic evidence collection.

Per RCASA protocol, RCASA staff maintained supportive communication to the victim following the hospital visit. The victim later initiated contact with our 24-Hour Crisis Hotline, requesting support in the aftermath of the trauma. At that time, the victim completed our intake process and requested court advocacy and case management services. With appropriate exchanges of information in place to protect the victims' confidentiality, RCASA staff reached out to law enforcement (LE) to obtain information about the victim's case and later reconnected with the client to explain the judicial process and to discuss the information obtained.

At that time, RCASA staff also coordinated with the Fredericksburg City PD, offering RCASA office space for them to meet with the client, who expressed feeling overwhelmed at the thought of speaking with LE. Fredericksburg City Police, on the other hand, needed to convey to the client that her case would not move forward and collaborated with RCASA to relay this message in a victim-centered way. RCASA staff accompanied the client during the meeting with LE and provided a safe and supportive environment in which to discuss the outcome of the investigation.

Client reported to RCASA staff that she had not understood the investigative and legal processes until meeting with an RCASA advocate in regards to judicial process, protective orders, and victim rights.

Client was later referred to RACSB after requesting support for medication management.

Example 2

A 13-year-old female and her mother were referred to RCASA by a member of the community who was aware of RCASA services to victims of sexual abuse. Client's mother scheduled an intake, initially requesting only court accompaniment services, which were provided by RCASA court advocacy staff.

Several months later, client's mother requested individual counseling services for client and client began weekly art therapy sessions with RCASA's Board Certified Art Therapist. Client presented with a history of sexual abuse by her biological father from the ages of 7 to 11. Client reported an increase in anxiety, difficulty focusing at school, and isolating herself from friends and family. Client received support navigating the educational system, with RCASA's Art Therapist advocating for client to attend school online by writing a letter to school administrators. Client continues to report decreased anxiety as a result of this change. Client has maintained bi-weekly art therapy sessions and has been receiving services at RCASA for 10 months. Therapy focuses on self-regulation and processing client's experience with the court process.

Client reports improved ability to discuss experiences, and improvement in identifying healthy supports and utilizing resources.

Additionally, client's mother has received secondary survivor support sessions, which provide support, knowledge and access to resources for family, friends, and loved ones of survivors, in order to equip mom with tools to help the client cope with her experience.

Reports from those who are aware of the details of the case in Stafford County, which included more than 20,000 images child pornography and videos of the abuse, indicate that this case is one of the most egregious cases of sexual abuse the community has ever seen. Victim's father was sentenced to three life sentences plus 70 years. RCASA's support minimizes the impact to the victim and to the community.

Example 3 (Optional)

A 28-year-old Caucasian female victim of human trafficking presented to MWHC for emergency medical accompaniment. RCASA was contacted through our 24-Hour Crisis Hotline by MWHC charge nurses to accompany victim through a forensic exam. Victim received emergency medical accompaniment services and an RCASA advocate was present during the 5-hour-long process. At that time, it was determined that this individual had been both sexually and physically abused by her pimp/manager (Human Trafficking professionals report that pimps now use the term "manager" to describe their relationship to the women they traffick). Victim reported a long history of drug use and abuse.

During the exam, the victim reported that she wanted to escape from her trafficker and RCASA and Spotsylvania County Sheriff's Department detectives at that time collaborated to provide services to the victim with this goal in mind. RCASA helped law enforcement to identify potential community resources that might be appropriate for housing for this victim. When all possible community-based resources had been exhausted, including Thurman Brisben, Empowerhouse, Micah, and other regional homeless shelter providers, RCASA stepped in to provide emergency housing to the victim.

In the days following the initial hospital visit, RCASA collaborated with Spotsylvania detectives and the Central Virginia Justice Initiative (CVJI) (an agency in the area that provides information and support to victims of human trafficking and the community) with providing short- and long-term solutions to ensuring the safety of the victim, including placement at a domestic violence shelter in Northern Virginia. With appropriate exchanges of information in place to protect client's confidentiality, RCASA coordinated with the victim's medication management provider to have her prescription transferred to the Northern Virginia medication management office nearest to the shelter. RCASA continues to be a resource for this client.

Rappahannock Council Against Sexual Assault

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for RCASA are those associated with agency expenses that are not allocated to direct service programs. These costs include portions of the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries, office supplies, commercial liability insurance, occupancy & utilities, & accounting services.

Agency administrative salary & payroll expenses total \$40,500; office supplies, \$1,000; commercial liability insurance, \$2,700; occupancy & utilities, \$34,200; and accounting services, \$11,000.

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

Starting FY20, RCASA relocated to a new office space because our previous space, once owned by and leased from the Rappahannock United Way (RUW), was sold. The cost of inhabiting the new space has increased our occupancy costs by 185%. In our search for an appropriate and affordable location, this office space, located in close proximity to Mary Washington Healthcare and the University of Mary Washington, two of our community partners with whom we work closely, was selected. Negotiations on the terms of the lease enabled us to rent the current space at approximately 50% below Fredericksburg City's average market value. After reviewing over one dozen properties, this was the most affordable option that met our needs for confidentiality and accessibility for clients.

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

Several administrative costs are defrayed by locality funds, including the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries (\$40,500), office supplies (\$1,000), commercial liability insurance (\$2,700), occupancy & utilities (\$34,200), & accounting services (\$11,000).

The total costs defrayed by locality funds is \$89,400.

Capital Expenses

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

Currently, RCASA does 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.

In FY20, RCASA has made it a priority to increase staff salaries in order to move them closer to a living wage in our area. According to the Living Wage Calculator, a living wage for an adult without children is \$17.44/hour; living wage for an adult with one child is \$31.46. Staff salaries were increased by 7%. FY19 salaries were budgeted at \$328,526 and FY20 salaries are budgeted at \$331,127. Staff and program restructuring and a focus on recruiting and maintaining volunteers has helped to defray costs of this increase.

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

In FY20, RCASA has maintained the benefits offered to staff (covering 100 percent of health and dental insurance to staff after one year of full-time employment), while also implementing a new benefit: Life Insurance. The annual cost, covered at 100 percent to staff after one year of full-time employment, is \$355.

Budget Issues

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

At this time, RCASA is unaware of any legislative initiatives or issues that may impact our agency in the upcoming year.

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.

In FY21, the Rappahannock United Way (RUW) will change its process of evaluating and improving their funding process. With RUW's commitment to serving the Asset Limited, Income Constrained, Employed (ALICE) population through the key areas of Education, Financial Stability and Healthy Living, it is possible that RCASA may lose our funding through the RUW. RUW has informed us that they may invest in programs that fall outside of those they have historically and traditionally funded. Further, they have stated that funding itself may look different. Currently, our Counseling and Case Management program is funded with \$10,000 from the RUW.

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

Currently, RCASA employs 1.6 FTE counseling staff. The approximate wait for clients who desire counseling services is 8-10 weeks. This pattern has continued for approximately two years. To address this issue, RCASA recruits master's level clinical interns to serve clients. This year, RCASA will host two clinical interns, an increase from previous years in which we had only one. In order to provide timely services, RCASA would need to hire an additional full-time counselor.

Rappahannock Council Against Sexual Assault

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			328,526.00	331,127.49	331,127.00
Benefits			78,202.00	90,307.00	90,307.00
Operating Expenses			107,730.00	101,599.00	97,479.49
Capital Expenses			0.00	0.00	0.00
Other Expenses			7,600.00	8,600.00	8,600.00
Total	0.00	0.00	522,058.00	531,633.49	527,513.49

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			1,100.00	1,100.00	1,100.00
Fredericksburg			4,140.00	4,140.00	8,280.00
King George			0.00	0.00	458.00
Spotsylvania			21,000.00	21,000.00	21,000.00
Stafford			7,400.00	9,503.00	12,085.00
United Way			10,000.00	10,000.00	10,000.00
Grants			443,418.00	454,590.49	454,590.49
Client Fees			0.00	0.00	0.00
Fundraising			17,000.00	18,800.00	20,000.00
Other (Click to itemize)	0.00	0.00	18,000.00	12,500.00	0.00
Total	0.00	0.00	522,058.00	531,633.49	527,513.49

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

Rappahannock Council Against Sexual Assault

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 FY19, RCASA prevention staff provided prevention education to 241 students to Caroline High School, but we typically provide education to approximately 450 students. Caroline Middle canceled due to snow.

In FY19, RCASA staff visited Caroline Detention Facility and met with the Superintendent and the Sexual Abuse and Assault Prevention and Intervention Coordinator to develop an MOU with the facility, to tour the facility, and to provide information and resources about RCASA services, including flyers that could be posted at the facility with our hotline number. Flyers were created in both English and Spanish.

City of Fredericksburg

RCASA has increased its collaborative efforts at UMW, seeing an 800% increase requests for case management services, a 400% increase in crisis services requested from students from the University of Mary Washington. RCASA continues to participate on the Coordinated Community Response Team (CCRT) at UMW.

Additionally, RCASA has experienced an increase in members of the homeless population requesting crisis services in the hospital setting.

RCASA prevention and outreach staff have provided prevention education to 160 to different groups at the University of Mary Washington, the Kenmore Club, Fredericksburg Academy, the Boys & Girls Club, and the Continuum of Care.

King George County

In FY19, RCASA staff collaborated with VW for a week-long trial, providing 43 total hours of court accompaniment. RCASA staff collaborated with King George VW to provide advocacy and support to the loved ones and support system of the victim. RCASA dedicated two staff members to this trial to ensure that the victim would have support for the duration of the trial.

RCASA prevention and outreach staff have provided prevention education to 672 to King George High & Middle schools.

Spotsylvania County

In FY19, RCASA staff provided Court Advocacy to four clients, to total 58.5 hours of court accompaniment over an 8-day trial process. Additionally, RCASA staff helped to implement a Sexual Assault Response Team (SART) by collaborating with Victim Witness staff, bringing our knowledge and expertise to the table from our involvement with the State SART Advisory Committee and collaborating with community partners to establish protocols and procedures that will increase positive outcomes for survivors of sexual violence.

RCASA staff provided training to the Spotsylvania County Sheriff's Department on the topics of trauma, vicarious trauma, and self-care. RCASA continues to provide training to the RACSB's Crisis Intervention Team on the topic of trauma and the impacts and dynamics of sexual violence.

RCASA prevention and outreach staff have provided prevention education to 429 to Chancellor & Courtland High schools. RCASA staff has collaborated with area partner FAHASS.

Stafford County

In FY19, three RCASA staff presented at the Rappahannock Juvenile Center on the topics of trauma and ASK ALEX underserved populations.

RCASA staff provided 182 hours of court accompaniment at 31 separate trials. Our continued partnership with Stafford County helps us to provide support and advocacy to victims of sexual violence. education, court, CM, national night out outreach how many people reached.

RCASA prevention and outreach staff have provided prevention education to 466 to Stafford High School, a Girl Scout Troup 3771, & Chaplin Youth Center.

Rappahannock Council Against Sexual Assault - Counseling and Case Management

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 Counseling and Case Management

Is this a new program? No

Program Contact

Name Christina Berben

Title Executive & Clinical Director

Email christina@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

RCASA's Counseling Program addresses the needs of survivors of sexual violence (SV), and those who care about them, by providing individual & group counseling. Services are offered regardless of age, race, religion, sexual orientation, gender identity, status, or ability.

Individual counseling is facilitated by 2 license-prepared counselors (under the supervision of Licensed Professional Counselors) and two clinical interns. Educational & support groups are provided both to educate and to support survivors following a recent assault in addition to survivors who have a history of sexual trauma.

RCASA provides trauma-informed, evidence-based interventions: Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR) and Art Therapy. These approaches are the industry standard in trauma treatment.

RCASA's Case Management Program works directly with those impacted by SV and collaborates with area service providers to assist with immediate and long-term health, housing, financial, and safety needs. This includes connecting survivors with resources such as emergency shelter, long-term housing (which may include educating survivors about their rights as tenants), food, and transportation. Additionally, our program provides culturally and linguistically appropriate services, assistance with victim compensation, as well as court & other legal accompaniment.

Client Fees

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

RCASA receives funding from Victims of Crime Act resources, funds that are derived from fines and penalties paid into a federal system by offenders. This is a dedicated source of funding for crime victims, including those who have been impacted by sexual violence.

RCASA is committed to providing services free of cost to victims of sexual violence, who deserve support and guidance in the aftermath of a violent crime. Therefore, there are no fees associated with receiving services from RCASA.

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.

The consequences of sexual violence can include poor mental health outcomes, lost work productivity, decreased quality of life, and sometimes death. Children who are victims of sexual violence are especially vulnerable to both short- and long-term negative behavioral, mental, and emotional consequences, and are significantly more likely to be re-victimized in the future. Sexual violence can cause myriad short- and long-term health consequences for victims, including pregnancy, sexually transmitted infections, chronic pain, gynecological and pregnancy complications, and disability that can limit employment. It can also lead to anxiety, posttraumatic stress disorder, depression, substance abuse, and attempted or completed suicide, among other issues. The services RCASA provides in response to sexual violence are critical; they not only mitigate the long-term costs to victims and connect victims with valuable community resources, but also provide hope to those who are healing from trauma.

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

This is not a new program.

Target Audience and Service Delivery

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

Counseling and Case Management services are available to anyone, adult or child, impacted by sexual violence (SV) in PD16. Whether a survivor was impacted years ago or recently, they can access services from RCASA. Every client receives trauma-informed, supportive services, regardless of the length of their care. Clients develop treatment goals and action plans with their counselor and case manager that encourage forward progress in their path to healing, along with assistance and referrals to community resources, as needed. The support systems (partners, parents, family, etc) of the primary victim are also provided with education & support that ensures understanding of how trauma impacts the brain, caring for the victim, & developing positive coping mechanisms after trauma has occurred. Educating and supporting support systems of survivors further mitigates the impact of trauma to the survivor of SV by helping to create hope and healing where they need it most -- in their own homes.

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

There are no specific application criteria to receive services from RCASA; however, before a victim of sexual violence receives services beyond crisis intervention, they must complete an initial intake appointment. At this appointment, victims are assessed for appropriateness of fit with the agency. If a client meets the criteria for appropriateness of fit with the agency, they may participate in all of the services RCASA provides.

Appropriateness of fit includes assessing for victimization of a sexual nature as well as assessment of fit for other services that might be better provided by another community resource (e.g., medication management, mental health concerns unrelated to sexual abuse or assault, substance abuse treatment).

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Program Budget Narrative

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

RCASA is requesting an increase in funding from Fredericksburg City. In July 2019, we moved office space to the city. Our services are more accessible to City residents and University students & our outreach to students there has increased as well. We have seen an 800% increase in requests for case management services in the first quarter of FY20 alone -- it is likely this trend will continue for the remainder of the school year.

RCASA has seen a 47% increase in counseling and case management services from residents in Stafford County.

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

Without funding, it will not be possible to serve the number of students that request counseling and case management. RCASA is taking on an additional clinical intern in order to serve those students. The intern will require supervision and guidance from paid staff.

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

Salaries for FY20 have increased in order to provide a living wage to agency Counseling & Case Management Staff, who offer the community specialized skills in treating the impacts of sexual violence.

Rappahannock Council Against Sexual Assault - Counseling and Case Management

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	69,555.24	133,740.00	119,323.00	154,187.00	154,187.00
Benefits	16,336.00	31,373.00	32,250.00	43,558.00	43,558.00
Operating Expenses	28,544.00	38,270.00	59,315.00	48,767.00	53,988.00
Capital Expenses	0.00	0.00	0.00	0.00	0.00
Total	114,435.24	203,383.00	210,888.00	246,512.00	251,733.00

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	264.00	475.00	503.00	636.00	636.00
Fredericksburg	994.00	1,788.00	930.00	2,393.00	4,786.00
King George	120.00	0.00	208.00	0.00	246.00
Spotsylvania	5,040.00	9,072.00	9,610.00	12,144.00	12,144.00
Stafford	4,190.00	3,201.00	3,390.00	5,495.00	8,077.00
United Way	12,000.00	4,320.00	4,576.00	9,088.00	9,088.00
Grants	85,891.00	173,824.00	184,126.00	198,486.00	198,486.00
Client Fees	0.00	0.00	0.00	0.00	0.00
Fundraising	5,936.24	7,344.00	7,545.00	8,400.00	8,400.00
Other (Click to itemize)	0.00	3,359.00	0.00	9,870.00	9,870.00
Direct Public Support		3,359.00		9,870.00	9,870.00
Total	114,435.24	203,383.00	210,888.00	246,512.00	251,733.00

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

Rappahannock Council Against Sexual Assault - Counseling and Case Management

[View Diagram](#) Goals and Objectives

Goals

Goal:

To provide comprehensive case management and counseling services to survivors of sexual violence in Planning District 16.

Objectives

RCASA will provide 500 hours of counseling services to survivors of sexual violence, to include short- and long-term, trauma-informed individual and group counseling.

	2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
Total # Clients Served	403		648	525		600
Total # Clients Achieved/Successful	378		648	494		600
% Achieved / Successful	93.80	0	100	94.10	0	100

*See note below re: reporting hours vs. number of clients.

Progress toward goal:
2017 Year End Hours = 486; 2019 Baseline = 530

RCASA will provide 250 hours of case management services, to include psychoeducational groups, peer support sessions, and community coordination and referral.

Total # Clients Served	120		312	190		300
Total # Clients Achieved/Successful	120		312	190		300
% Achieved / Successful	100	0	100	100	0	100

*See note below re: reporting hours vs. number of clients.

Progress toward goal:
2017 Year End Hours = 221; 2019 Baseline = 325

RCASA will provide 225	Total # Clients	34		85	36		230
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hours of court advocacy services to survivors of sexual violence.	Served					
	Total # Clients Achieved/Successful	34	85	36	230	
*See note below re: reporting hours vs. number of clients.	% Achieved / Successful	100	0	100	100	0
Progress toward goal: 2017 Year End Hours =186; 2019 Baseline = 300						

Explanation & Overview

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

We have exceeded our goal of providing 500 hours of counseling services to survivors of sexual violence, to include short- and long-term, trauma-informed individual and group counseling, with 648 hours of counseling provided.

We have exceeded our goal of providing 250 hours of case management services, with 312 hours provided.

In FY18, we provided 85 hours of court advocacy, which did not meet the goal of providing 225, but that goal was not set until last year's grant cycle and the goal was based on FY19 data. In FY19, RCASA changed our goals to better capture the amount of time we are spending serving clients in our region. The goals that we made last year are new and were based on FY19 data. As a result, our FY18 numbers are well below those identified in the goal. In FY19, RCASA provided 274 hours of Court Advocacy, exceeding the new goal we stated last year. In the first quarter of FY20, we are on target to exceed this goal, having provided 121 hours of Court Advocacy.

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

In FY19, our Case Manager became part of the State Sexual Assault Response Team (SART) Advisory Committee in our commitment to develop our knowledge & experience with SART development. We have sought to strengthen our relationships with Victim Witness (VW) programs & Commonwealth's Attorney's offices. To this end, we have helped to implement the SART in Spotsylvania & have provided resources & information to Stafford County VW in the implementation of increased frequency of SART meetings. Our relationship with King George VW has been strengthened, with our participation in a week-long trial in that locality in FY20.

In FY19, RCASA maintained a clinical intern, which helped us to decrease the number of individuals on our waitlist & also increased the number of individuals we served as well as the number of hours of counseling services provided. While two new clinical interns will start Jan 2020, they will not be able to see clients individually due to program restrictions.

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

Goal: To help survivors of sexual violence in PD16 improve levels of functioning.

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
85% of individual and group counseling clients will report reduced PTSD symptomatology.	Total # Clients Served	356		476		55	300
	Total # Clients Achieved/Successful	334		476		47	300
	% Achieved / Successful	93.82	0	100	85.45	0	100
85% of case management recipients will progress toward and/or achieve treatment plan goals.	Total # Clients Served	0		270		90	200
	Total # Clients Achieved/Successful	0		270		76	200
	% Achieved / Successful	0	0	100	84.44	0	100
*This is a new goal; therefore, we do not have year end or baseline information for this goal.	Total # Clients Served	35		476		55	300
	Total # Clients Achieved/Successful	35		476		47	300
	% Achieved / Successful	100	0	100	85.45	0	100

Explanation & Overview

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

RCASA has exceeded our goal of 85% of individual and group counseling clients will report reduced PTSD symptomatology, with 100 percent of our clients reaching their goals.

100 percent of our case management clients progressed toward and/or achieved their goals, exceeding our 85% goal.

100 percent of counseling clients will progress toward and/or achieve treatment plan goals, exceeding our goal of 85%.

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

In FY19, RCASA maintained a clinical intern, which helped us to decrease the number of individuals on our waitlist & also increased the number of individuals we served, as well as the number of hours of counseling services provided. While two new clinical interns will start Jan 2020, they will not be able to see clients individually due to program restrictions.

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

Rappahannock Council Against Sexual Assault - Counseling and Case Management

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	187	265	164	164	160
Caroline County	7	19	30	25	25
King George County	20	16	33	20	20
Spotsylvania County	59	153	179	175	170
Stafford County	31	84	136	140	135
Other Localities	64	59	56	55	50
Total	368	596	598	579	560

Rappahannock Council Against Sexual Assault - Counseling and Case Management

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.

RCASA's counseling program maintains an active MOU with Fredericksburg Counseling Services (FCS). As partners, RCASA refers appropriate clients to this service. As part of our MOU, our two agencies share resources, including interns -- one of which has co-facilitated one of our teen survivors (including a group for LGBTQ+ teens) groups this year.

RCASA maintains MOUs with every law enforcement office, Commonwealth's Attorney, & Victim Witness Program in Planning District 16. Tri-annually, RCASA presents on the topic of trauma to the Rappahannock Area Community Services Board's Crisis Intervention Team.

RCASA maintains an active MOU with Central Virginia Justice Initiative, a local agency that provides education on the subject of human trafficking as well as support for victims. Together, we serve human trafficking victims in our area who are trying to escape from a life of homelessness and abuse by providing crisis support, advocacy, information & referral.

Collaborative Impact

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

In FY19, RCASA collaborated with Spotsylvania Victim Witness to create a Sexual Assault Response Team (SART), bringing to the table our knowledge as members of the State SART Advisory Committee. RCASA now serves on that SART, along with the SART in Stafford County. Staff also participates in Fredericksburg City's Multidisciplinary Team (MDT) & on UMW's Coordinated Community Response Team (CCRT). RCASA also participates in the Rappahannock Regional Domestic Violence Council Quarterly Meeting. RCASA's role on these teams, which exist to improve services to victims of sexual violence and are used for case and program review and development, cannot be duplicated.

RCASA is the only agency in PD16 that serves victims of sexual violence who are incarcerated, maintaining MOUs with Rappahannock Regional Jail & Caroline Detention Facility. An incarcerated individual's only access to outside advocacy & support is through RCASA's 24-Hour Crisis Hotline, which centers are mandated to provide.

Regional Funding

Fiscal Year 2021 - Partner Funding Application

Rappahannock Council Against Sexual Assault

Agency Information

General Information

Agency Name Rappahannock Council Against Sexual Assault
Physical Address 615 Jefferson Davis Hwy., Suite 201, Fredericksburg, VA, 22401, U.S.A.
Mailing Address 615 Jefferson Davis Hwy., Suite 201 Fredericksburg VA 22401
Agency Phone Number (540) 371-6771
Federal Tax ID # 54-1443112
Web Address www.rcasa.org
Agency Email Address christina@rcasa.org

Agency Mission Statement

Our mission is to provide support, treatment, and advocacy to persons whose lives have been affected by sexual violence and to reduce sexual violence in our community through education and awareness.

Number of Years in Operation 33

Main Contact

Main Contact Christina Berben, phone: (540) 371-6771, email: christina@rcasa.org
Job Title Executive & Clinical Director

Localities Served

Please select any/all localities your agency serves.

Caroline
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.

For 33 years, RCASA, has offered services to survivors of sexual violence (SV) in PD16.

We are the only agency that provides comprehensive services to both adult & child victims of SV. Were our agency to dissolve, survivors of SV in our community would not have access to the services they rely on, including trauma-informed, evidence-based individual & group counseling by professionals who specialize in treating SV. Survivors in our community deserve a safe place for to talk about their experiences without stigma -- RCASA provides this and much more.

Research shows that victims of SV are more likely to thrive when seeking services from an agency that focuses solely on SV recovery. Victims of SV who receive responsive care immediately after their trauma are less susceptible to the economic impacts of SV, like homelessness, joblessness, and limited access to resources.

Victims provided with trauma-informed care & specialized advocacy report increased feelings of well-being & decreased symptoms of PTSD over the course of their care. Similarly, survivors report less distress after encounters with legal and medical systems with an advocate to assist & educate them throughout the experience. Further, research shows that victims who receive support from trained crisis responders are more likely to cooperate with law enforcement, increasing the overall safety of our communities as perpetrators of SV are more likely to be held accountable.

Further, RCASA's trained advocates prevent retraumatization to victims of SV by educating allied professionals about trauma response.

Finally, at RCASA we don't just treat the individual, we seek to change the culture of the community by providing education on the impacts and dynamics of SV and by collaborating with allied partners to promote a survivor-centered approach to service provision.

Community Impact

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

Example 1

A 23-year-old African American female received emergency medical accompaniment services at Mary Washington Healthcare (MWHC) stemming from sexual violence. As RCASA maintains an active MOU with MWHC, RCASA was contacted via our 24-Hour Crisis Hotline with a request for an advocate to provide the victim with information about RCASA resources and emotional support. An RCASA trained volunteer accompanied the victim throughout the forensic evidence collection.

Per RCASA protocol, RCASA staff maintained supportive communication to the victim following the hospital visit. The victim later initiated contact with our 24-Hour Crisis Hotline, requesting support in the aftermath of the trauma. At that time, the victim completed our intake process and requested court advocacy and case management services. With appropriate exchanges of information in place to protect the victims' confidentiality, RCASA staff reached out to law enforcement (LE) to obtain information about the victim's case and later reconnected with the client to explain the judicial process and to discuss the information obtained.

At that time, RCASA staff also coordinated with the Fredericksburg City PD, offering RCASA office space for them to meet with the client, who expressed feeling overwhelmed at the thought of speaking with LE. Fredericksburg City Police, on the other hand, needed to convey to the client that her case would not move forward and collaborated with RCASA to relay this message in a victim-centered way. RCASA staff accompanied the client during the meeting with LE and provided a safe and supportive environment in which to discuss the outcome of the investigation.

Client reported to RCASA staff that she had not understood the investigative and legal processes until meeting with an RCASA advocate in regards to judicial process, protective orders, and victim rights.

Client was later referred to RACSB after requesting support for medication management.

Example 2

A 13-year-old female and her mother were referred to RCASA by a member of the community who was aware of RCASA services to victims of sexual abuse. Client's mother scheduled an intake, initially requesting only court accompaniment services, which were provided by RCASA court advocacy staff.

Several months later, client's mother requested individual counseling services for client and client began weekly art therapy sessions with RCASA's Board Certified Art Therapist. Client presented with a history of sexual abuse by her biological father from the ages of 7 to 11. Client reported an increase in anxiety, difficulty focusing at school, and isolating herself from friends and family. Client received support navigating the educational system, with RCASA's Art Therapist advocating for client to attend school online by writing a letter to school administrators. Client continues to report decreased anxiety as a result of this change. Client has maintained bi-weekly art therapy sessions and has been receiving services at RCASA for 10 months. Therapy focuses on self-regulation and processing client's experience with the court process.

Client reports improved ability to discuss experiences, and improvement in identifying healthy supports and utilizing resources.

Additionally, client's mother has received secondary survivor support sessions, which provide support, knowledge and access to resources for family, friends, and loved ones of survivors, in order to equip mom with tools to help the client cope with her experience.

Reports from those who are aware of the details of the case in Stafford County, which included more than 20,000 images child pornography and videos of the abuse, indicate that this case is one of the most egregious cases of sexual abuse the community has ever seen. Victim's father was sentenced to three life sentences plus 70 years. RCASA's support minimizes the impact to the victim and to the community.

Example 3 (Optional)

A 28-year-old Caucasian female victim of human trafficking presented to MWHC for emergency medical accompaniment. RCASA was contacted through our 24-Hour Crisis Hotline by MWHC charge nurses to accompany victim through a forensic exam. Victim received emergency medical accompaniment services and an RCASA advocate was present during the 5-hour-long process. At that time, it was determined that this individual had been both sexually and physically abused by her pimp/manager (Human Trafficking professionals report that pimps now use the term "manager" to describe their relationship to the women they traffick). Victim reported a long history of drug use and abuse.

During the exam, the victim reported that she wanted to escape from her trafficker and RCASA and Spotsylvania County Sheriff's Department detectives at that time collaborated to provide services to the victim with this goal in mind. RCASA helped law enforcement to identify potential community resources that might be appropriate for housing for this victim. When all possible community-based resources had been exhausted, including Thurman Brisben, Empowerhouse, Micah, and other regional homeless shelter providers, RCASA stepped in to provide emergency housing to the victim.

In the days following the initial hospital visit, RCASA collaborated with Spotsylvania detectives and the Central Virginia Justice Initiative (CVJI) (an agency in the area that provides information and support to victims of human trafficking and the community) with providing short- and long-term solutions to ensuring the safety of the victim, including placement at a domestic violence shelter in Northern Virginia. With appropriate exchanges of information in place to protect client's confidentiality, RCASA coordinated with the victim's medication management provider to have her prescription transferred to the Northern Virginia medication management office nearest to the shelter. RCASA continues to be a resource for this client.

Rappahannock Council Against Sexual Assault

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for RCASA are those associated with agency expenses that are not allocated to direct service programs. These costs include portions of the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries, office supplies, commercial liability insurance, occupancy & utilities, & accounting services.

Agency administrative salary & payroll expenses total \$40,500; office supplies, \$1,000; commercial liability insurance, \$2,700; occupancy & utilities, \$34,200; and accounting services, \$11,000.

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

Starting FY20, RCASA relocated to a new office space because our previous space, once owned by and leased from the Rappahannock United Way (RUW), was sold. The cost of inhabiting the new space has increased our occupancy costs by 185%. In our search for an appropriate and affordable location, this office space, located in close proximity to Mary Washington Healthcare and the University of Mary Washington, two of our community partners with whom we work closely, was selected. Negotiations on the terms of the lease enabled us to rent the current space at approximately 50% below Fredericksburg City's average market value. After reviewing over one dozen properties, this was the most affordable option that met our needs for confidentiality and accessibility for clients.

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

Several administrative costs are defrayed by locality funds, including the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries (\$40,500), office supplies (\$1,000), commercial liability insurance (\$2,700), occupancy & utilities (\$34,200), & accounting services (\$11,000).

The total costs defrayed by locality funds is \$89,400.

Capital Expenses

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

Currently, RCASA does 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.

In FY20, RCASA has made it a priority to increase staff salaries in order to move them closer to a living wage in our area. According to the Living Wage Calculator, a living wage for an adult without children is \$17.44/hour; living wage for an adult with one child is \$31.46. Staff salaries were increased by 7%. FY19 salaries were budgeted at \$328,526 and FY20 salaries are budgeted at \$331,127. Staff and program restructuring and a focus on recruiting and maintaining volunteers has helped to defray costs of this increase.

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

In FY20, RCASA has maintained the benefits offered to staff (covering 100 percent of health and dental insurance to staff after one year of full-time employment), while also implementing a new benefit: Life Insurance. The annual cost, covered at 100 percent to staff after one year of full-time employment, is \$355.

Budget Issues

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

At this time, RCASA is unaware of any legislative initiatives or issues that may impact our agency in the upcoming year.

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.

In FY21, the Rappahannock United Way (RUW) will change its process of evaluating and improving their funding process. With RUW's commitment to serving the Asset Limited, Income Constrained, Employed (ALICE) population through the key areas of Education, Financial Stability and Healthy Living, it is possible that RCASA may lose our funding through the RUW. RUW has informed us that they may invest in programs that fall outside of those they have historically and traditionally funded. Further, they have stated that funding itself may look different. Currently, our Counseling and Case Management program is funded with \$10,000 from the RUW.

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

Currently, RCASA employs 1.6 FTE counseling staff. The approximate wait for clients who desire counseling services is 8-10 weeks. This pattern has continued for approximately two years. To address this issue, RCASA recruits master's level clinical interns to serve clients. This year, RCASA will host two clinical interns, an increase from previous years in which we had only one. In order to provide timely services, RCASA would need to hire an additional full-time counselor.

Rappahannock Council Against Sexual Assault

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			328,526.00	331,127.49	331,127.00
Benefits			78,202.00	90,307.00	90,307.00
Operating Expenses			107,730.00	101,599.00	97,479.49
Capital Expenses			0.00	0.00	0.00
Other Expenses			7,600.00	8,600.00	8,600.00
Total	0.00	0.00	522,058.00	531,633.49	527,513.49

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			1,100.00	1,100.00	1,100.00
Fredericksburg			4,140.00	4,140.00	8,280.00
King George			0.00	0.00	458.00
Spotsylvania			21,000.00	21,000.00	21,000.00
Stafford			7,400.00	9,503.00	12,085.00
United Way			10,000.00	10,000.00	10,000.00
Grants			443,418.00	454,590.49	454,590.49
Client Fees			0.00	0.00	0.00
Fundraising			17,000.00	18,800.00	20,000.00
Other (Click to itemize)	0.00	0.00	18,000.00	12,500.00	0.00
Total	0.00	0.00	522,058.00	531,633.49	527,513.49

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

Rappahannock Council Against Sexual Assault

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 FY19, RCASA prevention staff provided prevention education to 241 students to Caroline High School, but we typically provide education to approximately 450 students. Caroline Middle canceled due to snow.

In FY19, RCASA staff visited Caroline Detention Facility and met with the Superintendent and the Sexual Abuse and Assault Prevention and Intervention Coordinator to develop an MOU with the facility, to tour the facility, and to provide information and resources about RCASA services, including flyers that could be posted at the facility with our hotline number. Flyers were created in both English and Spanish.

City of Fredericksburg

RCASA has increased its collaborative efforts at UMW, seeing an 800% increase requests for case management services, a 400% increase in crisis services requested from students from the University of Mary Washington. RCASA continues to participate on the Coordinated Community Response Team (CCRT) at UMW.

Additionally, RCASA has experienced an increase in members of the homeless population requesting crisis services in the hospital setting.

RCASA prevention and outreach staff have provided prevention education to 160 to different groups at the University of Mary Washington, the Kenmore Club, Fredericksburg Academy, the Boys & Girls Club, and the Continuum of Care.

King George County

In FY19, RCASA staff collaborated with VW for a week-long trial, providing 43 total hours of court accompaniment. RCASA staff collaborated with King George VW to provide advocacy and support to the loved ones and support system of the victim. RCASA dedicated two staff members to this trial to ensure that the victim would have support for the duration of the trial.

RCASA prevention and outreach staff have provided prevention education to 672 to King George High & Middle schools.

Spotsylvania County

In FY19, RCASA staff provided Court Advocacy to four clients, to total 58.5 hours of court accompaniment over an 8-day trial process. Additionally, RCASA staff helped to implement a Sexual Assault Response Team (SART) by collaborating with Victim Witness staff, bringing our knowledge and expertise to the table from our involvement with the State SART Advisory Committee and collaborating with community partners to establish protocols and procedures that will increase positive outcomes for survivors of sexual violence.

RCASA staff provided training to the Spotsylvania County Sheriff's Department on the topics of trauma, vicarious trauma, and self-care. RCASA continues to provide training to the RACSB's Crisis Intervention Team on the topic of trauma and the impacts and dynamics of sexual violence.

RCASA prevention and outreach staff have provided prevention education to 429 to Chancellor & Courtland High schools. RCASA staff has collaborated with area partner FAHASS.

Stafford County

In FY19, three RCASA staff presented at the Rappahannock Juvenile Center on the topics of trauma and ASK ALEX underserved populations.

RCASA staff provided 182 hours of court accompaniment at 31 separate trials. Our continued partnership with Stafford County helps us to provide support and advocacy to victims of sexual violence. education, court, CM, national night out outreach how many people reached.

RCASA prevention and outreach staff have provided prevention education to 466 to Stafford High School, a Girl Scout Troup 3771, & Chaplin Youth Center.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

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 Prevention, Education, and Outreach

Is this a new program? No

Program Contact

Name Christina Berben

Title Executive & Clinical Director

Email christina@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

RCASA's education programming seeks to increase community knowledge of sexual violence prevention and intervention, specifically with underserved and high-risk demographics. Through our educational programming, participants learn how to build healthier relationships with their peers through consent and boundaries, notice signs of sexual violence and unhealthy relationships both in-person and online, and address sexual violence and support survivors through bystander intervention and/or professional response. Programs take attendee demographics such as age, profession, orientation, and experiences with violence and oppression into consideration.

Outside of the secondary school setting, RCASA provides trauma response & advocacy trainings for law enforcement, medical & educational professionals, churches & civic clubs, & on college campuses.

RCASA also maintains an interactive presence at a variety of community events throughout PD16. Outreach efforts include providing information on the impact of sexual violence in PD 16, powerful messages on how to prevent SV, & services RCASA offers to those impacted already. Community members engaging in outreach events provide invaluable opportunities to energize & expand prevention efforts throughout the year.

Client Fees

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

There are no fees associated with receiving services from RCASA's prevention, education, & outreach program. All programs are provided at no cost to Planning District 16.

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.

Rape is the most costly of all crimes to its victims, with total estimated costs at \$127 billion a year (excluding the cost of child sexual abuse). Recent studies estimate that each rape costs approximately \$122,461. Sexual abuse has a negative impact on children's educational attainment, later job performance, and earnings. Sexual violence survivors experience reduced income in adulthood as a result of victimization in adolescence, with a lifetime income loss estimated at \$241,600. Fifty percent of sexual violence victims had to quit or were forced to leave their jobs in the year following their assaults due to the severity of their reactions. Not preventing sexual violence results in substantial costs to the economy. For every rape prevented, more than \$122,000 in lifetime costs are averted. About 1/3 of the costs of rape are paid by government sources, including the health care, social services, and criminal justice systems. Investing in prevention helps communities save money.

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

This is not a new program.

Target Audience and Service Delivery

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

The Prevention, Education, & Outreach program's intended audience is anyone in Planning District 16, with a specific focus on youth, allied professionals, and underserved populations. The community at large will receive information on the impacts and dynamics of SV through RCASA's participation in area events. Youth and young adult audiences will receive educational programming in the secondary school and college/university settings. Allied professionals (e.g., law enforcement, mental health providers) will receive trauma response & advocacy training. Allied professionals will be better prepared to provide services to survivors without further victimization and retraumatization. Underserved populations like the Latinx & African American communities will be centered in RCASA's work as we help our communities to understand the intersections of sexual violence with other factors, like race, ethnicity, & socioeconomic status

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

The staff at RCASA practices within our expertise; therefore, RCASA provides training only on the broad subject of sexual violence and related issues. Requests for training are restricted to the topics on which the staff at RCASA are well-informed and can be delivered only at our staffing capacity.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

Program Budget Narrative

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

RCASA is requesting an increase in funding from Fredericksburg City. In July 2019, we moved office space to the city. Our services are more accessible to City residents and University students & our outreach to students there has increased as well. We have seen an 400% increase in sexual assault prevention and outreach at UMW, including increased collaboration -- it is likely this trend will continue for the remainder of the school year.

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

Without funding, it will not be possible to serve the number of students that request counseling and case management. RCASA is taking on an additional interns and volunteers in order to serve those students. The intern and volunteers will require supervision and guidance from paid staff.

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

Salaries for FY20 have increased in order to provide a living wage to agency Prevention & Education Program staff who offer specialized knowledge in educating the community on the impacts and dynamics of sexual violence and healthy relationship building.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

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		81,153.00	64,480.00	43,540.00	43,540.00
Benefits		6,217.00	10,532.00	10,012.00	10,012.00
Operating Expenses		18,633.00	16,723.00	13,207.00	14,136.00
Capital Expenses		0.00	0.00	0.00	0.00
Total	0.00	106,003.00	91,735.00	66,759.00	67,688.00

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		246.00	214.00	225.00	225.00
Fredericksburg		927.00	807.00	849.00	1,698.00
King George		0.00	105.00	0.00	80.00
Spotsylvania		4,704.00	4,092.00	4,302.00	4,302.00
Stafford		1,660.00	1,445.00	1,948.00	1,948.00
United Way		2,240.00	1,949.00	0.00	0.00
Grants		90,131.00	78,414.00	53,533.00	53,533.00
Client Fees		0.00	0.00	0.00	0.00
Fundraising		3,808.00	3,313.00	2,600.00	2,600.00
Other (Click to itemize)	0.00	2,287.00	1,396.00	3,302.00	3,302.00
Direct Public Support		2,287.00	1,396.00	3,302.00	3,302.00
Total	0.00	106,003.00	91,735.00	66,759.00	67,688.00

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

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

[View Diagram](#) Goals and Objectives

Goals

Goal:

To raise awareness of services available to victims of sexually based crimes, and increase knowledge of how to prevent sexual violence in Planning District 16.

Objectives

	2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
RCASA staff and volunteers will attend 45 community engagement and outreach events in Planning District 16.	Total # Clients Served	9,950	15,135	13,520		14,325
	Total # Clients Achieved/Successful	9,950	15,135	13,520		14,325
	% Achieved / Successful	100	0	100	100	0

*This goal is reported in terms of participants at events although our goal is to attend a certain number of events.

RCASA staff will create 360 posts for the agency social media platforms, educating over 5,000 followers in discussions of impacts, dynamics, and prevention of sexual violence in Planning District 16 and beyond.	Total # Clients Served	0	6,609	5,000		7,000
	Total # Clients Achieved/Successful	0	6,609	5,000		7,000
	% Achieved / Successful	0	0	100	100	0

*This is a new goal for FY20; therefore, we do not have year end data to report.

Explanation & Overview

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

In FY18, RCASA estimated that staff and volunteers would attend 45 community engagement and outreach events in Planning District 16.

RCASA exceeded this goal by 11, having attended 56 events.

RCASA also estimated that staff would create 360 posts for the agency social media platforms, educating over 5,000 followers in discussions of causes, impacts, and prevention of sexual violence in Planning District 16 and beyond.

RCASA exceeded this goal, having created over 375 posts and educated over 6000 followers on the impacts, dynamics, and prevention of sexual violence.

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

In FY20, we intend to increase our focus on social media, evaluating whether our social media presence reflects our values. We anticipate that focusing on our social media outreach may increase our follower count.

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

We have deleted the goal "RCASA staff and volunteers will spend at least 130 hours at community engagement and outreach events throughout Planning District 16. Providing the number of hours we stay at each event, we feel, does not inform the communities about our outreach as effectively as reporting the numbers of individuals we are reaching.

Goal:

To increase the knowledge of professionals with high interaction rates with victims of sexual violence of the impact of trauma on the brain, specifically as it relates to victims of sexual violence, in order reduce instances of re-victimization.

Objectives	2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
RCASA staff will provide 30 presentations on the impacts and dynamics of sexual violence to allied professionals. *This goal is reported in terms of participants at	Total # Clients Served	200	40	300		30
	Total # Clients Achieved/Successful	200	40	300		30
	% Achieved / Successful	100	0	100	100	0

events although our goal is to attend a certain number of events.

RCASA staff will provide presentations on the impacts and dynamics of sexual violence 138 allied professionals.	Total # Clients Served	200	322	300	322
	Total # Clients Achieved/Successful	200	322	300	322
	% 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

RCASA exceeded our goal of providing 30 presentations on the impacts and dynamics of sexual violence to allied professionals, with 40 presentations provided. We also exceeded our goal of providing presentations on the impacts and dynamics of sexual violence 138 allied professionals.

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 do not plan to make any changes to the stated goals and objectives.

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

Goal: To reduce the rate of sexual violence among youth in Planning District 16.

Objectives		2017 Year End	2018 Baseline	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline
RCASA will educate 2450 youth and young adults in PD16 on the topics of positive relationships, healthy boundaries, consent, and effective bystander intervention techniques for in-person	Total # Clients Served	900		2,440	2,440		2,100
	Total # Clients Achieved/Successful	900		2,440	2,440		2,100
	% Achieved / Successful	100	0	100	100	0	100

and online relationships.

RCASA staff will provide at least 60 separate educational presentations on topics ranging from positive relationships, healthy boundaries, consent, & effective bystander intervention techniques to cyber-related sexual violence, maximizing safety in social media, practicing consent within cyber dynamics of relationships, & understanding resources available to survivors of cyber-related sexual violence.	Total # Clients Served			134				130
	Total # Clients Achieved/Successful			134				130
	% Achieved / Successful	0	0	100	0	0		100

Explanation & Overview

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

In FY18, we estimated that at least 2450 youth in PD16 would receive educational programming on positive relationships, healthy boundaries, consent, and effective bystander intervention techniques for in-person and cyber relationships. We were 10 individuals short of reaching this goal, reaching 99.6% of our goal.

In FY19, both Caroline and Thornburg middle schools canceled our scheduled presentation due to snow days. Both schools reported that they could not reschedule the presentations as there was no space in their curriculum. Also, typically, RCASA prevention staff would present to King George High School twice in one school year, serving two groups of students. King George High School did not respond to our second solicitation for presentations. In FY18, RCASA staff presented at James Monroe High School, but when we reached out again in FY19, despite having received a positive teacher evaluation for the presentation.

82% of surveys were returned, with positive evaluations.

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

There are no expected changes to this program.

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

The following goal was deleted because it measures the number of hours we spend educating students and is not necessary to represent the work we do in the schools:

RCASA staff will provide 265 hours of evidence-informed and age-appropriate educational programming to youth in PD16 via collaboration with public schools, detention centers & specialized groups (eg: boy and girl scouts, youth groups, etc).

Measuring the number of individuals who receive our message is a better predictor of outcomes for this goal than the number of events or hours used in providing this service.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

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	3,698	13,529	6,147	9,200	9,200
Caroline County	2,293	586	2,666	2,500	2,500
King George County	753	1,960	2,364	2,300	2,300
Spotsylvania County	2,208	4,310	4,727	4,700	4,700
Stafford County	1,051	1,620	8,350	8,000	8,000
Other Localities	0	0	0	0	0
Total	10,003	22,005	24,254	26,700	26,700

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

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.

RCASA maintains MOUs with Caroline & King George school districts, as well as Chaplain Youth Center, where we provide educational programming. Additionally, we maintain an active MOU with Mary Washington University. We are the off-campus resource for sexual violence prevention at the university.

Collaborative Impact

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

RCASA is the only agency that educates the community about the impacts and dynamics of sexual violence. Without this important information, even more incidents of sexual assault would occur in our community and fewer youth would learn about healthy relationships both in-person and online.

Not preventing sexual violence results in substantial costs to the economy as well. For every rape prevented, more than \$122,000 in lifetime costs are averted. About 1/3 of the costs of rape are paid by government sources, including the health care, social services, and criminal justice systems. Investing in prevention helps communities save money.