

Helpmate™



a domestic violence agency

Safety • Shelter • Support

Annual Report
July 2016 – June 2017



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Dear Friends,

We here at Helpmate are filled with awe at the resiliency of survivors of domestic violence, gratitude for the generosity of the community members that support our work, and most importantly, hope for our future.



Last year, Helpmate continued to make strides forward in our work to provide deeper support to survivors of domestic violence. We are proud to collaborate with other community agencies to provide services at the Buncombe County Family Justice Center. Today, victims who experience trauma can receive services not only from Helpmate but also from law enforcement, medical providers, legal aid, children's services, and counselors all in one safe place.

We now partner with Mission Health and other nonprofit agencies to conduct prevention education. We believe that all children have the right to grow up in a safe home, be taught how to form healthy relationships and to learn safe ways to manage conflict. Our expanding outreach to communities of faith, businesses, and advocacy groups play an important role in setting standards for safe relationships, and we are deeply grateful for their partnerships in these efforts.

Amidst our community's success in improving supports for survivors, the reality of our work and the need for it continues to be crystal clear. We served over 2,500 people this year, each of whom were facing the pain and trauma caused by domestic violence. Our hotline continues to ring and our shelter remains at capacity.

As we continue our important work, we cannot thank you enough. Your support means our doors stay open, our services remain free and our community is safer.

With deep appreciation,

A handwritten signature in black ink that reads 'April Burgess-Johnson'.

April Burgess-Johnson
Executive Director

A handwritten signature in black ink that reads 'Cindy Ireland'.

Cindy Ireland
Board President

Our Year in Review

Helpmate's mission is to work with our community to eliminate abuse and fear by providing **safety, shelter** and **support** for people who have been victimized by domestic violence.

Thanks to your support, in the last year we . . .

Safety



- Trained volunteer responders to answer 3,133 hotline calls.
- Helped survivors form 4,196 safety plans.
- Worked with law enforcement to assess danger to victims onsite.
- Supported 924 survivors in navigating the court system, including 389 people who obtained emergency protective orders.

Shelter



- Provided shelter to 141 adults and 86 children in imminent danger.
- Collaborated with survivors on their shelter exit plans, resulting in 89% of survivors reporting an increased sense of safety upon exit.
- Helped survivors secure safe housing, childcare, transportation and other basic needs.



Support

- Offered counseling, education, empowerment groups and community outreach.
- Provided 1,367 free counseling sessions to support survivors.

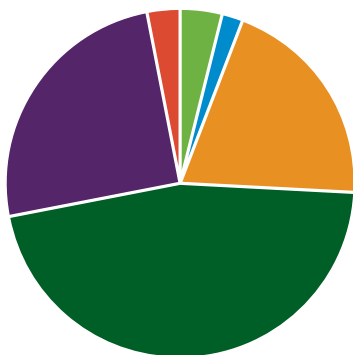
Provided prevention education to over 5,300 community members, including:

- Individuals with higher risk of victimization.
- Professionals.
- Students.



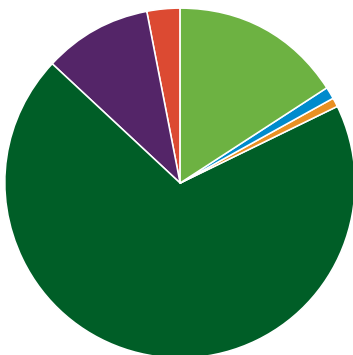
Kit Gruelle and Hannah Stampe, Helpmate's Community Prevention Educators.

Survivors Served Demographic Information



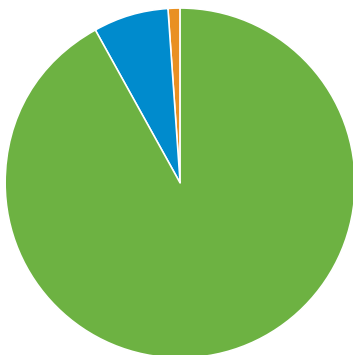
Age

- 4% ages 0-12
- 2% ages 13-17
- 20% ages 18-25
- 46% ages 26-40
- 25% ages 41-59
- 3% over age 60



Race

- 16% Black
- 1% Native American
- 1% Asian
- 69% White
- 10% Latinx
- 3% Multi/Other



Gender

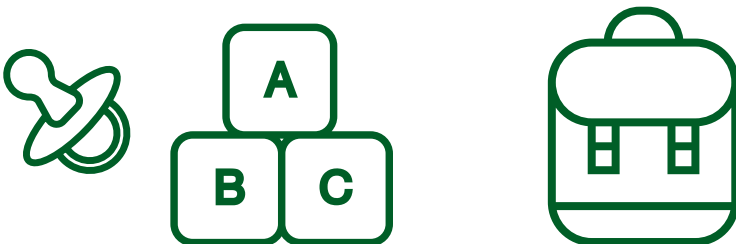
- 92% Female
- 7% Male
- 1% Trans/Gender Diverse

70% of survivors who worked with case managers met the goals they set. Typical goals include securing employment and safe housing, accessing legal support and arranging childcare.

Helpmate utilizes evidence-based tools to assess danger and lethality risk to best support survivors. The vast majority of survivors we serve are at increased risk of serious injury or death.

Keeping Children Safe

- 709 children were served.
- Helpmate employs a domestic violence expert who works with Child Protective Services to consult on child abuse cases involving domestic violence.
- Our Child and Family Advocate works with families to arrange services and support for children impacted by domestic violence.
- Children receive safe harbor in our emergency shelter.



A Survivor's Story

"My name is Rebecca. I am a daughter and a mother, a college graduate, and an educator. And I am a survivor of domestic violence.

I met him at the end of summer, and thought I had finally met a man that I could build a future with. Our relationship moved very, very quickly; he told me within two weeks "I'm going to marry you." All I thought was that my fairy tale was coming true. There were good times in the beginning. The possessive jealousy, and control he was taking in my life, snuck up on me.

Then, the morning that changed my life forever - two of my three little dogs died, and two days later, the third had to be euthanized.

His actions that day, and over the next few days, showed me what a monster I had married. I became sure he was responsible; and knowing he was capable of that made me sure he was capable of harming me, my son, and my remaining animals as well. I knew it was only a matter of time before the next violence. I had to make a plan; it was now a matter of my own life or death. I spoke with Helpmate, and arranged to meet with a crisis counselor.

The day I left, I barely remember. All I know is that I got out and got to safety. My mother, convinced that something terrible had happened, contacted the Sheriff's office and they conducted tests on two of my dogs. The results showed that they had in fact been poisoned.

During my recovery, I reached out to Helpmate, knowing that I still needed counseling to process what I had been through and how to step forward in my life. Because of this resource, I have been able to make progress in healing.

Having a trained therapist to talk with, who understands the dynamics of abuse and how to help get to the other side, is what saved me.

Domestic abuse isn't just physical. My ex never hit me. He tortured me psychologically. He killed my dogs. He took away every bit of my independence and privacy. He isolated me and controlled me. The damage he did may last me for the rest of my life. I continue to have horrible flashbacks and anxiety. But I am strong, and I will continue to live my life. So remember, I am a daughter, a mother, a college graduate and a survivor; but being a survivor doesn't define me. Surviving isn't the end of my story.



Helpmate is proud to partner with the Asheville Humane Society and Brother Wolf Animal Rescue to ensure that pets are protected from abusers when victims flee.

*Rebecca Carlson and
her horse Dillon.*



Get Involved

You can help create a safer future for survivors!
There are so many ways to contribute to this work.

Volunteer

- Answer calls to our hotline.
- Provide administrative support.
- Assist with shelter maintenance.
- Take a shift at our reception desk.
- Represent Helpmate at community events.

Partner

- Encourage your employer to become a corporate partner.
- Host a fundraiser or awareness event.
- Run a donation drive.

Invite Us

- Speak to your faith community.
- Present to your colleagues.
- Meet with your social group or student organization.

Volunteer for Helpmate!

Contact Christy Price, CPrice@helpmateonline.org

Collaborative Partners

Helpmate partners with many agencies, businesses, and community members to accomplish our mission. We are pleased to highlight our valuable partnerships with Sheriff Van Duncan and Mathews Architecture.



Working collaboratively with Helpmate has meant better outcomes for survivors of domestic violence and their families. Law enforcement shares the mission of improving support for victims in our community, and our partnership with Helpmate has helped us implement best practices to support survivors. The Helpmate advocates are always there to answer questions and offer supportive resources. Our officers now frequently connect victims directly to Helpmate's hotline. Our partnership with Helpmate helps us deliver a better quality of service to our community.

— Sheriff Van Duncan

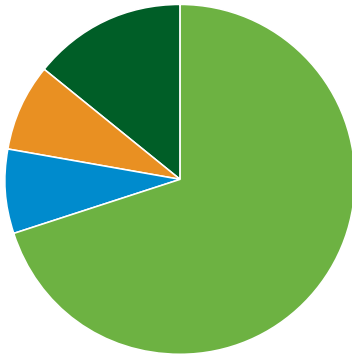


Mathews Architecture has had the privilege of working with Helpmate for over 10 years on various projects to support their facilities. We offer donated professional services to support Helpmate because they play such an important role in our community by providing safe, stable, and supportive accommodations for individuals and families facing the crisis of domestic violence. We are fortunate to have the time and the knowledge to support Helpmate through our professional expertise when any opportunity arises. It has truly been a privilege to help, in a small way, an organization that does so very much for so many.

— Jane Mathews

Financial Statement

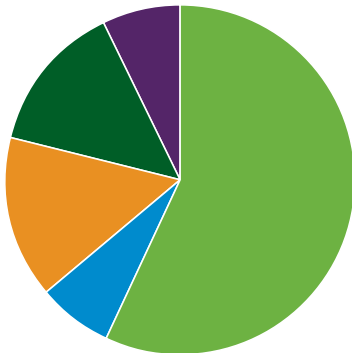
Helpmate relies on community support to offer critical services to survivors of domestic violence.



Expenses

- 70% Crisis Stabilization
- 8% Court Advocacy
- 8% Outreach and Prevention
- 14% Management and Fundraising

Crisis Stabilization	\$ 1,154,322
Court Advocacy	\$128,946
Outreach and Prevention	\$141,507
Management and Fundraising	\$231,174
Total Expenses	\$1,655,949



Support and Revenue

- 57% Government Contracts and Grants
- 7% United Way
- 15% Contributions
- 14% Foundation Grants
- 7% Events
- 0% Other Income

Government Contracts and Grants	\$911,923
United Way	\$119,838
Contributions	\$233,613
Foundation Grants	\$223,618
Fundraising Event	\$116,746
Other Income	\$2,445
Total Support and Revenue	\$1,608,183

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Signature Fundraising Events

Women's High Tea

*to benefit Helpmate,
a nonprofit domestic violence agency*



Thank you to our 2016 Women's High Tea Sponsors!

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& all the other generous sponsors of this biennial event.

Everyone has a role to play in ending domestic violence. Each year, we alternate between hosting a Women's High Tea or a Men Who Care Luncheon. Thank you to all of the generous community members who have supported Helpmate at these events!

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This list includes all gifts between July 1, 2016 and June 30, 2017.

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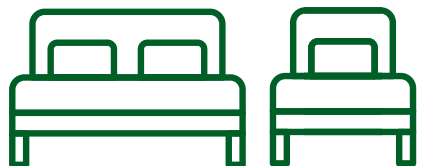


Needs

Shelter is a tool to help prevent homicide. Helpmate's shelter needs to grow to save more lives.

Future Directions:

- Expand shelter capacity to at least 40 beds.
- Increase prevention efforts to break the cycle of domestic violence.



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