

2019 IMPACT REPORT

Ending Abuse. Changing Lives.

Hopeful  Horizons



Message from the CEO

Dear Friends,

I love the promise and excitement of a new year – the opportunity to reset the counter, start fresh and look forward. At the same time, I also love spending time reflecting on the previous year's achievements. Looking back on 2019, I am proud of how much Hopeful Horizons has been able to accomplish since our merger three years ago, how we have been able to navigate significant changes and transitions and emerge as a stronger, healthier organization.

To that end, in 2019 Hopeful Horizons was honored by the South Carolina Secretary of State Public Charities Division as an "Angel." This award is given to 10 charities each year "In recognition of exceptional service to the cause they represent and the Citizens of South Carolina, exemplary compliance with the Solicitation of Charitable Funds Act, and an Outstanding percentage of expenditures towards that cause in relation to overall program expenditures." While this award is an amazing accolade, Hopeful Horizons' primary achievement is ensuring that survivors of child abuse, domestic violence and sexual assault have the services and support they need to heal and that we provide education and awareness to prevent violence and abuse.

Thanks to your support, Hopeful Horizons was able to provide free, life-saving services to more than 1,300 of our Lowcountry neighbors, friends and family last year. You'll read more about our services in the Impact Report, but I would like to share some highlights:

- We were able to work with the South Carolina Children's Advocacy Medical Response System to increase the hours of our part-time child abuse medical provider from 16 hours per week to 20 hours per week. This increase allows greater flexibility in scheduling and has provided more forensic medical and comprehensive examinations for abused and neglected children.
- Three staff from our Prevention and Outreach team were chosen to attend the Coaching Boys into Men (CBIM) international train the trainer institute in California. The CBIM curriculum has been implemented for over a decade and it consists of a series of coach-to-athlete trainings that illustrate ways to model respect and promote healthy relationships. Our prevention team has started piloting CBIM with high school coaches. CBIM is a nice complement to the other primary prevention programs we offer to boys and girls in middle and high school and helps expand Hopeful Horizons' reach.
- In October, we celebrated the official grand opening of the 14th Judicial Circuit's Victim Services Center in Okatie. Hopeful Horizons has full-time staff who work out of this location to provide advocacy and support to victims of child abuse, domestic violence and sexual assault. Additionally, our Therapists conducted 149 Forensic Interviews at this location to help gather evidence in cases of alleged child abuse and neglect.

Hopeful Horizons wouldn't be able to do any of this without your support or without our amazing volunteers and staff. In 2019, we were able to hold our first staff retreat since the merger. This was a major accomplishment because it shows how far we have come in our efforts to build a single, unified team. We continue to invest in our volunteers and staff by providing training and educational opportunities, supporting self-care and resiliency and providing competitive salaries and benefits.

As you read through the pages of this Impact Report, please know that these accomplishments are equally yours to share. TOGETHER we are ending abuse and changing lives in the Lowcountry.

With Deep Gratitude,



Kristin Dubrowski, MNM, CEO



For me, everything worked out the way it was supposed to. My therapist was amazing every step of the way and helped me walk through so many fears.

—Hopeful Horizons' Client

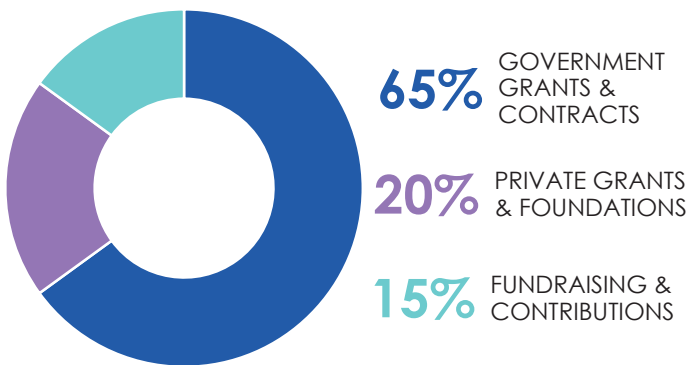
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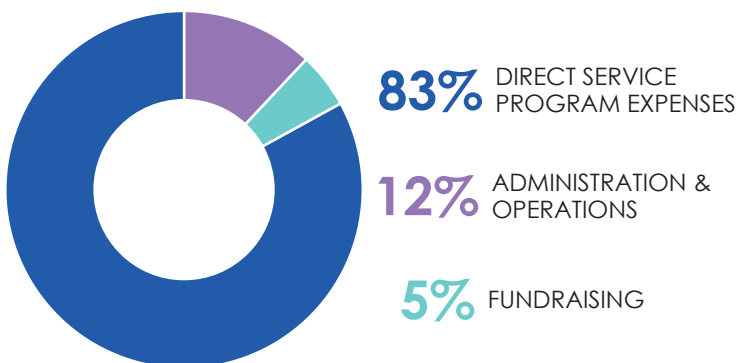


REVENUE



\$3,430,165

EXPENSES



\$3,313,668

In the year I spent with my therapist, she helped me understand that while my children didn't deserve the broken mama I thought I was (I say thought because she assured me I was perfect in their eyes.). We worked on self-care tools, confidence, healthy boundaries, ways to cope, being okay with saying no. Who I am now is not who I was before. I credit my time at Hopeful Horizons with allowing my healing to really take place. I never paid a dime for her time. She worked with my work and childcare schedule so I didn't have to miss time with either. The weight of those two burdens (money and time) allowed me to truly focus on my healing. Having access to a mental health professional who is trained to work with domestic violence survivors was invaluable. My hope is that one day everyone who needs it will have access to a place like Hopeful Horizons... .

—Hopeful Horizons' Client

* This overview reflects an unaudited financial summary for the 12-month period ending December 31, 2019. Financial audit currently in progress and can be made available upon request.

Donor Listing List includes donors who contributed \$500+

Thank you to our generous donors, family foundations and private foundations. You helped us protect, treat and prevent abuse in 2019.

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The most helpful part of therapy was:

- not trying to ignore the abuse.
- getting past that fear of telling my story and helping me understand that none of this is my fault.
- My child being taught techniques to deal with her stressors and emotions. She has learned to trust and accept help. Her spirit is coming free.

—Hopeful Horizons' Client

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My work with my therapist has been instrumental in my life since leaving my husband. I have worked very hard, with her help, to make both my life and my child's much better, moving forward. I am very proud of myself, for the hard work I have done. With my therapist's help, I have moved forward much faster than I would have on my own. I am so very grateful for this service, more than I will ever be able to express. You all have been ANGELS to me and my child. ... when I look back on this experience, it has been nothing less than a miracle to me.

—Hopeful Horizons' Client

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The counseling at Hopeful Horizons has helped me heal. I learned I am outgoing, resourceful, adaptable, crafty, wise and talented.

—Hopeful Horizons' Client

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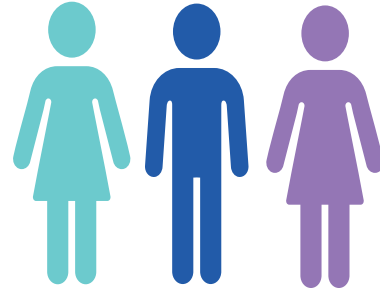
Hopeful
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Please contact us if you see an error or omission.

2019 By the Numbers

1,389 Child Abuse, Domestic Violence and Sexual Assault Victims Served
Plus **788** Loved Ones and Caregivers of Victims

THIS MEANS CLOSE TO
6 PEOPLE WALKING
THROUGH OUR DOOR
EACH AND EVERY
DAY OF THE YEAR



Responded to **1,025** Crisis Calls

4,014 Therapy Sessions Provided to Children, Teens and Adults

32 individuals were supported by staff and volunteers during their sexual assault exam

Volunteer Program

Hopeful Horizons could not serve families without the help of volunteers in each of our offices. Volunteers go through a 25-hour training and choose an area of interest. In 2019, volunteers provided **15,908** hours of service, totaling **\$404,000** of in-kind services.



Domestic Violence Shelter and Services

We provided emergency safe shelter for **78** women and **64** children.

With your help, we were able to:

- provide a total of **3,946 nights of safety** in 2019
- assist **30 women and children** in exiting shelter into transitional housing
- provide **25 women and children** with transitional housing



Adult Outreach

In 2019, **184** adult domestic violence and sexual assault victims were seen by Hopeful Horizons' therapists.

85 adults were provided with emotional support and safety services by our Sexual Assault/Domestic Violence Advocate.

Of the women who stayed at Hopeful Horizons' Emergency Shelter in 2019:

35% said that their abuser threatened to take their children from them

42% reported injuries that required medical treatment by a medical professional

75% said that their abuser discouraged them from having relationships with friends and family

56% reported that their abuser discouraged them from attending school or having a job



Child Abuse Services

Hopeful Horizons' nationally accredited Children's Advocacy Center provided services to 428 children and teens in 2019, including:

385 Forensic Interviews

101 Forensic Medicals

When a child is abused, an entire family is impacted. There may be law enforcement involved, as well as the Department of Social Services, counselors, therapists, medical professionals and more. The Children's Advocacy Center team is here to mitigate the trauma for the victim and the family, and to coordinate with the various agencies involved in the case. Sometimes caregivers need someone to talk to and help them sort through next steps and understand what their child might be going through. We are here to listen, share information and guide families through the healing process.

Hopeful Horizons uses the **Child PTSD Symptom Scale (CPSS)**. This is a screening tool utilized to measure symptoms of trauma in children ages 7 to 18. A score of 15 or higher on the CPSS indicates the child is likely experiencing clinically significant symptoms of Post-Traumatic Stress Disorder (PTSD). Parents participating in TF-CBT also rated their child's trauma symptoms pre and post treatment using the Caregiver CPSS.

"The staff put my daughter front and center to make her feel as important and cared for as we do. It was very genuine and appreciated."

—Hopeful Horizons' Client



PTSD Symptoms in Child/Teen Clients

Before Treatment 27

After Treatment 12

Caregiver Assessment of Child's PTSD Symptoms

Before Treatment 22

After Treatment 7

Legal Services

Our legal team cares deeply about the well-being of our survivors and works hard to achieve the best possible outcomes. Their work focuses on appearances in Family Court for matters related to divorce, custody, visitation, child support, separate maintenance and support, and equitable distribution matters. Furthermore, the team assists with the filing of Orders of Protection and Restraining Orders. Survivors are also provided court accompaniment by our legal staff to criminal and bond court hearings, as well as in other civil court matters.

We provided legal assistance to 314 people.

At no cost to survivors, Hopeful Horizons' legal services totaled more than **\$550,000** in donated legal fees and services.

“The staff was very friendly and completely explained every step of the process to me.”

—Hopeful Horizons' Client



Prevention & Outreach

Almost **1,300** professionals and community members were educated on preventing and responding to domestic abuse, sexual assault and child abuse by the Hopeful Horizons' prevention and outreach team in 2019. These trainings are held for school personnel, law enforcement, healthcare professionals and other community members.

2,027 Youth

The team educated more than 2,000 youth from age 6 to age 18 on healthy relationships, teen dating violence, recognizing abusive behaviors, anger management and consent.



Strengthening Families Program

84 families were helped by Parent/Child Interaction Therapy – an evidence-based treatment for children ages 2 1/2 to 6 years old who exhibit a variety of behavioral issues, including hyperactivity, aggressive behavior and failure to follow directions.

30 families were helped through the Strengthening Families Program (SFP), which focuses on caregivers with children ages 6 to 11. Over the course of 14 weekly sessions, families learn to develop positive discipline practices, stay resilient in tough times, strengthen communications skills and assist children with social skills, relationships and school performance. SFP is the model family program used by communities across the US.



Hello! I know it's late on a Friday night, but I wanted to check in with you and leave you a message. **I know I haven't talked to you since I ran from him.** I wanted to let you know that my daughter is doing great in her new school. She received several awards today. Her grades have excelled since being here, in our new state. We officially moved into our new home yesterday. Guess what? The landlord also has a business and wants to hire me!! I haven't had to take any antidepressants since moving here. I still have some anxiety, but not like it was when I was there and scared of him. Overall, it has been good! I've started losing some weight. I'm starting to remember and do things that I like doing. I'm spending time with family and friends...something I haven't done in years!! Thank you for all you have done for me and my daughter!

—Hopeful Horizons' Client

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