Message from the CEO

Resilience in Action

At Hopeful Horizons, we spend a lot of time talking about resilience. We recognize that resilience is key to healing from trauma and building a healthy community. We work with victims and survivors to strengthen their resilience by developing skills they can use now and in the future. Our prevention programs build resilience by creating and reinforcing positive connections. Additionally, we strive to create an environment of resilience that supports self-care to mitigate the impact of compassion fatigue on staff, volunteers and community partners.

Faced with myriad challenges posed by the pandemic, Hopeful Horizons was able to draw on our resilience and lean on our core values of compassion, collaboration and commitment to excellence to help ensure the needs of victims and survivors were met. Almost overnight, we completely reinvented our service model – all while still providing services. By investing in telehealth and online platforms, we learned new ways to increase service accessibility and work more efficiently. We strengthened our connections locally and statewide as we worked with community partners and sister organizations to reimagine best practices for our new reality. We learned new ways to best support our clients and each other as we navigated unchartered territory. Resilience teaches us to learn from adversity and these are lessons we will take forward and continue to implement.

Despite these challenges, your support of Hopeful Horizons made it possible for more than 1,300 survivors from Beaufort, Colleton, Hampton, Jasper and Allendale counties to access our life-saving services last year. All told, Hopeful Horizons served approximately the same number of victims in 2020 as we did in 2019.

What stands out most to me about Hopeful Horizons’ service numbers for 2020 requires us to read between the lines. We provided emergency shelter for 50 percent more women and their children who were fleeing domestic violence. That’s more people than we have served in a single year in our 30-plus year history. Likewise, we saw the demand for housing assistance increase exponentially. These statistics paint a picture of the need for safe, affordable housing, which is only becoming more profound as the pandemic continues.

Conversely, after two years of increasing need, we conducted 33 percent fewer forensic interviews in 2020. Unfortunately, child abuse is not decreasing; rather, child abuse reporting decreased due in part to closures and stay at home orders that kept abuse behind closed doors. At the same time, victims of sexual assault were less likely to seek medical assistance due to a strained health care system and concerns about exposure to COVID-19. For Hopeful Horizons, this meant an 81% decline in requests for hospital accompaniment.

Our resilience encourages us to keep going – to keep finding new ways to reach out to and assist victims and survivors. Even with all the challenges of 2020, we still found success:

• Hopeful Horizons received the first ever Catalyst Grant awarded by the Coastal Community Foundation. The grant will support the establishment of a satellite office in Colleton County, which has high rates of child abuse, domestic violence and sexual assault.
• Thanks in part to funds available through the CARES Act, Hopeful Horizons was able to expand our transitional housing and housing assistance opportunities for survivors to try to meet the increase in demand for housing services.
• The Department of Social Services (DSS) provided Hopeful Horizons the opportunity to expand our DSS Liaison program by hiring two full-time staff dedicated to working with clients referred by DSS who are victims/survivors of domestic violence.

Thank you for helping to ensure victims of child abuse, domestic violence and sexual assault in our community could count on Hopeful Horizons for services and support. Our ability to be resilient and to foster resilience in others would not have happened without you. We look forward to bringing you more good news in 2021 as we work to end abuse and change lives.

With deep gratitude,

Kristin Dubrowski,
MNM  Chief Executive Officer
$281,131 was received in 2020 as restricted funding for COVID-19 expenses. Additional funding was received in 2020 for 2021 projects and expenses.

* This overview reflects an audited financial summary for the 12 months ending December 31, 2020. The 2020 audit and 990 are available upon request.

Well, now that I am kind of settled in, across the country and in the middle of covid, at least I feel safer knowing my soon-to-be ex-husband will not be stalking me anymore. I just cannot believe I didn’t stay away from him after I left him the first time many years ago. I couldn’t understand why I would believe him again and again. My family didn’t want to help me anymore because they thought I would just take him back again, and their money to help me leave was just wasted.

I am so grateful that I had a therapist at Hopeful Horizons. It was the first time I really felt understood and not judged. I truly feel I am a very changed person. I feel more like myself than I have for years. I feel like a whole new grown-up!

—Hopeful Horizons’ Client
Hopeful Horizons’ Donors  List includes donors who contributed $500+

You helped end abuse and change lives by supporting our mission to protect, treat and prevent.

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David and Nancy Ames
American Academy of Matrimonial Lawyers Foundation
Annabel Elise Fund
James and Sandra Atkins
Sally Frank Ayotte Charitable Fund
Arthur and Pat Baer
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Jasper County
Junior Service League of Beaufort
Charles and Susan Kalmbach
Jill Kammermeyer and Robert Hochstetler
Donald and Nancy Kendall
There are simply no words to express the impact Hopeful Horizons has had on my life. I was given the tools to love myself and my life again that was lost for so many years. I have worked hard on my self-worth. I would not be where I am today without Hopeful Horizons’ encouragement. I am excited for mine and my son’s future. I know that Hopeful Horizons will continue to change lives. I’m on this wonderful journey we call life and I am healing every day. Without Hopeful Horizons, I would not be in the space that I am. It’s peaceful, calm and NO ABUSE. To all of you, myself and my son will be eternally grateful.

—Hopeful Horizons’ Client
Hopeful Horizons’ Donors

Continued

Smith Family Trust Fund
SC Bar Foundation
South Carolina Network of Children’s Advocacy Centers
Mark and Susan Solow
Ray and Doris Stickel
The Sullivan Family Charitable Fund
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Eric and Pat Wickstrom
Susan Wierdsma
Worldwide Small Change Foundation
Yang 2020
Zonta Club of Hilton Head Island

Resilience in Action

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

—Hopeful Horizons’ Client

Please contact Erin Hall at halle@hopefullhorizons.org if you see an error.
2020 Mile Markers

Served 1,339 Victims of Child Abuse, Domestic Violence and Sexual Assault and 750 Loved Ones and Caregivers of Victims.

Demographics

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Due to COVID-19, Hopeful Horizons transitioned to providing remote services in March 2020 and began providing services in a hybrid model (remote with limited in-person services) as of May 2021. While we worked to make services as accessible as possible during the pandemic, during stay-at-home orders we saw requests for assistance drop significantly.

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 2020, volunteers provided more than 5,000 hours of service, for a total of $137,000 in in-kind services.
The Path to Healing: Domestic Violence Shelter and Services

In order to protect the health and safety of clients and staff, we shifted to sheltering victims of domestic violence and their children from the communal living environment of our shelter to motels in April 2020. Thanks to this change, we were able to assist a record number of women and children needing shelter in 2020 – 114 women with 101 children. Supportive services and case management were provided remotely and food, personal care items and other necessities were delivered.

With your help, we were able to:

- Provide a total of 5,363 nights of safety in 2020 - average length of stay was 25 days
- Assist 29 women and their children in moving from shelter housing to permanent housing
- Support 78 women and their children with rent subsidies that helped them get back on their feet in their own safe housing

In 2020, 152 adult clients were seen by Hopeful Horizons’ domestic violence therapists.

Since stay-at-home orders have been lifted, we’ve seen a significant increase in the need for shelter and housing for victims of domestic violence.

We served approximately 50 percent more people in our shelter program in 2020 than in prior years.

Of the women who stayed at Hopeful Horizons’ Emergency Shelter in 2020:

- 38% said that their abuser threatened to take their children from them
- 48% reported injuries that required treatment by a medical professional
- 69% said that their abuser discouraged them from having relationships with friends and family
- 59% reported that their abuser discouraged them from attending school or having a job
**The Path to Healing: Children’s Services**

In 2020, our family advocates served 384 families.

- **258** Forensic Interviews
- **50** 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, school counselors, therapists, medical professionals and more. Hopeful Horizons’ Family Advocates help the family navigate the various agencies and systems that may be involved. Sometimes caregivers need someone to talk to who understands what their child might be going through. Advocates listen, share information and guide families through the healing process.

The child therapy and services team provided services to 577 children and teens in 2020.

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**Hopeful Horizons uses the Child PTSD Symptom Scale (CPSS) with children and teen clients.** 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).

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**PTSD Symptoms in Child/Teen Clients**

- Before Treatment: 29
- After Treatment: 10

**PTSD Symptoms Rated by Parents**

- Before Treatment: 19
- After Treatment: 7

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**Resilience in Action**

My child felt **safe and comfortable** spending time with her therapist at Hopeful Horizons and would actually talk to her.

Our Hopeful Horizons’ therapist helped my child **find her confidence**.

—Hopeful Horizons’ Client
The Journey: Prevention & Outreach

Hopeful Horizons provided training and education to nearly 600 community members and professionals in law enforcement, education, healthcare and human services.

471 Youth Reached
Hopeful Horizons’ prevention and outreach team educated 471 youth from age 6 to age 18 on healthy relationships, teen dating violence, recognizing abusive behaviors, anger management and consent.

76 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.

31 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.

The Path to Healing: Legal Services

Hopeful Horizons’ legal team cares deeply about the well-being of 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 282 people in 2020.
At no cost to survivors, Hopeful Horizons’ legal services valued more than $625,000.

Resilience in Action

“Hopeful Horizons helped me by providing me with a safe haven and the way to leave my abuser behind”

—Hopeful Horizons’ Client

Strengthening Families Program

Resilience in Action

“Hopeful Horizons helped me by providing me with a safe haven and the way to leave my abuser behind”

—Hopeful Horizons’ Client

Strengthening Families Program
My therapy services with Hopeful Horizons have forever changed my life, as well as my son’s life. My therapist made it easy for me to open up in regard to my mental, emotional and physical abuse. I was so afraid not to have anywhere to go that I put off leaving for too long. I was just so afraid I couldn’t take care of myself and my family. I didn’t realize Hopeful Horizons offers lots of different kinds of help.

—Hopeful Horizons’ Client