



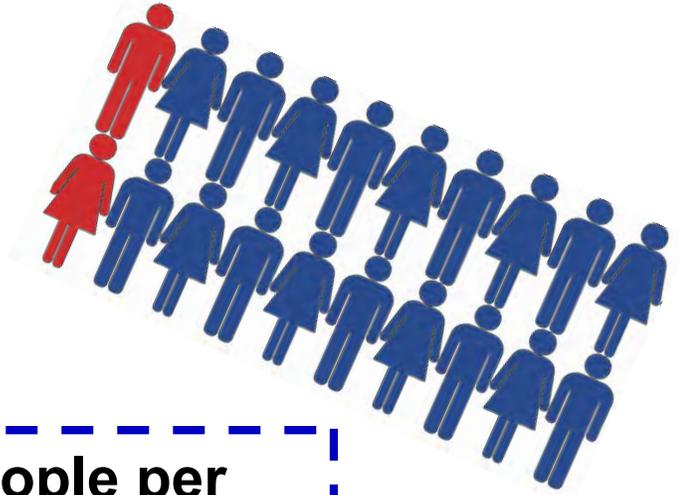
**Gateway Domestic Violence Services**

**Annual Report**

**2017**



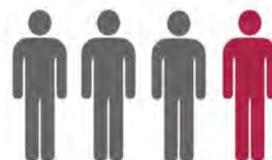
# JUST THE FACTS



On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.



1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence.



## How Can We Help?

Domestic violence continues to be a prevalent social problem and an insidious crime in our country. Unfortunately, all too often this problem hits close to home. The latest statistics reveal that 1 in 3 women and 1 in 4 men will have been affected by domestic violence. Therefore, it is not uncommon for us to know someone who has been in or remains in an abusive relationship. Most of us are familiar with the feeling of wanting to help but feel unsure what to do.

As a result of working in the field, many questions are asked to our staff about domestic violence such as: How can I help? Why do victims stay? What about the children? Is it wrong to give advice? Can the abuser change?

It can seem like a puzzle, one that we have trouble figuring out. It is our hope that this annual report will help answer some of these Frequently Asked Questions and offer some guidance to those who are trying to put the puzzle back together again.

The staff at Gateway Domestic Violence Services understands that adults and children need help in coping with the abuse in their home. Our programs are designed to provide support to both the victims and their children. After 39 years of serving the City of Aurora and Arapahoe County, Gateway continues to be the resource the community can count on to assist domestic violence victims.

Our staff, volunteers, Board of Directors and our community donors all play an important and necessary role in making certain that domestic violence victims receive the services they need to help end the cycle of abuse. Thank you to all those concerned and committed individuals who make a difference!

Linda James, MSW

Executive Director





# Community Development

## Volunteer Program

Gateway could not continue to provide our quality care and programs without the contributions from our volunteers. Incredibly, in 2017, 72 volunteers logged 4,026 hours, offering their unique talents, care and compassion. All volunteers complete a 24-hour training course to gain a better understanding of the cycle of abuse, the different types of abuse, the rights of victims, and how violence in the home affects children.

## Community Education

In 2017, Gateway staff and volunteers proudly delivered 90 presentations on domestic violence through our Speaker's Bureau. Gateway continues to receive requests for speakers from local churches, schools, universities, businesses, civic organizations and various community groups all wanting information on how they can support our goal of ending the cycle of abuse.



## Resource Development

We continue to grow our fundraising efforts with a host of new and on-going events that serve to build awareness of domestic violence, further our affiliates, and allow community members to learn about the agency's programs and how they can support adults and children who are victims. The agency's signature event is "Around the World in 80 Wines" featuring a deluxe winetasting, sit-down dinner and both a silent and live auction.

## Social Media

Gateway continues to reach supporters worldwide through Facebook, Twitter, LinkedIn and the agency website. These mediums support the opportunity to provide updates on all of the agency's programs, information on fundraisers and special events, pertinent information on domestic violence issues and special notes of thanks to financial supporters and volunteers.



# Nonresidential Counseling Services

Gateway Domestic Violence Services Nonresidential Program provides extensive counseling services for adults and children who are or have been victims of domestic violence. The individuals seeking services are in need of ongoing support and assistance.

## Adult Counseling Services

The primary goal of the Nonresidential Program is to provide a supportive counseling setting, which offers education surrounding the dynamics of abusive relationships. Adult clients are assisted through their personal circumstances and aided in reaching their individual goals. If a client is a parent, the support services guide them to become more conscious of the effects domestic violence has on children and are guided in breaking the destructive cycles of domestic violence.

In addition to individual counseling, the Nonresidential Program also offers group counseling. Victims are given the opportunity to meet other victims who have similar experiences and are facilitated through a process that allows them to heal together. The emphasis on these groups is emotional support and education about domestic violence so victims are better able to make informed decisions about their present or past abusive relationships.

## Counseling Techniques Used By Our Therapists

- ◆ Psychotherapy
- ◆ Dance Movement Therapy
- ◆ Art - Activities (Adult & Children)
- ◆ Play – Activities (Children)



## Children's Counseling Services

Gateway's child counseling services provide a safe environment where children can work through any stressful or traumatic experiences they have had in their past or are presently experiencing. Child Counselors help clients reclaim and explore any feelings of lost security, strength, trust, and other vulnerabilities. Gateway's child counseling services also help children process their personal family experiences and to understand that the violence is not their responsibility or their fault. Through individual or group services, children are taught non-violent communication and positive ways to handle conflict. Lastly, family goals for both the protective parent and the children are established to provide optimal and comprehensive counseling services to the family unit.

## Are Children Affected Even When Not Direct Victims?

- ♥ Every year, between 10 and 15 million children witness domestic violence.
- ♥ Children who witness domestic violence are more likely as adults to have relationship difficulties and emotional problems due to life long effects on a child's cognitive, emotional, and social development.
- ♥ There is a myth believing infants and young children are less affected by domestic violence than older children; however, research shows even very young children are affected due to exposure of domestic violence.



# How Can I Help a Friend or Family Member?



- ♥ Acknowledge that they are in a very difficult and scary situation, **Be Supportive and Listen.**
- ♥ Be non-judgmental.
- ♥ If they end the relationship continue to be supportive of them.
- ♥ Encourage them to participate in activities outside of the relationship with friends and family.
- ♥ Help them develop a safety plan.
- ♥ Encourage them to talk to people who can provide help and guidance.
- ♥ Remember that you cannot “rescue” them.

## supportive listening



- ♥ try to understand them
- ♥ respect their thoughts
- ♥ don't interrupt
- ♥ only give advice if they want it
- ♥ be aware of their feelings
- ♥ be empathetic and supportive, not judgemental

## Recognizing Signs of Abuse in Loved Ones

When a friend or family member...

- ♥ Questions their sanity or behavior while asking for your advice.
- ♥ Excuses things their partner does/says.
- ♥ Takes blame for partner's behavior or makes excuses for them.
- ♥ Tells you of the horrible relationships in partner's past or how the partner has one or more “crazy” former partners.
- ♥ Seems defensive, thinks you judge them, explains things that need no explanation.
- ♥ Seems to see their partner through rose-colored glasses.

# Court Advocacy Program

Gateway staff and volunteers primary role at the Court Advocacy Program is to provide comprehensive advocacy services to domestic violence victims as they come into contact with the criminal justice system. Services include: support for victims prior to, during, and following court proceedings; advocacy on behalf of victims with law enforcement agencies and criminal justice personnel; information about safe shelter, the cycle of violence, characteristics of perpetrators and safety planning; and counseling options for victims and their children. Advocates review safety planning and help victims to actually create a workable plan for their individual situation. Gateway staff provides intervention services to the children of victims who come through the Court Advocacy Program as well as educates victims on the effects of violence on children.

**In 2017, Gateway's  
Court Advocacy  
Program assisted 2,087  
victims**



## **Advocates**

Our Advocates offer referrals, safety planning, crisis intervention and emergency services (cell phones for 9-1-1). Although the program is in a criminal court setting, victims also receive information on civil court matters such as restraining orders, child support enforcement, divorce/separation, immigration, and other matters.

Information on how to access Victim Compensation is also provided. All domestic violence cases at the Aurora Municipal Court are directed to our program. Advocates work one-on-one with the victim in the case and their children. They also provide a comfortable space for them to wait while at the courthouse, including a special children's area with toys, games and children's movies.

# Residential Services

Gateway's Residential Services offers a 30-day program for adults and children fleeing domestic violence. The Emergency Shelter provides adults with confidentiality and safety, enabling the rebuilding of a life free from abuse. Our crisis line is answered by trained staff and volunteers, and provides 24-hour access to our Emergency Shelter. Gateway also operates a 90-day Extended Stay Program in a separate facility from our Emergency Shelter for adults seeking independent living.

## Emergency Shelter

While in the shelter, victims attend weekly group meetings that offer support, information about the cycle of violence and help regaining self-esteem. Counselors are available 24 hours a day to help with referrals for medical, housing and financial needs, but most importantly, to listen.

In addition to a place to sleep, we also offer the food, clothing and necessities that the adults and children are forced to leave behind.

## Extended Stay Program

Sometimes 30 days is not enough time for our clients to find permanent housing. Therefore, Gateway has designed a program that allows our clients to stay in shelter for an additional 90 days. During their stay, all adults receive one-on-one counseling, available 24 hours a day. It not only provides them with referrals and resources but also hope and encouragement.

Group counseling is also provided to heal, educate and bring residents together by sharing their experiences, strength and wisdom.

## Security for Children

Specific times for snacks, meals, groups, play and sleep create a secure and structured environment for the children who reside at Gateway. Children are counseled individually, in groups and through structured play activities. Non-violent communication skills are taught along with positive conflict resolution. Parents enroll their children in school and are assisted with registration, clothing and school supplies.

## The Bailey Project

Many battered adults with animals refuse to leave their abusive homes because they fear leaving their beloved pets behind. 71% of pet-owning survivors entering domestic violence shelters reported that their batterer had injured, maimed, killed or threatened family pets for revenge or to psychologically control victims. Gateway is proud to be a leader in the nation for being one of the first domestic violence shelters that also accepts family pets.



# What Now?

## How Can You Make a Comeback After Abuse?

- ♥ Seeking counseling from a mental health professional can help you learn to cope effectively with your pain and heal the wounds left by your abuser.
- ♥ Be patient with yourself. Don't expect to heal overnight. Healing from trauma and abuse takes time.
- ♥ Honor yourself. Take time to write down all accomplishments you make each day, no matter how small.
- ♥ Develop interests of your own. You can help redevelop a sense of self by developing interests that fulfill you.
- ♥ Embrace creative outlets. Sources of creative expression can be very empowering. Examples such as dance, art, music, or poetry.
- ♥ Find social support. Talking of your experiences to family and friends can alleviate the sense of isolation.



## How Can Abusers Change?

- ♥ Admitting fully to what they have done
- ♥ Stopping excuses and blaming
- ♥ Accepting responsibility and recognizing that abuse is a choice
- ♥ Identifying patterns of the controlling behavior they use and the attitudes that drive their abuse
- ♥ Accepting that overcoming abusiveness is a decades-long process — not declaring themselves “cured”
- ♥ Not treating improvements as a pass for occasional acts of abuse (ex. “I haven’t done anything like this in a long time, so it’s not a big deal”)
- ♥ Developing respectful, kind, supportive behaviors
- ♥ Carrying their weight and sharing power
- ♥ Changing how they act in heated conflicts
- ♥ Accepting the consequences of their actions (including not feeling sorry for themselves about the consequences, and not blaming their partner or children for them)

# Statistics & Crisis Line

## Gateway Domestic Violence Services Specific Services Delivered in the Calendar Year 2017:

### Crisis Line Program

Number of callers served	10,089
Telephone counseling provided	5,309
Information and referrals	4,780

### Residential Programs

Number of adults and children served	539
Nights of Housing	8,795
Services to adults and children	
Individual services provided	6,572
Group services provided	4,192
Nights of pet care provided	224 nights

### Nonresidential Counseling Program

Number of adults and children served	285
Number of individual/group sessions to adults and children	2,780

### Community Development

Number of educational presentations	90
Number of volunteer trainings	2
Number of volunteer hours	4,026

### Court Advocacy Program

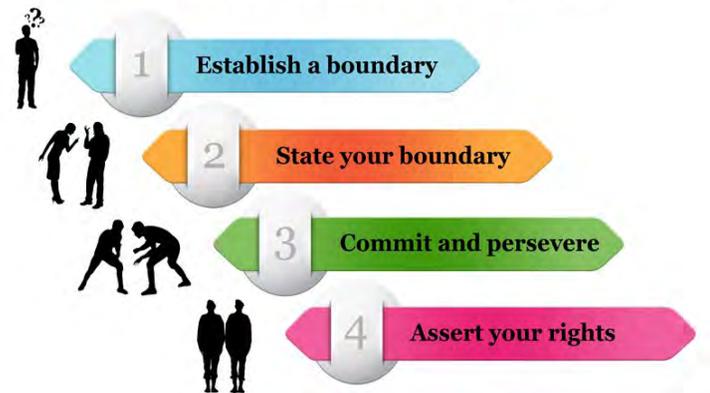
Number of victims served	2,087
Number of volunteers	15
Number of follow-up services	2,160

Gateway's 24-hour Crisis Line is often a victim's first step toward making others aware of the situation and getting the help needed. Our crisis line is staffed with trained counselors and volunteers ready to listen and give referrals to adults who are experiencing psychological and physical abuse in their relationships. Crisis services continue to expand to serve the hard of hearing and those who do not speak Spanish or English.

# How Can I Set Boundaries?

- ♥ Communicate your thoughts with one another.
- ♥ Never assume or guess your partner's feelings.
- ♥ Follow through on what you say.
- ♥ Take responsibility for your actions.
- ♥ Know when it is time to move on.
- ♥ No abuse disguised as a joke.
- ♥ No attempts to control through tone or words.
- ♥ No word games, no rephrasing of my words to change their meaning.

## Phases of Setting a Boundary



You deserve to set healthy emotional boundaries



# Statement of Activities

## GATEWAY DOMESTIC VIOLENCE SERVICES

### STATEMENT OF ACTIVITIES

FOR THE YEAR ENDED DECEMBER 31, 2017

(WITH COMPARATIVE TOTALS FOR 2016)

	2017			2016
	Unrestricted	Temporarily Restricted	Total	Total
<u>Revenue and other support</u>				
Government grants and contracts	\$ 1,091,005	\$ -	\$ 1,091,005	\$ 1,022,941
Individual contributions	206,134	-	206,134	357,990
Corporation and foundation grants	165,098	37,500	202,598	289,079
Fund-raising	45,762	-	45,762	42,802
Proceeds from oil and gas land lease	34,357	-	34,357	-
Client fees	2,840	-	2,840	15,020
United Way	2,404	-	2,404	-
Net investment income	11	-	11	487
Other	3,844	-	3,844	4,579
In-kind contributions (Note 9)	119,636	-	119,636	104,646
Net assets released from restrictions (Note 10)	31,468	(31,468)	-	-
<b>Total revenue and other support</b>	<b>1,702,559</b>	<b>6,032</b>	<b>1,708,591</b>	<b>1,837,544</b>
<u>Expense</u>				
Program services				
Resident	609,796	-	609,796	575,277
Non-resident	333,883	-	333,883	316,830
South resident	300,449	-	300,449	283,574
Court advocacy	172,941	-	172,941	165,783
Community development	31,794	-	31,794	29,913
Crisis line	15,046	-	15,046	14,431
<b>Total program services</b>	<b>1,463,909</b>	<b>-</b>	<b>1,463,909</b>	<b>1,385,808</b>
Supporting services				
Management and general	196,634	-	196,634	191,271
Fund-raising	29,726	-	29,726	28,671
<b>Total supporting services</b>	<b>226,360</b>	<b>-</b>	<b>226,360</b>	<b>219,942</b>
<b>Total expense</b>	<b>1,690,269</b>	<b>-</b>	<b>1,690,269</b>	<b>1,605,750</b>
<b>Change in net assets</b>	<b>12,290</b>	<b>6,032</b>	<b>18,322</b>	<b>231,794</b>
Net assets, beginning of year	413,551	85,975	499,526	267,732
<b>Net assets, end of year</b>	<b>\$ 425,841</b>	<b>\$ 92,007</b>	<b>\$ 517,848</b>	<b>\$ 499,526</b>

# Expenses

## GATEWAY DOMESTIC VIOLENCE SERVICES

### STATEMENT OF FINANCIAL POSITION DECEMBER 31, 2017 (WITH COMPARATIVE TOTALS FOR 2016)

	<u>2017</u>	<u>2016</u>
<u>Assets</u>		
Cash and cash equivalents	\$ 85,205	\$ 88,177
Cash and cash equivalents - temporarily restricted	13,132	-
Grants and accounts receivable	51,509	48,890
Prepaid expenses	1,250	3,976
Investments (Note 3)	193,678	158,741
Net property and equipment - temporarily restricted and unrestricted (Note 4)	<u>377,187</u>	<u>409,522</u>
Total assets	<u>\$ 721,961</u>	<u>\$ 709,306</u>
<u>Liabilities and net assets</u>		
<u>Liabilities</u>		
Accounts payable	\$ 7,485	\$ 11,497
Accrued payroll costs	110,203	102,620
Capital lease obligations (Note 5)	4,284	6,025
Line of credit (Note 6)	-	-
Note payable (Note 6)	82,141	89,638
Commitments (Note 7)		
Total liabilities	<u>204,113</u>	<u>209,780</u>
<u>Unrestricted</u>		
Operating	425,841	413,551
Temporarily restricted (Note 8)	<u>92,007</u>	<u>85,975</u>
Total net assets	<u>517,848</u>	<u>499,526</u>
Total liabilities and net assets	<u>\$ 721,961</u>	<u>\$ 709,306</u>

# Is There A Connection Between Domestic Violence and Homelessness?

Recent statistics show that on a single night in 2017, a nationwide study shows that 16 percent of the overall homeless population, 87,239 people, have reported experiencing domestic violence at some point.

According to The Coalition for the Homeless:

- ♥ Survivors of domestic violence may turn to homeless services when seeking a safe temporary place to stay after fleeing an abusive relationship.
- ♥ Some survivors lack the economic resources to secure or maintain housing after leaving an abusive relationship.
- ♥ Survivors are often hesitant to leave when they have pets and if they do leave, many homeless shelters do not provide housing for their pets.

## Solutions

- ♥ Short- or long- term rental assistance

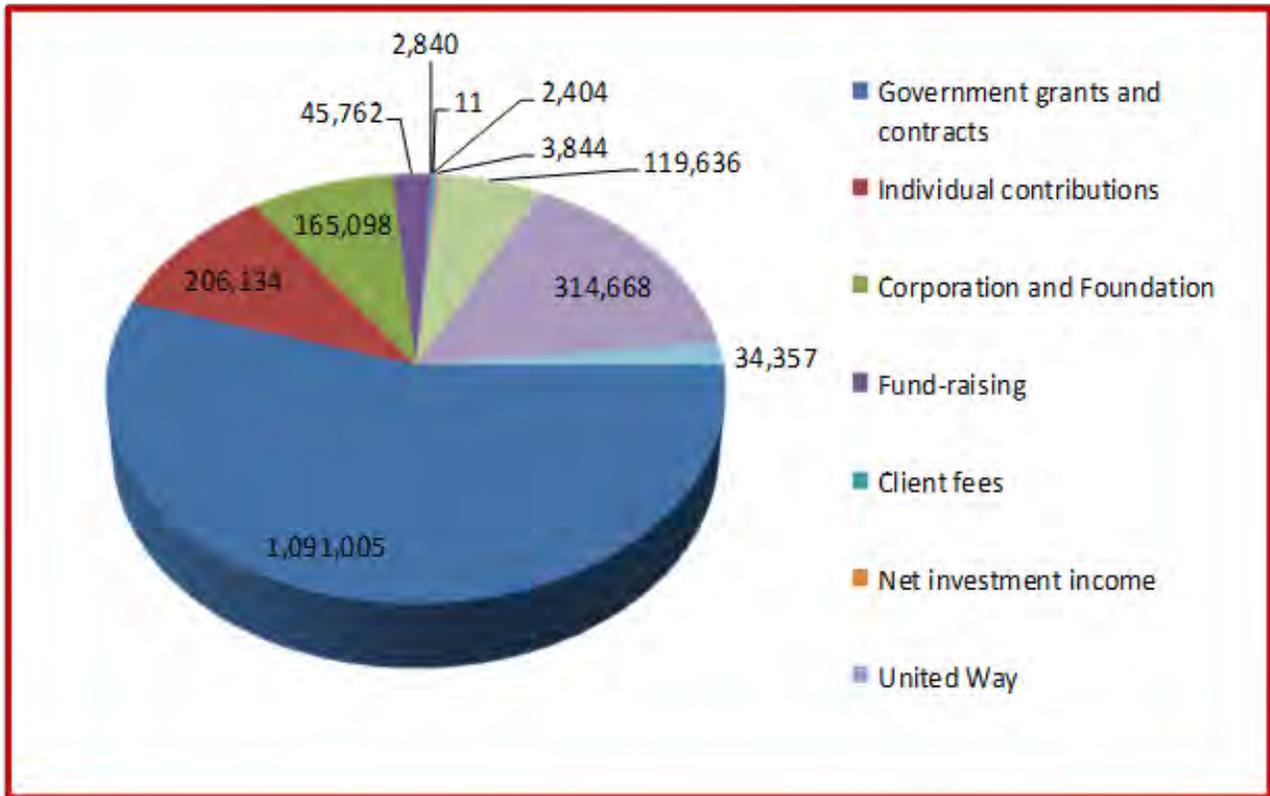
This can assist survivors exiting shelter to secure housing which is essential to reducing the risk of future homelessness and violence.

- ♥ More shelters need to be available that can also house pets, if the pet is also in danger.

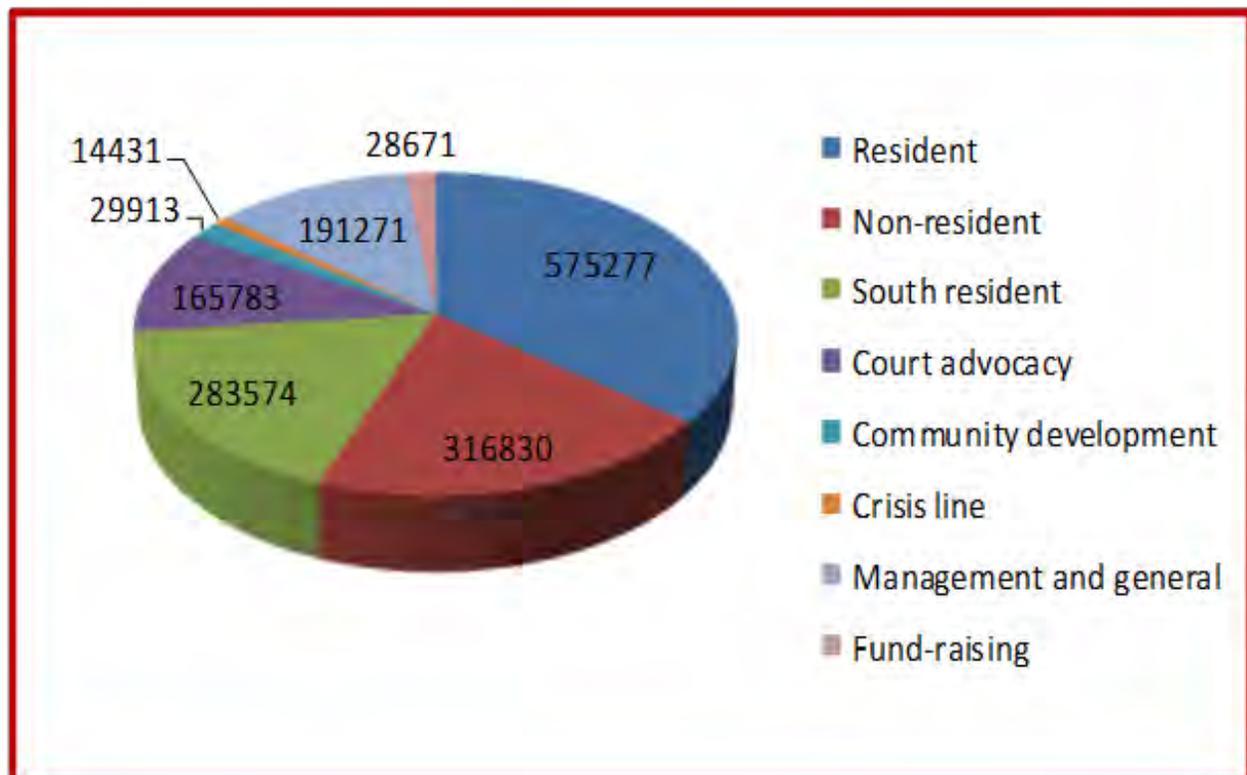
Many survivors will stay in abusive situations out of fear that their pet will be harmed if they leave.



# Assets



# Expenses



# Is there a Link between Animal Abuse and Domestic Violence?

Pet abuse is one of four predictors of domestic partner violence.

Multiple studies have found that 71% of battered women reported that their pets have been threatened, harmed, or killed by their partners.

Up to 48% of domestic violence victims are unable to escape their abusers because they fear what will happen to their pets when they leave.



## Why do Abusers Batter Animals?

- ♥ To demonstrate power and control over the family
- ♥ To isolate the victim and children
- ♥ To enforce submission
- ♥ To perpetuate an environment of fear
- ♥ To prevent the victim from leaving or coerce the victim to return
- ♥ To punish the victim for leaving or showing independence



# Gateway Domestic Violence Services Team

## Administration

**Linda James**, Executive Director

**Donna Sims**, Director of Programs

**Jeneen Klippel**, Director of Development & Public Relations

**Coleen Samuels**, Executive Assistant

**Rebecca Rivas**, Office Manager

## Programs

### Residential Services and Crisis Line

#### Emergency Shelter

**Stephanie Walters**, Emergency Shelter Program Director

**Tracy Groves**, House Manager

**Cynthia Dubey, Mabel Hall, & Chris Devlin** – Adult Counselors

**Erna Young and Vivia Reid** – Bilingual Counselor

**Michelle McKay and Nora Lexion** – Child Counselors

#### Extended Stay

**Patrice Nelson**, Extended Stay Program Director

**Isabella Villafana** – House Manager

**Charmaine Falls** – Child Counselor

**Ruby Dudley and Laura Gallaher** – Adult Counselor

#### Nonresidential Counseling Program

**Tomeka Speller**, Nonresidential Director

**Aura Banny**, Bilingual Services Coordinator

**Veronica Raygoza**, Bilingual Counselor

**Leah Raulerson**, Adult Counselor

**Shannon Messier**, Adult and Child Counselor

**Kelsey Fischer**, Child Counselor

#### Court Advocacy Program

**Lisa Gertzen**, Court Advocacy Director

**Casey Ballinger**, Volunteer Coordinator

**Elen Ofreda, and Diana Cortes**, Child Victim Advocates

## 2017 Board of Directors

### **Peggy Sanborn, President**

Account Executive, IMA of Colorado, Inc.

### **Cynthia Addy, Vice President**

HR Manager, Inflection Energy, LLC

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President, KD Systems

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President/CEO, Arcadia Settlements Group

### **Pat Eggleston**

### **Wes Reed**

Associate, Squire Patton Boggs (US) LLP

### **Deb Chen**

Customer Service Manager, Trinidad Benham Corp.

### **Karl Chen**

CEO & Principal Partner, What Tech Companies Need

### **Meghan Nelson**

Marketing Specialist, LONG Building Technologies, Inc.



*changing lives*





**Administration: 303.343.1856**

**Crisis Line: 303.343.1851**

**Fax Line: 303.343.8094**

**[www.gatewayshelter.org](http://www.gatewayshelter.org)**