



# Impact Report

2023



**SUSO**  
STANDUP  
SPEAKOUT

# Founders Message

As we embark on our 20th year of service, I am filled with gratitude and reflection. This milestone not only marks two decades of StandUp SpeakOut's existence but also signifies a personal investment of 20 years in the programming, framework, and service model we offer to our community. Long before SUSO was an established nonprofit, I worked tirelessly behind the scenes to develop, create, and implement outreach initiatives. I planted the seeds over the years, and now we are witnessing a harvest of support for the community. What we are reaping today are the benefits of a leader who is fearless, dedicated, and never gives up.

Our journey has been one of resilience, innovation, and unwavering dedication to survivors of domestic violence and sexual assault. Through the years, we have evolved and adapted to better serve the changing needs of our community.

As we celebrate this significant milestone, we believe it is essential to be transparent about the barriers SUSO-NC has faced. The struggles we have experienced, the challenges we have overcome, and the resilience we have demonstrated have all contributed to shaping the organization we are today. We are proud to stand as a black-led and women-led organization, but we do not seek support based on these attributes alone. Our primary aim is to garner support because SUSO-NC is an organization of integrity, with a proven track record of 20 years of dedicated service to survivors.

The success of SUSO-NC is intricately linked to the support we receive from the Durham community and local businesses. We acknowledge the need for collective efforts to overcome the barriers that persist in our journey. Your support is not just an investment in our organization; it is an investment in the well-being and futures of survivors and their families.

As we look forward, we recognize the importance of community backing in sustaining our mission. Together, we can address the challenges, provide holistic support to survivors, and continue creating a safe space for healing and empowerment.

In the spirit of transparency and unity, we invite you to join us in celebrating 20 years of hope, healing, and community impact. Your support is pivotal to our continued success. Thank you for standing with us.

Warm regards,

*Monica Daye*

# Why Do We Exist?

## OUR MISSION

At Standup Speakout of North Carolina, our mission is to bridge the gap, break barriers, and build healed and healthy communities through our innovative "Healing Through Art" approach. We are dedicated to decreasing sexual assault and domestic violence through outreach and prevention, counseling, resilience coaching, and mentoring.

**Community Impact and Growth**  
SUSO's commitment to community impact and growth is reflected in every aspect of our work. We provide holistic therapeutic services through Integrative Art Intervention, empowering individuals to increase self-awareness, manage stress, and heal from traumatic experiences. By creating and reflecting on art, our clients find new pathways to resilience and self-worth.

Our programs are grounded in the belief that valuable affirmations and speaking greatness into existence are powerful tools for confidence and self-assurance. As we stand up and speak out, we not only advocate for what is right but also inspire others to believe in their potential.

SUSO is more than an organization; it is a movement towards a safer, healthier, and more empowered community. We invite you to join us in our mission, as we continue to make a difference and foster a future where healing and hope are accessible to all.

## OUR PURPOSE

At Standup Speakout (SUSO), our purpose is to create a safe, supportive, and transformative environment for individuals and families impacted by sexual assault and domestic violence. We are driven by the belief that every person deserves the opportunity to heal and thrive, regardless of their past experiences. We thrive in creating a world where every individual can stand up, speak out, and live a life free from violence and filled with hope.



*"Immediate support that inspires long-term change"*

# Our 2023 Goals

In 2023, Standup Speakout (SUSO) continued to make a profound impact in the community by expanding its team and opening a new building space, aptly named the "Home for Healing." With an expanded staff, SUSO has been able to reach more families, survivors, and community members, offering vital support and advocacy. The new space not only enhances their ability to serve but also symbolizes a safe haven for those on their journey to healing and empowerment. Through dedicated efforts and unwavering support, SUSO is fostering healthier, more resilient communities



1

## Significant Growth in Referrals

Since 2021, SUSO has seen a remarkable rise in referral intakes, growing by more than 50%. This increase highlights our expanding reach and the growing trust within the community to support those in need of our services.



2

## Expanded Community Outreach

This year, SUSO successfully organized 25 community events, drawing over 500 participants. Our expanded outreach efforts have fostered greater community engagement, awareness, and support for our mission.

3

## Breaking Economic Barriers

SUSO is committed to making mental health services accessible to all. By offering free services, we have saved our families over \$150,000 in therapeutic services, breaking down financial barriers and ensuring that everyone has the opportunity for healing and growth.

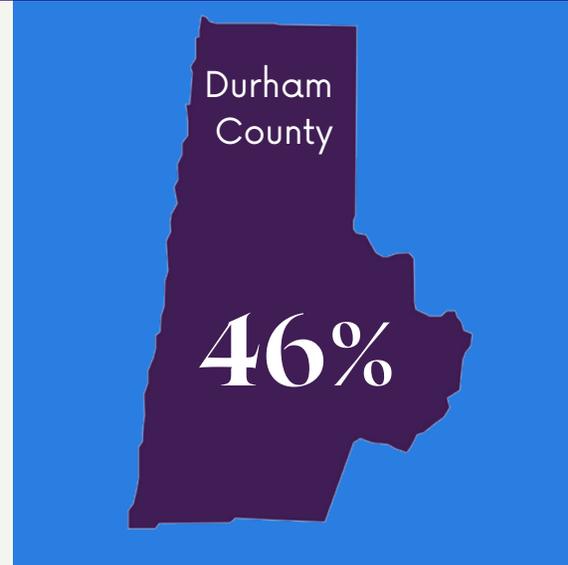
## Expanding Our Reach: Impact Across Communities

In 2023, Standup Speakout (SUSO) has made significant strides in expanding our outreach programs. We are proud to report that our initiatives have reached 46% of residents in Durham County, 31% in Wake County, and 23% statewide. Through dedicated efforts and innovative programs, SUSO continues to extend its impact, providing vital support and resources to communities across North Carolina.

### HOW FAR CAN WE REACH?



Expanding services and outreach in North Carolina



Community Empowerment: We are dedicated to empowering our community through outreach, education, and advocacy. By raising awareness and providing critical resources, we aim to prevent violence and support survivors in their journey towards recovery.

Organized  
**25**  
Community  
events



Over  
**500+**  
Participants



# Supporters/Sponsors



North Carolina Arts Council  
Fifty years of leadership.



United Way of the Greater Triangle



Z. Smith Reynolds FOUNDATION



We thank you for your continued support in our programs.