



Your Truth. Our Purpose.

2022 - 2023

ANNUAL REPORT

PREPARED BY
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22-23 Staff and Students



Lisa Miller, Executive Director

Delynne McCrea, Admin + Volunteer Coordinator

Julia Dima, Admin + Volunteer Coordinator

Moravia de la O, Counsellor

Mary Zwane, Counsellor

Brianna Taylor, Counsellor

Chantelle Priel, Education and Outreach Coordinator

Mackenna Glennie, Practicum Student

Olivia Gergely, Practicum Student

Board of Directors



Andrew Zulkoski, President

Amy Baldwin, Vice President

Patrick Innes, Past President

Don Hansen, Treasurer

Kelsey Lagus, Secretary

Brittini Schlechte, Director

Tracey Dunnigan, Director

Kennya Bhimji, Director

Who We Are



The Regina and Area Sexual Assault Centre (Regina Sexual Assault Centre, Inc.) is a registered non-profit charitable organization that has been providing support in the Regina area for over 40 years to individuals who have experienced sexual and interpersonal violence. The Centre's work is guided by a trauma-informed, anti-oppressive and client-directed philosophy.

It was originally established as the Regina Women's Community Centre, which provided counselling and support to women who had experienced domestic and sexual violence. Staff supported women through police reporting, court processes and medical procedures, as well as undertaking advocacy activities related to justice and health reform.

In 2013, the Centre changed its name to the Regina Sexual Assault Centre to be more inclusive and reflect the diverse people we serve. True to its roots, the Centre continues to provide free counselling, accompaniments, a 24-hour crisis line, public education and advocacy activities.

The Centre is funded graciously by the Government of Saskatchewan, project grants, and a generous community of donors.

As we grow and the demand for specialized services for survivors does too, we have worked hard to develop the skills and training for our counselling team.

In the last five years, the Centre has prioritized enhanced education (both as a qualification for employment and ongoing) for counsellors to ensure best-practice therapy.

All staff counsellors are trained in Eye Movement Desensitization and Reprocessing (EMDR), a "gold standard" therapy for trauma, and in 2022, our counsellors were also trained in EMDR for Children, ensuring we can provide the best practice therapy methods to the children we serve.

Public education has also been a big priority, and we've increased our work in this area, especially in working with disciplines and institutions whose work intersects with sexual violence victims and survivors. We continue to work with the Regina Police Service and now the Moose Jaw Police Service to provide quarterly reviews through the Violence Against Women Advocate Case Review (VACR). We provide annual training to justice professionals (Saskatchewan Law Society and Regina Police Service), provide education and safety training for Body Rub Parlour employees (City of Regina), and deliver curated education to many groups, including Regina high schools, Recovery Centres (Pine Lodge Addiction Recovery), and many more organizations and groups.

In 2020, the Centre began offering services at a satellite office in Moose Jaw. Approximately 80% of the clients seen in Moose Jaw are children under 16 years. We continue to work with clients, prioritizing children and youth in Moose Jaw, and with increased funding announced by the Province in March of 2023 for VACR with the Moose Jaw Police Service, our scope of work in the community continues to grow.

How We Work



MISSION

The purpose of RSAC is to provide expert service, support and education to those impacted by sexual violence.



VISION

As a leader and advocate for survivors of sexual violence, RSAC works within Regina and area to ensure anyone affected by sexual violence is supported.



VALUES

Confidentiality, professionalism, inclusiveness, respect, compassion, and qualified service.

President's Report

The 2022-23 year was another successful year amidst challenging times for the Regina and Area Sexual Assault Centre as it continued to strengthen its relationships with community stakeholders and serve its clients when and where they need. RSAC saw a continuing and growing client demand for services in Moose Jaw, which led the Board and RSAC to increase fundraising efforts for this satellite office, and made additional funding requests to the Government of Saskatchewan. Thanks to these efforts, funding for the office space has been operationalized within the budget. This is integrally important, especially in addressing the unmet mental health and trauma-informed counselling needs for RSAC's most vulnerable clients, children and youth. In the 2022-2023 year, 70 per cent of those served were under 16, and RSAC's overall waitlist grew by 20 per cent. Working and communicating with valued community partners in Moose Jaw, combined with these statistics show how important it is that RSAC can continue to work in this community, reducing barriers for clients and supporting children and youth when and how they need.

Additionally, RSAC completed its governance review which resulted in numerous policy updates and the creation of new policies, work that has been long in the making. As the President of the Board of Directors, it is extremely satisfying to see this work come into fruition, and I look forward to seeing the new policies create an impact in the operation of the organization.



These policies will help ensure proper oversight of the organization and help guide the organization both today, and in the years to come through best practice and sustainable non-profit management.

Despite the continued challenges and impacts of the pandemic, from social distancing to economic costs, RSAC has continued to open its doors daily to clients in need of support. On average, in the past year, 115 clinical counselling sessions were delivered each month. In addition, public education opportunities increased and RSAC continued to build and grow partnerships that strengthen police responses to sexualized violence. I am proud of the work this organization is doing and continues to do to create a safer and more equitable community for us all.

**- Andrew Zulkoski,
RSAC Board President**

Executive Director's Report



The team at RSAC has accomplished so much in this past year, which I am proud to share with our community in this report. Over the last few years, we have been pleased and grateful for the many connections that have been made that have opened doors to further support our mandate and facilitate a broader reach in our communities. Most notably, is our involvement with Pine Lodge Addiction Recovery, Regina Police Service, Moose Jaw Police Service, Moose Jaw Partners Against Violence Committee, Riffel High School, Saskatchewan Police College and Newoyotina Friendship Centre, to name just a few. Creating community connection and ensuring trauma-informed sexualized violence education is accessible is important to us, and in growing these partnerships, we've worked with organizations to deliver this information in a way that it can reach and connect with individuals and institutions for which trauma and sexual violence knowledge is vital and has historically not been included.

I am pleased with how the Public Education work has flourished in this past year. Chantelle Priel is our Public Education and Outreach Coordinator and has worked hard at developing a suite of presentations that (hopefully) meet the needs of most community members and professionals. By creating this rich library of resources, Chantelle has streamlined the education development process, creating efficiencies in our work, and ensuring we can maximize the time we spend working with the community by having presentations meeting various needs. Currently, RSAC has approximately 12 presentations geared to clients, families,



legal professionals, other human service providers and their clients, disability organizations and substance use disorder treatment centres. I am proud to say that last year, RSAC's education team delivered 55 education presentations to over 900 individuals, not including our impactful and successful Sexual Violence Awareness Week campaign, #ChooseToSee, which reached thousands of residents across the province in May of 2022.

Moving forward, we are hopeful about the full return of the Kids on the Block Program after a brief pandemic-driven hiatus, and we are now in the process of developing an Education Assistant role to expand and grow our capacity to deliver Kids on the Block and other educational opportunities. In addition to this public education work, Chantelle continues to manage the majority of our social media and public outreach campaigns, ensuring we are connected and collaborating with our community in the public sphere.

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Executive Director's Report Cont.

It has been a challenging year for our counselling work, as the need for our specialized and gold-standard therapy practices continues to grow – in the past year, our waitlist grew by 20 per cent. These challenges resulted as we supported counsellors on their own journeys of personal growth - One of our valued counsellors is on an 18-month leave, and we bid farewell to another counsellor who has moved on to pursue expansion of their private practice. There have been a number of take aways from these challenges that will drive our practices in the future, but importantly, I want to thank the Ministry of Justice for providing emergency funding two years ago, to help us address our growing waitlist. . It continues to support us serving clients and reducing the number of people on our waitlist by allowing us to work with counsellors who are experts in trauma-informed care Janice Giroux, who was a practicum student with RSAC, has been an incredible asset:

However, because of the vacancies in our team, our waitlist has grown again to over 60 people: It feels unacceptable to us that someone should have to wait this long to start their healing journey, but unfortunately this is the state of mental health at this time. We continue to develop procedures to help address this reality, and find creative solutions, including connecting waitlist clients with alternate community resources and providing easy-to-access in-house psycho-educational materials to help them feel supported.

Despite the challenges, good things are also on the horizon. Our counsellor, Mary Zwane, has continued to serve her clients with steadfast commitment, most of which are children. She has also been working to secure her Play Therapy Specialist designation, knowledge that will truly impact our youngest clients. We are also adding a new counsellor to our team in the fall of 2023, and we greatly look forward to rebuilding our capacity and getting our patient waitlist clients support quickly.

We continue to undertake VACR (Violence Against Women Case Reviews) with the Regina Police Service. The teams we work with have been committed to learn from the findings, improve processes, and enhance training – ultimately to the benefit of survivors who choose to report.



After completing her practicum, she supported us by seeing many RSAC clients who would otherwise have been left waiting even longer. We also thank our other contract counsellors who were utilized with this emergency funding for helping alleviate the wait times for clients.

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Executive Director's Report Cont.




Activities this year have included shift change presentations, quarterly VACR, introductions to the Saskatchewan Police College and the development of a team of Subject Matter Coaches that patrol members can contact when they have questions related to sexual assault files. In Fall 2023, we will be contributing to some training for these positions and are planning our presentation for the next Block training in Spring 2024.

In March of 2023, just before our year end, we received excellent news that the Government of Saskatchewan increased VACR funding of nearly \$25,000 to cover the cost of expanding the program to Moose Jaw and Prince Albert. Working with Moose Jaw Police Services and Moose Jaw Transition House, RSAC is now undertaking VACR in Moose Jaw as well.

Every step towards increased knowledge and capacity building in addressing sexualized violence in our province, which continues to have one of the highest national rates of sexual violence, is a step in the right direction. However, there continues to be much work to do with those who assess, prosecute, or oversee sexual assault cases in the courtroom. Despite improvements in investigations and what we have observed to be a correlated increase in charges laid, many of these cases end up with charges being stayed.

.Our overburdened court system appears to only have the capacity to try cases that are most egregious or straightforward. Our hope as an organization is to continue to strengthen relationships with stakeholders to change this reality for victims who are served by the justice system.



I am truly pleased, honoured, blessed, and encouraged by the work that happens at RSAC every single day, and I am privileged to be helping guide this work

Our volunteer program also continues to be a success and a reliable source of caring people who want to support survivors on our crisis line. The crisis line is operational 24/7, including holidays, thanks entirely to a dedicated team of staff and volunteers. Our volunteers are all trained in supporting survivors of sexualized violence, and provide everything from emotional support to resources to accompaniments for reporting and medical care.

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Executive Director's Report Cont.

In early 2023, we had approximately 30 crisis line volunteers and we can't thank them enough for their heart and generosity in serving our community. We are always seeking new volunteers and we must acknowledge that without these volunteers, our organization simply could not deliver this vital, and extremely utilized service: Last year, we saw an average of 1 call every 2 days to our Crisis line, or 196 total calls.

RSAC saw 84 brand new clients last year, and 873 ongoing clients.



Last year, RSAC staff and volunteers fielded a call to our 24/7 Crisis Line once every two days - that is 196 calls in a year.

We feel fortunate that the communities we work in are such ardent supporters of RSAC, as we know the economy and cost of living right now has resulted in many charities seeing a substantial decline in donations. We wish to extend many, many thanks to this community for supporting the work we do, particularly at a time when things are a little bit harder for everyone.

The last thing I would like to share is the financial position of the organization. The spending of the Ministry of Justice emergency funds for contract counsellors, which was received two years ago has, not unexpectedly, resulted in us showing a deficit in our budget. These funds will be depleted by the end of the 23-24 fiscal year. We were pleased that, this year, donations and fundraising continued to exceed budget expectations.

I am pleased, honoured, blessed, and encouraged by the work that happens at RSAC every single day, and I am privileged to be helping guide this work. I could not do it without simply amazing staff and a supportive, curious and gracious Board of Directors.

All the best,

**- Lisa Miller,
RSAC Executive Director**



Our Annual Impact



55

Community and
School Education
Sessions Delivered

196

Sexual Assault Crisis
Line Calls Taken by
Staff and Volunteers



136 sexual assault files
reviewed by the VACR
Team.



1,383 Clinical Counselling
Sessions Delivered to Clients



84 New Clients Connected
with a Counsellor



200 - 600% Social Media Reach
Increase During 2022 Sexual
Violence Awareness Week
"Choose to See" Campaign



12 Child and Youth
Participants in RSAC's
"Prevent It" Summer Camp



Education and Outreach Coordinator, Chantelle Priel
and Practicum Student Olivia Gergely at the Sask
Polytechnic Sexual Health Fair in February 2023

WHAT ARE YOU NOT
NOTICING?

FOR MANY, THIS IS
DAILY REALITY.

#ChooseToSee



The RSAC, SSAIC, and BASAC Sexual Violence Awareness
Campaign, #ChooseToSee reached thousands across the
province, creating valuable awareness

"My counsellor helped
me immensely with C-
PTSD. With her help, I
can cope in life and get
better. I would have
fallen through the
cracks without RSAC."

- RSAC Client Testimonial

Education, Prevention, Advocacy



in the 2022-2023 year, RSAC invested nearly 100 hours in education for the public, schools, and professionals on sexualized violence. An educated and informed society is integral in preventing violence and creating advocates for those impacted.

RSAC has provided education to fellow service providers in the communities in which we work, and spent time with staff in the sector to build not just knowledge, but self-care strategies as well in dealing with complex topics.

In the past year, we delivered the Supporting Survivors of Sexualized Violence Training, created by our Coalition Partner, Saskatoon Sexual Assault and Information Centre, to 62 community members.

151 high school students learned from our Education Coordinator on topics of healthy relationships, consent, supporting survivors and bystander intervention.

RSAC also worked to bring expert voices to the forefront of education, especially in the justice sector, including presentations from experts in their field, such as Myrna McCallum on law and trauma-informed care and hosting

RESOLVE SK and Shaylyn White on "Examining the Nature and Context of IPV in the 2SLGBTQIA+ Community" to expand the scope of knowledge around sexualized violence.



RSAC delivered Supporting Survivors of Sexualized Violence Training to 62 participants this year, and facilitated 14 Trauma Education Groups in 2022 for community members.

"Sexual violence education brings awareness to a topic that is frequently silenced," says RSAC Public Education and Outreach Coordinator, Chantelle Priel, "For many, it may be the first time they have ever talked about consent and sexual trauma, and therefore may also be the first time they have felt validated in their experiences. For others, education opens the door for knowledge and perspective shifting within a topic that is commonly stigmatized."

Working with children and youth to create healthy futures has been key in RSAC's work and future goals for the next years to come. We spent the end of the fiscal year rebuilding our successful school-based violence-prevention puppet show, Kids On The Block back, and it will be taking place in early 2024. In the summer of 2022, with generous funding from the South Saskatchewan Community Foundation and in partnership with Safe Places and Little Warriors, delivered "Prevent It" a summer camp for children and youth aimed to educate around consent and safety. We cannot wait to dive into the next year with even more educational and advocacy work.

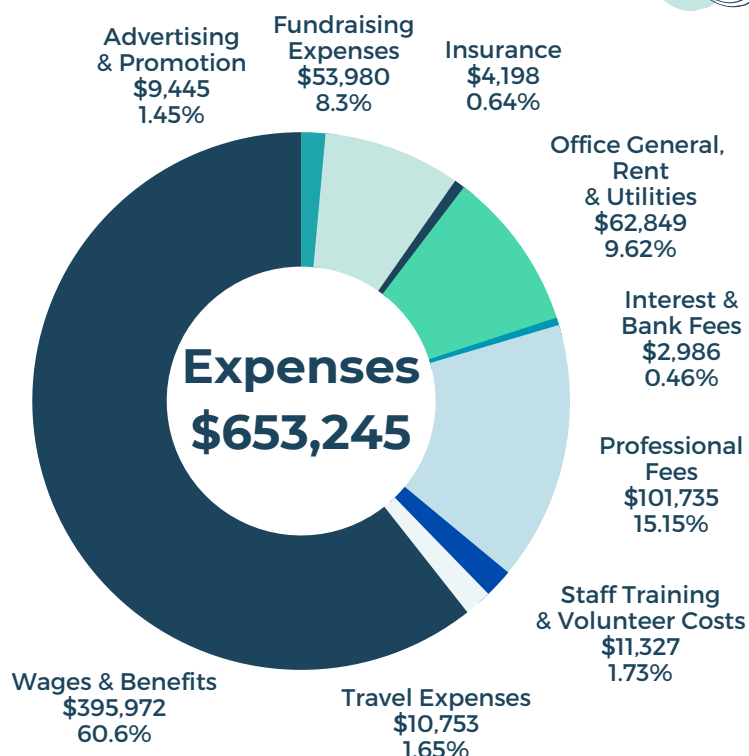
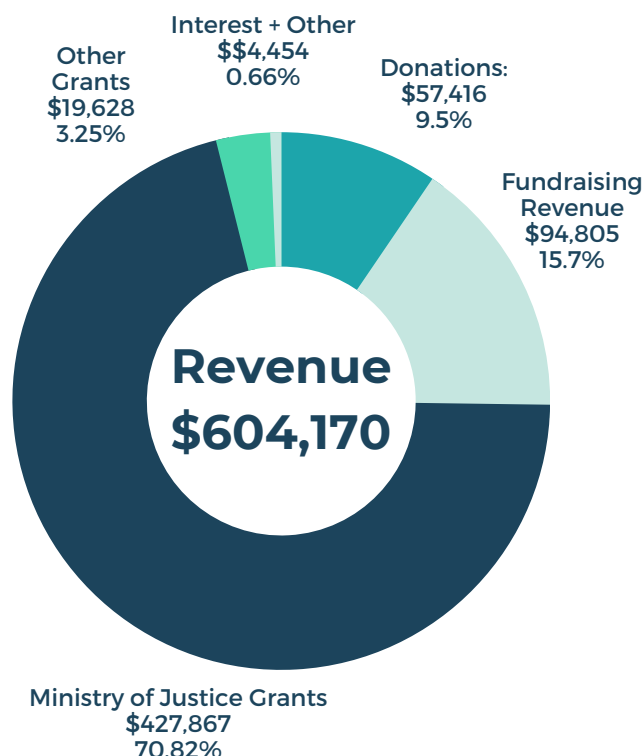


Over 100 students met with RSAC at the U of R Volunteer Fair in March 2023



In partnership with Regina Library, we took part in the annual Moose Hide Campaign for violence prevention.

Financial Summary



Our Funders

RSAC counts on the generous contributions of grantors, government partnerships, and a caring and engaged community of donors to deliver the vital services we do every day. We want to thank our Funders, The Government of Saskatchewan, Government of Canada Department of Justice, South Saskatchewan Community Foundation, Prairie Action Foundation, and hundreds of kind donors who contributed over 1000 financial gifts in 2022 and 2023. We were graciously supported by 100 Women Who Care and Rebellion Brewing this year.

We also wish to thank our dedicated volunteers, without whom we simply could not deliver 24/7 holistic support to those who need it most.

Canada



Department of Justice
Canada

Ministère de la Justice
Canada



Government
of
Saskatchewan



South
Saskatchewan
Community
Foundation



Prairieaction
FOUNDATION

Community Partnerships & Engagements



Ministry of Justice, Community Safety and Wellbeing
City of Regina
Regina Police Service
Moose Jaw Partners Against Violence
Sexual Assault Forensic Examiner Program
Moose Jaw Police Service
Moose Jaw Family Services
YWCA Regina
Saskatchewan Police College
Regina Transition House
Rebellion Brewing
UR Pride
Pine Lodge Addiction Recovery
RCMP/Regina Police Victim Services
Moose Jaw Transition House
Provincial Association of Transition Houses
Enough Already
Law Society of Saskatchewan
Saskatoon Sexual Assault and Information Centre
Battlefords and Area Sexual Assault Centre
Creative Options Regina
Street Culture Project
Saskatchewan Polytechnic (SIAST)
Regina Early Learning Centre
Cowessess First Nations
Regina Catholic School Division
Saskatchewan Science Centre
University of Regina

Together with community, incredible things are possible. RSAC thanks all our community partners and those we engage with for working with us in 2022 and 2023.

REGINA AND AREA SEXUAL ASSAULT CENTRE

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