



# 2021 ANNUAL REPORT



# LETTER FROM OUR FOUNDERS

As we look back on 2021, we are overwhelmed with gratitude. From launching our Children's Program two years earlier than we had planned, to making strategic connections, Cor Defense is building a strong foundation which will enable us to support more survivors of sexual and domestic violence on their healing journey.

Some highlights from the past year:

- We won three grant awards
- Our first survivor successfully passed the Basic Level 1 test in Krav Maga
- We launched and successfully recruited community members to Board Committees
- We received certifications as Trauma-Informed Trainers and Children's Krav Maga Instructors

In 2022 we are focusing on networking to increase referral partners and financial support, in order to make our programs more accessible.

Thank you for believing in the healing power of body-focused treatment for trauma. We could not have accomplished so much this past year without your support. Together we are making a difference for survivors of sexual and domestic violence.

*Andrea Person*

Andrea Person  
Co-Founder & Board Chair

*Lonnie Person*

Lonnie Person  
Co-Founder & Vice Chair



# FINANCIAL OVERVIEW

# 80%

## MORE IN SUPPORT DONATIONS

In 2021, Cor Defense raised 80% over projected support donations. This includes revenue from fundraising events, individuals, board directors, and board solicited donations.



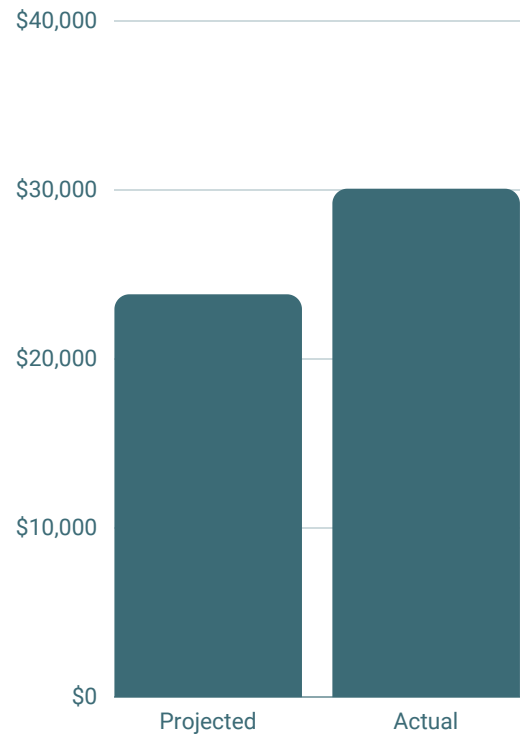
Cor Defense was approached by one of our referral partners about the great need of developing our Children's Program, which we had planned to complete in 2023. We successfully raised enough funds to launch our Children's Program 2 years ahead of schedule!

# 100%

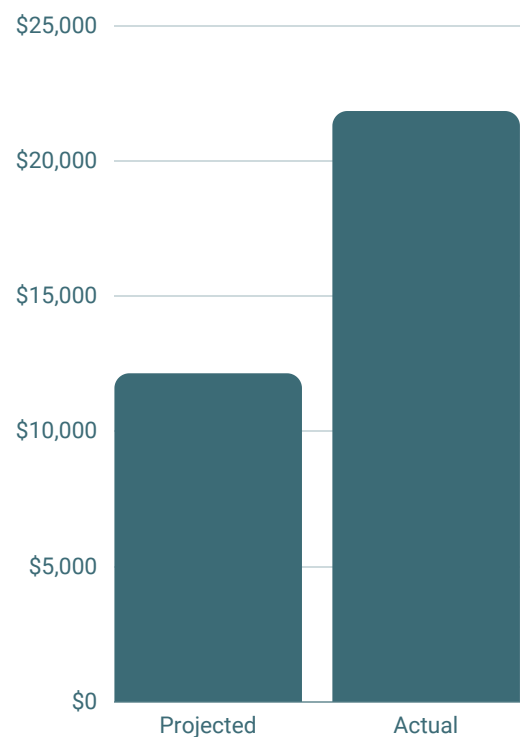
## BOARD DIRECTOR CONTRIBUTIONS

All of Cor Defense's board directors solicited and/or contributed donations to the organization over the course of the year.

## Overall Revenue 2021



## Revenue from Support Donations 2021

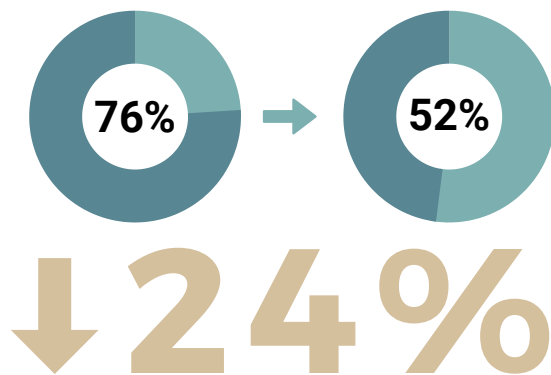


# ADULT'S PROGRAM

*Despite the ups and downs of the pandemic, Cor Defense received steady referrals throughout the year: 46% were from nonprofit organizations and 54% were word of mouth.*

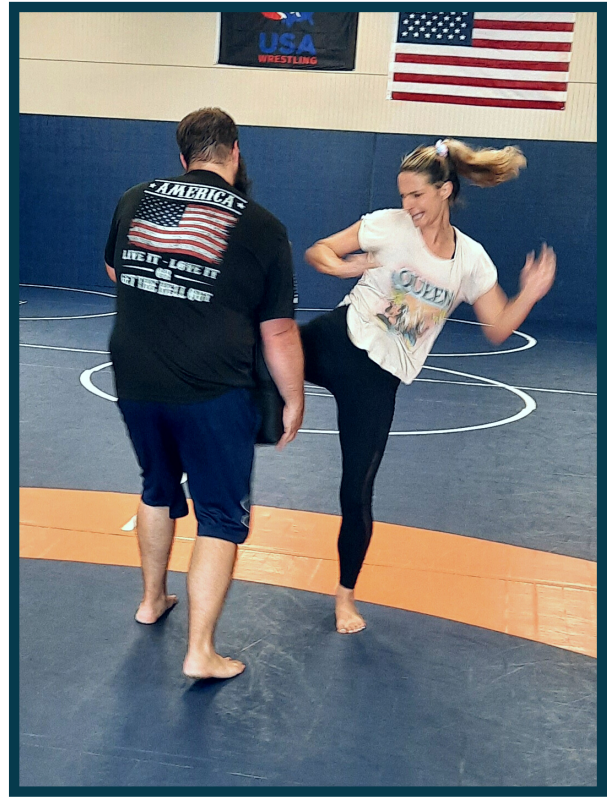
## ADDITIONAL CLASS TIME OFFERED

In order to accommodate survivors who use public transportation, Cor Defense added a class time in March of 2021.



## DECREASE IN POST-TRAUMATIC STRESS SYMPTOMS

After training with us for 3 months, the survivors we trained in 2021 reported a 24% decrease in post-traumatic stress (pts) symptoms. **How do we capture this data?** During the intake, survivors review a list of pts symptoms and report how many they experience. Then in 3 months, they review the same list and report how many symptoms they are still experiencing.



## IMMEDIATE RESULTS

After two classes, a survivor wrote to us: "I have taken so much from class already and I feel so happy to have found Cor Defense."

After just one class, a survivor reached out and said, "I really enjoyed today! I think what you guys are doing is awesome! I felt so comfortable with you which is hard to do with me. Is it possible to train with you guys twice a week?"

## WHY ARE WE SEEING THESE RESULTS?

Defense training is a body-focused treatment that activates the limbic system, the part of the brain active during a traumatic event. The National Alliance on Mental Illness\* advocates that Limbic System Therapy is the treatment of choice for trauma. \*nami.org



# CHILDREN'S PROGRAM

*Cor Defense launched the Children's Program on November 14, 2021 - two years earlier than we planned.*



## CHILD RECEIVING A WHITE BELT

One of the children who started training with us in November 2021 received her white belt after training with us for 12 weeks. Her mom shared that she has transitioned to sleeping in her own bedroom, demonstrating a huge breakthrough in her recovery which they attribute to Cor Defense.

# \$7760

## FUNDS RECEIVED FOR THE CHILDREN'S PROGRAM

Of the three grants we received last year, two directly funded the Children's Program.

### REFERRAL PARTNERS:

Agencies that we have connected with and/or received referrals from:

Sexual Assault Victims  
Advocacy Center (SAVA)  
Partners  
The Avery Center

ChildSafe  
Thompson School District  
Matthews House  
CASA of Larimer County

# 33%

## BOARD DIRECTORS IDENTIFY AS CHILDHOOD SURVIVORS OF SEXUAL VIOLENCE

Of the six Board Directors we had last year, two of them identify as survivors of childhood sexual violence.



The Community Foundation of Northern Colorado gave us \$2,000 to purchase equipment for our Children's Program!

# FINANCES & LEADERSHIP

*Below is Cor Defense's consolidated Statement of Activity for 2021, as well as our current Board & Committee Members.*



Cor Defense	
Statement of Activity	
January - December 2021	
	TOTAL
▼ Revenue	
Earned Revenue	465.00
Revenue from Support Donations	18,300.76
Revenue from Grants	7,760.00
Revenue from Fundraising Events	3,521.11
<b>Total Revenue</b>	<b>\$30,046.87</b>
<b>GROSS PROFIT</b>	<b>\$30,046.87</b>
▼ Expenditures	
Administrative	3,475.33
FUNDRAISING	35.61
ADULT PROGRAMS	876.10
CHILDRENS PROGRAMS	8,626.73
<b>Total Expenditures</b>	<b>\$13,013.77</b>
<b>NET OPERATING REVENUE</b>	<b>\$17,033.10</b>
▼ Other Revenue	
In-Kind Donations	-12,750.00
<b>Total Other Revenue</b>	<b>\$ -12,750.00</b>
▼ Other Expenditures	
In-Kind Expense	-12,750.00
<b>Total Other Expenditures</b>	<b>\$ -12,750.00</b>
<b>NET OTHER REVENUE</b>	<b>\$0.00</b>
<b>NET REVENUE</b>	<b>\$17,033.10</b>

## EARNED REVENUE

Survivors of sexual and domestic violence have complete control over their healing journey with us. Some survivors feel empowered to invest in their healing by paying for their training; others elect to use funds from the State of Colorado's Victim's Compensation.

## CURRENT BOARD & COMMITTEE MEMBERS

- \$ ★ ● 💡 Andrea Person  
CO-FOUNDER & CHAIR
- ★ Lonnie Person  
CO-FOUNDER & VICE CHAIR
- \$ Marla Sutherland  
TREASURER
- \$ Laura Ouzts  
SECRETARY
- \$ ● Kirsten Queen  
DIRECTOR
- \$ Brandon Little  
DIRECTOR
- 💡 Erika David  
DIRECTOR
- Alison Proffit  
DIRECTOR
- ★ Anne Little  
COMMITTEE MEMBER
- ★ Maya Schmidt  
COMMITTEE MEMBER
- 💡 Katie Bisazza  
COMMITTEE MEMBER
- 💡 Chelsea Norris  
COMMITTEE MEMBER

### Committee Legend:

Underline = Executive Committee    \$ = Resource Development    ★ = Programs    ● = Communications    💡 = Advisory



# DONORS

WE CANNOT DO THIS WITHOUT YOUR SUPPORT.

- Aaron and Melissa Rud
- Alexander Queen
- Alison Hade
- Amanda Mann
- ★ Andrea and Lonnie Person
- ★ Brandon K Little
- Brandon Tormanen
- Brooklyn Book
- Christopher Erxleben
- Clarence Zarnes
- David and Judy Wright
- Emily Jimmerson
- Gayle Duke
- Jana Clements
- Jason Ward
- Jeremy Grant Creative
- ★ Julie Martin
- ★ Karla Colonnieves
- Kelli Christian
- Kelse Christopoulos
- ★ Kirsten Queen
- Krysta Sackett
- Linda Nuss
- Marilu Person
- Meghan Perea
- Rachel Lee
- Robert and Patty Caines
- Samantha Zarnes
- Scott Queen
- Steven and Judy Widner
- ★ Womens Foundation of CO,
- Pog Hill Fund Grant

## FUNDERS IN 2021



**COMMUNITY FOUNDATION  
OF NORTHERN COLORADO**

## ANONYMOUS SUPPORT

We would be remiss if we didn't acknowledge our anonymous supporters. Every donor and dollar counts, allowing us to provide this critical form of healing for survivors! Your contributions tell survivors that they are worthy and deserving of healing.

## IN-KIND SUPPORT

Kyle Schnell from Victory Training Center, LLC, donated **170 hours** of facility rent to Cor Defense in 2021. His support has enabled us to serve survivors with a consistent and predictable space, key elements to creating a trauma-informed environment. *We will never be able to thank him enough.*



**Legend:** ★ = Donations of \$500+

• = Reoccurring Gift

Underline = Previous or Current Board Director

A shield-shaped logo with a blue background and a gold border. At the top is a gold spearhead. Inside the shield, the text "2022 COLORADO MEDIEVAL FESTIVAL" is written in gold. Below that, "COR DEFENSE" is written in white. At the bottom is a gold illustration of a knight on horseback.

**SAVE THE DATE  
FOR OUR ANNUAL  
FUNDRAISER!**

**June 3-5,  
2022**

Medieval(ish) & carnival games with prizes, local artisans, and live entertainment! This family friendly event is a great way to kick off summer!

Visit our website to learn more!  
[cordefense.org/annual-fundraiser](https://cordefense.org/annual-fundraiser)



**Business  
Sponsorships**



**Individual  
Donations**



**Visit Our  
Website**



**@cor.defense | 970-426-6579 | [cordefense.org](https://cordefense.org)**