



COR
DEFENSE

2022
ANNUAL REPORT

a year's overview

LETTER FROM OUR FOUNDERS



Cor Defense Community,

We are so grateful for your continued support! As we reflect on 2022, we can't help but be inspired by all of the incredible people who made it so successful. From organizing our first large volunteer fundraising event to hosting seminars for our referral partners, 2022 was a year of insight, growth, and community-building.

Here are just a few of the many reasons we are celebrating:

- We were awarded our largest grant of \$15,000 from Larimer County Behavioral Health Services Impact Fund!
- Our Children's Program grew 333% in 2 months, demonstrating a need to add another class to our weekly schedule!
- We had our most successful fundraising campaign in December, raising over \$11,500 and beating our goal of \$10,000!

We are also seeing remarkable results from our programs. Children and adult survivors of sexual and/or domestic violence are experiencing healing in extraordinary ways. This report will share more details about the specific impact of our programs and highlight stories from our participants.

In 2023, we hope to continue building capacity for our organization to expand our services. We are developing a Trauma-Informed Care Certification Program for self-defense instructors, so that they can more effectively work with survivors of sexual and/or domestic violence without retraumatizing them.

We will never be able to express our gratitude for you.

All the very best,

Andrea Person 

Andrea & Lonnie Person
Co-Founders, Cor Defense

INTRO

ACCESS TO TREATMENT FOR TRAUMA

Centering access to body-focused treatment of trauma and where our work intersects with racial and gender equity and inclusion

The Prevention Institute's "Making the Case" fact sheets assert that "violence is a health inequity." At the core of this inequity is the **loss of power and control** experienced by victims at the hands of their perpetrator. A large body of research has demonstrated that this loss of power leads to a variety of negative multigenerational health outcomes associated with violence and trauma, including an increased need for (and decreased access to) health care for conditions such as mental illness, substance misuse, unintended pregnancy, cancer, diabetes, other chronic illnesses, and even early death.

Cor Defense's programs address the root cause of these violence-based health inequities, providing an opportunity for survivors to engage in an empowerment-focused healing modality which not only supports their confidence and comfort when engaging in daily activities, but also **directly targets the part of the brain in which trauma is processed and stored** and creates a strong foundation for successful long-term recovery.

Although interpersonal violence knows no bounds, we know that people of certain identities are disproportionately affected. In particular, the CDC reports that Black, Indigenous, and other People of Color (BIPOC) and LGBTQ+ individuals experience sexual and intimate partner violence at significantly higher rates than their white, cisgender, and heterosexual peers.

Further, people with these identities also face discrimination and language and cultural barriers that limit their access to resources designed to help victims heal from trauma and move forward from violence.

Cor Defense's trauma-informed approach fundamentally seeks to acknowledge and honor the identities and experiences of all participants. However, we understand that **there is no "one-size-fits-all" way to create an inclusive environment for everyone**, and that equity isn't a box that can be checked at the end of an annual training with our staff and board. To address this need, one of our strategic priorities is to build and strengthen partnerships with culturally specific organizations to establish trust and make our services more accessible.

MOVING IN THE RIGHT DIRECTION

In 2022, we made changes based on feedback from partner agencies, including updating our intake forms and regularly featuring Spanish-language content on our social media pages. We also ensured that our website and intake forms are highly mobile-responsive to maximize accessibility for the Black and Hispanic/Latinx communities, which the Pew Research Center reports are more than twice as likely to be "smartphone dependent" for internet access. Cor Defense will continue to evaluate and make changes to our programs in order to ensure that everyone is able to access body-focused treatment.

2022

ADULT'S PROGRAM

In 2021-22, adult participants reported an average 27% decrease in post-traumatic stress symptoms and a 33% increase in confidence and comfort in public spaces after training with us for 3 months or longer.

27%

decrease in post-traumatic stress symptoms

33%

increase in confidence & comfort

These outcomes are directly connected to three primary factors leading to health inequities resulting from interpersonal violence – namely, increased rates of physical and mental health conditions, poor socioeconomic outcomes, and the resulting reduction in access to health care and other resources which might otherwise support their long-term recovery.

How do we capture this data? During the intake, survivors review a list of pts symptoms and report a percentage of how many they experience. Then in 3 months, they review the same list and report a percentage of how many symptoms they are still experiencing.

"I can't get on with my day without saying thank you again, for all your classes, but especially today. I walked out of class feeling more confident than I've felt ever. My assaults happened from the time I was a child, multiple times as a teenager and into my early 20s, so I have felt like I've never been able to defend myself. And I'm so, so grateful to be able to feel like I can take care of myself now."

Cor Defense uses a strengths-based, participant-led approach to provide nonclinical defense training designed specifically to meet the needs of survivors of interpersonal violence. After completing a simple, online intake form, participants are invited to join drop-in group classes based on the practice of Krav Maga, which is derived from a combination of techniques from martial arts and other combat sports.

MORE 2022 HIGHLIGHTS

- ▶ A survivor who had been training with us for 1 year transitioned from disability leave to full time work
- ▶ Added domestic violence to our mission statement to be more inclusive
- ▶ Adult's Program saw a 700% increase in attendance throughout the year



2022

CHILDREN'S PROGRAM

Cor Defense's Children's Program focuses on individual developmental competencies and social connections through teaching defense techniques: sense of agency/independence, self-regulation, and problem solving. These three individual developmental competencies are protective factors for children who have experienced sexual and domestic violence can reduce adverse effects such as chronic health problems, mental health concerns, suicide, and substance use disorders.

30% **20%** **20%**

increase in a sense of agency after 3 months

increase in self-regulating skills after 3 months

increase in problem-solving skills after 3 months

Healing with Play: Cor Defense offers children an age-appropriate way to heal from trauma, allowing them to play, laugh, and be with other children who have similar experiences. They report enjoying coming to class each week and show up excited and ready to learn.

Confidence and Self-Regulating: Parents are reporting significant increases of confidence and self-control for their children in our programs. Some have shared with us that their teachers are reaching out because they have seen such a dramatic change in their school performance. One mom told us that she was receiving less calls during the work day about her child acting out in school, which she believes is due to her involvement in Cor Defense.



Social Support: The Substance Abuse and Mental Health Services Administration (SAMHSA) advocates for the inclusion of peer support in recovery-focused interventions: "The process of recovery is supported through relationships and social networks."

Parents/guardians are welcome to observe the children's classes to promote a sense of physical and psychological safety for both participants and parents, who often experience secondary trauma as caregivers of young victims. The families participating in our Children's program have developed a community based around their shared experiences as caregivers of victims, strengthening both family and social connections to facilitate multigenerational healing.



2022

FINANCIAL OVERVIEW

In 2022, Cor Defense saw a 73% increase in fundraising revenue. Most notably, our End of the Year Peer to Peer Fundraiser was our most successful event, surpassing our goal of \$10,000. While grants continue to be our largest source of income, we are blown away by the support of our donors and local community, which enables us to provide body-focused treatment of trauma with flexibility and efficiency.

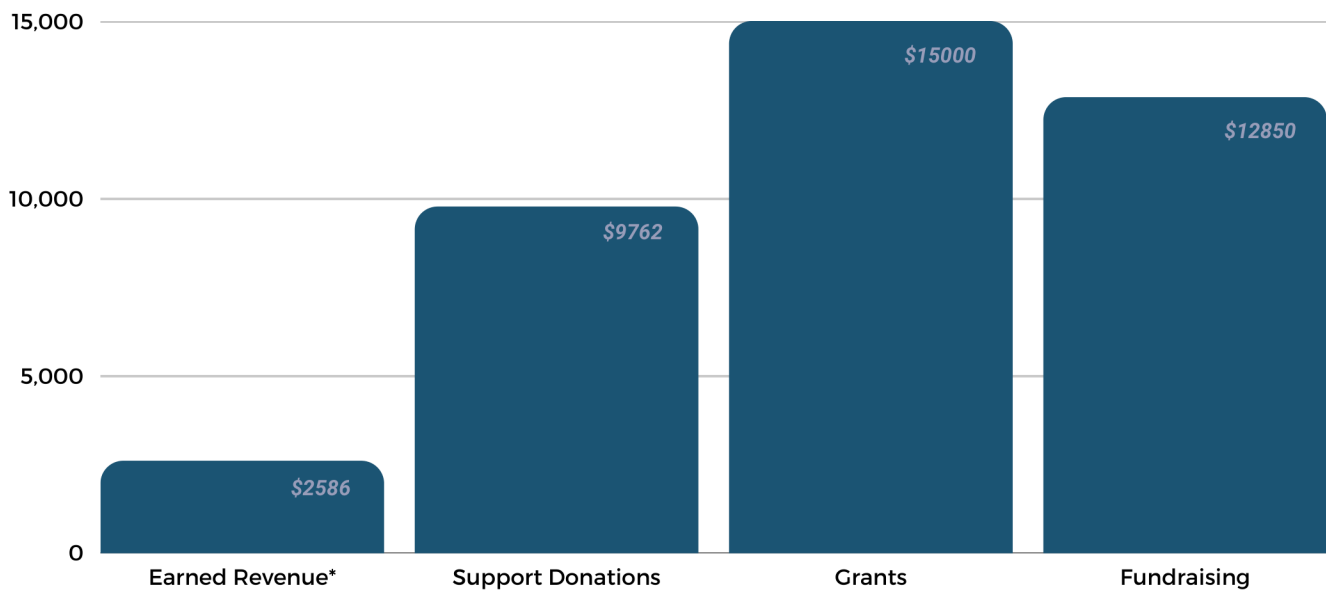
73%

increase in fundraising revenue

25%

increase in overall revenue

REVENUE BREAKDOWN



*Earned Revenue: Survivors of sexual and/or domestic violence have complete control over their healing journey with us. While payment is not required, some survivors feel empowered to invest in their healing by paying for their training.

EXPENSES BREAKDOWN

