



# THREE HART CONNECTION IMPACT REPORT 2024

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# INTRODUCTION

## A YEAR OF GROWTH, IMPACT, AND EMPOWERMENT

In 2024, Three Hart Connection experienced a year of significant transformation and impact, dedicated to supporting survivors of Teen Dating Violence (TDV), domestic violence (DV), and military sexual trauma (MST). As we reflect on the milestones achieved, the deep connections made, and the lives impacted, we are more committed than ever to our mission: empowering individuals to rise above adversity and thrive.

Our programs have not only provided life-changing services but also created a space where survivors can heal, grow, and give back to their communities. The year has been marked by expanded outreach, community partnerships, and the dedication of our incredible team and volunteers. We are proud to share our achievements, challenges, and the stories that inspire us.



## KEY PROGRAMS & INITIATIVES

### **Therapeutic Services Program (TSP) and Thrivers in Partnership Program & Services (TIPPS)**

This year, Six women participated in our transformative **TSP (Therapeutic Services Program)** and entered the newly developed **TIPPS Mentorship Program** (Thrivers in Partnership Program and Services). Over the past 18 months, these women have demonstrated immense dedication and growth. With the guidance of our beloved **clinician Nyckki**—who has impacted countless lives through therapeutic discipleship and mentorship—the participants have not only transformed their own lives but are now in positions to give back to the community and continue the **“Reach one, Teach one” Ethos of Three Hart Connection**.

### **TSP IMPACT HIGHLIGHTS IN 2024:**

**Total Therapeutic Hours:** **2,560** hours (individual, group, and mentorship)

**TSP Graduates:** **28**

**Therapeutic Modalities:** Art Therapy, Music Therapy, Gardening Therapy, Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Dialectical Behavior Therapy (DBT)

### **Fourth Quarter Curriculum**

**Book studies:** Victorious Emotions by Wendy Backlund & Self-Love Poetry for Thinkers and Feelers by Melody Godfred

**Weekly group sessions incorporating EMDR and art therapy**

**Meditation playlists and reflective activities to assist in processing emotions and triggers**

**Clinical Objectives:** Self-reporting triggers, practicing coping skills, and addressing individual therapy treatment goals.



## TIPPS MENTORSHIP PROGRAM HIGHLIGHTS:

**Active Participants:** **6** Graduates of TSP

**Advanced Education Completed:** ACEs (Adverse Childhood Experiences) training, Safe Space Trauma-Informed Certification, 12-hour LA County Department of Mental Health Services training

**Objectives:**

Build leadership and speaking skills

Time and team management

Foster accountability and adaptability

**Notable Achievements:** Three TIPPS mentees were chosen to showcase their stories through the Violence, Hope and Healing: The Storytelling Project in collaboration with Antelope Valley Partners for Health (AVPH), USC, and the Los Angeles County Public Health Department.

Nyckki also served as the clinical supervisor for Kelly Pofahl, a CSUB intern who completed her undergraduate degree in Sociology in May 2024.





# CLIENT TESTIMONIALS

"Three Hart Connection has been more than just therapy. It's a community, a family. I have found safety, empowerment, and the confidence to rise above my circumstances. I am not just surviving anymore—I am thriving and ready to give back."

~Bree R., Thriver



"When I first came to Three Hart, I was lost and numb. The program gave me the tools I needed to heal, and now I feel strong and capable of facing the world with courage. I'm no longer trapped in my pain—I am free."

~Yessenia A., Thriver



## CYCLE-BREAKING PILLARS



Mental Well-Being



Physical Fitness



Advocacy & collaboration  
for prevention

# PROJECT CJ

## EDUCATING YOUTH ON HEALTHY RELATIONSHIPS

Project CJ continues to empower youth by educating them about healthy relationships and the dangers of teen dating violence. This year, we reached over 170 youth through workshops and campaigns, including our partnerships with California State University Los Angeles (CSULA) and Desert High School. These workshops are designed to build awareness and equip young people with the tools to recognize and prevent unhealthy relationships.

### Cal State LA Black Student Union:

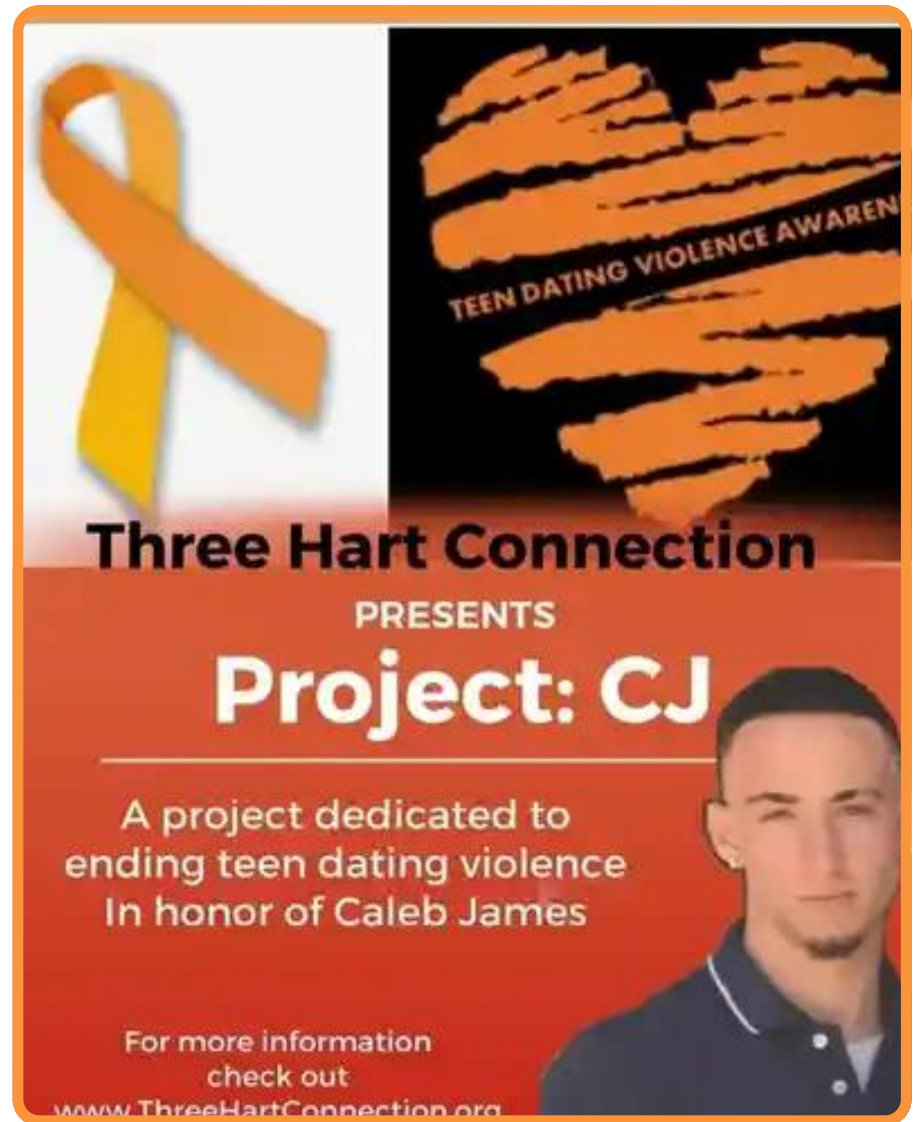
Two workshops impacted approximately 50 students.

### Desert High School, Edwards Air Force Base:

Three workshops impacted 120 students across grades 10-12.

In addition to our work in California, Project CJ expanded its reach to South Carolina, where Co-founder Jessica James Peavy, mother of Caleb James, spoke at four schools, engaging students across multiple grade levels. She led a total of six classes, including one 2nd-grade class where she read a story on bullying, one 5th-grade class where she facilitated a discussion on bullying, two 8th-grade classes on teen dating violence, and two 12th-grade classes on the same topic.

Our commitment to supporting youth also extended through scholarship contributions, made possible by the generosity of SoCalGas, providing opportunities for eligible students. Additionally, we were honored to be a resource table at Edwards Air Force Base's Gingerbread Gala, attended by 125 youth, where we introduced the "No Bully Pledge." This initiative encouraged students to commit to kindness and respect, reinforcing the values of healthy relationships



# MILITARY SEXUAL TRAUMA (MST) &

## DOMESTIC ABUSE IN THE MILITARY WORKSHOP



The MST (Military Sexual Trauma) & Domestic Abuse in the Military Workshop provided essential training on violence prevention within the Armed Forces. Facilitated by veterans with lived experience, this workshop provided critical information on available options for military/veteran victims and survivors, as well as their dependents. This 2-hour session was delivered to participants in both Spring and Fall DV/IPV Victim Advocacy classes.

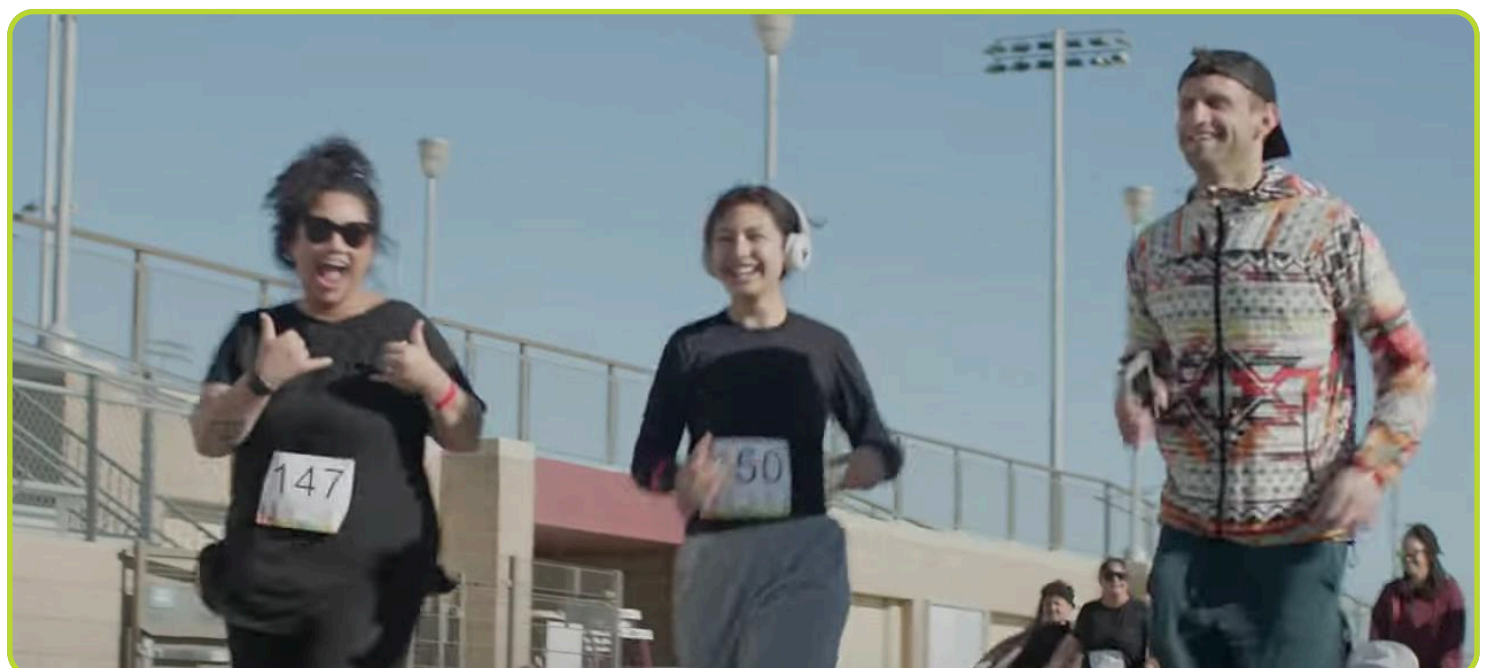
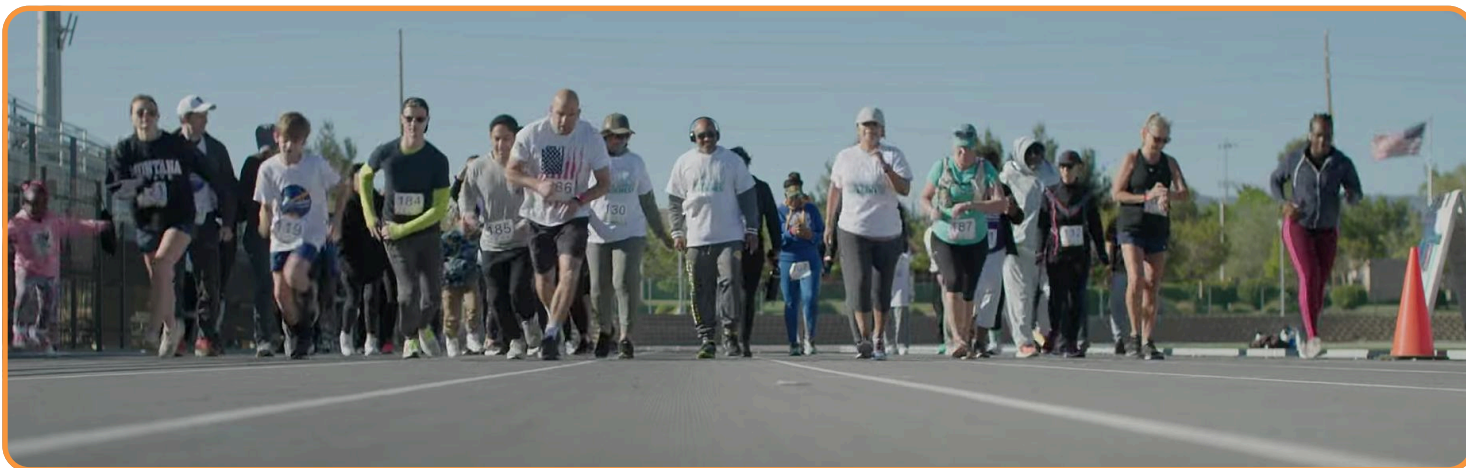


# ANNUAL COMMUNITY EVENTS & FUNDRAISERS

## HART HEALTHY 5K & SEXUAL ASSAULT AWARENESS MONTH (SAAM) WALK

The 2024 Hart Healthy 5K/SAAM Walk marked a significant milestone in community engagement with 90 tickets sold and over 100 participants. While the event didn't generate monetary profit, it achieved one of its core objectives: building community participation. This year's notable attendees included local youth, women, men, veterans, active-duty military, political leaders, and families from across the Antelope Valley.

- Key Sponsors: Chronic Tacos Palmdale, AV Black Chamber of Commerce, Antelope Valley Partners for Health, Whole Wheatery, Costco, RoTi Films.
- The event was a massive success, bringing together diverse groups and fostering a sense of collective action for a worthy cause.





# ANNUAL THRIVERS GALA

In October 2024, we celebrated our 3rd Annual Thrivers Gala with over 170 attendees and raised more than \$11,000 for our mission. At the Gala, we heard inspiring stories from our guest speakers Adrienne Spires, Lovell Fleming, and keynote speaker Tyanna Brown. We also awarded the Executive Director of the WOW Flower Project, Waunette Cullors, with the Three Hart Connection "Organization of the Year" award. This year's Gala attendees also got a first look at the 2024 Thriving Youth Scholarship winners! Congratulations to our first and second place winners Nathan S. and Pierce E.!

The Gala was a powerful reminder of the collective strength of our community, and we are deeply grateful for the support of our sponsors and attendees.

## Notable Sponsors & Partners for the Gala:





# HOLIDAY DONATION DRIVE

Three Hart Connections Holiday Donation Drive was a success in 2024! We partnered with Sanctuary of Hope - Lancaster, Toys 4 Tots, Edwards Support Outreach Action and Resilience, AVG, Santa, and Chronic Tacos Palmdale, and received assistance from 3HC's youth volunteers. Thank you so much to all of our partners! We were able to celebrate and assist a total of 10 families, which included a combination of 40 mothers and children. This year, we were able to give all 10 families coats and toys for each child, thanks to the gracious donations received from community members and Toys 4 Tots. Coats for families were individually purchased by Candice Hart, a board member, through supplemented donations collected throughout the year.



# 2024 IN NUMBERS &

## ADDITIONAL ACHIEVEMENTS

Therapeutic Services Hours:

**2,560**

TSP Graduates:

**28**

TIPPS Participants

**6**

Youth Reached via Project CJ Workshops:

**150+**

Holiday Donations Provided:

**10** Families

**40** Mothers and children

Empower U Program:

Concluded in September, providing **100** survivors with critical resources through a partnership with FORWARD and the LA County DCBA Empower U Program. This initiative provided **\$2,500** in individual funding to each participant

DV/IPV Victim Advocates

Trained **4** new advocates (Kyla, Kaliyah, Anthony, and Tyanna).

New Partnerships

Collaborated with Unite Us, Toys for Tots, Sanctuary of Hope, and Edwards Air Force Base SOAR (Support Outreach Action and Resilience).

Hygiene Kits:

In partnership with Kathryn Barger BOS, **101** hygiene kits were distributed to those experiencing hygiene insecurity at Grace Resources, in addition to receiving donations of gently used clothing.

CEO Invites:

Our CEO was invited to attend the Wounded Warrior Program's Women Warrior Panel in Washington, D.C., and spoke at Senator Wilk's Women Veterans Appreciation Day event in November.

## LOOKING AHEAD:

### LOOKING AHEAD: OUR VISION FOR 2025

As we look to 2025, Three Hart Connection is focused on expanding our TIPPS mentorship program, Project CJ workshops, and Holiday Donation Drive. We are committed to securing new funding opportunities to further our mission and create lasting change in the lives of those we serve. Our goals include:

- Expanding TIPPS to mentor more survivors and continue to offer workshops, leadership training, and storytelling opportunities.
- Increasing participation in the Hart Healthy 5K Walk/Run and SAAM events to build a stronger community of advocates.
- Securing new partnerships and funding to support our annual events and programs.



# THANK YOU

## TO OUR PARTNERS & SPONSORS

We extend our heartfelt thanks to our generous partners and sponsors. Your support makes everything we do possible.



& To all individual donors

# FINAL THOUGHTS

At Three Hart Connection, we believe that every survivor has the potential to not only heal but to thrive. Together, we are breaking the cycle of violence, empowering individuals, and building stronger communities. Thank you for your continued support, your dedication, and for standing with us as we work towards a future free from violence. As always thank you for breaking the cycle of violence one HART at a time!





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