



Emerging Stronger

YOUR 2018 IMPACT REPORT



Dear inspiring supporters,

Someone wise once said, “when patterns are broken, new worlds emerge.” 2018 *was* that new world for New Beginnings and the survivors we serve.

Patterns are being broken across the landscape of domestic violence activism. Decades old practices of communal-style shelters, low profile agencies and office-bound services are shifting. A deeper understanding of personal trauma and societal inequities are being incorporated into support for survivors. And there is a concerted movement to aim upstream, with unprecedented vigor and urgency for preventing domestic violence. At the same time, housing costs have soared in the Puget Sound region, making safe and desirable housing a distant dream for many survivors.

That’s why, **with your magnificent support**, we decided to break a few patterns at New Beginnings too. Together, we evolved our programs to increase access to information, high quality services and housing. And together, we set our sights on intervening early with children and teens.

2018 was our first full year of support delivered to survivors’ doorsteps and the first full year of proactively preventing homelessness. In 2018, individuals, families and sometimes pets fleeing domestic violence moved into warm and welcoming apartments instead of shared bedrooms at New Beginnings. And the best news is that almost all of them left to launch new lives in their own, secure homes.

2018 was also a year of experimentation.

Recognizing that young teens experiencing dating abuse need help now, before they reach adulthood, we launched a unique Teen Advocacy Project. Observing how technology

is being used for abuse, in collaboration with the Seattle Police Department Victim Support Team and many others—we founded an innovative Technology Enabled Coercive Control (TECC) Clinic to help survivors regain control over their technology.

Finally, we saw that children displaced by domestic violence need extra care in their new communities. So—with support from the Bill and Melinda Gates Foundation—we began piloting a Family Advocacy Project that provides short-term, intensive resource navigation for families who have moved into new homes.

These new approaches are just some of what’s possible when you’re willing to break patterns. With your continued commitment, we can’t wait to see what new worlds emerge in 2019 and beyond. Thank you for being extraordinary partners!



Jessica Andrade

Jessica Andrade
Board President



Susan Segall

Susan Segall
Executive Director

Building connections for education, prevention and intervention

Domestic violence shows up in different places in different ways. It impacts our homes, our friends, our offices, and our kids. In 2018, New Beginnings offered support in a myriad of ways: by phone, online, in schools and in person. With your help, we're dispelling myths, building knowledge and sharing resources throughout the county. **Thanks to you, 2,363 community members increased their knowledge about domestic violence and where to turn for help through our Community Education and Outreach efforts.**



Sheila called late one night, when everyone else in the house was asleep. Her husband had finally passed out after threatening her with a knife. She was still shaking as she dialed the Helpline number. Should she call the police? What if her kids had seen his behavior? What could she, or should she, do if it happened again?

*Thanks to your support, a Helpline Advocate immediately helped Sheila explore options for staying safe, and the pros and cons of getting police involved. In the middle of the night, it was reassuring for Sheila to know someone was there for her. Hearing that change was possible helped Sheila sleep better that night. Sheila's call was one of **6,461 inquiries to our Helpline** from people looking for shelter, needing safety, and wanting to know how to help friends and family last year.*



Top Five Issues for Helpline Callers in 2018

1 Police involvement
2 Requesting financial assistance

3 Court order
4 Homelessness
5 Stalking

Courageous Conversations - In 2018, a series of Courageous Conversations offered different perspectives to help people better understand domestic violence.

March 2018: Domestic Violence in the Media

April 2018: Why Do They Stay?

July 2018: Supporting Survivors in the Workplace

September 2018: Why Do They Stay?

October 2018: Guiding Teens to Healthy Relationships

Professional Development Trainings - New Beginnings provided education and resources for health care providers, human resource professionals, social workers, school teachers, corporate professionals and others.

Making sure survivors have advocates by their side

Success means different things for different people. Some survivors must rebuild a life, fleeing from their partner, their work, their friends and everything they've ever known. Other survivors choose to stay safe in their home. **In 2018, 481 adults and 107 children reduced their safety risks and took steps towards freedom from abuse through our Community Advocacy Program.**

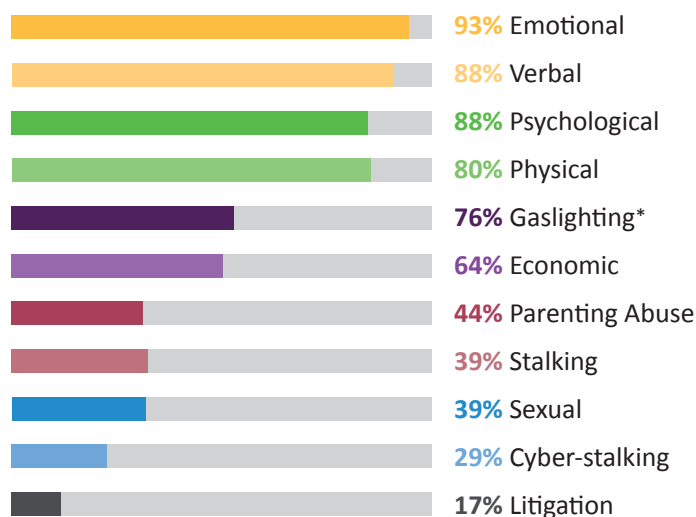
- **Legal Assistance and Referrals** for protection orders, divorce, child custody, immigration and other cases for 260 survivors
- **Mental Health Therapy** for 52 survivors
- **Weekly Survivor Support Groups** almost every day, including weeknights and weekdays
- **TECC (Technology Enabled Coercive Control) Clinic** offered individual appointments to help survivors strengthen their digital identity and minimize cyberstalking – **NEW in 2018!**



Sue called New Beginnings for one reason. She wanted to know how to keep her ex-husband away from her son, Ben. When she met with an Advocate, she was surprised to learn how much support was available for her – and Ben. She did get help with a parenting plan. Her Advocate also helped connect Ben to a therapist who specializes in childhood trauma.

"I called New Beginnings with what seemed like a simple question. I was worried about my son being hurt physically. I didn't think about the other impacts. I'm so grateful for the support we both have now."

Types of Abuse Experienced



*Gaslighting is a form of psychological manipulation that seeks to make a person question their own memory, perception, and sanity.



64% of survivors experience post-separation abuse

Creating safe homes

In 2018, 44 adults and 67 children fleeing abuse found a safe haven and received wrap-around support through our Home Safe program. In our first full year of this new program, we were able to provide housing for survivors who could not find it elsewhere. Comfortable and quiet apartments made healing possible for families, including those with special needs children, multigenerational families and survivors with pets.

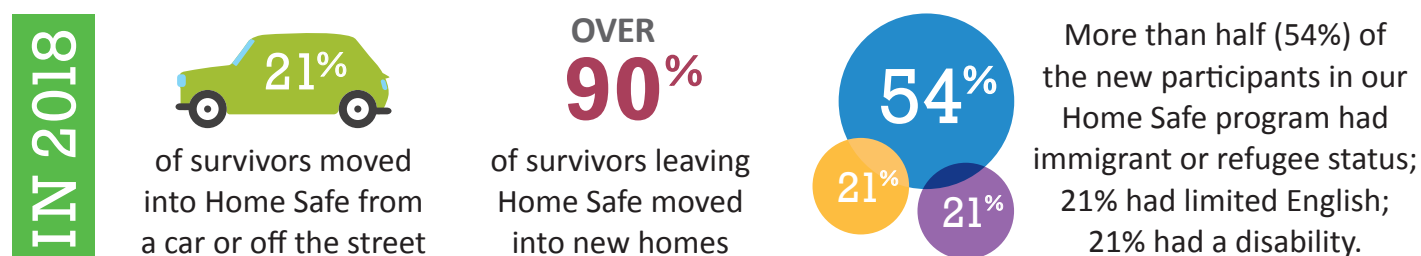
At this time last year, Beth struggled to get out of bed. Her depression had increased along with her husband's growing abuse. Scott always said she was worthless, and she had begun to believe it. She was starting to think she would never find work. Without a job, Beth didn't think she could leave. Luckily, a friend convinced Beth to call New Beginnings.

Today, Beth feels like a new person. She's living in her one-bedroom apartment in our Home Safe community. Without Scott criticizing her every move, she feels happier than she has in years. Her Advocate is helping her make a financial plan and find longer-term housing. In the meantime, she's joining the Restorative yoga class and getting help rebuilding her resume at Home Safe. Every day, she feels a little more confident about her future.



"I didn't realize how dependent I had become, until it was too late. Scott made all the money and all the decisions. At first, not having to go to work or pay bills felt like a privilege. Then it felt like prison. I'm looking forward to managing my own money in my own way."

DOMESTIC VIOLENCE IS THE LEADING CAUSE OF HOMELESSNESS FOR WOMEN AND CHILDREN.



New Beginnings is participating in first-of-its kind research that will help inform new models and best practices, the **Domestic Violence Housing First Demonstration Project** with the Washington State Coalition Against Domestic Violence and a **Family Advocacy Project**, funded by the Bill and Melinda Gates Foundation.



Breaking the cycle of abuse so tomorrow's generation can live free

Last year, our Break the Cycle program helped over 800 young people recognize and respond to abuse, build resilience and foster healthy relationships. We also provided trainings for more than 200 parents, teachers, counselors, social workers and other professionals who work closely with youth.

- Over 100 middle school students learned about healthy (and unhealthy) relationships in our 12-week class, *Owning Up*, which explores respectful relationships, the warning signs of abuse, harassment and consent
- High school students and at-risk teens joined Teen Dating Violence workshops, support groups and drop-in hours at schools and shelters
- Children of survivors met with advocates and therapists, enjoyed fun activities, and found support in pursuing their passions



Teen Advocacy Pilot Program

In 2018, a dedicated Teen Advocate built connections with a wide range of schools and youth organizations, and facilitated youth groups and offered drop-in support hours for homeless and at-risk teens at YouthCare, Southwest Youth & Family Services, New Ground (Bothell) and Spruce Street Inn.



Children are our future. Breaking the cycle will free their future from domestic violence.



In 8th grade, Emily had everything: good grades, good friends and a cute, older boyfriend.

When Emily was invited to join Owning Up, a healthy relationships class, she assumed it was because she was in student leadership. She had no idea that a concerned friend, worried about how Alex was treating her, had referred her.

Slowly, through the 12 weeks of class, Emily heard things that made her question Alex. When she role-played an abusive relationship in the class, the role seemed all too familiar. She started thinking more about Alex, his constantly demanding text messages and the times he used a little too much force. By the end of the semester, Emily broke up with Alex.

"I never thought of it as abuse. The class helped me realize what he was doing – and how wrong it was."

Helping hundreds of survivors find independence

After financial abuse, finding a way to live independently is a tremendous barrier, particularly for the 63% of our participants who entered our program last year with no or very little income at all. **Your support meant 146 survivors could pay housing costs, fill prescriptions, buy food, pay utility bills, and do what it takes to live free of abuse.**

Food, shelter, health care, education and transportation are paramount for survivors to live free from abuse.

Types of Assistance Given

Rent (ongoing)	\$250,476
Rent (first, last, deposit)	\$61,768
Moving Costs (incl. furniture)	\$19,426
Transportation (incl. bus tickets)	\$12,388
Rental Arrears	\$12,062
Other*	\$10,740
Grocery, Personal, Clothing	\$7,801
Children's Needs (incl. activities)	\$5,413
Utilities	\$3,683
Hotel	\$3,359
Technology / Phone / Internet	\$2,316
Storage Unit	\$1,836
School Costs	\$1,734
Medical / Mental Health	\$1,432
Housing App / Security / Credit Fees	\$833
ID Fees	\$756
Services (legal, immigration, interpreter)	\$574

*Other includes participant well-being activities, copies of important papers, locksmiths, professional licenses, job background checks, moving costs, renters insurance, trip to see ill family member, name changes, driving tests, etc.



Like many survivors, Helena, came to New Beginnings with almost nothing. She was fleeing for her life with only a small backpack of clothes, her passport and two \$20 bills. Helena hadn't had a job in over 12 years. Her previous home health experience didn't seem to matter. Her certifications had expired, and her former references moved.

Working with her Advocate, Helena was connected with a job training program where she's refreshing her skills and planning to take the certification test. She also has financial help to pay her apartment application fee and move-in costs.

"I don't know which was more important – the money or the connections I received [for jobs and housing]. Either way, I know I couldn't, or wouldn't, have done it without New Beginnings."

We couldn't do it without YOU – our donors, volunteers, community partners, Board members and staff!



Sponsor Spotlight: Holland America Helps Welcome Survivors Home

Since opening our doors as an emergency shelter in 1976, community partnerships have been key to our success. We are proud to honor Holland America Line which has contributed to that success as one of our longest-standing corporate partners. Over the past 19 years, Holland America employees have changed the lives of thousands of survivors of domestic violence by helping to get them back on their feet. Holland America employees express their commitment to ending gender-based violence by rallying together to collect whatever survivors need most – from stocking entire apartments to outings at the Seattle Aquarium to back-to-school supplies for children of survivors. And since the early years, Holland America has

also donated a cruise, offering one-of-a-kind experiences, to our annual fundraising auction.

When New Beginnings launched our Home Safe program, we knew we needed community support to stock at least 34 apartments each year. Holland America employees enthusiastically leaned in, hosting a holiday drive and quickly filling a truck full of shiny new housewares. Generous gifts of new coffee pots, dishes, towels, and linens transformed empty Home Safe apartments into a welcoming and beautiful respite for our families. Survivors make a fresh start with these generous donations, which are theirs to keep when they move into their next home.

Thank you to all of our supporters for your commitment to our work – and for truly mobilizing community awareness and taking action to end domestic violence.

Institutional Donors

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*We strive for excellence and apologize for
any inadvertent errors or omissions.*

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Your support propels New Beginnings and 10,000 women, children and men forward to the future free of abuse

We are immensely grateful for hundreds of individual donors, corporations and foundations who power the work to end domestic violence. By donating generous financial gifts and invaluable in-kind products and services.

You are empowering survivors and raising action and awareness to end domestic violence. We strive to honor your donations by leveraging partnerships, minimizing expenditures and maximizing efficiencies. 81% of New Beginnings' expenses go directly to program services. The remaining costs offer the infrastructure and support to drive these programs, ensuring our life-saving services remain available for survivors.

2018 Financials

Beginning Net Assets	\$3,133,646
Revenue	\$3,749,505
Program Expenses	\$2,825,138
Administrative & Fundraising Expenses	\$665,158
Ending Net Assets	\$3,392,855

*Ending net assets include restricted contributions for time or purpose not yet realized.

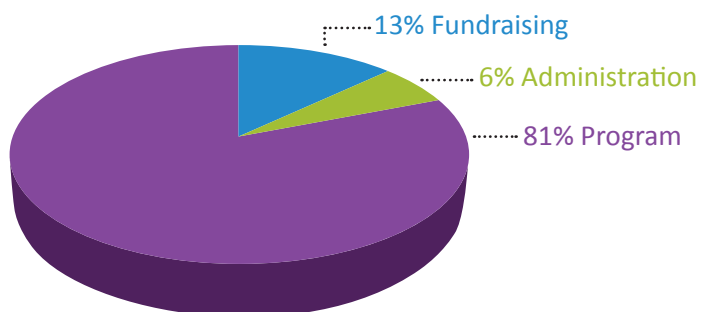


1,205 individuals, corporations and foundations gave nearly \$1.4 million in 2018!

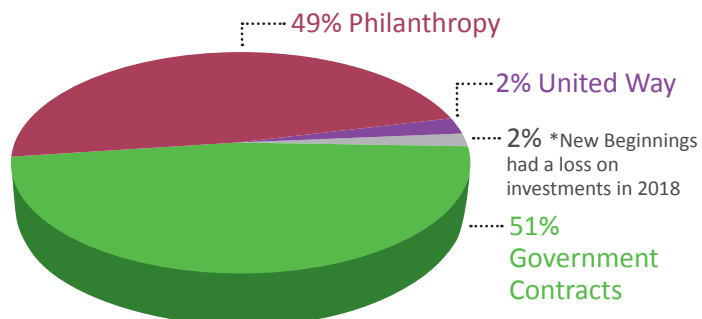


With **40 employees** and **200 volunteers** donating 3,300 hours of assistance, New Beginnings served **10,000 women, children and men** in 2018.

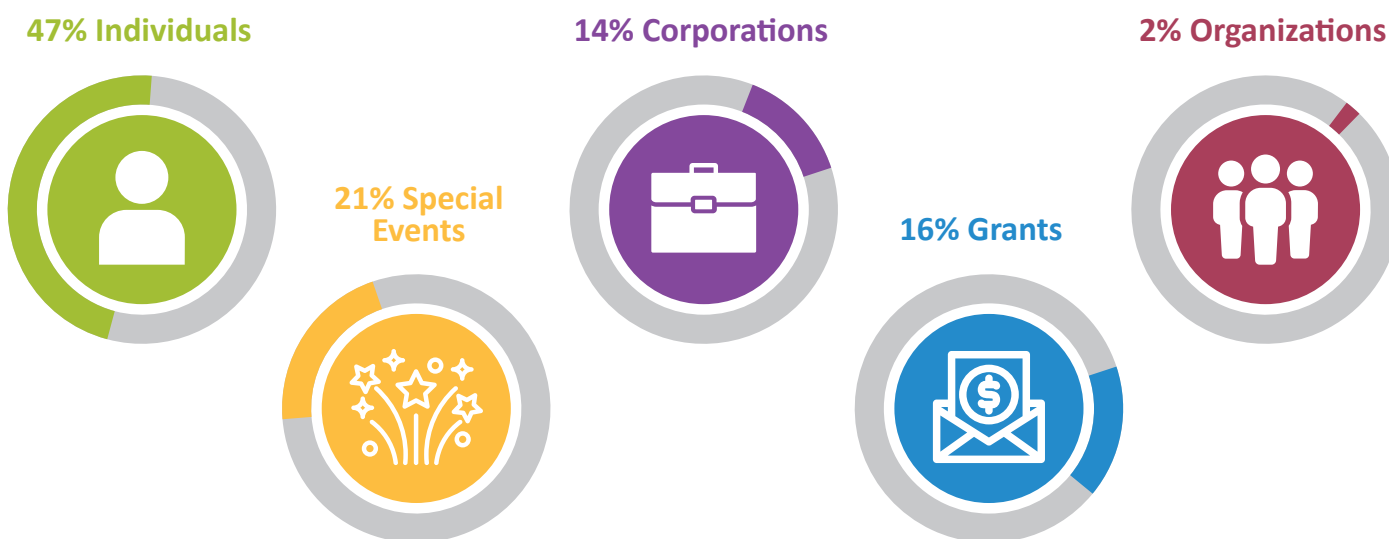
Expenses by Category



Revenue by Category



2018 Philanthropy



YOUR support makes our free services possible.



Special thanks to the Hope Network, 61 dedicated donors making monthly gifts that support New Beginnings' programming year-round.

Dear Friend,

With your support, I am now living a much healthier, happier and SAFER life. Through your financial support, I was connected with a team of high caliber lifesavers [at New Beginnings] that guided me out of a very dark place. Their expertise as well as the range of services (advocacy, support groups, legal support, etc.) gave me access to everything I needed to put a plan in place to tackle all the complex aspects of abuse - physical safety, emotional and financial destruction.



After a seven-year relationship, my boyfriend suddenly left after a typical argument. Dan spent the next three years stalking and torturing me daily. Things quickly escalated from control to violent threats towards me, my son, our pets, my employer and their spouses. I continued to cover up what was happening which resulted in isolation from my family and friends. It was not until the second time he drugged me and threatened to throw us both off the Highway 99 bridge that I realized my life was truly in danger. As unbelievable as it sounds, it wasn't until I was referred to New Beginnings by the King County Prosecutor's office, that I began to understand or really believe what was happening. It takes a long time for the "This is not normal" seed to grow. We're not very good at recognizing and defining abuse. As women, we feel we need to fix things before we walk away. I didn't know how to get out and I didn't want to stay in.

New Beginnings provided the support I needed. I needed advocacy and legal help. New Beginnings walked me through the creation of a safety plan. It was validating to hear, "you are in an unsafe situation" and to be continually offered a path forward. They [New Beginnings] would call and check on me. That was a big deal. My brain would start to minimize the risk and that touch point helped me move towards a much better place.

It has been about 3.5 years since Dan was arrested. I am safe and I am free. The silver lining is an unbelievable appreciation for the simple joys in life.

- Jen



24-Hour Helpline: 206-522-9472
www.newbegin.org

Mission: New Beginnings empowers survivors and mobilizes community awareness and action to end domestic violence

Due to the sensitive nature of this material, all names and identifying details have been changed to protect the confidentiality of survivors; these blended stories represent the challenges and successes of many survivors who have used our programs. In addition, stock photography is used in most cases to further protect the ongoing safety of our current and past participants.