

Regional Funding

Fiscal Year 2022 - Partner Funding Application

Rappahannock Council Against Sexual Assault

Agency Total Budget

In the boxes below provide an overview of the administrative costs associated with your total agency budget.

Expenses

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Salary	295,522.0 0	328,526.0 0	359,277.0 0	359,277.0 0	331,127.0 0	331,127.0 0
Benefits	70,638.00	78,202.00	84,964.00	84,964.00	90,307.00	90,307.00
Operating Expenses	97,217.00	107,730.0 0	121,218.0 0	121,218.0 0	97,479.49	97,479.49
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00
Other Expenses	10,254.00	7,600.00	8,360.00	8,360.00	8,600.00	8,600.00
Total	473,631.0 0	522,058.0 0	573,819.0 0	573,819.0 0	527,513.4 9	527,513.4 9

Revenues

Please include revenue associated with your entire organization. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Caroline	1,100.00	1,100.00	1,331.00	1,331.00	1,100.00	1,100.00
Fredericksburg	4,140.00	4,140.00	5,010.00	5,010.00	4,140.00	4,140.00
King George	0.00	0.00	550.00	550.00	458.00	458.00
Spotsylvania	21,000.00	21,000.00	25,410.00	25,410.00	21,000.00	21,000.00
Stafford	7,410.00	7,400.00	10,559.00	10,559.00	12,085.00	12,085.00
United Way	10,000.00	10,000.00	12,100.00	12,100.00	0.00	0.00
Grants	402,372.0 0	443,418.0 0	486,870.0 0	486,870.0 0	454,590.4 9	417,892.4 9

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Client Fees	0.00	0.00	0.00	0.00	0.00	0.00
Fundraising	17,000.00	17,000.00	19,000.00	0.00	0.00	0.00
Other (Click to itemize)	10,609.00	18,000.00	12,989.00	11,559.00	0.00	0.00
Total	473,631.0 0	522,058.0 0	573,819.0 0	553,389.0 0	493,373.4 9	456,675.4 9

Surplus / Deficit

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Surplus or Deficit	0.00	0.00	0.00	-20,430.00	-34,140.00	0.00

Rappahannock Council Against Sexual Assault

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

The administrative costs for RCASA are those associated with agency expenses that are not allocated to direct service programs. These costs include portions of the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries, office supplies, commercial liability insurance, occupancy & utilities, & accounting services.

Agency administrative costs & payroll expenses total \$40,500; office supplies, \$1,000; commercial liability insurance, \$2,700; occupancy & utilities, \$34,200; and accounting services, \$11,000.

If your agency is requesting an increase or decrease in administrative funding, please describe in detail the reasons for these changes.

Starting FY20, RCASA relocated to a new office space because our previous space, once owned by and leased from the Rappahannock United Way (RUW), was sold. The cost of inhabiting the new space has increased our occupancy costs by 185%. In our search for an appropriate and affordable location, this office space, located in close proximity to Mary Washington Healthcare and the University of Mary Washington, two of our community partners with whom we work closely, was selected. After reviewing over one dozen properties, this was the most affordable option that met our needs for confidentiality and accessibility for clients. The agency and clients have been impacted by COVID19 demonstrated by an increase in service provision. Additional expenses associated with COVID19 include the need to provide online services while maintaining HIPAA compliance, accessibility. Clients still require in-person contact thus maintain safety through the need for increased PPE equipment and training.

Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds.

Several administrative costs are defrayed by locality funds, including the salaries & payroll taxes for our Executive & Clinical Director & other staff salaries (\$40,500), office supplies (\$1,000), commercial liability insurance (\$2,700), occupancy & utilities (\$34,200), & accounting services (\$11,000).

Capital Expenses

Please provide an overview of the capital costs for your agency.

Currently, RCASA does not have any capital costs.

Please provide justification for and specific amounts of capital costs that are defrayed by locality funds.

N/A

Salary & Benefit Expenses

Please provide an overview of any increases or decreases in general personnel expenses for your agency.

In FY20, RCASA has made it a priority to increase staff salaries in order to move them closer to a living wage in our area. According to the Living Wage Calculator, a living wage for an adult without children is \$17.44/hour; living wage for an adult with one child is \$31.46. Staff salaries were increased by 7%. FY19 salaries were budgeted at \$328,526 and FY20 salaries are budgeted at \$331,127. Staff and program restructuring and a focus on recruiting and maintaining volunteers has helped to defray costs of this increase.

Please provide a description of any changes to agency benefits structure or cost.

In FY20, RCASA has maintained the benefits offered to staff (covering 100 percent of health and dental insurance to staff after one year of full-time employment), while also implementing a new benefit: Life Insurance. The annual cost, covered at 100 percent to staff after one year of full-time employment, is \$355.

Budget Issues

Provide any legislative initiatives or issues that may impact the agency for the upcoming year.

At this time, RCASA is unaware of any legislative initiatives or issues that may impact our agency in the upcoming year.

If you are aware of “outside” funding sources that will expire or be reduced on a set cycle or date, please note those below and how you are planning for them.

Due to COVID19, continued funding at the established level may be in jeopardy. While communication continues with external funders, it is not evident these funds will continue. RCASA is engaged in vigorous planning to maintain staffing to continue provide the level of service.

Please detail any identified agency needs or areas of concern that are currently not being addressed in your funding request.

Currently, RCASA has the capacity for 3.5 FTE counseling staff, 2 of whom serve in a supervisory capacity as well. RCASA has diligently focused on the elimination of the wait list for counseling services with the support of master's level clinical interns with clinical oversight to serve clients. RCASA continues to strive to meet the diverse needs of the population including language access and geographic areas in which RCASA is working to build trust with the local community. Trust has been impacted by current events including changes to immigration and the Black Lives Matter movement.

Rappahannock Council Against Sexual Assault

Locality Information

Locality Notes

Please use the spaces below to provide any locality specific notes or statements that may be relevant to your application.

Caroline County

In FY20, RCASA prevention staff provided prevention education to 131 students at Caroline High School and 750 students at Caroline Middle School.

In FY20, RCASA staff provided RCASA 101 and FNE training to 39 officers at the Caroline Detention Center and SART development to the Director of Victim Witness in Caroline County.

Social media outreach provided resources to over four thousand contacts across platforms.

City of Fredericksburg

RCASA has increased its collaborative efforts at UMW, seeing an 800% increase requests for case management services, a 400% increase in crisis services requested from students from the University of Mary Washington. RCASA continues to participate on the Coordinated Community Response Team (CCRT) at UMW.

Additionally, RCASA has experienced an increase in members of the homeless population requesting crisis services in the hospital setting.

RCASA prevention and outreach staff have provided prevention education different groups at the University of Mary Washington, the Kenmore Club, Gladys Oberle High School, TEAL Peer Educators at UMW, Kenmore Club, Empowerhouse Teen Girl Group, and Roll call law enforcement training, UMW Talley Center, and Fredericksburg City Spa owners. Hurkamp Park Community day was attended in downtown Fredericksburg.

Social media outreach provided resources to over four thousand contacts across platforms.

King George County

In FY20, educational materials were provided to King George Victim Witness. RCASA also attended National Night Out in King George as well as the King George Fall Festival.

RCASA prevention and outreach staff have provided prevention education to 156 students to King Middle schools. King George Middle School students also received education on online safety. King George Middle School programs were canceled due to the COVID-19 pandemic.

Social media outreach provided resources to over four thousand contacts across platforms.

Spotsylvania County

In FY20, presentations on the dynamics of sexual violence were given at the Resource Center in Spotsylvania and individuals and staff at FAHASS. Staff presented on boundaries at FAHASS 1st Youth Empowerment Summit. Germanna Community College invited RCASA to present on teen dating violence to college students and staff. Scheduling was frozen for Spotsylvania High School due to the COVID-19 pandemic. Social media outreach provided resources to over four thousand contacts across platforms.

Roll call and CIT Training was provided to law enforcement in Spotsylvania and RCASA attended National Night Out.

Stafford County

In FY20, presentations on consent, healthy relationships and intervention were provided to 409 students at Stafford High School and Roll call and CIT Training was provided to law enforcement officers in Stafford. Social media outreach provided resources to over four thousand contacts across platforms.

Rappahannock Council Against Sexual Assault

Agency Information

General Information

Agency Name Rappahannock Council Against Sexual Assault
Physical Address 615 Jefferson Davis Hwy., Suite 201, Fredericksburg, VA, 22401, US
Mailing Address 615 Jefferson Davis Highway, Suite 201, Fredericksburg, VA, 22401, US
Agency Phone Number (540) 371-6771
Federal Tax ID # 54-1443112
Web Address www.rcasa.org
Agency Email Address programcoordinator@rcasa.org

Agency Mission Statement

Our mission is to provide support, treatment, and advocacy to persons whose lives have been affected by sexual violence and to reduce sexual violence in our community through education and awareness.

Number of Years in Operation 34

Main Contact

Main Contact Jason Knight, phone: (540) 371-6771, email: programcoordinator@rcasa.org
Job Title Program Coordinator

Localities Served

Please select any/all localities your agency serves.

Caroline
Fredericksburg
King George
Spotsylvania
Stafford

Collaborative Impact

Describe in detail how the community would be impacted if your agency were dissolved or merged with another partner agency.

For 33 years, RCASA, has offered services to survivors of sexual violence (SV) in PD16.

We are the only agency that provides comprehensive services to both adult & child victims of SV. Were our agency to dissolve, survivors of SV in our community would not have access to the services they rely on, including trauma-informed, evidence-based individual & group counseling by professionals who specialize in treating SV. Survivors in our community deserve a safe place for to talk about their experiences without stigma -- RCASA provides this and much more.

Research shows that victims of SV are more likely to thrive when seeking services from an agency that focuses solely on SV recovery. Victims of SV who receive responsive care immediately after their trauma are less susceptible to the economic impacts of SV, like homelessness, joblessness, and limited access to resources.

Victims provided with trauma-informed care & specialized advocacy report increased feelings of well-being & decreased symptoms of PTSD over the course of their care. Similarly, survivors report less distress after encounters with legal and medical systems with an advocate to assist & educate them throughout the experience. Further, research shows that victims who receive support from trained crisis responders are more likely to cooperate with law enforcement, increasing the overall safety of our communities as perpetrators of SV are more likely to be held accountable.

Further, RCASA's trained advocates prevent retraumatization to victims of SV by educating allied professionals about trauma response.

Finally, at RCASA we don't just treat the individual, we seek to change the culture of the community by providing education on the impacts and dynamics of SV and by collaborating with allied partners to promote a survivor-centered approach to service provision.

Community Impact

Please provide at least 2 examples of how your services have impacted members of our community.

Example 1

Client is a 27-year-old white female residing in Spotsylvania County, presenting to RCASA via our 24-Hour Crisis Hotline. Crisis response staff supported the client throughout the call schedule an intake. Client participated in a support group while waiting for individual counseling services. Client was assessed, indicating moderate PTSD symptoms. Client reported difficulty sleeping, anxiety, difficulty setting boundaries with family, and difficulty managing emotions, frequently becoming overwhelmed and shutting down. Through group, client was provided information on trauma, sexual assault, and treatment. Client developed and practiced self-regulation skills, grounding, and identified coping skills and strengths. Client was able to connect with others who have had similar experiences and was able to receive and give support and encouragement. Client was able to identify support systems, values, and goals and reported looking forward to the future. After 8 sessions, client reported an improvement in symptoms. Client reported more connection in relationships and an improvement in managing more difficult emotions. Client reported feeling less self-blame and guilt surrounding setting healthy boundaries with family members. Client reported an increase in self-confidence and an improvement in feeling safer. Client began individual sessions soon after completing group. Client reported feeling more open and less anxiety about beginning individual therapy after having attended group. After approximately 4 individual sessions, client reported a decrease in shame and self-blame. Client also reported feeling more connection to healthy family members and an increase in self-confidence, especially when setting boundaries with unhealthy family members. Client reports less self-blame surrounding childhood sexual abuse. Client reports decrease in PTSD symptoms to include an improvement in sleep, connection to others, and overall feelings of safety and satisfaction with life.

Example 2

A 32 years old white female from Caroline county called into the Hotline asking for guidance about something that happened to her 10 years old daughter. The RCASA advocate informed the mother that as a Mandated reporter, the advocate would have to report what was shared and that RCASA staff would support the family throughout this period. The mother was grateful for knowing that support and guidance was available. The mother stated that her 10 years old daughter had just disclosed that while living in their old home, an adult male family friend had sexual abused her many times. The child had been having a difficult time at school and with family relationships. The mother was also clearly struggling with how to support the child. The RCASA advocate talked with the mother and walked her through the next steps, letting the family know that RCASA would make the appropriate referrals to CPS and law enforcement in the proper county. The advocate explained that this county would most probably use the Child Advocacy center for the process. RCASA's advocate let the mother know that RCASA has Court Accompaniment Services for the child and secondary support services available for the family. The Advocate set up a convenient time to call the family back to schedule an intake appointment for further services.

The client and family has had an intake and RCASA is supporting the family with regular calls as the investigation is still ongoing.

Example 3 (Optional)

Client is a 24-year-old female residing in Stafford County, presenting to RCASA with a history of sexual abuse by a family member as a child. Client reports never having disclosed to anyone before. Due to the pandemic, client reports more frequent contact with the abuser. Because of this, client reports challenges with anxiety and family relationships. The advocate listened and supported the client, informing the client of the options available. Options including that because the COVID Pandemic, RCASA intake processes would be completed by phone. The client and advocate set time for intake and Client received appropriate consent/release forms through an encrypted email intake. The intake was completed by phone. Client was given outside resources to community partners. The client decided that they would like to be placed on the RCASA's waitlist for individual counseling and was given the link to the bi-weekly helproom group. RCASA staff check in with client bi-monthly while on the waitlist.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

Program Overview

You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.

When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.

You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.

General Information

Program Name Prevention, Education, and Outreach

Is this a new program? No

Program Contact

Name Nadia Cayce

Title Executive Director

Email director@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

RCASA's education programming seeks to increase community knowledge of sexual violence prevention and intervention, specifically with underserved and high-risk demographics. Through our educational programming, participants learn how to build healthier relationships with their peers through consent and boundaries, notice signs of sexual violence and unhealthy relationships both in-person and online, and address sexual violence and support survivors through bystander intervention and/or professional response. Programs take attendee demographics such as age, profession, orientation, and experiences with violence and oppression into consideration.

Outside of the secondary school setting, RCASA provides trauma response & advocacy trainings for law enforcement, medical & educational professionals, churches & civic clubs, & on college campuses.

RCASA also maintains an interactive presence at a variety of community events throughout PD16. Outreach efforts include providing information on the impact of sexual violence in PD 16, powerful messages on how to prevent SV, & services RCASA offers to those impacted already. Community members engaging in outreach events provide invaluable opportunities to energize & expand prevention efforts throughout the year.

Client Fees

Please describe the fees clients must pay for the services by this program.

There are no fees associated with receiving services from RCASA's prevention, education, & outreach program. All programs are provided at no cost to Planning District 16.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

Rape is the most costly of all crimes to its victims, with total estimated costs at \$127 billion a year (excluding the cost of child sexual abuse). Recent studies estimate that each rape costs approximately \$122,461. Sexual abuse has a negative impact on children's educational attainment, later job performance, and earnings. Sexual violence survivors experience reduced income in adulthood as a result of victimization in adolescence, with a lifetime income loss estimated at \$241,600. Fifty percent of sexual violence victims had to quit or were forced to leave their jobs in the year following their assaults due to the severity of their reactions. Not preventing sexual violence results in substantial costs to the economy. For every rape prevented, more than \$122,000 in lifetime costs are averted. About 1/3 of the costs of rape are paid by government sources, including the health care, social services, and criminal justice systems. Investing in prevention helps communities save money.

If this is a new program, be sure to include the benefits to the region for funding a new request.

This is not a new program.

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

The Prevention, Education, & Outreach program's intended audience is anyone in Planning District 16, with a specific focus on youth, allied professionals, and underserved populations. The community at large will receive information on the impacts and dynamics of SV through RCASA's participation in area events. Youth and young adult audiences will receive educational programming in the secondary school and college/university settings. Allied professionals (e.g., law enforcement, mental health providers) will receive trauma response & advocacy training. Allied professionals will be better prepared to provide services to survivors without further victimization and retraumatization. Underserved populations like the Latinx & African American communities will be centered in RCASA's work as we help our communities to understand the intersections of sexual violence with other factors, like race, ethnicity, & socioeconomic status.

If your program has specific entry or application criteria, please describe it here.

The staff at RCASA practices within our expertise; therefore, RCASA provides training only on the broad subject of sexual violence and related issues. Requests for training are restricted to the topics on which the staff at RCASA are well-informed and can be delivered only at our staffing capacity.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

RCASA is requesting an increase in funding from Stafford County. We have seen an increase in requests for case management, crisis services, counseling and court accompaniment -- it is likely this trend will continue for the remainder of the year.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

Without funding, it will not be possible to serve the number of students that request counseling and case management. RCASA is taking on an additional interns and volunteers in order to serve those students. The intern and volunteers will require supervision and guidance from paid staff.

In particular, please describe in detail if any increase is sought for new positions or personnel.

Salaries for FY21 have increased in order to provide a living wage to agency Prevention & Education Program staff who offer specialized knowledge in educating the community on the impacts and dynamics of sexual violence and healthy relationship building.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Personnel	81,153.00		43,540.00	70,928.00	69,536.67	69,536.67
Benefits	6,217.00		10,012.00	11,585.00	11,912.96	11,912.96
Operating Expenses	18,633.00		13,207.00	18,395.00	18,423.62	18,423.62
Capital Expenses	0.00		0.00	0.00	0.00	0.00
Total	106,003.00	0.00	66,759.00	100,908.00	99,873.25	99,873.25

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Caroline	246.00		225.00	235.00	235.00	235.00
Fredericksburg	927.00		849.00	888.00	888.00	888.00
King George	0.00		0.00	116.00	116.00	116.00
Spotsylvania	4,704.00		4,302.00	4,501.00	4,501.00	4,501.00
Stafford	1,660.00		1,948.00	2,217.00	2,217.00	2,217.00
United Way	2,240.00		0.00	2,145.00	2,145.00	2,145.00
Grants	90,131.00		53,533.00	86,255.00	86,255.00	86,255.00
Client Fees	0.00		0.00	0.00	0.00	0.00
Fundraising	3,808.00		2,600.00	3,331.00	3,331.00	3,331.00
Other (Click to itemize)	2,287.00	0.00	3,302.00	1,220.00	0.00	0.00
Private donors				1,220.00		
Direct Public Support	2,287.00		3,302.00			
Total	106,003.00	0.00	66,759.00	100,908.00	99,688.00	99,688.00

Surplus / Deficit

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Surplus or Deficit	0.00	0.00	0.00	0.00	-185.25	14,907.37

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

RCASA maintains MOUs with Caroline & King George school districts, as well as Chaplain Youth Center, where we provide educational programming. Additionally, we maintain an active MOU with Mary Washington University. We are the off-campus resource for sexual violence prevention at the university.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

RCASA is the only agency that educates the community about the impacts and dynamics of sexual violence. Without this important information, even more incidents of sexual assault would occur in our community and fewer youth would learn about healthy relationships both in-person and online.

Not preventing sexual violence results in substantial costs to the economy as well. For every rape prevented, more than \$122,000 in lifetime costs are averted. About 1/3 of the costs of rape are paid by government sources, including the health care, social services, and criminal justice systems. Investing in prevention helps communities save money.

Rappahannock Council Against Sexual Assault - Prevention, Education, and Outreach

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2017, FY2018, and FY 2019, the estimated numbers of individuals served in FY2020 and the projected numbers of individuals served in FY2021.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 Projected	FY 2022 Estimate
Fredericksburg City	3,698	13,529	6,147	3,475	9,200	6,000
Caroline County	2,293	586	2,666	1,613	2,500	2,000
King George County	753	1,960	2,364	2,256	2,300	2,300
Spotsylvania County	2,208	4,310	4,727	1,552	4,700	2,500
Stafford County	1,051	1,620	8,350	2,956	8,000	4,000
Other Localities	0	0	0	2,192	0	0
Total	10,003	22,005	24,254	14,044	26,700	16,800

[View Diagram](#) Goals and Objectives

Goals

Goal:

To increase the knowledge of professionals with high interaction rates with victims of sexual violence of the impact of trauma on the brain, specifically as it relates to victims of sexual violence, in order reduce instances of re-victimization.

Objectives

	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline	2020 Year End	2021 Baseline
RCASA staff will provide 30 presentations on the impacts and dynamics of sexual violence to allied professionals. *This goal is reported in terms of participants at events although our goal is to attend a certain number of events.	Total # Clients Served	40	300	57	30	30
	Total # Clients Achieved/Successful	40	300	57	30	30
	% Achieved / Successful	100	100	100	100	0
RCASA staff will provide presentations on the impacts and dynamics of sexual violence 138 allied professionals.	Total # Clients Served	322	300	498	322	322
	Total # Clients Achieved/Successful	322	300	498	322	322
	% Achieved / Successful	100	100	100	100	0

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Given our reported data, our goals are on track for linear progression and no changes are planned at this time.

If you are restating the goals or objectives for the prior calendar year, please include those here

Goal:

To raise awareness of services available to victims of sexually based crimes, and increase knowledge of how to prevent sexual violence in Planning District 16.

Objectives		2018 Year End	2019 Baseline	2019 Year End	2020 Baseline	2020 Year End	2021 Baseline
RCASA staff and volunteers will attend 45 community engagement and outreach events in Planning District 16.	Total # Clients Served	15,135	13,520	13,007	14,325		14,325
	Total # Clients Achieved/Successful	15,135	13,520	13,007	14,325		14,325
	% Achieved / Successful	100	100	100	100	0	100

***This goal is reported in terms of participants at events although our goal is to attend a certain number of events.**

RCASA staff will create 360 posts for the agency social media platforms, educating over 5,000 followers in discussions of impacts, dynamics, and prevention of sexual violence in Planning District 16 and beyond.	Total # Clients Served	6,609	5,000	5,138	7,000		7,000
	Total # Clients Achieved/Successful	6,609	5,000	5,138	7,000		7,000
	% Achieved / Successful	100	100	100	100	0	100

***This is a new goal for FY20; therefore, we do not have year end data to report.**

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Given our reported data, our goals are on track for linear progression and no changes are planned at this time.

If you are restating the goals or objectives for the prior calendar year, please include those here

Goal: To reduce the rate of sexual violence among youth in Planning District 16.

Objectives		2018 Year End	2019 Baseline	2019 Year End	2020 Baseline	2020 Year End	2021 Baseline
RCASA will educate 2450 youth and young adults in PD16 on the topics of positive relationships, healthy boundaries, consent, and effective bystander intervention techniques for in-person and online relationships.	Total # Clients Served	2,440	2,440	2,547	2,100		2,100
	Total # Clients Achieved/Successful	2,440	2,440	2,547	2,100		2,100
	% Achieved / Successful	100	100	100	100	0	100
RCASA staff will provide at least 60 separate educational presentations on topics ranging from positive relationships, healthy boundaries, consent, & effective bystander intervention techniques to cyber-related sexual violence, maximizing safety in social media, practicing consent	Total # Clients Served	134		109	130		130
	Total # Clients Achieved/Successful	134		109	130		130
	% Achieved / Successful	100	0	100	100	0	100

within cyber dynamics of relationships, & understanding resources available to survivors of cyber-related sexual violence.

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Given our reported data, our goals are on track for linear progression and no changes are planned at this time.

If you are restating the goals or objectives for the prior calendar year, please include those here

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Program Overview

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General Information

Program Name	RCASA Continued Services in Response to COVID19
Is this a new program?	No

Program Contact

Name	Nadia Cayce
Title	Executive Director
Email	director@rcasa.org
Phone	(540) 371-6771

Program Purpose / Description

Provide an overview of this program

RCASA's Counseling Program addresses the needs of survivors of sexual violence (SV), and those who care about them, by providing individual & group counseling. Services are offered regardless of age, race, religion, sexual orientation, gender identity, status, or ability.

Individual counseling is facilitated by 2 license-prepared counselors (under the supervision of Licensed Professional Counselors) and two clinical interns. Educational & support groups are provided both to educate and to support survivors following a recent assault in addition to survivors who have a history of sexual trauma.

RCASA provides trauma-informed, evidence-based interventions: Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Eye Movement Desensitization and Reprocessing (EMDR) and Art Therapy. These approaches are the industry standard in trauma treatment.

RCASA's Case Management Program works directly with those impacted by SV and collaborates with area service providers to assist with immediate and long-term health, housing, financial, and safety needs. This includes connecting survivors with resources such as emergency shelter, long-term housing (which may include educating survivors about their rights as tenants), food, and transportation. Additionally, our program provides culturally and linguistically appropriate services, assistance with victim compensation, as well as court & other legal accompaniment.

Client Fees

Please describe the fees clients must pay for the services by this program.

RCASA receives funding from Victims of Crime Act resources, funds that are derived from fines and penalties paid into a federal system by offenders. This is a dedicated source of funding for crime victims, including those who have been impacted by sexual violence.

RCASA is committed to providing services free of cost to victims of sexual violence, who deserve support and guidance in the aftermath of a violent crime. Therefore, there are no fees associated with receiving services from RCASA.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

The consequences of SV can include poor mental health outcomes, lost work productivity, decreased quality of life, and sometimes death. Children who are victims of sexual violence are especially vulnerable to both short- and long-term negative behavioral, mental, and emotional consequences, and are significantly more likely to be re-victimized in the future. Sexual violence can cause myriad short- and long-term health consequences for victims, including pregnancy, sexually transmitted infections, chronic pain, gynecological and pregnancy complications, and disability that can limit employment. It can also lead to anxiety, posttraumatic stress disorder, depression, substance abuse, and attempted or completed suicide, among other issues. The services RCASA provides in response to sexual violence are critical; they not only mitigate the long-term costs to victims and connect victims with valuable community resources, but also provide hope to those who are healing from trauma.

If this is a new program, be sure to include the benefits to the region for funding a new request.

This is not a new program.

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

Counseling and Case Management services are available to anyone, adult or child, impacted by sexual violence (SV) in PD16. Whether a survivor was impacted years ago or recently, they can access services from RCASA. Every client receives trauma-informed, supportive services, regardless of the length of their care. Clients develop treatment goals and action plans with their counselor and case manager that encourage forward progress in their path to healing, along with assistance and referrals to community resources, as needed. The support systems (partners, parents, family, etc) of the primary victim are also provided with education & support that ensures understanding of how trauma impacts the brain, caring for the victim, & developing positive coping mechanisms after trauma has occurred. Educating and supporting support systems of survivors further mitigates the impact of trauma to the survivor of SV by helping to create hope and healing where they need it most -- in their own homes.

If your program has specific entry or application criteria, please describe it here.

There are no specific application criteria to receive services from RCASA; however, before a victim of sexual violence receives services beyond crisis intervention, they must complete an initial intake appointment. At this appointment, victims are assessed for appropriateness of fit with the agency. If a client meets the criteria for appropriateness of fit with the agency, they may participate in all of the services RCASA provides.

Appropriateness of fit includes assessing for victimization of a sexual nature as well as assessment of fit for other services that might be better provided by another community resource (e.g., medication management, mental health concerns unrelated to sexual abuse or assault, substance abuse treatment).

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

RCASA is requesting an increase in funding from Stafford County. We have seen an increase in requests for case management, crisis services, counseling and court accompaniment -- it is likely this trend will continue for the remainder of the year.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

Without funding, it will not be possible to serve the number of clients that request counseling crisis services, court accompaniment and case management. RCASA is taking on an additional clinical interns in order to serve clients. The interns will require supervision and guidance from paid staff.

In particular, please describe in detail if any increase is sought for new positions or personnel.

Salaries for FY21 have increased in order to provide a living wage to agency Counseling & Case Management Staff, who offer the community specialized skills in treating the impacts of sexual violence.

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Personnel	133,740.0 0		154,187.0 0	131,255.0 0	129,137.5 8	129,137.5 8
Benefits	31,373.00		43,558.00	35,475.00	20,403.74	20,403.74
Operating Expenses	38,270.00		48,767.00	65,247.00	43,715.49	43,715.49
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00
Total	203,383.0 0	0.00	246,512.0 0	231,977.0 0	193,256.8 1	193,256.8 1

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Caroline	475.00		636.00	553.00	553.00	553.00
Fredericksburg	1,788.00		2,393.00	1,023.00	1,023.00	1,023.00
King George	0.00		0.00	230.00	230.00	230.00
Spotsylvania	9,072.00		12,144.00	10,571.00	10,571.00	10,571.00
Stafford	3,201.00		5,495.00	5,280.00	5,280.00	5,280.00
United Way	4,320.00		9,088.00	5,031.00	5,031.00	5,031.00
Grants	173,824.0 0		198,486.0 0	202,540.0 0	202,540.0 0	202,540.0 0
Client Fees	0.00		0.00	0.00	0.00	0.00
Fundraising	7,344.00		8,400.00	6,749.00	6,749.00	6,749.00
Other (Click to itemize)	3,359.00	0.00	9,870.00	0.00	0.00	0.00
Direct Public Support						
Direct Public Support	3,359.00		9,870.00			
Total	203,383.0 0	0.00	246,512.0 0	231,977.0 0	231,977.0 0	231,977.0 0

Surplus / Deficit

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Surplus or Deficit	0.00	0.00	0.00	0.00	38,720.19	38,720.19

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

RCASA's counseling program maintains an active MOU with Fredericksburg Counseling Services (FCS). As partners, RCASA refers appropriate clients to this service. As part of our MOU, our two agencies share resources. We also have an active agreements with Universities that provide interns one of which has co-facilitated one of our teen survivors group this year.

RCASA maintains MOUs with every law enforcement office, Commonwealth's Attorney, & Victim Witness Program in Planning District 16. Tri-annually, RCASA presents on the topic of trauma to the Rappahannock Area Community Services Board's Crisis Intervention Team.

RCASA maintains an active MOU with Central Virginia Justice Initiative, a local agency that provides education on the subject of human trafficking as well as support for victims. Together, we serve human trafficking victims in our area who are trying to escape from a life of homelessness and abuse by providing crisis support, advocacy, information & referral.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

In FY20, RCASA collaborated with Spotsylvania Victim Witness to create a Sexual Assault Response Team (SART), bringing to the table our knowledge as members of the State SART Advisory Committee. RCASA now serves on that SART, along with the SART in Stafford County. Staff also participates in Fredericksburg City's Multidisciplinary Team (MDT) & on UMW's Coordinated Community Response Team (CCRT). RCASA also participates in the Rappahannock Regional Domestic Violence Council Quarterly Meeting. RCASA's role on these teams, which exist to improve services to victims of sexual violence and are used for case and program review and development, cannot be duplicated.

RCASA is the only agency in PD16 that serves victims of sexual violence who are incarcerated, maintaining MOUs with Rappahannock Regional Jail & Caroline Detention Facility. An incarcerated individual's only access to outside advocacy & support is through RCASA's 24-Hour Crisis Hotline, which centers are mandated to provide.

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2017, FY2018, and FY 2019, the estimated numbers of individuals served in FY2020 and the projected numbers of individuals served in FY2021.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 Projected	FY 2022 Estimate
Fredericksburg City	187	265	164	152	160	160
Caroline County	7	19	30	15	25	25
King George County	20	16	33	20	20	22
Spotsylvania County	59	153	179	165	170	170
Stafford County	31	84	136	139	135	140
Other Localities	64	59	56	63	50	50
Total	368	596	598	554	560	567

Rappahannock Council Against Sexual Assault - Counseling and Case Management

[View Diagram](#) Goals and Objectives

Goals

Goal: To help survivors of sexual violence in PD16 improve levels of functioning.

Objectives		2018 Year End	2019 Baseline	2019 Year End	2020 Baseline	2020 Year End	2021 Baseline
85% of individual and group counseling clients will report reduced PTSD symptomatology.	Total # Clients Served	476	55	65	300		70
	Total # Clients Achieved/Successful	476	47	60	300		70
	% Achieved / Successful	100	85.45	92.31	100	0	100
85% of case management recipients will progress toward and/or achieve treatment plan goals.	Total # Clients Served	270	90	256	200		225
	Total # Clients Achieved/Successful	270	76	246	200		225
	% Achieved / Successful	100	84.44	96.09	100	0	100
*This is a new goal; therefore, we do not have year end or baseline information for this goal.							
85% of counseling clients will progress toward and/or achieve treatment plan goals.	Total # Clients Served	476	55	65	300		70
	Total # Clients Achieved/Successful	476	47	60	300		70
	% Achieved / Successful	100	85.45	92.31	100	0	100

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Given our reported data, our goals are on track for linear progression and no changes are planned at this time.

If you are restating the goals or objectives for the prior calendar year, please include those here

Goal:

To provide comprehensive case management and counseling services to survivors of sexual violence in Planning District 16.

Objectives

	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline	2020 Year End	2021 Baseline
RCASA will provide 500 hours of counseling services to survivors of sexual violence, to include short- and long-term, trauma-informed individual and group counseling.	Total # Clients Served	648	525	669	600	600
	Total # Clients Achieved/Successful	648	494	650	600	600
	% Achieved / Successful	100	94.10	97.16	100	0

***See note below re: reporting hours vs. number of clients.**

**Progress toward goal:
2017 Year End Hours = 486; 2019 Baseline = 530**

RCASA will provide 250 hours of case management services, to include psychoeducational groups, peer support sessions, and community coordination and referral.	Total # Clients Served	312	190	275	300	300
	Total # Clients Achieved/Successful	312	190	275	300	300
	% Achieved / Successful	100	100	100	100	0

***See note below re: reporting hours vs. number of clients.**

**Progress toward goal:
2017 Year End Hours =**

RCASA will provide 225 hours of court advocacy services to survivors of sexual violence.	Total # Clients Served	85	36	325	230	230	
	Total # Clients Achieved/Successful	85	36	325	230	230	
*See note below re: reporting hours vs. number of clients. Progress toward goal: 2017 Year End Hours =186; 2019 Baseline = 300	% Achieved / Successful	100	100	100	100	0	100

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Given our reported data, our goals are on track for linear progression and no changes are planned at this time.

If you are restating the goals or objectives for the prior calendar year, please include those here

Rappahannock Council Against Sexual Assault - Crisis Services

Program Overview

You may save your work at any time by clicking on the "Save My Work" link/icon at the bottom or top of the page.

When you have completed all questions on the form, select the "Save My Work and Mark as Completed" link/icon at the bottom or top of this page.

You may also SWITCH between forms in this application by using the SWITCH FORMS feature in the upper right corner. When switching forms, any updates to the existing form will automatically be saved.

General Information

Program Name Crisis Services

Is this a new program? No

Program Contact

Name Nadia Cayce

Title Executive Director

Email director@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

The Crisis Services Program at RCASA is comprised of one full-time and two part-time designated paid crisis responders and volunteer Crisis Responders (CR), who are available to meet the immediate needs of survivors of sexual violence (SV). That said, every RCASA staff member is trained in crisis response. CRs man RCASA's 24-hour crisis phone line, provide walk-in crisis intervention during business hours, and accompany SV victim/survivors in the hospital setting.

A CR's top priority is to help clients assess and plan for personal safety. After establishing that a client is safe, a CR introduces, when appropriate, skills to help clients regulate the often intense emotions that follow the trauma of sexual violence. A CR is often a victim/survivor's first interaction with RCASA and with the community systems that are in place to respond to SV. The rapport that they build with victim/survivors leads to increased trust in the process. CRs use a strengths-based approach, empowering clients to make choices based on available resources and options. CRs are equipped to assist a victim/survivor in many ways, including explaining how to file a police report, supporting a client through a forensic exam, and providing appropriate community referrals.

CRs model self-advocacy for clients and advocate for victim/survivors, reducing the likelihood of retraumatization.

Client Fees

Please describe the fees clients must pay for the services by this program.

RCASA receives funding from Victims of Crime Act resources, funds that are derived from fines and penalties paid into a federal system by offenders. This is a dedicated source of funding for crime victims, including those who have been impacted by sexual violence.

RCASA is committed to providing services free of cost to victims of sexual violence, who deserve support and guidance in the aftermath of a violent crime. Therefore, there are no fees associated with receiving services from RCASA.

Justification of Need

Please state clearly why this service should be provided to the citizens of the region and why the localities should consider this funding request.

Without crisis advocates, victims of sexual violence (SV) are less likely to receive critical services (e.g., referrals to community-based services, filing of police reports, information about sexually transmitted infections & pregnancy) in the immediate aftermath of their attacks. Without an advocate present, secondary victimization (or being blamed or re-victimized by first responders) is more likely. Both an absence of helpful services & secondary victimization have been linked to increased psychological distress, physical health issues, sexual risk-taking behaviors, self-blame, guilt, depression, & a reluctance to seek further help among survivors. These consequences can take an emotional & financial toll on victims & the community. Supportive, non-victim-blaming interventions provided immediately following SV may help to prevent long-term physical & mental health struggles among survivors. Therefore, crisis advocacy can be considered cost-saving and fiscally responsible.

If this is a new program, be sure to include the benefits to the region for funding a new request.

This is not a new program.

Target Audience and Service Delivery

Describe the program's intended audience or client base and how those clients are served.

Crisis services are available to anyone, adult or child, impacted by sexual violence (SV) in PD16. Whether a survivor was impacted years ago or recently, they can access services from RCASA. Every client receives trauma-informed, supportive services, regardless of the length of their care. Clients develop treatment goals and action plans with their counselor and case manager that encourage forward progress in their path to healing, along with assistance and referrals to community resources, as needed. The support systems (partners, parents, family, etc) of the primary victim are also provided with education & support that ensures understanding of how trauma impacts the brain, caring for the victim, & developing positive coping mechanisms after trauma has occurred. Educating and supporting support systems of survivors further mitigates the impact of trauma to the survivor of SV by helping to create hope and healing where they need it most -- in their own homes.

If your program has specific entry or application criteria, please describe it here.

There are no specific application criteria to receive services from the Crisis Program at RCASA, excepting that one must identify as a victim or survivor of sexual violence.

Rappahannock Council Against Sexual Assault - Crisis Services

Program Budget Narrative

Please indicate in detail reasons for increases or decreases in the amounts you are requesting.

RCASA is requesting an increase in funding from Stafford County. We have seen an increase in requests for case management, crisis services, counseling and court accompaniment -- it is likely this trend will continue for the remainder of the year.

If an increase is being requested, please describe the impact not receiving an increase would have on the program.

Without funding, it will not be possible to serve the number of clients that request counseling , Crisis services and case management. RCASA is taking on additional clinical interns in order to serve clients. The intern will require supervision and guidance from paid staff.

In particular, please describe in detail if any increase is sought for new positions or personnel.

Salaries for FY21 have increased in order to provide a living wage to agency Crisis Services Program staff who offer the community specialized skills in treating the impacts of sexual violence.

Rappahannock Council Against Sexual Assault - Crisis Services

Program Specific Budget

Please provide your program specific budget below.

Expenses

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Personnel	39,542.00		69,449.00	87,000.00	86,093.02	86,093.02
Benefits	14,862.00		19,126.00	28,990.00	23,479.82	23,479.82
Operating Expenses	15,442.00		18,287.00	16,882.00	16,571.51	16,571.51
Capital Expenses	0.00		0.00	0.00	0.00	0.00
Total	69,846.00	0.00	106,862.00	132,872.00	126,144.35	126,144.35

Revenues

This section represents revenue specifically associated with your program. Revenue that supports the implementation of your program and the services provided to the community.

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Caroline	165.00		239.00	309.00	309.00	309.00
Fredericksburg	621.00		898.00	1,161.00	1,161.00	1,161.00
King George	0.00		0.00	173.00	173.00	173.00
Spotsylvania	3,150.00		4,554.00	5,896.00	5,896.00	5,896.00
Stafford	1,111.00		2,060.00	3,062.00	3,062.00	3,797.00
United Way	1,500.00		1,800.00	2,807.00	2,807.00	2,807.00
Grants	60,356.00		88,576.00	112,954.00	112,954.00	112,954.00
Client Fees	0.00		0.00	0.00	0.00	0.00
Fundraising	2,550.00		3,600.00	4,281.00	4,281.00	4,281.00
Other (Click to itemize)	393.00	0.00	5,135.00	2,229.00	0.00	0.00
Private Donor				2,229.00		
Direct Public Support	393.00		5,135.00			
Total	69,846.00	0.00	106,862.00	132,872.00	130,643.00	131,378.00

Surplus / Deficit

	FY 2018 Actual	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget
Surplus or Deficit	0.00	0.00	0.00	0.00	4,498.65	4,498.65

Rappahannock Council Against Sexual Assault - Crisis Services

Collaborative Impact

Efforts and Partnerships

Describe in detail examples of collaborative efforts and key partnerships between your program and the other programs or agencies in the area.

RCASA maintains an MOU with Mary Washington Healthcare (MWHC) to provide crisis response services to victims of sexual violence who present at the hospital for forensic evidence collection. RCASA's Crisis Program staff and volunteers work closely with Forensic Nurse Examiners (FNEs) to provide advocacy and support to survivors while the FNE collects important physical evidence. RCASA's presence at the hospital setting allows FNEs to concentrate on the task at hand and cannot form an emotional bond with the victims for purposes of maintaining impartiality with victims. RCASA crisis services staff and volunteers make it a priority to help victims feel supported emotionally. FNE's often tell us that our presence in the hospital helps them feel confident that victims are supported and that victims are getting adequate resources in the community.

Collaborative Impact

Describe in detail how the community would be impacted if your program were dissolved or merged with another partner agency.

The RCASA Crisis Program is only agency in PD16 that responds to survivors of sexual violence in the hospital setting. Many victims of sexual abuse present at the Child Advocacy Center, but there are pediatric victims that do present at MWHC and our agency staff are the ones who respond. While there, we may support the victim and also the secondary survivors -- the family, friends, and loved ones of victims -- a service that sets our agency apart from others in our community. Importantly, we are the only agency in our community that provides crisis advocacy services to both adult and child victims of sexual violence.

With connections in all four counties and the City, we have a unique perspective regarding the shape of sexually violence crime in our district, often connecting the dots when perpetrators may commit acts of violence in more than one locality.

Rappahannock Council Against Sexual Assault - Crisis Services

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2017, FY2018, and FY 2019, the estimated numbers of individuals served in FY2020 and the projected numbers of individuals served in FY2021.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 Projected	FY 2022 Estimate
Fredericksburg City	151	133	149	132	160	160
Caroline County	36	23	28	21	27	27
King George County	27	24	31	22	28	28
Spotsylvania County	100	100	114	93	121	121
Stafford County	41	136	157	101	163	163
Other Localities	125	126	125	97	151	151
Total	480	542	604	466	650	650

Rappahannock Council Against Sexual Assault - Crisis Services

[View Diagram](#) Goals and Objectives

Goals

Goal:

To provide comprehensive crisis intervention services to victims of sexual violence in Planning District 16.

Objectives

Objectives		2018 Year End	2019 Baseline	2019 Year End	2020 Baseline	2020 Year End	2021 Baseline
RCASA Crisis Responders will spend 550 hours providing crisis intervention to survivors of sexual violence.	Total # Clients Served	603	542	600	650		550
	Total # Clients Achieved/Successful	603	542	600	650		550
	% Achieved / Successful	100	100	100	100	0	100

***Note: RCASA is moving toward measuring service delivery both in the number of clients to which services were provided, as well as the number of hours of services that were provided in total. This serves to highlight the time commitment in service provision that might be missed when counting client numbers only. This is a new goal.**

RCASA Crisis Responders will spend 180 hours providing hospital accompaniment to victims of sexual violence.	Total # Clients Served	192	47	207	200		180
	Total # Clients Achieved/Successful	192	47	207	200		180
	% Achieved / Successful	100	100	100	100	0	100

***Note: RCASA is moving toward measuring service delivery both in the number of clients to which services were provided, as well as the number of hours of services that**

were provided in total. This serves to highlight the time commitment in service provision that might be missed when counting client numbers only. This is a new goal.

Crisis Responders will provide 400 instances of crisis intervention support through text messages, via our new 24-Hour Text Crisis Line.	Total # Clients Served	0	0	0	0	0
	Total # Clients Achieved/Successful	0	0	0	0	0
	% Achieved / Successful	0	0	0	0	0

****This is a new goal. Prior to this year, RCASA did not operate a Crisis Text Line.**

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Given our reported data, our goals are on track for linear progression and no changes are planned at this time.

If you are restating the goals or objectives for the prior calendar year, please include those here

Goal:

To introduce victims of sexual violence to self-regulatory, grounding techniques that will assist them in processing their trauma.

Objectives

	2018 Year End	2019 Baseline	2019 Year End	2020 Baseline	2020 Year End	2021 Baseline

RCASA Crisis Responders will educate 90% of appropriate SV victims who use our Crisis Text Line about self-regulating techniques.	Total # Clients Served	0	0	0	0	0
	Total # Clients Achieved/Successful	0	0	0	0	0
	% Achieved / Successful	0	0	0	0	0

***This is a new goal; therefore, we do not have year end or baseline information for this goal.**

RCASA Crisis Responders will educate 90% of appropriate SV victims who use our Crisis Phone Line about self-regulating techniques.	Total # Clients Served	404	0	397	475	475
	Total # Clients Achieved/Successful	364	0	369	427	475
	% Achieved / Successful	90.10	0	92.95	89.89	0

***This is a new goal; therefore, we do not have year end or baseline information for this goal.**

RCASA Crisis Responders will educate 90% of appropriate SV victims in the hospital setting about self-regulating techniques.	Total # Clients Served	42	0	78	50	57
	Total # Clients Achieved/Successful	42	0	72	50	57
	% Achieved / Successful	100	0	92.31	100	0

***This is a new goal; therefore, we do not have year end or baseline information for this goal.**

Explanation & Overview

If your outcomes are significantly less than your stated objectives, please note any reasons why this might be the case

Updates for FY2018

Please note any changes you plan to make to the program, or the stated goals and objectives, given the data you have reported

Given our reported data, our goals are on track for linear progression and no changes are planned at this time.

If you are restating the goals or objectives for the prior calendar year, please include those here