

Rappahannock Council Against Sexual Assault (RCASA)
 Partner Agency Funding Application
 FY2016

Partner Agency Application for Funding
 FY2016
FACE SHEET

Agency Name:	Rappahannock Council Against Sexual Assault (RCASA)				
<i>Has the City/ County Funded This Agency in Previous Years?</i>					<input type="checkbox"/> Yes <input type="checkbox"/> No
Physical Address:	3331 Shannon Airport Cir, Fredericksburg, VA 22408				
Mailing Address/PO Box:	3331 Shannon Airport Cir, Fredericksburg, VA 22408				
City:	Fredericksburg	State:	VA	Zip:	22408
Telephone Number:	(540) 371-6671	Fax Number:	(540) 371-9803		
Federal Tax ID #:	54-1443112				
Web Address:	www.rcasa.org				
General Email Address:	info@rcasa.org				
Agency Main Contact:	Mark Blackwell	Title:	Executive Director		
Telephone Number:	(540) 371-6671				
E-Mail Address:	mark@rcasa.org				

Agency General Information

Agency Mission:					
To provide education, prevention, and intervention on sexual violence to our community.					
Number of years agency has been in operation:	28				
Localities Served:	City of Fredericksburg, Counties of Caroline, King George, Stafford and Spotsylvania				

Agency Financial Information

List Programs	Personnel Expenses	Benefits	Operating Expenses	Total Program Budget
1. Comprehensive Crisis Intervention Services	165,000	14,633	50,123	229,756
2. Community Outreach Services	30,000	4,295	6,000	40,295
Agency Administration:	60,000	7,517	5,994	73,511
Capital Outlay:	0	0	0	0
Total Agency Budget:	255,000	26,445	62,117	343,562

X *If your application includes funding increases for personnel (to include new positions or merit / COLA increases), please check here and explain in detail the need for this type of increase under each program budget.*

Submission Checklist: <i>(include 1 copies of each)</i>	<input checked="" type="checkbox"/> IRS 501(c)(3) Letter	<input type="checkbox"/> Audit Report <i>(with Audit Management Letter)</i>	<input checked="" type="checkbox"/> Current Financial statement	<input type="checkbox"/> IRS 990
<input type="checkbox"/> Accountant Contact Information	<input type="checkbox"/> Organizational Chart	<input type="checkbox"/> Current Board Roster <i>(with contact information)</i>	<input type="checkbox"/> Agency's Current Strategic Plan	

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BUDGET EXPLANATIONS

Agency Name:

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Rappahannock Council Against Sexual
Assault

Agency Administrative Expenses:

In the box below, provide an overview of the administrative costs detailed on the face sheet for the agency as a whole. Please provide justification for and specific amounts of administrative costs that are defrayed by locality funds. If your agency is requesting an increase or decrease in administrative funding, please describe, in detail, the reasons for these changes. (The description should not exceed 15 lines of text.)

RCASA is requesting an increase in funding from all of the localities in PD 16 based on the increase in services provided to victims of sexual violence in PD 16, as well as the increased requests for our Community Services programs. Locality funding will assist in defraying the cost of the increase in services we anticipate providing in FY16. RCASA experienced in FY14, a 28% increase in the number of victims of sexual violence served in PD 16. We anticipate this number to increase by at least 20% in FY16. Sixty-seven percent of locality funding awarded will be allocated to our Crisis Intervention program (hotline, hospital accompaniment, case management/legal advocacy, counseling) in order to continue to provide these crucial services to victims of sexual violence in our community. RCASA has also experienced large increases in demand for our Community Services program (which includes sexual violence education, allied professional training and awareness events) to residents and allied professionals of PD 16. RCASA will apply 13% of locality funding awarded to our Community Outreach Services program. The funding requested from PD 16 localities will enable RCASA to increase sexual violence education, training and awareness to our community partners. We also feel that the provision of these trainings will enable undisclosed victims to come forward and receive the help they need. Lastly, a portion of funding will defray the cost of administrative salaries. Additionally, funding will pay a portion of RCASA intervention staff salary, pay for hotline costs, pay for intervention and outreach materials, pay for staff trainings, and enable us to design and develop awareness campaigns, etc.

Capital Outlay:

In the box below, provide an overview of the capital expenses detailed on the face sheet for the agency as a whole. (The description should not exceed 10 lines of text.)

RCASA does not have any Capital Expenses.

Personnel Expenses (General):

In the box below, provide an overview of any increases or decreases in general personnel expenses for the agency. This would include any planned or projected merit or COLA increases, or new positions being requested. Also include a description of any changes to agency benefits structure or cost. (The description should not exceed 10 lines of text.)

The following is RCASA's strategy for the next three fiscal years as concerns increases in personnel cost. Current employee salaries do not reflect the additional work required by staff to serve the increasing number of victims of sexual violence in our community. RCASA employees have not received compensation increases for the past three years, resulting in RCASA employee compensation falling well below the national average salary range for the types of work performed at RCASA. RCASA considers annual salary increases as important as cost of living increases, which RCASA does not program/budget for. Additionally, RCASA is planning a more intensive Community Outreach initiative in FY16 that will triple education and awareness activities in our community. These activities will require additional staff. This holds true for our Crisis Intervention program as well. RCASA plans on increasing staff by 25% in FY16, across all programs, to meet the growing numbers of those seeking help for sexual violence.

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BUDGET EXPLANATIONS

Budget Information			
Please complete the following chart with the financial information for the agency as a whole. In each area include the budget specifically allocated to your agency from each locality/entity listed below.			
	FY2014 Actual	FY2015 Budgeted	FY2016 Projected
Caroline	0	1,000	1,500
Fredericksburg	4,140	4,140	5,000
King George	500	1,000	1,500
Spotsylvania	19,100	21,000	22,000
Stafford	17,000	15,033	18,000
United Way	35,000	0	40,000
Grants	238,000	238,000	238,000
Client Fees	0	0	0
Fundraising	5,000	5,000	10,000
Other <i>(explain below)</i>	0	0	0
Total Agency Budget for PD 16	319,106	285,173	336,000
Detail below what is included in the category 'Other':			

Please detail below any legislative initiatives or issues that may impact the agency for the upcoming year and how you are planning for them. This could include new legislation that may increase or decrease projected funding at any level (Federal/State/Local), or could affect grants or designated funds as they are currently received. 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.

At present there are no known legislative initiatives that will impact the agency for the upcoming year and how we are planning our execution strategy.

Please detail below any identified agency needs or areas of concern that are currently not being addressed in your funding request. This could include training or technical assistance for specific areas, administrative support for a program or service, evaluation of current programs, or consultation for strategic planning, board support, or fundraising.

At present, RCASA has five full-time staff members and three part-time staff. RCASA struggles to meet the volume of victims requesting our services. Each year the demand for services increases, while the number of staff at RCASA remains roughly the same. RCASA would benefit immensely from two additional staff positions: Volunteer Coordinator and Violence Prevention Educator. At the moment, volunteer coordination is split among three employees, the Community Services Coordinator, Crisis Response Coordinator, and Executive Director. This split limits the ability of RCASA staff to dedicate adequate time and attention that the art of Volunteer Coordination requires. A Volunteer Coordinator would enable RCASA to recruit and maintain a consistent team of dedicated Volunteers. Volunteers being absolutely crucial to the success of any nonprofit, this position is sorely needed. The Violence Prevention Educator will work will allied partners to design and implement a comprehensive and needs appropriate violence prevention programming campaign in area schools. Focusing on educating youth and adults, the Violence Prevention Educator position is vital to RCASA's mission and the community. Presently RCASA's Community Services Coordinator is responsible for prevention activities. With RCASA's plan to expand prevention programming, the Community Services Coordinator is limited in their ability to provide this comprehensive and multi-faceted campaign.

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LOCALITY NOTES

Agency Name:

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Rappahannock Council Against Sexual
Assault

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

We are asking for increased funding in FY16. Operating costs have increased, as we keep up with the needs of our clients. To maintain our commitment to answering all the needs of our clients, it is vital to have a core of full-time counseling staff, as well as our team of reliable and committed paid crisis responders/advocates to operate the hotline, provide emergency accompaniment for victims at the ER and receiving PERK exams, provide clothing for the victims to wear home, and provide specialized information on surviving sexual assault. It should be noted that when victims receive advocate-assisted services following assaults, they receive more helpful information, referrals, and services and experience less secondary trauma or re-victimization by medical and legal systems (Campbell, 2006). Furthermore, the same study found that when advocates are present in the legal and medical proceedings following rape, victims fare better in both the short- and long-term, experiencing less psychological distress, physical health struggles, sexual risk-taking behaviors, self-blame, guilt, and depression. Rape survivors with advocates were 59% more likely to have police reports taken than survivors without advocates, whose reports were only taken 41% of the time (<http://www.nsvrc.org/sites/default/files/CostsConsequencesSV.pdf>) In FY14, RCASA provided advocacy services to 827 victims of sexual assault (last year's number was 647), as well as their families and loved ones. This is a 30% increase over FY14. This dramatic rise in service needs has made it difficult for RCASA to keep pace. We find it necessary to hire additional staff; however, we do not have the funds to do so. Without locality funding, RCASA would be forced to cut services across programs.

It should be noted that 66% of rape crisis centers had to reduce prevention education/public awareness efforts because of funding losses (<http://www.nsvrc.org/sites/default/files/CostsConsequencesSV.pdf>). RCASA plans to launch a massive effort to double our presence across all localities in PD 16. RCASA also seeks, in FY16, to launch additional sexual violence programming in all the schools, churches, and youth oriented agencies in PD 16.

Additionally, RCASA is working on better methods to capture participant data at community events we attend. For example, RCASA might attend a health fair but not be able to capture the demographic of those who might visit our table. For this reason, it is difficult to provide a complete demographic picture, per locality, in this grant. In order to better capture this data, we are working on a brief survey that would request demographic information.

Also, RCASA seeks, in FY 15, to provide sexual violence prevention programming to all schools in PD 16. We implemented pilot programs in Spotsylvania and King George schools in FY 12 and FY14 and feel it is crucial to continue in our efforts to decrease sexual assault. While we have made a good start at this, RCASA plans on increasing our presence in PD 16 at community events held in all localities, as well as provide additional training on sexual violence for our allied partners. Additionally, RCASA is working on better methods to capture participant data at the community events we attend. For example, RCASA might attend a health fair but not be able to capture the demographic of those who might visit our table. For this reason, it is difficult to provide a complete demographic picture, per locality, in this grant. In order to better capture this data, we are working on a brief survey that would request demographic information.

City of Fredericksburg:

In FY14, 268, out of 827 Fredericksburg residents received RCASA services. This represents 32% of those served last year. We anticipate this number increasing by 20% (268) by FY16. RCASA was awarded \$4140 in funding for FY 15. We are requesting \$5,000 for FY16 in order to serve the increasing number of victims, their families and loved ones who are residents of Fredericksburg.

Caroline County:

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In FY14, 29 out of 827 Caroline residents received RCASA services. This represents 4% of those served last year. We anticipate this number increasing by 20% in FY16, but feel that RCASA needs to increase outreach within this community in order to assist the victims of sexual violence who are not reporting not reported due to a possible lack of awareness of the services that RCASA can provide to them. .We expect the number to increase to anywhere from 35 to 55 victims of sexual violence in FY16.

RCASA was awarded \$500 in funding for FY 15. We are requesting \$1,000 for FY16 in order to serve the increasing number of victims, their families and loved ones who are residents of Caroline.

King George County:

In FY14, 37 out of 827 King George residents received RCASA services. This represents 5% of those served last year. We anticipate this number increasing by 20% in FY16, but feel that RCASA needs to increase outreach within this community in order to assist the victims of sexual violence who are not reporting due to a possible lack of awareness of the services that RCASA can provide to them. .We expect the number to increase to anywhere from 45 to 75 victims of sexual violence in FY16.

RCASA was awarded \$500 in funding for FY 15. We are requesting \$1,000 for FY16 in order to serve the increasing number of victims, their families and loved ones who are residents of King George.

Spotsylvania County:

In FY14, 147 out of 827 Spotsylvania residents received RCASA services. This represents 18% of those served last year. We anticipate this number increasing by 20% (177) in FY16.

RCASA was awarded \$2,100 in funding for FY 15. We are requesting \$22,000 for FY16 in order to serve the increasing number of victims, their families and loved ones who are residents of Spotsylvania.

Stafford County:

In FY14, 137 out of 827 Stafford residents received RCASA services. This represents 14% of those served last year. We anticipate this number increasing by 20% (165) in FY16.

RCASA was awarded \$15,033 in funding for FY 15. We are requesting \$18,000 for FY16 in order to serve the increasing number of victims, their families and loved ones who are residents of Stafford.

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Comprehensive Crisis Intervention Services: crisis, case management/legal advocacy, counseling	

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PROGRAM INFORMATION

Each agency submitting a funding request must fill out the following pages for each program serving citizens within the region and for which funding is requested. Any incomplete applications or programs that do not have a full application will not be considered for funding. PLEASE do not include any unrequested information. Each locality reserves the right to request additional information once the application has been submitted.

Program Name:	RCASA Comprehensive Health Services	Is this a new program?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Program Contact:	Mark Blackwell	Title:	Executive Director
Telephone Number:	(540)371-6671		
E-Mail Address:	mark@rcasa.org		

1. Program Purpose/Description: *(the following description should not exceed 10 lines of text)*

RCASA provides, **free of charge** (in English and Spanish), a 24-hour hotline and hospital accompaniment program to adult and child victims of sexual violence that includes: 24-hour crisis phone support, physical evidence recovery information, medical referral, law enforcement referral, emergency accompaniment and companionship throughout the exam and medical care, clothing and bathing supplies, information on counseling services, funding options, legal resources, and emotional support. The purpose of the hotline is to offer confidential, 24-hour telephone support, crisis intervention, and information and referral services. The purpose of emergency accompaniment is: to provide 24-hour support and accompaniment services to victims who go to the hospital seeking emergency medical care and evidence collection following the experience of sexual violence, provide information on crisis and long-term counseling and court accompaniment services to victims and families, and provide information and referral links to additional services in the community. The purpose of crisis follow-up is: to contact the victim following the receipt of emergency services, in order to assess services needs and to offer an opportunity to connect to needed counseling and legal services.

2. 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. If this is a new program, be sure to include the benefit to the region for funding a new request. The following should not exceed 10 lines of text, and should include the most recent data available.)*

RCASA is the only sexual violence and child sexual abuse center in Planning District 16 which serves survivors of all ages. We are the only service that provides a 24-hour crisis hotline and 24-hour hospital accompaniment services for all victims of sexual violence needing medical care and evidence collection. We provide much needed services such as hotline crisis support, crisis counseling, forensic/medical accompaniment throughout the exam, clothing and bathing supplies following the exam, and information related to sexual assault to victims and their families. We also provide follow-up calls to all victims to ensure they are receiving any additionally needed services and that they are linked to law enforcement, the Commonwealth Attorney's office and Victim Witness programs. We provide assessment for other services following the assault such as court accompaniment and counseling.

3. Program Collaboration: *(The following should describe, in detail, examples of collaborative efforts and key partnerships between your program and other programs or agencies in the area, and should not exceed 10 lines of text.)*

RCASA has collaborative agreements with a number of community partners: Victim Witness, Law Enforcement, and DSS (in all localities), Mary Washington Hospital system, Spotsylvania Regional Hospital, emPowerhouse, Rappahannock Community Services Board, Rappahannock Area Office on Youth. These are just a few of our partners. These partnerships have allowed RCASA, and the partnering agencies, to share information and resources, for example, to educate and engage PD16 in sexual violence intervention and prevention. Our community partners play significant roles in assisting RCASA to serve victims of sexual violence in PD16. When a victim arrives at Mary Washington Hospital's emergency room, RCASA is informed and an RCASA Crisis Responder is dispatched to the Hospital providing accompaniment and advocacy services to the victim. Victims are walked through the process of DNA collection and the PERK exam. Any necessary referrals are given to the victim. Following this process, victims may speak with Law Enforcement and decide whether or not to pursue prosecution. Should a victim decide to pursue prosecution, RCASA's allies in the Victim Witness program gather

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needed information and assist the victim, with a RCASA court advocate, through the court process. If a child is involved, RCASA may work with DSS and provide needed support for both the victim and their family/friends. Without our partners, RCASA's mission would be an impossible dream. The community is better served because of the vital partnerships that RCASA maintains.

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Comprehensive Crisis Intervention Services: crisis, case management/legal advocacy, counseling	

4. Program Audience and Service Delivery: *(The following should describe the program's intended audience or client base and how those clients are served. This should include the location of the service and what geographic areas are served or targeted for service. If your program has specific entry or application criteria, please describe it below. Please do not exceed 10 lines of text.)*

RCASA provides all people experienced sexual violence, their families, and loved ones, with services, regardless of their ability to pay **free of charge**.
 RCASA serves Planning District 16 which includes Stafford County, Caroline County, King George County, Spotsylvania County, and the City of Fredericksburg. RCASA also provides 24-hour phone support to all callers to the hotline and provides emergency hospital accompaniment to all victims transported to the Mary Washington or Stafford Hospital Emergency Department.
 Our office is located in Fredericksburg. Our hotline service is provided 24-hours a day, 7 days a week. We provide our emergency accompaniment service on-site at Mary Washington and Stafford Hospital Emergency Department as requested 24-hours a day, 7 days a week. Follow-up services are offered during business hours (9am – 5pm) Monday – Friday. Some services are available in Spanish.

5. Client Fees: *(Please describe the fees clients must pay for the services provided in this program, and how those fees are determined.)*

RCASA services are Free of Charge

6. Budget Information: *(Please complete the following chart with the financial information for this program. In each area include the dollars specifically allocated/requested for this program.)*

	FY2014 Actual	FY2015 Budgeted	FY2016 Projected
Caroline	0	670	1,005
Fredericksburg	2,774	2,774	3,350
King George	0	335	1,005
Spotsylvania	12,797	14,070	14,740
Stafford	11,390	10,072	11,390
United Way	23,450	0	26,800
Grants	159,460	159,460	159,460
Client Fees	0	0	0
Fundraising	3,350	3,350	6,700
Other	0	0	0
Total Program Budget for PD 16	215,235	185,235	224,450

Please indicate, in detail, reasons for increases or decreases in the amounts requested for FY2016. Include whether these changes come from increases in personnel, benefits, or operating expenses. If an increase is being requested, please describe the impact not receiving an increase would have on the program. In particular, please describe in detail if any increase is sought for new positions or personnel.

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The increases requested are based on our need to hire two new full-time positions (a Volunteer Coordinator to assist us in utilizing volunteer resources in our community; and a Prevention Educator dedicated solely to promoting Sexual Violence prevention best practices in our community) to address the growing number of victims of sexual violence needing our services, thus offsetting the loss of fundraising efforts, and the loss or reduction of other grants.

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PROGRAM INFORMATION

7. Goals, Objectives, & Evaluation: *(Please provide the following information regarding the goals and objectives for your program. Space has been provided for two goals, with two objectives per goal. If your agency is funded by the United Way, please include a copy of your **Logic Model** for this program as a supplemental attachment. Individual descriptions should not exceed 5 lines of text.)*

Program Goal 1: Crisis Services

To provide direct crisis intervention in the form of confidential, 24-hour telephone support, emergency medical and forensic evidence collection accompaniment, information and referral services for victims, partners, family members, and others.

Objectives:

- | | |
|------------|---|
| 1a. | Respond to 100% of hotline calls 24-hours a day, 7 days a week with a live crisis responder to assess safety, offer support, provide sexual assault general information, provide specific physical evidence recovery information, and offer crisis intervention. |
| 1b. | Provide 24-hour accompaniment services to 100% of victims seeking emergency medical care and evidence collection through hospital emergency departments, forensic units and child advocacy centers; provide clothing and bathing supplies, and information on sexual assault and child sexual abuse services. |

Program Goal 2: Case Management/Legal Advocacy

To provide crisis follow-up, case management and legal advocacy services for 100% of survivors in order to assess additional service needs such as comprehensive counseling services, legal advocacy and court accompaniment. To provide information and support, and to offer an opportunity to connect to community services.

Objectives:

- | | |
|------------|--|
| 2a. | To provide follow-up and case management services (medical advocacy, medical and forensic accompaniment, management and support with allied professional systems – social services, psychiatric services, medical services) to 100% of survivors and their families. |
| 2b. | Callers receiving accompaniment visit receive comprehensive literature and contact information to prepare for follow-on services and support |

Program Goal 3: Counseling and Support Services

To provide timely and confidential comprehensive counseling services (crisis counseling, educational and support groups, parent groups, and specialized trauma therapies such as art therapy, cognitive behavioral therapy, psychotherapy) for victims of traumatic sexually-based crimes, as well as their partners and family members.

Objectives

- | | |
|------------|--|
| 3a. | To provide immediate counseling and educational support that meets individual needs, such as crisis intervention, crisis counseling and support counseling, to 100% of victims requesting services following a sexual assault. |
| 3b. | To provide qualified trauma counseling for victims seeking/needing more intensive counseling services, to 100% of partners and family members of sexual assault and abuse survivors (as requested). |

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Evaluation Method: *(Please describe the method used to measure the above goals/objectives. Please do not exceed 10 lines of text.)*

RCASA participates in the VADATA statewide data collection and evaluation system. Victim/survivor satisfaction is collected from each call. Satisfaction surveys are provided to each victim to return in a stamped and addressed envelope. Satisfaction surveys are also provided to each survivor who utilizes additional services such as legal advocacy, court accompaniment, additional medical accompaniment, or other services. RCASA's Crisis Services Coordinator meets regularly with the Mary Washington Hospital Forensic Program Manager to review cases, evaluate program efficiency, monitor outcomes, and work together for the overall program improvement RCASA seeks to achieve.

8. Outcome Data: *(Please give the most recent outcome data for the objectives above. Indicate below what time period the data covers.)*

Data Collection Period:	Data Captured 1 July 2013 through 30 June 2014
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Objective 1a. Crisis Response

Crisis phone support was provided 24-hours a day, 7 days a week to over 600 callers in FY 2014, an increase of 100% from last year. 100% of callers to the hotline spoke with a live crisis staff/volunteer within 5 minutes. 100% of callers received requested support and information.

Objective 1b. Companionship Services

Crisis response staff responded to all emergency accompaniment requests and provided on-site services for victims and families seeking medical care and evidence collection. Services to these emergency care recipients include: crisis support, fresh clothing and bathing supplies, information on sexual assault, and referrals to both RCASA and other agency services available (such as counseling, financial assistance, housing and transportation).

Objective 2a. Case Management

Case Management professionals followed-up with 100% of crisis services recipients and provided assessment for further service needs, provided assistance for victims to navigate allied professional services and receive educational support.

Objective 2b. Legal Advocacy

Additional legal services were provided to all survivors of sexual violence following the crisis event as requested. Services provided included: legal advocacy, court accompaniment, companionship to law enforcement appointments, protective order requests, additional medical care appointments, and assessment for additional RCASA and other agency services as needed (such as counseling, financial assistance, food assistance, housing and transportation).

Objective 3a. Crisis Counseling and Support Groups

Crisis counseling services and support groups were provided to 95% of clients seeking services. 5% of individuals seeking services were referred to alternate community providers. 96% of clients receiving services reported satisfaction with services provided to them.

Objective 3b. Specialized Trauma Therapy

Specialized trauma therapies (art therapy, cognitive behavioral therapy, etc) were provided to 95% of clients seeking services. 5% of individuals seeking services were referred to alternate community providers. 98% of clients receiving services reported satisfaction with services provided to them.

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9. Program Goal Updates: *(Please provide a brief description of the current status of your program goal(s), given your outcome data. For example, if reported data was well below the stated outcome measure, please indicate why you feel that is the case. Also, include how your outcome data will influence or modify the program for the upcoming fiscal year. These descriptions should not exceed 20 lines of text.)*

Program Goal 1: Crisis Services

Our crisis services are a core program providing 24-hour support and information to victims of sexual violence, their partners, family members, and community members. Crisis support includes 24-hour emergency accompaniment services to victims and families seeking medical care and forensic examination. Phone support averages 30 min. per call and emergency medical accompaniment averages 6-10 hrs per client. Additionally, RCASA provided hotline support to 600 callers in FY 2014. We have also increased our capacity to offer crisis services in Spanish by hiring more bi-lingual staff. Service demand growth has necessitated an increase in staff time for hotline and emergency medical accompaniment. Annual expectations of service requests were exceeded. As a result, RCASA requires planning for more crisis responders and services for FY 2016, as well as additional, multi-disciplinary, training for staff. Also, 100% of those served indicated 98% satisfaction or better with services.

Program Goal 2: Case Management/Legal Advocacy

Following up with victims of sexual violence is instrumental in the provision of comprehensive services and support through prosecution. Follow-up support includes general case management for sexual assault crime victims needing additional crisis support and support through the legal system for those seeking to prosecute the offender. Requests for case management services increase in tandem with crisis services requests. Follow-up phone support averages 5-10 calls averaging 30 minutes, 3-5 office and/or field visits during the prosecution of the case, court accompaniment services averaging 2-8 hours during case prosecution, and intake meetings for the counseling program that are held either on-site or on location in the locality that the victim is from. Annual expectations of service requests were exceeded, including number of cases and time spent on cases. Due to the increase in the complexity of cases, enhanced case service training and trauma response training has been implemented for case service staff. RCASA has collaborated with Victim Witness Assistance Directors to solve program service gaps to ensure consistency of services and improved professional services. This has resulted in improved relationships with local county Victim Witness and law enforcement agencies, increased satisfaction with services from victims of sexual violence, and increased enrollment in other internal (RCASA) and external (allied agencies) services. Results from our surveys also demonstrate that the program goal was achieved. 100% of victims indicated 98% or better satisfaction with services provided.

Program Goal 3: Counseling and Support

Trauma informed counseling is an integral element in recovery for victims of assault, their partners and family members. Counseling services are comprised of 45 – 60 minute sessions provided on average 6 – 8 times. Support groups are comprised of 60 – 90 minute sessions provided for 8 – 10 weeks. While interns, (bachelor-degreed counselors) can provide educational support and groups; graduate degrees and licensed counselors are required for intensive trauma therapy. Counseling requests continue to increase in demand for both short term and longer-term specialized counseling. Annual expectations of service requests were exceeded. There is an increase in the complexity of issues faced by victims of sexual violence (substance abuse, co-occurring mental disorders, etc) requiring a corresponding increase in multi-disciplinary training for counselors. Enhanced crisis management and trauma response training for all counselors is required. As therapists also specialize in specific age groups, this requires RCASA to provide separate counselors for children and adult age groups. RCASA instituted art and play therapy services to provide services to children as young as three years old, requiring therapists with specialized training specific to working with children that young.

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10. Community Impact: *(Please provide at least two examples of how your services have impacted members of our community. This description should not exceed 20 lines of text.)*

In FY13 RCASA services provided support for 827 total victims, and saw an increase of approximately 28% in FY14. We expect these numbers to increase by 20%, based on national averages on rates of sexual violence. Based on research conducted by the Centers for Disease Control, the Federal Bureau of Investigation, and the United States Justice Department, we know that statistics about the reporting of sexual violence are underestimated. Reporting of the incidence of sexual violence has been increasing nationwide, and thus services for victims are increasingly needed. For PD 16, with the expansion of our communities, RCASA's services are increasingly relevant. Victims reporting to Mary Washington Hospital's emergency room are in need of advocate to walk them through the painful and invasive process of the DNA collection and PERK exam, the reporting to Law Enforcement, and the road to recovery. Surveys completed by victims demonstrate a rate of 98%, or better, satisfaction with RCASA's services. Victims who pursue prosecution, report that they are better able to go through the process of telling their story and facing their abuser with an RCASA advocate by their side with them through the process. RCASA's counseling services have been reported by victims as being vital to their recovery and healing from sexual violence. Through support groups and individual counseling, long-term or short-term, victims receive a level of care specific to sexual violence that cannot be found elsewhere in the community.

11. Collaborative Impact: *(Please describe how the community would be impacted if your agency were dissolved or merged with another partner agency. This description should not exceed 20 lines of text.)*

RCASA operates as the sole agency in PD 16 that provides services for both adult and child victims of sexual violence. Should RCASA's services be dissolved, victims would be without services that have been proven to benefit them. Allied partners would be unable to adequately meet victim needs due to the specialized needs of victims of sexual assault. Without RCASA's services, victims would be less likely to report or seek medical assistance for their injuries. Without RCASA's services, victims reporting to the emergency room would be without advocacy and accompaniment vital to their healing. Without RCASA's services, victims would be without guidance through the difficult journey of prosecution, and would be less likely to pursue it. Without RCASA's services, victims would be less likely to heal and return to a normal and happy life. RCASA's presence in the community as the sole provider of sexual assault victim services represents a necessary separation from other community allies. By having a sole focus, RCASA is better able to address the needs of victims specific to sexual assault. Were RCASA to merge with another agency, victims would struggle to find the highly specific services to meet needed by those who have suffered sexual violence. Agencies would be flooded with individuals seeking services that are no longer offered.

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PROGRAM INFORMATION

Each agency submitting a funding request must fill out the following pages for each program serving citizens within the region and for which funding is requested. Any incomplete applications or programs that do not have a full application will not be considered for funding. PLEASE do not include any unrequested information. Each locality reserves the right to request additional information once the application has been submitted.

Program Name:	Education, Prevention, Training and Outreach Services	<i>Is this a new program?</i>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Program Contact:	Mark Blackwell	Title:	Executive Director
Telephone Number:	(540)371-6671		
E-Mail Address:	mark@rcasa.org		

1. Program Purpose/Description: *(the following description should not exceed 10 lines of text)*
 RCASA provides a variety of educational services to the general public and to allied professionals (Allied DVP, Law Enforcement, Forensic Nurses, etc.) in communities we serve. RCASA's educational presentations provide information on sexual assault, as well as appropriate crime victim response, in the form of professional and structured presentations, of greater than 30 minutes, to: community groups, first responders, educators, and other allied professionals in the community. The purpose of RCASA's outreach program is to raise awareness for victims as well as their families, friends, and loved ones) of the services available to them including crisis, medical care, evidence collection, legal options, counseling and support services. The purpose of RCASA's sexual violence prevention program is to provide structured and age-specific curriculum to educators, youth, and parents focused on the prevention of sexual assault and sexual abuse. The purpose of RCASA's allied professional training is to offer skill development on the identification of sexual assault and abuse, clinical understanding of post-traumatic stress disorder and other co-occurring disorders, and skill development in appropriate and sensitive trauma response to other service providers/allied professionals who work with victims of sexual violence

2. 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. If this is a new program, be sure to include the benefit to the region for funding a new request. The following should not exceed 10 lines of text, and should include the most recent data available.)*
 RCASA is the only sexual assault crisis center offering educational services in Planning District 16, and the only one serving Fredericksburg in this capacity. The following demonstrates our commitment to a strong presence in PD 16 in regards to education, prevention, training and outreach services. In FY2014 RCASA reached an audience in PD 16 of over approximately 2,000 participants through our Community Services department. Additionally, we are the only agency that provides this variety of educational, prevention, allied professional training and outreach services for sexual assault and sexual abuse victims and their families. We provide much needed education on sexual violence identification, age specific curriculum for prevention of sexual assault and abuse, crime victim response and diagnosis specific training for allied professionals, and general outreach to the community to encourage reporting and increased prevention from pertinent organizations and individuals.

3. Program Collaboration: *(The following should describe, in detail, examples of collaborative efforts and key partnerships between your program and other programs or agencies in the area, and should not exceed 10 lines of text.)*
 RCASA has collaborative agreements with the following: Victim Witness in all localities, Law Enforcement in all localities, DSS in all localities, emPowerhouse, Rappahannock Area Office on Youth, Fredericksburg Counseling Services, Boys and Girls Club, University of Mary Washington, Spotsylvania County School System, King George School System, Rappahannock Area Community Service Board, Services to Abused Families, Rappahannock United Way, Rappahannock Legal Services. RCASA values its community partners and allies with them to end sexual violence. We are taking our sexual violence prevention training to local schools and provided King George Schools with a successful prevention program entitled "Do You" that was developed utilizing best practices in prevention programming. RCASA also attended numerous events in all localities in order to increase public awareness of sexual violence and the services offered by our agency.

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4. Program Audience and Service Delivery: *(The following should describe the program's intended audience or client base and how those clients are served. This should include the location of the service and what geographic areas are served or targeted for service. If your program has specific entry or application criteria, please describe it below. Please do not exceed 10 lines of text.)*

RCASA provides all people experienced sexual violence, their families, and loved ones, with services, regardless of their ability to pay **free of charge**.
 RCASA serves Planning District 16 which includes Stafford County, Caroline County, King George County, Spotsylvania County, and the City of Fredericksburg. RCASA also provides 24-hour phone support to all callers to the hotline and provides emergency hospital accompaniment to all victims transported to the Mary Washington or Stafford Hospital Emergency Department.
 Our office is located in Fredericksburg. Our hotline service is provided 24-hours a day, 7 days a week. We provide our emergency accompaniment service on-site at Mary Washington and Stafford Hospital Emergency Department as requested 24-hours a day, 7 days a week. Follow-up services are offered during business hours (9am – 5pm) Monday – Friday. Some services are available in Spanish.

5. Client Fees: *(Please describe the fees clients must pay for the services provided in this program, and how those fees are determined.)*

RCASA provides all services free of charge

6. Budget Information: *(Please complete the following chart with the financial information for this program. In each area include the dollars specifically allocated/requested for this program.)*

	FY2014 Actual	FY2015 Budgeted	FY2016 Projected
Caroline	0	130	195
Fredericksburg	623	623	650
King George	0	65	195
Spotsylvania	2,483	2,730	2,860
Stafford	2,210	1,954	2,340
United Way	4,550	0	5,200
Grants	30,940	30,940	30,940
Client Fees	0	0	0
Fundraising	650	650	1,300
Other	0	0	0
Total Program Budget for PD 16	41,456	37,092	43,680

Please indicate, in detail, reasons for increases or decreases in the amounts requested for FY2016. Include whether these changes come from increases in personnel, benefits, or operating expenses. If an increase is being requested, please describe the impact not receiving an increase would have on the program. In particular, please describe in detail if any increase is sought for new positions or personnel.

The increases requested are based on our need to hire two new, full-time positions (a Volunteer Coordinator to assist us in utilizing volunteer resources in our community; and a Prevention Educator dedicated solely to promoting Sexual Violence prevention best practices in our community), the growing number of victims of sexual violence needing our services, offsetting the loss of fundraising efforts, and the loss or reduction of other grants.

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7. Goals, Objectives, & Evaluation: *(Please provide the following information regarding the goals and objectives for your program. Space has been provided for two goals, with two objectives per goal. If your agency is funded by the United Way, please include a copy of your Logic Model for this program as a supplemental attachment. Individual descriptions should not exceed 5 lines of text.)*

Program Goal 1: Outreach and Education

To provide/participate in a minimum of 15 public awareness events and 5 general presentations, in Planning District 16 to raise awareness of sexual violence. To provide outreach, and support, to victims who have not yet disclosed, to educate the community on response to victims of sexual violence, and on the availability of RCASA services, as well as the services provided by allied community agencies..

Objectives:

- | | |
|------------|---|
| 1a. | For attendees at public awareness events to report an increased awareness of services available for victims of sexual violence. |
| 1b. | For attendees of educational presentations to report increased knowledge of sexual assault & sexual abuse indicators and increased knowledge of the services provided by RCASA and allied community agencies. |

Program Goal 2: Allied Professional Training and Prevention Curriculum

To provide a minimum of 12 trainings annually to allied professionals, in Planning District 16, serving 100 attendees or more on the subject of appropriate response to victims of sexually violent crimes, prevention of sexual violence, and appropriate response to co-occurring mental health and substance issues to crime victims. To provide a minimum of 15 prevention trainings, in Planning District 16, to adolescents on the subject of violence prevention, bullying, healthy relationships, and risk reduction of sexual abuse and sexual assault.

Objectives:

- | | |
|------------|---|
| 2a. | For 100% of training participants to report an increased knowledge of the dynamics of sexual assault, increased knowledge of strategies to reduce or prevent sexual assault/abuse, and increased awareness of appropriate response to victims of sexual violence. |
| 2b. | Increase to 100% collaboration with community partners on the provision of multiple, wrap-around services for victims of sexual violence. |

Program Goal 3:

Increase RCASA public service announcements and advertisements as vehicles for public awareness that will reach all community residents in PD 16.

Objectives

- | | |
|------------|--|
| 3a. | Increase the number of RCASA radio public service announcements/advertisements in PD 16. |
| 3b. | Increase the quantity of print materials on RCASA services and sexual violence awareness distributed through PD 16. |
| 3c. | Develop sexual violence video introduction about RCASA and its services and make available to community local television programming |

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Evaluation Method: *(Please describe the method used to measure the above goals/objectives. Please do not exceed 10 lines of text.)*

RCASA uses presentation formats, media, printed and community organizational visits to inform the communities serviced by RCASA. We collect attendance rosters, monitor printed material distributed, and receive feedback surveys for each engagement. These surveys represent the community voice of how RCASA can best meet the needs of the communities we serve.

8. Outcome Data: *(Please give the most recent outcome data for the objectives above. Indicate below what time period the data covers.)*

Data Collection Period:	Data Captured 1 July 2013 through 30 June 2014
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Objective 1a.

RCASA conducted 25 public awareness events in PD 16. Attendees at public awareness events reported an increased awareness of services available for victims of sexual violence.

Objective 1b.

RCASA conducted 24 educational presentations in PD 16. Attendees of educational presentations reported increased knowledge of sexual assault & sexual abuse indicators and increased knowledge of the services provided by RCASA and allied community agencies.

Objective 2a.

RCASA conducted 15 Allied Professional trainings in FY14. 100% of RCASA training participants reported an increased knowledge of the dynamics of sexual assault, increased knowledge of strategies to reduce or prevent sexual assault/abuse, and increased awareness of appropriate response to victims of sexual violence.

Objective 2b.

RCASA increased to 100% its collaboration with community partners on the provision of multiple, wrap-around services for victims of sexual violence.

Objective 3a.

RCASA conducted 1 radio announcement one radio public service announcement/advertisement.

Objective 3b.

RCASA increased distribution of print material on RCASA services and sexual violence awareness.

Objective 3c.

No output data available as this is a new objective for RCASA

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Program Name: Page 22

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Outreach Services

9. Program Goal Updates: *(Please provide a brief description of the current status of your program goal(s), given your outcome data. For example, if reported data was well below the stated outcome measure, please indicate why you feel that is the case. Also, include how your outcome data will influence or modify the program for the upcoming fiscal year. These descriptions should not exceed 20 lines of text.)*

Program Goal 1:

RCASA's education and outreach services are instrumental to provide information, programs and training to the residents of and community partner agencies serving Fredericksburg. Educational presentations are generally 1 – 2 hours in length with literature on general agency information and general sexual assault information of 30 – 100 people per presentation. Trained staff (with volunteer support) are utilized for educational presentations. Public awareness events average 4-7 hours per event requiring a variety of general agency information and general sexual assault information of approximately 200 -500 materials per event. Trained volunteers are utilized for public awareness events when necessary to keep costs down. Outreach and educational presentations to Spanish speaking communities require increased staff and volunteers who are bi-lingual and bi-cultural, as well as print information in Spanish. Educational presentations and public awareness events provide an opportunity for victims of sexual violence, who have not yet disclosed, to speak to RCASA staff and volunteers and request information on how to receive services. It is vital for RCASA to keep up with the growth in requests in the form of increased educational services to schools, churches and community agencies. This requires planning for increased educational services, increased staff who are bi-lingual, increased bi-lingual volunteer recruitment, more print materials, and the development of print materials in Spanish for FY 2016. Overall program costs are expected to rise to accommodate the needs of a growing population within PD 16 the resulting increased staffing requirements and increased material needs in both English and Spanish.

Program Goal 2:

RCASA's allied professional training and prevention programs provide instrumental training to community partner agencies and other first responders serving Fredericksburg. Professional training curricula are typically 4 – 8 hours in length over 1 – 2 days with literature needs of general agency information, general sexual assault information, and specialized treatment or response information of 30 - 160 per course. In order to provide these trainings, individuals must have an undergraduate degree, graduate training and/or post graduate training, with regular continuing education. Prevention Courses average 2 - 7 hours per session requiring general agency information, general sexual assault information, and specialized training information of 20 – 60 people per course. These courses require specially trained staff to provide high-quality services. Allied professional trainings to Spanish-speaking communities require staff and volunteers who are bi-lingual and bi-cultural, as well as print information in Spanish. Specialized trainings to allied professionals and first responders are designed to provide improved community response to victims of sexually violent crimes. It is important to regularly maintain these connections so all parties involved can be better prepared to combat sexual assault. Increases in population have resulted in a higher demand for services and a greater need for more professionals to provide allied services, an increased need for police response, and law enforcement personnel. Due to the increased requests for allied professional training on post-traumatic stress disorder, co-occurring disorders, and appropriate response to victims of all ages and backgrounds, RCASA is seeking to offer more programs and trainings in FY 2015 in order to achieve its goal of improving overall community response and service to victims of crime. This requires planning for increased educational services, increased staff who are highly trained and bi-lingual, more print materials, and the development of print materials in Spanish for FY 2015. Overall program costs are expected to grow to accommodate the larger population needs, the resulting increased staffing requirements, training needs and increased material needs in both English and Spanish.

Program Goal 3:

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One area in which RCASA can improve upon is the use of media and print campaigns. The value and use of print media cannot be overlooked, especially today with the popularity of social media and Internet awareness campaigns. These online campaigns are important, however, the use of print media has greater impact because of the tangible benefits of having the material in one's hands. Printed materials have the ability to enhance the reach of media due to their physical nature that can be carried around and serves as a refined and uncluttered source of information. Public Service Announcements (PSA) are also an important tool for violence prevention. Utilizing two senses, visual and auditory, PSA's can ensnare and involve viewers by appealing to their emotions and serve as effective tools for information memorization. RCASA will engage and interact with the community via PSA's and print materials to raise awareness and provide information to communities in PD16. These campaigns will target youth and adults by promoting RCASA's services and using prevention programming.

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Education, Prevention, Training and Outreach Services	

10. Community Impact: *(Please provide at least two examples of how your services have impacted members of our community. This description should not exceed 20 lines of text.)*

RCASA staff, working with community members and organizations, reached over 1500 individuals via outreach events in FY14. RCASA staff implemented primary prevention programming to youth at area Middle and High schools focusing on healthy relationships, anti-bullying and anti-violence. These programs were successful in changing attitudes and behaviors of youth in the community. This programming is ongoing and will be expanding in 2015. Utilizing community allies, RCASA will expand its programming by targeting youth from a wide age range, from Middle School to College aged, as well as adults. By focusing on such a wide range of age groups, RCASA can address violence to meet all periods of occurrence, before, immediately following, and long after.

The impacts of sexual assault cannot be understated. Lost wages from missed work, drug/alcohol abuse, and depression can all result from sexual assault, and all represent deep struggles for communities. Victims represent a largely underserved community. RCASA has met the needs of victims, and continues to expand our programming and services. RCASA's outreach programs have contributed to the increase in victim awareness of RCASA's available services. This is demonstrated in our FY14 data. Through our community outreach, RCASA informs communities about our services as well as works to hopefully prevent their need in the future.

11. Collaborative Impact: *(Please describe how the community would be impacted if your agency were dissolved or merged with another partner agency. This description should not exceed 20 lines of text.)*

RCASA operates as the sole agency in PD 16 that provides services for both adult and child victims of sexual violence. Should RCASA's services be dissolved, victims would be without services that have been proven to benefit them. Allied partners would be unable to adequately meet victim needs due to the specialized needs of victims of sexual assault. Without RCASA's services, victims would be less likely to report or seek medical assistance for their injuries. Without RCASA's services, victims reporting to the emergency room would be without advocacy and accompaniment vital to their healing. Without RCASA's services, victims would be without guidance through the difficult journey of prosecution, and would be less likely to pursue it. Without RCASA's services, victims would be less likely to heal and return to a normal and happy life.

RCASA's presence in the community as the sole provider of sexual assault victim services represents a necessary separation from other community allies. By having a sole focus, RCASA is better able to address the needs of victims specific to sexual assault. Were RCASA to merge with another agency, victims would struggle to find the highly specific services to meet needed by those who have suffered sexual violence. Agencies would be flooded with individuals seeking services that are no longer offered.

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SERVICE DATA

Program Name:	Page 24
RCASA Services	

Program Service Data:		Service Period: 1 July 2013		to 30 June 2014						
Locality Served	Total Served		Gender		Race					
	FY2014	FY2016*	Male	Female	Caucasian	African American	Asian	Hispanic	American Indian	Other
Fredericksburg	268	319	32	236	158	72	2	29	2	5
Caroline	29	35	3	26	18	8	0	1	0	2
King George	37	45	4	33	27	6	0	2	0	2
Spotsylvania	147	177	18	129	104	25	1	12	0	5
Stafford	137	165	17	120	95	24	1	14	0	3
Other	209	251	25	184	130	56	0	5	0	18
Total	827	992	99	728	532	191	4	63	2	35

**Please include the projected number to be served in each locality for the upcoming fiscal year.*

Locality Served	Age Groups								Income Levels				
	0-4	5-10	11-13	14-18	19-25	26-40	41-60	60 +	Under \$10,000	\$10,000 - \$19,000	\$20,000 - \$39,000	\$40,000 - \$59,000	Over \$60,000
Fredericksburg	3	10	16	26	58	80	67	8	RCASA does not collect income levels, because income is not a consideration for services or support.				
Caroline	1	1	2	3	6	8	7	1					
King George	0	1	1	3	9	13	9	1					
Spotsylvania	1	3	5	20	30	50	36	2					
Stafford	1	3	10	13	29	41	36	4					
Other	2	8	14	25	42	60	52	6					
Total	8	26	48	90	174	252	207	22					

Please describe below your data collection methodology and tracking measures. Indicate systems or processes that are used and responsible parties. Please also describe how your projections are determined for the upcoming year. If any of the above information is not available, please indicate why:

RCASA uses the VADATA system, developed by the Virginia Sexual and Domestic Action Alliance, to track data for all programs at RCASA. The Virginia Sexual and Domestic Violence Data Collection System is a project developed to enhance and improve the collection of statewide data from all victims who use the services of local domestic violence programs and sexual assault centers.

Logic Model

Program Name: _____ Comprehensive Intervention Services _____

Agency: Rappahannock Council Against Sexual Assault _____ **Contact Name:** Mark Blackwell _____

Phone: 540-371-5581 _____ **Email:** director@rcasa.org _____

Target population served by program: All ages, genders, ethnic groups. Services in English and Spanish

Specific need that is addressed by program: To address the counseling needs of crime victims. 80% of crime victims develop Post Traumatic Stress disorder, other anxiety disorders, depressive disorders, and other disorders. Appropriate counseling intervention within 30 days reduces the percentage of clients that go on to develop chronic Post Traumatic Stress Disorder and other mental health disorders. The availability of longer-term counseling immediately following the crisis helps reduce the recidivism of symptoms that develop. The purpose of crisis and supportive counseling is to provide services for individuals, families and groups in order to lessen the impact of trauma related to sexually violent crimes and reduce the incidence of post-traumatic stress disorder and other disorders recurring as a result of the trauma.

Inputs (\$'s, staff, volunteers, materials & other resources required)	Activities (What the program does with the inputs to achieve its outcomes)	Outputs (the direct products of program activities)	Projected Outcomes (Effects on knowledge, attitudes, skills, behavior, condition, or status during or after the program or project)		
			Short term Outcomes	Intermediate Outcomes	Long Term Outcomes
Staff, volunteers, interns Telephone system	Respond to hotline calls 24 hours a day, 7 days a week. Assess safety and offer safety plan and support. Offer crisis intervention. Respond to emergency medical accompaniment requests 24-hours a day, 7 days a week. Provide clothing & bathing supplies for each victim. Provide sexual assault information and education. Provide referrals to assist with needs. Contact victim by phone, email, mail, fact-to-face or	Units of Service Volume of calls responded to Volume of calls by reason for call Volume of referrals made Types of referrals Date & Time of call Length of call Volume of individuals served Volume of contacts per victim Caller demographic data Perpetrator demographic data	Short-term: Caller is ... 1. aware of options and available resources. 2. able to make and is able to verbalize a plan. 3. able to consider choices and make an informed choice.	Intermediate: Victims will receive ... 1. emergency medical accompaniment throughout the exam if requested. 2. clothing & bathing supplies. 3. information on sexual assault, criminal injuries compensation funds, resources for services. 4. follow-up calls to assess for additional service needs 5. additional companionship	Long Term: RCASA will... 1. increase its community awareness to 60% 2. maintain its collaboration with Forensic Nurse Examiner Programs, emergency rooms, and child advocacy centers to provide wrap-around services for victims.

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<p>Qualified and trained mental health counselors and counselors with trauma certification</p> <p>Intake and case management staff</p> <p>Program support staff</p> <p>Confidential meeting space the meets HIPAA requirements</p> <p>case management software for notes and data tracking</p> <p>24 hour telephone support</p> <p>24 hour licensed therapist support</p>	<p>other means after initial receipt of services. Assess ongoing needs of survivor. Provide information regarding additional internal & external services available. Provide additional accompaniment services to medical or court appointments as requested. Provide legal advocacy.</p> <p>Facilitate crisis and short-term counseling sessions for survivors, their partners and families.</p> <p>Facilitate family psycho-educational sessions for families seeking support.</p> <p>Facilitate ongoing therapeutic support counseling groups for survivors that are age and gender appropriate.</p> <p>Assess candidacy for inclusion into longer-term specialty counseling services.</p>	<p>Volume of sessions by type</p> <p>Volume of individual served</p> <p>Volume of session hours</p> <p>Volume of referral to longer-term therapy services</p> <p>Participant demographic data</p>	<p>Survivors, partners, families will increase awareness of services available</p> <p>Survivors, partners and families will increase comfort level to participate in counseling sessions</p> <p>Survivors, partners, and families will increase attendance in counseling services</p>	<p>services for medical care & court appointments as requested.</p> <p>6. comprehensive case management services throughout the prosecution of their case</p> <p>Survivors, partners, and families will gain positive coping skills an identify personal strengths</p> <p>Survivors, partners, and families will report decreased feelings of shame and responsibility</p> <p>Survivors, partners, and families will gain understanding of the healing process and the effects of sexual violence</p> <p>Survivors, partners, and families will have access to counseling for the length of treatment needs</p>	<p>RCASA will report improved process for victims seeking counseling to access and navigate the counseling program from crisis to resolution of services.</p> <p>RCASA will report improved collaboration with allied partner agencies whom also provide services to crime victims such as disability services, community services boards, youth support services, and medical services.</p>
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	Provide longer-term counseling for victims with co-occurring mental health and substance abuse disorders. Provide specialized trauma treatment				
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Logic Model

Program Name: _____ Community Services _____

Agency: Rappahannock Council Against Sexual Assault _____ **Contact Name:** _____ Mark Blackwell _____

Phone: _____ 540-371-5581 _____ **Email:** _____ director@rcasa.org _____

Target population served by program: *All ages, genders, ethnic groups. Services in English and Spanish*

Specific need that is addressed by program: The purpose of education is to provide professional and structured presentations, of greater than 30 minutes, for community groups, law enforcement, first responders, prosecutors, and other allied professionals in the community information on sexual assault awareness & appropriate response. The purpose of outreach is to raise awareness to victims who have not yet disclosed. The purpose of prevention is to provide structures & age specific curriculums to educators, youth & parents on the prevention of sexual assault & abuse. The purpose of professional training is to offer other professionals skill development on victim response, identification of abuse, and clinical understanding of disorders associated with sexually-based crimes.

Inputs (<i>\$'s, staff, volunteers, materials & other resources required</i>)	Activities (<i>What the program does with the inputs to achieve its outcomes</i>)	Outputs (<i>the direct products of program activities</i>)	Projected Outcomes (<i>Effects on knowledge, attitudes, skills, behavior, condition, or status during or after the program or project</i>)		
			Short term Outcomes	Intermediate Outcomes	Long Term Outcomes
Staff, volunteers, interns Participants Curriculum Educational Materials	Incorporate current curriculum, revise and update as needed, or develop new curriculum. Identify and contact target group Administer educational, training or prevention program Acknowledge and respond to requests for sexual assault education services	Units of Service Number of presentations Length of presentations Number of attendees Number of disclosures Number of requests for services Participant demographic data	Short-term: Participants will have... 1. increased knowledge of the dynamics of sexual assault, including dispelling myths and stereotypes. 2. increased knowledge of strategies to reduce sexual	Intermediate: Survivors will report... 1. increased response from law enforcement & other providers 2. improved access to services 3. improved referrals from allied professionals	Long Term: RCASA will... 3. increase its community awareness to 50% 4. increase its collaboration with community partners on provision of training, prevention, and outreach

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			<p>assault.</p> <p>3. increased awareness of available assault services and systems associated with sexual assault.</p> <p>4. increased awareness of appropriate response to sexual assault victims</p>		
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