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Oct 7, 2013

Kathy Settle  
Victim/Witness Director  
Spotsylvania Victim/Witness Program  
9111 Courthouse Road  
Spotsylvania, VA 22553



Dear Kathy,

Please find attached our grant application for Fiscal Year 2015 funding. Please note that we have included our agency audit and 990 for last year. We were audited again on September 26, 2013. We will send this audit/990 as soon as we receive it.

We have attached our Agency Strategic Plan for FY2011-13 and FY2013-15. The Agency FY2013-2015 Strategic Plan is a draft, but upon its approval by the RCASA Board of Directors we will send the most recent version.

Thank you and please do not hesitate to contact us if you have any questions.

Sincerely,

Bobby Anderson  
Executive Director  
RCASA



STOP VIOLENCE. FIND STRENGTH. MOVE FORWARD.

The Rappahannock Council Against Sexual Assault (RCASA) is the only sexual assault and services center in Planning District 16 offering our range of services, to all ages, free of cost. Our use of holistic services are designed to provide a continuum of care for survivors, including everything from hotline and on-sight medical/forensic support (24-hours a day), to case management/legal advocacy, to trauma specific counseling. Our education, prevention, outreach and training services are intended to tackle the issue of sexual assault from the ground up, utilizing a multi-faceted approach to education and prevention. All of our services are provided free of charge, so RCASA can best reach those that need it the most.

RCASA provides the following to survivors of sexual violence, their families and loved ones: hotline crisis support, crisis counseling, forensic/medical accompaniment, clothing and bathing supplies, food assistance and information to victims and their families. RCASA also provides follow-up calls to all victims to ensure they are receiving needed services and are linked to law enforcement, the commonwealth attorney's office, and victim witness programs. We provide assessment for other services following a sexual assault, such as court accompaniment and counseling. We offer these services in-house in order to provide survivors with the comprehensive response needed for them to receive the multiple services they require, both from our agency as well as others, in order to successfully move forward.

RCASA is requesting funding from Spotsylvania County in the amount of \$21,000. Over a third of those we served in FY2013 are residents of Spotsylvania County, making it a crucial community to address. Per the projected Census, the population of Spotsylvania County is expected to grow, making it necessary for RCASA to extend our efforts to meet the needs of this population. Of our requests for Intervention Services (which includes Crisis/Hotline, Counseling, and Case Management Programs offered in both Spanish and English), 18% are made by residents of Spotsylvania County. RCASA will utilize \$12,600 of funds requested to continue providing services to the residents of Spotsylvania. A decrease in funding would cause RCASA to cut back on the provision of these services, that are currently being offered free of charge, many of which our clients would not be able to afford or access otherwise.

RCASA also seeks to fund our Community Services Program (which includes sexual violence education, training and awareness) to the residents and allied professionals of Spotsylvania County. Of those who utilize RCASA's Community Services Program, 36% are comprised of residents and agencies located in Spotsylvania County. Of the funding requested, \$4,200 will be utilized by RCASA to increase our provision of sexual violence education, training and awareness. RCASA's presentations are integral to promoting awareness for all ages and audiences. They are also of vital importance to the allied professionals and relevant organizations we built positive coalitions with through our trainings.



**Spotsylvania County**  
 Partner Agency Application for Funding  
 FY2015  
**FACE SHEET**

<b>Agency Name:</b>	Rappahannock Council Against Sexual Assault				
<i>Has Spotsylvania County Funded This Agency in Previous Years?</i>					x Yes <input type="checkbox"/> No
Physical Address:	3331 Shannon Airport Circle				
Mailing Address/PO Box:					
City:	Fredericksburg	State:	VA	Zip:	22408
Telephone Number:	540-371-5581	Fax Number:	540-371-9803		
Federal Tax ID #:	54-1443112				
Web Address:	<a href="http://www.rcasa.org">www.rcasa.org</a>				
General Email Address:	<a href="mailto:info@rcasa.org">info@rcasa.org</a>				
<b>Agency Main Contact:</b>	Bobby Anderson	Title:	Executive Director		
Telephone Number:	540-371-6771				
E-Mail Address:	<a href="mailto:bobby@rcasa.org">bobby@rcasa.org</a>				

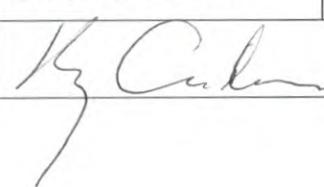
**Agency General Information**

<b>Agency Mission:</b>					
To provide education, prevention, and intervention on sexual violence to our community.					
<b>Number of years agency has been in operation:</b>	27				
<b>Localities Served:</b>	Spotsylvania County, King George County, Caroline County, Stafford County, City of Fredericksburg				

**Agency Financial Information**

List Programs	Personnel Expenses	Benefits	Operating Expenses	Total Program Budget	Requested Amount
1. Intervention Services	157,118	14,648	45,612	217,738	12,600
2. Community Services	28,225	2,159	15,204	45,588	4,200
<b>Agency Administration:</b>	66,657	7,323	15,204	89,184	4,200
<b>Capital Outlay:</b>	0	0	0	0	0
<b>Total Agency Budget:</b>	252,000	24,130	76,020	352,510	21,000

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.

<b>Attachment Checklist:</b> (include 2 copies of each)	<input checked="" type="checkbox"/> IRS 501(c)(3) Letter	<input checked="" type="checkbox"/> Audit Report (with Audit Management Letter)	<input checked="" type="checkbox"/> Current Financial statement	<input checked="" type="checkbox"/> IRS 990
<input checked="" type="checkbox"/> Accountant Contact Information	<input checked="" type="checkbox"/> Organizational Chart	<input checked="" type="checkbox"/> Current Board Roster (with contact information)	<input checked="" type="checkbox"/> Agency's Current Strategic Plan	
<b>Agency Director's Signature:</b>				<b>Date:</b> 10/3/2013

**Spotsylvania County**

**Partner Agency Funding Application**  
**FY2015**

Agency Name:

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Rappahannock Council Against Sexual  
Assault

If your agency is requesting an increase or decrease in funding as shown on the Agency Financial Information Chart included on the Face Sheet, please describe, in detail, the reasons for these changes, in each category below for the Agency as a whole. Program specific increases can be given under the program descriptions in the next section. (The individual descriptions should not exceed 20 lines of text.)

**Agency Administrative Expenses:**

RCASA is requesting an overall 10% increase in funding from Spotsylvania County. Spotsylvania is our second largest locality served, and with expected population increases as forecast in the census, the numbers of requests for our service will also grow. Spotsylvania makes up 18% of our Crisis, Counseling, and Case Management service requests from residents (adults and children) who have experienced sexually-based crimes. A portion of the funding we receive from Spotsylvania County will be applied to our Intervention Services program to support hotline staffing, forensic/medical accompaniment, case management, and counseling services. RCASA has also experienced increases in demand for our Community Services program (which includes sexual violence education, training and awareness) to the residents and allied professionals of Spotsylvania County. The county made up over a third of our overall participants for education and training services in FY2013. A portion of the funding requested will enable RCASA to increase sexual violence education, training and awareness in Spotsylvania County.

**Capital Outlay:**

N/A

**Spotsylvania County****Partner Agency Funding Application**  
**FY2015**

Agency Name:

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Rappahannock Council Against Sexual  
Assault**Historical Budget Information**

Please complete the following chart with the financial information for the agency as a whole. In each area include the revenue specifically allocated to your agency from each locality/entity listed below.

	FY2013 Actual	FY2014 Budgeted	FY2015 Projected
Culpeper County and Town	1,000	0	0
Caroline	0	0	1,000
Fredericksburg	4,140	4,100	8,000
King George	0	0	3,500
Spotsylvania	17,424	19,100	21,000
Stafford	15,657	15,868	17,000
United Way +other UW	36,626*	35,000*	42,000*
Grants	248,612	260,000	260,000
Client Fees	0	0	0
Fundraising	489	8000	9,000
Other (explain below)	15,223	17,000	20,000
<b>Total Agency Revenue</b>	<b>339,171</b>	<b>359,068</b>	<b>381,500</b>

Detail below what revenue is included in the category 'Other':

\*Includes United Way and CFC funding combined

**Other:**2013

- a)Corporate contributions: 3,610
- b)Board contributions: 3,000
- c)Direct public support: 8,613

2014

- a)Corporate contributions: 6,100
- b)Board contributions: 3,000
- c)Direct public support: 8,000

2015

- a)Corporate contributions:7,000
- b)Board contributions: 4,000
- c)Direct public support:9,000

**Application Checklist**

<b>Items to be completed</b>		<b>Comments:</b>
x	Face Sheet	
x	Program Name	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Program Purpose/Description	<ol style="list-style-type: none"> <li>3. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>4. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Justification of Need	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Target Audience	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Service Area	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Service Delivery	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Client Fees	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Budget Information	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Goals and Objectives	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Program Goal	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>
x	Most Recent Data Chart	<ol style="list-style-type: none"> <li>1. Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling</li> <li>2. Community Services: Education, Prevention, Training, Outreach</li> </ol>

# Spotsylvania County

Partner Agency Funding Application  
FY2015

Program Name:

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Intervention Services: Crisis, Case  
Management/Legal Advocacy,  
Counseling

**Each agency submitting a funding request must fill out the following pages for each program serving Spotsylvania County Citizens 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. Spotsylvania County reserves the right to request additional information once the application has been submitted.**

Program Name:	Comprehensive Crisis Services	Is this a new program?	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Program Contact:	Bobby Anderson	Title:	Executive Director
Telephone Number:	540-371-6771		
E-Mail Address:	<a href="mailto:bobby@rcasa.org">bobby@rcasa.org</a>		

**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, forensic accompaniment, medical referral, law enforcement referral, emergency accompaniment and companionship throughout the exam and medical care, clothing and bathing supplies, food assistance, information on counseling services, financial advice, legal advocacy, 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, to provide information on crisis and long-term counseling and court accompaniment services to victims and families, and to provide information and referrals 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 advocacy.

**2. Justification of Need:** *(Please state clearly why this service should be provided to the citizens of Spotsylvania County and why the Board of Supervisors should consider this funding request. If this is a new program, be sure to include the benefit to the County 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 and child sexual abuse center in Planning District 16 which serves survivors of all ages in Spotsylvania County. In FY2013, Spotsylvania County made up 18% of our clients for intervention services. We are the only service that provides a 24-hour crisis hotline and 24-hour hospital accompaniment services for any victims needing medical care and evidence collection. In the last year we increased the number of our staff who can offer intervention services in Spanish, in order to better meet client needs. We provide much needed services for hotline crisis support (540-371-1666), crisis counseling, forensic/medical accompaniment, accompaniment throughout the exam, clothing and bathing supplies following the exam, and information related to sexual assault to victims and their families. We provide follow-up calls to all victims to ensure they are receiving needed services and 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. Target Audience:** *(The following should describe the specific population targeted by the program and should not exceed 5 lines of text.)*

All residents (adults and children) of Spotsylvania County are eligible to access our services **at no charge**. There is no age, race, ethnic, gender or religious discrimination. Survivors of sexual violence, partners of survivors, family members of survivors, allied professionals, partner agencies and members of the general community are welcome to request services. They are encouraged to call the hotline (540-371-1666) for crisis support, information, referral, and education. RCASA provides our services in English and Spanish.

**Spotsylvania County**  
**Partner Agency Funding Application**  
**FY2015**

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

**4. Service Area:** *(Please describe the program's intended geographic service area. This may include entire regions, localities, or specific schools, neighborhoods, etc.)*

RCASA serves Planning District 16 which includes Spotsylvania County, Caroline County, King George County, Stafford County, and the City of Fredericksburg. RCASA provides 24-hour phone support to all callers to the hotline and provides victims emergency hospital accompaniment to Mary Washington Hospital Emergency Department. This includes victims from outside of Planning District 16.

**5. Service Delivery:** *(Please state the geographic location of the service, the duration and frequency offered to the clients.)*

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 Hospital Emergency Department and will be able to provide on-site services to the Child Advocacy center as requested 24-hours a day, 7 days a week. Follow-up services are offered Monday – Friday and Saturday, as needed. Our services are available in English and Spanish.

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

All hotline, crisis support, hospital accompaniment, case management/legal advocacy, follow-up services, and support groups are offered **free of charge** to the community.

**7. 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.)*

	<b>FY2013 Actual</b>	<b>FY2014 Budgeted</b>	<b>FY2015 Projected</b>
<b>Culpeper County and Town</b>	600	0	0
<b>Caroline</b>	0	0	600
<b>Fredericksburg</b>	2,484	2,460	4,800
<b>King George</b>	0	1,980	2,100
<b>Spotsylvania</b>	10,454	11,499	12,600
<b>Stafford</b>	9,394	9,400	10,200
<b>United Way</b>	21,975	21,000	25,200
<b>Grants</b>	149,167	154,200	156,000
<b>Client Fees</b>	0	0	0
<b>Fundraising</b>	293	4,800	5,400
<b>Other</b>	7,333	10,200	12,000
<b>Total Program Budget</b>	<b>201,700</b>	<b>215,539</b>	<b>228,900</b>

Please indicate, in detail, reasons for increases or decreases in the amounts requested for FY2015. 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.

We are asking for increased funding in FY15. 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 responders to operate the hotline, provide emergency accompaniment for victims at the ER and receiving PERK (Physical Evidence Recovery Kit) exams, provide clothing for the victims to wear home, and provide specialized information on surviving sexual assault. Without funding from Spotsylvania County, RCASA would be forced to **cut services across programs**. Spotsylvania is one of our largest service areas in requests for RCASA services such as the crisis/hotline, case management/legal advocacy and counseling/support. According to 2010 census, 7.7% of Spotsylvania residents live below poverty level and would be significantly affected by cuts to our programs. Many clients rely on our services and would not be able to access these services due to rising costs in health care.

**Spotsylvania County**  
Partner Agency Funding Application  
FY2015

<b>Program Name:</b>	<b>Page</b> 7
Intervention Services: crisis, case management/legal advocacy, counseling	

**8. Goals, Objectives, and 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. To provide legal advocacy and court accompaniment to 100% of clients seeking prosecution of sexually violent crimes. Provide representation of clients at local Sexual Assault Response Teams and local courts.

**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 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 100% of victims, partners and family members seeking/requesting more intensive counseling services.

**Spotsylvania County**  
Partner Agency Funding Application  
FY2015

**Program Name:** **Page 8**

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

**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 provided to each survivor who utilizes additional services such as legal advocacy, court accompaniment, additional medical accompaniment, or other services. RCASA's Intervention Services Team meets regularly with the Mary Washington Hospital Forensic Program Manager to review cases, evaluate program efficiency, monitor outcomes, and work together for overall program improvement. RCASA seeks to achieve 100% of returned satisfaction surveys with 90% satisfaction with services.

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

<b>Data Collection Period:</b>	Fiscal year 2013
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**Objective 1a. Crisis Response**

Crisis phone support was provided 24-hours a days, 7 days a week to 397 callers in FY 2013, an increase of 13% from FY2012. RCASA crisis responders answered 100% of callers.

**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 included: crisis support, fresh clothing and bathing supplies, information on sexual assault, and referrals to both RCASA and other agency services including 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 services were provided to all survivors of sexual violence following the crisis event. 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 3a. 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.

Program Name:

Page 9

Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling

**10. 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 provide 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. In FY2013, RCASA provided medical accompaniment during forensic exams to 39 victims of sexual violence living in Planning District 16. Additionally, RCASA provided hotline support to 397 callers in FY 2013, 16% from Spotsylvania. RCASA has also increased our capacity to offer crisis services in Spanish by hiring more bi-lingual staff. Service demand growth necessitates an increase in supplies (clothing and literature) and staff time for hotline and emergency medical accompaniment. Annual expectations of service requests were exceeded. As a result, RCASA needs more crisis responders and services for FY 2015, as well as additional, multi-disciplinary, training for staff.

#### 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 the legal process. 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 screenings for the counseling program that are held either on-site or on location in each county Victim/ Witness office. All service requests were met. 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.

### **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 master candidates) can provide educational support and groups; licensed grad-level counselors are required for intensive trauma therapy. Counseling requests continue to increase in demand for both short term and longer-term specialized counseling. 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 for working with young children.

**Spotsylvania County**  
 Partner Agency Funding Application  
 FY2015

Program Service Data:		Service Period: 7/1/2012		to 6/30/2013						
Locality Served	Total Served		Race							
	FY2013	FY2015*	Male	Female	Caucasian	African American	Asian	Hispanic	American Indian	Other
Fredericksburg	214	228	43	171	125	52	6	23	1	7
Caroline	40	43	11	32	25	11	1	1	0	2
King George	23	24	5	18	17	5	1	0	0	0
Spotsylvania	121	129	24	97	88	21	0	4	0	3
Stafford	114	122	23	91	81	20	0	9	0	4
Other	155	165	31	124	93	31	0	20	0	27
<b>Total</b>	<b>667</b>	<b>711</b>	<b>133</b>	<b>534</b>	<b>429</b>	<b>140</b>	<b>7</b>	<b>57</b>	<b>1</b>	<b>43</b>

\*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	14-17	18-24	25-39	40-59	60 +	Under \$10,000	\$10,000 - \$19,000	\$20,000 - \$39,000	\$40,000 - \$59,000	Over \$60,000
Fredericksburg	7	14	25	28	65	50	22	3					
Caroline	1	2	4	5	13	10	4	1					
King George	1	1	2	3	7	6	2	1					
Spotsylvania	3	8	14	15	36	27	11	2					
Stafford	3	7	14	15	35	27	11	2					
Other	4	10	19	21	47	36	15	3					
<b>Total</b>	<b>19</b>	<b>42</b>	<b>78</b>	<b>87</b>	<b>203</b>	<b>156</b>	<b>66</b>	<b>12</b>					

If any of the above information is not available, please indicate why:

RCASA does not collect income levels. Intervention services are provided at no charge regardless of income level.

**Each agency submitting a funding request must fill out the following pages for each program serving Spotsylvania County Citizens 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. Spotsylvania County reserves the right to request additional information once the application has been submitted.**

<b>Program Name:</b>	Education, Prevention, Training, Outreach	<i>Is this a new program?</i>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>Program Contact:</b>	Bobby Anderson	<b>Title:</b>	Executive Director
<b>Telephone Number:</b>	540-371-5581		
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**11. 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.

**12. Justification of Need:** *(Please state clearly why this service should be provided to the citizens of Spotsylvania County and why the Board of Supervisors should consider this funding request. If this is a new program, be sure to include the benefit to the County 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 Spotsylvania County in this capacity. The following demonstrates our commitment to a strong presence in Spotsylvania in regards to education, prevention, training and outreach services. In FY2013 RCASA reached an audience in Spotsylvania of 1,984 participants through our Community Services department, making it our second largest locality served, at 35.7% of our overall participants. 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.

**13. Target Audience:** *(The following should describe the specific population targeted by the program and should not exceed 5 lines of text.)*

All residents and agencies of Spotsylvania County are eligible to utilize our services **at no charge**. Educators, law enforcement, prosecutors, churches, allied professionals, partner agencies and members of the general community are welcome to request services. We also offer outreach and education in Spanish.

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**1. Service Area:** (Please describe the program's intended geographic service area. This may include entire regions, localities, or specific schools, neighborhoods, etc.)

RCASA serves Planning District 16 for all services. This includes Spotsylvania County, Caroline County, King George County, Stafford County, and the City of Fredericksburg. RCASA provides training and education to counties and programs outside of Planning District 16 and to statewide agencies upon request.

**2. Service Delivery:** (Please state the geographic location of the service, the duration and frequency offered to the clients.)

Our office is located in Fredericksburg. Our education, prevention, training and outreach services can be provided on-site at the requesting agency or at locations within Spotsylvania Monday – Friday, 9 am – 8pm, and/or over the weekend to accommodate the requesting agency's scheduling needs. We have worked to expand our services offered in Spanish.

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

General educational presentations and general outreach services are **free to the community**. Grant funding is utilized for some prevention curriculum and allied professional training. Fees will be charged for some additional allied professional training outside of Planning District 16.

**4. 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.)

	<b>FY 2013 Actual</b>	<b>FY 2014 Budgeted</b>	<b>FY 2015 Projected</b>
<b>Caroline</b>	0	0	200
<b>Fredericksburg</b>	828	820	1,600
<b>King George</b>	0	660	700
<b>Spotsylvania</b>	3,485	3,833	4,200
<b>Stafford</b>	3,132	3,134	3,400
<b>United Way</b>	7,326	7,000	8,400
<b>Grants</b>	49,723	51,400	52,000
<b>Client Fees</b>	0	0	0
<b>Fundraising</b>	98	1,600	1,800
<b>Other</b>	2,444	6,200	4,000
<b>Total Program Budget</b>	<b>67,036</b>	<b>74,647</b>	<b>76,300</b>

Please indicate, in detail, reasons for increases or decreases in the amounts requested for FY 2015. 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.

RCASA is requesting increased funding for FY 2015. Our Board of Directors is aware of the growing competition for funding in our downturn economy and is committed to expanding our fundraising capabilities. However, our operating costs are increasing (due to population growth, increases in cost of living), concurrent with greater demands for prevention and educational programs to be provided across the community. Serving this increase in requests for RCASA's educational programs, prevention curriculums and outreach activities in all communities requires additional staffing, up-to-date prevention curriculum, and increased community presence. Not receiving funding would force us to cut services across programs. Spotsylvania County is our second largest service area population-wise. It is now increasing its requests for general educational services and prevention programs provided nowhere else. It is important to maintain and expand our education and prevention efforts, while continuing to build and create important relationships with other community organizations (high schools, churches, DVP, law enforcement, hospitals, etc..) to help them better serve the growing population.

**18. Goals, Objectives, and 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 participate in a minimum of 10 public awareness events, and 5 general presentations in Planning District 16 to raise awareness of sexual assault and child sexual abuse and also provide outreach to victims who have not yet disclosed, in order to encourage prosecution, educate the community on response to victims of sexual violence, and on the availability of RCASA services.

**Objectives:**

1a. For attendees at public service events to report an increased awareness of services available for victims of sexually-based crimes.

1b. For 100% of attendees of educational presentations to report increased knowledge of sexual assault and sexual abuse indicators and increased knowledge of internal and external services.

**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 abuse and sexual assault, 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:**

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

RCASA participates in both the Documenting Our Work and VADATA state agencies data collection and evaluation system. Client satisfaction is collected from each outreach, educational presentation, allied professional training and prevention curriculum series.

RCASA's Executive Director and Supervising Staff meet regularly with partner agencies to review their staff training needs, evaluate program efficiency, monitor outcomes, and work together for overall program improvement. RCASA seeks to achieve 100% satisfaction of services on all returned surveys.

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

**Data Collection Period:** FY 2013

**Objective 1a.**

RCASA exceeded Program Goal 1 by almost 400% and participated in 39 public awareness events with 1500 of those participating from Spotsylvania alone. This year RCASA reached at least 5555 individuals in Planning District 16. RCASA also increased its outreach to the Latino community.

**Objective 1b.**

RCASA met this goal and provided 23 presentations (this includes our very successful middle school sexual violence prevention programs and speaking at four Spotsylvania County high schools).

**Objective 2a.**

RCASA met its training goal by providing 29 trainings to allied professionals, including many that also serve Spotsylvania county. RCASA achieved an 80% return rate of training satisfaction surveys reporting 95% satisfaction of services. We also participated in 30 taskforce coalitions this year, 10% within Spotsylvania.

**Objective 2b.**

We met this goal by participating in 30 taskforce coalitions this year, 10% within Spotsylvania.

**20. 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 Spotsylvania County. Educational presentations are 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 available 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. The population is increasing in Spotsylvania at an unprecedented rate, with an increase of 35% from 2000 to 2010. The numbers seem headed to grow, with a predicted increase of 2.7% from 2010 to 2012 alone, according to most recent Census data. It is vital for RCASA to keep up with this rapid growth 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 2015. Overall program costs are expected to increase to accommodate the larger population needs, 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 Spotsylvania County. Professional training curriculum are 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 the 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. The increase in population within the last 13 years has 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.

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**Program Service Data:** **Service Period:** **July 1, 2012** to **June 30, 2013**

Locality Served	Total Services							Public Awareness	Taskforces/ Coalitions	Other		
	FY 2013	FY 2015*	Participants	Materials	Presentations	Training						
Fredericksburg	84	100	2,703	1,610	14	26	32	12	0			
Caroline	8	10	123	44	0	1	1	6	0			
King George	8	10	555	234	3	0	3	2	0			
Spotsylvania	10	12	1,984	182	4	1	2	3	0			
Stafford	9	11	98	19	1	0	1	7	0			
Other	2	3	127	10	1	1	0	0	0			
<b>Total</b>	<b>121</b>	<b>146</b>	<b>5,555</b>	<b>2,099</b>	<b>23</b>	<b>29</b>	<b>39</b>	<b>30</b>	<b>0</b>			
	*Approximate Age Groups											
Locality Served	*0-4	*5-10	*11-13	*14-18	*19-24	*25-40	*40-60	*60+	**Under \$10,000	**\$10,000 - \$19,000	**\$20,000 - \$39,000	**\$40,000 - \$59,000
Fredericksburg												
Caroline												
King George												
Spotsylvania												
Stafford												
Other												
<b>Total</b>												

\*RCASA does not collect age levels for participants in our Education, Prevention, Training and Outreach Services  
 \*\*RCASA does not collect income levels and serve all people regardless of income level.

