

Regional Funding

Fiscal Year 2023 - Partner Funding Application

Rappahannock Council Against Sexual Assault

Agency Total Budget

In the boxes below provide an overview of the administrative costs associated with your total agency budget for the FY 2023 Budget. Please also provide updated FY 2021 Actuals, data has been rolled over from previous application submissions for other fiscal years.

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Salary	328,526.00	359,277.00	359,277.00	331,127.00	331,277.00	331,127.00	320,000.00
Benefits	78,202.00	84,964.00	84,964.00	90,307.00	90,307.00	90,307.00	82,000.00
Operating Expenses	107,730.00	121,218.00	121,218.00	97,479.49	97,479.49	97,479.49	97,479.49
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Other Expenses	7,600.00	8,360.00	8,360.00	8,600.00	8,600.00	8,600.00	9,000.00
Total	522,058.00	573,819.00	573,819.00	527,513.49	527,663.49	527,513.49	508,479.49

Agency Total Revenues

Please include revenue associated with your entire organization for FY2023. Please also provided updated FY 2021 Actuals, data has been rolled over from previous application submissions for other fiscal years. This section represents the TOTAL revenue your organization is receiving. The revenue associated with specific programs will be listed within your program budgets; this section represents total revenues. (For example if your organization requests funding for multiple programs the total amount requested from each locality or other entities goes within this section)

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline	1,100.00	1,331.00	1,331.00	1,100.00	1,100.00	1,100.00	1,100.00
Fredericksburg	4,140.00	5,010.00	5,010.00	4,140.00	4,140.00	4,140.00	4,140.00
King George	0.00	550.00	550.00	458.00	458.00	458.00	458.00
Spotsylvania	21,000.00	25,410.00	25,410.00	21,000.00	21,000.00	21,000.00	21,000.00

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Stafford	7,400.00	10,559.00	10,559.00	12,085.00	9,000.00	12,085.00	12,085.00
United Way	10,000.00	12,100.00	12,100.00	0.00	0.00	0.00	2,000.00
Grants	443,418.00	486,870.00	486,870.00	454,590.49	428,000.00	417,892.49	420,000.00
Client Fees	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Fundraising	17,000.00	19,000.00	0.00	0.00	0.00	0.00	0.00
Other (Click to itemize)	18,000.00	12,989.00	11,559.00	0.00	0	0.00	0
Total	522,058.00	573,819.00	553,389.00	493,373.49	463,698.00	456,675.49	460,783.00

Surplus / Deficit

	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Surplus or Deficit	0.00	-20,430.00	-34,140.00	-63,965.49	-70,838.00	-47,696.49

Rappahannock Council Against Sexual Assault

Agency Budget Narrative

Administrative Expenses

Provide an overview of the administrative costs for your agency.

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

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

We are requesting an increase in administrative funding due to the negative impact of COVID-19, including staff turnover, staff illness, increase PTO, and the need to provide virtual telehealth services, in addition to an increase of clients across every service.

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

Several administrative costs are defrayed by locality funds, including the following:

Crisis response including hotline and hospital accompaniment \$18,500

Telephone and internet \$2,400.00

Community education \$8,200.00

Outreach materials, program supplies, and office supplies \$7,300.00

Staff training \$5,000.00

Capital Expenses

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

Currently, RCASA does not have any capital costs.

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

N/A

Salary & Benefit Expenses

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

Increase in expenses due to COVID-19 to increase in clients and increase in client needs that resulted in a need for technology, community based services, and increase in advocacy and crisis responders. Some salaries have been increased in FY21, as has made it a priority to increase staff salaries in order to move them closer to a living wage in our area. According to the Living Wage Calculator, a living wage for an adult without children is \$16.61/hour; living wage for an adult with one child is \$32.80. Staff and program restructuring and a focus on recruiting and maintaining volunteers has helped to defray costs of this increase.

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

In FY21, RCASA has maintained the benefits offered to staff (covering 100 percent of health and dental insurance to staff after one year of full-time employment).

Budget Issues

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

Loss in CARES Act funding yet needs will continue to remain.

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.

June 2022 funding sources will expire. Currently in the planning stages. Looking to expand partnerships.

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

Continued rise of victims of sexual violence including human trafficking.

Currently, RCASA employs 1.6 FTE counseling staff. We have improved our wait time for clients, however, there is a continued rise in victims. This pattern has continued for approximately three years.

To address this issue, RCASA recruits master's level clinical interns to serve clients. This year, RCASA will host two clinical interns.

In order to continue to provide timely services, RCASA would need to hire an additional full-time counselor.

Rappahannock Council Against Sexual Assault

Locality Information

Caroline County

COVID19 had a negative impact on service delivery. Virtual services were delivered by RCASA staff presented on the topics of trauma and underserved populations. RCASA prevention staff provided prevention education to students in Caroline County. Information and resources about RCASA services, including flyers in English and Spanish were provided throughout the County. RCASA staff worked with students throughout the schools and other local organizations.

City of Fredericksburg

COVID19 had a negative impact on service delivery. Virtual services were delivered by RCASA staff presented on the topics of trauma and underserved populations. RCASA staff provided court education and virtual support and accompaniment including students of MW. Our continued partnership with the City helps us to provide support and advocacy to victims of sexual violence. RCASA prevention and outreach staff have provided prevention education to schools and other youth serving programs. Flyer were distributed in both English and Spanish.

King George County

COVID19 had a negative impact on service delivery. Virtual services were delivered by RCASA staff presented on the topics of trauma and underserved populations. RCASA staff provided court education and virtual support and accompaniment. We continue to strengthen our partnerships in this County to help us to provide support and advocacy to victims of sexual violence. Flyer were distributed in both English and Spanish.

Spotsylvania County

COVID19 had a negative impact on service delivery. Virtual services were delivered by RCASA staff presented on the topics of trauma and underserved populations. RCASA staff provided court education and virtual support and accompaniment. Our continued partnership with the County helps us to provide support and advocacy to victims of sexual violence. RCASA prevention and outreach staff have provided prevention education to schools and other youth serving programs. Flyer were distributed in English and Spanish. RCASA staff provided training to the Spotsylvania County Sheriff's Department on the topics of trauma, vicarious trauma, and self-care. RCASA continues to provide training to the RACSB's Crisis Intervention Team on the topic of trauma and the impacts and dynamics of sexual violence. RCASA prevention and outreach staff have provided prevention education. RCASA staff has collaborated with area partner FAHASS.

Stafford County

COVID19 had a negative impact on service delivery. Virtual services were delivered by RCASA staff presented on the topics of trauma and underserved populations. RCASA staff provided court education and virtual support and accompaniment. Our continued partnership with Stafford County helps us to provide support and advocacy to victims of sexual violence. RCASA prevention and outreach staff have provided prevention education to Stafford schools and other youth serving programs. Flyer were distributed in English and Spanish.

Rappahannock Council Against Sexual Assault

Agency Information

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

Agency Mission Statement

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

Number of Years in Operation 35

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

Job Title Executive Director

Localities Served

Please select any/all localities your agency serves.

Caroline
Fredericksburg
King George
Spotsylvania
Stafford

Agency Collaborative Impact

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

For 35 years, RCASA, has offered services to survivors of sexual violence (SV) in PD16. We are the only agency that provides comprehensive services to both adult & child victims of SV. Were our agency to dissolve, survivors of SV in our community would not have access to the services they rely on, including trauma-informed, evidence-based individual & group counseling by professionals who specialize in treating SV. Survivors in our community deserve a safe place for to talk about their experiences without stigma -- RCASA provides this and much more.

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

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

Further, RCASA's trained advocates prevent retraumatization to victims of SV by educating allied professionals about trauma response. Finally, at RCASA we don't just treat the individual, we seek to change the culture of the community by providing education on the impacts and dynamics of SV and by collaborating with allied partners to promote a survivor-centered approach to service provision.

Agency Community Impact

Please provide at least two examples of how the mission and vision of your agency impacts the community and overall region.

Example 1

Client is a 39 year old caucasian female, survivor of brutal sexual assault as an adolescent, self referred to RCASA via the hotline following a resurgence of flashbacks around the assault and time period preceding the assault in which the client has very little memory. At intake, client reported highly intrusive thoughts, memories and flashbacks around the event; feeling very upset when she was reminded of the event; having strong physical reactions to reminders; avoiding thoughts, feelings, and external reminders of the event; trouble remembering details; strong negative beliefs about herself and others; strong negative feelings; loss of interest in activities she used to enjoy; feeling distant from others; trouble experiencing positive feelings; and difficulty concentrating. Self reports of decreased functioning in both personal and professional arenas were confirmed by scores on reporting measures which indicated high levels of post-traumatic stress related symptomatology and good candidacy for PTSD related treatments. Elements of Cognitive Processing Therapy and Trauma-Focused Cognitive Behavioral Therapy were used successfully over the course of eight sessions to increase the client's understanding between current and seasonal triggers related to the event. Client exhibits an increased ability to identify the relationship between her symptoms, thoughts, and emotions related to and following the event and positive use of coping tools which help to manage reactivity in the here and now. Client has reported feeling successful in mitigating flashbacks and anxiety related to their occurrence, and has consistently scored near or at "subclinical" range for PTSD treatment over the last three weeks. Client is beginning to transition from intensive clinical services and looks forward to continuing to increase her engagement with life.

Example 2

Client is a young adult who participated in online support session. She learned through our education that was a victim of sexual violence. She is Latina. Because she is Latina she believes that reporting this would cause her and her family to be deported. Through additional education regarding individual rights, victim services, secondary victim education and information, she engages in clinical services. With the support of the clinical team for her and her family, she gains the courage to speak up. This empowering experience allowed her to fully process the trauma and continue her engagement in services. She learned that because her parents were not from the US that does not equate to being deported if there is any involvement in the justice system. She volunteers for the organization and was the keynote at an annual event. She has recently had a baby and continues on her journey.

Example 3 (Optional)

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

Program Overview

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

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

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

General Information

Program Name Prevention, Education, and Outreach

Is this a new program? No

Program Contact

Name Nadia Cayce

Title Executive Director

Email nadia@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

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

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

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

Client Fees

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

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

Justification of Need

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

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

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

This is not a new program.

Target Audience and Service Delivery

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

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

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

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

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

Program Budget Narrative

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

RCASA is requesting an increase in funding. Our services are more accessible residents due to virtual engagement and community-based education. We have seen an increase in sexual assault prevention and outreach especially for under-served populations which include increased collaboration -- it is likely this trend will continue for the remainder of the FY.

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

Without funding, it will not be possible to serve the number of allied professionals, clients, students and other partners in need of this service. Additionally, underserved populations who already struggle with access to information, services and other resources will continue to have poorer outcomes increasing the disparities that we try to eliminate.

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

Salaries for FY21 have not changed due to the limited resources and increased need. We struggle to provide a living wage to agency Prevention & Education Program staff who offer specialized knowledge in educating the community on the impacts and dynamics of sexual violence and healthy relationship building.

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

Program Specific Budget

In the boxes below provide program specific administrative costs associated with this program for FY 2023. Please also provide updated FY 2021 Actuals. Data has been rolled over from previous fiscal year application submissions.

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Personnel		43,540.00	70,928.00	69,536.67	69,570.00	69,536.67	65,000.00
Benefits		10,012.00	11,585.00	11,912.96	11,207.00	11,912.96	10,500.00
Operating Expenses		13,207.00	18,395.00	18,423.62	18,367.00	18,423.62	16,500.00
Capital Expenses		0.00	0.00	0.00	0.00	0.00	0.00
Total					99,144.00		92,000.00

Program Specific Revenue

In the section below please provide revenue specifically associated with your program for FY 2023. Please also provide updated FY2021 Actuals. Data has been rolled over from previous fiscal year application submissions. The revenue in this section supports the implementation of your program and the services provided to the community.

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline		225.00	235.00	235.00	235.00	235.00	0.00
Fredericksburg		849.00	888.00	888.00	888.00	888.00	0.00
King George		0.00	116.00	116.00	116.00	116.00	0.00
Spotsylvania		4,302.00	4,501.00	4,501.00	4,501.00	4,501.00	0.00
Stafford		1,948.00	2,217.00	2,217.00	2,217.00	2,217.00	2,217.00
United Way		0.00	2,145.00	2,145.00	2,145.00	2,145.00	0.00
Grants		53,533.00	86,255.00	86,255.00	86,255.00	86,255.00	82,000.00
Client Fees		0.00	0.00	0.00	0.00	0.00	0.00
Fundraising		2,600.00	3,331.00	3,331.00	0.00	3,331.00	0.00
Other (Click to itemize)	0.00	3,302.00	1,220.00	0.00	0	0.00	0

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Private donors			1,220.00				
Direct Public Support		3,302.00					
Total					96,357.00		84,217.00

Surplus / Deficit

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget	FY 2023 Budget
Surplus or Deficit	0.00	0.00	0.00	-185.25	-2,787.00	7,783.00

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

Collaborative Impact

Efforts and Partnerships

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

RCASA maintains positive relationships with RUW, MW, EmpowerHouse and many many other organizations regarding prevention, education and outreach. We work especially well with schools and provide services to schools across PD16. RCASA maintains MOUs with Caroline & King George school districts, as well as Chaplain Youth Center, where we provide educational programming. Additionally, we maintain an active MOU with Mary Washington University. We are the off-campus resource for sexual violence prevention at the university.

Collaborative Impact

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

RCASA is the only agency that educates the community about the impacts and dynamics of sexual violence. Without this important information, even more incidents of sexual assault would occur in our community and fewer youth would learn about healthy relationships both in-person and online. Not preventing sexual violence results in substantial costs to the economy as well. For every rape prevented, more than \$122,000 in lifetime costs are averted. About 1/3 of the costs of rape are paid by government sources, including the health care, social services, and criminal justice systems. Investing in prevention helps communities save money.

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

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2021 and the estimated numbers of individuals to be served in FY2023.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 (Actual)	FY 2022 Estimate	FY 2023 Estimate
Fredericksburg City	3,698	13,529	6,147	3,475	4,200	6,000	6,200
Caroline County	2,293	586	2,666	1,613	897	2,000	2,200
King George County	753	1,960	2,364	2,256	1,504	2,300	2,500
Spotsylvania County	2,208	4,310	4,727	1,552	2,682	2,500	3,700
Stafford County	1,051	1,620	8,350	2,956	2,506	4,000	4,500
Other Localities	0	0	0	2,192	152	0	100
Total					11,941		19,200

[View Diagram](#) Goals and Objectives

Goals

Goal:

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

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
RCASA staff will provide 30 presentations on the impacts and dynamics of sexual violence to allied professionals.	Total # Clients Served	30	19	30	30			35
	Total # Clients Achieved/Successful	30	19	30	30			35
	% Achieved / Successful	100	100	100	100			100

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

RCASA staff will provide presentations on the impacts and dynamics of sexual violence 138 allied professionals.	Total # Clients Served	322	189	322	320			330
	Total # Clients Achieved/Successful	322	189	322	320			330
	% Achieved / Successful	100	100	100	100			100

Explanation & Overview

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

While COVID-19 negatively impacted the number of presentations, RCASA still met the goal of # of trained professionals.

Updates for FY2018

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

These services can be provided virtually and in-person. Presentations have increased engagement to promote attendance and learning.

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

NA

Goal:

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

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
RCASA staff and volunteers will attend 45 community engagement and outreach events in Planning District 16.	Total # Clients Served	14,325	11,752	14,325	13,500			14,000
	Total # Clients Achieved/Successful	14,325	11,752	14,325	13,500			14,000
	% Achieved / Successful	100	100	100	100			100

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

events.

RCASA staff will create 360 posts for the agency social media platforms, educating over 5,000 followers in discussions of impacts, dynamics, and prevention of sexual violence in Planning District 16 and beyond.	Total # Clients Served	7,000	2,700	7,000	3,500	4,000
	Total # Clients Achieved/Successful	7,000	2,700	7,000	3,500	4,000
	% Achieved / Successful	100	100	100	100	100

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

Explanation & Overview

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

COVID 19 had a negative impact on this service area.

Updates for FY2018

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

Increase training and engage more volunteers in this service area.

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

NA

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

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
RCASA will educate 2450 youth and young adults in PD16 on the topics of positive relationships, healthy boundaries, consent, and effective bystander intervention techniques for in-person and online relationships.	Total # Clients Served	2,100	1,582	2,100	2,200			2,400
	Total # Clients Achieved/Successful	2,100	1,582	2,100	2,200			2,400
	% Achieved / Successful	100	100	100	100			100
RCASA staff will provide at least 60 separate educational presentations on topics ranging from positive relationships, healthy boundaries, consent, & effective bystander intervention techniques to	Total # Clients Served	130	76	130	150			160
	Total # Clients Achieved/Successful	130	76	130	150			160
	% Achieved / Successful	100	100	100	100			100

**cyber-related
sexual
violence,
maximizing
safety in social
media,
practicing
consent within
cyber
dynamics of
relationships,
&
understanding
resources
available to
survivors of
cyber-related
sexual
violence.**

Explanation & Overview

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

COVID19 had a negative impact on this service area.

Updates for FY2018

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

These services are now offered in-person and virtually.

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

NA

Rappahannock Council Against Sexual Assault - Crisis Services

Program Overview

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

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

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General Information

Program Name Crisis Services

Is this a new program? No

Program Contact

Name Nadia Cayce

Title Executive Director

Email nadia@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

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

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

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

Client Fees

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

There are no fees for our services to clients. RCASA receives funding from Victims of Crime Act resources, funds that are derived from fines and penalties paid into a federal system by offenders. This is a dedicated source of funding for crime victims, including those who have been impacted by sexual violence. RCASA is committed to providing services free of cost to victims of sexual violence, who deserve support and guidance in the aftermath of a violent crime. Therefore, there are no fees associated with receiving services from RCASA.

Justification of Need

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

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

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

This is not a new program.

Target Audience and Service Delivery

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

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

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

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

Rappahannock Council Against Sexual Assault - Crisis Services

Program Budget Narrative

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

RCASA is requesting an increase in funding. Our services are more accessible to residents due to telehealth and community-based care. We have seen an increase in requests for crisis services, it is likely this trend will continue for the remainder of the FY. Supports to underserved populations have also increased including those with LEP. Courts are opening to provide in-person sessions after delays due to COVID thus the organization has been impacted by the requests for education, support and accompaniment.

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

Without funding, it will not be possible to serve the the clients who request counseling and case management. RCASA is struggling to provide the services with the current capacity and internships are challenging due to COVID19.

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

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

Rappahannock Council Against Sexual Assault - Crisis Services

Program Specific Budget

In the boxes below provide program specific administrative costs associated with this program for FY 2023. Please also provide updated FY 2021 Actuals. Data has been rolled over from previous fiscal year application submissions.

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Personnel		69,449.00	87,000.00	86,093.02	86,000.00	86,093.02	78,000.00
Benefits		19,126.00	28,990.00	23,479.82	23,480.00	23,479.82	18,000.00
Operating Expenses		18,287.00	16,882.00	16,571.51	17,501.50	16,571.51	16,500.00
Capital Expenses		0.00	0.00	0.00	0.00	0.00	0.00
Total					126,981.50		112,500.00

Program Specific Revenue

In the section below please provide revenue specifically associated with your program for FY 2023. Please also provide updated FY2021 Actuals. Data has been rolled over from previous fiscal year application submissions. The revenue in this section supports the implementation of your program and the services provided to the community.

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline		239.00	309.00	309.00	309.00	309.00	0.00
Fredericksburg		898.00	1,161.00	1,161.00	1,161.00	1,161.00	0.00
King George		0.00	173.00	173.00	173.00	173.00	0.00
Spotsylvania		4,554.00	5,896.00	5,896.00	5,860.00	5,896.00	0.00
Stafford		2,060.00	3,062.00	3,062.00	3,062.00	3,797.00	3,797.00
United Way		1,800.00	2,807.00	2,807.00	0.00	2,807.00	0.00
Grants		88,576.00	112,954.00	112,954.00	112,954.00	112,954.00	110,000.00
Client Fees		0.00	0.00	0.00	0.00	0.00	0.00
Fundraising		3,600.00	4,281.00	4,281.00	0.00	4,281.00	0.00
Other (Click to itemize)	0.00	5,135.00	2,229.00	0.00	0	0.00	0

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Private Donor			2,229.00				
Direct Public Support		5,135.00					
Total					123,519.00		113,797.00

Surplus / Deficit

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget	FY 2023 Budget
Surplus or Deficit	0.00	0.00	0.00	4,498.65	-3,462.50	-1,297.00

Rappahannock Council Against Sexual Assault - Crisis Services

Collaborative Impact

Efforts and Partnerships

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

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

Collaborative Impact

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

The RCASA Crisis Program is only agency in PD16 that responds to survivors of sexual violence in the hospital setting. Many victims of sexual abuse present at the Child Advocacy Center, but there are pediatric victims that do present at MWHC and our agency staff are the ones who respond. While there, we may support the victim and also the secondary survivors -- the family, friends, and loved ones of victims -- a service that sets our agency apart from others in our community. Importantly, we are the only agency in our community that provides crisis advocacy services to both adult and child victims of sexual violence. With connections in all four counties and the City, we have a unique perspective regarding the shape of sexually violence crime in our district, often connecting the dots when perpetrators may commit acts of violence in more than one locality.

Rappahannock Council Against Sexual Assault - Crisis Services

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2021 and the estimated numbers of individuals to be served in FY2023.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 (Actual)	FY 2022 Estimate	FY 2023 Estimate
Fredericksburg City	151	133	149	132	67	160	170
Caroline County	36	23	28	21	32	27	35
King George County	27	24	31	22	26	28	35
Spotsylvania County	100	100	114	93	119	121	130
Stafford County	41	136	157	101	163	163	170
Other Localities	125	126	125	97	12	151	150
Total					419		690

Rappahannock Council Against Sexual Assault - Crisis Services

[View Diagram](#) Goals and Objectives

Goals

Goal:

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

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
RCASA Crisis Responders will spend 550 hours providing crisis intervention to survivors of sexual violence.	Total # Clients Served	650	535	550	650			675
	Total # Clients Achieved/Successful	650	535	550	650			675
	% Achieved / Successful	100	100	100	100			100

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

RCASA Crisis Responders will	Total # Clients Served	200	182	180	250			275
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spend 180 hours providing hospital accompaniment to victims of sexual violence.	Total # Clients	200	182	180	250	275
	Achieved/Successful					
	% Achieved / Successful	100	100	100	100	100

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

Crisis Responders will provide 400 instances of crisis intervention support through text messages, via our new 24-Hour Text Crisis Line.	Total # Clients Served	0	0	0	0	100
	Total # Clients Achieved/Successful	0	0	0	0	100
	% Achieved / Successful	0	0	0	0	100

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

Explanation & Overview

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

COVID-19 had a negative impact on service delivery.

Updates for FY2018

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

All programs now provide virtual and in-person services. Volunteers have been increased in the crisis program.

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

Ensure 85% of clients have increased outcomes including: increased feelings of safety and security, information about the legal system, access to crisis services and decreased PTSD symptoms.

Goal:

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

Objectives

		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
RCASA Crisis Responders will educate 90% of appropriate SV victims who use our Crisis Text Line about self-regulating techniques.	Total # Clients Served	0	0	0	0			100
	Total # Clients Achieved/Successful	0	0	0	0			100
	% Achieved / Successful	0	0	0	0			100

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

RCASA Crisis Responders will educate 90% of appropriate SV victims who use our Crisis Phone Line about self-regulating techniques.	Total # Clients Served	475	631	475	650	675
	Total # Clients Achieved/Successful	427	631	475	650	675
	% Achieved / Successful	89.89	100	100	100	100

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

RCASA Crisis Responders will educate 90% of appropriate SV victims in the hospital setting about self-regulating techniques.	Total # Clients Served	50	62	57	65	70
	Total # Clients Achieved/Successful	50	62	57	65	70
	% Achieved / Successful	100	100	100	100	100

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

Explanation & Overview

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

COVID-19 increased the number of those served.

Updates for FY2018

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

Increase volunteerism in this programmatic area.

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

Crisis text line will be launched.

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Program Overview

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

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

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

General Information

Program Name Counseling and Case Management

Is this a new program? No

Program Contact

Name Nadia Cayce

Title Executive Director

Email nadia@rcasa.org

Phone (540) 371-6771

Program Purpose / Description

Provide an overview of this program

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

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

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

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

Client Fees

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

All services are at no cost to clients.

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

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

Justification of Need

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

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

mitigate the long-term costs to victims and connect victims with valuable community resources and provide hope for those impacted by trauma.

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

This is not a new program.

Target Audience and Service Delivery

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

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

hope and healing where they need it most, in their homes

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

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

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

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Program Budget Narrative

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

RCASA is requesting an increase in funding. Our services are more accessible to residents due to telehealth and community-based care. We have seen an increase in requests for case management, counseling and crisis services due to COVID19. It is likely this trend will continue for the remainder of the FY. Supports to underserved populations have also increased including those with LEP. Courts are opening to provide in-person sessions after delays due to COVID thus the organization has been impacted by the requests for education, support and accompaniment.

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

Without funding, it will not be possible to serve the number of clients that request counseling and case management. RCASA is struggling to meet the needs and internships are limited due to COVID19.

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

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

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Program Specific Budget

In the boxes below provide program specific administrative costs associated with this program for FY 2023. Please also provide updated FY 2021 Actuals. Data has been rolled over from previous fiscal year application submissions.

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Personnel		154,187.00	131,255.00	129,137.58	128,150.15	129,137.58	126,000.00
Benefits		43,558.00	35,475.00	20,403.74	17,053.75	20,403.74	18,500.00
Operating Expenses		48,767.00	65,247.00	43,715.49	4,502.15	43,715.49	41,000.00
Capital Expenses	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total					149,706.05		185,500.00

Program Specific Revenue

In the section below please provide revenue specifically associated with your program for FY 2023. Please also provide updated FY2021 Actuals. Data has been rolled over from previous fiscal year application submissions. The revenue in this section supports the implementation of your program and the services provided to the community.

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Caroline		636.00	553.00	553.00	553.00	553.00	0.00
Fredericksburg		2,393.00	1,023.00	1,023.00	1,023.00	1,023.00	0.00
King George		0.00	230.00	230.00	230.00	230.00	0.00
Spotsylvania		12,144.00	10,571.00	10,571.00	10,571.00	10,571.00	0.00
Stafford		5,495.00	5,280.00	5,280.00	5,280.00	5,280.00	0.00
United Way		9,088.00	5,031.00	5,031.00	0.00	5,031.00	2,000.00
Grants		198,486.00	202,540.00	202,540.00	202,540.00	202,540.00	188,000.00
Client Fees		0.00	0.00	0.00	0.00	0.00	0.00
Fundraising		8,400.00	6,749.00	6,749.00	0.00	6,749.00	0.00

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2021 Actual	FY 2022 Budget	FY 2023 Budget
Other (Click to itemize)	0.00	9,870.00	0.00	0.00	0	0.00	0
Direct Public Support							
Direct Public Support		9,870.00					
Total					220,197.00		190,000.00

Surplus / Deficit

	FY 2019 Actual	FY 2020 Budgeted	FY 2020 Actual	FY 2021 Estimate	FY 2022 Budget	FY 2023 Budget
Surplus or Deficit	0.00	0.00	0.00	38,720.19	70,490.95	-4,500.00

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Collaborative Impact

Efforts and Partnerships

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

RCASA's counseling program maintains an active MOU with Fredericksburg Counseling Services (FCS). As partners, RCASA refers appropriate clients to this service. As part of our MOU, our two agencies share resources, including interns -- one of which has co-facilitated one of our teen survivors (including a group for LGBTQ+ teens) groups this year. RCASA maintains MOUs with every law enforcement office, Commonwealth's Attorney, & Victim Witness Program in Planning District 16. Tri-annually, RCASA presents on the topic of trauma to the Rappahannock Area Community Services Board's Crisis Intervention Team.

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

Collaborative Impact

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

RCASA collaborated with Spotsylvania Victim Witness to create a Sexual Assault Response Team (SART), bringing to the table our knowledge as members of the State SART Advisory Committee. RCASA now serves on that SART, along with the SART in Stafford County. Staff also participates in Fredericksburg City's Multidisciplinary Team (MDT) & on UMW's Coordinated Community Response Team (CCRT). RCASA also participates in the Rappahannock Regional Domestic Violence Council Quarterly Meeting. RCASA's role on these teams, which exist to improve services to victims of sexual violence and are used for case and program review and development, cannot be duplicated. RCASA is the only agency in PD16 that serves victims of sexual violence who are incarcerated, maintaining MOUs with Rappahannock Regional Jail & Caroline Detention Facility. An incarcerated individual's only access to outside advocacy & support is through RCASA's 24-Hour Crisis Hotline, which centers are mandated to provide.

Rappahannock Council Against Sexual Assault - Counseling and Case Management

Number of Individuals Served

Localities

Please provide the actual numbers of individuals served in this program during FY2021 and the estimated numbers of individuals to be served in FY2023.

Locality	FY2017 (Actual)	FY2018 (Actual)	FY 2019 (Actual)	FY 2020 (Actual)	FY 2021 (Actual)	FY 2022 Estimate	FY 2023 Estimate
Fredericksburg City	187	265	164	152	30	160	175
Caroline County	7	19	30	15	9	25	30
King George County	20	16	33	20	24	22	35
Spotsylvania County	59	153	179	165	57	170	185
Stafford County	31	84	136	139	86	140	185
Other Localities	64	59	56	63	12	50	100
Total					218		710

Rappahannock Council Against Sexual Assault - Counseling and Case Management

[View Diagram](#) Goals and Objectives

Goals

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

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
85% of individual and group counseling clients will report reduced PTSD symptomatology.	Total # Clients Served	300	112	70	425			500
	Total # Clients Achieved/Successful	300	112	70	425			500
	% Achieved / Successful	100	100	100	100			100
85% of case management recipients will progress toward and/or achieve treatment plan goals.	Total # Clients Served	200	95	225	236			250
	Total # Clients Achieved/Successful	200	95	225	236			250
	% Achieved / Successful	100	100	100	100			100
*This is a new goal; therefore, we do not have year end or baseline information for this goal.								
85% of counseling clients will progress toward and/or achieve treatment plan goals.	Total # Clients Served	300	165	70	111			350
	Total # Clients Achieved/Successful	300	165	70	111			350
	% Achieved / Successful	100	100	100	100			100

Explanation & Overview

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

COVID-19 had a significant negative impact on RCASA and its services as the organization was not prepared to meet the needs of clients virtually.

Updates for FY2018

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

Telehealth services have been implemented. Hybrid services are being provided as well for those that need in-person contact.

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

Ensure 85% of clients have increased outcomes including: increased feelings of safety and security, information about the legal system, access to crisis services and decreased PTSD symptoms.

Goal:

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

Objectives		2020 Baseline	2020 Year End	2021 Baseline	2021 Year End	2022 Baseline	2022 Year End	2023 Baseline
RCASA will provide 500 hours of counseling services to survivors of sexual violence, to include short- and long-term, trauma-informed individual and group counseling.	Total # Clients Served	600	325	600	600			750
	Total # Clients Achieved/Successful	600	325	600	600			750
	% Achieved / Successful	100	100	100	100			100

***See note below re: reporting hours vs. number of clients. Progress toward goal: 2017 Year End Hours = 486; 2019 Baseline**

= 530

RCASA will provide 250 hours of case management services, to include psychoeducational groups, peer support sessions, and community coordination and referral.	Total # Clients Served	300	125	300	300	315
	Total # Clients Achieved/Successful	300	125	300	300	315
	% Achieved / Successful	100	100	100	100	100

***See note below re: reporting hours vs. number of clients. Progress toward goal: 2017 Year End Hours = 221; 2019 Baseline = 325**

RCASA will provide 225 hours of court advocacy services to survivors of sexual violence.	Total # Clients Served	230	110	230	250	325
	Total # Clients Achieved/Successful	230	110	230	250	325
	% Achieved / Successful	100	100	100	100	100

***See note below re: reporting hours vs. number of clients. Progress toward goal: 2017 Year End Hours =186; 2019 Baseline = 300**

Explanation & Overview

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

COVID19 had a significant negative impact on service provision. RCASA was not prepared to provide 100% of service virtually.

Updates for FY2018

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

Virtual services are offered across every program.

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

Ensure 85% of clients have increased outcomes including: increased feelings of safety and security, information about the legal system, access to crisis services and decreased PTSD symptoms.