

## Regional Funding

### Fiscal Year 2019 - Partner Funding Application

#### Rappahannock Council Against Sexual Assault

#### Agency Information

##### General Information

**Agency Name** Rappahannock Council Against Sexual Assault  
**Physical Address** 3331 Shannon Airport Circle, Fredericksburg, VA, 22408, U.S.A.  
**Mailing Address** 3331 Shannon Airport Circle Fredericksburg VA 22408  
**Agency Phone Number** (540) 371-6771  
**Federal Tax ID #** 54-1443112  
**Web Address** www.rcasa.org  
**Agency Email Address** christina@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** 31

##### Main Contact

**Main Contact** Christina Berben, phone: (540) 371-6771, email: christina@rcasa.org  
**Job Title** Executive & Clinical Director

##### Localities Served

*Please select any/all localities your agency serves.*

**Caroline**   
**Fredericksburg**   
**King George**   
**Spotsylvania**   
**Stafford**

##### Collaborative Impact

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

RCASA is the sole agency in PD 16 providing services for both adult and youth victims of sexual violence. Should RCASA's services be dissolved, victims would be without services that have been proven to benefit them. Allied agencies would be unable to meet the needs of victims of sexual assault due to the specialized training and experience of RCASA staff and volunteers. Without RCASA's services, victims would be less likely to report, or to seek medical assistance for, their injuries. Additionally, without RCASA's services, victims reporting to the emergency room would be without the advocacy and accompaniment so vital to their healing. Without RCASA's services, victims would also be without guidance through the difficult journey of prosecution, and may be less likely to pursue it. Ultimately, victims would be less likely to heal and return to what they would consider a normal and happy life.

RCASA's presence in the community as a crucial provider of sexual assault victim services represents a necessary separation from other community allies. Were RCASA to merge with another agency, victims suffering from sexual assault would struggle to find the highly specific services we provide. Agencies would be flooded with individuals seeking services that would no longer be offered.

**Community Impact**

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

**Example 1**

In FY17 RCASA services provided support for 587 total victims, both adult and youth. These services included hotline support, emergency medical accompaniment, court accompaniment, case management, and counseling. RCASA provided over 300 hours of crisis intervention support to victims of sexual violence, as well as close to 700 hours of individual counseling. RCASA advocates have accompanied dozens of victims of sexual assault through the painful and invasive process of DNA collection and the PERK exam during FY17. Victims also find themselves in need of accompaniment to court as they move through the prosecution process. RCASA has provided this necessary support, increasing the likelihood that perpetrators in our community will be prosecuted and that victims feel supported through the process. In order to meet clients where they are, RCASA often must make referrals to other community services to address additional needs clients may have. RCASA has provided over 300 referrals to other community programs, strengthening the ties in our community.

**Example 2**

In FY 17, RCASA's counseling services have been reported by victims as being vital to their recovery and healing from sexual violence. Through support groups and individual, trauma-informed counseling, adult and youth victims receive a level of care specific to sexual violence that cannot be found elsewhere in the community. The benefit of having an agency like RCASA in the community cannot be underestimated.

The psychological effects of sexual violence have been linked to long-term health risk behaviors. Reactions can range from PTSD and eating disorders to anxiety and depression. Physical impacts may include personal injuries, concerns about pregnancy, or risk of contracting an STI. 81% of women and 35% of men report significant short-term or long-term impacts such as Posttraumatic Stress Disorder (PTSD). Studies find sexual assault and the related trauma response can disrupt survivors' employment in several ways, including time off, diminished performance, job loss, and inability to work. It is estimated that women in the U.S. lose about 8 million days of paid work because of violence perpetuated against them by an intimate partner.

The impact of sexual violence on our community, including the costs of medical services, criminal justice expenses, crisis and mental health service fees, and the lost contributions of individuals affected by sexual violence, is wide-reaching. Sexual violence endangers critical societal structures because it creates a climate of violence and fear. According to the National Sexual Violence Resource Center (NSVRC), each rape costs approximately \$151,423 . Rape costs the U.S. more than any other crime (\$127 billion). It is because of the quality services that RCASA provides that these potential impacts to our community are mitigated.

### **Example 3 (Optional)**

# Rappahannock Council Against Sexual Assault

## Agency Budget Narrative

### Administrative Expenses

**Provide an overview of the administrative costs for your agency.**

Administrative costs for RCASA include salaries, benefits, operating costs and administrative expenses (payroll fees, payroll taxes, and recruiting). Salary expenses for administrative staff are \$50,000, with benefits totaling \$15,000. Salary expenses for direct service staff totals approximately \$311,280, with benefits to these staff totaling approximately \$53,000. Additional operating expenses total approximately \$29,500. Total operating costs \$458,780.

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

RCASA is requesting an increase in the administrative funding for FY19 in order to defray the costs of increasing salaries and benefits for employees. Providing competitive wages increases employee retention, which, in this field is crucial. Clients and volunteers who notice that RCASA staff remains consistent over time feel more comfortable seeking services at our agency. The number of RCASA volunteers and interns has increased in the past year, increasing our ability to provide services, but also increasing operating expenses.

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

RCASA committed to paying staff a fair living wage; salaries were increased as a result. Additionally, RCASA increased capacity by expanding some positions to full-time status and also by establishing new positions. RCASA employees had not received compensation increases for three years, resulting in RCASA employee compensation falling well below the national average salary range for the types of work performed. RCASA considers annual salary increases as important as cost of living increases. In order to sustain increases, RCASA is defraying cost across all grant funding, including localities funding.

### Capital Expenses

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

N/A

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

N/A

### Salary & Benefit Expenses

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

In FY18, RCASA hired a full-time Volunteer Coordinator, who recruits and retains volunteers necessary to perform administrative tasks as well as provide direct services to victims of sexual violence. Tasks of the

Grant Manager position were integrated into the Executive Director's job description and the Grants Management position was eliminated. Costs to support administrative-only staff are not covered by federal or state grand funding.

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

In order to increase staff retention, RCASA provides full-time personnel who have been with the agency more than one year with 100 percent health insurance coverage. As RCASA's staff has matured, the costs of providing these benefits has increased.

**Budget Issues**

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

N/A

**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.**

N/A

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

RCASA staff has noticed that the number of calls our agency receives from victims who are incarcerated has increased; as a result, more staffing hours must be devoted to the provision of this service. Additionally, RCASA plans to increase its crisis hotline function to include text messaging capability for the community, which will increase the need for volunteer and staff hours to cover this service. Finally, RCASA continues to grow and therefore would benefit from additional office space, which would increase occupancy costs.

## Rappahannock Council Against Sexual Assault

### Agency Total Budget

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

#### Expenses

	<b>FY 2017 Actual</b>	<b>FY 2018 Budgeted</b>	<b>FY 2019</b>
Salary	292,285.00	382,674.00	390,000.00
Benefits	71,360.00	78,275.00	81,900.00
Operating Expenses	118,933.00	98,049.00	100,000.00
Capital Expenses	0.00	0.00	0.00
Other Expenses	50,000.00	7,000.00	7,500.00
Total	532,578.00	565,998.00	579,400.00

#### Revenues

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

	<b>FY 2017 Actual</b>	<b>FY 2018 Budgeted</b>	<b>FY 2019</b>
Caroline	1,100.00	1,100.00	1,100.00
Fredericksburg	4,140.00	4,140.00	5,100.00
King George	500.00	0.00	1,100.00
Spotsylvania	21,000.00	21,000.00	21,000.00
Stafford	17,460.00	13,380.00	19,000.00
United Way	0.00	22,000.00	22,000.00
Grants	484,378.00	484,378.00	484,378.00
Client Fees	0.00	0.00	0.00
Fundraising	4,000.00	20,000.00	25,722.00
Other (Click to itemize)	0.00	0.00	0.00
Total	532,578.00	565,998.00	579,400.00

#### Surplus / Deficit

	<b>FY 2017 Actual</b>	<b>FY 2018 Budgeted</b>	<b>FY 2019</b>
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Surplus or Deficit	0.00	0.00	0.00
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# Rappahannock Council Against Sexual Assault

## Locality Information

### Locality Notes

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

#### **Caroline County**

In FY17, 12 Caroline residents received RCASA hotline, hospital accompaniment, case management and counseling services. RCASA continues to provide outreach in this community in order to assist victims who are not reporting due to a possible lack of awareness of the services that RCASA can provide to them.

Additionally, RCASA provided sexual violence prevention and healthy relationship programming to approximately 600 students in FY17 at the Caroline County Middle School. In FY19, RCASA is scheduled to provide prevention education and healthy relationship programming to Caroline High School students (9th & 10th grades), thereby doubling the number of youth we serve in Caroline County. Funding by Caroline County is crucial to RCASA's ability to provide this programming to Caroline County youth.

RCASA was awarded \$1100 in funding for FY 17. We request level funding for FY19.

#### **City of Fredericksburg**

In FY17, 350 Fredericksburg residents received RCASA hotline, hospital accompaniment, case management and counseling services. This number represents a 27 percent increase over the total served last year. We anticipate that this number will continue to increase in FY19. Most of our clients reside or receive services in the city of Fredericksburg. Fredericksburg is a densely populated urban region, and the location of one of the local hospitals (Mary Washington Hospital) at which RCASA provides hospital accompaniment services to victims. RCASA was awarded \$4140 in funding for FY18.

We request \$5100 for FY19.

#### **King George County**

In FY17, 30 King George residents received RCASA hotline, hospital Accompaniment, case management and counseling services. RCASA plans to increase outreach to King George County in order to assist victims who are not reporting due to a possible lack of awareness of the services that RCASA can provide.

RCASA provided sexual violence prevention and healthy relationship programming to 573 students King George Middle School. In FY18, we provided sexual violence prevention and healthy relationship programming to 278 students in King George High School.

RCASA was not awarded funding for FY18. We request \$1000 for FY19 in order to serve the increasing number of victims, their families, and loved ones who are residents of King George. Funding by King George County is crucial to RCASA's ability to provide this programming to Caroline County youth.

#### **Spotsylvania County**

In FY17, 100 Spotsylvania residents received RCASA hotline, medical accompaniment, case management and counseling services.

In FY18, RCASA is scheduled to provide sexual violence prevention and healthy relationship programming to 9th and 10th graders in Courtland High School in Spotsylvania County. Funding by Spotsylvania County is crucial to RCASA's ability to provide this programming to Spotsylvania County youth.

RCASA was awarded \$21,000 in funding for FY18. We request level funding for FY19.

### **Stafford County**

In FY17, 70 Stafford residents received RCASA hotline, medical accompaniment, case management and counseling services. RCASA will maintain outreach activities in Stafford County. In FY17, RCASA provided sexual violence prevention and healthy relationship programming to 441 students at Stafford High School. In FY18, RCASA will provide sexual violence prevention and healthy relationship programming to 9th and 10th graders in Mountain View High School in Stafford County.

Continued funding by Stafford County is crucial to RCASA's ability to provide this programming to Spotsylvania County youth.

RCASA was awarded \$13,380 in funding for FY17. We request \$19,000 for FY19 in order to continue to serve survivors of sexual violence as well as Stafford County youth.

# Rappahannock Council Against Sexual Assault - Comprehensive Crisis Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling

## 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

<b>Program Name</b>	Comprehensive Crisis Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling
<b>Is this a new program?</b>	No

## Program Contact

<b>Name</b>	Christina Berben
<b>Title</b>	Executive & Clinical Director
<b>Email</b>	christina@rcasa.org
<b>Phone</b>	(540) 371-6771

## Program Purpose / Description

### Provide an overview of this program

RCASA provides, free of charge, a 24-hour hotline and hospital accompaniment program to adult and child victims of sexual violence that includes: 24-hour crisis phone support, physical evidence recovery information, medical referral, law enforcement referral, emergency accompaniment and companionship throughout the exam and medical care, funding options, legal resources, and emotional support. Both primary and secondary victims are provided with information and referral services free of charge.

RCASA's counseling program has expanded to meet the varied needs of survivors of sexual violence. RCASA offers increased access to trauma-informed, evidence-based treatment interventions and modalities. The counseling department facilitates individual and group therapy. Additionally, psychoeducational groups are offered for both primary and secondary survivors.

RCASA offers the following evidence-based interventions: Cognitive Behavioral Therapy (CBT), Trauma-Focused (CBT), Eye Movement Desensitization & Reprocessing (EMDR), Cognitive Processing Therapy (CPT), and art therapy. The goals of RCASA's counseling program are to improve symptoms of PTSD and related challenges, to help clients identify and embrace their existing strengths, as well as assist

clients in developing new coping mechanisms, to help clients decrease feelings of shame and responsibility for their victimization, and to assist survivors in understanding the healing process.

## **Client Fees**

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

All RCASA services are provided free of charge. There are no fees associated with RCASA services.

## **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.**

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

**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.**

RCASA provides all people who have experienced sexual violence, their families, and loved ones, with services, regardless of their ability to pay, free of charge. Services are available in English and in Spanish.

RCASA serves Planning District 16, which includes Stafford County, Caroline County, King George County, Spotsylvania County, and the City of Fredericksburg.

Our office is located in the county of Spotsylvania. Our hotline service is provided 24-hours a day, 7 days a week. We provide our emergency accompaniment service on-site at local hospitals, as requested, 24-hours a day, 7 days a week. Follow-up services are offered during business hours (9 a.m. – 5 p.m.) Monday – Friday.

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

N/A

# **Rappahannock Council Against Sexual Assault - Comprehensive Crisis Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling**

## **Program Budget Narrative**

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

RCASA requests a funding increase from Fredericksburg City due to the number of individuals we serve who live the city. By far, the greatest number of individuals who receive services from RCASA reside in or receive services in Fredericksburg. Increased funding will allow RCASA staff to continue to provide services in the City of Fredericksburg and also to increase the number of services we provide.

In FY18, RCASA was not awarded funding from King George County. Despite this, our agency has continued to provide services to the residents of King George and, especially, the youth of King George, through our prevention education programming.

In FY18, RCASA saw a decrease in funding from Stafford County although the services we provide to the county increased. Our sexual violence prevention education programming was provided to over 400 students in the county and this year we are poised to increase those numbers.

Additionally, in FY19, RCASA would like to hire another counselor.

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

Without an increase in funding from each locality, it is possible that RCASA may have to decrease the number of services provided. RCASA has a small staff and, as a result, our agency must prioritize the activities we perform in the community.

Additionally, without increased funding, we may not be able to hire an additional counselor. The addition of another counselor will greatly impact the services we are able to provide to every locality.

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

Currently, RCASA has one Clinical Director, a Clinical Services Coordinator, and a clinical intern. Even with all three of these positions providing counseling services to clients, there is a three-week waiting list for services. Were we to hire an additional counselor, we would decrease the time it takes for residents to access services and also increase our ability to provide services in the community, including providing services in area schools. Providing services remotely in the community helps to minimize barriers to services, like access to transportation.

**Rappahannock Council Against Sexual Assault - Comprehensive Crisis Intervention Services:  
Crisis, Case Management/Legal Advocacy, Counseling**

**Program Specific Budget**

*Please provide your program specific budget below.*

**Expenses**

	<b>FY 2017 Actual</b>	<b>FY 2018 Budgeted</b>	<b>FY 2019</b>
Personnel	61,956.00	83,881.00	83,881.00
Benefits	11,640.00	19,417.00	21,000.00
Operating Expenses	24,975.00	21,570.00	22,000.00
Capital Expenses	0.00	0.00	0.00
<b>Total</b>	<b>98,571.00</b>	<b>124,868.00</b>	<b>126,881.00</b>

**Revenues**

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

	<b>FY 2017 Actual</b>	<b>FY 2018 Budgeted</b>	<b>FY 2019</b>
Caroline	231.00	231.00	242.00
Fredericksburg	870.00	870.00	1,122.00
King George	105.00	0.00	220.00
Spotsylvania	4,410.00	4,410.00	4,410.00
Stafford	3,150.00	2,809.00	4,180.00
United Way	10,000.00	10,000.00	10,000.00
Grants	78,596.00	103,298.00	104,881.00
Client Fees	0.00	0.00	0.00
Fundraising	1,209.00	3,250.00	1,826.00
Other (Click to itemize)	0.00	0.00	0.00
<b>Total</b>	<b>98,571.00</b>	<b>124,868.00</b>	<b>126,881.00</b>

**Surplus / Deficit**

	<b>FY 2016 Actual</b>	<b>FY 2017 Budgeted</b>	<b>FY 2018 Requested</b>
Surplus or Deficit	0.00	0.00	0.00

# Rappahannock Council Against Sexual Assault - Comprehensive Crisis Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling

[View Diagram](#) Goals and Objectives

## Goals

### Goal:

To provide comprehensive crisis response intervention, case management, and counseling services to survivors of sexual violence in PD16.

Objectives	Objective Results	Year End	Baseline
<b>RCASA will provide crisis response services to 150 survivors of sexual violence in PD 16 to include hospital accompaniment and hotline services</b>	Total # Clients Served	175	60
	Total # Clients Achieved/Successful	175	60
	% Achieved / Successful	100	100
<b>RCASA will provide case management services to 300 survivors of sexual violence to include personal advocacy, legal advocacy and accompaniment and referrals to other community supports.</b>	Total # Clients Served	425	225
	Total # Clients Achieved/Successful	425	225
	% Achieved / Successful	100	100
<b>RCASA will provide counseling services to 400 survivors of sexual violence to include short-term, trauma-focused individual counseling and trauma- informed group counseling.</b>	Total # Clients Served	400	314
	Total # Clients Achieved/Successful	400	314
	% Achieved / Successful	100	100

## Outcomes Narratives

### Explanation & Overview

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

### Updates for FY2018

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

In order to align with other agency goals to extend our services to more individuals, and to streamline

data, for FY19, we have decided to create goals that focus on the number of survivors served.

**If you are restating the goals or objectives for FY 2018, please include those here**

**Goal:**

**To provide crisis, case management, and counseling services that provide strategies for enhancing safety and improve level of functioning.**

<b>Objectives</b>	<b>Objective Results</b>	<b>Year End</b>	<b>Baseline</b>
<b>RCASA will provide strategies for enhancing safety to at least 500 survivors of sexual violence and their families.</b>	Total # Clients Served	550	200
	Total # Clients Achieved/Successful	550	200
	% Achieved / Successful	100	100
<b>After receiving RCASA services, 500 survivors of sexual violence will report an improvement in functioning.</b>	Total # Clients Served	550	200
	Total # Clients Achieved/Successful	550	200
	% Achieved / Successful	100	100

**Outcomes Narratives**

**Explanation & Overview**

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

**Updates for FY2018**

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

In order to align these measurables with agency goals and to streamline data, we modified previous goals to reflect client goals.

**If you are restating the goals or objectives for FY 2018, please include those here**

**Rappahannock Council Against Sexual Assault - Comprehensive Crisis Intervention Services:  
Crisis, Case Management/Legal Advocacy, Counseling**

**Number of Individuals Served**

**Localities**

*Please provide the actual numbers of individuals served in this program during FY2016 and the projected numbers of individuals to be served in FY2018.*

<b>Locality</b>	<b>FY2017 (Actual)</b>	<b>FY2019 (Projected)</b>
Fredericksburg City	350	400
Caroline County	12	12
King George County	30	30
Spotsylvania County	100	150
Stafford County	70	75
Other Localities	109	100
Total	671	767

# **Rappahannock Council Against Sexual Assault - Comprehensive Crisis Intervention Services: Crisis, Case Management/Legal Advocacy, Counseling**

## **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 has collaborative agreements with many partners serving PD 16. These partnerships have enabled RCASA & allied agencies to share information & resources. Through our partnerships with Mary Washington, Stafford, and Spotsylvania Regional hospitals, we are able to provide accompaniment/advocacy to victims. RCASA partners with DSS to provide needed support to victims & their families. RCASA maintains a relationship with Fredericksburg Counseling Services (FCS), providing mutual referrals, along with providing consultation for FCS clients who have experienced sexual assault or abuse. RCASA provides groups at Sunshine Lady House and Kenmore Club, both programs of the RACSB. RCASA also provides a group at Micah Respite Home. Partnering with Victim/Witness Programs and Commonwealth Attorneys allows RCASA to provide vital support to victims and families. RCASA has increased our presence RRJ and Chaplain Youth Center and provides support for inmates through advocacy.

### **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 sole agency in PD 16 providing intervention services for both adult and youth victims of sexual violence. Should RCASA's services be dissolved, victims would be without services that have been proven to benefit them. The needs of victims of sexual assault are very specific and without RCASA, allied partners would be unable to respond adequately. Subsequently, victims would be less likely to report, or seek medical assistance for, their assault. Victims reporting to the emergency room would be without advocacy and accompaniment. Victims, and their support networks, would also be without guidance through the difficult journey of prosecution, and may be less likely to pursue prosecution. Were RCASA to merge with another agency, victims suffering from sexual assault would struggle to find the highly specific services we provide. Agencies would be flooded with individuals seeking services that would no longer be offered.

# Rappahannock Council Against Sexual Assault - Education, Prevention, Training and Outreach 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** Education, Prevention, Training and Outreach Services  
**Is this a new program?** No

## Program Contact

**Name** Christina Berben  
**Title** Executive & Clinical Director  
**Email** christina@rcasa.org  
**Phone** (540) 371-6771

## Program Purpose / Description

### Provide an overview of this program

RCASA provides a variety of educational services to the general public and to allied professionals (e.g. allied professionals, Law Enforcement, Forensic Nurses, etc.) in communities we serve. RCASA's educational presentations provide information on sexual violence as well as appropriate crime victim response, in the form of professional and structured presentations. 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 intervention, 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 posttraumatic 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.

## Client Fees

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

All RCASA services are provided free of charge. There is no fee for services.

## **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.**

RCASA is the primary sexual assault crisis agency offering educational services in PD 16. In FY17, RCASA reached an audience of over 10,000 individuals through a combination of our prevention and outreach efforts. Additionally, we are the only agency that provides this variety of educational, prevention, allied professional training and outreach services for sexual assault and sexual abuse victims and their families. We provide much-needed education on sexual violence identification, age-appropriate curriculum for prevention of sexual assault and abuse, crime victim response training for allied professionals, and general outreach to the community to encourage reporting and increased prevention from pertinent organizations and individuals.

**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.**

Community members of all ages, ethnic, and economic backgrounds, gender identification, and sexual orientations. With directed outreach and education provided to vulnerable populations: youth, adults with intellectual disabilities, LGBTQ+ groups, and vulnerable adults.

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

Our program does not have any specific entry or application criteria.

# Rappahannock Council Against Sexual Assault - Education, Prevention, Training and Outreach Services

## Program Budget Narrative

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

RCASA requests a funding increase from Fredericksburg City due to the number of outreach events we attend in the city. By far, the greatest number of individuals who receive services from RCASA reside in or receive services in Fredericksburg. Increased funding will allow RCASA staff to continue to provide prevention and outreach services in the City of Fredericksburg and also to increase the number of services we provide.

In FY18, RCASA was not awarded funding from King George County. Despite this, our agency has continued to provide prevention and outreach to the residents of King George and, especially, the youth.

In FY18, RCASA saw a decrease in funding from Stafford County although the services we provide to the county increased. Our sexual violence prevention education programming was provided to over 400 students in the county and this year we are poised to increase those numbers.

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

Without an increase in funding from some localities, it is possible that RCASA may have to decrease the number of services provided to those localities. RCASA has a small staff and, as a result, our agency must prioritize the activities we perform in the community.

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

N/A

# Rappahannock Council Against Sexual Assault - Education, Prevention, Training and Outreach Services

## Program Specific Budget

Please provide your program specific budget below.

### Expenses

	<b>FY 2017 Actual</b>	<b>FY 2018 Budgeted</b>	<b>FY 2019</b>
Personnel	69,555.24	64,480.00	64,480.00
Benefits	16,336.00	17,233.00	18,000.00
Operating Expenses	28,544.00	16,668.00	17,000.00
Capital Expenses	0.00	0.00	0.00
<b>Total</b>	<b>114,435.24</b>	<b>98,381.00</b>	<b>99,480.00</b>

### Revenues

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

	<b>FY 2017 Actual</b>	<b>FY 2018 Budgeted</b>	<b>FY 2019</b>
Caroline	264.00	198.00	198.00
Fredericksburg	994.00	703.80	867.00
King George	120.00	0.00	170.00
Spotsylvania	5,040.00	3,570.00	3,570.00
Stafford	4,190.00	2,274.60	3,230.00
United Way	12,000.00	12,000.00	12,000.00
Grants	85,891.00	79,634.60	79,445.00
Client Fees	0.00	0.00	0.00
Fundraising	5,936.24		
Other (Click to itemize)	0.00	0.00	0.00
<b>Total</b>	<b>114,435.24</b>	<b>98,381.00</b>	<b>99,480.00</b>

### Surplus / Deficit

	<b>FY 2016 Actual</b>	<b>FY 2017 Budgeted</b>	<b>FY 2018 Requested</b>
Surplus or Deficit	0.00	0.00	0.00

[View Diagram](#) Goals and Objectives

**Goals**

**Goal:**

To provide education, prevention training, and outreach services to at risk and under- served populations such as middle and high school students and individuals in detention or treatment programs.

**Objectives**

Objective Results	Year End	Baseline
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**RCASA will provide 15 prevention trainings to approximately 975 adolescents on the subject of violence prevention, bullying, healthy relationships, and risk reduction of sexual abuse and sexual assault.**

Total # Clients Served	900	225
Total # Clients Achieved/Successful	900	225
% Achieved / Successful	100	100

**RCASA will provide 40 prevention trainings to approximately 200 individuals representing under-served populations on the subject of violence prevention, trauma, healthy coping, and risk reduction of sexual abuse and sexual assault.**

Total # Clients Served	180	45
Total # Clients Achieved/Successful	180	45
% Achieved / Successful	100	100

**Outcomes Narratives**

**Explanation & Overview**

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

**Updates for FY2018**

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

In order to align these measurables with agency goals and to streamline data, we modified previous goals to reflect other agency goals.

**If you are restating the goals or objectives for FY 2018, please include those here**

**Goal:**

To provide education, prevention training and outreach to allied professionals, community partners and the general community in PD16, raising awareness of sexual violence and disseminate information about RCASA's services.

<b>Objectives</b>	<b>Objective Results</b>	<b>Year End</b>	<b>Baseline</b>
<b>To provide 12 trainings annually to Allied Professionals, in PD 16, serving 250 attendees or more on the subject of appropriate response to victims of sexually violent crimes.</b>	Total # Clients Served	200	175
	Total # Clients Achieved/Successful	200	175
	% Achieved / Successful	100	100
<b>RCASA will participate in at least 15 public outreach events annually for the general community in PD16, reaching at least 10,000 individuals to raise an awareness of sexual violence and provide information about RCASA's services.</b>	Total # Clients Served	9,950	2,487
	Total # Clients Achieved/Successful	9,950	2,487
	% Achieved / Successful	100	100

**Outcomes Narratives**

**Explanation & Overview**

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

**Updates for FY2018**

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

In order to align these measurables with agency goals and to streamline data, we modified previous goals to reflect other agency goals.

**If you are restating the goals or objectives for FY 2018, please include those here**

# Rappahannock Council Against Sexual Assault - Education, Prevention, Training and Outreach Services

## Number of Individuals Served

### Localities

*Please provide the actual numbers of individuals served in this program during FY2016 and the projected numbers of individuals to be served in FY2018.*

<b>Locality</b>	<b>FY2017 (Actual)</b>	<b>FY2019 (Projected)</b>
Fredericksburg City	3,698	4,000
Caroline County	2,293	2,522
King George County	753	830
Spotsylvania County	2,208	2,428
Stafford County	1,051	1,156
Other Localities	0	0
<b>Total</b>	<b>10,003</b>	<b>10,936</b>

# **Rappahannock Council Against Sexual Assault - Education, Prevention, Training and Outreach 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 staff has been actively engaged in partnerships with Caroline, King George, Stafford, and Spotsylvania County schools to implement primary prevention programming. RCASA Staff has conducted prevention programming covering the topics of healthy relationships, sexual assault, consent, and bystander intervention. Additionally, RCASA partners with other youth-serving agencies, like the Chaplin Youth Center.

## **Collaborative Impact**

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

If RCASA were to be dissolved, our community would lose the predominate provider of sexual assault services in PD 16. The effects of sexual assault are far reaching and often represent a potentially catastrophic event in the lives of victims. Victimization affects physical health (injuries sustained, STI's, etc.) but also mental health (depression, anxiety, substance abuse, etc.). These issues can have a dramatic effect on the victims' ability to work and become/remain productive members of our community. It is estimated by the Department of Justice that each sexual assault costs over \$151,000 and represents an annual cost for the US of \$127 billion, far more than any other crime/injury. RCASA's services are available for the entirety of Planning District 16 and would leave 350,000+ without access to these crucial prevention education services.