

IT STARTS HERE

# *Annual Report*

*July 1, 2018- June 30, 2019*

*The mission of WOMANSPACE is to **Prevent Abuse, Protect Families,** and **Change Lives** through empowerment and a safety net of supportive services.*



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# Message from the President and Executive Director



DANIELLE COPPOLA, MD



PATRICIA M. HART, M.S.W., LCSW

For forty-two years Womanspace has been providing exceptional support to families who are impacted by domestic violence. In that time, the world and the available resources have changed radically. Leaving home with limited resources, children to care for and no income has left families in critically dangerous situations. Womanspace has always been here to help, twenty-four hours a day, three hundred and sixtyfive days a year. Our challenges come in finding the available resources.

The number one priority identified by survivors who access our services is safe and affordable housing. In years past, there were many options for families but many of those doors have closed. Housing has become more and more expensive and out of reach for low-income families. Realities like economic downturns and political priorities have re-shaped the housing situation. The absence of Section 8 housing availability, limits on financial assistance and the elimination of accommodations previously afforded to survivors has limited choices for many families.

Womanspace currently operates a Transitional Housing Program that consists of six individual apartments of differing sizes. With over 150 families coming through our Emergency Safe House each year and another fifteen hundred accessing counseling services some of whom may be planning relocation to escape violence, simple math dictates that we can't provide enough housing to meet the growing needs. We rely heavily on the availability of community housing resources all of which are stretched thin. Womanspace staff are resourceful at locating opportunities and are committed to keep trying, keep looking. Creativity has been the name of the game for a long time as families double up, apartment-share, move into a room in someone else's home. What we always hope we can avoid is a move back to the violence they escaped. However, if you have to choose being abused vs. your children having a bed to sleep in, you too, might sadly choose abuse.

What is the answer? We just keep looking for resources...that never ends. Since 2004 we had received an Office of Violence Against Women Federal (OVW) Transitional Housing grant but lost it two years ago. This year two very positive things happened that I am excited to share with you. With the assistance of Congresswoman Bonnie Watson Coleman's office and the contingent of legislators who partnered with her and advocated for us, and the excellent grant writing of our Associate Executive Director our Transitional Housing Grant was returned to us for the next three years. We can expand our availability and assist more families. In addition we applied for (same grant writing expertise) and received a HUD Transitional and Rapid Rehousing Federal Grant for the upcoming year allowing us to serve an additional ten families and more if possible. This could not have happened without the direction and support of Mercer County and the City of Trenton Housing Departments.

Proof positive that it takes a village. I am so pleased to share our good news and grateful for all of you who help Womanspace stay strong throughout our challenging times. I thank you for everything you do in service of survivors of domestic and sexual violence.

*Of important note, the number one reason for the homelessness of women and children is domestic violence.*

Respectfully submitted

Patricia M. Hart, M.S.W., LCSW  
Executive Director



# Board of Directors And Advisory Council 2018 - 2019



## WOMANSPACE, INC. BOARD OF DIRECTORS

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Jennie Adams	Stephanie Rossi-Locane	Stephen Sigmund
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## WOMANSPACE FOUNDERS:



BARBARA BOGGS  
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MARY ANN CANNON



DEBORAH METZGER

*Womanspace, Inc., founded in 1977, is a non-profit corporation providing comprehensive services to individuals and families impacted by domestic and sexual violence. In response to information gathered by the Mercer County Commission on the Status of Women identifying the need for services for battered women and their children, Womanspace opened the first publicly supported emergency residential facility in New Jersey in February 1978. From the beginning, our goal was to serve victims beyond the initial crisis. That goal has become a reality as our services continue to grow to assist clients facing complex situations due to the violence in their lives.*

### OUR MISSION

The mission of Womanspace is to **Prevent Abuse, Protect Families, and Change Lives** through empowerment and a safety net of supportive services.

### OUR VISION

Womanspace, Inc. will be recognized as a prominent leader in providing services that address domestic and sexual violence in the county of Mercer and across the state.

Womanspace will value the right of survivors to make life decisions based on a process that allows them to be fully informed of all their options.

Womanspace will maximize resources through collaborative partnerships that enable us to impact the community response to domestic and sexual violence.

Womanspace will commit to cultural competency and inclusive practices.

### OUR THREE-YEAR STRATEGIC PLAN (2018 – 2020)

#### ***Strategic Initiative I: Strengthen Existing Client Support Services***

*Create, strengthen and maintain a range of client services to effectively support the process of healing from the trauma of domestic violence/sexual assault and to foster the ability to sustain healthy relationships.*

#### ***Strategic Initiative II: Increase Access to Services***

*Increase access to services, including multicultural, multilingual services and services to persons with disabilities.*

#### ***Strategic Initiative III: Strengthen Organizational Capacity***

*Strengthen the organization's infrastructure and capacity to support current and future growth.*

#### ***Strategic Initiative IV: Commitment to Excellence***

*Ensure quality services through continuous quality assurance and evaluation.*

# Highlights of Fiscal Year 2019

Womanspace clients come from all geographic, socio-economic, cultural, racial and religious backgrounds and present a diversity of needs.

The intent of Womanspace is to be accessible to all. Our handicapped accessible services are essential to the community and our belief in collaboration keeps us visible to all in Mercer County. Our collaborations include the court system, law enforcement, child protective services, welfare, healthcare/mental healthcare, homeless agencies, social service providers and many private nonprofit organizations within the county. Forming a coordinated community response to domestic and sexual violence is critical to addressing the many needs that our clients face.

Listed below are the activities from the year 2018/19 that help us reach our goals in serving the community.

EMERGENCY SERVICES, available 24 hours a day/7 days a week, are designed to assist victims of domestic violence, sexual assault and Human Trafficking immediately following a crisis.

- New windows at the Safe House.
- Monthly yoga classes.
- New office furniture for all staff.
- Wifi available for clients.
- New chairs for clients (clients' entrance seating area).
- Since 2016 BloOut Hair Salon in Hamilton has been treating clients to an evening of pampering every other month. Clients and their children get their haircut, washed and styled by amazing artisans that volunteer their time. Clients and their children get to enjoy pizza and other treats while getting their hair done.

COUNSELING AND SUPPORT SERVICES (CSS) are provided to adults and children by professionals who are specifically trained in the fields of domestic violence and sexual assault. Advocate services are also available on site at Family Court, Municipal Courts and Department of Child Protection and Permanency (DCP&P). Services are available regardless of ability to pay. Spanish speaking counselors are available for all services provided by this program.

- All CSS counselors completed EMDR Basic Training.
- One of our talented counselors completed EMDR Certification.
- Second round of EMDR research completed with statistically significant results.
- First Client Appreciation Fun Fair was well attended by 40 participants.
- Fun Fridays – a new group for children was started.
- A weekly yoga class began.

NEXT STEP & BARBARA'S HOUSE transitional housing services provide an essential stabilizing influence for families who have experienced domestic violence. Womanspace housing programs foster independence and self sufficiency for victims of domestic violence and their children.

- Staff is working on educating mothers about their rights under the federal law of the McKinney-Vento Act.
- Staff works closely with parent to determine what their children's needs are and advocate with local public schools to ensure that these needs are, met, including safety plans at school, placement in IEP Plans, transportation, and the most appropriate school district.
- First client has just bought a home for herself and her family.

SEXUAL ASSAULT SUPPORT SERVICES provides group and individual counseling and support for survivors of sexual assault. In addition SASS provides prevention services to middle school, high school and college students.

- Our Prevention Educator continued providing the Safe Dates curriculum through our partnership with Isles.
- Used the Safe Dates curriculum with a new middle school, Kreps MS in East Windsor, in partnership with RISE.
- Worked with a new program called Home Works to provide their students with Safe Dates.
- Our Prevention Educator became a member of the Children's Interagency Coordinating Council which is helping with the networking necessary for Prevention work.



- Formed relationships with Princeton High School & YingHua International School.
- Entered into an MOU with the Department of Corrections to provide inmates housed in Mercer County with access to our sexual assault hotline services to support survivors in DOC custody.
- Our Sexual Assault Coordinator sat on Y Panel, discussing #MeToo, the R Kelly documentary and how men can be allies in the movement titled “Sexual Assault and Gender Based Violence.”

DOMESTIC VIOLENCE & SEXUAL ASSAULT RESPONSE TEAMS – Provide extensively trained and carefully supervised volunteers (24/7) who respond at the time of crisis to support victims and their families. This year’s training had new staff as well as:

- Two Volunteer trainings at the Lawrence Police department with 33 graduates
- Two day training for officers at the East Windsor Police Department
- Recruited more Trenton Municipal Court Advocates to respond to municipal courts

#### DEVELOPMENT, PUBLIC RELATIONS AND MARKETING

- 25th Annual BBS was a Success honoring CEO of A Call TO Action, Tony Porter, for his efforts to prevent violence against women while promoting healthy manhood. We raised over \$128,000.
- Annual Appeal raised \$153,000 thanks to foundations, corporations, and individuals.
- Communities of Light honorary Chair was Pam Mount, owner and operator of Terhune Orchards raised more than \$41,000, as well as receiving a lot of publicity on social media and beyond.
- Acquired a new addition to our database, called NXT of Blackbaud assisting with major donors and wealth screenings.

GRANTS – We are so fortunate to obtain such plentiful grants throughout the year, some of our newer and sustainable grantees are listed below and we hope to continue a long nourishing relationship with them:

- James Kerney Foundation once again has continued their support of Womanspace’s Safe House. We received \$25,000 for new windows at the Safe House.
- Gertrude L. Hirsch charitable trust is a new donor to Womanspace and we are so thankful for their \$5,000 donated to our Children’s services and we hope to continue this relationship for years to come.
- Blackrock once again gave us \$10,000 for our children’s services.
- Nordson donated \$12,000 for the second year in a row to our Safe House and transitional housing program.
- Our long standing partner, Janssen donated \$8,500 to our safe house/transitional housing.
- The Bunbury Fund at Princeton Area Community Foundation, granted us with \$30,382 in order to buy a new, more beneficial database called Osnium.
- Mary G. Roebling Foundation once again donated \$7,000 for the expansion of our children’s services.
- Help for Children donated \$12,500 for the second year in a row to our Children’s services.
- Dombal-Vogel Foundation is brand new to Womanspace and granted us with \$3,000 to our safe house playroom.
- Volunteer Coordinator attended numerous community events throughout the year attending events that both build awareness for Womanspace and raise funds. Below are just a few:
  - BWNice
  - Children’s Futures
  - Mercer County Women’s Council of Realtors
  - Pinot’s Palette
  - Trenton Area Soup Kitchen
  - CEAS-Homeless Outreach Programs
  - Princeton Farmers Market
  - Barnes & Noble Princeton
  - Princeton Chamber of Commerce
  - Passage Theater partnered with Womanspace as a community partner at their play in May at Mill Hill Playhouse raising awareness.



## HUMAN RESOURCES

- Updated Personnel Manual to be more gender neutral.
- Computer and internet policies to include smart phones and hiring practices.
- Timesheets are now electronic. All PT employees have to clock in and clock out.

## ADMINISTRATION

- Womanspace purchased a new mega server and for the first time the entire agency is now hosted on one server.
- Executive Director, Patricia Hart was recognized at a reception hosted by Paula Solami Covella with three other women for Non-Profit Leadership.
- Womanspace received their first ever HUD grant which offers funding for Transitional and Rapid Rehousing.
- Womanspace purchased new data base software, Osnum that will allow for the refinement of data collection and reporting for grants received.
- Executive Director, Patricia Hart joined the Trenton Social Impact Group, formed to bring together a coalition of area non-profits to assist in improving the lives of residents impacted by poverty in Trenton.
- Executive Director, Patricia Hart was elected to serve on the Board of Directors of the New Jersey Coalition to End Domestic Violence.
- Womanspace was awarded a 3-year Violence Against Women (OVW) Federal Grant for Transitional Housing.
- Executive Director, Pat Hart and counselor, Alana Goebel sat on a panel at Mercer County Community College with the President of MCCC to discuss issues impacting victims.

**NEW GOVERNMENT GRANTS SECURED** – We applied for HUD’s new funding stream to serve DV victims and Womanspace was awarded \$226,795 to begin providing housing assistance to our homeless DV victims in the Safe House.

**WOMANSPACE STAFF COMMITTEES** – For many years Womanspace has engaged the skills, commitment and expertise of staff in creating committees that drive much of the work of the organization. Only an amazing staff would volunteer to spend extra time beyond the responsibilities of their positions to participate in the operations of the agency. Womanspace has the good fortune to have that kind of staff composition. All committees meet monthly.

- Bilingual Services Team – The first staff driven committee created by Spanish speaking staff to ensure that all Womanspace clients have access to materials in Spanish, that Womanspace has a presence in the Spanish-speaking community and that clients for whom English is not their first language feel comfortable and safe at Womanspace. The committee works on translating forms, attending Latina community events and speaking engagements.
- Cultural Competency Committee – Created to ensure that we are always working toward a higher level of cultural competency. That everyone who walks in the door of Womanspace feels comfortable regardless of age, ethnicity, gender, language, religion, sexual orientation, or differently abled. The committee plans inservice training, summer film festival, joins the YWCA for their Stand Against Racism and works in partnership with other committees to commemorate both SAM and DVAM.
- Education and Training Committee – When funding disappeared for Prevention and Education the Education and Training Committee took over. Members of the committee respond to all requests for speaking throughout the year. In addition, they create standard presentations so that the message of Womanspace is always consistent and make all presentations available to all staff. The committee provides time for members to practice until they feel comfortable presenting. Last year the committee provided over 55 presentations in the community.
- SOUP Committee (Domestic Violence Awareness Month DVAM and Sexual Assault Awareness Month SSAM) (Alphabet Soup) – This committee plans the launch for both significant months, they plan activities to bring awareness across the county, they plan in-service training in partnership with other committees to ensure that the message of DV and SA is present in the agency and in the community. This committee also maintains a focus on Human Trafficking.



Shishedo employees were kind enough to work on 150 Client appreciation gift bags with lovely gifts and an encouraging note in each bag. They also gave us a generous donation of \$4,240! Susan Adams, Lauren Nazarian and Pat Hart are pictured along with the dedicated and generous Shishedo employees.



The Drum & Dance Leaning Center sponsored an International Shimmy Mob, May 11 at Hinds Plaza in Princeton to raise funds and awareness for Womanspace and its' services. Middle Eastern dance was the theme and young and old enjoyed the performance.



Womanspace's dedicated volunteers just completed their 80 hours of training for the Domestic Violence Victim Response Team (DVVRT) and Sexual Assault Support Services (SASS) Advocate Team in the Spring of 2019. DVVRT and SASS team members provide vital support to victims of domestic violence and sexual assault during the most critical time. In the past 13 years, the teams have served over 5,700 residents of Mercer County.



Communities of Light™, Peace Begins at Home Campaign helps raise awareness and lets victims know they are not alone. In 2018, Womanspace was honored to have Pam Mount, Owner and Operator of Terhunes Orchards in Princeton NJ and longtime supporter and retailer of COL. We thank Pam and our supporters for their support and commitment of Communities of Light, shining a light on violence in Mercer County.



Womanspace supporters celebrated the 25th Annual Barbara Boggs Sigmund Awards at the Princeton Hyatt on Thursday, May 23, 2019. We were thrilled to honor Tony Porter, CEO of A Call To Men. We were also honored to have Samuel Frisby, Freeholder of Trenton speak about his personal experience with violence in his childhood and family. Pat Hart, our Executive director is giving our honoree award to Tony along with Stephen and Ruby Sigmund.



Womanspace's 41st Annual Meeting was held on October 16, 2018 at the Muslim Center of Princeton. We honored some board members for their commitment to Womanspace and years of service. Edwin Schmierer for 32 years of service, Maev Cannon and Fran Zeitler for 29 years of service and Meaghan Cannon and William Spain for 24 and 21 years of service. Fran read a moving poem that showed not only our board's passion to Womanspace but also their commitment and support. We recognized Susan Adams for 30 years at Womanspace, Linda Singleton for 20 years and Marsha Collins for 10 years. We are grateful for staff and board members continued excellence in service to Womanspace.

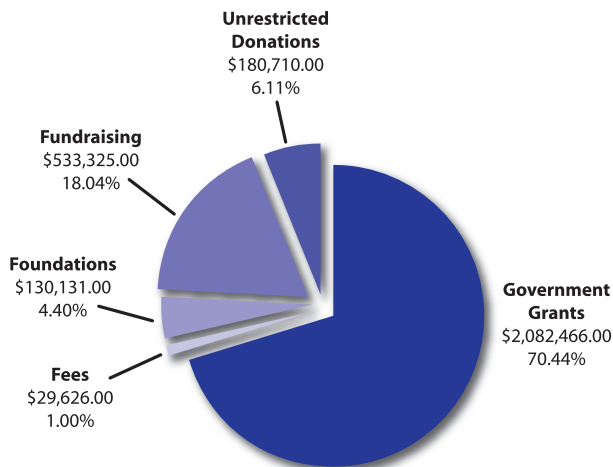


FISCAL YEAR 2018-2019

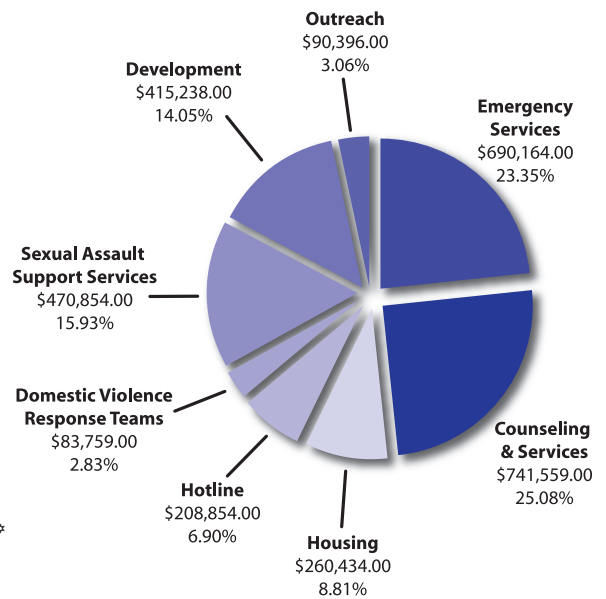
SNAPSHOT OF PEOPLE SERVED

Women .....	9,616
Children .....	800
Men .....	866
Hotline Callers .....	6,565
<b>Total People served in FY 2018</b> .....	<b>12,109</b>
Community Members Educated & Professionally Trained .....	4,736

REVENUE FY 2019



EXPENSES FY 2019



\*Unaudited Numbers\*

STAFF MANAGEMENT TEAM

Patricia M. Hart – Executive Director  
 Kay Lory – Associate Executive Director  
 Lauren Nazarian – Director of Development  
 Susan Victor – Director of Counseling & Support Services  
 Reyna Carothers – Director of Emergency Services

Alison Daks – Sexual Assault Support Services Coordinator  
 Heidi Mueller – Domestic Violence Victim Response Team Coordinator  
 Susan Adams – Volunteer & Community Outreach Coordinator  
 Nathalie Nelson – Director of Human Resources & Operations  
 Nicole Reaves – Fiscal Manager

## EMERGENCY SERVICES

The Emergency Services program assists victims of domestic violence, sexual assault, and human trafficking, following the initial crisis, by providing round-the-clock access to the safe house, hotlines and advocacy services.

## SAFE HOUSE PROGRAM

Womanspace's Safe House provides secure, temporary emergency housing in a safe, confidential location, where survivors of domestic violence and human trafficking and their children can begin to recover and plan for a violence-free life. The program opened its doors—in this very location—nearly forty one years ago, in 1978, and was filled immediately. It continues to be the only short-term residential program of its kind in Mercer County.

The Safe House is a warm and welcoming environment, staffed 24 hours a day, seven days a week. Staff members support families in working through the immediate crisis. Clients receive individual counseling, case management, and ongoing advocacy, and have access to a weekly array of support groups that explore themes of safety, empowerment, living skills, healing from crisis, and the importance of building a support network. Advocates are available to assist clients in setting goals based on individual and family needs; these goals may include identifying viable safe housing options and other community resources—such as childcare, child supportive services, counseling, job training, legal assistance, substance abuse treatment, and medical and mental health providers. Safe House clients also have a full scope of services available to them at Womanspace's Counseling and Support Services office in Lawrenceville, as well as access to the agency's non-denominational chaplain.

Our Children's Program offers information about the effects of domestic violence on children, as well as support for mothers on how to talk to their kids about their current situation. Children also receive individual case management, counseling, and support during their stay with us. Daily, curriculum-based activities; help with homework; open playroom time; and recreational activities give moms some respite. The Children's Program also offers a bi-weekly mommy and me and a bi-weekly mother's support group.

The Child Advocate assists mothers in linking them to childcare or to a nearby school system, medical services, counseling, and other agencies in the nearby community. Safe House staff also offers supervision and support around parenting and communal living issues, by assessing needs, nurturing relationships, and offering positive guidance. In 2008, Emergency Services began a homeschooling program that provides Safe House clients an additional educational option for their children. Five experienced teachers volunteer their time to make this program a resounding success. Womanspace is very proud to say that it is the only domestic violence agency in New Jersey to offer homeschooling.

## PROGRAM SUCCESS OUTCOMES FY 2019

### (MEASURED BY PARTICIPANT FEEDBACK SURVEYS):

- 87% of clients surveyed stated that they knew more about community resources as a result of the services they received.
- 94% of clients stated that they knew more about ways to plan for their safety as a result of the services they received.



# Emergency Shelter FY 2019 Statistics:

## TOTAL SHELTER CLIENTS SERVED: 148

Women ..... 72  
 Children..... 76

### SHELTER SERVICES PROVIDED

Advocacy ..... 450  
 Counseling:  
     Individual Sessions ..... 3,552  
     Children's Individual Sessions ..... 20  
 Support Counseling - 4 groups per week:  
 Group Participants ..... 227  
 Children's Group Participants..... 0  
 Family Counseling ..... 22  
 Children's Educational and  
 Recreational Activities ..... 381  
 Home School Educational Sessions..... 7  
 Home School Educational Hours ..... 28  
 Children's Home School Participants ..... 2\*\*  
     Elementary School Students ..... 1  
     Middle School Students..... 1  
     High School Students ..... 0

\*\*Home School option is a choice Womanspace is able to offer to mothers and their school-aged children residing in shelter, during the school year.

### CLIENT SURVEY FEEDBACK, FY2019:

Question: *"What do you think you would have done if the shelter didn't exist?"*

- "Continued my cycle of abuse until fatality"*
- "Die in my house after being beaten to death"*
- "I would probably be dead"*
- "Find another shelter, hotel or go back to my abuser"*

Question: *"When you decided to come here, what did you think the shelter would do for you?"*

91% of safe house clients used the words, safe and protection to answer this question.

- "Provide a safe place for me and my baby"*
- "Keep me safe and help me with court"*
- "Keep me safe"*
- "Help me with safety and counseling"*
- "Provide a safe shelter and advocacy"*
- "Protect me and help me with next steps"*

### ETHNICITY (ADULTS)

African American ..... 37..... 51%  
 Caucasian ..... 11..... 15%  
 Latino ..... 14..... 19%  
 Asian ..... 0 ..... 0%  
 Biracial ..... 6 ..... 8%  
 Other ..... 4 ..... 6%

### AGE

#### Children

0-4..... 44..... 58%  
 5-9..... 19..... 25%  
 10-14 ..... 11..... 14%  
 15-18..... 2 ..... 3%

#### Adults

19-24 ..... 15..... 21%  
 25-34 ..... 34..... 47%  
 35-44 ..... 11..... 15%  
 45-59 ..... 11..... 15%  
 60+ ..... 1 ..... 1%



The **Crisis Hotlines** are operated by Womanspace, Inc. 24 hours a day, 365 days a year at the Safe House. Staff members respond to calls from victims of domestic violence, human trafficking, and sexual assault, their families, friends, and human services professionals. Spanish-speaking counselors are always available, as is access to a language line for those needing interpretation in languages other than English and Spanish.

In 2015, Womanspace, Inc. added the following texting hotline for Deaf and Hard-of-Hearing survivors: (609) 619-1888.

The local *Mercer County Domestic Violence and Sexual Assault Hotlines* assist victims of trauma in often life-threatening situations, by offering options for immediate safety that include the protective and supportive Emergency Services program, as well as access to the agency’s countywide assistance at area hospitals, courts, police departments, and health clinics. People in crisis receive immediate and confidential assistance from trained and experienced staff. For safe house or emergency assistance in Mercer County call (609) 394-9000.

The Emergency Services program of Womanspace also operates the *New Jersey Statewide Domestic Violence Hotline*—an information and referral service, helping victims, and community members identify appropriate supportive programs or services in their respective counties. For safe house services or referrals/information anywhere in New Jersey call I-800-572-SAFE (7233).

**BedFinder**, an Internet-based website/application, was originally piloted in 2013 with Womanspace and other agencies in New Jersey, to simplify the process of finding human trafficking survivors emergency placement at domestic violence shelters and residential programs throughout the state. The Safe Shelter Collaborative, as this collective of human services agencies is known, eventually began to use BedFinder to locate safe house services for domestic violence survivors, too. The re-traumatizing effects on survivors of multiple safe house assessments, as well as the onerous task on staff of placing multiple telephone calls has been replaced with a simple, single request seen and responded to quickly by all participating programs.

**HOTLINES FY 2019 STATISTICS:  
TOTAL HOTLINE CALLERS SERVED: 6,565**

<b>MERCER COUNTY – DOMESTIC VIOLENCE</b> .....	<b>TOTAL</b>
Victim Crisis Calls .....	1,925
Information Support Calls .....	1,407
Female Calls .....	3,197
Male Calls .....	135
Total Calls .....	<b>3,332</b>

<b>MERCER COUNTY – SEXUAL ASSAULT</b>	
Female Calls .....	330
Male Calls .....	31
Total Calls .....	<b>361</b>

<b>NEW JERSEY STATEWIDE – DOMESTIC VIOLENCE</b> .....	<b>FEMALE</b> .....	<b>MALE</b> .....	<b>TOTAL</b>
Victim Crisis Calls .....	1,563	89	1,652
Information Support Calls .....	1,063	157	1,220
Total Calls .....	2,626	246	<b>2,872</b>

**PROGRAM SUCCESS OUTCOMES (MEASURED BY PARTICIPANT FEEDBACK SURVEYS):**

- 98% of callers stated that they received all of the information they needed.

# Chaplaincy Program

Womanspace’s Chaplaincy program offers non-denominational pastoral care and spiritual counseling to clients of all faiths. The goal of our Chaplaincy program is to offer compassion and non-judgmental spiritual support as clients create a safe and sacred space for themselves. The role of the chaplain is to help clients draw on their faith and beliefs to recognize their own individual value and worth and to be empowered to make life-enhancing choices for themselves. We recognize that spiritual beliefs are held differently by each person, which impacts how they manage a time of crisis in their lives. Often the fear of violating religious beliefs, or confusion and misunderstanding of religious teaching, keeps people stuck in abusive relationships. Sometimes a person’s faith and spiritual beliefs can be a vital source of strength and comfort in difficult times. In keeping with Womanspace’s commitment to supporting our clients holistically, our staff chaplain is available to meet with clients at any of our programs.

Womanspace provides field education opportunities to seminary students. Over a year-long placement, seminary interns work closely with staff and clients, supervised by Womanspace’s chaplain to learn how theological education can be practically used to provide comfort and care to those in crisis. Networking with area congregations and clergy is another way that Womanspace establishes and strengthens a safety net of caring community partners that clients can turn to for support and comfort. Through education and dialogue, faith communities can grow to be truly safe sanctuaries and healing places for those affected by trauma as they learn about the impact of domestic violence and sexual assault on individuals, families and the larger community.

The Chaplaincy program also runs groups at the safe house and at the counseling office, as the need arises. The “Reflections Group” is facilitated by the chaplain intern at the safe house. It allows women whose lives have intersected because of similar traumatic experiences, to have the opportunity in a safe, spiritual and compassionate forum to share and reflect on their circumstances and what it means to them. All safe house clients are encouraged to participate in this group when it is offered. As the need arises, a “Spirituality Group” that is a time limited, closed group is offered at the counseling office. This group is focused on examining the intersection of trauma and what it means to be a person of faith in the midst of a world turned upside down.



*Rev. Susan Victor, Th.M, MSW, LCSW  
Director of Counseling and Support Services*

## CHAPLAINCY PROGRAM FY 2019 STATISTICS:

### COMMUNITY EDUCATION AND OUTREACH (CLERGY AND NON-CLERGY)

Outreach to Community Clergy Members . . . . .	76
Number of Speaking Engagements and Outreach events . . . . .	14
<b>Total Number Educated . . . . .</b>	<b>153</b>

### COUNSELING AND SUPPORT (CLERGY AND NON-CLERGY)

Individual Chaplaincy sessions (Shelter and CSS) . . . . .	10
Number of CSS Group Participants . . . . .	0
Self-Awareness (Reflections) Group sessions at Shelter . . . . .	0
Number of Shelter client group participants . . . . .	0
Spirituality Group Sessions at Womanspace Facility . . . . .	0
Number of Womanspace clients group participants . . . . .	0

# Domestic Violence Victim Response Teams

Begun as a model program for New Jersey by Womanspace in 1998, the Domestic Violence Victim Response Teams (DVVRT) are comprised of volunteers who undergo extensive domestic violence training to prepare them to provide support, information and referral to victims. These committed, specially trained volunteers are called to the police station at the time of a domestic violence incident in order to intervene at a time of crisis. The services the team members can offer victims are difficult for the police to provide, given their responsibilities at the time of the incident. This vital partnership has allowed for the thorough training of both law enforcement agencies and Womanspace personnel.



## MERCER COUNTY DOMESTIC VIOLENCE

VICTIM RESPONSE TEAMS:	TOTAL CALL-OUTS	TOTAL SERVED
1. East Regional Team: (East Windsor, West Windsor, Robbinsville, Hightstown)	76	94
2. West Regional Team: (Ewing, Pennington Borough, Hopewell Township and Borough and The College of NJ)	83	107
3. Hamilton Team	98	150
4. Central Regional Team: (Lawrence Township, Rider University, Princeton and Princeton University)	88	99
5. Trenton Team	134	205
6. New Jersey State Police	8	12

## DOMESTIC VIOLENCE VICTIM RESPONSE TEAMS FY 2019 STATISTICS:

### DVVRT VICTIMS AND SIGNIFICANT OTHERS TOTAL SERVED: 667

Total Team Call-outs	487
Victims Served	503
Women	430
Men	73
Children served	117
Significant others served (Women-31, Men-16)	47

## PROGRAM SUCCESS OUTCOMES (MEASURED BY PARTICIPANT FEEDBACK SURVEYS):

- The victims we served routinely stated that they felt that the services provided by the response team volunteers were beneficial and that they clearly understood their options.
- The police officers we work with to serve victims are overwhelmingly supportive and helpful.

# Sexual Assault Support Services Program

The Sexual Assault Support Services (SASS) Program uses a comprehensive, multiprogrammatic approach to address the needs of victims in Mercer County, with the primary goal of providing services to all sexual assault victims. We assist victims of acute sexual assault through both the medical and legal processes and provide individual and group counseling to support victims in healing from the effects of rape trauma syndrome. Our program structure includes direct service staff and volunteers who work with victims and collaborate with law enforcement and medical professionals to promote healing through a victim centered response to sexual assault.

In addition to services for victims, Womanspace provides counseling, support and education to spouses, partners, parents, children and siblings of victims. These co-victims are closely attached to the person who is suffering from trauma. Counseling is provided through our Counseling and Support Services Program. The quality of life for survivors and their families is increased consequent to this support and they are better able to participate and contribute to their community.

Another important aspect of the program is providing education about sexual assault throughout Mercer County. The staff educators regularly seek out a variety of groups in the community, including students from middle school age through college, educators, helping professionals, faith communities, law enforcement and court personnel to increase the awareness of the serious nature of this crime and educate the public regarding the services available to victims. Education for professionals includes information to assist in identifying and supporting possible victims. Untreated sexual assault trauma is crippling both for the victim and the community, and healing is necessary if both are to progress..

## SEXUAL ASSAULT SUPPORT SERVICES FY 2019 STATISTICS:

### SEXUAL ASSAULT SUPPORT SERVICES PROGRAM TOTAL SERVED: 515

Telephone hotline calls.....	361
Accompaniments.....	62
Victims Served.....	59
Women .....	43
Children .....	54
Men .....	0
Significant Others Served.....	15
Women .....	12
Men .....	3
<b>Counseling:</b>	
Individual Counseling Clients Served.....	76
Victims Served.....65,	Significant Others Served ... 11;
Women.....	67
Children .....	2
Men.....	7
Individual Counseling Sessions.....	767
Family Counseling Sessions .....	28
Support Group Clients.....	4
Total Support Group Sessions.....	27



## PROGRAM SUCCESS OUTCOMES (MEASURED BY PARTICIPANT FEEDBACK SURVEYS):

- 100% of the callers reported that they received appropriate support, information and referrals.
- Victims and their significant others routinely reported that the counseling, support, information and referrals they received were tremendously helpful to them.
- The educational presentations conducted this year were consistently rated as outstanding.

*“ When I came in I was losing my shadow, had depleted and diminished myself to a great extent. Daniella helped me become “WHOLE” again. She helped me get back my self respect and confidence.”*

*Client survey, 2019*

# Counseling and Support Services

Potential clients find their way to Womanspace's Counseling and Support Services office in Lawrenceville, having been referred to us by word of mouth, by former clients, the police or the court system, by searching the web, or just walking into our office hoping to find some kind of help. All those who seek help are screened to determine how we might best serve them. Womanspace counselors are trained to identify and understand the intricate dynamics of domestic and sexual violence. All of our counselors work hard to ensure that those who seek our services - men, women and children - are offered support and resources to enable them to journey toward healing from trauma. Services are provided to those in crisis, regardless of their ability to pay.



Individual counseling, available in both English and Spanish, focuses on increasing safety and reducing isolation. Our counselors understand that just ending a relationship does not result in an end to violence, threats or harassment. To facilitate access to our services, we are also housed at El Centro in Trenton and at RISE in Hightstown. Wherever our clients receive counseling services, our goal is to help them determine the best options in their particular situation, whether our clients are trying to make sense of what they are living through in a relationship marked by domestic or sexual violence, or are trying to make a decision about what to do about their relationship.

We offer weekly English and Spanish Drop-In Support Groups. Other groups such as our Sexual Violence Psychoeducational Trauma Group and Spirituality Group are conducted as the need arises. The Safe Mother's Healthy Children Group provides support and psychoeducation and is specifically geared to meeting the needs of the non-offending parent in a domestic violence relationship who has been referred to us through DCP&P.

We provide various types of advocacy: court preparation, meeting with our Court Advocate before a final restraining order hearing, and risk assessments for Mercer County Board of Social Services clients. Recognizing the impact that domestic violence has on homelessness, we offer services at agencies like the Rescue Mission and Homefront. Volunteer attorneys staff our bimonthly Legal Clinic and provide brief consultations to our clients, answering specific questions they have related to family law. Partnering with community agencies and volunteers, we are able to provide support and a variety of educational workshops as requested.

Helping to empower our clients to make the decisions that they determine are best for them, while increasing their safety, is at the forefront of all our work.

**Womanspace Counseling clients are at different stages of healing from trauma. The overall consensus of all our clients is that Womanspace helped them tremendously.**

*"My counselor let me know that I am worthy of being happy and valued."*

*"The counselors don't judge me, that is a first"*

*"I can't believe how far I have come in my healing and becoming a strong woman"*



# Counseling & Support Services FY 2019 Statistics

## COUNSELING & SUPPORT SERVICES: TOTAL CLIENTS SERVED: 3,812

### Counseling and Support –DV Services

Counseling (Female) . . . . .	294
Counseling (Male) . . . . .	12
Counseling (Children) . . . . .	23
Counseling DV Clients Total Served. . . . .	329

### SA Counseling:

Individual Counseling Clients . . . . .	76
Victims Served . . . . .	65
Significant Others. . . . .	11
CSS Total DV Clients + SA Clients. . . . .	405

Family Court . . . . .	1,242
Court (Female). . . . .	967
Court (Male) . . . . .	275
Family Court Legal Services Provided. . . . .	1,932

Outreach to Homeless Survivors . . . . .	477
Homeless Survivor Groups . . . . .	827
Legal Clinic. . . . .	16

DV Liaison (Clients- Adult). . . . .	292
Liaison (Female). . . . .	281
Liaison (Male) . . . . .	11
DV Liaison (Clients- Children) . . . . .	549

Trenton Municipal Court (Clients) . . . . .	246
Trenton Municipal Court (Female) . . . . .	198
Trenton Municipal Court (Male) . . . . .	48
Hamilton Municipal Court (Clients). . . . .	26
Hamilton Municipal Court (Female) . . . . .	17
Hamilton Municipal Court (Male). . . . .	9

Support Counseling- 4 Groups per week . . . . .	151
Group participants . . . . .	542
Individual Counseling Sessions . . . . .	2,989
Individual Children’s Sessions . . . . .	337
Family, Parenting, Sibling Sessions . . . . .	53
Children’s Groups. . . . .	17
Family Court Legal Services Provided. . . . .	1,932
Advocacy . . . . .	187

### ADULT COUNSELING CLIENTS:

AGE . . . . .	
15-18 Adult . . . . .	0 . . . . . 0%
18-24 . . . . .	26 . . . . . 8%
25-34 . . . . .	102 . . . . . 33%
35-44 . . . . .	93 . . . . . 30%
45-59 . . . . .	66 . . . . . 22%
60+ . . . . .	19 . . . . . 6%

### ETHNICITY

African American. . . . .	57 . . . . . 19%
Caucasian . . . . .	98 . . . . . 32%
Latino . . . . .	121 . . . . . 40%
Asian . . . . .	17 . . . . . 6%
Biracial. . . . .	9 . . . . . 3%
Other. . . . .	4 . . . . . 1%

### CHILDREN COUNSELING CLIENTS:

AGE . . . . .	
0-4 . . . . .	1 . . . . . 4%
5-9. . . . .	14 . . . . . 61%
10-14 . . . . .	7 . . . . . 30%
15-18 . . . . .	1 . . . . . 4%

*To a Womanspace Counselor:*

*“My counselor has literally saved my life, I would not be alive if she didn’t help me.”*

# Housing Services

HOUSING SERVICES provide an essential stabilizing factor for families who have experienced domestic violence. Statistics indicate that 50% of homeless women and children are homeless as a result of domestic violence. The Womanspace housing programs foster independence and self-sufficiency for victims of domestic violence. The housing services of Womanspace address a number of different issues facing women as they carefully plan to find safety and protection from abuse.

## TRANSITIONAL HOUSING PROGRAM

Transitional Housing provides individual and group counseling, financial education and assistance with budgeting, linkage to community resources, and career assessment and direction. The selected clients who enter the month program are committed to attaining self-sufficiency but need affordable housing and additional support to reach their goals. The individual and group counseling assists survivors in recovering from the trauma of the abuse they suffered. Additionally, the work done with the mothers regarding parenting is aimed at helping the children understand what happened in their family and nurturing the parent/child bond. Through this process the children can express their feelings and also heal from the effects of the violence. Another crucial component of the program is connecting clients to needed services in the community and strengthening their support system. Womanspace provides the only transitional housing program in the county designed specifically for domestic violence survivors. The program is unique in that it recognizes that leaving a shared dwelling and a relationship does not guarantee safety and that the assertion of independence often increases the potential for violence. Thus, safety planning is an ongoing activity with mothers and their children throughout the duration of their time in the program. The desired outcomes of the program are for each client to experience an increased sense of safety for themselves and their children; to achieve individualized goals while in the program; to develop a safety net of services and supports on which to rely; and to achieve financial self-sufficiency by the time they graduate from the program.

Our BARBARA'S HOUSE NEXT STEP TRANSITIONAL HOUSING PROGRAM, provides clients with housing and support services in an agency-owned apartment building. The clients in the program receive services and support from staff onsite, as well as the support of the other survivors in the program.



# Housing Services – FY 2019 Statistics:

## Transitional Housing - Barbara's House and Next-Step

### TOTAL SERVED 18 WOMEN AND CHILDREN

Women . . . . .	7	AGE <i>Children</i>	
Children. . . . .	11	0-4 . . . . .	1 . . . . . 9%
Individual Sessions . . . . .	147	5-9 . . . . .	6 . . . . . 55%
Group Participants . . . . .	58	10-14 . . . . .	3 . . . . . 37%
Advocacy. . . . .	213	15-18 . . . . .	1 . . . . . 9%

### ETHNICITY

African American . . . . .	4 . . . . .	57%
Caucasian . . . . .	0 . . . . .	0%
Latino . . . . .	3 . . . . .	43%
Biracial . . . . .	0 . . . . .	0%
Other . . . . .	0 . . . . .	0%

### Adults

18-24 . . . . .	0 . . . . .	0%
25-44 . . . . .	6 . . . . .	86%
45-59 . . . . .	1 . . . . .	14%
60+. . . . .	0 . . . . .	0%

### PROGRAM SUCCESS OUTCOMES FY 2019 (MEASURED BY PARTICIPANT FEEDBACK SURVEYS):

- 90% of clients surveyed state that they knew more about community resources as a result of the services they received.
- 96% of clients stated that they knew more about ways to plan for their safety as a result of the services they received.

*“The calming energy and comfortable environment helped me heal.”*

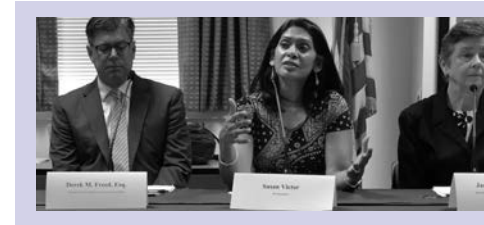
*“I valued the honesty and insightful discussions.”*

# Education and Training Program

The Education and Training program works to create a coordinated community and systems response to domestic violence and sexual assault. The program utilizes community education, professional training and technical assistance in order to build public awareness and provide tools to the community that can be helpful in the response to domestic and sexual violence. Collaborative partnerships play a key role in the success of the program. Voices of victims and survivors, and a strong commitment to cultural competency, help to frame all aspects of our work. Womanspace professionals rely on the most accurate information, reliable research and best practice models in sharing critical information.

Our innovative primary violence prevention initiative, New Mexico Media Literacy Project, has continued to impress. We have worked with groups of children attending programs at Villa Victoria Academy, Y Scholars of Princeton YMCA, Girl Scout Troop 61283, Heart of NJ Council, YWCA Princeton Summer Camp and YMCA Trenton Summer Camp. Additionally we completed one cycle of presentations with Urban Promise, a mentoring and after school program in Trenton. With this group, the prevention educator worked with the older teens who act as mentors to the younger students. The project addresses how the media shapes our culture. Designed for students ages 11 – 15, this curriculum empowers individuals to better determine their own values and to make personal choices for their individual well-being. It meets multiple core curriculum standards for Wellness, Integrated Skills, Drugs and Medicines, Human Relationships and Sexuality ensuring its position as a valuable tool for all educational venues. This year, the Media Literacy Project will continue to expand services. Womanspace additionally trains teachers, counselors or other school/program staff in order to build and sustain the successes of the curriculum.

Training programs on a variety of topics including: The Dynamics of Abuse and Control of Domestic Violence; Sexual Assault Dynamics; Domestic Violence Effects on Children; Dating Violence; Elder Abuse; Objectification of Women in the Media; Healthcare and Domestic Violence; Human Trafficking; Safety in the Workplace; Stalking; Technology and Violence; are available to professional audiences and community education speakers are provided for those agencies, businesses, associations or organizations who request a Womanspace advocate or specially trained volunteer to speak about agency programs and services at a meeting or event.



## AGENCY-WIDE EDUCATION AND TRAINING SERVICES FY 2019 STATISTICS:

### EDUCATION CATEGORY PARTICIPANTS

Professional Training and Education Services . . . . .	2,760
Community Education Services . . . . .	1,353
<b>Total Community Members Educated and Professionally Trained . . . . .</b>	<b>4,736</b>
Community Events . . . . .	134
DV/SA Response Team Training . . . . .	623

### Community Education/Professional Training & Media Literacy Feedback:

- “ Very passionate and knowledgeable. ”*
- “ Abilities to handle tough topics while teaching was amazing. ”*
- “ Talking about trauma in a group setting is healing. ”*
- “ It was nice to have an open discussion about trauma. ”*
- “ Learning to apply the knowledge that I’m good enough. ”*

# Volunteer Program

We are very fortunate to have a very active Volunteer Program, comprised of over 400 generous individuals and organizations who contribute their time and expertise to assist the agency and our clients. Some of the volunteer opportunities include response team members for domestic violence and/or sexual assault victims, home schooling, computer and technical assistance, community education, legal consulting, fundraising, community events and holiday projects. The agency newsletter "Womanspace News" helps to keep volunteers informed of the activities within the agency. These dedicated volunteers are our most active supporters.

## VOLUNTEER HOURS JULY 1, 2018 – JUNE 30, 2019

### INTERNSHIPS – 1,086 HOURS

#### ADMINISTRATIVE SERVICES

Administration – 442 hours  
Events – 1,021 hours  
Committees – 990 hours

#### EMERGENCY SERVICES

Residential Services – 724 hours  
Hotlines – 343 hours

#### BARBARA'S HOUSE

Residential Services – 724 hours  
Special Projects – 15 hours

### COUNSELING & SUPPORT SERVICES

Legal Clinic – 15 hours  
Municipal Courts – 1,305 hours  
Client Support – 70 hours

### SEXUAL ASSAULT SUPPORT SERVICES

Accompaniments – 124 hours

### DOMESTIC VIOLENCE VICTIM RESPONSE TEAMS

Callouts – 507 hours

### COMBINED SEXUAL ASSAULT & DVVRT

Training – 4,225 hours

**TOTAL VOLUNTEER HOURS REPORTED – 10,867 HOURS**

## SCHOOL & COMMUNITY VOLUNTEER GROUPS

ALPHA KAPPA ALPHA  
BARNES & NOBLE PRINCETON  
BLACKROCK  
BLO-OUT HAIR SALON  
BOB'S BLANKIE BRIGADE  
BWNICE  
CALVARY BAPTIST  
CHANGE CHURCH  
CENTER FOR FAITH|JUSTICE  
CENTRAL BAPTIST CHURCH  
CHRISTINE'S HOPE FOR KIDS  
CHURCH OF LATTER-DAY SAINTS, PRINCETON  
THE COLLEGE OF NEW JERSEY  
CHRISTINE'S HOPE FOR KIDS  
CHURCH & DWIGHT  
DANTESS GROUP  
D & R GREENWAY  
DAUGHTERS OF PENELOPE  
DELTA GEMS OF DELTA SIGMA THETA SORORITY  
DOCTORS EXPRESS URGENT CARE  
DRUM & DANCE LEARNING CENTER  
FRIENDSHIP BAPTIST  
GALILEE BAPTIST  
GLORIA NILSON REALTORS – ROBBINSVILLE & PRINCETON  
GRACE ST. PAUL EPISCOPAL  
GRACIE BARRA PRINCETON  
GRATITUDE YOGA  
HAMILTON SQUARE PRESBYTERIAN CHURCH

HAMILTON WEST HIGH SCHOOL  
HOPEWELL VALLEY REGIONAL HIGH SCHOOL  
INFOCUS URGENT CARE  
JANSSEN PHARMACEUTICALS  
J. KNIPPER & COMPANY  
JOHNSON & JOHNSON  
LAWRENCE HIGH SCHOOL  
THE LAWRENCEVILLE SCHOOL  
LIVING HOPE CHURCH  
L'OREAL CONSUMER PRODUCTS  
MCCAFFREY'S PRINCETON & WEST WINDSOR  
MERCER COUNTY COMMUNITY COLLEGE  
MERCER COUNTY WOMEN'S COUNCIL OF REALTORS  
MLC BAND  
MUSIC FOR ALL SEASONS  
MUSLIM CENTER OF GREATER PRINCETON  
NASSAU PRESBYTERIAN  
NOVO NORDISK  
NOTRE DAME HIGH SCHOOL  
PASSAGE THEATRE  
PAYMENT MANAGEMENT  
PENNINGTON QUALITY MARKET  
PRINCETON ACADEMY OF MARTIAL ARTS  
PRINCETON FARMERS MARKET  
PRINCETON JEWISH CENTER  
PRINCETON THEOLOGICAL SEMINARY  
PRINCETON UNITARIAN CHURCH  
PRINCETON UNITED METHODIST CHURCH

PRINCETON UNIVERSITY SHARE OFFICE  
RIDER UNIVERSITY  
RUTGERS UNIVERSITY  
RWJ FOUNDATION  
ST. GEORGE'S GREEK CHURCH – PHILOPTOCHOS SOCIETY  
ST. GREGORY THE GREAT CATHOLIC CHURCH  
ST. JAMES CHURCH PENNINGTON  
ST. MARK UNITED METHODIST CHURCH  
SANDOZ  
SHISEIDO  
SOUTH PRINCETON JIU JITSU  
SPARKS, INC.  
SPUR MARKETING  
STUART COUNTY DAY SCHOOL  
TERHUNE ORCHARDS  
TERRA MOMO RESTAURANT GROUP  
TOP LADIES OF DISTINCTION  
TRADER JOE'S, PRINCETON  
TRINITY CATHEDRAL  
VICTORIA SECRET'S INTIMATES  
WEIDEL REALTORS – PRINCETON  
WEST WINDSOR PLAINSBORO HIGH SCHOOL NORTH & SOUTH  
WHOLE HEARTED ARTS  
WOMENHOPE

# Womanspace Membership

## LIFE MEMBERS

Susan Adams  
Nicole Adams  
Sandra Addison-Britto  
Patty Adell  
Sheila Albert  
Jane Altman  
Andrea Ambs  
Susan Anderson  
Susan Appel  
Kathryn Arons  
Jacquie Asplundh  
Ginger August  
Virginia August  
Christina Aurich  
Evelyne Axelrod  
Judith Axelrod  
Clifford Bailey  
Pamela Baker  
Ruth Banach  
Karen Bar-Akiva  
Joanne Barbrack  
Christopher Barbrack  
Lee Barnaby Logan  
Leonora Barnard  
Rochelle Barnett  
Sandra Barron  
Sally Barthelemy-Archer  
Joan Bartl  
Kelly Baum  
Charlene Beatty-Bell  
Ellen Belknap  
Linda Bell  
Wendy Benchley  
Anne Benenson  
Jacqueline Berger  
Tina Beri  
Barbara Ann Bombieri  
Valerie Bondonis  
Geraldine Boone  
Christine Bork  
James Brady  
Kerry Brahan  
Margaret Brahan  
Jean Bria  
Ann Brodowski  
Joanne Brogus  
Adeline Broitman  
Susan Brown  
Caroline Buckley  
Eleanor Bukosky  
Kassia Switlik Bukosky  
Catherine Bukosky  
Christopher Bukosky  
Marilyn Butcavage  
Consuelo Campbell  
Carmen Caneda  
Ann Cannon  
Maeve Cannon  
Meaghan Cannon  
Marilyn Carroll  
Judy Casparius  
Arleen Cazalet  
Patricia Cherry  
Maryann Chibbaro  
Kieanna Childs-Alexander  
Christine Clayton-Stroh  
Patricia Clearwater  
Barbara Coe  
Colette Coolbaugh  
Linda Cooper  
Libbie Counselman  
Sandy Covington  
Christine Cox

Francine Cracker  
Lorna Cruz  
Carol Curley  
Elizabeth Cutler  
Elizabeth Cziffra  
Sharon D'Agostino  
Mary Claire D'Andrea  
Valarie Daniels  
Lucy Dashiell  
Sara Davies  
Donald Dawson  
Susan Deckert  
Stuart Dember  
Kate DeVoto  
Catherine DiCostanzo  
Louise DiDia  
Josephine DiDonato  
Diane DiMola  
Kate Dresdner  
Katherine Dresdner  
Heidi Dreyfuss  
Jennyfer Dulyx  
Margaret Duperreault  
Rose Marie Dzieminski  
Barbara Eames  
Nicolette Edwards  
Barbara Eklund  
Ann Elliott  
Joan Elliott  
Wilma Emmerich  
Billie Emmerich  
Joan Erickson  
Courtney Esposito  
Kate Esposito  
Thomas Eubanks  
Yodline Exavier  
Linda Feldstein  
Eileen Feminella  
Judith Feilise  
Barbara Fields  
Paula Figueroa-Vega  
Patricia Fox  
Elaine Fox  
Robert Frankel  
Anita Franzione  
Margaret Frederico  
Jessica Furey  
Rhonda Gelman Kelly  
Mindy Gerber  
Alexandra Gerry  
Leigh Gibson  
Brian Zack  
Hazel Gluck  
Ilene Goldberg  
Sandy Goodfriend  
Sallie Goodman  
Cindy Gordon  
Robin Gosnell  
Douglas Graiver  
Lynn Greenberg  
Tina Greenberg  
Daniel Grossman  
Ann Gruska  
Alice Gubkin  
Susana Gummel  
Angela Guy  
Jeanne Halpern  
Arlene Hansen  
Norma Hanson  
Paula Harrington  
Susan Hartmann  
Nell Haughton  
Carol Hawkes  
Jill Hazen

Maribel Hernández  
Patricia Herst  
Elizabeth Hicks  
Nancy Hillman  
Sidney Hofing  
Donna Hope  
Thomas Huffman  
Nada Hyman  
Marcia Ireland  
Marlene Jackson  
Hazel Jamieson  
Maxine Jennings  
Kim Jingoli - Chiurco  
Donna Johnson  
Nancy Johnson  
Leslie Jones  
Ragini Joshi  
Susan Kamp  
Roberta Kaplan  
Shirley Keintz  
Kristin Keller  
Patricia Kelly  
Susan Kelvasa  
Ellen Kemp  
E. Karen Kennedy  
Rena Klein  
Marilyn Kline  
Meg Koeppl  
Dorothy Koncur  
Anne Kraft  
Roberta Krauthamer  
Betsy Kreger  
Lisa Krug  
Joseph Kulak  
Mark Lamar  
Linda Lane  
Kevin Larkin  
Rita Lavender  
Lillian Lea  
Laura Lehrich  
Karen Lemon  
Joanne Levenson  
Barbara Levin  
Ellen Levine  
Ethel Levine  
Sarah Jane Levine  
Carolynne Lewis-Arevalo  
Irene Linder  
Maria Luz Llapa  
Helaine Lobman  
Carole Logan  
Katherine Anne Lory  
Mary Ann Losy  
Wanda Love  
Christiane Ludescher-  
Furth  
Linda Mack  
Tony Mack  
Al Maghazehe  
Mary Jane Malloy  
Terrie Mansmann  
Lisa Manyoky  
Judith Margulies  
Deborah Marinsky  
Cheryll Mart  
Amanda Mays  
Karin McAnlis  
H. Brooke McDonald  
Lynn Blessing McDougall  
Karen McEnroe  
Susan McHale  
Isabel Medina de Rivera  
Roberta Meehan  
Linda Meisel

Philomena Melody  
Elena Melnik  
Sharon Metro  
Patricia Meyer  
Beth Michlik  
Mary Mild  
Erin Mirelli  
Nousheen Mohsin  
Joan Moonan-Hackman  
Maxine Moore  
Julie Morcomb  
Susan Moss  
Kaila Most Clark  
Pam Mount  
Heidi Mueller  
Stephen Murphy  
Evelyn Murphy  
Elise Murray  
Julie Nachamkin  
Melanie Nachamkin  
Jeanne Naglak  
Peter Nalen  
Verna Nance  
Arlene Nash  
Gabriela Nava-Campos  
Nicole Nicholson  
Hattie Norman  
Denise Nover  
Joni Nowicki  
Sondra Obstein  
Simone Oliver  
Cynthia Osofsky  
Joan Panacek  
Nishith and Hetal Parikh  
Maurice Perilli  
Maryanne Petrino  
Nancy Poor  
Deborah Pope-Lance  
Dana Powsner  
Henry Powsner  
Dana Powsner  
Amy Prager  
Lucile Proctor  
Sheri Putnam  
Mary Alice Quigley  
Claudette Ramsey  
Ruth Randall  
Jigna Rao  
Ingrid Reed  
Barbara Reeder  
Amy Regan  
Elizabeth Renaud  
Lois Richard  
Suzanne Richer  
Mary Rizzo  
Leonora  
Roberts  
Leonora  
M.  
Roberts  
Cokie  
Roberts  
Jessie

Robinson  
R. Linda Roemer  
Debra Rogers  
Sharon Ross  
Joan Rothstein  
Marie Cascone Rotunda  
Somani Rout  
Kathleen Rowland  
Rita Saltz  
Maryanne Santilli  
Lynn Joy Sapoff  
Patricia Saunders  
Harriet Schafer  
Ann Schmierer  
Edwin Schmierer  
Ruth Schnur  
Anna Schnur-Fishman  
Iris Schulman  
Charlotte Scully  
Carol Searle  
Carolyn Selmon  
Allison Shadel  
Leela Shah  
Greesh Sharma  
Patricia Shinal  
Margarita Shroff  
J. Cam Sinclair  
Deborah Singleton  
Mark Sisack  
Agnes Skeba  
Michele Slapp  
Margaret Smith  
Monique Smith  
William Spain  
Sandra Spiessl  
Michelle Spiro  
Deborah Spitalnik  
Diane Spitz  
Donna Steele  
Laura Stein  
Christy Stephenson  
Ronald Stoj  
Laurel Stokes  
Clairrah Stowers  
Eugenia Stroyanova  
Caroline Strasburger  
Ruby Strauss  
Andrew Strauss  
Stanley Strauss  
Gabrielle Strich  
Rita Strmensky  
Helene Strother  
Paul Suresh  
Sandra Sussman  
Roberta Sutker

Catherine Sweeney-Arnone  
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Susan Switlik  
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Carolyn Tazza  
Snoyonah Joy Teh  
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Saraswathi Thirugnanam  
Susan Thomas  
Sandra Tinsman  
Carol Tomson  
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Victory Van Dyck Chase  
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Glady's Vecchia  
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Compton Williams  
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Elizabeth Young  
Elizabeth Yull  
Barry Zadworny  
William Zarling  
Frances Zeitler  
Regina Zilinski  
Paula Zollner  
Anne Zuckerman



**Eye Movement Desensitization and Reprocessing (EMDR)**, developed by Francine Shapiro, is a therapeutic modality originally designed to alleviate the distress of those suffering from post-traumatic stress disorder. EMDR focuses on helping the client adaptively reprocess negative experiences and move toward a healthful resolution of a past event. With the help of trained professionals, clients are taken through a protocol that enables them to identify and focus on traumatic experiences that overwhelmed them and kept them “stuck” emotionally. Counselors, using EMDR, help clients desensitize past traumatic events and reprocess negative thoughts about themselves, while they also help strengthen positive beliefs that support their ability to live in the present.

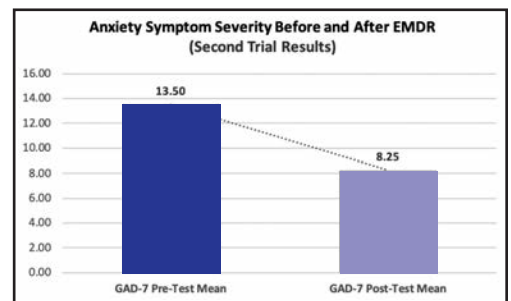
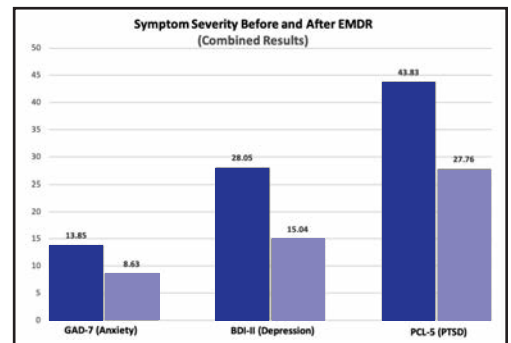
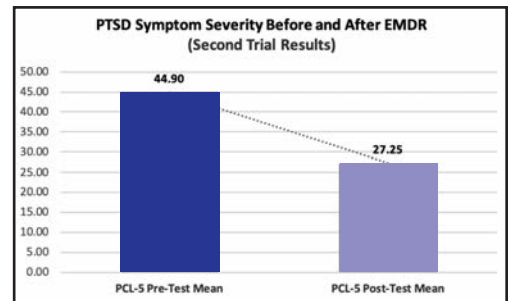
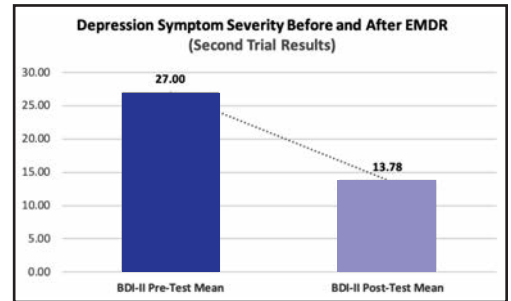
While EMDR is offered to all clients and is woven into the work that is done in counseling, over a two-year span, a total of forty one Womanspace clients participated in research on the efficacy of EMDR. The study was conducted by Dr. Jill Schwarz from the Department of Counselor Education, The College of New Jersey. This research was funded by a generous grant from the **Reshmi and Mahmood Siddique Foundation**. The first pilot research study had 21 participants, while an additional 20 clients participated in the second round of research. Pre-tests were administered prior to the start of the first session and post tests were administered after the eighth session. All 41 clients were administered the Beck Depression Inventory (BDI-II), Generalized Anxiety Disorder 7-item Scale (GAD-7) and Post-traumatic Stress Disorder Checklist for DSM-5 (PLC-5). A Wellness Worksheet (Levenson, 1097) was only administered to participants in the second study. The second study also included Spanish-speaking clients who were administered Spanish language versions of each assessment tool. A qualitative analysis of individual interviews with clients and counselors was also conducted. The individual results of the first and second round of the research study revealed that clients of Womanspace saw statistically significant improvement in symptoms of depression, anxiety and PTSD with the use of EMDR. The combined results of both the studies validated the clinical and statistical results of each individual study, demonstrating that EMDR could be used effectively to enhance the work done with survivors of domestic violence and sexual violence in an abbreviated period..

EMDR treatment seemed to lessen the impact of the traumatic memories and resulting reactions, which gave clients a greater capacity to think, process feelings, and function. The following notable themes are described below: assertiveness, boundary setting, and self-care; increased internal control and self-regulation; increased functionality and cognitive capacity; and self-acceptance.

Nearly all clients who were interviewed spoke at length about a newfound ability to assert themselves in a variety of settings: with their significant others, families, friends, new dating partners, and at work. As a result of EMDR, clients experienced an increased ability to advocate for themselves, express painful emotions, set boundaries in their relationships, and defend those boundaries. In relationships marked for years by imbalance, clients were finally able to stand up for themselves. One client described a longtime friendship in which she was finally able to assert her needs

**Quotes from EMDR Clients:**

- “EMDR has allowed me to stand up for myself more”*
- “You know, I have a voice and I can use it. When I use it appropriately you know... it can be heard.”*
- “I’m taking control of my life and not just letting things just happen.”*
- “Clients were finally feeling, “not defeated and not helpless”*



# 1977-2019 SERVING MERCER COUNTY

Women .....	81,009
Children.....	14,517
Men* .....	6,019
Hotline Callers .....	284,442
<b>Total People served 1977-2018 .....</b>	<b>380,834</b>
<b>Community Members Educated &amp; Professionals Trained .....</b>	<b>143,863</b>

*All numbers include sexual assault statistics beginning in 2002*

*\*Statistics for male victims beginning in 2001*



Womanspace, Inc.

[www.womanspace.org](http://www.womanspace.org)

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#### ADMINISTRATIVE OFFICE

Crisis Intervention Teams,  
Education, Outreach & Training  
1530 Brunswick Ave., Lawrenceville, NJ 08648  
Phone: 1-609-394-0136  
Fax: 1-609-396-1093

#### MERCER COUNTY 24-HOUR HOTLINES

Domestic Violence & Sexual Assault  
1-609-394-9000

Womanspace is friendly to the Deaf community.  
Deaf and Hard of Hearing individuals  
please text us 24/7 at (609) 619-1888

#### BARBARA AND HERB GOODFRIEND

COUNSELING CENTER  
1530 Brunswick Avenue  
Lawrenceville, NJ 08648  
1-609-394-2532

#### NEW JERSEY STATEWIDE

Domestic Violence Hotline  
1-800-572-SAFE (7233)

For more information, or to make a gift in any amount, contact us:

Lauren Nazarian, *Director of Development*

1-609-394-0136

[lan@womanspace.org](mailto:lan@womanspace.org)

Womanspace affirms its commitment to cultural competency. We recognize and value the ethnic, religious and racial richness of our communities, and encourage mutual respect and understanding among all people. True excellence in our organization and communities results from identifying, serving and enlisting the participation of all people who represent this rich diversity.

Womanspace is a member of the New Jersey Coalition against Sexual Assault, the National Coalition to End Domestic Violence and the New Jersey Coalition Against Human Trafficking.