

# SPOTLIGHT ON HOPE

**HOPE**  
**HAVEN** OF THE  
LOWCOUNTRY

Children's Advocacy and Rape Crisis Center

ANNUAL  
REPORT  
2015



# FROM OUR EXECUTIVE DIRECTOR: SHAUW CHIN CAPPS

Dear Friends,

In the Oscar winning movie “Spotlight”, Mitchell Garabedian, a Boston attorney, made the profound statement, “If it takes a village to raise a child, it takes a village to abuse one”. That statement speaks to our collective moral and ethical responsibility to protect children from abuse. It also makes us choose what kind of village we want to be. The pages of this annual report will show that YOU, our friends and supporters, are creating the kind of village that paves the way for hope and healing. You help us do the kind of prevention work that results in long term cultural change—so that one day our vision of living in a society free of child abuse and sexual violence can become a reality. You have chosen to create a village that gives victims of abuse and violence their lives back, and for that I am grateful.



A hallmark of Hope Haven’s work is our ability to demonstrate real results from all the programs we implement. Our commitment to implementing evidence-based programs is one of the reasons we are able to do our work so well. This is important to our supporters because your financial contributions have tangible results. Furthermore, you have the assurance that when you invest in Hope Haven: lives are changed, abuse is fought, and most importantly, hope is realized for the children, women, and men confronted by abuse.

I am honored and humbled that each of you have chosen to support Hope Haven and these pages are testament of the successes you have made possible. While the pain of child abuse and sexual violence may seem unimaginable to us at times, with your support, Hope Haven commits to be our community’s place of healing, one child at a time, one family at a time, and one victim at a time.

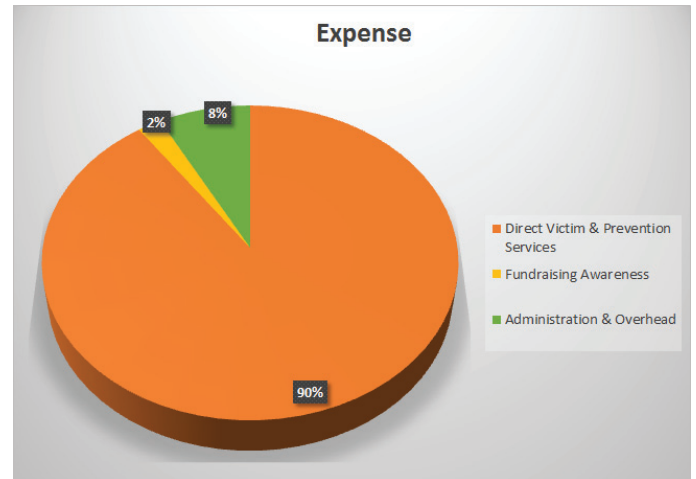
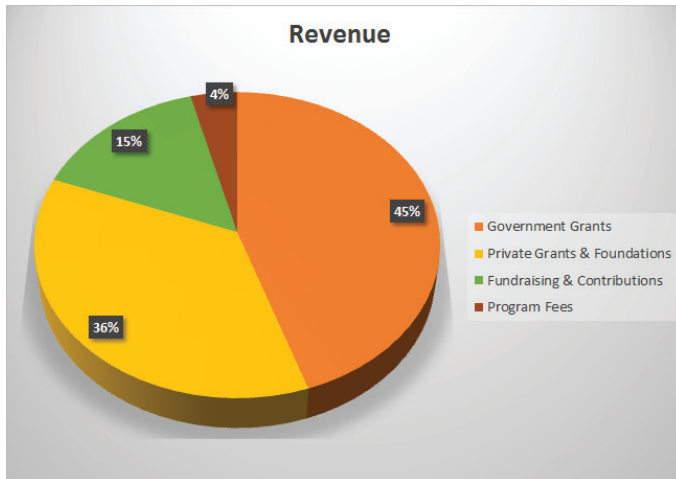
In Hope,

*Shaw Chin Capps*



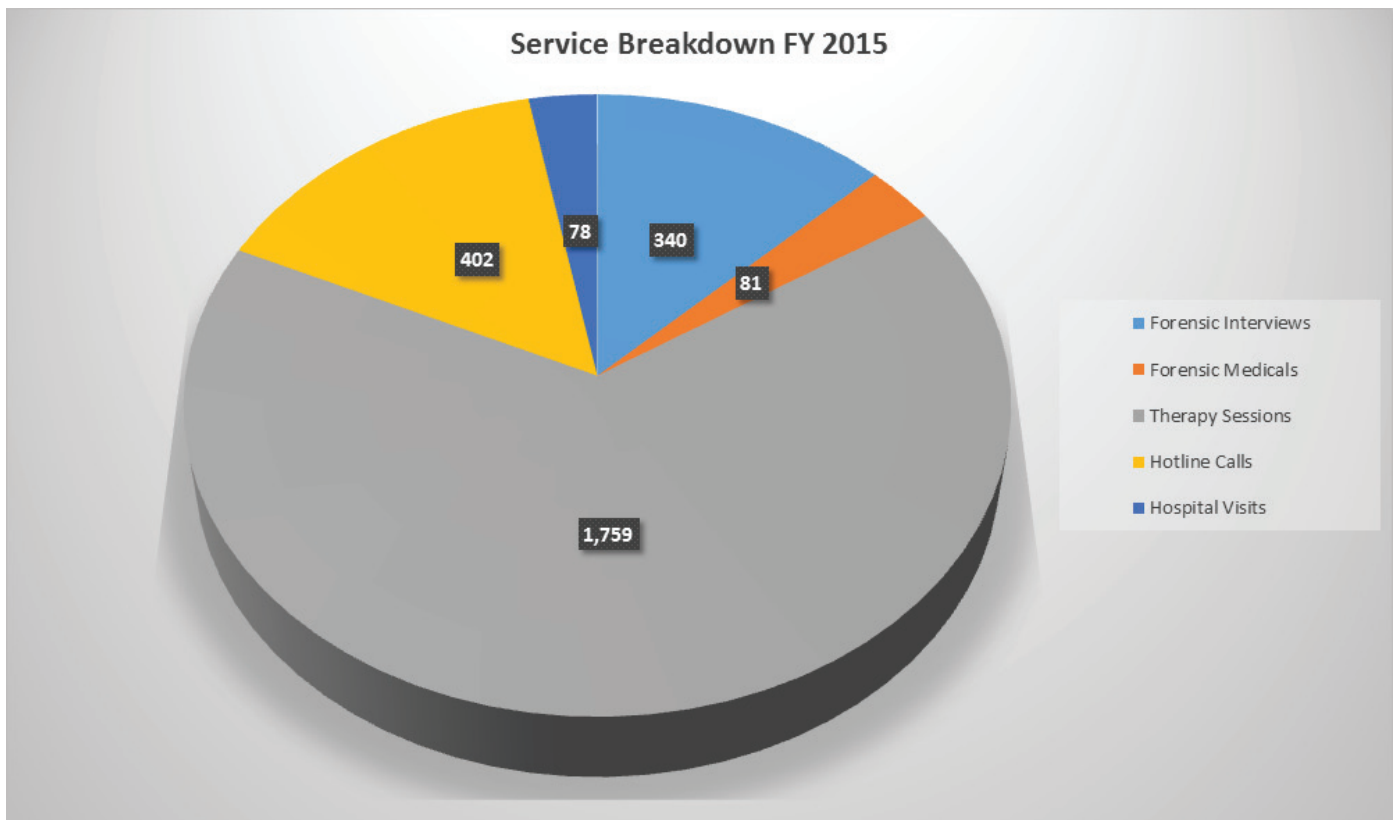
## SPOTLIGHT ON NUMBERS

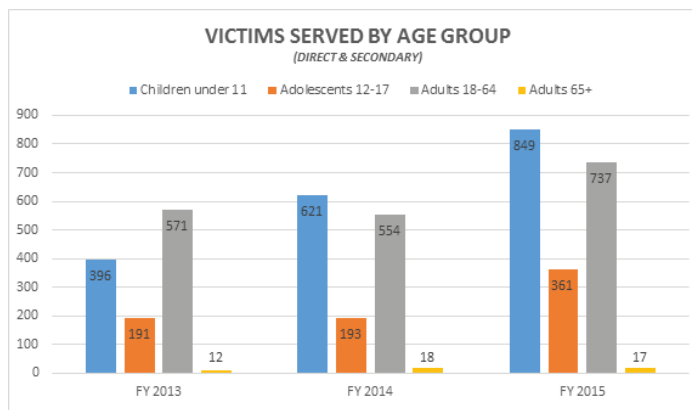
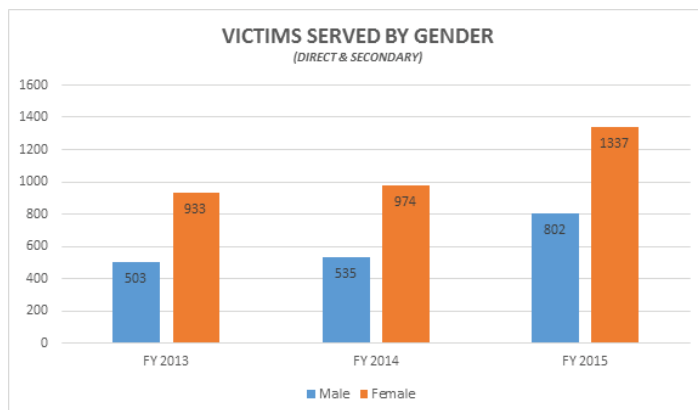
### REVENUE AND EXPENSE CHARTS



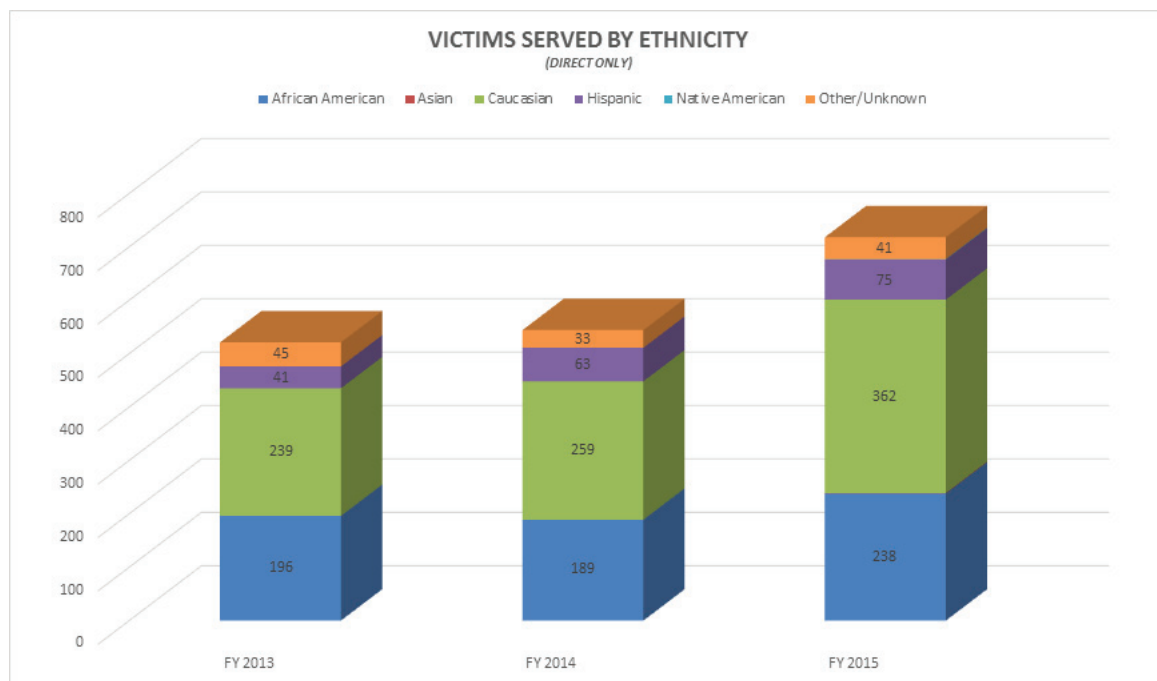
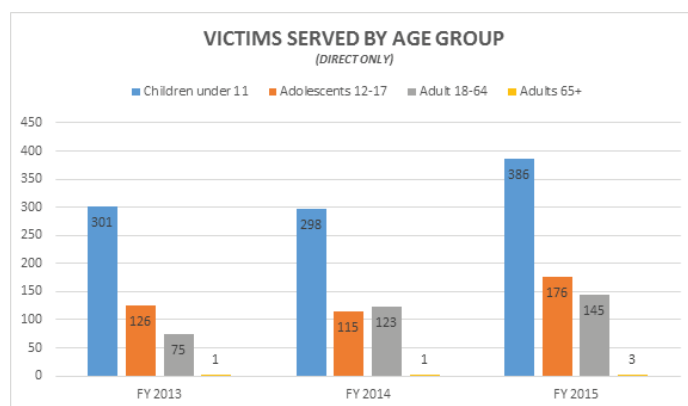
*\*This overview reflects an unaudited financial summary for the 12 months period ending December 31, 2014. Our 2014 financial audit is currently in progress and will be made available by request.*

## SERVICE BREAKDOWN FY 2015 CHART





Both Direct and Secondary Victims are reflected in this data. Direct (or primary) victims are those who directly experience the act of child abuse and/or sexual violence. Secondary victims are the loved ones of the person victimized. Child abuse and sexual violence affect more than just the direct victim – those close to the victim are also traumatized and often require services to cope.



Sexual violence and child abuse cuts across all boundaries. The ethnicity of victims served reflects the general population of the counties we serve.





# SPOTLIGHT ON PROGRAMS AND IMPACT

## PARENT CAFÉ



In 2015, Hope Haven received a seed grant from the Sisters of Charity Foundation to start a new prevention program called Parent Café. Parent Cafés engage parents in meaningful conversations about what matters most – their family. Our Parent Cafés are focused on building the five research based protective factors that mitigate the negative impacts of trauma. These five protective factors are: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need and Social and Emotional Competence of Children. For six week, Parents meet and participate in a facilitated conversation/discussion with other parents. Hope Haven is proud to partner with the Antioch Education Center to implement Parent Café.

### Here are the positive results of this program:

- 100% of participants agreed that they learned a new way to handle stress in their life and planned on taking better care of themselves
- 93% of participants reported making positive changes in their family life as a result of being in the program
- 94% of participants reported that they learned about a community resource that can help their family and they are more willing to ask for help
- 96% if participants reported spending more time understanding their children's feelings and emotions.
- It was also encouraging to hear what the parents who participated had to say about Parent Café:



*I gained more patience with my children*

*This has been a positive sharing of ideas with other parents*

*Uplifting!*

*It was very helpful to hear everyone's personal experiences and struggles*

*This is an awesome program and I'm glad I was able to be a part of it*

## CHILD AND FAMILY TRAUMATIC STRESS INTERVENTION (CFTSI)

One of the highlights of 2015 is our partnership with Yale University, National Children's Alliance and the Duke Endowment to expand our array of research supported therapies, including one designed to prevent children's long-term distress in the immediate days after abuse happens. The Child and Family Traumatic Stress Intervention (CFTSI) is a brief (5-8 sessions) evidence based early intervention treatment for children ages 3 – 18. This three years partnership will allow three of our Therapists at Hope Haven to be trained by the experts at Yale University to implement this model of treatment. In our first year, we are already seeing amazing results.



The average pre-treatment trauma scores for the children who received this treatment in 2015 was 27.57 (a score of 15 and higher indicates clinically significant symptoms of PTSD). **At the completion of treatment, the average trauma score has dropped to 12.62.**

Parents also rate their child's trauma scores before and after treatment. **The discrepancy between the child and parents' reports of trauma symptoms was 12.71 prior to treatment and that score dropped to 3.35 after completing treatment.** This is significant as it shows that the treatment helped parents/caregivers to have a better understanding of what their child is experiencing.

In 2015, Hope Haven was able to obtain a grant to add a full-time Therapist who provide this treatment to the children at CODA's domestic violence shelter and CAPA's emergency shelter.

## TRAUMA FOCUSED EQUINE THERAPY

In 2015, we piloted a program that takes our Trauma Focused Cognitive Behavioral Therapy (TF-CBT) out of the office setting and into the farm with the help of some four-legged friends: horses! The results we saw were remarkable! Seven children completed this treatment in 2015. **The average trauma scores before treatment was 24 and after completion of Trauma Focused Equine Therapy, that score dropped to an average of 6.7.**

*I'm a foster parent of a 7 year old little boy that we will call "Ben". Ben has been in 15 different placement homes in the past 2 years. This cute little kid who looks like he wouldn't hurt a fly had so much anger and rage inside of him. If something was said to him, his attitude, disrespect and violent behavior would have one worried and on alert. We have been to different mental health therapies for help, but none seemed to get his attention or respect. Since we have been going to equine therapy, there has been a BIG difference in Ben's life and in our lives. My family sees a significant change in Ben and his attitude. He is learning about himself when he is working with the horses. He gets all the bad things that happened to him out by talking and trusting his horse friends and therapists. Equine Therapy has taught Ben to be calm and loving, not just to animals, but to everyone he meets. My family and I hope this program continues to serve other children and families, because we are living proof that equine therapy can make a difference in a child's life, it has for Ben.*





## PARENT CHILD INTERACTION THERAPY (PCIT)

At Hope Haven, we believe that ALL parents want to be good parents. Sometimes when young children's behaviors get out of control, parents are at a loss and feel completely helpless. This causes intense stress and tension that can lead to negative results for both parent and child. PCIT is an evidence based intensive one on one parent coaching therapy that empowers parents to learn effective skills to manage their child's challenging behaviors.



- 100% of parents who participated in PCIT increased their ability to give their child positive attention for desired behaviors
- Parents rate their child's behavioral issues utilizing the Eyberg Child Behavior Checklist (ECBI). The average decrease in behavioral issues that parents report after completing treatment was 24 points, which is considered clinically significant
- 90% of parents who completed PCIT reported that treatment improved other parts of their life (family and other relationships, mood, etc.)

*PCIT provided me with a different set of parenting skills and fine-tune my existing skills.*

*My relationship/bond with my child was enhanced with PCIT. My child is happier and more apt to listen through the great tools given and explained by my Therapist.*

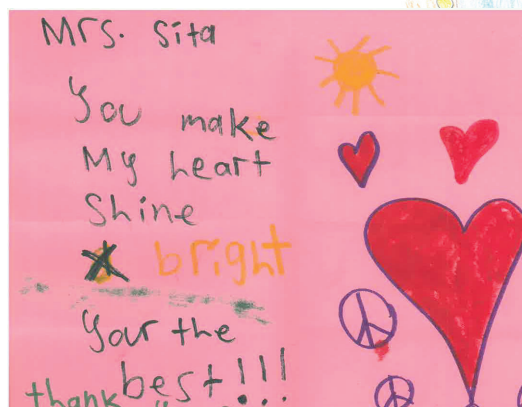
## FROM OUR CLIENTS...

*My son appreciated how the staff respected him and how nice they were. I appreciated the professionalism from start to walking out the door.*

*Complete understanding and willingness to help me find the resources I need to move on.*

*The caring staff were very genuine making us feel welcomed.*

*Everyone was pleasant and helped me understand the process we are dealing with.*







## VOLUNTEER SPOTLIGHT

Hope Haven's volunteers put in a total of 18,111 hours helping victims through hotline calls, hospital accompaniment, providing child care and community outreach.

**NAME: RICHARD SULLIVAN** Years Volunteering: 2 years

Richard is a dedicated and passionate volunteer who gives his time and effort freely and frequently. His passion for serving child victims of abuse and adult victims of sexual assault is reflected in his work as a volunteer advocate. He is always prepared and willing to accompany victims and first-time volunteers to the hospital to guide them through the process and get our victims on the road to feeling like survivors.

Richard's dedication can also be seen through his participation helping with community events, festivals by giving out information about Hope Haven and our services. He advocates for the services Hope Haven provides and is always willing to tell individuals within the community about how they can give help and receive help at Hope Haven.



**HOW DOES VOLUNTEERING AT HOPE HAVEN GIVE YOU A SENSE OF FULFILMENT?**

*I can see that we make a difference and help victims of child abuse and sexual violence in their time of need. Due to the training and support Hope Haven gives us, we can be strong advocates for the victims we serve and help.*

**NAME: GAIL TEMPLE** Years Volunteering: 3 years

Gail's dedication to the mission of Hope Haven is evident in her extraordinary work ethic. As our event coordinator, she keeps our calendar full and our events fully staffed by passionate and dedicated volunteers. She is always ahead of the game and can always see any outreach and awareness project through to completion.

She has an excellent eye for detail and makes sure everything is organized. She sees the big picture and helps others understand the importance of a violence-free community where no man, woman or child should ever feel the pain and trauma of abuse and violence.



**HOW DOES VOLUNTEERING AT HOPE HAVEN GIVE YOU A SENSE OF FULFILMENT?**

*"I volunteer with an agency that cares. I am able to let others know of our services and get them involved in the work we do. I can promote community education and outreach. And I have met an incredible group of people who have dedicated their lives to promoting healing for the victims of child abuse and sexual assault."*



## SPOTLIGHT ON OUR DONORS

*Thank you to our supporters whose generosity helped prevent and treat child abuse and sexual violence in 2015.*

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*We apologize for any misspellings, errors or omissions. Please contact Shaww Chin Capps at 843-524-2256 with any questions or corrections.*



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