DOMESTIC AND SEXUAL VIOLENCE: THE PANDEMIC WITHIN A PANDEMIC
Nearly **3 IN 10 WOMEN** and **1 IN 10 MEN** in the US have experienced rape, physical violence and/or stalking by a partner and report a related impact on their functioning.

**14.8% OF WOMEN** and **4% OF MEN** have been injured as a result of intimate partner violence that included rape, physical violence and/or stalking by an intimate partner.

**1 IN 4 WOMEN** and **1 IN 7 MEN** aged 18 and older in the United States have been the victim of severe physical violence by an intimate partner in their lifetime.

**30% TO 60% OF PERPETRATORS** of intimate partner violence (IPV) also abuse children in the household.

Nearly **9.4% OF HIGH SCHOOL STUDENTS** report being hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the 12 months prior to a nationwide survey.

**NEARLY 1 IN 5 WOMEN** and **1 IN 71 MEN** have been raped in their lifetime (by any perpetrator).

Nearly **1 IN 10 LGBTQ SURVIVORS** of intimate partner violence (IPV) has experienced sexual assault from those partners. Studies suggest that around half of transgender people and bisexual women will experience sexual violence at some point in their lifetimes.

Source: The National Coalition of Anti-Violence Projects (NCAVP)

Facts sourced from the National Domestic Violence Hotline Website: thehotline.org/resources/statistics
The mission of First Step is to eliminate both domestic and sexual violence and to provide comprehensive services to individuals and families impacted by these crimes.

MISSION

Vision

Peaceful Families, Safe Communities

Values

Safety
Our commitment to safety is paramount.

Empowerment-Based Advocacy
We advocate with a holistic approach which is client-driven.

Social Justice
We demand fairness and equality for all.

Value Resources
We are conscientious stewards of our resources.

Community Action
We engage in strategic partnerships to maximize the impact of our work.

Integrity
We adhere to a high ethical standard while doing our work with honesty and professionalism.

Anti-Racism
We demand an end to oppression and take responsibility for dismantling racism within our sphere of influence.
First Step Programs & Services

Since 1978, First Step has been working for peaceful families and safe communities in Wayne County, Michigan. First Step is a non-profit in Wayne County providing comprehensive services for victims of domestic and sexual violence.

First Step provides free and confidential programs designed to help survivors of violence overcome the lack of intervention and support, the feelings of powerlessness, isolation, physical danger and fear, and the financial, emotional, and cultural barriers that victims of violence often face when seeking help.

## Information and Referrals
Providing critical information and referrals regarding housing, legal assistance, counseling, temporary emergency housing, transportation, and health care is a large part of First Step’s work.

## Children’s Advocacy and Prevention Programs
Children ages 3 through 18 are provided individual and group counseling sessions to overcome the effects of witnessing violence in the home and, in some cases, the trauma of being physically or sexually abused themselves. First Step also recognizes the need for fun and recreation. Through volunteers and staff, First Step provides recreational activities such as field trips, craft activities, holiday celebrations, birthday parties and more for the children and adults in our program.

## 24-Hour Helpline
(734-722-6800)
The 24-hour help line is a core service at First Step. For many, it is literally a lifeline. Specially trained First Step staff and volunteers provide crisis intervention, support, information, and safety planning to survivors who call.

## Assault Response
First Step staff and volunteers, on-call 24 hours a day, 365 days a year, respond to victims of domestic and sexual violence at local emergency rooms, police stations, and schools. Survivors receive immediate crisis intervention, clothing, support, safety planning, and links to First Step and other vital services.

## Community Education
First Step believes that prevention is a key component to ending violence in our communities. First Step volunteers and staff members present to schools, businesses, religious organizations, medical personnel, police officers, and civic groups. Topics range from the effects of violence on children, dating violence, domestic/sexual assault myths and facts, and community resources.

## What Makes First Step Stand Out from Other Counseling Programs and Shelters?
First Step staff members and volunteers are specially trained to assist and empower survivors of domestic violence, dating violence, and sexual assault. First Step staff and volunteers are skilled experts in domestic violence, sexual assault, and trauma. They know the laws, have knowledge and experience with the dynamics of these crimes and understand the effects they have on the human spirit.

Samone Wilson, Lauren Clayborne, and Jen Zink, hosted the Sip & Shop event at Saks Fifth Avenue. We received an incredible amount of donations for our agency.

Noodles the Math Dog and her owner Diane visited the families in the shelter on Dec. 30th, 2019.

St. Edith Catholic Church donated toys, clothes, and diapers.

Quest Diagnostics Staff visited to learn about First Step and made a generous $10,000 donation.
Our Community Response Team attended the Columbia Delegation for Women, Peace and Security as part of the International Visitor Leadership Program with the Dearborn Police Department.

Temporary Emergency Housing (Shelter)

When home is no longer a safe option, First Step provides emergency, short-term housing for victims of domestic and/or sexual violence and their children. Survivor Advocates work with residents to assist them in meeting their goals. Residents have the opportunity to participate in vital services, such as individual and group counseling, safety planning, medical attention, housing referrals, and educational and recreational activities for children.

Transitional Housing

The Transitional Housing Program provides full rent subsidy and support while helping survivors build a credit history and skills to obtain and maintain permanent housing.

Community Legal Response/Lethality Assessment Program

First Step’s Community Response Project Survivor Advocates help victims who are identified through police departments and courts throughout Wayne County. In several communities, Survivor Advocates work with a designated domestic violence prosecutor and specially trained police officer to respond to the crimes of domestic and sexual violence. Survivor Advocates contact the victims of these crimes just after the police report is filed. They focus on assessing lethality, making safety plans, and explaining the criminal justice process and the dynamics of domestic and sexual violence to support adults and children involved throughout the prosecution process. Referrals are also made to other First Step programs, as well as pertinent outside resources. In addition, First Step provides in-court victim advocacy and support through free legal clinics.

Domestic Violence and Sexual Assault Advocacy Programs

Through individual and group sessions, survivors of domestic and sexual violence learn about the dynamics of abuse and how to advocate for their own resources and needs. They are given the space to discuss the emotional impact of their situations. Groups allow survivors to share their stories and find strength in connecting with others, who sometimes become life-long friends. Non-residential sessions are available in four sites: Plymouth, Wayne, Lincoln Park, and Detroit.

Other

First Step provides food, toys, clothing, birthday gifts, gift cards, books, school supplies, diapers, household goods, transportation and many of the other basic necessities to help survivors in transition.

The Phi Chapter of Psi Upsilon Fraternity-University of Michigan volunteered at our Karen Wilson Smithbauer Family Center.

The Groovin’ For Good Break the Cycle: A Benefit to End Domestic Violence event raised $2,500 for First Step!

Soroptimist of Trenton conducted a can and bottle drive raising $5,000 for First Step.

The ARK Building allows survivors to bring their pets into shelter. The building features four dog kennels, four cat kennels, an outdoor dog run, four outdoor dog pens, a cat play area, a family visitation area, a laundry/storage area, and a restroom. The ARK is an important resource to remove the barriers that keep survivors from leaving for fear that their pet will be harmed or killed as a result of the power and control that often occurs in domestic violence situations.

ARK (ANIMALS RECEIVING KINDNESS)

Soroptimist of Trenton conducted a can and bottle drive raising $5,000 for First Step.

Our Community Response team attended the Columbia Delegation for Women, Peace and Security as part of the International Visitor Leadership Program with the Dearborn Police Department.

Dawn Bowen and Donald Gillespie from ADT Security donated $10,000 to First Step and toured the First Step ARK and playground.

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FIRST STEP TOUCHED THE LIVES OF 7,913 PEOPLE IN 2019-2020

Total Number of Survivors Served
7,512 ADULTS
401 CHILDREN

Lethality Assessment Program Screenings
720 SCREENINGS
High danger cases: 57%

517 CLIENTS Had Help Obtaining Personal Protection Orders

FIRST STEP TOUCHED THE LIVES OF 7,913 PEOPLE IN 2019-2020

2,997 PEOPLE Participated in First Step’s Outreach and Education Sessions

Counseling and Advocacy for Adults and Children
5,577 SURVIVORS
8,348 HOURS

517 CLIENTS Had Help Obtaining Personal Protection Orders

TRANSLATIONAL SUPPORTIVE HOUSING
21 Adults and 63 Children Received Subsidized Safe Housing (14,763 Nights) & Supportive Services

TRANSPORTATION
First Step Provided 560 Rides for 79 Survivors

Support Groups
243 HOURS

SUPPORT GROUPS
243 HOURS

PROGRAMS & SERVICE STATISTICS
2019-2020 FISCAL YEAR

Community Response Program in Police Departments and Court Houses
4,883 SURVIVORS
6,670 HOURS

Counseling and Advocacy for Adults and Children
5,577 SURVIVORS
8,348 HOURS

TRANSPORTATION
First Step Provided 560 Rides for 79 Survivors

SUPPORT GROUPS
243 HOURS

2,997 PEOPLE Participated in First Step’s Outreach and Education Sessions

2019-2021 FIRST STEP BOARD OF DIRECTORS

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Post President

Karen Wilson
Smithbauer

Diane Allen - Photo Not Available.
Term ended June 2020: Kate Davy
Resigned 2020: Karen Mazo
**Expenses**

For fiscal year ending September 30, 2020. Program endorsements and details about First Step's financial reports can be found at [http://firststep-mi.org/guidestar](http://firststep-mi.org/guidestar)

- Domestic Violence Programming: $2,959,824
- Sexual Assault Programming: $385,113
- Supporting Services: $838,955

**Total Expenses**: $4,183,892

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**Revenue**

- Federal: $2,797,342
- State & Other: $135,992
- Foundations: $214,647
- Contributions: $620,502
- United Way: $107,179
- Contributed Services: $355,610

**Total Revenue**: $4,231,272
For his Eagle Scout Award Project, Donovan Hails chose to make and donate 23 cleaning kits for First Step.

Sara is a former client who wrote *My Squeak. My Shout. My Roar.* about her experience through the process of abuse, escaping, and recovery. She visited First Step and donated three of her books.

Volunteers Carson and Patti assembled and secured the new picnic table and umbrella at First Step’s Plymouth Office! The items were purchased with funds from the Margaret Dunning Foundation for capital improvements in Plymouth.


Jessica Mullen and Friends organized The Lost River Tiki Bar event that raised $4,232 for First Step.

For the most up-to-date list, please visit firststep-mi.org/communityresponse

24-HOUR HELPLINE
734.722.6800

FIRSTSTEP-MI.ORG
FIRSTSTEPWAYNECOUNTYMI
FIRSTSTEPPEACE1
FIRSTSTEPMI

Jessica Mullen and Friends organized The Lost River Tiki Bar event that raised $4,232 for First Step.