

FirstStep Peaceful Families • Safe Communities





DOMESTIC AND SEXUAL



SERVING WAYNE COUNTY, MICHIGAN

firststep-mi.org | helpline: 734.722.6800

DOMESTIC AND SEXUAL VIOLENCE: THE PANDEMIC WITHIN A PANDEMIC

PANDEMIC CHALLENGES FOR SURVIVORS

- Separated victims from their support networks
- Reduced the time victims had away from their abusers
- Placed families in close contact for long periods of time
- Diminished access to childcare services, food, education
- Increased physical and mental health issues such as depression and substance abuse

- Layoffs and loss of income place financial stress on families that lead to violence in some cases
- ► Travel restrictions or fear of shelter prevented victims from escaping their abuser
- ➤ First Step saw a dramatic increase in lethality/ danger assessments through the pandemic



PANDEMIC CHALLENGES FOR FIRST STEP

- Had to develop plans/ protocols to keep survivors and staff safe and healthy during the pandemic
- Had to transform to serve clients through technology (advocacy, court appointments, schooling were all done on-line)
- Had to raise enough funds to operate even though events and in-person fundraising was cancelled

GET THE FACTS.

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.

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.

VISION Peaceful Families,
Safe Communication 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.



Samone Wilson, Lauren Clayborne, and Jeri 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,

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.

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)

clothes, and diapers.

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.

ARK (ANIMALS RECEIVING KINDNESS)

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.



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



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

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.

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.

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.



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.

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

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%

2.997 PEOPLE

OUTREACH AND EDUCATION SESSIONS

517 CLIENTS Had Help Obtaining Personal Protection Orders

FirstStep

PROGRAMS& SERVICE STATISTICS 2019-2020

Participated in First Step's

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

> **SUPPORT GROUPS 243 HOURS**

TRANSITIONAL SUPPORTIVE HOUSING

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

RANSPORTATION

First Step Provided 560 Rides for 79 Survivors

Community Response Program in Police Departments and Court Houses

4,883 SURVIVORS **6.670 HOURS**

2019-2021 FIRST STEP BOARD OF DIRECTORS



Elaine Tingle President



Genelle M. Allen Vice President



lune Nicholas Treasurer



Heidi A. Naasko Secretary



Kathleen Cronin Member at Large



lennifer Hartke Past President



Patrice Alexander



Beckie Christensen



Asandi Conner







Jeff Gielniak



Samantha Martens



Carla O'Malley



Karen Wilson Smithbauer

Criminal Justice Advocacy

3,999 SURVIVORS 1,644 HOURS EMERGENCY
HOUSING
9,163 NIGHTS OF
SAFE SHELTER
58 ADULTS
96 CHILDREN

24-hour Helpline 3,532 SURVIVORS 3,339 HOURS

> Domestic Violence and Sexual Assault Awareness Month Activities

Violence Prevention Programs in Schools

Coalition Building

SAFETY PLANNING

All Adult and Child Survivors Who Work With First Step Develop A Safety Plan

167 PEOPLE

Stepped Up and Volunteered For First Step, Giving 4328 HOURS

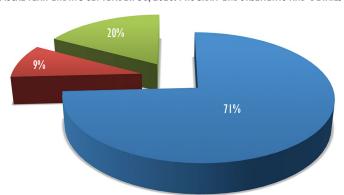
FOOD, CLOTHING, Household goods

Provided to Families as Necessary

EXPENSES

REVENUE

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





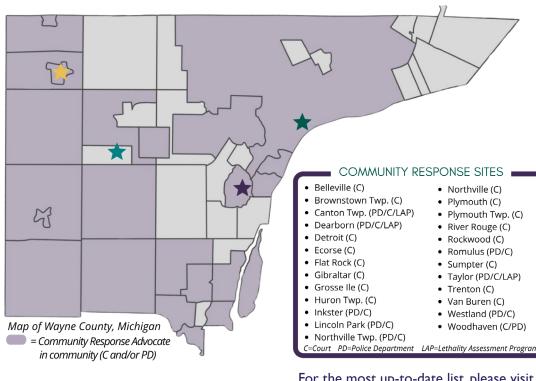
- SEXUAL ASSAULT \$385,113
 PROGRAMMING
- SUPPORTING SERVICES \$838,955
 General & Administrative

TIMOT STEE S THANKCIAL REPORTS C	AN DE TOUND AT HITT.	/IINSISILI -III.ONG/ GOIDLS
3%	8%	
15%		
		66%
3%		
5%		

FEDERAL	\$2,797,342
STATE & OTHER	\$135,992
FOUNDATIONS	\$214,647
CONTRIBUTIONS	\$620,502
UNITED WAY	\$107,179
CONTRIBUTED SERVICES	\$355,610

TOTAL EXPENSES \$4,183,892 TOTAL REVENUE \$4,231,272

FIRST STEP OFFICES + RESPONSE SITES



First Step Administrative and Survivor Services 44567 Pinetree Drive Plymouth, MI 48170 734.416.1111

Survivor Services Karen Wilson Smithbauer **Family Center** 4400 Venoy Road Wayne, MÍ 48 I 84

★ Survivor Services Lincoln Park

734,722,1772

1394 Cleophus Parkway Lincoln Park, MI 48146

Survivor Services Detroit

2727 Second Avenue, Ste 304 Detroit, MI 48201

> 24-HOUR HELPLINE 734.722.6800

> > FIRSTSTEP-MI.ORG

FIRSTSTEPWAYNECOUNTYMI [0]

FIRSTSTEPPEACE1

FIRSTSTEPMI **f**



lessica 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



For his Eagle Scout Award Project, Donovan Hails chose to make and donate 23 cleaning kits for First Step.



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.



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.



Henry Ford College Student Activities volunteered on February 22, 2020.



Theresa Bizoe visited the Business Networking International Northville Chapter who gave a \$650 donation to First Step.