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ANNUAL REPORT

2019

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**Calgary Communities
Against Sexual Abuse**

Support • Educate • Empower

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“ 2019 was a year of growth for our organization. We were able to launch projects, grow our team, and expand our networks to make services more accessible to our community.”



LAND ACKNOWLEDGMENT

In the spirit of respect and truth, CCASA wishes to take a step towards reconciliation by acknowledging traditional treaty land where we work. CCASA acknowledges the traditional territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy, comprising the Siksika, Piikani, and Kainai First Nations, the Tsuut'ina First Nation, and the Stoney Nakoda (including Chiniki, Bearspaw, and Wesley First Nations). Moh'kins'tsis, named by the Blackfoot, meaning "Where the Bow River meets the Elbow" is home to the Metis Nation of Alberta, Region III.

OUR COMMITMENT

“ CCASA is committed to reconciliation and the decolonization of our practices. This is a permanent part of our organization embedded at every level from our leadership team to our frontline staff. Engaging in this work is critical and necessary to provide ethical, respectful and inclusive services to our community.

MESSAGE FROM THE FOUNDER

Calgary Communities Against Sexual Abuse Society opened its doors on November 1, 1994 after the closure of the Calgary Sexual Assault Centre in June of 1993. When the Centre closed, a number of community agencies along with the City of Calgary Family and Community Support Services (FCSS) stepped up and delivered parts of the much needed sexual abuse and sexual assault services to the Calgary community.

In 1994, a small CCASA group, headed by Danielle Aubry, submitted a proposal based on the overarching belief that a city the size of Calgary needed a separate and identifiable, specialized sexual violence service. This belief was grounded in the reality that sexual violence was and still remains to this day, an issue that is extremely uncomfortable and fraught with a lack of understanding and much stigma.

The next 25 years, as they say, is history. CCASA started as a small agency that was committed to the dual mandate of providing both intervention and education services as a way to more fully address and make a difference in the existence of sexual violence. The agency's growth in these areas in terms of delivering an array of services in these two mandates has been strategic and always sustainable.

Since 1994 CCASA developed:

- The Calgary Sexual Assault Response Team (CSART) with our Alberta Health Services and Calgary Police Services partners;
- CCASA's Police and Court Education and Support (PACES) Program;
- An expanded Support and Information Line including answering the southern Alberta portion of the province wide call, text, and chat line for the Association of Alberta Sexual Assault Services (AASAS)
- An expanded Education and Training Program that includes a variety of curricula that is often specialized to meet the needs of individual groups;
- Through these years CCASA also continued to deliver dynamic and nimble support counseling, therapy and advocacy work for clients trying to navigate the often complex web of services.

The 25 year journey has seen a host of changes for CCASA and the issue of sexual violence aside from service provision including:

- Between the years 2000-2005, CCASA's CEO as the President of AASAS and the CEO of AASAS worked with the provincial government to obtain both funding for sexual assault services across the province and input into policy decisions related to sexual violence. This started with \$500,000 across the province in 2005 to over \$14 million in 2019 under both Conservative and NDP governments.
- Social media movements that have started to change the discourse (and some behaviours) around the issue of sexual violence such as #beenrapedneverreported, #MeToo movement and more locally the "I Believe You Campaign" to name only a few.
- Legislation changes such as The Third Option that allows people who experienced a sexual assault time to report their assault.

In 2019, CCASA remained a stable organization and ended the year in a strong financial position. Our audited financial statements are available on our website or the CRA Charities website. With the new funding from the provincial government in recent years it took some time to assess what programs we were offering, where we needed to make changes in service delivery and how to maintain a strong staff team during so much organizational change.

Danielle Aubry
Chief Executive Officer



VISION & MISSION

CCASA is committed to the prevention of sexual violence through education and awareness; and to reducing the impacts of sexual violence through support, counseling and advocacy.

MISSION

To lead in the provision of specialized sexual violence services and educate communities to shift attitudes and responses to sexual violence.

Calgary Communities Against Sexual Abuse is the primary sexual violence, crisis, counseling and education service provider for Calgary and surrounding areas.

CCASA provides specialized services to address the needs of people impacted by sexual harassment, sexual abuse and sexual assault and to the broader community. CCASA provides safe, accessible, professional services, for people of all races, abilities, religions, sexual orientations, and genders.

CCASA strives to enhance the health and well being of all people and the broader community.

VISION

Healthy communities free of sexual violence, including sexual abuse, sexual assault and sexual harassment.

CCASA VALUES

ACCESSIBLE

CCASA believes that everyone deserves the opportunity to heal. All services are free and confidential, with translation services available.

TRUSTED

CCASA has been providing services in the community for over 25 years and has established partnerships with key stakeholders in the field including health providers, provincial government, non-profit agencies and more.

COMPASSIONATE

The foundation of the organization is a culture that is supportive and empathetic. Compassion and empathy help to build a deeper connection with clients.

SPECIALIZED

CCASA specializes in the field of sexual violence and uses a trauma-specialized approach. CCASA recognizes that everyone's experience is different and uses a myriad of approaches to best meet the needs of each client.



STRENGTH THROUGH DIVERSITY

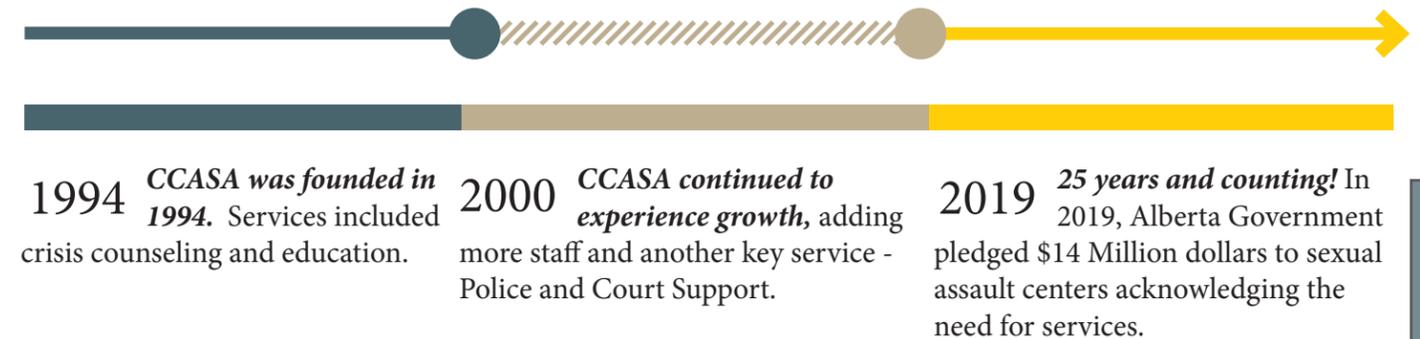
Our goal for the organization is to be *diverse and inclusive*. We embrace diversity and accept, respect and value differences in all forms. We provide safe and accessible services for people of all races, abilities, religions, sexual orientations and genders.

Celebrating

25 Years

OUR STORY

...SO FAR



SEE HOW FAR WE'VE COME

KEY INITIATIVES

From
1994 -
2007

Finally, People are Talking **Campaign (2003)**

This campaign launched at the University of Calgary campus. The aim of the campaign was to raise awareness and to start conversations on the issue of sexual violence.

Camp Chief Hector **Empowerment Retreat (2003)**

The retreat was a weekend of celebration, personal growth, and healing for people who have experienced sexual violence.
*CCASA continues to offer this service

Art Therapy **Counseling Workshops (2007)**

These workshops provided participants with a variety of art related forms of creative expression to celebrate the healing work they have accomplished.

Child Sexual Abuse Expansion **Education Materials (2007)**

The child sexual abuse education program expanded to offer more programs to different audiences. Workshops were created for parents and caregivers, the children's curriculum was adapted to Indigenous communities, and a book was published for children to learn about child sexual abuse.

SEE HOW FAR WE'VE COME

KEY INITIATIVES CONT'D

From
2009 -
2013

Youth4Change Youth Project (2009)

The project's aim was to engage with youth to increase their awareness of sexual violence. The youth team developed and launched a media campaign that would educate their peers on sexual assault and the surrounding issues.

Sexual Assault Voices of Calgary Campaign (2011)

Poster campaign created by SAV Edmonton titled "Don't Be That Guy" that was released throughout Calgary with the goal of raising awareness and educating community members on alcohol related sexual assaults and the laws of consent.

*Campaign was launched in partnership with Calgary Police Service, Alberta Health Services, Canadian Red Cross, HomeFront, the Association of Alberta Sexual Assault Services (AASAS), Calgary Sexual Health, CONNECT and the Crown Prosecutors office.

Man Enough? Men's Engagement Program (2013)

The Man Enough?™ program was created to provide men a safe space to develop of the skills, language, and tools needed to confidently and effectively challenge attitudes and beliefs that support violence against women.

*CCASA continues to offer this service.

Building Capacity in the Community Partnership with Canadian Sikh Network (2013)

CCASA partnered with Punjabi Community Health Services Toronto (PCHS) and The Canadian Sikh Network (CSN). The partnership focused on raising awareness about child sexual abuse and building community capacity to address child sexual abuse. CCASA created educational materials and provided education and training to members of the community.

Third Option Policy Change (2011)

Third Option was implemented to give people who had recently experienced a sexual assault a third reporting option when deciding whether or not to report to police. This option gives people who have experienced a sexual assault time to decide if they want to report while having forensic evidence collected and stored for up to a year.

*This policy change is active in partnership with Alberta Health Services and the Calgary Police Services.

From
2014 -
2019

Calgary Expo "Cosplay Does Not Equal Consent" Education Video (2014)

Calgary Comic and Entertainment Expo is an event attended by over 100,000 people annually. CCASA collaborated with Calgary Expo to take part in an educational video aimed at creating awareness around consent.

"I Believe You" Campaign (2015-2017)

AASAS* led initiative with the slogans #IBelieveYou #ArmsOpen

The campaign aimed to show people who have experienced sexual violence that their community believes them and that any form of sexual violence is not their fault. The campaign helped to change people learn how to respond, so that people feel supported when they come forward.

Alberta's One Line for Sexual Violence Alberta-Wide Text/Chat/Phone Support (2019)

AASAS* led initiative.

CCASA collaborated with AASAS and SACE to create Alberta's One Line. The Alberta One-Line is a province-wide central platform for sexual assault support services.

Prevalence Study Research Report (2019)

AASAS led initiative.

CCASA was part of a provincial team that oversaw a research study to demonstrate the current rates of sexual violence in Alberta.

*More information on page 14.

SAIT Education and Awareness Partnership with Post-Secondary (2015)

CCASA partnered with SAIT to review their draft campus sexual assault policy. The partnership increased resource sharing between CCASA and SAIT, as CCASA provided education to SAIT employees, policy consultation, and supported SAIT's counseling staff.

Healing Hooves Equine Therapy (2016)

Group therapy option that provide a unique healing experience connecting with horses.

*CCASA continues to offer this service.

COMMITMENT TO GROWTH

CCASA is committed to organizational growth, progress and change. CCASA is constantly transforming to improve services and ensure that the voices of both our staff and clients are incorporated to improve services, organizational culture and enhance skill-sets.

NEW INTERNAL COMMITTEE

ADDICTIONS COMMITTEE

The aim is to bridge knowledge gaps with our support teams and enhance skill-sets to provide enhanced support for clients struggling with addiction. The committee collects and develops resources and provides training to the larger support team.



“As much as we are leaders in the field of sexual violence, we are also very much students, sincerely committed to educating ourselves and evolving our practices where needed.”

SPECIAL PROGRAMS

EQUINE FACILITATED THERAPY

CCASA held an Equine Facilitated Therapy group for current and previous clients, in collaboration with a private practitioner specially trained in Animal Assisted Therapy. CCASA provided eight sessions, with each session allowing for education, discussion, and time spent with the horses.

CAMP CHIEF HECTOR

CCASA collaborated with the YWCA Camp Chief Hector to provide a weekend of celebration honouring personal growth and healing to those who have experienced sexual violence. The weekend highlighted people's strengths and promoted empowerment through activities such as group sharing sessions, art activities and horseback riding.

SPECIAL PROJECTS

SHIFT CALGARY & ACT ALBERTA

CCASA educators collaborated with Shift Calgary and ACT Alberta. The collaboration was to address gaps in knowledge in the community. This led to the development of a workshop that builds capacity on how to respond to disclosures of human trafficking.

SEXUAL VIOLENCE AS A WEAPON OF WAR

CCASA's educators and counseling team developed and delivered a four session workshop series on Sexual Violence as a Weapon of War, to the Calgary Women's Emergency Shelter (CWES), which serves a high number of immigrant and refugees.

**ALONE
WE CAN DO
SO LITTLE;
TOGETHER
WE CAN DO
SO MUCH.**

NEW IN 2019

PARTNERSHIPS & SATELLITE OFFICES

POST SECONDARY

CCASA provides specialized sexual assault counseling services to the students on site at Mount Royal University and University of Calgary.

SPECIALIZED ADDICTION SERVICES

CCASA provides specialized counseling services at Aventa. This allows women to be able to access both addiction and sexual violence counseling simultaneously.

RURAL

CCASA provides specialized counseling services in the communities of Okotoks and Cochrane out of AHS facilities.

ALBERTA'S ONE-LINE FOR SEXUAL VIOLENCE LAUNCH

Association of Alberta Sexual Assault Services (AASAS) led initiative launched in May 2019. Alberta's One Line is a collaborative service that is delivered in partnership between CCASA, AASAS, and the Sexual Assault Centre of Edmonton (SACE).



CCASA IN THE COMMUNITY - COMMITTEES

CALGARY DOMESTIC VIOLENCE COLLECTIVE (CDVC)

Calgary Domestic Violence Collective (CDVC) works to bring together professionals committed to ending both domestic and sexual violence.

SUB-COMMITTEES OF CDVC

Ethno-Culturally Diverse Communities (ECDC) Working Group

Creates coordinated and collaborative ethno-cultural networks to support diverse clients who have experienced sexual violence.

Men and Boys Addressing Structural Violence (MBASV) Advisory Committee

Develops a community framework for engaging men and boys.

Capacity Building Working Group

Promotes the practical implementation of best practices by coordinating training opportunities for the domestic and sexual violence sectors.

CALGARY SEXUAL HEALTH AND WELL-BEING (CSHW)

Facilitates a coordinated and collaborative approach to the promotion of quality sexual health information and services.

REGIONAL POST-SECONDARY MENTAL HEALTH COORDINATING

Community Collaboration Subcommittee
Brings together relevant community agencies who work with post-secondary institutions in Calgary to provide the institutions with resources.

CALGARY AFTER SCHOOL (CAS)

Collaborates to provide inclusive, high-quality resources and services for children and youth.

ALBERTA'S ONE-LINE FOR SEXUAL VIOLENCE

Specialized phone, text, and chat support to all Albertans, including information on and referrals to services.

Phone and Text **1-866-403-8000** | Chat **www.calgarycasa.com**

PREVALENCE OF CHILDHOOD SEXUAL ABUSE & SEXUAL ASSAULT RESEARCH REPORT

AASAS led initiative with collaboration from CCASA.

Research findings released in January 2020.

AASAS conducted a research study to show the prevalence of sexual abuse within Alberta. The committee spent years planning and working through ethics approval.

CCASA staff were members of the research project's committee.

It was important to have accurate information on the prevalence of sexual violence to meet the needs of the community.

In addition, CCASA provided sensitivity and support training to the survey staff at Malatest that would interview people who had experienced sexual violence.

WHAT WE DO



AT A GLANCE

367

CALGARY SEXUAL ASSAULT RESPONSE TEAM
CSART team provided support to 367 people

2242

SUPPORT & INFORMATION LINE
Support & Information Line provided crisis and emotional support to 2242 people

6938

COUNSELING
Counselors provided 6938 individual sessions to clients.

228

POLICE AND COURT EDUCATION & SUPPORT
PACES supported 228 new clients this year.

7363

EDUCATION & TRAINING
Educators provided outreach, education or training to 7363 participants.

367

CSART team provided support to 367 people

Both the Calgary Sexual Assault Response Team and the Support and Information Line provide immediate support.

They both provide information, coping strategies, crisis intervention, reporting options, safety plans, as well as, referrals.

CCASA provides information on sexual assault trauma and recovery that helps individuals and support persons' on their journey to healing.

2242

Support & Information Line provided crisis and emotional support to 2242 people

CALGARY SEXUAL ASSAULT RESPONSE TEAM

The Calgary Sexual Assault Response Team (CSART) team provides specialized care to individuals who have been sexually assaulted within the past 96 hours. The service is available through any Calgary emergency department or urgent care center, and the team works primarily out of their specialized facilities at the Sheldon Chumir Health Centre. Clients can choose any member of the Team, including specialized nurses and doctors, a counselor from CCASA and/or the police.

SUPPORT & INFORMATION LINE

Our support and information line is available to anyone who has been affected by any form of sexual violence. Through this line we offer crisis intervention, emotional support, collaborative problem solving/supported decision making, education and information about the many forms of sexual violence, referrals to CCASA services or community resources.

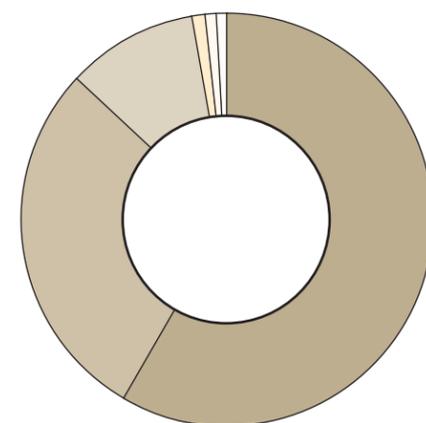
This year marked a year of transition for the support and information line staff. CCASA was able to expand the team to have three full time staff dedicated to support both CCASA's phone line and Alberta's One Line for Sexual Violence phone/text/chat service.

COUNSELING

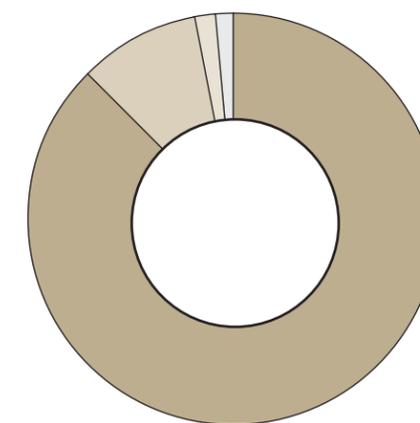
We provide individual and group counseling for individuals impacted by any form of sexual violence, including sexual harassment, sexual abuse, and sexual assault. We also provide counseling to anyone supporting an individual who has been impacted by sexual violence. Individual and group counseling are offered to accommodate the different needs of clients through their healing journey. Steady demand for CCASA counseling continues to be a barrier to people accessing services in a timely manner. To ensure timely access to counseling, CCASA has created a process to triage people with varying needs.



DEMOGRAPHICS OF CLIENTS WE SERVE



- 1% Senior/Elder (65+)
- 58% Adult (25-64)
- 29% Young Adult (18-24)
- 10% Adolescent (13-17)
- <1% Child (6-12)
- 1% Unknown



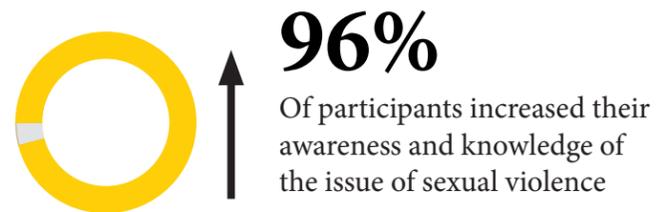
- 87% Female
- 10% Male
- 2% Transgender
- 1% Undisclosed

EDUCATION & TRAINING

CCASA's Education & Training Program aims to facilitate meaningful dialogue on topics related to sexual violence, as well as, build capacity within our community to respond to and support someone who has experienced sexual violence. Education and training is available for adults, youth and children.

CCASA's Education & Training Program includes workshops for every audience including:

- Professionals & Community Members
- Junior and High School Students
- Elementary Students, Parents and School Faculty



“WHO DO YOU TELL?”™ RESEARCH REPORT RELEASE

“Who Do You Tell?”™ is a child sexual abuse education and safety program for elementary school aged children, their parents, and teachers. The program provides skills and knowledge to recognize abuse, learn about body autonomy, and empower children to access support.

Dr. Leslie Tutty has been researching the “Who Do You Tell?”™ education program for over 20 years. She has released 3 research reports with the most recent one released in 2019 based on 10 years of data.

The findings of the report indicate that all children who participated in the program increased their knowledge of child sexual abuse.

Leslie M. Tutty, Danielle Aubry & Laura Velasquez (2019): The “Who Do You Tell?”™ Child Sexual Abuse Education Program: Eight Years of Monitoring, Journal of Child Sexual Abuse

BY THE NUMBERS

200 Education and Training workshops and presentations

2003 Education and Training participants including: professionals, community members, and students.

5360 Outreach participants at events and booths.

POLICE & COURT EDUCATION AND SUPPORT

The Police and Court Education and Support (PACES) Program exists specifically to support and advocate for people who have experienced sexual violence as they navigate, or consider navigating, the legal system. We provide specialized information, education, and support to anyone who has experienced sexual violence and their families. This program provides a myriad of services indicated below.

**WE'RE HERE
TO SUPPORT YOU,
WHEREVER
YOU ARE ON
YOUR HEALING
JOURNEY.**



228

PACES staff supported 228 new clients this year along with their ongoing case loads. The demand for police and court services remained high throughout the year with an active wait-list. To ensure timely access to counseling, CCASA has created a process to triage people with varying needs.

VOLUNTEER PROGRAM

The commitment and expertise of the volunteers provide essential support to the organization. Volunteers represent the strong connection between CCASA and the Calgary community from those who serve on the board of directors, to the skills and compassion of the support line volunteers, to the drive and commitment from community fundraisers and consultants.

900+ Hours

SUPPORT & INFORMATION LINE

The support and information line volunteers are highly trained and specialized in sexual violence and support skills. All of our volunteers provide judgment-free, empathetic support.

33+ Hours

COMMUNITY ENGAGEMENT

Volunteers attend booths, events, marches and protests with CCASA staff as a means to support, engage and connect with the community. Community events are a powerful way to influence public opinion and provide accurate information about the issue and CCASA services.

60+ Hours

BOARD OF DIRECTORS

The board of directors contributes immeasurably to CCASA's success by providing leadership and direction to improve the organization's operations.



VOLUNTEERS ARE THE HEART OF CCASA

We are extremely grateful and proud of our volunteer team. Our volunteers embody our core value and they constantly surprise us with their insights, compassion and heart.

COMMUNICATIONS

This year marked a year of transition for the communications team.

As the team transitioned, the education team helped to manage CCASA's growing online presence.

Social media continues to be a powerful tool to support, educate and empower community members.

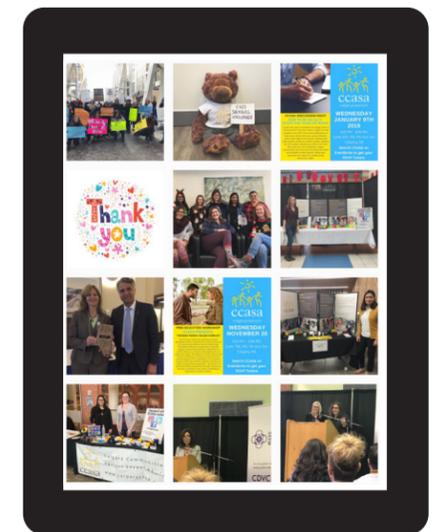
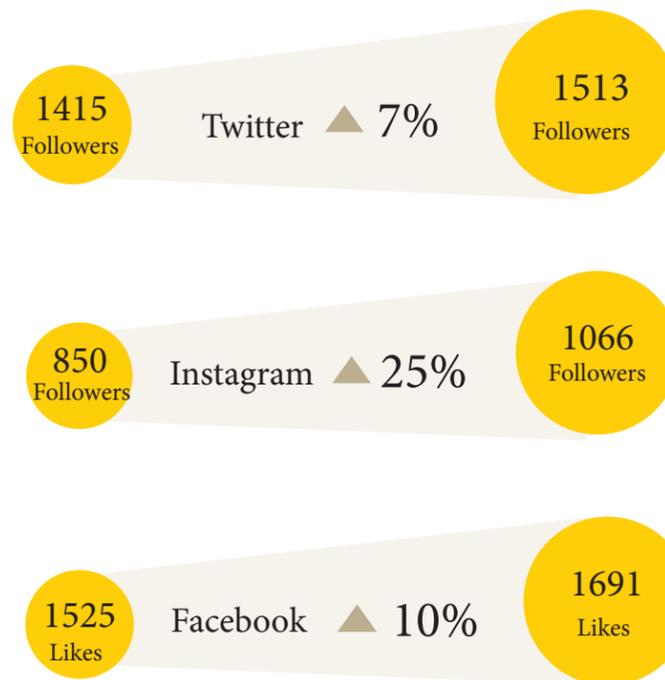
SEXUAL VIOLENCE AWARENESS MONTH

This year for Sexual Violence Awareness Month, CCASA staff attended informational booths at post-secondary institutions in Calgary.

CCASA participated in a segment with CJSW Radio to discuss CCASA's services and the history and importance of education and awareness.

Everyone's healing and learning journey is different and these platforms help to provide positive, accurate and informative messaging.

SOCIAL MEDIA PERFORMANCE





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**THANK
YOU**

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