



Prince Edward Island
rape and sexual assault

CENTRE

ANNUAL REPORT
JUNE 16, 2020

Healing. Empowerment. Prevention.



Prince Edward Island
rape and sexual assault

CENTRE

ANNUAL GENERAL MEETING
Wednesday, June 16, 2020

AGENDA

5pm

Welcome from Anne MacAuley, President, PEIRSAC Board

PEIRSAC is situated on the traditional and unceded territory of Abegweit Mi'kmaq First Nation. We are all treaty people.

Presentation:

Boundaries after COVID-19 Quarantine: How setting every day boundaries can contribute to a culture of consent

Eileen Conboy, M.Ed., CCC,

Sexual Violence Prevention and Response Coordinator, UPEI

6pm AGM Agenda

Annual Reports:

Anne MacAuley, President

Rachael Crowder, Executive Director

Minutes of the 2019 Annual General Meeting

Auditor's Report

Nominating Committee Report

Closing Remarks

PRESIDENT'S REPORT

The PEI Rape and Sexual Assault Centre offers a specialized service to those who have been targets of sexualized violence. The work is difficult, it requires dedication, commitment and we are blessed to have the therapists we do—those with many years of experience share their wisdom; our newer therapists bring knowledge and their own light to the work and the workplace. So I want to begin by acknowledging our therapists - Lorna, Petra, Kate, Susan, and Alyssa – who is filling in for Katlyn while she is on leave. We would not be here were it not for your dedication to our clients and this work - so on behalf of the Board - thank you.

The Board also wants to acknowledge our Executive Director – Rachael. It has been a challenging year; your guidance and leadership has been unwavering. Despite all the challenges we are ending the year knowing that some very important goals were achieved.

I concluded my report last year by outlining Board goals/targets for 2019/2020: “Our focus for the next year is on board development, professional development and retention activities for our therapists, recruitment for therapists, community engagement, and succession planning for Board roles.

Our recruitment process for 2019/2020 Board members was sensitive to representing the diversity of our stakeholders and therefore we considered the variety of skills and abilities required for a high functioning Board of Directors. Building on those strengths, Board development included Jenn Gorham, Associate Director Sexual Violence New Brunswick attending our November meeting and providing an exceptional thought-provoking presentation on *Trauma-Informed Principles for Trauma-Exposed Workplaces*. We also formalized our Board structure through the organization of dedicated committees for Human Resources, Finance, Public Education and Awareness, Resource Development, and Nomination. Those committees have all been active in supporting the work of the Centre as needed, including attending information fairs at UPEI, and staffing a table during Family Violence Prevention Week. As a whole the Board reviewed policies and procedures in consultation with the Executive Director and staff, one result being a new policy on the provision and use of the new staff cell phones.

Staff recruitment and selection activities for an addition therapist continued through Q3 and Q4 of 2019 and Q1 of 2020. Susan Doiron, a former therapist with the Centre, accepted an offer and began with us the end of February 2020. We were also successful in recruiting Alyssa Coghlin who will fill in for Katlyn’s leave of absence; Alyssa began her contract in April 2020.

The Centre, through the work of our Executive Director is cultivating a relationship with First Nations communities and organizations across PEI to mutually develop culturally safe and appropriate approaches with the ultimate goal of hiring an Indigenous therapist to serve our First Nations clients.

The Men Matter Phase 2 group ran from October to December 2019 with 10 participants. We advertised in both the Guardian and the Journal Pioneer late fall and early winter yielded no new inquiries or registrations for a Winter Phase 1 group in Summerside, however there was an influx of inquiries for the Charlottetown group which started in February. Unfortunately, COVID19 happened before the group was finished, and until there is further lifting of COVID 19 restrictions – or we figure out a way to do the groups online - the group that was in session in March 2020 is on pause. The Board committees will continue to advance strategic improvements in the areas of Public Education and Awareness (e.g. review of our print brochures, updating of the website); promoting and supporting professional development for both therapists and the Board members; recruitment of new Board members with a continued focus on inclusion and diversity.

COVID 19 has changed how we deliver our services, but we have not stopped working and providing what I consider an essential service to our clients. I am going to defer to Rachael and she will give you more details about Centre operations despite the restrictions imposed by the world pandemic of 2020.

Respectfully

Anne MacAuley
PEIRSAC President

EXECUTIVE DIRECTOR'S REPORT

I want to express my heartfelt appreciation to our retiring President, Anne MacAulay. Anne holds a social work degree and worked in the field for many years - so as a sister social worker I may be a bit biased – but I think it was this (com)passion for serving others that has informed everything she has brought to PEIRSAC over the many years she has been on our Board. Anne has also been a tremendous support to me in my first year as Executive Director. In addition to moral and emotional support, she provided incredibly valuable skills grounded in her experience as a Human Resources Manager, and insights from the organizational corporate memory she holds about PEIRSAC. Thank you, Anne, for all this and for offering to stay in touch for future consultation. I would also like to thank Amanda Brazil who is leaving the Board this year as well. Both Anne and Amanda exemplify unflagging support of the mission, vision, and values of our organization, an indefatigable passion for social justice, and for survivors' voices and agency in leading change. You will both be missed very much.

When I started with PEIRSAC March 2019 never in my wildest imaginings could I have dreamed up the situation – a pandemic - in which I would be marking my one-year anniversary! But I don't want to start at the end, but rather at the beginning of my first year at PEIRSAC with a brief review.

After a very quick introduction to PEIRSAC administrative duties by out-going Organizational Coordinator Sigrid Rolfe, I was getting to know the staff, Board, and community we serve while overseeing the financial audit and preparing for the 2019 AGM. That included recruiting and interviewing new Board members, growing the Board by 5 new members: Eileen Conboy, Brad Deighan, Josie Jackson, Debbie Langston, and Shannon McCready. We have benefitted greatly from the added infusion of life experiences and worldview perspectives that complemented those of Anne MacAulay, Caroline MacRae, Chelsey Condon, Amanda Brazil and Karen Mc Caffrey. With their support I worked with our accountant to streamline bookkeeping processes; responded to media requests; recruited new staff positions; attended two important national conferences on Gender Based Violence and a local conference on Restorative Justice; a couple of important training opportunities with the Mi'kmaq Confederacy of PEI; and joined the Board of Ending Violence Association of Canada as Treasurer. On the community service side I attended regular meetings of the Premier's Action Committee on Family Violence Prevention and its administrative arm PAC Admin; the Enhanced Emergency Sexual Assault Services committee; the newly formed RCMP 'L' Division's Sexual Assault Investigations Review Committee; and a number of public education presentations, some given and some taken, like the community-based research presentation and conversation through PEERS Alliance.

On the clinical side it also been extremely busy. As you can see by the Annual Statistics that follow my report, in 2019-2020 PEIRSAC served 209 individual clients, a 21% increase from the previous year; we also experienced a 33% increase in new Requests

for Service (RFS) while continuing to see an increase in requests from survivors of recent assaults (up 4% from the previous year) and a decrease from survivors of child sexual abuse (down 9%). This continues a trend: new RFS from survivors of childhood sexual abuse (CSA) have gone from an average of 63% during 2012-2018 to 47% in 2018-2020 – in other words from almost 2/3 of new requests to about a half. In the 3rd quarter (Oct-Dec) of 2018, Organizational Coordinator Sigrid Rolfe noted: *For the first time the numbers of requests from recent and past assaults surpass requests from survivors of childhood sexual abuse.* New RFS from survivors of recent sexual assault have doubled from 15% in 2012-13 to 31% in 2019-2020; the most dramatic increase (13%) happening in the period April 1, 2018 -March 31, 2020. Only proper data analysis will reveal why the dramatic uptick, but I think we can fairly speculate that it had something to do with the Robyn Doolittle Globe and Mail article on ‘unfounded’ sexual assault cases (Feb 2017), and the events in the USA that fueled #metoo (founded in 2006 by Tarana Burke and exploded in Oct 2017) and #timesup (founded Oct 2017 by 300 women in Hollywood in response to the workplace sexual harassment and assaults as exemplified by the predatory misogyny of movie executive Harvey Weinstein). Sexual assault centres across Canada in some cases (like the Ottawa Rape Crisis Centre) experienced a 100% increase in calls to their crisis lines. Locally and across the country we have also seen the opening of sexual assault response offices in universities, and so one might speculate that young people –especially young women who are statistically in that most vulnerable age category for sexual assault – are being connected with, supported, and often referred to local sexual assault centres in increasing numbers.

With the arrival of the novel coronavirus mid-March, those RFS came to a bit of a halt; and new RFS in April and May were about half of what we would have expected. At the present moment we are still providing individual therapy with our existing and new clients via phone and/or online platforms, and I know we will have a better analysis of the impacts of COVID19 on our clients and staff this time next year, but I want to say how proud I am of the way PEIRSAC staff have adapted to this new way of supporting clients in their healing. As Anne stated in the beginning of her report, our therapists are the real ‘sheroes’ of this organization, and they inspire me every day. At the beginning of this pandemic there were a few doubts and hesitations – not only from staff but survivors as well - about how well they could maintain the therapeutic alliance when they could not be together in the same room. For the most part, clients and staff have been pleasantly surprised at their own resilience and adaptability to therapy by technology, and indeed this may provide more options for how survivors access therapy in the future. This may be the silver lining to this pandemic – and there will probably be others, only time will tell.

With kindness

Rachael Crowder PhD RSW
Executive Director

ANNUAL STATS APRIL 1, 2019 – MARCH 31, 2020

CLIENTS IN COUNSELLING DURING THE YEAR BY OFFICE: 206

Charlottetown: 136
 Summerside: 49
 Alberton: 21

NEW REQUESTS FOR COUNSELLING DURING THE YEAR BY REASON, AGE AND GENDER = 152

Reason for Request/Female 139	Age								T
	16-17	18-24	25-30	31-40	41-49	50-60	61-64	65+	
SA w/in past 3 mths	7	15	10	5	4	3			44
SA w/in 3-6 mths		3			1				4
SA 6 mos – 2 yrs	1	2		2	1				6
SA over 2 yrs		7	1	9	2	4			23
Historic childhood sexual abuse		11	12	15	11	12	1		62

Reason for Request/Male 13	Age								T
	16-17	18-24	25-29	30-39	40-49	50-59	60-64	65+	
SA w/in past 6 mos		2	1						3
SA w/in past 7 mos-2 yrs									
SA over 2 yrs		1							1
Historic childhood sexual abuse	2		5	1				1	9

Charlottetown: 112
 Summerside: 29
 West Prince: 11

NEW REQUEST REFERRAL SOURCES				
	CH/TOWN	SUMMERSIDE	WEST PRINCE	TOTAL
SELF	35	12	5	52
MENTAL HEALTH/ADDICTIONS	42	7	5	54
HEALTH CARE PROVIDER	15	5		20
VICTIM SERVICES	3	2		5
EAP	2	2		4
FVPS	2	1		3
SCHOOL	5		1	6
POLICE	2			2
CHILD AND FAMILY	2			2
OTHER	4			4

Year	Clients receiving services	New Requests for service	Requests from adult survivors of childhood sexual abuse	Requests from survivors of sexual assaults within last three months
2019-2020	206	152	47% (71)	31% (47)
2018-2019	170	114	55.76	27%
2017-2018	146	112	61.6 % (69)	17.8 % (20)
2016-2017	118	112	60.7 %	16%
2015-2016	122	119	68%	11%
2014-2015	89	80	62%	8%
2013-2014	117	69	64%	17%
2012-2013	131	47	62%	15%

MEN MATTER STATS (Location: Charlottetown; insufficient numbers for a Summerside group)

Phase 1 Groups

Feb – Mar 2020 (Interrupted by COVID19) = 8

Phase 2 Groups

Oct-Dec 2019 = 10

Comments:

2017 – 2018	24% increase from previous year in number of clients receiving service Other numbers (new RFS, CSA vs Recents) relatively static
2018-2019	16% increase from previous year in number of clients receiving service New RFS relatively static Shift beginning in new RFS from CSA (down 6%) vs Recents (up 9%)
2019-2020	21% increase from previous year in number of clients receiving service 33% increase in new RFS Continued shift in new RFS from CSA (down 9%) vs Recents (up 4%)

New Requests for Service (RFS) from survivors of childhood sexual abuse (CSA) have gone from an average of 63% during 2012-2018 to 47% in 2018-2020 – in other words from almost 2/3 of new requests to about a half. In the 3rd quarter (Oct-Dec 2018) Organizational Coordinator Sigrid Rolfe (retired) notes: **For the first time the numbers of requests from recent and past assaults surpass requests from survivors of childhood sexual abuse.**

New RFS from survivors of recent sexual assault have doubled from 15% in 2012-13 to 31% in 2019-2020; the most dramatic increase (13%) happening in the period April 1, 2018 -March 31, 2020.

Minutes of the 2019 AGM

PEI RAPE AND SEXUAL ASSAULT CENTRE
ANNUAL GENERAL MEETING
WEDNESDAY, JUNE 12, 2019
6-8 PM HAVILAND CLUB, CHARLOTTETOWN

IN ATTENDANCE: Anne MacAulay, Rachael Crowder, Gladys Kickham, Caroline MacRae, Deborah Langston, Brad Deighan, Chelsey Condon, Shannon McCready, Wendy Verhork Oftedahl, Susan Maynard, Scott Brown, Josie Jackson, Tara Wheeler (Auditor), Amanda Brazil, Eileen Conboy, Jane Ledwell, Linsey MacEwen, Karen McCaffrey, Kate Robertson, Petra McNaughton, Katelyn Reardon, Doris Ward.

Meeting Facilitator: Anne MacAulay Note taker: Rachael Crowder

MINUTES

1. Anne welcomed people to the meeting, followed by a brief round of introductions, acknowledgment of the staff and the good work that is being done. Anne gave her President's report, then introduced Rachael the new Executive Director and invited her to give her presentation.
2. Rachael gave her presentation *Better Together: Cultivating a Mindful Community of Well-being* on the importance of trauma stewardship as an undergirding approach for our organization, to ensure the resilience wellbeing of PEIRSAC staff and volunteers.
3. Minutes from the 2018 AGM were reviewed. A motion to accept the minutes as written was made by Amanda Brazil and seconded by Gladys Kickham. Motion passed.
4. Tara Wheeler, representing Arsenault Best Cameron and Ellis, presented the auditor's report for the 2018/19 fiscal year. A motion to accept the draft report as written made by Karen McCaffrey and seconded by Caroline MacRae. Motion passed. Scott Brown moved that the Centre hire the firm of ABCE for next year's audit. The motion was seconded by Amanda Brazil. Motion passed.
5. Scott Brown presented the Nominating Committee Report. There were no new nominations from the floor. The following names for Board Directors for the 2019/20 year were submitted: Anne MacAulay, Caroline MacRae, Chelsey Condon, Amanda Brazil, Karen McCaffrey, Eileen Conboy, Brad Deighan, Josie Kelly, Debbie Langston, Shannon McCready. Motion to accept this submission made by Caroline MacRae and seconded by Chelsey Condon. Motion passed.
6. Rachael closed with her Executive Director's Report.
7. Meeting was adjourned, and refreshments were served.

NOMINATING COMMITTEE REPORT 2020

The members of the PEI Rape and Sexual Assault Centre would like to express their gratitude to the retiring volunteer member and President of the PEIRSAC Board of Directors, Anne MacAulay. We also thank the established volunteer members who have agreed to remain as part of the Board.

We submit the following names to serve as volunteer members of the PEIRSAC Board of Directors for the next year:

- Caroline MacRae to serve the second year of a second two-year term
- Chelsey Condon to serve the second year of a second two-year term
- Karen McCaffrey to serve the first year of a second two-year term
- Eileen Conboy to serve the second year of a first two-year term
- Brad Deighan to serve the second year of a first two-year term
- Josie Kelly to serve the second year of a first two-year term
- Debbie Langston to serve the second year of a first two-year term
- Shannon McCready to serve the second year of a first two-year term



Prince Edward Island
rape and sexual assault

CENTRE

VISION AND MISSION STATEMENT 2008

Vision: Our vision is a community where all people feel safe and are free from sexual abuse and sexual assault.

Mission: The mission of the PEI Rape and Sexual Assault Centre is to support survivors of sexual assault and abuse in their healing and to ensure that all people living in PEI are safe from sexual violence. In achieving this mission we work collaboratively with, and in ways that empower, individuals and organizations.

We believe that:

- Sexual assault and sexual abuse are crimes that involve control and power.
- Prevention of sexual abuse is everyone's responsibility. The community has a responsibility to support survivors in their healing and to work towards ending sexual violence.
- Sexual violence will continue until the root causes of violence against women and children are addressed.
- The impacts of sexual assault and childhood abuse permeate all of society
- The trauma of sexual assault and childhood sexual abuse can severely impact the quality of life for survivors.
- All survivors deserve access to services.
- Healing that results in long term enhanced quality of life takes time.
- Survivors have the right to receive the support they need to heal from abuse
- Ensuring confidentiality and respecting the choices of survivors are top priorities.
- Working collaboratively with the community is essential to address the needs of survivors.