



**2018**  
**ANNUAL**  
**REPORT**

**REGINA SEXUAL ASSAULT CENTRE**

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# PRESIDENT'S REPORT

## KRISTINA KAMINSKI

Last year was a year of transformation for the Regina Sexual Assault Centre. Under the leadership of the Executive Director, Lisa Miller, RSAC dealt with the 2016 discovery of the defrauding of the Centre, the former employee responsible was convicted October 2017. As a result of the crimes, RSAC enacted financial oversight mechanisms which increase transparency, and diversify financial responsibilities ensuring no one person is in control of RSAC funds. Lisa Miller has also contracted a new independent bookkeeper, recommended by our auditors, Virtus, who is experienced with non-profit funding and reporting structures to continue to assist in payroll and reconciliation in order to ensure financial oversight, reporting, and forecasting while being bound by professional codes of conduct.

The President and Vice-President of RSAC, extended the contract of Lisa Miller as the Executive Director of RSAC in June 2018 as a result of her exemplary enacting of the Centre's Mission and Vision in accordance to the Strategic Plan.

## COMMUNITY OUTREACH AND PREVENTION

RSAC's mandate is to "reduce the risk of abusive behaviour and sexual violence through education, prevention and support in our community." Our First Responder Training (FRT) certification program, as created and presented by AASAS is the training standard for all RSAC volunteers, and community agencies.

RSAC, through the assistance of our provincial umbrella organisation, SASS, has presented to individuals from the University of Regina, SAFE (Sexual Assault Forensic Nurses), and Weyburn Police Services. Currently, RSAC is scheduled to facilitate FRT to Forensic Nurses practising in the southern portion of the province this October, while inroads are being created with the RPS following Block Training. It is the goal of RSAC that through this program we may create a unified, respectful, and compassionate response to sexual assault to foster positive working relations, and effective victim/survivor support within the criminal justice, health and social service systems.

## OUR WORK

### Counselling

RSAC employs 3 counsellors: Brennan Lane, Kate McEvenue, and Sarah Sempsrott-Ridley. The Centre provides free short and long-term counselling for men, women, children and youth. The diversity of our counsellors allows the Centre to provide trauma informed practice for all ages, genders, orientation, and ethnicity.

# PRESIDENT'S REPORT

## **KRISTINA KAMINSKI, CONT'D. . .**

The 24 Hour Crisis Line, answered by volunteers, has seen a steady flow of calls from clients requesting information, as well as to request support, especially following the reporting and media coverage of the “Me Too” and “Time’s Up” movements. RSAC continues to be called out to the hospital to make contact with individuals proceeding with sexual assault kits. We are currently discussing a potential policy for Crisis Line Advocates to be called in by SAFE Nurses for all sexual assault kit procedures to make contact with clients in order to provide immediate outreach and recourses should clients choose to seek support.

### Kids On The Block (KOTB)

KOTB program presentation numbers continue to grow. The Bullying Prevention presentations are highly popular, and we have incorporated Sexual Abuse and Personal Safety content for elementary school aged children. KOTB has expanded its program into Weyburn, White City, Moose Jaw, Pilot Butte, and surrounding area. The demand for information and education highlight the need for KOTB in our communities. RSAC is devoted to responsibly expanding this educational programming, while ensuring that counselling/support services are readily available in all presentation areas. Educating children about consent and bodily integrity is vital to ensure respectful and healthy relationships. Education is fundamental in the prevention of sexual abuse, and RSAC is committed to providing this in a fun, informative and responsible way.

### FINANCIAL

Currently, RSAC is primarily funded through the Government of Saskatchewan’s Ministry of Justice. We work with an external fundraiser, Linda Schaeffer, to bring in the Centre’s non-government funds. In order to further develop and build our service capacity, RSAC is looking to identify and implement self generated funding opportunities. The Story of U Podcast hosted an event entitled “A Night of Hope and Healing” with which the proceeds of the event were donated to RSAC, with Bayer Crop Science matching the donations. A similar event is set to take place this year. Many nonprofits struggle with finding self-sustaining income, and it is the goal of the Centre to utilize the expertise of its Board to find inventive strategies in order to bring this financial goal to fruition.

# PRESIDENT'S REPORT

## **KRISTINA KAMINSKI, CONT'D. . .**

RSAC was the victim of a financial fraud, discovered in 2016. Unfortunately the actions of this former employee continue to negatively affect the Centre financially. Additional oversight mechanisms have been enacted to ensure greater fiduciary controls such as the inclusion of external auditors on the Board.

RSAC has also employed the services of lawyer Paul Malone in order to assist the Centre with the recovery of funds and to support reparations to our donors and funders resultant from the discovered financial defrauding of the Centre in 2016.

Overall, RSAC is looking to the future. We continue to rebuild our relationships and our reputation within the Regina community, but we are focused on growth: growing our volunteer and Board capacity, growing as counsellors, and growing in the strength of our voice to advocate for the clients we serve, our community, and call-out systems and structures which perpetuate rape culture.

Kristina Kaminski  
President  
September 4, 2018

# EXECUTIVE DIRECTOR REPORT

## LISA MILLER

This year, as last, has been one of transformation and I am proud to have been entrusted to assist in shaping the Centre's work. We have seen immensely positive change and we are fortunate to have employees who are dedicated, professional, compassionate and, most of all, patient, as we work steadily at matters related to policy and procedures, community engagement and strategic goals.

The #MeToo movement has created, as with most other sexual assault agencies, a significant increase in requests for services. Calls to the crisis line have nearly doubled and counselling staff have high caseloads, creating 3-4 week waits for new clients and the risk of compassion fatigue for counsellors. Staff are encouraged to regularly assess time management, utilize clinical supervision and give themselves time for file notes, reading and learning.

In Spring 2018, counsellors offered a trauma group for self-identified women. Clients were surveyed before and after participation and showed significant improvement in measured areas. The next group will be held in Fall 2018.

For the third year, sexual assault agencies saw no increase in core funding from the government. SASS member agencies have been in regular contact with the Ministry of Justice, advocating for the need for additional funding, particularly for additional staff to deal with requests for services. Ministry staff indicated that proposals for additional funding are being reviewed and we anticipate some response by late September 2018.

In April 2017, counsellor qualifications and job descriptions were updated. Due to the often complex client needs stemming from historical abuse, qualifications were amended to favour Masters educated individuals with experience in trauma-informed practice.

In May and June 2017, the Centre hired two new counsellors to replace a retirement and resignation. All three clinical counsellors are now Masters educated and offer individual, group and family therapy to adults and youth.

# EXECUTIVE DIRECTOR REPORT

## **LISA MILLER, CONT'D. . .**

The Centre also prioritized enhanced training through an increased budget. Upon completion of current training, the centre will begin offering EMDR therapy, and online counselling in fall 2018. It is hoped the online counselling will increase access to services for those with barriers to attending traditional sessions.

Of note this year, staff collaboratively delivered 15 sexual assault presentations for Regina Police annual block training, which ran January 10 – April 18, and reached 325 members. Centre staff provided information on the psychological, emotional and physical impacts of trauma and the resulting impact on criminal investigations. The result was a much-needed increase in awareness of our Centre and the forging of relationships with members in Vice. The Centre is also pleased to announce a commitment from Regina Police Service to bring an advocate file review model (also known as The Philadelphia Model) to Regina. This work is expected to begin in 2019.

The Centre's staff met strategic goals and outcomes in 2017-2018, had a larger presence in both mainstream and online media and participated in numerous workshops, health fairs and educational sessions with a broad cross-section of our community. It was a very successful year and I look forward to seeing what will be accomplished in 2018-2019.

Lisa Miller  
Executive Director

# STAFF REPORT

## **BRENNAN LANE**

My main role was providing counselling services to clients. This included seeing clients each week for initial intakes and follow up one hour sessions.

I provided volunteer coordination throughout the year. This included creating crisis line advocate job postings and sending these postings, and interviewing and training chosen volunteers prior to beginning work on the crisis line.

Approximately 15 applicants were interviewed, and 8 successfully completed all stages of the training process.

From September 4 to December 15 I supervised a mini-practicum social work student. We developed personal goal plans, and the student attended case conferences and other community events with myself and other staff.

I attended multiple community events throughout the year. In September I attended a sexual health fair at SIAST. I conducted three presentations on consent with the other counselling staff, as well as a presentation on trauma impact for victim's services.. Finally, for three months starting in February, myself and the other counselling staff rotated every Wednesday, where we provided trauma impact training to Regina Police Services.

I completed professional development training courses including: ASIST suicide prevention, First Responder Training, treating self-harming behaviours due to trauma, and the impact of trauma on persons with disabilities.

Finally, throughout the year I participated in case conferences with counselling staff, where we discussed cases and provided one another with supportive feedback. I also participated in multiple clinical supervision sessions, where I met with a supervisor to discuss cases and gain suggestions and feedback on how to better support my various clients.



# STAFF REPORT

## **SARAH SEMPSROTT RIDLEY**

I started working at the Regina Sexual Assault Centre in August 2017. The following information provides a summary of my work at the centre from August 2017 – March 2018.

My primary role at the centre included providing individual therapy to clients. Up until March, I noted a steady increase in my caseload, as well as an increase in referrals from mental health, psychiatry, and social services.

In addition to individual therapy, I co-facilitated two groups at the centre and attended several community engagement events. These community events involved both trainings and public awareness events, including: Women's Wellness Fair, Power to Be You Conference, Regina Public Library panel discussion on #MeToo, Sexual Assault and Domestic Violence training for Moose Jaw Victims Services, Sexual Assault training for University of Regina resident advisors, Trauma-Informed training for Regina and Weyburn Police Services, and Trauma-Informed training for lawyers volunteering with The Listen Project.

In addition, I pursued registration for professional development training in EMDR (Eye Movement Desensitization Reprocessing) and completed a training on treating self-destructive behaviour in traumatized clients. Occasionally, I accompanied clients to court and to the police station for reporting purposes. Lastly, at times I spoke to the media on topics relevant to our work at the centre.

# STAFF REPORT

## **KATE MCEVENUE**

Summary of Engagement (April 2017-March 2018)

Here is what I have been working on:

Counselling survivors of sexual assault, childhood sexual abuse, intimate partner violence, and ritual abuse, as well as support persons living with survivors of sexual violence. This includes accompaniment to court, hospital and police.

Creation of and delivery of public education materials related to consent (to sexual activity), supporting survivors of sexual assault (for frontline workers), and working with survivors of sexual violence (from a police perspective). These presentations were made to high school students, University of Regina staff and students, Regina Police and RCMP victim services personnel and Regina Police Services members.

Attending various workshops and trainings (on-line): Trauma and Indigenous Perspectives (1 hour); DBT Essential Tool Kit (12 hours); Treating Self-Harming Behaviours in Traumatized Individuals (12 hours); Counselling Trans People (2 hours).

For professional development reading, I have worked through fourteen books over the past year that deal with the variety of topics such as: modalities of therapy, intervention techniques, eating disorders, etc.

Creation and co-facilitation of two different 12-week therapy groups: "Surviving the System" for women engaged in the justice process, and "Complex Trauma: a Women Identified Group for Healing".

Delivery of Court Orientation. This is done on a rotational basis with community partners including RPS Victim Services and Regina Family Services.

Participation in SART committee meetings and collaboration with other community members (ie: SASS research project), public awareness projects (such as a live podcast) and some media requests for comment on a variety of topics related to sexual violence.

# STAFF REPORT

## DELYNNE

As the administrative assistant for Regina Sexual Assault Centre, 2017-2018 was a productive year. Lisa worked hard on following my big dream of servicing areas west of Regina and we have made numerous contacts in the Moose Jaw and surrounding areas. Calls have come in and services has been requested. We have definitely made great strides in this area. I have also continued to send out information packages to agencies in Regina to maintain and introduce our service.

Over the course of the fiscal year I was able to complete several personal development courses/workshops to help assist in my role at the centre. I partook in the following;

- First Responder to Sexual Assault and Abuse ™
- Mental Health First Aid
- Vicarious Trauma Webinar
- S.A.F.E. training at Regina General Hospital
- Suicide intervention

I also had the pleasure to attend the PATH'S luncheon with guest speaker Barb Byers, as well as a Drug Court presentation that was hosted at RSAC. Again I am looking forward to an action packed year.

Delynne

# THE WORK WE DO

## ANNUAL GOALS AND OBJECTIVES FOR 2017-2018

### Goal #1: Increase community outreach and relationships

#### Objectives:

- Participate in community gatherings with partner agencies;
- Increase use of social media and advertising to bring awareness about our programs (website upgrades and re-implementing Facebook page);
- Presentations to high school students on sexual assault prevention and healthy relationships, and;
- Develop and host an information lunch for the general public and community organizations.

#### Outcomes:

Strategic goals were met, with the exception of the lunch and learn; however, the addition of other public events provided more visibility and awareness.

Mainstream and social media (2016-2017 comparatives: No Facebook/Twitter, four requests from media)

Leader Post	Victims and Survivors of Crime Week
RSAC Facebook	165 posts
Kids on the Block Facebook	54 posts
Twitter	67 posts
Global TV	#MeToo Movement Violent sexual offender on Tinder
CTV	#MeToo Movement Harassment in the workplace
CBC French	#MeToo movement
CBC Saskatoon	Response to report to Saskatoon Police Service Board of Commissioners
CBC Radio – Sheila Cole	Sexual Assault in the media
Adrianna – Newstalk CJME	Sexual Assault in the media
RSAC webpage	Over 1,200 hits on a redesigned, more user-friendly website
Direct West 411	Enhanced visibility lead to over 3,100 hits for RSAC information (no previous year comparatives available)
Story of U podcast	Sexual Assault in our community

# THE WORK WE DO

## ANNUAL GOALS AND OBJECTIVES FOR 2017-2018

Public Education, Presentations and Awareness Events

<b>Community Agency</b>	<b>Nature of Contact</b>
University of Regina – Gender-based Violence program	Displays during Violence Prevention Week, an in-house sexual assault awareness event, and First Responder training
University of Regina – Residence program	Presentation on responding to disclosures of sexual violence to Residence staff.
UR Pride	Discussed future in-service training with staff and volunteers on inclusiveness and LGBTQ+ service needs.
Regina Police Service	15 weeks of block training on trauma-informed response to sexual assault victims to all RPS members.
	Display for RPS Annual Showcase
Scott Collegiate	Student wellness fair
Ministry of Justice	Contracts, organizational needs, current trends, budget
	Consultation meeting - Workplace Rights for Victims of DV
Food Bank	Quarterly Making Connections agency fair
White Butte RCMP	SART committee, education for new members on Third Option and Anonymous Reporting in the community
Sask Polytechnic	Display at Sexual Health Fair
Street Culture	ASIST suicide training/provided 4 spots to their organization at no charge
Fort Qu'Appelle Community Health	Display at Health Fair
Ruth Pawson School	Display at Health Fair
Sexual Assault Services of Saskatchewan	Member of Advisory Committee
	Member Agency
STOPS to Violence	Member Agency
	STOPS Spring Gathering 2017

# THE WORK WE DO

## ANNUAL GOALS AND OBJECTIVES FOR 2017-2018

Public Education, Presentations and Awareness Events Continued

<b>Community Agency</b>	<b>Nature of Contact</b>
YWCA	<p>Participation in the Women's March</p> <p>5-6 Kids on the Block presentations at Children Exposed to Violence Program</p> <p>Presentations at the YWCA Power of You youth conference</p>
Ministry of Justice/PLEA	<p>Participation in planning event for LISTEN project.</p> <p>Delivered 45-minute presentation to participating lawyers on trauma-informed response to victims of sexual violence</p>
PATHS	International Women's Day luncheon – supporting partner
Story of U	Sexual Assault – Live podcast
Moose Jaw Pride	Moose Jaw Take Back the Night
Regina Public Library	Participated in panel discussion in "Hot Topics" series
Family First Doula	Researched and developed tools to assist pregnant and post-natal women who have a history of sexual violence and trauma
Moose Jaw Victim Services	Presentation on sexual assault, trauma and responding to victims
Regina Police Victim Services/RCMP Victim Services	Delivered presentation on trauma and responding to sexual assault victims
U of R Faculty of Social Work	Kids on the Block presentation to children's summer camp
	Practicum student program
Edmonton Institution for Women	Display re: services for upcoming parolees
Weyburn Police Service	Kids on the Block presentation for WPS Open House

# THE WORK WE DO

## ANNUAL GOALS AND OBJECTIVES FOR 2017-2018

### Goal #2: Staff and Volunteer Training

#### Objectives:

- Send one staff and one board member to the “Train the Trainer for First Responders” course;
- Update training for new and existing volunteers, and;
- Research training opportunities and send each staff member to at least one event.

#### Outcomes:

All goals were met. SASS funded two staff members to attend the AASAS First Responder™ facilitator training and we subsequently delivered three 14-hour First Responder™ workshops to volunteers, as well as staff and students from the University of Regina.

The staff training budget increased by \$500 in the 2017-2018 budget. All counsellors participated in a twelve-week Self-Harm and Destructive Behaviour webinar. Two staff members attended ASIST suicide assessment training. In June 2017, the Centre contracted clinical supervision for counsellors, to support professional development and self-care, and provide annual file audits.

The Centre started evening information sessions for staff and volunteers. Staff from community agencies present on the work they are doing, which assist us in recognizing and utilizing existing resources with clients.

# THE WORK WE DO

## ANNUAL GOALS AND OBJECTIVES FOR 2017-2018

### Goal #3: Financial Growth

Reimplement an annual fundraising event.

Outcome: The Centre advertised a tender for fundraising services, but did not receive proposals that met our vision and required outcomes. We continue to contract a telefundraiser, with whom we have a long-standing relationship and who provides reliable revenue for the Centre. We will be looking at developing a fundraiser in Fall 2018, as it is a priority to diversify and increase revenue.

Revenue from the telefundraiser and other donations exceeded budget projections.

### Goal #4: Kids on the Block Puppet Show Program

Objective:

- Establish annual, recurring KOTB program in schools;
- Identify additional opportunities for program delivery, and;
- Research and develop a method of quantifying program outcomes.

Outcomes: Kids on the Block has become a very successful and well-received program in schools and community-based organizations. In 2017-2018, the program delivered 177 presentations to 4,983 students and 362 adults.

Over 80% of schools that have received presentations have requested KOTB the following year. Feedback from teachers indicates the presentations assist them in meeting curricular outcomes in health and ELA and allow children to explore difficult topics in safe and child friendly ways.

In January 2018, we received a request to deliver 38 presentations in the southeast corner of the province. Through collaboration with the Southeast Cornerstone and Holy Family Roman Catholic School divisions, we presented to over 1,800 students in this area, with plans for additional presentations in the 2018-2019 school year.



# 2017-2018 STATISTICS

## REGINA SEXUAL ASSAULT CENTRE

- 193** New Clients (F-172, M-21)
- 141** Clients had experienced sexual assault
- 123** Clients had experienced child sexual abuse
- 84** Clients had experienced domestic violence
- 1248** Follow-up counselling sessions
- 958** Contacts seeking services or information via phone, email, website, or walk-in
- 397** Calls to the crisis line
- 25** Accompaniments to the hospital, police, or other appointments

### Referred by:

Police	Hospital
Doctor	Mental Health
Shelter	Public Education
Friends/Family	Addiction Services
Legal	Victim Services
Corrections	Social Services
Website	