

the  
**Advocates**  
Saving Lives. Changing Futures.

# *Navigating the Current*

*Working upstream to stop the cycle of violence*

*The Advocates promotes healthy relationships by offering safety, healing, and resources to people impacted by abuse.*



IMPACT REPORT 2023-2024

# Upstream Prevention

At The Advocates, in addition to aiding people downstream, we put resources and energy into **“upstream prevention”** with the goal of stopping abuse before it starts. We teach healthy relationship skills, proactive bystander interventions and foster a culture of consent for local youth. We create foundations of respect and equity that benefit our community and safeguard future generations from harm.

*“Just as we teach children to cross the street safely or swim, it is important to educate them on building and maintaining healthy relationships.”*

– Darrel Harris, Director of Prevention

- Last year, **The Advocates’ Prevention** team expanded by **33%**, adding a new Engaging Men and Boys Specialist and training **3,280** local youth about how to build healthy relationships. This is up **15%** from the prior year.

- The Advocates’ **Every Teen Counts Internship** (ETC’s) empowers teens to become peer educators around healthy relationships. These teens offer vital peer-to-peer support, sharing resources on sexual and dating abuse, promoting respectful connections and linking youth to adult professionals.

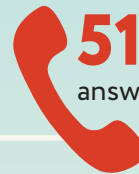
- Last year, **70** children impacted by abuse received focused individual care and advocacy participating in our **Youth Services Program**. **94%** of youth participants report feeling safer and happier after sessions.

*“I knew he would kill me if I stayed. My kids begged me to call The Advocates, so I did. They saved our lives.”*

– Jessica, mom of three kids and domestic violence survivor (Her children learned about The Advocates in health class.)

## Freedom

Last year, The Advocates provided critical 24-hour support and services to over **800** victims of abuse, including:



**51** calls for help answered daily



Food assistance provided **695** times



**7,554**

safe nights in the crisis shelter

Case management sessions up

**134%**



Advocacy for **51** sexual assault survivors



**521** hours of free legal services for divorce and custody



## Empowerment

Building self-esteem through empowerment is essential for healing from trauma. People learn “how to swim again” after experiencing abuse. Last year, **157 people** participated in **Multi-Session Empowerment Programs** including:

- English Language Classes • Support Groups
- Computer Education Skills • Healing Yoga
- Skills for Success Employment Program
- Smart About Money Economic Empowerment
- Individual Parent Support Sessions
- Healing from Sexual Abuse Workshops



### *Kids Thrive* @ **THRIVE Kids**

In June, after months of hard work and valuable community partnerships, 31 children aged 3 months to 5 years began attending The Advocates’ early learning center—THRIVE Kids! We are excited to offer high-quality, affordable childcare.



## Transformation

Last year, **81 adults and children** navigated the turbulent waters of their past finding solid ground to thrive in **The Advocates’ Transitional Housing Apartments**. With sliding scale rent based on 30% of monthly income, participants work closely with their case managers, setting and achieving personal goals that foster financial stability and healthy, independent lives. These resilient participants are integral members of our community, working in service industries, nonprofits, local government, education, and healthcare.



**100% of participants** exiting transitional housing increase their financial stability and well-being.



**95 children** called The Advocates home last year.

*“I worked two jobs but wasn’t allowed access to our bank accounts. Now I have my own bank account, am building my credit history and feel proud every month when I pay my rent.”*

— Diana, Transitional Housing Resident





*"I helped two friends recognize warning signs of abuse in their relationships. Both times they were able to break up before it became physically violent."*

— Every Teen Counts Intern

## *It's Time to Dive In - We Need Your Help*

Together we can meet the rising needs of survivors of abuse and their children, AND prevent abuse for future generations. There has never been a better time to dive in and do your part to create a compassionate community free from abuse.



Help us provide the life changing services needed by those downstream and nearly drowning. **DONATE TODAY.**



Watch this video to see how your donation provides a lifeline for survivors in our community.

*"All of the abuse ended the day I called The Advocates. I took the tools offered to me and got to work. Today, I am a productive member of our community, facilitating the women's support group and advocating for those needing a way forward."*

— Dawn, former client turned THRIVING staff member

The Advocates is a 501(c)(3) nonprofit organization, EIN Tax ID number: #94-3162848  
Donations are tax-deductible.





# By The Numbers

## PROGRAM REVENUE 2023-2024

|                      |                    |
|----------------------|--------------------|
| Foundation Grants    | \$227,940          |
| Government Grants    | \$666,830          |
| Advocates' Attic Net | \$266,400          |
| Contributions        | \$70,717           |
| Fundraising Net      | \$1,102,356        |
| Program Income       | \$63,662           |
| <b>TOTAL</b>         | <b>\$2,397,905</b> |

## PROGRAM EXPENSES 2023-2024

|                        |                    |
|------------------------|--------------------|
| Shelter and Healing    | \$470,273          |
| Transition & Support   | \$1,307,616        |
| Education & Prevention | \$483,354          |
| Thrive Kids            | \$63,492           |
| <b>TOTAL</b>           | <b>\$2,324,735</b> |

A list of the generous '23-24 donors can be found at [THEADVOCATESORG.ORG](http://THEADVOCATESORG.ORG)



## THE ATTIC

Did you know The Attic is the only thrift store in the Valley that provides FREE vouchers to people in need to shop for necessities like warm clothes, shoes, dishes, furniture and more?

**This past year we provided 1,747 Attic Vouchers, valued at \$76,042 to local individuals facing hardship – 16% more than last year.**

When you shop or donate to The Attic, 100% of the proceeds support The Advocates' services.  
**THANK YOU FOR YOUR SUPPORT.**

# What We Offer at The Advocates

## FREEDOM

Crisis Shelter  
and bilingual 24-hour helpline.

## EMPOWERMENT

Support programs that foster confidence,  
independence and economic stability.

## TRANSFORMATION

Housing that serves as a springboard between  
the Crisis Shelter and permanent housing.

## ACTION

Prevention and education programs for local  
youth to build healthy relationships.

## BOARD OF DIRECTORS

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## Did you know?

The Advocates is not just for survivors of domestic violence, but for their beloved pets as well. Everyone deserves a safe place to call home. With your help, we can ensure that no one—human or animal—is left behind.

To learn more about our programs, donate, or get involved, visit us online: [THEADVOCATESORG.ORG](https://theadvocatesorg.org)



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