

abused Deaf women's advocacy services

2009
Annual
Report

During 2009, ADWAS made efforts to reinforce the services ADWAS provides to children. Much focus is placed on the adult victims we serve. Those services remain and we chose this year to feature the Children's Programs. Within this annual report, you will read about specific details of our Children's Programming here at ADWAS. It is a relatively small portion of our work in comparison to the other services ADWAS offers and yet, it is clear the impact services can have on a child's well being. We recognize that this is how we stop the cycle of violence.



One weekend a group of 8 women, led by Tracy Wade, appeared with paint brushes, stencils, illustration books, energy, imagination and incredible talent. This group of artists came to ADWAS with intentions of brightening the Children's Room! A room which used to feel clinical and sterile now has been brought to life by a vibrant, engaging mural. It's also a point of pride on a tour of our building.

Not only has it brightened the space but the children engage with the mural by identifying the animals, acting out stories using the animals as characters (thanks to the addition of even more small creatures during 2010).

The most noticeable impact on children and families has been that use of the room has increased, and people appear comfortable using the room for events and meetings – it feels good to be in the space!

Thank you to the Emerald City Artisans for your time and your creativity. A special thanks to Patty Carson for being part of and introducing us to this very special group of women.



ADWAS Annual Report 2009

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Carol Brown - Donor Development Coordinator
Michelle DeMey - Donor Development Assistant
Emily England - Associate Office Manager
Jena Floyd - Community Advocate
Misty Flowers - Business Manager
Tamara Frijmersum - Community Advocate
Linda Goldman - Positive Parenting Program Coordinator
Crystal Green - Hotline / Shelter / Volunteer Advocate Coordinator
Jeniffer Morales - Transitional Housing Advocate/Independent Living Specialist
Sadie Pile - Children's Advocate
Kate Spencer - National Hotline Advocate
Libby Stanley - Sr. Transitional Housing Advocate
Napal Tesfai - Transitional Housing Advocate/Independent Living Specialist
Ingrid Tidblom - Community Outreach Specialist
Dov Wills - Children's Therapist



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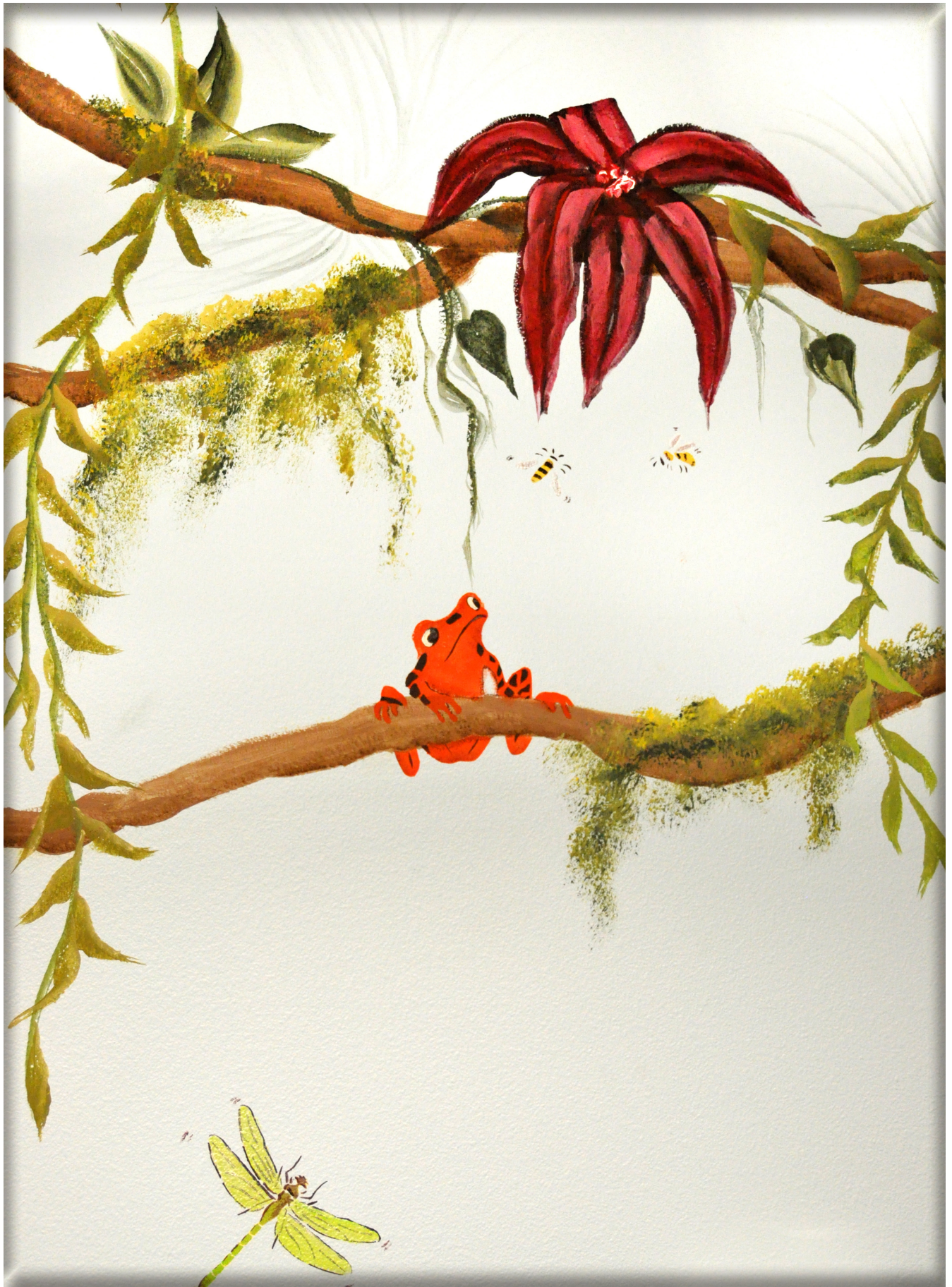
Photography

*All photographs © by Kirsten Geyer, kirstenjeanphoto@gmail.com
Special thanks for her generous contribution.*



Privacy Statement

All client names and information in this Annual Report have been changed or omitted for reasons of confidentiality.



2009 ADWAS children's room mural designed and painted by Emerald City Artisans.



Leadership Letter

Dear Friends:

Each year continues to bring exciting opportunities and challenges to ADWAS. 2009 was no exception!

Work began on our two-year National Replication Training Project. Deaf women from 24 cities came to ADWAS for a full week of training. After that, site visits began with Marilyn traveling to each participating city to provide hands-on training. This work was made possible by the Office of Violence Against Women, U.S. Department of Justice and particularly by Amy Loder who made sure that Deaf women have equal access to funding and training opportunities.

In October 2009, ADWAS hosted a successful lunch fundraiser with a roster of dynamic speakers. Nan Stoops, the Executive Director of WSCADV, and Erin Esposito, a Deaf survivor, gave very compelling speeches about their experiences. ADWAS will continue to have an annual lunch fundraising event in the spring. More good news: the fall auction event is being brought back! Due to popular demand, "An Evening of Hope and Justice," will take place Oct 15, 2010.

Other community events throughout the year included the highly entertaining "The Rosa Lee Show" by Rosa Lee, a Deaf performing artist; and a powerful play called "Funny None: The Truth About Sexual Assault" put on by volunteers during Sexual Assault Awareness Month (May 2009).

ADWAS has received several recognitions in 2009, the most notable including the Women's eNews selecting Marilyn as one of the 2009 "21 Leaders for the 21st Century," and Intiman Theatre's King County Heroes Award 2009.

In December, Marilyn announced her plans to retire from ADWAS in spring 2011. Work is currently underway to search for a new Executive Director and plan for a strong and smooth transition.

While the country still works through serious economic challenges, ADWAS has been well supported to maintain (and even increase) client services with stable and adequately staffed programs. General administration and operating expenses continue to challenge our budget in light of increasing regulatory requirements such as a large federal audit. Our generous donors and community provide much needed support and for that we are especially thankful.

Sincerely,

A handwritten signature in blue ink that reads "Elise K. Holliday".

Elise K. Holliday

Chair, Board of Directors



A handwritten signature in blue ink that reads "Marilyn J. Smith".

Marilyn J. Smith

Founder and Executive Director



Children's Therapy

Children living in homes with domestic violence suffer trauma from being the secondary (sometimes primary) victims in the home. Every member of a family is affected by the fear and intimidation they experience from the abuser. Suffering can take the form of physical, spiritual, developmental, and/or emotional harm for children who experience violence in their home. Domestic violence disrupts the essential task of developing secure attachments in early childhood.

It has now been a year and a half since the inception of the Children's Therapy Program at ADWAS. In that brief period, we have been the observers of notable change in the children we serve. In order to demonstrate the power of their growth, we've identified some of the effects of domestic violence and have outlined some of them here.

The story below demonstrates the growth process of many of our children by using a composite of a family that consists of Sarah, age 3; Grant, age 7; and Melissa, age 15; whose mother fled a domestic violence relationship and sought refuge in "A Place of Our Own" (ADWAS' Transitional Housing Program).





Shortly after moving in, it was discovered that Grant was not eating his lunches at school. Refusing to eat was one area of his life in which he could assert control. Sarah and Grant's lives were disrupted in other ways. Neither of them could leave the sight of their mom or each other without breaking into tears and experiencing panic attacks. The children complained of frequent stomachaches and headaches. Neither of them could sleep in a bed separate from their mom. Melissa was showing definite signs of depression and had begun skipping school with peers.

At ADWAS, we reassure children that what they have observed is not their fault, while giving them tools to feel empowered. Art, empathic listening, psycho-education, and trauma-focused therapeutic techniques are utilized in the ADWAS Children's Therapy Program to promote healing and growth in the children. In particular, the primary therapeutic task with Sarah, Grant, and Melissa, was developing a therapeutic rapport, in which they could learn how to live without the fear and intimidation they were exposed to on a daily basis. Grant was quick to attach with the therapist and began telling her about his relationship with his father. He learned how to "be a kid," i.e. go to the park with his friends, follow mom's rules, and find solutions to problems instead of resorting to tantrums and outbursts of anger. Sarah is slowly coming out of her shell and learning to emote in the safety of the therapist's office. The eldest, Melissa, has returned to school on a regular basis and has consented to allow the therapist to be involved in her academic process by attending meetings with teachers, herself, and her mother. She now has a goal of graduating high school and going on to a trade school. These children have grown by leaps and bounds and still they have a long way to go. Weekly meetings with the therapists and parenting classes have provided critical skills for growth and healing.

Pictured:

Dov Wills, Children's Therapist, supports two children during a play therapy session.



Children's Activities

The ADWAS Vision statement includes a commitment to “changing attitudes which foster and perpetuate violence.” The root of this change happens with youth. We provide programming in our Transitional Housing Program which supports children and families in recovering from the violence and trauma they have witnessed, and in regaining the family as a valued, engaged, and respectful unit. This work helps young folks learn a new way to live and be free of violence.

In 2009, ADWAS served over 50 youth and 25 families in the Children's Program, Positive Parenting Program, and through the Children's Therapy Program. In addition to one-on-one and individual family support, below are descriptions of some of the groups ADWAS hosted in 2009 to support healing and resilience in youth and families.

SUPERKIDS

Superkids is a group run at ADWAS for youth to explore the effects of domestic violence in their lives. The curriculum has been adapted from several curricula on kids and domestic violence. In 8-10 weeks, we discuss feelings and fear, family relationships, boundaries, safety planning, and conflict resolution.

BOYS CLUB/MEETING OF GREAT MINDS

To support the specific needs of the boys living at ADWAS, the Children's Therapist and Children's Advocate ran two groups in 2009 targeting identity development in pre-teen boys, focusing largely on masculinity and on being a Child Of Deaf Adults (CODA). These groups provided the youth an opportunity to talk about issues relevant to their lives, including drugs and alcohol, bullying, “being a man,” and having Deaf families.

SOCIAL SKILLS GROUP

In 2009, several ADWAS programs collaborated to develop a new curriculum for moms and their children to learn and develop skills together. A women's advocate, children's advocate, children's therapist and parenting educator collaborated to teach a 12-week class to families. The mothers and children worked separately in developmentally appropriate sessions on skills related to anger management, boundary setting, values, emotion coaching, and communication. The two groups then came together at the end of each group to share what they learned and discuss ways to bring the skills into their own homes.

HOMEWORK CLUB

When youth are uprooted from their homes due to violence, their academic achievement may suffer. Each week ADWAS is host to a number of dedicated tutors who volunteer their time to support our school-age youth in completing homework tasks and developing educational skills to support their academic development.





CHILL OUT/PRESCHOOL PARTY

When youth grow up witnessing violence in the home, they often grow up faster than other kids by taking on more responsibility for their families' care. In 2009, ADWAS offered weekly playgroups for ages birth through 4, and 5 and older, to provide an opportunity for youth to play, develop new social skills, and regain some of the skills associated with childhood they may have skipped on their way to caring for family and survival.

FAMILY FUN NIGHTS

During the summer, ADWAS hosts weekly Family Fun Nights, an opportunity for families to come together over dinner and an activity and spend some quality time together having fun!

FIELD TRIPS

Also during the summer, several field trips provide families an opportunity to create new memories to reinforce the relationships they are rebuilding daily while in Transitional Housing. In 2009, we took field trips: rock climbing, to the zoo, swimming, and to the Strawberry Festival on Vashon Island.

WINDOWS

Youth in Transitional Housing are invited to weekly therapeutic art groups looking to make sense of and to heal from the violence they've witnessed and experienced. (See additional article about the Windows program on page 6.)

LET'S GET REAL

During the fall of 2009, ADWAS offered an anti-bullying class using the Let's Get Real curriculum from the Respect for All Project. The class was offered to pre-teen and early-teen youth to address some of the experiences they were having at home and at school.

PARENTING CLASSES

In support of strengthening family bonds, ADWAS' Positive Parenting Program run by Linda Goldman runs parenting classes several times throughout the year. The parenting classes are specifically targeted to the challenges faced by Deaf and Deaf-Blind parents who have lived with violence in their homes. Parenting classes cover topics including child development, discipline, limit setting, and relationship building within families.



A Window Between Worlds

Hopeless is not a word people like to associate with youth. It's devastating. But as children witness violence in their homes, "hopeless" is often exactly the place they go. Out of fear, language barriers, development levels, or for another reason, youth may be unable to use words to share their stories. Through the program A Window Between Worlds, we at ADWAS bring weekly art workshops to the children living in Transitional Housing as an effective tool to assist in healing. The Windows program helps our Children's Program participants in finding a sense of power, safety and hope through the creative arts. In 2009, we provided 56 workshops.

Mission: A Window Between Worlds is a non-profit organization dedicated to using art to help end domestic violence. Through creative expression, battered women and children recover a sense of renewal and power. Their images of hope, survival and strength educate the public and become "a window between worlds" for survivors taking steps to change their lives.



Above: SH is proud to show off her latest creation.



Above: Concentration is high during workshop time.



Pictured center right: Sadie Pile, Children's Advocate, leading a Windows session.

Children's Program

Close your eyes. See yourself in a beautiful park. All around you, you see beautiful butterflies flying in the breeze. See their colors: blues, yellows, purples... Let yourself sway gently in the breeze with the butterflies.



Many pairs of feet run across the room to two child-sized round tables and begin to eye the materials laid out in front of them. Each table is covered in colorful plastic, and plays host to markers, pastels, glue, glitter, paint, fuzz-balls, googlie-eyes, and foam-letters. The young folks sit down, remembering what they've thought of in their minds during our visualization.



Now you see a special butterfly that is bigger than the others, big enough for you to hop on. The butterfly spreads its large, beautiful wings and takes you on a ride up to the clear blue sky. From there, you can see the world down below. Breathe in the fresh air.

Colors, designs, creativity, ideas. The papers begin to take light. Some with meticulous focus, others with energetic splatters of design. Each young person is putting to paper something unique. One youth who had a hard day at school begins to lay out many colorful fuzz-balls, grouped together and smothered in glue. Another who is new to the program makes a piece boasting trees and water made from paint and pastels. A few questions pop up, and it's the youth themselves who know the answers: "All our artwork is good. There is no wrong way to make art;" "You can use any of the materials, as long as you treat them with respect;" "20 minutes left." Then a 4-year old, focused on her work, looks up and reminds us, "Creation time is quiet time." As we glance at her page, exploded in color, we all get back to work.

Now see the butterfly slowly bringing you back to the park. Open your eyes. Take a couple of deep breaths. Remember that in the world of your imagination, everything is possible.



With the 5-minute warning we all wrap up our art. A few finish early and pass the time coloring in a Spiderman book. Others work on finishing touches, gluing the last jewel or googlie-eye, filling in the last color of the rainbow. We make a big circle and each take turns placing our individual worlds onto one big map together. Then we go traveling - we stop by each world to visit and our host gives us a tour. One explains that the world he saw was full of stars and hearts because everyone felt special and people hugged each other a lot. Another is a two-colored flat picture, and we learn that sometimes things are "happy and smart" and other times "mad and sad." A third tells us his world is filled with police officers to "fight the mean guys and bad guys." Yet another is full of googlie-eyes and pastel scribbles. It comes with little explanation, but lots of pride. As we tour the worlds, we release a little of what we've been holding onto. Whether we're 4 or 42, we share...our own thoughts, struggles, and triumphs. Regardless if it's our first workshop or with two years of experience, we are learning to be honest, gentle, and compassionate with ourselves and our peers.

**Implies a guided visualization.*

Audited Financials

ADWAS Statement of Financial Position December 31, 2009

Assets

Current Assets	\$346,085
Non-current Assets	866,721
Property & Equipment	2,471,508
Total Assets	\$3,684,314

Liabilities & Net Assets

Current Liabilities	\$219,204
Long-term Liabilities	702,358
Total Liabilities	\$921,562

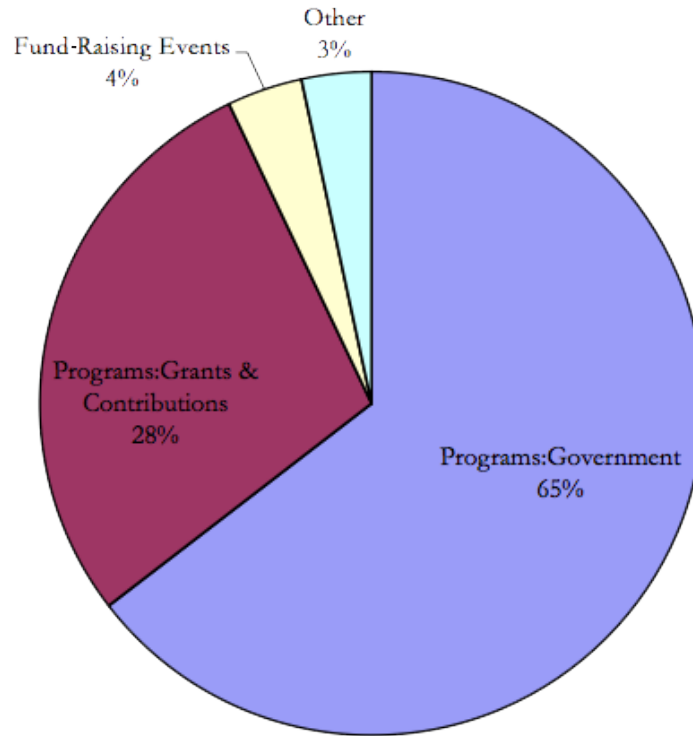
Net Assets

Unrestricted Net Assets	\$2,444,886
Temporarily Restricted	317,866
Total Net Assets	2,762,752
Total Liabilities & Net Assets	\$3,684,314

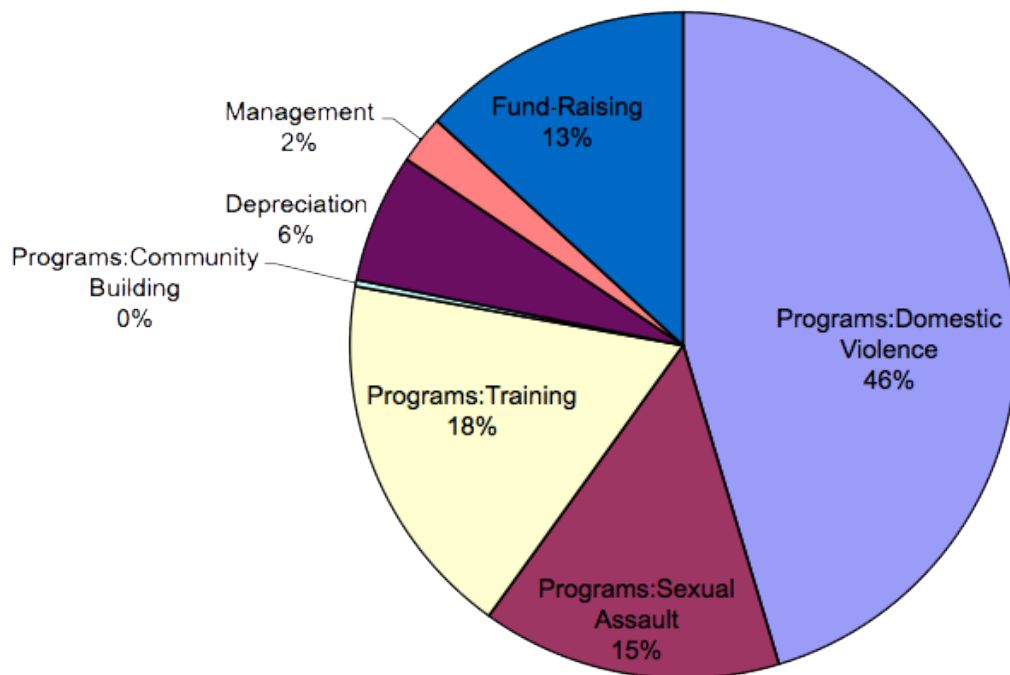
Audited by Watson & McDonell, PLLC



2009 Revenue \$1,420,712



2009 Expenses \$1,438,358



ADWAS Donors

INTEGRITY

\$25,000 AND ABOVE

Lynn and Howard Behar*

Richard Ladner and Ann Sauer*

HEALING

\$10,000 TO \$24,999

No individual donors at this level

VISION

\$2,500 TO \$9,999

Anonymous

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Suzanne and Don Dally

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* denotes a multi-year pledge

⁷ signifies a donation to meet the Lucky Seven Foundation challenge grant



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External Events Raising Money for ADWAS

Every year we have a variety of events that YOU have decided would help move the mission of ADWAS forward financially! In 2009, we had an amazing mix of events from birthday celebrations, a yoga class and a Lakeside student who collected clothing and toys for the families living in transition. We are thankful to all of you who have been so innovative and generous. Keep coming up with inventive ideas and contact Carol Brown in the Development Office at Carol@adwas.org.

FAREWELL, "MOVING OUT OF STATE" PARTY FOR JOSEPHINE LOEFFLER - Kristy Loeffler Steiner and party guests CHEF LARRY FUNDRAISER - Robert Baines and Rosemary Benson Baines • Larry Henderson SCHOOL OF OPTICIANRY - Anna Bartels • Melissa Benitez • Sienna Effinger • Lancer Forney • Shamsa Gaal • Galila Getahun • Linh Giang • Abdirashid Isaak • Tamika Jackson • Moemi Kataoka • Lani Ruth Lee • Ai Lien Nguyen • Kris Rochling • Bryce Walb STUDENTS OF GSR 103 - Andre Nijhawan • Alexis Pokipala • Thy Pham • Bradley Pollard • Jarez Selby • Joshua Walker • Julie Sprigner • Matthew Miller • Micheln Barron • Phillip Onger • Trenton Lukin ON BEHALF OF OUR WEDDING GUESTS - Garrett and Kate Flowers OUR NEIGHBORS ON 92ND - 5% of their block yard sale HOME YOGA CLASS - Joanna Ball • Claudia Foy • Vicki Moseley • Home Yoga TEN TO FIFTEEN PERCENT OF ONE DAY SALES - Oasis Art Gallery • Packaging Specialties

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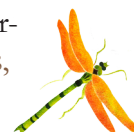


Holiday Program

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Volunteers



Thank you to our dedicated volunteers who have supported our programs, administration, and events, and who staffed our 24-hour crisis line. Your time and effort are invaluable.

Early Donor Honors 2010

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ADWAS makes every effort to accurately list the names of its valued donors. If we have made an omission or an error, please accept our sincere apology and kindly notify our development office so we can correct our records - carol@adwas.org or (206) 726-0093.



ADWAS Programs and Services

ADVOCACY PROGRAM

ADWAS' advocates support people who are victims of domestic and sexual violence. Services are free of charge and available to people who are Deaf or Deaf-Blind.

Advocates:

- Offer information and options
- Help people develop a safety plan
- Help people learn about victims' rights, and the rights of Deaf and Deaf-Blind people to have interpreters and fair access to all systems
- Provide legal advocacy
- Connect people with any other ADWAS services

24/7 VOLUNTEER ADVOCATES

Caring, compassionate and trained volunteer advocates provide 24-hour domestic violence and sexual assault crisis support over the TTY, instant messenger, email, and in person for Deaf and Deaf-Blind victims of abuse within King County.

INDEPENDENT LIVING SKILLS INSTRUCTION

Assistance in learning communication, budgeting, banking, cooking and transportation skills for a more successful transition to permanent housing in the community.

COUNSELING PROGRAM

The Counseling Program offers victims of domestic violence or sexual assault the following services:

- Short-term crisis counseling
- On-going individual/family therapy related to domestic violence and sexual assault
- Group counseling related to childhood sexual assault and domestic violence
- Client advocacy and referrals

TRANSITIONAL HOUSING PROGRAM

ADWAS provides transitional housing apartments for women and their children escaping violence. There are 19-units with support programs located in the same building. Women and their children may stay for up to 2 years (but it is not required).

EDUCATION AND CONSULTATION SERVICES

ADWAS provides a vast array of education and consultation services. All trainings and workshops are specifically designed to meet the needs of each group, school or agency. Developed by ADWAS, Deaf appropriate material is used during training. Deaf staff provide all training in American Sign Language. Voice interpreters for hearing agencies/individuals are provided as needed.

POSITIVE DEAF PARENTING PROGRAM

The Positive Deaf Parenting Program offers parenting education and support to all members of the Deaf community. A variety of classes and workshops are available throughout the year.

We offer classes or workshops on:

- Positive Discipline
- Parenting through Play
- Parenting Teenagers
- Talking to Your Kids about Drugs and Alcohol
- Building Bridges
- Parenting Support Groups
- Special events for families throughout the year

CHILDREN'S PROGRAM

The Children's Program provides the following services to children whose lives have been affected by domestic violence or sexual assault:

- Therapy
- Support Groups
- Advocacy
- Structured educational and recreational activities

NATIONAL DOMESTIC VIOLENCE DEAF HOTLINE

The National Domestic Violence Deaf Hotline (NDVH) is available to Deaf and Deaf-Blind people across the nation. The hotline is in operation 24-hours a day, 7 days a week. ADWAS operates the National Hotline for Deaf callers from 9:00 AM to 5:00 PM (Pacific Standard Time) Monday-Friday. At all other times, the national hotline is answered by staff at the NDVH headquarters in Texas.

VOLUNTEER OPPORTUNITIES

Volunteer Advocate Program

- Help answer/staff the 24-hour crisis line

Client Services

- Transport support group participants
- Provide on-site children's activities for support group participants or while a parent is in a workshop

Fundraising

- Assist in special events
- Data entry
- Help with fundraising mailings

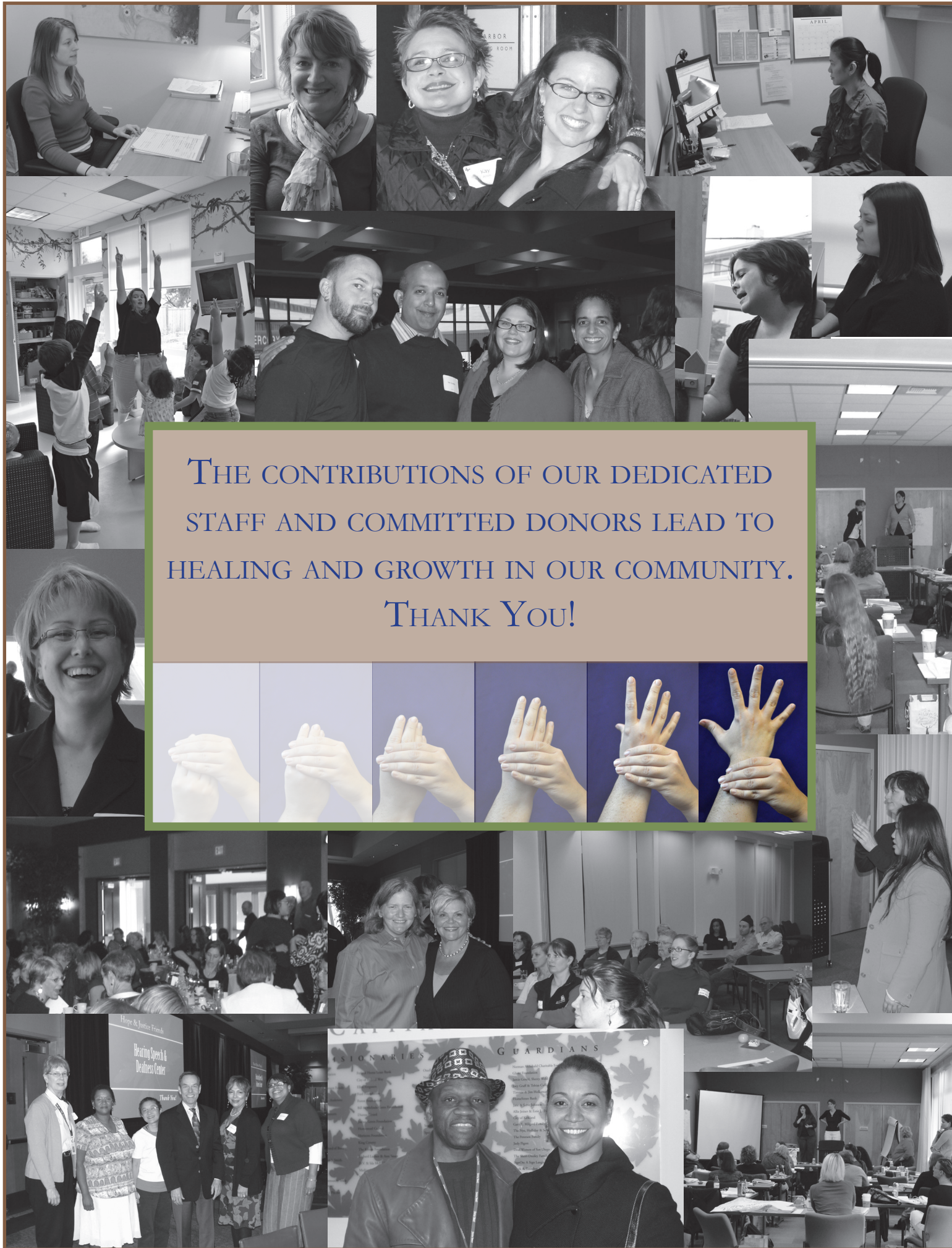
Office Volunteer

- Assist with general mailings
- File
- Copy documents
- Work with the database

Specific Skills Volunteers

- Computer Technology
- Public Relations
- Photography
- Social Media
- Web Design







Contact and Resources

abused Deaf women's advocacy services

8623 Roosevelt Way NE

Seattle, WA 98115

Office: 206-726-0093 TTY

Fax: 206-726-0017

E-mail: adwas@adwas.org

National Domestic Violence Hotline

Deaf Advocates on duty 9 AM - 5 PM Monday -Friday PST

Video Phone for Deaf callers only: (206) 787-3224

IM: ADWASHotline

E-mail: ADWAS@ndvh.org

24 hours | 7 days a week

1-800-787-3224 TTY

Local Sexual Assault and Domestic Violence Crisis Line

24 hours | 7 days a week

1-888-236-1355 TTY



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