



**Annual Report
2014**

**Breaking the cycle
of domestic violence
and building a
community
free of abuse.**

9,115

Individuals served in 2014

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About Us

Established in **1986**, Between Friends is a nonprofit dedicated to breaking the cycle of domestic violence and building a community free of abuse.

Over the last 28 years, the organization has evolved to serve the needs of individuals, families, and communities in **Chicago** and the surrounding suburbs. Today, we employ **22** full-time staff members.

To break the cycle of domestic violence, we offer crisis intervention services and **support** services that include a 24-hour crisis line, court advocacy, and counseling.

To build a **community** free of abuse, we offer comprehensive prevention education programs for youth and adults.

Executive Letter

Dear Friends,

For the last 28 years, Between Friends has given hope to clients, students, nurses, doctors, police officers, teachers, parents, friends, families, and survivors. We have educated more than 90,000 youth in the city and suburbs, advocated for clients in two county courthouses, supported thousands of callers on our crisis line, and counseled survivors and their families in four languages, free of charge. Because of our community's sustained support, we have changed the lives of individuals, families, and entire communities each day. We continue to do so because of the generosity of our supporters.

This past year, our Prevention and Education Programs comprehensive training efforts increased the program outcomes. The youth prevention and education team expanded program offerings to additional grade levels at our partner schools and piloted a 6th grade program called Discussing Relationships Early in Adolescence Makes Sense (DREAMS). The new curriculum allows us to strengthen our relationships with various school networks, expand our comprehensive programs for students in grades 6 through 12, and improve the impact that programming has on our participants. The Community Education Program offered hundreds of workshops for adults in neighborhood organizations, churches, and schools. Our Healthcare Education Project trained an unprecedented number of healthcare professionals on the North side of Chicago.

The Crisis Intervention and Support Services also sustained a strong level of success last year. Over the summer, the counseling team launched its first family program, Camp Connections, a unique initiative focused on fostering healthy bonds between caregivers and children. Sixteen families attended the camp at Loyola Beach, participating in cooperative games and art-based activities that promoted healthy communication skills, positive reinforcement, and the importance of family fun. The Court Advocacy Program established a new partnership with John Marshall Law School and Beerman Pritikin Mirabelli Swerdlove LLP law firm to provide pro bono legal assistance to survivors of domestic violence seeking a divorce or paternity action. We are excited about this partnership as it addresses a gap in service for clients who fall between the income guideline "cracks."

The impact of our work continues to depend on the generosity of community supporters like you.

Thank you for your continued commitment to ending the cycle of domestic violence and building a community free of abuse.



Nancy Bonner, Vice President, Board of Directors

Programs and Services

Crisis Intervention and Support Services

Crisis Line

1-800-603-HELP: A 24-hour, toll-free statewide hotline staffed by trained volunteers and employees. Callers can receive referrals to our programs as well as supplemental services, including shelters and employment assistance.

Court Advocacy

Advocates serve victims in the Chicago and Rolling Meadows courthouses, to explain victims' legal rights, accompany them to court, and assist in navigating the complexities of obtaining Orders of Protection. Assistance is offered in English and Spanish.

Counseling

A clinical team of Masters-level counselors provides evidence-based individual counseling, Child and Parent Psychotherapy, group therapy, financial literacy education, and childcare. Services are offered in English, Spanish, French and Arabic.

Program Highlights

- 98% of all survivors served reported an increase in knowledge of strategies for enhancing their safety.
- 89% of caregivers increased their understanding of the effects of domestic violence on their children.
- 73% of child participants demonstrated a reduction in trauma-related behavioral problems.
- 99% of individuals stated they gained knowledge of their legal rights as a victim of domestic violence going through the justice system.



1,800 crisis line calls answered.

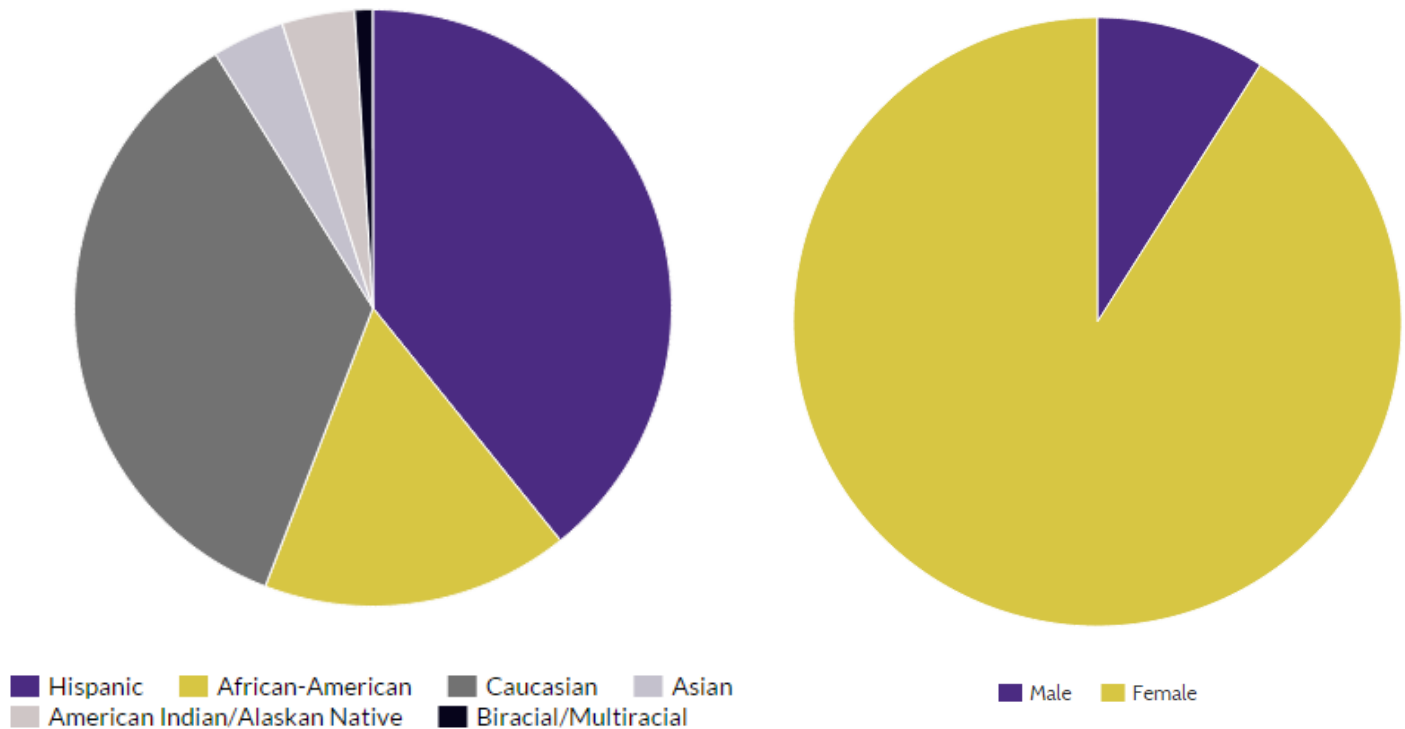
546 clients assisted by our advocates.



246 survivors and **29** families received counseling.

Client Demographics

Our Crisis Intervention and Support Services program serves individuals from all over the City of Chicago and surrounding areas. 40% of our clients are Latino, 36% Caucasian, 17% African-American, 4% Asian/Pacific Islander, 4% Native American, and 1% identify as Multi-Racial. 91% of clients are female and 9% are male. Counseling is offered in English, Arabic, Spanish, and French. Court advocacy services are available in English and Spanish.



792 counseling and court advocacy clients served in 2014.

Between Friends recognizes that domestic violence affects everyone. Our programs support all persons regardless of race, color, religion, sex, age, sexual orientation, gender identity or gender expression, marital status, national origin, language capacity, or ability.

Sara's Story

Our Counseling and Support Services program strives to provide a safe and supportive environment for all of the clients that we serve. Sara was a client who came to Between Friends while in a relationship that she thought might be abusive. For a while, she hesitated to seek help, believing that her partner's violent behavior would stop when he was less stressed out. But when his verbal and emotional abuse intensified, Sara knew she needed help. **She called Between Friends and enrolled in the counseling program.**

While working with a counselor at Between Friends, Sara decided that her relationship was causing her too much pain. She put more emphasis on her friendships and career goals to become more independent and made a safety plan with her counselor. When she Sara separated from her abuser, she was left to cover her living expenses. Sara and her counselor developed a financial management that included applying for one-time emergency financial assistance from Between Friends.

When she received the check to pay her rent for one month, Sara cried. She wrote a thank you note to her counselor that said:

"If not for your support, I would still be living in fear. What Between Friends does for families is life-changing and priceless.

I know it may be hard, but I believe I am going to make it."

Programs and Services

Prevention and Education

REACH

Relationship Education: A Choice for Hope (REACH) is our comprehensive teen dating violence prevention program. Instructors work with middle and high-school aged students, their parents, and teachers to promote healthy relationships and eradicate abusive ones through the acquisition of knowledge and skills.

Healthcare Education Project

Established in 2002, this program prepares health care professionals to safely and sensitively respond to the needs of domestic violence victims in the healthcare system. In 2014, the program trained all of the nurses on staff at Presence Saint Francis Hospital in Evanston, IL and increased the number of referrals that hospital staff gave to their patients.

Community Education

Staff members conduct domestic violence workshops and trainings with area health and human service providers, law enforcement, criminal justice officials, educators, clergy, and other members of the community. An integral aspect of building a support for ending the cycle of domestic violence.

Program Highlights

- 90% of REACH participants reported a willingness to use healthy conflict resolution in relationships.
- 85% of youth reported knowledge of appropriate ways to help someone in an abusive relationship.
- 100% of Healthcare Education Program participants reported knowing the dynamics of domestic violence and that they feel better equipped to screen and respond to victims in the healthcare system.



455 community workshops held in more than **38** neighborhoods.

Trained **311** healthcare personnel.

One Student's Story

In order to build a community free of abuse, Between Friends is dedicated to promoting healthy youth relationships and empowering teens and their families to support one another.

“Your support and encouragement gave me the courage to end an unhealthy relationship,” an 8th grade student told our REACH educators.

After participating in Between Friends' youth prevention and education program, the young woman told our staff that her relationship scared her. She had tried to break up with her boyfriend more than once, but each time she did, he would send her angry text messages and call her cell phone. When she ignored his texts and phone calls, he would repeatedly call her mom and send threatening text messages to her friends.

The REACH team helped the student explain to her mom and her friends what was happening so they could help keep her safe. Together, her family and friends helps support her when she felt lonely and afraid.

During the last REACH classroom session, the young woman smiled for the first time in months. While the staff were packing up to leave, the student approached them with good news. Her family and friends had encouraged her to try breaking up with her boyfriend one more time. The young woman applied the REACH program tips she learned in the *Strategies to Ending a Relationship* session and broke up with him again. This time around, he did not harass her with text messages and calls. The student finally felt free from the abuse.

Financial Report

Assets

Cash and Cash Equivalents	\$569,534
Grants and Contracts Receivable	\$95,827
Contributions Receivable	\$11,913
Prepaid Expenses	\$23,844
Unemployment Reserve	\$17,179
Fixed Assets, Net of Depreciation	\$168,979

TOTAL ASSETS **\$887,294**

Liabilities and Net Assets

Accounts Payable	\$39,465
Accrued Expenses	\$52,103

TOTAL LIABILITIES **\$91,568**

Unrestricted Net Assets	\$665,969
Temporarily Restricted Net Assets	\$129,757

TOTAL LIABILITIES and NET ASSETS **\$887,294**

Revenue

Contributions	\$538,247
Government Grants	\$577,756
Special Events (Net of Direct Costs of \$31,256)	\$38,384
Donated Goods and Services	\$80,009
Other Revenue	\$6,095

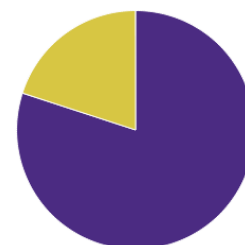
TOTAL REVENUE **\$1,240,491**

Expenses

Program Services	\$1,027,696
Management and General	\$113,186
Fundraising	\$147,765

TOTAL EXPENSES **\$1,288,647**

Change in Net Assets	(\$48,156)
Net Assets, Beginning of Fiscal Year	\$843,882
Net Assets, End of Fiscal Year	\$795,726



80% of expenses went directly to program costs.

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