



Between Friends

IMPACT REPORT

FISCAL YEAR 2024





OUR MISSION

Between Friends is dedicated to preventing domestic violence and ending the cycle of abuse by equipping our communities with the tools necessary for everyone to feel safe and equal in their relationships.



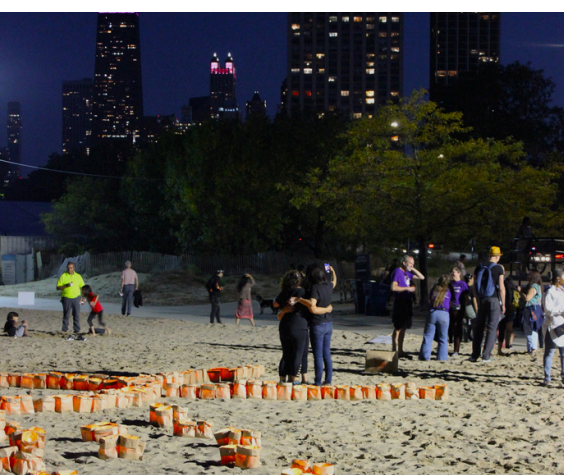
OUR VISION

We envision a society free from domestic violence and abuse.



OUR HISTORY

In 1986, Between Friends was founded by volunteers and friends from the National Council of Jewish Women and the Junior League of Evanston/North Shore as a small grantmaking body dedicated to raising funds for local domestic violence programs. Between Friends began to expand our efforts in 1991, by providing direct crisis intervention services for individuals and families.



FY24 OUTCOMES

Between Friends served **10,672 individuals** through Crisis Intervention & Support Services and Prevention & Education Programs and reached an **additional 1,660 community members** through awareness raising during Fiscal Year 2024.

Crisis Intervention

The Counseling and Support Services program supported **189 adults** and **27 children**. The Court Advocacy Program supported **560 survivors** of domestic violence. Between Friends assisted **2,179 callers** seeking support on the Crisis Line and achieved the following outcomes:

- **95%** of adult clients reported increasing their knowledge of strategies for enhancing their safety.
- **99%** of children identified two things they learned to do when they don't feel safe.
- **93%** of clients stated that they learned their rights as victims of domestic violence going through the justice system.

Sheila's* Story



*Name has been changed to protect client confidentiality.

Sheila, her newborn, and her school-aged child had fled an abusive father and sought Between Friends services. The father's rages toward the mother were so bad, he'd had to be escorted from the hospital when the baby was born. With her Between Friends counselor, Sheila and her children worked together for over nine months, sharing games, making art, and talking about the changes they were going through as they got used to a new home and made new friends.

The family endured many more challenges over these months -- legal, economic, family, and housing-related -- and they processed these difficult moments in sessions with their counselor. They met all the goals they set as individuals and as a family, with the exception of their financial goal, which is often a challenging, long-term goal due to the impact and complexity of financial abuse. Even though Sheila was still struggling to make ends meet, by the end of counseling she was able to see that she is enough for her kids.

Sheila believes she is a good mom, realizes she is doing her best in a hard time, knows that the abuse was not her fault, and understands that the efforts she is making to process trauma with her kids now will help them feel safer and more secure in the long run. As her counselor noted, "It was a delight, in our last session, to see Sheila's younger child -- an infant in her arms when we first met -- happily squealing and running back and forth in our children's space."

FY24 OUTCOMES

Prevention and Education

Between Friends continues to be a community leader in providing evidence-informed prevention and education programs to youth and adults across Chicagoland. REACH educated **6,143** young people across **35 Chicago Public Schools** with **16 of those being new partnerships** and had the following outcomes:

- **91%** of youth reported knowing the warning signs and dynamics of abusive relationships.
- **88%** of youth reported knowledge of appropriate and healthy ways to help someone who is experiencing an abusive relationship.

Our Adult Education Program trained **1,574** healthcare providers, social service providers, educators, parent/caregivers, first responders, clergy, etc. In addition, Between Friends staff provided various trainings and awareness raising events around domestic violence to **1,660** community providers and community members with following outcomes:

- **99%** of adults reported knowledge of the warning signs of domestic violence.
- **99%** of adults reported that they felt more confident in responding to domestic violence.

REACH programming supports students like Danae. After class in February, during Teen Dating Violence Awareness Month, Danae approached her Between Friends Prevention Educator seeking guidance on how to talk to a young man she liked. She was nervous about talking to him because she didn't know what to say. She wanted him to be her Valentine, but she was afraid he would say no and tease her in front of their classmates.

During their conversation, Danae and the Prevention Educator discussed the lessons she was learning in REACH. Feeling more confident, Danae decided to approach her crush. Coincidentally, her crush had also spoken to the Prevention Educator separately, sharing that he liked Danae as well.

The Prevention Educator emphasized the importance of young people having safe individuals, both peers and adults, to talk to about their feelings. He was glad that both students viewed him as a safe adult and was proud that they applied lessons from the REACH program to navigate their feelings.

Reflecting on the experience, the Prevention Educator felt heartened by the role he played in bringing them together, underscoring the impact of the REACH program in fostering positive and supportive relationships.

Danae's* Story



*Name has been changed to protect client confidentiality.

**On behalf of the young people and adults we
serve, thank you for supporting Between Friends.
Your investment is critical to our work of
breaking the cycle of domestic violence and
building a community free of abuse.**



**Between Friends
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www.betweenfriendschicago.org

1-800-603-4357

24 Hour Help Line

773-274-5232

General Business Line