

# MOCSA

Metropolitan Organization to Counter Sexual Assault

## 2020 ANNUAL REPORT

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“

*Trauma is a lifelong journey, but I will not let it get in the way of what I want.*

*— Lindsey, Survivor*

MOCSA

@MOCSAkc



**Dear Friends,**

It's spring in Kansas City and this year, more than ever before, spring brings with it a sense of hope and optimism. With warmer weather, vaccines more readily available and a decline in cases, we are starting to see the light at the end of the tunnel and a return to our lives together.



Thanks to you, MOCSA has continued to be there for survivors and our community. Because of your generosity, and the strength and hard work of our staff, board, volunteers, and partners, we have come through the last year more confident and resolute in our mission. MOCSA has continued to provide the hope and healing that survivors and their loved ones deserve. Our shared challenges aren't over. There are many unknowns ahead in 2021, but we want to thank you now.

Because of your support, we are proud to share that while we had to pivot many of our services in 2020 to a virtual format, we have continued to fulfill our mission to improve the lives of those impacted by sexual abuse and assault and prevent sexual violence in our community. Thanks to you and your financial gifts, we are proud to show you in the next few pages what you have helped us achieve, despite all we've struggled through together.

Thank you for helping ensure the stability of MOCSA's mission and services over the last 45 years and into the future.

With gratitude,

Julie Donelon  
President & CEO

Josh Rowland  
Board Chair

# 2020 Board of Directors



*Back Row L to R: Terry Hillman, Captain Tim Hernandez, Melanie Fenske (Vice Chair), Sonya Nutter, Jessi Bixler, Martin Rucker, Pat Contreras*

*Front Row L to R: Josh Rowland (Board Chair), Karen Miyawaki, Kerri Thurston, Audrey McCormick, Stacey McLey, Ingrid VanBiber (Secretary), K. Gay Purcell, Lauren Allen*

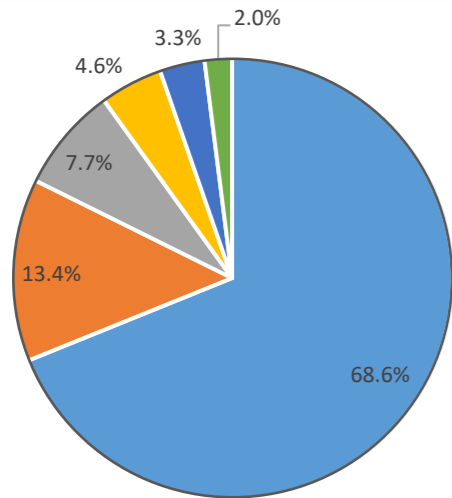
*Not pictured: Denise Delcore, Dana Kramer, Will Pryor (Treasurer), Ann Abercrombie (Immediate Past Chair), Jamie Allen, Libby Henry, Kathy Woodward, Jennifer Laue, and Kate Mitchell*

***MOCSA exists to improve the lives of those impacted by sexual abuse and assault and to prevent sexual violence in our community.***

# Financial Overview

## GOVERNMENT FUNDING SOURCES

### 2020 REVENUES



	2020 unaudited		2019	
Government Grants & Fees	\$ 4,033,056	68.6%	\$ 3,930,233	67.2%
Foundations & Corporations	788,863	13.4%	736,332	12.6%
Special Events	456,254	7.7%	576,499	9.9%
Individuals/Organizations	272,501	4.6%	122,686	2.1%
In-kind Donations	193,846	3.3%	182,544	3.1%
United Way	120,692	2.0%	267,237	4.6%
Other	23,021	0.4%	5,884	0.1%
Purchase of Service	-	0.0%	31,218	0.5%
<b>TOTAL</b>	<b>\$ 5,888,233</b>	<b>100%</b>	<b>\$ 5,852,633</b>	<b>100%</b>

Federal Victims of Crime Act from Kansas and Missouri

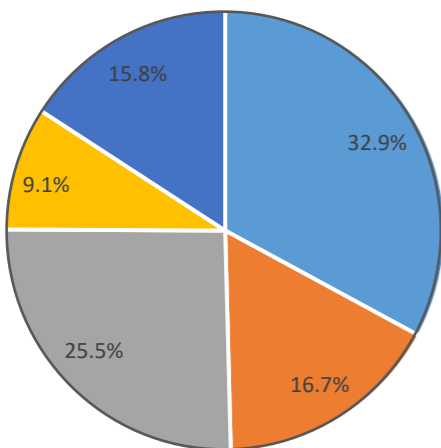
Sexual Assault Services Program in Kansas and Missouri

Federal Office on Violence Against Women

Federal STOP Violence Against Women Act from Missouri

Kansas and Missouri Federal Sexual Violence Prevention and Education Fund

### 2020 EXPENSES



	2020 unaudited		2019	
Counseling	\$ 1,926,138	32.9%	\$ 1,956,223	33.9%
Education	976,408	16.7%	1,140,132	19.8%
Advocacy	1,491,822	25.5%	1,358,122	23.5%
Fundraising	532,579	9.1%	524,964	9.1%
Management & General	925,765	15.8%	791,111	13.7%
<b>TOTAL</b>	<b>\$ 5,852,712</b>	<b>100%</b>	<b>\$ 5,770,552</b>	<b>100%</b>

Kansas State General Fund

Jackson County Community Children's Services Fund

Jackson County Family Court

Kansas Protection from Abuse Fund

Missouri Department of Social Services – Sexual Assault Services Contract

Missouri Department of Social Services – Children's Justice Act

Missouri Department of Health and Senior Services

Jackson County Community Mental Health Fund

Jackson County COMBAT Fund

MOCSA follows Generally Accepted Accounting Principles (GAAP). GAAP requires certain grants to be recorded as revenue when received, which means revenues may be recognized in a different year than the actual expenses occur. Financials are audited by BKD, LLP, Certified Public Accountants. A full audit report on the 2020 financials is expected to be completed in July 2021 and will be available upon request.

## YOUR SUPPORT HELPS SURVIVORS LIKE SAM.

Sam\* is an assault survivor who was struggling with depression and anxiety which had overwhelmed their capacity to cope. They attended a virtual session with their partner and a MOCSA counselor. The counselor provided education on the physiological effects of trauma, and Sam later shared that this session was helpful in improving relationship dynamics, and their partner now has a better understanding of how to support them at home.

Sam has also learned how to be gentler with themselves, and they're learning how to create space for and honor strong feelings and emotions. When Sam started services at MOCSA, they were struggling to maintain a job and felt guilt and shame because of this. Now, through dedication and hard work, they have a full-time job!

They report anxiety and trauma symptoms have been more manageable, they have an increased ability to communicate their needs, set and maintain boundaries, and practice coping skills. All of this amazing progress has been accomplished because of their determination, resilience and strength.

*\*Name and details changed to protect confidentiality*

# By the Numbers

## COUNSELING



*Evidence-based Treatments*

*Individual Counseling  
(in person and telehealth)*

*Group Counseling  
(in person and telehealth)*

**1,110** individuals received therapy — that's **21 new** clients each week!

**86%** of adult survivors surveyed had a decrease in trauma symptoms scores by their final session.

## ADVOCACY



*Hospital  
Walk-in Support  
Law Enforcement  
Court  
Title IX  
Personal*

**1,107** individuals received advocacy services including 550 specifically for hospital advocacy.

**99%** of survivors surveyed reported advocacy services were helpful to them.

## EDUCATION & PREVENTION



*Project Aware  
Green Dot  
Strength Club  
Community Education  
Professional Training*

**20,781** youth received prevention and awareness services.

**10,742** adults received prevention and professional training.

**94%** of students reported they know at least one thing they can do to prevent or reduce the risk of sexual violence.

**24-HOUR CRISIS LINE**  
**816-531-0233**  
**913-642-0233**

4,730 crisis line calls in 2020—that's 13 calls for help every day!

98% of callers said the crisis line service was helpful to them.

# Lindsey Jarrett

*Lindsey Jarrett was the survivor speaker at the 2020 Night Out with MOCSA held virtually. More than \$150,000 was raised from that event!*



“

*For a long time I didn't realize how much the sexual abuse I experienced had impacted my life.*

In 2017 I became a volunteer hospital advocate for MOCSA where I get to be with survivors while they go through their forensic exam. I never had anyone by my side after an assault and so now I show up. I am there during a time that is often full of fear and loneliness for survivors – fear and loneliness that I am all too familiar with.

For a long time I didn't realize how much the sexual abuse I experienced had impacted my life. I tried to have relationships, but men were not to be trusted. Even when I met my husband I was not ready to know and receive love. In 2010, nearly 20 years after my first assault, I decided to tell him my story and

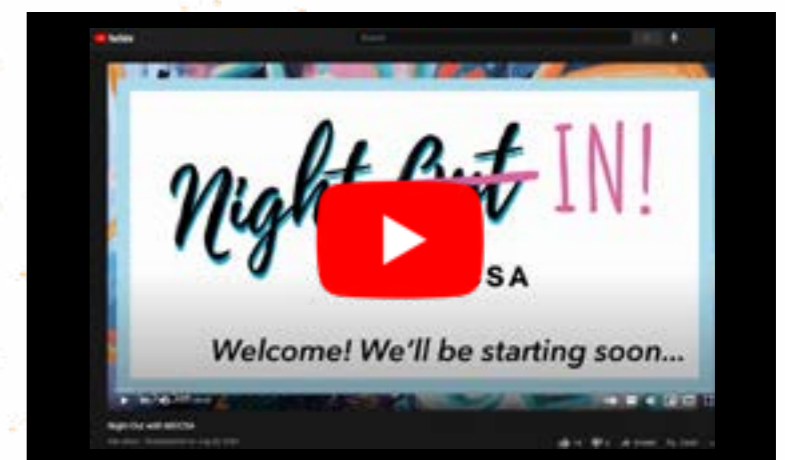
I knew it would change me, and our lives together, forever.

I have a lot of wishes for myself all those years ago; I wish I could have had the strength to say no, to run, to ask for help. I wish I'd had access to services like MOCSA's. Every day I fight my fears, and the little 8-year-old girl who was scared to speak up is becoming the woman my trauma never let her be.

I now have a young daughter who is exploring her body, her emotions and her confidence. And I wonder if I'm creating a safe space for her to talk to me. I tell her every day that she is enough, she is beautiful, she is strong, and

she is in control of her body. Every day I work at it, because my trauma is a lifelong injury, but I will not let it get in the way of what I want for me and my family. I know that I am not alone. I have learned that each day requires one breath, one step and one act of courage to move forward.

## Watch on YouTube



# Tahir Atwater

Tahir Atwater's passion for working with kids spans more than a decade, and he is currently the Director of Donor and Volunteer Engagement at Jackson County CASA. He became a volunteer with MOCSA in 2013 after hearing a presentation about MOCSA's programs and volunteer opportunities. He was working at Big Brothers Big Sisters KC then and recalls thinking, "this must be really difficult to recruit men for." But knowing that sexual violence is not just a women's issue, Tahir stepped up.

He became a group facilitator of MOCSA's Strength Club leading weekly discussion groups with grade school and high school aged students. They talked about anti-bullying, gender and sexuality stereotypes, preventing abuse, and fostering healthier views of the opposite sex. He recognizes a lot has changed with the #MeToo movement and is more hopeful today about shifting conversations among kids and their peers.



Tahir also has a passion for diversity, equity, and inclusion and has worked with several organizations throughout the city. In September 2020, he conducted a workshop with MOCSA staff and facilitated discussion about saviorism, allyship, and intention vs. impact.

Tahir commends MOCSA for its cultural humility and intentional focus on making services accessible to survivors and families throughout the community. He shares, "I want everyone who reads this to feel pride and know that they are important partners in MOCSA's mission."

“

*Sexual violence isn't just a women's issue.*

## VOLUNTEERS IN 2020:

**183 individuals**

**15,305 hours**

**\$416,296 value**

We can't do this work without our amazing volunteers!

Want to get involved?

[VOLUNTEER@MOCSA.ORG](mailto:VOLUNTEER@MOCSA.ORG)



Top: Volunteer appreciation, February 2020  
Bottom: Volunteer training, November 2020

One story...



*CiCi Glasgow shares how wearing overalls and healing from childhood trauma helped her realize that "the hugest declaration of independence that I can have is to be unapologetically myself."*

## StoryShare & KKFI

Every year in April for Sexual Assault Awareness Month (SAAM), MOCSA honors survivors, supporters, volunteers, service providers, and community advocates by recognizing their experiences, contributions, and efforts to end and prevent sexual assault and abuse. In 2020, the SAAM theme was "My moment. Our momentum." By acknowledging the individual accomplishments that propel the anti-violence movement, we can support an

on-going movement that prevents sexual violence and changes our culture to one where survivors are believed and supported, perpetrators are held accountable, and everyone is safer.

MOCSA's StoryShare project launched in the spring of 2020 as part of SAAM and stories were shared throughout the year from volunteers, clients, community members, staff, and others who are inspired or impacted by MOCSA's mission.

KKFI is a local independent, community radio station, who partnered with MOCSA to make this project a reality. They provided recording space and a production engineer to help us produce eight audio stories. Additionally, they shared the stories on air as part of their programming and created a podcast page for the stories reach a wider audience.

Thanks to KKFI's Bill Sundahl and Ashley Chantal, as well as 2020 StoryShare contributors: Audrey Yazell, CiCi Glasglow, Debbie Frederiksen, Ellen & Sadie, Jennifer Green, Jessi Bixler, Julie Donelon, Kelsey Saragnese, Kevin Fitzpatrick, Kim Hollister, and an anonymous survivor.

**Listen to StoryShare**



*Ellen and her daughter, Sadie, shared some examples of how they talk about personal safety at home.*

***Together we can create a community free from sexual violence – thanks to community partners, like KKFI.***

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*Thanks to  
you 35,363  
individuals  
received MOCOSA  
services in 2020!*

# Virginia Sweetser (1981-2020)

Virginia Sweetser was a friend, colleague, mentor, counselor, and a combat veteran. She had been with MOCSA for 10 years starting as a volunteer, then working as an intern while earning her master's degree in social work, and then becoming a therapist. Virginia specialized in sand tray therapy and wrote her master's thesis on it.

Her passion for supporting victims of violent crime began as a child when her parents founded a nonprofit for victims and families in Vermont. She moved to Kansas City for graduate school and that's when she discovered MOCSA. In a 2020 interview for the *Sexual Assault Report*, Virginia shares her initial reaction to MOCSA's vision to end sexual violence. "When I first heard that I thought, 'Wow! That seems really big.' But then I stopped myself and asked whether it



was big or whether my reaction was more of a reflection of social conditioning. Ending sexual violence no longer seems unattainable."

Virginia's commitment to that vision had significant impact. She made a difference in the lives of countless people and survivors. She will be deeply missed and remembered always.

“

*Ending sexual violence no longer seems unattainable.*

MOCSA