LAST YEAR THE RESOURCE CENTER BECAME SAFE+ SOUND SOMERSET

This was not just a name change but a refocusing of our efforts to reach out and stand up in the community. It was vital to more fully serve those who need our help. To that end we changed our name and logo, redesigned our website and opened a new office in Somerville. We also launched a new, trauma informed children’s counseling program, created a program to address teen dating abuse and so much more.

As we move forward, we will strive to offer New Hope, reach New Heights and continue to search for New Horizons.

ENDING DOMESTIC ABUSE ONCE AND FOR ALL

Safe+Sound Somerset is a non-profit organization exclusively dedicated to serving those whose lives have been impacted by domestic abuse. We have advocated and provided services for 39 years.

We are committed to providing quality services in all areas of operations in an efficient and effective manner. Our goal is to grow and adapt our services to meet the changing needs of our clients.

As a round-the-clock program, Safe+Sound Somerset stands ready to help by providing a safe, supportive and empowering environment that promotes healing and assists individuals as they move forward in their journey from victims to survivors. Our services are available in all languages and include emergency shelter, legal advocacy, outreach counseling, community education, volunteer Domestic Violence Response Teams, transitional housing and more. Confidential services are provided to all survivors of domestic abuse – women, men and children.

Our mission is to empower survivors of domestic abuse and engage the community to break the cycle of violence.

I am forever grateful for the legal advocates who rescued me from the depths of despair. I am forever grateful for the counselors who have shown me light in a world of darkness. You are my angels!
Dear Friends:

Your contributions and support helped to make 2016 a year of growth. We listened to your advice and changed our name to Safe+Sound Somerset. This change reflects our updated mission to empower survivors of domestic abuse and engage the community to break the cycle of violence.

Thanks to you, we were able to offer new hope by providing over 4100 nights of safety to domestic abuse survivors and their children through our emergency shelter and transitional housing program. Hundreds more received legal advocacy services and trauma informed counseling. In fact, Safe+Sound Somerset was selected to be one of the first domestic violence agencies in New Jersey to offer TF-CBT (Trauma-Informed Cognitive Behavior Therapy) to children, the most vulnerable victims. Through our new outreach program, SPEAK, our teenagers learn how to treat their partners with respect and to expect the same for themselves.

At our shelter, you continue to provide a place of refuge and peace for women and families in crisis. A woman, who spoke limited English, and her children came to us, fleeing terrible abuse at the hands of her husband. By the time the family left the shelter, the mom had improved her English, gotten her driver’s license and had become a US citizen! You made it possible for this family to seek new horizons, free from abuse. We also recently received a letter from a survivor who stayed at the shelter. She called the Safe House “a place of refuge and liberty” and she thanked us for “helping my children and me out of the darkness.”

Thank you for your commitment to creating a peaceful future for all of us. Together we can offer new hope, reach new heights and seek new horizons in the years to come.

Warmly,

Debbie Haroldson
Acting Executive Director

“Today, thanks to the help, compassion and dedication of every person associated with Safe+Sound Somerset, as well as the unnamed and unknown donors—I can finally say - I Am a Survivor!”
Safe+Sound Somerset receives Gold seal rating from GuideStar

Safe+Sound Somerset is proud to announce that it has earned a Gold-level Exchange Seal from GuideStar, the online listing service for nonprofit organizations. It’s a rating that is shared by only 5 percent of the more than 32,000 organizations listed by GuideStar.

Gold-level nonprofits must provide significant transparency in all areas of their operations, including finance, governance, program results, and strategic planning.

Safe+Sound Somerset is honored to have earned this rating. The public needs to trust a nonprofit organization to support its mission. The Gold Seal is one more sign that we are worthy of that level of trust.
NEW HEIGHTS

Somerset County Business Partnership Economic Vitality Award

The Somerset County Business Partnership gave its 2016 Economic Vitality Award to Safe+Sound Somerset. This award recognized our efforts to rebrand and reach out to the community to acknowledge the changing demands of Somerset County. The Economic Vitality Award was presented at the Somerset County Business Partnership Annual Meeting on Monday, December 12, 2016 at the Palace at Somerset Park.

DEBORAH HAROLDSEN NAMED NJBIZ CFO OF YEAR

We are pleased and proud that our own Debbie Haroldsen, Finance Director, has been named NJBIZ 2016 CFO of the Year for small nonprofit organizations. The CFO of the Year Award recognizes finance professionals who contribute to the success of New Jersey’s economic growth and stability. “Providing support to domestic abuse victims and their children is critical to breaking the cycle of violence and helping them to live peaceful, violence-free lives,” Debbie noted. She has overseen the financial health of Safe + Sound Somerset since 2013.

"Safe+Sound Somerset is my place of healing. Without the support of the legal advocates, hotline workers, and counselors, I fear my story would have already ended."
I almost died at the hands of my abuser. I am a walking miracle and your support has helped to heal me from the inside out. I am forever grateful to the legal advocates, domestic violence response team workers, hotline workers, safe house staff, pet therapy volunteers, and the clinicians.
Breaking the silence with a groundbreaking program

Safe+Sound Somerset is proud to add Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) to our counseling program. This unique evidence-based parent-child treatment uses cognitive-behavioral techniques to reduce post-traumatic stress disorder in children and adolescents who have experienced trauma.

Research has shown that children who have experienced domestic violence often have great difficulty speaking about it. This silence can lead to deep feelings of shame that, when unresolved, can have long-lasting consequences. TF-CBT can turn this around, validating each child’s experience by helping them to tell their stories in their own words and then sharing those stories and feelings with their non-offending parent. With proven results in as little as 12 sessions, TF-CBT can be essential in jump-starting children’s recovery.

Reaching further into the community

Safe+Sound Somerset is proud to announce the opening of our new office in Somerville. Located in the heart of town, this location is accessible by bus and train, making it easier for people to meet with our counselors and legal advocates.
Our Hotline now has texting capability!

People’s communication habits have changed and we’ve adapted. In order to offer help when and how our community needs it, we are now accessible via text or talk on our 24/7 hotline. Same phone number, two different ways to reach out for help.

Speaking up against Teen Dating Abuse

Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. And only a third of victims ever come forward!

In order to educate and protect this underserved population, Safe+Sound Somerset created SPEAK, a new teen dating abuse program that enables teens and preteens to talk openly about healthy relationships. Through this program, teens can safely explore the dynamics and warning signs of dating abuse, how some relationship “rules” or expectations can contribute to abuse, and how to get help. SPEAK also helps to bridge the gap of silence that separates teens from their parents through parent training programs and awareness seminars.

With a little help from our friends

For thirty years, the Friends of the Shelter have helped to sustain a safe haven for survivors of domestic abuse and their children by contributing more than $2 Million to Victoria’s House, Safe+Sound Somerset’s shelter program. Through their kindness, generosity and perseverance, this grassroots group of volunteer women has grown to be what it is today: A force that has helped to transform thousands of victims into survivors.
I used to spend a lot of time worrying about my future. Thanks to all the help and support of Safe+Sound Somerset I now look forward to it.
THANKS TO YOU!
HOPE IN NUMBERS

Safe House and Transitional Housing
4142 Nights of Safety

Lives Touched: 4,910

Direct Services to Survivors
Hours: 9,758

2016 Community Education
Number of Events: 96
Number of People Reached: 3540
Hours of Education: 2167 Hours

2016 Volunteer Support
Number of Volunteers: 310
Volunteer Hours: 3,644
Value Added by Volunteers: $80,852
2016 FUNDING

Gov’t Grants: 66%

- 9% Fundraising
- 9% Individual & Group
- 5% Friends of the Shelter
- 8% Corp. & private Foundation Grants
- 2% United Way
- 1% Appeals

2016 EXPENSES

- 40% Residential Programs
- 40% Non-Residential Programs
- 20% Admin
24-Hour Call or Text Hotline 866-685-1122.