



# THE SURVIVOR

*"There are many things I don't know because I am new here, but I always get help when I go to SURVIVORS."*

~ male client from the Middle East

*"SURVIVORS has a lot of love in addition to what they provide us. They put a lot of themselves into what they do. I have a family there."*

~ female client from Africa

*"I left your offices feeling very understood and my burden much lighter. This is the beginning of a wonderful journey to healing and freedom."*

~ SURVIVORS' client

## Mission Statement

### Survivors of Torture, International:

- Facilitates the healing of torture survivors and their families;
- Educates professionals and the public about torture and its consequences;
- Advocates for the abolition of torture.

## About Us

Survivors of Torture, International was incorporated in February 1997 in response to a need in our community to bring assistance to a segment of the population that struggles with the wounds of politically-motivated torture. It is estimated that at least 35,000 survivors of torture live in San Diego County and 1.3 million live in the United States. Torture survivors may be left with lifelong physical and mental health problems if not treated by trained professionals.

Since 1997, SURVIVORS has engaged a caring network of professionals – board members, interpreters, therapists, physicians, dentists – and all of you in the community who give support and encouragement in many ways. To date we have served more than 1,800 clients from more than 80 different countries. Your support enables us to help torture survivors rebuild their lives. Treatment helps survivors heal, reconnect with their families, go back to school, and find employment.

## Contact Information

Survivors of Torture, International  
 P.O. Box 151240  
 San Diego, CA 92175-1240  
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 Fax: 619-294-9405  
[survivors@notorture.org](mailto:survivors@notorture.org)

## Number of Refugee Torture Survivors in the United States Rising

Based on an analysis of previous research studies, the Center for Victims of Torture (CVT), recently concluded that the number of refugee torture survivors in the United States is significantly higher than previously reported. Past estimates of refugee torture survivors in the United States were between 400,000 – 500,000. However, with the increase in number of arriving refugees, CVT estimates that refugee torture prevalence is as high as 44 percent, indicating that the number of refugee torture survivors in the United States could be as high as 1.3 million people. This estimate does not account for the number of torture survivors who arrive seeking asylum or who have been granted

asylum by the United States government.

It had been estimated previously that 11,000 torture survivors lived in San Diego. In accordance with the research of CVT, this number is much higher at about 35,000. Survivors of Torture, International is the only accredited torture rehabilitation center in San Diego. Comprehensive services such as therapy, psychiatry, and access to medical and social services are important to help the increasing number of torture survivors rebuild their lives and become contributing members of our community.

In the past three years San Diego received more refugees than the three other top California counties combined.<sup>1</sup> Al-

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## Women's Group: The Story of Us

*"Shared joy is a double joy; shared sorrow is half a sorrow."*  
 ~ Swedish Proverb



*An Ethiopian client teaches a coffee ritual.*

SURVIVORS began a new healing group this September called "Women's Group: The Story of Us," facilitated by contracted counselor, Dawn Stary. The women collectively decide on the topics they will discuss and the activities they will do together. "It's nice to see them learning from each other and sharing their experiences to help one another out," says Dawn. She tells a story

of one woman who had lived in San Diego for only a few months and was expressing her fears and concerns about the asylum process in the United States. Another woman who had lived in San Diego for several years and had been granted asylum comforted the newer client by telling her that it would get easier and that the women of the group were there for her.

Sharing concerns with a group of individuals who have had similar experiences is just one of the ways the women's group creates a safe space for self-expression and healing. The women have crafted mirrors with frames consisting of positive affirmations out of magazines, created mandalas, and participated in an Ethiopian coffee ritual, offered by an Ethiopian client who wanted to share her customs with the group. In the coming months they plan to go for walks, do other crafts, and have a multicultural potluck.

## SURVIVORS Partners with Traveling Art Exhibition



SURVIVORS is partnering with ART WORKS Projects ([artworksprojects.org](http://artworksprojects.org)) to bring *Sanctuary & Sustainance: The Story of Many Journeys* to San Diego after having been in Seattle, Minneapolis, and Pittsburg. *Sanctuary & Sustainance* is a multimedia projection of photography, film, music, and words. To honor World Refugee Day, June 20, the projection followed the journey of a family during the catastrophic events of displacement, on a path to sanctuary, and through the long process of rebuilding life in a new community. The installation was projected on the facades of community centers, churches,

mosques, synagogues, temples and other places of worship all over the world that have historically opened their doors as places of welcome and shelter. *Sanctuary & Sustainance* in San Diego will portray some of the possible journeys immigrants, refugees, and asylum seekers make to San Diego.

A preview of the San Diego project was presented at the multiday Art of Peace Symposium at the Joan B. Kroc Institute for Peace & Justice at the University of San Diego. The images shown were of the possible points of entry of immigrants' arrivals in San Diego: the border checkpoint, the airport, a ship, a lonely road, and the border fence. The rest of the project will be revealed in February, in honor of SURVIVORS' 19<sup>th</sup> birthday and its healing services for torture survivors.

SURVIVORS and ART WORKS Projects hope to raise awareness of the challenges faced by refugees and asylum seekers as well as of their resilience, to spark conversations about our collective responsibility to welcome newcomers to our community, and to encourage policy makers to act in favor of fundamental human rights for refugees and asylum seekers.

## Number of Refugee Torture Survivors in the United States Rising

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most half of them will have experienced torture and may be experiencing post-traumatic stress disorder and/or major depressive disorder, according to CVT.

With demand for services for torture survivors increasing to record levels, it is imperative SURVIVORS serve clients with quality comprehensive services. If you would like to assist SURVIVORS as we adjust to these changes, please consider making a donation to SURVIVORS and contacting your elected officials to let them know that it is vital to support the Torture Victims Relief Reauthorization Act of 2015 (TVRRA) which authorizes \$25 million to the Office of Refugee Resettlement's Survivors of Torture Program.

<sup>1</sup>California Department of Social Services Refugee Programs Bureau, Refugee Arrivals into California Counties; September 2014

## Educating the Public About Torture



SURVIVORS offers public *Journey to Healing Tours* twice monthly to educate the public about torture and its consequences. Private tours are also offered for groups or organizations. Recently SURVIVORS opened its doors to the San Diego Peace Corps Association, nursing students at National University, social work students from Germany, the Evangelical Lutheran Church in America pastors' group of San Diego, and public officials from local government offices.

If you have a group or class that would benefit from learning about SURVIVORS and the unique population we serve please contact us at [survivors@notorture.org](mailto:survivors@notorture.org) or 619-278-2400.

## Thank You to Our 2015 Helping Survivors Heal Fundraising Luncheon Underwriters!



## Human Rights Watch Film Festival Returns to San Diego

Balboa Park's Museum of Photographic Arts, in partnership with SURVIVORS, is honored to host the sixth year of the Human Rights Watch Film Festival in San Diego on January 21 - 24, 2016. The film festival brings to life human rights abuses through story telling in a way that challenges each individual to empathize with and demand justice for all people. For a list of films and ticket information, please visit [www.mopa.org/hrwff](http://www.mopa.org/hrwff).

## Giving Tuesday is Dec. 2!



Please consider giving to SURVIVORS by making a donation in the enclosed envelope.

## Looking for More Ways to Give?



There are countless ways to donate to SURVIVORS. Options include donating your car, collecting old cell phones at your office, school, church, etc. Or, at no cost to you, **Ralphs** and **AmazonSmile** will donate a percentage of your normal purchases to SURVIVORS when you sign up for their free giving programs. (Call 619.278.2400 to find out more.)

## Healing Society Members who make generous five-year pledges. **Thank you!**

<i>Kathi Anderson &amp; Jesse Rivera</i>	<i>Frederick &amp; Ann Hein</i>	<i>Howard &amp; Lianne Moseley</i>
<i>Jeanette Barrack</i>	<i>Merle &amp; Kay Horst</i>	<i>Pat Olafson</i>
<i>Candace Carroll &amp; Len Simon</i>	<i>Anya Morgan Ilfeld</i>	<i>Kathleen Owens</i>
<i>Ann &amp; Richard Durham</i>	<i>Dr. Jim Jaranson Fund of the</i>	<i>Marlene Ruiz</i>
<i>James &amp; Denise Francis</i>	<i>Minneapolis Foundation</i>	<i>Nancy Sweeney</i>
<i>Jean M. Greaves &amp; Greg Olmstead</i>	<i>Melvin &amp; Jane Kieschnick</i>	<i>David Tanner</i>
<i>Jim Hanson</i>	<i>George &amp; Karen Longstreth</i>	<i>St. Andrew's Lutheran Church,</i>
		<i>San Diego</i>

**Many thanks to our donors and supporters!**  
 Because of you, survivors are rebuilding their lives. We are grateful. We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized. (Please contact us at 619-278-2400 with corrections.)

## Individual Financial Supporters who gave May 1 - Oct. 31, 2015. **Thank you!**

<i>Anonymous</i>	<i>Tica &amp; James DeHarpporte</i>	<i>Ivan Batanov</i>	<i>Colin Mathewson</i>	<i>Gary &amp; Patricia Reming</i>
<i>Dee Aker &amp; William Smith</i>	<i>Alicia DeLeon-Torres</i>	<i>Marian Hart &amp; Wayne Liebold</i>	<i>Rick &amp; Brenda Matthews</i>	<i>Carla Remondini</i>
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<i>Angela Asuncion</i>	<i>Eric &amp; Susan Ehrenfeld</i>	<i>Marge Hersom</i>	<i>Markman</i>	<i>Lewis Robinson in honor of</i>
<i>Jay &amp; Deanna Atherton</i>	<i>Steve Eldred</i>	<i>Amy Hoffman</i>	<i>Robert Christian Minson</i>	<i>Ken Robinson</i>
<i>Cheri Attix &amp; Steve Rivera</i>	<i>Lawrence Emerson</i>	<i>Jerry &amp; Ingrid Hoffmeister</i>	<i>Joseph Monier</i>	<i>Lorna Santos</i>
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<i>Mark Berger &amp; Jacquelyn</i>	<i>Jennifer &amp; Matt Fenner</i>	<i>Corsten James</i>	<i>David Nagler</i>	<i>Peggy Stamon</i>
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<i>Jeff Bibler</i>	<i>Katie Fleming</i>	<i>Ralph Johnson</i>	<i>K-Rae Nelson</i>	<i>Ed Sternagle</i>
<i>Victor Bitter</i>	<i>Marlene Forney</i>	<i>David Paul &amp; Cindy Jorstad</i>	<i>David &amp; Jane Nesvig</i>	<i>Daniel Steussy</i>
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<i>Marget Buller</i>	<i>Piedad Garcia</i>	<i>Jonathan &amp; Janelle Kistler</i>	<i>Daniel Orth</i>	<i>Heidi Utley</i>
<i>Hilda Bunce</i>	<i>Roy Gash</i>	<i>Llona Kitzing</i>	<i>Sandra Osborn</i>	<i>Holly &amp; Al Vanderpool</i>
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<i>Judith J. Carter</i>	<i>Laura Hageman &amp; Thomas</i>	<i>Karen Lamphere</i>	<i>Audrey Pine</i>	<i>Dolores Welty</i>
<i>Loretta Chouinard</i>	<i>Bond</i>	<i>Rebecca LeVasseur</i>	<i>Alby Quinlan &amp; Alan Schmidt</i>	<i>Svend &amp; Elisabeth Westlund</i>
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	<i>Stephanie Hanson &amp;</i>			

## Organizations That Financially Support SURVIVORS who gave Nov. 1, 2014 - Oct. 31, 2015. **Thank you!**

<i>Benevolent</i>	<i>Episcopal Church of St. Andrew</i>	<i>M.A. Roberts Charitable Foundation</i>	<i>Shepherd of the Valley Lutheran</i>	<i>Union Bank</i>
<i>Cajon Valley Union School District</i>	<i>the Apostle, Encinitas</i>	<i>Michael Ehrenfeld Company</i>	<i>Church, La Mesa</i>	<i>United Way California Capital</i>
<i>Calvary Lutheran Church, Solana</i>	<i>Funding Factory</i>	<i>Molina Healthcare of California</i>	<i>Sonnenberg &amp; Co.</i>	<i>Region</i>
<i>Beach</i>	<i>Grossmont Healthcare District</i>	<i>Pamela Underwood Studios</i>	<i>Spectrum Dental Office</i>	<i>United Way of Greater Los Angeles</i>
<i>Capell Barnett Matalon &amp;</i>	<i>Intuit, Inc. - The Benevity Community</i>	<i>Pasadena Community Foundation</i>	<i>St. Luke's Lutheran Church, La Mesa</i>	<i>United Way of San Diego County</i>
<i>Schoenfeld, LLP</i>	<i>Impact Fund</i>	<i>in memory of Patrick Otis Healy</i>	<i>St. Mark's Lutheran Church, Chula</i>	<i>U.S. Department of Health and</i>
<i>Change A Life Foundation</i>	<i>Jewish Community Foundation -</i>	<i>Planned Parenthood of the Pacific</i>	<i>Vista</i>	<i>Human Services, Office of</i>
<i>Christ Presbyterian Church,</i>	<i>Weingart Foundation</i>	<i>Southwest</i>	<i>Starpoint Advantage</i>	<i>Refugee Resettlement</i>
<i>Carlsbad</i>	<i>Josephson Werdowatz &amp;</i>	<i>Price Philanthropy Foundation</i>	<i>The California Endowment</i>	<i>Wahl Foundation at the San Diego</i>
<i>Chula Vista Presbyterian Church</i>	<i>Associates, Incorporated</i>	<i>San Diego County Employees</i>	<i>The Kroger Company</i>	<i>Foundation</i>
<i>Combined Federal Campaign</i>	<i>Klingenberg Law Firm</i>	<i>Charitable Organization (CECO)</i>	<i>The San Diego County Bar</i>	<i>Wells Fargo Community Support</i>
<i>County of San Diego, Health and</i>	<i>Krylow Family Fund</i>	<i>San Diego City School Community</i>	<i>Foundation</i>	<i>Campaign</i>
<i>Human Services</i>	<i>Law Offices of Jonathan D. Montag</i>	<i>Service Association</i>	<i>The Sundt Foundation</i>	
<i>Del Mar-Solana Beach Sunrise</i>	<i>Law Office of Schoenleber &amp;</i>	<i>Scarano Family Foundation</i>	<i>Thrivent Financial</i>	
<i>Rotary Club</i>	<i>Waltermire</i>		<i>Toscana Museum, LLC</i>	

## Client Demographics

174 new clients and 153 ongoing clients were served during fiscal year 2015 (Oct. 1, 2014 – Sept. 30, 2015).

Our clients were tortured in their home countries due to their race, religion, nationality, social group, or political opinion.

## New Clients

Geographic Origin		Age		Gender	
Africa	41	0-4	1	Males	92
Middle East	101	5-13	76	Females	82
Latin America	21	14-17	13		
Asia	6	18-24	25		
Eastern Europe	5	25-44	51		
		45-64	8		
		65+	0		

## Welcome 2015-2016 Social Work Interns



SURVIVORS' 2015-2016 interns: (left to right) Claudia Harris-Stewart, Rachel Mahoney, Lauren Widak, Warsan Mohamoud, and Lindsay Winters. Not pictured: Amber Reinholdt.

Every year SURVIVORS welcomes interns to its community of healing here in San Diego. This academic year we are pleased to be working with four interns from San Diego State University and, for the first time, two interns from Cal State University San Marcos.

One intern, pursuing a joint Masters of Social Work and Juris Doctor, assists with contracts and advocacy. Social work interns shadow intakes, assist with case management, facilitate group therapy, and support fundraising, outreach, and grant writing efforts.

## Kathi becomes Honorary Member of Sigma Theta Tau International

Congratulations to SURVIVORS' executive director, Kathi Anderson, who has been awarded an honorary membership in the Honor Society of Nursing, Sigma Theta Tau International (STTI). The 2015 International Awards honorees exemplify the STTI qualities of leadership, scholarship, and service. Award-ees were nominated by their nursing and health care peers and colleagues to recognize their professional excellence.

Survivors of Torture, International  
 P.O. Box 151240  
 San Diego, CA 92175-1240  
 Change Service Requested



For more information go to [www.notorture.org](http://www.notorture.org) or call 619-278-2400.

- Wednesday, December 2 - 5:30 - 6:30 pm
- Wednesday, January 4 - 5:30 - 6:30 pm
- Wednesday, January 27 - 8:00 - 9:00 am
- Thursday, February 11 - 5:30 - 6:30 pm
- Tuesday, February 23 - 5:30 - 6:30 pm
- Thursday, March 10 - 5:30 - 6:30 pm

Upcoming Journey to Healing Dates:  
 Join us on a Journey to Healing tour to learn how we are helping to rebuild torture survivors' lives.

## The Strength to Survive. The Power to Heal.

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