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NURTURING
HEALTHY
FUTURES
ANNUAL REPORT 2017



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Cultivating Healthy Futures

Survivors of Torture, International (SURVIVORS) was incorporated in February 1997 in response to a need in our community to assist an underserved population who was struggling with the wounds of politically-motivated torture. It is now estimated that at least 1.3 million torture survivors live in the United States, including 35,000 in San Diego County. Torture survivors may suffer lifelong physical and mental health problems if not treated by trained professionals.

Healing is a journey that is unique to each person. Healing can be physical, psychological, and/or spiritual. All of our clients take different paths to healing, and we accompany them every step of the way. Because healing does not happen in a vacuum, it requires trust, support, and community.

For over 20 years, SURVIVORS has engaged a caring network of professionals – board members, therapists, physicians, dentists, interpreters – and all of you in our community to help those who have survived unspeakable abuses rebuild their lives and restore their hopes.

Through the gifts and support we receive from you and our community, we are able to comprehensively and effectively tailor the healing of torture survivors and their families to each individual. Your compassion and investment have made it possible for more than 3,000 torture survivors and their families from more than 80 countries to find the courage and strength to restore their health - physically, emotionally, and/or spiritually.

Survivors of Torture, International's mission is to:

- Facilitate the healing of torture survivors and their families
- Educate professionals and the public about torture and its consequences
- Advocate against torture

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619-278-2400
survivors@notorture.org
www.notorture.org



SURVIVORS is an IRCT-accredited
torture treatment center



You contributed to the health and well-being of survivors

Photograph: Male clients join their hands together at SURVIVORS' weekly Men's Group called The Story Men.

Dear Friends,

Thanks to your support and dedication, 2017 marked 20 years of serving one of San Diego's most vulnerable populations. Together, we have created a safe haven where torture survivors have regained their health and well-being as they heal physically and emotionally, restoring their hope for a better future.



To tend to the health of torture survivors, their families, and our community, we recognize the parity between physical and mental health. We increased our partnerships with healthcare professionals, such as physicians from Kaiser Permanente, psychiatrists from University of California San Diego's School of Medicine, and mental health providers throughout San Diego County.

To raise awareness of our clients' unique healthcare challenges, we provided trauma-informed care and cultural responsiveness trainings for other service providers. One hundred percent of professionals trained by SURVIVORS reported increased confidence in identifying and working with torture survivors.

To break the cycle of intergenerational trauma, we strengthened our partnerships with East County school districts by offering emotional support groups to bolster the well-being of 325 traumatized newcomer students who have been in the United States fewer than three years. At the end of the school year, they reported feeling healthier, having made new friends, feeling more focused, and having increased their participation in their classrooms.

We thank you, our dedicated supporters, who help torture survivors heal and rebuild their lives. Our clients are grateful to finally have safety, a renewed belief in their own strength to heal and a sense of optimism for years to come. Hand in hand with you, we look forward to continuing to nurture healthy futures for both torture survivors and San Diego.

Sincerely,


Jean Greaves, Board Chairperson


Kathi Anderson, Executive Director



P.S. It is gratifying to see that this valuable work is being recognized. In 2017, Kathi and other Executive Committee members of the National Consortium of Torture Treatment Programs accepted the American Psychiatric Association's "Human Rights Award" for promoting and supporting the human rights of populations with mental health needs.

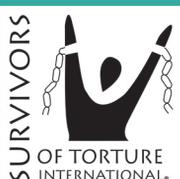
Other Significant Awards and Recognitions in 2017:

Kathi Anderson, Executive Director
County of San Diego Health & Human
Services Agency
Social Services Advisory Board
"Community Recognition Award"

Survivors of Torture, International
San Diego County Bar Association
"Distinguished Organization of the
Year"

Kathi Anderson, Executive Director
The Center for Wealth & Legacy
"Inspiration Award"

Elizabeth Lopez, Board Member
KPBS & National Conflict Resolution
Center
"Community Hero - Immigration"



You helped torture survivors and their families heal

Photograph: Clients attend a therapeutic healing group at Sunset Cliffs. Stella* comes to our Healing Club from time to time and loves meeting other clients while experiencing new activities in San Diego.



Becoming a Healer After Healing: Stella's* Story

Stella* was a middle-aged, female asylum seeker from Eritrea. When she was young, her father was arrested for participating in a peaceful protest against the government. Later, she was kidnapped, starved and tortured because of her father's political beliefs. Thankfully, she was released after one week of unbearable sexual and physical torture.

Though Stella did not feel emotionally or physically well, she knew her only chance at survival was to leave Eritrea. She had already been accepted to study nursing in San Diego. Upon arriving, she could neither sleep nor concentrate, causing her to do poorly in her classes. She felt very uncomfortable around others and purposefully isolated herself from her classmates. Eventually, she dropped out of school but applied for political asylum so she would not have to go back home and face further torture.

Stella's pro bono immigration attorney referred her to SURVIVORS for medical and psychological evaluations to support her case. Stella felt safe at SURVIVORS and decided to begin therapy and psychiatry to help her sleep as well as reduce her nightmares and her depression. Slowly, Stella started to feel better. She made friends and now has a positive outlook on life. The best news came when she was granted asylum and she knew she could truly rebuild her life. She learned about a shortage of nurses in San Diego and felt well enough to reapply for school. Today, Stella is working as a registered nurse. "I'm so grateful to SURVIVORS for giving me my own health back. Now, I get to heal others just like I've always wanted to do!"

* Client name changed to protect her identity.

You educated the public about torture and its consequences

Photograph: SURVIVORS' medical case manager in the medical room where pro bono physicians perform medical evaluations to support clients' cases for political asylum. Healthcare professionals learn how to conduct this kind of forensic documentation at SURVIVORS.



Educating Current and Future Healthcare Professionals

In 2017, SURVIVORS educated nearly 4,000 people about torture and its consequences. Once trained, they become aware of the specialized care needed to rehabilitate the 35,000 torture survivors residing in San Diego County. Because torture survivors are an invisible and often misunderstood population, SURVIVORS trains healthcare and other providers to identify torture survivors and care for their unique needs.

Among the 4,000 people educated were over 500 healthcare providers and students. For example, SURVIVORS trained perinatal social workers at Sharp Mary Birch Hospital for Women and Newborns, nursing students at Point Loma Nazarene University, and medical residents at Family Health Centers of San Diego.

In May, Executive Director Kathi Anderson spoke on the “Emerging Public Health Issues in Vulnerable Populations” panel at the Epidemiology Research Exchange held for students and researchers from the University of California at San Diego and San Diego State University Graduate School of Public Health. Kathi discussed the complexities of the healthcare needs of torture survivors and how the audience members could access SURVIVORS' expertise when they inevitably interact with this special population.

Enhancing the knowledge base of San Diego's healthcare providers not only fosters resiliency of our clients, but also creates a healthier San Diego.

You advocated for torture survivors

Photograph: SURVIVORS' staff, Kathi, Brittney, Rachel and Niki, proudly display a proclamation from City of San Diego Councilmember Lorie Zapf.



Advocating for San Diegans' Health

SURVIVORS believes communities are healthier when we welcome and care for one another. Because torture survivors are a large, underserved and unique population in San Diego, our community is healthier when they are understood by policy makers, healthcare professionals, and neighbors alike.

In 2017, SURVIVORS' advocacy efforts reached many levels of government. At the state level, Executive Director Kathi Anderson was elected vice-chair of the State Advisory Committee of the California Refugee Programs Bureau. As an advisor, she advocates for access to physical and mental health services for torture survivors. At the county level, SURVIVORS is a Live Well San Diego partner, supporting and advocating for the Live Well San Diego County vision of "Building Better Health, Living Safely and Thriving." At the city level, Kathi presented on a panel to the City of San Diego's Human Relations Commission and International Affairs Board. Her input contributed to the City of San Diego's commitment to be a more healthy, inclusive, and welcoming city for us all. Additionally, Councilmember Lorie Zapf invited SURVIVORS and several other local nonprofits to the San Diego City Council for Mental Illness Awareness Week.

As the only accredited torture treatment center in San Diego, SURVIVORS not only is glad to work in tandem with our neighbors and local organizations serving refugees and asylum seekers, but also is grateful to local and state governments for taking an interest in and supporting refugees and asylum seekers within the San Diego community.

The following is SURVIVORS' financial statement, audited for the time period of October 1, 2016, through September 30, 2017, by Sonnenberg and Company, CPAs. The full audit is available at www.bettergivingsd.guidestar.org.

Assets		Liabilities	
Cash and Cash Equivalents	\$ 429,189	Accounts Payable	\$ 23,751
Grants Receivable	56,428	Accrued Liabilities	55,771
Contributions Receivable	253,291	Deferred Revenue	-
Refundable Deposits & Prepaid Expenses	5,345	Total Liabilities	\$ 81,790
Furniture & Equipment	28,956	Net Assets	
Less: Accumulated Depreciation	-27,585	Unrestricted	\$ 405,987
		Temporarily Restricted	260,115
Total Assets	\$ 745,624	Total Net Assets	\$ 666,102
		Total Liabilities & Net Assets	\$ 745,624

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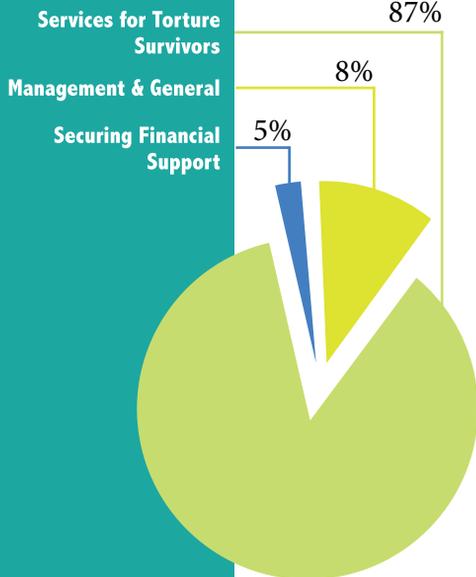
SURVIVORS is a Better Business Bureau accredited charity and a GuideStar Exchange Platinum Participant.



You invested in our

Your gifts to SURVIVORS are well-spent and an important investment in our society. By helping torture survivors heal, you empower them to use their unique gifts in giving back to our community. The 2017 financial audit by Sonnenberg and Company, CPAs shows that SURVIVORS' administrative costs are far below national averages. Eighty-seven cents of every donated dollar directly benefits local torture survivors.

Operating Expenses



Support & Revenue

Grants & Contracts	\$ 792,786
Contributions	302,678
Donated Goods & Services	117,526
Other Operating Revenue	203

Total Support & Revenue \$ 1,213,193

Expenses

Program Services	\$ 987,047
Supporting Services	
Management & General	91,358
Fundraising	56,206
Total Supporting Services	147,564
Total Expenses	\$ 1,134,611
Change in Net Assets	(78,582)
Net Assets at Beginning of Year	587,520
Net Assets at End of Year	\$ 666,102

To see a list of financial donors, please visit our website at notorture.org/thank-you-to-our-individual-donors. Thank you for your gifts!

In 2017

through your gifts to
SURVIVORS you...

These figures reflect Oct. 1 2016 to Sept. 30, 2017.



cared

for **314** clients (**72%** asylum seekers, **18%** refugees, **10%** legal permanent residents or naturalized citizens) and **352** newcomer students as they began to heal with the help of comprehensive psychological, medical and social services.

smiled

with **95%** of our clients who reported stabilizing or improving their mental health symptoms.

welcomed

clients from **42** different countries, the majority having come from Iraq, Mexico, Democratic Republic of Congo, Iran, and Syria.

communicated

in **37** different languages with our new clients through the help of interpreters.

facilitated

616 social services, including assistance with finding housing, food, educational opportunities, and employment resources for clients and their families.

tended

to the mental health needs of torture survivors with **1,258** therapy sessions and **233** psychiatry appointments.

provided

439 medical services to clients to help them heal physically.

supported

asylum-seeking clients' legal cases with **271** professional hours for psychological evaluations and **80** professional hours for medical affidavits.

visited

our website, www.notorture.org, **26,642** times.

trained

3,955 professionals, students, and community members to understand torture and its consequences.

inspired

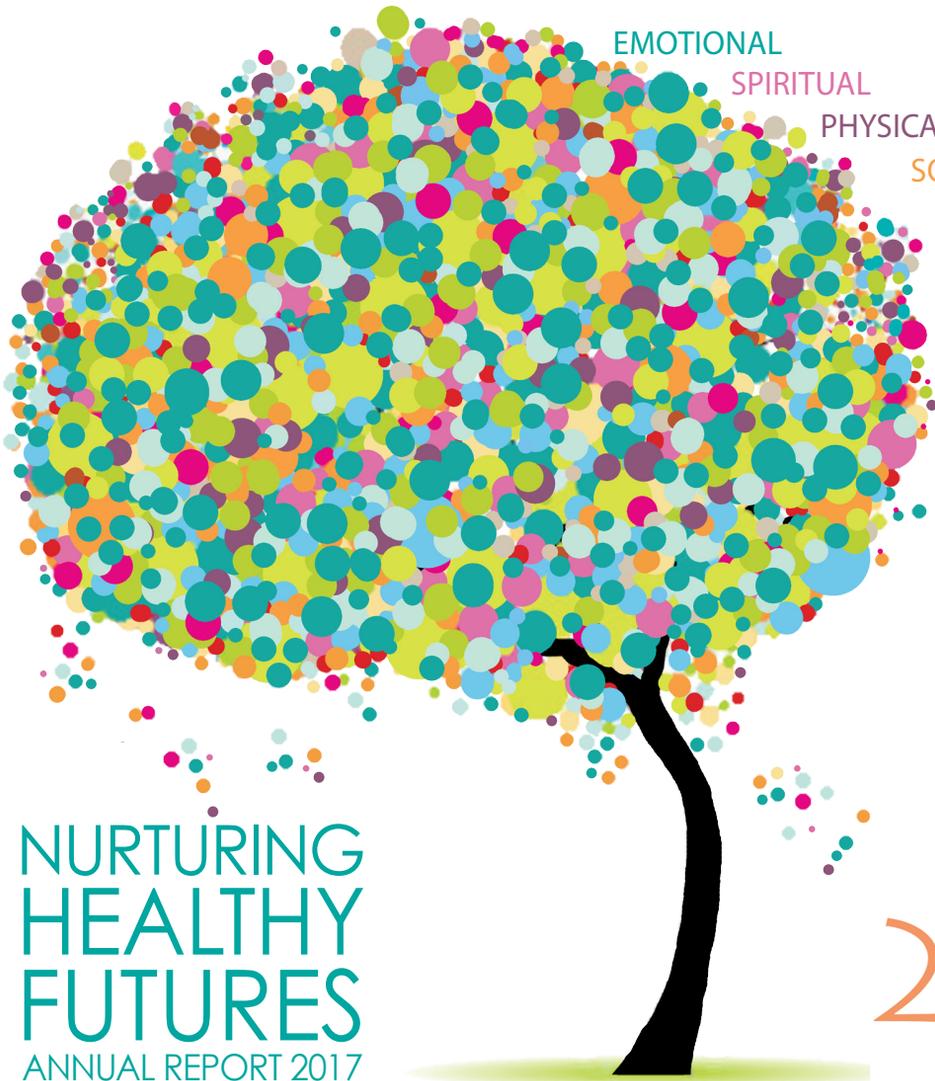
128 volunteers and **43** pro bono professionals who donated **5,927** hours to SURVIVORS.

hosted

32 *Journey to Healing* tours to educate our community about the importance and value of helping survivors heal.

reached

11,059 subscribers of SURVIVORS' newsletters and e-newsletters locally, nationally, and worldwide.



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