Restoring Trust
Rebuilding Families
Annual Report 2018
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. Each of our clients takes a different path 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 22 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 thousands of torture survivors and their families from more than 80 countries to find the courage and strength to restore their physical, emotional and/or spiritual health.

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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SURVIVORS is an IRCT-accredited torture treatment center
Dear Friends,

2018 was a year of significant news and media coverage of the critical needs of torture survivors, especially those seeking asylum. We were bolstered by the increased and deserved attention to this vulnerable population. Our community continued to inspire us by fostering a truly welcoming San Diego. As the population, who needs our services, continued to grow, so did our need to respond; and thanks to your support, we rose to the challenge.

Your commitment allowed us to help 270 clients and their families heal from their trauma and rebuild their lives in 2018. As the aftermath of torture affects whole families, we focused on building the trust needed to help children and other family members heal from intergenerational trauma. To achieve this, we expanded our after-school program to new schools and school districts and also designed a full-time position to further serve refugee and newcomer youth.

Due to this increased attention and awareness, 2018 saw an unprecedented influx of client referrals. To tend to this need with quality services and care, we engaged over 30 mental health clinicians to expand our psychological evaluation services and created a new partnership with Family Health Centers of San Diego for physicians to provide medical affidavits. We also responded with new staff positions and made plans to increase office space to strengthen our client services.

Thanks to your generous support and donations, you helped us enrich our programs and our clients’ lives.

We made great strides in creating awareness about torture treatment and the unique needs of torture survivors in 2018. Our ice cream social had the highest attendance ever and we also had the most successful Helping Survivors Heal Fundraising Luncheon to date.

We are so grateful to reflect on 2018 with pride and look toward the future with hope. Your continued and dedicated support will allow us to restore trust and help families rebuild their lives for years to come.

Sincerely,

Jean Greaves, Board Chairperson
Kathi Anderson, Executive Director

P.S. It is gratifying to see that this valuable work is being recognized. We were proud to accept on behalf of our board, staff, and clients the following awards in 2018:

2018 Commitment to Social Justice Award
The Network for Social Work Management
Survivors of Torture, International
Semira* is a middle-aged mother from East Africa who was forced to join the military in her home country; but because she declined her commander’s sexual advances, she was imprisoned, held underground, and deprived of food and clean water. She was frequently tied up and beaten; trapped for seven years.

Following her escape, Semira married and gave birth to her daughter, Ella*. Then, her husband was arrested and detained by the government forcing Semira and her daughter to flee. They ran through four countries before seeking asylum in the United States. Semira was referred to SURVIVORS by her pro bono immigration attorney.

When we first met Semira, she was anxious, worried and was experiencing symptoms of trauma including insomnia, nightmares, headaches, and impaired memory. She was depressed, isolated and cried frequently. She received a psychological evaluation to support her asylum case and was able to trust SURVIVORS’ staff. She then decided to participate in individual therapy, our women’s support group, and clinical case management services. Semira and Ella attend healing club activities together. Ella was shy at first but now she has blossomed. She loves drawing and playing games with our staff.

Semira won her asylum case in August and was able to find a restaurant job. Then, one of our volunteers offered her a two-bedroom condo at no cost. This was an extraordinary day. After seven years of being forced to live underground, deprived of light, she had a home of her own full of sunshine. Semira said “I learned there’s no problem without a solution. My home is beautiful. I am so happy, thank you!”
The effects of trauma can be passed down intergenerationally and throughout communities. Therefore, when individuals have experienced the trauma of torture, their entire family units and communities can also experience that trauma. We know that trauma-informed care is an evidence-based best practice when working with torture survivors and their families. It is an approach any professional can learn to use to effectively engage torture survivors and their families to mitigate the effects of trauma, ultimately allowing their families and communities to heal.

In 2018, SURVIVORS educated nearly 400 professionals and students on how to practice trauma-informed care with torture survivors to better serve them and their families. For example, SURVIVORS trained county mental health providers, refugee resettlement workers, educators, victims’ advocates, medical residents, social work and nursing students, partners of a youth empowerment program, and immigration lawyers resulting in increased understanding of trauma-informed care.

When SURVIVORS’ staff provides trauma-informed care training, the focus is on how this approach creates safety and empathy. As Katrina Pimental told trainees, “Our clients have experienced extreme trauma at the hands of other people and trauma-informed care allows them to restore what was taken - trust and faith in humanity. SURVIVORS provides a safe and compassionate environment for clients to rebuild their lives.”
SURVIVORS believes torture survivors, especially children and families who are new to San Diego, have unique needs and require specialized care. In 2018, we advocated for programming at the school board level and formed strategic partnerships which allowed us to better serve families who were newcomers to our county. We created new, and strengthened existing, relationships to enhance our school-based programs to provide significant support to children and their families.

We advocated for additional funding to further improve wrap-around services and support, including professional interpreters, for families. Our school-board-endorsed programs included socio-emotional after-school groups, individual therapy, and case management services provided throughout the county. Partnerships with Cajon Valley Union School District and Grossmont Union High School District allowed for the provision of these important school-based programs to K-12 students.

In 2018, we saw a need for additional specialized care and in response developed a new position at SURVIVORS to support the school-based programs. Our children and family therapist will provide much needed individual therapy and case management services to serve an expanded population of students and their families. This increase in funding, partnerships, and staff positions will further our reach to help families rebuild their lives. Advocating for our school-based programs is one of the many ways SURVIVORS fosters a welcoming community for our clients and their families.
The following is SURVIVORS’ financial statement, audited for the time period of October 1, 2017, through September 30, 2018, by Sonnenberg and Company, CPAs. The full audit is available at www.bettergivingsd.guidestar.org.

### Assets

- **Cash and Cash Equivalents**: $78,925
- **Grants Receivable**: 167,242
- **Contributions Receivable**: 336,869
- **Refundable Deposits & Prepaid Expenses**: 9,870
- **Furniture & Equipment**: 28,956
- **Less: Accumulated Depreciation**: -28,956

**Total Assets**: $908,544

### Liabilities

- **Accounts Payable**: $23,003
- **Accrued Liabilities**: 52,134
- **Deferred Revenue**: -

**Total Liabilities**: $75,137

### Net Assets

- **Unrestricted**: $438,065
- **Temporarily Restricted**: 395,342

**Total Net Assets**: $833,407

**Total Liabilities & Net Assets**: $908,544

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**Board of Directors**

- Jean Greaves, PhD (Chair)
- Carl Josephson, PE, SE (Vice-Chair)
- Loren Tarmo, CPA (Financial Officer)
- Elizabeth Lopez, Atty at Law (Secretary)
- Kathi Anderson, MA (President)
- Dee Åker, PhD
- Bridget de la Garza
- Paula Herring, EdD, MBA
- Michael McKay, STD
- Grant M. Reeder

**Staff**

- Kathi Anderson, MA, NCC, Executive Director
- Mahvash Alami, PhD, Program Manager
- Alicia DeLeon Torres, Grants Manager
- Brittney Willis, MA, Medical Case Manager
- Christine Kimmel, PhD, Children and Family Therapist
- Katrina Pimental, MSW, Community Relations Manager
- Kim Hunt, PhD, Data and Evaluation Associate
- Nance Lovell, MSW, Clinical Case Manager
- Nivedita Chatterjee, PhD, Community Relations Associate
- Rachel Mahoney, MSW, Senior Mental Health Clinician
- Tara Osier, Finance Manager
- Valerie Secaur, Office Manager

**Board Emeritus Society**

- Cheri Attix, Esq
- Jeanette Barrack, RPT
- Rev. George Falk
- Mel Kieschnick, PhD
- Elizabeth Michel, MD
- Rev. Bill Radatz
- Darryl Solberg, Esq.

SURVIVORS is a Better Business Bureau accredited charity and a GuideStar Exchange Platinum Participant.
Your gifts to SURVIVORS are well-spent and an important investment in our society. In 2018, by helping torture survivors heal, you empowered them to use their unique gifts in giving back to our community. The 2018 financial audit by Sonnenberg and Company, CPAs shows that SURVIVORS’ administrative costs are far below national averages.

## Support & Revenue

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<tr>
<th>Source</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Grants &amp; Contracts</td>
<td>$892,741</td>
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<td>Contributions</td>
<td>337,892</td>
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<td>Donated Goods &amp; Services</td>
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<td>Other Operating Revenue</td>
<td>8,427</td>
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<td><strong>Total Support &amp; Revenue</strong></td>
<td><strong>$1,307,465</strong></td>
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## Expenses

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<th>Category</th>
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<td>Program Services</td>
<td>$929,894</td>
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<tr>
<td>Supporting Services</td>
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<tr>
<td>Management &amp; General</td>
<td>112,360</td>
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<td>Fundraising</td>
<td>97,906</td>
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<td>Total Supporting Services</td>
<td>210,266</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$1,140,160</strong></td>
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## Change in Net Assets
- Net Assets at Beginning of Year: $666,102
- Net Assets at End of Year: $833,407

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 2018 through your gifts to SURVIVORS you...

cared

smiled

welcomed

communicated

linked

tended

supported

trained

inspired

hosted

connected with

engaged

for 270 clients including 40 children (75% asylum seekers, 17% refugees, 8% legal permanent residents or naturalized citizens) as they began to heal with the help of comprehensive psychological, medical and social services.

with 85% of our clients who stabilized or improved their overall well-being.

clients from 39 countries, the majority having come from Iraq, Mexico, Afghanistan, Guatemala, and Democratic Republic of Congo.

in 52 different languages with our clients through the help of professional interpreters.

linked clients and their families to 606 social services, including assistance with finding housing, food, educational, and employment resources and 544 medical services including connections to primary care, dental care and medication coverage.

tended to the psychological needs of torture survivors with 1,259 direct mental health services and 221 psychiatry appointments.

asylum-seeking clients’ legal cases with 391 professional hours to complete 68 psychological evaluations and 104 professional hours to complete 52 medical affidavits.

3,419 professionals, students, and community members to understand torture and its consequences.

124 volunteers, who donated more than 3,000 hours to SURVIVORS, creating a welcoming and healing community.

28 Journey to Healing tours for 256 guests to educate our community about the importance and value of helping survivors heal.

2,164 Facebook fans and 1,739 Twitter followers.

13,500 readers of SURVIVORS’ newsletters and e-newsletters locally, nationally, and worldwide.

These figures reflect October 1, 2017 to September 30, 2018.