CREATE
HEAL
INSPIRE
ANNUAL REPORT 2015
Survivors of Torture, International (SURVIVORS) was incorporated in February 1997 in response to a need in our community to bring assistance to an underserved 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 help us rebuild lives and restore the hopes of people who have survived unspeakable abuses. Your compassion and commitment has made it possible for approximately 1,900 clients and their families from more than 80 countries to find courage and strength.

Your support makes a difference to each and every one of our clients, their families, and their communities. Every day at SURVIVORS resilient men, women, and children move beyond their torture and build new lives filled with hope, possibility, and purpose. Your generosity helps them overcome significant challenges here in San Diego as they settle into their new homes. We look forward to working with you to heal and inspire many more torture survivors from across the globe and to help welcome them into our community.

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,

The year 2015 was full of creative and inspirational healing at Survivors of Torture, International (SURVIVORS). Together, we succeeded in helping 226 torture survivors rebuild their lives through innovative approaches to healing. Just a few examples of innovation in 2015: creating a men’s therapy group based on story-telling, offering a women’s therapy group where the women decided on the activities they would do each week, and launching a blog to provide a space for clients to express themselves. Clients appreciate the ability to choose their own journey and heal in a manner best suited for them.

In 2015, your support inspired clients to become productive and self-sufficient members of our community in a variety of ways, such as teaching clients to use public transportation, connecting clients to English classes and employment resources, and introducing them to free resources in San Diego at the monthly Healing Club. One client, a woman from Africa, said, “Because of you I can do things on my own now! You’ve help me to trust and rely on myself again.” We are delighted with the progress our clients make every day.

Your support makes this life-changing work possible. Thank you for your dedication, generosity and compassion. Together, we will continue to inspire healing and hope for torture survivors, help them become productive members of our community, and put an end to torture.

Sincerely,

Jeanette Barrack, Board Chairperson

Kathi Anderson, Executive Director

P.S. In 2015, SURVIVORS supported 235 children through the Refugee School Impact Grant in Cajon Valley Union School District, helping them to develop healthy ways to express themselves, communicate with others, and develop an understanding of their new lives here in San Diego.
Gabriel’s* Healing Story

* Name has been changed to protect client’s identity

Gabriel is a middle-aged man from Latin America who had fulfilled his lifelong dream of opening a small business. He was tortured in his home country because he became active in a political party that promoted human rights for all. He was imprisoned by uniformed police, interrogated, savagely beaten, and forced to witness the killing of others right in front of him. Thankfully, he was released and he safely made it to the US-Mexico border where he asked for political asylum.

He was detained at the California Corporation of America’s (CCA) San Diego facility. The detention center reminded him of being imprisoned in his home country, and he experienced flashbacks and nightmares. He was referred to SURVIVORS for a psychological evaluation and a medical affidavit, which helped him to be granted asylum. Once granted asylum and released from CCA, it became clear that Gabriel was afraid of interacting with other people. Supported by SURVIVORS, he slowly began to see a therapist, to take psychotropic medications under the care of the SURVIVORS’ psychiatrist, and to learn English so that he could again achieve his dream of being a small business owner.

Today, Gabriel is successfully rebuilding his life. He creatively remodeled a commercial space and opened a small business there, which has already become a huge success. He isn’t afraid to interact with new people, and every day he tirelessly works for his clients. He continues to come to SURVIVORS for healing services and guidance as he becomes a productive member of the San Diego community.

There are 1.3 million torture survivors in the United States.
35,000 LIVE IN SAN DIEGO.
Shaping New Perspectives

People are often shocked when they learn about the number of torture survivors who live among us – approximately 35,000 in San Diego and about 1.3 million in the United States. Your gifts to SURVIVORS are building a welcoming community for these torture survivors and their families. Members of the community who recognize the hardship and sacrifices that torture survivors have made to rebuild their lives in a safe place are more likely to be welcoming neighbors. SURVIVORS trains professionals, students, faith leaders, and community members each year, but 2015 was unique. SURVIVORS educated more than 4,400 people about the plight of torture, its impact, and possibilities for healing.

SURVIVORS hosted or participated in 95 educational events in 2015. Highlights included educating vastly diverse groups from trained clinicians to Girl Scouts, foreign diplomats to professionals at Qualcomm, Inc., and Swiss nursing students to youth ambassadors at the International Rescue Committee. SURVIVORS spoke at a World Refugee Day event and at a Wells Fargo Networking Event and provided trauma-informed care trainings to San Diego City Schools and the California State Refugee Academy. SURVIVORS’ work could be seen in theater and arts projects throughout the county, such as in Cell at Mo’Oleo Performing Arts Company and at the Women’s Museum of California.

Each individual who learns about SURVIVORS’ work and clients gains an understanding of the unique needs of torture survivors and helps create an aware and welcoming community.
Innovative Group Therapy: The Story Men

How do men from different countries, ethnicities, religions, and political ideologies participate in group therapy together? SURVIVORS’ staff and contractors, David DeBus, PhD and Kevin DeKock, MSW, designed a unique therapeutic group they called The Story Men to connect male torture survivors to one another through storytelling. Stories offer an engaging way to communicate and learn about the world through the lens of another. At the same time, listening and sharing stories is meditative, calming, and therapeutic.

When asked about the group, the men speak of unity and family. They express gratitude for each other, SURVIVORS, and Dr. DeBus and touch each other’s knees with compassion. One attendee, a male client from the Middle East, says, “People here and I have had the same experiences and feelings. I realize that I am not alone with my troubles, and I recognize that others have overcome spiritual, mental, and physical difficulties, like I did.” Another male client, who is in San Diego without his family, says, “I love this group. They are my brothers. I love to hear stories of other people’s lives.” A third male client chimes in. He says, “I learn so much in the group. It’s educational. I know so much more about Africa, Latin America, and the Middle East now. I’ve learned about politics, religion, and culture. We need knowledge like this to develop ourselves every day.” In 2015 your gifts empowered these and other clients to develop and become contributing members of our community.

“At the group on Fridays I feel good. On Mondays I think ‘only four more days until Friday!’” ~ Male client from Mexico

Photograph: Kevin DeKock stands with the “talking stick.” The men pass the stick as they take turns sharing stories to the group.
Unique Approach to Advocacy

Each year, SURVIVORS’ Executive Director Kathi Anderson and colleagues from the National Consortium of Torture Treatment Programs advocate on Capitol Hill in Washington, D.C., for increased support of torture survivors through the Torture Victims Relief Act (TVRA). In 2015, SURVIVORS wanted to go above and beyond. Your generous support advocated and informed our elected officials about the rights of torture survivors in an innovative way. SURVIVORS held a special Journey to Healing tour for elected officials and staffers from the Board of Supervisors of the County of San Diego, California state legislators, the Office of the Mayor, and many more.

Journey to Healing tours serve to educate the public about torture and its consequences and to advocate for the rights of torture survivors. Staff, volunteers, and clients speak to attendees to explain the definitions of torture, why someone may be targeted for torture, and the holistic services provided at SURVIVORS. The public officials left the tour with a comprehensive understanding of torture survivors in the United States and what they can do to help. One guest, a staffer from Senator Joel Anderson’s office said, “Your programs are amazing and it is truly inspiring to meet such caring individuals who work so hard to improve the lives of their community.”

Twice per month SURVIVORS opens its doors to the public for Journey to Healing tours. Please contact us at survivors@notorture.org or 619-278-2400 to attend or to schedule a private group tour.
Your gifts to SURVIVORS are well spent and an important investment in our community. By helping torture survivors heal, you empower them to use their unique gifts in giving back to our community. The 2015 financial audit by Sonnenberg and Company shows that SURVIVORS’ administrative costs are far below national averages. Eighty-nine cents of every donated dollar directly benefits local torture survivors.

### Support & Revenue

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<thead>
<tr>
<th>Source</th>
<th>Amount</th>
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<tr>
<td>Grants &amp; Contracts</td>
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<td>Contributions</td>
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<td>Donated Goods &amp; Services</td>
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<td>Other Operating Revenue</td>
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**Total Support & Revenue** $ 992,134

### Expenses

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<td>Supporting Services</td>
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**Total Supporting Services** 107,330

**Total Expenses** $ 954,466

**Change in Net Assets** 37,668

**Net Assets at Beginning of Year** 363,384

**Net Assets at End of Year** $ 401,052

To see a list of financial and in-kind donors, please visit our website at notorture.org/thank-you-to-our-individual-donors. Thank you for your gifts!
The following is SURVIVORS’ financial statement, audited for the time period of October 1, 2014, through September 30, 2015, by Sonnenberg and Company. The full audit is available at www.bettergivingsd.guidestar.org.

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<tr>
<th>Assets</th>
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<td>Total Assets</td>
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<table>
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<th>Liabilities</th>
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| Total Liabilities & Net Assets           | $ 579,367                               |

**SURVIVORS’ Board of Directors**
- Jeanette Barrack, RPT (Chair)
- Jim Jaranson, MD, MPH (Vice-Chair)
- Denise Francis, CPA (Financial Officer)
- Ann Durham, MSN, FNP, Esq. (Secretary)
- Kathi Anderson, MA (President)
- Jorge Cabrera, MSW
- Carl Josephson, PE, SE
- Elizabeth Lopez, Atty at Law
- Michael McKay, STD
- Grant M. Reeder

**SURVIVORS’ Staff**
- Kathi Anderson, MA, NCC, Executive Director
- Mahvash Alami, PhD, Program Manager
- Alicia DeLeon Torres, Grants Manager
- Tamara Fuentes, Data & Office Manager
- Erika Hess, MS, LMFT, Senior Mental Health Clinician
- Niki Kalmus, Community Relations Manager
- Alexey Kirillov, Finance Manager
- Cassie Murray, MSW, Clinical Case Manager
- Elizabeth Terrazas, MPH, Medical Case Manager

SURVIVORS is a Better Business Bureau accredited charity and a GuideStar Exchange Gold Participant.
In 2015 through your gifts to SURVIVORS you...

- assisted 226 clients (73% asylum seekers, 20% refugees, 7% legal permanent residents or naturalized citizens) with comprehensive mental health, medical and social services.

- greeted new clients from 38 different countries, the majority from Iraq, Somalia, Mexico, Democratic Republic of Congo, and Iran.

- communicated in 60 different languages with our new clients through the help of interpreters.

- facilitated 2,104 social services, including assistance with finding housing, food, educational opportunities, and employment resources for clients and their families.

- dedicated 270 hours of psychological evaluations and 159 hours of medical affidavits to asylum-seeking clients to support their legal cases.

- provided torture survivors with 1,063 hours of individual therapy sessions to help them heal mentally.

- celebrated with 23 clients who won their asylum cases and were able to petition for their families to join them.

- surfaced our website, www.notorture.org, 60,046 times.

- educated 4,218 professionals, students, and community members about torture and its consequences.

- motivated 207 volunteers, who donated 62 hours per month on average to SURVIVORS.

- inspired 227 guests at our Journey to Healing tours with the importance and value of the mission of SURVIVORS.

- engaged 15,158 subscribers of SURVIVORS’ newsletters and e-newsletters locally, nationally, and worldwide.