



THE SURVIVOR

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.

“I consider SURVIVORS my family, and I trust you all for all the help. I cannot go to any other places to receive services because I do not trust anyone else to ask for help.”
 - SURVIVORS’ client from the Middle East

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Afghan Evacuees Arriving in San Diego

The recent U.S. withdrawal from Afghanistan and subsequent Taliban takeover sent shock waves through out the world. There are many questions about what the future holds for the nearly 65,000 Afghans who have fled their country and are arriving in the U.S. in search of a safer future for themselves and their families.



Afghan evacuees on a military base

There are three distinct immigration categories for most who fled the persecution of the Taliban and are entering the U.S. These include SIV (Special Immigrant Visa) holders, SI/SQ Parolees (those who were in the process of obtaining an SIV), and the largest group, Afghan Humanitarian Parolees. Each group has different criteria, paths, and support systems they access once in the U.S.

Most of the Afghans first arrived on military bases in the U.S. awaiting processing and relocation around the country. California is expected to receive approximately forty-five percent with around thirty percent of those estimated to arrive in San Di-

ego County. For those who have experienced torture as primary or secondary survivors, SURVIVORS is ready to provide critical mental health care, social services, medical case management, and if needed, asylum support.

One of our former clients described how many people have a misconception of Afghans as a monolithic group. Afghanistan, however, is comprised of many distinct ethnic groups with varying cultures, traditions, and languages. This can be a challenge for some on the military bases where newly-arrived Afghans are living, grouped together despite the differences or long-standing conflicts among ethnic groups.

Our former client highlighted one such group, the Hazara people, who are especially persecuted by the

Taliban. She shared that they have faced discrimination simply for being Hazara with little to no political representation, the closure of schools, and forced relocations. Now with the Taliban in control, she said that they are being especially targeted with a wave of ethnic cleansing, yet with little international attention.

SURVIVORS has experience serving Afghan clients from many different ethnic groups, including the Hazara people. Although the Taliban’s takeover of the country caused the recent wave of new arrivals, SURVIVORS has assisted the Afghan community for many years, providing culturally appropriate services to more than 100 Afghan individuals and families, including children.

While there has been a monumental increase in the number of Afghans arriving in the U.S. and San Diego, SURVIVORS stands ready to support them with compassion and dignity.

SURVIVORS Increases Mental Health Services

Over the past year there has been an increase in demand for SURVIVORS’ mental health services. Mental health support, such as therapy and psychiatry, is a core service that SURVIVORS provides to clients. In addition to the usual treatment that clients rely on, the COVID pandemic has placed added strain on our clients deepening their sense of isolation and disconnection. As our program manager, Dr. Mahvash Alami, described, “Clients are also experiencing anxiety over the situation of loved ones in their home countries who do not yet have access to vaccines.” Other factors, such as the long timeline to receive work permits, contributes to clients’ financial stress. Together these factors increase the demand for SURVIVORS’ mental health services.

In response, SURVIVORS has recruited more licensed mental health clinicians to continue providing quality mental health services to our clients. We contract with clinicians to access their expertise in the mental health field and to support clients’ forensic documentation for their pending asylum cases. Despite the increase in the number of clinicians we have recruited, there is still a growing need for more therapists who are specialized in working with trauma and who are culturally competent in understanding the stigma some clients feel about receiving mental health services. If you or someone you know is interested in supporting SURVIVORS and our clients in this way, please contact us at nlovel@notorture.org.

Board Fellow Program

SURVIVORS has participated in the Board Fellow Program for several years and annually accepts two graduate students to work closely with a board mentor, participate regularly in board meetings and work on a project determined by the board's needs and the students' interests. The Board Fellow Program matches graduate students from the University of San Diego, University of California San Diego and San Diego State University with nonprofits in the San Diego area to serve as non-voting board members during an academic year. Students gain valuable experience and knowledge about nonprofit boards while contributing their ideas and efforts. Likewise, organizations gain fresh perspectives and new energy while helping to develop future leaders.

A former AmeriCorps Vista volunteer with SURVIVORS, Blake Tye, later co-directed the Board Fellows Program at UCSD and invited SURVIVORS as one of the participating nonprofits when it was launched in San Diego. Eventually, through Kathi Anderson, executive director of SURVIVORS, and others who served on the SDSU Social Work Advisory Board, a Board Fellows Program was started at SDSU with the School of Social Work and the Fowler School of Business. University of San Diego has also joined in the past few years.



SURVIVORS' current Board Fellows Colleen Putzel and Mary Joy Cunningham.

The projects that board fellows have completed with SURVIVORS vary year to year from arranging BOARDnetWORK's digital tool for nonprofit boards to writing both an emergency and planned executive succession plans. This year, they are creating a diversity, equity and inclusion (DEI) plan. As board member Mike McKay put it, "We would not have had succession plans as soon as we did without the board fellows. They really help us do the work."

The Board Fellows Program strengthens connections between graduate students and local nonprofits, providing mutual benefits and lasting networks. A former board fellow and employee of SURVIVORS, Katrina Pimental, says that her experience was, "a privileged opportunity to see the inner workings of a board of directors and to build a holistic lens of leading a nonprofit organization." The Board Fellows Program makes a difference for both the graduate students involved and the board of directors and will hopefully continue to do so for years to come.

SURVIVORS Partners with Feeding San Diego to Address Food Insecurity



SURVIVORS' client pantry and kitchen

SURVIVORS is excited to announce that we have a new partnership with Feeding San Diego, a hunger-relief and food-rescue organization in San Diego County, to supply our pantry with food for our clients who face food insecurity. SURVIVORS' pantry has kept its food pantry supplied for clients since 2001, thanks to donations by community members and local organizations. Due to the rising issue of food insecurity in our community, a more sustainable source of food supplies was needed. The partnership with Feeding San Diego is providing SURVIVORS with food to feed 20 families each month. Also, the partnership lets SURVIVORS know when additional donations are available, such as when a company has excess food after an event. SURVIVORS collects the extra food from the company and provides it directly to our clients also ensuring that food is not wasted.

SURVIVORS' office has a pantry in a kitchen that, pre-pandemic, was a gathering place for clients to meet, share, and eat together. The knowledge that our pantry is stocked with culturally appropriate food and that there is a safe space to gather is important for our clients, who may not have the means to access healthy food options anywhere else.

In addition, SURVIVORS delivers food and hygiene supplies to clients at their homes, as needed. This has been a critical lifeline for many clients who were unable to come to our office during the past year due to COVID-19. As one client remarked in response to these deliveries, "Thank you very much for everything, a thousand blessings for you!" SURVIVORS relies on the generosity of our volunteers who donate their time to assist with deliveries. The need for these volunteers has been increasing. If you or someone you know is interested in supporting SURVIVORS and our clients in this way, please contact us at wgarcia@notorture.org.

Healing Society Members who have made five-year pledges of \$1,000 or more per year. Thank you!

Anonymous	Bridget de la Garza	Jacob Dean Construction	Michael & Mary McKay	Sharon Payne
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Maryann Dean & Bill Barclift	Rick & Ann Hein		Pat Olafson	Ziebarth Family Fund of the Jewish Community Foundation
	Paula Herring & Tim Botsko		Kathleen Owens	

Individual & Family Financial Supporters who gave July 1, 2021 - September 30, 2021. Thank you!

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Organizations That Financially Support SURVIVORS who gave October 1, 2020 - September 30, 2021. Thank you!

Benevolent	Hologic Charitable Fund	MUFG Union Bank Foundation	Southern California Immigration Project
California Community College Outreach Program	Hurwitz Holt APLC	Mutual of America Foundation	Structural Preservation Systems, LLC
California Office of Emergency Services	International Rehabilitation Council for Torture Victims	Native Interpreting	The Kroger Company
California Relief Grant Program	Johnson & Johnson	Nautilus General Contractors, Inc.	The Peacemakers Fund
California State Compensation Insurance Fund	Josephson Werdowatz & Associates, Incorporated	Network for Good	Thrivent Financial Choice Dollars
Calvary Lutheran Church, Solana Beach	LANSolutions LLC	Pacifica Synod - ELCA - Matthew 25 Fund	Thrivent Financial Office of Jonathan Doering & Matthew Molstre
Catholic Charities Diocese of San Diego County	Law Office of Julie Perkins	PayPal Giving Fund	Transition Staffing Group
Center for Victims of Torture	Law Office of Schoenleber & Waltermire	Price Philanthropies Foundation	United Nations High Commissioner for Refugees
Christ Lutheran Church, Pacific Beach	Law Offices of Jonathan D. Montag	San Diego County Health & Human Services Agency	United Nations Voluntary Fund for Victims of Torture
Chula Vista Presbyterian Church	Lawyers Club of San Diego Fund for Justice at The San Diego Foundation	San Diego Unified School District, Community Service Association	U.S. Department of Health & Human Services Office of Refugee Resettlement
Given to Give Fund of the Jewish Community Foundation	Micah Turner Massage Therapy	Shepherd of the Valley Lutheran Church, La Mesa	Welcome Home New Americans
Grossmont Healthcare District	Michael Ehrenfeld Company	Soroptimist International of La Jolla	
	Molina Healthcare		
	Morgan Stanley Gift Fund		

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 for corrections.

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Survivors of All Ages

Torture can happen to people at any age. For survivors of torture, symptoms can resurface or be triggered later in life, even decades later. Secondary torture survivors may have grown up with the effects of torture in their home and it is all they have known. SURVIVORS serves clients of all ages regardless of when their torture happened.

SURVIVORS' Clients by Age

18 & Under	16%	Average Age	33
19 - 34	35.5%	Youngest	1
35 - 50	38.5%	Oldest	77
51+	10%		

Helping Survivors Heal Annual Fundraiser

Thank you to everyone who attended SURVIVORS' annual Helping Survivors Heal fundraising event. Over 180 of you were able to join us on September 14 to celebrate our clients' stories and learn about the ways that SURVIVORS has impacted their lives. We would especially like to thank this year's underwriters, whose generous support ensured that one hundred percent of raised funds go directly to client services.

Despite another year of being fully online, this year's Helping Survivors Heal event raised more than \$150,000. These funds are critical for us to offer comprehensive care such as mental health services, social and medical case management, and forensic asylum evaluations.

We would like to thank our donors for their continued support and look forward to next year's event when we can once again come together to share our clients' stories and our vision for the years to come.

Our Generous 2021 Underwriters




 Survivors of Torture, International
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SURVIVORS is an IRS 501(C)(3) nonprofit. Eighty-six cents out of every dollar raised goes directly to SURVIVORS' programs. Our federal tax ID number is 33-0743869.

#Giving Tuesday: November 30 marks the beginning of the charitable giving season. Your generous donations support our clients and their families as they rebuild their lives.