



# 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.

**“SURVIVORS brings the destitute back to life.”**

- SURVIVORS' client from West Africa, who wishes to be anonymous

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**June Is Torture Awareness Month - June 26 Is the UN International Day in Support of Victims of Torture**

## Advocating for Torture Survivors

Every year, SURVIVORS and human rights organizations across the world mark June as torture awareness month. There has been increasing awareness of the ever-growing population of asylum seekers requesting safety in the United States. It is estimated that more than half of these asylum seekers will have experienced torture. As the only torture treatment center in San Diego County and our proximity to the busiest border crossing in the world, it is important that our expertise and services be available for all who need and want them. Therefore, we have centered ourselves in critical conversations throughout our community and strengthened strategic partnerships.

As the issue of asylum gains a wider audience, we attend diverse events, meetings, and conferences to advocate for torture survivors. This includes Executive Director Kathi Anderson – in her role as the vice-chair of the California State

Advisory Council on Refugee Assistance and Services – acting as a moderator for state-wide meetings that focus on the mental and physical healthcare needs of asylum seekers and torture survivors. We also attended a press conference led by Governor Gavin Newsom who highlighted the support of the state to address the critical needs of asylum seekers. We are proud to advocate for the urgent need for services and assistance for asylum seekers on state-wide platforms.

We had already seen a significant increase in the need for our services over the past three years. Comparing our data from the first quarter of 2017 to the first quarter of 2019 reveals an increase in requests for our services. We completed 10 medical and psychological evaluations in the first quarter of 2017 as compared to 49 in 2019 during the same time frame. Similarly, the number of detained clients (at intake) increased from four in the first quarter of



2017 to 56 in the first quarter of 2019. In quarter one of 2017, SURVIVORS served 18 new clients; whereas, in the first quarter of 2019, 65 new clients were served. In response to these expanded needs, SURVIVORS increased staff positions and office space to better serve those who need our services.

We are ignited to advocate for this community and to keep the critical conversation alive to ensure torture survivors and their families receive the help they deserve.

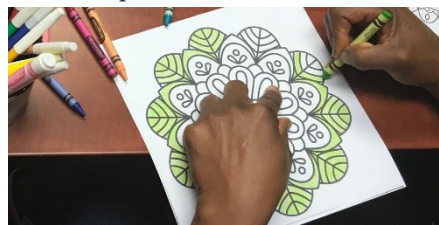
## Clients Gain Peace Through Creativity

Our offices are decorated with art created, and then lovingly donated, by our clients. Over the years, SURVIVORS' clients have made numerous pieces of art as part of their Healing Club art therapy sessions.

Art therapy is a form of expressive therapy that uses the creative process to improve a person's physical, mental, and emotional well-being. Art is transformative and can give 'voice' to what cannot be communicated in words.

For the April Healing Club, Senior Mental Health Clinician Rachel Mahoney chose mandala art for our clients. "In

many cultures, mandalas are used to symbolize and explore the self. The word mandala is Sanskrit for circle or completion, so clients were supported in creating mandalas as a way to meditate by using lines and colors to represent their dreams, suffering,



Client creates mandala art in Healing Club.

hopes, experiences, and communities," Rachel explained. A client said he used the color green to "represent new life and moving forward, and I left blank spaces because I still have a lot of experiences left in my life."

It helped our clients "focus and concentrate, build their self-esteem, and learn relaxation techniques," said Clinical Case Manager Nance Lovell. Our clients find art meaningful. As a client reflected, "Coloring helps me forget everything I have going on in my life... I feel at peace."

## Qualified Charitable Distributions Made Simple

SURVIVORS has served over 3000 torture survivors in 22 years because of the generosity and charitable spirit of our donors, volunteers, and supporters.

Recently, economists have been speculating that the new tax laws might adversely impact charitable giving. But charitable giving has never been simpler due to Qualified Charitable Distributions (QCDs) and their ability to help meet philanthropic goals.

QCDs are a direct transfer of funds from Individual Retirement Accounts (IRAs) and can be counted toward satisfying required minimum distributions (RMDs) for the year. In addition to the benefits of giving to a charity, such as SURVIVORS, a QCD excludes the amount donated from taxable income, unlike regular withdrawals from an IRA. Equally important, SURVIVORS doesn't pay income tax on the distributions we receive. So your entire donation will be used by SURVIVORS to fulfill our mission.

Each year, donors age 70 1/2 and older can transfer up to \$100,000 from their IRAs to any qualifying charity including SURVIVORS. The donor can also establish

a non-advised designated fund and can select charities in advance that will receive annual grants for a term-of-years or on an on-going basis. In order to qualify for the QCD, the donor cannot maintain an advisory capacity over the fund once it's established (i.e., the donors cannot add or remove selected charities, or change the distribution plan). Furthermore, QCDs can also be used to pay the premiums on gifts of life insurance, the proceeds of which will be directed toward the non-advisory fund after the donor has passed on.

Giving these assets to SURVIVORS, instead of taking RMDs as income, may enable donors to avoid certain disadvantages that can come with a higher annual gross income from increased Medicare premiums or self-employment. Since QCDs are not subject to percentage limitations on charitable deductions, QCDs are an ideal strategy for donors who have reached the upper limit of their charitable deductions or who do not itemize deductions.

QCDs are a win-win charitable donation that benefits both you and SURVIVORS' clients.

Support SURVIVORS during torture awareness month through alternative giving and everyday activities. Visit [notorture.org/donate](http://notorture.org/donate) to learn more.



Eighty-two cents out of every dollar raised goes directly to SURVIVORS' programs. Our Federal Tax ID Number is 33-0743869.



Thank You to Our 2018 Helping Survivors Heal Fundraising Luncheon Underwriters!



## Live Well San Diego Public Health Champions

The Live Well San Diego Public Health Champion Awards recognize extraordinary achievements by individuals and organizations in areas of public health service that protect and promote the health of the local population. The award honors the role of private/public collaborations that advance optimal health and wellness in the county's diverse populations.

SURVIVORS was proud to be one of only two organizations to receive this year's Live Well San Diego Public Health Champion award. Sasha Moore, former volunteer and interim medical case manager, explained in her nomination of SURVIVORS, "(SURVIVORS)... is an amazing team that gives hope to those who have forgotten how to hope, heals those who have been psychologically and/or physically tortured in ways that most cannot even begin to comprehend, and saves lives - every day." SURVIVORS feels privileged to champion public health by helping

torture survivors and their families heal while fostering a welcoming community in and around San Diego County.

Our greatest reward is to see our clients, after utilizing the healing services we offer, go on to become functioning and productive members of the community. "I want to volunteer and be helpful in my community and San Diego," one of our clients from the Middle East shared with us after he had succeeded in rebuilding his career and life in San Diego.



SURVIVORS' staff pose for a photo at award reception with nominator Sasha Moore (fifth from left) and County Public Health Officer Dr. Wilma Wooten (sixth from left) after accepting the Live Well San Diego Public Health Champion Award on behalf of our agency and clients.

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

Kathi Anderson & Jesse Rivera	Paula Herring & Tim Botsko	Howard & Lianne Moseley	Richard & Tracy Vevia
Jerry Baird & Linda Stark	Merle & Kay Horst	Darrell Netherton & Richard	Nancy & Stewart Witt
Jeanette Barrack	Dalia & Gordon Hunt	Wheeler	Tom Wong & Rose Bloomberg-
Brad & Gigi Benter	Carl Josephson & Laura Harris	Pat Olafson	Rissman
Steve & Carmen Berry	Rachel Kelly	Kathleen Owens	<div> <p>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.</p> </div>
Candace Carroll & Len Simon	Melvin & Jane Kieschnick	Natalie Pearl Ilarraza	
Ann & Rich Durham	Philip Kuey & Emily Hart	Mahesh Podar	
Denise & James Francis	Rebecca LeVasseur	William & Martha Radatz	
Jan Gallo	George & Karen Longstreth	Grant Reeder & Scott Williford	
Jean Greaves & Greg Olmstead	Michael & Mary McKay	Marlene Ruiz	
Lydia Grypma & Bob Oakley	Kate Miller	St. Andrew's Lutheran Church,	
Rick & Ann Hein	Gene Morones	San Diego	

## Individual & Family Financial Supporters who gave October 1, 2018-May 31, 2019. Thank you!

Anonymous	Bettina Delsesto	Niki Kalmus	Alby Quinlan
Aracelli Acevedo	Sharmin DeMoss	Carmen Kcomt	Jane Rand
Dee L. Aker	Tamara Diehl	Karen Keilt	Nicola & Ron Ranson
Mahvash Alami	Ginny Dunn	Alan & Patricia Krause	J. Michael Reed
Hannah Allen	Michele Dunne	Krylow Family Fund	Manuel & Lisa Retamoza
Carol Andersen	Jean Emery	Julie Kuck	Tim & Ann Rice
Joyce Anderson	David W. Engstrom	Thomas & Lisa Laube	Lewis Robinson
Margaret Anderson	Christine Evans	Dana Lopez	Scarano Family Fund
Angela Asuncion	Mary R. Fabri	Rachel Mahoney & Ian Nunn	Al & Ann Schlegel
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Susanna Beaudieu	Marlene Forney	Jean Meadowcraft	Fund at Schwab Charitable
Brandy Bell	Laura Frazee	Barbara Metz	Bryan & Pam Snyder
William & Sheridan Bengston	Mark Freeman & Alison Brysk	Elizabeth Michel & Arnold Markman	Alison St John Inglis
Mark I. Berger & Jacquelyn Tolley	Sondra & Joseph Frisch	Cynthia Miller	Dawn Stary
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Peggy Burns	Laura Hageman & Thomas Bond	David Murphy	Siham Titaou
Francine Busby	Ginger Hallerberg	Darla Murtaugh	John Tyler
Jorge Cabrera	John & Kaye Hambleton	Kathy & Matt Myers	Al & Holly Vanderpool
Lauren & Derrick Cartwright	Marian Hart & Wayne Liebold	David Nagler	Linda & Kenneth Wasserman
Monica Chinisaz	Sara Hench	Hilary Naylor	Lowell T. Waxman
Susan Christison & John Peter	Erika Hess	Elizabeth O'Brien	Carol Webb Charitable Fund
Margie & Roger Coats	Gerald & Ingrid Hoffmeister	Elizabeth Payne	Svend & Elisabeth Westlund
Donald & Mary Jo Crouch	Myles Huck	Sharon Payne	John C. Wheeler & Jacqueline Hanson
Elizabeth Cychosz	Chase Johnson	Katrina Pimental	Caleb Whitlock
Maryann Dean	Phil Johnson & Seth Krosner	Terry Pimental	Betty Wiedmer
Alicia DeLeon-Torres	Rick Johnson	Marian Privett	Irene C. Williams
	Sonja F. Jones	Dena Plemmons & Jerry Maddoff	Lois Yahr

## Organizations That Financially Support SURVIVORS who gave April 1, 2018-May 31, 2019. Thank you!

AmazonSmile	Jacob Dean Construction	Vista Presbyterian Church	The Social Changery / Sana
Bruce M. Abrams GLBT Torture Survivors Fund	Josephson-Werdowatz & Associates, Incorporated	Price Philanthropies Foundation	Mente Project
Business Complete Solutions	La Jolla Golden Triangle Rotary Club	Rehabilitation Strategies	The Worldview Project
Cajon Valley Union School District	La Mesa Sunrise Rotary Club Foundation	San Diego County Health and Human Services	Thrivent Financial - Thrivent Choice
California State University, San Marcos - Homie Up!	LANsolutions LLC	San Diego Gas and Electric	Tobi Cares
Calvary Lutheran Church, Solana Beach - Mission Endowment Fund	Law Offices of Jonathan D. Montag	Shepherd of the Valley Lutheran Church, La Mesa	Union Bank
Change A Life Foundation	Law Office of Julia Perkins	Sonnenberg & Co.	Unitarian Universalist Fellowship of San Dieguito
Christ Presbyterian Church, Carlsbad	Lawyers Club of San Diego Fund for Justice at The San Diego Foundation	State of California Office of Emergency Services	United Nations Voluntary Fund for Victims of Torture
Chula Vista Presbyterian Church	Michael Ehrenfeld Company	Structural Group Inc.	U.S. Department of Health and Human Services, Office of Refugee Resettlement
Community Service Association, San Diego Unified School District	Molina Healthcare of California	The California Endowment	William H. Donner Foundation
First Lutheran Church, San Diego	Nautilus General Contractors, Inc.	The Kroger Company	
Grossmont Healthcare District	Pacific Synod Evangelical Lutheran Church in America - Matthew 25 Fund	The Peacemakers Fund at The San Diego Foundation	
Grossmont Union High School District	Pasadena Community Foundation in memory of Patrick Otis Healy	The San Diego Women's Foundation	
Interpreters Unlimited	Presbyterian Women in the Chula	Sempra Giving Fund	



Client Demographics	Number of New Clients		Number of Psychological & Medical Evaluations		Number of Clients Detained at Intake	
SURVIVORS has seen a significant increase in the need for our services over the past three years. It is critical that all torture survivors can access and receive the help they need at SURVIVORS. New clients are referred to us by attorneys, church leaders, community members, mental health providers, and others.	2019	(quarter one) 65	2019	(quarter one) 49	2019	(quarter one) 56
	2018	(quarter one) 29	2018	(quarter one) 29	2018	(quarter one) 20
	2017	(quarter one) 18	2017	(quarter one) 10	2017	(quarter one) 4

## An Opportunity for International Engagement

After spending 22 years in the field, our organization is highly regarded in the international arena as an expert on the subject of torture survivors; the majority of whom are asylum seekers. In April, SURVIVORS was pleased to welcome United Nations Voluntary Fund for Victims of Torture (UNVFVT) Human Rights Officer Maria Luisa Bascur for a visit.

SURVIVORS and the UNVFVT have a long-established relationship. We have been a recipient of funding since the late 1990s to support our healing services. This visit gave SURVIVORS an opportunity to not only discuss the organization's existing programs and outcomes, but also to help strengthen the bonds between our organization and one of the chief international leaders in the torture treatment community.

SURVIVORS, the only accredited torture treatment center in San Diego County, also acts as the eyes on the ground for the UNVFVT representative, who expressed particular interest in discussing and gaining our insight on current U.S. immigration policies and the flow of newcomers into San Diego County.



UNVFVT Human Rights Officer Maria Luisa Bascur and SURVIVORS' Executive Director Kathi Anderson pose in front of map denoting clients' countries of origin.



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**SURVIVORS' Annual Ice Cream Social**

Every June, SURVIVORS hosts a free ice cream social to commemorate torture awareness month and the UN International Day in Support of Victims of Torture and for our community to meet our staff and other dedicated partners. This year's family-friendly Ice Cream Social was held in SURVIVORS' Courtyard on June 26. Thank you to Ben & Jerry's of Seaport Village for donating delicious ice cream and toppings for this event.

SURVIVORS' audited financial statements, completed by Sonnenberg & Co. CPAs, for fiscal year 2018, are found at [Guidestar.com](http://Guidestar.com)

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