

The *Journey*  
to *Healing*  
Begins Here.



## PROVIDING SAFETY, HOPE, & COMPASSION

Intimate partner violence, sexual assault, human trafficking, and child abuse result in unique trauma that often is unseen and under-reported, leaving victims feeling powerless, hopeless, and alone.

At Heartly House, we understand that each survivor's journey to healing is unique – so we are here to listen, to understand, to support and encourage – without judgment. Through our trauma-informed service model, staff provide education, supportive services, referrals to other resources and empower victims to make the best choices for themselves. The goal of all our services is to increase safety and well-being.

The *Journey* to *Healing*  
Begins Here.

— IN FISCAL YEAR 2019 —

**1,137** SURVIVORS  
— OF —

**INTIMATE PARTNER VIOLENCE, SEXUAL  
ASSAULT, HUMAN TRAFFICKING, & CHILD ABUSE**

began their *journey* to *healing*

**AT HEARTLY HOUSE.**

**53 OF THOSE SURVIVORS WERE CHILDREN.**

A continuum of care is critical for victims of interpersonal violence. This trauma may begin with a single incident – or it could be a series of behaviors, interactions and exchanges over time. Each victim deals with that trauma in their own time and in their own way – there is no statute of limitations on addressing and recovering from trauma.

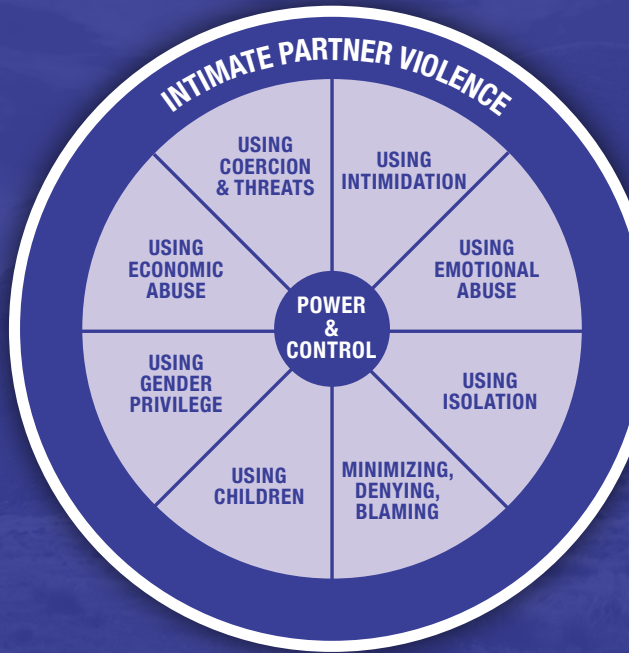
# SEXUAL ASSAULT IS NOT ABOUT SEX. IT IS ABOUT \_\_\_\_\_ **POWER & CONTROL.**

IN 2019,  
SURVEYS SHOWED

**92%** OF

**HEARTLY HOUSE**  
COUNSELING CLIENTS  
**AGREE OR \_\_\_\_\_**  
**STRONGLY AGREE:**

*I have a better understanding of  
the dynamics of power & control  
in intimate partner violence.*



*Heartly House's* continuum of **care** for victims of human trafficking and child abuse starts at the organization, *providing*

## 24-HOUR HOTLINE & CRISIS SUPPORT

- 6,000 hotline calls answered
- 93 in person crisis intervention appointments
- 1,163 lethality screenings – 653 of which showed the client at extreme risk for serious injury or death by an intimate partner
- 116 victims of sexual assault and domestic violence received support from medical accompaniment staff while in the ER for a recent incident of assault (96 adults and 20 children)

OF THOSE WHO ANSWERED THE MEDICAL ACCOMPANIMENT SURVEY, **MORE THAN 96%** indicated being more knowledgeable about domestic violence, sexual assault and/or interpersonal violence.

## EMERGENCY SHELTER

- 150 shelter assessments were provided to adults seeking safety
- 711 service coordination contacts were completed with clients to assist them in reaching their goals

I'm more **aware** of how dangerous things were and how to better **keep myself safe.** – Shelter Client

Recovering from abuse sucks. It's hard. It's work. But it's **worth it.** I don't know what I would do without the **resources and help** I've received here. I'm learning to take control of my own **life.**

– Shelter Client

of sexual assault, domestic violence,  
with a trauma informed staff at *every level*  
*services* in four critical areas:

## LEGAL ADVOCACY & REPRESENTATION

- 460 court hearings and appearances for Protective Orders (including Peace Orders) provided by Heartly House attorneys
- 409 court accompaniments provided by Legal Advocates
  - **331 Protective Order and Peace Order accompaniments**
  - **27 Family Law accompaniments**
  - **51 Criminal Case accompaniments**
- Provided legal advocacy services to 370 clients, which included education about their rights and the law and support navigating the court system

“*I speak on behalf of myself and both of my daughters when I say that you helped to provide us with a feeling of strength and hope that I completely believe would not have been possible had we been required to face this alone. We have been down that road before, so we definitely speak from experience. You all help to give power back to those who are otherwise feeling powerless.* – Legal Services Client”

## INDIVIDUAL & GROUP COUNSELING

The Heartly House counseling team is expert on treating the impact of trauma, using evidence based therapeutic interventions for adults and children.

2,045 individual counseling sessions • 192 group counseling sessions

“Being able to come to group to hear what others have been through makes me feel *not so alone*. I see *growth* in everyone. I know I’ve come a *long way*. That’s why I come to group every week.”

“It’s good to know that I’m *not alone*, that there’s no shame or embarrassment in what happened to me. I am *worthy of good things* - it’s not my fault!”



# ABUSE INTERVENTIONS

Heartly House's Abuse Intervention Program aims to increase the safety of victims of intimate partner violence by holding abusers accountable and teaching healthy relationship skills. Those accepted into the program are required to attend a weekly 90-minute group session for a total of 26 weeks. Groups for men are co-facilitated by a male/female team.

LAST YEAR **HEARTLY HOUSE STAFF**  
ASSISTED **56 ADULTS** PARTICIPATING  
**IN THE ABUSER INTERVENTION PROGRAM**  
TO LEARN ABOUT  
**HEALTHY RELATIONSHIPS, LIFE SKILLS,**  
**& TAKING RESPONSIBILITY FOR THEIR ACTIONS.**

*Heartly House* staff had over  
**13,000 DIRECT CONTACTS**  
WITH CLIENTS AND THOSE ADVOCATING  
FOR CLIENTS IN FY19.  
**AN 8% INCREASE**  
OVER THE YEAR PRIOR.

## THE FIRST STEP TOWARD PREVENTION IS AWARENESS AND EDUCATION

Heartly House Outreach Staff provided prevention education and raised awareness for thousands of Frederick County citizens through community events, campaigns, discussion panels and social media. Target audiences included: Youth, College Students, Businesses, Community Groups, At Risk Populations and the General Public.

## HOW CAN YOU GET INVOLVED?

### Attend scheduled trainings and presentations including:

- Heartly House Presents:
  - **COTTAGE SERIES**
    - Bystander Intervention
    - Sexual Assault 101
    - Protective & Peace Orders
    - Domestic Violence 101
    - Heartly House 101
    - Human Trafficking 101
  - **SPEAK OUT EVENTS**
    - Survivor led story series
  - **YOUTH FOCUSED EVENTS**



### Affair of the Heart - May 2, 2020

A gala evening to raise awareness and support for Heartly House.



### Walk a Mile in Their Shoes - Fall, 2020

Participate in the annual event that kicks off Domestic Violence Awareness Month in October.

*To schedule a training or presentation for your group or business,  
please contact: [outreach@heartlyhouse.org](mailto:outreach@heartlyhouse.org)*

Heartly House is proud to have earned the 2019 Platinum GuideStar Seal of Transparency and to have been selected as one of the region's best nonprofits by Catalogue for Philanthropy.



GREATER WASHINGTON

## AN EASY WAY TO GIVE FOR FEDERAL EMPLOYEES:

### Combined Federal Campaign #17859

When you pledge to us, you provide support for survivors of domestic violence, sexual assault, human trafficking, and child abuse.

# REVENUES & EXPENSES

Un-audited financials FY 2019.

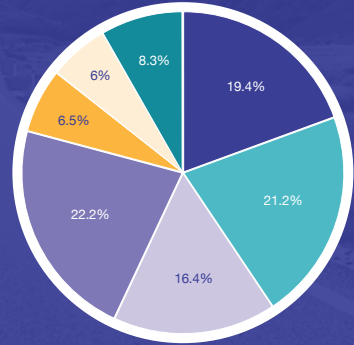
**\$.86** of every **\$1** raised  
DIRECTLY SUPPORTS  
*Heartly House*  
PROGRAMS AND SERVICES

## Program Expenses

□ Counseling	454,754
■ Crisis	495,447
■ Legal*	384,191
■ Shelter	518,710
■ Outreach	151,854

## Support Service Expenses

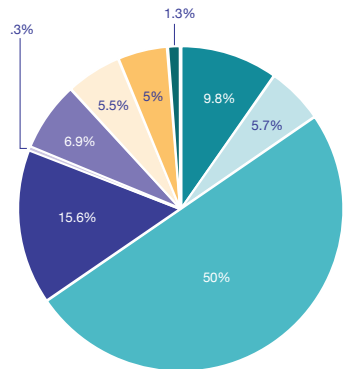
■ Management/Administration	141,192
■ Fundraising/Resource Development	194,490
<b>TOTAL</b>	<b>2,340,638</b>



*\*This project is supported by a grant from the Maryland Judiciary's Administrative Office of the Courts Department of Juvenile and Family Services.*

## Revenue

■ Contributions	246,886
■ Foundations	142,990
■ Federal Grants	1,264,935
■ Other Grants	393,545
■ Program Service Fees	6,772
■ Special Events	175,248
■ Marriage License Surcharge	140,010
■ In-Kind Goods & Services	125,691
■ Other	33,262
<b>TOTAL</b>	<b>\$2,529,339</b>





# DONORS

2018-2019

We are grateful to our donors. Hearty House is a private, nonprofit 501(c)(3) organization that depends on the generosity of our community for ongoing support. Because of that generosity, all victim services and programs are offered free of charge.

## Foundation and Private Trust Funding

Abbie Employment Engagement Fund  
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## Federal, State, & Local Grant Funding

Administrative Office of the Courts  
City of Frederick/HUD Continuum of Care  
Maryland State Department of Health  
Frederick County Government  
Hood College/Office of Violence Against Women

Federal Emergency Management Agency  
Governor's Office of Crime Control and Prevention  
Maryland State Department of Housing and Community Development  
Maryland Legal Services Corporation

## Organizations, Clubs, & Faith Based Giving

### \$5,000 - \$10,000

In Honor of Her, Inc.  
Rotary Club of Frederick  
St. Peter's Catholic Church

St. Ignatius of Loyola Church  
St. Ignatius of Loyola K of C Ladies Auxiliary  
Urbana High School  
Victory Christian Center, Inc.

Locust Grove Women's Fellowship  
MD Moms Demand Action  
Mid-Valley Homemakers Club  
Moms Club of Frederick East  
New Design Church of the Christian & Missionary Alliance

### \$1,000 - \$4,999

Frederick Church of the Brethren  
Frederick Presbyterian Church  
Fredericktowne Rotary Club  
Harwood House Thrift Shop  
International Community Church of God  
Mt. Zion Methodist Church  
St. Joseph On Carrollton Manor

### Up to \$499

American Legion Auxiliary, FSK Unit 11  
Bush Creek Church of the Brethren  
Circle K Kiwanis International  
Court Saint Elizabeth Ann Seton No. 278  
District Court Clerks District 11 District Court of Maryland  
Fit 4 Mom Frederick/Butterfly Fitness, LLC  
FMH Auxiliary  
Frederick County Alumnae Chapter of Delta Sigma Theta Sorority, Inc  
Frederick County Corvette Club  
Frederick Women's Civic Club  
Garfield United Methodist Church  
Golden Gears Car Club, Inc.  
Heart of MD Classic Club  
Holy Family Catholic Community  
Jefferson United Methodist Men

Oakdale High School  
Petty Officers Mess  
Someone With LLC  
St Anthony's Shrine  
St. Francis of Assisi Catholic Church + St. Francis St. Mary Catholic Parish  
Saint Katharine Drexel Catholic Church  
South Mountain Community Health Center  
St. Paul's Lutheran Church  
St. Paul Utica Lutheran Women's League  
St. Luke's Lutheran Church  
Steadman-Keenan Unit 96 American Legion Auxiliary  
Students Demand Action  
Town of Thurmont  
Tuscarora High School

### \$500 - \$999

Araby United Methodist Women  
Calvary United Methodist Church  
Fairview Chapel UMC of New Market  
Gov. Thomas Johnson High School  
Grace United Church of Christ  
Locust Grove Church of the Brethren  
Providence United Methodist Church

# Corporate & Business Support

## \$5,000+

Cyber Pros, LLC  
Frederick Magazine  
Hankey's Radio Inc.  
Leidos Biomedical Research, Inc.  
Woodsboro Bank

## \$1,000 - \$4,999

Anthony Owens Remodeling & Repairs  
ArachnidWorks, Inc.  
Brawner Builders, Inc.  
Capital Women's Care LLC,  
Frederick Division  
Children's Center of Walkersville  
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The Cosmetic and Skin Surgery Center  
The Hendrickson Group at Morgan  
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UnitedHealth Group  
WLR Automotive Group  
Yakabod, Inc.

## Up to \$499

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Tinder Consulting  
Tire World of Riverside, LLC

# Individual and Workplace Giving

## \$5,000 +

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Stephen & Pamela Barger  
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TASC5  
Willa Shriver  
United Way of Frederick Co/Workplace  
Giving

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Wells Fargo Community Support  
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The *mission* of Heartly House is to end domestic violence, sexual assault, human trafficking, and child abuse, and to provide victims with *safety, shelter, and supportive services.*



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