

**CELEBRATING
40 YEARS
OF NEW
BEGINNINGS**



SHELTER
FOR HELP IN EMERGENCY

working to end domestic violence in our community



FROM THE DIRECTOR

At the Shelter for Help in Emergency, every day is a call to action. Every day, there is someone new standing at our door and calling out for help, walking away from domestic violence and toward a better life. For the past 40 years, we have never closed our doors, offering assistance 24 hours a day, 365 days a year.



For me, and for the many other staff members and volunteers, this work is truly a labor of love. It's a privilege to witness the resilience and courage of the women and children who are rebuilding their lives through the support and encouragement offered at the Shelter. In many cases, the Shelter is the first place that domestic violence victims have ever reached out to for help. We help through a number of critical programs and services, but the most significant things we provide are peace, hope, and safety.

I invite you to get involved as a volunteer or a donor, whether your connection to the issue of domestic violence is deeply personal or because you simply believe that no one deserves to be abused. Together, we can make a difference for so many.

Cartie Lominack

Cartie Lominack, Executive Director

FULFILLING OUR MISSION

The Shelter's mission is to work to end domestic violence in our community. We are committed to providing a safe, supportive, confidential, and respectful environment in which survivors of domestic violence are empowered by the knowledge of personal and community resources, as well as development of the skills needed to make informed decisions for themselves and their families.

Over the past four decades, we have witnessed the devastation that domestic violence can cause. We've also learned how to effectively address it. We know it's a complex issue that demands a multifaceted response. With your support, we can continue to provide peace, hope, and safety to those who need our help.

COMMUNITY IMPACT

SHELTER ACTIVITIES DURING A TYPICAL YEAR

1,200 hotline calls

5,900 nights of safety

250 adults and children given emergency shelter

315 outreach clients received counseling, legal advocacy, and support services

Since 1979, the Shelter for Help in Emergency has been the only agency in the area dedicated to providing comprehensive, trauma-informed services to adults and children who are victims of domestic violence. The program has evolved over the years in response to the needs of individuals in the community, and it works to ensure that victims find safety and support, and that abusers are held accountable for their actions.

Domestic violence is a pattern of physically, sexually, and/or emotionally abusive behaviors used by one individual to maintain power over or to control a partner in the context of an intimate or family relationship.

- Nationally, one in four women and one in nine men will experience domestic/intimate partner violence in their lifetime.
- Family and intimate partner violence accounts for 33% of all homicides in Virginia.
- Half of domestic violence incidents are witnessed by children.
- Approximately one in three adolescent girls is a victim of physical, emotional, or verbal abuse from a dating partner.



1977: ANSWERING THE CALL

The seeds for the Shelter for Help in Emergency were planted in 1977, when a group of concerned citizens started a hotline to support victims of domestic violence. It didn't take long before the need to do more became clear — a theme that would run through the Shelter's work for the next four decades.

Community members provided safe havens from dangerous situations — known then as “spouse abuse” — in their own homes until the Shelter's first residential facility was opened in 1979. This rented house and its services grew into the organization we know today. Our commitment to finding ways to provide needed services has been a hallmark of the Shelter since the beginning.

1989: PROVIDING A SAFE PLACE

The Shelter's program is built on the foundation of safety and healing provided by the residential facility. In 1989, the Shelter purchased and moved into a larger space that served clients for nearly 20 years. That same year, Cartie Lominack joined the Shelter, providing steady leadership and passionate advocacy for survivors of domestic violence in her role as Executive Director.

2008: RESPONDING TO INCREASING NEED

The *Campaign to Rebuild Lives* raised \$3 million, allowing us to design and build a larger, 10-bedroom Gold LEED facility that better accommodates the increased demand and the needs of victims and their children. The Shelter's work of rebuilding lives continues today, and we stand with our many clients as they move from abusive relationships to healthy and promising futures.

The Shelter for Help in Emergency is open 24 hours a day, 365 days a year.

“This shelter’s program truly is designed to empower you. Here, I found the tools to rebuild every aspect of my life.”

— Former Shelter client

DEEPENING AND STRENGTHENING SERVICES

During its 40-year history, the Shelter has created a program that addresses domestic violence issues from multiple angles. Building on the 24-hour crisis hotline and the safe haven provided by the residential facility, we have strengthened our ability to offer solutions that truly change lives for the better, both in personal, one-on-one settings, and in significant ways for the larger community.

Our mission has deepened to include community education and outreach, a transitional housing program, legal advocates to assist clients in navigating the court system, bilingual staff to assist the Spanish-speaking community, programs for children and youth, and more.

We can’t do it alone — the Shelter has strong and effective community collaborations that benefit victims and their families. We’ve joined with law enforcement to give officers more tools to better assess threat levels in domestic violence situations. Through other partnerships with local nonprofit organizations, we’ve expanded outreach to rural areas and connected clients to trauma-informed counseling for women and children.



AN INTERWOVEN SUPPORT NETWORK

The Shelter for Help in Emergency has an array of tools that we can apply in assisting our clients. Each and every one of the Shelter's programs is necessary to create lasting and effective solutions to ending domestic violence. The programs are interwoven and build on each other, providing a comprehensive, purposeful pathway for individuals and families to rebuild their lives. We meet our clients wherever they are on their journey to recovery, providing them with the specific support they need at each stage.

With help and encouragement from the Shelter's team members, clients move from needing care and time to recover, to taking action through empowering activities that lead to independence, accountability, and self-reliance.

In 2016, the Shelter added a Prevention Program, Lethality Assessment Program, Trauma-Informed Mental Health Counseling, and a dedicated Rural Outreach Program.

“Domestic violence programs work not only to protect survivors of intimate partner violence and their children from further harm, but to promote their long-term social and emotional well-being. They do this by enhancing women’s and children’s knowledge, skills, self concepts, sense of hope, social connections, safety, health, stability, and access to community resources.”

— Study by National Resource Center on Domestic Violence

SAFETY AND SUPPORT

The Shelter's 24-hour hotline and crisis intervention services are often the first point of contact with victims of domestic violence. Shelter staff and volunteers listen and provide support, letting our clients know they're not alone and connecting them to resources.

Providing a safe place in an environment where families can rest and recover from trauma can be the first step in the journey toward self-sufficiency and breaking the cycle of violence. Since our current residential facility opened in 2008, the Shelter has provided more than 33,000 nights of safe shelter to nearly 2,000 adult and child victims of domestic violence.

Related services:

- 24-hour crisis hotline
- Emergency shelter
- Resource assistance
- Pet-Safe program

We maintain two facilities. Our confidential residence provides privacy and safety, while the Community Outreach Center is a public point of contact where clients and the community can access a range of trauma-informed services.



“My experience here has been like having an extended family. They’re real, raw, and caring.”

— Former Shelter client

HOPE AND HEALING

During the process of finding safety, from getting immediate help, to rebuilding their lives, many clients find that part of healing is the peace of mind that comes with knowing that someone cares about them and understands what they are facing.

It's this compassionate support system and coordination of care that helps individuals reconnect with their true selves, explore possibilities, and plan how they will achieve independence and freedom.

Related services:

- Trauma-informed counseling and support groups
- Skill development
- Legal advocacy and court accompaniment
- Spanish-speaking services

The Shelter's services are free, confidential, and available to all members of the community.



“The legal system can be confusing and intimidating. When people are in crisis, I’m the liaison who makes sure they know all their options.”

— Shelter Legal Advocate

NEW BEGINNINGS

One of the Shelter's primary goals is to provide its clients with a fresh start and with the resources to forge a new path, free of violence. We help our clients move forward by helping them set goals, build resilience, and find jobs and housing — all factors that contribute to healthy and successful new beginnings.

We also directly support hundreds of children and teens who have witnessed abuse. Through education and positive youth development programs, we promote healthy relationships among young people to help prevent intimate partner violence before it begins. The Shelter accomplishes this through counseling, peer education, and programs in local schools.

Related services:

- Programs for children and teens
- Prevention and education programs
- Transitional housing

Annually, more than 1,500 community residents are educated about domestic violence by Shelter staff.



“The Shelter is not only a safe haven, but a rescue from sadness and a pathway into the light of life and happiness.”

— Former Shelter client



THE OPPORTUNITY

For the past 40 years, the Shelter has given thousands of women and children a chance to live full, healthy lives in homes that are loving and safe.

We have worked hard to respond to the individual needs of our clients and to provide education and counseling that helps to end the generational cycle of family violence. These efforts have produced comprehensive, results-oriented programs that serve as a model around the state.

As demand for our services grows, we are more committed than ever to supporting our community and victims of domestic violence. To that end, we have identified opportunities to improve our residential and community outreach facilities, enhance the organizational structure that allows effective delivery of our programs, and strengthen our support of the staff and volunteers who are on the front lines every day.

WHY NOW?

Growth of Our Region

Charlottesville and the surrounding counties have grown exponentially in the 40 years since the Shelter was founded. While we have evolved and responded to our changing community, additional resources are necessary to adequately address the rising number of people who need help.

Funding Sustainability

The Shelter is funded by a mix of federal and state grants, local community grants, and private donations. Your support will help ensure that we can continue to provide critical services, regardless of fluctuations in government funding, which can often be unpredictable, making sound budgeting difficult.

Public Awareness

Once a problem that was relegated to the shadows, domestic violence is now discussed openly. Victims more readily seek help, and the community looks to the Shelter for leadership, prevention initiatives, and education on this issue.



CARING FOR OUR STAFF AND VOLUNTEERS

Working at the Shelter requires a special mix of compassion, strength, and determination. Although rewarding, the work done here is not easy, and maintaining a healthy work-life balance is at the heart of our ability to provide care and support on an ongoing basis.

As we've risen to the challenges of serving our growing service area, our staff and trained volunteers require additional peer support as they guide clients through a variety of exceptionally difficult situations. By bolstering our program management infrastructure, we ensure that we have the appropriate resources to continually serve our clients and the broader community.

HOW YOU CAN HELP

RESIDENTIAL FACILITY

Opened just over 10 years ago, our current residence has provided a safe, confidential, and welcoming haven for thousands of women and children. Now, just like any home, our residential facility needs attention.

The residential facility provides a safe and healthy environment for clients to begin to recover from domestic violence and work with Shelter staff to plan their next steps. To ensure our house continues to serve that function, you can provide support for projects that will update, refresh, and improve the facility.

Our current residential facility has hosted more than 2,000 people in the past decade.



COMMUNITY OUTREACH

Shelter staff and volunteers engage with clients on a daily basis at both the confidential residence and the Community Outreach Center. As the population we serve grows and more people visit the Center, we're seeking to improve and expand the facilities where we conduct our public-facing support and counseling activities.

The Shelter engages in far-reaching efforts to educate our community about the impact of domestic violence. With your help, we can continue our face-to-face outreach and further develop the ways that we're spreading the word about access to services and resources.

The Community Outreach Center is a hub of activity for clients, local nonprofit partners, and community supporters.



The Shelter for Help in
Emergency's Annual 5K

ORGANIZATIONAL STRENGTHENING

The Shelter for Help in Emergency is a small organization with a big mission. We've been a beacon of hope and healing for four decades, but none of it would be possible without our dedicated team of professionals and volunteers. To continue to provide the level of services that the Shelter's clients need and deserve, we must also enhance the ways we support our staff and build an organizational infrastructure that matches the challenges of managing the expansion of our various programs.

Along with adding staff, we are committed to providing our team with ongoing training, competitive wages and benefits, and a management structure that supports them both in their work and in their overall well-being.

In a typical year, 250 volunteers provide 6,540 hours of service across the agency.



***Help create new beginnings
in our community.***

To donate to the Shelter, please contact:

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SHELTER

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