

domestic abuse project 2012 ANNUAL REPORT UPDATE

ADVOCACY

DAP provides free legal advocacy to victims of domestic violence. DAP advocates help victims learn about court processes and their legal rights, and accompany women to court hearings. Advocates provide support, assist with safety plans, and help women get the resources they need (i.e. food, housing, medical care, transportation to safety or court, etc.). DAP provides opportunities to get help within the victim's community through our advocates at DAP's NorthPoint and Little Earth offices. DAP advocacy services are available in English, Spanish, Somali, Oromo and Ki Swahili.



BRINGING HELP HOME

In 2012 DAP advocates partnered with Minneapolis Police in a project funded by a federal STOP grant. An advocate accompanies a police officer on unannounced visits to homes in which a Domestic Abuse No Contact Order (DANCO) is in force. Judges often order a perpetrator to have no contact with the victim of abuse. These orders are often ignored. When police make an unscheduled visit to the victim's home, it sends a strong message that the judicial system takes the No Contact Order seriously. Whether or not the perpetrator is present, a DAP advocate is there to offer information and support to the victim.

ADVOCACY PROGRAM 2012

2,303 total clients

Income as % of Poverty		Age		Race/Ethnicity	
Income Unknown	11%	18-24	20%	Unknown	0%
Below 100%	80%	25-33	38%	White	25%
Between 100% & 200%	15%	34-44	21%	African American	39%
Above 200% of poverty	3%	45-54	12%	Asian	1%
		55-64	3%	Latino/Chicano	10%
		66+	1%	American Indian	8%
Gender		Unknown	5%	Mixed Race	12%
Female	96%			African	5%
Male	4%				

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THERAPY

WOMEN

DAP helps women get the help they need to be safe. We do this through individual counseling and a powerful group program that focuses on the definitions of abuse, on recognizing that abuse is not their fault, and on safety, healing, and rebuilding self-esteem. DAP also conducts a Women's Aftercare group.

In 2012, 157 women received DAP therapy services.

MEN

At DAP, we believe that violence is a learned behavior, and that more positive behaviors can be learned to take the place of abuse and violence. One key to change is helping men take responsibility for their actions and to understand their emotions. With a solid plan for self-control, DAP counselors have seen men make different, healthier decisions about how to act.

In 2012, 359 men were helped by the DAP therapy program.

YOUTH & ADOLESCENTS

DAP provides age-specific groups for children and adolescents who have witnessed domestic violence in their home. Through group and individual counseling, DAP helps to create a place that is safe, where children can share their feelings and stories, helping them to break the secret of domestic violence, understand that the abuse is not their fault, and strengthen self-esteem.

In 2012, 67 adolescents and children participated in DAP's youth therapy program.

INNOVATION

DAP's commitment to our core services of advocacy for victims of domestic abuse, therapy for each member of the family and societal change that promotes the elimination of domestic violence is unwavering. But DAP has never believed that expansion is the route to success. Rather, DAP has always emphasized innovation and collaboration over growth of our core service offerings.

CHANGE STEP™

CHANGE STEP™, DAP's new program for male veterans, builds on the demonstrated success of DAP's primary men's program and incorporates military culture and the effects of



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deployment and separation from family on veterans. Our goal is to help service members success in their transition from active duty to life as veterans.

Like all DAP programs, CHANGE STEP™ grew out of community demand. As DAP worked with veterans in our primary men's program, DAP staff recognized that the needs of veterans different from those of other group members. Their shared experience of military culture and the ways in which they'd been affected by their service meant that their success depended on a program that integrates those elements. Thus was born CHANGE STEP™.

MIND/BODY HEALING

DAP is a partner with the University of Minnesota in a research study to assess the effectiveness of integrating yoga into DAP's women's therapy groups to help women heal from the effects of domestic abuse. Many research studies have documented the health benefits of yoga practice. However, for many victims of domestic abuse, yoga seems out of reach, something other women do. So DAP is bringing yoga and its healing to them as part of our women's group.

DAP staff trained with the Trauma Institute at Justice Resource Institute (JRI) in Boston, learning the trauma informed yoga protocol. Because trauma survivors retain body memories of the abuse, all the moves in trauma informed yoga are very gentle. The yoga instructor encourages group members to do only those moves with which they're comfortable. In contrast to traditional yoga groups, the instructor does not offer physical assists, as that touch could trigger trauma memories. The instructor also remains in a fixed position throughout the session, as moving through the group might feel aggressive to trauma survivors.

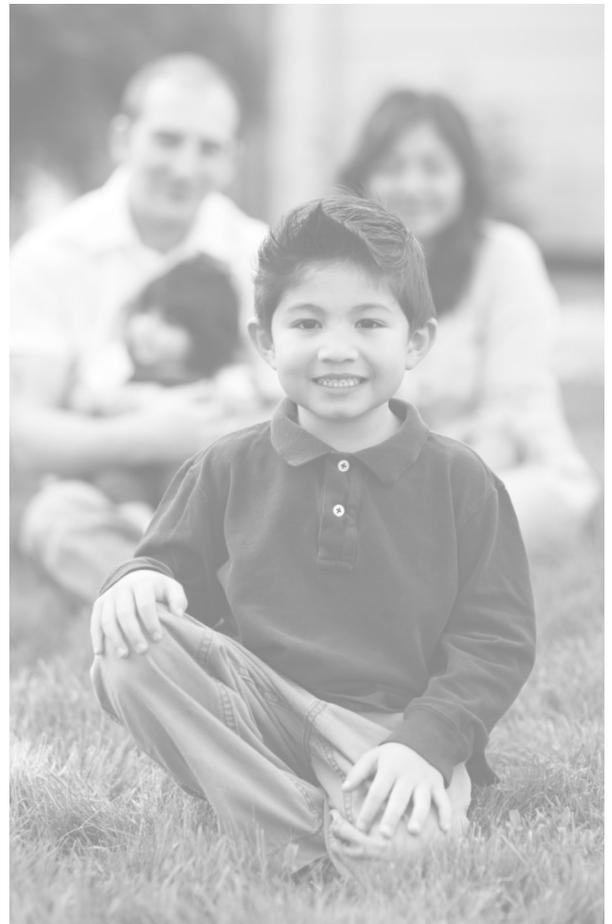
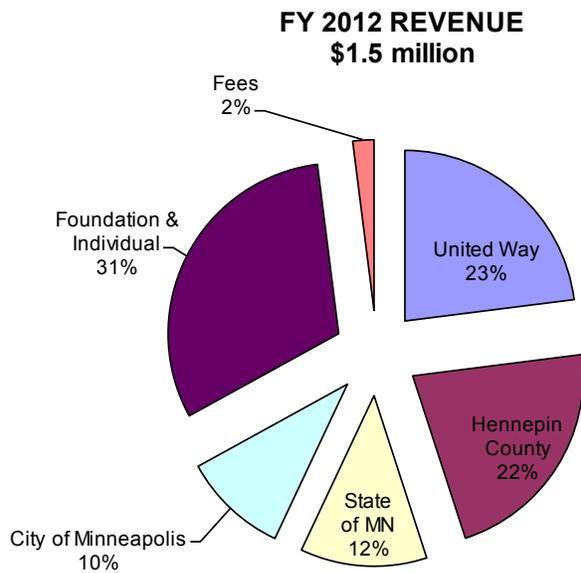
The next phase of the study will incorporate yoga in additional women's groups, in preparation for applying for a major grant from the National Institutes of Health in order to conduct a much larger and broader study.



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FINANCIALS

In 2012 DAP operated with a \$1.5 million dollar annual budget.



FY 2012 EXPENSES

