

domestic abuse project

2013 ANNUAL REPORT UPDATE

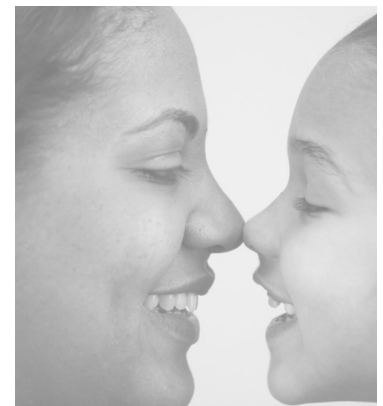
ADVOCACY

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.

OUTCOMES MEASURES

100% of the women surveyed indicated they strongly agreed or agreed -

1. The services they received were helpful.
2. They learned about available resources related to their situation.
3. They learned new information about how to keep themselves or their children safe.
4. Staff understood their problems or concerns.
5. Staff communicated to them in a way they understood.
6. They received the services they needed and wanted.



ADVOCACY PROGRAM 2013

DAP advocates provided 32,352 services to 2,043 victims of domestic violence in 2013.

Income as % of Poverty		Age		Race/Ethnicity	
Income Unknown	2%	18-24	20%	Unknown	0%
Below 100%	80%	25-33	36%	White	25%
Between 100% & 200%	15%	34-44	22%	African American	42%
Above 200% of poverty	3%	45-54	14%	Asian	1%
		55-64	3%	Latino/Chicano	10%
		66+	1%	American Indian	8%
Gender				Mixed Race	10%
Female	96%	Unknown	5%	African	4%
Male	4%				

domestic abuse project

2013 ANNUAL REPORT UPDATE

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.

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.

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.

THERAPY PROGRAM 2013

DAP's therapy program provided help to 381 men, 151 women and 68 youth in 2013.

Income as % of Poverty		Age		Race/Ethnicity	
Income Unknown	11%	6-14	9%	African	3%
Below 100%	58%	15-17	2%	White	40%
Between 100% & 200%	18%	18-22	5%	African American	38%
Above 200% of poverty	13%	23-54	78%	Asian	2%
		55-64	6%	Latino/Chicano	5%
		66+	1%	American Indian	4%
Gender				Other	8%
Female	30%	Unknown	5%		
Male	70%			African	4%

domestic abuse project

2013 ANNUAL REPORT UPDATE

THERAPY PROGRAM OUTCOME MEASURES

1. 95% of the men who completed the therapy program had committed no more acts of domestic violence in the past year.
2. At six month follow up, 97% of the women completing the therapy program could use their protection plan to protect themselves from further violence.
3. At program completion, 89% of the youth had a personal protection plan and could call 911.

INNOVATION

CHANGE STEP™

DAP launched CHANGE STEP™ in 2012 in response to an unmet community need. CHANGE STEP™ gives men who have served in the armed forces the tools to eliminate abusive behavior from their intimate relationships and build healthy families.

CHANGE STEP™ builds on the more than 30 years of documented success of DAP's primary Men's Program and fully integrates military culture as an integral element of the program. CHANGE STEP™ draws on participants military training to work together to accomplish a mission. In CHANGE STEP™, men work to support one another in their mission to eliminate relationship violence.

DAP is offering organizations nationwide the opportunity to become certified to provide CHANGE STEP™ in their communities. CHANGE STEP™ will be implemented in all 75 U.S. Air Force bases worldwide in 2015.



LEAVE IT ON THE MAT (formerly known as Mind/Body Healing)

Leave it on the Mat, a Study on the Impact of Yoga on Violence Survivor Well-being, is a collaboration of University of Minnesota researchers and DAP. The overall project aim is to test the feasibility of a yoga intervention designed to improve the health of women taking part in domestic violence therapy groups.

The first phase of the Leave it on the Mat study compared a women's therapy group into which yoga was integrated with one that did not. In the second phase, we took bio-measures of the women in group to assess the physical impact of including the yoga intervention. In the third phase, we brought group therapy with the yoga model to Alexandra House in Blaine and will offer the group therapy with yoga at Cornerstone in Bloomington in 2014.

domestic abuse project 2013 ANNUAL REPORT UPDATE

FINANCIALS

