



2019 Gratitude and Resilience Report



WINGS' Mission: To break the cycle and heal the wounds of childhood sexual abuse (CSA) by providing education, advocacy and support to adult survivors, loved ones, providers and communities.

Resilience

“The process of adapting well in the face of adversity, trauma, tragedy, or significant stress. It describes the ability to ‘bounce back’ from difficult experiences.”

AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)

Specifically, WINGS works to connect survivors, loved ones, providers and communities with the resources they need to speak about, heal from and thrive beyond CSA trauma to live their fullest, healthiest lives.

We do this by offering referrals to qualified therapists, training and education, and therapist-facilitated support groups in a number of confidential locations to adult survivors of childhood sexual abuse and their loved ones.

Our program serves anyone who is 18 and older. Our Survivors' & Loved Ones' Guide to Healing handbook is a comprehensive resource used in our support groups to facilitate group members' processes of learning and healing. The most powerful aspect of our program is the dialogue and exchange that occurs among and between group members in their weekly WINGS Support Group.

In addition to support groups, WINGS offers local and national referrals, workshops, speaking presentations and training to survivors, loved ones, service providers and the general community.



“There is nothing as powerful as hearing and speaking your story with other survivors who just know what you are going through.”

WINGS SUPPORT GROUP MEMBER

WINGS’ Vision: Everyone will have access to the resources they need to speak about, heal from and thrive beyond CSA trauma.

Over the last few years, WINGS has been actively assessing the broader needs of adult survivors of CSA in order to design system and program improvements to better meet survivors’ needs. We’ve also been actively building organizational capacity and enhancing trauma resiliency in order to carry all of these important efforts forward.

Learn more about our Colorado Strong initiative in this report, as 2019 saw WINGS embarking upon important steps to create real and long-lasting change in the lives of adult survivors and those who support them.

Contributions from caring, compassionate and courageous individuals and organizations like you make this healing work possible. We sincerely thank each and every contributor and partner who helps empower survivors’ and loved ones’ healing. We wish to extend our profound gratitude and shared resilience with you.

#HealingHappensInCommunity

OUR GUIDING PRINCIPLES

Inclusivity
Confidentiality
Empowerment
Resilience
Voice
Self-Care
Accountability
Advocacy

LEARN MORE [WINGSFOUND.ORG/PAGES/GUIDINGPRINCIPLES](https://wingsfound.org/pages/guidingprinciples)

50

facilitators provided 1,715 WINGS support group sessions

182

CSA survivors and loved ones attended a WINGS support group

222

adults were provided intakes, community and therapy referrals, support group readiness assessments and follow-up support

483

individuals were served through all WINGS' direct services

683

people were reached through in-person outreach in Colorado at 33 presentations and events

24,300

people visited the WINGS website from all 50 states and 125 countries

100% of Support Group members agreed



Having other group members at different stages in their healing journey is beneficial to healing



They have a better understanding of trauma and how it can affect them



WINGS support groups are valuable to their healing journey



They know more about how their current symptoms may be linked to their childhood sexual abuse



Self-sufficiency and ability to function in daily life have increased



Fellow group members positively contributed to their feelings of safety in the group and responded with empathy to their experiences

For more information on our 2019 Impact, click below

[Client Evaluation Survey](#)

[Facilitator Survey](#)

8 *Ways We Conduct Outreach in the Community*



NEW WINGS OFFICE

In February, WINGS made the move to a new administrative office and community space, including a private group room. We especially love our beautiful photo galleries with images of our WINGS community over the years, modeling what hope and healing look like. Special thanks to all the wonderful donations that make this new space possible, especially the contribution of photos by Kathy and John Wells and Suzanne and Chris Pacetti.

SPEAKING AT PENN STATE

In April, WINGS' Executive Director, Jenny Stith, spoke to the Child Maltreatment Network at Penn State University on the importance of supporting the needs of adult survivors of childhood sexual abuse as a complement to strong CSA prevention efforts.

DENVER PRIDE FEST

In June, WINGS participated in the Denver Pride parade for the first time, bringing together an impressive group of CSA survivors and loved ones to support the LGBTQIA+ community. We also loved seeing so many WINGS supporters along the parade route!

RACE FOR HEALING

In September, our 5th annual Race for Healing was our biggest yet with 160 participants. Thanks to our sponsors, volunteers, community partners—and especially to all the CSA survivors and loved ones who made it happen! Every survivor and supporter is a champion. #TogetherWeSoar

SPEAK OUT!

The November Speak Out! featured four incredible CSA survivors' stories plus an art show displaying work from survivors co-hosted by Art Garage. There is so much to learn by listening to the voices of survivors, who greatly benefit from being heard, valued and respected. Thank you to everyone who attended this powerful event.



Enhancing Program Evaluation and Building Organizational Capacity

Beginning in September 2019, WINGS contracted with Defi Consulting to engage in a comprehensive program evaluation process to review WINGS' goals, measure the efficacy of WINGS' services in meeting these goals, and defining what changes need to be made to the current program model to make WINGS a data-driven agency. Early discovery work from Defi also reinforced capacity challenges with direct-service staffing, giving WINGS vital information that led to the addition of three new full-time positions.

Trauma-Informed Care (TIC)

Key in 2019 was an intentional effort to elevate WINGS' commitment to becoming a Trauma-Informed Organization. WINGS was grateful to work with Jean McAllister, MSW, who serves as WINGS' Lead Clinical Consultant and leads the CSA Survivor State Task Force. Jean is guiding WINGS through enhanced efforts to support staff, facilitators and volunteers in identifying and preventing vicarious trauma ("second hand" trauma that can affect those working in the field of trauma recovery) while supporting efforts to build trauma resiliency (the capacity to recover from challenging situations) to move into post traumatic growth. This is the "good news" of trauma recovery at the individual, organizational and societal level—we can become stronger and more connected by engaging in resilience-based practices.

Diversity, Equity & Inclusion

WINGS began early discovery around our Inclusion guiding principle and recognized deeper work is needed to broaden this priority to include goals in diversity and equity. WINGS began laying groundwork for future work in this area, which remains a top priority for Board and staff leadership. Stay tuned for more progress in this area in the year ahead.



Colorado Strong

Building New Statewide Collaborations & Partnerships

From 2016 to 2018, WINGS conducted Phases I and II of the One Voice Project needs assessment with the Colorado School of Public Health and a wide array of stakeholders. WINGS centered the project with the voices and experiences of adult CSA survivors, creating a Survivor Advisory Committee to inform every aspect of the effort. The project was then promoted to CSA survivors statewide.

To date, a total of 67 adult CSA survivors have responded to in-depth questionnaires and interviews about their experiences of trying to access services across the state. Additional phases of The One Voice Project are forthcoming and will focus on needs of adult CSA survivors in the Latinx community and communities of color.

WINGS also invited peer providers from various sectors (sexual assault, domestic violence, mental health, healthcare, substance abuse and eating disorders) to join us in completing a Provider Survey as part of the assessment, informed by a Provider Committee of leading experts. So far, a total of 108 providers responded to a survey inquiring about the ways they are currently serving adult CSA survivors.

The name of the One Voice Project is to honor the power of each adult survivor's individual voice, daring to have the courage to speak out about their experience of childhood sexual abuse as well as the power of our collective voices, speaking together about the needs of this underserved population.

Key findings from The One Voice Project were shared with community and state leaders in the fall of 2018 and revealed a glaring gap in services for CSA survivors in Colorado. At the start of 2019, WINGS was awarded a multi-year grant through the Colorado Office of the Attorney General to build out a systems-wide response to address the needs uncovered through the One Voice Project. Highlights of 2019 work included:

Listening Sessions

WINGS hosted 6 days of One Voice Project Listening Sessions for CSA survivor and provider audiences in Denver Metro, Colorado Springs, Boulder, Fort Morgan and through two state conferences. More than 100 professionals, community members, and CSA survivors and their loved ones attended and were asked to review the data compiled through the One Voice Project so far and share their feedback. Each stakeholder group overwhelmingly agreed with the findings and helped deepen our understanding of the needs of CSA survivors in their communities.

State Task Force

To respond to this data in meaningful and transformational ways, WINGS convened and leads a Childhood Sexual Abuse Survivors (CSAS) State Task Force, bringing together CSA survivors and providers from across the state to design stronger collaborations and services to meet CSA survivors' needs. The group's goal is to pioneer a Multi-Disciplinary Team (MDT) response for adult survivors of CSA that all participating agencies can implement on a community level. WINGS will also produce specialized Provider Trainings that will empower these providers to serve CSA survivors at their respective agencies to a greater degree and provide stronger referrals among partnering providers. We thank all leaders involved in this work!

12 *Raising Awareness, Breaking Stigma and Building Resilience*

Miss America by Day

In the summer of 2019, WINGS was extremely honored to be invited to participate in a new documentary film, *Miss America By Day*, featuring the heroic story of Colorado native and former Miss America, Marilyn Van Derbur Atler, based on her best-selling book of the same name. WINGS thanks the many CSA survivors and loved ones who shared their stories as part of this brave film and “stood” for their own healing and that of other survivors following Marilyn’s well-known invitation.

In September, WINGS leaders were proud to join Marilyn and her family at the premiere of the film at the LA Film Festival. In October, WINGS was delighted to host the Denver Premiere of *Miss America By Day* at the Seawell Ballroom of the Denver Center for the Performing Arts. WINGS was also honored to host a series of regional screenings in partnership with peer providers in Colorado Springs, Pueblo, Grand Junction and Greeley. We thank the many survivors and community partners who came together to make these screenings possible, raising vital awareness about the needs of adult survivors to more than 600 individuals throughout our state. WINGS is exploring ways to offer more screenings to interested communities in the future.



WINGS was also pleased to present annual awards named after Marilyn and her husband, Larry, to the talented professionals who made this documentary happen:

Marilyn Van Derbur Atler Heart of Courage Award: Rick Higgins

Lawrence A. Atler Partners in Healing Award: Bill Ranshaw

With special thanks to: Betty Heid, Toni Glymin, Eric Neeper, Rebecca Robins, Tad Wheeler and Lisa Downing

WINGS expresses heartfelt gratitude to Marilyn Van Derbur Atler, Larry Atler and the producers of this film for the great honor of being included in this important project. Through Marilyn’s and Larry’s examples, so many survivors and loved ones have learned how to support the healing and resilience of adult survivors of childhood sexual abuse. WINGS is honored to invite you to follow in Marilyn’s and Larry’s footsteps and stand with CSA survivors – now and always.



“I heard Marilyn speak at Calvary United Methodist Church in Colorado Springs in 1993 and standing with other survivors that night began my healing.”

JOYCE AUBREY, FOUNDER, FINDING OUR VOICES

Contact us to learn how you can stand with CSA Survivors.

16 *Our Community*

Speak Out!

Art Garage Denver

Race for Healing

Eating Recovery Center
Pathlight Mood & Anxiety Center
DOVE
Blue Bench
Art Garage Denver
Somatic Synergies
The Neal Center Counseling
& Yoga Therapy

Miss America By Day Film Screenings

CCASA
Denver Center for the Performing Arts
Illuminate Colorado
Haseya Advocate Program
Finding Our Voices
Safe Passage
Pueblo Rape Crisis Services
Empowered Voice Travelling Art Exhibit
Western Slope Center for Children
SAVA
SNAP
Life Stories Child & Family Advocacy
A.S.A.P.
and all Survivors who participated

WINGS Facilitators

Mo Bankey
Twalia Bell-Smith
Kelly Beninga
Jennifer Bierman
Karlin Bruegel
Casey Capron
Shirley Dollesin
Bonnie Farnell
Amanda Fletcher
Megan Foutch
David Franklin
Erin Griebing
Carol Gugat
Elizabeth Hauptman
Julie Holburn
Andi Houdek
Stephanie Jaramillo
Amanda Johnson
Jamee Leichtle
Dawn Marchbanks
Christopher Moncadaleiden
Rachel Mondragon

Faith Ojebuoboh
Elizabeth Patterson
Jenny Pelo
Debbie Sawatzky
Susan Sayler
Anthony Scardigno
Adrienne Schmidt
Jake Schott
Madeline Stein
Masako Suzuki
Rachel Williams
Stephanie Winkler

Staff

Jennifer Stith, Executive Director
Lori Frasco, LSW, Director of Programs
& Survivor Services
Ruth Anne Cutright, Finance & Grants Manager
Melissa Haenchen, Manager of Outreach
& Community Engagement
Laysa Shreves, Volunteer & Thrive Program Manager
Brittain Lutze, Intake Support Specialist

Board Members

Trenton Feist, Board Chair
Marti Kovener, Vice Chair
Lisa Levin Appel, Secretary
Monica Reger, Treasurer
Jennifer Dougherty
Wendy Ward Hoffer
Ana Soler

Advisory Council

George Sparks, Chair
Joshua Blum, MD
Chrisina Bethell, PhD, MBA, MPH
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Former Attorney General Cynthia Coffman
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Arthur Espinoza
Barry Gatz
Stuart Kassan, MD
Meg Lemon, MD
Jim Mack
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Anne Seymour
Ann Speer

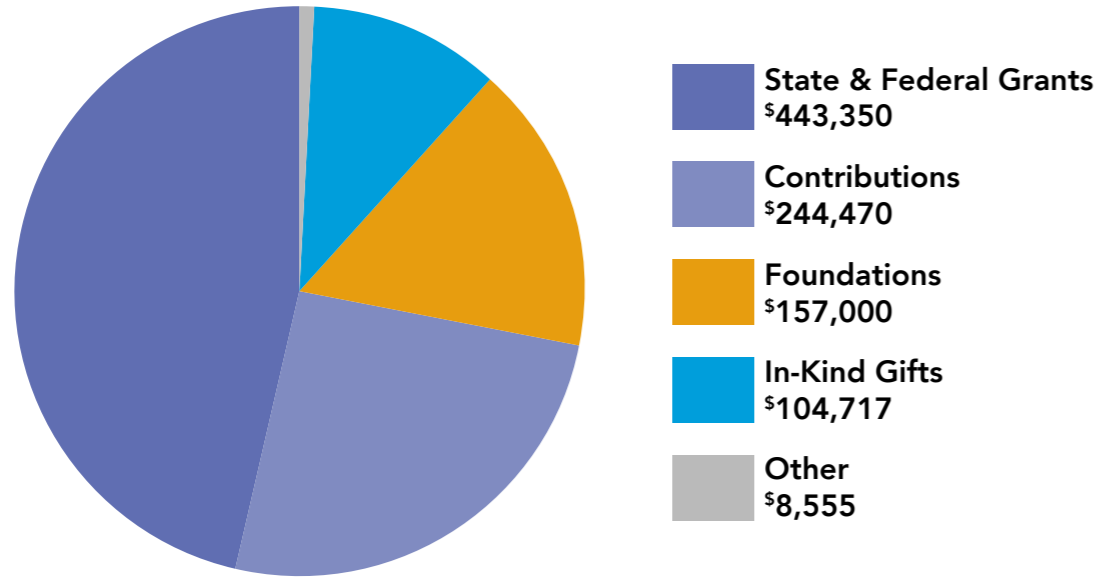


State Task Force Members

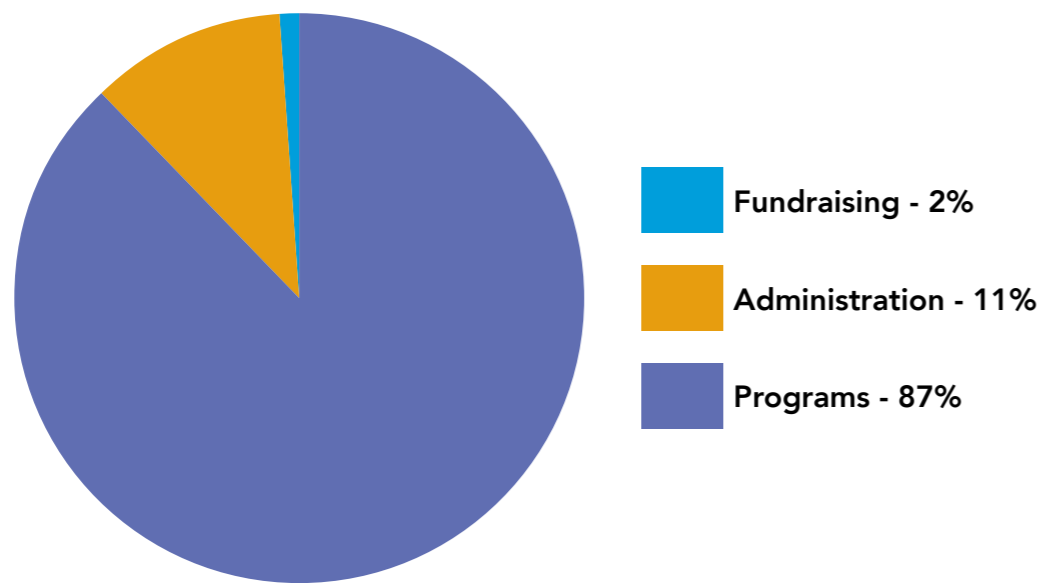
Lisa Levin Appel, WINGS Board Member
Joyce Aubrey, Finding Our Voices
Anne Auld, Illuminate Colorado
Rosenna Bakari, Talking Trees
James E. "Jeb" Barrett, Denver SNAP
Paula Bragg, S.A.R.A., Inc.
Lindsey Breslin, Moving to End Sexual Assault (MESA)
Karmen Carter, The Blue Bench
Joe Cassa, Retired Commander, Wheat Ridge Police Department
Kimberly Dickman, Sexual Assault Prevention and Response, US Air Force Academy
Vista Exline, Victim Outreach, Inc. (VOI)
Sterling Harris, Colorado Organization for Victim Assistance (COVA)
Emily Hassler, Substance Abuse Counselor and AA Sponsor
Linda Johnston, Colorado District Attorney's Council
Lydia Lerma, Foundation to Assist Survivors and their Families
Jean McAllister, Lead Clinical Consultant WINGS
Agueda Morgan, Colorado Coalition Against Sexual Assault (CCASA)
Nicole Leon, Denver Sexual Assault Interagency Council
Ashley Riley Lopes, Division of Criminal Justice
Joe Sanchez, TESSA
Cathy Schnieder, Community Reach Center
Jenny Stith, WINGS
Emily Tofte-Nestaval, Rocky Mountain Victim Law Center
Brandy Walega, Violence Free Colorado
Emily White, Colorado Children's Alliance (CCA)

18 Financial Statement

2019 Revenue: \$958,092*



2019 Expenses: \$866,777*



*Independently Audited



Your generosity means the world to us and to all of the survivors and loved ones you are supporting to speak, heal and thrive every day. We are grateful to our dedicated Board of Directors, Advisory Council Members and generous supporters at all levels.

Government, Corporate & Foundations \$500+

- 1st JD Vale Board
- 2nd JD Vale Board
- 4th JD Vale Board
- 17th JD Vale Board
- 18th JD Vale Board
- 20th JD Vale Board
- The Anschutz Foundation
- The Atler Family Fund of JEWISHcolorado
- The Colorado Health Foundation
- The Colorado Trust
- Division of Criminal Justice: VOCA
- Domanica Foundation
- First Bank
- Gill Foundation
- Insperity
- Kenneth King Foundation
- Office of the Attorney General,
- Office of Community Engagement
- Wege Foundation

Individual Donors \$500+

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- Lisa Levin Appel
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- Lindsey & David Cerullo
- Jennifer Dougherty
- Pam & Barry Gatz
- Marti Kovener & Drew Watson
- Jim & Anne Mack
- Monica & Tyler Reger
- Stephen Reynolds
- Mark Sexton
- Melanie Talbot
- Lisa Williams

Gratitude

“The quality of being thankful; readiness to show appreciation for and to return kindness.”

WINGS 