



2024 Impact Report

Fostering Space to Heal, Centering Survivors

For the **1 in 5** adults who are survivors of childhood sexual abuse.

“Wings saved my life,
it’s how I found my therapist.”

“Wings has allowed me to go through my trauma and not around it by allowing me to discuss my CSA experiences openly.”

“I used to feel like I was the only person who had experienced CSA. I thought the maladaptive coping tools I used over the years were just a reflection of my personality. Wings changed everything for me. I went from feeling alone to feeling connected.”

You’re Fostering Space to Heal



To every survivor on their healing journey, every facilitator who held space, and every supporter who generously gave their time and resources to our mission in 2024 — *thank you.*

Your individual commitment fuels our collective impact. Thank you for centering the unique needs of adult survivors of childhood sexual abuse and for fostering space where healing is not only possible but celebrated.

We are deeply grateful to be in community with you!



Wings 2024 staff and board retreat.

2024 Board of Directors

- Marti Kovener | Chair
- Ashley Bassim | Treasurer
- Anne Auld | Secretary
- Donna L. Wilson, Ph.D. | Nominating Chair
- Matahji Ameen
- Lisa Levin Appel
- Trenton Feist
- Ruth Glenn
- Rick Higgins

To see a current list of staff, board, and advisory council members, visit: wingsfound.org/about

Management Team

- Jenny Stith | Executive Director
- Lori Frasco | Director of Programs & Survivor Services
- Posha Zubair | Associate Clinical Director, Survivor Services
- Jen Franklin | Associate Director of Finance & Operations
- Kelly Connor | Development Manager



 Wings



Wings staff at Northern Colorado Pride.

Our Mission

Wings is building systems of support for adult survivors, combining in-depth health expertise with the healing power of community.

We achieve our mission through ensuring everyone has access to the resources they need to speak about, heal from, and thrive beyond childhood sexual abuse (CSA) trauma.

Our Approach

We engage and encourage adult survivors, loved ones, providers, and community leaders to acknowledge the reality of CSA trauma and respond with care and compassion.

We address the unique needs of adults survivors of CSA through:

Outreach & Education

raises awareness among adult survivors, loved ones, community members, and service providers about the long-term impacts of CSA and opportunities for healing.

Services for Survivors

offers confidential phone consultations, referrals to qualified therapists and community resources, and donation-based, peer-centered support groups.

Clinical Training

enhances support group facilitators' skills in supporting adult survivors. All Wings facilitators participate in monthly supervision and at least four trainings annually.

Systems Change

advances CSA trauma as a community health issue and improves provider screening and referral practices.

Our Vision

Healthy lives, relationships and communities – for all.



Wings staff and board attend the Women's Foundation of CO Visions of Equity Annual Luncheon.

1 in 5 *people*
1 in 4 *women*
1 in 6 *men*



Why We Center Adult Survivors

In every community, 1 in 5 adults experienced sexual abuse during childhood, and many continue to face its lasting effects, including depression, anxiety, substance misuse, relationship violence, physical and mental health challenges, and even suicidality.

CSA is one of the 10 well-documented adverse childhood experiences (ACEs) and is associated with some of the most severe long-term health impacts. Despite its profound consequences, it often remains one of the least addressed issues in adulthood. However, for those who have endured CSA, healing is possible.



Space To Heal

Trauma from CSA is an adult health issue that's too often dismissed and denied. We believe no adult survivor should ever struggle alone. That's why we center the needs of adult survivors and create space to heal in a world that has not made it easy to do so.



Wings' board & advisory council participate in strategic planning.



Outreach & Education

461

people reached through educational trainings and presentations, professional trainings, tabling, and events

23,058

unique website visitors from

151

countries

2024 IMPACT



Services for Survivors

532

Total Individuals Served

12

weekly support groups offered

+

3

specialty offerings (Equine-Assisted Experience, *Speak Out!* Group, and Monthly Writing Group)

482

support group sessions held for...

120

adult survivors of CSA

60

people received confidential phone needs assessments

which resulted in...

603

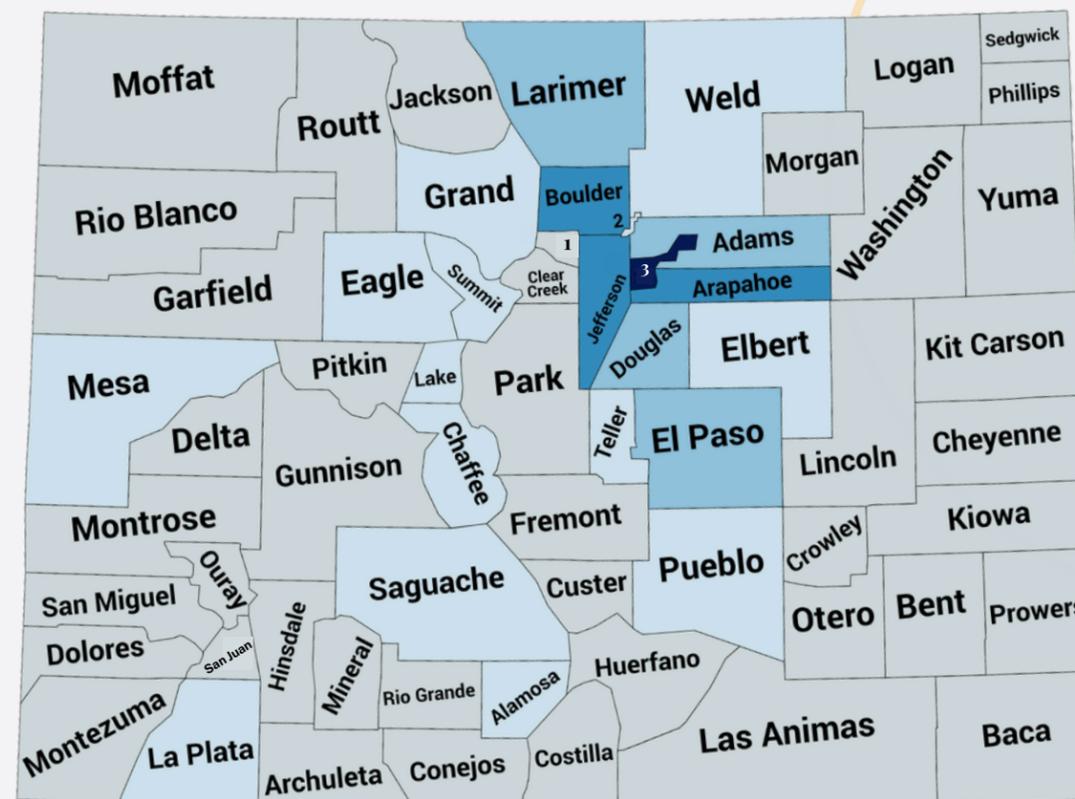
community and therapy referrals provided

Unmet Need

In any given year, Wings is only able to support a small percentage of the nearly **1 million** adult survivors of CSA in Colorado — and the more than **53 million** adult survivors nationwide. To help us reach more survivors, visit wingsfound.org/waystogive.

Geographic Reach

Colorado



1 - Gilpin
2 - Broomfield
3 - Denver

Individuals Served



Wings also provided support to **166** individuals outside of Colorado, **11** individuals internationally, and **36** individuals whose locations are unknown.

Speak Out!



Centering Adult Survivors' Stories

In October 2024, Wings hosted *Speak Out!*, a powerful storytelling event that celebrated the resilience of adult survivors of childhood sexual abuse (CSA). The event created space for truth, healing, and connection, for both survivors and the allies who witnessed their strength.

Among the **five** courageous participants was **Bryce Orblom**, a member of a Wings Men's group. For Bryce, joining *Speak Out!* was a bold and natural step in his healing.

"I just jump into things," he said. "I knew it would be valuable and help facilitate my growth, so I just put the application out there."

But as the event drew closer, the weight of sharing publicly began to settle in.



Speak Out! facilitators and participants.

Read More About Bryce's Healing Journey

wingsfound.org/bryces-story



Clinical Training

Training is designed to help facilitators strengthen their clinical skills and deepen their ability to support adult survivors — both in Wings groups and in their broader work. Wings is committed to growing the number of clinicians that provide trauma-informed care for adult survivors of CSA

Feedback from facilitators and support group members informed the trainings we offered in 2024:

- safety assessment
- dissociative disorders
- group facilitation skills
- addressing acts of exclusion
- integrating understanding of cultural, historical and racialized trauma

27

therapist-facilitators held space for survivors to heal in community

4

clinical trainings held



"I knew it was going to be hard, but I didn't think it would be quite as hard as it was," he admitted. "There were definitely times I was contemplating if it was the right choice, but I got into it with the knowledge it would help. **That's how I've come to understand my healing and growth. If it's not uncomfortable, it's probably not growth.**"

Later, he reflected on what the experience truly meant:

"*Speak Out!* to me meant that I was doing something courageous for my growth. **I stood up for myself and shouted to the world that I matter. It was an incredibly validating feeling.** It also meant sharing my story for someone else who may be able to connect, and if that gives someone else even an extra ounce of awareness, encouragement, or support, then I know I was doing the right thing."

"One of the themes we were able to integrate across the trainings was **reframing**. We emphasized the importance of contextualizing current behaviors or "symptoms" as adaptive strategies adopted during childhood. By reframing things in this way, **facilitators encourage members to see present "issues" as normal** and even heroic attempts to make sense of and survive in a dangerous environment."

— Posha Zubair, LCSW | Associate Director of Survivor Services

Systems Change

One of the most meaningful parts of the day was having his eldest daughter in the audience—witnessing not just a story, but a transformation.

"**I've told so many more people**, like I told my best friend on a hike sometime after *Speak Out!*. I sent him the video of my speech, and **it really connected us more**. He said, 'Oh my God, I can't believe that you went through this, and this is how hard it was for you. Even after being friends for 25 years, it's just so incredible to get to know you on this deeper level now.'"

Bryce continued, "It's definitely shown up and changed some of the dynamics of my relationships in a good way, where **I'm able to be more open with who I am. People understand me a little better now.**"

By sharing his truth, Bryce found more than personal healing. He found connection, understanding, and a deeper sense of self.

In 2024, Wings soft launched our **Champions of Healing** online learning series and our ASCSA C.A.R.E. Collaborative pilot at PorchLight Family Justice Center in Lakewood, CO. Our State Task Force also met quarterly to maintain a focus on the needs of adult survivors of CSA as a state priority.

Our **Champions of Healing** series allows survivors and allies to understand the issue of CSA, its impact on adults, and the healing journey in a self-paced format. We look forward to making it broadly accessible in 2025!

