

Wings



2024 Annual Report

Fostering Space to Heal, Centering Survivors

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



Letter from the Executive Director & Board Chair

Greetings Friends,

We extend our deepest gratitude to you and all our partners for being a vibrant part of our community and for helping create *Space to Heal* for adult survivors of childhood sexual abuse (CSA) and their loved ones. Your generosity and commitment fuel every part of our mission.

As we share our **2024 Annual Report** with you, we remain grounded in a simple truth: centering adult survivors of CSA is at the heart of everything we do. Wings exists because adult survivors deserve systems of support that honor their stories, respect their lived experiences, and recognize healing as a lifelong journey that should never be carried alone.

Throughout the year, we continued strengthening and expanding our survivor-centered approach—combining in-depth health expertise with the healing power of community, advancing culturally responsive practices, and working to transform systems and culture so that survivors are met with dignity, compassion, and understanding. We also deepened our commitment to ensuring that Wings' programs and services reflect the diverse historical, cultural, and identity-based trauma needs of those we serve.

The stories survivors shared with us this year touched our hearts and strengthened our resolve. Their courage shows us what healing can look like when community stands beside survivors and why our shared commitment to supporting adult survivors remains so vital.

In a culture that has not made it easy for adult survivors to understand their history of abuse, speak their truth, or access the support necessary to restore health and wholeness, Wings stands firmly in keeping survivors at the center of all we do.

On behalf of the Wings Staff, Board of Directors, Advisory Council, and—most importantly—the adult survivors, loved ones, and providers we serve, we offer our deepest gratitude for your partnership on this journey. As a poster in our former Bear Creek group room once shared, *“The journey of a thousand miles begins with a single step.”* Thank you for walking alongside us and helping carry forward the collective healing our world needs and deserves.

We could not do this work without you.

With gratitude and good wishes,



Jennifer Stith, MAT, MA
Executive Director



Ashley Bassim
Board Chair

Who We Are

Mission

Wings builds systems of support for adult survivors of childhood sexual abuse (CSA), combining in-depth health expertise with the healing power of community.

Vision

Healthy lives, relationships, and communities — for all.

2024 Board of Directors

Ashley Bassim, *Chair*

Marti Kovener, *Immediate Past Chair and Vice Chair*

Anne Auld, *Secretary*

Rick Higgins, *Treasurer*

Donna L. Wilson, *Nominating Chair*

Lisa Levin Appel

Matahji Ameen

Trent Feist

Ruth M. Glenn



Highlights of 2024

We are honored to highlight several milestones that shaped Wings' work in 2024. Across programs, partnerships, and community engagement, our efforts continued to center adult survivors and expand pathways to healing.

Organizational Highlights



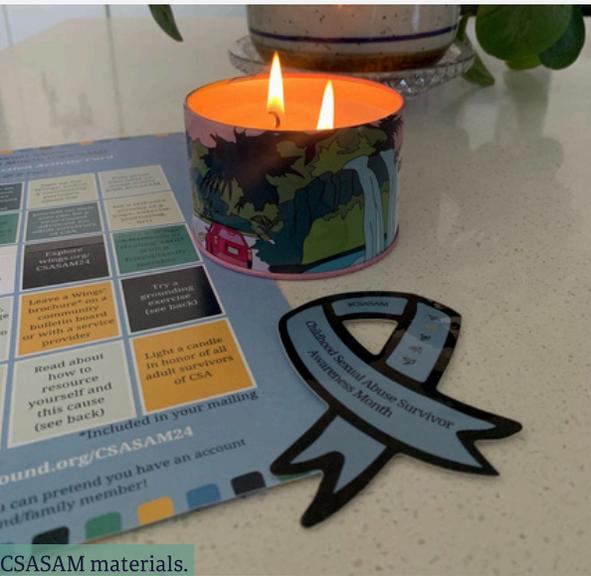
Childhood Sexual Abuse Survivor Awareness Month (CSA-SAM)

Each September, Wings honors Childhood Sexual Abuse Survivor Awareness Month — a dedicated time to elevate survivor voices, deepen public understanding, and strengthen community support.

In 2024, our statewide awareness efforts expanded beyond Colorado, sparking conversations across communities and emphasizing that survivors are not alone. We opened the month with a virtual gathering on September 3, bringing survivors, allies, providers, and partners together for reflection and action.

Throughout the month, our CSA-SAM landing page served as a central hub, offering educational resources, survivor-authored works, and opportunities to engage. We closed the month with Adult Survivors Share, featuring Wings alumna Chrysta Bairre, whose heartfelt story offered hope and connection to survivors across the country.

Together, these efforts strengthened recognition of CSA as a widespread but often-hidden issue — and affirmed the importance of compassion, community, and understanding in the healing process.



CSASAM materials.



Wings staff stuffing the CSASAM mailing.



Chrysta Bairre during Adult Survivor's Share.



REACH Community Coordinator, Jocelyne Becerra Garcia.



2024 Speak Out! members & facilitators.



A crowd shot of participants of Speak Out!.



Speak Out! facilitator, Masako Suzuki.



Service dog Saint during Speak Out!.



Survivor Services Navigator, Maggie Fuentes.

Organizational Highlights



Speak Out! — Lifting Survivor Voices Through Storytelling

In October, Wings hosted Speak Out!, a powerful storytelling event honoring the courage and resilience of adult survivors of CSA. **Five Wings group members** publicly shared stories they developed over a ten-week workshop, reclaiming their voices and breaking through silence and stigma.

This culmination of writing, reflection, and peer support provided not only profound personal healing for participants but also strengthened community awareness and empathy. Offered free to the public, *Speak Out!* invited attendees to bear witness, learn, and stand alongside survivors in solidarity.



[Read Bryce's Story](#)



[Read Sam's Story](#)



Organizational Highlights



Expanding Capacity

To strengthen long-term sustainability and deepen support for survivors, Wings welcomed our first full-time **Development Manager, Kelly Connor**. This important milestone enhances our ability to cultivate donor relationships, diversify funding, and advance Wings' mission with stability and care.



Board and Staff Strategic Retreat

In October, Wings held a full-day board and staff retreat focused on alignment, relationship-building, and long-term visioning. Through facilitated reflection and collaborative planning, our team strengthened trust, clarified priorities, and affirmed our shared commitment to centering adult survivors in every aspect of our work.



Wings board & staff brainstorming.

Program Highlights



Throughout the year, Wings remained focused on the core tenants of our work:

Outreach & Education

Wings' Outreach & Education program increases awareness of the long-term impacts of CSA and equips survivors, loved ones, community members, and service providers with tools to respond with care.

In 2024, our REACH (Responsive–Equitable–Accessible–Culturally-inclusive–Healing) Community Coordinator:

Conducted 65 meetings and presentations.

Held 19 one-on-one relationship-building meetings with nonprofits and District Attorney's offices.

Delivered 16 presentations, including eight to government agencies connected to law enforcement and sexual-assault response teams.



Wings staff tabling.

Program Highlights



Virtual Reach



**Listserv
Subscribers**



**Unique Website
Visitors**



Countries



Education Impact

95% of presentation attendees reported increased knowledge and improved ability to support and refer adult survivors.

Participant Feedback

“Thank you so much for the information! I was able to refer someone I have been working with to Wings this week.”

**— Staff Member, Littleton/
Englewood PD**

“Thank you for presenting to our team! It was helpful to learn more about the services you provide and how we can refer clients.”

— Staff Member, The Initiative

Tabling & Community Engagement Included:

Regis University • PorchLight Family Justice Center • Longmont Pride • Loveland Pride • COVA • Colorado Gives Foundatio • Colorado Mills Mall • West Metro Chamber

Services for Survivors



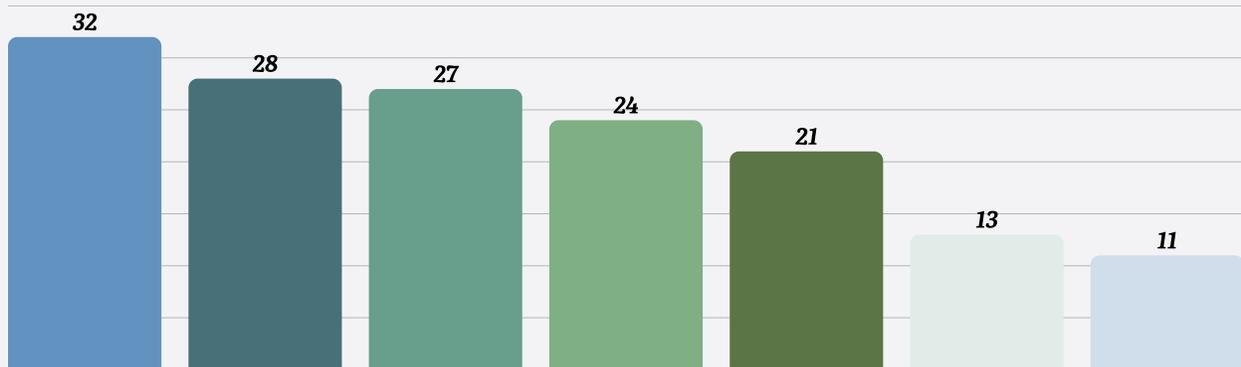
Wings' Services for Survivors program addresses the emotional, mental, and relational needs of adult survivors through confidential phone consultations, therapist referrals, and therapist-facilitated support groups.

Who We Served



We Asked Support Group Members Why They Stay at Wings

- The Group is Helping Me With My Healing Journey
- I Feel Less Alone
- I Am Learning New Things About The Effects of Trauma On My Life
- The Community is Important to Me
- The Group is Helping Me With My Feelings of Self-Blame/Guilt
- I Feel Less Sad/Depressed
- I Feel More Able to Manage My Stress



Services for Survivors



Our Commitment to Accountability

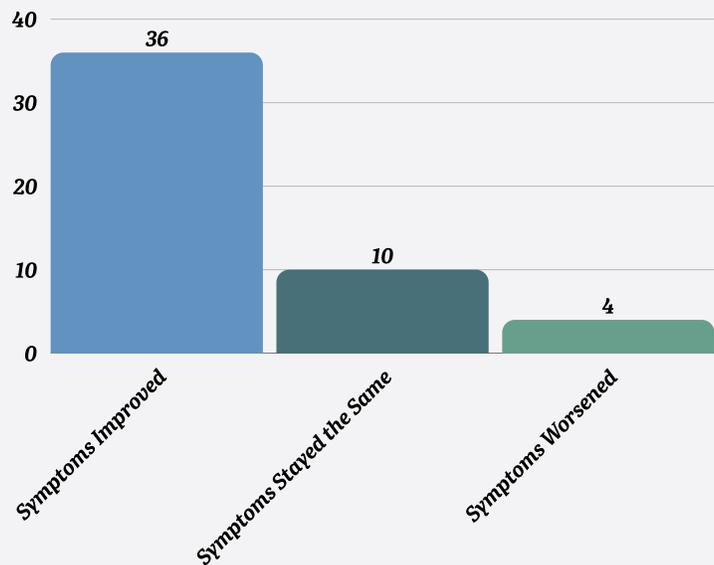
Since 2019, Wings has partnered with Defi Consulting and other evaluation partners, including Caring for Denver, to strengthen our long-term program evaluation efforts. This work helps us more accurately track meaningful progress in the lives of adult survivors and ensures our services remain responsive and evidence-informed.

Many adult survivors of childhood sexual abuse experience ongoing mental health challenges shaped by trauma. To better understand how healing unfolds over time, Wings annually surveys both current and past support group members to assess whether trauma-related symptoms are improving, worsening, or remaining the same. We also track specific symptoms to understand where meaningful shifts are occurring.

These include feelings of isolation or hopelessness, depression, anxiety, overwhelm, sleep disturbances, difficulty concentrating, relationship challenges, impulsive behaviors, substance misuse, and disordered eating.

By monitoring these experiences with care and intention, we deepen our understanding of survivors' healing journeys and strengthen our ability to offer survivor-centered, trauma-informed support.

We Asked Our Support Group Members If Their Symptoms Improved, Stayed the Same, or Worsened:



In 2024, Wings Support Group Members...



said their support group was extremely or very valuable to their healing journey



felt less alone



had greater understanding of how CSA trauma connects to challenges in adulthood



saw improved mental health symptoms

Services for Survivors

The Impact of Our Services:

“Knowing that we are not alone in our journey is more powerful than we could have possibly imagined.”



“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 was just a reflection of my personality. Wings changed everything for me. I went from feeling alone to feeling connected. Just knowing that I was not alone meant the world to me.”

“The more I open my heart and mind with curiosity, the more I realize my CSA trauma isn't an nuclear waste spill, my wounds are worthy of cleaning. Not for any other reason than I am worthy.”



What Has Been Most Helpful About Your Support Group Experience?

“Having multiple voices and view points. Discussing these topics and getting a different perspective, or encouragement about current struggles, helps me to break down compartmentalization and process things at a deeper level. Also, having a facilitator who can clarify something in a clinical sense on a topic, or offer more explanation of examples than what is in the book, and that provides more content for the group discussion.”



“I have a better understanding of who I am and who I want to be. I now know that I am not alone and through the difficult healing process, I have found more feelings that I haven't had. I have also been better at advocating for my needs and finding and keeping better friendships and relationships.”

“While I have sought many therapeutic interventions, Wings addressed one element I could never find in treatment: community. Dealing with CSA can be a lonely process. Wings has allowed me to find common ground with other survivors where we can seek and provide truly empathetic support for each other. It has made all the difference to my recovery.”

Services for Survivors



Speak Out! Writing & Narrative Workshop

Through a ten-week workshop, participants engaged in guided writing exercises, reflection, and peer support to craft their own narratives. Reaching the point of sharing one's story publicly represents a profound healing milestone — and contributes to broader systemic change by increasing public understanding of CSA.

What Participants Had to Say:



“Speak Out! was hugely impactful and deeply healing for me. I’m still in regular contact with my group members; sharing this experience really forged a bond. The preparation in that guided group setting helped me integrate parts of my experience in new and healing ways.”

— B

“The journey of Speak Out! has been transformational and has had a profound, lasting impact on me. Being in a space where the Wings motto - healing happens in community - was exemplified, and having the humbling, healing opportunity to speak alongside some of the most incredible people I have ever had the privilege to know, was a gift. To give voice to the impacts of childhood sexual abuse and be witnessed in that truth is an experience I will forever cherish. I am deeply grateful for the safety, support, and community that surround me because of Wings. Their work is invaluable to CSA survivors in Colorado, and absolutely vital at a time when survivors need to know more than ever that they are not alone, Wings continues to be a beacon of hope and healing.”

— Adrianna

“Healing happens in community, and that's precisely what we got to do by telling our stories to a supportive audience in a safe space. Preparing for our presentations in a support group was absolutely crucial to building the confidence to share and developing strong connections and friendships with one another. I wish I could do it all again!”

— Sam

Services for Survivors

Launch of Equine-Assisted Therapy Workshops

In October, Wings piloted equine-assisted therapy, beginning with a staff experience to ground our team in this powerful modality. The overwhelmingly positive feedback affirmed the value of body-based, nature-connected healing pathways.

Beginning in 2025, equine-assisted therapy will be offered intermittently for support group members — extending our continuum of care and providing survivors with a grounding, therapeutic space rooted in trust and connection.



Wings staff piloting the Equine-Assisted Therapy Workshop.

Clinical Training

All Wings support groups are co-facilitated by master-level therapists who receive ongoing training to meet adult survivors' unique needs. In 2024, trainings included:

- Safety assessment
- Understanding and supporting dissociative disorders
- Group facilitation skills
- Addressing acts of exclusion
- Integrating historical, cultural, and racialized trauma frameworks

These trainings ensure trauma-informed, culturally responsive practice across all Wings programs.

Systems Change



Wings' systems change work advances CSA trauma as a public health issue and strengthens pathways for screening, referral, and survivor-centered support.

Champions of Healing™ Online Learning Series

In November, Wings piloted the Champions of Healing™ self-paced learning series with survivors, loved ones, and professionals. The series provides foundational knowledge about CSA, its long-term impacts, and pathways to healing. Feedback will help finalize the full public release in 2025.



Executive Director, Jenny Stith with board member Rick Higgins filming *Champions of Healing™*.

ASCSA C.A.R.E. Collaborative Pilot

Hosted at PorchLight Family Justice Center, this pilot integrates adult-survivor-focused screening and referral practices into existing cross-agency partnerships. This “no wrong door” approach ensures adult survivors—often overlooked in traditional victims service frameworks—receive compassionate support, information, and healing pathways.

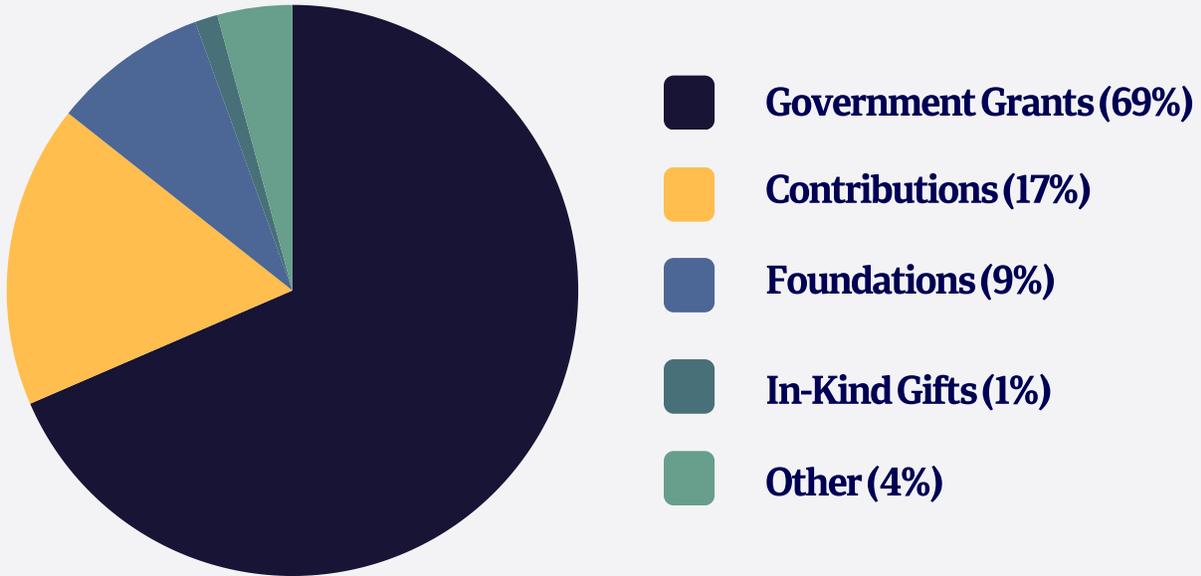
State Task Force

Wings' State Task Force met quarterly in 2024, ensuring CSA remains a visible, actionable statewide priority. This cross-sector group guides education initiatives, best practices, and efforts to expand access to healing for adult survivors across Colorado.

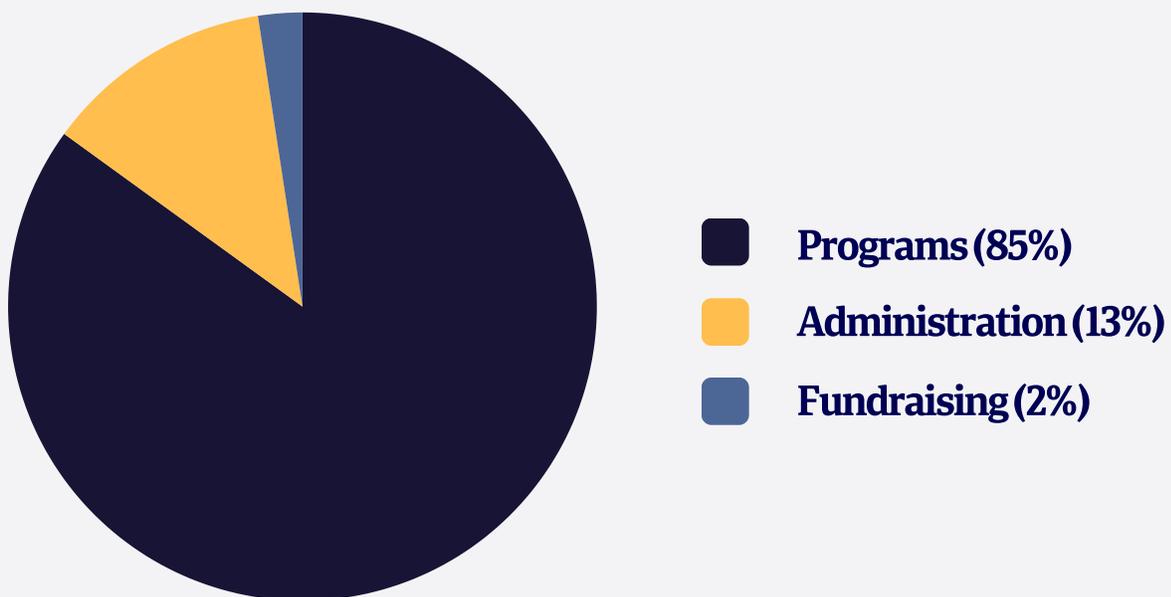
Financials

Wings is committed to demonstrating transparency in how we manage the generous support of our donors, funders, and partners in how we achieve community impact.

Revenue: \$1,475,572



Expenses: \$1,400,005



Our Donors & Supporters

Thank You

Wings is deeply grateful to the foundations, government partners, corporations, and individuals who supported our work in 2024. Your generosity and commitment make it possible for us to strengthen systems of support for adult survivors. We are honored to have you alongside us and thank you for being such a valued partner in this important work!

Individuals \$500+

Lisa Levin Appel

Ash Bassim

Kathleen Beckman & Theodore Postol

Ellen & John Bywaters

Nicholas Calvelli & Dr. Cara Garretson

Lindsey & David Cerullo

Michelle & David Dal Pos

Ricki & Trent Feist

Stephen Fermelia

Marcy Ann Kaufman

Marti Kovener

Anne & Jim Mack

Jean McAllister

Robert Nagler

Cindy & Rob Piggott

Denice Reich

Tiffany Richards

Kristen Strickland

Nicole Garneau & Stewart Swan

Marilyn Van Derbur & Larry Adler

Dr. Marilyn Wiley & Dr. Terry Skantz

Lisa Williams

Dr. Anne Marie Woodward

Corporations, Foundations, & Community Organizations \$500+

The Anschutz Foundation

Caring for Denver Foundation

Colorado Gives Foundation

The Colorado Trust

ICF Consulting Services

Insperity

Government \$500+

1st Judicial District Victim / Witness Assistance and Law Enforcement (VALE) Board

2nd Judicial District Victim / Witness Assistance and Law Enforcement (VALE) Board

17th Judicial District Victim / Witness Assistance and Law Enforcement (VALE) Board

18th Judicial District Victim / Witness Assistance and Law Enforcement (VALE) Board

Colorado Department of Human Services: Domestic Violence Program (DVP)

Sexual Violence Services

Colorado Department of Human Services: Domestic Violence Program (DVP)

Mini Capacity Building

Division of Criminal Justice: Victims of Crime Act (VOCA) Program

Our Team

Staff

Jenny Stith, MAT, MA
Lori Frasco, LSW
Posha Zubair, LCSW
Sarah Eisenbud, LPC
Jen Franklin
Kelly Connor, MSW
Maggie Fuentes
Jocelyne Becerra Garcia
Becky Harrison, MA
Joslyn Lopez
Alex Swales, LCSW
Macie Dominique, MA, Ed.S., LPC



Advisory Council

Lisa Levin Appel
Noah Atencio
Christiana Bethell, PhD, MBA, MPH
Joshua Blum, MD
Ray Blum, MD
Ellen Bywaters
Former Attorney General Cynthia Coffman
Toya Ellis, MD
Arthur Espinoza

Barry Gatz
Simone Groene-Nieto
Stuart Kassan, MD
Meg Lemon, MD
Ben Needham-Wood
Julie Smith
George Sparks
Danielle Urban

Support Group Facilitators

Jacquie Aamodt
Amy Au, LPCC
Alyssa Beckerman, LCSW
Stefan Bigboy, LPC
Micah Birdshire, LPC
Kaley Blair, MFTC
Karlin Bruegel, PhD
Shirley Dollesin, LPC
Macie Dominique, MA, Ed.S., LPC
Randy Gallamore, LPCC

Abigail Hansen, LCSW
Vincent Iannuzzi, LPC
Amanda Loughlin, LPC
Lea Powell, LMFT
Deborah Sawatzky, LPC
Masako Suzuki, LPC, RPT
Alex Swales, LCSW
Danielle Waagmeester, LPC
Stephanie Winkler, LPC
Patrick Winter, LPCC

Annabelle Denmark, LPC
Carly Elmgren, LPC
Jenny Pelo, LPC



Our Team

State Task Force

Lisa Levin Appel, *Wings Board Member*

Joyce Aubrey, *Finding Our Voices*

Anne Auld, *Illuminate Colorado*

James E. 'Jeb' Barrett, *SNAP (Survivors Network of Those Abused by Priests)*

Paula Bragg, *S.A.R.A. House*

Joe Cassa, *Wheat Ridge Police Department*

Candace Cooledge, *PorchLight Family Justice Center*

Vista Exline, *Victim Outreach Information*

Lori Frasco, *LSW, Wings*

Emily Hassler, BA, M.Div., C.A.S., *Substance Abuse Counselor, Former Pastor*

Ashley Jellison, *Colorado Children's Alliance*

Linda Johnston, *Ending Violence Against Women Project, Colorado District Attorney's Council*

Nicole Lopez, *Porchlight Family Justice Center*

Emily Tofte Nestaval, *Rocky Mountain Victim Law Center*

Jean McAllister, MSW, *Lead Consultant, CSAS Systems Improvement*

Agueda Morgan, *Colorado Coalition Against Sexual Assault*

Adrienne Sines, *Community Reach*

Jennifer Stith, MAT, MA, *Wings*

Wisdom Keepers

Apryl A. Alexander, Psy.D., ATSA-F, *Associate Professor, Health Management & Policy Director, UNC Charlotte Violence Prevention Center*

Lily Boyce, *(Hunkpapa Lakota/Standing Rock Sioux), COVID Native Response Team Member, The Denver Indian Center*

Rick Waters, *(Kiowa/Cherokee), Co-Executive Director, Denver Indian Center*

Kristiana Huitrón, *Executive Director, Voces Unidas for Justice*

Nhu-Minh Le, *Program Officer, The Colorado Health Foundation*

Enid Nieves, *Director of Hotline Services, The Center for Trauma & Resilience*

Cathy Phelps, *Executive Director, The Center for Trauma & Resilience*

Taña V. Quintana-Price, MA, LPC



In Gratitude,

Thank you for your continued support and dedication to creating “*Space to Heal*” for adult survivors of childhood sexual abuse. Your partnership strengthens our mission and brings us closer to a future where every survivor receives the compassion, resources, and healing they deserve.



wingsfound.org
2000 S. Colorado Blvd.
Tower One, Suite 2000 - 1008
Denver, CO 80222

