CELEBRATING

40 YEARS
OF NEW BEGINNINGS

Your 2016 Impact Report
Dear treasured friends,

In July of 1976 a news release was distributed through the Seattle Women’s Political Caucus and National Organization of Women newsletters that read in part:

How much help can women get from their sisters? As you read this, somewhere in the Seattle area a woman is being beaten by her husband. In most cases, there are terrified children who, with their mothers, are in the most dire distress. And they have no place of escape. The numbers of such unfortunate women and children are staggering. After several meetings called by the Coalition on Women and Religion, a new group is being formed to deal with this issue.

This bold call to action is how, 40 years ago, New Beginnings was born.

In 1976 domestic violence survivors were called battered women, and there was little public understanding of the complex dynamics of control and coercion which fuel the many psychological, financial and physical manifestations of abuse. Domestic violence was viewed as an anger problem or an alcohol problem or a problem provoked by women. There was plenty of blame and shame to go around, most of it directed at survivors. With your extraordinary support, New Beginnings came roaring into this environment as the first organization in Seattle with the sole purpose of ending domestic violence.

Fast forward to present day. Survivors of all genders can access services which address the many ways abuse is experienced. Keener understanding of trauma’s impact infuses support offered to survivors and their children. Health, human service, and law enforcement professionals take domestic violence seriously, recognizing that abuse is a direct threat to community safety and public health. Increasingly, schools view prevention education as a path toward ending the cycle of violence. And women have opportunities to assert their positive power, using their talents and voices in ways earlier generations could have only imagined. Through your passionate dedication to New Beginnings, YOU have been at the forefront of leading these dramatic shifts in consciousness and action.

On behalf of our entire New Beginnings family, we give our deepest thanks for your staunch and stellar support.

With gratitude and resolve,

Dianne Larsen
Board President
Susan Segall
Executive Director

First US domestic violence helpline starts in Minnesota.
National Organization of Women establishes a National Task force on Battered Women.
For years, she had tolerated abuse from her husband, Doug. On the outside, Ann's life seemed ideal: they owned a beautiful home, raised a lovely daughter Laura, and traveled frequently.

Yet Ann was anything but happy. Doug would constantly criticize and berate her for talking to any other men, and he had even started tracking her phone calls and shopping receipts.

Laura left for college two years ago, and Doug became increasingly violent, even slapping Ann for the first time ever and later sexually assaulting her. She began to fear for her life.

One night, Ann was talking to her daughter on the phone, a conversation Ann still remembers:

“Laura and I were just talking about her school and suddenly she stopped and just asked me, ‘Mom, are you okay? You know you deserve better.’”

Ann never thought she would find herself living in a shelter at age 53.

Ann shared, “I realized that Laura must have known the whole time what was happening, and I was heartbroken, for her and for myself.”

Ann called New Beginnings and moved into our Emergency Shelter. She worked with our legal advocate and eventually was able to file for a divorce, securing half of what she and her ex-husband had built for over 20 years together.

“I felt positively giddy when I moved into my own place! I even got the courage to go back to school and become a dental hygienist, a dream I’ve always had.”

Domestic violence affects all ages: 15% of the adult survivors you help at New Beginnings are over the age of 50.
You remove financial barriers to independence

Zahra loved her job teaching high school math, but unfortunately she was let go after missing too many days of work.

Her co-workers had no idea that Zahra was forced to stay home by her husband, Ezera, when he would take away her car keys and leave noticeable bruises on her body. Luckily, she reached out to New Beginnings and began meeting with our mobile advocate at a library each week.

“After I lost my job, Ezera would only let me go to a few places by myself, including the grocery store and library. Those meetings saved me. The more I learned about domestic violence and my options for leaving, the stronger I felt.”

Zahra was finally ready to leave but soon learned that Ezera had ruined her credit. But thanks to your support, New Beginnings helped Zahra move into an apartment by paying the large deposit required, as well as her first month’s rent. Her advocate also helped her with practice interviews, and she soon found a position doing clerical work for a real estate office.

She shared, “I know I want to return to teaching again soon. I just need a little more time to heal, to be able to be my strongest self before I get back in a classroom.”

Your gifts offered survivors a variety of financial support in 2016:

*Other includes parenting classes, child care, ID fees, credit or background checks, etc.

63% of the financial support we offer survivors is housing related.
You help survivors navigate the legal system

When Romina first called the New Beginnings Helpline, she was scared. An undocumented immigrant, she worried that she would be deported and that her two children, both U.S. citizens, would be left behind with their abusive father. Our legal advocate quickly assured her that we could be there to help her through what felt like an overwhelming mess of legal issues.

Working with our advocates, Romina was able to obtain a Domestic Violence Protection Order for a year, as well as to break her lease without penalty. Romina and her children soon moved into a transitional housing program.

Romina’s legal issues were complex: New Beginnings connected her with the Northwest Immigrant Rights Project for representation and helped her to create a self-petition under the Violence Against Women Act. Her petition was approved, giving her a work permit. New Beginnings was also able to pay for her medical exam for her green card, as well as to cover some of her overdue bills.

Romina is now waiting for her green card and continues to work with New Beginnings to finalize her divorce from her husband.

The legal system can be time-consuming and challenging to navigate. You make it possible for our legal advocates to connect survivors to the resources they need.

Legal Issues of Survivors*

- **70%** Family Law
- **41%** Protection Order
- **13%** Immigration
- **11%** Survivor Arrested
- **7%** Landlord/Tenant
- **3%** General Legal Help

*These numbers include survivors who met with our legal advocate. Many survivors faced multiple issues.

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New Beginnings forms our first community-based domestic violence support group.

Our Community Advocacy Program is started at New Beginnings to deliver non-residential services.
You ensure safe homes for all children

Jazmin was only 11 when she moved to Seattle with her family from Columbia, and she missed her friends and the only place she had ever called home.

In Columbia, she would run to her neighbor’s house whenever she felt scared of her father’s anger toward her mom. In Seattle, she had no place to turn.

A year after Jazmin came to Seattle, she moved into our Transitional Housing Program with her mom and younger sister. Jazmin struggled with the constant change, and she alternated between keeping to herself and yelling and screaming at other children. Our dedicated children’s advocate recognized how lost Jazmin felt and focused on helping Jazmin to heal from the years of abuse. She learned that Jazmin loved to draw and invited her to express her feelings through art. Over the next two years, Jazmin blossomed, even volunteering to lead art projects for the younger children.

Jazmin’s mom was able to find a permanent apartment with the help of New Beginnings’ advocates. As they were moving out, Jazmin taped one of her drawings to the fridge—a picture of Jazmin and her mom and the word home. She shared, “I was so scared and sad when we first got here. I hope the next kid who moves into this place sees this picture and knows that everything is going to be okay.”

78% of survivors and their families moved into permanent housing from our Transitional Housing Program.

The US Surgeon General ranks abuse by husbands to be the leading cause of injuries to women ages 15-44.
The survivors you help

Survivors come from

82% were low income

46% were people of color

Age

28% 0-13
2% 14-17
13% 18-29
46% 30-49
9% 50-59
2% 60+

23% of survivors were immigrants or refugees, speaking many different languages.

Japanese
Thai
Amharic
Spanish
Arabic
Russian
Chinese
Khmer
Filipino
Italian
Vietnamese

1994

President Clinton signs the first Violence Against Women Act (VAWA) to bolster law enforcement, prosecution, and services to survivors of domestic and sexual violence.
You empower teenagers to empower themselves

13-year-old Taylor came to her first Owning Up class, our prevention education for middle school students, because her good friend Alyssa would be there.

She sat at the first meeting in her signature black outfit and pink hair hiding her eyes, speaking in a whisper and only to her friend.

When Alyssa stopped coming, our Prevention Education Coordinator was sure Taylor would also leave. But each week, Taylor was there. Slowly she started to speak in class, sharing comments that ignited debates and sparked deeper conversation.

Taylor finally shared that she had a serious boyfriend, and she was starting to see how she had lost much of her independence. She shared that he was jealous, didn’t like her friends, and wanted to control her time and make her feel guilty for spending time without him.

The rest of the class was quick to reaffirm Taylor’s understanding of her relationship, pointing out that her boyfriend should not be restricting her independence. For other girls in the class, Taylor’s personal experience helped illustrate just how real this issue can be.

By the end of Owning Up, Taylor shared with the group that she and her boyfriend were breaking up; because of the unequal way he treated her, she didn’t want to be with him anymore.

Only 33% of teenagers who experience an abusive relationship ever tell anyone about the abuse. Your dedicated support of our Teen Violence Prevention Education Program gives teenagers a safe place to share their stories and to get help.
Anisa volunteers to help others heal

When Anisa moved to Seattle after a recent divorce, she was eager to start volunteering for New Beginnings and quickly signed up for our volunteer training. Learning about domestic violence did more than help prepare Anisa to volunteer. She shared, “It wasn’t until I started training that I realized I had experienced domestic violence in my own relationship.”

“For the first year, I was going through my own healing and education, but I have become more confident over time.”

For the last five years, Anisa has been a support group co-facilitator for survivors. When asked what keeps her motivated, she said: “New Beginnings offers a platform that is like no other. I love getting to know each individual story and watching women motivate and educate themselves and take responsibility for their own lives. Each woman and her story are so uniquely different.”

Chloe, Volunteer

“I’ve volunteered at the shelter for two years, doing everything from answering Helpline calls to giving tours to new families. Every day is something new. I had read so many statistics about domestic violence, but the reality of it didn’t really sink in until I started volunteering.”

Catie, Volunteer

“My favorite volunteer work at the Shelter has been working with the children, especially helping kids with their homework. I also remember answering one Helpline call from a woman who was concerned about her niece; she was a survivor herself and just wanted someone to listen. I loved that I could be there for her.”

2007

The first group of students complete Owning Up—New Beginnings’ violence prevention education group for middle school students.
2016 Financials

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<th>Financials</th>
<th>2016</th>
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<tr>
<td>Beginning Net Assets</td>
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<td>Revenue</td>
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<tr>
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We value your investment

Your support is essential in fulfilling our mission to help survivors of domestic violence. This is why we carry out our work in the most efficient and effective manner possible. 79% of New Beginnings’ expenses go to program services. The effectiveness of these programs is amplified by core mission support, which includes administrative and fundraising expenses.

New Beginnings begins to offer mental health services.

Susan Segall becomes the current Executive Director.
Yvonne Benson has been an avid supporter of New Beginnings ever since she attended her first Empower Benefit Lunch in 2009 and quickly found herself joining the Lunch Committee.

“This cause matters to me. My mother was a victim of domestic violence. I think few people realize how far reaching domestic violence is.”

Yvonne has also been a member of the corporate sponsorship committee and continues to be an Empower Table Captain every year. She shared, “I have loved watching New Beginnings grow and be open to change over the years. I have met so many wonderful people.”

Yvonne, a full time attorney and mother of two, explained, “The effects of this organization are far reaching. New Beginnings gives people who are ready to leave everything they need from sheets on a bed to job training.”

New Beginnings is thankful to the many people and corporations whose gifts help us on our mission to end domestic violence.

All the incredible donors who gave between January 1, 2016 and December 31, 2016

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New Beginnings pilots mobile advocacy for greater flexibility when meeting with survivors.

Together with you, New Beginnings celebrates 40 years of working to end domestic violence.
“When I came upon New Beginnings, my first impression was “Yes, this is an organization I would like to support; they are helping women and children,” which is what I care most about as a trustee of the Peg & Rick Young Foundation. As time has passed though, and as I have been onsite, met with Susan and others, and read and heard the stories of these shattered families, what has touched me and motivated me to give as much as I can is the voice that New Beginnings provides for them and teaches them to use for themselves. Our family foundation is small, but I will find a way to continue my support because the call from these women is often a whisper in the dark. If New Beginnings can continue to be known as this wonderful source of strength, I believe those whispers will become cries of joy.”

– Debra Nordby, The Peg & Rick Young Foundation Portfolio Manager
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