THANKS TO YOU

Your 2017 Impact Report
Dear Cherished Supporters,

I have a confession. Over New Beginnings’ 42-year history, we said NO to survivors too often.

No, we are not able to meet you near your home to provide support. No, we cannot help you pay rent so you can avoid homelessness. No, we won’t be able to offer you a private space in our shelter. We didn’t want to say no, but change is hard, and it takes resources. Yet so many big ideas seem impossible at first. For instance, 25 years ago we could not have imagined self-driving cars, streaming movies, or the Cloud. And while New Beginnings may not be a giant tech company, we too were inspired by big ideas, and we dedicated ourselves to making them a reality.

In fact, 2017 was the year in which we—**with your tremendous support**—reimagined our programs to say a resounding **YES** to survivors.

What does saying YES look like to the women, men, and children we serve?

**YES,** we will gladly meet you at the doctor’s office, in a coffee shop, library or your home so that travel to New Beginnings’ office will never stop you from accessing support.

**YES,** we can absolutely pay for car repairs, a work uniform, or a license so that you don’t risk losing a job.

**YES,** we are honored to offer you a private, fully furnished apartment to call home so that your stress and trauma isn’t compounded by sharing space with others.

**YES,** we would love to connect you with our network of landlords, and help you choose an apartment and pay rent so that you can soar in your new life as quickly as possible.

**YES,** we will accompany you to court and important appointments—we don’t ever want you to feel that you are on this journey alone.

**YES,** we can help you pay rent and utility debt so that in the aftermath of abuse, you can regain your financial stability and stay in your home.

**YES,** we are thrilled to pay for art classes, dance lessons or sports camp so that your children—who have experienced such fear and pain—can find healing, friendship, and joy.

**Thanks to you, we can say YES, more than ever before.**

On behalf of the entire New Beginnings family, we give our deepest thanks for your faith in survivors, and in us.

With gratitude and delight,

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Shelley McIntyre
Board President

Susan Segall
Executive Director
You Give so much to Survivors and the Community

Building Connections
We mobilize our community to action. By changing the misunderstandings and behaviors that perpetuate a culture where abuse is overlooked, we can work together to end domestic violence. New Beginnings stays connected to our community through educational and prevention trainings.

You empowered 3,071 adults with the knowledge they need to take a stand against domestic violence and build lasting connections in our community.

Break the Cycle
We aim to break the cycle of violence—or intervene before it begins—by working directly with children in our programs and in the community. Our youth advocacy and parenting support help children to heal from the experience of witnessing abuse, while our teen prevention programs educate youth on healthy relationships.

You helped break the cycle for 837 youth who participated in our children’s services and/or educational programs.

By Their Side
A caring, non-judgmental, individualized approach is at the center of what we do. We encourage survivors to set and to work toward their own goals. Our services include one-on-one advocacy, support groups, legal advocacy and referrals, and mental health therapy.

You ensured that 463 survivors had access to these vital services, as well as compassion and kindness by their side every day.

Independence Fund
Small financial challenges should not stand in the way of a survivor’s freedom and safety. We remove barriers every day by giving survivors and their children direct financial assistance for things like rent, housing deposits, moving costs, transportation, utilities, medical help, legal fees, and more.

You gave a generous $184,868 to survivors and their independence!

Home Safe
We welcome survivors home by finding them new, affordable housing, by helping them keep their own home, or by welcoming them temporarily into their own apartment at New Beginnings. Our short-term residential housing offers survivors a safe, temporary place to stay while they work to find permanent housing. We also offer emergency hotel stays for safety and confidentiality.

You helped every single survivor leaving Home Safe to find permanent housing.

You and New Beginnings gave me my new life.
You Build Connections Through the Helpline

Tanisha called the New Beginnings’ Helpline every Monday night—for nearly a year—while her husband played basketball at a local gym. And every Monday night, you ensured that a caring, highly-trained person was there to answer her call.

Tanisha still vividly remembers the first time she dialed the Helpline: “My heart was racing, and I was so sure they were going to ask why on earth I was calling them. But they didn’t. They listened, and they kept listening even though it took me three months just to tell them my name.”

After living with her verbally and physically abusive husband for nearly four years, Tanisha knew she was ready to make a change. And by calling the Helpline, she could get the knowledge and resources she needed to take the next step.

“I learned more about domestic violence and the types of abuse, and I learned strategies for staying safer in my own house when he became violent, like avoiding kitchens or other places with potential weapons and sharp objects. I also started to plan for my eventual escape, packing an emergency bag and finding my important documents.”

When Tanisha was finally ready to leave, New Beginnings connected her with a transitional housing program in another city, and she moved in, ready to start her new, freer life. She just completed training to volunteer at a domestic violence Helpline: “So many people spent hours and hours on that phone helping me. It’s my turn to be there for the next survivor.”

You answered Helpline calls from 6,172 survivors and community members who needed caring, non-judgmental support and a way to move forward.
You Stand By Their Side

Peace of Mind
Laleh was scared when she moved into New Beginnings’ housing. She had left behind her friends and family, and she felt anxious and worried about her future. Most nights, she paced the apartment, exhausted. Her advocate encouraged her to meet with our mental health therapist, and Laleh agreed.

After a few months of meeting, Laleh had learned new coping strategies, and she began to feel more in control of her life. “My therapist taught me some meditation and breathing exercises, and for the first time in years, I can sleep through the night.”

Your support ensured that survivors received 866 hours of mental health therapy.

Justice for All
Talia took refuge with a close friend one evening after a fight with her abusive husband. Unfortunately, he found out where she was staying, and he began to harass her, pounding on their door, demanding she come home. He also constantly left threatening messages on her phone and warned her that he was going to get her fired from work.

Talia’s friend had heard of New Beginnings and suggested that Talia call us. Talia learned that a legal advocate could help her with a Domestic Violence Protection Order and start to file for divorce.

You helped 66% of survivors secure a much-needed Protection Order against their abuser.

Stronger Together
Amala had learned to stay quiet for fear of angering her abusive wife. She came to a New Beginnings support group, wanting to find a place where she was accepted and heard. For a few weeks, Amala didn’t say much, but she felt comfortable listening and being surrounded by other survivors.

One evening, she was sharing with the group, and another participant interrupted her. Amala paused, and then turned to the participant to say that she needed to be able to talk without interruption. For the first time in so many years, Amala felt empowered—and heard.

Thanks to you, this hour of support group was just one of the 2,059 hours of support group survivors attended.

Hand-in-Hand
Ben knew his relationship was abusive, but he felt stuck. His wife denied him access to a car and monitored their finances closely. Ben called New Beginnings, but he was worried that he wouldn’t be able to find transportation to meet with an advocate. He was relieved to learn that an advocate could travel to meet with him.

Ben and his advocate began meeting regularly at a coffee shop close to his house. “I know that most people don’t think that men can be abused, but our conversations validated my feelings. My advocate let me set my own goals, and when I decided to leave, she was there to help.”

You ensured that 463 survivors had the one-on-one support of an advocate.
You Make an Impact Through the Independence Fund

Regina met her husband shortly after she moved to Seattle when she attended a party with a new friend. “It felt like love at first sight,” she remembers. “Oscar and I stayed up all night talking, and by the morning, we were a couple.”

Within a week, Oscar had encouraged Regina to move in with him while Regina looked for work. Regina took a part-time job at an art gallery, but Oscar encouraged her to quit that job and pursue her desire to become an artist. They married nine months after meeting.

“...I have nothing...I want to leave, but I don’t even own my own suitcase to pack my clothes.

Seven years into their marriage, Regina didn’t even recognize her life. She had no control over anything, and no money of her own. “I had my art, and that was it. But I didn’t even have a penny to my name. I had to ask to spend any money, even for groceries. And when I talked about getting my own job, Oscar screamed at me for not appreciating all he had done for me.”

The verbal, emotional, and financial abuse was taking its toll, but Regina felt like there was no way out.

Regina decided to call New Beginnings. “I have nothing,” she remembers telling the person who answered the phone. “I want to leave, but I don’t even own my own suitcase to pack my clothes.”

Our advocates helped Regina to apply for an opening in a nearby housing program, and Regina worked with a legal advocate to file for divorce. New Beginnings’ Independence Fund and your generosity paid the legal fees needed to process her divorce, and Regina was awarded enough alimony from Oscar that she could move into a small house with one of her close friends. She was ecstatic to get a full-time job as a receptionist to be finally liberated from the financial abuse.

Regina’s financial situation was not unique to survivors. Thanks to the flexible funding made possible—by you—through our Independence Fund, we can help survivors to free themselves from financial abuse.

With your financial help, Regina was able to free herself from her abusive relationship. You gave Regina a chance at a new life.

Types of abuse faced by survivors

- 90% Emotional
- 82% Verbal
- 71% Psychological
- 72% Physical
- 59% Gaslighting
- 55% Financial
- 37% Parenting Abuse
- 35% Stalking
- 34% Sexual
- 26% Cyber-stalking
- 15% Legal

You Make an Impact Through the Independence Fund
When Brianna and her two children, Owen and Hunter, moved into Home Safe, they felt optimistic that life could be better. Brianna had endured years of physical, sexual, and verbal abuse, and the quiet, safe apartment gave her a place to breathe. Owen and Hunter finally had a place to play without the constant worry that their dad would come home and start beating their mom.

Ready to build a new life for themselves, they began working with our housing advocates to find a new, permanent place to call home. Thanks to the relationships our advocates have built with local landlords, Brianna soon learned that an apartment close to her work had an opening. When her advocate took her to tour the modern, safe place, Brianna wanted nothing more than to call that place home. Thanks to the dedication of our housing advocates—and financial assistance for a deposit and first month’s rent—Brianna, Owen, and Hunter moved into that home two weeks later.

With your support, we hired our first dedicated housing advocates, and this has made all of the difference in our ability to find safe, affordable housing for survivors and their children.
You are Breaking the Cycle

Anthony and his mom, Daniela, came to New Beginnings from Nevada. They left behind not only his dad, but also all of his support—aunts, uncles, cousins, his school, his friends, and all of the services Anthony used to assist his intellectual disability. The first priority was to get those services back in place for him.

With your support, our youth and family advocates helped to find him a long-term special education program, as well as transportation services that would provide a safe way for Anthony to get to school. Anthony was also quickly connected to counseling and other benefits for teens with disabilities, as well as to respite care so his mom could take work training classes. Navigating the Washington state disability benefits system is daunting and confusing, but our advocates made sure that Anthony was able to access these vital services.

As Daniela and Anthony’s story shows, advocacy is not just about direct domestic violence services but also involves helping survivors and their children walk through big changes in their lives that come with fleeing an abusive relationship and navigating new community, relationships, and support systems.

You are there for our Youth and Family advocates as they help survivors and their families to secure childcare, to navigate school enrollment and transportation, to access healthcare, and to figure out the complex system of social service—all while these families work to heal from the trauma of abuse.

You gave children 2,435 hours of the advocacy, support groups, and activities they need to heal from domestic violence.
Your Investment in Change

Every day, your gifts are working toward our mission of ending domestic violence. We strive to be good stewards of your gifts, using your support in the most resourceful and effective ways possible. 79% of our expenses go directly to program services. The remaining costs drive these programs, ensuring they will continue to thrive for survivors in need of these vital, life-saving services.

2017 Financials

- **Beginning Net Assets**: $1,190,776
- **Revenue**: $3,424,353
  - **Revenue from Sale of Property***: $1,488,602
- **Program Expenses**: $2,332,583
- **Administrative and Fundraising Expenses**: $637,502
- **Ending Net Assets**: $3,133,646

*The revenue from this sale has been invested in agency reserves and program enhancements.

Every Gift Helps. Every Gift Matters.

1,316 people, corporations, and foundations gave more than $1.5 Million in 2017!

Revenue by category*

- 46% Government
- 49% Philanthropy
- 2% United Way
- 3% Other

Expenses by category

- 79% Program
- 15% Fundraising
- 6% Administration

Behind this slice of generosity, behind all our success, is **you**.

*Excludes revenue from sale of property.
With Thanks, From All of Us at New Beginnings

These wonderful successes and touching stories are made entirely possible by you, our partners in ending domestic violence. We are so thankful to the many people, foundations, corporations, volunteers, and community partners whose support makes an incredible, life-saving difference to survivors.

New Beginnings has been the turning point in my journey to independence.

– Lisa, Survivor
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Dear Friend,

In a few short months, I will graduate and begin a therapy practice. I am filled with gratitude for you and your support of New Beginnings. I would never be where I am without your help.

After escaping an abusive marriage, I needed to put my life back together. I had wanted to go back to grad school for a long time, but as a single mom, how could I? My New Beginnings advocates encouraged me to try. On the day I received my acceptance letter, we celebrated together.

Your support meant that my advocates could help me every step of the way. They wrote me letters of recommendation for scholarships and helped me to find childcare and to secure financial assistance. They held my hand on days when I thought of giving up and rejoiced when I moved forward. It is with pride that I write they will be there when I walk across the stage and receive my diploma.

I have done it! I am putting my life back together. And now I take what has been given to me and pass it on to the women who enter my life as a therapist.

It is with deep gratitude that I say thank you. I could not have done it with without you.

Sarah

24-Hour Helpline: 206-522-9472
www.newbegin.org

Mission: New Beginnings empowers survivors and mobilizes community awareness and action to end domestic violence

Due to the sensitive nature of this material, all names and identifying details have been changed to protect the confidentiality of survivors; these blended stories represent the challenges and successes of many survivors who have used our programs. In addition, stock photography is used in most cases to further protect the ongoing safety of our current and past participants.