

# New Beginnings

## 2017–2019 Strategic Plan



**THE PROBLEM:** Survivors face many obstacles to accessing in-person, one-on-one support.

- An abuser may restrict, limit, or monitor a survivor's whereabouts.
- A survivor may not have access to a vehicle and public transportation is limited, inaccessible or impractical.
- Survivors often attend important meetings alone, like court dates, child custody hearings and school meetings.



**THE SOLUTION:** Mobile Advocacy

Survivors can now meet with specially-trained advocates at any convenient, safe location – including their homes, a doctor's office or a coffee shop. Advocates can now accompany survivors to important meetings to offer both emotional support and advocacy. With this increased flexibility, New Beginnings can bring 40 years of expertise and compassionate care into every neighborhood in Seattle.



**THE PROBLEM:** Domestic violence online tools and resources are limited and outdated.

- Before ever calling a helpline, many survivors and loved ones go online for help, guidance and answers.
- There are few online resources to learn about healthy relationships and the warning signs of abuse.
- Some survivors may never reach out to an agency, relying only on online self-help tools.



**THE SOLUTION:** [www.newbegin.org](http://www.newbegin.org)

Newbegin.org will be a robust online tool and a safe place to learn about domestic violence, warning signs of abuse and the fundamentals of healthy relationships. It will include self-help and interactive tools for survivors, families, employers and educators. Connecting with a trained advocate is only a click away.



**THE PROBLEM:** For many survivors, homelessness is the only alternative to staying with their abuser.

- Many survivors who have safe homes are unable to stay due to their financial situation.
- Those looking for a new place are often overwhelmed, unable to afford current prices, and have difficulty navigating the complicated housing system.
- Short-term, communal-living facilities, like New Beginnings' emergency shelter, lack privacy and personal/family space, making it difficult to start the healing process.



**THE SOLUTION:** Home Safe

With Home Safe, survivors will have more options and a dedicated team of housing experts to help them find or maintain a permanent, safe home as quickly as possible. New Beginnings will leverage our pre-existing apartments to offer private residences for extended stays, utilize a network of hotel partners for micro-stays, and help some survivors stay safely in their homes with discretionary funding. With a reallocation of resources and the closure of our emergency shelter, this survivor-centered and research-driven approach will provide greater flexibility and support for survivors.

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### THE PROBLEM: 1 in 3 teens will experience an abusive romantic relationship.

- There are no comprehensive domestic violence services available for teens in Seattle.
- Most teens aren't educated about healthy relationships, and are unable to recognize abusive behaviors.
- Teens who experience dating violence are more likely to be in abusive relationships as adults.



### THE SOLUTION: Teen Advocacy Project

New Beginnings will pilot a Teen Advocacy Project to reach teens through the programs and services they trust, like Planned Parenthood, school clinics and Boys & Girls Clubs. Teens in abusive relationships will receive safety planning and emotional support. By helping teens learn about healthy relationships and how to recognize warning signs, we can stop the cycle of abuse. Training and technical assistance will be provided to community youth-serving partners to enhance their domestic violence prevention and support skills.



### THE PROBLEM: The impact of domestic violence on children lasts a lifetime.

- Many survivors don't know how to help their children recover from the trauma of domestic violence.
- Without intervention, boys are twice as likely to abuse a future partner and girls are at a higher risk to be victimized.
- Traumatized children often perform poorly in school, are 4 times more likely to commit a violent crime, 6 times more likely to commit suicide, and 50 times more likely to abuse drugs or alcohol.



### THE SOLUTION: Dedicated Youth Support

Advocates will incorporate evidence-based practices for working with children exposed to domestic violence into every aspect of their work. Advocates will strengthen survivors' skills in talking with their children about abuse, modeling healthy behaviors, and fostering self-esteem to promote resilience. Children and youth will engage in a wide array of age-appropriate activities that encourage healthy relationships and alternatives to violence.