

FY2023 Buncombe County Strategic Partnership Grant Report

Organization Name:	Our VOICE	
Project Name:	Survivors to Thrivers - Counseling for Sexual Violence & Human Trafficking Victims	
Reporting Quarter: (Check one)	<input type="checkbox"/>	Quarter 1 (July 1, 2022 - September 30, 2022)
	<input type="checkbox"/>	Quarter 2 (October 1, 2022 - December 31, 2022)
	<input type="checkbox"/>	Quarter 3 (January 1, 2023 - March 31, 2023)
	<input checked="" type="checkbox"/>	Quarter 4 (April 1, 2023 - June 30, 2023)

Narrative summary of grant related activities

Please provide a brief summary (no more than 1500 characters). You may attach supplemental documents if needed.

Quarter 1	<p>Our Counseling Department is going through transition. For the last several years our Counseling Director supervised a team of unpaid student interns along with a team of licensed counselors. We are moving away from the internship model because clients are presenting higher levels of clinical need. These complex cases are better suited for experienced, fully licensed counselors to take. We are glad to be restructuring to best meet the needs of clients. However, we do predict that this reduction in capacity may result in serving fewer clients overall.</p> <p>We offered four different counseling groups this period. One for survivors who also had histories of substance use, one for survivors of sociopathic/narcissistic sexual abuse, one for Spanish-speakers, and a Resilient Voices Retreat which offered one-time arts-based group sessions. Participants in groups reported that they gained better insights and skills, felt uplifted by the connections with other survivors, and developed better understanding of self.</p> <p>This quarter, our Direct Services staff prepared to launch three survivor support groups, one for survivors identifying as women, one for survivors from the Queer community, and one for survivors identifying as men. Our staff was trained in best practices for leading peer support groups, received coaching from an experienced support group leader, established community-specific locations to host groups, advertised to generate participation, and registered participants.</p>
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Quarter 2	<p>Our Counseling services picked up this quarter. We saw clients in both individual and group counseling settings. The two groups we are offering are still operating at clients' request past their original end date. These are the Spanish-Speaking Survivors group and the group with survivors who also have histories of substance use. We saw that 96% of clients who attended 2 or more individual counseling sessions achieved 2 or more of their goals. We continue to track interactions between our initial point of contact with a survivor and their 3rd session to understand factors contributing to successful transition into a counseling routine. We are scaling back our internship program. We currently have only one part-time intern and are transitioning more clients to our fully licensed Counseling Director, Bi-cultural Contract Counselor, and Associate Counselor.</p> <p>Direct Services Support groups began this quarter. Each survivor support group (Women's, Men's, Queer) meets monthly in the evenings at a central location. We have had a small amount of strong interest and are working to build momentum and consistency in attendance. To generate participation, staff members are sharing the opportunity on social media, passing out literature in the community, and connecting with partner organizations throughout the county. Given the current rate of participation, we realize that our goal of 100 attendees was not realistic, however we are learning a lot and documenting outreach efforts to analyze and review how we can be making improvements.</p>
Quarter 3	<p>We continued to analyze the pipeline to counseling services. Of the 103 clients who requested counseling services, 61 started an individual counseling routine. In an attempt to identify barriers to counseling, we track the reasons clients who ask for counseling don't come in for counseling. Some of the most cited reasons were: 1) clients not returning our calls and outreach attempts (20 individuals); 2) some were in the early stages of the intake process and were working towards scheduling their first session in early april (9 individuals); 3) some clients changed their mind (4 individuals); 4) clients were referred elsewhere because Buncombe County was not their county of residence or because their primary concern for counseling did not relate to sexual violence (4 individuals). Other miscellaneous reasons were that clients had life events interrupt their schedules such as pregnancy and some only wanted to participate in group counseling.</p> <p>We continued to see consistency in goal achievement for the clients who attended 2 or more individual sessions. 88% of clients who attended 2 or more sessions achieved 2 or more of their goals. During the first 1-2 counseling sessions, counselors and clients collaboratively set goals for counseling. For example, "feel seen and heard by my counselor" or "reduce frequency of nightmares" or "be able to handle triggers with less disruption". Because it can take a session or 2 to set meaningful and achievable goals, we only measure client-stated goal achievement once clients have attended enough sessions both to set goals and begin working on them. Before setting goals together, counselors measure internal preliminary goals such as crisis stabilization, establishment of therapeutic relationship, and/or discussion of a treatment plan.</p>

Quarter 4	<p>We exceeded our end of year goal of serving 300 survivors served through counseling. We served at total of 424 individuals in our counseling department.</p> <p>This quarter, mirrored other quarters in that we did not reach our goals for number of folks meeting 2 out of their three goals. We saw 194 clients achieve this benchmark which is short of our initial goal of 250. This quarter, of the 51 clients who attended 2 or more individual counseling sessions 50 (98%) achieved 2 or more preliminary goals. We saw this pattern persist across each quarter, that folks who attended counseling consistently had a high rate of achievement. Our biggest barrier is getting folks started on a counseling schedule. This will continue to be an area of focus for the counseling department moving forward.</p> <p>Peer support groups have been an exciting opportunity to build community for survivors. Our VOICE started as a grassroots, volunteer and survivor-led agency and we were motivated by that history to launch peer support groups this year. We are proud of the start we have taken, however we were much too ambitious with our 100-person goal. We have only had 9 participants in the 3 quarters that groups were held. We are seeking feedback, investigating how to ensure we minimize barriers for attendance, and continuing to improve outreach so that we can make sure groups are as accessible and supportive as possible for our community.</p>
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Progress toward annual goals

Measure	Annual Goal	Actual Results (Enter Data)				Progress toward Annual Goal
		Quarter 1	Quarter 2	Quarter 3	Quarter 4	
Number of survivors receiving trauma-informed clinical mental health counseling	300	96	119	103	106	424
Number of individuals who achieve at least 2 of 3 client-stated goals as part of their action plan	250	54	46	44	50	194
Number of individuals participating in peer support groups for marginalized population seeking support around sexual violence and human trafficking	100	0	3	4	2	9

Comments:

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Use of funds to date and any budget considerations

Spending Category	Starting Budget	Total Spending (Enter Data)				Amount Remaining
		Quarter 1	Quarter 2	Quarter 3	Quarter 4	
Personnel	\$ 20,000	\$ -	\$ 6,679	\$ 7,024	\$ 6,297	\$ -
Training						\$ -
Supplies/Materials						\$ -
Meetings						\$ -
Equipment/Furniture						\$ -
Printing/Marketing						\$ -
Licensing/Memberships/Dues/Subscriptions						\$ -
Client Support						\$ -
Contracts						\$ -
Professional Services						\$ -
Insurance and Bonds						\$ -
Building Maintenance						\$ -
List other cost						\$ -
List other cost						\$ -
List other cost						\$ -
Total	\$ 20,000	\$ -	\$ 6,679	\$ 7,024	\$ 6,297	\$ -

Comments: