



sexual trauma recovery services

IMPACT REPORT

20 23



LETTER FROM THE DIRECTOR

"To maintain ain't a bad thing...."

After several years of agency growth (increased staff, services, locations and a new building) our goal for 2023 was a "maintenance" year. On the surface, it doesn't sound like a positive or challenging goal. But, we saw a need to settle into our growth by sustaining quality services and programming, while focusing on ways to improve our efficiency and effectiveness. How can we streamline and improve the experiences of survivors and community partners?

Some of the "maintenance" was behind the scenes. We implemented leadership meetings to focus on strengthening the skills and support of supervisors. We changed our annual performance reviews to quarterly so that staff have assistance from supervisors in meeting their goals throughout the year. Our board conducted and implemented a salary study to ensure we were competitive in the employment market. In January, we purchased a digital platform to assist law enforcement and prosecutors with the accessibility to forensic interviews. And, our therapists implemented substance abuse screeners for adult clients to ensure that the comorbidity of trauma and substances was not only being assessed but also addressed.

Although the goal for the year was to focus on the maintenance of current programs, we also didn't pass up good prospects. In the fall, Silverleaf, Communicare, and the Hardin County Detention Center started a new partnership. Silverleaf sends our therapist, Kimberly Cook-Lee, to the women's substance abuse program (SAP), ran by Communicare and located at the Hardin County Detention Center. Each week, survivors of sexual assault who are incarcerated can receive trauma therapy while also addressing their substance addictions. We are very excited and thankful for the opportunity.

When staff met in October to set our vision plan for the agency, we continued to focus on maintenance. In 2024, we plan to streamline our paperwork and get it digitized, focus on staffing stability, continue building strong community partnerships, and finish rolling out the Multidisciplinary Enhancement Project. There is always room for improvement, and we are dedicated to assessing and adjusting in ways that help us meet our mission.

Dr. Jillian Carden, Executive Director



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OUR MISSION

is to promote the health and well-being of our communities by overcoming the impact and prevalence of sexual trauma through service, education, and leadership.

Silverleaf Sexual Trauma Recovery Services is a dual sexual assault and child advocacy program that strives to provide services to reduce the trauma experienced by survivors of sexual abuse and provide education to prevent these acts of violence from ever happening. Silverleaf provides free services 24/7/365 to those in our 8-county service area (Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, and Washington).

Thank you for supporting Silverleaf and allowing us to walk this journey with all of you. Clients, Survivors, Staff, Board Members, Donors, Funders, Community Members...you are making a difference. We want to ensure that you remain well-informed about our programs and services. Feedback is encouraged and appreciated.

SEXUAL ASSSAULT PROGRAM

Sexual violence has serious, long-lasting impacts on victims, their friends and families, their communities, and society as a whole. Silverleaf is dedicated to reducing the traumatic effects of sexual violence by providing services that are tailored to every client, meeting them where they are at in their healing journey.

762
Clients

5414
Services

CHILD ADVOCACY PROGRAM

The role of a Child Advocacy Center is to work with other service providers to ensure that when a report of abuse is made, the child and family receive the support needed to navigate the justice system, understand the investigative process, and benefit from a coordinated effort to achieve a positive outcome for the family.

1514
Clients

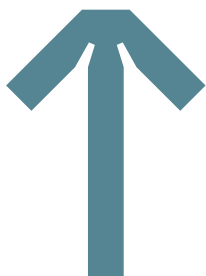
8542
Core Services

3514
Case Review Only

02 2023 AT A GLANCE

At A Glance

2023



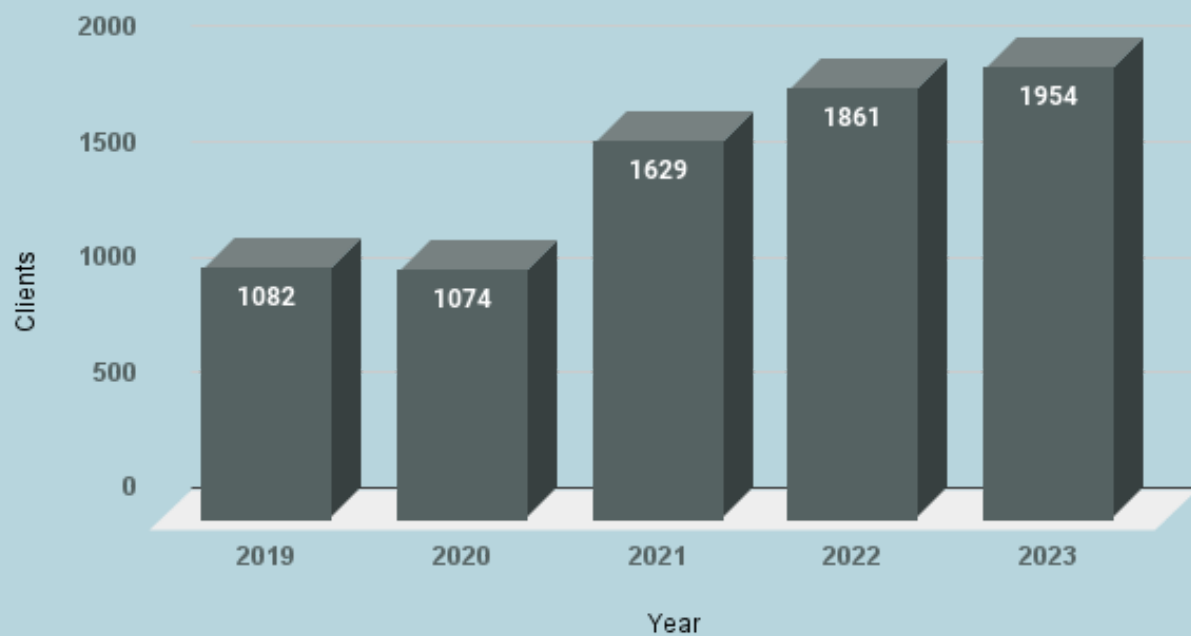
REVIEW



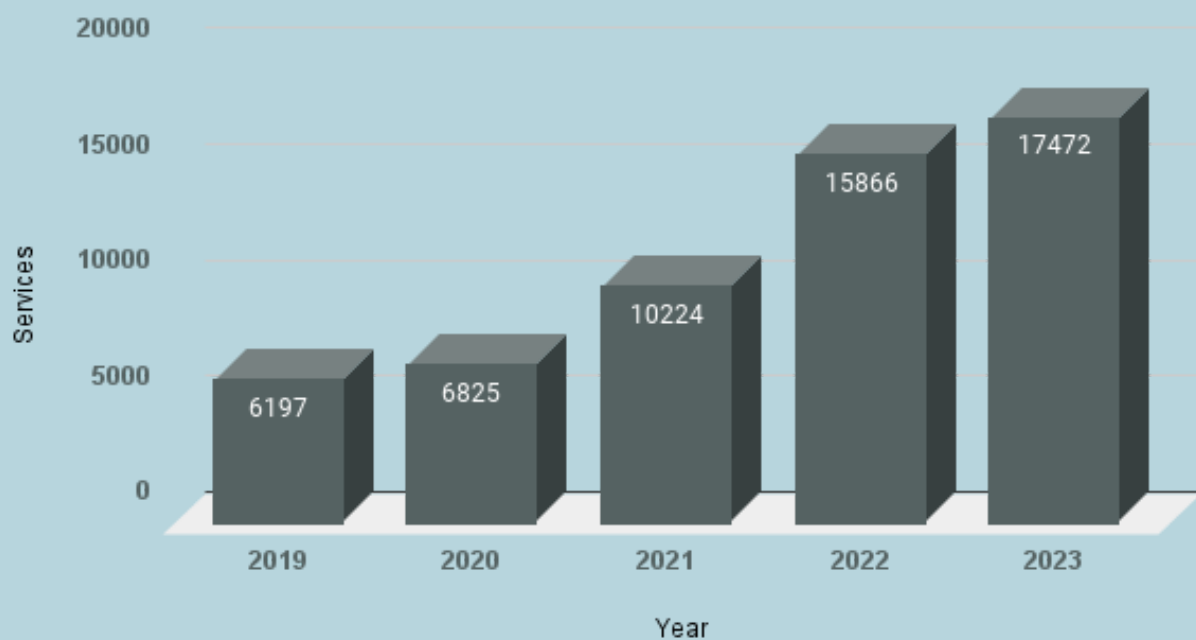
5-YEAR

5-YEAR REVIEW 03

Total Unique Clients

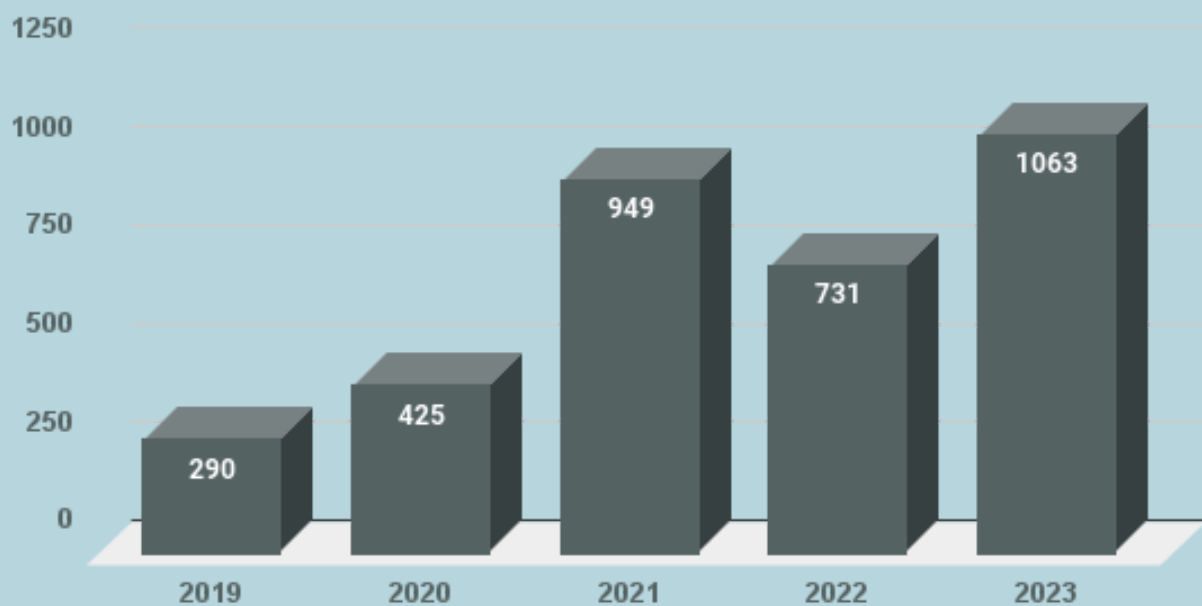


Total Services



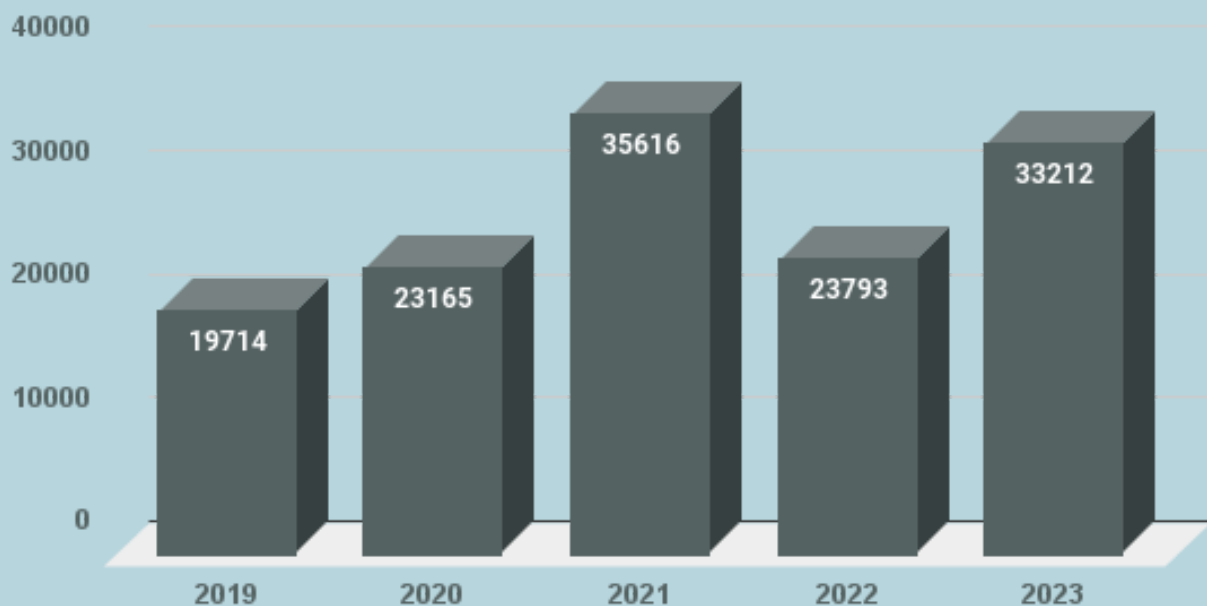
2019-2023

Number of Presentations/Events



04 5-YEAR REVIEW

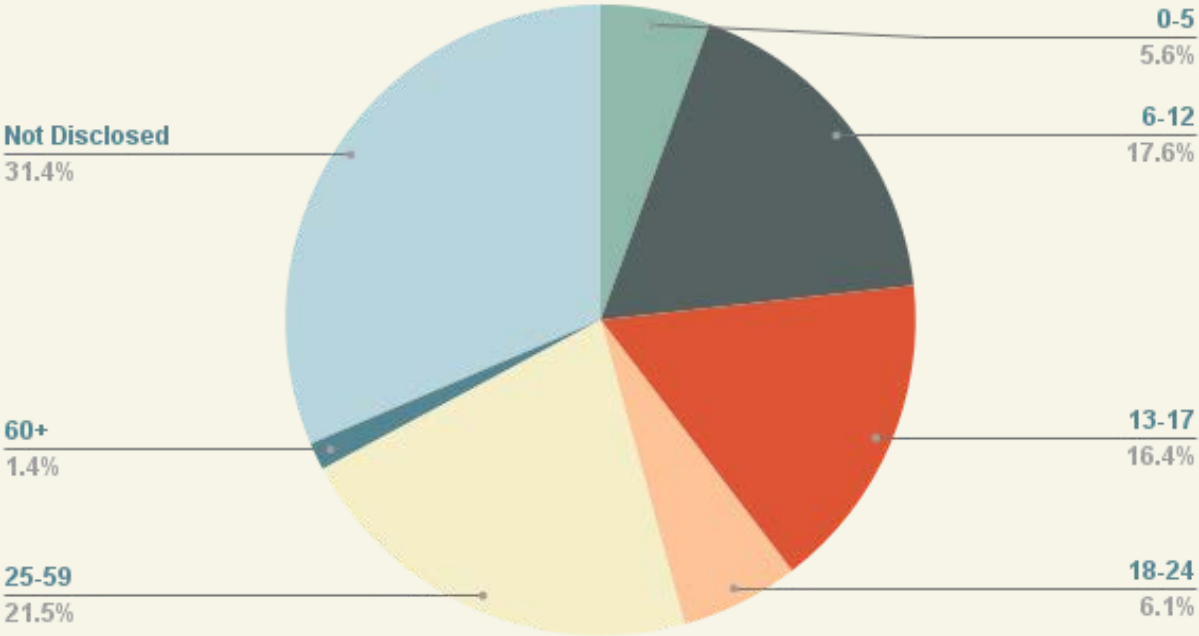
Prevention Education & Awareness Participants



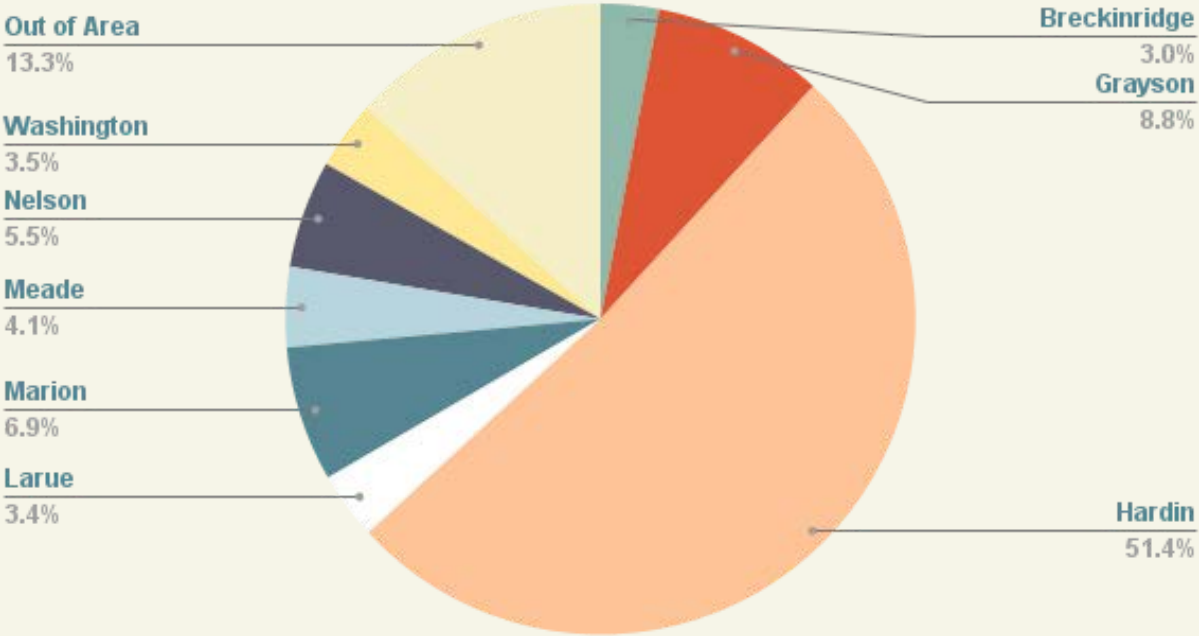
2023 CLIENT DEMOGRAPHICS

Silverleaf does not require clients to provide personal/identifying information to receive services. They can remain anonymous if they choose. An attempt is made to collect demographic data to provide an accurate view of who we are reaching or not reaching. In the following infographics, please know that the data reported is as accurate as possible using the information provided to us.

UNIQUE CLIENTS BY AGE

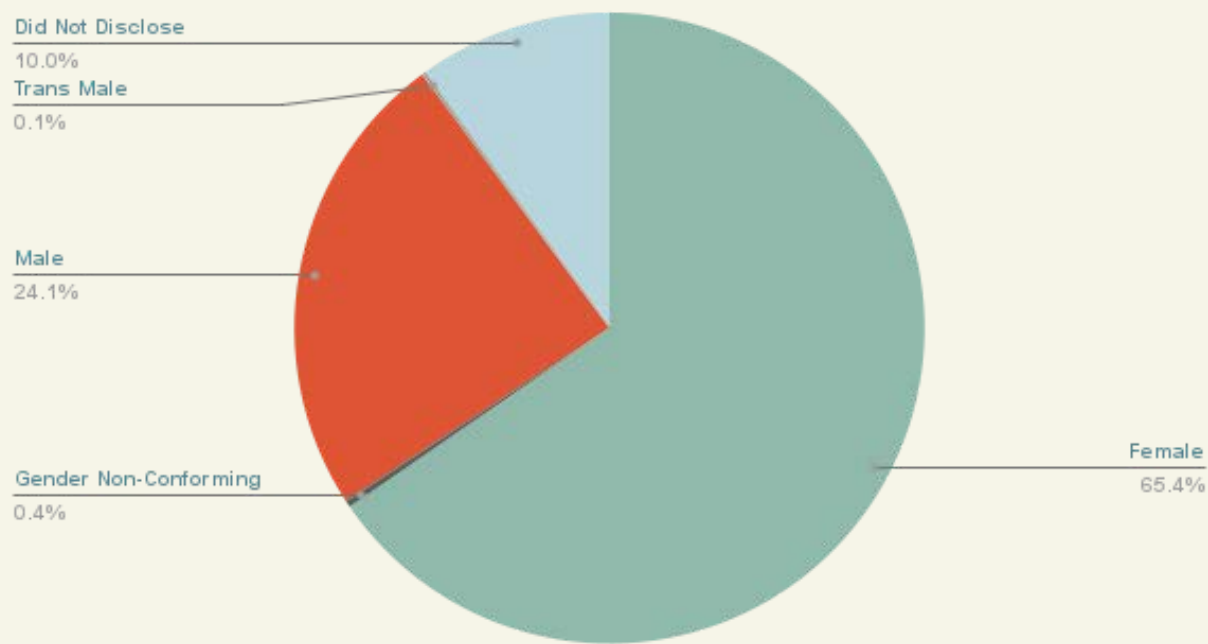


UNIQUE CLIENTS BY COUNTY



Demographic data collected from clients is used to better understand who is requesting services and who we are missing. By comparing this data to Census data collected in 2020, we can see if our data is comparable to data collected for each county through the Census that takes places every 10 years. In the below infographic, it is notable that the Census does not collect information on gender identity; it only lists genders of male and female. Allowing clients to self-disclose their identity helps to build rapport and trust between the client and the survivor.

CLIENT GENDER IDENTITY



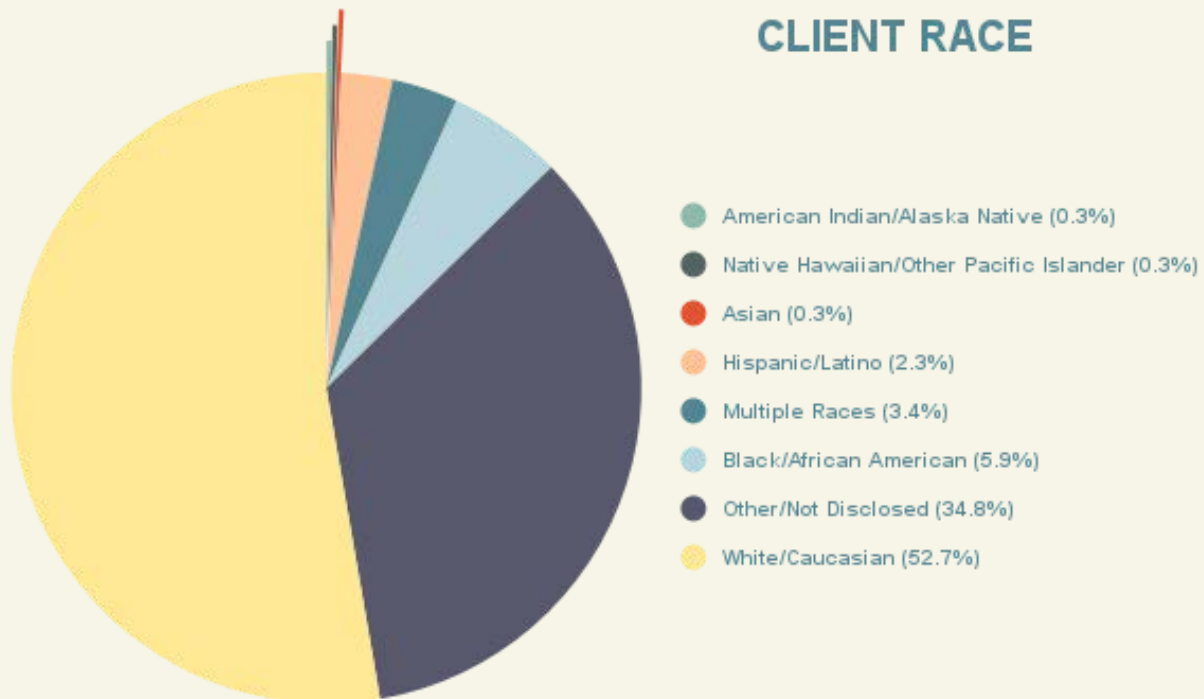
2020 CENSUS DATA COMPARISON (ONLY REPORTS ON GENDER)



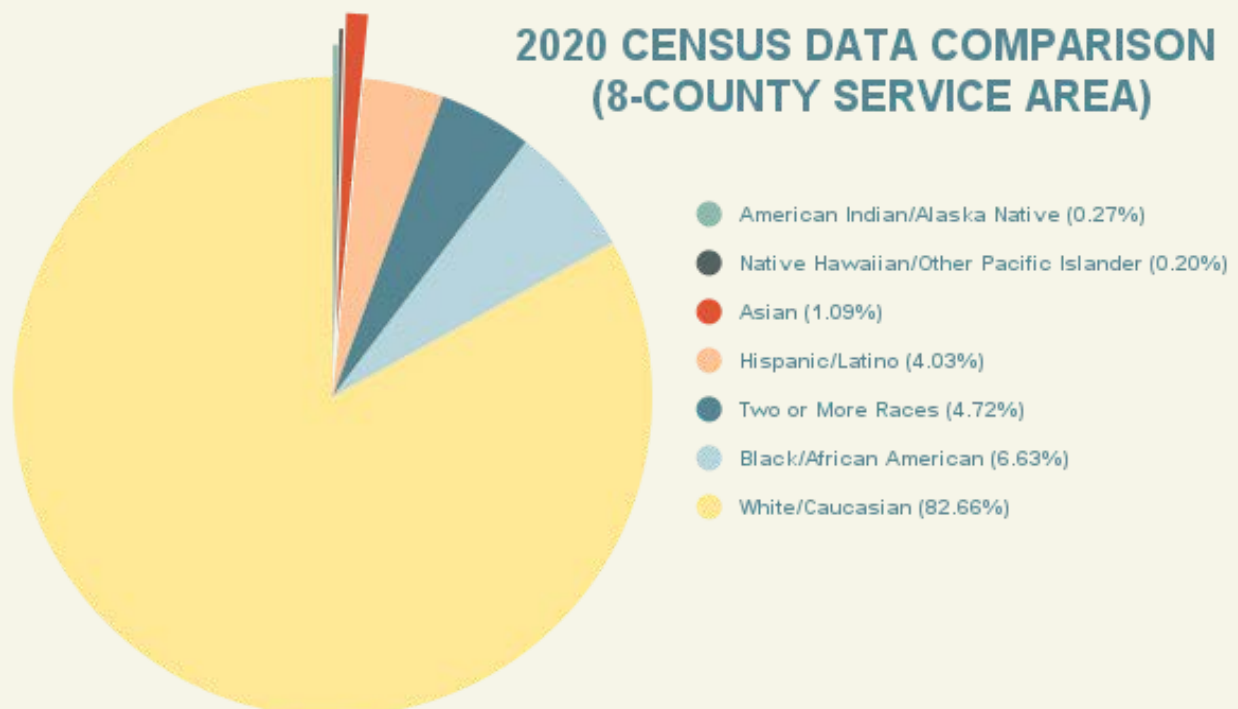
DEMOGRAPHICS CONT.

Silverleaf staff understand that some cultures are more likely to reach out for help than others. Some clients have experienced racial discrimination that contributes to their distrust of professionals. Understanding the cultural aspects of race and ethnicity is critical to the success of our clients and reaching individuals who have not felt comfortable seeking help in the past.

CLIENT RACE

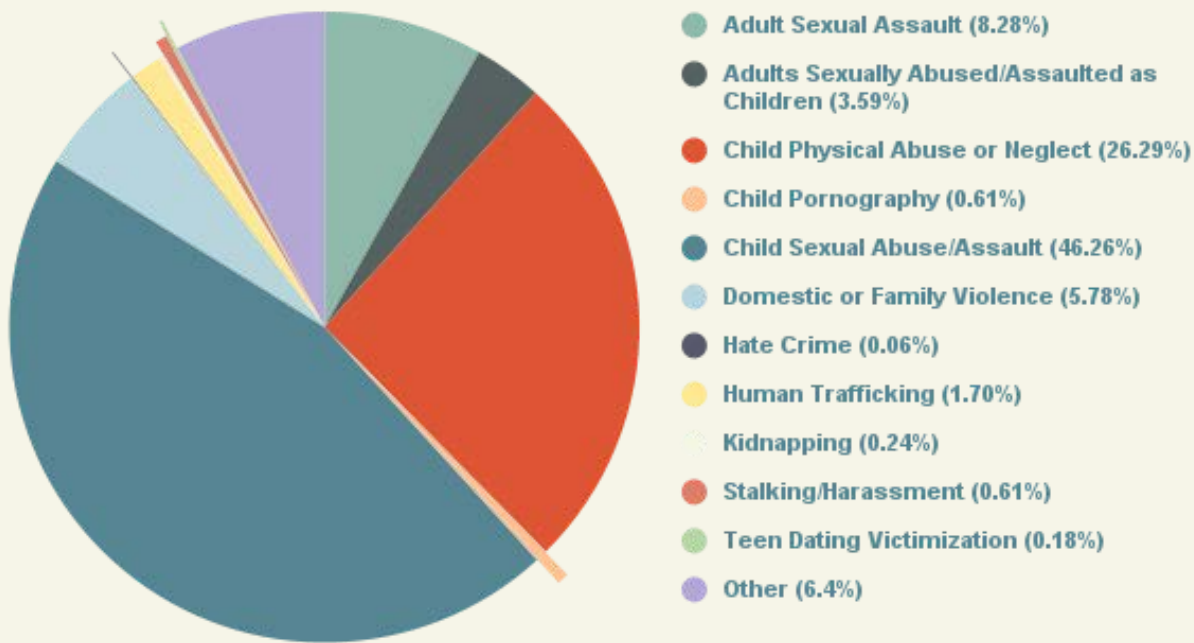


2020 CENSUS DATA COMPARISON (8-COUNTY SERVICE AREA)

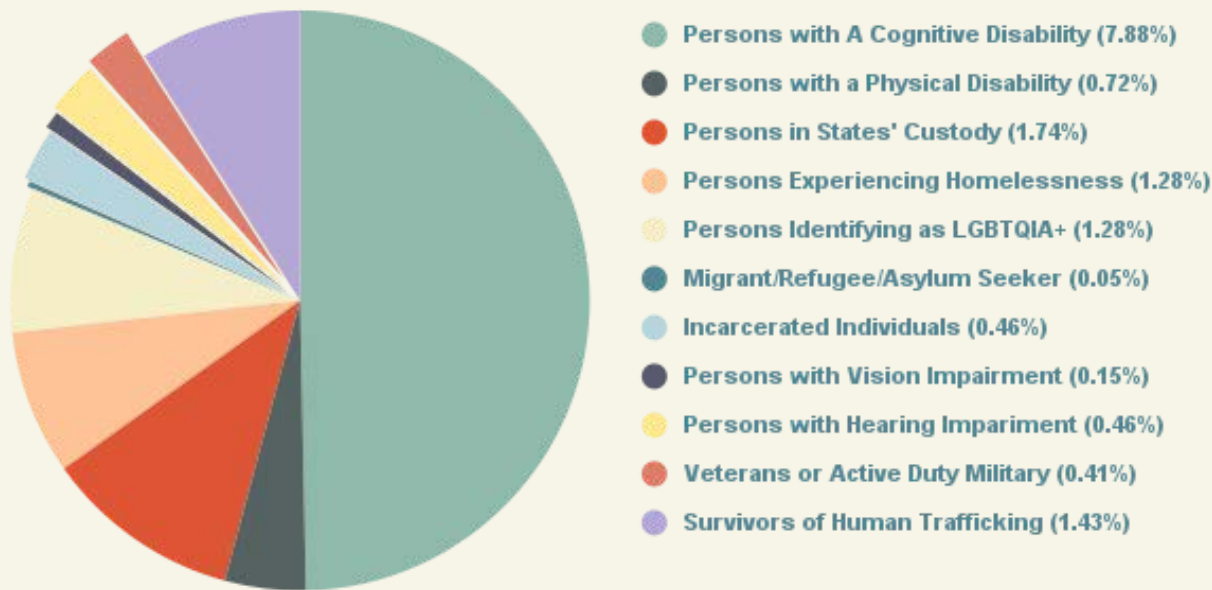


Silverleaf provides services to all survivors of sexual assault and abuse, regardless of when the abuse occurred or whether there was an investigation. Sexual violence presents in many forms as you can see below. Additionally, it is common for survivors to have more than one form of abuse/assault in their lifetimes.

CLIENT VICTIMIZATION TYPE



POPULATIONS DISPROPORTIONATELY AFFECTED BY SEXUAL VIOLENCE (Served by Silverleaf)



PROGRAMS

Silverleaf provides direct client services in many ways. Direct services include working one-on-one with clients who have experienced sexual trauma at some point in their lives. This can include advocacy, crisis intervention, forensic interviews and medicals, and mental health therapy.

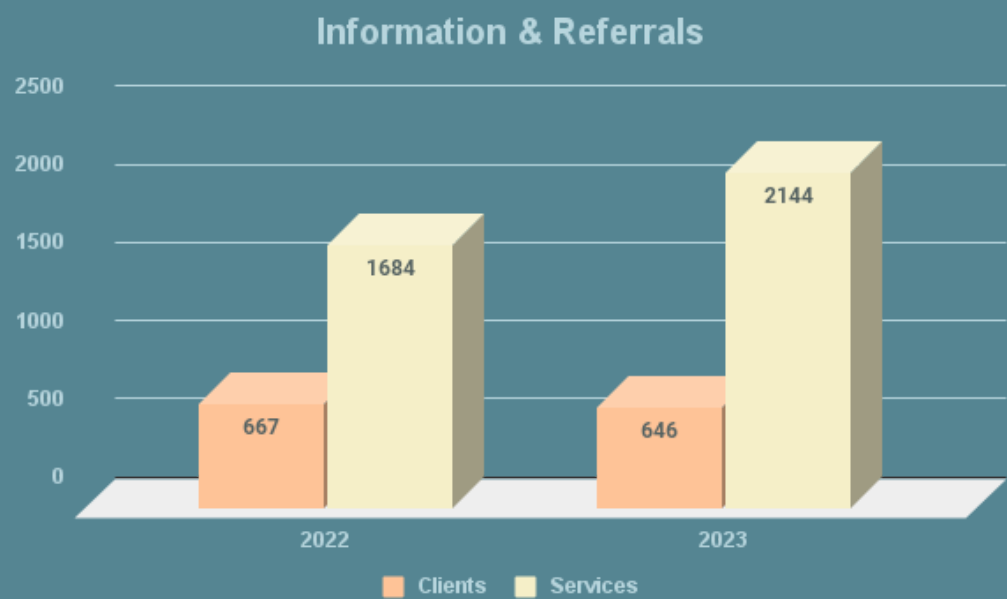
While all of these services are critical to clients who have experienced sexual violence, Silverleaf would love to prevent it from ever happening. The Prevention Team provides education and training that teaches individuals and the community how to recognize and prevent sexual violence.

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ADVOCACY

Victim Advocates assist survivors and their families through all levels of the criminal justice process. When an investigation takes places, it can be an overwhelming, confusing, and emotional experience for the family. Having Victim Advocates help them understand and navigate the process is essential. They are also instrumental in facilitating Multi-Disciplinary Teams, where other service provides meet to coordinate services for those with open investigations. The Family Advocate provides case management and personal advocacy services to survivors of sexual assault and their families. Whether there is an open investigation or not, families often need individualized support plans to meet identified needs.

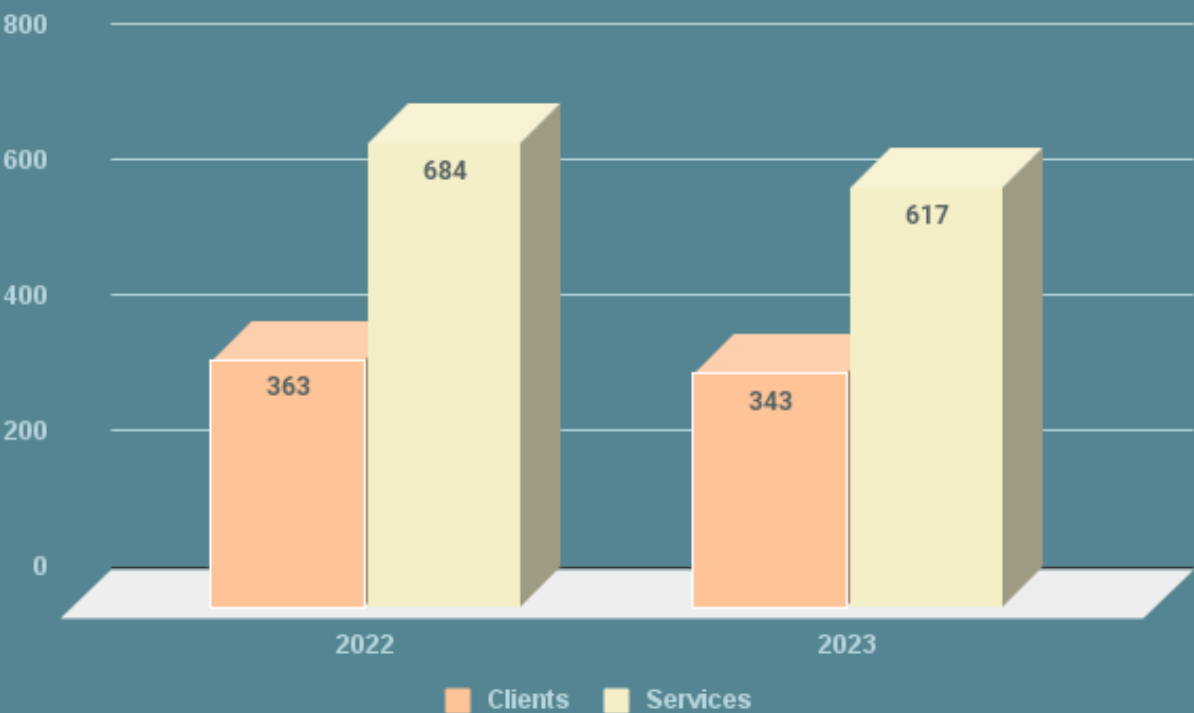


CRISIS INTERVENTION

Silverleaf provides 24/7/365 crisis intervention services, free of charge. All staff are trained in crisis intervention; however, Silverleaf employs a team of Crisis Response Specialists who respond after hours and on weekends. Crisis services increased by 47.5% from 2020 to 2021 and another 23.7% from 2021-2022. Now, we can see things evening out and remaining fairly constant through 2023. This is a trend that can be identified throughout most of our service delivery.

Crisis Intervention Services:

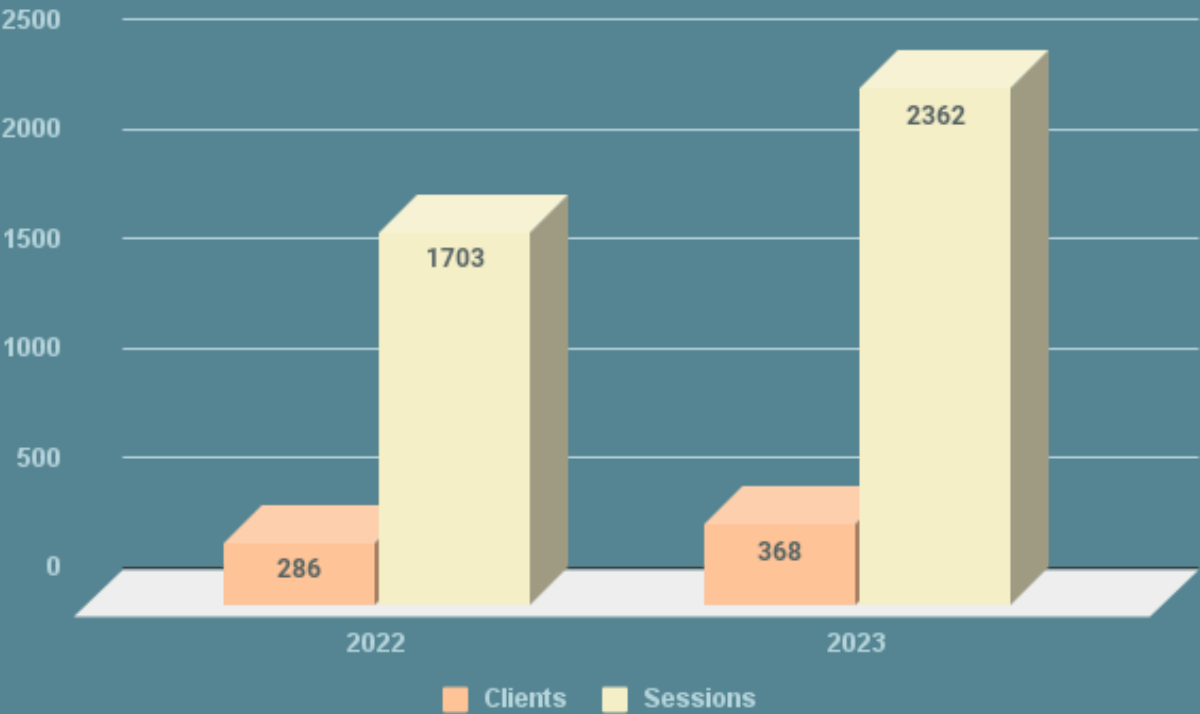
- Crisis Hotline | 270-234-9236 or 877-672-2124
- Chat Line | www.silverleafky.org or text HELLO to 270-81-VOICE
- In-person Hospital Advocacy at one of the following hospitals:
 - Baptist Health Hardin, Elizabethtown, KY
 - Owensboro Health Twin Lakes Medical Center, Leitchfield, KY
 - Spring View Hospital, Lebanon, KY
 - Breckinridge Memorial Hospital, Hardinsburg, KY
 - CHI Saint Joseph Health-Flaget Memorial Hospital, Bardstown, KY



THERAPY

Mental Health Professionals provide short- and long-term outpatient therapy services to individuals, families, and groups who have experienced sexual violence. Therapists are trained in a variety of evidence-based clinical interventions that include Parent-Child Interaction Therapy (PCIT), Eye Movement Desensitization and Reprocessing (EMDR), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Additional forms of clinical interventions include Play Therapy, Accelerated Resolution Therapy (ART), and Psychoeducation.

Unlike most of our programs that are showing a plateau since the beginning of the pandemic, mental health services are increasing in both number of clients and services. We were fortunate to add an additional therapist in 2022, with 2023 being her first full year at Silverleaf. This staff rounded out the therapy team at 4 staff. In addition to services provided at our main location in Elizabethtown, the therapy team began staffing offices in Leitchfield and Springfield, they expanded services into the Hardin County Detention Center through the Substance Abuse Program (SAP), and they are in the planning stages for some new groups in 2024.



FORENSICS

FORENSIC INTERVIEWS

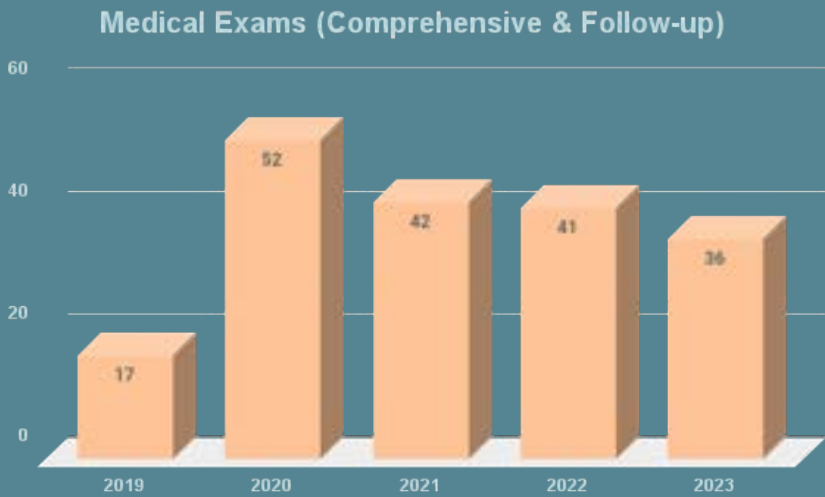
A forensic interview is a single session, recorded interview designed to elicit a child’s unique information when there are concerns of possible abuse or when the child has witnessed violence against another person. Interviews are conducted in a supportive and non-leading manner by a professional trained in the National Children’s Advocacy Center (NCAC) Forensic Interview model. Interviews are remotely observed by representatives from investigative agencies, who can use the interview as evidence in the legal process.

PROGRAMS 13



FORENSIC MEDICALS

Medical exams are offered to any child who has allegations or concerns of abuse. Silverleaf works closely with local SANE programs when any person who has experienced a sexual assault presents at any of the Emergency Rooms in our 8-county service area. Additionally, Silverleaf contracts with 2 medical professionals who can provided coordinated services at the main office when appropriate. The below chart indicates the medicals that are performed by Silverleaf staff.



PREVENTION EDUCATION

Silverleaf has a 4-person team of Prevention Educators who are responsible for developing and implementing education and prevention programs throughout the 8-county service area. They provide presentations on an extensive array of topics, from Body Safety to Bystander Intervention with the overarching goal of preventing sexual violence and child abuse from ever happening.

Silverleaf is fortunate to have services targeted at preventing sexual violence from occurring. While direct services are essential, they are reactive services in that the violence has already happened. In 2023, we were able to increase our 3-person team to 4 staff due to the demand in the community for prevention education. That addition has definitely made a difference in the number of education participants we can reach.

14 PROGRAMS

TOPIC	PARTICIPANTS	% CHANGE
BODY SAFETY	8141	+65.9%
HEALTHY RELATIONSHIPS	1963	+190.0%
TECHNOLOGY & INTERNET SAFETY	2643	+103.8%
SEXUAL ASSAULT AWARENESS	1927	+38.6%
SELF-ESTEEM	508	-45.0%
GREEN DOT BYSTANDER INTERVENTION	2271	+48.3%
SELF-CARE GROUP	377	+1408%



OUTREACH

Self Care & Self-Esteem

Teaches positive ways to take care of yourself and build healthy internal messages. Higher self-esteem is associated with a lower risk of sexual violence.

Cardio Drumming

Uses drumsticks and an exercise ball to create one of the most fun workouts ever! Powerful emotions such as anger, grief, sadness, and pain surrounding trauma, are released during this instructor-led exercise.

Trauma-Informed Yoga

A trauma-informed, certified Yoga instructor provides yoga classes to for survivors of sexual violence.

Shining Stars-From Surviving to Thriving

A survivor-led support group for women 21+ who have experienced sexual violence.

Trauma-Informed Caregiver Support Group

A psychoeducational support group for non-offending caregivers of children who have been sexually assaulted.

Other Forms of Outreach

Silverleaf strives to reach everyone in our 8-county service area through its outreach initiatives. While the more targeted and specific groups listed above are amazing, the prevention team is always thinking of ways to make sure everyone in our 8-county service area knows about our services. Some of the identified groups for 2023 were...

- Blessing boxes,
- Informational kiosks at various agencies across the area,
- Health fairs,
- School events,
- Advisory councils,
- Opportunity expos,
- Trunk or Treats,
- Factories,
- Community awareness events,
- Summer camps & programs
- Hair Salons
- Various conferences and agency presentations

Community

TRAINING

Darkness to Light

An award-winning training for adults to help recognize child sexual abuse and protect children.

Human Trafficking

Helps individuals identify possible signs of human trafficking, how to report, and other helpful resources.

Faith Communities & Trauma

Teaches leaders within faith communities how to respond to disclosures of sexual abuse in a trauma-informed way.

Trauma & The Brain

Provides an in-depth look at how the brain responds to trauma and some common symptoms experienced by survivors.

Services Overview

An introductory training that covers Silverleaf's services and agency-related information.

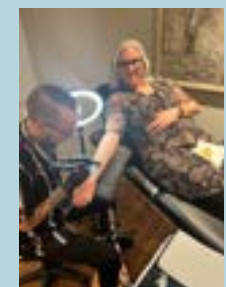
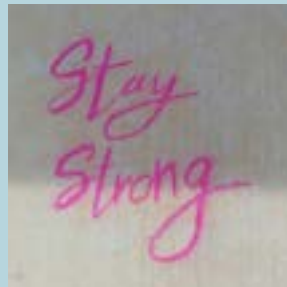
Community Green Dot

Engages witnesses of interpersonal violence to interrupt situations where others are in imminent danger of violence, training participants to engage in proactive behaviors that model and endorse norms that are incompatible with violence.



Sexual Assault & Child Abuse Awareness Month

APRIL



OUTREACH 17

Wear Blue for Child Abuse Awareness | Wear Teal for Sexual Assault Awareness | Denim Day
Green Dot Day | SHARP Motorcycle Run | Art Gallery Fundraiser | Chalk the Walk | Hands Project

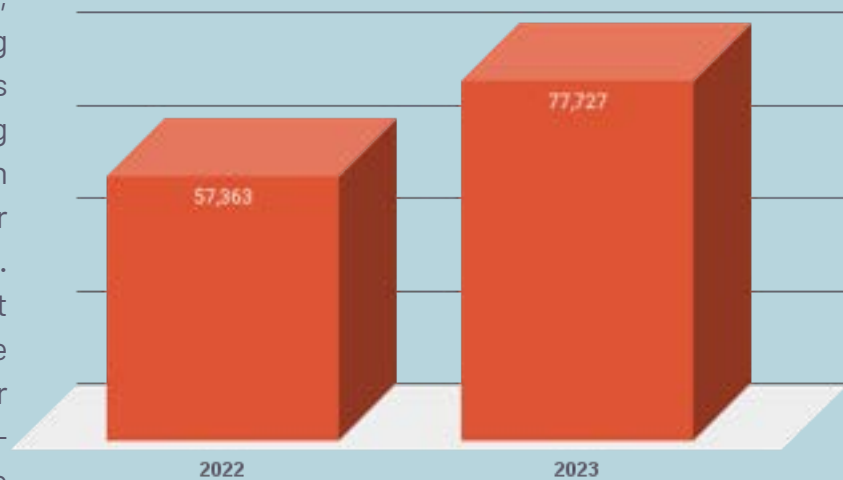
Media

OUTREACH

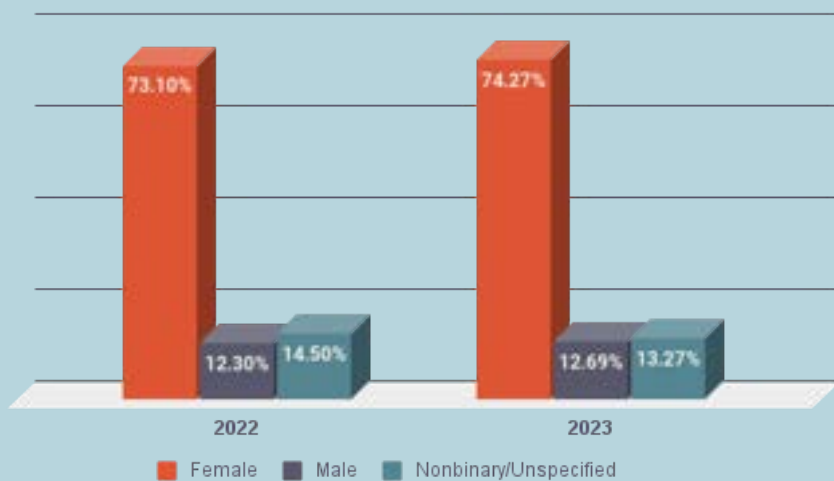
Our media outreach has been a large focus, especially at the beginning of the pandemic. Not only is it effective in raising awareness, but it gives us an idea of who is looking for information on our services. From the data, it is apparent that the majority of the people who access our social media are female-identifying and between the ages of 35 and 44. It also shows us that Non-Binary individuals are searching for services through social media more than male-identifying individuals.

In addition to social media, we can track individuals who search for our information through the Google Chrome web browser. In 2023, there were 13,224 sessions held where individuals searched for our services and engaged with our website. Having the ability to track our reach in this way is extremely beneficial in planning future outreach initiatives.

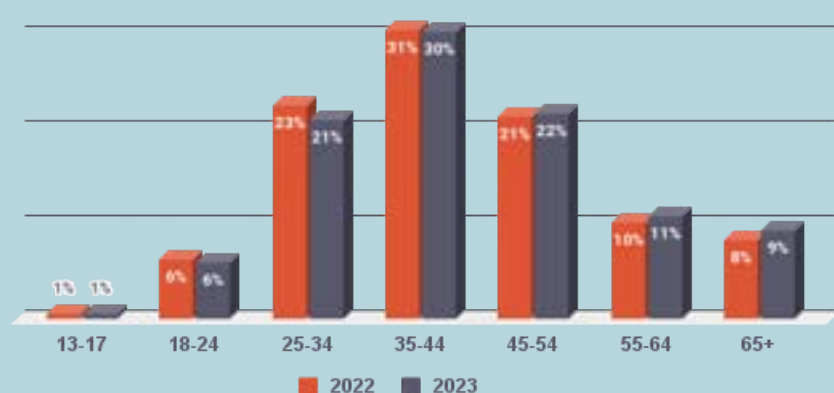
Social Media Post Engagements



Social Media Audience by Gender



Social Media Audience by Age



Financial TRANSPARENCY

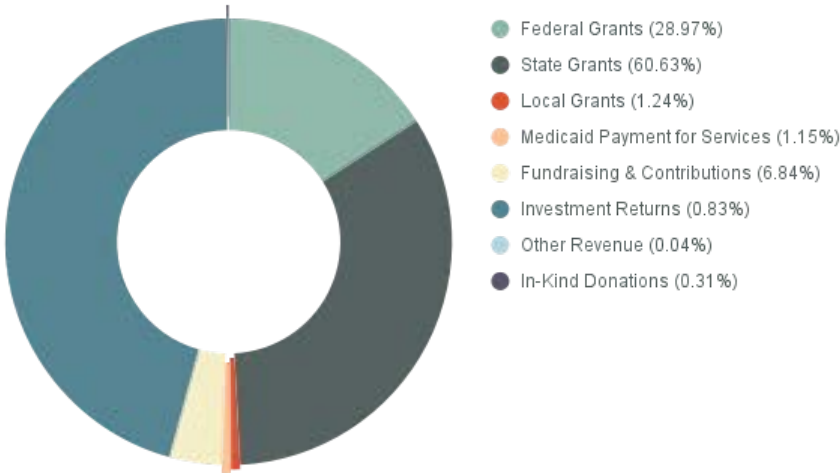
Silverleaf understands the importance of disclosing accurate and truthful financial numbers to all of our stakeholders. Due to grant requirements, we operate on several different fiscal years. For audit purposes, we use July 1 - June 30 as our primary fiscal operating year. When you evaluate the numbers, it might appear that we bring in more funding that we spend out; however, this can be accounted for through the differing fiscal years.

Silverleaf’s revenues for the 2022-2023 fiscal year were \$2,014,600 and expenses were \$1,712,275. We break expenses down into 3 main categories: program, administrative, and fundraising. Program expenses captures all funding that is funneled into direct client services. Admin expenses captures all funding directed into support services. Fundraising expenses captures the cost of putting on events and running fundraising campaigns.

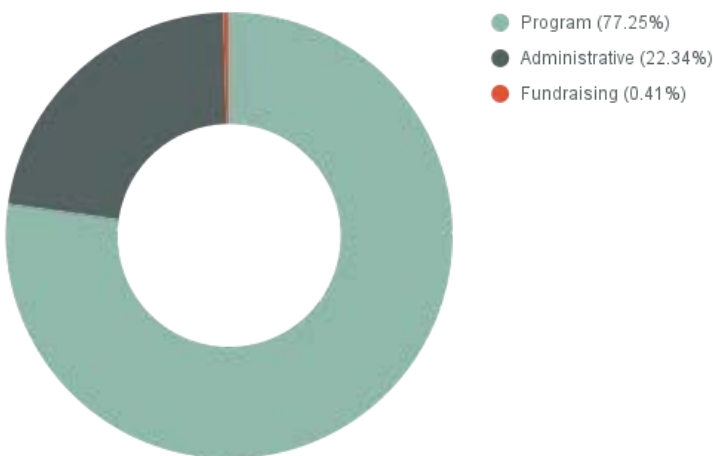
Subcategories includes:

- Salaries & Benefits
- Building Operations
- Office Expenses
- Printing
- Telephone
- Public Awareness
- Contractual Services
- Direct Program Costs
- Mortgage Interest

REVENUES



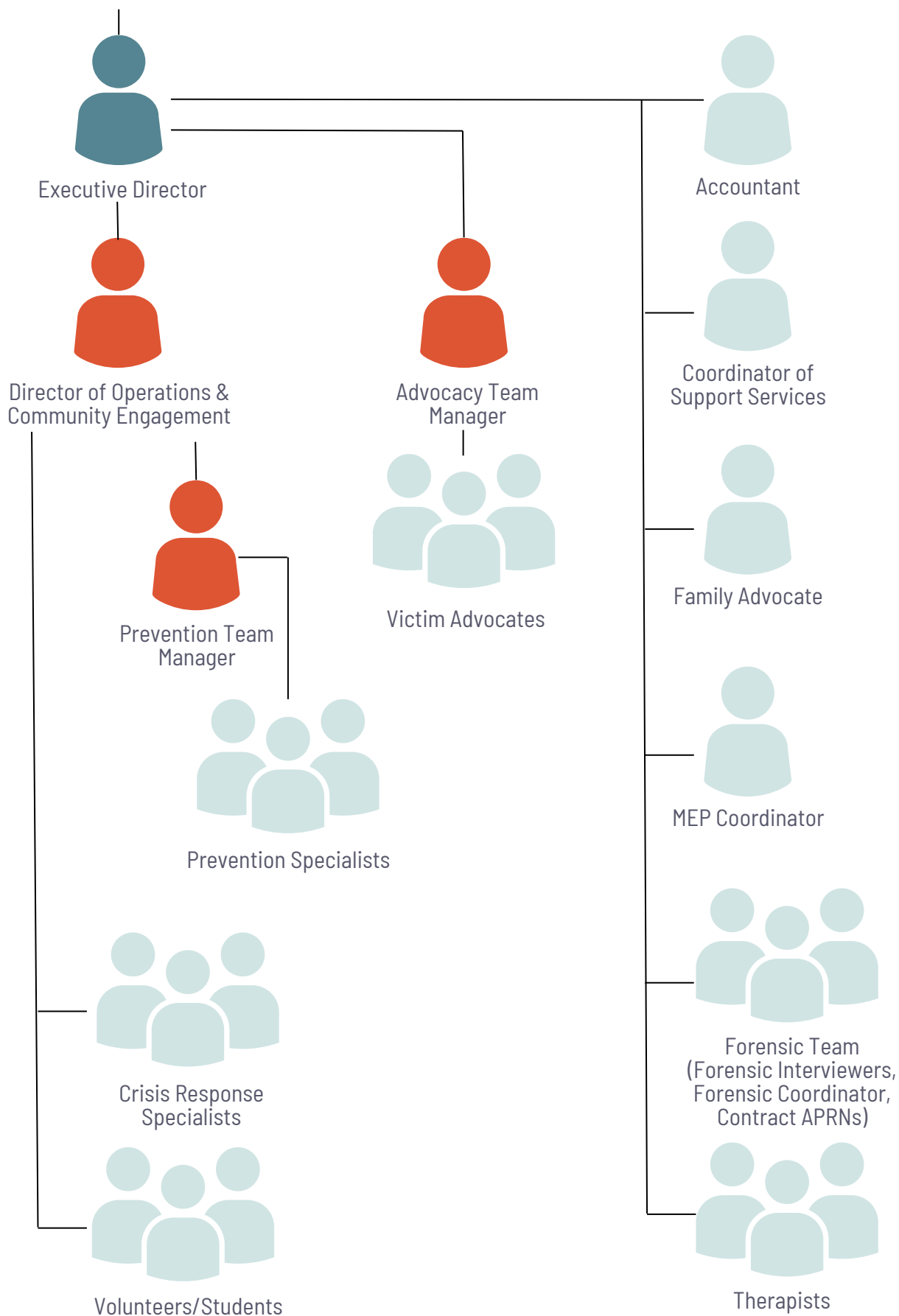
EXPENSES





Board of Directors

Agency STRUCTURE



STAFF



Amy Barger
Advocacy Team Manager



Cathy Brown
Forensic Coordinator



Teresa Brown
Crisis Response Specialist



Dr. Jillian Carden
Executive Director



Kimberly Cook-Lee
Therapist



Yolanda Cox
Victim Advocate



Sonya Florence
Crisis Response Specialist



Amy Hanninen
Prevention Team Manager



Terry Jackson
Victim Advocate



Shelby Gaddis
Crisis Response Specialist



Karen Littlejohn
Coordinator of Support Svcs.



Andrea Marshall-Powell
Family Advocate



Feona McDowell
Victim Advocate



Towanna Melton
Prevention Specialist



Amie Messman
Accountant



Shaun Milby
APRN



Dr. Kimberly Mudd-Fegett
Forensic Interviewer



Kimberly Neal
Prevention Specialist



Emily Neel
Director of Operations &
Community Engagement



Mary Ellen O'Daniel
Therapist



Stephanie Rausch
Crisis Response Specialist



Jamie Riles
APRN



Katie Tomblin
Prevention Specialist



Morgan Trask
Crisis Response Specialist



Chelsea Turner
Crisis Response Specialist



Jamie Wathen
Therapist/Forensic Interviewer



Bonnie Wheeler
MEP Coordinator



Tremayne Williams
Victim Advocate

BOARD



Missy Brown

Hardin County Schools
Family Resource Coordinator



Kayla Dailey, Board Secretary

Kentucky Strength Farm
Owner



Meredith Dubree

Breckinridge County United
Economic Development
Executive Director



Leslie Hall, Board President

Hardin County Board of Education
NHHS Youth Service Coordinator



Katrina Haydon

Nelson County School District
Family Resource & Youth
Services Coordinator



Reta McMillen

Hardin County Schools
Family Resource Coordinator



Cathy Schultz

Grayson County PVA Office
Deputy PVA



Misty Thomas

American Red Cross -
Western KY Chapter
Executive Director



**Kyle Williamson, Vice
President**

LaRue County Government
County Attorney

VOLUNTEERS

WELCOME TO OUR SCHOOL

23

Volunteers are a valued part of the Silverleaf team and must complete the same 40-hour training that is completed by staff. The training is held twice per year and is spread out over 7 weeks. Volunteers are given the opportunity to learn about all Silverleaf programs and meet current staff.

VOLUNTEER REQUIREMENTS

- 18 years of age
- Minimum of high school diploma
- Complete 40-hour training
- Consent to the following background checks:
 - KSP Sex Offender Registry
 - Dru Sjodin National Sex Offender Registry
 - Child Abuse & Neglect (CAN) Check
 - Courtnet Criminal History Record Check

VOLUNTEER OPPORTUNITIES

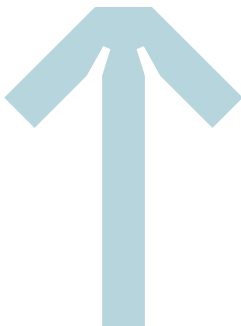
- Business office administrative assistance
- Assist at community awareness events
- Assist Prevention Specialists in school settings
- Assist with support groups
- Crisis intervention
- Service projects
- Legislative advocacy
- Assist Family Advocate



We are so thankful for everyone who has supported our mission! We don't list individual donors because we don't have consent to do so, but please know how much you mean to us. Thank you to everyone who facilitated or supported a fundraiser. Thank you for your donations through Amazon Smile, Facebook, Kroger, PayPal Giving, and payroll deductions. Thank you to the agencies who had us out to speak and raised funds on our behalf. Thank you to all of the artists and sponsors who made our Art Gallery Fundraiser so successful...those who donated art, live artists, event sponsors, vendors, and House on Helm! You are all amazing! And finally, thank you to our funders for supporting our mission year in and year out. We appreciate the work you do every day to ensure our doors remain open and clients get the services they need to grow and heal.



THANK
YOU





sexual trauma recovery services

751 S. PROVIDENT WAY | ELIZABETHTOWN, KY 42701

WWW.SILVERLEAFKY.ORG

PHONE: 270-234-9236 OR 877-672-2124

FAX: 270-234-8367

EMAIL: CONTACTUS@SILVERLEAFKY.ORG

CHAT: TEXT 'HELLO' TO 270-81-VOICE

ALTERNATE OFFICE LOCATIONS (APPOINTMENT ONLY):

124 E. WHITE OAK STREET | LEITCHFIELD, KY 42754

324 E. MAIN STREET | SPRINGFIELD, KY 40069