



## Impact Report 2013-2014

# A message from our CEO

Dear Friends,

Colleges and universities across the nation and throughout the Commonwealth have faced criticism for the ways in which they handled—or failed to handle—reported instances of sexual assault on campus.

The scrutiny of campus policies has brought an increased public focus on campus safety.



The Campus SAVE Act passed as an amendment to the 2013 reauthorization of the Violence Against Women Act to address prevention and proper investigation of sexual assault in higher education institutions.

PCAR released an updated version of its Assessing Campus Readiness for Prevention manual which aims to help colleges and universities prevent and respond appropriately to campus sexual assault.

Ending sexual violence is a big challenge—both on campuses and in our communities—but with your help, PCAR is leading the way in prevention.

Please invest a few moments to learn more about our work during the last fiscal year. We invite you to visit our re-designed website, [pcar.org](http://pcar.org), to hear more about how PCAR is working to provide help, hope and healing around issues of sexual violence.

Together, we can end sexual violence.

Sincerely,

A handwritten signature in black ink that reads "Delilah Rumburg". The signature is fluid and cursive.

Delilah Rumburg  
Chief Executive Officer

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# About the Pennsylvania Coalition Against Rape



*PCAR's leadership team consists of (front row) Kristen Houser, Delilah Rumburg, (back row) Sally J. Laskey, Joyce Lukima, Karen Baker and Heather Pachkoski.*

**T**he Pennsylvania Coalition Against Rape (PCAR) is the oldest rape crisis coalition in the country and works to eliminate sexual violence and advocate for the rights and needs of victims of sexual assault.

PCAR — founded in 1975 — funds and supports the work of 50 rape crisis centers who serve victims of all ages in Pennsylvania's 67 counties. PCAR provides resources and training on sexual assault-related issues to professionals across the country and promotes public policy to provide legal protections for victims and enhance public safety.

Since 2000, PCAR has operated the National Sexual Violence Resource Center (NSVRC) to support sexual assault prevention and intervention across the country. PCAR also supports AEquitas to provide prosecutors with the support, training, mentorship and resources necessary to objectively evaluate and constantly re-examine and refine their approach to justice in cases involving violence against women.

Through PCAR's Vision of Hope Fund, we invest in effective sexual abuse prevention. Each year, PCAR awards grants of up to \$50,000 to advance our mission of increasing child safety through adult responsibility and accountability.



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## PCAR leadership

**Delilah Rumburg**

Chief Executive Officer

**Karen Baker**

NSVRC Director, Vice President of Resources

**Kristen Houser**

Vice President of Public Relations

**Joyce Lukima**

Vice President of Services

**Heather Pachkoski**

Vice President of Finance

**Sally Laskey**

Director of Special Projects

**Diane Moyer**

Legal Director

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**Gary Nalbandian**

**Jack Panella**

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# Freestyle rap to prevent abuse

The Women's Resources of Monroe County, Inc. and East Stroudsburg High School South partnered in 2014 to develop a leadership group designed to help prevent sexual abuse and domestic violence.

The male-only group, Boys By Birth Men By Choice, was the first primary prevention education program of its kind in Monroe County and worked in a school setting to help students respond appropriately in an environment where violence occurs.

Deborah Meade, director of programs at Women's Resources of Monroe County, Inc., started doing some research into changing social norms and, with the help of PCAR staff, developed a model for the program that would work directly with male students.

More than 100 students applied to be a part of the group led by staff from Women's Resources of Monroe County, Inc. and East Stroudsburg High School South. Teachers at the school helped to select 30 participants based on character traits and leadership abilities.

"Just knowing we had that many students interested in being part of something like this was remarkable," Meade said.

Through 10 90-minute sessions, the group learned about services available to survivors of sexual and domestic violence, how to become activists for a world free from violence and also strategies for intervening in problematic situations.

The school was extremely supportive in accommodating everyone's schedule to allow for participation, Meade said. "It was really remarkable how the group got together cohesively and was able to develop their main project."

The "main project" is Cypher, a freestyle rap developed by the group to connect with their peers.

Each member of the group developed an individual message and then created a beat behind the lyrics. Cypher was used to express a positive message about ending sexual violence and domestic abuse, speaking out against bullying, sexting, child pornography and suicide.

"Each week, they reflected a little bit about what they learned in that session and then incorporated that into their individual cypher," Meade said. "It was something that they thought their peers would really be able to relate to."

The students performed a group version of the Cypher at a human trafficking awareness event and Youth Infusion evening hosted by Women's Resources of Monroe County, Inc.

"The results were just fantastic," Meade said of the group's efforts. "The outcomes were more qualitative than quantitative. We didn't do any pre- and post-surveys with that kind of group. But we felt if you read each of their individual cyphers, they talked about so many of the things they learned after each session, and that was the qualitative data that we reported back."

Meade hopes the project will be adopted by other schools.



(left to right) Ka'von Wilson, Eric Tapscott, Michael Titus, Darius Delesline and Hasim Swinton of Cypher perform at a human trafficking awareness event. Tapscott, Titus and Swinton graduated last year.

# You Can Live Again: A Survivor's Story

**T**welve years old. That's how old I was when the sexual abuse started. I loved fishing, bicycling, playing with my friends and all the stuff boys like and do. I didn't realize that the man I passed almost every day had a history of sexually abusing children nor that he was targeting me. I had friends and even a caring family. I was cheerful, helpful and interacted well with adults.

One day, my neighbor asked me if I'd like to do some chores to help him out, which, I was happy to do. It was during one of these times, alone, that he began flattering me, telling me that I was strong and powerful—a real man. I really appreciated his affirmation but it wasn't long until he introduced me to alcohol and pornography.

He began a pattern of emotional and sexual abuse that left me with inward pain, shame and anger, among so many other feelings. This experience lasted less than a year and I kept the secret to myself for years, masking my inward pain, trying to keep it to myself. I found comfort from my faith but inside I had such intense pain as I struggled to keep my pain from my parents, feeling that I was the guilty one, that I should have known better.

It wasn't until one night, in the heat of an argument with my mom and dad that I let it all out and a string of obscenities to boot—language that was never welcome in our house. I found myself exhausted and just expected my dad to come unglued. Instead, he got down on the floor where I was, wrapped his arms around me and the three of us held each other and wept. That's where the healing began.

We sobbed together for a while and then we began a process that led to a life without secrets and a journey of healing. The process hasn't always been easy but discovering the truth of my value as God's child has taken me from victim to survivor to victor. There are times when I remind myself that I'm in the present, not in the past where my pain and desire for vengeance held me captive. I am proof that the events and circumstances of your past don't have to have the "last word" in determining your future. You can live again, memories can heal.

**“I am proof that the events and circumstances of your past don't have to have the “last word” in determining your future. You can live again, memories can heal.”**

The abuse that I've experienced has made me more sensitive to the pains of others and it has made me an advocate to protect kids from those who may exploit or hurt them. Statistics say that I was one out of six boys who have been abused and that my experiences and feelings are typical of those who have been sexually abused but I am so much more than a statistic, I am God's child!

Today, I am married, with four wonderful sons. I have also been blessed to have great friends who are guys and so much has been redeemed in my life.

Thank you for allowing me to share my journey!

-Rev. David Peterson

# Training and Resources

The Pennsylvania Coalition Against Rape's training and technical assistance department provides support, training and resources to professionals and rape crisis centers. To advance the mission of PCAR, our programs focus on understanding the needs and conditions of specific communities. PCAR recognizes a one-size-fits-all approach serves no one, and sexual assault services and prevention efforts must be tailored to each community.

PCAR staff members responded to 1,231 requests for technical assistance for a total of 706 hours during fiscal year 2013-14. Of these requests, 565 were from local centers. Our staff has developed a number of resources, including training programs, e-learning tools, brochures, information packets and manuals:

## **Assessing Campus Readiness for Prevention**

This resource helps campuses build readiness and empower college communities to create unique solutions to the problem of sexual violence on campus, including alcohol-related sexual assault.

## **Structured Sensory Interventions for Traumatized Children, Adolescents, and Parents: SITCAP in Action**

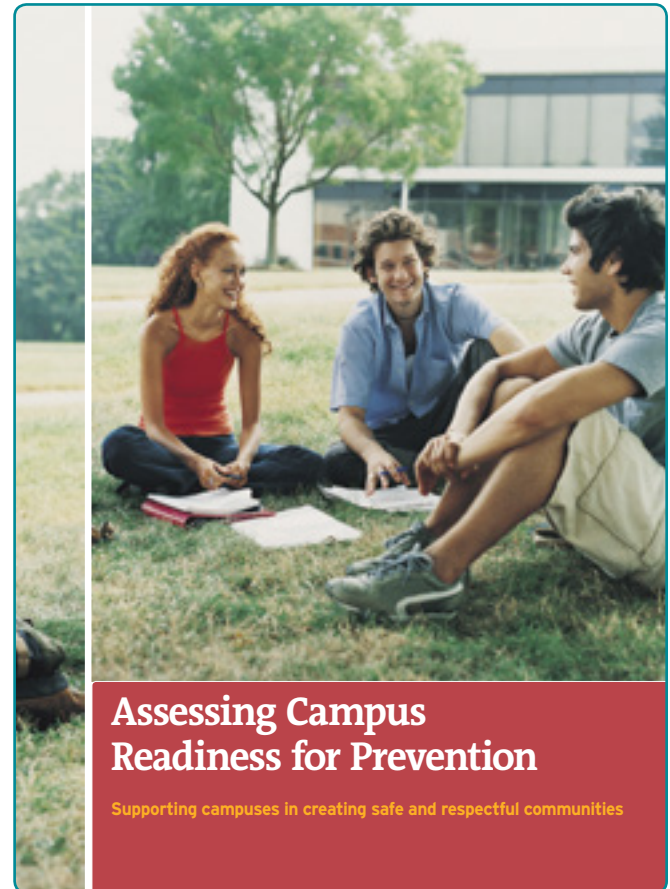
This resource introduces readers to structured sensory interventions like drawing that involve children in their own healing so that they feel safe and empowered to process their trauma. Drawing activities focus on the primary themes of trauma, such as worry, hurt, anger, and shame and allow children to externalize the memories and images shaped by trauma that words could not express. Drawing also enables young people to create a new image that is strength based and resilience focused.

## **Understanding Immigration Status and Suggestions for Practice**

This resource presented information on sexual violence within the immigrant Latin@ communities and offers tools for practitioners looking to strengthen and develop their services for Latin@ communities.

## **Servicing Transgender Survivors of Sexual Violence**

This technical assistance bulletin discusses the difficulties transgender survivors of sexual violence face in seeking services.



### **Assessing Campus Readiness for Prevention**

Supporting campuses in creating safe and respectful communities

*This resource helps campuses build readiness and empower college communities to create unique solutions to the problem of sexual violence on campus, including alcohol-related sexual assault.*

## **Understanding Immigration Status and Suggestions for Practice**

By Liz Zadnik & Enid Melendez



*This resource, part of an information packet, examines sexual violence within the immigrant Latin@ communities and offers tools for practitioners to strengthen and develop their services for Latin@ communities.*

# Training and Resources

## Pennsylvania Sex Offense Statute of Limitations

### CRIMINAL CHARGES

Criminal cases are filed by the state and must be proven **beyond a reasonable doubt**. Convicted offenders may face incarceration, fines, or both.

How old was the victim at the time of the abuse?

**Over 18 years old**

Adult victims of sexual assault have

**12 YEARS**

to report sexual assault in Pennsylvania

**Under 18 years old**

**A child victim whose 18th birthday is on or before August 27, 2002**

Charges may be filed **12 years** after their 18th birthday. The last day to file charges is on their

**30<sup>TH</sup> BIRTHDAY** regardless of when the abuse occurred.

**A child victim whose 18th birthday is after August 27, 2002**

Charges may be filed **32 years** after their 18th birthday. The last day to file charges is on their

**50<sup>TH</sup> BIRTHDAY** regardless of when the abuse occurred.

However, some factors may extend the statute of limitations. Always consult a legal professional.



*This infographic presents the Commonwealth's statute of limitations law in an easy-to-understand visual.*

## Sex and Gender in Society

This technical assistance bulletin introduces and highlights the diversity that exists in biological sex, gender, gender expression and gender identity. Understanding the basics about sex and gender are critical when advocating for and providing services to every survivor, but perhaps especially so when serving the transgender community.

## Building the Bridge: Eating Disorders and Sexual Violence

This technical assistance bulletin outlines some of the available research to help those in the anti-sexual violence movement begin building new partnerships and inform direct service practices.

## What is Sexual Violence

This brochure provides a basic understanding of sexual violence including what to do if you know someone who has been sexually assaulted.

## Pennsylvania Sexual Assault Statute of Limitations

This infographic presents the Commonwealth's statute of limitations law in a clear and easy-to-understand visual

## HIV-Related Testing for Sex Offenders

This factsheet provides information about a statute which allows for the pre-conviction testing of offenders for HIV.

The Pennsylvania Coalition Against Rape works to **eliminate all forms of sexual violence** and advocate for the **rights and needs** of victims of sexual assault.

**EVERY YEAR**

**30,000**

men, women, and children receive support services





## VISION OF HOPE FUND

The Vision of Hope Fund supports the work of PCAR. Funds raised will enable PCAR to invest resources where they are needed most — to educate communities, support rape crisis programs, conduct research, and to create new and effective prevention strategies.

PCAR established the Vision of Hope Fund in 2005 with former Pennsylvania First Lady Michele Ridge to raise private funds to prevent and respond to child sexual abuse. Since then, we have raised more than \$1 million largely through contributions to PCAR's annual Vision of Hope Gala. We have invested Vision of Hope dollars in critical research, effective prevention strategies and promoting adult responsibility and accountability to prevent child sexual abuse.

This great success inspired PCAR's board of directors to broaden the scope of the Vision of Hope Fund to support all of PCAR's activities toward our mission to end sexual violence in all of its forms and advocate for the rights and need of victims of sexual assault.

All dollars raised prior to January 1, 2015 will be used specifically for child sexual abuse prevention, just as the donors intended. Additionally, proceeds from the Vision of Hope Gala will continue to support child sexual abuse prevention exclusively.

Give the gift of **HELP** to keep professionals in health care, law enforcement, social service, education, the courts and the military ready and able to respond when help is needed.

Give the gift of **HOPE** to support PCAR's vision of creating a world free of sexual violence.

Give the gift of **HEALING** to help us repair the trauma of sexual assault.

# Vision of Hope Fund, Continued from Page 8

After January 1, 2015, donors may designate gifts to support any of PCAR's activities to promote help, hope and healing for people of all ages around issues of sexual violence. Proceeds from the Vision of Hope Gala will continue to support our child sexual abuse prevention grant activities.

Ending sexual violence cannot be done with government funding alone. Achieving a world free of sexual violence requires the participation of people, communities, companies, civic groups, religious institutions and you. PCAR is acting now to make the world a safe place, and we need your help — you are part of our Vision of Hope!

PCAR has a proud history, and plans for a bright future. With you as our partner, PCAR will continue to lead the way to a future free of sexual violence.



**Give the gift of help, hope and healing.  
Make a donation today.**

*See reverse side*



# Advocating Change

Public policy is used by the Pennsylvania Coalition Against Rape to aid in our mission to advocate for the rights and needs of victims of sexual violence. PCAR is proud to announce that a set of bills relating to our work to end sexual violence passed during the fiscal year.

PCAR's Legal Director, Diane Moyer, testified to address the needs of victims of sexual assault and child abuse. Moyer also met with members of the House and Senate Judiciary and Appropriations committees to advance PCAR's legislative agenda and Governor Corbett's proposed funding increase to rape crisis centers.

**Human trafficking (Senate Bill 75):** This bill, sponsored by Sen. Stewart Greenleaf (R-Montgomery), clearly defines human trafficking and establishes specific punishments and substantial penalties for those who commit human trafficking offenses. Pennsylvania was one of only two states in the country that lacked a legal definition of human trafficking.

**"Revenge porn" (HB 2107 Act 115 of 2014):** This legislation, sponsored by Rep. Thomas Murt (R-Montgomery) made it illegal to disseminate intimate images of a current or former sexual or intimate partners with the intent to "harass, annoy or alarm the person depicted." The law, which took effect September 7, 2014, also provides for damages to the victim in the event of distribution of these images.

**Protection order for victims of sexual assault (Senate Bill 681):** This bill provides victims of sexual assault court-ordered protection from the person who abused them. The law passed March 21, 2014 and will go into effect July 1, 2015.

**Anonymity for adult victims of child sexual abuse in court proceedings (House Bill 1201):** Rep. Bryan Barbin (D-Cambria, Somerset) served as the primary sponsor of this bill which called for anonymity for adult victims of child sexual abuse in court proceedings. Gov. Tom Corbett signed this bill into law on Dec. 18, 2013.

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## *Give the gift of help, hope and healing.*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### *Here is my donation to the Pennsylvania Coalition Against Rape.*

☐ \$35   ☐ \$50   ☐ \$100   ☐ \$250   ☐ \$500   ☐ \$\_\_\_\_\_ Other

Please make check payable to PCAR, or use your credit card.

☐ Mastercard   ☐ Visa   Card # \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVV Code: \_\_\_\_\_

☐ I have included PCAR in my will.

☐ I am interested in receiving information about how to include PCAR in my will.

☐ Please contact me.   ☐ I wish to remain anonymous.

Your Signature: \_\_\_\_\_

Mail to: Pennsylvania Coalition Against Rape, 125 N. Enola Drive, Enola, PA 17025

Online: [www.pcar.org](http://www.pcar.org)

**Remember, 100 percent of your contribution supports the work of PCAR.**

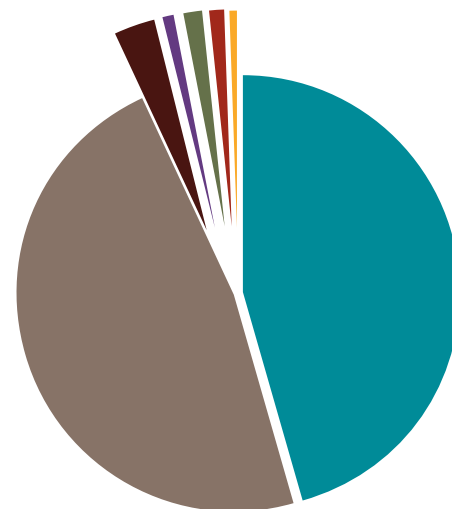
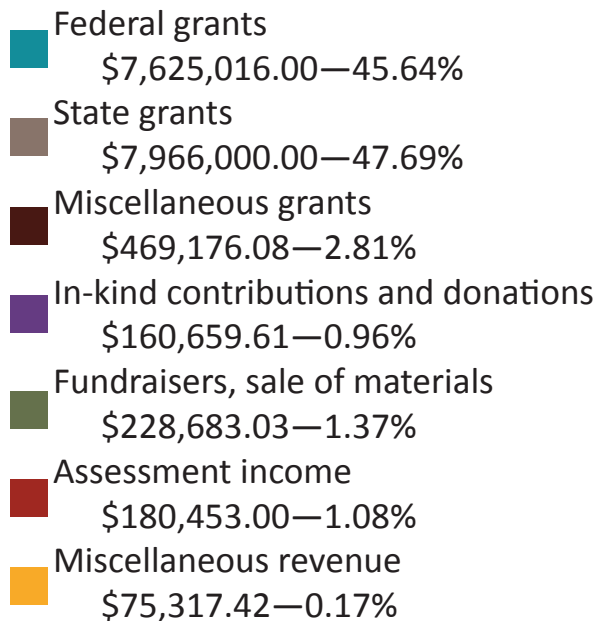
Contributions and gifts to the Pennsylvania Coalition Against Rape are tax-deductible. The official registration and financial information of the Pennsylvania Coalition Against Rape may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. D13

**Make your donation online:**



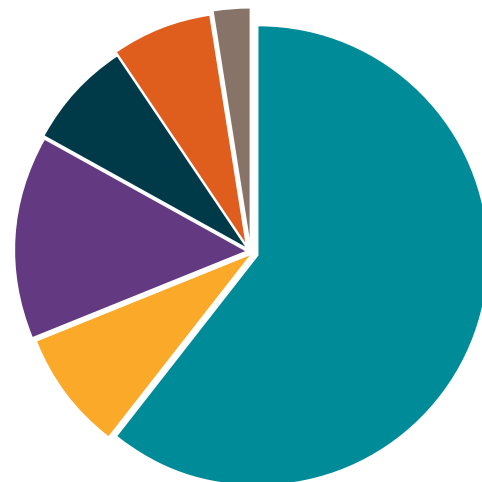
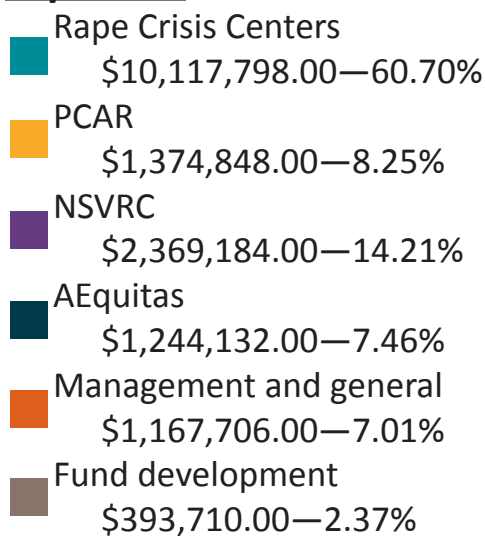
# Fiscal Breakdown

## Revenue



Total: \$16,705,305.14

## Expenses



Total - \$16,677,378.00

PCAR grants more than 50 percent of its revenue to its 50 rape crisis centers for victim services and prevention activities.

Approximately 8 percent of PCAR's revenue supports the work of PCAR's staff. PCAR provides training, resources and expertise to enhance Pennsylvania's ability to prevent and respond to sexual assault, promotes public policy and legal protections in the best interests of victims and public safety, and works with media to increase the public's awareness and access to accurate information and to promote ethical reporting practices.

Nearly 22 percent of PCAR's revenue supports our national work to prevent and respond to sexual violence. The National Sexual Violence Resource Center (NSVRC) and AEquitas: The Prosecutors' Resource on Violence Against Women provide the support, training, mentorship and resources necessary to expand and enrich national efforts to prevent sexual violence and prosecute offenders.

Less than 10 percent of PCAR's revenue is directed towards the development, management and oversight of activities.

