



Annual Report

2022-2023

LAND ACKNOWLEDGEMENT

With gratitude and a spirit of reconciliation, CASASC recognizes that we work and live within the traditional, unceded lands and traveling routes of the Indigenous Peoples represented in Treaty 6 and 7 and the home of the Metis Region III who also share a deep connection with these lands.

We are thankful to offer services on these lands today.



Message from the Board of Directors

I would like to take a moment to thank everyone that helped create another successful year. From the staff to the volunteers, we cannot have this kind of success without you.

The passion and dedication we get to witness daily is truly incredible. It's because of all of you that we can achieve our vision of ending sexual violence and helping to build safer communities through promoting awareness and healing, education, empowerment and renewal.

Hold your heads high as your work truly has an impact to Red Deer and surrounding communities.

I am extremely excited for where we will be heading this next year. It has been slightly delayed, but soon we will have a new place to call home.

The amount of healing and education the collective group of organizations will foster while all being under one roof will be remarkable. Being the first of its kind, we expect our involvement in the new building to help new individuals while creating a collaborative culture to further nurture our clients.

We welcomed new staff and saw some faces move on. We had our offices tore apart with the intention of our new home. We had great days and we had poor days. The one constant is our clients. We do what we do to help in any way that we can. Some days aren't always rewarding. But we do it, and we do it at a high level, because of the impact we have.

On behalf of the board, I would just like to thank our director, our entire staff, our volunteers, our donors, and anyone who helps in any way in our organization. It is because of all of you that we are a leader in this field, and we would not be where we are today without you. Because of you we have hope. Hope for the future. Hope for humanity. Hope for healing. And hope for change. We sincerely thank you for all your efforts and being the ambassadors that you all are.

Kyle Kisio

Chairperson – Board of Directors CASASC

BOARD MEMBERS

Kyle Kisio

Leigh Sands

Nicole McAndrew

Coralie Mobley

Heidi Ravenhill

Holly Erb

Kellie Cummings

Wynny Sillito

Kelly Sachatsky Ward

Maureen Banner

Sharon Moffat

Suzanne Zukiwsky

In honour and remembrance Chris Llewellyn

CASASC would like to take a moment to remember and express our gratitude for Chris Llewellyn, a dedicated member of our family who passed away this year.

Chris became a part of our family as a crisis line volunteer in 2015, and in 2017, he furthered his commitment by joining the board of directors. Throughout these years, he consistently displayed unwavering dedication to our cause and was always ready to provide his support.

Chris was a steadfast presence when we needed him the most, diligently handling financial matters, attending meetings, and participating in events to ensure the success of our mission. He served as a pillar of strength and responsibility within CASASC and the wider community.

As we reflect on Chris's contributions, our hearts are filled with deep appreciation for his selfless actions. Sadly, we can only convey this gratitude in his absence.

We sorely miss his steadfast commitment and sense of responsibility, which enriched CASASC and benefited our community as a whole.

We extend our heartfelt condolences to Chris's family during these challenging times. Our thoughts and sympathies are with you.

In memory of Chris, we carry forward the torch of his dedication, ensuring that his legacy lives on in the work we do.

Though he is no longer with us, his spirit remains an integral part of CASASC, and his memory continues to inspire us in our mission.





Message from the Executive Director

As we approach the conclusion of another year, it is a moment to reflect upon our achievements, challenges, frustrations, and, most importantly, the unyielding spirit of resilience that defines us as a team.

During our last staff meeting, I emphasized a simple but profound mantra: "We are stronger together."

This year, this mantra has carried us through a series of hurdles and trials that, when combined, may have seemed insurmountable.

Our journey this year has been marked by several significant factors, such as limited government aid, accounting for a mere 2% of the total resources allocated to our province.

Additionally, the absence of third-party funding, which in the past constituted a substantial portion of our budget, posed a formidable challenge. Further compounding our efforts, the unpredictable and less-than-ideal weather conditions failed to collaborate during our fundraising events.

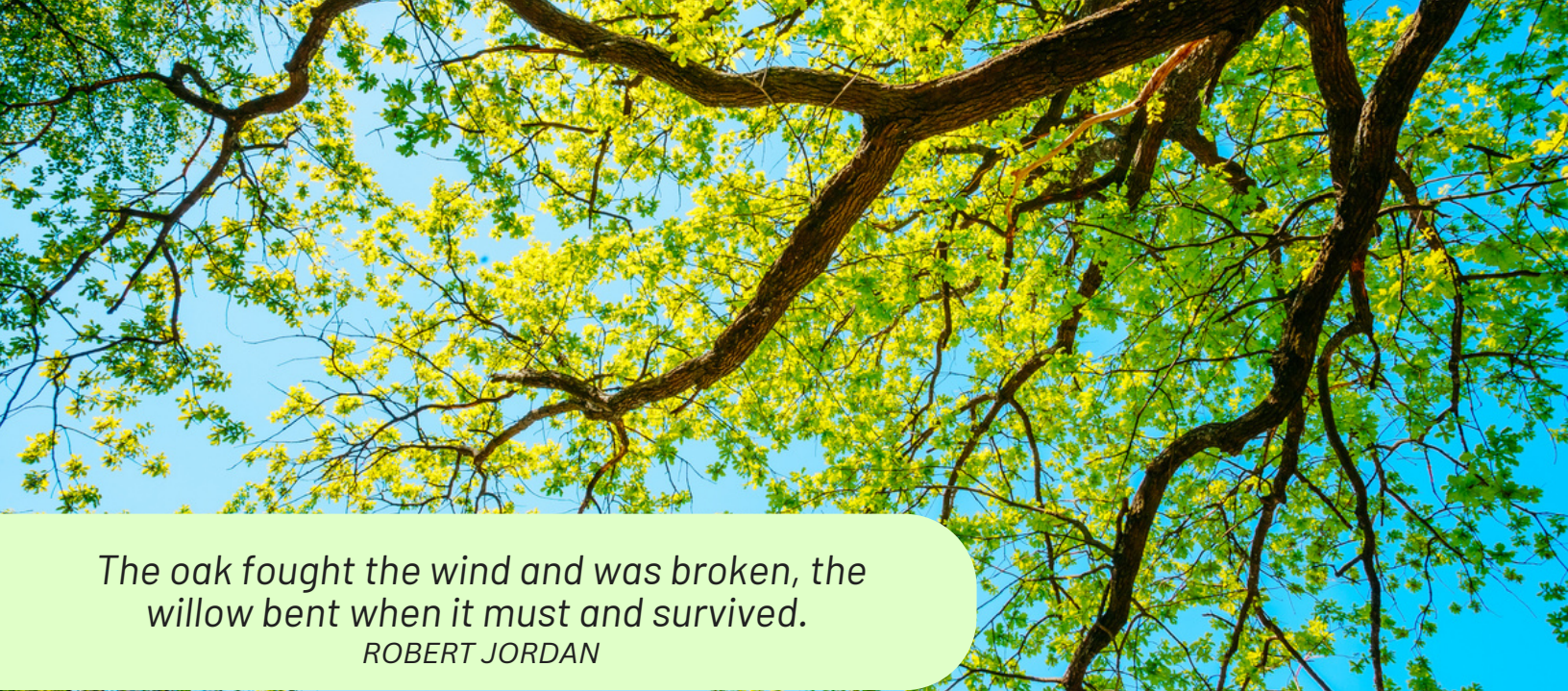
However, the essence of our strength as a team is defined by our ability to transform these challenges into opportunities, propelling us forward with a steadfast hope for a change in circumstances in the near future.

With many ambitious plans and projects on the horizon, we have collectively harnessed these challenges as catalysts for growth, underscoring our tenacity as a team. It is essential to acknowledge the unwavering support from our managers, staff, board of directors, and our dedicated volunteers. This year, despite the odds, we emerged victorious. I take immense pride in the unwavering support and the profound sense of belonging that each one of you has exhibited. I have firmly come to believe that a leader is only as strong as their team.

As a leader, I have come to understand that I do not possess all the answers, but I do know who does. I have recognized the wealth of knowledge, experience, and education that resides within our team, making us capable of undertaking any challenge that comes our way.

While this report may seem repetitive, I urge you to read it with the same emphasis and sincerity that I have put into it, for it is a testament to the outstanding efforts and support of each and every one of you. Together, we have prevailed through a year filled with trials, and I am deeply grateful for the unwavering support you have provided.

Patricia Arango
Executive Director, CASASC



*The oak fought the wind and was broken, the
willow bent when it must and survived.*
ROBERT JORDAN

Individuals will be
empowered to make
informed choices about
personal safety, sexual
interactions and/or emotional
distress.

CASASC Goal

The Central Alberta Sexual
Assault Support Centre
(CASASC) is committed to
ending sexual violence and
helping to build safer
communities through
promoting awareness and
healing, education,
empowerment and renewal.

CASASC Mission

Central Alberta will be a
safer, healthier and more
informed community
surrounding the issue of
sexual assault and sexual
abuse.

CASASC Vision

Programs

Police + Court Support	Sexual Behaviour Support Program (SBSP)
24 HR sexual violence; text, webchat and phone help line	Volunteer Program
Supportive Reporting	Outreach
In-hospital accompaniment (SART)	Kinship Intervention Program (KIP)
One-on-One Counselling and Group Counselling	Education + Community Awareness
Play Therapy	

CASASC Staff Members

120 Active
Volunteers

Patricia Arango
Carlia Schwab
Erin Willmer
Jamie Prowse Turner
Bianca Coates
Lori Perkes
Kristine Bugayong
Ashley Vinthers
Cathy Schelske-Bluett
Chelsey Clancy
Tracy Cross
Donna Redbear
Sarah Maetche
Sydney Layden
Kanwal Khan

Janna Kingma
Jenifer Ambrose
Kailee Burkinshaw
Lana Kennedy
Mark Ballantyne
Mary Ann Butterfly
Joanne Prysunka
Mindy Alton
Tammy Barbour
Theresa Golly
Sadia Anwar
Shelby Merrill
Lara Alhmidat
Bailey Martineau
Oscar





Message from the Clinical Team

This past year the clinical team really focused on rebuilding and strengthening the foundation of the team.

Having shared philosophies and values around client care allowed for ethical treatment and strong working relationships. The team is looking forward to taking this strong foundation and working more collaboratively with new partners in the future.

Goals for next year include effectively managing caseloads, partnering with post-secondary institutions to train new clinical students in working with complex trauma and sexual violence, expanding group programming to include adult play therapy, intimacy after abuse, children group, and peer support. The team also has future project aspirations of sharing clinical knowledge with other professionals at conferences and workshops in the community.

*Tracy Cross
Mark Ballantyne*

Therapeutic Initiatives

Adult Play Therapy and Expressive Arts group

Child and youth therapists Mark Ballantyne and Sydney Layden, alongside adult therapist Tracy Cross, collaborated to develop and lead an Adult Play Therapy and Expressive Arts group for a cohort of survivors of childhood sexual abuse.

The program received a highly positive response from both participants and peers, resulting in multiple requests for its continuation.

Future sessions are contingent upon available space and capacity.

'Ask the Expert'

Mark Ballantyne has maintained the ongoing facilitation of the 'Ask the Expert' series, attracting a diverse audience of international parents and professionals.

This program has played a pivotal role in raising community awareness, subsequently leading to an increase in referrals.

More sessions will be held in the fall and early winter.



Message from CRISIS and SART

Over the past year the Crisis Line has exhibited noteworthy trends in its operations.

Despite the challenging circumstances of the pandemic, there has been only a slight increase in call volume compared to the previous year. During the pandemic, the Crisis Line faced a surge in callers who were on waitlists, or needing general supports due to isolation.

After the restrictions were lifted, this trend persisted. In fact, our highest call volume was in October 2022, with 279 calls, averaging approximately 12 calls per day. One particularly significant change has been in call length.

Before the pandemic, calls typically lasted around 20–30 minutes. However, during the pandemic, call durations increased to an average of 50–60 minutes, and this pattern has remained consistent.

Despite a decrease in call volume to around 120 calls per month in 2023, we continue to see calls routinely surpassing the 60-minute mark. Text and webchat interactions have also increased in duration, with an average of 1.5–2 hours. It is worth noting that even though the text/webchat line has become busier in recent months, individuals prefer our phone option to connect with this service.

CASASC also welcomed approximately 60 new volunteers and students to the Crisis Line, bringing the total to around 120 individuals. Notably, many of these volunteers hail from various regions of Alberta and across Canada.

In addition to our volunteers, we have been collaborating with students from a range of educational institutions, including Red Deer Polytechnic, CDI College, Reeves College, Willis College, AMB College, and East West College. As expected, there has been a decline in volunteer and student applications, likely due to the resurgence of in-person opportunities.

Nevertheless, our commitment to meeting coverage demands remains unwavering, and we are intensifying our recruitment efforts to ensure that we can continue providing crucial support to those in need.

Erin Willmer

Sexual Assault Response Team

The CASASC Support Team, in partnership with the Sexual Assault Response Team at the Red Deer Regional Hospital, responded to a total of 64 calls. This is a substantial 73% increase compared to the previous year.

This surge in calls was expected, given that a significant portion of this program had been temporarily suspended due to hospital restrictions.

Our primary goal continues to be providing comprehensive support to individuals both before and after their examination, a commitment that has extended the average call duration from approximately three hours to 5 hours.

The CASASC Support Team expanded with the addition of trained staff members dedicated to facilitating the team's daily operations.

Currently, our team comprises 11 individuals, including six after-hours support personnel and five CASASC staff members, all committed to delivering essential support and care.

Special Recognition

Our specialized Support Team merits special recognition for their exceptional contributions.

They have played a pivotal role not only in assisting our volunteers but also in managing complex calls, including situations involving individuals at risk of human trafficking, addressing high-risk suicidal ideation, providing support to those experiencing extreme psychosis, and aiding children disclosing child abuse. To enhance our capacity to assist individuals with intricate needs, CASASC is actively pursuing training opportunities. Our objective is to ensure that our volunteers and Support Team members are well-prepared, at ease, and proficient when engaging with individuals requiring specialized support.



Message from the Education Team

This year marked a dynamic period for our Education Team, characterized by a transition from lockdown and restrictions in the early months, and a steady reintegration into classrooms and schools by December.

Throughout this year, the team's efforts were dedicated to expanding our outreach and enhancing accessibility to our programs.

An essential part of our mission involved engaging with seven school divisions within three regions. We actively presented our educational programs, striving to streamline the approval process and approach from the top down. This strategic approach aimed to facilitate schools' access to our programs, making them more accessible and beneficial to a wider audience.

The commencement of the 2022/2023 school year was exceptionally promising. By March 31, the Team had conducted 568 presentations.

During the summer months, the team remained actively engaged in our communities. We are committed to raising awareness about all CASASC programs and services, establishing a presence at local farmers' markets and information booths. This proactive approach contributes to our ongoing efforts to empower and educate our communities, fostering a safer and more supportive environment for all.

Over 500 presentations, benefiting over 11,900 children, youth, and adults.

Throughout the year, the Education Team partnered with our communication staff to produce an array of impactful newspaper articles and blog posts.

These pieces included insightful topics such as "The Power of Words in Teen Dating Relationships," "Lessons from the Johnny Depp vs. Amber Heard Defamation Case," "The Importance of Prevention," and "Consent – A Short yet Impactful Word."

These collaborative efforts enriched our content offerings and contributed to our mission of awareness and education.

Awards and Acknowledgments:



The Education Team achieved a significant milestone by receiving the 2022 Inspiration Award from the Alberta Government for our leadership in sexual violence prevention. Our K to 12 school-based programs were specifically recognized for their provision of free-of-charge and age-appropriate prevention education. This recognition underscores our dedication to delivering essential knowledge and support to our community, especially to our youth.

REPORT OF THE INDEPENDENT AUDITOR ON THE SUMMARY FINANCIAL STATEMENTS

To the Board of Directors of:
Central Alberta Sexual Assault Support Centre

Opinion

The summary financial statements, which comprise the summary statement of financial position as at March 31, 2023, and the summary statement of operations for the year then ended, are derived from the audited financial statements of Central Alberta Sexual Assault Support Centre (the "Society") for the year ended March 31, 2023.

In our opinion, the accompanying summary financial statements are a fair summary of the audited financial statements, in accordance with Canadian accounting standards for not-for-profit organizations.

Summary Financial Statements

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements, therefore, is not a substitute for reading the audited financial statements and the auditors' report of the Society.

The Audited Financial Statements and Our Report Thereon

We expressed a qualified audit opinion on the audited financial statements in our report dated June 27, 2023. In common with many not-for-profit organizations, the Society derives a material amount of revenue from donations and fundraising activities, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the Society. Therefore, we were not able to determine whether any adjustments might be necessary to donation and fundraising revenue, excess revenues over expenses, and cash flows from operations.

Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation and fair presentation of the summary of the audited financial statements in accordance with Canadian accounting standards for not-for-profit organizations.

Auditors' Responsibility

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard 810, "Engagements to Report on Summary Financial Statements".

Red Deer County, Alberta
June 27, 2023

Pivotal LLP

Chartered Professional Accountants

CENTRAL ALBERTA SEXUAL ASSAULT SUPPORT CENTRE

**SUMMARY STATEMENT OF FINANCIAL POSITION
MARCH 31, 2023**

ASSETS

	2023	2022
CURRENT ASSETS	\$ 683,310	\$ 703,179
CAPITAL ASSETS	289,302	325,371
	<u>\$ 972,612</u>	<u>\$ 1,028,550</u>

LIABILITIES AND NET ASSETS

CURRENT LIABILITIES	\$ 651,321	\$ 486,731
LONG TERM DEBT	41,122	92,199
DEFERRED CAPITAL CONTRIBUTIONS	154,255	166,775
NET ASSETS		
Net investment in capital assets	79,986	89,583
Internally restricted	235,782	234,825
Unrestricted	(189,854)	(41,563)
	<u>\$ 972,612</u>	<u>\$ 1,028,550</u>

**SUMMARY STATEMENT OF OPERATIONS
YEAR ENDED MARCH 31, 2023**

	2023	2022
REVENUE	<u>\$ 1,609,370</u>	<u>\$ 1,560,465</u>
EXPENSES		
Amortization of capital assets	39,857	34,489
General and administrative	1,736,444	1,661,959
	<u>1,776,301</u>	<u>1,696,448</u>
DEFICIENCY OF REVENUES OVER EXPENSES, BEFORE THE FOLLOWING	(166,931)	(135,983)
CANADA EMERGENCY BUSINESS ACCOUNT LOAN FORGIVENESS	10,000	-
DEFICIENCY OF REVENUES OVER EXPENSES	<u>\$ (156,931)</u>	<u>\$ (135,983)</u>

Funding summary

\$1, 560, 465
Revenue 2022

\$1, 609, 360
Revenue 2023

We would like to thank all of our partners for their support

CASASC would not be able to provide programs and services without the support of our donors, funders, partners and sponsors.

Government of Alberta

- Alberta Justice & Solicitor General
- Alberta Health Services
- Alberta Community and Social Services

Government of Canada

- Public Safety Canada

Community supporters

- Lifelong Learning Council of Red Deer
- Rotary Club of Red Deer Sunrise
- Rotary Club of Red Deer East
- Red Deer and District Community Foundation
- Rotary Club of Red Deer Urban Spirits
- Canadian Women's Foundation
- Servus Credit Union
- F12.net
- Scotiabank Red Deer