

**Santa Barbara  
RAPE CRISIS CENTER**

**CENTRO CONTRA  
LA VIOLACION SEXUAL**

*more than rape, not only crisis*



**Annual Report to the Community  
2016**

# Mission Statement

## Message from the Board Vice-President

### Board of Directors 2016

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### VISION STATEMENT

Create a community free from all forms of sexual violence.

### MISSION STATEMENT

Santa Barbara Rape Crisis Center empowers people through healing and social

change to eliminate all forms of sexual violence. We are committed to transforming lives by providing services and education to meet the needs of our diverse community.

### MESSAGE FROM THE BOARD VICE-PRESIDENT



Dear Friends of SBRCC:

It is my honor to present Santa Barbara Rape Crisis Center's (SBRCC) Annual Report and highlight a few of our accomplishments this year.

SBRCC received a grant from the Fund for Santa Barbara and the County of Santa Barbara to provide education and awareness specifically to Latino families and Santa Barbara City College students residing in Isla Vista. Although our presence in Isla Vista is not new, SBRCC is working with various groups in Isla Vista to reach their constituencies and build awareness to end sexual violence.

SBRCC collaborated with SB County Jail staff to deliver services to incarcerated individuals and improve communication between both organizations. In addition, staff members worked with the Prison Rape Elimination Act Coordinator and facilitated inter-agency cross training.

SBRCC provided educational and crisis intervention services to clients referred by the Santa Barbara County Probation Department. Recognizing

that individuals referred by the probation department may be reluctant to disclose victimization they have experienced, SBRCC's presentations introduced services by providing education on various topics. In this manner, the individuals in the program did not have to disclose that they are sexual assault survivors and instead, identify as someone who is interested in the topic. Some of the most popular presentations include "Learning to Accept What You Can't Change," "Understanding Violence in Our Society"; and "What We Learn from TV". SBRCC's educational sessions promote positive choices.

SBRCC will continue to work tirelessly with elected officials to make certain they take our cause to the highest political level. Now more than ever, we will do more to stand for justice.

We remain committed to ending sexual violence in all its forms.

As part of our work to support survivors of sexual assault, we also stand against sexism, racism, xenophobia, poverty, homophobia and oppression against individuals with disabilities.

The trauma that survivors have experienced can be retriggered by the stories we are hearing in mainstream and social media. We will continue to support survivors of sexual assault by validating their experiences and listening to their needs. Together, we must speak out against any form of sexual assault.

We have immense opportunities to make a significant impact to empower sexual assault survivors and to eliminate all forms of sexual assault in our society, but we need your financial support to accomplish this.

Respectfully, I ask you to join me in support of our cause by making a tax-deductible financial contribution.



Frank Quezada  
*SBRCC Board Vice-President*

**“We have immense opportunities to make a significant impact to empower sexual assault survivors and to eliminate all forms of sexual assault in our society.”**

**SAVE THE DATE** for the **9th Annual Chocolate de Vine**

**Saturday, April 29, 2017** at **St. Barbara Greek Orthodox Church**

1205 San Antonio Creek Road, Santa Barbara CA 93111

# Raising Awareness in the Santa Barbara Community

## Sexual Assault Education in Isla Vista Project

SBRCC's ongoing Sexual Assault Education in Isla Vista project has been very well received. The purpose of the project is to provide primary prevention and intervention services to residents who are not connected to UCSB, namely Santa Barbara City College students, families, and long-time residents. In the first year, we have substantially increased our visibility in the community by regularly participating in community meetings and events. We have strengthened relationships with community-based organizations, and are expanding the reach of our programming in the upcoming years. We are grateful for the partnerships we have built and the warm welcome we have been given by Isla Vista's residents.

Some of our efforts in the past year have included:

- Working with Isla Vista Recreation and Park District to host our **2nd Annual One Billion Rising** event in Anisq'oyo' Park. This Valentine's Day event brought together community members and local organizations, using creative expression to raise awareness of the global epidemic of violence against women and girls.
- Providing workshops on gender socialization, consent, and healthy relationships for teens at the St. George Family Youth Center through our **Guys for Change** and **Girls for Change** groups.
- Holding two public screenings of **Audrie & Daisy**, a new documentary detailing the devastating effect that social media can have on teen survivors of sexual assault. Our Spanish-language screening gave parents the opportunity to process this difficult subject with one another, and identify ways in which to broach conversations around sexual assault with their children.
- Participating in popular community events, such as the **Pardall Carnival**, the **Isla Vista Jugglers' Festival**, the **Take Back the Night** Rally & March, and the first annual **Isla Vista Conference**.



### Isla Vista Campaign Merchandise

As part of our commitment to raise awareness of sexual assault in Isla Vista, we have produced a range of promotional products to be distributed at outreach events.

These items are branded with the campaign logo and include information about SBRCC's services. In addition to pens, buttons, and magnets, popular new items include stickers, cell phone wallets, and compact reusable grocery bags. Pick one up at our next event!

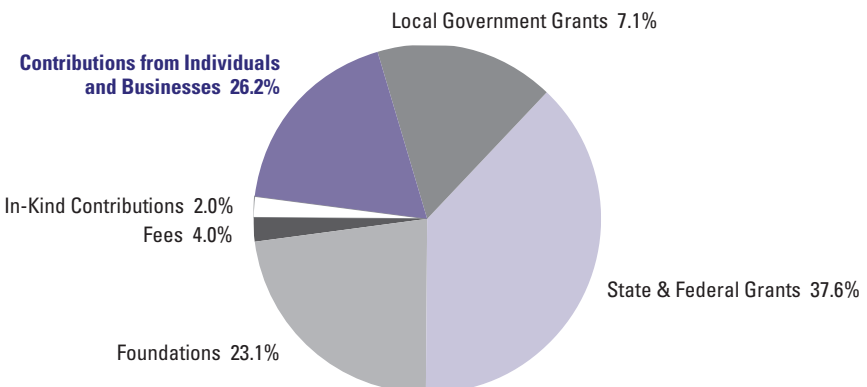
## In 2015–2016...

- SBRCC staff and volunteers assisted **622 survivors and their loved ones** with a total of **2,594 services** including counseling & emotional support, medical & legal advocacy and accompaniment, and information & referral.
- Over **5,700 members of our community** learned information about the impact of sexual assault in our lives and strategies for prevention. Of this number, **2,596 were youth**.
- **119 clients** took steps to regain a sense of confidence and power over their lives by attending counseling sessions and support groups.
- **In-service trainings** were provided to **284 professionals** including law enforcement, medical staff and social service professionals.
- **126 volunteers** from the community gave **9,803 hours** to SBRCC. They provided a network of support including crisis intervention, advocacy and community education, and assisted with office support and special events.

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## SBRCC's Total Operating Budget for FY '15-'16 was \$796,868.

This graph illustrates the importance of local contributions to SBRCC's operations and provision of services to survivors of sexual assault as well as the work towards eliminating sexual violence from our society.



# SBRCC Supporters

Santa Barbara Rape Crisis Center was able to fulfill its mission with the support of these individuals and businesses in the past fiscal year.

***Thank you for helping us do this vital work.***

## **\$30,000+**

Anonymous  
Wood-Claeyssens Foundation  
Yardi Foundation

## **\$10,000–\$29,999**

Fund for Santa Barbara  
June G. Outhwaite Foundation  
Roehrig Family Foundation  
The Towbes Foundation  
Women's Ensemble  
Theater Troupe

## **\$5,000–\$9,999**

Ann Jackson Family Foundation  
Susan Bower  
Montecito Bank & Trust  
Venoco Inc.

## **\$2,000–\$4,999**

DA Davidson & Co  
Dreier Family Foundation  
Fredric & Lundy Reynolds  
Family Foundation  
Alan Irwin  
Psi, Alpha Phi Omega  
Tomchin Family Foundation  
Zeta Psi UCSB

## **\$1,000–\$1,999**

Anonymous  
Anonymous  
Debra P. Geiger & Eliot Crowley  
HUB International  
Insurance Services  
Junior League of SB  
New Day Marketing Ltd.  
Rabobank, N.A.  
The Raintree Foundation  
Susan Rose & Allan Ghitteman  
Rotary Club of Santa Barbara  
North Charitable Foundation

Edward St. George Rev Trust  
James & Garilynn Stanfield  
UCSB Juggling Club

## **\$500–\$999**

Miguel Avila  
Devon Geiger Nielsen  
Margaret Connell  
Debra Geiger  
Ghita Ginberg  
Edward Graper  
Cheri Gurse & Carol Keator  
Hutton Parker Foundation  
George Juarez  
Jon Kechejian  
& Sandy Schoolfield  
Knapp Nursery, Patrick Caswell  
The Manger Scout Fund  
Cristi Michelin Vasquez  
FLIR  
Laz Salinas  
Angela Sanchez  
Linda Sanders  
Sandra Lynne Living Trust  
SB Women Lawyers Foundation  
Tom Storm  
The Towbes Group  
Nancy Weiss & Marc Chytilo  
Robert & Paula Weiss  
Supervisor Janet Wolf  
UCSB Chancellor Henry Yang

## **\$250–\$499**

Mary Atchley  
Stephen & Linda Bailey  
Kaleen Baker  
Virginia Baker  
Bank of America  
Sarah Craig  
Jacqueline Duran  
Patricia Guillén  
Tom Hoffman

April Howard  
Armando Martel  
Glen Phillips  
Marnie & Steven Pinsker  
The Press Room

## **\$100–\$249**

Anonymous  
Anonymous  
Judy & Bruce Anticouni  
Jean Ballantyne  
Jaqueline Duran  
Linda Bernson  
Lawrence Bines  
Marilynne Bird  
Odile Sabine Blanchard  
Tom & Joan Bolton  
Betty Briggs  
Leslie Brtek  
Gloria Bryant  
Stephen Carlan  
Marybeth Carty  
Madelyn Cole  
Alison Cox & Joel Dee  
Elizabeth Cox  
Yesenia Curiel  
Danielle De Smeth  
Arleen Deitchman  
Tish Gainey  
Robert Gibson  
Marilyn Goldman  
Hallie Goodall  
Ann Goodrich  
Sally Green  
Shari Guilfoyle  
Gary & Susan Gulbransen  
Daniel Hankey  
Perri V. Harcourt  
Bryan Harmon  
Peter Hasler  
Elizabeth Johnson  
Bronwen Jones

David Jones  
 Kathryn E. Jordan  
 Deborah Karoff  
 Dawn & Joel Kaufman  
 Joshua Keith  
 Kathryn Kelley  
 Louise A LaMothe  
 David Lepe  
 Barry Levine  
 Sheila Lodge  
 Leann Madden  
 Thomas Mahoney  
 Kristen Meadows  
 Shannon Muller  
 Jeanie Murdock  
 Edward Naha  
 Dennis Nupdal  
 Shan O'Brien Goldman  
 Paul Mitchell School  
 Alexandra Ornelas  
 Osherenko-Young Foundation  
 Lucia & Johannes Overgaag  
 Claudia Pakes  
 Susan Parker  
 Robyn Posin  
 Simon Poulter & Annick Tardif  
 Neal Rabin  
 Claude Raffin  
 Megan Rheinschild  
 Thorn Robertson  
 Christiane Schlumberger  
 Jo-An Shelton  
 Jenny Silva  
 Judith Silverman  
 Darlene Serpa-Wickman  
 Judith Stepka  
 Jim & Carol Storm  
 Gail Sulmeyer  
 Susanna G. Williams Rev Trust  
 United Way  
 United Way  
     of Santa Barbara County  
 Carolyn Wathen  
 Nancy Werner  
 Mystica Williams  
 Alice Williams  
 Andrea Woodward  
 Karina Woolley  
 G. Wynne  
 James B. Young

## Up to \$100

Amazon Smile Foundation  
 Anonymous  
 Audrey Austin  
 Carol Bartoli  
 Diane S. Blau  
 Vicky Blum  
 J'Amy Brown  
 Helga Carden  
 Stacy Lynn Carr  
 Suzette Carter  
 Heather Heyerdahl  
 Janis Connally  
 The Connolly Family Trust  
 Sharon Crandall  
 Cynthia Davis  
 Neil Elliot  
 Sema & Robert English  
 Alison Evans  
 Sharon Ewins  
 Katie Fallon  
 Karla Fernandez  
 Jay Fortman  
 Joy W. Frank  
 Mrs. Donald M. Fuhrer  
 Ali Geraghty  
 Giving Fund  
 Jodi Goldberg  
 Goodshop  
 Sally Graham  
 Elsa Granados  
 Jane Gray  
 Patricia Griffin  
 Lynn Hamilton  
 Margo Handelsman  
 Yvonne Hindmarsh  
 JB Holmes  
 Diane Huerta  
 Humble Bundle  
 Jacqueline Huth  
 Zoe Iverson  
 George Kaufmann  
 John Kennedy  
 Kathleen Keith  
 John Koegler  
 Carol Le Gassick  
 Nancy Lonshein  
 Anna Macdonnell Wilmans  
 Lucinda McLean  
 Heather Moine

Montecito Natural Foods  
 Jerry Morales  
 Dr. Arthur Morel  
 Cathy Murillo  
 Douglas Nam  
 Jaime Niedermeier  
 Laura Nissley  
 Carol Nord  
 Linda Oppen  
 Adriana & Armando Ortega  
 Pace Butler  
 Alberta Pate  
 Ellen Pillsbury  
 Julia Price Warren  
 Susannah E. Rake  
 Robbie Van Gelder  
 Mrs. Lee H. Robertson  
 Philip N. Robinson  
 Cheryl Rogers  
 Marian Rothstein  
 Jayne Ryan  
 Jo Ellen Sadecki  
 Martha Salcedo  
 Rene Saragosa  
 Francis Sarguis  
 Stephen Sassen  
 Beth Schneider  
 Geonine Scott  
 Patricia & Reilly Stark  
 Lyndy A. Stump  
 Lucia Teague  
 Transil Pro  
 Maria Rabatin  
 Lashara Cordero  
 Kaylia Tucker  
 Dana Vandermeijer  
 Richard Vincent  
 Amy L. Ward  
 Gail Wasserman  
 M. Welch  
 Robert & Julia Wilson  
 Katherine E. Wisner  
 Donald Wolfe  
 Tina Wootton  
 Kirsten Zecher

# Empowerment Through Poise, Voice and Choice



Randee

**Randee Brookins** and **Karina Muñoz-Benalcazar** are black belts in Dynamic Circle Hapkido and certified group fitness instructors. They co-teach SBRCC's self-defense class which encompasses awareness, assertiveness, and physical techniques. **Karen Villegas**, SBRCC's Community Education Coordinator, talked with them about their perspectives on self-defense,



Karina

martial arts, and empowerment. Randee and Karina's teaching model centers around three principles of self-defense—Poise, Voice and Choice.

**Randee** is the director of KUT Global, an award-winning national fitness kickboxing system. She is an author of a book called *Black Belt Power—Inspirational Stories by Extraordinary Martial Artists*. She's an adventure seeker and life lover who has a passion to serve others.

**Karina** has eight years of experience teaching martial arts to learners ranging in age from three to sixty-six. Karina's vision is to use martial arts as a tool to empower women to become role models in their communities.

**Karen:** What is the difference between self-defense and martial arts?

**Karina:** Martial arts is a discipline that goes beyond self-defense. It's a way to practice mental and body awareness with a spiritual element, whereas self-defense is more action based.

**Randee:** Self-defense is just one of the five major components of martial arts.

**Karen:** Why do you think it's important to take self-defense?

**Randee:** Having this basic training gives one extra knowledge and confidence.

**Karina:** Knowledge is power: the more informed you are, the more you feel empowered and in control in any given situation.

**Karen:** What motivated you to work with an agency like SBRCC?

**Karina:** Through education, I want to change the language and culture surrounding sexual violence. It's imperative to expand education and be more conscious of how our language impacts others because that's how we make lasting change.

**Randee:** I like teaching empowerment and helping people find their voice. I believe that you must take care of yourself before you can help others, and learning self-defense is a way of doing that.

**Karen:** What do you find most rewarding about teaching self-defense?

**Randee:** The aha moment when they learn something; their eyes light up, and they realize, "Yes, I can!"



# SBRCC's Self-Defense Class

**Karina:** Definitely that light bulb moment! You realize that you just made a difference in that person's life. You really connect with them and that's amazing!

**Karen:** **What do you think is the most fun about your class for participants?**

**Randee:** As instructors, we are young, and love to have fun! We love watching people as they learn and defy expectations. Anyone can learn self-defense.



**Karina:** I love bringing out their "inner dare-devil"! In our classes, even the most quiet person gets to feel strong.

**Karen:** **You recently, held a workshop for high school students. What do you think is different about teaching teen girls self-defense?**

**Randee:** Teens tend to be more timid than adults because they are still trying to find out who they are.

**Karina:** You have to be more connected and creative with teens. You have to meet them where they are. Teens are not always there (in class) by choice, so you may not get the message across unless you engage with them.

**Karen:** **How has self-defense changed the way in which you move through the world?**

**Randee:** It has changed how I react to situations. Self-defense has made me more grounded, and it has impacted the way I connect with others. It is a big piece of what I think of as self-care.

**Karina:** Self-defense allows me to feel empowered to help myself and others. When you use these skills, you are not only defending yourself, but you are communicating to the other person that their behavior is not okay. You can make a huge difference just by acknowledging a situation and using your voice. This is why it's so important for women and girls to take this kind of class.



*If you're interested in taking a self-defense class, contact Karen Villegas at SBRCC.*

*The cost for the 4-hour class is \$30 per person. Scholarships are available.*

# Chocolate de Vine 2016



On **Saturday, May 14, 2016**, at **Rincon Events** in Carpinteria, Santa Barbara Rape Crisis Center presented its **8th Annual Chocolate de Vine** event. Exquisite California wines were abundant and ten local chocolatiers created some fantastic chocolate desserts. The evening was

supported by many elected officials in our community. **District Attorney Joyce Dudley** passionately told a story of a survivor of sexual assault to whom SBRCC provided services. **County Supervisors Salud Carbajal** and **Janet Wolf** sponsored the event. **Carpinteria City Council Member Fred Shaw** poured delicious wine by **Vinemark Cellars**. **Emcee Cathy Murillo, SB City Council Member**, led the evening's program, inviting guests to stroll through the beautiful venue and enjoy scrumptious food made by **Rincon Events**. **City Council Member Gregg Hart** wowed the crowd with his impeccable auctioneering skills.

The live auction featured a **sojourn in Spain (mountain or beach house)**, a **freshwater pearl bracelet**, a **four-night stay in Vegas**, a **trip via private plane to Monterey**. For **Dodgers** fans, there were **4 tickets to a game and a case of a Dodger-approved wine**, label provided by **Cupé Winery**. The **winner of the trip to Montego Bay, Jamaica** was **M. Harrah**.



Guests enjoying delicious chocolate treats!



Delectable chocolate cupcakes!

The evening ended with awards given in the chocolatier competition: **Best Tabletop Presentation—Lelé Patisserie**; **Outstanding Flavor—Renaud's Patisserie & Bistro**, and for the third year in a row, the coveted **People's Choice Award** went to **Stafford's Chocolates**. The judging was performed by chocolate experts **Chef David Rosner** of **Wine Cask**; **Chef Jessica Foster**, owner of **Jessica Foster Confections**; and **Chef James Siao** of **Finch and Fork**.

The event was a great success, thanks to generous donors and helpful volunteers. Guests walked away with commemorative wine glasses, full stomachs, and bright smiles knowing they supported a vital cause in our community!

**SAVE THE DATE** for the **9th Annual Chocolate de Vine**  
**Saturday, April 29, 2017** at **St. Barbara Greek Orthodox Church**  
1205 San Antonio Creek Road, Santa Barbara CA 93111

# Letter from Carpinteria Vice-Mayor Fred Shaw

Dear Friends,

This is the season when we all get numerous requests for end of year donations. High on my list of organizations doing essential work in our community is Santa Barbara Rape Crisis Center. We cannot sit idly by knowing that one of every four women in America has been the victim of an attempted or completed rape in her lifetime, and the vast majority go unreported. Sexual assault knows no boundaries of race, gender, or economic status.

For over 40 years, Santa Barbara Rape Crisis Center has provided a sanctuary for survivors of sexual violence. SBRCC provides comprehensive care to sexual assault survivors. This includes counseling and emotional support, medical and legal advocacy, information and referral. Last year more than 600 clients, their friends and loved ones affected by the crime and its emotional aftermath, accessed these services. Trained counselors, dedicated staff and volunteers are on call around the clock to meet the needs of clients trying to heal their physical and emotional wounds. SBRCC also offers classes that empower and teach self-defense and incident avoidance.

Sexual violence happens every day to mothers, sisters and daughters. And while men are most often the perpetrators, boys and men can be victims as well. Three out of four LGBTQ individuals will be sexually abused at some time in their life. As individuals and as a community, we need to step up and support the vast array of services offered by SBRCC. We need you to ensure the continuation of this vital effort to care for our local residents who have experienced this very personal crime.

Please join me in taking a strong stand against sexual violence by supporting this critical work with a generous donation to Santa Barbara Rape Crisis Center.



Fred Shaw  
Vice-Mayor, City of Carpinteria

P.S. Lisa and I will be making a gift that is a stretch for us—we hope that you will do the same.

## Your tax-deductible contribution will allow SBRCC to provide the following services:

- \$100** Provides bus tokens, phone cards, food vouchers for a survivor who doesn't have other means
- \$250** Provides a sexual assault survivor with a safe place to stay for 2 nights in an emergency
- \$500** Offers two self-defense classes and educational materials to teen girls
- \$1000** Ensures that for one month, survivors of sexual assault and their loved ones can access SBRCC's 24-hour hotline

## Save the Date

Saturday, April 1, 2017  
at 10am



Linda Sanders of **One on One Fitness** is sponsoring an event to raise funds for Santa Barbara Rape Crisis Center. Come prepared to get a great workout and have a blast doing it. The class will include functional training: TRX, kettle bells, Landmine, cardio blast, yoga, stretch, and much more.



Location: 1809 E. Cabrillo Blvd., Suite B  
Montecito, CA 93108

Cost: \$75 per person

Contact: Linda Sanders, 969-9107

All proceeds from the event will go directly to Santa Barbara Rape Crisis Center.



## Santa Barbara RAPE CRISIS CENTER

## CENTRO CONTRA LA VIOLACION SEXUAL

433 E. Cañón Perdido Street  
Santa Barbara, CA 93101

[www.sbrapecrisiscenter.org](http://www.sbrapecrisiscenter.org)

24-Hour Hotline: **(805) 564-3696**