

OUTCOMES FOR 2010



Emergency Shelter & Safety Net

The Emergency Shelter Program operates a 24-hour hotline and provides crisis intervention, safe refuge, food and clothing, individual and family therapy, psycho-educational groups, life-skills training, and clinical services to children which include psychosocial assessments, educational activities, counseling and tutoring.

269 Individuals served, including **116** women, **1** man and **152** children

1653 callers were provided with crisis intervention through our 24-hour Hotline

76% of clients upon exit from the shelter program secured safe permanent and/or transitional housing

86% of battered women improved their self-esteem and cognitive coping skills as a result of their participation in individual and family therapy

100 children participated in the therapeutic children's programs

Transitional Housing

Step-Ahead transitional living program, provides assistance to graduates of our emergency shelter with continued assistance to maintain self-sufficient, violence-free lives.

11 Adults served, **22** children

Counseling & Resource Center

The Counseling and Resource Center (CRC) provides case management, social services referrals, housing assistance, individual and group counseling, and legal advocacy services.

656 Individuals served, including **504** women, **28** men and **124** children

60% of battered women increased their knowledge of domestic violence as a result of their participation in psycho-education groups

71% improved self-esteem, cognitive coping skills and increased knowledge of co-dependency and anger management skills

82% of child victims exhibited improvement in post traumatic stress symptoms, anxiety and depression as a result of their participation in individual therapy

Legal Department

318 Individuals served by legal advocates providing information and referral about survivors' legal rights and options, restraining order preparation, and court accompaniment.

Volunteers

Volunteers are vital in helping Laura's House achieve our mission of helping families regain self-sufficiency. Last year, **471** volunteers contributed **7,299** hours of service.

Volunteers serve in many capacities, including our emergency shelter programs; hotline assistance and childcare; Portobello Road, upscale, resale boutique; community outreach, administrative assistance and translation.

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Holiday – Spirit of Empowerment Program

Providing gifts and practical gift cards makes the spirit of the holidays come true for many of our clients and families each year.

Our programs and services facilitate empowerment by teaching women the tools they need to take control of their lives, to make choices that foster healthy, violence-free relationships. The respectful choice of such gifts and gift cards empowers our families with the opportunity to decide for themselves how they wish to celebrate the holiday and create new traditions.

62 Families served, including **117** children

53 Holiday meals provided



Education & Prevention

The goal of the **H.E.A.R.T. (Healthy Emotions & Attitudes in Relationships for Teens)** program is to provide at-risk youth with the tools necessary to live healthy, non-violent and successful lives. These 60-minute interactive workshops on teen dating violence prevention are provided at schools and community-based organizations throughout Orange County.

2,385 Teens reached through **98** workshops.

Teens demonstrated an increase in levels of knowledge about teen dating violence and healthy relationships after their participation in **1** H.E.A.R.T. workshop.

The **Community Engagement Committee** is dedicated to engaging the community in the work we do and supporting community efforts for education and prevention of domestic violence related issues. The purpose of the committee is to create and foster an interactive, multi-way dialogue between Laura's House, our clients and the communities in which we serve. Laura's House has formed a Speakers Bureau to conduct outreach presentations and informational talks to businesses, clubs and groups, congregations, physicians and healthcare personnel, etc.

166 Outreach events conducted

7,122 Individuals reached

