

# PROGRAM OUTCOMES

## highlights from 2015

### H.E.A.R.T. (Healthy Emotions & Attitudes in Relationships Today)

H.E.A.R.T. workshops are 60 minute interactive presentations engaging youth in a conversation about teen dating abuse, red flags and what a healthy relationship looks like. Our program was originally targeted at high school students, but have expanded into middle schools and college campuses, changing the "T" in our acronym from "Teen" to "Today". Our H.E.A.R.T. curriculum teaches

students the dynamics of teen dating abuse, red flags to look for in an abuser, why abusers abuse, why victims stay, the cycle of violence, how to help a friend, and provides resources. Most importantly we teach students the elements required to have a healthy relationship. According to statistics Teen Dating Abuse/Adolescent Dating Abuse affects 1:3 youth. [www.laurashouse.org/lhteen](http://www.laurashouse.org/lhteen)

**180** workshops held

**46** different schools, detention facilities, churches and community organizations

**9,655** teens reached

**18%** increase over the previous year



### Legal Advocacy Program

In 2015, our Legal Advocacy program continued to experience expansion. In December 2015, the Domestic Violence Advocacy Center (DVAC) was opened to meet the high demand for legal services from domestic violence survivors seeking restraining order protection for themselves and their children. The DVAC site houses our Legal Department's innovative Courthouse Advocacy

Program, which pairs domestic violence survivors with a legal advocate who supports them through the entire restraining order process. The DVAC office is strategically located within walking distance to the Lamoreaux Justice Center in Orange, Ca, where nearly all domestic violence restraining order matters are litigated. [www.laurashouse.org/legal-services](http://www.laurashouse.org/legal-services)

**740** clients received legal services

**98%** increase over the previous year





# 2015 Program Outcomes Report Card



## 24-Hour Crisis Hotline

2,415 callers assisted

**2,415**  
callers assisted



## Emergency Shelter and Transitional Housing Programs

31 days was the average length of stay in Emergency Shelter

84 days serve through Safety Net Motel program

35 shelter graduates were served through our Transitional Housing program

92 days was the average length of stay in Transitional Housing program

### Shelter Client Outcomes:

82% of battered women increased their knowledge of co-dependency and anger management

89% improved their self-esteem and cognitive coping skills

84% of child victims exhibited improvement in post-traumatic stress symptoms, anxiety and depression

**290**

individuals served through the comprehensive Emergency Shelter and Transitional Housing programs



## Counseling Services

1,303 Individual/Family Counseling Sessions took place

282 Personal Empowerment Program classes were held

82 Psycho-Educational/Life-Skills Groups were held

### Counseling Services Outcomes:

77% of battered women improved self-esteem and cognitive coping skills as a result of their participation in individual and family therapy

80% of battered women increased their knowledge of co-dependency and anger management skills through their participation in psycho-educational groups and life-skills classes

**310**

new and ongoing clients participated in counseling services in 2015



## Outreach/Networking

175 events/activities

12,077 community members directly reached in Orange County

**175**

events/activities



## Volunteer Program

415 volunteers

12,462 volunteer hours provided to support our various services and programs throughout the agency

**12,462**  
volunteer hours

## Volunteer Value:

According to the Independent Sector, the dollar value of these volunteer hours provides a cost savings of:

**\$335,481**