



City of Bend CDBG Presentation

Jan. 13, 2021

Saving Grace

Saving Grace offers safety, hope, and healing to survivors of intimate partner violence and sexual assault and engages Central Oregon to build life free from violence.

The counseling program, offering individual therapy and support groups, is a critical component of our service delivery model, providing both crisis intervention and tools to prevent future violence.



Counseling Program Services

Counseling services are offered to those facing complex trauma responses from domestic and/or sexual violence.

Healing from the effects of abuse requires an approach designed to address the specific trauma response, safety considerations, and resource needs of survivors all at once.



Wraparound Services

Saving Grace can provide emergency shelter, crisis intervention, counseling, housing resources and other resources to help survivors quickly regain safety and sustain life free from violence.

The counseling program provides ongoing support for survivors as they move forward in re-establishing their life and future intimate partner relationships.



Population Served

The vast majority of people served live in poverty.

While income is not a determining factor for Saving Grace services, of the counseling program clients served last year:

- 62% were extremely low-income
- 27% were low-income
- 11% were moderate income

Persons of all genders, abilities and ages are served.



Efficient Program Staffing

Saving Grace leverages its counseling program by coordinating with Master's level counseling/social work program students to provide internships.

Master of Counseling and Master of Social Work interns learn about and provide trauma-informed approaches in domestic & sexual violence cases.

Saving Grace is able to multiply its capacity to serve this specialized population. This year, six graduate interns are volunteering with Saving Grace.



Scope of Services

In 2021-2022 fiscal year, Saving Grace expects to provide counseling services to a minimum of 75 City of Bend residents, with 12 or more individual counseling sessions offered per person.

A note about **non-duplication of services**: while it is true many/most individuals have OHP or other insurance to access counseling outside of Saving Grace, the fact is, survivors of abuse almost always have concurrent safety concerns and resource needs that can all be addressed with wraparound services at Saving Grace. We are proud to partner with local behavioral health services to cross-refer clients to best serve needs of the population.



Covid-19 Impacts on Survivors

Increased isolation

Loss of support structure

Financial instability or loss

Barriers to access resources

Additional stressors escalate tension and violence

Beyond the impact Covid has had on community well-being in general, the impact on survivors is severe – shelter in place orders increase risk, and safe housing options are fewer. We anticipate the effects on survivors to be with us through 2021. Counseling program staff and interns have adapted services to provide counseling through Zoom and phone sessions, which have worked remarkably well.



C.'s Story

In 2016, a client, "C." was connected to Saving Grace when she went to the hospital after being brutally sexually assaulted. Of the sexual assault, she says, "There were multiple points when I thought I was going to lose my life."

Our hospital response advocate provided immediate support to C., and connected her with our counseling program. During the course of a protracted criminal sexual assault case that resulted in the perpetrator being convicted of both felony and misdemeanor crimes, C. took part in our sexual assault support group and individual counseling.



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C.'s Story Cont'd.

C. received intensive counseling to address not just the threat to her life, but also a profound impact on her everyday experience in life. "A person I trusted from a safe community had violated and broken my foundation, my understanding of what I knew to be true in the world. Everyone was a secret agent and I didn't know who was going to strike next."

C. shared of her experience in support group: "It is so empowering to be around a group of women who've been through exactly what you've been through – and look you in the eyes and say – 'you're a fighter, you're stronger than this, and this does not define you.'"

Four years on now, C. has moved out of the area, begun graduate school, and still keeps in touch with Saving Grace. C.'s strength, courage, and her capacity to come back from a devastating period in her life are remarkable.

