

# THE BLUE BENCH ANNUAL REPORT

Denver, Colorado

Since 1983

Fiscal Year 2017



#MeToo Highlights the Disturbing Prevalence of Sexual Assault

---

---

---

---

---

---

---

---

Terry Crews on his fight against sexual assault: 'This gives my life meaning'

---

---

---

---

Jury rules in favor of Taylor Swift in groping case

---

---

---

---

---

---

---

---

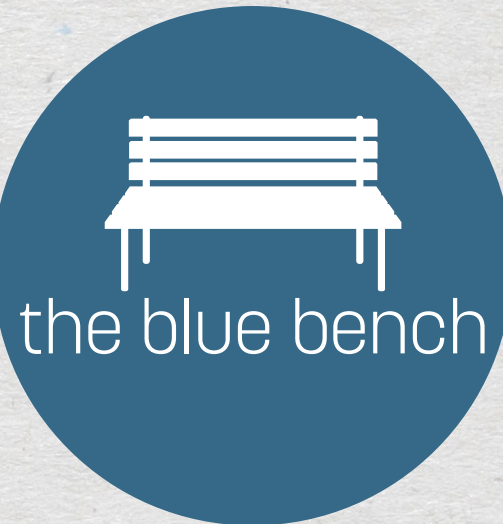
Uber Lawsuit Lists Actionable Changes Uber Could Make to Prevent Sexual Assault

---

---

---

---



Matt Lauer Fired By NBC News Over Allegation Of "Inappropriate Sexual Behavior"

---

---

---

---

---

---

---

---

Harvey Weinstein Paid Off Sexual Assault Accusers for Decades

---

---

---

---

---

---

---

---

After More Than 500K Women Tweeted #MeToo, Men Are Responding With 4 Words: HowIWillChange

---

---

---

---

After Weinstein: 71 Men Accused of Sexual Misconduct and Their Fall From Power

---

---

---

---

Anthony Rapp: Kevin Spacey accuser says he was inspired by women in Hollywood to speak out

---

---

---

---

---

---

---

---



# OPINION



## “The momentum is unlike anything I’ve ever seen,” says Executive Director

Karmen Carter, Editorial

Sexual violence is not a new concept. The mental, physical and emotional trauma it causes for victims and their loved ones is frighteningly commonplace. Sometimes it can feel overwhelming; this

horrible violation keeps happening and we often feel powerless to change it. It’s frustrating to see statistics, year after year, grimly announcing that there are hundreds of thousands of survivors walking among us each day. We are making strides, but in order to achieve true culture change, we need entire communities to stand up and activate.

***This past year, however, has felt closer to culture change than any time in memory.*** With the strength of the MeToo movement, survivors are coming forward in record numbers, finding support from their communities and helping those who choose to stay silent, know that they are not alone. Young people are stepping up in new ways, encouraging one another to challenge the status quo and reframe how society thinks and talks about sexual violence. People all over the world are harnessing the power of different platforms from social media and beyond to spread messages of

support, education and awareness. It has truly been an exciting and inspiring time to do this work.

I’ve been inspired by each of you, too. The request for our therapeutic services and prevention programming unsurprisingly skyrocketed last year in response to the cultural momentum. And you, our incredible donors, responded with unmatched generosity. Some of you contributed for the first time, many of you increased your donation amount and many became monthly or quarterly donors.

Though there is still much work to be done, we are on the right track. You should know with certainty that you are making a difference to survivors, students and your community. As we see these cultural changes taking place, know that you are an integral part of that change. We hope you will continue your support and stand with us as we see sexual violence eliminated from our community.

With admiration,

## IN THIS ISSUE

OPINION.....	1
COMMUNITY.....	2
HEALTH & WELLNESS.....	3
EDUCATION.....	5
FINANCE.....	7
PHILANTHROPY.....	8
CALENDAR.....	10

# COMMUNITY

Since 1983

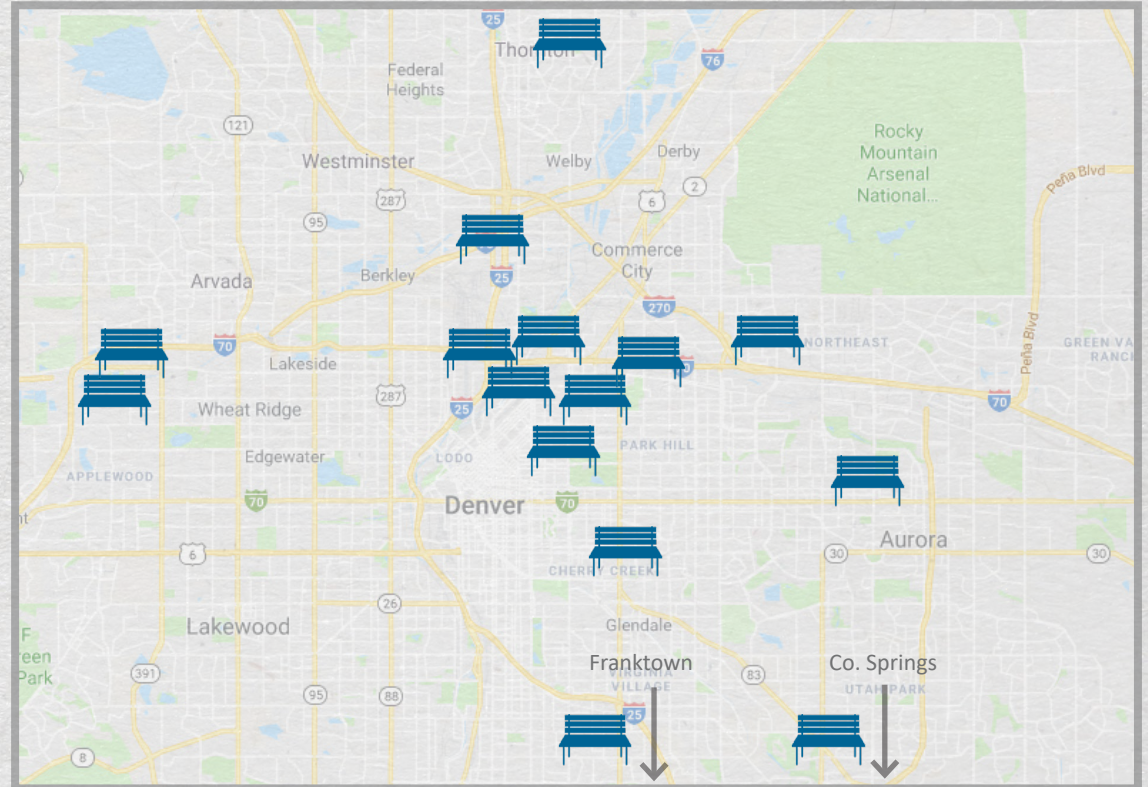
The Blue Bench

2017 Annual Report

## 40 benches & counting: awareness campaign spreads through Denver

Thanks to the community's overwhelming response to The Blue Bench Campaign, schools, businesses and hospitals have placed a bench with an engraved plaque in the community to proclaim their support for survivors of sexual assault. Each bench is equipped with a personalized plaque as well as the website and the phone number to our 24/7 support hotline in both English and Spanish.

When we began The Blue Bench Campaign in 2016, it was our goal to create a community symbol for culture change, and with more than 40 benches sold and many already placed in their new homes, we are proud to witness so many community members, organizations, businesses and more become part of the movement. Here are just a few of the places you'll see a blue bench:



1st JD DA's Courage Garden  
Denver Broncos Mile High Stadium  
University of Denver  
Regis University  
Auraria Campus  
University of Colorado - Co Springs  
DSST High School- Stapleton  
North Suburban Medical Center

Dill, Dill Carr Stonbraker & Hutchings  
Channel 9  
East High School  
Meadow Lark Apartments  
Fox Hill Apartments  
Tower at Speer  
Monarch Investment & Mgmt. Group  
Colorado Insurance



North Suburban Medical Center



East High School



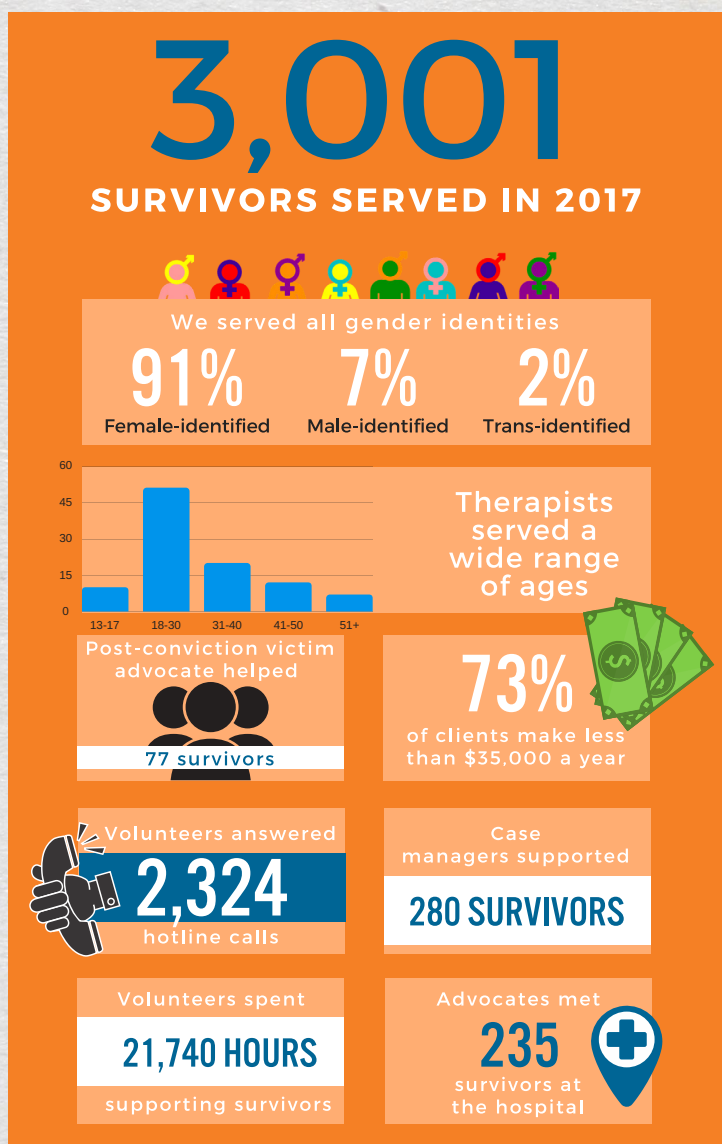
1st JD District Attorney's Courage Garden

# HEALTH & WELLNESS

Since 1983

The Blue Bench

2017 Annual Report



## Closing the Gap: new staff position helps survivors find closure after court cases

At The Blue Bench we believe in meeting people where they are in their healing process. In 2017 we added a Post-Conviction Victim Advocate (PCVA) to our staff--a new position not just here at The Blue Bench, but in the state of Colorado--to further support survivors through the overwhelming time after their perpetrator is convicted, adjudicated or takes a plea.

Following a criminal justice process, and after an offender has been sentenced, survivors can often feel lost and unsure of how to attain information that will make them feel safe. Historically they have only received information required through the Victim Rights Act, which provides the necessary notifications regarding critical stages in their judicial process. They may, however, have additional questions concerning offender probation requirements or updates on their progress in offender treatment. They might even have lingering questions about the crime and sentencing that took place in the trial that has left them wondering "Now what?".

The PCVA helps to fill that gap by creating an avenue for victims to have their voices heard and by providing input to the offender's supervision and treatment team. This increases perpetrator

accountability by ensuring that the survivor's experience is never absent from offender rehabilitation and clarification work -- a practice in which offenders write letters to their victims, taking responsibility for the assault and the impacts it had on the victim. Through the PCVA, victims can respond to this letter, asking for more information to help them understand and come to terms with the crime as they heal. The PCVA can even meet with an offender face-to-face, if the victim so chooses, to address the content of the letter.

In the inaugural year of the position, the PCVA provided support and guidance to 77 survivors, many of whom found empowerment and a sense of regained control in knowing more about their perpetrator's sentence.

The PCVA attends sentencing hearings, sex offender management board meetings and probation team meetings with the goal of not only highlighting the victim experience, but when appropriate, sharing updates and information with survivors. This much-needed bridge between offender accountability and survivor healing helps The Blue Bench ensure that our clients are supported throughout their healing journey.

# HEALTH & WELLNESS

Since 1983

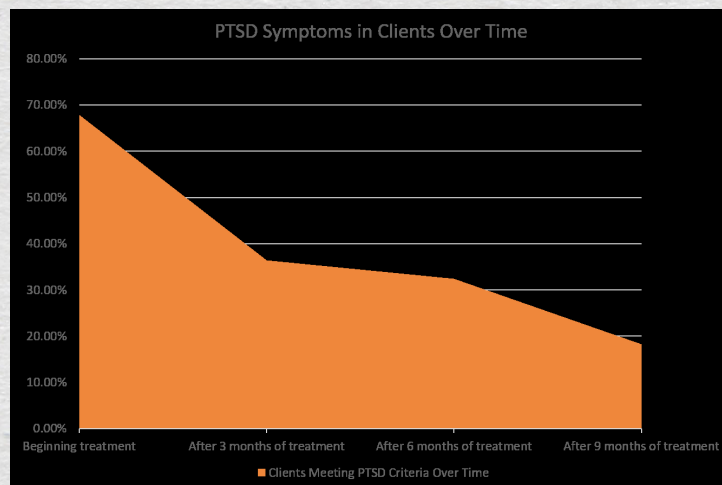
Denver, Colorado

2017 Annual Report

## Survivors are recovering from PTSD through therapy

When hearing the term “Post Traumatic Stress Disorder”, many first think of the emotional hardships soldiers face when returning from war zones. But what about survivors of sexual assault, who have also been through intense trauma that can affect their day to day lives? The Journal of Traumatic Stress and the American Psychiatric Press report that 94% of women who are raped experience symptoms of post-traumatic stress disorder (PTSD) during the two weeks following the rape and 30% of women report symptoms of PTSD 9 months after the rape.

Based on data collected from clinical measures at The Blue Bench, 67.8% of clients met the criteria for PTSD when beginning therapy. That means more than two thirds of the 333 survivors we served last year were experiencing symptoms like trouble sleeping, nightmares and frequent memories of the assault, any combination of which can be debilitating and greatly affect a survivor’s mental, physical and emotional well-being. Analysis indicates that clients experienced a statistically significant decrease in these symptoms over the first three months of therapy and that this trend continued at the six month and nine month marks as well.



Client showed a decrease in PTSD symptoms throughout treatment at the 3, 6 and 9-month marks

### What do we mean by “statistically significant”?

Statistical significance is the likelihood that a relationship between two or more variables is caused by something other than random chance. It shows that survivors didn’t randomly see a decrease in PTSD symptoms, but that they experienced a decrease in these symptoms because of the therapy they received and the coping skills they learned.

### How do we know it’s working?

Survivor progress is measured based on self-assessments they are given at different points throughout their therapy journey. Questions pertaining to trauma symptoms, coping, interpersonal relationships and general functioning give a picture of how a survivor is progressing from their own perspectives. While our therapists feel rewarded by seeing clients make positive strides towards healing, it is even more rewarding when survivors begin to recognize that strength in themselves and harness it to transition from victim to survivor.

### Our Therapy Model

The Blue Bench provides *trauma-focused* care, meaning our therapists are uniquely skilled at helping survivors navigate the difficult work of healing after trauma. Therapy sessions happen regularly, with committed therapists, much like clients would see in a private practice and follow a three phase model which includes:

1. Trauma education to help survivors understand what’s happening in their brain and body when they experience symptoms as well as identifying skills to help them feel safe.
2. Trauma processing using cutting-edge methods such as eye movement desensitization and reprocessing (EMDR) and Sensorimotor Psychotherapy.
3. Skill integration that helps survivors frame what life looks like for them following trauma and how they will cope with any future symptoms or triggers.

# EDUCATION

Since 1983

The Blue Bench

2017 Annual Report

## A culture shift is happening--and students are leading it

Children are our future and never has that been so clear as it has been in 2017. This past year our Prevention & Education team facilitated 100 more programs than in 2016, more than three quarters of which have shown scientific evidence for effectiveness.

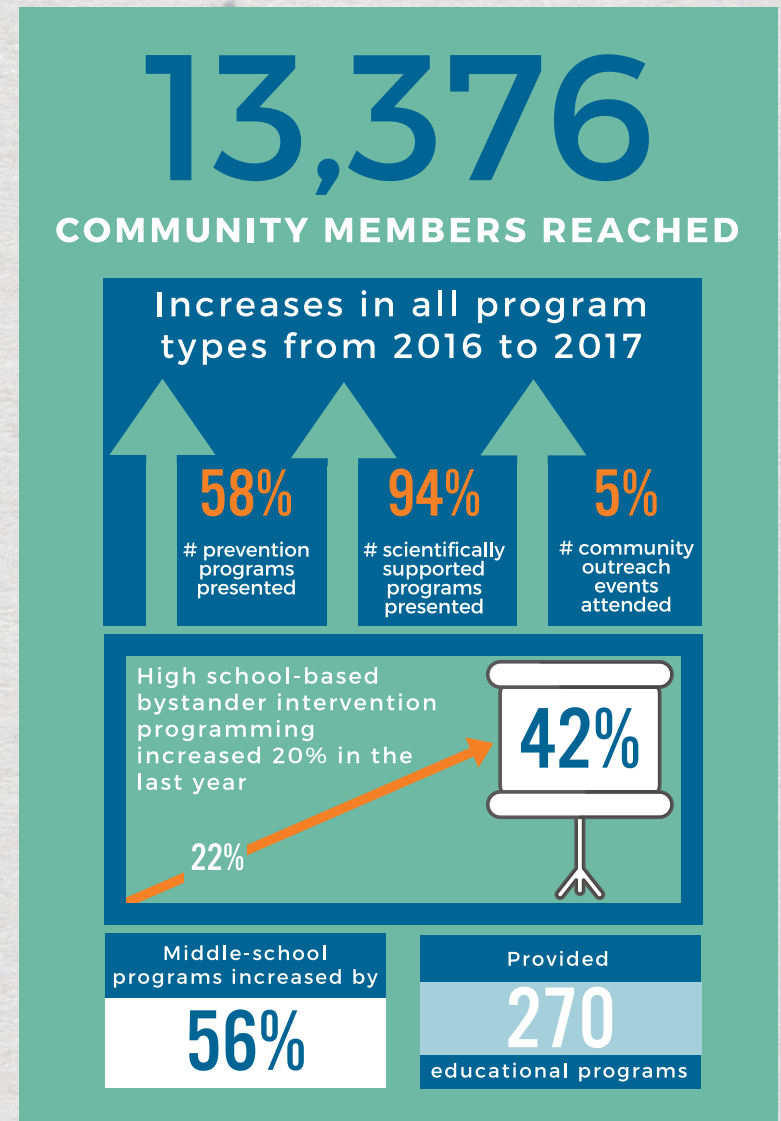
Following the MeToo movement, an already busy year saw an even bigger spike in requests for prevention education programming for students in middle school and higher, many of which included schools looking to provide programming to entire grade levels.

When schools have administrative and departmental buy-in to educate their students about consent, being an active bystander and knowing how to respond to survivors, they are setting a precedent for culture change. They are making sexual violence prevention a cultural value of the school and sending a message to their students that it's important.

A preliminary analysis of data following our high school-based program, Bringing in the Bystander®, suggests there were increases in overall knowledge of sexual violence, bystander action and willingness to intervene. Surveys given to students before and after going through programs include questions specific to knowledge about sexual violence and consent; behaviors contributing to rape culture (i.e. rape jokes, victim-blaming); recognition of situations where sexual violence could occur/is occurring (i.e. an acquaintance at a party is incapacitated and being taken to private location); and responding to a survivor if sexual violence has already occurred (i.e. accessing help and resources for a friend who shares they have been sexually assaulted).

These increases are promising factors towards the overall goal of shifting the social norms that have allowed the kinds of previously mentioned behaviors to go

*(continued below)*



# EDUCATION

Since 1983

Denver, Colorado

Fiscal Year 2017



*(continued from above)*  
unchecked or considered “normal.”

Instead, when students learn how to empower themselves to respond to sexual violence, potential perpetrators feel unsafe to commit crimes because they know they will be called out and held accountable for their actions.

Students who know their classmates are also getting this education, are more likely to adopt the principles they learn into their everyday life and have the confidence to call out problematic behavior that may have been ignored prior. And that’s exactly what we’re seeing.

Classroom settings allow for students to engage in important discussions about their role in ending rape culture by looking out for one another and changing the way they think and talk about sexual violence.

For some students, they see this shift

happen before their eyes. “The way people changed their opinions on certain topics was very comforting,” said one student. “I wish everyone in the world had this class.”

Students are invested in the way their generation can work together to affect real change. In fact, we partnered with numerous school-based youth groups to help them amplify their voices in the community. Together, these students have taken on art installations, video projects, activism groups and more, with the goal of empowering their peers and creating safer, more supportive environments in school and beyond.

With this kind of momentum and energy from the next generation, we inch closer to a world where sexual violence does not exist and where entire communities, starting with young adults, are prepared to take a stand.

“  
*The way people  
changed their  
opinions on certain  
topics was very  
comforting. I wish  
everyone in the world  
had this class.*

*-Student*



# FINANCE

Since 1983

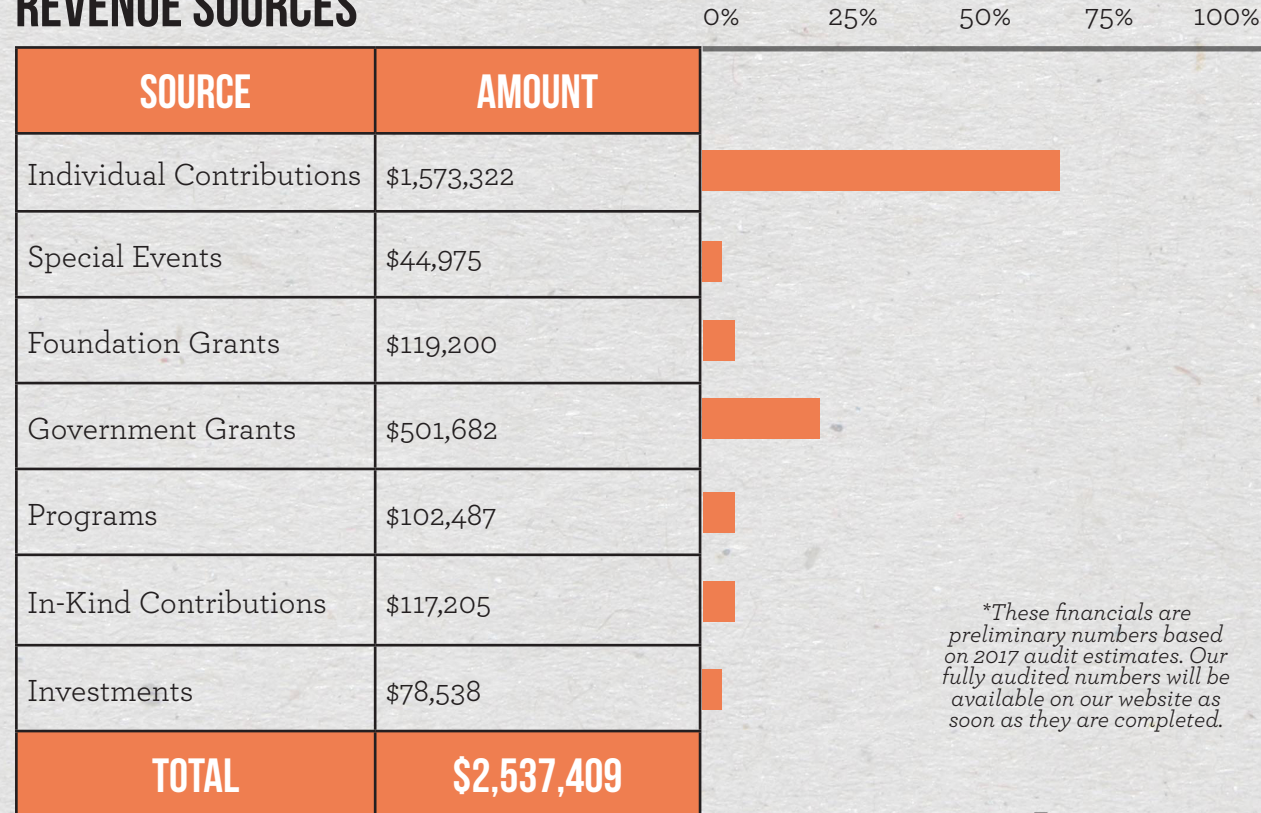
The Blue Bench

2017 Annual Report

## 2017 financials\* show increased revenue

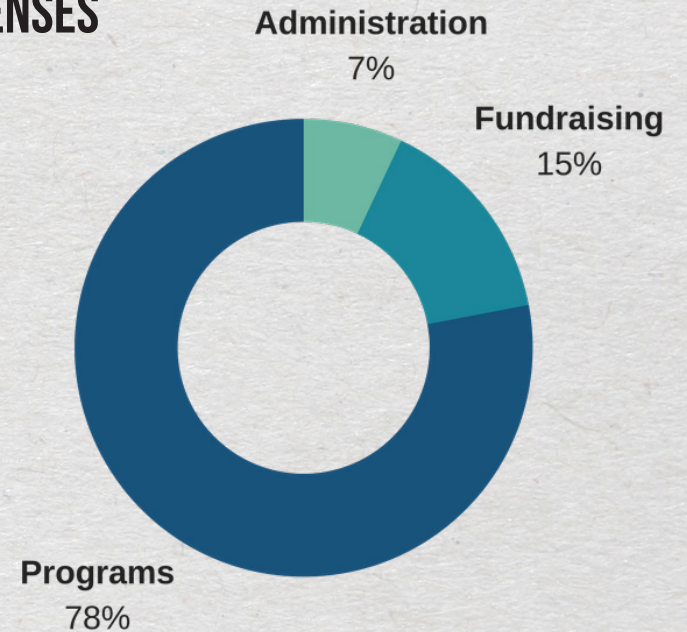
With significant increases from individual donors, Foundations and Donor Advised & Charitable Gift Funds, The Blue Bench saw a 26% overall increase in revenue for 2017. We thank you for your generosity and sustained commitment to ending sexual violence in such an important year for this issue worldwide.

### REVENUE SOURCES



*\*These financials are preliminary numbers based on 2017 audit estimates. Our fully audited numbers will be available on our website as soon as they are completed.*

## EXPENSES



SOURCE	AMOUNT
Administration	\$129,373
Fundraising	\$296,359
Programs	\$1,498,802
<b>TOTAL</b>	<b>\$1,924,534</b>



# PHILANTHROPY

Since 1983

The Blue Bench

2017 Annual Report

In 2017, for the very first time, our door-to-door canvassers raised more than \$1 million in donations. This Colorado Gives Day was our most successful yet, raising more than \$64,000, surpassing our \$40,000 goal. Our end-of-year mail campaign was also our most successful to date, raising nearly \$24,000. There is no denying it. We could not do this work without the generous support of the metro Denver community. Thank you!

## \$10,000 +

1st Judicial District VALE Board  
17th Judicial District VALE Board  
18th Judicial District VALE Board  
2nd Judicial District VALE Board  
Amanda Lee  
Amy Gaines  
The Anschutz Foundation  
State of Colorado/Division of Criminal Justice  
Google, Inc.  
The Kemper Family Foundations  
Rose Youth Foundation  
Tony Grampsas Youth Services Program  
Verizon Foundation  
Victims of Crime Act Fund

## \$2,500 - \$4,999

Alpine Bank  
Anne Woodward  
Anonymous  
Cliff Foundation  
CorePower Yoga  
Dean & Karen Liley  
The Denver Foundation  
Donal & Lindsey Grogan  
The Dyk Family Offering  
Jeffrey Villalobos  
Litvak Litvak Mehrstens and Epstein, PC  
Mark Flynn  
MDC Richmond American  
Homes Foundation  
Ron Litvak  
The Sayers Foundation  
Tracy Family Foundation  
Trinity Second Century Foundation  
TRVE Brewing Company

## \$1,000- \$2,499

Aaron Feese  
AIMCO Properties, LP  
Amy S Ziegler-Dietz & Erik C Dietz  
Anna Belcher  
Anne McDonald & Joe Nelson  
Benjamin L Hamann  
Brandon H Long  
Brian & Jennifer Keyes  
Brian Clark  
Burke Munger  
Christi Eymmer  
Cile Chavez  
Clark & Kimberly Dunn  
Daniel Blanchard  
Darryl L Deakins  
David C & B Sue Berscheid  
Devin & Holly Yeager  
Enterprise Holdings Foundation  
Isaac & Kimberly Elliott  
Jodi & David Faley  
Jonah Energy LLC  
Karen & Dean Johnson  
Karen Adkins & Brian Moore  
Kirstan Borne  
Mallory Heinzeroth  
Megan Evans  
Michael & Larisa Brisson  
Michael A Volk  
Michael Armentrout  
Michael Hoover  
Michael K Fulton  
Michael Zappe  
Mitchell & Margaret Morrissey  
Pamela Peters



Pastor Merry L Noble Ph.D.  
Patricia Litvak & Susan Johnson  
Renewal by Andersen/Window of Giving  
Rhonda L Grant  
Rodney G Mellott/Mellott Family Charitable Fund  
Sara C Stratton  
Scott & Crystal Clark  
Scott Adamson & Miranda Reeves  
Sean Morris & Chutaporn Charansangavei  
Shane M Madden  
Steve & Elyse Blazeovich  
Steven & Mary Goshorn  
Susan K Heinzeroth  
Thomas W Van Thiel  
Treaasa Burke Craig  
Xcel Energy Foundation

## \$500- \$999

Adam & Cassandra Koester  
Alexandra & Josh Newell  
Altarae Young  
Andy Burgess  
Angela Stevens  
Anna-Lisa & Benjamin Conners  
Anne DePrince & Susan Buckingham  
Austin Brbas  
Barry Teeters  
Brad Wells  
Brian & Brianna Medema  
Brian & Linda Rothkopf  
Brooke Green  
Brynn M Woodley  
Carol Jonas  
Charles & Heather Varnell  
Clara Gelatt & Neal Meier  
Courtney Caton  
Craig Williams  
Dale & Marsha Starr  
Dani Rodriguez  
Daniel & Deann Anderson  
Darrin & Mary-Margaret Henke  
David & Heather Willson  
David Kusel & Michelle Cook  
Desiree Wentland  
Dustin Langford  
Edward Bellamy  
Eileen M Byrne  
Faith In Action Committee,  
Arvada United Methodist Church  
Gail Martz  
Gregg & Donna Sutherland



## \$5,000 - \$9,999

Anonymous  
Anonymous  
Anschutz Family Foundation  
Chris Carleton Fund  
Hower Family Fund  
Jared Polis Foundation c/o The Community Foundation  
Karen J Glanert Charitable Trust  
Ronald & S R Stephens  
Stacy Cason  
Virginia Hill Foundation

# PHILANTHROPY

Since 1983

The Blue Bench

2017 Annual Report

## \$500- \$999

H Shaw Thomas  
 Henk & Pamela Dykhouse  
 Hi Dive Bar  
 Hutchinson Black & Cook, LLC  
 Indira Lanig M.D.  
 Jacob & Skylar Zilliox  
 Jason Poppenhagen  
 Jean Cutshall  
 Jeffrey & Sandi Balmer  
 Jennifer Leavell & James Smith  
 Jeremy & Holly Murtaugh  
 Jim Guggemos  
 John & Lisa Alpine  
 John R Hardesty  
 Judith Armstrong  
 June Fuller  
 Karen A Parks  
 Karen Hinkel  
 Kathryn Schorr-Winchell & Atsu  
 Winchell  
 Kelli Theis  
 Kendall Karle  
 Kent Wells  
 Linda Kriebel  
 Location Innovators  
 Louden Family Foundation  
 Marcy Kaufman  
 Marilyn J Ducker  
 Martha & Damon Graham-  
 Haradon  
 Mergen Mittleider  
 Michaela & Alon Waisman  
 Michelle Anifant  
 Michelle Murray  
 Monique Mitchell

Norty Frickey  
 Pamela & Robert Troyer  
 Pamela Pieters  
 Parker & Kelsi Inabnet  
 Patricia McFarland  
 Patrick Tracy  
 Patrick Wonack  
 Peri Abrahams  
 Philip & Elizabeth Carpenter  
 Polly Warner  
 Randy & Melanie Lindsay-  
 Brisbin  
 Renee & Randy Nickerson  
 Robert & Joan Herndon  
 Robert & Kate Fincutter  
 Robert & Michelle Szydowski  
 Robert Baca  
 Robert Gentile  
 Saconna Baker  
 Sara Almerri  
 Scott Morton  
 Sean Ellis  
 Stacie Thyfault  
 Stuart & Marcy Kroonenberg  
 Sue Lapierre  
 Susan Vanderberg  
 Suzie Frazier  
 Terri Curtis  
 The Agape Roasting Project  
 Joanne Davidson  
 Thomas Miller-Freutel  
 Timothy & Monica Fuglei  
 Wells Fargo Foundation  
 Wendy LeClair  
 Wilson & Sarah Orvis



## 2017 BOARD OF DIRECTORS

Thank you to our Board for their support and leadership in 2017

### CHAIR

Susan Heinzeroth  
 Sage River Consulting, Inc.

### VICE CHAIR/ SECRETARY

Treasa Burke-Craig\*  
 Faegre Baker Daniels LLP

### TREASURER

Elyse Blazeovich  
 Securisyn Medical, LLC

Jennifer Lewis  
 COBiz Financial

Suzie Byrnes  
 Investments & Wealth Institute

Jeff Villalobos  
 Gary Petroleum Partners

Rachel Dehner  
 Merrill Lynch, Pierce, Fenner & Smith  
 Inc

Ted Bellamy  
 Fortune Brands

Jackie Devine  
 Alpine Bank

Lori Boccato  
 Global Prairie

Amy Gaines\*  
 Community Volunteer

Kirstan Borne  
 Colorado Department of  
 Transportation

Chris Vanderveen  
 9 News/TEGNA

*\*Term ended in 2017*

# CALENDAR

Since 1983

The Blue Bench

2017 Annual Report



## **THE BLUE BENCH THING   APRIL 26, 2018   6-8PM   DENVER FIELD HOUSE**

Our fun event with a serious mission! We spend 365 days a year working to end sexual violence in our community, but each April, for Sexual Assault Awareness Month, we gather to celebrate the progress we're making together.

Round up your friends and join The Blue Bench for drinks, hors d'oeuvres, drawings for incredible prizes (our lotto scratch ticket jar is *back!*), gorgeous views of the city from a cool venue and a special performance by Jill & Andy!



## **HEART OF THE MATTER GOLF TOURNAMENT   AUGUST 10, 2018   THE HOMESTEAD AT FOX HOLLOW GOLF COURSE**

Head to The Homestead at Fox Hollow Golf Course to celebrate 12 years of supporting The Blue Bench on the green! Breakfast, lunch, a golf cart, range balls, and prizes are included, so gather your friends and family to help us change the conversation about sexual assault and provide hope for survivors and supporters alike!



## **CHANGING THE CONVERSATION LUNCHEON   SEPTEMBER 20, 2018   LOCATION TBD**

Each year we gather the community to engage in a dialogue about sexual violence in metro Denver. This year, we are thrilled to announce that we will be joined by the founder of the MeToo movement, Tarana Burke. The simple yet courageous #metoo hashtag campaign has emerged as a rallying cry for people everywhere who have survived sexual assault and sexual harassment - and our conversation with Tarana, creator of what is now an international movement that supports survivors, will move, uplift, and inspire you.

**SPONSORSHIP OPPORTUNITIES ARE AVAILABLE FOR EACH EVENT. TO LEARN MORE, CONTACT TERESA DEVINE AT [TDEVINE@THEBLUEBENCH.ORG](mailto:TDEVINE@THEBLUEBENCH.ORG) OR CALL 303-329-9922**



Putting an end to sexual assault through prevention and care.

## What The Blue Bench Believes...

The Blue Bench (formerly RAA) is metro Denver's only comprehensive sexual assault prevention and support center.

We believe in the power of our community because that's how we began. In 1983, the friends of a survivor, after learning that there were no support resources in Denver, banded together to raise enough money to start a 24 hour hotline. Our hotline is still in existence and staffed entirely by volunteers.

We believe that healing is possible for all survivors, which is why we provide therapy programs like individual, group, art and yoga at low to no cost. We also provide survivors with dedicated case managers who can help them through reporting and trials.

We believe that young people are the key to changing the conversation around sexual violence. That's why we partner with dozens of metro-Denver area schools to provide prevention programming to students in middle school and beyond.

We believe that sexual assault is a community issue that demands a community response. We hope you'll be part of the response.

# Text BENCH to 41444

**DONATE NOW** to provide therapy for survivors and prevention education programs for students

or visit our website at [www.thebluebench.org](http://www.thebluebench.org)