



A LETTER FROM OUR EXECUTIVE DIRECTOR

Dear Community,

Fall 2024 has been a complicated season for the North Coast Rape Crisis Team. In late August, we received word of California's decision to back fill the \$103 million dollar gap created by the 43% cut in Victims of Crime Act funds. The team and I were elated; survivor services and our team would remain in place for the upcoming year. We wrote **3.1 million dollars** in new grants to expand and secure the services we offer, and in early October, were gratified to be offered 1 of 4 grants in the Country—and the only one in California—to build and sustain the Sexual Assault Response Team in Del Norte County. We also received notification that the 44.3% cut directly to the North Coast Rape Crisis Team from the California Office of Emergency Services, originally planned for October 2024, is going to occur in October 2025. This represents a \$430,000.00 loss to the only agency providing in-person, 24-hour response to survivors of sexualized violence in Humboldt and Del Norte Counties.

My Board of Directors and I are working daily to create a plan to maintain services to survivors and their families. To build awareness and raise the funds needed to keep our doors open, I am beyond excited to announce that we will be hosting our 1st annual Gala, *"Dancing in the Rain"*, in April 2025. Our theme reflects the resilience of survivors, and the acknowledgement that the "rainy day" we need to save for is already here. We hope you will join NCRCT and The Undercovers for a fantastic night of signature cocktails, food and dancing to a local favorite!

There are tough times ahead for violence prevention services; we are committed to not altering our services and to not walking away from those who need our help. Please join us in this fight; we need you now more than ever.

—Amanda LeBlanc

Online

 facebook.com/nrcrt

 nrcrt.org

 nrcrthumboldt

Del Norte

24 hour hotline: (707) 465-2851

983 3rd Street, Suite A

Crescent City, CA 95531

Humboldt

24 hour hotline: (707) 445-2881

425 I Street

Arcata, CA 95521

BY THE NUMBERS

23-24 GRANT YEAR

We served **901** survivors

We served **187** loved ones

We responded to **4190** crisis calls

We provided **243** peer counseling sessions

We provided in person Crisis Intervention **866** times

We provided criminal advocacy or accompaniments **2209** times

We provided general advocacy or accompaniments **1464** times

We provided education at **83** professional events to **1211** people

We tabled at **39** community events and provided information on our services to **1385** people

We held **88** meetings with student leaders at various schools

We facilitated **11** prevention campaigns/events on high school campuses

We provided Rape Prevention Education to **1215** students and **13** teachers

Thanks to last year's funding and donations, we were able to spend approximately
\$50,000
on direct client assistance to improve the financial health of survivors!

EMPOWERING ALLIANCES AT VALORUS CONFERENCE

-KIRA MORSE, EDUCATION AND OUTREACH COORDINATOR

This August, I had the privilege of participating as a panelist at the ValorUS Statewide Conference in San Diego. This year's theme—**Collective Voice. Collective Action. Collective Power.**—was powerfully reflected in the engaging discussions and insights shared by advocates and speakers throughout the event. I was honored to be part of the panel titled "Empowering Alliances: Bridging Rape Crisis Centers and Tribal Victim Services", moderated by the Strong Hearted Native Women's Coalition from Valley Center, California. We delved into the barriers faced by survivors, such as access to reporting mechanisms, medical forensic exams and basic needs assistance, particularly in rural areas. A key question arose during our discussions: How do we improve access for rural and tribal communities? While it might seem straightforward, the answer can be quite complex. Navigating our vast counties can be time-consuming and can be affected by weather and never-ending construction barriers. The North Coast Rape Crisis Team (NCRCT) has listened and learned from our Tribal partners to build trust from isolated communities; showing up and continuing to show up is vital. Building strong relationships with community organizations and making our services known is essential for ensuring that survivors understand their options for support. I highlighted the efforts of the NCRCT, particularly our work in the Hoopa Valley and our collaborations with the Klamath-Trinity Joint Unified School District. Each week, I provide crisis intervention and peer counseling to youth at the District's Wellness Center. Additionally, Educators facilitate Rape Prevention Education across the district. This past school year, we engaged with students at Trinity Valley Elementary School, Hoopa Valley Elementary School, and Hoopa Valley High School. Our ongoing Check-It club at Hoopa High School empowers student leaders to learn bystander intervention techniques and foster a culture of consent on campus. Panel questions brought to light the need for stable, ongoing rape prevention education funding to ensure the work with Hoopa Valley and other sovereign nations throughout the state.



Did you know?
We now offer a crisis text line
Available M-F 8:30-4:30
(707) 382-5174

A ValorUS staff person commented, **"Kira killed it on the panel! Her commitment to prevention and intervention was clear, her sense of humor shined and the work of NCRCT was highlighted. Great job!"**

SURVIVING THE HOLIDAYS

The holiday season is a time of celebration and a chance to reconnect with family and friends. For survivors of sexualized violence, it can be a challenging and complex time, both emotionally and physically. Because perpetrators of sexual violence are usually someone the survivor knows, holiday gatherings may mean facing painful memories, feelings of anxiety, and even facing the person who committed harm at the holiday table. **Our 24-hour crisis lines are available to survivors who would like to check in with an advocate over the holidays, or for family and friends to receive support in creating a safe and sane holiday.** For some people, it is an important facet of healing to be able to be present for holidays, return home, and even to be in the presence of the person who harmed you. Others may choose to make the difficult decision to distance themselves and deal with feelings of guilt for not participating. Some of the ideas we offer to survivors on the crisis line are listed below; we stand by survivors in creating a plan that works for them, as healing is unique and takes time.

IF YOU CHOOSE TO STAY

If seeing family is a challenge, remind yourself that it is okay to love someone and still be able to set boundaries and be at a distance. It can feel isolating to say no, but taking care of yourself is not selfish, and you do not owe anyone your time or an explanation.

AFTER THE VISIT

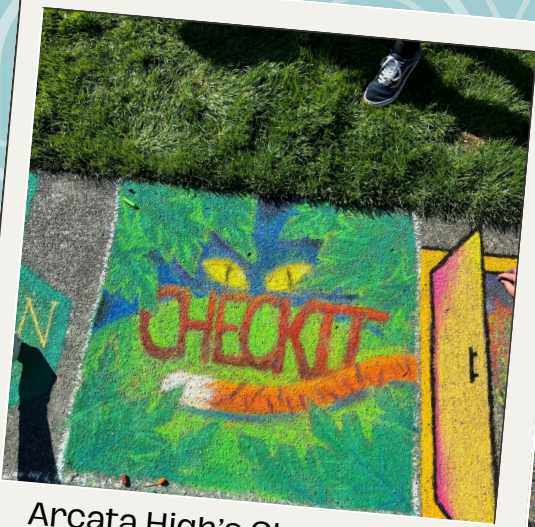
Consider connecting with your support systems, plan a fun activity to enjoy the remainder of the holiday season, and acknowledge and affirm that you just got through a difficult time.

Regardless of what is bringing you added stress, remember that it's okay to focus on your needs and prioritize what is most important to you. Our Sexual Assault Counselors are available for support on our 24-hour hotlines to help safety plan or get you through tough moments.

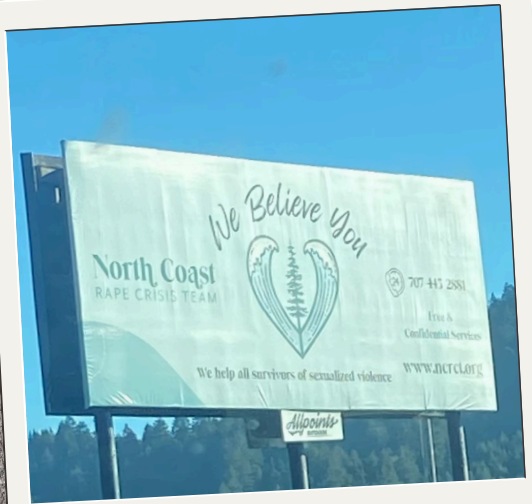
IF YOU CHOOSE TO GO

- ▶ Think about asking a safe person to accompany you on the trip. Create a "signal" for if you need to take a break, go on a walk, or exit a conversation.
- ▶ Stay in a hotel or with a safe person, to give yourself time to fill your bucket with support, rest, and have some guaranteed time away.
- ▶ Redirect conversations, if needed. You are more than your abuse; you are a complete person who has had to carry the burden of secrets and truth.
- ▶ If you are traveling, pack coping tools and items that bring you comfort: your pillow, a scented candle, your favorite bath products.
- ▶ Keep grounding items in your pocket or an Air Pod in your ear to listen to music, if that makes you feel better.
- ▶ Trust yourself to make decisions as you are the expert in your own healing.

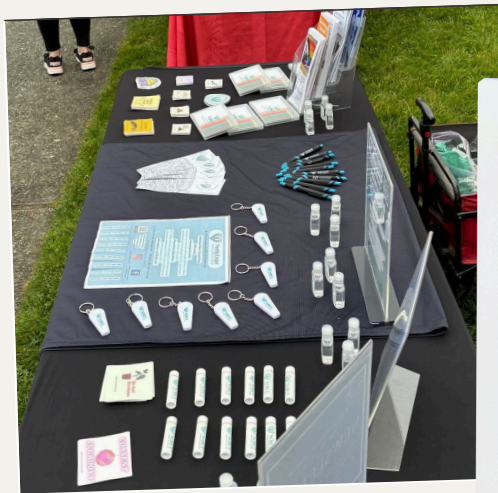
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HUMBOLDT: (707) 445-2881



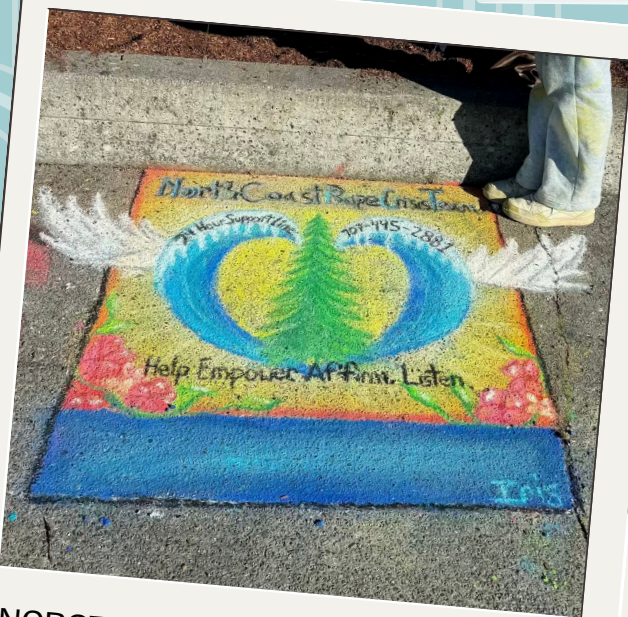
Arcata High's Check It Club square for Pastels on the Plaza



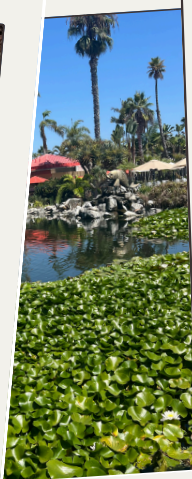
Billboard supporting survivors located on 101 South near Rio Dell



Ivy, Kira and Maria at the ValorUS State Conference in San Diego



NCRCT's Pastels on the Plaza square by volunteer artist Iris Cafferata



Makhi and Kira tabling at Blue Lake's Safety and Wellness Fair in September