



News for donors like you who make this all possible.

Spring 2016

You changed everything for Anne...

Motherhood Brings Survivor Full Circle in Healing Process

In 2005, Anne was drugged and raped while studying abroad in Spain. She didn't tell a soul and suffered a breakdown 18 months after her attack.

Today, thanks to you, Anne feels like a whole person again. And just last year, she gave birth to a sweet baby boy named Jack.

Anne was able to heal because of your support. You gave her a new future — a future that includes watching her son dance and sing with Elmo and do his baby gymnastics.

This is the kind of transformation you make possible for survivors every day at BARCC.

The morning after she was attacked, Anne woke up stunned. With horror, she pieced together the events of the evening.

Like so many other survivors, Anne felt alone and thought she had done something wrong. She didn't know anyone who had ever been raped.

Anne didn't utter a word about what happened. A year and a half later, Anne had a breakdown. A therapist told her about BARCC.

(Continued inside)



Anne, a rape survivor who you helped heal, gives her son Jack a kiss. She describes having her baby as "coming full circle... going through the worst trauma ever and then having a wonderful life come out of me."

SAVE THE DATE!

BARCC's
CHAMPIONS FOR CHANGE

gala & auction

Friday,
October 28
6:00pm

Renaissance Boston
Waterfront Hotel

Join us for an entertaining evening of libations, fine food, unique auction packages, and celebratory dancing!

Join the Celebration.
Join the Solution.



barcc 
BOSTON AREA RAPE CRISIS CENTER

Motherhood ... (Continued from cover)

Anne called the hotline and scheduled an appointment. This would be the first of many appointments for Anne.

Because of the services you make possible at no cost to survivors, Anne began healing.

“The most important thing BARCC gave me was compassion. I had no compassion for myself at that point. Having compassion helped me start to heal.”

Over five years, you enabled Anne to receive individual counseling, participate in group sessions with other survivors, and take yoga classes with a teacher who understood trauma.

“BARCC gave me information I needed,” Anne said. “I am a huge nerd...learning about the statistics was incredibly important to me. That was a huge comfort.”

Therapy also helped Anne learn how to talk to her family and friends. “BARCC didn’t just leave me to do all the work. They reached out to help support the people closest to me,” she remembers.

BARCC has permanently changed my life and life for so many of my loved ones. I can’t imagine where I would be without this amazing organization!

Because of you, parents have groups they can attend to learn how to best support their kids and deal with their own emotions, like Anne’s parents did. You also provide services to other loved ones, like Anne’s partner.

Anne credits BARCC with helping her build a new community. The other survivors she met in her women’s group have become lifelong friends. “I don’t know what I’d do without them,” she says. Anne still describes herself as a “work in progress” but says she feels like a whole person again.

Last year marked ten years since Anne’s rape. It was also the year she became a mother. “It felt like a full circle experience of going through the worst trauma ever and now having a wonderful life come out of me,” she described. “I would never have been able to get through that without BARCC.”

And BARCC wouldn’t have been there for Anne without you.

You are making sure teen survivors know they're not alone...

First-of-its-kind Open House at BARCC Welcomes Teens, Shares Information on Services

As a friend of BARCC, you understand the high number of teenagers in your community dealing with sexual violence. That's why, on January 27th, we held a Teen Open House.

The purpose of the event was to welcome teens to BARCC and let them learn about the free services your support allows us to offer.

Our goal was to help them see BARCC as a safe place where they can seek support, refer their friends, ask questions, and connect with other teen survivors.

Each department at BARCC had their own table at the open house and set up an activity to engage guests. Teens got to make buttons, have snacks, decorate journals, and play games as they learned about the services you make possible. Every table they visited earned them a raffle ticket and a chance to win prizes throughout the night.

The event was such a success that brainstorming has already begun for the next Teen Open House.

Thank you for making free, 24-hour services available for teens in Greater Boston!



Teen at open house talks to Clinician Danielle Balocca about BARCC's services. Your generosity allows survivors of all ages to seek support free of charge.



Teens pose for the camera and show their love for BARCC. This "photo booth" was provided by the Development team and created an opening to encourage folks at the open house to come to the Walk for Change this year.



There are so many fun and creative ways to raise money to fight sexual violence! Since 2012, runner, doctor, BARCC board member, and all-around superwoman Toyin Ajayi has been captaining a team for the Surftown Half Marathon & 5k. In the past four years, they have raised \$34,274 to benefit the Boston Area Rape Crisis Center. And they're doing it again this year! Thank you all for your amazing support!!

If you want to run a race, play poker, have a dance-off, or anything else your heart desires to benefit BARCC, we'd be honored. Email events@barcc.org to find out how we can help!



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Your gifts improve clinical training for doctors in Boston...

BARCC Medical Advocates Train Residents at Boston Medical Center in How to Care for Patients who are Survivors



Katie, a BARCC medical advocate, gets make-up applied for her role play in which she will act as a patient in an abusive relationship. This scenario was one of two simulations done with ob-gyn residents at Boston Medical Center to help them learn how to better care for survivors of sexual violence.

You understand that hands-on training is needed to ensure that medical professionals provide the best possible care for survivors.

That's why partnering with hospitals in Greater Boston is such an important part of BARCC's role as the only rape crisis center in the area. Your support not only ensures that BARCC is here to support survivors. You are also improving the treatment survivors get when they go to the emergency room after an attack.

On March 2nd, BARCC's medical advocacy team spent the day at Boston Medical Center's ob/gyn clinic. We were invited to lend our expertise at a training BMC created for residents to learn how to best support survivors.

Two volunteer medical advocates from BARCC acted as survivors to help train residents in survivor-centered care that is sensitive and empowering to the patient. Two doctors worked with each "patient" while the others observed from a separate room. This hands-on learning also built in time for the residents to debrief and ask questions.

Residents who participated said the training was "really helpful." One resident summed it up by saying, "This was totally new territory for me. I'm glad I had a chance to practice and get all my questions answered."

Stay tuned for more on this new program, as BARCC works to ensure that all survivors of sexual violence receive the best services available.

Interested in volunteering for BARCC?

The 40-hour training required for several of our volunteer positions will be offered three times in 2016.

- June 6th–10th from 9am–5pm each day
- August 22nd–26th from 9am–5pm each day
- October 15th, 22nd, and 29th from 9am–5pm;
October 17th, 19th, 20th, 26th, and 27th from 6–9pm

Contact volunteers@barcc.org or visit www.barcc.org/join for more info!



Donor Spotlight: Stephanie Brown & Fred Gutierrez

Stephanie and Fred have been active with BARCC since the mid-nineties. Stephanie is the CEO of a local nonprofit and Fred owns a residential construction company. They live in Winthrop with their two dogs, Grady and La. We are grateful for their willingness to share their thoughts with you...

BARCC: When did you first connect with BARCC? How did you learn about us?

Stephanie Brown: Fred and I moved to Boston from Florida in 1994. I'd been active against rape in college and was looking for a similar community in Boston. I found it at BARCC. I went through the volunteer training to be an advocate and I've engaged ever since. Fred came along for the ride and has supported my work with BARCC for the past 20+ years!

BARCC: Why does this cause matter to you? Why do you give your time and money to BARCC?

Fred Gutierrez: We all have people close to us who have been sexually assaulted or abused. Victims often don't have a BARCC available to help them heal and regain their power. Steph and I support BARCC because they enable victims to empower themselves, and because they work for change and justice.

BARCC: What other causes/organizations do you care most deeply about?

SB: You may sense a theme here... We support Casa Myrna, a Boston-based organization working to end domestic and dating violence where I'm CEO. And we support Homes for Families, a policy advocacy organization working to end homelessness in Mass.

FG: My family also volunteers for two weeks each summer in West Virginia with the PV Volunteers.

BARCC: What are the different ways you've been involved in BARCC? When and for how long?

SB: I started volunteering as an advocate in 1994 and continued until I joined the board in 2002. And I've been on the board ever since!

FG: We also participate in the Walk for Change every year and try to fill a table at the Gala.

BARCC: How would your life be different if BARCC didn't exist?

SB: I can't even imagine life without BARCC! BARCC

means community for us. BARCC is where I matured, learned leadership and coping skills, and found my voice. Many of my oldest and most fascinating friends are people I met at BARCC. I'm actually in a book group with other BARCC volunteers that has been meeting for twenty years!

FG: I'm happy when Steph is happy, so the Gutierrez-Brown household would be a very gloomy place without BARCC!

We all have people close to us who have been sexually assaulted.