

The Center For Trauma & Resilience

2022 Annual Report

Helpline – English (303)894-8000 – Español (303) 718-8289 – Main Office (303) 860-0660

Greetings to Friends, Donors and Community Supporters!

Dear Supporters and Friends of The Center for Trauma & Resilience,

As we draw to a close on our 36th year of operation, we reflect with pride on our programming development. CTR has exhibited unwavering commitment to the Denver metro community throughout the pandemic and its aftermath with a unified vision to effectively and competently provide services designed to offer healing and support to those struggling with life's challenges to safety, health and well-being.

Staff provide innovative ways for professional and advocacy communities to cope with and manage stress and vicarious trauma via our Compassion Fatigue Workshop. These workshops offer education about the brain and body, art therapy, trauma sensitive yoga/ear acupuncture, and Tai Chi practices.

The Elder Program offers support services to seniors throughout the Denver area by providing group settings, among them, Words of Wisdom, assisting with stress management, self-care activities, help navigating life situations, emotional and social support and community resources.

These specific programs are effectively reaching out to underserved populations; service providers, people of color and seniors, often unseen and unserved by traditional trauma recovery agencies. Additionally, CTR's expertise in these areas of care has been recognized and solicited by both local and national agencies such as The Colorado Health Foundation and Africa Development Promise.

The Board takes this opportunity to express its gratitude to CTR's staff for its dedication to our vision and resilience during the "mass exodus" occurring in workplaces across the nation. We invite your continued support of this sacred work devoted to compassionate facilitation in healing the trauma in the Denver community.

Best wishes,

Sire N'zimiro, Karen Collier, Lawson Felice. Samuel Bernard
CTR Executive Committee

Statement Of Purpose

Agency Mission

The Center for Trauma & Resilience provides culturally and linguistically responsive programs, health promotion and crime prevention education.

Staff Mission

To create and maintain a cooperative work environment which promotes accountability, trust, and respect for individual strengths and team growth, while sharing a commitment to a common vision.

Our Vision

- ♥ Operate a clearinghouse to refer people to existing services and to work cooperatively on behalf of victims and their needs.
- ♥ Provide services to crime victims who have been underserved because of their income, age, gender, ethnicity, sexual orientation, religious beliefs, disability or national origin.
- ♥ Support, without duplication, private sector and other nonprofit organizations in offering services, including mental, legal, health, therapy, etc.
- ♥ Provide services to Denver residents and victims of crime committed in Denver.
- ♥ Provide confidential services unless danger to a child, self or others is disclosed.

All CTR services are confidential and provided at no cost by professional counselors and trained volunteers.

TRAUMA SERVICES PROGRAM

HELPLINE

- ♥ Provided comprehensive services and case management to 1,136 primary and co-victims, and responded to 4,992 requests for information and referrals.
- ♥ Distributed \$146,431 of emergency financial assistance for expenses related to the victimization of 220 individuals.
- ♥ Provided 1,301 in-person counseling sessions that guided survivors through trauma recovery.
- ♥ Expanded therapy services to include virtual sessions and provided 425 sessions for 152 clients.
- ♥ Distributed bus passes and supplied taxi and transportation services for 63 survivors.
- ♥ Provided emergency food vouchers to 68 survivors.
- ♥ Provided crime prevention education and information to 584 individuals.

BEFRIENDING THE BODY

- ♥ Conducted 27 groups of classes on trauma-sensitive yoga for 338 participants.
- ♥ Provided 392 sessions of trauma-detoxification acupuncture.
- ♥ Conducted Tai-Chi classes for 60 participants.

ELDER PROGRAM

- ♥ Provided intensive care management for 335 seniors and coordinated accompaniment, home status visits, and transportation services for 195 survivors.

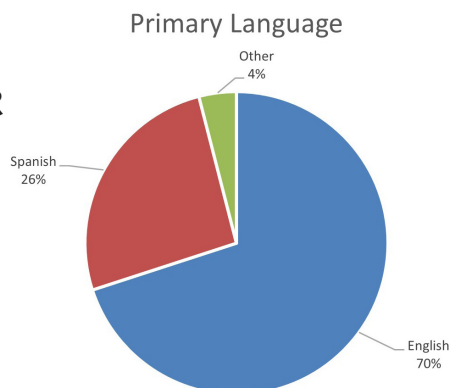
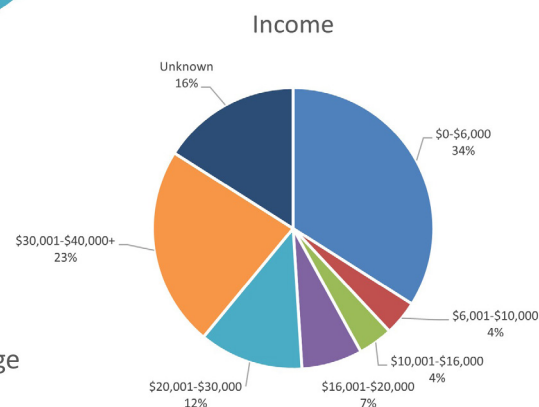
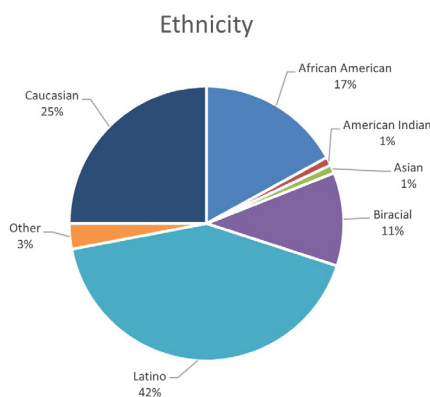
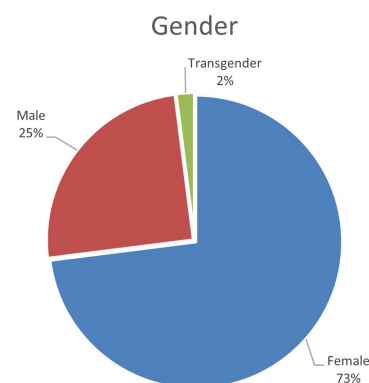
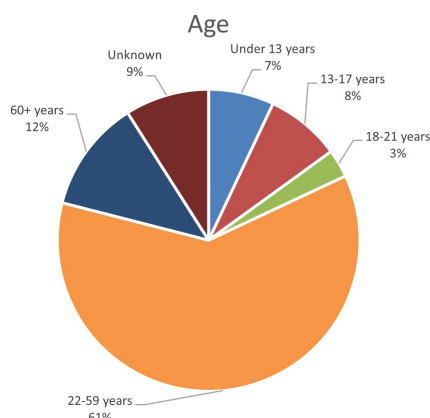
AVAIL-VAWA LEGAL SOLUTIONS

- ♥ Assisted 272 immigrants who have been victims of domestic or sexual violence to obtain work authorization and legal permanent residency.

THE TRANSLATION & INTERPRETING CENTER

- ♥ Provided language services at no cost for 716 limited English proficient survivors.

CTR provides a wide array of services to a diverse constituency. The following provides a graphic representation of client statistics. Percentages are based on client cases closed.



2022 Highlights

- ♥ CTR was awarded 2nd place as the Best Nonprofit to Work For, by the Nonprofit Times. The agency was also recognized for Excellence in Training by the University of Denver International Disaster Program and received the Mountain & Plains Impact Award for Health and Wellness from Mercy Housing.
- ♥ CTR continued its partnership with Mercy Housing to provide on-site trauma recovery and wellness services for residents at five housing units in the Denver area.
- ♥ CTR's Executive Director was the recipient of a sabbatical award from The Colorado Health Foundation. The award included funds for a four-month immersive sabbatical and residency at The Colorado Health Foundation.
- ♥ CTR's Executive Director and Director of Training travelled to Nairobi, Kenya in response to a request to provide support and training at the Kibera Girls Soccer Academy.
- ♥ CTR experienced high demand for its in-person compassion fatigue workshops, which brings wellness and resiliency training to businesses, government agencies, and nonprofits throughout the nation.
- ♥ CTR also saw high demand for its trauma-informed yoga classes and auricular acupuncture services. New yoga classes were started for non-binary participants, Black women, elders, and Spanish speakers.
- ♥ CTR began a new re-entry pilot project with Project Elevate, the city of Denver's community corrections facility for women. CTR offered on-site trauma-informed yoga, art therapy, Zumba classes, book clubs, and individual therapy for justice-involved women with complex trauma histories.
- ♥ CTR's Board of Directors hosted its 4th annual Old School Fundraiser, held at The Terrace at Colorado Center, with 200 supporters in attendance.



WRNA training session



Huge turnout for Survivor's Yoga



Expressive exercise at CTR



Rhythmic drumming and dance

Special Thanks to Our Donors

Our heartfelt thanks to all who invested in the mission of The Center for Trauma & Resilience during 2022.

Foundations and Government Grants

17th Judicial District VALE
18th Judicial District VALE
Community First Foundation
Comprecare Fund
Hamilton-Boyle Charitable Trust
State of Colorado Domestic Violence Program
State of Colorado Victim of Crime Act Funds
The Colorado Trust
The Denver Foundation
The Denver Foundation -- Black Resilience in Colorado Fund
The Denver Foundation -- Denver Immigrant Legal Services Fund
The Denver Foundation -- Transforming Safety North Aurora

Corporate Donors

1st Bank
Admiration Auto Body
BOK Financial
Envista Forensics

Gifts of \$2,500 or more

Samuel Bernard
Zelda Deboyes
Nadia Lopez

Gifts of \$1,000 or more

Andrea Kawulok
Enid Nieves
Colleen Thumm

Benefactors

(gifts of \$500 or more)
Carolyn Agosta
Yolanda Barnes
Dr. Lisa Calderon
Shawn Hinton
Leonard Neal
Sire' Nzimiro
Billie and Sid Smith
Scott Snow
Diana Sweers

Advocates

(gifts of \$250-\$499)
Chris Bernard
Mona Calderon
Susana Calderon
Karen Collier
Terri Eggert, CPA
Kathy Fanning, LPC
Madison Fanning
Lawson Felice
Jesse Henderson
Joan Hunter
Marcy Ann Kaufman
Cathy Phelps, LCSW
Jennifer Price
Amy Ulrich, MNM

Supporters

(gifts of \$100-\$249)
Anna Bangert
Thomas J. Beckett
Dr. Martin Bernard III
William Bernard
Claudine Blinkey
Beverly Ann Brauer, Psy.D.
Lauren Casteel
Andrea Crary
Moinette Dickens
Joseph Do
Stephen Ekerberg
Dr. Hannah Evans
Dan Gabbay
Stacie Ginkins-Jenkins
Joan Hazen
Roni Hinkson
Michael Hodne
Claudia Jordan
Jules Kelty
Terri Konrad
Jesse Leone
Linda Lyman
Dr. Stefan and Brenda Mokrohisky
Nemayian Muthiora
Victor Nzimiro
Steven Addison

Ann Potts
Vienna Presley
Frankie Rachell-Bruce
Christine Rowe
Jaqueline Stanton
Andrea Tomingas
Anthony Torres
Adam Weiner

Assistants

(gifts up to \$99)
Brenda Allen
Jessenia Ascencio
Beverly Bernard
Jill Bernard
Richard Bernard
Nikki Bernery
Joe Cardamone
Diana Chavez
Blue Cook
Miles Cook
Stephanie Cross
Frederick Windle Damour
Viviana De La Torre
Susanna Rodriguez Deleon
Edna Encheozo
Cinthia Esparza
Charlie Estrado
Alex Gennis
Patricia Goggans
MaryAn Gomez
Donahue Hayes
Breanna Holligan
Philip Jones
Sarah Naomi Jones
Melanie Kesner
Phillip McCollough
Brenda Melons
Tara Montoya
Cameron Neumann
Mikki Olmsted
Mikayla Palma
Zachary Peltier
Anne Peterson
Roberta Ritvo

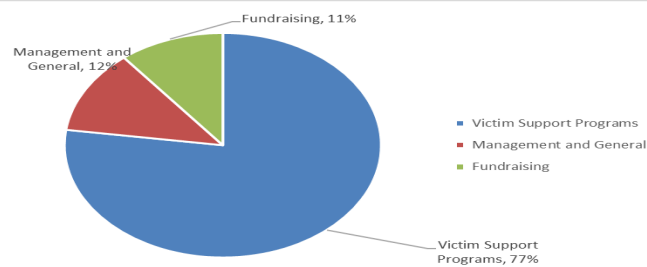
Mark and Lyndi Rohde
Sharon Wood

In-Kind Donors

Jessenia Ascencio
Samuel Bernard
Karen Collier
Blue Cook
Miles Cook
Viviana de la Torre
Rene Dibenedetti
Escape Campervans
Kathi Fanning, LPC
Lawson Felice
Fatima Garcia
MaryAn Gomez
Breanna Holligan
Sarah Naomi Jones
Pamela Liverpool
Nadia Lopez
Meow Wolf Denver
Enid Nieves
Sire' Nzimiro
Mikayla Palma
Jade Phinn
Roni, LLC
John Young

THE CENTER FOR TRAUMA & RESILIENCE STATEMENT OF FINANCIAL POSITION December 31, 2022

The Center for Trauma & Resilience (CTR) Statement of Financial Position December 31, 2022			
ASSETS		LIABILITIES AND NET ASSETS	
Current Assets:		Current Liabilities:	
Cash and Cash Equivalents	1,483,327	Accounts Payable	7,556
Grants Receivable	411,592	Accrued Expenses	88,894
Promises to Give Receivable	175,113	Current Portion of Notes Payable	8,556
Employee Advances	4,886		
Prepaid Expenses & Other Assets	2,909		
Total Current Assets	2,077,827	Total Current Liabilities	105,006
Property and Equipment:		Long-Term Liabilities:	
Land	258,220	Notes Payable, less current portion above	302,522
Building	698,851		
Furniture and Fixtures	62,061	Total Liabilities	407,528
Equipment	94,832	Net Assets:	
Less Accumulated Depreciation	(306,077)	Without Donor Restrictions	2,303,073
Total property and Equipment	807,887	With Donor Restrictions	203,233
Cash in Bank - Restricted	11,032	Total Net Assets	2,506,306
Beneficial Interest in a Perpetual Trust	17,088		
	836,007		
Total Assets	2,913,834	Total Liabilities & Net Assets	2,913,834



STATEMENT OF ACTIVITIES December 31, 2022			
REVENUES AND OTHER SUPPORT	Without Donor Restrictions	With Donor Restrictions	Total
Grant Revenue	1,412,113	177,125	1,589,238
Contributions	356,424	-	356,424
Translation Fees	127,731	-	127,731
Change in Value of Beneficial Interest in Perpetual Trusts	-	(3,749)	(3,749)
Net Assets Released from Restriction	1,175	(1,175)	-
Total Revenue	1,897,443	172,201	2,069,644
Expenses:			
Program Services - Translation Center	145,980	0	145,980
Program Services - Victim Support Programs	1,425,015	0	1,425,015
Management and General	245,531	0	245,531
Fundraising	218,500	0	218,500
Total Operating Expenses	2,035,026	-	2,035,026
Change in Net Assets from Operations	(137,583)	172,201	34,618
Nonoperating Activities			
Forgiveness of PPP Loan	257,400	0	257,400
Interest Expense	(17,600)	0	(17,600)
Interest Income	10,651	0	10,651
Total Non Operating Activities:	250,451	-	250,451
CHANGE IN NET ASSETS	112,868	172,201	285,069
Net Assets, beginning of year	2,190,205	31,032	-
NET Assets, end of year	2,303,073	203,233	-

For year ending 12/31/22, Watson Coon Ryan, LLC performed the audit of CTR's financial statements.
Please call the CTR Finance Department for a complete report.
The information above is extrapolated from the 2022 audit.

The People Who Make It Possible

♥ 2022 Volunteers and Interns

Laurie Amodeo
Tyra Barela
Naomi Akwei-Esterline
Greg Fanning
Madison Fanning
Seth Feldman
Charles "Chuck" Hinshaw

Skye Kinsley
Taylar McCoy
Jah Rain
Alaina Sawyer
Nayeli Villalobos
Sofía Villalobos

♥ 2022 & 2023 Staff and Consultants

Cathy Phelps, MA, LCSW Executive Director
Kathi Fanning, MS, LPC Director of Training
Amy Ulrich, MNM Director of Administration
Joan Njagu, MBA Finance Director
Enid Nieves (7/2023) Director of Helpline Services
Danielle Teal Director of Helpline Services
Dr. Lisa Calderon, MLS, JD EdD CORE Program Director
Miles Cook, MA (6/2023) Internship Specialist
Maryan Gomez, RYT AVAIL Paralegal
Cinthia Esparza, RYT AVAIL Legal Assistant
Hanaa Obeidat, JD AVAIL Attorney
Charles Hinshaw, MSW Therapist
Jah Rain Latchman, JD M.Div, CAT Therapist
Enid Nieves, MSW Candidate Therapist

Rosalyn Masterson, CAC (12/2023) CORE Care Manager
Fatima Garcia, MNM, RYT Director, TI Center
Heidy Sanchez Program Assistant, TI Center
Njeri Kariuki (6/2023) Elder Specialist
Nemayian Muthoria Elder Care Manager
Jessenia Ascencio, BSW Candidate Care Manager
Sam LaChance, MPH Candidate Care Manager
Sarah Naomi Jones, RYT (11/2023) Yoga Coordinator
Vanessa Williams, RYT Community Yoga Coordinator
Michaela Vaughn Executive Assistant
Alexis Dorn Website/Marketing Consultant
Ginger McGuire, JD, Esq Supervising Attorney
Kent Webb, LCSW Clinical Consultant
Dr. Joanne Belknap, Ph.D CORE Evaluator

♥ 2022 & 2023 Officers and Board Members

President
Sire' Nzirimo
Envista Forensics

Vice President
Karen E. Collier
Community Activist

Treasurer
Lawson Felice
FirstBank

Secretary
Samuel Bernard
Mandolin

Mona Calderon, MSL, CDF
Auraria Campus

Susana Calderon, MPH
Department of Health and Human Services

Lydia Hooper
Agile Six Applications

Scott Snow
*Denver Police Department - Crisis
Services Bureau*

Special thanks and a fond farewell to:
Sgt. Lanceferd Alexander

