



Prince Edward Island
rape and sexual assault

CENTRE

**ANNUAL GENERAL MEETING REPORT
WEDNESDAY, JUNE 12, 2019**

Healing. Empowerment. Prevention.



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ANNUAL GENERAL MEETING
Wednesday, June 12, 2019

AGENDA

- 1. Welcome and Annual Report**
Anne MacAuley, PEIRSAC President
- 2. Better Together: Cultivating a Mindful Community of Well-Being**
Rachael Crowder PhD RSW, PEIRSAC Executive Director
- 3. Minutes of 2017 Annual General Meeting**
- 4. Auditor's Report**
- 5. Nominating Committee Report**
- 6. Final remarks**

PRESIDENT'S REPORT

Years of advocacy by many about the important work of the PEI Rape and Sexual Assault Centre was recognized on November 18, 2018. On that date the Province announced it was adding \$216,000 in year over year funding to the Centre's operating budget. The increase in funding was an integral component of the Board's successes in 2018/2019, and in reality, allowed us to continue to deliver a vital service to our PEI community.

The focus for the Board in 2018/2019 was on Human Resource concerns for the Centre. It was a busy recruitment year; two therapists and our coordinator exited the organization over the 2018/2019 year. Eileen Conboy left to take a new position at UPEI as their Sexual Violence Prevention and Response Coordinator in October 2018. Pam Martin retired in February 2019, and Organizational Coordinator Sigrid Rolfe followed on March 29, 2019.

We immediately began recruitment efforts to fill the vacant and anticipated retirement therapist positions in the fall of 2018, but it was not until early of 2019 that we were successful in recruiting and hiring Kate Robertson and Katelyn MacAvinn Reardon. Recruitment for the full time Executive Director position began in January and we were successful. Dr. Rachael Crowder accepted the offer for the full position as our Executive Director, beginning in this role in mid-March; however, as she still has responsibilities with her former employer, she will not begin the full-time role until July 1, 2019.

The Centre recently assumed full responsibility for intake interviews for Men Matter, a unique program offered by the Centre. The intakes were previously conducted through a contract with an external resource.

Early In the 2108/2019 Board year the Centre applied for and received a Violence Against Women grant through the Interministerial Secretariat to do research on Third Party Reporting (TPR). "For victims who do not feel that they are ready to engage with the police and criminal justice system, but who want to take some action and have their story heard, TPR offers them the opportunity to complete a report about the assault with the support of a trained worker from a victim serving organization" (Rolfe, 2019). The research, completed by Sigrid Rolfe, examined how TPR operates in some Canadian jurisdictions in order to provide information about how such a program could work in the P.E.I. context.

In January we welcomed new Board member Karen MacKaffery and a nominating committee was formed as we have three Board positions to fill for 2019. A report of the nominating committee will be presented during this meeting.

Our focus for the next year is on board development, professional development and retention activities for our therapists, recruitment for another therapist, community engagement and succession planning for Board roles.

Respectfully

Anne MacAuley
PEIRSAC President

EXECUTIVE DIRECTOR'S REPORT

Returning to community-based practice is like a dream come true for me. I begin my front-line social work practice in what was then called “women’s services” most notably with the Ottawa Rape Crisis Centre in the 1990’s. After post-graduate degrees I joined the University of Calgary Faculty of Social Work, and after tens years of academia – and missing front-line, community-based work – I was delighted to be asked to join PEIRSAC as its Executive Director this year. It feels like I have come full circle, coming back to work that I am passionate about on all levels: evidence-based, trauma-informed practice with survivors; building compassionate, mindfulness-based well-being through *trauma stewardship* in services to ensure they are sustainable and inclusive places to work (the subject of my presentation at this year’s AGM); justice advocacy for survivors of sexualized violence; and systemic change through community building, prevention, and education.

My sense of being welcomed and valued from PEIRSAC board and staff, and from leaders and organizational representatives in the greater PEI community further validated my decision to step into this role. I look forward to many years ahead as we journey together, supporting ourselves as PEIRSAC staff and our volunteer board of directors, all in service of building our capacity: capacity to hold survivors’ stories, the reality of the sexualized violence that continues to negatively impact individuals, and the ripple effects engulfing families and communities. Our inspiration can be found in the resilience, inner beauty, and brave work that we witness survivors doing every day.

With kindness

Rachael Crowder PhD RSW
PEIRSAC Executive Director

Better Together: Cultivating a Mindful Community of Well-Being

Like individuals, organizations and institutions may unwittingly respond to trauma exposure in ways that prevent them from fully realizing their mission to help. Lacking resources and means to realize their goals, they can actually increase their clients' distress and create hardship for workers ... The same is true on the societal level. Larger systems may also contribute to suffering even as they attempt to alleviate it ... If we are to contribute to the changes so desperately needed in our agencies, communities, and societies, we must first and foremost develop the capacity to be present with all that arises, stay centered throughout, and be skilled at maintaining an integrated self ... Our goal is to reach the places where we can conduct our own lives with ethics and integrity – day after day, and in situation after situation. The more that we can accomplish this, the clearer our path at every level of trauma stewardship will be. (Lipsky, 2009, pp. 17-18)

This presentation is based on the work of Laura Lipsky and her book, *Trauma Stewardship: An everyday guide to caring for self while caring for others*. PEIRSAC staff will be using this book as a focus for discussion over the coming months in our team meetings as a way of supporting our individual and organizational well-being.

Rachael Crowder PhD RSW, PEIRSAC Executive Director, is formerly from the Faculty of Social Work, University of Calgary, and also has a background in clinical social work with survivors of sexualized violence. Her research, advocacy, and teaching interests include the adaptation of mindfulness-based modalities in trauma therapy, building resilience to prevent burnout in helping professionals, and workplace well-being. She is certified in Mindfulness Based Stress Reduction and in Mindfulness Based Cognitive Therapy and teaches and leads retreats in the vipassana (mindfulness meditation) tradition.

Van Dernoot-Lipsky, L. (2009). *Trauma stewardship: An everyday guide to caring for self and while caring for others*. San Francisco: Berrett-Koehler.

For more on Laura including her *TEDTalk* see:
traumastewardship.com

The *five* Directions



Trauma Stewardship

A daily practice through which individuals, organizations, and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself. By developing the deep sense of awareness needed to care for ourselves while caring for others and the world around us, we can greatly enhance our potential to work for change, ethically and with integrity, for generations to come.

**PEI RAPE AND SEXUAL ASSAULT CENTRE
ANNUAL GENERAL MEETING
WEDNESDAY, JUNE 27, 2018
6-8 PM HAVILAND CLUB, CHARLOTTETOWN**

IN ATTENDANCE: Petra MacNaughton, Pam Martin, Eileen Conboy, Linsey MacEwen, Scott Brown, Tara Wheeler, Chelsey Condon, Katerie Coade, Rona Smith, Sigrid Rolfe, Gladys Kickham, Anne MacAulay, Susan Maynard, Michelle Harris Genge, Cindy Wedge, Marie Keenan Doyle, Paxton Casely, Sigrid Rolfe, Maria McCarron

REGRETS: Caroline MacRae, Amanda Brazil

Meeting Facilitator: Gladys Kickham Note taker: Sigrid Rolfe

MINUTES

1. Gladys welcomed people to the meeting, followed by a brief round of introductions of persons attending.
2. Minutes from the 2017 AGM were reviewed. A motion to accept the minutes as written was made by Eileen and seconded by Marie. Motion passed.
3. Tara Wheeler, representing Arsenault Best Cameron and Ellis, presented the auditor's report for the 2017/18 fiscal year. A motion to accept the draft report as written made by Gladys and seconded by Scott. Motion passed. Sigrid moved that the Centre hire the firm of ABCE for next year's audit. The motion was seconded by Pam. Motion passed.
4. Gladys introduced the guest speaker Cindy Wedge, who spoke about the new position of special prosecutor of cases dealing with sexual violence. Ms Wedge indicated that there is a requirement in the Child Sexual Abuse Protocol for police to conduct a pre-charge consultation prior to charges being laid in a case of child sexual abuse. This has not always been the case in adult complaints of sexual offences, but it is expected that the new special prosecutor will sign MOUs with all PEI police agencies asking for a commitment for pre-charge consultation.
5. Sigrid presented the Nominating Committee Report. There were no new nominations from the floor. The following names for Board Directors for the 2018/19 year were submitted: Linsey MacEwen, Scott Brown, Kateri Coade, Anne MacAulay, Amanda Brazil, Caroline MacRae, Chelsey Condon and Sigrid Rolfe. Motion to accept this submission made by Gladys and seconded by Scott. Motion passed.
6. Sigrid read her report of the past year's activities.
7. Meeting was adjourned, and refreshments were served.

NOMINATING COMMITTEE REPORT 2019

The members of the PEI Rape and Sexual Assault Centre would like to express their gratitude to retiring volunteer members of the PEIRSAC Board of Directors Linsey MacEwen, Kateri Coade, and Scott Brown. We also thank the established volunteer members who have agreed to remain as part of the Board.

We submit the following names to serve as volunteer members of the PEIRSAC Board of Directors for the next year:

- Anne MacAulay to serve the second year of a second two-year term
- Caroline MacRae to serve the first year of a second two-year term
- Chelsey Condon to serve the first year of a second two-year term
- Amanda Brazil to serve the first year of a second two-year term
- Karen McCaffrey to serve the second year of a first two-year term
- Eileen Conboy to serve the first year of a first two-year term
- Brad Deighan to serve the first year of a first two-year term
- Josie Kelly to serve the first year of a first two-year term
- Debbie Langston to serve the first year of a first two-year term
- Shannon McCready to serve the first year of a first two-year term



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VISION AND MISSION STATEMENT 2008

Vision: Our vision is a community where all people feel safe and are free from sexual abuse and sexual assault.

Mission: The mission of the PEI Rape and Sexual Assault Centre is to support survivors of sexual assault and abuse in their healing and to ensure that all people living in PEI are safe from sexual violence. In achieving this mission we work collaboratively with, and in ways that empower, individuals and organizations.

We believe that:

- Sexual assault and sexual abuse are crimes that involve control and power.
- Prevention of sexual abuse is everyone's responsibility. The community has a responsibility to support survivors in their healing and to work towards ending sexual violence.
- Sexual violence will continue until the root causes of violence against women and children are addressed.
- The impacts of sexual assault and childhood abuse permeate all of society
- The trauma of sexual assault and childhood sexual abuse can severely impact the quality of life for survivors.
- All survivors deserve access to services.
- Healing that results in long term enhanced quality of life takes time.
- Survivors have the right to receive the support they need to heal from abuse
- Ensuring confidentiality and respecting the choices of survivors are top priorities.
- Working collaboratively with the community is essential to address the needs of survivors.