

2023

# Annual Report

PEI RAPE AND SEXUAL ASSAULT CENTRE



Prince Edward Island  
rape and sexual assault  

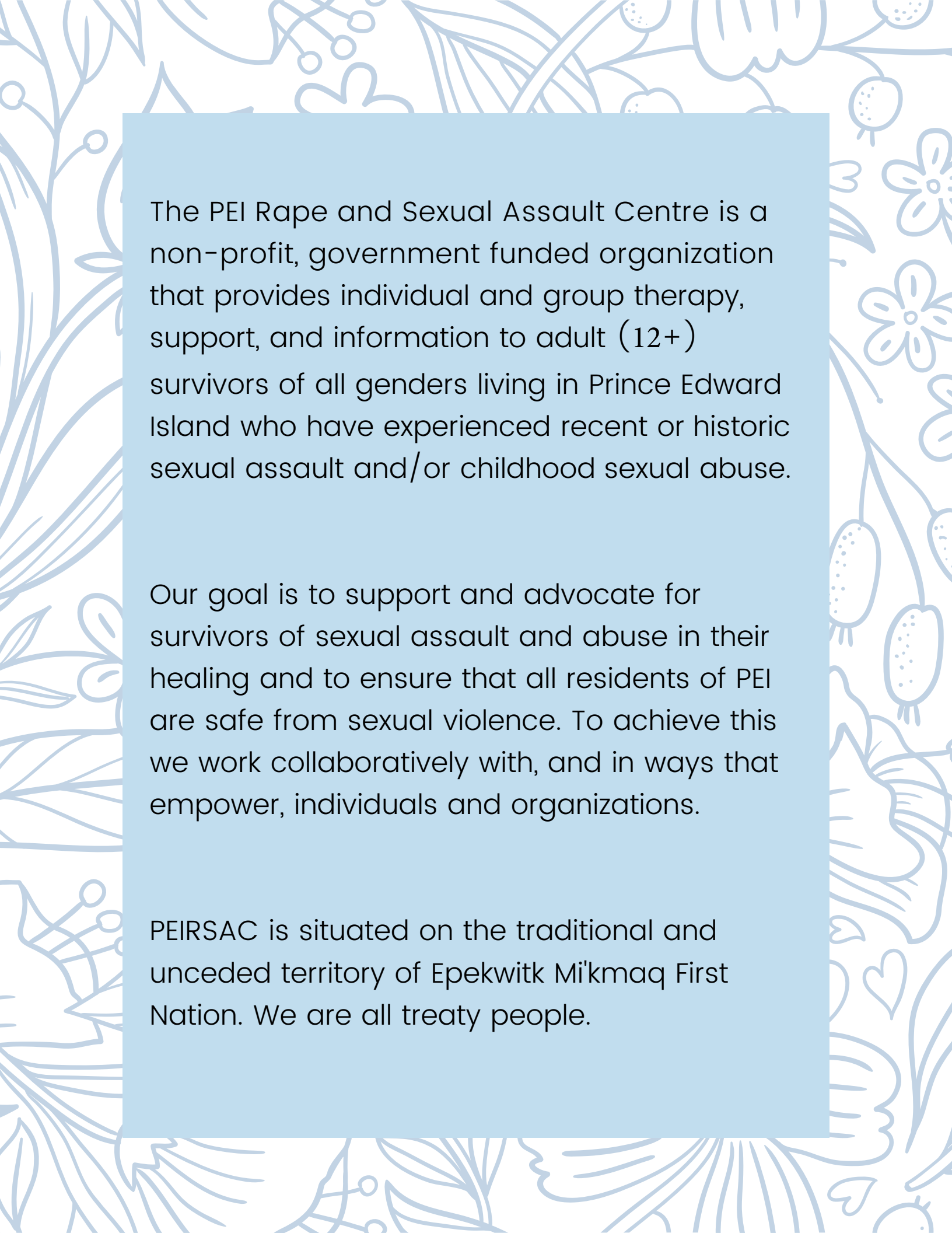
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CENTRE

Healing. Empowerment. Prevention.

Box 1522  
Charlottetown PE  
C1A 7N3

902-566-1864  
admin@peirsac.org  
peirsac.org



The PEI Rape and Sexual Assault Centre is a non-profit, government funded organization that provides individual and group therapy, support, and information to adult (12+) survivors of all genders living in Prince Edward Island who have experienced recent or historic sexual assault and/or childhood sexual abuse.

Our goal is to support and advocate for survivors of sexual assault and abuse in their healing and to ensure that all residents of PEI are safe from sexual violence. To achieve this we work collaboratively with, and in ways that empower, individuals and organizations.

PEIRSAC is situated on the traditional and unceded territory of Epekwitk Mi'kmaq First Nation. We are all treaty people.

## Our Board

- Debbie Langston, President \*
- Josie Jackson, Treasurer \*
- Amanda Blakeney, Secretary \*
- Anastasia Preston \*
- Heather Mills \*
- Alexia Riche
- Carol Sellar
- Isabelle Spinney
- Rebekah Condon
- Amy McQuillan

\*Last year on Board

## Our Staff

- Lorna Gallant
- Alyssa Coughlin
- Natalie MacFadyen
- Katelyn Reardon
- Kate Dempsey
- Julia Parrott
- Katherine Thompson
- Mary Jane Neitz
- Dee Miguel
- Candace Hagen
- Rach Adams
- Rachael Crowder
- Kelly Peck

Thank  
you

## Our Male Survivors Group Facilitators

- Katelyn Reardon
- Kathleen Gauthier
- Colin Campbell
- Ian Forgeron
- Peter Mutch

## Our Pathways to Thrive Group Facilitators

- Pam Atkinson
- Madlene Sark
- Jasonique Moss
- Maria Gomez
- Anastasia Preston

Thank  
you

# President's Message

Deborah Langston (She/Her)

Kwé nitaptut, nî'n telusi Debbie Langston, I have had the honour of acting as president of PEIRSAC since Sept 2022. A year that has been marked by change and upheaval for the organisation. In Sept, Eileen Conboy stepped down from the role of president after accepting the position of provincial Sexual Violence and Prevention Response Coordinator; her presence was missed as we wished her well in her new endeavours. Under the steadfast leadership of Rachael Crowder, PEIRSAC has continued to grow, employing new staff, building community relationships and strengthening its role in offering support to and advocating for survivors of sexual violence.

Our search to find new accommodation to house a growing staff and provide an accessible, safe space for clients has proved challenging. Low vacancy rates and high rental costs have meant that we have had to adapt our expectations as we try to overcome hurdles that many NGO's and individuals face in the current economic climate. Creativity, resilience and communication have been key as the centre has operated from several locations in Charlottetown and across the Island.

The sudden and tragic loss of beloved team member Petra McNaughton in January left staff reeling. The organization rallied around to support her family, one another and clients affected by her death.

# President's Message

... continued

Petra worked at the RSAC for many years; her legacy lives on through the clients she served and the lives she touched with her kindness and compassion. We hold her close in our hearts and send our best wishes to her family for peace and healing.

As an NGO, PEIRSAC recognizes its role in creating a safe and caring society. We value our ties and connections to the community and, as such, have strived to build relationships with community members and underserved populations. The centre has collaborated with groups representing BIPOC and 2SLGBTQIA populations on the Braiding Sweetgrass project and the Pathways to Thrive program, which has united several groups to offer meaningful support in a way that honours cultural differences and is sensitive to lived experiences. We continue to work at the forefront of advocacy through the Sexual Assault Case Reviews (SACR) with the RCMP and Charlottetown Police, the annual Take Back the Night campaign, and our commitment to engage men and boys in preventing gender-based violence and sexual assault.

Throughout the year, there have been several achievements of note. PEIRSAC celebrates its 40th anniversary, and we are excited to see the culmination of the work that Candace Hagen has put into creating a play that pays tribute to the founders, staff and clientele over the last four decades.



# President's Message

... continued

The implementation of the new “Izzy” support line, chat and call management platform online, being supervised by our magnificent office manager Dee, and hiring Rach Adams to resource that line, will allow clients to connect with our services in a timely and accessible manner that also provides out-of-hours support. Four new counselors were hired, Kate Dempsey came to us in May, Julia Parrott came to us in August, Katherine Thompson came to us in February, and Mary Jane Neitz, a practicum student, was offered a part-time position which began May 1. I would like to welcome all the new employees.

One of the biggest and most significant shifts for any organization is a change in leadership. After several years at the helm, Rachael has decided to retire, swapping her social justice playbook for a pair of gardening gloves and a well-earned change of pace. Over her time with the organization, Rachael has overseen impressive growth in staff and revenue and is leaving PEIRSAC in a stable and secure position from which to continue its important work.

Kelly Peck has been appointed as her successor, and I have no doubt that she will build on this strong foundation of advocacy, community and service that began forty years ago and that, with time, she will create a legacy of her own.

# President's Message

... continued

Finally, it is fitting that I began my term with PEIRSAC under the directorship of Rachael and that I will finish my term alongside her and my compatriot board member Josie Jackson. All that remains is for me to offer my sincerest thanks to those board members and staff that I have had the privilege to work alongside; Amanda Blakeney, Alexia Riche, Carol Sellar, Anastasia Preston, Danny Nispel, Heather Mills, Rebekah Condon, Isabelle Spinney, Amy McQuillan, Lorna Gallant, Alyssa Coghlin, Katelyn Reardon, Natalie MacFadyen, Kate Dempsey, Rach Adams, Candace Hagen, Julia Parrott, Katherine Thompson, Mary Jane Neitz, Dee Miguel, Kelly Peck and Rachael Crowder.

Kelly, staff and board, I wish you all the best for the future and look forward to watching PEIRSAC continue providing unparalleled care and support for its clients and the community.

In Mi'kmaw there is no word for goodbye, so instead, I say Nmultes app (see you again).

Wela'lin

Debbie Langston  
PEIRSAC President.



# Executive Director's Report

Rachael Crowder PhD RSW (she/her)

Let's take a look at some of the highlights from the past year:

## April – June 2022

### Island Shot Campaign

- Advocacy and training with Charlottetown restaurants and bar staff

### Victim Advocacy Case Reviews

- Training with Sunny Mariner, start of reviews with Charlottetown Police

Kate Dempsey joins the team!



## July – August 2022

PEIRSAC Team marches with PRIDE!

Rachael attends Equal Futures Conference

Julia Parrott joins the team!



## September 2022

### Sexual Assault Awareness Week

- Many great events took place during the week, but our Take Back the Night march was turned into a rally as Fiona fast approached PEI.



## October – December 2022

Rachael attended the EVA Canada Strategic Planning sessions in Ottawa

### 16 Days of Activism against gender-based violence

- Candace co-created and launched Queer Bedposts Podcast





## January 2023

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The team at PEIRSAC was crushed at the sudden loss of our friend and colleague, Petra McNaughton.

May she rest in peace.



## February - April 2023

Katherine Thompson joins the counselling team!



Rachael speaks at the International Women's Day celebrations along with the Pathways to Thrive Team



Practicum student Mary Jane Neitz is gearing up to join the counselling team!

Rach Adams joins the Sexual Violence Prevention and Education Team!

PEIRSAC staff take the Indigenous Tools for Living workshops with Shirley Turcotte



FAREWELL TO OUR  
FEARLESS LEADER  
FOR THE PAST 4  
YEARS AS SHE  
HEADS INTO  
RETIREMENT!

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WELCOME TO  
OUR NEW  
EXECUTIVE  
DIRECTOR

KELLY PECK

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# Executive Director's Message

Kelly Peck (She/Her)

I consider myself so privileged to have joined the PEI Rape and Sexual Assault Centre Team. I know all too well through my previous positions how critical the work is that the centre does every day. I have been so grateful for the warm welcome from the PEIRSAC team and how helpful and patient everyone has been as I transition into this new role. I am already so invigorated being witness first hand to the skills, passion, creativity and compassion of the team that I'm surrounded by every day.

Since beginning in my new role along with a generous learning curve we have not been short on activities occurring at the centre or of which the team has participated in. We were very fortunate to participate in a week long training 'Indigenous Tools for Living', our PEIRSAC team had their first full day team meeting since further expanding the team. Myself and many of the PEIRSAC team were fortunate to have attended the Red Dress Walk with our Indigenous communities and community partners, The Walk in Silence for family violence prevention week, a Workshop on supporting Muslim Women hosted by BIPOC USHR and the rally in support of the the critical rights of Trans kids/youth hosted by PEERS Alliance. It has been an incredibly busy 7 weeks however I could not be more grateful for such a rich, informative and experiential entrance to PEIRSAC.

# Executive Director's Message

...continued

We have a big vision for the organization over the coming year. We're going to continue our search for additional office space allowing for growth and expansions of our services. In the fall we are going through the process of developing a new strategic plan along with the development of our organizational vision, mission, mandate and values. Over the year we are going to continue to do our own learning and growing so that we can better meet our clients where they're at, and be a safer, more inclusive and accessible service provider for our community members. With the support of our board will be revising and updating all of our policies and procedures and finally it is the goal of the team to develop and offer a variety of groups to further support and service the very important clients, survivors, accessing PEIRSAC. I urge everyone to keep their eyes and ears open for new programs and events hosted by PEIRSAC over the coming year, there are lots of very exciting events already in varying levels of planning.

A big thank you to the PEIRSAC team, I am so grateful for you for continuing to show up through this transition. Not only for showing up but continuing to provide such critical services to our communities and for speaking out every single day for justice. A huge thank you to all of our community partners for their time, invitations to participate and inclusion in such powerful and critical community events and workshops, I am beyond appreciative.



# Executive Director's Message

...continued

Thank you also to our Board of Directors for their support, guidance and commitment. To those Board members that are leaving their roles, thank you for all the valuable time, effort and leadership that you've contributed to the Organization and we wish you all the best in the future. To our continuing and new Board members, I am incredibly excited to continue our work together and recognize that our Board is so critical in supporting PEIRSAC to come to the office every day to do the work that is so critical to the provinces survivors of Sexual Violence, work that we know continues to make a difference in the lives of many individuals and families – and contributes to making our province a safer space for all of us.

And finally, to Rachael, thank you for your ongoing support during this period of transition your mentorship and guidance has been immeasurable. I recognize that I have extraordinarily large shoes to fill and I commit to you that I will continue to make all efforts to provide the positive leadership and dedication to PEIRSAC in a way that I hope will only continue to make you proud. I wish you the most joy, relaxation, peace and of course fun in this next chapter of life. I already have visions of you spending many hours with your family, out gardening, weaving away and continuing your service to our communities, as I know that is engrained in your heart.

# Executive Director's Message

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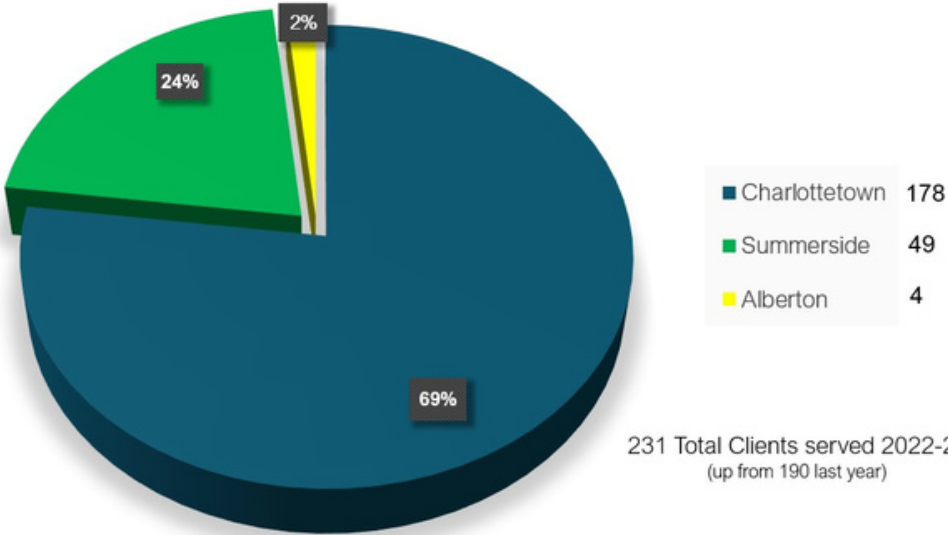
I say this on behalf of the entire PEIRSAC Organization we are so fortunate to have had you - words don't seem to be enough but Thank you for all of your endless time, advocacy and commitment- PEIRSAC has grown into the organization it is in huge part to your leadership, drive and passion.

Thank you.

Kelly Peck  
Executive Director

# PEIRSAC 2022/23 Annual Stats

CLIENTS IN COUNSELLING BY OFFICE LOCATION

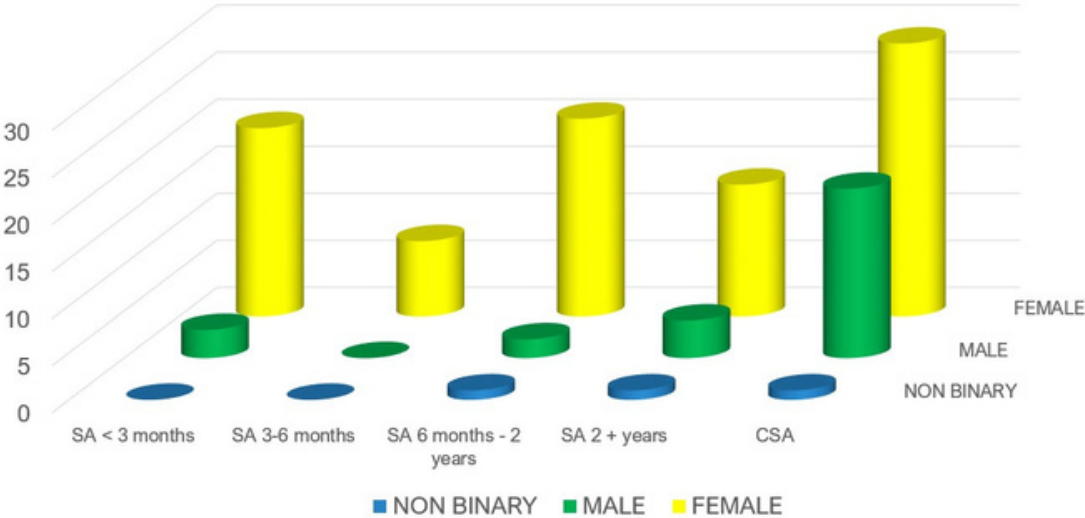


231 Total Clients served 2022-23  
(up from 190 last year)

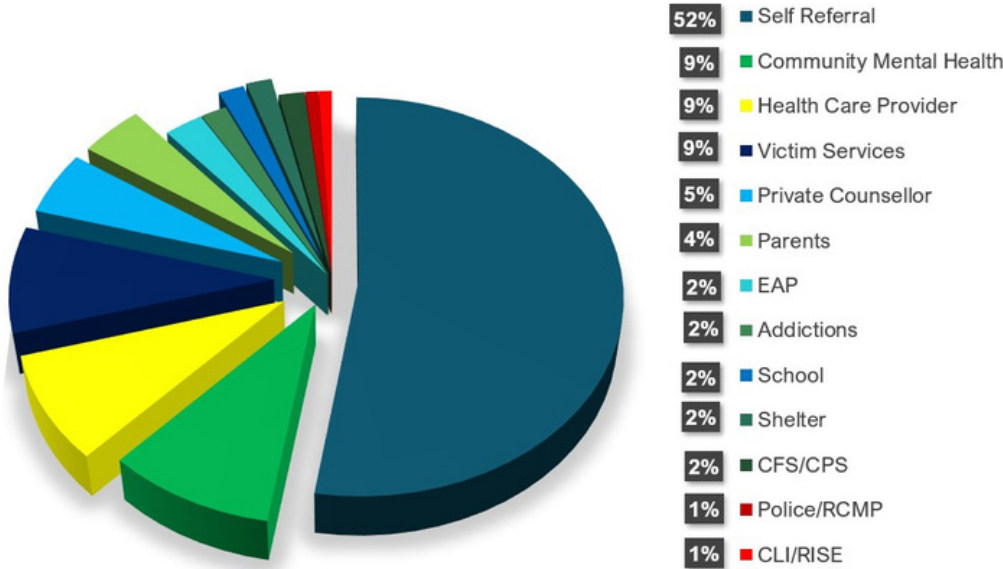
REQUESTS FOR COUNSELLING BY REASON AND GENDER

Total requests = 122

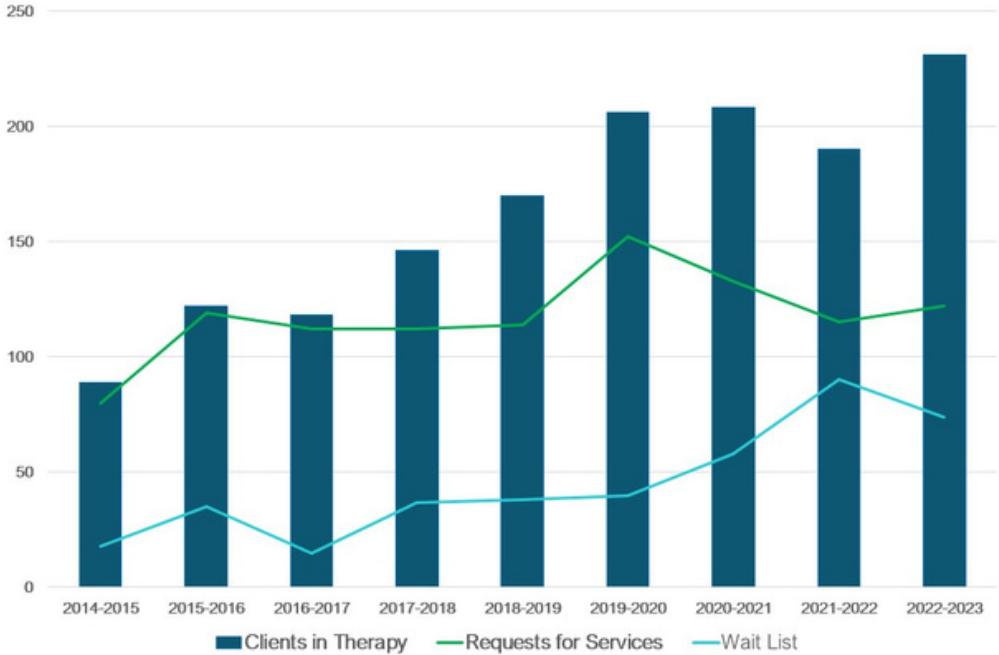
Female 92 (75%) Male 27 (23%) Nonbinary 3 (2%)



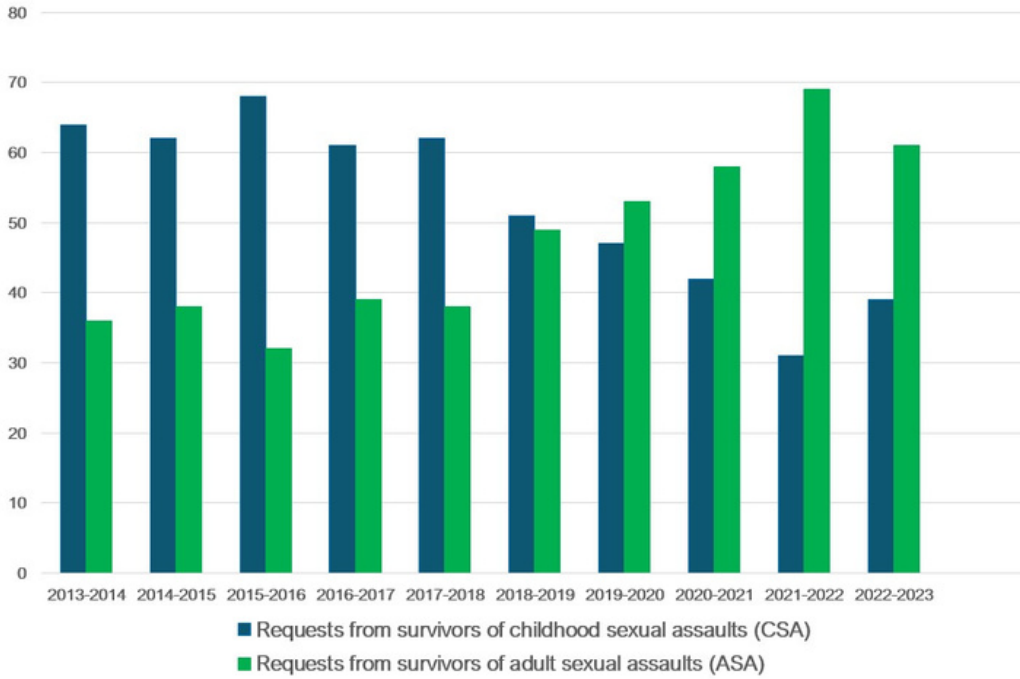
### REFERALL SOURCE FOR NEW REQUESTS



### COMPARISON YEAR OVER YEAR



### COMPARISON YEAR OVER YEAR



### MALE SURVIVORS GROUP

Phase 1: Location:  
9 participants Charlottetown

Phase 2: Location:  
30 participants Charlottetown

### REQUESTS BY LOCATION

Charlottetown: 9  
Summerside: 1  
Alberton: 1

### REFERRALS BY SOURCE



### REASONS FOR REQUESTS

SA 6 mths – 2 yrs: 1  
SA over 2 yrs: 3  
CSA: 7

## 2022 PEI Rape and Sexual Assault Centre AGM Minutes

**In Attendance:** Sunny Marriner, Rachael Crowder, Dee Miguel, Bloyce Thompson, Jane Ledwell, Bobbi-Jo Flynn, Amanda Blakeney, Josie Jackson, Danny Nispel, Kelly Rivera, Judy Donovan Whitty, Sarah Dennis, Alexia Riche, Anastasia Preston, Candace Hagen, Becky Mullen, Laura K. Bird, Andrea MacDonald, Michelle Harris-Gange, Michelle Jay, Kathy Jenkins, Heather Mills, Natasha McKenna, Debbie Langston

**Regrets:** Eileen Conboy

1. Welcome from the Vice President, Debbie Langston and Executive Director, Rachael Crowder.
  - a. After Land Acknowledgment, Rachael Crowder introduced the guest speaker.
2. Presentation by guest speaker, Sunny Marriner - Sexual Assault Centres Leading Change.
3. President's Report – Read by Debbie Langston, on behalf of Eileen Conboy
  - a. Giving thanks to staff, board members and Executive Director
4. Executive Director, Rachael Crowder gives her report.
  - a. Rachael went through the highlights of work accomplished over the 2021-22 fiscal year.
5. Meeting called to order at 7:30 pm by Debbie Langston, Vice President
  - a. Motion to approve 2022 AGM Business Agenda
    - i. Anastasia Preston moves to approve, Alexia Riche seconds, consensus approval
  - b. Motion to approve 2021 AGM Minutes
    - i. Amanda Blakeney (Secretary) moves to approve, Anastasia Preston seconds, consensus approval
6. Presentation of Auditor's Report for 2021/2022 Fiscal Year by Tara Wheeler, CPA, CA (ABCE)
  - a. Tara noted the organisation's audit presented as normal.
  - b. Motion to approve draft audited financial statement for 2021-2022
    - i. Josie Jackson (Treasurer) moves to approve, Amanda Blakeney seconds, consensus approval
  - c. Motion to appoint Arsenault, Best, Cameron, Ellis C.P.A. as auditor for 2022-2023
    - i. Josie Jackson (Treasurer) moves to approve, Alexia Riche seconds, consensus approval
7. Nominating Committee report presented by Alexia Riche
  - a. Motion to approve the slate of persons named and presented to serve on the Board of Directors for 2022-2023
    - i. Amanda Blakeney (BoD Nominating Committee) moves to approve, Anastasia Preston, seconds, edit to Josie's name, (from Kelly to Jackson), consensus approval
8. Motion to adjourn by Debbie Langston, Anastasia Preston seconded.

## NOMINATING COMMITTEE REPORT 2023

The members of the PEI Rape and Sexual Assault Centre would like to express their gratitude to the volunteer members of the PEIRSAC Board of Directors who have all agreed to stand for another term.

We submit the following names to serve as volunteer members of the PEIRSAC Board of Directors for 2023-2024:

- **Alexia Riche** to serve the second year of a second two-year term.
- **Carol Seller** to serve the second year of a second two-year term.
- **Amy McQuillan** to serve the first year of a first two-year term.
- **Izzy Spinney** to serve the first year of a first two-year term.
- **Rebekah Condon** to serve the first year of a first two-year term.
- **Peter Savoie** to serve the first year of a first two-year term.
- **Hannah Bell** to serve the first year of a first two-year term.





## VISION AND MISSION STATEMENT

**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.

To our funders, grant-givers, and donors:

**Thank  
you!**

## SPECIAL THANKS TO



Justice and Public Safety  
Interministerial  
Women's Secretariat



Premier's Action Committee  
on Family Violence Prevention



Femmes et Égalité  
des genres Canada

Women and Gender  
Equality Canada



Women's Network PEI

**OUR PRIVATE DONORS**



Canadian Mental  
Health Association  
Prince Edward Island  
*Mental health for all*