

For two decades, Safe At Home has worked to save lives, provide hope and healing to over 160,000 young people, and end the cycle of violence and abuse.

Your dedication, commitment and generosity makes our work possible and will ensure a brighter future for our youth.

\$50,000 - Full Spectrum of Prevention Services at One of Our Margaret's Place School Locations

Margaret's Place provides school-wide prevention services including psychoeducation on the cycles of violence, understanding the impacts that violence can have on youth, and ways to help support healing and safety for youth who have been impacted by violence. Our licensed therapists who provide this full spectrum of services reach hundreds of youth through layers of classroom-based workshops, awareness campaign activities that mobilize the school community, and Peer Leadership programming training the next generation of youth leaders speaking up to promote healing and safer spaces for youth impacted by violence and abuse.

95% of youth receiving services at MP report feeling safer. 88% report an improvement in at least one trauma related symptom. 91% say they feel more confident and have better self esteem.

"The best thing that MP has done for me is provide a safe and comfortable space. I learned to be myself in this place and I love that." MP Student

\$25,000 - Crisis Counseling Services at One of Our Margaret's Place School Locations

Margaret's Place provides crisis counseling for youth impacted by violence, in need of short term counseling services focusing on safety and coping for immediate crises. This service can support the immediacy for help and support, serving as an intervention to mitigate future violence and safety concerns and offer immediate coping support and safety strategies. For many of our students, the crisis counseling and immediate counseling supports often a gateway into enrolling in on-going healing services.

"When my home wasn't safe Margaret's Place made me feel safe." MP Student

\$15,000 12 Sessions Intensive Group Counseling for Youth Impacted by Violence and Abuse.

Margaret's Place (MP) Group Counseling participants learn that they are not alone and support is available. Through the group, students build a community for their healing and identify MP as a space for safety, belonging and connection.

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"Students seem truly focused due to MP. They are making more positive decisions around personal safety and decisions pertaining to academics." Teacher

\$10,000 Delivery of Violence Prevention and Empowerment Curriculum to an Entire Grade of Students at a MP School Site.

Our curriculum, called "Youth Empowered to Speak", or YES, gives youth the tools to identify violence and abuse, cope with the impact of trauma in healthy ways, engage in help seeking behavior, feel empowered to play a role in promoting healthy relationships and ending the cycle of violence.

After participating in just five sessions of the YES curriculum, more than 2/3 of students said that they are confident that they will be able to speak up if they witness someone being abused or bullied either in school or online.

"I learned that there are more people in similar situations, and that I am not alone." - MP Peer Leader

"MP has allowed my students to speak openly and privately about things that they are experiencing at home and in school. They know that they have an opportunity just to be themselves." - Guidance Counselor

\$5,000 Conduct a School-Wide Violence Prevention Education and Awareness Campaign.

Our campaigns include materials and prevention education activities for parents, school staff, and students across an entire school and reaches as many as 2,000 families. Fall campaigns raise awareness about Domestic Violence. February campaigns raise awareness around Teen Dating Violence. April campaigns promote sexual assault prevention awareness and education.

"The most important work I did all year was the Denim Day Campaign. It taught me about sexual assault and it taught me more about consent."

- MP Peer Leader

\$2,500 Provides Education and Training on the Impact of Domestic Violence on Children for All School staff at Elementary School Site.

Our SAH training sessions introduce educators, school administrators, and other mental health providers within the school how students experiencing or witnessing domestic violence in their homes might be uniquely impacted and offer strategies and resources to identify, refer, and provide life saving support. These trainings help teachers best identify students in need as almost ¼ of students receiving services at MP are referred by teachers.

“Margaret’s Place is definitely an asset to the building. Having an additional mental health facilitator in the school has been key to my students being able to stay healthy.” - Teacher

\$1,000 Intake a New Student who has Experienced Violence and Abuse into MP Individual Counseling Program.

This includes the MP Counselor’s safety assessment, developing safety plans and referrals for students experiencing immediate harm. This also includes the work that the MP Counselor does to build trust, co-create counseling goals, and develop a treatment plan to best support the student’s safety and unique concrete and emotional needs.

88% of students said it’s easier to talk to someone instead of keeping things to themselves. More than half of our students receiving on-going therapy report a reduction in the severity or frequency of symptoms associated with traumatic stress. And 95% of students report they are more hopeful about their future.

“Margaret’s Place is different because it makes us feel free to express things we hide from other adults out of fear.” - MP Peer Leader

“It’s really taught me how to control my feelings and how to relieve my anxiety. It’s probably one of the best things I could’ve done” - MP Student

\$500 Conduct Classroom Violence Prevention Workshop at MP School Site.

Provides a workshop to students in one teacher’s classes on topics responding to emerging needs at the school. Recent topics included Consent and boundaries for 6th graders; Depression and healthy coping skills; Using art to visualize healthy relationships; Learning about healthy and unhealthy relationships.

“Margaret’s Place has taught me that I deserve healthy love and that if someone wants to be with me they have to respect me.” - MP Student

*“There needs to be more Margaret’s Places throughout the country.”
- Teacher*