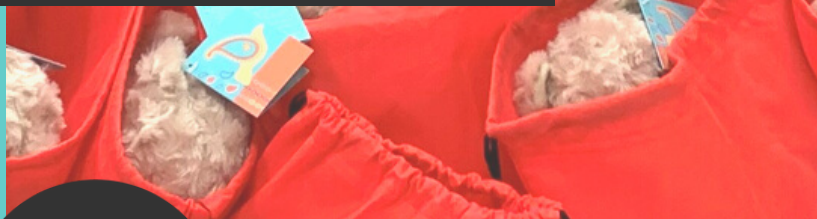




Annual Report

July 1, 2020-June 30, 2021



FEAR 2 FREEDOM™

Helping restore hope and dignity to survivors of sexual assault while empowering students and communities to combat sexual violence.

FEAR2FREEDOM.ORG

Letter From The CHIEF EXECUTIVE OFFICER



Another year has come and gone here at Fear 2 Freedom, a year that brought continued challenges and changes. Little did the F2F team know when FY 2020-2021 started last July that COVID-19 would still be a reality now.

THE CHINESE CHARACTER FOR CRISIS IS TWO SYMBOLS: RISK AND OPPORTUNITY.

Under the agile leadership of Executive Director Tricia Russell, the F2F team adapted to the crisis context by braving risks and creating opportunities. With events cancelled on campuses, our in-person Hour 2 Empower training pivoted to virtual platforms. Forging opportunities amidst the change our Programs Director created six new programs. Now, instead of just offering one H2E program, F2F has a menu selection of 7 topics for colleges and universities to choose from.

Our AfterCare and iCare Kit distribution continued unabated. As many people worked from home, domestic violence abuse hotlines skyrocketed. Unfortunately, the statistics for sexual violence have not improved. When Rosemary Tribble started Fear 2 Freedom 10 years ago, every 2 minutes someone was sexually assaulted in the U.S.

NOW THAT NUMBER IS EVERY 68 SECONDS.

F2F's transformative programs and AfterCare Kits continued to educate, support and empower students, communities and survivors to combat sexual violence in all its forms.

Fiscal year 2020-2021 saw changes in our Fear 2 Freedom office. Beloved colleagues moved on to other opportunities and new team members came onboard – including me! After an intensive search for a new CEO, the F2F Board welcomed me in June.

What a privilege it is to Be The Change with the F2F team!

A big thank you to our dedicated donors who continue to make our work possible. Without your faithful support throughout this crisis we could not do what we do!

Virginia Woodward
CEO, Fear 2 Freedom

TEN YEARS OF EMPOWERMENT

This fiscal year marked Fear 2 Freedom's 10th anniversary. We thank our fearless leader, Rosemary Tribble, for her courageous vision that laid the foundation for F2F to grow and thrive from a table in her kitchen into the organization we are today.

SINCE THOSE EARLY DAYS IN 2011, F2F HAS...

- Empowered 24,000 students through our educational programs
- Distributed 27,620 F2F AfterCare and iCare Kits
- Partnered with 101 community organizations (including domestic violence shelters, women's organizations, rape crisis centers et all)
- Worked with 44 hospital partners to share F2F Kits with survivors undergoing forensic exams
- Collaborated with 38 colleges/universities to host our educational programs
- Held F2F's Hour 2 Empower events with 74 hosts
- Reached 11 states with F2F's Kits and educational programs

We are also grateful to countless volunteers who have offered time and expertise to F2F... Forensic nurses who helped design our AfterCare kits, Board members who helped get us started and help keep us going, thousands of students who packed Kits, our interns and faithful community members who help in every possible way. With our small team we would not be able to do what we do without our volunteers! In the last two years (when we finally started counting) our volunteers contributed 5,692 hours of service!





FISCAL YEAR HIGHLIGHTS

24 EVENTS HELD

prevention education programs

16 HOSTS

of F2F programs

703 ATTENDEES

empowered at F2F programs

1,093 F2F KITS

assembled & distributed

2,794 HOURS

logged by volunteers

8 CHAMPIONS EVENTS

held to connect our champion community

18 PARTNERS

5 hospitals & 13 community orgs

2 NEW PROGRAMS

created to educate communities

10TH ANNIVERSARY

hosted virtual celebration of Rosemary





10TH ANNIVERSARY GALA

F2F made big plans to celebrate our 10th Anniversary with a Gala in March of 2021. Due to COVID-19, the event had to be rescheduled to March, 2022. Tricia Russell and the Gala planning committee creatively turned the delay into an opportunity for not just one big event – but three. The 10th anniversary celebration kicked off with a virtual gathering in May honoring Rosemary Tribble that came resplendent with many surprises.

The celebration continued with a wine tasting event at the Williamsburg Winery in October, to be followed by the 10th Anniversary Gala scheduled for the Ferguson Center in March of 2022.

We are so grateful for dedicated sponsors and table hosts who have stuck with us through 2 years of planning!



FINANCIAL REPORT

Revenue & Support

Contributions & Grants	\$	289,550
Program Revenue		15,486
Special Events (net)		39,810
In-Kind		15,208
Other Revenue		7,392
<hr/>		<hr/>
Total Revenue		402,074

Program & Operating Expenses

Program Services	\$	310,394
Fundraising		49,834
Management & Admin		81,232
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Total Expenses		441,460

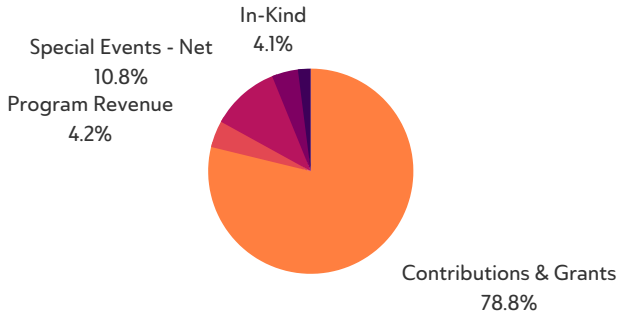
Net Assets

Beginning of Period (7/1/2020)	\$	307,581
Change in Net Assets*		(39,386)
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Total Net Assets		268,195

**Gala fundraising event is hosted every 3 yrs.
Proceeds from Gala are allocated across 3 fiscal yrs.*

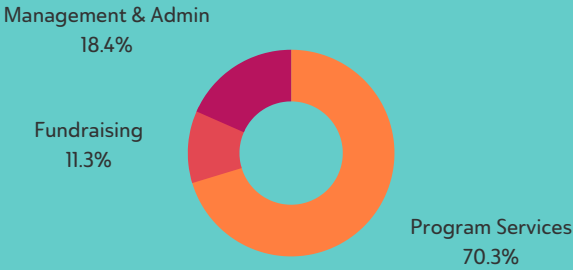
REVENUE & SUPPORT

TOTAL REVENUE
\$402,074



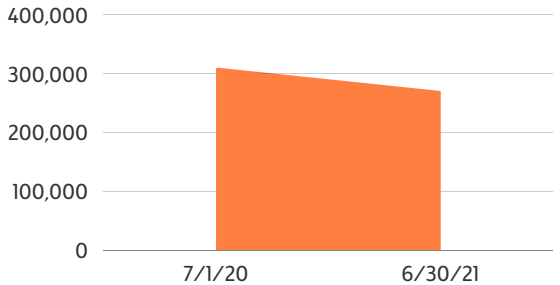
PROGRAM & OPERATING EXPENSES

TOTAL EXPENSES
\$441,460



NET ASSETS

TOTAL NET ASSETS
\$268,195



FEAR 2 FREEDOM



PROGRAMS OVERVIEW

F2F PROGRAMS

24

ATTENDEES

703

F2F KITS PACKED

238

Program Hosts

- Hayfield Secondary School*
- Institute on Violence, Abuse, & Trauma International Summit*
- Lifehouse Church
- Medical Students For Choice, Eastern Virginia Medical School*
- Northern Virginia Community College
- Pi Lambda Phi, Christopher Newport University Chapter*
- Radford University
- Saint Mary's College of Maryland
- Shenandoah University*
- Social Work Association, Christopher Newport University*
- Student Title IX Advisory Board, Virginia Tech*
- Tennessee Coalition to End Sexual & Domestic Violence*
- Thomas Nelson Community College
- Tiffin University
- Virginia Commonwealth University
- Virginia Peninsula Chamber of Commerce*

*new host



Program Summary

F2F started our fiscal year during the height of COVID-19's initial wave. Despite a year marked by uncertainty, we were able to adapt to these challenges. Our Director of Programs continued improving the virtual programs she created at the end of the previous fiscal year to ensure that these new virtual programs are as inspiring and impactful as our in-person options. She next connected with hosts to understand their changing needs and determine how we could collaborate virtually to continue empowering students and communities to Be The Change.

THE ADAPTABILITY AND DETERMINATION OUR TEAM SHOWED THROUGHOUT THIS YEAR PAID OFF.

We hosted 24 educational programs where we educated 703 participants. 9 of these programs were with new hosts that brought our impactful prevention programs to their audiences for the very first time. Fear 2 Freedom was even able to reach professional audiences as we were guest speakers at two major conferences: IVAT's International Summit as well as the TCESDV's Rape Prevention Education Institute.

Although many of our attendees were unable to gather to pack F2F Kits during these events, providing them an opportunity to positively impact survivors' lives was still a priority. To accommodate this, we created a way for them to electronically write a heartfelt note to a survivor for our F2F Kits. These notes are such a keystone of our educational programs and F2F Kits. Composing them offers attendees the opportunity to apply the new knowledge and inspiration they've gained by taking compassionate action. Reading them offers survivors comfort and hope during extremely difficult moments. Integrating these notes into our new virtual operations is a great accomplishment.

ALTHOUGH THIS YEAR HAS SHOWN US DIFFICULTIES IN SO MANY AREAS, IT HAS ALSO SHOWN US HOW RESILIENT WE CAN BE.

The ways in which our team has faced these challenges and even thrived to continue educating and empowering students has been truly amazing. There's no doubt that no matter what new obstacles may come our way next, we're capable of accomplishing great things.

COMMUNITY PARTNERS

1,093

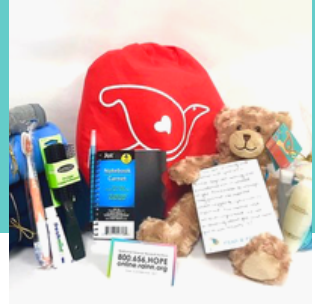
F2F KITS
DISTRIBUTED

F2F KIT RECIPIENTS

- 332 AEW Sexual Assault Prevention and Response
- Chesapeake Forensic Specialists
- Children's National Health System
- Ft Eustis Brigade Victim Advocate
- Inspiring Children Foundation
- The Laurel Center
- Loudon Women's Shelter
- Medical Consulting Services LLC
- Mercedes Closet
- Newport News Police Department Domestic Violence Team
- Orange County Rape Crisis
- Riverside Regional Hospital
- Safe Harbor
- St. Christopher Hospital for Children/Drexel University
- VCU Trauma Program
- YWCA Dayton
- YWCA Northern New Jersey
- YWCA Sweetwater County



ABOUT OUR KITS



Fear 2 Freedom AfterCare and iCare kits are far reaching and impact lives across Virginia and nationally.

Our F2F Kits contain items that victims of sexual assault require to maintain a sense of dignity and offer tools to manage each day just a little better with a loving and gentle embrace.

In addition to Freedom Bear with his backpack, our AfterCare kits contain pants, shirt, underwear, toiletry kit, toothpaste, toothbrush, hairbrush, crayons, coloring book, notecard, resource card, journal, F2F printed pen. Our iCare kits, which are a source of comfort to anyone working through a healing journey, includes many of the items listed, without the clothing and toiletries. Included in these kits are a stress ball and recently we include hand sanitizer.



“

I truly believe these bags open the door to a trusting relationship with those care providers that are meant to convert victims to survivors because survivors see the love and care put into the contents of the bag.

Captain Latetia Bland

”



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Supporters listed below made gifts of \$100 or more during FY 20-21

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**champions circle member*





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BE THE CHANGE

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- Gil & Charlotte Minor
- Barbara & Dwight West

JOY HOSTS

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- Melissa Gilkes Smith
- Susan & Rob Goetz
- Samantha & Steve Howell
- Carrie & Steve Karnes
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- Tricia & Scott Russell
- Linda & Jim Slattery
- Rosemary & Paul Tribble
- Liz & John Warters

**donors who gave to the gala in FY 20-21*

A DECADE OF...



2011 - 2021



JOY





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OUR TEAM

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Virginia Woodward
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January Serda
Chief Operating Officer

Lauren Brennan
Director of Programs

Michele Isaacson
Partnerships & Logistics Manager

Shelly Averett
Development Coordinator





THANK YOU

for 10 years of believing in our mission to...

Educate · Support · Empower





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