

# DOMESTIC VIOLENCE WAS A PANDEMIC LONG BEFORE COVID-19



LOVE  ALIVE  
shouldn't hurt. can help.

## Why support ALIVE this holiday season?

### Increased need

Domestic violence is the willful intimidation, assault, or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. From St. Louis to around the world, it's out of control and COVID-19 hasn't helped. In the US alone

- Over 10 million adults experience domestic violence annually.
- 1 in 15 children are exposed to domestic violence each year.
- Over 20,000 calls are placed to domestic violence hotlines daily.

### COVID-19 and the shadow pandemic

To slow virus spread, we've stayed home in 2020 more than ever before. Domestic violence survivors sheltering at home with abusers face added challenges. Abuse may escalate due to heightened anxiety and seclusion with the perpetrator. Access to help can be a challenge due to limited privacy to safely contact intervention resources like ALIVE.

COVID-19 has overwhelmed ALIVE's clients with new problems complicating their volatile situations. Job loss and economic strains, health concerns, and legal disruptions are common. Survivors with children may experience added pressures of homeschooling, childcare difficulties, or supporting children dealing with COVID-related anxiety. Stress from the onslaught of these challenges further complicates the ability to do the difficult work of building safe futures.

**Now more than ever, ALIVE needs your help.**

**On top of supporting clients with growing challenges, ALIVE has been hit with significant hurdles in 2020.**



Challenge	ALIVE Action
Adapting Nights of Safety shelter to minimize virus spread	Implemented remote intakes, case management, and safe delivery of supplies, including PPE
Immediately shifting to evacuate and then reduce capacity in offices due to COVID, while providing continued counseling	Therapists converted to phone/video counseling in March, which had never before been implemented at ALIVE
Creatively supporting child witnesses of abuse with virtual therapy, despite the hands-on nature of traditional techniques	Pivoted child therapy to virtual sessions including activities, games, and play; created additional caregiver tools (covering parenting skills, activities, etc.) to support children's recovery
Effectively providing additional support to clients struggling to meet basic needs due to COVID	Quickly secured partner resources to assist clients with rent/utility assistance, phone access, and other needs
Maintaining operations despite the second office flood in a year in August, on top of the pandemic	Secured partial funding (but more is needed) to cover flood losses (disaster clean-up, furniture, equipment); began search for new office space
Safety/privacy concerns during stay-at-home initiatives preventing survivors from calling ALIVE's crisis line for help	Launched the area's only live chat crisis line for domestic abuse survivors, connecting them to help (via phone or computer) without saying a word
Quickly redirecting funding initiatives to replace lost revenue due to COVID—cancellation of fundraising events, decreased grant funding, fewer in-kind donations	Reinvented selected events as virtual and pursued/secured limited funding from new sources; despite such actions, revenue is significantly below budget and may reduce ALIVE's service capacity without the generosity of supporters like you.



## Meet ALIVE clients Anna, Louis, and Jada.



"It's amazing how people are placed in our paths almost deliberately. Had I not learned about ALIVE, I'd still be stuck. ALIVE advocates stood by me and helped me feel safe from the beginning to the end of my journey. Thank you!"

- Anna, *Nights of Safety* client

"I'm a better person because of ALIVE. Without their help, I wouldn't have skills to escape the pain and suffering I felt. I'm learning to set boundaries and recognize red flags. ALIVE helped me understand what a safe, healthy relationship looks like. I'm learning to accept my feelings. ALIVE was my support system when I had none. Thank you."

- Louis, *Adult Counseling* client

"I left my abuser just before the pandemic. Within a week I lost my job, began homeschooling my two confused children, and was unable to pursue increased child support due to court closures. Convinced we'd soon be homeless, I talked with my ALIVE therapist. She helped me secure rent assistance and connected me with ALIVE's court advocate, who helped me navigate the courts for child support. We still have many challenges, and ALIVE guides me to solutions. Because of ALIVE, I know my kids (who now participate in the Children's Treatment Program) and I will be okay."



- Jada, with Max and Sophie, *Adult Counseling, Court Advocacy, and Children's Treatment* clients

So, THANK YOU for considering a gift to ALIVE. Your support makes it possible for ALIVE to help domestic violence survivors and their children to build safe and hopeful futures. You can make a difference to clients like Anna, Louis, Jada, Max, and Sophie. YOU have the power to change lives for the better.

## ALIVE's Services and Programs

**ALIVE helped 2,504 adults and children during the 2019/20 fiscal year.\***

### Crisis Line

Our 24-hour crisis line, staffed by ALIVE personnel and trained volunteers, answered 16,444 crisis calls.

### Nights of Safety

ALIVE's unique emergency shelter, using confidentially located motels, provided 576 domestic violence survivors and their 618 children with 6,666 Nights of Safety when other options were unavailable. ALIVE offers transportation, food, and supplies during client stays.

### Adult Counseling

Therapists provided 4,591 hours of individual counseling to 442 survivors, helping them heal and formulate plans for safe, healthy living.

### Children's Treatment Program

Through the only area non-residential program specializing in treating child witnesses to domestic abuse, ALIVE provided 1,357 therapy hours to 147 children.

### Court Advocacy

ALIVE assisted 438 clients with court actions, including Orders of Protection and other domestic abuse-related issues.

### Training and Educational Outreach

ALIVE participated in over 100 outreach events, providing information to 4,425 medical professionals, students, police officers, businesspeople, and community members.

\* Not including crisis line callers

ALIVE's mission is to provide counseling, emergency sanctuary, and other critical services to adults and children impacted by domestic abuse, as well as to increase awareness in order to create a supportive community.

## You Can Help!

Please consider making a gift by

returning the enclosed envelope with your donation or visiting [www.alivestl.org](http://www.alivestl.org) and clicking the 2020 ANNUAL APPEAL link.

### St. Louis Office

P.O. Box 28733  
St. Louis, MO 63146  
314.993.7080 office • 314.567.5629 fax  
314.993.2777 24-hour crisis line  
[alivestl@alivestl.org](mailto:alivestl@alivestl.org)

### Franklin County Office

P.O. Box 223, Union, MO 63084  
636.583.9863 office • 636.583.6648 fax  
636.583.5700 or 800.941.9144  
24-hour crisis line  
[alivefc@alivestl.org](mailto:alivefc@alivestl.org)

## Together we can make a difference!

We at ALIVE are committed to empowering families to build safe and hopeful futures. Our resilient and strong clients tackle the difficult work of rebuilding their lives, supported by ALIVE's programs and the work of our dedicated advocates.

Especially during this difficult year, ALIVE's ability to continue this transformational work is possible because of you, our generous donors.



**ALIVE gratefully accepts donations of client supplies from generous supporters during 2020.**



"Domestic violence has increased significantly during the pandemic. Now more than ever, it's important to support ALIVE's monumental efforts to protect domestic abuse survivors. I'm extremely proud to be involved with this great organization."

-John, ALIVE Donor

This year we've felt afraid, isolated, and helpless due to the horrible pandemic crippling our world. Domestic abuse survivors feel these emotions each day at the hands of their abusers. Now more than ever, please help us bring comfort, safety, and hope to our clients by donating. Thank you.

-Maggie Menefee, ALIVE Executive Director

## Save on taxes!

Your gift to ALIVE is tax-deductible, and those totaling \$100 or greater annually are eligible for Missouri Domestic Violence Shelter Tax Credits. Credits equal 50% of the tax-deductible contribution amount and can reduce your Missouri income tax liability. This year, the CARES Act allows for an above-the-line deduction of up to \$300 for your donation, even if you don't itemize your taxes. Please consult your tax advisor.