Sanare
CENTRE

PRESENTED BY:
CHRISTINA
JOHNSON

2, 36 STRACHAN COURT SE
MEDICINE HAT, AB

ANNUAL REPORT 2024

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About Sanare

"Sanare" (sanāre) is a Latin word for healing. We are a service provider to promote healing within sexual abuse victims.

Nobody who experiences sexual, domestic or personal trauma should ever feel alone.

We bring trauma survivors and supporters together in the spirit of healing. We use empathy, compassion and experience to help navigate the support system, and to make communities safer and more resilient through education, advocacy, and calls to action.

Our work helps Albertans understand and address the real impacts of social, sexual and domestic trauma, and to break the trauma cycle.

Our Vision

Men, women and children experience violence. They want help to heal. We help. We provide a safe, healing space for those who have experienced violence and trauma to have their voices heard, and we are an agent of change to reduce abuse and sexual violence. We are a recognized, innovative, and trusted leader providing violence and trauma support services, education, and advocacy throughout southeastern Alberta.

Our Mission

By 2023, we will deliver expanded, leading-edge trauma support services to children and adults with measurable positive change for individuals and the community, while increasing overall awareness of these services.

Message from the President

It is both my honour and a responsibility to reflect on the profound impact we have made this year in the fight to end sexual violence. Our collective commitment to creating safe, supportive, and inclusive communities has driven remarkable progress in prevention, intervention, and survivor support.

In the past year, we expanded vital services, strengthened partnerships, and launched innovative programs aimed at addressing the root causes of sexual violence. By overcoming challenges and building collaboration, we have better navigated systems to support clients on their healing journeys.

The work we do at Sanare is hard but vital. Our clients face tremendous obstacles, and through our efforts, they find ways to overcome them. This success comes from the support of our community, funders, dedicated staff, and volunteers. On behalf of the Board of Directors, I express deep gratitude for your ongoing commitment—your dedication is the reason Sanare thrives.

I want to extend my deepest gratitude to Christina Johnson, our Executive Director, whose visionary leadership and tireless commitment have been instrumental in advancing our mission. Christina's passion and expertise inspire all of us to strive for safer, more inclusive communities.

As we move forward, we renew our commitment to deepen our impact, advocate for survivors' rights, and build a future free from sexual violence. Together, we will create safer spaces for all.

Thank You!

Sincerely,

Jonathan Patrick Tieman,
B. Sci., LL.B., LL.M. (Dispute Resolution)

Message from the Executive Director

As the Executive Director of Sanare Centre, I am proud to reflect on our remarkable progress we made in 2024 toward our mission to end sexual violence. This mission shapes every decision, every strategy, and every action we take. Over the past year, Sanare has made meaningful strides in enhancing prevention, intervention, and support services throughout southeastern Alberta, ensuring that survivors and communities receive the care and resources they need.

Accessibility remains a top priority. The opening of our Outreach office in Brooks is significantly improving rural access to victim supports, while fostering strong partnerships with local organizations, with expectations for continued growth. Since launching the Intensive Case Management program, individuals waiting for therapy have received vital stabilization and counseling readiness services, reducing barriers to care. Additionally, facility upgrades have made Sanare's spaces more welcoming, child-friendly, and inclusive, better reflecting our commitment to diversity and respect.

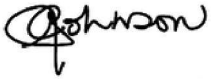
Our educational outreach in schools remains strong, focusing on preventing sexual violence and promoting healthy relationships. A key highlight is the Evolvement Leadership program, which engages young men and boys as allies by fostering their social and emotional development. This program acknowledges that men are also impacted by patriarchal systems and can be powerful advocates for change. Pilot initiatives in several schools have shown promising improvements in essential skills such as communication, decision-making, and self-awareness - key skills in violence prevention. We eagerly anticipate further positive outcomes. Additionally, supported by funding from Wage Canada, we have developed a strategy to increase male representation within the anti-violence workforce, underscoring our belief that inclusivity and diverse voices are essential in this vital work.

Looking ahead, we honour the unwavering dedication of our exceptional team, Board of Directors, and community partners who have built a strong foundation for meaningful change. United by a shared commitment, we remain resolute in our mission to promote healing, advance prevention, and ultimately eliminate sexual violence within the communities we serve.

As we begin the new fiscal year, we celebrate the remarkable accomplishments of 2024—from delivering outstanding clinical care and expanding community outreach to pioneering innovative prevention programs. These achievements reflect the hard work and collaboration of our entire organization and our partners. Together, we are driving tangible progress in the fight to end sexual violence, forging a safer and more compassionate future for all.

Thank you for standing with us on this journey.

With deep gratitude,

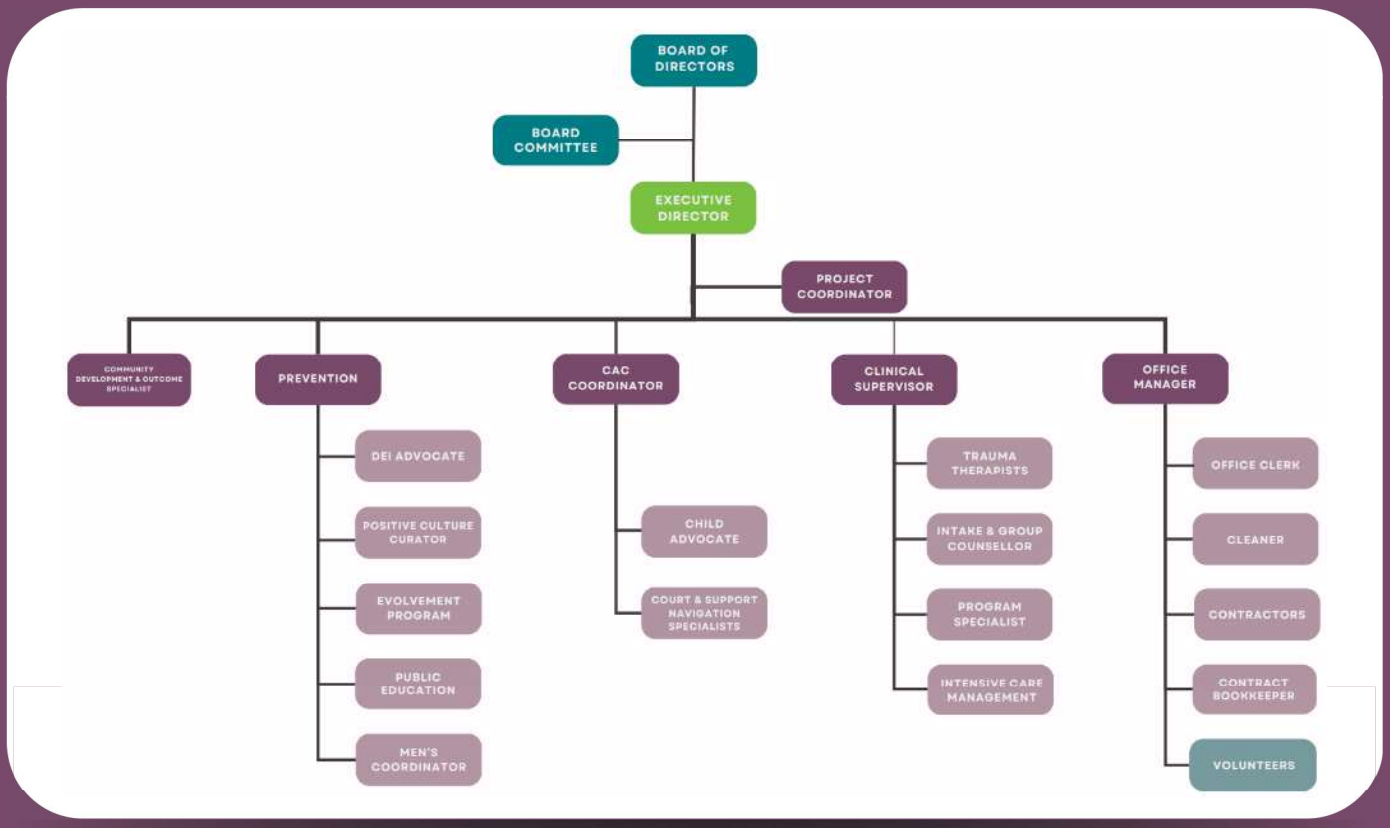


Christina Johnson
Executive Director, Sanare Centre

Sanare Centre Governance

The Sanare Board of Directors is made up of nine dedicated volunteers. These individuals are all passionate about bringing their individual skills to the Sanare table to ensure our services are offered in an ethical and well-managed manner. This has been another year of significant change for Sanare, and it has been through this leadership that great things have been achieved.

2024-25 Sanare Team



Team Anniversaries

Congratulations to the following team members who have reached some incredible milestones:

Ashley Jans - 5 years

2024 Overview

557 CLIENTS PROVIDED SANARE SERVICES
(CLINICAL, CAC, SPCS)

332 CLINICAL THERAPY CLIENTS SERVED

1:1

1983 ONE-ON-ONE THERAPY SESSIONS

136 GROUP SESSIONS

86 CHILDREN/YOUTH PROVIDED CAC SERVICES

134 CAREGIVERS AND SIBLINGS SERVED AT THE CAC

44 CLIENTS PROVIDED PRE-REPORTING OPTIONS

109 CLIENTS PROVIDED POLICE & COURT SUPPORT

1873 PARTICIPANTS IN EDUCATION & WORKSHOPS

$1,522,527 FUND, DONATION & GRANT VALUES

Fee

$33,262 FEES FOR SERVICE (SLIDING SCALE)

Program Highlights

CLINICAL

We continue to serve southeastern Alberta, including Oyen, Acadia, Forty Mile, and Brooks & District- with remote options that make us more accessible. Over the past year, 20% of our one-on-one sessions were accessed remotely. Flexibility of therapy service modality has supported client access and reduced our no-show rate to 8.5%. The Intensive Case Management program began serving clients in August. ICM has greatly assisted with clinical clients while they are on the waitlist for therapy with many achieving goals towards stabilization and counselling readiness. Our new database, Izzy, was launched in December which will assist with more streamlined and efficient tracking of Sanare services.

POLICE & COURT SUPPORT

In January, Sanare began providing direct victim supports in the community of Brooks with the opening of our Outreach office, improving rural and remote access, and increasing supports to this vastly diverse community. Extensive relationship building in Brooks and surrounding area with numerous community partners to support client care has been occurring, particularly with Brooks VSU and the RCMP detachment. We have already seen a significant increase in clients from this area and expect this to dramatically increase over the coming months as partner relationships strengthen and referrals increase.

CHILD ADVOCACY CENTRE (CAC)

Sanare Centre's Child Advocacy Centre (CAC) served 86 children and youth, as well as 134 Caregivers and Siblings. Slightly over 60% of CAC clients experienced sexual abuse/assault as their primary abuse type while the remaining almost 40% were due to physical abuse. There were 65 Child Forensic Interviews completed at the Centre, a testament to the increasing demand for its vital services. Sanare received funding from the Department of Justice Canada to renovate the lobby to be more child-friendly and accessible, as well as for the creation of a Sacred Space for prayer and smudging. Sanare's Diversity, Equity, and Inclusion program has been working closely with all Sanare programs which has greatly improved our capacity to respond to the needs of marginalized and vulnerable victims, implement culturally competent and responsive services, ensuring all clients feel welcome and respected.

EDUCATION & PUBLIC AWARENESS

Over the last year, Sanare has continued our sexual violence and healthy relationship education in the schools with 45 presentations for 1168 participants conducted. Additionally, significant strides have been made with the Evolvement program with the pilot completing at Foremost School for a junior and a senior class, and then at a public school in Medicine Hat. The program has demonstrated some exciting promising practices for violence prevention by building protective factors for men and boys and GBV and support them in becoming allies for prevention. Highlights of evaluation results indicate participants learned communication skills, decision-making skills, getting along with others, management skills and skills for understanding yourself.

Training & Development

- AASAS Counselling Adult Survivors of Sexual Violence Workshop
- Alberta FOIP Certificate
- Alberta Justice Victims Services AVS 101 Training
- Anti-Racism Training
- Brain Story Certificate
- Child Forensic Interview Training
- Columbia Lighthouse Project Suicide Severity Rating Scale Certificate
- Communicating with Purpose Non Profit Certificate University Level Course
- Danger Assessment Training
- DiSC Workplace Assessment
- Emerging Marketing & Social Media Strategies Certificate University Level Course
- Engaging Men Workshop
- Eye Movement Desensitization Reprocessing Training
- First Aid Recertification
- First Aid Training
- First Responder to Sexual Assault & Abuse Training
- High Impact Leadership Certificate University Level Course
- Indigenous 7 Sacred Teachings & Wisdom of Anger Webinar
- Indigenous Centering Relationship to End Violence Webinar
- Immigration Status Services & Impacts Webinar
- Non-Profit Leadership Development Program University Level Certificate
- Non-Profit Marketing & Strategic Communications Certificate University Level Course
- PADS Accredited Facility Dog Training
- Polyvagal Clinical Training
- Presentation Facilitator Webinar
- Rebuilding Traditional Indigenous Medicine Knowledge Workshop
- Recovery Alberta Trauma Informed Care
- Risk Assessment Training
- Rocky Mountain Green Stream Play Therapy
- Sexual Violence & Abuse Healing Approaches Within an Indigenous Context Webinar
- Somatic Experiencing International Intermediate I, II, & III Certificate
- TEND Compassion Fatigue
- TEND Staying Grounded in Stressful Work
- TEND Train the Trainer Program
- Two-Eyed Seeing in Clinical Practice Indigenous Context Webinar
- Working with Adversity Art Therapy Certificate

Partnerships

Government of Canada / Gouvernement du Canada — Canada

Alberta Government

Cypress County

Canadian Women's Foundation / Fondation canadienne des femmes

Community Foundation of Southeastern Alberta

Department of Justice Canada / Ministère de la Justice Canada

Medicine Hat — The Gas City

THANK YOU

FOR A YEAR OF RESILIENCE AND IMPACT

As we reflect on the past year, we are filled with immense gratitude for your unwavering support, dedication, and belief in the mission of the Sanare Centre. Together, we have achieved remarkable milestones and profoundly impacted the lives of those we serve.

We would like to express our heartfelt thanks to:

Our Donors: Your generous contributions have been the cornerstone of our efforts, enabling us to expand our programs, reach more people, and innovate in our approach to healing.

Our Dedicated Team: Our staff and volunteers' passion, expertise, and tireless commitment have been the driving force behind our accomplishments. Your dedication to our mission is truly inspiring.

Our Partners: Collaboration has been vital to our success. We are grateful for the partnerships that have allowed us to amplify our impact and deliver sustainable solutions.

Our Supporters: Whether you attended our events, shared our message, or simply offered encouragement, your support has been invaluable in raising awareness.

Our Board of Directors: Your strategic guidance and unwavering commitment to our mission have been instrumental in steering the Sanare Centre toward continued success.

As we look ahead, we are filled with optimism and determination. With your continued support, we will build on our achievements, address new challenges, and work tirelessly to improve the well-being of individuals and communities we support.

Thank you for being an essential part of our journey. Together, we are making a difference, one life at a time.