



safe
connections

Where violence ends and healthy relationships begin

The mission of Safe Connections is to reduce the impact and incidence of relationship violence and sexual assault through education, crisis intervention, counseling and support services.

MHB Funded Programs



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- Teen Dating Violence Prevention Groups
- Therapy for Victims of Relationship and Sexual Violence



Therapy for Victims of Relationship and Sexual Violence

- Serve adults and youth of all genders, ages 12+
- Master's degree-level clinicians, compassionate, highly-specialized
- Services provided at our office on Hampton and, for youth, also in area schools and community locations



Therapy for Victims of Relationship and Sexual Violence

- No cost to clients (heightened risk when abusers maintain financial control)
- Unrestricted timeline for healing- clients help set service plan
- Specialize in interpersonal trauma and support specific to domestic violence and sexual assault
- Most often, weekly therapy sessions
- Telehealth or in person services



Individual Therapy Modalities

- Cognitive-Behavioral Therapy (CBT)
- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)
- Eye-Movement-Desensitization-Reprocessing (EMDR)
- Internal Family Systems (IFS) Therapy
- Somatic Therapies -Somatic Experiencing and Sensorimotor Psychotherapy



Trends in Clients Served:

- Waitlist moved more slowly due to staffing challenges
- Most clients chose telehealth in 2021:
 - 98% of adult clients opted for telehealth
 - 79% of teen clients opted for telehealth
- More school-based teen intakes in November vs Sept/ October: related to school COVID-19 protocols.

Teen Dating Violence Prevention Groups

Prevention/Public Education

- Project HART – Healthy Alternatives for Relationships Among Teens
 - Classroom-based workshops help teens recognize sexually, physically and emotionally abusive relationships;
 - develop skills to reduce their risk of being victimized;
 - identify help sources if they are in an abusive relationship and learn how to support others

Prevention/Public Education

- Girls Group and Guys Group
 - small-group, 8-12 week curriculum that uses activities and guided discussions to explore and expand attitudes and beliefs about teen relationships, relationship violence and self-respect

Trends in Prevention Education

- Ability to offer live services via zoom or in person increased range of service area
- Increase in requests for services for younger students (upper elementary)
- Increase in requests for education from private and corporate entities

Changes Made Based on Results:

- Piloting adapted curriculum in targeted school districts with upper elementary students.
- Piloting LGBTQ2 SIA Group at Sumner High School

QUESTIONS