



Working Across Communities to End Gender Violence

2018 IMPACT REPORT





2018 Annual Report

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For questions about the information contained in this report, or to learn more about our programs, contact Ashley Tsuruda, Development Manager, at (773) 883-4663 or ATsuruda@ApnaGhar.org.

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ApnaGhar.org

FROM OUR BOARD PRESIDENT & EXECUTIVE DIRECTOR

Dear Friends and Supporters,

Each year with your assistance, Apna Ghar conducts outreach and advocacy and provides critical, comprehensive, and culturally competent services to survivors of gender violence, a global human rights violation and public health concern. We reach more than 5,000 people annually in our area.

In the last few years, we have grown the most since our inception! We doubled our budget and now offer services out of five locations in the city and suburbs. We are excited to share with you what your contributions mean to Apna Ghar and the communities we serve.

In 2018 we continued on this path of growth and sustainability. We solidified our partnership with Swedish Covenant Hospital to offer more services at the hospital and at our locations through the addition of a medical advocate. We continue to train medical personnel to ensure high quality care for survivors.

We received a grant from the Office of Victims of Crime (OVC) at the US Department of Justice to ensure that survivors from underserved communities know their rights and understand the remedies and services available to them. We have developed a training curriculum to create a cohort of language advocates and community health workers to ensure that we reach and serve as many survivors as possible.

We developed a research-based model for enhanced supervised visitation and safe exchange services and an accompanying psycho-educational curriculum for fathers who want to improve relationships with their children and repair harm. This endeavor is taking us into a brave new space of working towards actually ending gender violence.

We expanded service offerings to children and young people; created an economic empowerment curriculum with the generous support, time and expertise of

volunteers from PwC (Pricewaterhouse Cooper); and led workshops that have truly developed entrepreneurship and leadership among the survivors we serve.

We completed the build out of the lower level of our new safe home. We are fully settled in and the residents are thriving in the space. We provide after school support to children through a partnership with Chicago HOPES and medical check-up and care through a longstanding partnership with Dr. Lenora Soglin and the Namaste Foundation.

In 2018, together with an amazing group of partners and advocates, we helped pass the TRUST Act in Illinois to improve law enforcement response to survivors needing certain immigration remedies. We had previously contributed to a report by DePaul University's Asylum and Immigration Legal Clinic to outline and detail the issue. This report laid the groundwork for the ensuing legislative advocacy and win!

Globally one in three women is affected by gender violence over the course of her lifetime. This is a terrible statistic, but with your support, Apna Ghar continues to transform one life at a time while taking important steps towards ending this violence all together.

Our talented board, staff and volunteers, the courageous survivors we are privileged to serve, you, our generous donors, and our extended community propel our work in the movement to end gender violence, and we sincerely thank you for your ongoing support.



SAMEER CHHABRIA
*President, Board of
Directors (2017 & 18)*



NEHA GILL
Executive Director

A Global Human Rights Violation and Public Health Concern



1 out of 3 women

will experience gender-based violence in her lifetime.



500 a day

number of domestic abuse calls the Chicago Police Department receives every day, up to 200,000 a year.

What does gender violence look like?

Physical and sexual violence.

Psychological violence.

Intensive surveillance, cyber-stalking, monitoring cell phones, and utilizing multiple technologies.

Withholding food, healthcare, medication, adequate clothing, and hygiene products.

Financial abuse, such as restricting access to bank accounts, monitoring activity, or identity theft.

Hyper-exploitation of household labor to serve members of the extended family.

15+ million children in the US live in homes in which domestic violence has happened at least once.



Recent immigrants to the US face unique barriers that make it more difficult to reach out for help.

COMMUNITY OR EXTENDED FAMILY ATTITUDES

WITHHOLDING OF PASSPORTS

THREATS OF DEPORTATION

LANGUAGE BARRIERS

CULTURAL AND RELIGIOUS BARRIERS

A boy who sees his mother being abused is **10x more likely** to abuse his female partner as an adult.

Between 41–61%

percent of Asian women who report experiencing physical and/or sexual violence by an intimate partner during their lifetime.

**24 hours a day
7 days a week
365 days a year**

Apna Ghar's availability to immigrant and refugee survivors of gender violence.

Programs that are Individualized, Trauma-Informed, and Culturally Competent

We help survivors of gender violence with services and resources that heal, empower, and access justice.

Apna Ghar was founded in 1989 after hotline calls indicated growing incidence of domestic violence, abandonment, sexual harassment and assault within the Chicago area’s growing populations of immigrants and refugees. Further investigation revealed that immigrant survivors were reluctant to seek assistance because of linguistic, cultural, and legal barriers.

Over the years, Apna Ghar has developed a participant-centered, strengths-based approach that encourages participants to actively develop their action plans; respects the need to individualize services, goals, and

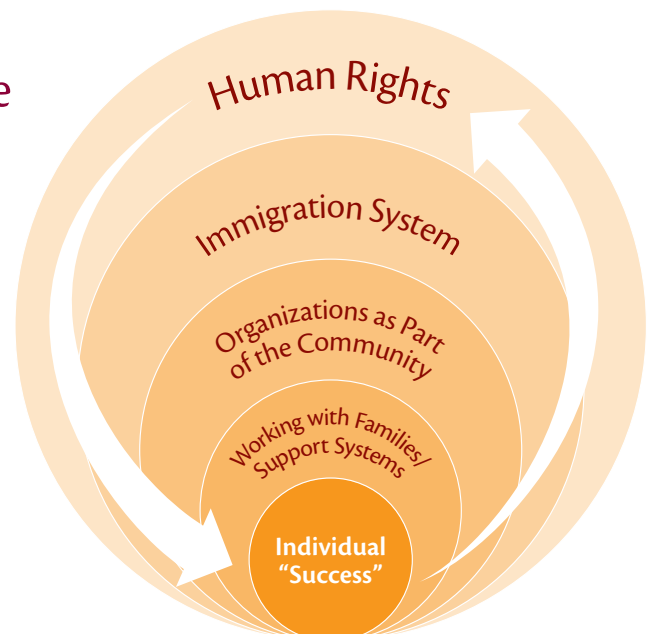
outcomes; and creates opportunities for those we serve to heal, reclaim and rebuild their lives. We recognize that participant experiences vary and that trauma impacts different parts of their lives. We adhere to principles of a trauma-informed care in everything we do, including:

- Creating physical and emotional safety;
- providing a healing environment;
- establishing a trusting, transparent relationship; and
- creating opportunities for peer support, collaboration, and empowerment.

OUR SERVICE MODEL

Transcending Boundaries: Investigating Domestic Violence among Immigrant Women

Together with the Center for Urban Research and Learning at Loyola University, we developed a comprehensive, culturally competent model designed specifically for the population we serve that reflects a holistic understanding of the macro- and micro- level barriers faced by immigrant survivors of gender violence.



From Forced Marriage to Asylum to a New Chapter

Apna Ghar began working with Eva while she was living in a domestic violence shelter in her home country.

Eva was forced to marry a very young age. When she declared that she wanted to leave her abusive husband, she found herself shunned and at risk of being killed by her family. Thankfully, she was able to go to a domestic violence shelter in her home country to seek help, although she was not allowed to leave the building for fear of her safety.

Apna Ghar partnered with an immigration attorney to successfully petition for Eva to receive humanitarian parole, a means of admission to the US that is reserved only for humanitarian emergencies.

Culture Shock

When she first came to Apna Ghar's safe home, Eva cried often and was very emotional. She was still coming to terms with the fact that she would never be able to return to her home country and that she could not share her location with anyone.

Counselors worked with her to provide emotional support and to establish short- and long-term goals for her immigration and assimilation to her new country.

Eva spoke no English when she arrived and was able to communicate only through volunteers and language lines. She began taking ESL classes and got a personal tutor. Despite her third-grade education level, she persevered and eventually took advanced ESL classes at a local community college. Within a year she was able to communicate on her own without an interpreter.

Finding a Community

Eva found a warm community while living at the safe home; she participated in group meetings, cooking groups, dance movement classes, and more. As she began to settle into her new security, she grew more social, going to the gym

with other residents. She enjoyed exploring Chicago and rode the train all over the city. Eva's confidence blossomed as well. She was motivated to try new things on her own and made friends in her ESL classes.

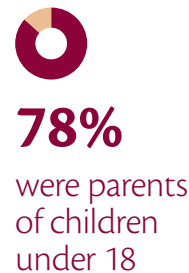
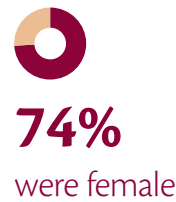
Next Steps

A year after coming to Chicago, Eva's petition for asylum was granted. Her case manager connected her to a volunteer opportunity in food service, which helped her secure full employment. Today, Eva is living independently in one of Apna Ghar's transitional housing apartments, saving her earnings, improving her English language skills every day, and most importantly, planning for a safe and successful future.

We specialize in working with under-served populations.

Apna Ghar does not discriminate based on ethnicity, race, immigration status, gender identity, sexual orientation, age, or ability. All services are free and voluntary and provided in a client-centered, trauma-informed manner aligned to the specific needs of each survivor, including issues surrounding their immigration status and understanding their rights in the United States.

In 2018, we provided direct services to **395 adults and 157 children.**



Our clients come from more than 50 countries.

Survivors come from countries in South, Southeast and East Asia, the Middle East and North Africa, Sub-Saharan Africa, Europe, Latin America and the Caribbean, and the Pacific Islands.

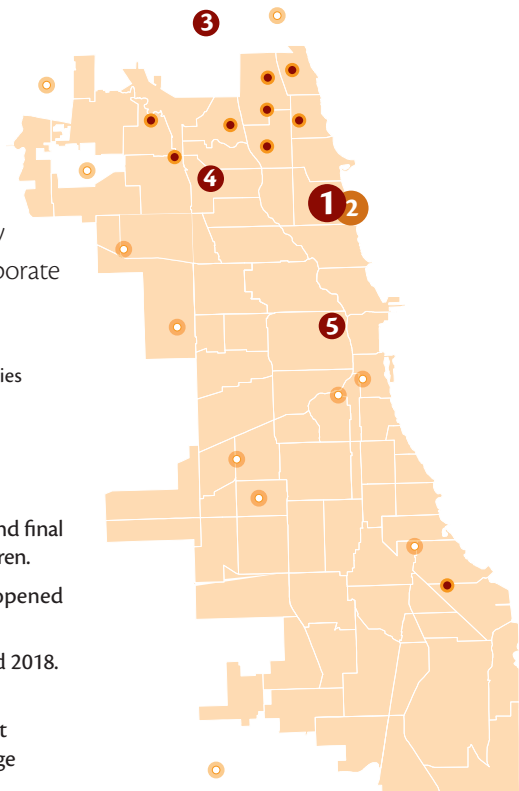
At any given time, we provide services in more than 20 languages.

We operate out of 5 locations in the Chicago metro area and partner with agencies across the region.

We serve survivors from Cook, Lake, DuPage, Will, Kane, and McHenry counties. Participants also arrive from neighboring states and we collaborate with agencies across the country to relocate survivors to Chicago.

- Apna Ghar offices
- Safe Home
- Transitional housing apartments
- Partner agencies

- 1. MAIN OFFICE.** In Chicago's Uptown neighborhood. All services provided out of this location.
- 2. NEW SAFE HOME.** Rebuilt on the site of our original shelter; opened 2017 and final phase complete in 2018. Safe emergency housing for survivors and their children.
- 3. SKOKIE OFFICE.** Co-located with Turning Point Behavioral Health Care, opened 2017. All services provided out of this location.
- 4. SWEDISH COVENANT HOSPITAL.** Located in the Women's Center, opened 2018. Providing counseling, case management, and medical personnel training.
- 5. DOMESTIC VIOLENCE COURT.** Circuit Court of Cook County at 555 West Harrison, office opened 2016. Provide supervised visitation and safe exchange resources to litigants and training to legal personnel.



Finding Pride in Overcoming Struggles and Looking to the Future

Heena's courageous journey to Apna Ghar's offices was the first step in her new life.

Heena had come to the US on a two-year dependent green card after an arranged marriage. Shortly after moving to the Chicago area, however, she began experiencing economic, emotional, physical, and sexual abuse by her husband.

A friend told Heena about Apna Ghar and she traveled to our offices after to seek help. She was in tears when she first arrived. She blamed herself and didn't understand why her husband would treat her this way. She was especially traumatized by the sexual abuse that she was experiencing. Our team took the immediate steps of connecting her with a counselor and placing her in our safe home.

Legal Rights and Remedies

After Heena's physical safety was secured, we began the process of understanding her case, developing a plan for moving forward, and beginning to address the trauma she had experienced. Because

Heena's husband had already engaged attorneys on her domestic visa application, our legal team secured the right to speak with the other attorneys so that both her immigration and family law cases could proceed simultaneously. This was crucial, as both sets of attorneys were able to set a unified strategy that would benefit Heena.

Our advocates translated all documents for Heena, provided emotional support, drafted letters of support, and discussed next steps after each meeting with her legal team. This gave Heena a sense of progression for both her complicated cases.

An Empowered Future

When Heena first reached out to Apna Ghar, she was easily triggered and would lose her sense of safety. She would get lost every time she left the safe home and couldn't get through meetings without breaking down in tears.

After 10 months of working with Apna Ghar, Heena's outlook has significantly changed. She has sought and received regular medical care, feels well enough to take care of her physical self and appearance, and importantly, looks forward to engaging with new people. She's comfortable traveling alone and enjoys exploring Chicago. Her divorce has been finalized, she received her work permit, and her application for citizenship under the Violence Against Woman Act has been submitted.

Today, Heena is reinvesting in herself. She's become passionate about sewing and finding employment where she can use her graduate degree. Moreover, she's started to find pride in both her struggles and her accomplishments. She continues to keep in touch with Apna Ghar, and we are proud to be alongside her through her journey of healing and empowerment.

Deepening Our Impact and Expanding Our Reach

This past year, we reached the most individuals in our organization's history.

We continued to operate our 24-hour, 365-day crisis hotline.

In 2018, we provided crisis response and safety planned with **1,701 callers**.

We offered resources, guidance, and support.

CASE MANAGEMENT. Helping participants create actionable service plans to achieve their goals of safety, stability, and self-sufficiency and connecting them to housing, employment, education, health-care, and other resources.

In 2018, we managed the cases of **215 adults** and **49 children**.

COUNSELING. Individual, family, and group therapy that includes psycho-social education, narrative and creative art-based therapies, and conflict resolution.

In 2018, we provided counseling to **158 adults** and **65 children**.

We provided safe and welcoming housing.

SAFE HOME. A culturally sensitive, secure, and healing environment where survivors can begin their journeys of healing and empowerment.

In 2018, **42 adults** and **41 children** found emergency shelter in our safe home.

TRANSITIONAL HOUSING. Second stage housing for survivors and their families together with wrap-around supports to achieve stability and self-sufficiency.

In 2018, **17 adults** and **8 children** lived rent-free in transitional housing apartments.

We advocated for and protected the rights of survivors.

LEGAL ADVOCACY. Survivors learn about their legal options and how to access available remedies, as well as understand their immigration benefits through protective statutes such as the Violence Against Women Act.

Advocates help secure legal representation through Apna Ghar's in-house family law clinic or in partnership other legal aid agencies and volunteer attorneys.

Together with our partners, we offered legal counsel to **163 adults** in 2018.

We helped foster futures without violence.

SUPERVISED VISITATION & SAFE EXCHANGE. Creating an environment for parents, particularly those who have caused harm, to repair relationships with their children. We work with legal personnel and the courts to ensure families have access to these services. We also focus on the ongoing safety of survivors and preventing further abuse in the short and long terms for children.

In 2018, **173 adults** and **94 children** spent time together and received additional supports in a conflict-free setting.

We invested in positively impacting systems to improve overall conditions for those we serve.

OUTREACH & EDUCATION. Community-focused efforts to raise awareness about how to identify and combat gender violence, as well as providing Illinois Certified Domestic Violence 40-Hour Training to all volunteers and staff, and training and technical assistance to partner organizations.

ADVOCACY. We work with legislators, advocacy and community groups, community leaders, and the public to raise awareness of gender violence; enact systemic and policy changes to improve current processes, responses, and remedies; and increase options available to survivors.

In 2018, we hosted or participated in **604 events** to reach **5,194 people** to share information about the effects of gender violence and discuss how we can create a future in which it doesn't exist.



Apna Ghar's on-site medical advocate expands services for survivors at Swedish Covenant Hospital

Swedish Covenant Hospital has served the culturally-diverse residents of Chicago's north and northwest side communities for more than 130 years. It is the only hospital in Chicago that has developed a comprehensive, multi-faceted approach to addressing interpersonal violence.

Apna Ghar has partnered with Swedish Covenant on its Violence Prevention Program since 2015. In 2018, we strengthened this partnership to support patients who identify as victims of domestic and other forms of gender violence. Working out of the Women's Center on the hospital campus, our onsite medical advocate works across the organization to:

- Increase awareness, knowledge, and comfort with screening for and identifying patient survivors.
- Expand care for survivors with specialized training, equipment, assessments, and treatment.
- Grow the hospital's capacity for on-site crisis intervention, safety planning, and advocacy.
- Connect survivors to counseling, legal advocacy, case management, long-term housing, economic empowerment, drug-alcohol treatment, and leadership opportunities.

We are currently working with Swedish Covenant on piloting

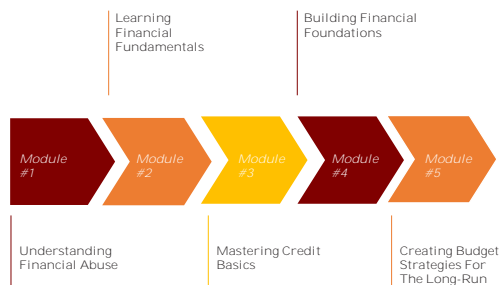
telehealth support services, which will help ensure that everyone in need is able to access critical services at all times.

As part of the partnership, Apna Ghar is able to refer program participants to Swedish Covenant to receive medical, dental, and mental health care at no cost. This is a wonderful benefit to our participants, as these services are typically difficult to secure for those without insurance, steady income, or precarious immigration status.

Raising Awareness and Strengthening Networks



CLUB OF INDIAN WOMEN. The Club of Indian Women (CIW) has been a constant champion of ours and we were deeply honored to receive an award for outstanding social services at their 40th anniversary gala in May 2018. CIW was one of the first supporters of Apna Ghar. Prior to our incorporation in 1989, they operated a volunteer-led crisis line through which they received critically important feedback and information that led to our incorporation and shaped our mission.



CURRICULUM DEVELOPMENT. We developed and launched curricula for psycho-social education tailored to the needs of specific groups, including fathers who have used violence; children and young people; and survivors seeking support. We also developed materials for language advocates training, as well as an economic empowerment curriculum that focuses on strengthening the financial literacy and skills of our participants. We look forward to sharing these resources and tools with our partners in the field.



JOINT ADVOCACY WORK LEADS TO CHANGE

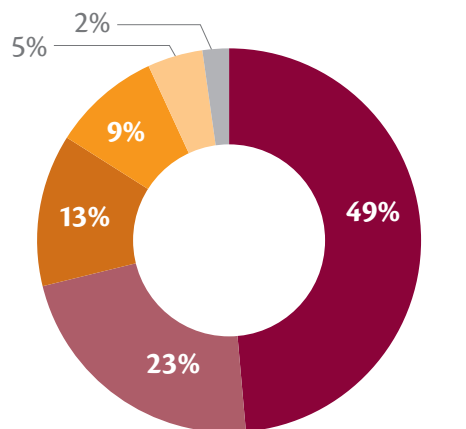
We joined members of the Illinois Coalition for Immigrant and Refugee Rights and the Illinois Coalition Against Domestic Violence in the Campaign for a Welcoming Illinois to pass the TRUST Act and then the VOICES Act, improving law enforcement's response to immigrant victims of crime seeking certain immigration remedies. Apna Ghar had also contributed to a report by DePaul University's Asylum and Immigration Clinic that laid the groundwork for the VOICES Act being enacted.



SAFE HOME EXPANSION. We opened our new safe home in 2017 and in 2018 we completed the final phase of construction. This comprised the build-out of the lower level to create a comfortable and welcoming space that can accommodate large groups for both therapeutic and social and relaxation activities, as well as a children's play area.

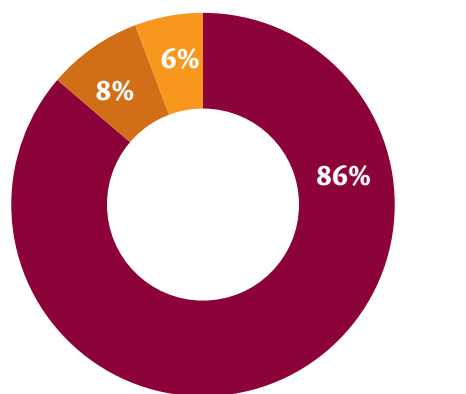
Statement of Activities

TOTAL REVENUES FY 2018
\$1,949,487



Government	\$947,422
Corporations & Foundations	\$439,900
Individual Grants	\$250,000
Individual Contributions	\$177,961
Events (net)	\$90,769
In-kind & Other	\$43,435

TOTAL EXPENSES FY 2018
\$1,403,227



Programs	\$1,210,501
Administration	\$112,107
Fundraising	\$80,619

Statement of Financial Position

ASSETS

Current Assets

Cash and cash equivalents	\$666,990
Grants and contracts receivable	183,079
Property held for sale	653,612
Prepaid expenses and deposits	30,840

Total Current Assets **\$1,534,521**

Property and Equipment* **\$1,621,232**

Total Assets **\$3,155,753**

*Net of accumulated depreciation in 2018 (\$293,085).

LIABILITIES AND NET ASSETS

Current Liabilities

Accounts payable and accrued expenses	\$36,482
Mortgages payable (current portion)	0
Note payable (related party)	400,000

Total Current Liabilities **\$436,482**

Net Assets

Unrestricted	\$2,095,322
Temporarily restricted	623,949

Total Net Assets **\$2,719,271**

Total Liabilities & Net Assets **\$3,155,753**

We take great pride in our financial transparency. Apna Ghar's audited financial statements and IRS Form 990s are available on our website.

10th Annual Taste for Life Gala & 12th Annual Stride Against Violence



On April 19, 2018, more than 300 women’s rights advocates came together at the Chicago Cultural Center to support our work to end gender violence at our 10th Annual Taste for Life gala. The 2018 program included keynote speaker Mrinalini Chakraborty, co-founder of the Women’s March Illinois and Head of Field Operations and Strategy of the Women’s March National Team. Together with more than 15 amazing restaurant, dessert and beverage partners, we raised over \$90,000 for our programs and services!



On October 14, 2018, more than 500 runners, walkers, and volunteers joined us at the 12th annual Stride Against Violence 5K to help us commemorate National Domestic Violence Awareness Month. The event raised over \$60,000 for our programs and services.



Government Funders

City of Chicago Department of Family & Support Services
Emergency Food & Shelter Program
Cook County Family Court Enhancement Program
Illinois Coalition Against Domestic Violence
Illinois Criminal Justice Information Authority
Illinois Department of Human Services

U.S. Department of Justice Office for Victims of Crime
Office of the Illinois Attorney General

Corporate & Foundation Funders

Albert Pick Jr. Fund
Alphawood Foundation
Anonymous Foundation
Blowitz Ridgeway Foundation
BMO Harris Bank

Chicago Community Trust
Chicago Foundation for Women
Crown Family Philanthropies
Greer Foundation
Michael Reese Health Trust
Polk Bros Foundation
PwC Charitable Foundation
Robert R. McCormick Foundation
Sasha GM Shaikh Foundation
United Way of Metropolitan Chicago
VNA Foundation

Individual Donors

\$10,000+

Marjorie Pelino
Ashok & Kavita Luthra

\$5,000–\$9,999

Access Mediation Company NFP
Asian American/Pacific Islanders in Philanthropy
Nisha Begwani
Exelon
Alok & Shanthi Gaur
Prashanth Jayaram
Medstar Laboratory, Inc.
Payal Naik

\$2,500–\$4,999

Sunil Arora
Cole's Bar
Chicago Metropolitan Battered Women's Network
Suresh & Padma Desai
Namrata Goel
Rajeev & Sonia Kinra
Rahul Nand
Alpa Patel
South Asian Student Alliance
Swedish Covenant Hospital

2018 DONORS

\$1,000–\$2,499

Alliance Data
Beejal Amin
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John Cassin
Sameer & Simi Chhabria
Michael Clune
CME Group Community Foundation
Bhavini Desai
Ramzan & Parvin Dhanji
Ennvee Technogroup
Damyant & Parul Gill
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\$500–\$999

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Sophia Alquraishi
Humera Asem
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Soni Basi
Shivender Beniwal
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Carepoint Pharmacy
Manu & Manisha Chander
Praveen Chathappuram
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and Waukesha County
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\$100–\$499

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Kailash Malhotra	Richa Pal
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TOGETHER WE CAN END GENDER VIOLENCE

Join us in helping every woman achieve
safety, stability, and self-sufficiency.



INVEST

Make a donation to Apna Ghar online, by mail, or over the phone.

Become an annual individual or corporate sponsor.

Connect us to your giving networks.



VOLUNTEER

Take our 40-Hour Domestic Violence training and work directly with survivors.

Volunteer at special events and fundraisers.

Partner with us for group volunteer opportunities.



INSPIRE

Introduce Apna Ghar to your friends, family, and colleagues.

Host a party or a fundraiser to increase awareness and support.

Feature us on your website, blog, and social media.



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