Fear 2 Freedom's mission is helping restore hope and dignity to survivors of sexual assault while empowering students and communities to combat sexual violence.
I am so excited to send you Fear 2 Freedom’s first annual report!

First, I have to express my most sincere thanks to everyone who made the success of FY18-19 possible. It is because of your support and commitment that Fear 2 Freedom (F2F) is positioned to grow to even greater heights this year.

You helped us make a difference in 2018-19! Whether you held an F2F event, packed AfterCare or iCare Kits, wrote a note, encouraged or supported a sexual assault survivor, engaged with us on social media, or gave of your time, talents or treasure; we are grateful for your support.

It is a privilege to partner with you to educate and empower students, but more importantly to support survivors of sexual assault, show them compassion, and give them hope. On behalf of our whole team, thank you for your faithfulness, encouragement, and support!

Our vision for 2020 is to help change the way that people respond to sexual assault. We
believe that through compassion and heart-felt communication, survivors can begin their journey to healing. We resolve to share with as many survivors as we can the message that they are not alone, they are not to blame, and they are strong.

We will achieve our vision by strengthening our community and increasing our impact through partnerships and collaborations. We are working to expand our relationships with the YWCA, and collaborate with state-based coalitions against sexual and domestic violence to reach a greater number of people, survivors and allies alike. And we will distribute AfterCare and iCare Kits to new community partners, reaching new populations of survivors.

We will achieve sustainability through diversifying our resources. Our development efforts will expand to include more awareness and networking events, as we continue the process of applying for grants. We will continue to expand our fundraising activities outside of the Hampton Roads area. We also plan to partner with other nonprofits and jointly apply for grants to cover the costs of AfterCare and iCare Kits.

For 2020, we commit to be bold, intentional, resilient, and compassionate. Thank you for walking this journey with us, and we invite you to be a part of F2F’s most successful year yet.

All my Best,
Tricia Russell
FY 2018-2019 Highlights

- 14 events held where Kits were packed
- 2,991 students/event attendees empowered
- 2,614 F2F Kits assembled and distributed
- iCare Kits Created
- 1,526 volunteer hours logged
- 14 New partners acquired
- Rosemary received a commendation from the VA General Assembly
- Coastal Virginia Giving Back Awards #3 Charity/Nonprofit
- Held our 2nd F2F Gala
Financial Report
01/01/2018 - 06/30/2019 (18-month period)

Revenue and Support
- Contributions and Grants $208,019
- Program Revenue 77,270
- Special Events - net 367,566
- Other Revenue 33,454
Total Revenue $686,309

Program and Operating Expenses
- Program Services $531,374 75%
- Fundraising 109,140 16%
- General and Administration 64,639 9%
Total Expenses $705,153 100%

Net Assets
- Beginning of Period (12/31/17) $479,285
- Change in Net Assets (18,844)
Total Net Assets $460,441

This data is a summary balance sheet. Audited financial statements and Form 990 are available at www.fear2freedom.org.
Testimonials

“The Kit has given me so much comfort! After my assault I felt incredibly hollow and vulnerable. But at the same time I needed a hug... When I’m having a really rough night I will squeeze [Freedom Bear] tight. The disappearing notes are also extremely helpful... It is nice to know there is someone who cares and understands. My assault happened about a month ago. Some days are great, other days are challenging, but I keep telling myself that I am getting better each day. Thank you again.”

- A survivor

“Fear 2 Freedom is a wonderful organization that does simple but kind and compassionate acts for people that have suffered sexual abuse. They truly help victims of these heinous crimes feel human again. I can tell you victims of sexual violence suffer greatly and truly never get over it. Their assault stays with them forever. I’ve seen first hand how Fear 2 Freedom helps people- through my wife’s experience and through attending F2F events. At these events, they educate students about various topics regarding sexual violence. With helpful education on this tough topic, hopefully it will open the eyes of these young adults so they can be the voice and the change to help prevent/stop sexual abuse on college campuses and in their communities after college. Fear 2 Freedom is not just a group giving aid backpacks, they are a nonprofit that helps, educates, and counsels.

-Spouse of a survivor

“Words just aren’t enough! Thank you so much for the continued support of our program and connecting with survivors! Fear 2 Freedom truly is making a difference. Thank you for allowing me to be part of “sharing the joy.” I left the [Old Dominion University Hour 2 Empower] event last night, went home, put on scrubs and went to work...one of the Kits made last night went to my patient just a few hours after leaving the event. Thank you again!”

-Forensic nurse
Programs Overview

- Hour 2 Empower
  - Events Hosted: 14
  - # Attendees: 2,991
  - # Kits Packed: 2,614

- New Program Hosts:
  - James Madison University
  - Navy Sealift Command
  - Water’s Edge Church

- iCare Launch, March 21, 2019:
  - # Attendees: 50
  - # Kits Packed: 50
Programs Overview

F2F’s programs had a far-reaching and impactful year. We partnered with a variety of organizations to host a total of 14 Hour2 Empower events. Three of these partnerships were established with first time hosts. Inaugural events were held at James Madison University, Navy Sealift Command, and Water’s Edge Church. Together we inspired 2,991 attendees to take action against sexual violence by packing 2,614 F2F Kits. This outpouring of empathy, evoked by our events, will contribute to survivors across the country receiving the practical and emotional support they deserve. We also held our annual Shadow Event with the Where is the Line? chapter at Christopher Newport University. This was an extremely powerful display of compassion as student survivors used this opportunity to share their stories with their peers in a safe and anonymous manner. 2019 also marked the launch of our iCare Kits. These new F2F Kits further expand upon the positive impacts we deliver by offering compassion to survivors later in their healing journey.
Program Hosts

- Catholic University of America
- Christopher Newport University
- College of William & Mary
- James Madison University
- Military Sealift Command
- Newport News Shipbuilding
- Northern Virginia Community College
- Old Dominion University
- Radford University
- Regent University
- Tidewater Community College
- University of Maryland, College Park, Alpha Tau Omega Fraternity
- University of Mary Washington
- Water’s Edge Church

BE THE CHANGE

FEAR 2 FREEDOM
Donors

Freedom Bear
Charlie & Mari Ann Banks
Scott & Tricia Russell

Dove
Marsha Hudgins
Michael & Kathy Melo
Scott & Muriel Millar
Dois Rosser
Rob Shuford
Janet Taake
George & Mary Torrgler
Paul & Rosemary Trible
Preston & Catherine White

Empowerment
Anonymous
John Carvalho
Bryan & Fran Castellow
Steven Ennis
Tommy & Rebecca Fass
Rob & Susan Goetz
Steve & Samantha Howell
Ann Hunnicutt
Alex & Rosemary Hutcherson
Sue Ivy
Michele Jones
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Empowerment
Chesapeake Bay Management Inc
Christopher Newport Alumni Society, Peninsula Chapter

Dove
Huntington Ingalls Shipbuilding
Huffman & Huffman Brothers-in-Law, PLLC
Newport News Shipbuilding
Pomoco Chrysler Dodge Jeep Ram of Newport News
Tommy Garner Air Conditioning & Heating

Be The Change
Bay Electric Company, Inc.
Control Automation Technologies Corp
Point 2 Running, LLC
Rebound Chiropractic Health Center Ltd
STIHL
Foundations
Abbitt Family Foundation
Beazley Foundation
Blechman-David Foundation
Community Knights
Noland Edward Family Foundation
Robert L. Freeman Revocable Trust
The Elizabeth Lafayette Fund

In Kind
CD West
Huffman & Huffman
Jones, Blechman, Woltz & Kelly
Community Partners
Who Received Our Kits

- Avalon Center
- Carilion New River Valley
- Chesapeake Forensic
- Child and Adolescent Protection Center, Children’s National Hospital
- Children’s Hospital of the King’s Daughters
- Christopher Newport University Title IX Office
- Domestic Violence Intervention Services, Inc.
- Doorways of Virginia
- Empower House
- The Haven
- Haven of the Dan River Region
- Henrico Victim Witness Program
- Latisha’s House
- Mary Washington Healthcare
- Military Sealift Command
- Mother Seton House
- Network for Victim Recovery
- Prince George Hospital
- Riverside Regional Medical Center
- Rockingham County Commonwealth Attorney’s Office
- Safe Harbor Child Advocacy
- Sentara Careplex Hospital
- Sentara RMH
- Transitions
- Union Mission Shelter
- Valley Children’s Advocacy Center
- Virginia Beach Justice Initiative
- Westmoreland Victim Services
- William and Mary Health Center
- Women’s Resource Center of the New River Valley
- YWCA South Hampton Roads
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