

1in6, Inc.
Annual Report 2010

AGENCY MISSION

1in6 achieves its mission to help men who have had unwanted or abusive sexual experiences in childhood live healthier, happier lives by offering the following array of programs:

- 1) A **Website** (www.1in6.org), launched in 2008, that offers comprehensive information (for male survivors, loved ones and care providers); the 1in6 Online Helpline (operating 15 hours a week); and the 1in6 Online Lending Library (making 30 titles available cost-free to those who need them).
- 2) **Educational Information and Training Resources** to broaden professional awareness of the issue and improve the capacity of service providers to effectively recognize and treat male survivors regardless of the presenting issue; and
- 3) **Community Education and Outreach** to address the silence and stigma associated with male childhood sexual abuse, facilitate the development of programs and policies that adequately respond to this population's needs, and encourage male survivors (and their loved ones) to actively seek assistance.

PROJECT ACCOMPLISHMENTS

Over the course of 2010, 1in6 made progress in each of the following areas:

1) **Web-based programming** - Developed by issue expert Jim Hopper, PhD of Harvard University, the website is the most complete resource available today for individuals dealing with male childhood sexual abuse. In the most recent reporting period (August 12th – November 2nd) an average of 350 individuals visited the 1in6 website each day, over 10,000 visitors each month, and accessed an average of 3.2 pages each visit. The most common pages were: "Other Guys Like Me," "Answers," "Books & Films," and "Finding Help." In 2010, the 1in6 website team expanded the educational and motivational content – for example by adding new text to the "Answers" page that responds directly to feedback from site visitors. Other website accomplishments:

- Through the website's Online Resource Library, 1in6 loaned (cost-free) books and other resources to over 150 individuals in the past year, with an increasing number of requests being mailed to incarcerated men. 1in6 currently inventories 30 different books and films in the Online Resource Library.
- In partnership with RAINN (Rape, Abuse and Incest National Network), operation of the 1in6 Online SupportLine was increased in 2010 to 15 hours each week (up from four hours a week in 2009) during which men can seek live, anonymous support from a secure link on 1in6.org to RAINN's National Sexual Assault Online Hotline.¹ RAINN estimates that between January and October 2010, nearly 2,000 men used their online hotline for support, including those accessing the RAINN hotline directly from the 1in6 website. RAINN also trained 219 hotline workers on the 1in6 curriculum² on responding to the needs of men who experienced childhood sexual abuse.

¹ RAINN (www.RAINN.org) is a nationwide partnership of more than 1,100 local rape treatment hotlines and rape crisis centers.

² This curriculum was developed by issue experts affiliated with 1in6 including Dr. Jim Hopper of Harvard Medical School, Dr. David Lisak of University of Massachusetts, Boston, Dr. Richard Gartner of the William Alanson White Psychoanalytic Institute and Peter Pollard formerly of the Stop It Now Hotline.

- Results from the 1in6.org visitor survey, an enhanced version of which was launched on August 12th, suggest that the site's educational and motivational content is having a very positive impact on the majority of visitors. In the first three months of feedback collection, we received 92 surveys; 73% were from men seeking help themselves and 18% were from family or friends of male survivors (the remaining 9% were therapists and others interested in the issue). Of those responding, 35% felt what they read on the 1in6.org website helped them "a little" and 59% felt it helped them "a lot." Among those providing additional detail on *how* the website helped them, 25% said they learned something about the issue, 24% said they felt less alone in dealing with this issue, 17% said they learned more about themselves and their situation, and 8% said they were now motivated to seek additional help (the remaining 26% said they were assisted in another way but did not provide details.)
- In November, 1in6.org witnessed a dramatic increase in visits as a result of two Oprah shows devoted to the issue of male childhood sexual abuse. The daily number of site visitors increased by a factor of three and the number of feedback surveys completed by site users increased by a factor of 20. There was also a significant increase in the number of resources being requested from the 1in6.org Online Library.

2) Educational Information and Training Resource Programming - 1in6's Men & Healing Training program was developed as the first phase of its overall Community Education and Outreach, an effort targeted initially at community service providers to broaden their understanding of the wide-ranging, lifelong impacts of male childhood sexual abuse and increase their awareness of how those impacts are frequently masked by other presenting problems. The Men & Healing Training curriculum was completed, through partnership with The Men's Project Ottawa,³ and the first two-day training was offered and co-hosted by Peace Over Violence⁴ in late September 2010. The 46 attendees represented licensed clinicians and service providers from rape crisis, domestic violence, substance abuse treatment, mental health, homeless prevention and other social service agencies in Los Angeles and Santa Barbara Counties. About half of the attendees received scholarships, to attend the training cost-free, made possible through grant support from the Joseph Drown Foundation and the Santa Barbara Foundation.

Participant surveys indicate that attendees were very satisfied with training content and most (at least 67 percent on day one and at least 91 percent on day two) of the responding attendees agreed or agreed strongly that they reached the intended learning objectives (increased topic knowledge and treatment capacity), thereby improving the service and treatment options they offer.

3) Community Education and Outreach - In 2010 our efforts to raise awareness of our issue, and to facilitate the development of an appropriate societal response, focused on outreach to potential collaborating agencies and organizations. In the past year, 1in6 staff presented at high profile conferences including the International Male Survivor Conference (in New York City, March), the National Meeting for State and Territorial Sexual and Domestic Violence Coalitions (in Portland, Oregon, May), and the National Sexual Assault Conference (in Los Angeles, September), and also set up an informational booth at the Institute on Violence, Abuse and Trauma (IVAT) (in San Diego, September). We were also asked to join the board of California Coalition Against Sexual Assault (CalCASA).

To date our strongest local alliance has been with Peace Over Violence (Executive Director Patti Giggans sits on the 1in6 Board of Directors) but we also met or had discussions with potential partners both domestic (such as the Joyful Heart and the DC Area Rape Crisis Center) and international (such as The Men's Project of Ottawa and Living Well in Australia). Our goal is to develop from this type of outreach and collaboration a network of experts, social service

³ The Men's Project of Ottawa (www.themensproject.ca) is a non-profit counseling agency that specializes in treatment for male survivors of childhood sexual abuse.

⁴ Peace Over Violence (<http://peaceoverviolence.org>) is a social service agency devoted to building healthy relationships, families and communities, free from sexual, domestic and interpersonal violence.

providers, policymakers and other issue advocates, who will advance awareness and service development on this issue in the future.

4) Organizational and Development Accomplishments - Throughout 2010, 1in6 was guided by a devoted group of individuals who made up our six-member Board of Directors and a six-member Advisory Board. In terms of staffing, the 1in6 team consisted of a full-time Executive Director, a part-time Community Education and Outreach Specialist and three other part-time consultants responsible for website development and grantwriting. In September 2010, a part-time Cultural Competency Specialist was hired to ensure that 1in6 programs respond respectfully and effectively to people of all cultures, classes, races, ethnic backgrounds, sexual orientations, and faiths or religions.

Board members played an active role in helping 1in6 to generate significant new agency income. For example, board member Greg LeMond helped 1in6 to secure a donation from Trek bikes. In addition, 1in6 Board Chairperson Greg Light linked 1in6 to the Catoctin Challenge Bicycle Ride, a fundraising event (in which Greg LeMond also participated) for 1in6.

In addition to the Catoctin Challenge, 1in6 also received new financial support in 2010 from funding partners such as the Joseph Drown Foundation, the Santa Barbara Foundation and Wells Fargo. Along with the Weingart Foundation, other previous funding partners continued their support of 1in6, including the Burton G. Bettingen Foundation, the Ahmanson Foundation and the May & Stanley Smith Trust.

5) Other Accomplishments - 1in6 was awarded a Durfee Foundation Stanton Fellowship to support 1in6 Executive Director Steve LePore and five other fellows over a two-year period (2010 and 2011) while they think deeply about the intractable problems in their sector and tease out solutions that improve life for Los Angeles residents. The project goal for 1in6's Stanton Fellowship is to research the strategies used to effectively address other initially taboo and difficult social issues and develop strategies to overcome social barriers and bring needed services to male survivors. In the first year of this project, the Executive Director completed a series of interviews with movement leaders, read several books and traveled throughout the United States as part of his research. The objective for the second year of this project is to begin forming a network of collaborators in Los Angeles for future work on the 1in6 intractable problem (raising awareness of and responding to the adult consequences of male childhood sexual abuse).

FUTURE PLANS

The leadership of 1in6 has ambitious plans to expand each program component over the course of 2011 in the following ways:

1) Web-based Programming – Currently efforts (which commenced in the fourth quarter of 2010) are underway to redesign 1in6.org - in order to make it a more intuitive and user-friendly website – with a re-launch anticipated in the first quarter of 2011. Building on this redesign, 1in6 will continue to add new content to 1in6.org over the course of the year, an effort that will be guided by the considerable amount of feedback we receive from our site visitors. Specifically, content expansion will address three main areas that have been the subjects of repeat visitor feedback: the sexual abuse of males by female offenders, real life success stories of male survivors, and additional resources for the partners, family members and friends of male survivors. Where possible, our website team will also develop more interactive components that will encourage and assist male survivors in entering the first phase of recovery.

In 2011 we will engage in strategic promotion of 1in6 web-based programming for the first time which we believe will increase overall use of 1in6.org as well as utilization of the Online SupportLine and Online Lending Library. Therefore, we plan to further expand the 1in6 Online SupportLine's hours of operation and increase the current

lending capacity of the 1in6 Online Lending Library. In 2011 we hope to send out 180 to 200 copies of the 30 different titles we currently offer, a 20 to 33 percent increase from the number of items lent in 2010. Finally, the website team will work towards the translation of a complete Spanish-language portal of the website.

2) Educational Information and Training Resources - In 2011, this program component will be referred to as the “Coalitions, Conferences and Training” branch of the Community Education & Outreach program, with a separate “Campus and General Community Outreach” branch focused on college campus outreach and rich media (explained below). The primary goals for Coalitions, Conferences and Training in 2011 will be to: 1) offer trainings in new communities across the United States; 2) secure the participation of 1in6 staff members in national and international conferences on sexual abuse; and 3) develop active partnerships with other organizations and coalitions working in the sexual abuse and domestic violence sectors.

Trainings – In 2011, 1in6 hopes to bring Men & Healing trainings to at least six new communities throughout the United States. The Men & Healing Training modules will be offered on a continuum for audiences ranging from 90-minute workshops for non-clinical service providers to one- and two-day trainings designed for both general service providers as well as licensed clinicians.

- “Unwanted or Abusive Childhood Sexual Experiences Affecting Men’s Lives” - a 90-minute breakout workshop geared toward non-clinical professionals providing an overview of identifying and treating men who experienced childhood sexual abuse.
- “Boys and Men Healing: Supporting Men Sexually Abused as Boys” - a 90-minute breakout workshop, including the powerful film “Boys and Men Healing” and a discussion of the challenges male survivors face and how to find and link men to available resources.
- “Expanding the Frame” - an all-day training for advocates and service providers that offers a more comprehensive and interactive exploration of the issues related to male survivors and how to overcome the particular challenges related to their sexual trauma.
- “Men and Healing” - a two-day training with a strong clinical emphasis, combining a conceptual presentation about the range of men’s responses to unwanted or abusive sexual experiences with core intervention skills and strategies.

1in6 will continue to seek out community funding partners to support scholarships for public and nonprofit service providers who would otherwise be unable to attend the training.

Conference Presentations - Expanding on our participation as presenters at three national sexual violence conferences in 2010, 1in6 will select up to six national conferences where we will present a workshop or have an informational booth in 2011. Participation in these conferences will be used to expand awareness among professionals about sexual abuse of men; to educate them about the barriers to services for men; to inform them about the resources 1in6 currently offers, and to help direct them to existing resources from other organizations. The selection of conferences will include a particular emphasis on expanding our accessibility to communities of color, Gay, Bisexual and Transgender communities and men in traditionally marginalized populations for services related to childhood sexual trauma.

Networking with Coalitions - 1in6 will expand on the productive relationships we have formed with local, state-wide and national coalitions and organizations working with survivors or sexual violence to bring information, 1in6 trainings and resources to communities across the country. 1in6 will offer a range of ways to access information including participation on coalition teleconferences, breakout and keynote presentations at statewide conferences, webinars and providing access to 1in6 Online SupportLine trainings that can be downloaded from the 1in6 website.

4) Campus and General Community Outreach - This second branch of the Community Education & Outreach program will launch in 2011 and focus on raising awareness of the issue and available resources on college campuses and in local communities, as well as more broadly through rich media strategies. With a goal of initiating a comprehensive outreach campaign in Southern California communities as well as in communities in which we offer Men & Healing trainings, these efforts will include the creation of public service announcements and other materials that raise awareness of the issue and promote both 1in6 and available local services. 1in6 will also partner with organizations working on related issues - such as our partner, Peace Over Violence in Los Angeles - to develop new programs that reach young adults on college campuses dealing with the aftermath of sexual abuse they experienced in the past. A new part-time staff member will be hired to oversee these efforts.

5) Agency Organization and Development – 1in6 will continue to build the Board of Directors over the course of 2011, seeking to recruit new members that will add to the board's diversity and capacity to fundraise. In order to accomplish the 2011 program objectives outlined above, the 1in6 Board and Executive Director will continue to seek grant support from new foundation and corporate partners, repeat our involvement in the Catoctin Challenge Bike Ride (in 2011), and attempt to increase individual donations by participating in the Combined Federal Campaign program which solicits donations from automatic payroll deductions among federal employees.