

2021

PROGRESS REPORT

HARBORVIEW ABUSE & TRAUMA CENTER

YOUR IMPACT

Over the past year, the Harborview Abuse & Trauma Center (HATC) increased high-quality care for all, even amidst the struggles of COVID-19. You have been critical to our success.

We prioritize equitable medical and mental health care to patients. As part of this effort, you have helped us in many ways. Your donations help pay for translation of materials for patients and cover the costs of managing our Sexual Assault Nurse Examiner (SANE) program that provides 24/7 coverage for six hospitals within King County.

With your support, we have reduced barriers to care by covering parking costs, taxi rides and bus fares. We have also revised and maintained our website, which is regularly updated with relevant and helpful information for patients, family members and professionals around the state.

Without question, COVID-19 created some significant challenges for our program this past year. All mental health in-person visits were temporarily stopped while we worked to transition a majority of our counseling services to telehealth. This involved purchasing proper telehealth equipment, Zoom accounts, making documents fillable and creating interactive materials for online sessions. We have learned a great deal about providing telehealth services that are engaging, interactive and effective, and we wouldn't have been able to transition as quickly or smoothly without your support. As we begin to see more patients in-office, we plan to continue targeted telehealth services as well.

Thank you for everything you have done for the Harborview Abuse & Trauma Center and for our patients.



**LAURA
MERCHANT, LICSW**

Director, Harborview Abuse & Trauma Center

PROGRAM HIGHLIGHTS

Some of our highlights from the past year include:

- . Statewide training on SANE services for adults and children.
- . Development of teleSANE services for rural hospitals across the state.
- . Statewide remote training for mental health providers across the state on evidence-based treatment for children and adults who have experienced trauma.
- . Updates to our website, including making more patient materials available in Spanish, with the goal of expanding to include other key languages such as Somali.
- . The addition of a prevention staff person to expand our interpersonal violence prevention work within King County.
- . Engaged in a U.S. HIV research project aimed at providing evidence-based mental health treatment that addresses substance use, HIV stigma and barriers that affect adherence to treatment.
- . Actively involved in 2 grants with the UW Department of Psychiatry and Behavioral Sciences.
 - i. One grant funds a project that tests an intervention, intended to be delivered within 30 days of assault, that aims to promote natural recovery and mitigate risk for PTSD for survivors of sexual assault and their supporters.
 - ii. The other grant is designed to improve Washingtonians resilience and recovery from traumatic events via the establishment of a trauma-informed Care ECHO (Extension for Community Healthcare Outcomes) Clinic.

THE YEARS AHEAD

There continue to be exciting developments in our field, and we are pleased to share with you our aims for the next few years:

- . Secure on-going funding for statewide SANE training and teleSANE services.
- . Secure funds for an additional crime victim social worker to provide in-office, telehealth and mobile services to crime victims.
- . Secure funds for an additional interpersonal violence prevention staff person to build prevention work capacity within King County.
- . Become more integrated with the Harborview Trauma services for better coordinated care across the UW health system.
- . Enhance program services by re-evaluating equity, diversity and inclusion practices with staff and patients as well as through HATC statewide trainings.
- . Expand our statewide evidence-based therapy training services to meet the needs of the mental health organizations.

THANK YOU

I've been at HATC since 1983 when I was a graduate student. I left after graduation for one year and then returned as an employee in 1985 and have been here ever since. I'm driven by the Harborview and HATC missions, by the emphasis on evidence-based practice and by our willingness to change based on what the science says. I'm excited about the change that your support funds — improving victims' lives by providing direct care as well as teaching others to provide that care.

Harborview Abuse & Trauma Center highly values our donor partners. You are critical to supporting and sustaining our services. We are primarily grant funded, but the instability of grant funding means that our program may not be able to meet the many needs of our community. Grants are competitive,

they can be cut at any time due to funding crises and they can be time-limited without an option to reapply. Many of our services, such as prevention work, outreach and support are not billable so we must seek funding elsewhere.

That's why your support is so valued and needed.

Your generosity helps victims and their family members heal from the trauma they experienced. And donors like you provide us with needed stability, ensuring we can provide vital services and continue to optimize the health of our community. We truly appreciate it. Thank you.