



2024 - 2025

IMPACT REPORT

To spread the
word on BraveStep!
Prevent further abuse.
Pamela H.



For the little
girl in me who
didn't have a
voice ♡



TOGETHER
WE CAN DO
ANYTHING-YOU
ARE BRAVE, STRONG
AND LOVED ♡



For my Kids.



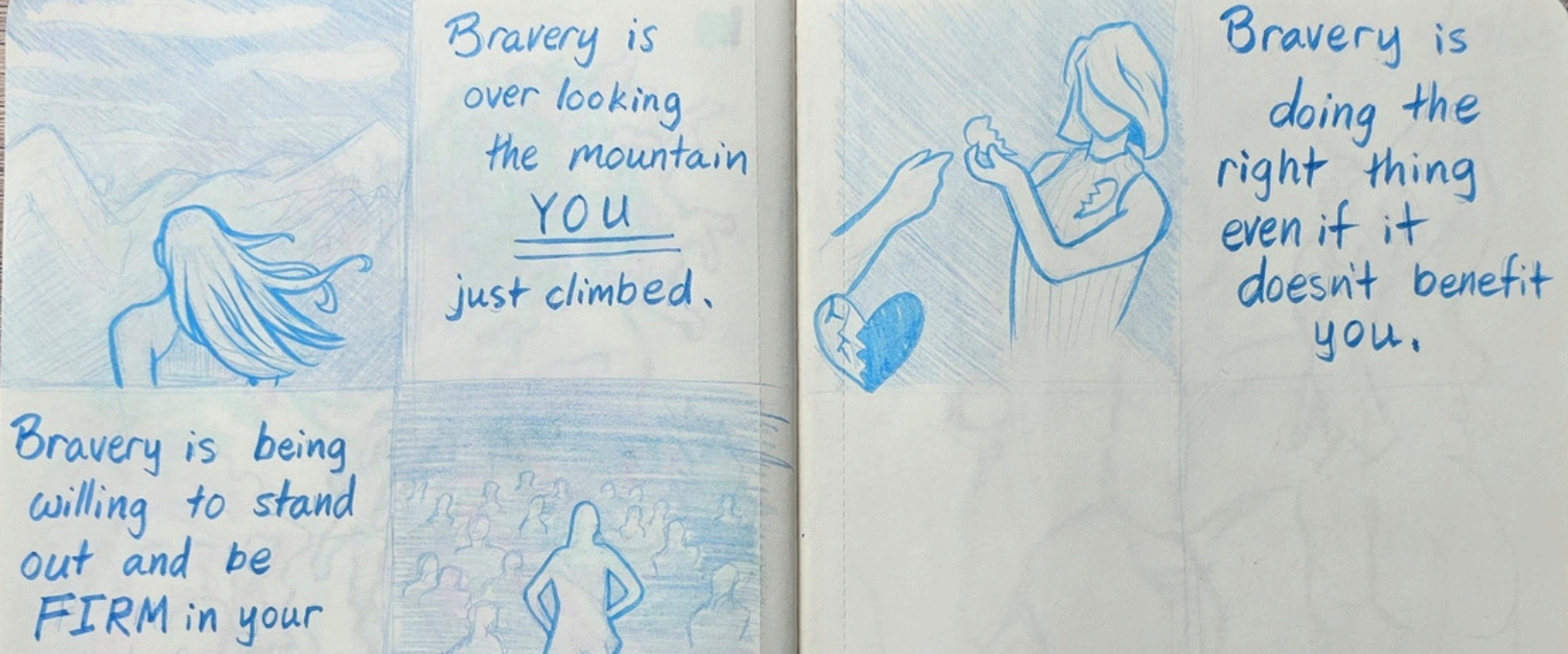


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Welcome

As Brave Step marks a decade of unwavering commitment to empowering those impacted by sexual violence, we reflect with deep gratitude on the lives touched, the brave conversations sparked, and the courageous changemakers nurtured along the way. Yet, as we look ahead, we recognize that sexual violence does not exist in isolation. It affects us all - our families, our workplaces, and our communities.

Now more than ever, our community needs Brave Step to stand in the gap, offering critical services that foster growth, resilience, and hope. Our mission to provide personalized support, cultivate courageous voices, and champion advocacy has never been more urgent.

With compassion, integrity, and survivor-centered care guiding every step, we remain steadfast in building a future where recovery is possible and justice is pursued. As we step boldly into the next decade, our vision is to expand our reach, strengthen partnerships, and deepen the impact of every program. Together, we can create a world where survivors and their loved ones are not only supported but empowered to reclaim the life they deserve.

Thank you for walking with us on this journey... your voice, your compassion and your courage make all the difference.



Courtney Lawrence,
LCSW
Board President

Connected by Courage

Whether we realize it or not, **we are all** connected to a survivor. Each of us is an ally - a friend, sibling, coworker or partner - navigating how to show up with empathy and understanding. That's why education is a cornerstone of Brave Step's mission. By equipping communities with the knowledge and tools to support survivors and allies, we create a culture of compassion, accountability and lasting change.

“

“I am grateful for the support Brave Step provided me through counseling. It's good to know that women like myself have a safe place to turn to in our need to take the “brave step” for our own healing.”

Brave Survivor

”





Our Mission



Mission

At Brave Step, we work to build a **strong, supportive community** by helping adults impacted by sexual violence claim the life they deserve; fostering brave public conversations about sexual violence; and cultivating a community of courageous changemakers to take action and help prevent future sexual violence.



Community Need

Sexual violence doesn't just impact individuals. It reshapes families, relationships and entire communities. As awareness increases, so does the **urgency to provide meaningful support for survivors, loved ones and allies**. Brave Step is meeting this need with innovative, trauma-informed care and education that fosters growth on every level.



Honors

2024 Changemaker Awards

- Unsung Heroes George Appenzeller, LCSW & Sarah Meadows, LISW AP
- Heart of Service Cori Schultheis
- Provider Plus Terri Rhodes, PhD
- Relentless Warrior Bentley Ball, LCMHC
- Above & Beyond Lisa Littlejohn Hill, PhD

Brave Step received:

- Corporate LiveWire Global Awards 2024/25 "Mental Health NPO of the Year"
- Acquisition International named Brave Step "Best Sexual Violence Survivor Support Services 2025 - North Carolina"



By The Numbers



674

Survivors + Loved Ones
Served Since 2014



1,446

Total Changemakers
Activated To Date



1,198

Served since 2014

Investing in Lives



950+ Hours of
Programming (2024-2025)



40,000 Minutes of Therapy
Offered (2024-2025)

Investing Time

300

Volunteers Hours

2,248

2025 Color It Blue
Volunteer Hours

A Network of Care

6

Fearless Board
Members

8

Trauma-focused
advisory board
members

23+

Providers and
Facilitators

130+

Years of Clinical
Experience

“

I found that I was also a victim, and I need help as well. And I have a right to feel the way I feel to protect myself and my son from being hurt by my family or anyone else that wants to protect the perpetrator. I was also able to express how I felt in ways I never had the chance to before. I felt free to be mad and angry.

Loved One & Survivor

”



Adult Survivor Care

To help survivors claim the life they deserve, Brave Step uses a multi-faceted model that includes:

- Individual counseling
- Group therapy
- Peer-led support groups
- Empowerment programs
- Ways to find one's voice
- Client advocacy



188

Survivors Served
2024-2025



93

New Survivors Served
2024-2025

Financial Wellbeing

77.6%

of survivors who disclosed financial status
make less than \$53,000 a year.

85.5%

Utilize a sliding scale

Gender Identity

91.9%

Woman

3.2%

Man

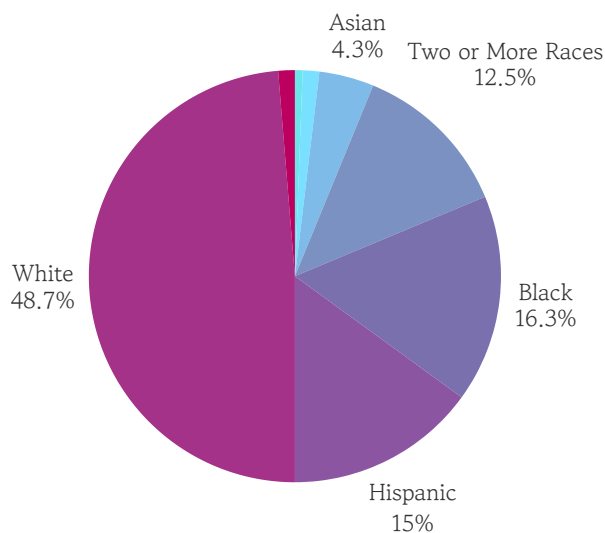
1.5%

Nonbinary

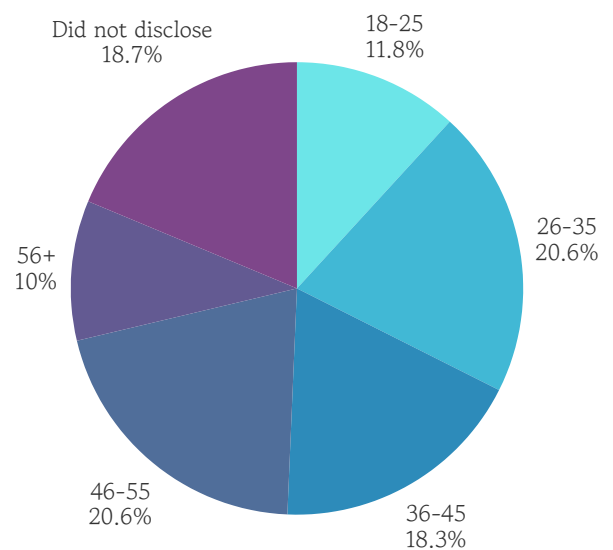
3.4%

Did Not Disclose

Race/Ethnicity



Survivor Ages





Adult Survivor Care

Survivor Gratitude

“I am grateful to Brave Step for the services that you provide and, most of all, for covering the fees for my therapist. A million thanks is not enough to express how thankful I am for all that you do for us to ensure that I and the other survivors have access to all that we need to walk through our long, healing journey.”

SERVING SURVIVORS

from 18 counties in North Carolina.



Over a span of twelve months, a clinically significant improvement was observed, resulting in a reduction to a moderate level of anxiety.



Over the course of 12 months, there was a clinically significant change with a decrease to a normal level of stress.



COMPASSION

22.8%



Decreased PTSD

After 12 months, participants in the program experienced a 22.8% decrease in PTSD symptomology.

18.7%



Improved self-efficacy

At 12 months, participants noted an 18.7% improvement in their ability to manage internal and external post-traumatic recovery.

6%



Community

Survivors increased their sense of community over 12 months by 6%.

DEPRESSION

symptoms decreased

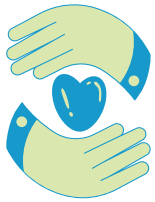
BY 29%.

Giving with Grace Foundation

“Supporting the work that Brave Step does is important to me not because I am a survivor but because I understand that I am blessed to not be one. I have 9 grandchildren and the chances are great that at least one of them will be directly impacted and that scares and saddens me. Supporting Brave Step is one way that I feel I can make a difference for someone right now. Makes me hopeful that if Sexual violence ever finds its way into my inner circle ... that there are good people out there to help.”



Loved Ones



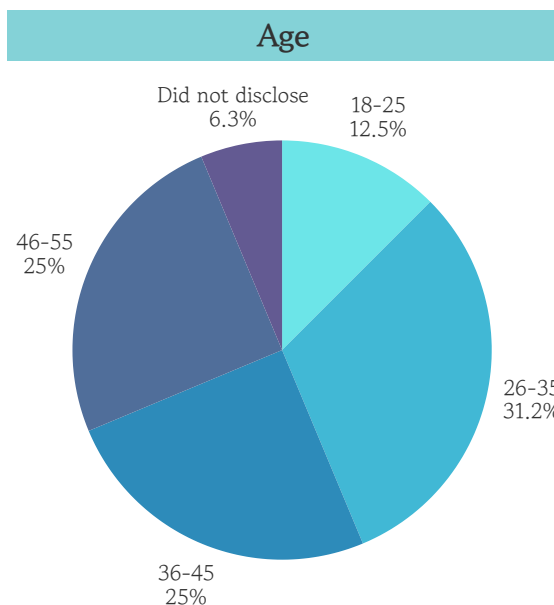
The Loved Ones program is a scalable, trauma-informed, psychoeducational model designed to help loved ones and allies understand sexual violence, learn how to support survivors effectively and care for their mental health. It is a dynamic learning experience rooted in best practices in trauma care and group facilitation.



34

Allies participated
in 2024-2025

The Power of People		Gender Identity	Participant Impact	
5	Loved Ones groups were offered	65.5% Woman	91.2%	Rated their learning gain at 18.25 out of 20.
14	Trained Facilitators	28.2% Man	91.6%	Rated their ability to build relationships at 4.58 out of 5.
15	Trained Assistant Group Leaders	6.3% Did not disclose	90%	Improved their ability to support survivors effectively.



A Must-Watch Video

Our Loved Ones video highlights the heartfelt stories that inspire our mission. We're grateful to Wray Ward for helping bring this vision to life with their creative expertise. Please visit BraveStep.org/LovedOnes to view.





Changemaker



Brave Step's
Changemaker
program provides

participants the training and the tools they need to support one another and help prevent future sexual violence. Survivors, loved ones, educators, employers and community leaders can access trusted resources, participate in training sessions, and gain the education they need to take steps toward action.



2025 Color It Blue Highlights

Color It Blue is Brave Step's awareness campaign held every April to support survivors, educate communities and spark action.

76,790

Throughout April, we shared more than 4,000 blue ribbons & reached approx. 76,790 people, sparking awareness, connection & courageous conversations across communities.

2,200+

More than 2,248 volunteer hours were generously contributed to bring Color It Blue to life, a testament to the compassion and commitment of our community.



Education Outcomes



100% felt more equipped or informed to help prevent sexual violence.



55.5% of participants learned new information thanks to this training while an additional 38% learned "a great degree. I now know considerably more than I used to!"

BLUE WITHOUT BORDERS

Color It Blue extended its reach across borders, from Mexico, Brazil, Spain & India to activations in 30 U.S. states, uniting a global community in support.



Impact

Thank you for organizing such a meaningful event and allowing us to be a part of it.

This is a great opportunity "to advocate for those who are silenced and afraid to speak up."

My Why? Making the world a better place for my daughter.

I am excited to inform you that our associates have enthusiastically participated in the "Color It Blue" event by wearing blue. We are pleased to support this important cause and show our solidarity.



COMMUNITY

Education is a step in the right direction to prevent future harm.



Financials

A Note of Gratitude

Every dollar entrusted to Brave Step is a commitment to growth. Thanks to the generosity of our donors, funders and partners, we're able to provide life-changing support to survivors, loved ones and allies. Your investment fuels everything we do, from trauma-informed counseling to community education. Together, we're making it possible for more people to find hope, connection and a path forward.



For the 2024-2025 Fiscal Year:

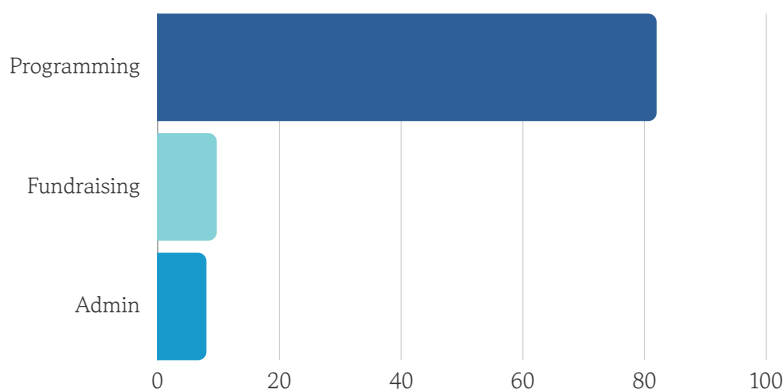
Revenue: \$334,370

Expenses: \$303,038

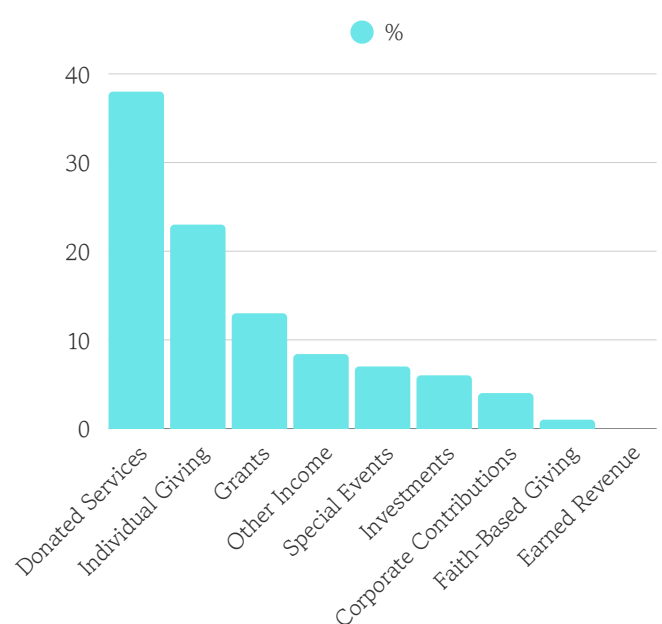
Net Assets: \$146,169

- 82 cents of every dollar directly benefit our programs.
- More than 300 donors helped make this mission possible in 2024-2025.
- 933 cash gifts and 78 in-kind gifts

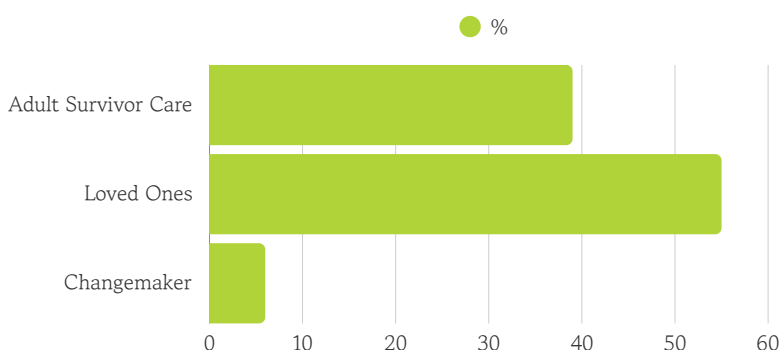
Budget Allocation 2024-2025



Funding Sources



Program Allocation



Brave Step's 990 and financial review are available upon request.



Looking Ahead

Together, with your partnership, we will ensure Brave Step continues to stand in the gap, leading with compassion, integrity and survivor-centered care for years to come.

Strategic Growth

We are reimagining Brave Step's future through a bold three-year plan, strengthening our team, volunteer base and infrastructure to support sustainable program expansion.

Financial Sustainability

To secure our future, we will grow recurring and multi-year giving, launch a major gifts campaign and introduce innovative funding models.

Program Expansion

From scaling the Loved Ones program and educational efforts to enhancing Adult Survivor Care, we will increase access and deliver holistic support to more individuals and families.

Thought Leadership

We will position Brave Step as a recognized leader in sexual trauma care by elevating our voice, sharing insights and forging strategic partnerships that amplify our reach and credibility.

Building Capacity

By investing in people, technology and governance, we will foster a resilient and accountable organization prepared to sustain growth for the next decade and beyond.





Join Us

Every survivor deserves the chance to grow, and every community needs the knowledge and tools to stand against sexual violence. Whether you give your time, your voice, your resources or simply your willingness to listen, you become part of a powerful movement for change. Together, we can ensure hope is not the exception; it's the expectation.



Donate

Each contribution, no matter the size, drives our mission forward. \$100 provides:

- 60 minutes of life-giving individual counseling for a survivor.
- Group therapy sessions for two participants, fostering understanding and hope.
- Three trauma-informed assessments to help build a survivor's roadmap to well-being.

The following giving levels allow for **meaningful expansion of our mission to more survivors, loved ones and allies:**

\$2,500

Intentional

- Provide 12 group therapy sessions for four survivors
- Sponsor a full-day, trauma-focused Survivor Retreat
- Six Loved Ones sessions focused on knowledge, skills and community
- Support new part-time Volunteer Coordinator position

\$10,000

Aspirational

- Fund part-time Loved Ones Program Manager (annual)
- Expand access to Loved Ones via facilitator training for mental health practitioners

\$50,000

Inspirational

- Fund Full-time Program Navigator for Adult Survivor Care (annual)
- Erase the Adult Survivor Care waitlist by funding care for survivors

\$100,000+

Transformational

- Support 50 more adult survivors annually
- Expand Loved Ones program to three new states
- Named endowment for new staffed position at Brave Step





Join Us



Volunteer

Volunteers are the heart of Brave Step, turning compassion into action by contributing 30 minutes or three hours and strengthening our community.



Share Our Story

By sharing our story and raising your voice, you help break the silence, inspire change and create a world that stands united against sexual violence.

Contact



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www.BraveStep.org



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Social Media

Facebook: www.facebook.com/ABraveStep

Instagram: www.instagram.com/ABraveStep

YouTube: www.youtube.com/@ABraveStep

LinkedIn: www.linkedin.com/company/ABraveStep

