



MOMENTS THAT MATTER

2025–2026 IMPACT REPORT

Recovery from trauma does
not happen all at once.
It happens in [moments](#).

WELCOME + EXECUTIVE SUMMARY

Dear Brave Step Community,

The 2025–2026 fiscal year has been one of clarity, alignment, and meaningful progress. Guided by our 360–organizational assessment and the development of our 2026–2028 strategic plan, we took an honest and hopeful look at who we are, what our community needs, and how we can grow responsibly. These efforts were not simply planning exercises. They were commitments to strengthen the foundation required to serve with excellence, compassion, and long-term sustainability.

Throughout the year, we witnessed countless moments that remind us why this work matters. A survivor taking a courageous first step. A loved one finding language to support someone they care about. A community member recognizing their role in prevention. These moments are the heartbeat of Brave Step, and evidence that our mission is alive, moving, and making a difference.

As we look ahead, our strategic plan provides a clear path forward: strengthening core programs, deepening trauma-informed practices, investing in organizational health, and expanding our reach through prevention education. The work is ambitious, but it is grounded in what we learned through the assessment – our strengths, our opportunities, and the areas where intentional growth will create the greatest impact.

On behalf of the Board, thank you for standing with us. Your support fuels every moment of recovery, growth, and connection. Together, we are building a future where survivors and loved ones are met with the care they deserve and communities are equipped to prevent sexual violence.

With appreciation,
Courtney Lawrence, LCSW
Board President 2025 & 2026

EXECUTIVE SUMMARY

Recovery from trauma does not happen all at once. It happens in moments ... moments of courage, connection, clarity and hope.

This year, we strengthened our foundation through deep listening, strategic alignment, and targeted investments—advancing programs that create safe spaces, build resilience, and ignite lasting change.

Together, we are creating a stronger, more connected future for survivors, loved ones, and communities.

AT A GLANCE: FY 2025–2026



77

SURVIVORS



17

LOVED ONES



216

CHANGEMAKERS



111

PEER SUPPORT
ATTENDANCES



6

NEW SURVIVOR
PROGRAMS



1,383

INDIVIDUALS SERVED
SINCE INCEPTION



22.8%

DECREASE IN PTSD SYMPTOMOLOGY
after 12 months

ADULT SURVIVOR CARE

MOMENTS OF COURAGE

"It was helpful & so powerful to have a safe place to share our experiences & hold space for each other in a much deeper way."

Our [Adult Survivor Care program](#) creates safe, empowering spaces where survivors reconnect with themselves and others. Through retreats, therapy groups and creative experiences, participants build grounding, connection and growth, at their own pace. Here, courage is nurtured and recovery becomes possible.



77

**SURVIVORS
SERVED**

305

**PROGRAM
ATTENDANCES**

242

**INDIVIDUAL
COUNSELING
SESSIONS**

12

**GROUP
COUNSELING
SESSIONS**

6

**NEW PROGRAMS
OFFERED**

NEW PROGRAMS OFFERED

- 1 Grounding with Horses
- 2 Bloom: Sexual Intimacy Psychoeducation
- 3 Men's Courageous Corner
- 4 Zine Project
- 5 Therapist-Led Seasonal Coping Group
- 6 Poetry Reading with Brooke Lehman



WHAT SURVIVORS SHARED

“

“Time to focus on ME.”

“

“Loved learning about different treatments.”

“

“I left fulfilled and more rooted than when I came.”

“

“This was great and I'm ready to learn more about the work I need to do.”

OUTCOMES



**DECREASE IN
PTSD SYMPTOLOGY**



**DECREASE IN
DEPRESSION
SYMPTOMS**



**ANXIETY:
SEVERE TO
MODERATE**



**STRESS:
MODERATE TO
NORMAL**

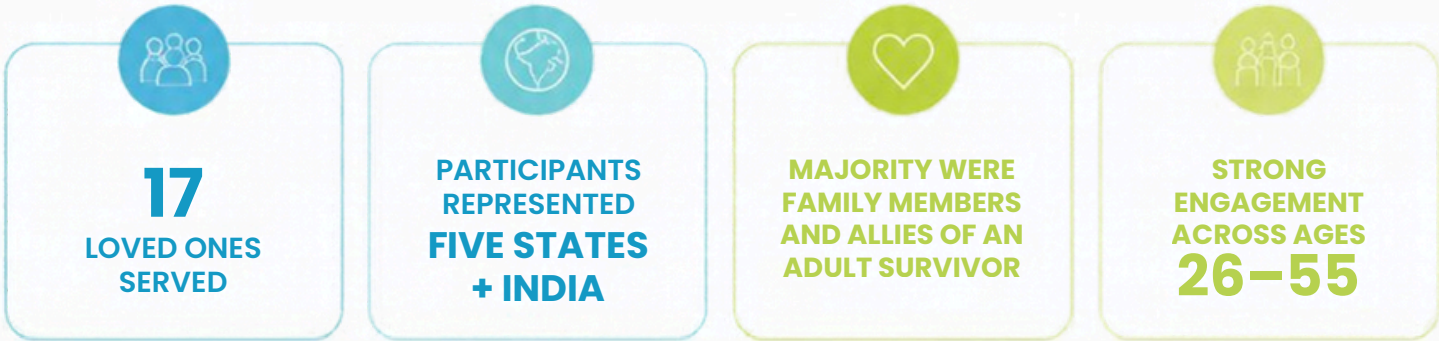
Full demographic breakdown available in the addendum.

LOVED ONES PROGRAM

MOMENTS OF CONNECTION

“ This was an amazing experience and an incredible resource. I gained knowledge about not only supporting my daughter but also how to better support myself. This group gave me more confidence in dealing with my situation and it was nice to meet others in similar situations. ”

Loved ones play a critical role in a survivor’s journey, offering support, advocacy and hope. Brave Step equips them with the tools, language and community they need to show up with confidence and care.



OUTCOMES



Loved ones often arrive unsure, overwhelmed or isolated. They leave with connection, clarity and confidence, moments that matter deeply.



CHANGEMAKER PROGRAM

MOMENTS OF AWARENESS

"This workshop was truly amazing. Opened my eyes."

Changemakers step forward every day to prevent sexual violence through education, awareness and action. Together, we are building safer communities where everyone is seen, heard and respected.



IMPACT



121,000+

PEOPLE REACHED
BY COLOR IT BLUE



2,631

VOLUNTEER HOURS
DURING COLOR IT
BLUE



147

NEW CHANGEMAKERS
ADDED IN 2025–2026



HUNDREDS

OF CONVERSATIONS
SPAWNED

216

CHANGEMAKERS
ENGAGED

Through workshops, trainings and community events, our changemakers strengthened prevention efforts around trauma, consent, boundaries and more, creating ripple effects of awareness and action across our communities.

OUR STRATEGIC PATH FORWARD (2026–2028)

1



STRENGTHEN CORE PROGRAMS

Deepen impact by refining and expanding our proven programs to meet evolving community needs.

2



INVEST IN ORGANIZATIONAL HEALTH

Build sustainable systems, nurture our team and strengthen infrastructure to support long-term mission success.

3



EXPAND PREVENTION EDUCATION

Grow our reach through innovative education that empowers individuals and communities to prevent violence.

4



ENHANCE DATA AND EVALUATION

Use data and evaluation to measure impact, inform decisions and continuously improve outcomes.



Our 360-organizational assessment created clarity about where we are and where we're heading. This plan is grounded in intentionality, capacity and care, ensuring Brave Step is ready to meet the moment and build a safer future for all.



SUPPORT THE NEXT MOMENT

OUR NEEDS + HOW YOU CAN HELP



**INCREASED FUNDING
FOR SURVIVOR CARE**



**SUSTAINED SUPPORT FOR
LOVED ONES PROGRAMMING**



**GROWTH IN PREVENTION
EDUCATION**



**ORGANIZATIONAL
CAPACITY +
STAFFING**



**MAKE A FINANCIAL
GIFT**



**BECOME A MONTHLY
DONOR**



**SPONSOR A SURVIVOR OR
LOVED-ONE PROGRAM**



SUPPORT COLOR IT BLUE



VOLUNTEER YOUR EXPERTISE



**INVITE BRAVE STEP TO
SPEAK OR TRAIN**

FINANCIAL SNAPSHOT



TOTAL RAISED

\$288,849.88



EXPENSES

\$213,156.91



NET ASSETS

\$75,692.97



PROGRAM ALLOCATION

73%



**FUNDRAISING
EFFICIENCY RATIO**

0.13

PROGRAM DISTRIBUTION



ADULT SURVIVOR CARE 54%



LOVED ONES 32%



CHANGEMAKERS 3%



GENERAL PROGRAMMING 11%

IMPACT COSTS



COST PER SURVIVOR SERVED

\$1,624.80



COST PER LOVED ONE SERVED

\$253



COST PER ALLY EDUCATED

\$22.36

OUR LEADERSHIP



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THANK YOU FOR MAKING MOMENTS POSSIBLE

Together, we are building a future shaped by moments that matter.

Financial figures are based on the supplied 2025–2026 report content;
total raised to be fully finalized after the 990 is complete.



ADDENDUM

THE FULLER PICTURE BEHIND THE MOMENTS

Brave Step is committed to transparency, accountability and continuous learning. The following addendum provides a deeper look at the demographic and evaluation data that inform our programs and strengthen our impact. These details help us understand who we serve, how needs vary across communities and where we can continue improving access and outcomes.

While the main report highlights the moments that matter, this addendum offers the fuller picture behind those moments.

01

ADULT SURVIVOR CARE

02

LOVED ONES PROGRAM

03

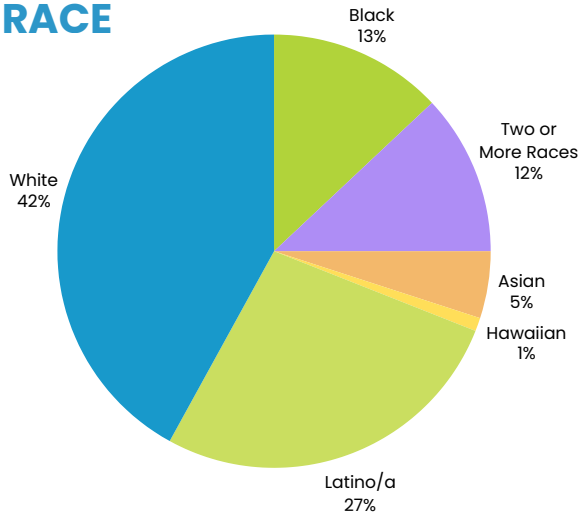
METHODOLOGY + CONTEXT



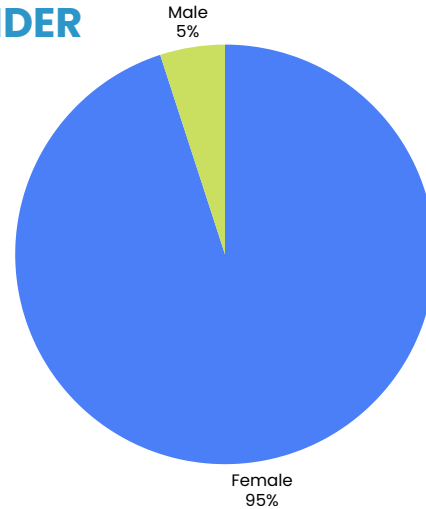
ADULT SURVIVOR CARE

DEMOGRAPHIC SNAPSHOT

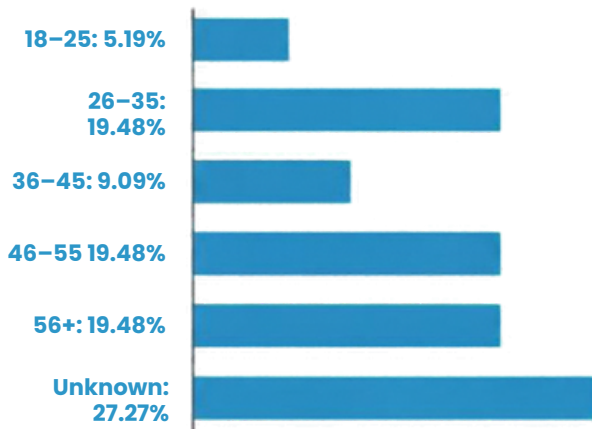
RACE



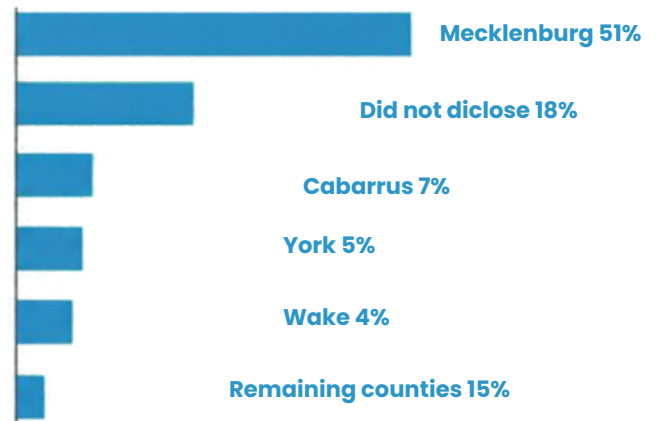
GENDER



AGE



COUNTY



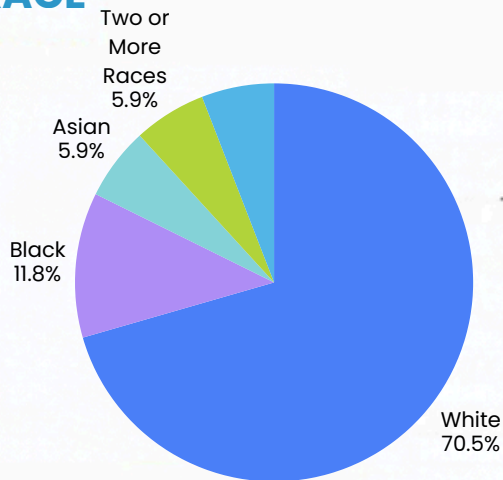
Demographic data provides context for who Brave Step served during [FY 2025-2026](#).



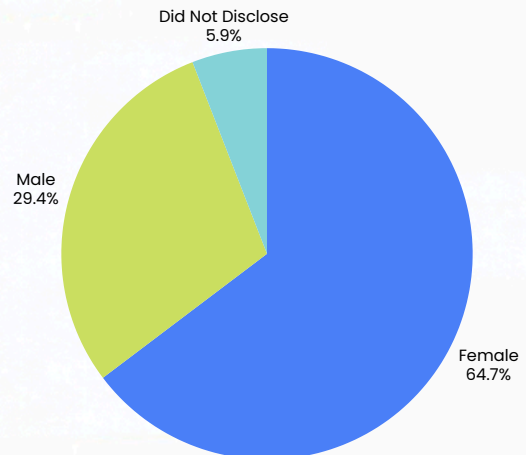
LOVED ONES

DEMOGRAPHIC SNAPSHOT

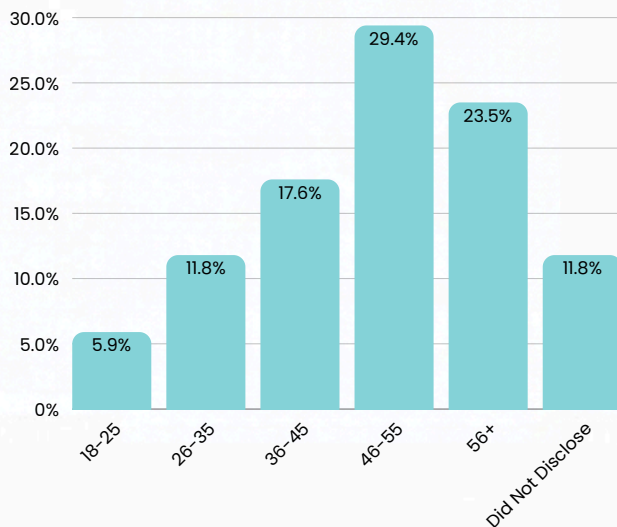
RACE



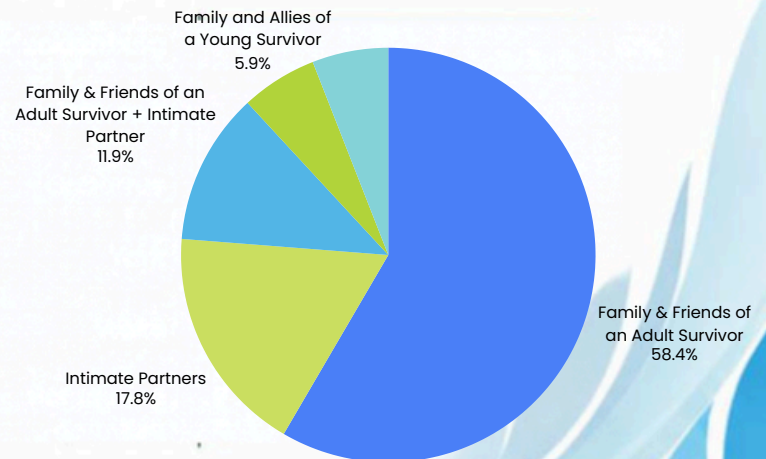
GENDER



AGE



RELATIONSHIP TO SURVIVOR



Demographic data provides context for who Brave Step served during **FY 2025-2026**.



Methodology Overview

Brave Step uses a mixed-methods approach to evaluate program effectiveness across Adult Survivor Care, Loved Ones and Changemaker programming. Because each program serves different audiences and uses distinct delivery models, data collection tools vary accordingly. Evaluation methods include pre- and post-surveys, session feedback forms, demographic questionnaires, and standardized clinical measures such as the DASS-21 and PTSD symptomology scales.

Participation in evaluation is voluntary, and response rates differ by program. As a result, some datasets reflect partial or incomplete pre- and post-measurements. All available data were analyzed to identify trends, measure change over time and strengthen program quality. The information presented in this report reflects the best available data and Brave Step's commitment to transparency, continuous improvement and trauma-informed evaluation practices.



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Please
reach out
with
questions