NEW BEGINNINGS

ANNUAL REPORT · FISCAL YEAR 2023–2024

CHANGING THE FUTURE

How you are helping
to end domestic violence

INTERVAL HOUSE
working to end domestic violence

Naya's Courage

BREAKING THE CYCLE

In the dark hours of a winter night in 2023, police escorted Naya and her two children Sahana and Amar to Interval House.

Naya's husband and eldest stepson had long been emotionally, verbally, financially, and physically abusive towards her, but that evening the attack was so severe she struggled to get to the phone, peering out through swollen eyes to call 911.

Our safe house advocates worked to get a trembling Naya and her kids settled, providing them a quiet room, fresh bedding, and cozy pajamas. Her little ones cried all night while Naya did her best to comfort them.

As the days drew on, Naya experienced some of the typical challenges that survivors fleeing their homes face. Naya's daughter Sahana had special needs that required in-home therapy, and little Amar was not yet old enough to enter Head Start, leaving Naya struggling to provide care for her children while she attended school. On top of it all, Naya did not speak English fluently and the language barrier made medical and court paperwork nearly impossible for her.

This time was different. Naya returned with more confidence and conviction about her personal goals.

Such uncertainty and the overwhelming prospect of rebuilding a support network from scratch can easily send survivors back home in search of stability, but Naya was strong. She leaned on her case manager, who assisted her in applying for financial assistance and SNAP benefits. We also worked with Naya to enroll her family in Husky Health insurance and arrange for a physical therapist to come into the safe house twice a week to treat Sahana. Naya was referred to Greater Hartford Legal Aid, which represented her in her divorce and custody case. Pushing forward, the case management team helped Naya begin the process to become a naturalized citizen and connected her with a job training program.

Naya also received invaluable education on intimate partner violence and the cycles of domestic violence. She learned about the dangers of returning to an abuser, and how witnessing violence impacts children. Poised with this information, Naya seemed determined to break the cycle for her family and make things work.

But at the conclusion of his criminal case, Naya's husband was released on two years of probation and ordered to complete a family violence class. Both he and Naya's family pressured her to return, using her cultural and religious beliefs to persuade her.

So return she did. But it wasn't long before her husband resumed his controlling and abusive behavior. Naya remembered what she had learned about escalating violence and increased danger to victims who try to sever ties with the abuser. She knew that she needed to leave for good and not look back.

Courageously, Naya reached back out to Interval House.

Our advocate met with Naya at the school where she was taking ESL classes and began safety planning for her return to the safe house. A few weeks later, Naya identified the perfect opportunity to escape, grabbed her bag and her kids, and called us while walking to a store a few blocks from her house. While on the phone with her, we arranged for a ride to pick her up. Her room was ready for her.

This time was different. Naya returned with more confidence and conviction about her personal goals: to get her own apartment, find a job, and earn her driver's license. She saw these steps as the foundation for a safe and stable life for her family.

Things began to fall into place. Naya's divorce and custody case resumed. We helped her study for her learner's permit, which she secured. Naya revealed that she would like to become a Certified Nursing Assistant, so her case manager helped her to enroll in a course at a local community college starting this fall. She reapplied for assistance and disability for Sahana, and also received a Section 8 voucher that is opening the door to moving into her own apartment.

Even more exciting? This summer, Naya became a naturalized citizen and received her United States passport.

In her time working with Interval House, Naya blossomed. She is now confident, independent and certain about her decisions. She gets up every day with one goal in mind: breaking the cycle in her life so she can work towards achieving a better future for herself and her children. ●

A Message from Mary-Jane:

CHANGING THE FUTURE

Dear Friends,

This year has been remarkable at Interval House.

BECAUSE OF YOUR DEDICATION to the cause, we came to the aid of 6,326 survivors who were brave enough to ask for intervention in situations of domestic violence.

YOUR CONTRIBUTIONS provided shelter, food, advocacy, counseling, support, housing assistance, and most of all, healing.

WHAT'S MORE: Your partnership allowed us to double down on the even more critical work of prevention.

YOU CHAMPIONED our community outreach and education team to raise awareness with 11,512 of our neighbors.

BECAUSE OF YOU, teens and kids are learning about respect, boundaries, and how to be good friends—lessons that lead to breaking the cycle of abuse and entering into healthy relationships as adults.

BECAUSE OF YOU, parents and educators are learning how to talk to youth about these issues in a productive way.

When we talk about making a difference—this is it. This is real change. The education we provide in the community helps young people recognize abusive patterns before it's too late.

YOUR PARTNERSHIP IN THIS WORK IS APPRECIATED AND MOVES THE NEEDLE TOWARD ENDING DOMESTIC VIOLENCE.

Thank you for believing in us and trusting that together, we can change the future.

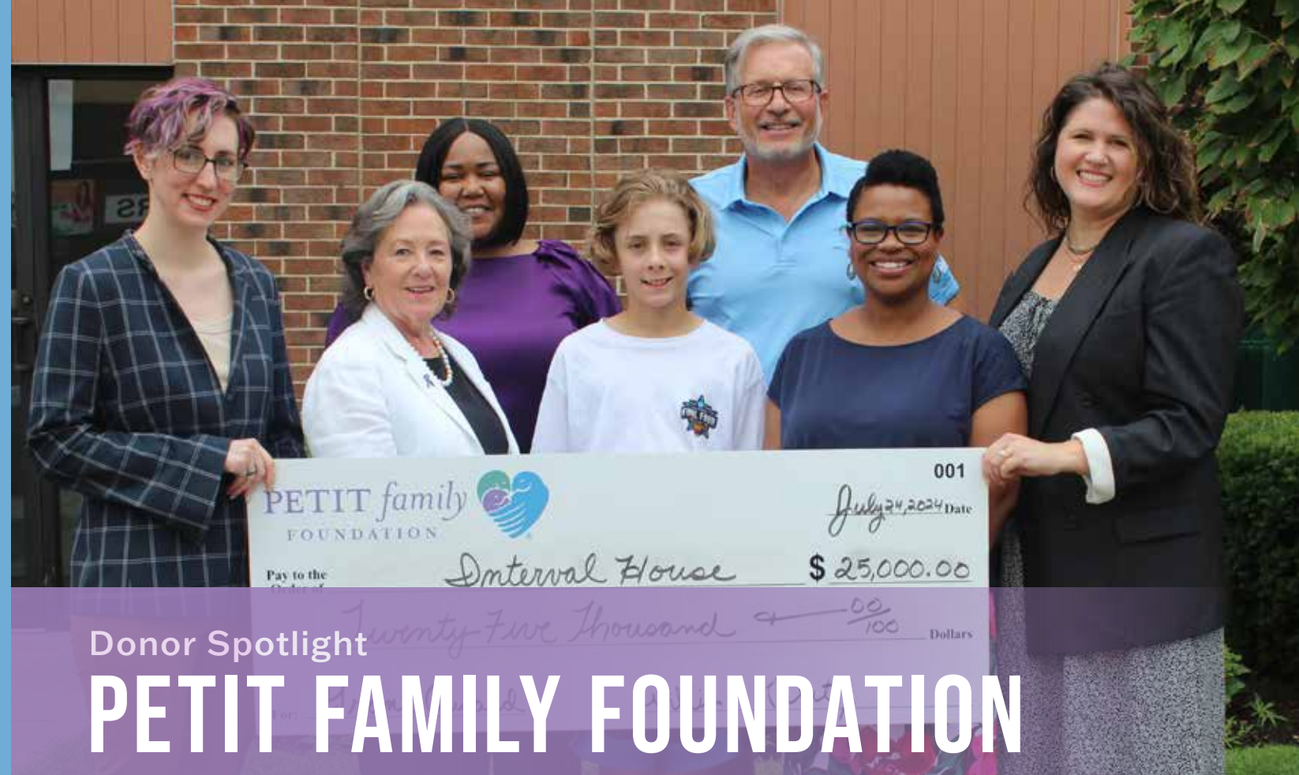
With excitement for what lies ahead,

Mary-Jane

PREVENTION IS KEY!

Our outreach and education team offers age-appropriate presentations and workshops for youth that address teen dating violence and promote healthy relationships. We will come to your classroom, library, church, after-school program, book club, block party—pretty much any gathering—to share what we know and what you should know about domestic violence. Presentations are free and customizable.

Reach out to Maggie at **mtaylor@intervalhousect.org** to request more information!



Donor Spotlight

PETIT FAMILY FOUNDATION

The Petit Family Foundation is a long-time champion of Interval House. But the support that the foundation provides goes far beyond its financial commitment to our mission. Foundation President Dr. William A. Petit, Jr. is a fierce advocate for families impacted by violence, offering his voice and assistance to Interval House and a number of other domestic violence programs around the state. A member of our Men Make a Difference, Men Against Domestic Violence initiative, Dr. Petit is often the first to step up and lend a hand.

This year, when we approached Dr. Petit and the Foundation to propose they fund enhancements to the program for children in our safe house, their only response was an enthusiastic, "Yes!" Thus, the Petit Family Foundation granted us $25,000 to fund our "Days of Joy" initiative, to include art therapy, weekly activities, and field trips for the families in shelter with us.

Days of Joy make a big difference to the kids living in our safe house. They are reeling from leaving the familiarity of their homes and relocating to our shelter, which disrupts their lives, creates uncertainty, and threatens their emotional wellbeing.

While our advocates work with mom to identify a path to independence beyond the Safe House, our kids need structure and guidance—but also hope, comfort, and a little bit of fun. They need their childhood back.

"The Petit Family Foundation is proud to help with the healing of families who have experienced unthinkable trauma," says Dr. Petit. "Anything we can do to turn the tide, especially for children and their families, who have witnessed abuse, ensuring the cycle ends with them, is of critical importance to their family and our community as a whole. We always support them as much as possible."

So far, Days of Joy have included a field trip to the Mystic Aquarium and art therapy sessions on personal "utopias" by encouraging our youngest clients to envision the best parts of our world. We are excited to report that their responses included Spiderman, cars, and "nice people."

More nice people, indeed. Like the folks at the Petit Family Foundation. We are grateful for you! •

2023 – 2024

FISCAL YEAR IN REVIEW*

This year, your contributions provided immediate and compassionate intervention to families impacted by violence. Your partnership is critical to our operation and makes a difference in the lives of the people we serve. Look at what we did together!

YOU PROVIDED:

10,579
bednights to families with no other options for safe shelter

3,562
answers to hotline calls around the clock—a lifeline to victims in crisis

5,788
outgoing calls so advocates could remain in touch with clients in transition

3,076
emergency connections with victims in immediate danger of being severely injured or killed

36,342
sessions of safety planning, counseling, and advocacy to clients

33
lock changes for clients who did not feel safe in their homes

69
families re-housing assistance in the form of security deposits, furniture and utilities

1,475
safe rides to clients going to work, to meetings, to school, and to court

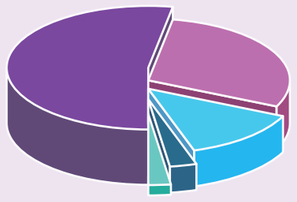
31,737
meals to families under our wing

$304,377
in assistance to clients needing help with relocation, meals, security deposits and legal fees

11,571
people in the community education about intimate partner violence

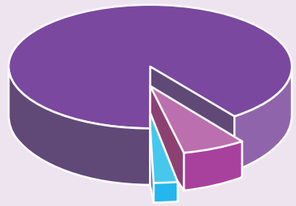
6,326
lives a chance at a future free from violence and fear

REVENUE



- **53%** GOVERNMENT GRANTS
- **29%** INDIVIDUAL DONORS (YOU!)
- **13%** FOUNDATION & CORPORATE GRANTS
- **3%** RELEASE FROM ENDOWMENT
- **2%** UNITED WAY

EXPENSE



- **88%** PROGRAM, ASSISTANCE TO INDIVIDUALS AND OUTREACH
- **10%** FUNDRAISING
- **2%** MANAGEMENT

**Pending approved audit*

THANK YOU!!!

WE ARE GRATEFUL TO THE FOLLOWING SUPPORTERS THAT CONTRIBUTED FINANCIALLY TO OUR CAUSE DURING THE 2023 – 2024 FISCAL YEAR. YOUR COMMITMENT TO PROVIDING OPTIONS FOR SURVIVORS OF DOMESTIC VIOLENCE MAKES ALL THE DIFFERENCE!

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John & Judith Bierly

THINKING ABOUT THE LEGACY YOU WILL LEAVE?

WE INVITE YOU TO JOIN THE ALICE SOCIETY!

Affectionately named for one of Interval House's founders, Alice Kugelman, The Alice Society is a group of devoted philanthropists who have each chosen to protect generations of future survivors by leaving a bequest to Interval House in their will.

This year, thanks to the thoughtful planning of several beloved donors, we received $191,897 in bequests. We want to especially thank the Estates of Jane Brautigam, Mary Jean Kilfoil, Seymour Reitman, Sally Swanson, and William A. Williams for providing future security for Interval House operations. May your memory live on in the life you led and the legacy you left.

Contact Amanda Delaura at 860-838-8461 or amanda.delaura@intervalhousect.org to ensure your wishes are honored.

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Jonathan Blake
Blessed Sacrament Parish
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Are you looking to help a family impacted by violence? The most immediate and flexible way to support a survivor working with Interval House is through a financial contribution or donation of a gift card. We also maintain an Amazon Wish List that sends tangible items directly to our confidentially-located safe house. We appreciate your understanding that we cannot accept personal donations of clothing, toys, food, household goods, or health/beauty items.

Scan this code to learn more!

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A special thanks to Robert Montecalvo, who recently completed his term as Director. Your years of service are appreciated, Rob. Hope you enjoy more time with the band!

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October is Domestic Violence Awareness Month!

For more details and to register, visit www.intervalhousect.org/dvam or scan this code

SEPTEMBER 28 | 4PM

Jennifer Farber Dulos Memorial Walk to End Domestic Violence

OCTOBER 23 | 8AM

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HOLIDAY GIFT CARD DRIVE BEGINS NOW!

Your donation of a gift card provides immediate, discreet assistance to a survivor, and allows them to choose what they need for their family this holiday season. Visit www.intervalhousect.org/holiday-gift-card-drive to learn more.

SAVE THE DATE! STEP UP & STEP OUT: COCKTAILS FOR A CAUSE | APRIL 24, 2025