



# 2023 ANNUAL REPORT



AVALON

HEALING CENTER



# Our Mission

**Avalon inspires healing and empowerment for those affected by sexual violence through free and immediate comprehensive services; promotes public awareness; and advances social change.**

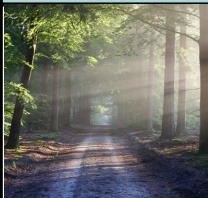






## About Avalon

Avalon is a non-profit, 501(c)3, comprehensive organization that provides compassionate and trauma-informed care to survivors of sexual assault.

Avalon provides a safe, quiet, confidential environment with specially trained Sexual Assault Forensic Examiners in order to provide medical examinations and forensic evidence collection for rape victims.

We are staffed 24 hours a day, 7 days a week. Our services are free of charge. Services are available to ALL ages and gender identities. Medical-forensic exams are provided up to 120 hours post assault. Counseling and advocacy services are available to anyone who identifies as a survivor of sexual assault, sexual abuse or incest ~ no matter when it occurred. Our services are available to anyone, despite where they live or where they were assaulted.

## At a Glance

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# Letter from the Executive Director

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To our Community,

As we reflect on the past year, I am filled with both pride and gratitude. It is with immense appreciation that I share with you the highlights of our journey and the impact of your unwavering support. Over the past year, Avalon Healing Center has continued to advance its mission of inspiring healing and empowerment for those affected by sexual violence through free and immediate comprehensive services; promote public awareness; and advance social change.

Thanks to the collective efforts of our dedicated staff, board, volunteers, funders and supporters, we secured and moved into our new center here in the heart of Detroit! We have established the first stand-alone trauma-informed healing center solely for survivors of sexual assault and human trafficking in the State of Michigan, where we strive to ensure that any service a survivor could need is located in a single location. These successes are a testament to the strength of our community and the importance of our work.

Our programs have made a tangible difference in the lives of survivors in our community including the addition of our holistic healing services, a robust platform for survivors to continue their healing journey. These achievements reflect not just our hard work but also the generosity and commitment of individuals like you who believe in our mission. We have adapted our strategies, embraced new opportunities, and continued to push forward with our vision for the future of Avalon Healing Center.

Looking ahead, we are excited about launching our strategic capital campaign and continuing renovation of our new space. We remain committed to providing free- comprehensive care to anyone who has experienced sexual violence, and we are confident that with your continued support, we will reach new heights and make an even greater impact.

I want to extend a heartfelt thank you to each and every one of you—our donors, volunteers, partners, and staff. Your belief in our mission and your generous contributions have been the driving force behind our success. Together, we are making a difference and paving the way for a brighter future.

As you read through the rest of this report, I hope you take pride in what we have accomplished together. Your support is not just a gift; it is a catalyst for change.

Thank you once again for standing with us. Here's to continuing our journey together and making even more strides toward our shared goals.



Kimberly Hurst

BS, MA, MS, PA-C, DFAAPA

*Founder and Executive Director*

Avalon Healing Center



# Healing Center Open House

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Avalon Healing Center moved into our new 24,000 square foot building at 601 Bagley Street in March 2023, coinciding with our growth and quadrupling our space for client services. To celebrate this momentous occasion, we opened the building to community partners, major donors, prospective donors, survivors and the public at large and hosted an Open House event on the evening of Thursday, June 29th, 2023.

This was the first time we have ever held an event this large with the purpose of reaching out to the community to raise awareness about who we are, what we do, where and how we do it, while also having the opportunity for our entire team to connect directly with survivors, community partners, funders and donors ~ ALL IN ONE PLACE! This event was a celebration of our phase one completion of building renovations, and to bring awareness to our new physical location and expanded service model, as well as to attract more capital campaign supporters to sustain our work into the future.

There was over 300 guests in attendance and words cannot express how grateful we are for your support of our Open House event! It is because of each and everyone of you that we are successful in our work and we consider you allies in the fight against sexual violence and are inspired by your willingness to support an issue that is too often ignored and minimized. Thank you for your generosity and your time!

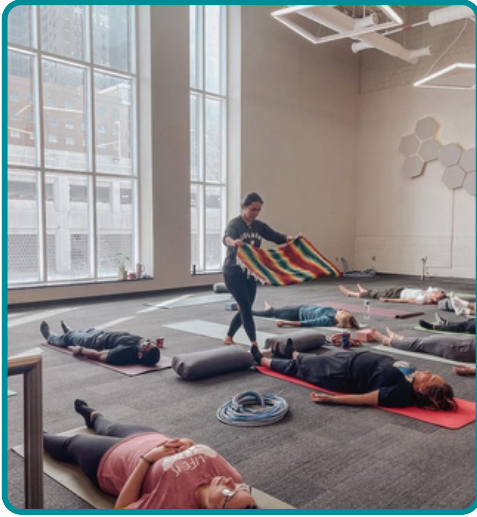
Event sponsors included:

- Global Sports Development/Sidewinder Films
- DTE Foundation
- Women First OBGYN Center
- Grigg Graphic Services
- Sixteen42 Ventures
- Butzel Long
- Moment Strategies
- Walker Miller Energy Services
- Fratarcangeli Wealth Management
- Blue Cross Complete of Michigan
- Delmar Kitchen
- Scott Stewart, Board member





# Holistic Healing Services



At Avalon Healing Center, our mission is to promote comprehensive well-being through holistic healing practices by providing accessible, effective, and compassionate care to individuals and communities in need. We believe in the interconnectedness of physical, emotional, and spiritual health and aim to support individuals on their journey to balance and harmony.

In 2023, Avalon Healing Center moved into the building – four times the space of our previous occupancy – which allowed for expanded services. In addition to the new space, Avalon received funding to support new and expanded culturally-specific holistic programs and services, which all demonstrate benefits for trauma survivors, mitigating the impacts of risk factors and cultural determinants of health that interfere with recovery. The funding supported deploying alternative therapeutic specialists and facilitators to promote survivors' healing and empowerment. These services are offered in addition to Avalon's current suite of funded programs that are more traditional in nature, such as individual and group counseling, case management, and person-centered advocacy.



## Holistic Services Offered:

Yoga  
Sound Bowl  
Massage  
Tai Chi  
Art Therapy  
Equine Therapy



# Client - Centered Events



At the heart of Avalon's mission is the commitment to uplifting and empowering our clients. In 2023, we deepened our connections by organizing two meaningful client-centered events: the Survivor Walk in April and the Survivor Brunch in December. These events were more than gatherings; they were powerful expressions of resilience and solidarity, providing a space for survivors to share their journeys, celebrate their strength, and build a support network. By centering our clients in these moments, we reaffirm our belief that healing is a community effort, and we continue to ensure that their voices guide our path forward.












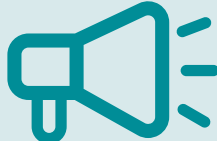
The annual survivor walk was held in April in honor of Sexual Assault Awareness Month (SAAM), and included breakfast, various artistic performances, and lunch for over 60 clients and volunteers. We value our close partnership with our neighbors at DTE Energy, who volunteered their time and helped promote and facilitate the walk.

In December, we held our holiday brunch for clients, providing a continental breakfast and gifts to over 40 clients and their families, thanks to the generous support of the Kind Hearted group, who helped make this event possible.





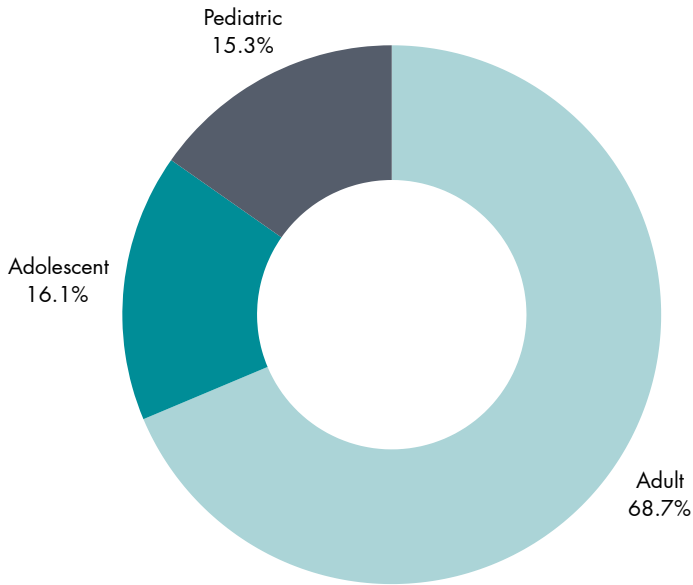
# 2023 Program Impact

 <p>Number of Completed Medical Forensic Examinations: <b>541</b></p>	 <p>Number of follow-up care visits: <b>220</b></p>
 <p>Examinations that included a Sexual Assault Strangulation Assessment: <b>321</b></p>	 <p>Numbers of calls for Acute Medical Services: <b>1,175</b></p>
 <p>Number of counseling and individual support hours: <b>3,403</b></p>	 <p>Total number of clients served in 2023: <b>1,016</b></p>
 <p>Number of advocacy instances: <b>5,831</b></p>	 <p>Number of new clients in 2023: <b>747</b></p>
 <p>Number of sex and labor trafficked clients serviced: <b>150</b></p>	 <p>Number of rides provided for services: <b>4,019</b></p>
 <p>Notification meetings for previously unsubmitted sexual assault kits: <b>14</b></p> <p><a href="https://bj.a.ojp.gov/program/saki">https://bj.a.ojp.gov/program/saki</a></p>	 <p>Number of Outreach and Education Engagements: <b>81</b></p>

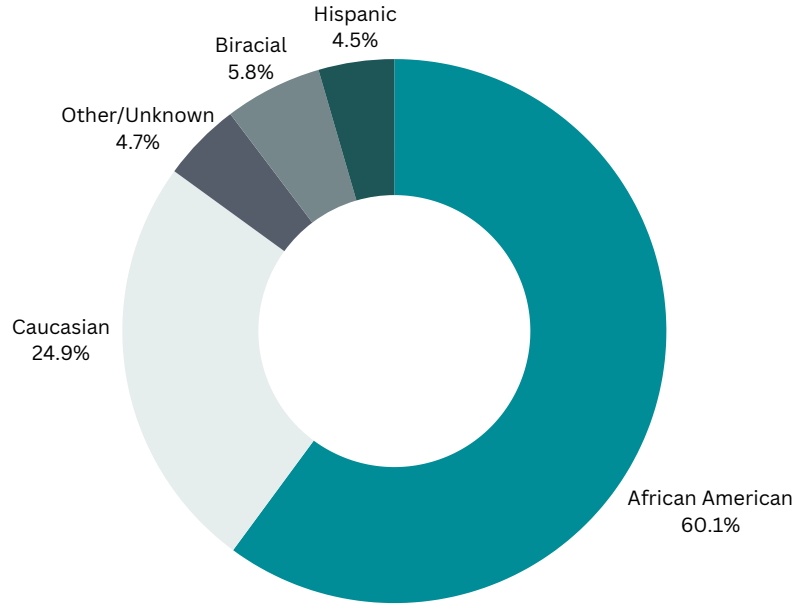
Since 2006, Avalon Healing Center (fka Wayne County SAFE) has served over 24,000 clients!

# 2023 Patient Demographics

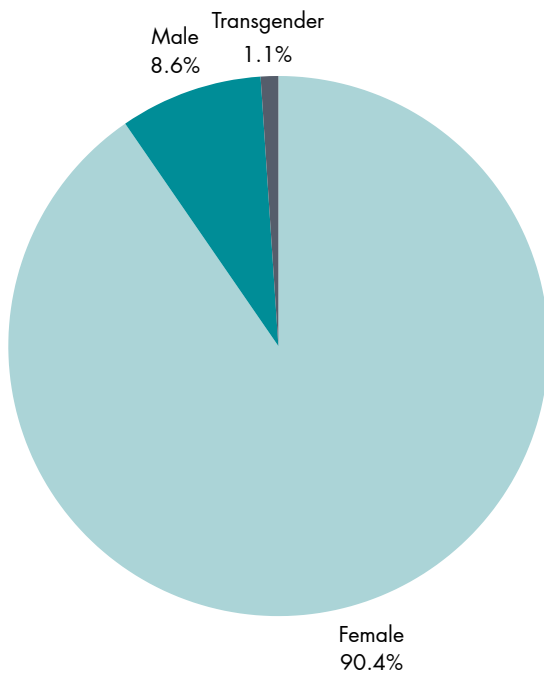
## Patient Age Group



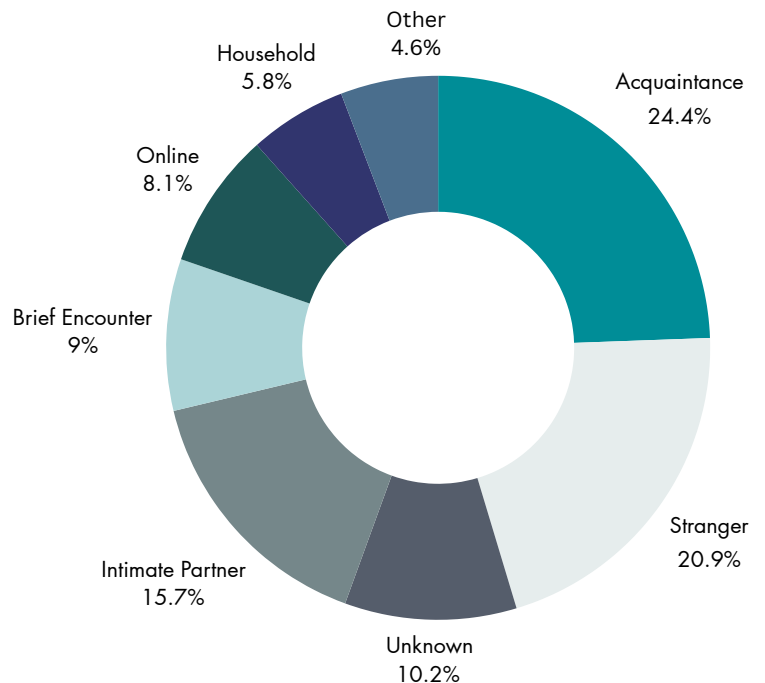
## Patient Ethnicity



## Patient Gender



## Adult Patient - Perpetrator View





# Financial Information

## Statement of Financial Position

As of December 31, 2023

	<u>2023</u>
<b>Assets</b>	
Cash	820,695
Accounts receivable	110,193
Grants receivable	543,414
Prepaid expenses	78,126
Operating lease assets	3,320,277
Fixed Assets, net of deprec.	411,385
<b>Total Assets</b>	<b><u>\$5,284,090</u></b>
<b>Liabilities and Net Assets</b>	
Accounts Payable & Accrued Exp	153,567
Operating lease liabilities	3,299,630
Note payable	55,296
<b>Total Liabilities</b>	<b><u>\$358,376</u></b>
<b>Net Assets</b>	
Without donor restrictions	1,063,097
With donor restrictions	712,500
<b>Total Net Assets</b>	<b><u>\$1,775,597</u></b>
<b>Total Liabilities &amp; Net Assets</b>	<b><u>\$5,284,090</u></b>

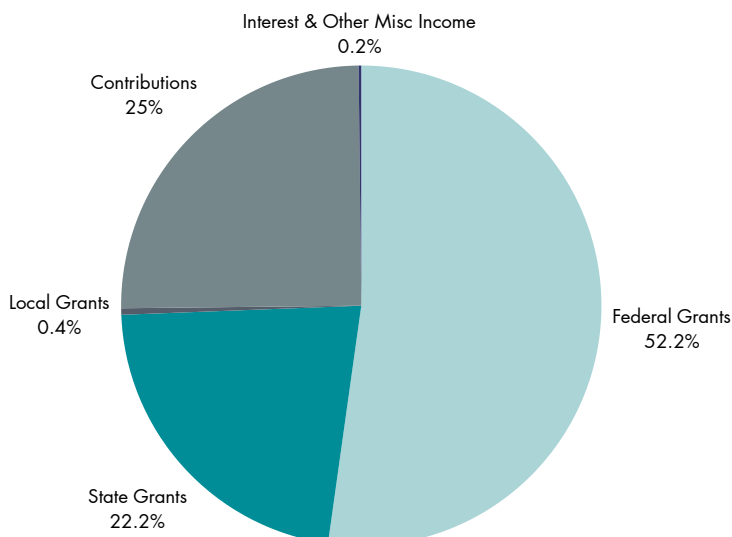
## Statement of Activities

Ending December 31

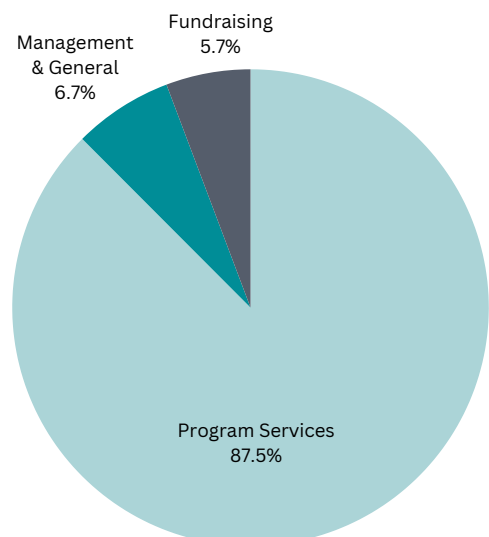
	<u>2023</u>	<u>2022</u>
<b>Support and Revenue</b>		
Federal Grants	2,798,410	2,349,008
State Grants	1,188,618	1,001,485
Local Grants	23,261	291,881
Cash Contributions	1,158,044	606,015
In-kind Contributions (non-cash)	181,449	29,897
Interest & Other Misc Income	9,470	12,785
<b>Total Revenue</b>	<b><u>\$5,359,252</u></b>	<b><u>\$4,291,071</u></b>
<b>Expenses</b>		
Program Services	4,194,924	3,784,452
Management & General	323,231	87,214
Fundraising	275,033	33,125
<b>Total Expenses</b>	<b><u>4,793,188</u></b>	<b><u>\$3,904,791</u></b>
<b>Change in net assets</b>	<b><u>\$566,064</u></b>	<b><u>\$386,280</u></b>
<b>Net assets, beginning of year</b>	<b><u>\$1,209,533</u></b>	<b><u>\$823,253</u></b>
<b>Net assets, end of year</b>	<b><u>\$1,775,597</u></b>	<b><u>\$1,209,533</u></b>

Excerpted from the 2023 annual financial statements as audited by  
Maner Costerisan

## 2023 Annual Public Support and Revenues



## 2023 Annual Operating Expenditures



# Major Donors

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This major donor list represents cumulative contributions above \$5,000 from January 1, 2023 through December 31, 2023. Avalon greatly appreciates all monetary contributions, no matter the amount, and all of our generous in-kind donations. We make every effort to ensure there are no omissions or misspellings; so, please forgive us for any oversights and contact - MiVida Burrus: mburrus@avalonhealing.org or Trinea Gonczar: tgonczar@avalonhealing.org - so that we may amend unintentional errors.

**BCBS of Michigan**  
**Bio Product Group**  
**Butzel Long**  
**Carl's Foundation**  
**Comerica Charitable Foundation**  
**DMC Detroit Receiving Hospital**  
**DMC Foundation**  
**DMC Sinai Grace Hospital**  
**DTE Energy Foundation**  
**Ethel & James Flinn Foundation**  
**Elizabeth Allan & Warren Shelden Fund**  
**Foundation for Global Sports Development**  
**Jewish Fund**

**Kathy White Support Fund**  
**Marana Webber Tost Charitable Fund**  
**McGregor Fund**  
**Michigan Health Endowment Fund**  
**Michigan Nonprofit Relief Fund**  
**Michigan State Bar Foundation**  
**My Little Needle Tattoos**  
**PNC Foundation**  
**Rima Charara, M.D.**  
**Sinai Staff Foundation**  
**United Way for Southeastern Michigan**  
**Women First OBGYN Center**



Join our *Survivor Strong Monthly Giving* program or become a donor by going to:

<https://avalonhealing.kindful.com/>

You can also donate directly on your phone via:

PayPal: paypal.com/fundraiser/charity/4778819

Venmo: venmo.com/u/AvalonHealingCenter

Contact our development team for additional information and opportunities:

MiVida Burrus, MBA  
mburrus@avalonhealing.org  
(313) 500-4834

Trinea Gonczar  
tgonczar@avalonhealing.org  
(313) 688-4531



# Message from the Board Chair

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Dear Community,

On behalf of the Board of Directors, it is a privilege to present the 2023 Annual Report and share reflections on Avalon Healing Center's impact and achievements.

2023 was a landmark year for Avalon Healing Center. We officially relocated into our new building at 601 Bagley Street in Detroit, advancing our ability to centralize support for survivors. To date, Avalon has served over 23,000 survivors in Wayne County; however, the need for healing services continues. Our efforts to reach those who need us, integrate services, and develop programs based on survivor feedback is continuing. Our advocacy, community partnership, and education efforts are focused on prevention and ensuring survivors are supported across institutions where they may seek support.



It takes a community to serve a community; our work is made possible through our dedicated, exceptional staff, our volunteers, donors, and partners.

With gratitude,

Christina Hajj  
Board Chair

## **Board of Directors**

Christina Hajj, Board Chair  
Manager, Long-Term Generation Strategy,  
DTE Energy

Shoma Pal, Board Vice Chair  
Manager, Strategic Planning & Development,  
Karmanos Cancer Institute

Megan McLaughlin, Treasurer  
Founder Principal, Aura Advisory Services

Renee Peck, Secretary  
Sr. Development Director, Pathway to Cures

Joyce Suber, D.M.  
Principal, J.L. Suber & Associates, LLC

Vanessa Crocetto, Director  
Chief Marketing Officer, Butzel Long

Shanika Owens, Director  
Associate Attorney, Butzel Long

Scott Stewart  
Chief Strategy Officer, Honor Community Health

Maria Arpino  
Manager, DTE Energy

Shirley Ma  
Strategy, Solutions, & Social Impact

# Staff

## Leadership

Kimberly Hurst, BS, MA, MS, PA-C, DFAAPA  
*Founder & CEO*

MiVida Burrus, MBA  
*Senior Director of Development*

Trinea Gonczar  
*Director of Engagement*

Katie Smith  
*Director of Communications*

Amy Smith, LMSW, CTRP  
*Director of Healing Services*

LaKema Covington, LLMSW  
*Director of Outreach and Education*

Michael Nesbitt, LMSW  
*Director of Crisis and Volunteer Services*

Vicky Bashkatova  
*Director of Finance*

Glenda Cook  
*Wellness Clinic Advocacy Director*

Michelle Demey, MSN, APRN, FNP-C, SANE-A  
*Wellness Clinic Director*

Erin Engel, BSN, RN, SANE-A, SANE-P  
*SAFE Program Co-Director*

Jessica Boylan, BSN, RN, SANE-A, SANE-P  
*SAFE Program Co-Director*

Kirstin Sweeney, SANE-A, SANE-P, DM-AFN  
*SAFE Program Co-Director*

Erin Brennan, MD, MPH, FACEP  
*Medical Director*

## Healing & Advocacy

*7 Practitioners*

## Medical Team

*8 Providers*

## Outreach

*4 Facilitators*

## Crisis Response Team

*4 First Responder Advocates*

## Anti-Trafficking Team

*1 Coordinator and 4 Specialists*





# Contact Us

For further information, please reach out to us at [info@avalonhealing.org](mailto:info@avalonhealing.org)



Avalon Healing Center  
Address: 601 Bagley St. Detroit, MI 48226  
Office Phone: 313-964-9701  
24 Hour Crisis Line: 313-474-7233 (SAFE)  
Website: [www.avalonhealing.org](http://www.avalonhealing.org)

## Social Media Pages



Facebook: <https://www.facebook.com/AvalonHealingCenterDetroit/>



Instagram: <https://www.instagram.com/avalonhealingcenterdetroit/>



LinkedIn: <https://www.linkedin.com/company/avalon-healing-center/>

## Sites

Sinai Grace

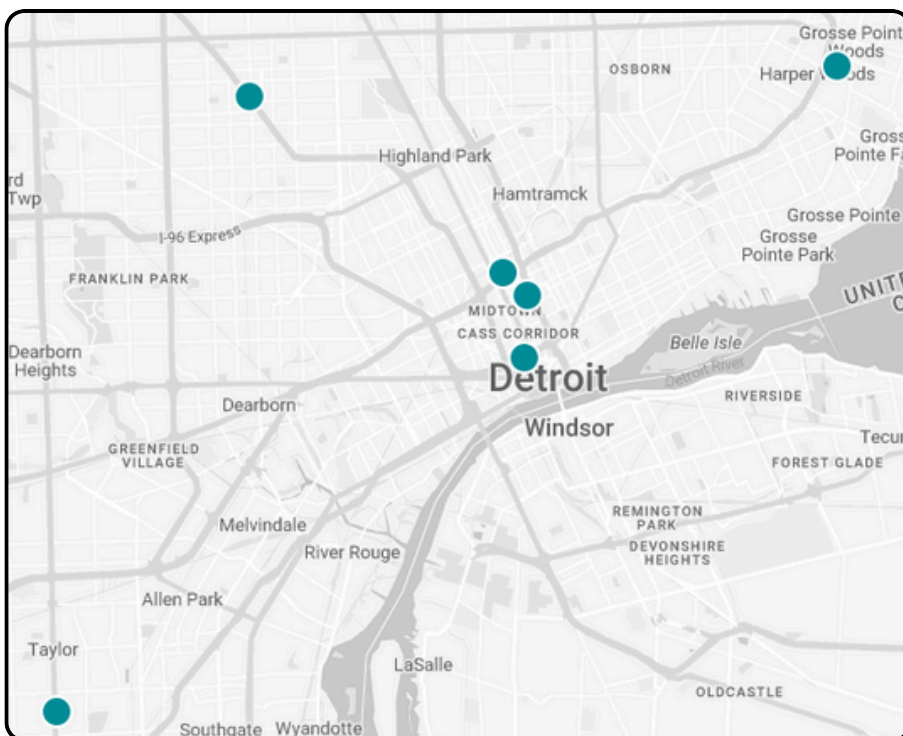
St. John Medical Center

DMC Detroit Receiving

Kid's-Talk

Taylor Site

Avalon Follow-up Clinic





# AVALON

HEALING CENTER

