

What We Do



OUR HISTORY

My Sister's Place (MSP) shelters, supports and empowers survivors of domestic violence and their children, while providing leadership and education to build a supportive community. Founded in 1979, MSP has continuously sought to end domestic violence and empower survivors to live healthy, independent lives free from violence. For over 40 years, MSP has been an innovator in changing lives by providing DC's first hotline and first domestic violence shelter.

PROGRAMS & SERVICES

MSP is unique in offering a continuum of care from emergency shelter through transitional-to-permanent housing. Our experienced team of case managers and residential counselors provide clinical counseling, case management, and comprehensive services to empower survivors to recover and thrive. MSP also provides training, case consultation, and advocacy to engage communities to prevent violence and abuse.



Sanctuary Plus: our 90-day emergency shelter provides a safe haven for survivors of domestic violence and their children. Sanctuary Plus provides residents with counseling, case management, daily coaching, and referrals to enable them to successfully transition to permanent housing and independence.



Reaching Independence through Survivor Empowerment (RISE): our innovative transitional-to-permanent housing program helps families fleeing from domestic violence move from crisis and homelessness to safety and stability. Our staff provide case management and other supportive resources aimed to empower RISE participants. Rental payments are subsidized by MSP for one year. Families have the option to remain in the homes they have made for themselves, promoting long-term self-sufficiency and freedom from abuse.



Aftercare: upon exiting our residential and non-residential programs, survivors are provided ongoing contact with case-management staff to support them in their independence. Services include counseling, referrals to community-based services, and advocacy as needed. Our goal is to assist clients in building long-term supportive systems within their communities, to reduce the likelihood of future victimization.



Community Outreach and Education: eradicating domestic violence requires a coordinated community response that embraces prevention and intervention. My Sister's Place collaborates with district partners and community members to ensure that service providers and community members are equipped to appropriately respond to victims' needs.

Have additional questions about our programs? Call us at 202-540-1064 to learn more about our services.

The Fresh Start Fund



The Challenge:

Access to safe housing, and the ability to maintain it, are major barriers to the independence and long-term safety of domestic violence survivors and their families. Traditional housing programs provide critical rent support, but don't often cover other basic expenses like security deposits and furniture. Survivors often flee with what they can carry and financial abuse leaves many with few, if any, funds to pay a security deposit or other moving expenses.

The Solution:

The Fresh Start Fund is a dedicated source of financial support for survivors so that they may access housing and sustain homes – removing financial barriers that may keep them from making a fresh start for themselves and their families. The Fresh Start Fund provides stability and financial security for survivors at every stage of the transitional-to-permanent housing process, so they can meet their initial moving expenses and start off strong, create homes that are comfortable and meet their families' needs, and weather the unexpected without fear of losing it all.

The Fresh Start Fund makes the transition to sustainable housing possible for survivors by filling a key gap in traditional housing programs and enabling survivors to:



Secure a place to live. Coming up with a month's worth of rent for a security deposit or resources to get utilities set up or paying for a moving truck is not possible for most survivors, and yet these things are essential to securing housing and meeting families' basic needs.



Furnish their new spaces. Families fleeing domestic violence often leave with only what they are able to carry with them, which means many of those who transition to transitional/permanent housing are moving into unfurnished homes and are sometimes literally sleeping on the floor.



Manage unexpected financial challenges. Many survivors and their families live paycheck to paycheck, one emergency or unusually large or unexpected utility bill can lead to devastating financial problems and even the loss of a home.

If you are looking for a unique and meaningful way to support survivors and their families, donate to My Sister's Place's new Fresh Start Fund by visiting us online at www.mysistersplacedc.org

Have additional questions about The Fresh Start Fund?

Call us at 202-540-1062 to learn more

Our Impact ^{*FY19}

My Sister's Place (MSP) continues to demonstrate just how impactful our specialized trauma-informed services are in effectively combating domestic violence in our community. Each statistic represents the heroic survivors we've supported, and their transformational journeys. Behind each statistic is the inspiring story of a survivor of domestic violence who was able to get the life-saving support needed to transform their future, due to the supportive services offered by MSP.



139 survivors were provided with safe, secure emergency shelter for an average of 90 days at Sanctuary Plus, giving survivors a place to recover



Nearly 300 community members received DV-101 and Bystander Intervention training to educate them in supporting DV survivors



197 safety plans developed with Domestic Violence survivors, so that they could regain their security



124 survivors received aftercare services to support them in their independence



1,062 case management and counseling sessions were provided, supporting survivors in their journey to healing



209 mental health service sessions empowered survivors to recover and thrive



95 survivors were connected to legal support services, empowering them to advocate for themselves



28 families (including 41 children) were housed through MSP's transitional housing program, giving them a safe place to call home

What You Can Do

The support of individuals and companies makes our work possible. No matter how much time or how many resources you have, we can work with you to make the most of your contribution and commitment to our mission.



DONATE

Your tax-deductible financial contribution makes it possible for My Sister's Place to provide safe housing and programming, meals and basic necessities, transportation, and individualized case management and support for survivors. We also accept in-kind donations that support our mission. Visit mysistersplacedc.org for more information.

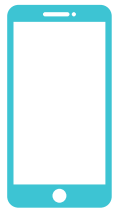
United Way #: 8449 | CFC #: 97535



FUNDRAISE

Become a fundraising ambassador for My Sister's Place by using your talents and networks to pursue a fundraising endeavor. Birthday celebrations, benefit concerts, happy hours, and social media campaigns are just a few ways you can maximize your support for My Sister's Place. You can also find out if your employer offers matching contributions. Sometimes retirees and spouses are eligible too.

Text2Give



Text MSP to
#243725



Volunteer

We are overwhelmed (and honored) by the passion and expertise of our supporters, and we offer multiple ways for you to connect with others, and be recognized as a community leader - individually or through your organization. Volunteers play a critical role in helping to meet our mission.



Educate

Spreading the word about the critical needs of survivors in the D.C. area and the work of My Sister's Place is a significant way you can help raise awareness and increase support for our work. We'd also love to stay in touch. So, join the conversation by following My Sister's Place on all social media platforms, signing up for our monthly newsletter, and sharing our content with your networks.

For more information about how you can help, contact My Sister's Place Development Manager Quincy Inman at qinman@mysistersplacedc.org or call 202-540-1062.

Domestic Violence

WHAT IS DOMESTIC VIOLENCE?

Domestic violence is a pattern of abusive behavior exhibited by one person towards another between whom there is a relationship. Domestic violence is characterized by the misuse of power and control. It includes physical, emotional, psychological, verbal, sexual, and economic abuse. Legally, domestic violence includes a broad spectrum of relationships including violence between siblings, children and parents, roommates, caretakers, etc. Domestic violence is not a momentary loss of temper, but an ongoing technique used by the batterer to enforce control through the use of fear.

1 in 4 women
1 in 6 men
will experience domestic violence at
some point during their lifetime.

Domestic Violence in the District of Columbia

*2017 Statistics

- During their lifetime, 50% of women living in D.C. have experienced psychological aggression perpetrated by an intimate partner.
- During their lifetime, 39% of women living D.C. have experienced sexual violence, physical violence, and/or stalking perpetrated by an intimate partner.
- Nearly one-third of unaccompanied homeless women in D.C. indicate that violence is the cause of their current homelessness or housing instability, and 63% of unaccompanied homeless women with past experiences of violence and trauma report at least one act of violence against them during their current period of homelessness or housing instability.
- Black/African American women make up 75% of unaccompanied homeless women in D.C. although they are only 52% of adult women.
- The Metropolitan Police Department received 35,909 domestic violence-related calls for service.

Free & confidential help is available 24-hours a day, 7 days a week through the DC Victim Hotline at 1-844-443-5732.

1436 U Street NW | Suite 303 | Washington, DC 20009 | www.mysistersplacedc.org | (202) 529-5261

Empowering Survivors



“

I remember that first day I called and spoke to Ms. Barbara. She was my first sight of light - but then it took too long for me to be placed. I was about to give up and continue living in my unhappy and abusive marriage, but then Ms. Abby called. My second sign of light. The love and support has permanently lit the light which I was seeing from a distance. I almost lost hope, and MSP restored and brought my hope back.

”

“

The Family Care Coordinator taught me that I can do anything I put my mind to. I learned that I can trust others, and there are a lot of people in my corner. My mom doesn't seem to worry so much. I am happy that my little sister and mom are safe. I'm really happy that I don't have to hide under my bed anymore.

”



“

Over 20 years ago, I was so desperate to escape my abuser, I picked up everything I had, and fled in the middle of the night with all four of my children. I found shelter and community at My Sister's Place. Their staff helped me find transitional housing, employment, and job training. I ended up receiving my certification in information technology, which has allowed me to remain employed and independent to this day. I don't know what I would do without the support of MSP.

”



Engaging Volunteers

The support of volunteers makes our work possible. MSP has a variety of volunteer options available year-round. We also welcome ideas for individual or group volunteer projects, together we can develop a project that's meaningful and impactful to you or your group as well as our residents.



“

I volunteer at My Sister's Place because no one should ever feel like they are alone in their journey. Everyone should feel loved and cared for, especially during such a difficult time.

-L. Cunningham

”

“

Our group is dedicated to fostering positive relationships among women, raising awareness for women's health, and serving women in the D.C. community. MSP affords our group a unique opportunity to help survivors of domestic violence – who are often, the most courageous among us. -A. Samuel



”

“

It was so great to give back to such an amazing organization in such a personal way. What MSP is able to offer to these resilient women and their children is phenomenal. It did my should good! -A. Shepard

”