



## Our Mission

SURVIVORS exists to:

- Facilitate the healing of torture survivors and their families;
- Educate professionals and the public about torture and its consequences;
- Advocate for the abolition of torture.

## Our Leadership

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Rev. 04/2010

Cover soccer photo by Ajay Kumar Singh

## Reflections from the Leadership

Dear Friends,

You are receiving this annual report because we see you as a vital part of our healing community for survivors of torture. You have helped to heal the deep psychological wounds and physical effects from torture for 275 survivors of torture, plus their family members, who came from 36 countries this past year.

The number of new intakes last year almost doubled from the previous year. We received more referrals than ever in our history. Your assistance allowed us to be able to respond to this huge increase in the number of survivors of torture needing our comprehensive services.

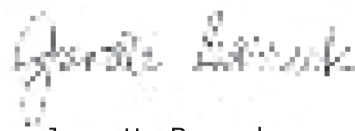
The need continues to swell. A new directive from the U.S. Department of Homeland Security that went into effect earlier in the year permits the parole of asylum seekers "who establish their identities, pose neither a flight risk nor a danger to the community, have a credible fear of persecution or torture, and have no additional factors that weigh against their release." This change will have a great impact on the asylum seeking torture survivors whom we serve. Together, we will need to respond by providing more and different kinds of services so they can feel safe and can function in our society.

This letter and the annual report share our story. As you read them, we encourage you to ask us questions, visit our website ([www.notorture.org](http://www.notorture.org)) and continue to support Survivors of Torture, International. Your commitment to the healing work we do is critical to the well-being of torture survivors and our community.

In gratitude,



Kathi Anderson  
Executive Director



Jeanette Barrack  
Chairperson, Board of Directors



*Pictured (from left): Board members Carol Morabito, Jennie Hollis, Jeanette Barrack, Denise Francis, Kathi Anderson, Dr. Jim Jaranson, Diana Ross, Tim Banzhof, and UCSD board fellow Bethany Murphy. Not pictured: Jorge Cabrera, Ann Durham, Howard Moseley. The board of directors is responsible for effective governance, legal compliance and public disclosure, strong financial oversight and responsible fundraising.*

## Chantal's Story

\*Chantal first set foot in SURVIVORS' office in 2007. A few years later, she's sitting at Burger Lounge with a hamburger and a soda, talking about classes, Facebook, and movies-- just like any other student in America.

People who meet Chantal see an intelligent and confident young woman with a beaming smile, but she has not had the easiest life. In 2005, she fled to the United States alone at the age of 21 after a long period of harassment and threats that she had endured in Cameroon, a country in West Africa. She had been jailed multiple times and beaten by government officials for participating in a protest with other university students about the poor conditions on campus.

"I had no money and no support," she says. "But when I came to SURVIVORS, I felt like someone was always listening to me. Every time I had an issue, they all helped as much as possible."

SURVIVORS supported Chantal through the process of seeking political asylum, which included a psychological evaluation by one of our contracted clinicians and a medical evaluation by one of our pro bono physicians. Chantal received further counseling from a therapist and participated in healing activities with other torture survivors, such as discussion-based groups and music groups. "It was good to connect with others and the instruments were very healing for me," she says.

Chantal also received medical care for physical problems that had been neglected following her escape from Cameroon. SURVIVORS' medical services coordinator arranged pro bono surgery to remove a mass from her body. This surgery revealed a rare form of cancer that Chantal was suffering, resulting in the amputation of one of her limbs in order to stop the spread of her cancer. SURVIVORS supported Chantal through the amputation and provided continued counseling to help her through the healing process.

"Everyone at SURVIVORS was very respectful through the whole process. They value the person even though, at the moment, you're weak and poor," she says.

Now that she has been here several years, and with our support, Chantal says she feels safe and happy in San Diego and that she's not sure when or if she'll ever be ready to visit West Africa. Asked what she likes the most about life in America, she says (without hesitation): "Freedom: if you work hard, you can do what you want."

### About Cameroon

Close to the time that Chantal fled, The U.S. Bureau of Democracy, Human Rights, and Labor issued a country report on human rights practices in Cameroon. The 2006 report stated: "The government's human rights record remained poor, and it continued to commit numerous human rights abuses. Security forces committed numerous unlawful killings; they regularly engaged in torture, beatings, and other abuses, particularly of detainees and prisoners. Impunity was a problem in the security forces. Prison conditions were harsh and life-threatening." The government has also enforced laws against homosexuality, which Chantal says is "just one more way of encouraging violations of human rights."



Chantal is currently attending graduate school in San Diego. Upon completing her studies, she plans to pursue a career in international and comparative law.

**>>Like Chantal, many of our clients were leaders in their former countries and, after receiving treatment, they become leaders and decision makers in the United States.**

**Your support makes this healing possible.**

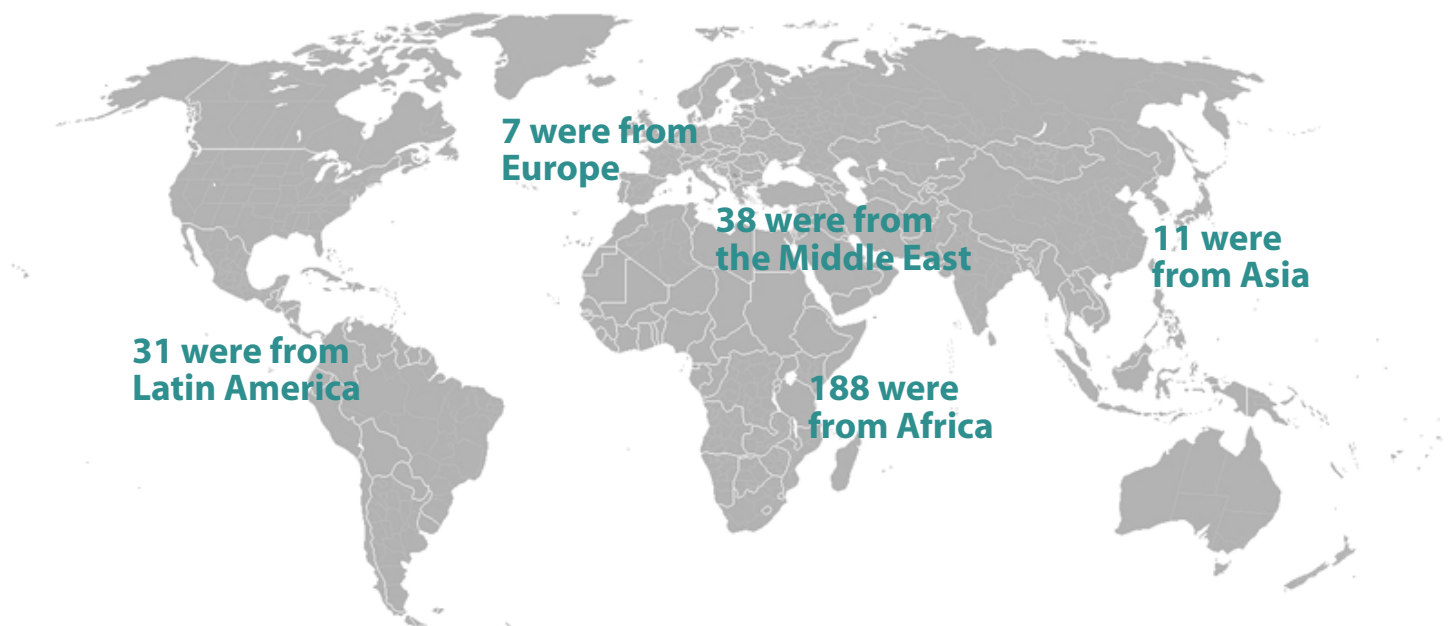
*\*Name has been changed for the client's privacy.*

# SURVIVORS facilitates the healing of torture survivors and



## Client Demographics

In fiscal year 2009 (October 1, 2008-September 30, 2009), SURVIVORS served **275** clients and their families.

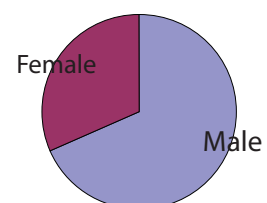


### Age

0-20	36 (13%)
21-30	135 (49%)
31-40	63 (23%)
41-50	29 (11%)
51-60	8 (3%)
60+	4 (1%)

### Gender

This year, 188 (68%) of our clients were male and 87 (32%) were female.



**Since 1997, SURVIVORS has provided services for more than 1,000 torture survivors from at least 60 different countries.** Follow-up evaluations of our clients have found treatment to be effective in improving a survivor's overall well-being, as well as increasing levels of employment, education, and community involvement. We have seen that many of our clients— after receiving treatment— go on to lead community organizations, graduate from college, and secure employment—thereby achieving their potential as productive members of our vibrant and diverse country. **As one of our clients recently told us, “I feel I can give. I’m trying my best to get a job so the government can help others, not me.”**

## Healing Services

SURVIVORS uses a culturally-competent, client-centered, recovery-oriented approach to care. When appropriate, we also assist family members of survivors in ways that support clients' healing and healthy family functioning.

**Forensic Documentation and Support for Asylum Seeking Clients.** We have a network of trained clinicians and physicians who meet with asylum-seeking torture survivors to conduct evaluations of the physical and psychological consequences of the torture they have suffered. The examining therapists and/or physicians submit written affidavits to the clients' attorneys for presentation to the immigration court. Our network of professionals completed 75 medical affidavits and 95 psychological evaluations this year.

For clients held in detention while seeking political asylum, we regularly send hand-written note cards expressing our concern for their well-being. Here is an excerpt of a response we received from one detained client:

*I want to thank you both for the card and words of encouragement on it. You make me feel good and when I receive correspondances from nice people like you, it gives me more energy to go forward with my case, I have been here for around one year now and I have been going thru very difficult times because I do not have enough knowledge about immigration law and I do not have any family here in the United States to help me.*

**Psychotherapy.** Common aftereffects of torture include depression, sleep disorders, guilt, detachment, anxiety, and post-traumatic stress disorder. To address these symptoms, we give clients access to a variety of therapeutic approaches, including individual and family therapy, crisis counseling, and support groups. More than 50% of our clients accessed some form of mental health care this year.

**Medical Care.** We have served clients this past year who have suffered from a variety of physical effects from having been tortured, including chronic pain in feet, arms, and other parts of the body; broken bones; missing and broken teeth; severe headaches; weakness; and fatigue. Our clinical staff arranged access to services that include medical examinations, checkups, and treatment; routine and restorative dental and vision care; psychiatry; chiropractic care; acupuncture; pain management; and physical and occupational therapy. We helped more than 40% of our clients receive medical care this year.

**Interpretation Services.** We have screened and trained an extensive network of more than 90 interpreters who collectively speak at least 40 languages and dialects. Interpreters translate for clients as needed for the entire range of services offered through SURVIVORS.

**Social Services Case Management.** We arrange transportation (via volunteer drivers and public transit passes) and supply basic hygiene items, blankets, food, and clothing donated by local groups such as Presbyterian Urban Ministries. Clients who are interested in spending time with other torture survivors can participate in Healing Club activities such as trips to local art museums, hikes at Torrey Pines State Nature Reserve, and Padres baseball games. We also offer a Befriender program whereby our clinical staff match caring volunteers with our clients to promote friendship between torture survivors and members of the community, minimizing the isolation that our clients sometimes feel while adjusting to life in the United States.



*Two of our clients look out at the Pacific Ocean during a hike with our Healing Club.*

# SURVIVORS educates professionals and the public about



*SURVIVORS' information display*



*Taiga Wanyanja*

## Trainings & Education

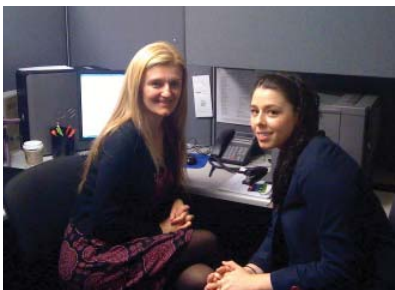
Using traditional techniques and modern technologies, we are committed to educating and training service providers, including healthcare professionals, clergy, educators, attorneys, interpreters, government employees, and students. We also do direct outreach to the public through booths at community health fairs and special events such as film screenings. Widespread education about torture and treatment remains a priority in building the capacity of our region to respond to the needs of torture survivors. When more of our neighbors know of this population and are prepared to give appropriate professional support, or just to be a friend, survivors who may have been isolated will find it easier to build healthy relationships and productive lives in the community.

### **In 2009, SURVIVORS' staff facilitated:**

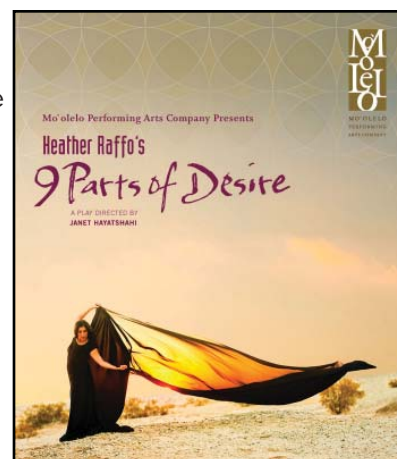
- 15 trainings for more than 375 professionals (health providers, attorneys, etc.);
- 14 speaking engagements for more than 690 university students; and
- 16 speaking engagements for more than 1,200 members of faith and community groups.

In 2009, we routinely received referrals from local refugee resettlement agencies such as Catholic Charities of San Diego, International Rescue Committee, and Jewish Family Services. We also received referrals from mutual assistance associations such as Kurdish Human Rights Watch and Horn of Africa. We worked closely with staff at referring organizations to provide the best possible care for shared clients. We are part of the San Diego Refugee Forum to cultivate partnerships with other local agencies and provide continuing education about torture survivors.

This year, we also started a relationship with University of California-San Diego's School of Medicine to have third-year medical students from the school assist with medical evaluations of our asylum-seeking clients.



In September 2009, two master's level social work interns began working at SURVIVORS. Svtelana Latic (on left) is from the former Yugoslavia (Bosnia and Herzegovina) and she graduated with a B.A. in psychology from California State University. Ashley Spong-Reitzin (on right) received her B.A. in psychology and a minor in sociology, and human development and families studies at the University of Indiana, Bloomington. They are enrolled in the Master of Social Work program at University of Southern California.



In October 2009, we formed a partnership with Mo'olelo Performing Arts Company for a performance of the play *9 Parts of Desire*. Inspired and extracted from true events, the emotional play focused on the diverse experiences of nine women from Iraq. Approximately 70 of our supporters joined us for the play and a post-show discussion.

# torture and its consequences

## Communications

To disseminate information on a continuing basis, we publish a printed newsletter and e-newsletter that provide updates regarding our services, news, and events. Through a targeted media plan, SURVIVORS increases awareness about torture and its consequences; here is an excerpt of an article by *San Diego News Network* about Taiga Wanyanja (at left):

*One night, police officers raided his house and arrested him on the allegations of his anti-government involvement. "I had my family with me when they searched my entire home," Wanyanja said. "At the end they said to my family, 'We're taking him and you may not see him again.'"*

*He was thrown into the bed of a truck where he saw dozens of men laying face down and on top of each other, each blindfolded. For the following nine months, he endured hour upon hour of ruthless torture.*

*"They would make you sit down, naked and on the cold floor and accuse you of being in a movement against the government," he said. "I didn't know what they were talking about but it did not matter to them.*

*When Wanyanja wouldn't admit he was involved in one of the movements, officials changed tactics, he said.*

*For weeks he wasn't fed. At other times, the torturers would put him in a freezing pool of water or put him in a room with extremely hot temperatures. Nine months after he was imprisoned, when the Kenyan government faced scrutiny and international pressure to liberate captives, Wanyanja was released.*

*Upon his freedom, but felt responsible to help other survivors.*

Taiga is the center coordinator of MATEO, an organization in rural Kenya that serves survivors of torture from Kenya, Somalia, and Sudan. He came to our office in fall 2009 as part of an exchange program sponsored by the International Rehabilitation Council for Torture Victims, an organization in Denmark that accredits approximately 140 torture treatment centers around the world, including SURVIVORS.

## Educating beyond San Diego

This year, we opened our first-ever satellite office. For several years, we received pro bono assistance from legislative advocates at the Sacramento office of Manatt, Phelps, and Phillips, LLP. This partnership built the foundation for a statewide advocacy project that we began in 2009 with funding from The California Endowment. We began leasing a small office in Sacramento and hired our first staff member based outside of San Diego. Since August, Government Affairs Director Tim Griffiths, Esq. (at right), has been leading advocacy and education efforts in Sacramento and Washington D.C. The frequent turnover of elected officials and the complex nature of state administrative departments mean that ongoing education is crucial for ensuring that the needs of torture survivors are not overlooked.



As we work on advocacy projects, we collaborate with other torture treatment centers that share similar goals. For example, through funding from the William H. Donner Foundation, SURVIVORS led the National Consortium of Torture Treatment Programs in hosting a February 2009 screening of the film "The Visitor" in Washington D.C. to educate legislators, government employees, students, and community leaders about the practice and conditions of U.S. immigration detention facilities and the impact of detention on asylum-seeking torture survivors. During the event, Congresswoman Zoe Lofgren (at left) and Senator Robert Menendez were recognized with 2009 Human Rights Visionary Awards. They were honored for introducing the Detainee Basic Medical Care Act of 2008, a bill that addresses the inhumane quality of medical and mental health care in U.S. immigration detention facilities. Congresswoman Lofgren spoke about what she has learned about immigration detention and told the stories of a few specific detainees who have died in detention. She said that she would continue to advocate on behalf of asylum-seekers.



# SURVIVORS advocates for the abolition of torture



Photo of Barack Obama by user Gabbec from Wikipedia

“. . . persons shall in all circumstances be treated humanely and shall not be subjected to violence to life and person (including murder of all kinds, mutilation, cruel treatment, and torture), nor to outrages upon personal dignity (including humiliating and degrading treatment), whenever such individuals are in the custody or under the effective control of an officer, employee, or other agent of the United States Government or detained within a facility owned, operated, or controlled by a department or agency of the United States.”

- From an Executive Order that President Obama signed on January 22, 2009 to end U.S. use of harsh interrogation techniques.

**Although prohibited by international law under the UN Convention Against Torture, torture is still a widespread practice throughout the world.** Survivors of Torture, International and other organizations in the California Consortium of Torture Treatment Centers have served survivors of torture from more than 100 countries. Repressive regimes rely on torture to control and repress their populations. Members of particular political, religious, or ethnic groups are often targeted.

In the War on Terror, leaders tried to justify the use of torture, harsh interrogation methods, and inhumane treatment of detainees. Prior to President Obama's Executive Order (quoted above), SURVIVORS helped promote the **Campaign to Ban Torture**, a campaign that called on the president to unequivocally reject torture and cruelty.

## June: Torture Awareness Month

The United Nations General Assembly selected June 26 as the **International Day in Support of Victims of Torture** to commemorate June 26, 1987, the day the UN Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment entered force. The convention reaffirms that the equal and inalienable rights of the human family are the foundation of freedom, justice, and peace in the world.

The International Rehabilitation Council for Torture Victims (IRCT) publishes an annual global report about the activities that take place worldwide in connection with June 26. A few years ago, Torture Abolition and Survivor Support Coalition International began designating the entire month of June as Torture Awareness Month. SURVIVORS supports this effort, calling upon our friends and colleagues throughout the United States as well as abroad, to participate in this campaign. In June 2009, we met with policymakers in Sacramento and partnered with local organizations to host small community events in San Diego to commemorate this day.

## What is "Torture"?

The United States' definition of torture can be found in U.S. Code Title 18 Section 2340(1) and cited in the Torture Victims Relief Act of 1998: *"Torture" means an act committed by a person acting under the color of law specifically intended to inflict severe physical or mental pain or suffering (other than pain or suffering incidental to lawful sanctions) upon another person within his custody or physical control.*



Photo courtesy of the IRCT ([www.irct.org](http://www.irct.org))

Common methods of physical torture include beating, electric shocks, suffocation, burns, rape and sexual assault. Common methods of psychological torture include isolation, threats, humiliation, mock executions, and witnessing the torture of others.

***Together, we can work to achieve a torture-free world.***

## Torture Exists

Torture continues to occur on a regular basis around the world. Its existence is reported by media outlets and documented by many international organizations but each day we hear firsthand the individual stories from survivors of torture who participate in our healing program. In 2009, we served clients from 36 different countries; the highest numbers came from the following countries:

**Somalia:** The East African nation has not had a functional government since 1991 when warlords overthrew dictator Mohamed Siad Barre and then turned on each other, leading to the collapse of the state and the economy. Civilians are being tortured and raped, with the victims systematically targeted on account of their clan origin. Refugees International calls the situation in Somalia the world's worst humanitarian disaster. There are approximately 1.5 million internally displaced people in Somalia and over 500,000 Somali refugees in neighboring countries.

*>> Our clients from Somalia have reported a range of horrific abuses including being raped by multiple men at one time and being forced to watch the murders of their loved ones.*

**Ethiopia:** According to the U.S. Department of State's Human Rights Report on Ethiopia published in 2009, fighting between government forces, including local militias, and the Ogaden National Liberation Front, an ethnically based, nationalist, insurgent movement operating in the Somali Region, has resulted in continued allegations of human rights abuses by all parties.

*>> Many of our Ethiopian clients suffered beatings and other physical torture by ONLF troops. It often began early, sometimes when they were as young as 12 or 13.*

**Iraq:** The human rights situation in Iraq remains dire with sectarian violence causing most abuses. Reports of torture and ill-treatment at the hands of Iraqi authorities continue. The U.S. Department of State reported in 2009 that continuing violence, corruption, and organizational dysfunction has undermined the government's ability to protect human rights. In 2008, the United Nations surveyed Iraqi refugees in Syria and classified approximately 20% of the Iraqi refugees there as "victims of torture and/or violence" and found that about 16% had been directly tortured.

*>> Our clients from Iraq have suffered beatings, sexual assaults, and death threats. Several have also had their family members kidnapped and held for ransom.*

**Mexico:** Human Rights Watch reported in 2009 that, while engaging in law enforcement activities, Mexico's armed forces have committed serious human rights violations, including killings, torture, rapes, and arbitrary detentions.

*>> Several of our clients from Mexico have been physically and sexually tortured by police and other authorities because of their sexual orientation.*

**Burundi:** "Despite the fact that the rape of women and girls is widespread throughout the country, the Burundian authorities have systematically failed to take concrete steps to prevent, investigate and punish these crimes," states Amnesty International on its web site.

*>> We have heard stories from our clients not only about rapes that have gone unpunished, but also rape by government authorities and police.*

**Iran:** Since the June 2009 election, multiple news agencies and human rights groups have documented widespread human rights abuses, including extra-judicial killings; rapes and torture; violations of the rights to freedom of assembly and expression; and thousands of arbitrary arrests and detentions.

*>> Several of our Iranian clients escaped to the United States following the murder of a spouse and torture inflicted on themselves and/or family members.*



*SURVIVORS supported a rally for human rights in Iran. The event was held in Balboa Park in 2009.*

# Audited Statement of Financial Position

September 30, 2009

(with comparative totals for September 30, 2008)

	2009	2008
<b>Assets</b>		
Cash	5,399	104,132
Investments	461,384	269,198
Grants Receivable	116,373	59,617
Refundable Deposits & Prepaid Expenses	27,970	21,567
Furniture & Equipment	19,221	9,424
Less: Accumulated Depreciation	(7,532)	(5,101)
<b>Total Assets</b>	<b>\$622,815</b>	<b>\$458,837</b>
<b>Liabilities</b>		
Accounts Payable	3,098	5,411
Accrued Payroll, Benefits & Taxes	19,885	24,549
Deferred Revenue	202,032	111,201
<b>Total Liabilities</b>	<b>\$225,015</b>	<b>\$141,161</b>
<b>Net Assets</b>		
Unrestricted	397,800	317,676
<b>Total Net Assets</b>	<b>\$397,800</b>	<b>\$317,676</b>
<b>Total Liabilities &amp; Net Assets</b>	<b>\$622,815</b>	<b>\$458,837</b>

*Survivors of Torture, International is a 501(c) 3 nonprofit organization. Tax ID: 33-0743869. The information on these pages reflects financial statements audited by the firm of Sonnenberg & Company.*

## Audited Statement of Activities

For the Year Ended September 30, 2009  
(with comparative totals for September 30, 2008)

	2009	2008
<b>Support &amp; Revenue</b>		
Grants & Contracts	919,399	849,288
Contributions	68,343	72,774
Special Events		12,251
Donated Goods & Services	80,510	263,541
Other Operating Revenue	6,552	4,389
Interest Income	2,185	7,417
<b>Total Support and Revenue</b>	<b>\$1,076,989</b>	<b>\$1,209,660</b>
<b>Expenses</b>		
Program Services	908,182	1,030,362
Supporting Services		
Management & General	83,338	79,050
Fundraising	5,345	10,038
Total Supporting Services	88,683	89,088
Total Expenses	996,865	1,119,450
Change in Net Assets	80,124	90,210
Net Assets at Beginning of Year	317,676	227,466
<b>Net Assets at End of Year</b>	<b>\$397,800</b>	<b>\$317,676</b>

## Your Commitment

Providing services to survivors of torture would not be possible without the supporters who make contributions to our mission. Your generosity allows us to create a safe haven for survivors living in San Diego. Donors listed in this report made contributions between October 1, 2008, and September 30, 2009. **Thank you.**

### Individual Donors of Goods & Services

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**Donors listed here made contributions between Oct. 1, 2008, and Sept. 30, 2009. We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized.**



*Pictured, left to right: Sara Vaz, SURVIVORS' special initiatives manager, with Jaclyn C. Duarte, program officer at Change a Life Foundation*

### *Building a Community of Healing in San Diego*

When we talk to our clients, some common themes emerge. One is the idea that SURVIVORS becomes a second family. We do our best to create a safe and comfortable environment that is open to people who arrive in the United States with many different backgrounds and experiences. Here are quotes from some of the torture survivors who have received assistance from SURVIVORS:

"SURVIVORS helped me through my darkest times. I know I'm not alone anymore. You are like my second family." - Female from Central America

"SURVIVORS has people who have the hearts of gold to me. SURVIVORS has a lot of love, in addition to what they provide to us. They put a lot of themselves into what they do . . . I do not think that I am alone, I have a family." - Female from West Africa

"Coming to SURVIVORS has been like finding a second family. I joined the support group and love meeting all these new people. Thank you to SURVIVORS' group for bringing us together." - Young male from Africa

Based on clinical follow-ups of our clients, anecdotal stories, and words from clients themselves, it is clear that SURVIVORS provides a valuable service for survivors of torture in San Diego. Yet it's not easy to sustain an independent nonprofit organization. In addition to applying for and securing funds from public and private institutions, we rely on the generosity of individual donors in the community who want to help survivors of torture to rebuild their lives.



**Meanwhile, the need is increasing.** The number of refugees and asylees resettled in San Diego County has increased drastically over the past few years. Our county received 5,028 new arrivals in fiscal year 2009, as compared to 3,661 in 2008 and 1,742 in 2007. California receives more Iraqi refugees than any other state according to the U.S. State Department, and the Associated Press has reported that California is the number one destination for Somali asylum seekers. Both Somalis and Iraqis have historically endured widespread incidents of torture. It is expected that this flow of refugees and asylees to San Diego will continue for several years to come per the U.S. Department of State.

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### *How to Support Survivors*

#### **Donate**

Survivors from all over the world receive healthcare, psychological treatment, and social services because of the ongoing generosity of our donors. SURVIVORS is an accredited member of the International Rehabilitation Council for Torture Victims: we provide life-changing services while meeting the highest standards of public accountability and program effectiveness. Ninety-one cents of every dollar raised goes directly to SURVIVORS' services. We are extremely careful with how we use our donors' dollars and we are grateful for any support you are able to provide. If you would like a copy of our latest audit, please contact Alexey Kirillov, finance manager, at (619) 278-2406.

>> **You can donate securely online at [www.notorture.org](http://www.notorture.org) or call (619) 278-2400.**

#### **Planned Giving**

Through proper estate planning, you may be able to make a charitable gift, maintain your standard of living and continue to care for your loved ones. Planned giving can reduce the IRS's share of an estate and redirect it to organizations like SURVIVORS that carry out the charitable work you value. If you believe SURVIVORS' work is important, consider leaving a legacy of support for many years to come. For more information on SURVIVORS' planned giving program, please call (619) 278-2400.

## Donate Stocks

Appreciated securities are a cost-effective way to make a donation to SURVIVORS. A gift of stock can provide much-needed support for SURVIVORS and offer you financial benefits as well. The easiest way to contribute stock is to have the shares electronically transferred to SURVIVORS' brokerage account. For details, please email [survivors@notorture.org](mailto:survivors@notorture.org).

## Corporate Philanthropy & Workplace Giving

There are many ways corporations can help survivors, including sponsoring events, donating goods and services, and encouraging employees to volunteer. Many employers offer matching gift programs to encourage employees to donate to nonprofit organizations. Some programs can double or triple the amount of your gift! To find out if your employer offers a workplace giving program, check with the human resources or corporate giving personnel at your office.

Federal employees in San Diego can give to SURVIVORS through the Combined Federal Campaign using a payroll deduction plan. SURVIVORS' CFC number is 24619. To support SURVIVORS through your contributions to the CFC, contact your workplace CFC coordinator to fill out the appropriate forms or call (858) 636-4114.



## Organize an Event

Small events are a great way for SURVIVORS to educate San Diegans about the work that we do. Trivia nights, home gatherings, film screenings, and book clubs are all perfect venues for raising awareness and/or funds. Email [survivors@notorture.org](mailto:survivors@notorture.org) to plan an event.

## Donate Items

Contact V-DAC to donate your car, truck, or RV and benefit SURVIVORS. Call (877) 999-8322 or go to [www.vdac.org](http://www.vdac.org). You can also donate your used cell phones, ipods, and other electronics to SURVIVORS to resell or recycle.

## Search and Shop

Visit [GoodSearch.com](http://GoodSearch.com) and a percentage of each click or purchase will be donated to SURVIVORS. Stores include Amazon, Apple, Target, Sephora, Staples, Best Buy, and others. Just enter Survivors of Torture, International as the organization you want to support.

Purchase the beautiful coffee table book *Speak Truth to Power*, written by Kerry Kennedy Cuomo and photographed by Pulitzer Prize-winning photographer Eddie Adams. *Speak Truth to Power* documents the powerful testimonies of human rights defenders who are changing the world. Half of all proceeds from this purchase directly benefit SURVIVORS' programs. To purchase a copy, please call (619) 278-2400.

We are part of the Ralphs/Food 4 Less community program. Enroll in the program each year and 1-4% of the price of all your purchases will go directly to SURVIVORS. Visit [www.notorture.org](http://www.notorture.org) for details.

## Volunteer

We have a great need for volunteers with professional education and experience, including physicians and dentists. We also need volunteer drivers, Befrienders (individuals paired up with clients who would like a new friend in San Diego), and people to help with more sporadic service opportunities such as assisting with the preparation of our postal newsletter. Please email [survivors@notorture.org](mailto:survivors@notorture.org) to find out about our most current volunteer needs.



*Phillip Musser, M.A., M.Ed., has been volunteering for SURVIVORS since September 2009 through the Ignatian Volunteer Corps. He says he chose SURVIVORS as his volunteer site because of "its mission of alleviating suffering for those who have been persecuted."*

## Stay Connected

Stay updated about our work by becoming our fan on Facebook ([www.facebook.com/notorture](http://www.facebook.com/notorture)), Twitter ([www.twitter.com/notorture](http://www.twitter.com/notorture)), and YouTube ([www.youtube.com/survivorsoftorture](http://www.youtube.com/survivorsoftorture)). You can also sign up for our monthly e-newsletter at [www.notorture.org](http://www.notorture.org). Please tell your friends.

## **Survivors of Torture, International**

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