

Solace Sexual Assault Services

Our Services

- In the fiscal year 2026, at least 50 individual adult clients have been served
- Solace provides individual therapy, crisis stabilizations, and trauma-informed group therapy to survivors of sexual assault. We currently offer two groups, Trauma-informed Yoga and Trauma-informed Expressive Arts to existing clients and to clients currently on the waitlist to receive therapeutic services after a qualifying assessment process.

Positive Impact Story

- A 66-year-old gay white male client has been coming to weekly individual therapy since August 2025. This client came into Solace seeking treatment for high levels of depression and impairment to daily functioning due to extensive childhood trauma history, of which hypervigilance, nightmares, low-self worth, and depression were bothering the client daily. Currently, client reports that he has been able to see his trauma from a different perspective, where he “can see it’s not really my fault. I was just a kid and couldn’t escape my fate as a child, but I left as soon as I could”. Client has been learning numerous coping skills to regulate himself and expand his window of tolerance. He attends the weekly Trauma-Informed Expressive Arts group processing session that has aided in his emotional expression and trauma processing. Client has also been actively participating in EMDR therapy to reprocess traumatic memories of childhood sexual assault, of which client reports being “much less bothered by those memories now, like they’re foggier and not as sharp”.

Successes

- We are pleased to announce the addition of a new bilingual therapist to our team, bringing our total number of bilingual practitioners to four. This expansion has contributed to a reduction in our individual therapy waitlist, particularly for Spanish-speaking clients. In addition to carrying an individual caseload, our new therapist has been proactively reaching out to individuals on the waitlist to provide check-ins and interim support while they await services. This effort reflects our ongoing commitment to ensuring that all clients feel supported throughout every stage of their care.
- We are currently offering two trauma-informed group services available to survivors currently enrolled in individual therapy, survivors who have “graduated” from therapy, as well as those on the waitlist: Trauma-Informed Expressive Arts Group and Trauma-informed Yoga. We encourage all eligible participants to consider these groups as a meaningful resource to their healing journey.

Challenges

- We continue to maintain a waitlist, as we are currently at capacity across our therapeutic practitioner team. Several contributing factors have led to a notable increase in survivors seeking services:
- A rise in requests for individual therapy and crisis stabilization services, including an influx of calls from community members affected by the recent release of the Epstein files and related coverage of the Zorro Ranch.
- Increasing rates of poverty and limited community resources, which intensify stress and can activate past trauma for many individuals.