



common
threads

PROJECT



2023 Annual Report



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Mission

Common Threads Project helps individuals and communities heal from the enduring psychological effects of sexual and gender-based violence in the context of war and displacement by building local capacity through training, launching scalable interventions, and furthering the field of trauma therapy.

Vision

We see a world where all survivors of sexual and gender-based violence have access to high-quality psychological care. Full recovery gives opportunity for post-traumatic growth, including becoming strong advocates for a more just society.



The Problem

Sexual and Gender-based Violence (SGBV) is a global human rights violation with profound and enduring impacts. Sexual assault, intimate partner violence, human trafficking, child and forced marriage, and rape as a weapon of war cause not only physical wounds but also invisible mental health consequences. Often there are deep wounds of stigma, shame, and social isolation. Without a chance to recover, victims may suffer from severe depression, lasting trauma-related distress, and other long-term consequences. When untreated, the legacy of trauma may be passed on to the next generation.

1 in 3

women experience sexual or gender-based violence in their lifetime.

Our Solution

We build local capacity through training.

Rather than placing cultural “outsiders” in our projects, we train, supervise, and mentor local mental health providers to provide treatment, adapting CTP methodology for their communities. This helps ensure treatment is culturally appropriate and that the intervention will last beyond our organization’s involvement.



We launch scalable interventions.

Our projects provide a model of care that can be implemented on a larger scale. Over time, our partner organizations become Centers of Excellence, providing a model for new projects to follow.

We conduct careful program evaluation and work to further the field of trauma therapy by deepening the impact of interventions for survivors. We have developed a long-term treatment that is effective in reducing mental health symptoms, improving functioning, restoring dignity, developing bonds of solidarity, and empowering participants not just to survive, but to thrive.



Watch our video to learn more



Dear friends,

How can so much have happened in just a year? Looking back on 2023, we marvel at what an intense time it has been at Common Threads Project.

Thanks to the Laurie M. Tisch Illumination Fund, who hosted *The Fabric of Healing* in their New York gallery space, scores of visitors were able to engage with and bear witness to the experiences of participants from across our project sites. The exhibition opening was a momentous celebration for CTP. Rather than being silenced, as is often the case, **the voices of survivors were amplified through their artwork.**

Last Spring, **we returned to Ecuador** where we had first planted the seeds of CTP with the Federación de Mujeres de Sucumbíos in 2012. In May and November, we trained a new cohort of creative and dedicated therapists to provide CTP-based services for those who have fled violence in Ecuador, Colombia, and Venezuela.

There was an especially magical moment in the Lago Agrio training when **Yasmin* a participant from our very first circle**, happened to appear at FMS after more than ten years. With great passion, she shared about the life-changing experience she had when she participated in the CTP program so many years ago.

Other highlights in the past year include the online support CTP provided to therapists and mental health workers in **Poland and Ukraine**. Refugees or internally displaced themselves, they have been heroically providing psychosocial services to others in dire need even when interrupted by shelling and sirens. We are eager for the day when a full program for comprehensive trauma healing will be possible there.

We have been thrilled to witness the growth of a **CTP Center for Excellence in Nepal**, where our partners at Sajha Dhago have succeeded in developing a robust program for trauma healing. Since 2022, they have served over 200 clients and have been recognized by the deputy mayor of Kathmandu for their achievements.

* pseudonym used to protect privacy

Increasingly, we are focusing energy on establishing regional Centers of Excellence like this one. It is through local stewardship that CTP is able to grow to scale. The Centers train, supervise, and mentor clinicians who can lead more circles and ultimately train others as well. It is miraculous to behold!

In addition to many uplifting moments, 2023 saw CTP facing its most painful time to date. Tragically, **our beloved Director of Training, Tally Tripp**, was diagnosed with an advanced cancer this past summer. After a brutal siege and a brave fight, Tally died in December 2023. It has been devastating for all who loved her. Tally was a central force in our CTP team and she is missed dearly. We pay tribute to her in a section of this Annual Report.

Given an ever-growing need for healing, our work is going forward with fervent commitment and urgency. This week we bring to fruition an **exciting project in Nigeria**, in collaboration with the impressive clinical staff of the Neem

Foundation. We have just launched our DC project with the training of 12 extraordinarily skilled therapists who will lead healing circles at three partner organizations in the **DC/MD/VA** metropolitan area. New clinician trainings in **Seattle** and **New York** will produce additional capacity at those sites as well.

We remain animated by our sense of purpose: planting seeds with strong local partners, nurturing therapists with the skills they need to provide effective treatment, accompanying survivors on their healing journeys, and working to advance the field of trauma treatment. 2024 promises to be another year of progress at Common Threads Project. Because of your support, we can embrace the future with hope and determination. Stitch by stitch, we make a difference together.

In gratitude and solidarity,



We remain animated by our sense of purpose: planting seeds with strong local partners, nurturing therapists with the skills they need to provide effective treatment, accompanying survivors on their healing journeys, and working to advance the field of trauma treatment.

Executive Director Rachel Cohen



Remembering the incomparable Tally Tripp

1955-2023

Common Threads Project could not have possibly become who we are without the enormous influence of Tally Tripp. A beacon in the field of trauma treatment, Tally was our inspiring teacher, devoted mentor, creative trainer, supportive colleague, perceptive supervisor, brilliant art therapist, somatic therapist and social worker, and beloved friend. She touched all of our lives and was crucial to the leadership of CTP.

Among our growing team of clinicians are several of Tally's former art therapy graduate students. Our circle facilitators in DRC, Nepal, Seattle, and New York benefitted from her training and supervision. In 2021, when Tally retired from the faculty of George Washington University's Master's in Art Therapy program, she became Director of Training at CTP. In this role, Tally developed curriculum and materials,

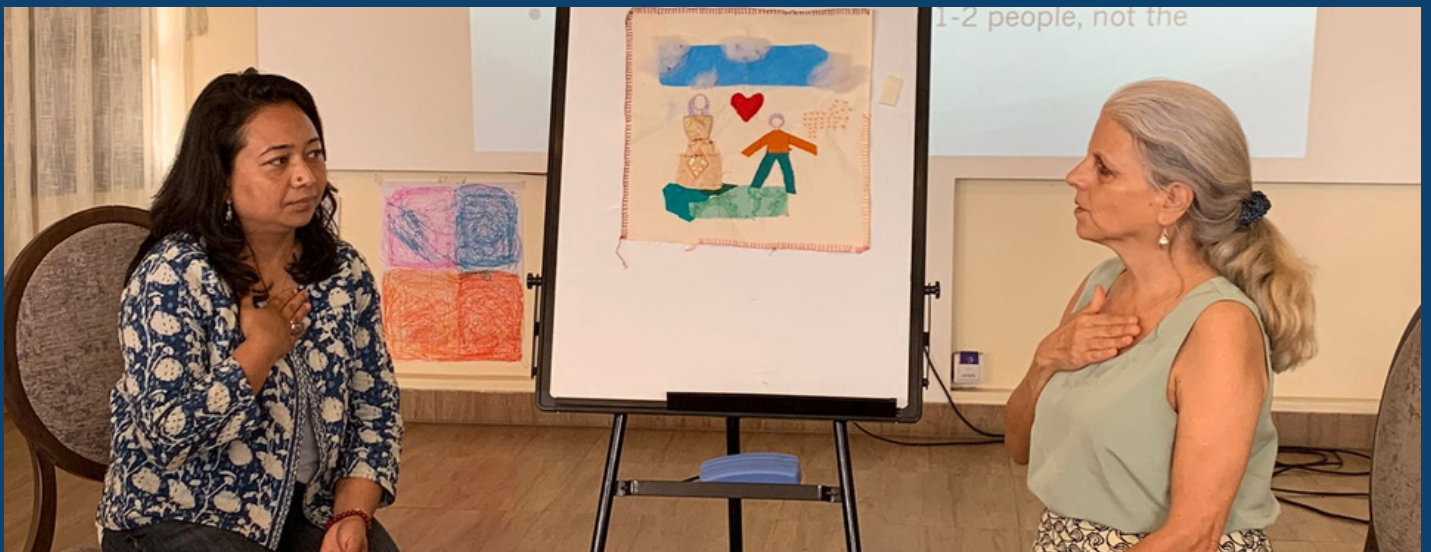
led training sessions, and cultivated our partners' Centers of Excellence for CTP methodology.

Tally's smile would light up a room. Her compassion for others ran deep and animated her work. Her energy and zest for life was seemingly boundless. Her sense of adventure was legendary. Before conducting an intensive training in Nepal, Tally went trekking in the Himalayas for a week. No matter that it was monsoon season, she had a terrific time and laughed about the leeches she accumulated in her boots!

We miss Tally profoundly, but her guiding presence will be felt in all that we do. Like all notable teachers, she left a great gift of learning for us all. We are more committed than ever to carrying Tally's legacy forward as we continue to share the Common Threads approach to healing.



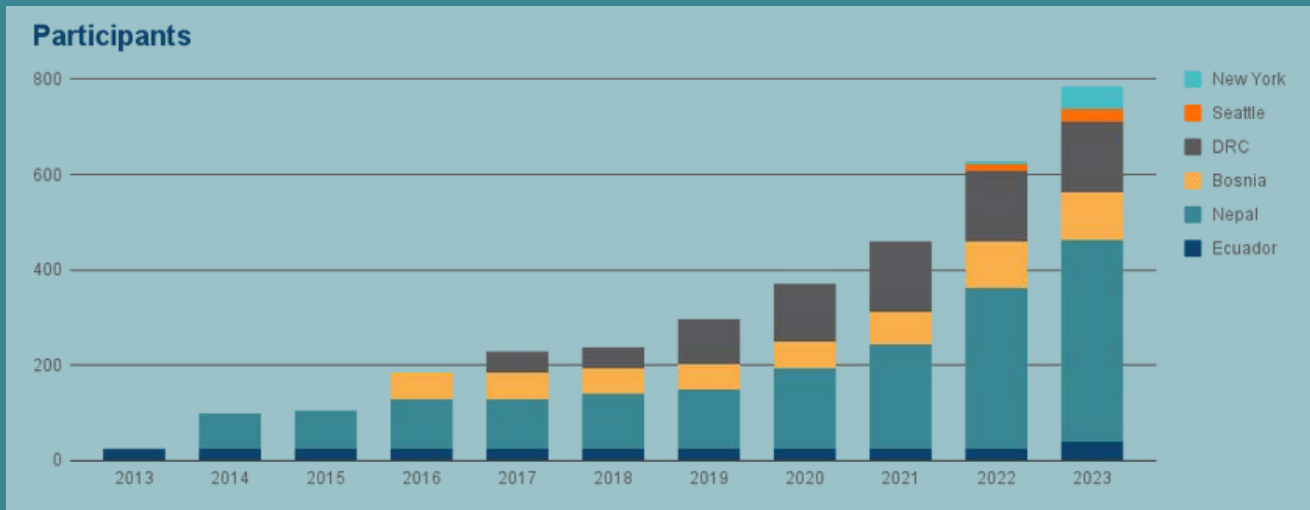
*We miss Tally
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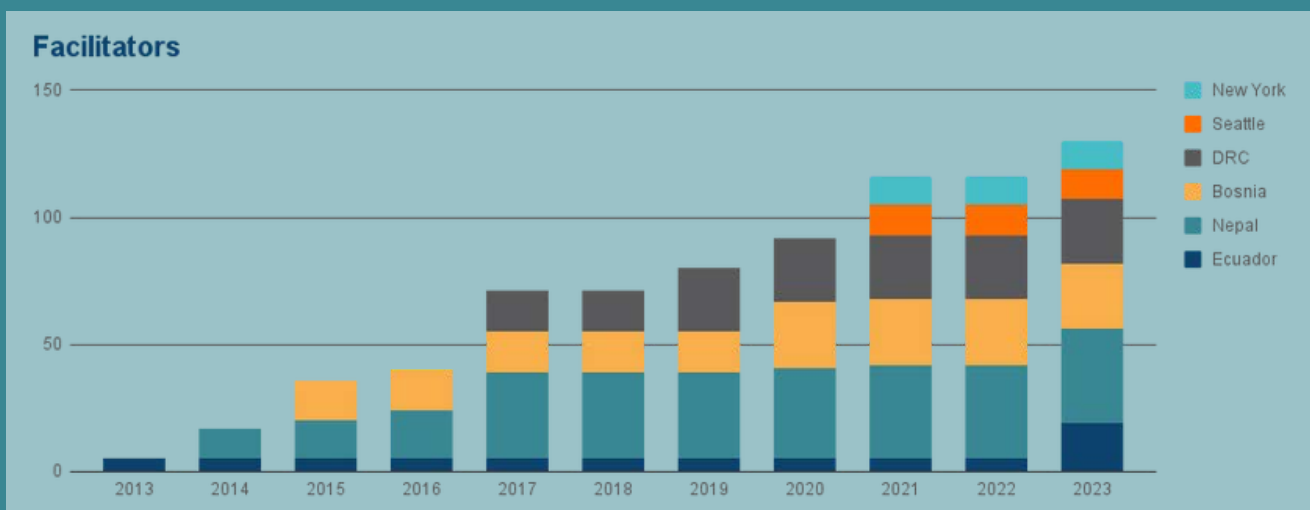
Our Impact to Date

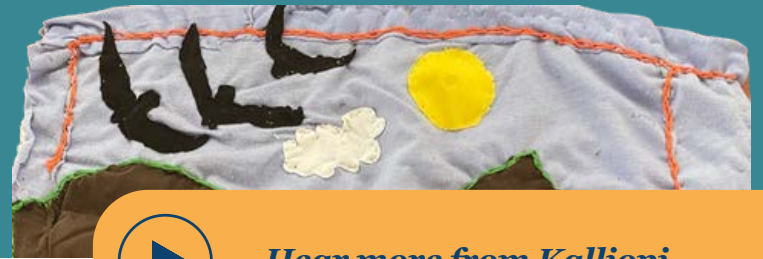
Common Threads Project has reached nearly 800 survivors of SGBV and is projected to reach several hundred additional survivors in future projects within the next two years.

These graphs show the number of survivors and facilitators we've had at CTP over the years. In 2023, we worked with over 150 new participants in 13 circles. Participants come from across 5 continents and include women, youth, and members of the LGBTQIA+ community.



We trained 14 new facilitators in Ecuador and continued to work with facilitators in Seattle and New York as they led their first healing circles and gained hands-on experience in the intervention.





Hear more from Kalliopi



*“Behind all of these statistics there are real women ... **Every single piece of art here is the personal history**, the personal story of individual women, whose lives they have been shattered because of the violence that they have experienced.”*

Kalliopi Mingeirou, Chief of Ending Violence against Women at UN Women, at our exhibition opening in March



When our clinical training team traveled to Lago Agrio, Ecuador earlier this year, they had a chance encounter with Yasmin,* who had participated in the very first healing circle in 2012, where Common Threads Project was born.

She burst into the room to explain to the new trainees how that experience had been a turning point in her life. During the program, she had gone from a life of despair, fear, and shame to one of hope, dignity, and self-confidence.

“This experience changed my life 360°. I was full of frustrations. I was frustrated at home with my partner. I was frustrated with my children. But afterwards I became more elated, more open. I changed.”

The changes have been enduring. A decade later, she is a leader in her community, working to help elderly women and advocate for women’s rights. Yasmin told us that she would never be where she is today without Common Threads Project.

“Being a part of the arpilleras group 12 years ago changed my life completely in every sense. ... After our work in arpilleras, I empowered myself with what I learned: the worth I have, the strength I have to overcome any obstacle.”


This is just one story. Others in Yasmin’s group — and the over 50 groups in Nepal, Congo, Bosnia, and the US that have happened since — have gone through their own transformative journeys. You support these countless women by bearing witness, sharing their stories, and sustaining our work.

** pseudonym used to protect privacy*



Our Programs in 2023

Ecuador	13
Nepal	16
New York	21
Seattle	23
Poland & Ukraine	24
DC, Maryland, & Virginia	25
Nigeria	26

 *Learn more about CTP's approach*

Ecuador

In 2023, we reunited with our first partner—the Federación de Mujeres de Sucumbíos—to embark on a new program together: renewing CTP healing circles for survivors in Ecuador and building towards a new Center of Excellence.

Together, with your support, we'll be able to offer healing and transformation to hundreds of women in the years to come.

Starting a new chapter with FMS

A lot has changed for both organizations since our first collaboration. When Executive Director Rachel Cohen and Deputy Director Vesna Golic visited the team at FMS a year ago they witnessed a community of care and belonging for survivors and trailblazing advocacy for human rights and environmental justice.

Throughout the province, the FMS network provides support for hundreds of survivors, including indigenous women and migrants from Colombia and Venezuela. They run the only residential shelter in the region, and a vibrant multi-service community center for survivors. They use arpilleras (story cloths) as a form of expression in all of their work.



Hear more from Amparo



As Amparo Peñaherrera, FMS coordinator and an original healing circle facilitator, put it:

In FMS, we like to think about arpilleras as the seed that allowed a possibility of transformation for all women ... The seed has grown thanks to the care that women from FMS gave it. It has spread out and now reaches the public space.

Healing circles begin again

Beginning in July, women in Sucumbíos who've experienced displacement, sexual violence, and trauma, engaged in deep healing work together. In the circles, they've created strong bonds, supported each other in recovery, and created story cloths.

The new cohort of facilitators has brought enormous expertise and creativity to the intervention. They've contributed many cultural and contextual adaptations, including infusing their program with meaningful indigenous healing rituals.



Training the next cohort of facilitators

With our renewed collaboration, we are excited to bring long lasting, transformative healing to more survivors in Sucumbíos and the region. With recent increases in narco trafficking and gang violence, the need for this work is greater than ever.

In 2023, we trained a new cohort of facilitators in Ecuador. Rachel and Senior Art Therapist Lisa Garlock led the training in May and November.

In the training, trainees experienced every aspect of the intervention themselves. They learn about the neurobiology of trauma, body-based approaches to trauma treatment, art therapy, psychoeducation, and using story cloths therapeutically.



Sustaining this network of care

The wellness and resilience of our facilitators makes this program possible. In 2024, we'll continue this work with healing circles designed for FMS staff.



This experience feels very deep in the body and in the emotions. It has been very exciting for me to remember the power of art and take it back to clinical practice. Knowing each other fills me with joy, strengthening the conviction that we can come together to embroider better worlds.

Facilitator after the training in May

Nepal

In 2023, Sajha Dhago marked their first anniversary as an independent Nepali organization and the inaugural CTP Center of Excellence. Throughout the year, they saw tremendous growth, and we are excited to see how they continue to blossom in the years to come.

Sajha Dhago served over 150 healing circle participants throughout 2023. Five circles that started in 2022 concluded in the first half of 2023, and an additional five circles began.

They partnered with diverse organizations and municipal wards to bring the Common Threads intervention to a wide range of participants. These included survivors of domestic violence, stigmatized women (who have been abandoned by spouses, widowed, or ostracized due to the suicide of a family member), youth affected by trafficking, and the LGBTQIA+ community.



[Read Sajha Dhago's report](#)



The interventions carried out by Sajha Dhago engage with vulnerable people, largely women, sexual and gender minorities, and queer communities who, due to their unequal power relations, discrimination, abuse and violence in the family, community and society, have been going through psychological stress/distress, mental health problems and trauma.

Sajha Dhago Chairperson Jamuna Maharjan Shrestha



In 2023, Sajha Dhago continued their work with LGBTQIA+ community members who face persecution and stigma in Nepal. They partnered with Unity for Change and the Blue Diamond Society to organize two circles for queer participants.

Two participants from the first queer circle have started an entrepreneurship and awareness campaign through their sewing; and others in this young person's group have taken steps to pursue their education further or join the workforce. Story cloths from this initial group were included in our international exhibition in New York.

We were able to share our stories and form a bond, unlike others. We found a safe space to share our feelings and this led us to understand each other and support each other. I believe my story cloth represents other stories as much as mine. I believe I am not alone anymore.

Participant in one of Sajha Dhago's queer circles



Lost in fulfilling societal and family responsibilities, I forgot my dreams. Sajha Dhago's intervention made me realize I wasn't alone. I rediscovered myself beyond roles—daughter, wife, mother. Despite family, I felt unheard. Sajha Dhago became my safe space. ... Thanks to them, I now understand my identity and value in a way I hadn't before.

Participant in one of Sajha Dhago's queer circles

Women in Kathmandu, Suryabinayak, Kirtipur, Chandragiri, and Lalitpur came together in local healing circles based on the CTP model.



*As a woman, I have learned from my own experiences that I must protect myself rather than depending on others. Through the Sajha Dhago program, **I have gained the strength to be independent and assertive.** I can now confidently say ‘No’ in unwanted and difficult situations, which is a significant lesson in my life.*

Participant from Nepal

*“**Each stitch helps to recover my painful experience.** My body is feeling much lighter than before, and I am able to concentrate on my daily work.”*

Participant from Nepal



*I found strength my mother never had. For my sons and my rebirth, **I now shine like the Sun,** a testament to inner strength and the will to embrace life anew.*

Participant from Nepal



Sajha Dhago also facilitated two circles for youth affected by trafficking, including the first co-ed CTP circle. These young individuals found community and relief as they worked through their experiences and looked toward the future.

In the tapestry of my life, I express past pain on a story cloth, depicting a childhood marked by a cruel boss wielding a black cloth stick. The narrative unfolds the harsh reality of abuse, sudden maternal absence, and my internal struggles.

Completing the cloth brought me relief. I hope the agonizing past stays confined to memory, never to be rewoven in my future.

Teen participant, whose story cloth is shown on the right



After experiencing fear and mistrust due to being trafficked and sexually abused at a young age, I frequently had suicidal thoughts and made attempts on my life. However, following a session, I have resolved to prioritize self-care and support others who have undergone similar traumatic experiences. I am now determined to strengthen my coping mechanisms and help others in society.

Teen participant

Sharing their Stories

As part of International Women's Day in March, Sajha Dhago hosted a program of speakers and an exhibition of story cloths from their healing circles. A large gathering, including government officials and community leaders, came to celebrate their work.

Check out the Kathmandu Ward 20 circle's celebration, which was featured on Kathmandu TV.



See the Ward 20 Celebration



Organizational Growth

In 2024, Sajha Dhago will be hosting a training workshop for new clinicians. This will be the first independent training of new facilitators and a key achievement for our first Center of Excellence.



New York

Our programs in New York have continued their healing work into 2023. Five new healing circles began this year, serving diverse clients from North and West Africa, Latin America, East and Southeast Asia, Eastern Europe, and North America.

Four circles launched at our partner Sanctuary for Families, where skilled clinicians were trained in the CTP approach in 2022. Three of the circles were conducted in Spanish: two led by art therapists Kimberly Neill and Keyra Carpio-Muller and another group facilitated by Ines Caro and Mikiko Sawada. The other circle, led by senior clinicians Dr. Allison Ross and Dr. Mariama Diallo, had participants from China, Russia, Burkina Faso, Morocco, the US, Guinea, Côte d'Ivoire, and the Philippines. [Here](#), [Mariama describes the connection forged within the first weeks of the group meeting.](#)



Hear more from Keyra



Hear more from Mariama



Participants were able to take control by sewing and creating their own art at their own pace. They're able to process personal narratives through the median of story cloths.

CTP facilitator Keyra Carpio-Muller

"It has been just amazing to see the connection in the group, the friendship, the creating."

CTP facilitator Mariama Diallo



Also in New York, a group for Francophone West African women met at Bellevue Hospital's Program for Survivors of Torture. It was led by senior psychologist Dr. Adeyinka Akinsulure-Smith and Dr. Rachel Cohen with apprentice-interpreter Sokhna Ndaiye.

Throughout the circles, facilitators of the groups met regularly with CTP faculty for ongoing supervision and discussion. In June, they convened in-person for an advanced training. They reflected on their inaugural circles, deepening their understanding of the CTP methodology and art therapy techniques.

Additional CTP training will be held in New York in 2024 with the support of the van Ameringen Foundation. More therapists will be trained in the CTP approach and further capacity in our New York project.



Hear more from Yinka

Not everyone is able to verbally express what they've been through. And so this—using the Common Threads modality—allows us to invite and engage our clients to speak, if you will, about what they've been through in other ways.

CTP facilitator and senior trainer Dr. Adeyinka Akinsulure-Smith

Seattle

In Seattle, our partners at Refugees Northwest (RNW) and Asian Counseling and Referral Service (ACRS) have been working to support survivors from refugee and immigrant communities. In 2023, two CTP healing circles were facilitated by CTP trained clinicians.

At Asian Counseling and Referral Service, Sukonthea Ok, Sorphorn Thoam, and Phuong Thi-Ngoc Nguyen facilitated a healing circle for Cambodian and Vietnamese refugees. The group, which began in 2022, formed a supportive community where participants were able to share their stories and stitch together.

Although many of the traumas took place decades before, some had remained silent for years until given encouragement and safety to disclose their hidden stories of the war. They are feeling a sense of relief in overcoming stigma and shame, and finding commonality. The group enjoyed the sense of community they developed so much that they have decided to continue meeting informally to explore additional crafts together.

A circle at Refugees Northwest for Afghan refugees was facilitated by Niloufar Amirmoezi and Faten Rashid. Together, the group built a community of trust and safety in which the participants made great strides in recovering from the effects of human rights abuses they have suffered.

In 2024, we will offer another Seattle training for staff at several agencies who will lead circles within other ethnic communities, including with Ukrainian refugees.



Bringing CTP to the US



This is the program that we actually first started internationally, and now we are bringing it to the United States.

Deputy Director Vesna Golic



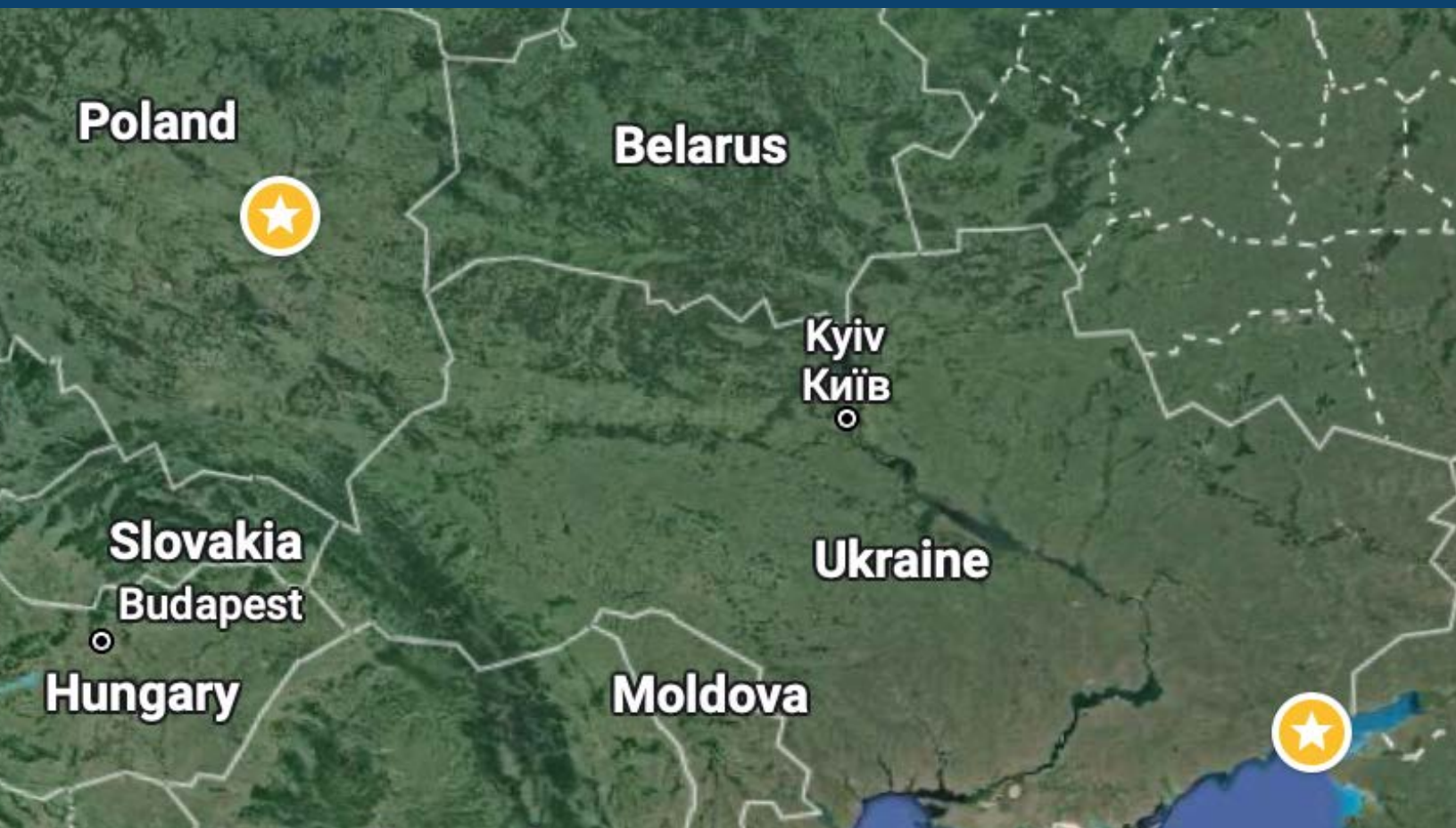
Poland & Ukraine

The war in Ukraine will have a lasting impact for years to come. For Ukrainians who've remained and those who've had to flee, the psychological impact is immense.

In the past year, CTP provided support to therapists and mental health workers in Warsaw and Mariupol. Refugees or internally displaced themselves, they have been heroically providing psychosocial services to others in dire need. At the same time, they have needed to find support for their own well-being so that they can manage their own trauma and loss as well as that of their clients.

Senior advisor for trauma theory and training Catherine Butterly and Director of Training Tally Tripp designed a creative program of support for therapists that they could deliver remotely. These sessions were sometimes interrupted by shelling and sirens, a constant reminder of the conditions under which our partners are working.

Clinicians inside the country and in neighboring states are on the ground doing everything they can to help those in need. We are eager for the day when a full program for comprehensive trauma healing will be possible there.



Washington, D.C. Maryland, & Virginia

Although the start of our DC-area project was delayed a year, in 2023 our team developed strong partnerships with three organizations who will bring Common Threads healing circles to diverse communities in DC, Maryland, and Virginia (the DMV).

Program for Survivors of Torture and Trauma at Northern Virginia Family Services, InterCultural Community Connections, and HIAS Silver Spring serve refugees, asylum seekers, and migrants as they face the enormous challenges of their lives in displacement.

In May and June, Director of Training Tally Tripp and art therapy specialist Lisa Raye Garlock led workshops for staff at NVFS' Multicultural Center, ICC, HIAS, and the Asian/Pacific Islander Domestic Violence Resource Project. Through these workshops, Lisa and Tally introduced the organizations and their staff to the CTP approach, giving a taste for how stitching and art can be used as part of the healing process.

In early 2024, Lisa Garlock and Executive Director Rachel Cohen began facilitator training for a cohort of 13 therapists, preparing them to lead healing circles beginning in May.



Nigeria

In 2023, we received a grant from the U.S. Embassy in Abuja to launch a new program for survivors in Nigeria in 2024.

After months of preparation, CTP Clinical Associates Mariama Diallo and Alby Gyimah-Boadi, and senior trainers Yinka Akinsulure-Smith and Rachel Cohen will be traveling to Abuja to conduct an intensive facilitator training. The 12 Nigerian facilitators will then lead healing circles for survivors of violence in several regions of Nigeria. In the Northern region, they will work with women and girls who have been victimized by the Boko Haram insurgency.



Hear more from Mary



In my many years of working in women's reproductive health and rights I have never seen a program that has such a long lasting and profound impact on women's lives. I am so committed to its mission and the fact that it builds capacities of local providers with its unique methodology.

Board Member Mary Luke



Raising Awareness, Influencing the Field

Exhibition Launch

From March to October over 200 visitors, including participants from one of our NY-based healing circles, visited the show. The participants in our circles have chosen to share their stories: to be heard, to be seen, to be listened to and understood.

You can continue to learn more about the stories in the exhibit at our digital catalog.



Hear our launch event's speakers



View the digital catalog

Collaborative Story Cloth

In another show of global solidarity and connection, our colleagues in Ecuador have **shared an unfinished story cloth** with our partner in Nepal.

The community at Sajha Dhago added their stitches to this shared cloth, honoring the “common threads” that unite survivors around the world.



“No matter in which corner of the world women are living, their story, their struggle are similar”



16 Days Campaign

During the International 16 Days of Activism against Gender-based Violence, Common Threads Project and our partners worked to amplify and uplift the voices of survivors.

Every year, our partners in Ecuador at FMS host a vigil for victims of femicide and transfemicide. This year, they created a “Memory Tree” in Lago Agrio’s main park. The names of victims hang from the tree’s branches, alongside messages from the community.

“We are united and, like the jungle, we all have the same roots”

Our Nepal partner, Sajha Dhago, shared [16 survivors’ story cloths](#) for each of the 16 days. They expressed the strength and resilience of survivors and spoke out against patriarchy in all its manifestations.



[Learn more about the vigil](#)



[View the 16 story cloths](#)





Contributing to the Field

Common Threads Project senior staff and faculty presented at professional conferences and gatherings of donors and philanthropies to share the results of our work, bring awareness about the use of story cloths in trauma healing, and foster solidarity with persons experiencing gender-based violence.

- National Consortium of Torture Treatment Centers symposium, DC: Executive Director Rachel Cohen presented about the CTP approach
- Psychotherapy Networker Symposium, DC: Director of Training Tally Tripp led a full-day workshop for mental health clinicians
- International Society for the Study of Trauma and Dissociation: Tally Tripp gave a presentation titled “Stitching Together: Narrative Textiles as a Creative Tool for Post Growth”
- Together Women Rise’s 20th Anniversary, Philadelphia: Deputy Director Vesna Golic spoke on a panel
- Psychosomatic Medicine: Science and Practice conference, hosted by the Ministry of Healthcare and the National Academy of Medical Sciences of Ukraine, Kyiv: Rachel Cohen presented
- National Organization for Arts in Health conference, Cleveland, OH: Rachel Cohen, spoke on a plenary panel
- BIEN23, a textile biennale in Kranj, Slovenia: Senior art therapist Lisa Garlock presented virtually about her work on the StoryclothDatabase, community textiles, and Common Threads Project. You can view her presentation [here](#).
- Rockefeller Philanthropy Advisors retreat, New York City: Rachel Cohen presented our work to over 120 philanthropy advisors
- Retreat on Arts and Health, sponsored by the Laurie M. Tisch Illumination Fund, New York: Rachel Cohen and Vesna Golic met with others working in the field of Arts and Health in New York
- “Healing Trauma Through Craft,” hosted by the World Hope Forum, online: Rachel presented alongside artists, crafters and healers. You can view the forum [here](#).

Our colleagues at Sajha Dhago have also been sharing their work with others in Nepal. At a [webinar](#) organized by the Tarangini Foundation for World Mental Health Day, Sajha Dhago chairperson Jamuna Maharjan Shrestha presented on their healing work. And the Sajha Dhago team also released a [video](#) marking the day.



Together We Make a Difference

In 2023, our Common Threads Project network of support grew in important ways:

We are fortunate to have received generous grants from the **Oak Foundation, Otto Haas Charitable Trust, Sisters of the Holy Names of Jesus and Mary, Van Ameringen Foundation, and The Laurie M. Tisch Illumination Fund.**

Our team also grew: Art therapists **Ronny Kempenich** and **Luisa Mariño Garcia** pitched in as interpreters and training assistants for

Ecuador. **Molly Schultz Hafid** and **Louisa Kornblatt** consulted with our team on strategic planning and research respectively. **Christie Schmid, Isabel Enriquez, Anne Eckman** became our first Program Coordinators.

Our small team relies on skilled volunteers who have given of their talents and time to further our work. Kudos to **Ann Blume, Maureen Brotherton, Lynne Clark, Barbara Crane, Bernice Gordon, Lynn Hiestand, Lea Basile Lazarus, Mary Luke, Mary Matheron, Nicole Nehrig, Isabella Towle, and Ava Rose Wyden.**

Appreciating that the process of healing requires continuous tending, The ACTION COLLECTIVE sustains our work with donations we can count on every single month: **Caroline Johnson, Sam Aleinikoff, Amanda Haran, Amy McGregor-Radin, Susan Pfeifer, Laura Shannon, Sari Weisenberg, Cynthia Grguric, Lucy Christopher Lichtig, Ira and Kay Abrams, Elisabeth Sears, Anna Chamberlin, Sue Smith, and Barbara Garlock.**

Special thanks to our hardworking and generous board: **Ann Blume, Mary Briese Matheron, Henrietta Johnson, Alex Aleinikoff, Patty Friedman, Lynn Hiestand, Sone-Seeré Burrell, Mary Luke, and Cynthia Pacutho.**

Our Board of Directors worked tirelessly in 2023 as champions of the organization. Founding board President **Lynn Heistand** passed the torch of leadership, and we are grateful that she remains on the board to continue her exceptional support and guidance. New co-presidents **Mary Matheron** and **Ann Blume** have been a dynamic duo, bringing vision and professionalism to their roles. We express our sincere gratitude to **Henrietta Johnson** for her board service, as she concluded her board position in 2023.





Looking Ahead

2024 marks a defining moment for Common Threads Project. In order to bring our model to scale, we are laser-focused on cultivating regional Centers of Excellence and are investing in developing teams of exceptional therapists to bring these to life. It is through our Centers of Excellence that CTP methodology can become culturally resonant, locally integrated and sustainable to serve exponentially more survivors over time.

To this end, we are starting off this year with four major trainings for clinical facilitators:

- Beginning in Washington DC/Maryland/Virginia region (February and April)
- On to Neem Foundation in Abuja, Nigeria (March)
- Seattle (March and April)
- Establishing new cohorts with additional partners in New York City (May and June).

This means that **during the first six months of the year we will prepare about 50 new circle facilitators.** Some of those mental health staff will become trainers of new cohorts and supervisors themselves.

Another significant focus in 2024 will be to **refine Program Evaluation and rigorous research** with expert research partners in order to measure, demonstrate, and understand the power of the CTP approach to healing. This will be a key undertaking that allows CTP to contribute more broadly to the field of trauma therapy.

Leadership at CTP is expanding into a new generation. At the start of 2024, we welcome **Eva Ross** to our board of Directors, and thanks to a partnership with **BoardLead**, we will be adding two new board members by April 2024.

In the last several months of 2023 we embarked on a thoughtful **strategic planning process**, soliciting input from many different stakeholders within and beyond the CTP organization. We posed important questions, and considered a range of perspectives and have begun to map out specific pathways to guide the next three years. By mid 2024, we will share a bold and pragmatic plan for reaching our goals.

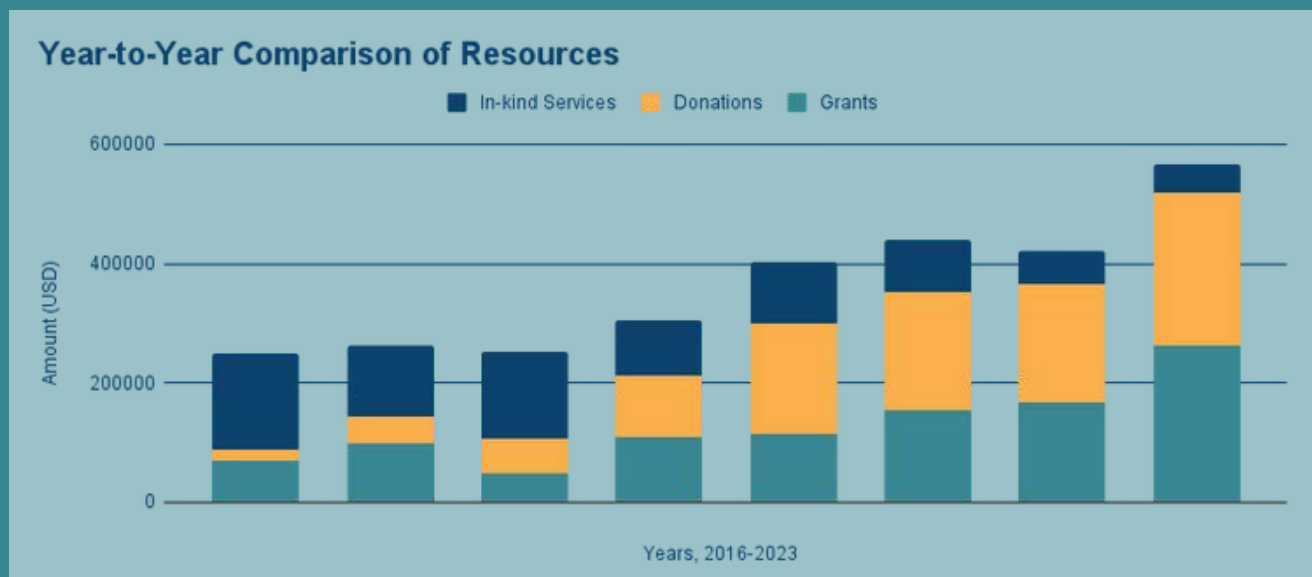
We look forward to making strides towards those goals with you.



Financial Report

Common Threads Project total resources in 2023 were \$564,265, including \$262,250 in grant donations, \$256,895 in individual donations, and \$46,120 in in-kind services.

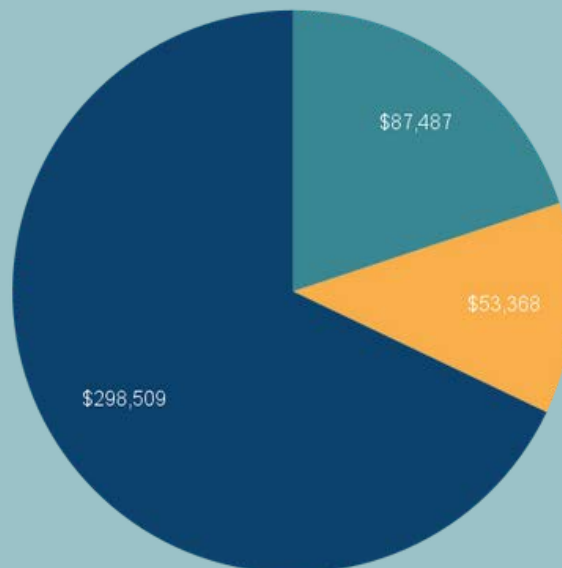
In comparison to last year, grant donations increased by \$95,943 and by \$67,654 in individual donations. Our grant donors were the Oak Foundation, Otto Haas Charitable Trust, Sisters of the Holy Names of Jesus and Mary, Van Ameringen Foundation, and The Laurie M. Tisch Illumination Fund.



Expenses in 2023 totaled \$439,364, including \$298,509 in direct program costs. This is a nearly 20 percent increase compared to 2022’s direct programming spending, while overall spending only rose by 6.4 percent. **Over the last two years, the proportion of spending towards direct program costs has increased by over 10 percentage points.**

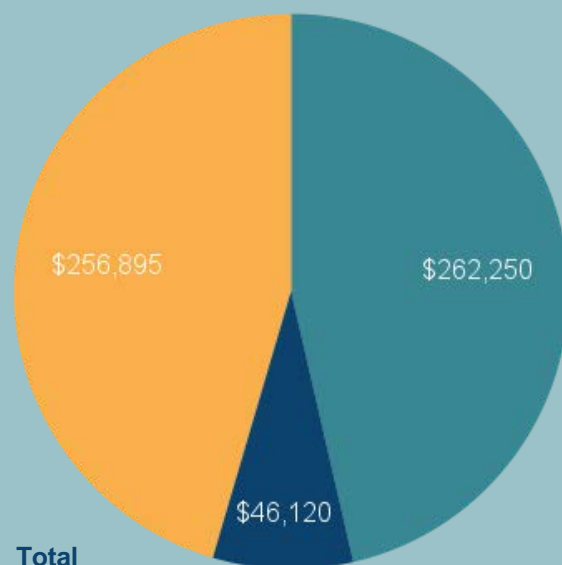
2023 Expenses

● Direct Program	\$298,509
● Development/Fundraising	\$53,368
● Operations	\$87,487
Total Expenses	\$439,364



2023 Resources

● Grants	\$262,250
● Donations	\$256,895
● In-Kind Services	\$46,120
Total Resources	\$565,265



	<u>Grants</u>	<u>Donations</u>	<u>In-Kind</u>	<u>Total</u>
2016	\$71,000	\$17,100	\$162,673	\$250,773
2017	\$98,726	\$45,455	\$119,057	\$263,238
2018	\$48,000	\$59,799	\$143,815	\$251,614
2019	\$108,188	\$104,894	\$91,050	\$304,132
2020	\$113,587	\$187,227	\$100,986	\$401,800
2021	\$155,225	\$198,526	\$86,240	\$439,991
2022	\$166,307	\$198,332	\$55,800	\$420,439
2023	\$262,250	\$256,895	\$46,120	\$565,265

Thank you!

We could not do any of this without our extraordinary family of donors:

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Kay Abrams
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Adeyinka Akinsulure-Smith
John Aleinikoff
Sam Aleinikoff
Shoshana Aleinikoff
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Richard Tullos
Sari Weisenberg
Amy Wrona
Linda Yee
Elizabeth Young
Joyce Yu

Working together one stitch at a time, transformation is possible.

Thank you!

From those in our circles in Ecuador, Nepal, and the US, to our trainees around the world, to our staff in Brooklyn, we thank you for your role in maintaining the impact of Common Threads Project in 2023!

