# EVE: Amethyst Recovery Centre (ARC)

A Holistic Recovery Spa for Survivors of Intimate Partner Violence (IPV) and Sexual Assault (SA)

*May 21, 2025*

## Executive Summary

The EVE Amethyst Recovery Centre (ARC) is a transformative wellness initiative by End Violence Everywhere (EVE) designed to provide immediate, trauma-informed support to survivors of intimate partner violence (IPV) and their families. This program offers a safe, serene, natural environment where survivors can access essential therapeutic and medical services, participate in wellness and healing modalities, and regain a sense of peace and autonomy. Programs at ARC draw on proven holistic and trauma-informed approaches to promote healing and long-term stability.[1] By addressing their immediate physical, emotional, and mental needs, ARC serves as a critical first step in the journey toward stability and independence, bridging the transition to long-term housing in EVE's modular home community, Amethyst Resident Establishment (ARE), if required.

## Mission Statement

To create a peaceful, nurturing space where survivors of violence can heal, regain strength, and prepare for a life free from abuse.

## Vision

A world where survivors are supported with compassion and care, ensuring their holistic well-being as they rebuild their lives in safety and dignity.

## Objectives

1. **Immediate Assistance:** Provide a safe haven for survivors fleeing violence, offering immediate medical, therapeutic, and wellness support.
2. **Healing and Wellness:** Deliver trauma-informed care through a combination of therapeutic modalities, mental health counseling, and holistic wellness practices in a non-judgemental space.
3. **Stability and Transition:** Empower survivors to prepare for the next step of their journey by offering resources and support for the transition to long-term housing in EVE's modular home community, ARE.

[1] Cynthia J. Prince et al., "Outcomes from a Holistic Healing Arts Retreat for Women Survivors of Abuse," *Journal of Alternative and Complementary Medicine* 28, no. 12 (December 2022): 973-81.

# Target Audience

- Survivors of IPV, sexual assault (SA), and other forms of domestic violence, along with their children and pets.
- Individuals in need of immediate refuge and holistic support after abuse.

# Core Services

1. **Safe Shelter:**
    - Secure, calming, hygienic, and private accommodations in a peaceful environment 365 days a year.
    - On-site 24 hour security to ensure safety and comfort.
2. **Trauma-Informed Wellness Programs:**
    - Individual and group therapy sessions led by licensed therapists specializing in trauma.
    - Holistic practices such as yoga, meditation, sound healing, and art therapy to promote emotional and mental recovery.[2]
    - ARC's approach is grounded in trauma-informed care (TIC), which significantly reduces depression, anxiety, and stress among IPV survivors.[3]
3. **Medial Support:**
    - On-site or partnered access to medical professionals for immediate care.
    - Specialized services for pregnancy, post-natal support, and children's health.
4. **Nutritional Support:**
    - Healthy, nourishing meals tailored to survivors' needs.
    - Education on wellness and nutrition to aid in physical recovery.
5. **Resource Coordination:**
    - Access to legal aid for divorce, custody, and protection orders.
    - Guidance on financial literacy and employment opportunities.
    - Connections to housing assistance and EVE's modular home community, ARE.[4]

[2] Rebecca Macy, "Survivor-Centred Practice: A Holistic Approach to Trauma-Informed Care for Intimate Partner Violence," *Journal of Family Violence* 33, no. 6 (August 2018): 421-32.
[3] Kathleen C. Basile et al., "Effectiveness of Trauma-Informed Interventions for Intimate Partner Violence Survivors: A Systematic Review and MetaAnalysis," *Trauma, Violence, & Abuse* (September 2023).
[4] Cris M. Sullivan and Nicole K. Goodnight, "Evaluation of the Domestic Violence Housing First Model on Survivors' Housing Stability, Safety, and Well-Being," *Journal of Family Violence* 38 (2023): 497-511.

## Facility Features

- Spa-like atmosphere with calming aesthetics to promote relaxation and healing.
- Private therapy rooms, yoga/meditation spaces, and community areas for group sessions.
- On-site childcare to allow survivors to focus on their healing.
- Hydrotherapy, pools, saunas, steam rooms in a relaxing, natural setting.

## Revenue Model

While ARC primarily functions as a non-profit initiative, funding will be sustained through:

1. **Grants and Donations:** Securing government grants and private donations to fund operational costs.
2. **Corporate Sponsorships:** Partnering with wellness brands, therapy providers, and philanthropists to support survivor programs.
3. **Fundraising Campaigns:** Hosting events and initiatives to raise awareness and funds for ARC.
4. **Sliding Scale Model:** Offering services to paying clients in the future, with all profits reinvested into the program to support survivors.
5. **Insurance:** For survivors with insurance, coverage provided by the company.

## Implementation Plan

**Phase 1: Facility Setup (6 Months)**

- Secure location and purchase property.
- Establish a welcoming, spa-like environment.
- Partner with trauma-informed therapists, medical professionals, and wellness practitioners.
- Launch partnerships with corporate sponsors and brands to diversify funding.

**Phase 2: Survivor Intake (Months 7-12)**

- Begin operations with a focus on survivors in immediate need.
- Collaborate with local shelters, legal organizations, and medical providers for referrals.

**Phase 3: Expansion (Year 2)**

- Introduce additional wellness programs and expand capacity.

**Phase 4: Modular Housing (ARE) Integration (Year 3)**

- Seamlessly connect survivors from the ARC spa program to EVE's modular housing community, ARE.

# Expected Impact

- **Immediate Safety and Care:** Provide a life-saving refuge for survivors in crisis in a non-judgemental environment.
- **Holistic Healing:** Equip survivors with the tools and resources to recover physically, emotionally, and mentally by fostering emotional resilience and empowerment through community-based therapy and integrative practices that elevate self-worth and hope.[5] ARC adopts a trauma-and-violence-informed care (TVIC) model that not only supports recovery but also addresses systemic inequities that contribute to survivors' vulnerability.[6]
- **Long-Term Stability:** Create a seamless transition from crisis support to independence through housing and empowerment programs.
- **Trauma-Informed Reform:** Heal trauma in its infancy before it is stored and manifests in unhealthy ways in the body.

# Conclusion

EVE's survivor spa program, ARC, represents a vital step in the journey of healing and empowerment for survivors of violence. By providing a safe nurturing environment and addressing their immediate needs holistically, we lay the foundation for a brighter, violence-free future. This initiative is not just a refuge — it's a transformative space where survivors can rebuild, heal, and thrive.

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[5] Patricia Karina Cuji-Tacuri et al., "Healing through Integrative Community Therapy: A Qualitative Study of Domestic Violence Survivors in Quito, Ecuador," *Global Health Promotion* 30, no. 1 (March 2023): 75-84.
[6] C. Nadine Wathen et al., "Trauma-and-Violence-Informed Care: A Tool for Equity-Oriented Health Care," *Canadian Journal of Nursing Research* 55, no. 1 (March 2023): 4-14.

# Contact Information

**Cait Alexander**

Founder, End Violence Everywhere (EVE)

www.endviolenceeverywhere.org

info@endviolenceeverywhere.org

(647) 533-0383

**Ish Van Der Rassel**

Government and Community Outreach Lead, EVE

www.endviolenceeverywhere.org

ish@endviolenceeverywhere.org

(705) 492-6827

# Notes

1. Cynthia J. Price et al., “Outcomes from a Holistic Healing Arts Retreat for Women Survivors of Abuse,” Journal of Alternative and Complementary Medicine 28, no. 12 (December 2022): 973–81, https://doi.org/10.1089/acm.2022.0195.

Price et al. present a longitudinal, controlled study examining the effects of a five-day residential healing arts retreat on women with histories of childhood sexual abuse and intimate partner violence. Findings revealed statistically significant improvements in PTSD symptoms, depression, perceived stress, and emotional regulation, persisting at a 7-month follow-up. These outcomes support ARC’s integration of trauma-sensitive experiential modalities such as yoga, mindfulness, and creative expression.

2. Kathleen C. Basile et al., “Effectiveness of Trauma-Informed Interventions for Intimate Partner Violence Survivors: A Systematic Review and Meta-Analysis,” Trauma, Violence, & Abuse (September 2023), https://doi.org/10.1177/15248380231196570.

This comprehensive meta-analysis synthesized 13 randomized controlled trials assessing trauma-informed interventions among IPV survivors. The review found strong evidence for the efficacy of trauma-informed frameworks in reducing depression and anxiety. Although PTSD-specific effects were more variable, the analysis underscores the value of TIC as an evidence-based standard for ARC’s therapeutic offerings.

3. Rebecca Macy, “Survivor-Centered Practice: A Holistic Approach to Trauma-Informed Care for Intimate Partner Violence,” Journal of Family Violence 33, no. 6 (August 2018): 421–32, https://doi.org/10.1007/s10896-018-0001-5.

Macy articulates the necessity of trauma-informed systems that empower survivors through culturally competent, autonomy-promoting interventions. She emphasizes the role of service environments that miniseries re-traumatization and reinforce survivors’ agency — principles embedded in ARC’s design through spa-like environments, power-sharing practices, and client-centred decision making.

4. Cris M. Sullivan and Nicole K. Goodnight, “Evaluation of the Domestic Violence Housing First Model on Survivors’ Housing Stability, Safety, and Well-Being,” Journal of Family Violence 38 (2023): 497–511, https://doi.org/10.1007/s10896-023-00500-6.

This longitudinal evaluation of the Domestic Violence Housing First (DVHF) model demonstrates that rapid access to safe, stable housing combined with survivor-driven advocacy significantly improves long-term housing security, psychological safety, and mental well-being. These findings substantiate ARC's integration with the Amethyst Resident Establishment (ARE) as a seamless extension of care.

5. Patricia Karina Cuji-Tacuri et al., "Healing through Integrative Community Therapy: A Qualitative Study of Domestic Violence Survivors in Quito, Ecuador," Global Health Promotion 30, no. 1 (March 2023): 75–84, https://doi.org/10.1177/17579759221131564.

Cuji-Tacuri and colleagues offer qualitative insights into how Integrative Community Therapy fosters resilience, collective healing, and restored self-worth among IPV survivors. Participants reported enhanced emotional expression and empowerment. These outcomes validate the ARC's inclusion of peer-based group therapies, shared rituals, and community healing circles.

6. C. Nadine Wathen et al., "Trauma- and Violence-Informed Care: A Tool for Equity-Oriented Health Care," Canadian Journal of Nursing Research 55, no. 1 (March 2023): 4–14, https://doi.org/10.1177/08445621221129545.

Wathen et al. introduce Trauma-and-Violence-Informed Care (TVIC) as an advanced framework that addresses intersecting structural, interpersonal, and institutional forms of violence. The model promotes safety, trustworthiness, choice, and cultural humility, aligning with ARC's commitment to intersectionality, anti-oppressive care, and health equity across all service levels.