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the road ahead
Jamie Kimble embodied the saying, “A smile is the shortest distance between two people.” Her warm and infectious smile spread joy to everyone who knew her.

Her ever-present friendliness was matched by her drive to achieve educational and professional success. After graduating in the top ten in her class from J.H. Rose High School in Greenville, NC, she completed her degree in just 3 1/2 years at UNC-Chapel Hill, where she was named Outstanding Senior at the Gillings School of Global Public Health. Outside of excelling in her studies, Jamie made lasting bonds within her Tri-Sigma sorority and rooted hard for the Tar Heels.

After graduating from UNC, Jamie started her professional career in pharmaceutical sales and then transitioned to a sales and marketing position at BYB Brands, a subsidiary of Coca-Cola Bottling Co. Consolidated. As driven as Jamie was, it was important for her work to align with her values. For that reason she felt she had found her professional home at BYB Brands, whose purpose includes honoring God and serving others. The respect was mutual, and Jamie was promoted to Director of Regional Sales for the southwest.

As hard as she worked in her professional life, Jamie always made sure her friends and family knew how much they mattered to her. Whether she was calling a friend one minute past midnight to make sure she was first to say happy birthday, or calling her grandfather on Veterans Day to thank him for his service, she was always thinking of others.

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Determined to create something positive from this tragedy, Jan and Ron Kimble started the Jamie Kimble Foundation for Courage and continue to work toward a future without intimate partner violence. The spiral charm on Jamie’s necklace serves as the Foundation’s logo and reminds us that courage will help win the fight against intimate partner violence.

JAMIE’S STORY

The courage to remember

“Jamie’s Story” was created by the Jamie Kimble Foundation for Courage to celebrate Jamie Kimble’s life and to raise awareness about domestic violence. The story is told in Jamie’s own words and voice. Jamie’s story is a powerful reminder that domestic violence can happen to anyone, regardless of age, race, gender, or economic status. Jamie’s story also highlights the importance of recognizing the signs of domestic violence and seeking help when necessary.

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shining a light on 2020

On behalf of the Jamie Kimble Foundation for Courage, we want to extend our gratitude to everyone who contributed to our work this past year. In spite of its challenges, 2020 was a year of growth for the Foundation. Our team proved its ability to quickly and thoughtfully adjust programs and adapt events so we could continue working toward a future without intimate partner violence.

Through our pillars of Prevention, Education, Awareness and Research we continued to make strides and reach some exciting milestones in 2020. In February we collaborated with Mecklenburg County Community Support Services to hold our first annual Teens for Courage Summit at Carowinds. We were so honored to spearhead this event where topics like healthy relationships and warning signs of abuse were openly discussed and young people brought tools and resources back to their schools to continue making an impact. The Teen Summit created not just informed high school students, but courageous young ambassadors for dating violence prevention.

In 2020 we were able to extend prevention efforts to UNC Charlotte by initiating funding for the Green Dot program, which will be taught in 2021. This innovative approach to violence prevention sees all community members as potential allies and bystanders who can help create a culture that is intolerant of violence.

Our dream of opening a Family Justice Center in Mecklenburg County got closer to reality in 2020. We know Jamie could have benefited from having a one-stop location to deal with the emotional, logistical and legal ramifications of domestic violence. To have her legacy associated with a resource that saves lives and transforms victims into survivors is truly meaningful to us.

Jamie’s smile lit up the room. Through the Foundation that bears her name, she continues to shine her light on an issue that has existed in the darkness for too long. By bringing it into the light through honest discussions, strategic prevention programs, and collaboration with community partners, we honor Jamie’s spirit. She made us proud every day. This impact her legacy is having on our community continues to make us proud.

Ron and Jan Kimble
Founders

A MESSAGE FROM THE EXECUTIVE DIRECTOR

our mission continues

Like many of us, my commitment to ending domestic violence is personal. I watched a loved one go through it for years. I know it can feel like there is no way out, like no one understands, like this struggle must occur alone and in the shadows.

The Jamie Kimble Foundation for Courage shows people they are not alone. It brings the discussion into the open and identifies intimate partner violence for what it is: an epidemic that affects everyone.

The Foundation equips survivors with the tools they need to be successful mentally, physically, and emotionally. We strive to be a resource through prevention and education programs, to be a voice for the voiceless through advocacy, and to be a beacon of knowledge and awareness through research.

In spite of the challenges posed to our plans for 2020, the Foundation was able to successfully hold several key events, including the first-ever Teens for Courage Summit and our 6th Annual Women for Courage Event—our biggest fundraiser of the year. Through the event we were still able to raise awareness and funds even though we had to move it from April (Jamie’s birthday month) to October (Domestic Violence Awareness Month). Special thanks to our Emcee, WSOC-TV anchor Erica Bryant, Keynote Speaker Melissa Dohme Hill, Charlotte Mayor Vi Lyles, Pastor Nic Schreiber, Paige Kûlum, and the many others who made this virtual event possible. Keynote Speaker Melissa Dohme Hill’s story of surviving a brutal attack by an ex-boyfriend is unforgettable, educational, and inspirational. If you missed it, you can watch the event at jkffc.org.

As we celebrate the Foundation’s impact in 2020, we continue our mission into 2021 and beyond. I hope the pages that follow provide inspiration and hope that together we can create a future without intimate partner violence.

Sherill Carrington
Executive Director
In 2020, we proudly published the first-ever Jamie Kimble Foundation for Courage Impact Report. What a special way to tell Jamie’s story, recognize the generous contributions of our supporters, and demonstrate the different ways the Foundation uses that support to effect change and prevent intimate partner violence in our community and beyond.

On February 1, the Jamie Kimble Foundation for Courage partnered with Mecklenburg County Support Services for the Teen Violence for Courage Summit. More than 250 students representing 60 high schools gathered for the event, which was emceed by Emmy Award-winning NBC Charlotte anchor Sarah French. The event equipped teens with prevention and awareness tools to take back to their schools, making the impact widespread and long-lasting.

In April, the Foundation debuted Courage Talk, a video series dedicated to promoting awareness, and education around intimate partner violence. Executive Director Sherill Carrington engaged thought leaders and experts in dynamic conversations to empower people to be active bystanders and preventation ambassadors. Featured guests include James C. Brehm, MD, Senior Academic Chairman of the Department of Psychiatry at Atrium Health, Jessica Salzman, MD, Assistant Professor of Emergency Medicine, Atrium Health, and Rev. Cathy Hardy, BSN, MS, a Community Engagement, Novant Health. Follow us on Facebook to get the latest episodes in your feed!

On April 23, the Foundation hosted a Facebook Live event to raise awareness and funds for the cause of intimate partner violence prevention. Viewers heard from Co-Founders Ron and Jan Kimble and Board Members Amy Kimble Zeisock, Sharon Roland, and five Courage Club leaders from Charlotte-area high school students. Participants remembered Jamie, emphasized why the Foundation’s work is so important, and encouraged viewers to learn the warning signs, spread the word, and “be the light” to keep Jamie’s spirit shining onto our community.

On August 1st, Ron Kimble participated in the AAHOA 2020-Charity Golf Tournament, which raised over $50,000 to benefit 9 local charities including the Jamie Kimble Foundation for Courage. AAHOA is the largest hotel owner association in the world. “AAHOA members in Charlotte did exceptional work in organizing a successful event that was safe, fun, and a benefit to our community,” said AAHOA Chairman Brian Patel.

On October 1st, the Foundation held a virtual Women for Courage event. Normally held in April to honor Jamie’s birthday, the event was moved to October, National Domestic Violence Awareness Month, with the theme “Be the Light.” The Foundation’s largest annual fundraiser, the Women for Courage Luncheon is an opportunity for both men and women to hear about our mission and the initiatives and learn the characteristics and warning signs of intimate partner violence. Special thanks to our Emcee, WCCO TV anchor Erica Bryant, Keynote Speaker Melissa Dimble Ditmier, Chair of Mayor Vi Lyles, Pastor Nic Schreiber, Page Kilburn, and the many others who made this virtual event possible.

In October, JCFPC.org debuted a brand-new look! “The redesigns of the Jamie Kimble Foundation for Courage website was made to promote and empower the ideas of Hope and Courage while demonstrating the importance of healthy relationships,” says Foundation Executive Director Sherill Carrington. “We also wanted our website to reflect our involvement in Courage Clubs and Teen Summits for high school students. We hope Courage Clubs for the community, and our partnerships with businesses and organizations providing direct services to those with immediate needs.”

In November, construction began on the Survivor Resource Center (SRC) at the Children and Family Services Center in Charlotte, recognizing that a Charlotte-Mecklenburg Family Justice Center is a long term project, the ChildMack Family Justice Steering Committee established the Survivor Resource Center to strengthen relationships, evolve community responses, engage other community partners, and continue to enhance the work of numerous multi-disciplinary teams. Rather than being open to the public like a Family Justice Center, the SRC will accept referrals from core partners to address the high-risk cases of abuse.

Even though Covid-19 forced many of us to cancel events in 2020, the Foundation remains actively involved in one key initiative—the Family Justice Center. A partnership comprised of the Jamie Kimble Foundation for Courage, Safe Alliance, and Pat’s Place are working with the City of Charlotte, Mecklenburg County, and other community partners to establish a family justice center. The Family justice center previously proposed in Charlotte has been named The Umbrella Center, and will be home to agencies providing valuable services that assist victims of domestic violence, sexual assault, child abuse, elder abuse, and human trafficking, all from one location. These are the centers that are the best practice model throughout the country, so stay tuned for more details in the near future.

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The UMBA CER CEN T

Many thanks to Paige Album for sharing her story of courage in order to help and domestic abuse in our community.

The courage to change the game

Audra Tousaint has spent seven years figuring out how to navigate the system in order to protect herself and her daughter from her abuser. Now she is part of a group working to ensure that abuse survivors in our community have a safe place to obtain protection, medical services, childcare, and direction from their abusers.

The safe place is called The Umbrella Center. It’s based on the Family Justice Center model pioneered in San Diego, CA in 2002 and replicated more than 500 times across the country. Family Justice Centers offer a one-stop-shop for abuse survivors to access services through a single, trauma-informed intake process. They have been proven to provide services in a shorter period of time, saving families money and anxiety for victims and their children, and improving outcomes. San Diego demonstrated a reduction of nearly 40% in restraining order violations. The Umbrella Center’s 15-year period after the city opened a Family Justice Center.

Ron Kimble, Co-Founder of the Jamie Kimble Foundation for Courage, serves alongside Audra Tousaint on the Umbrella Center Steering Committee. They’re joined by a multidisciplinary team representing law enforcement, medical services, childcare, and social services.

The foundation has been behind the effort to bring a Family Justice Center to Charlotte since the beginning. The Foundation partnered with Wells Fargo to fund a community study assessing the need for a Charlotte-Mecklenburg-based Family Justice Center. The study showed a strong case for implementing the center and the community’s support, including city commitments from both the City of Charlotte and Mecklenburg County, and will raise the remaining funds with help from the Jamie Kimble Foundation for Courage. Pat’s Place, Safe Alliance and other advocates.

“We’re very happy to navigate the system by yourself,” says Audra Tousaint, who has renewed the restraining order on her abuser four times. Her abuser filed the last restraining order 20 minutes after it took effect.

“I have a supportive employer, a caring family and friends who can watch my daughter. If I didn’t have all these things, it would have been a very different story,” says Audra. In her many visits to the Magistrate’s Office, Audra has seen too many women who fled with nothing more than their purse and don’t have the advantages that helped Audra protect herself and her daughter.

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Warning Signs

There is a significant amount of warning signs and red flags in my relationship prior to my assault. One of the things that my former abuser did was control who I spent time with including my immediate family. He also controlled my finances and kept my money and debit card under his control despite me working full time and making my own income. In hindsight the biggest warning signs were the times he physically abused me and threatened to take my life. I mostly kept the abuse a secret and hid the details from family and friends. I honestly thought he would change and things would improve. My main fear was that he would hurt me or my son. Many others have few or no resources or safety measures for my safety. Safe Alliance assisted me with the hospital and during my healing time and provided me with legal representation and resources for my son.

My advice for someone in an unhealthy relationship is to remove yourself from the dangerous situation and get help. Don’t wait for your abuser to change because your life is at risk every day that you are around that person. It may feel impossible to leave due to financial ties and children but your life is more precious than taking the risk.

A New Chapter

It’s been over six years since my attack and there has been lots of healing through faith and support. My amazing husband and I were married in September here in North Carolina. We also recently purchased our first home and are excited about building some great memories.

We have a beautiful blended family of five and we are happy spending time outdoors together. My son is now nine and he enjoys basketball and going on mountain bike rides. I am a financial manager for a great company and enjoy helping clients and leading my amazing team.

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BYSTANDER TRAINING COMES TO UNC CHARLOTTE

The Foundation is making it possible for a cohort of UNC Charlotte staff and faculty to participate in the Green Dot Train-the-Instructor program in spring of 2021. Once they have gone through the program, they will be able to train a variety of campus groups in bystander intervention for violence prevention, making the Green Dot impact exponential.

What is Green Dot?
Picture a map of our community with red dots all over the map, each dot representing an act of power-based violence. Now picture green dots among the red ones, representing any act that promotes safety and communicates intolerance toward violence. As the Green Dot program states, “If just some of us were willing to step up — even in small ways — very quickly green dots will outnumber red dots, and less of those we care about will be harmed.”

The theory and evidence-based strategy intentionally targets influential people for the first wave of bystander training. For UNC Charlotte this means athletes as well as leaders from student government, Greek life, and campus clubs.

“This is about redefining campus norms around interpersonal violence,” says Dooley. “We want to move from a passive agreement that violence is wrong to a solid endorsement of intolerance toward violence. As the Green Dot program states, our goal is to create a culture that establishes an intolerance of violence as the norm as well as interventions in high-risk situations.”

Dooley, MS, MPH, MCHES
Director, UNC Charlotte Center for Wellness Promotion

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The courage to soar

Teen dating violence awareness clubs are a key piece of the prevention efforts led by the Jamie Kimble Foundation For Courage. Of those clubs, Hough Students for Courage, received the Jill Dinwiddie Courage to Soar Award in 2020 in recognition of their comprehensive prevention efforts with their classmates and the community at large.

The founding members of the club graduated in 2020 from Hough High School in Cornelius, NC, but they left the group in good hands. Current president Aubrey Hoppie is the younger sister of founding member Kaylee Hoppie.

“Hough Students for Courage is one of the best and most supportive groups that I have ever been a part of. College students don’t know how to help someone who has experienced interpersonal violence, and 57% say it is difficult to identify such violence.”

Meanwhile, studies show that more than half of college students don’t know how to help someone who has experienced interpersonal violence, and 57% say it is difficult to identify such violence.

The numbers paint a devastating picture. For too many college students, experiences of interpersonal violence indicate that they are not equipped to help.

Courage Close to Home
Here in our community, Beau Dooley, MS, MPH, MCHES and his team at UNC Charlotte are committed to changing this picture. As Director of the UNC Charlotte Center for Wellness Promotion, Dooley was looking for a truly comprehensive violence prevention program that involved the entire campus and campus clubs.

“The Green Dot violence prevention program was already well-known and respected, but the Center for Wellness Promotion needed to find a way to fund it. That’s where the Jamie Kimble Foundation for Courage comes in.

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Beau Dooley, MS, MPH, MCHES
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A Courage Club is a group of high school students who take the initiative to prevent teen dating violence. Simply by showing that it’s OK to talk about this issue, Courage Club members are making tremendous progress in prevention. But they don’t stop there. They educate their classmates about what makes a healthy relationship, and they cover the warning signs of unhealthy ones. They collect supplies and raise funds for shelters to ensure that survivors and their children have a safe place to start a new chapter. They show their support for any classmate who has experienced dating violence, and they work to show young men and women what is and is not acceptable in a relationship at any age.

Prevention is a key pillar of our strategy to eradicate domestic violence, so we could not be more proud to support the Courage Clubs popping up all over Charlotte.

COURAGE CLUBS

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A Courage Club started in 2013 when a group of Myers Park High School students asked physics and environmental science instructor Monika Tubb to be their advisor. As a friend of Jamie Kimble, Monika was grateful for the opportunity to help prevent interpersonal violence.

“I can’t do anything to bring Jamie back, but I can do things to help other people so it doesn’t happen to anyone else,” says Monika.

2020 Milestones

The Jamie Kimble Foundation for Courage partnered with Mecklenburg County Support Services for the first-ever Teens for Courage Summit, February 1, 2020 at Carowinds. Emceed by Emmy Award-winning NBC Charlotte anchor Sarah French, the free event provided a comprehensive curriculum on how to develop healthy relationships and how to be an active bystander.

Participants came away with volunteer hours, life-saving knowledge, and a toolkit for spreading awareness in their own schools. “It was powerful to hear different people’s stories and feel like I walked out understanding more about relationship abuse than I did going in,” says Myers Park Senior Connor Lindsley.

The summit generated energy around teen dating violence prevention, and Courage Clubs continued to grow in 2020 in spite of the challenges created by school closures. Charlotte Catholic High School formed a club after Senior Pilar Zamorano was inspired at the Teen Summit. “These are not discussions anyone had when I was growing up, and I saw my own generation go through these issues,” says Charlotte Catholic Counselor Lisa Bryant, MS, EdS, NCC, who serves as the club’s advisor. “This is an issue that many students really care about and it is more prevalent than it is talked about.”

As she prepares to graduate from Charlotte Catholic this year, Pilar hopes to pass the torch on to another student leader who feels just as passionate about a future without intimate partner violence. “I want people to know that they aren’t alone, that there are other people out there who have survived this.”

As a counselor, Lisa also recognizes the benefit of teens joining a cause bigger than themselves and seeing them as the chance to think about someone other than themselves and acknowledge that just because it hasn’t happened to them, doesn’t mean it won’t happen.

As the program grow, the Jamie Kimble Foundation for Courage guides Courage Clubs through formation, recruitment, and activities and provides educational resources. Our long-term goal is to add clubs throughout the community every year.

It was such an honor to take part in the Teens for Courage Summit. I was blown away by all of the incredible teens in our area. In 2009, I lost a dear friend to domestic violence. At the time, I did not know all the signs to look out for when it comes to domestic violence. Now I do, it’s important for us to turn our pain into our purpose so we can help others and stop the cycle of domestic violence. I was honored to be a part of this event, and I hope one day in the future we will be able to do it again in-person.

Sarah French, two-time Emmy Award-winning journalist and NBC Charlotte evening anchor

12 Jamie Kimble Foundation for Courage

2020 Impact Report

13 Jamie Kimble Foundation for Courage
warning signs

These warning signs do not mean a relationship will definitely turn violent. However, if you notice them in your relationship or partner, you may need to reevaluate your relationship.

- Treating you exceptionally well at the beginning of the relationship
- Making you feel sorry for him or her
- Never being at fault
- Trying to control you through constant communication
- Separating you from your family and friends physically or emotionally
- Causing chaos at family events
- Being overly critical
- Searching your belongings for evidence of cheating
- Prying into private belongings to learn more of your innermost feelings or past relationships
- Constant checking in with you or phone records
- Accessing your email, social media, or phone records
- Constant communication
- Being overly critical
- Separating you from your family and friends physically or emotionally
- Making you feel sorry for him or her
- Never being at fault
- Trying to control you through constant communication
- Insulting or putting down people that you care about
- Quickly becomes serious about the relationship
- Had a lot of bad prior relationships and blames all problems on the previous partners
- Very controlling. This may include giving you orders, telling you what to wear, and trying to make all of the decisions for you
- Blames you when they treat you badly by telling you all of the ways you provoked them
- Has an explosive temper (“blows up” a lot)
- Pressures you into sexual activity with which you are not comfortable
- Has a history of fighting, hurting animals, or bragging about mistreating other people
- Believes strongly in stereotypical gender roles for males and females
- You worry about how your partner will react to the things you say or you are afraid of provoking their partner
- Owns or uses weapons

Be the light

The theme for our 2020 Women for Courage Event was “Be the Light.” Jamie Kimble was full of light. Each of us can honor her light by helping to bring about a future without domestic violence. Here’s what you can do:

- Donate

Your tax-deductible donation can help save lives. Donate online at jkffc.org, text “JKFFC” to 833-835-4483 or send a check payable to: Jamie Kimble Foundation for Courage 1900 E 3rd St, Suite 110 Charlotte, North Carolina 28204

- Spread the Word

Let’s do all we can to keep our community talking about this epidemic. Ask your employer to hold one of our workshops or contact us for help developing supportive policies. Encourage your teen to start a Courage Club at their school. Ask your faith leader to speak about intimate partner violence, organize a program, or start a support group. Learn the warning signs and share them with others. Become an active bystander who knows how to spot red flags and how to help.

- Join Us

We could not do our work without generous volunteers who help with events, outreach, office support, fundraising, and committees. Sign up at jkffc.org or contact us at 980.237.0451 to learn more.

- domesTic violence Resources

In an emergency, always call 911

National Domestic Violence Hotline Free, confidential 24/7 hotline. The caller will be referred to local resources for help.
1.800.799.7233

Jamie Kimble Foundation for Courage Learn about programs, activities, warning signs, and more at jkffc.org or 980.237.0451

Turning Point: Monroe Emergency shelter and other services. 24-hour hotline: 704.283.7233 Office: 704.283.9180


Safe Alliance Hope Line Free, confidential 24/7 hotline for Mecklenburg residents. Safe Alliance also operates a shelter for Mecklenburg residents. 980.771.4673