



# 1Touch Project 2015 Annual Report



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# Executive Director's Message



Greeting Supporters,

First of all, I want to thank all of our coaches, donors, and volunteers for their continuing support and the momentum they give to this life-changing project. We are proud that the 1Touch Project has come into 2016 with more success stories and accomplishments than ever. 1Touch has reached more people, improved more lives, given strength and guidance to many who had nowhere to turn, and spread the 1Touch mission further across the United States in 2015. Our 501(c)(3) non-profit status has opened many doors to working in-depth with other organizations and the potential for greater funding and growth. As a constantly developing organization, the 1Touch is creating new and innovative programs for people who use wheelchairs and a curriculum addressing women's self-defense. None of this would be possible without your support and the value you see in the work we are doing. Our effort to provide high-quality coaches and standards for the organization has initiated

child-protection policies, background checks, annual coach reviews, and mandatory reporting of events. In addition, 1Touch has a larger website/social media presence, instructed more Coaching Certification Courses, and presented at more conferences in 2015. Our contributions to the field of adaptive physical activity have drawn the attention of scientific study as to how the 1Touch is effective in developing confidence, independence, spatial awareness, and health and wellbeing. Our volunteers are constantly growing, adding their time and support to reach more people and provide higher-quality services. We rely on your continued support to move forward in our mission of improving lives of fearlessness, freedom, and safety.

Sincerely,

Stephen Nicholls/Executive Director

## Mission

1Touch Project is a 501(c)(3) organization that provides ongoing self-development and rehabilitation courses through self-defense training specifically for people who are visually impaired and members of society requiring physically adaptive activities.

## 2015 Highlights

- 1Touch Project received 501(c)(3) tax-exempt status
- 1Touch Project reached over 2,500 end users
- 1Touch certified 36 coaches
- 1Touch expanded their programs to include a curriculum for people who use wheelchairs
- 1Touch is being used at 15 schools/rehabilitation agencies across the United States
- 1Touch became a Category 1 Provider of CE hours for the Academy for Certification of Vision Rehabilitation & Education Professionals (ACVREP).

- A total of seven abstracts were accepted at conferences for the Association for Education and Rehabilitation of the Blind and Visually Impaired (AER) and the International Mobility Conference.
- Workshops were instructed at national conferences, including the National Federation of the Blind, American Council of the Blind, and the National Organization of Albinism and Hyperpigmentation.



## Programs

**Presentations:** 1Touch presentations are informative in nature and include oral presentations, poster sessions, and informational booths at conferences and meetings.

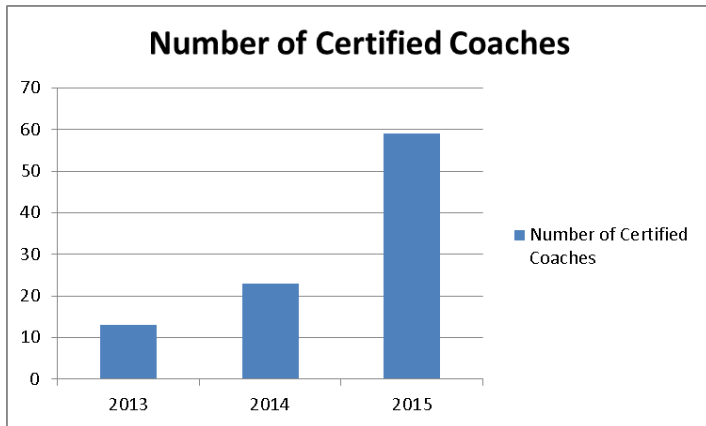
**Workshops:** 1Touch hands-on workshops can range from 1.5 hours to an entire day. These workshops create the environment of open discussion, question and answer time, and a chance to experience the effectiveness of the techniques firsthand.

**Coaching Certification Course:** 1Touch provides a 3-day intensive “train the trainers” course in order to reach the end users in their communities. The coaching course enables others to teach the 1Touch™ syllabus in their constituency. A final exam must be successfully completed to earn a certification to maintain the standard of the program.

**Wheelchair Coaching Certification Course:** An optional 8-hour day of training can be added onto the Coaching Certification Course to learn the 1Touch Wheelchair Curriculum.

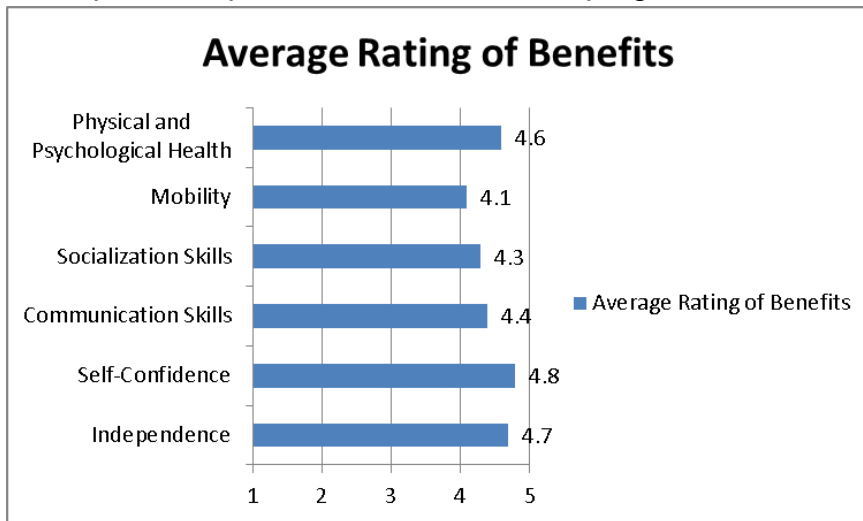
**Ongoing Classes:** 1Touch coaches instruct classes in their local communities all across the United States. The courses can range in length from six weeks to ongoing courses.

## Progress



## Program Impact

53 Coaching Certification Course participants turned in evaluation forms after completing their training to provide feedback to 1Touch and report their perceived benefits of the program on a scale of 1 (strongly disagree) – 5 (strongly agree).



## Research

Preliminary research data conducted by Dr. Tessa McCarthy, University of Pittsburgh, has found positive trends in the areas of self-confidence, feeling safer on a daily basis, and feeling safer to travel independently. Positive trends were also found in areas of

independent travel and travel after dark. Participants indicated an improvement in strength, endurance, and flexibility. This suggests that the 1Touch Program shows potential for efficacy related to these psychosocial measures. Data collection is ongoing, but based on preliminary data, promising trends are expected to grow stronger as the power of the current study increases.

## Personal Experiences



“As part of our PAT program, we have been using the 1Touch Self Defense training for over two years with notable success. In addition to the obvious defensive aspects, our participants have also reported beneficial effects such as greater self-confidence, situational awareness, and improved physical coordination. Offering the 1Touch training can be a deciding factor for participants when choosing our program over other blindness/low vision training programs across the country.” Karen Klein, Supervisor—Colorado Division of Vocational Rehabilitation (CODVR)

“What does 1Touch™ mean to me? It means leveling the playing field for the most vulnerable among us, and giving them the skills they need to walk freely, comfortably, and safely anywhere they want. I am passionate about this program because it allows me to give back to a community I can relate to. And if I can stop one child from feeling the paralyzing fear I once felt, then it would have all been worth it. If I were to sum up 1Touch™ in one word, it's FREEDOM.” OT Orozco

“I am providing you with my testimony in regard to the 1Touch Project because it is—by far—one of the very best rehabilitation programs that I have experienced in my entire life. The 1Touch Project has literally changed my life because it has equipped me with the knowledge, skills, and abilities to protect myself and my family when and if I encounter dangerous situations while participating fully



in society on the path to reaching my greatest potential possible as an individual who is blind. In short, the 1Touch Project has provided me as an individual who is blind with the ability to live a life of independence with dignity and respect.” Bernard Werwie

“I can say without a doubt 1 Touch has enabled me to release my own insecurities and gain more confidence as a person and an instructor! This class will challenge individuals and make one dig deep and tap into areas they didn’t know existed. It was a holistic journey that I’m privileged to have had the opportunity to experience.” Ryan Watts—NC School for the Blind

“It relayed to us what is an important missing piece of most blind rehab programs. This serves as a natural addition to Orientation and Mobility training, as nobody is going to become a seasoned traveler if their fear of being attacked prevents them from leaving their home.” Liam Whitney—Long Beach Veterans Blind Rehabilitation Center

“Individuals who are blind or visually impaired are physically vulnerable in public places. This can lead to fear, and fear can often limit exposure to vocational, social, and self-determined experiences. 1Touch is a methodical and instructive way to teach individuals with visual impairments self-defense skills. Through 1Touch, they gain safety skills, confidence, and independent movement in the community without fear.”

Lauren J. Lieberman Ph.D.—Co-director of the Institute of Movement Studies for Individuals with Visual Impairments Distinguished Service Professor

## From Our Coaches



“The 1Touch Project is an extraordinary program for people who have vision loss! Throughout most of my life I have had vision loss and found it very difficult at times to feel accepted and normal. As time went on and I grew up, I received a lot of training in many different areas to assist me in enhancing my life. I am now at the point in my life where I am loving the work I do: I work with people throughout New Jersey as the Adjustment to Vision Loss coordinator. I enjoy working with people with vision loss but always felt that it was not enough just giving resources and information. I was limited to what I could offer them as far as some type of assistance for them to feel completely safe. I had every resource available except one very important thing. Now I am happy to say the picture is complete. I completed the 1Touch coaching certification course (CCC) and I now can say I feel like I am on top of the world! The techniques that I was taught and the knowledge that I gained from the CCC is just so amazing which has now made me feel that I am unstoppable! Just as I thought, I could not feel any higher—I have brought my self-confidence and self-esteem to an even higher level! The 1Touch team has really given me the missing pieces to my puzzle and I now have the

tools to share and assist my clients and others to achieve even higher expectations.” Patricia Ebel—NJ Adjustment to Vision Loss Coordinator/1Touch Board President

“What I like about the One Touch program is that not only does it teach self-defense, but also helps to foster improved body awareness and movement, orientation, balance, and environmental awareness. It promotes physical fitness and provides modifications that allow participation in an activity that traditionally is not accessible.” Katrina Traut-Savino—Teacher of the visually impaired

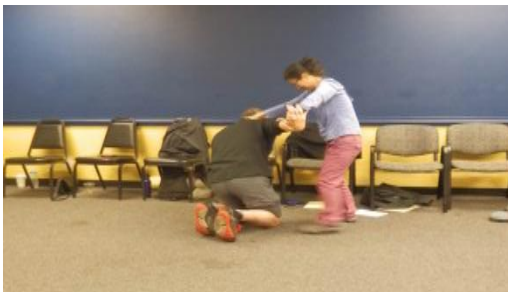
“Empowerment is necessary for independence. The 1Touch Project curriculum allows for individuals to engage in hands-on exercise in a group setting demonstrating socialization and leadership skills. The practice inspires team-work, trust, and personal health. Lasting bonds and relationships are formed in the physical and mental aspects to the program. Naturally, the physicality of the program initiates exercise, which reinforces healthy living. The 1Touch Project emphasizes orientation, mobility, and the concept of encouraging this community to get up, move, and take 1Step toward true independence. The 1Touch Project is a valuable program teaching the legally blind to be safe, aware, and mobile. I strongly recommend all professionals in the field of blindness, parents of blind children, and legally blind individuals to learn the 1Touch process and figure how to fit this practice into your daily life. It is true that blind folks can be targets in their communities. I personally have experienced being bullied on the playground as a blind student, pickpocketed in the public domain as an adult taking a city stroll, and in the privacy of my own working environment I have witnessed unfortunate physical violence. Self-defense is a part of becoming independent. We must be ready to be independent at all times so we can achieve the success we all want for ourselves.” Richie Flores—Vocational Rehabilitation Consultant

## Financial Information

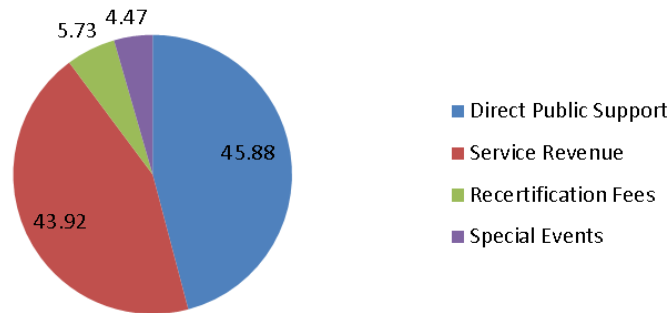
1Touch received 501(c)(3) nonprofit tax-exempt status on July 23, below graph shows the distribution of income from the time period July income of \$13,145.63.



2015. Based on this status date, the 23–December 31, 2015 with a total



## Income Sources for July 23rd, 2015 - December 31st, 2015



Full financial statements are available upon request.

## Call to Action

**Volunteers:** 1Touch utilizes volunteers to carry out its mission. Without the dedicated support of our volunteers, our organization would not be possible. If you are interested in volunteering for 1Touch, view our current opportunities on VolunteerMatch.org or email [info@1touchproject.com](mailto:info@1touchproject.com)



**Donors:** 1Touch accepts monetary donations on either a one-time or recurring monthly plan. We can also accept vehicle donations and donations of equipment. We can't continue to achieve our mission without the generous support of our donors. Please join us in providing specialized rehabilitation courses to people with disabilities by donating to 1Touch today; visit <http://www.1touchproject.com/donate.html>. 1Touch is committed to full transparency and has proven our commitment by becoming a Gold Star member on GuideStar!

## Looking Forward



Our ongoing mission requires adaptability and strict adherence to the 1Touch standard. We look to the future—growing by creating more certified coaches, developing more curricula to reach more people in need, and honing our existing work to an even finer point. We look forward to working in Canada in 2016, and we fully anticipate exchange programs in the next year. We look forward to forming more partnerships and changing more lives in the year to come. In cooperation with other organizations with parallel missions in 2016, we will assist people with disabilities in achieving full integration into society. We look forward to working with the United States Association of Blind Athletes and the Hadley School for the Blind.

**Current Abstract Submissions Accepted for 2016**

- 2016 Seeing Beyond the Horizon Conference
- Joint WBU and ICEVI General Assembly Events
- 2016 No Barriers Summit

[www.1touchproject.com](http://www.1touchproject.com)