

Vela Helps Advocates

STREAMLINE WORK & PREVENT BURNOUT



FIND OUT HOW

vela BY E74

Real Ways Advocacy Teams Can Streamline Work and Prevent Burnout

Here at Vela, before we ever built software, we were advocates, juggling overflowing caseloads, grant-reporting deadlines, and the emotional weight that comes with walking beside survivors through their most difficult moments.

We know that balancing compassion with compliance can feel impossible some days.

That's why we designed Vela, but even the best tools are most powerful when paired with intentional habits that protect your time and energy.

Here are a few practical ways you can streamline your work, care for yourself, and keep your focus where it belongs: on the people you serve.

1. Prioritize Security to Reduce Stress

Nothing creates peace of mind like knowing your data and your survivors' stories are safe. Advocacy work depends on trust, and that includes the systems we use to document and share data.

With role-based permissions, encryption, and secure cloud storage, Vela helps take that burden off your shoulders. You have the ability to make sure notes, documents, and forms are hidden from staff or volunteers who should not be able to see that data. The Vela system was

built with trauma-informed security at its core.

Tip: Review your staff permissions every few months. Keeping them current helps protect sensitive data and ensures team members only see what they need to.

2. Use TimeTracker to Reduce Double-Entry and Increase Accountability

The hours spent re-entering the same information or trying to piece together a timesheet at the end of a long week add up quickly. That's time you could spend connecting with clients or giving yourself space to breathe after a heavy day.

Vela's TimeTracker was designed to create accountability, reduce double entry, and schedule time into the future. Because it can also be integrated with Outlook, you can make sure you don't miss an important appointment.

Tip: Encourage your team to log time as close to the moment as possible. Capturing it in real-time reduces stress at the end of the week and strengthens accuracy.

3. Turn Reporting Into Systems Change

Reporting doesn't have to be limited to funder reports. Your data tells a story. It can be a chance to step back and see the

impact of your team's efforts, areas that need support, and trends in domestic and sexual violence your community is experiencing. With Vela's custom reports, you can pull real-time data that highlights outcomes, trends, and successes without spending hours in spreadsheets.

Tip: Schedule time once a month to review your data, not just for funders but for yourself. It's grounding to see how many lives your work touches, and it helps you tell your story with confidence.

4. Foster Collaboration That Lightens the Load

Advocacy is collective work. When teams are aligned and communication is clear, things flow more smoothly, and survivors benefit most.

Vela's shared notes, team messaging, and supervisor tools all make collaboration easier and more transparent. Everyone stays informed, and no one has to carry the mental and emotional load alone.

Tip: Use shared announcements to celebrate wins, not just log data. Acknowledgment can make a big difference in morale.

5. Protect Your Energy

Advocacy is heart work, but it's also hard work. The emotional and administrative demands can take a toll over time. Simplifying your systems isn't just about productivity. It's about preservation.

By reducing busywork and centralizing communication, Vela helps you focus

your energy where it matters most. When your system supports you, you can support others more fully.

Tip: Build in brief pauses between documentation and direct services. Even a two-minute breathing break before opening a new case note can help reset your focus and emotional balance.

We're in This Work With You

Whether you're new to Vela or have been using the platform for years, know that you're part of a community of advocates who believe in doing this work better, both for survivors and for ourselves.

Our mission has always been to make advocacy sustainable, secure, and centered on care. Helping the helpers isn't just our purpose...it's our promise.

Want to learn new ways to simplify your work or explore features you may not be using yet? Visit veladirect.com or reach out to our team. We're always here to help.



Developed with input from advocates at every stage, Vela by Element 74 is a trauma-informed case management and reporting platform built specifically for domestic violence, sexual assault, and human trafficking organizations.

info@veladirect.com | (573) 332-7474