Since 1888, we have been providing services to women and children to empower them to reach their goals, to eliminate racism and to change lives. Each new generation of women has been willing to step in courageously with vision and leadership.

Today, more than 128 years later, the YWCA St. Joseph remains a powerful symbol of service to women and children. Our programs are designed to not only meet the immediate needs of families, but to provide resources that promote healing and strength as women seek to start a new chapter in life.

Each woman has a different story and different needs. The solutions are not one-size-fits-all, and we go the extra mile to find them.
Victim Services
Shelter for Abused and Homeless Women and Children, Rape Crisis program, professional counseling for victims, and the Bliss Manor Housing Program

Women and children escaping the threat of domestic violence and other crisis situations find crucial help 24 hours a day, seven days a week. Services also include a Rape Crisis Program, hospital and court advocacy, case management and professional counseling. Through Bliss Manor (Supported Housing), women who have experienced domestic violence receive an opportunity to heal as they develop stability in a safe and affordable housing environment.

In 2015, the YWCA Victim Services team:
- Provided 1,354 individual therapy sessions.
- Provided outreach services to 217 individuals.
- Received 1,561 calls to the YWCA Crisis Hotline.
- Coordinated 134 support and life skills groups.
- Coordinated 132 children’s groups.
- Provided 2,054 hours of case management.
- As a result of counseling services, 100% of participants reported that they felt more hopeful about the future.
- As a result of services provided by the Sexual Violence Advocate, 100% of survivors reported having received support to improve their ability to cope with the aftermath of sexual assault.

In 2015, the Shelter for Abused and Homeless Women and Children:
- Provided shelter to 225 women and 188 children.
- Provided outreach services to 217 individuals.
- Provided 5,777 nights of shelter.
- Averaged 46 people per day. (Maximum capacity is 45 beds).
- Reached a 102% occupancy rate.
- As a result of contact with the YWCA Shelter, 78% of participants had improved strategies for enhancing their safety.
- As a result of contact with the YWCA Shelter, 89% of participants have knowledge of community resources.

Supported Housing: (Bliss Manor)
Many women and children who stay in the YWCA shelter have a difficult time securing employment and safe housing in the timeframe temporary emergency shelter provides. Supported Housing (Bliss Manor) provides a place for women and their children to begin the process of gaining self-sufficiency in a supportive atmosphere. With long-term housing and support, these women have the opportunity to achieve residential stability.

In 2015, Supported Housing (Bliss Manor):
- Served 42 adults and 37 children for a total of 79 individuals.
- Provided 17,393 nights of housing and 1,323 hours of case management/advocacy.
- 100% of Bliss Manor residents created a personal goal plan.
- 89% of individuals exiting the program, 78% obtained private permanent housing or entered a treatment facility.

Women’s and Teen Resources
A variety of programs are designed to fit the needs of women and teens in specific at-risk circumstances:

JUMP provides a mentoring and support program for pregnant and parenting teens. The mission is to encourage teen parents to complete school and raise healthy babies. It is a collaborative effort between the St. Joseph Youth Alliance, Mosaic Life Care and the YWCA.

In 2015, the JUMP program:
- Provided services to 70 youth and 75 children.
- Paired 53% of JUMP teens with an adult mentor, an increase of 11% since 2014.
- Held 49 JUMP group sessions and 24 group visits at schools.
- Conducted 437 home visits.
- 99% of JUMP parents remain in school, and 98% of enrolled children have up-to-date vaccinations.

CHOICES is an eight week life skills program for seventh grade girls offered by the YWCA in collaboration with the MWSU Women’s Athletic Department and the St. Joseph Public School system. The CHOICES curriculum addresses issues facing adolescent girls and helps the girls make good life choices.

In 2015, the CHOICES program:
- Enrolled seventh grade girls at four St. Joseph middle schools: Bode, Robidoux, Spring Garden and Truman.
- During the 2015 spring semester, there were 48 seventh grade girls enrolled, with 20 adult mentors from MWSU Women’s Athletic Department teams.
- During the 2015 fall semester, there were 41 seventh grade girls enrolled, with 14 adult mentors from MWSU Women’s Athletic Department teams (Total of 89 seventh graders and 34 mentors during 2015).

Early Care and Education
The YWCA offers licensed, positive child care (ages six weeks to six years) to families who are employed or are boosting their education toward employment. All teachers receive a Child Development Associate (CDA) Credential™ within six months of hiring in order to ensure quality programming and meet Early Head Start Performance Standards.

ENCOREplus breast cancer outreach program reduces barriers that keep women from going to annual mammogram appointments. ENCOREplus provides community outreach, education, resource referral, barrier reduction, community events and year-round support.

In 2015, ENCOREplus:
- Provided 2,600 educational outreach contacts.
- Helped initiate 635 mammograms.
- Helped initiate 650 clinical breast exams.

ENCOREplus events held in 2015 included:
- Komen Race for a Cure
- Biling a Bra Contest
- Think Pink Campaign
- Think Pink Luncheon
- Ladies Night Out
- Celebracion Rosa

CHOICES is an eight week life skills program for seventh grade girls offered by the YWCA in collaboration with the MWSU Women’s Athletic Department and the St. Joseph Public School system. The CHOICES curriculum addresses issues facing adolescent girls and helps the girls make good life choices.

In 2015, the CHOICES program:
- Enrolled seventh grade girls at four St. Joseph middle schools: Bode, Robidoux, Spring Garden and Truman.
- During the 2015 spring semester, there were 48 seventh grade girls enrolled, with 20 adult mentors from MWSU Women’s Athletic Department teams.
- During the 2015 fall semester, there were 41 seventh grade girls enrolled, with 14 adult mentors from MWSU Women’s Athletic Department teams (Total of 89 seventh graders and 34 mentors during 2015).

Child and Adult Care Food Program:
The Child and Adult Care Food Program provides state reimbursement for healthy meals and snacks to trained child care providers. Through the YWCA administration of this USDA program, local children have access to enhanced wellness, healthy growth and development during this critical early-childhood window.

In 2015, the Child and Adult Care Food Program:
- Monitored 272,820 meals provided to approximately 701 children in 50 child care homes around the region.
- Of meals monitored, 99% met nutrition guidelines and qualified for financial reimbursement to the provider.
- 50 providers (100%) attended the annual training.

In 2015, the Child and Adult Care Food Program:
- Monitored 272,820 meals provided to approximately 701 children in 50 child care homes around the region.
- Of meals monitored, 99% met nutrition guidelines and qualified for financial reimbursement to the provider.
- 50 providers (100%) attended the annual training.

In 2015, the YWCA Discovery Child Care:
- Served 63 children at the YWCA Discovery Child Care Center.