

eliminating racism
empowering women
ywca

CELEBRATING

130 YEARS

2017
**ANNUAL
REPORT**

1888 - 2018

New Y. W. C. A. Building,
Eighth and Jule Streets,
St. Joseph, Mo.



The YWCA St. Joseph is celebrating a special milestone in 2018: 130 years of serving the community. Since 1888, we've been working to empower women and children to help them reach their goals. With programs designed to eliminate racism, create new starts and change lives, we help meet the needs of each family in the present -- but also encourage healing and strength for the future.

Celebrating 130 years of the YWCA St. Joseph is an exciting moment, but it's also one that calls for a bit of reflection. Throughout the history of the YWCA, each new generation of women has embraced the vision of the organization and continued the legacy. We not only reflect on the thousands of lives that have been changed through our doors, but also consider it a true privilege to have given thousands of gifts to the community over 130 years. These gifts are peace, shelter, hope, vision, connections, basic needs, encouragement, open doors and so many more. Today, we thank you for your role in each and every one.

VICTIM SERVICES

**WOMEN'S AND
TEEN RESOURCES**

**EARLY CARE
AND EDUCATION**



VICTIM SERVICES

YWCA provides a full menu of service options to meet the individualized needs of victims of domestic and sexual violence.

Staff in our **Survivor Support** provide mobile advocacy, safety planning and supportive services in places like the emergency room or courthouse. They help victims fleeing domestic violence with rent or utility assistance to overcome financial barriers to safety. Licensed, professional counselors provide individual and group therapy to help victims cope with the violence and heal.

YWCA's **Shelter** operates 24/7/365 and serves as a refuge for victims and their children. Services such as case management, support/life skills groups and specialized children's services provide residents with emotional support and information about community resources. A crisis hotline allows victims of domestic and sexual violence the ability to reach out and receive support 24 hours a day.

For victims in need of long-term housing and support, **Bliss Manor Housing Program** serves as a bridge between emergency shelter and permanent housing. Safe, income-based apartments are provided in a secure facility. On-site services like workforce development classes, individual therapy, case management and health/wellness challenges assist with healing and maintaining residential stability.

In 2017, the YWCA Survivor Support Team:

- Provided 1,769 individual therapy sessions.
- Provided advocacy services to 437 survivors.
- Provided 2,310 hours of case management/advocacy services.
- As a result of counseling services, 97 percent of participants reported that they felt more hopeful about the future.
- As a result of services provided by the Sexual Violence Advocate, 100 percent of survivors reported having received support to improve their ability to cope with the aftermath of sexual assault.

In 2017, the Shelter:

- Provided shelter to 229 women and 185 children.
- Provided 16,880 nights of shelter.
- Answered 2,102 hotline calls.
- Provided 2,421 hours of case management.
- Averaged 46 people per day. (Maximum capacity is 45 beds)
- Reached a 103 percent occupancy rate.
- Coordinated 79 support and life skills groups.
- Coordinated 104 children's groups.
- 90 percent of residents had improved strategies for enhancing their safety.
- 90 percent of participants had knowledge of community resources.

Bliss Manor Supported Housing:

Following their stay at the Shelter, many women and children benefit from sustained support through a safe, residential environment. Bliss Manor allows families the opportunity to increase stability and pursue employment opportunities, in the pursuit of self-sufficiency and the ability to thrive in the future.

In 2017, Bliss Manor Supported Housing:

- Served 39 adults and 32 children for a total of 71 individuals.
- Provided 15,398 nights of housing and 1,603 hours of case management/advocacy.
- 100 percent of Bliss Manor residents created a personal goal plan.
- Of individuals exiting the program, 94 percent obtained private permanent housing or entered a treatment facility.

WOMEN'S AND TEEN RESOURCES



Healthy Teen Parents/Healthy Babies Program

The YWCA helps teen parents make informed decisions for various situations they may face – and actively works to promote healthy parenting and goal setting.

The JUMP program served pregnant and parenting teens through age 21, matching them with adult mentors and other resources. The grant for this program concluded in the fall of 2017.

To continue serving the teen parent population, the YWCA applied for a Community Connect grant through MOSAIC Life Care. The new teen parent program, called Healthy Teen Parents/Healthy Babies, was funded and services began in September 2017.

Healthy Teen Parents/Healthy Babies serves pregnant and parenting teens ages 12-19 in Buchanan and Andrew counties. The goal is to improve the health and well-being for teen parents and their babies and to reduce social isolation. The program offers monthly nutrition and meal preparation and fitness groups through the support of the University of Missouri Extension Nutrition Specialist and a Health/Exercise Science student intern from Missouri Western State University. Mentoring is offered to each participant, and group opportunities for learning and socializing are conducted monthly. Playgroups and home visits are conducted quarterly. The program encourages continued education, healthy behaviors and effective parenting.

In 2017, the JUMP and Healthy Teen Parents/Healthy Babies programs:

- Provided services to 47 teens and 45 children.
- Paired 55 percent of teens with an adult mentor.
- Held 49 group sessions and 24 group visits at schools.
- Conducted 284 home visits.
- 85 percent of enrolled teens remained in school.
- 100 percent of enrolled children have up-to-date vaccinations.

ENCOREplus helps women access necessary resources for breast health, including removing barriers to receiving an annual mammogram. The program focuses on community outreach, education, resource referral, navigation and a variety of community events.

In 2017, ENCOREplus:

- Provided 3,466 educational outreach contacts.
- Helped initiate 463 mammograms.
- Helped initiate 1,200 clinical breast exams.

ENCOREplus events held in 2017 included:

- Bling a Bra Contest
- Bras for a Cause
- Think Pink Campaign
- Pink Tea Luncheon
- Ladies Night Out
- Celebracion Rosa
- Lunch & Learns



CHOICES is an eight-week life skills program offered to seventh grade girls from the St. Joseph Public School district in partnership with MWSU Women's Athletics. Each week the college athletes mentor the girls in open and honest discussion about common middle school challenges and help the girls gain wisdom to make good choices.

DECISIONS, which started in fall 2017, is an eight-week life skills course for seventh grade boys from the St. Joseph Public School District. Each week MWSU Men's Athletes meet with the boys and discuss real-life topics such as bullying, peer pressure and dating. The boys are paired with the same mentor for the full program.

In 2017, the CHOICES and DECISIONS programs:

- Enrolled 221 seventh grade girls and boys at four St. Joseph middle schools: Bode, Robidoux, Spring Garden and Truman.
- There were 147 seventh grade girls and 64 mentors from the MWSU Women's cross country, soccer, softball, track, and volleyball teams enrolled in the CHOICES program.
- There were 74 seventh grade boys and 30 mentors from the MWSU Men's baseball, cross country, football and track teams enrolled in the DECISIONS program (one semester only).



EARLY CARE & EDUCATION

The YWCA provides licensed child care for children ages six weeks to six years to allow parents who are employed, or who are boosting education toward employment, to access a positive child care environment. As an Early Headstart partner, all teachers are required to earn a Child Development Associate (CDA) Credential within six months of hiring in order to maintain a high level of quality and meet the Early Head Start Performance Standards.

In 2017, the YWCA Discovery Child Care:

- Served 60 children from the community.

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 2017, the Child and Adult Care Food Program:

- Monitored 324,328 meals to children in 55 home providers in 21 counties around the region.
- Of meals monitored, 99 percent met nutrition guidelines and qualified for financial reimbursement to the provider.
- 52 providers (100 percent) attended the annual training.

WAYS TO SUPPORT THE YWCA

Volunteer

Volunteers have been the backbone of the YWCA St. Joseph throughout our 130-year history. We encourage you to continue the tradition and get involved by volunteering with us. No matter what your skills or schedule, we have a place for you alongside our team. Volunteer opportunities include:

- Mentoring a young mom
- Advocating for victims of domestic violence and sexual assault
- Assisting in the organization of a seasonal party
- Working in the kitchen
- Assisting with administrative tasks in our office or on an event committee
- Helping in the New Start store

Be Social

Please follow us on Facebook, Twitter and Pinterest, and sign up for our email newsletter. When we publicize an upcoming event, please take a moment to share it with your friends.

Donate

Your donations are valuable for the services of the YWCA. While we welcome any donation amount, it is helpful to know that a donation of at least \$100 is eligible for a 50 percent state tax credit. The programs of the YWCA are also supported when you make a donation through the annual United Way campaign.

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