YWCA Northeast Indiana 2017 Annual Report



"We Shall Draw from the Heart of Suffering itself the Means of inspiration and Survival."

Sir Winston Churchill

Change Courage

The YWCA of Northeast Indiana – OUR YW – has come through another amazing year. In 2017 we underwent major transformations, not unlike what our clients go through when they come to us.

In March we fully integrated Hope House, our addiction recovery program, into our expanded shelter on Decatur Road. We now have 96 beds under one roof, and our shelter is housing women, men, and children who are recovering from domestic abuse as well as women who are recovering from drug and alcohol addiction. We continue to offer a full spectrum of domestic violence services throughout a six-county region in northeast Indiana; in Allen, DeKalb, Huntington, Noble, Wells and Whitley counties. Our community educators are teaching students grades 4-12 and adults working in ministry, law enforcement and health care about healthy relationships, the signs of unhealthy relationships and how to manage healthy interactions on social media. Our community case workers travel throughout our service region working with people that need help leaving an abusive situation or need help setting up a new life after they leave our shelter. We're here for people when they are in a moment of crisis, and we are there to teach people how to avoid those crises.

We take stands against injustice when we see it, whether on a personal or community level. Our monthly Diversity Dialogues host conversations on difficult topics, to help bring light and grace to crucial conversations. We continue to call attention to the ongoing inequities in pay, and we stand against racism. We make sure that there's an awareness of the impact on communities from domestic and teen dating violence with the help of the elected officials throughout our region.

We have many new faces in our administration; you'll see them listed in these pages as well as on our new website – check us out at www.ywcanein.com. We hated to say goodbye to the people that left, but we're excited about what the future holds for our new team. As an organization, we are so very blessed to have volunteers that help us go the extra mile in all that we do. Volunteers do all kinds of things around here: serving dinner in the shelter, manning our front desk, teaching parenting classes and bringing holiday joy. Our pantry and closets are stocked with the donations that you bring to our doorstep. We couldn't do what we do without you. In this annual report, you're going to find stories of hope and redemption, healing and transformation, because that's what we do here at the YWCA. We hear lots of stories – some that make us cry and some that give us hope. We hope you enjoy the stories we're sharing with you in this annual report because your support makes these stories possible.

Thank you for your endless generosity to the people we serve. Thank you for standing with us and for caring.

Paula Hughes-Schuh, Chief Executive Officer

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Jennifer Flanagan, Board Chair

Megan and Holland

Look at Megan and her two-month-old daughter, Holland, and one sees a success story. In 2016 Megan entered the Hope House Program of YWCA Northeast Indiana, and now, for the first time since high school, the 31-year-old is clean.

Megan began using alcohol and drugs in high school that led to pills, meth, and spice. "It just snowballed," Megan said. Fifteen years later she had lost her family, with both of her sons being raised in foster care. She had sold whatever she had to get high, including herself, and in the end, she had nothing.

"I was homeless, sleeping in cars," Megan said.

She hit bottom. She became sick of being a slave to drugs. Somehow she pulled herself together enough to enter the Hope House Program. The very same program her family had pleaded with her to join five years before. Megan said she did well in the program because she stopped resisting and did exactly what she was told. The fact no one had forced her there, and her keeping an open mind were the keys to her success. "Trust in the program, if you work it, and you want it, it works," Megan said.

The Hope House Program at YWCA Northeast Indiana is helping to change the lives of homeless women recovering from addiction. The program promotes the maintenance of recovery and self-sufficiency through employment. Clients receive one-on-one case management and support through groups, job training, and connections to community resources. The former Hope House program in West Central had 20 clients. Since the consolidation at 5920 Decatur Road, the program is working to grow the number beyond 20 clients, while making sure they all receive the same quality services. Our Hope House staff works 24-7 to ensure our residents receive the best care possible.

Since finishing the program Megan continues to go to AA/NA meetings, and she just got her driver's license and a new vehicle. Megan said she is putting the pieces of her life back together and working at staying clean and sober. She has a special bond with her daughter Holland since for the first time she has been able to raise her child herself. Before she entered Hope House, she never thought she could get to this point. In 15 months her life has completely turned around.

"I am really grateful to Hope House. It changed my life; it gave me my life back," Megan said.

2017 total number served in the Hope House Program:

78 total individuals, all women.





Alesha St. Myers

Did you know YWCA Northeast Indiana has case managers out in the community helping people to get out of unhealthy relationships and start their lives over?

Statistically, it takes seven tries before a woman leaves an abusive relationship for good. Community Programs Case Manager, Alesha St. Myers, provides services to clients still in abusive relationships. If they are in crisis, she can provide help with protective orders, help to get out of a lease, referrals to pro bono legal assistance, education, support, safety planning, housing opportunities, and food, just to name a few of the services.

Once the client is out of a crisis and has left the abuser for six months, they can move into the Steps to Success program. This program offers direct services to victims and their families, providing safety, education, and supportive services that meet emergency needs and allow victims to recapture control over their present and future wellbeing. A client can be in the program for up to two years. The program works with clients in all six counties served by YWCA Northeast Indiana: Allen, Dekalb, Huntington, Noble, Wells, and Whitley.

St. Myers' job takes her to inter-agency meetings with other social service agencies throughout the six-county areas. They work together in a collaborative effort for that community. Or she could meet with the county Domestic Violence Task Force and try to discover how the YWCA can help. But, primarily her time is spent with clients, one on one. Typically St. Myers will have clients referred through Victim's Assistance or from another agency. A typical caseload for her is 20 clients, but not all of them are in crisis at one time. The goal is to move most of her caseload through crisis and onto rebuilding their lives.

"Many of the clients I see don't have much of a support system, so this part of the program is critical," St. Myers said.

"There are many successes in what we do," St Myers said. She recently had a client move from the community program into the Steps-To-Success program. Overcoming her underlying substance abuse issues she now has a job and is working toward a stable life for herself.

"Knowing that you didn't have to settle for something less than you deserve and knowing that healthy relationships are out there, you can get through what you are going through and be a better you in the end," St. Myers said.

In 2017 Community Case Managers served:

Total clients: 179

172 women

6 men 1 child

Diane Frank

"We all need support at some time in our lives," said Diane Frank. Her dedication to others who need support has kept her doing after school tutoring at YWCA Northeast Indiana for over seven years.

Frank has stayed because of the children and the mothers. "The mothers regardless of their circumstances want, their children to do well and the children are pretty amazingly resilient," Frank said. Her own mother grew up in a single mother household and at times she lived with her aunt. "For the times, the 1920's, she had a pretty different childhood than a lot of her friends," Diane said.

In high school, some teachers recognized her mother was working and stepped up to give her extra support. Diane's father was a first generation Swede who spoke no English, so she has respect for those to which English is a second language. These factors have instilled in Frank the desire to help those in similar circumstances.

Frank gives homework help to all ages, but it is mainly the younger kids who take advantage of her services. She sees a lot of second and third graders, sometimes kindergarten. Third grade



can be a critical year as children begin to read chapter books and it's hard if they start falling behind; the sooner the intervention, the better, explained Frank. The kids at the shelter have had a lot of trauma in their lives, says Frank and that affects their brain chemistry which can impact their learning ability.

Frequently the mothers have rapidly changing schedules so the kids cannot always get to the tutoring sessions, but when the kids can, Frank tries to make it fun. She tutors and then plays learning games or has the children create some artwork. She likes to do activities where she can encourage conversation; the art is a good way to let them vent. Some weeks she sees as many as six kids, other weeks it might only be three. She is there from 3:30 p.m. to 6 p.m. She has encouraged the older students to come in by telling them it is a quiet place. Some come; occasionally she has them read through plays like Romeo and Juliette.

"As you get older and you get more exposed to life, you realize it is easy to pigeon-hole people, and you realize that not everyone has a safety net, its lack of money, or a different culture. I appreciate the volunteer work; it's made me more aware," Frank said.

It's volunteers like Diane Frank that make a difference at the YWCA. In 2017 the YWCA Northeast Indiana had 70 volunteers and weekly five to ten comeback, week in week out. Our staff could not provide the level of care we do without them.

2017 total number served in the Domestic Violence Shelter:

466 total individuals:

2 male adults 293 female adults 172 children

T. C. Salmons

Trying to help a friend or coworker in an abusive relationship can be difficult, but YWCA Northeast Indiana Community Educators, like T.C. Salmons, is helping people to learn more effective ways of handling these situations.

Salmons is one of two Community Educators at YWCA Northeast Indiana who help prevent domestic violence and promote safety through education before problems occur. She goes into the schools to talk with youth and into the community to teach adults about what it means to be in an abusive relationship. What they think might help, might not be the best way to go about it. Salmons explained that people frequently try to protect their friends by controlling them and they get overwhelmed when it doesn't work.

In 2017 the Community Educators worked with 7,102 students and 1,808 adults. Salmons said the numbers are not the only way she knows she is helping. Her favorite moments in the classroom are when she can change a student's opinion. Then Salmons knows her message got through, and she



knows they will walk out of there and transform someone else's life. It happens most with youth, Salmons' explained. With adults, her measure of success is when they invite her back or recommend her to other agencies or groups.

"I am not there to tell them how to think or what to do. I am there to get them to question what they think they already know so they can make better choices," Salmons said.

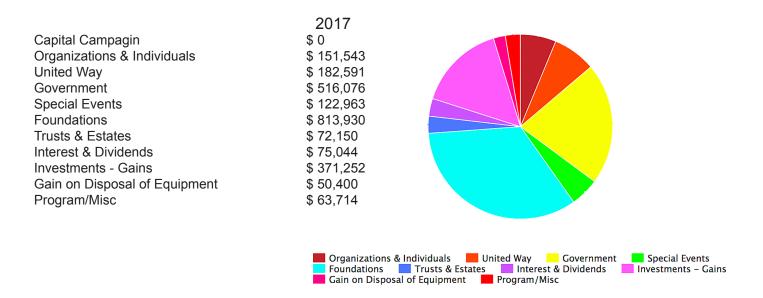
Sometimes teaching and helping is just about being there to listen. There was a case a year ago when Salmons and another teacher were team teaching and discovered someone in the class had been planning on committing suicide later that day. Because they were there and had made the class comfortable with them, the student was able to connect, open up, and they saved a life.

"To me, education is one of the most powerful things that we do at YWCA Northeast Indiana because it doesn't stop with me. We are starting conversations and making changes with each presentation. I want to embrace every opportunity we have to grow with that, the more resources we pull into it and the bigger we think, the less we will need it in the future," Salmons said.

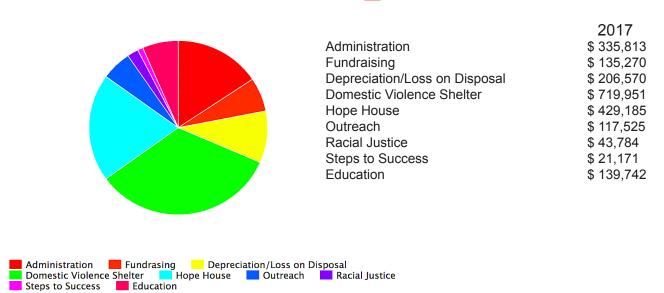
In 2017 Community Educators served:

Total Youth: 7102 3485 females 3527 males Total Adults: 1808 930 women 206 men

Revenue



Expenses



Board of Directors

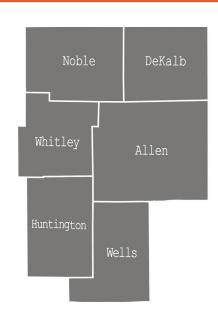


From left to right: Front row: John Newbauer, Jennifer Flanagan, Chair, and Laura Antil. Middle row: Barbara Phillips, and Cecile Weir and Whitney Caudill Back row: Kate Miller, Treasurer, Anthony Stites, and Kathy Lytal, Vice-Chair. *Missing are Evan Hyndman, Henry King, and John Rogers*.

We could not accomplish our mission without all the hard work and dedication of our Board of Directors. They work tirelessly to make sure our organization moves forward in our work to end domestic violence, empower individuals, support families, and unite communities to improve the quality of life.

Our Service Area

Total number of individuals served in 2017: 13,172



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Alesha St. Myers





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Our volunteers and the community of Fort Wayne are amazing, while our volunteers dedicate their time to our mission, members of the community are living the mission and embracing it. We are all grateful for their hard work and dedication to YWCA Northeast Indiana.

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