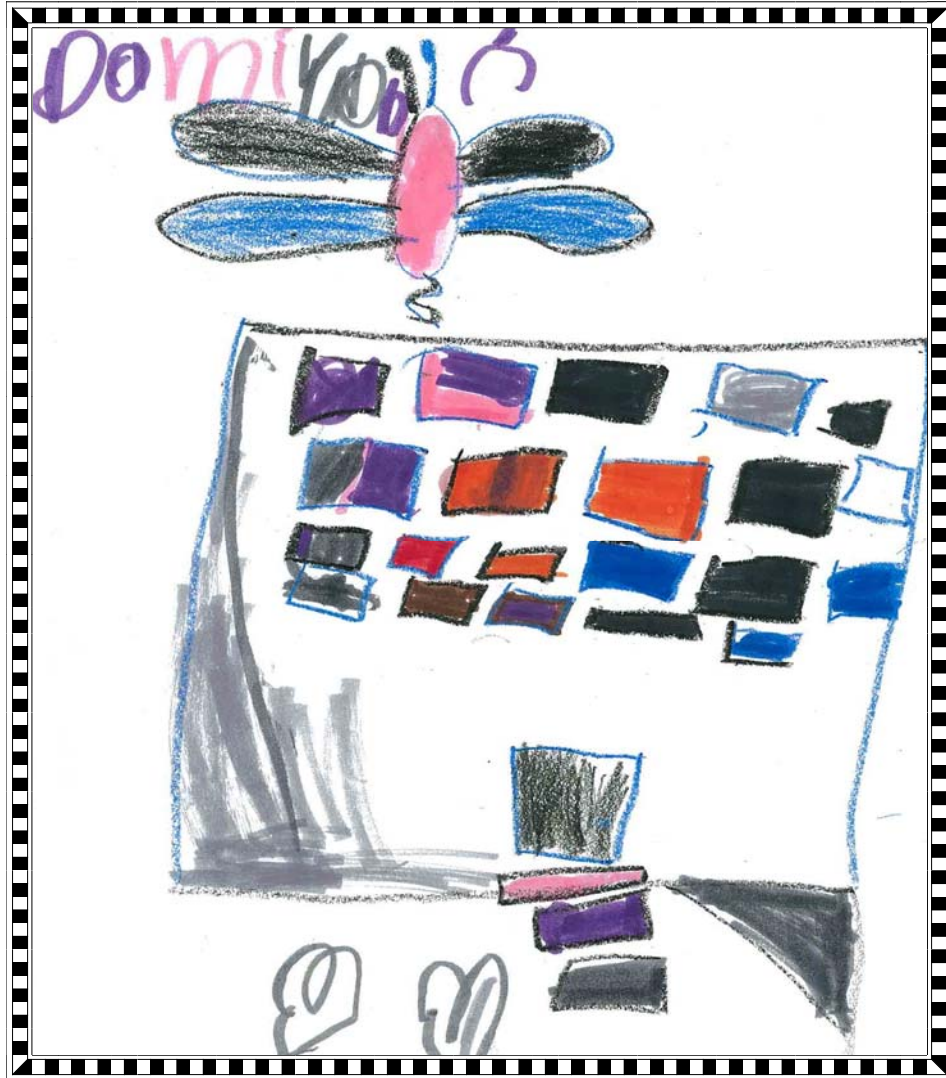


# 2011 Annual Report



*This drawing of Sheffield Place was created by a five year old resident.*

## **Our Mission:**

**“To empower homeless mothers and their children to heal from their trauma and help them become self-sufficient.”**



## New Beginnings

I was struck by the letter that one of the mothers – let's call her Cora – sent to the organization that adopted her family for the holidays:

I have been clean and sober for almost 7 years. Before that, I was homeless and addicted to crack for 13 years. I lost three children to the State. My mom and dad were both alcoholics. I went into the (foster care) system at age 11 and stayed there until I turned 18. I have made many poor choices. When I found out I was pregnant with my son, I turned my life around. I lived at Sheffield Place for nearly 2 years. Sheffield Place taught me how to live my life. I've been in my own apartment for almost 2 years. I have a part-time job and am trying to obtain a GED. I am involved in the alumni group at Sheffield Place. Thank you so much."

Cora clearly experienced a new beginning. Her success in overcoming addiction, gaining employment, bringing up her child, and improving her education inspires the other mothers. Her example of a new beginning also encourages volunteers and members of the staff in their daily work.

As an agency, Sheffield Place has also experienced a new beginning this year by substantially expanding the number of people we serve and the depth and breadth of the services we offer while significantly decreasing expenses. For example:

- The number of homeless mothers and children we served in 2011 (45 families) was more than twice the 20 families the agency served in 2010.
- The hours of service (individual therapy, group therapy, educational groups) the residents are required to receive expanded to 10 hours per week.
- The expanded programming includes work readiness and personal financial management, dialectical behavior therapy, a community garden to teach good nutrition, pet and music therapy, and a mentoring group in which the mothers share and teach their particular skills such as cooking, knitting, or first aid.
- A new outpatient case management program provides continuing support to 20 families that have transitioned to permanent housing and case management for homeless women and their children who need non-residential services including case management and therapy.
- The Missouri Department of Mental Health granted certification.

In recognition of our work, the U.S. Department of Housing and Urban Development Region VII Office recognized Sheffield Place as a best practice in homeless services.

This growth would not have been possible without the support of the community – thank you! Also I want to recognize the Board and staff for their generous contributions, hard work, and much appreciated support. We look forward to the opportunities and challenges of 2012.

Kelly Welch, Executive Director

## A Mother's Story - Regina

Regina is 26 years of age. Her daughter, Neva, is 18 months. [These are not their real names.] This new family represents the challenge and promise of many families at Sheffield Place.

Regina was brought up in a deeply dysfunctional, abusive home. Incredibly enough, she began smoking crack with her parents when she was just 12 years old. Her young life has been plagued by addiction and the life that too often accompanies it for women: prostitution. Hers was an existence of poverty, addiction, homelessness, and violence.

For her own sake and that of Neva, she made a commitment to a new life. One that is free of drugs. Because she has never known anything else, the transition will not be easy. The therapists, case managers, and other staff at Sheffield Place are here to help her and Neva at each step. Many families like Regina's have made a similar, difficult journey with success.



*The children enjoy a visit and gifts from Santa Claus.*

## 2011 Highlights

In 2011, Sheffield Place served:

- ⇒ 45 homeless mothers with children (125% increase from 2010)
  - 100% are below the poverty line
  - 100% of the mothers have a mental health diagnosis, most commonly -
    - Depression
    - Post-Traumatic Stress Disorder
    - Adjustment Disorder
    - Anxiety Disorder
    - polar Disorder
  - 90% receive Medicaid or MC+
  - 88% receive food stamps
  - 38% reported an addiction issue
  - 33% had experienced domestic violence
  - 30% did not graduate from high school
  - 24% grew up in foster care
  
- ⇒ 64 children ages 0 – 12 years – most common diagnoses include adjustment disorder, Attention Deficit Hyperactivity Disorder, anxiety, depression, Post Traumatic Stress Disorder, and sometimes Oppositional Defiant Disorder, and developmental delays

Bi-

## Services Provided

|   |               |
|---|---------------|
| • Bed Nights  | 9,938         |
| • Project HOPE (Children's Program)                         | 1,920 hours   |
| • Strengths-Based Case Management                           | 530 hours     |
| • Trauma-Informed Adult Individual Therapy                  | 526 hours     |
| • Trauma-Informed Adult Therapy and Educational Groups      | 1,249 hours   |
| • Bus Passes (no cost transportation to work, school, etc.) | 28 bus passes |
| • Aftercare Case Management/Supportive Services             | 105 hours     |
| • Drug/Alcohol Tests  | 203 tests     |



*Jennifer and her sons lived at Sheffield Place in the early 2000s. They visited Sheffield Place during the 20th Anniversary reception in February 2011*

## Outcomes

- **Eight-seven percent (87%) of mothers gained hope for the future.**  
Measurement: Herth Hope Scale
- **Sixty-seven percent (67%) of mothers increased overall satisfaction with their lives.**  
Measurement: Satisfaction with Life Scale
- **Sixty-seven percent (67%) of the mothers reported increased social support.**  
Measurement: Social Support Survey
- **One hundred percent (100%) of mothers had improved mental health.**  
Measurement: Global Assessment of Functioning (GAF)
- **Ninety-six (96%) abstinence from drugs & alcohol.**  
Measurement: Random drug/alcohol testing
- **Ninety-five percent (95%) of women had improved income or education.**  
Measurement: Progress on individual treatment goals
- **Fifty percent (50%) of children had improved mental health; 50% stayed the same.**  
Measurement: Children's Global Assessment of Skills (CGAS)
- **Mothers' parenting skills increased.**  
Measurement: Parental Stress Index

## History

Since 1991, Sheffield Place has served more than 600 homeless mothers and their children (2100 individuals) through mental health and addiction treatment, long-term housing and supportive services. Ninety percent of families that complete the program became self-sufficient by acquiring permanent housing, increasing education and employment skills, reducing welfare dependency, and healing from trauma. What sets Sheffield Place apart from other homeless agencies is the commitment to trauma-informed, evidence based interventions, the exclusive focus on homeless mothers with young children, the length of stay (up to two years), and the delivery of all services onsite where the families live.



*Zurich volunteers conduct a painting project with the children.*

## The Need

As Sheffield Place enters its 21<sup>th</sup> year of service the conditions in society that led to our founding have not abated, but rather have intensified in recent years. In the United States more than 1 million people stayed in homeless shelters in 2011 (US Mayors Conference 2011) In Kansas City, 17,000 people are homeless at some point during the year. Homeless mothers and their children comprise nearly half (46.6%) of our community's total homeless population. (Point in Time Study January 2011) That percentage represents an increase of nearly 30% in just one year.

## The Programs at Sheffield Place

Sheffield Place offers five programs to empower the mothers and families to heal from their trauma and help them become self-sufficient.

- Supportive Residential Services - provides a two room living unit with a private bath and a shared kitchen and laundry facilities on each of the three floors of the shelter facility.
- Children's Clinical Services - addresses the trauma that the children have experienced, including homelessness through group activities, individual therapy, and family therapy.
- Strengths-Based Case Management Program - empowers mothers to move from homelessness to self-sufficiency over the course of up to 24 months.
- Adult Clinical Services - empowers the mothers to heal from their trauma through evidence-based, trauma informed therapeutic and recovery services with a licensed clinician.
- Health Care Services - provides consistent access to a nurse practitioner.
- Aftercare Case Management – maintains the connection to services for families once they transition to permanent housing.

## Key Facts about Clients

### Ages of Clients Served

|       |     |
|-------|-----|
| 0 – 5 | 39% |
| 6-12  | 21% |
| 13-19 | 2%  |
| 20-35 | 29% |
| 36-55 | 9%  |

### Client Race/Ethnicity

|                  |     |
|------------------|-----|
| African American | 53% |
| Caucasian        | 32% |
| Hispanic/Latino  | 15% |

## Volunteers

In 2011, 232 (up from 100 volunteers last year) volunteers provided 2281 (2 ½ times more than in 2011) hours of service. Volunteers provide essential services for the families of Sheffield Place – including property maintenance, assisting with the children’s program, baking birthday cakes for the children and mothers, making quilts, blankets, and pillow cases, and planning and executing special events. We are grateful for their service and commitment.



*A family enjoyed a Halloween party thanks to Holy Cross Lutheran Church of Overland Park.*



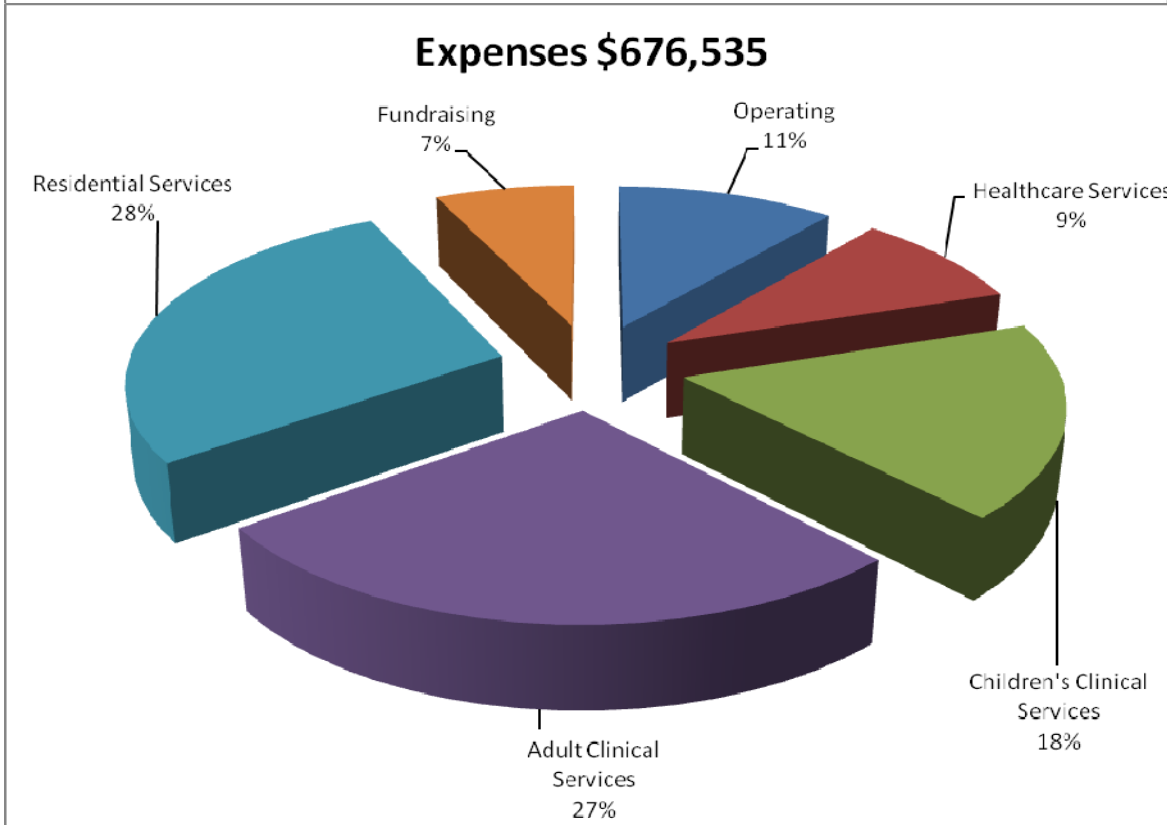
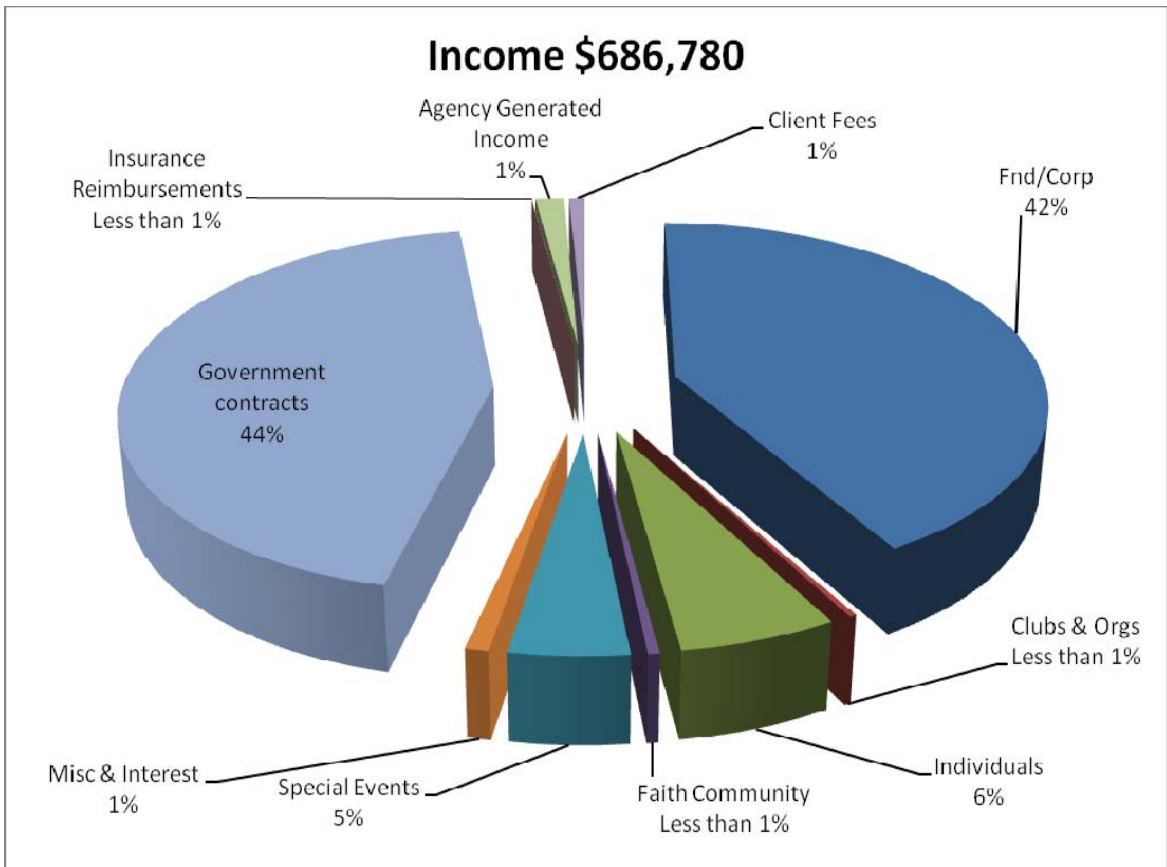
*Delta Sigma Theta held an Easter Egg Hunt for the children.*

## Regina’s Story continued...

Regina has made outstanding progress toward changing her life. She has been drug-free for five months and has completed several levels of drug treatment. She attends 12 Step meetings and has begun her GED classes. At Sheffield Place she sees her therapist weekly, her case manager weekly, and attends more groups than are required. Her groups include recovery, Dialectical Behavioral Therapy, parenting, work prep, HIV Risk Reduction, and trauma. Her daughter, Neva, participates in children’s programming.

Regina says, “Sheffield Place is home. This is the first time in my life that I’ve felt loved and cared about.”

**Income and Expense Pie Charts** (unaudited)



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U.S. Department of Housing & Urban Development

City of Kansas City, Missouri

Jackson County, Missouri

American Association of University Women, Kansas City, Missouri Branch,

Nettie Irene Van Der Veer Waggy Fund



Certified by Missouri Department of Mental Health Division of Alcohol & Drug Abuse