



eliminating racism
empowering women

ywca

St. Paul

growing stronger together

2013 Annual Report



Our Mission

YWCA St. Paul is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

Through programs and services in Housing & Supportive Services, Youth Development, Health & Wellness and Employment & Economic Development, YWCA St. Paul changes minds, bodies and lives.

Service Area

Collaborating with a broad east metro referral network, YWCA St. Paul anchors the Summit-University community and reaches out to its neighbors in Greater St. Paul.



Letter From the President & Chief Executive Officer



Deborah L. Montgomery



William L. Collins, Jr.

Every accomplishment starts with the decision to change, and at the YWCA, that decision is what brings you to our doors. You may be looking for work, a new home for your family, or trying to improve your health. If you are young, you might need a safe place to go after school or help defying the statistics that say you are less likely than your peers to become a successful adult. Whatever your goal, you come to the YWCA because you have decided to make a change.

That is what the YWCA is—a community of people who have the courage to make changes. During 2013, our community numbered more than 5,700 and together we accomplished amazing things.

Some of us overcame homelessness; others earned new credentials. Many underwent a physical transformation and all began to realize their potential. At the YWCA, each of us discovered we are stronger than previously imagined and with a community of support, we achieved what had seemed impossible alone.

In the following pages, you'll meet a family who found help conquering homelessness; a young mother who nearly doubled her income; a teen determined to stay on a positive path; and a senior, who at 91, is more active than many half her age.

These accomplishments simply wouldn't be possible without people like you. As an ally for change, you help make amazing things possible. It's our honor to have you join us in this important work and our privilege to celebrate the many milestones you have made possible!

On behalf of those featured in this report and the thousands of stories still untold, thank you for believing in the women, children and families we serve. Thank you for being part of our community. Every day, we're growing stronger together.

Sincerely,

A handwritten signature in black ink that reads "Deborah L. Montgomery".

Deborah L. Montgomery
President, Board of Directors

A handwritten signature in black ink that reads "William L. Collins, Jr.".

William L. Collins, Jr.
Chief Executive Officer



2013 Board of Directors

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***“I feel like
I’m stronger,
I’m wiser
and I respect
myself.”***

**Shalonda, Transitional Housing
Participant**

For 14 years, Shalonda endured domestic violence. Although she was afraid for her life, she didn’t think she was strong enough to leave. It was her daughter, Aniya, who helped her to find the courage. “I’m raising a young girl,” she explains. “And she’s going to grow up to be a woman—I had to let her know that what she saw me going through was not okay.”

Determined to make a new life for herself and her daughter, Shalonda fled to a shelter and later, enrolled in our Transitional Housing Program. Although starting over is a daunting task, with support and encouragement Shalonda began to believe in herself and to set ambitious goals.

She always regretted dropping out of school as a teen and made earning a GED her first goal. Within six months, she achieved her goal and the success inspired her to dream bigger. “I was proud of myself,” she says. “That’s when I told myself I could go further.”

Today Shalonda has completed her first year of college and plans to pursue a degree in criminal justice. A new life in front of her, she knows that she and Aniya are on the right track. In just two short years everything has changed. “I feel like I’m stronger, I’m wiser and I respect myself,” she says.



To learn more about Shalonda’s
success, watch her video at
www.bit.ly/YWShalonda

housing & supportive services

Fighting Homelessness One Family at a Time

YWCA St. Paul combats homelessness by providing affordable housing and housing-related services for homeless women, children and families. More than simply providing a place to live, our programs and services empower families to stabilize their lives, build new skills, decrease their dependency on emergency services and keep their families united and safe.

Building New Lives for Homeless Women & Children

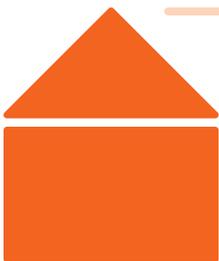
Transitional Housing Program (THP): Creates a path out of homelessness for single parents and their children. Families spend up to 24 months building skills and stabilizing their lives while living in one of the three YWCA Transitional Housing sites.

Positioning Families to Succeed

Permanent Supportive Housing (PSH): Combines safe, affordable housing and supportive services to help families who have experienced long-term homelessness to build stable, productive lives.

Helping Families Move Beyond Crisis

Rapid Re-housing (RRH): Reduces the length of emergency shelter stays by providing a jumpstart of supportive services and other resources that empower families to move out of shelters and into stable housing.



Last year we helped 728 people—234 families—to combat homelessness.

youth development

Empowering At-Risk Youth to Reach Their Full Potential

Our Youth Development programs empower youth ages 8-24 to build bright futures. Within our walls, youth are safe and supported as they overcome challenges, build new skills, gain experiences and develop the habits and attitudes that will help them to achieve success in the classroom, workplace and community.

Promoting Positive Choices

Youth Achievers Program (YAP): Equips at-risk youth ages 8-14 with the skills, attitudes and experiences they will need to succeed and grow. After-school and summer programming focuses on life skills, academic enrichment and healthy minds/bodies.

Keeping Teens in School and Focused on the Future

IMPACT: Prepares at-risk youth ages 15-24 for post-secondary education, training and work. Activities focus on expanding aspirations, building academic skills, fostering personal/social responsibility and improving work readiness.

Helping Youth Grow Strong, Fit & Healthy

Youth in Motion (YIM): Combats the growing problem of childhood obesity and Type 2 diabetes by helping youth ages 11-18 to build active, healthy habits. Youth meet regularly for fun classes and activities led by fitness professionals. The program is administered by the Health & Fitness Center and serves youth enrolled in YAP and IMPACT.

Providing Program Leadership

YWCA St. Paul partners with schools and community organizations to facilitate services for youth and to provide program leadership. 2013 projects included an Evening Learning Center, summer fitness challenge and an afterschool enrichment program.

**Last year we empowered 216 youth
to reach their full potential.**





At 15, Rakeem was in crisis. Battling the effects of early childhood trauma, years in foster care and a dissolved adoption, he faced a return to the foster care system. His life changed when he was reunited with his biological brother and welcomed into his home.

Together, they began the work of helping Rakeem to stabilize his life and chart a course for the future. At the YWCA St. Paul, they found a community who not only believed in Rakeem's potential, but was ready to help him meet his goals.

Participating in the IMPACT program has helped Rakeem to create new friendships, learn new skills, and explore options for his future. Looking back, he's proud of the changes he's made and thankful IMPACT has helped him to stay in school and on a positive path. "I swear, I was a hot mess," he explains. "The young man [I am] now is less vulnerable and less angry, and more in control."

Currently a senior in high school, Rakeem is looking forward to graduation. As he transitions to adulthood, he knows the YWCA will be there to help him navigate. "You know me," he says. "I'm not perfect at anything yet but I'm working towards it."

"I'm not perfect at anything yet but I'm working towards it."

Rakeem, IMPACT Program Participant

To learn more about Rakeem's success, watch his video at www.bit.ly/YWRakeem





“\$15 an hour for me and my daughter is stability.”

Ihsha, YW Jobs Participant

Earning close to minimum wage and struggling to make ends meet, Ihsha never thought she could do more. Driven to provide a better life for daughter, she joined the YW Jobs program (YWJ) and began to envision new possibilities for herself and her future.

After working with her case coordinator to explore job opportunities and practice her interviewing skills, Ihsha interviewed for a job at a local call center. Although she didn't have any experience, the interviewer was impressed by both her enthusiasm and background in customer service. She was offered the job that same day!

Within six months, Ihsha was promoted and is now working as the company receptionist. “The thing that I like about my job the most is that I'm basically the glue here,” she says. “With other jobs, I didn't really feel important.”

Since starting YWJ, Ihsha has nearly doubled her salary. Her new earnings mean she can now afford an apartment for herself and her daughter. She's proud to be on her own. “\$15 an hour for me and my daughter is stability,” she explains. “I'm really making my ends meet and I couldn't do that with \$8 an hour.”



To learn more about Ihsha's success, watch her video at www.bit.ly/YWIhsha

employment & economic development

Building Skills to Support Self-Sufficiency

Employment & Economic Development empowers people to build skills and overcome barriers to employment and self-sufficiency. Providing employment and training services, the department helps people to experience success and provides ongoing case coordination, training and support as they strive to gain new credentials, maintain employment or move from welfare to work.

Moving People into Work

YW Works (YWW): Breaks the cycle of poverty by helping people move from welfare to work. As a contractor of Workforce Solutions, a department of Ramsey County, YWW delivers culturally-specific employment services to African American participants of the Minnesota Family Investment Program (MFIP).

Building Success in the Workplace

YW Jobs (YWJ): Provides customized services and ongoing support focused on helping participants overcome barriers to obtaining and sustaining employment. Serving both job seekers and area employers, YWJ makes good employees easier to find and good jobs easier to keep.

Driven to Succeed

Commercial Driver's License (CDL) Training Program: Helps people train for and obtain a CDL so that they can improve their employability and earning potential. The project provides training at no cost to eligible participants.



Last year we helped 575 people to pursue employment and self-sufficiency.

health & wellness

Putting Better Health Within Reach

The Health & Fitness Center (HFC) offers a wide variety of individual and group activities to support good health. A welcoming, inclusive atmosphere and professional staff empower people of all ages to live an active lifestyle, prevent and manage chronic medical conditions, reduce stress and grow strong in both body and mind.

Providing More Than a Workout

Health & Fitness Memberships: Grant unlimited access to the HFC's cardio and strength training equipment, pool, sauna and group fitness classes. Frequent fitness discounts and financial assistance help keep fitness accessible.

Keeping Members Moving and Motivated

Group Fitness Classes: Led by certified instructors and free to members, Group Fitness classes offer a range of fun and challenging workouts.

**Additional fees apply for optional services.*

Expanding Options and Providing New Choices

Specialty Fitness Classes: Offer specialized and/or advanced instruction to members and non-members of all ages.*

Building Skills and Welcoming the Community

Aquatics Program: Provides expert swim instruction, coaching and water exercise as well as opportunities for lap swimming, competitive swimming, open swim and pool rental.*

Helping People Reach New Heights

Personal Training and Fitness Services: Provide instruction, support and coaching to help individuals meet their fitness goals. A variety of training packages and assessments are available and delivered by nationally certified personal trainers.*

Investing in Health, Investing in Community

Financial Assistance and Outreach: Make healthy living accessible to individuals and families in the wider community as well as those enrolled in YWCA social service programs.

Last year we put better health within reach for 4,197 people.





You'll find Leona in the Health & Fitness Center six days a week. At 91 years old, many marvel at how active she is, but she just laughs and says, "You know, I don't think of my age!"

Leona credits her workouts for keeping her going and for helping her to manage health issues. Her favorite class, Aqua Early Birds starts at 6 am and includes a mix of cardio and toning. "It's work," she explains. "But it's fun work."

On days she doesn't attend an early morning class, Leona walks to the gym and squeezes in some strength training before her workout. Her dedication inspires many, among them her daughter Ruth, who now joins her mom for workouts three days a week. "She's an inspiration," Ruth says. "I haven't picked up all her good habits yet, but I've got a few years to catch up."

For others struggling with their fitness goals or wondering if it's too late to get started, Leona offers some sage advice. "You're never too old," she says. "Just keep going."

***"You're
never
too old.
Just keep
going."***

**Leona, Health & Fitness
Member**

To learn more about Leona's
success, watch her video at
www.bit.ly/YWLeona



Summary of Financial Activity

Public Support & Revenue

Public Support

| | |
|-------------------|-------------|
| Contributions | \$1,080,738 |
| United Way | \$616,060 |
| Government Grants | \$1,810,002 |

Total Public Support \$3,506,800

Revenue

| | |
|--------------------------------------|-------------|
| Health & Fitness Center | \$1,568,999 |
| Program Service Fees & Miscellaneous | \$657,152 |
| Contributed Capital | \$319,200 |
| Rental Income | \$222,029 |
| Investment Income | \$86,769 |
| Debt Forgiveness | \$117,504 |

Total Revenue \$2,971,653

Total Public Support & Revenue \$6,478,453

Expenses

Program Services

| | |
|-----------------------------------|-------------|
| Housing & Supportive Services | \$2,371,465 |
| Youth Development | \$769,051 |
| Employment & Economic Development | \$971,111 |
| Health & Wellness | \$1,690,578 |
| Special Projects | \$75,253 |

Total Program Expenses \$5,877,458

Supporting Services

| | |
|----------------------|-----------|
| Fundraising | \$253,321 |
| Management & General | \$276,533 |

Total Supporting Services \$529,854

Total Expenses \$6,407,312

Change in Net Assets* \$71,141

Balance Sheet

Assets

| | |
|------------------------|-------------|
| Current Assets | \$1,539,525 |
| Property and Equipment | \$8,928,311 |

Total Assets \$10,467,836

Liabilities/Net Assets

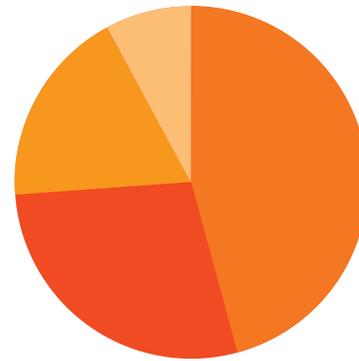
| | |
|---------------------|-------------|
| Current Liabilities | \$293,197 |
| Long-term Debt | \$7,455,768 |
| Net Assets | \$2,718,871 |

Total Liabilities/Net Assets \$10,467,836

*Reflects \$656,437 in depreciation including \$341,213 on housing units for homeless families where contracts stipulate no interest and no principal payments are due for the term of the loan. Excludes multiple year grants where revenue was recognized in a previous year.

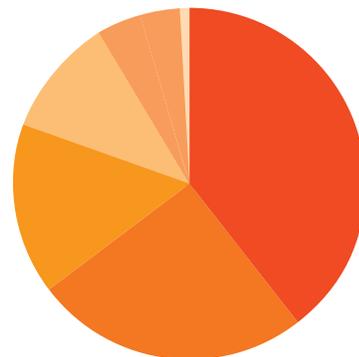
Supporting documents including the 990, Audited Financial Statement and the Community Impact Report are available online at www.ywcaofstpaul.org or by calling Stephen Bates at (651) 222-3741.

Public Support & Revenue



- Earned Income 46%
- Government Grants 28%
- Contributions 17%
- United Way 9%

Expenses



- Housing & Supportive Services 37%
- Health & Wellness 27%
- Employment & Economic Development 15%
- Youth Development 12%
- Fundraising, Management & General 8%
- Special Projects 1%





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www.ywcaofstpaul.org

This document is available in alternative formats.



Community Partner