Dear Friends,

In 2012, Sheffield Place continued to enhance and expand programs. The mother’s program offered 13 groups each week. The groups include parenting, mental health strategies, financial literacy, employment, computer and time management skills, 12-Step, addiction recovery, trauma, adult and child health, and empowerment. Our goal is to provide the skills that our clients need to be successful and self sufficient.

We placed a special emphasis on strengthening the children’s program this year. Social skills, healthy living, and safe living curriculums were provided in age-appropriate group settings. The “Mommy and Me” group provided structured activities to improve the mother-child bond. These groups taught the moms how to interact in positive healthy ways with their children while having fun together. The group also taught age-appropriate development and positive communication. The groups were fun and taught families to play together!

Sheffield Place served 25 families through the Aftercare program that provides continuing services for families once they leave Sheffield Place and transition to stable housing. The families participated in individual therapy, case management, therapeutic and psycho-educational groups, health care services, and social activities.

A family that recently moved from Sheffield Place to their own apartment demonstrates the personal transformation that occurs as a result of the services clients receive.

Stella arrived here in her third trimester of pregnancy at age 17. She had been exited from two other facilities before arriving at Sheffield Place. Over the course of 20 months, she gave birth to Amanda, completed high school and two semesters of college, and secured nearly full time employment. Just recently, she and Amanda moved into a small apartment of their own. Stella receives ongoing case management services from Sheffield Place. She will continue working, going to school, and caring for her daughter. She is well on her way to leading a successful, productive life.

We could not provide these critical services to our high risk families without the generous support of the community. Your donations of funding, goods, and time, made it possible for Sheffield Place to provide more services to more families. Thank you for your partnership in the programs that make success possible for the families at Sheffield Place. You are helping to change lives like Stella’s and Amanda’s each day.

Kelly Welch, Executive Director
2012 Highlights

In 2012, Sheffield Place served a total of 137 unduplicated mothers and children (64 total families; 51 unduplicated families). Thirty-nine of those families were in Residential Services and 25 families were in Aftercare Services. These families represent an increase of 7% from 2011 when we served 57 families and an increase of more than 300% from the 20 families the agency served in 2010.

Residential Services

Thirty-nine (39) families received services through the residential program. All lived below the poverty line.

- 58% of mothers did not have a high school diploma or GED upon admission to Sheffield Place
- 55% were in foster care and/or were runaways as youth
- 48% have had parental rights severed from other children
- 88% were the victims of abuse and/or neglect as children
- 66% struggled with addiction
- 77% have a background of domestic violence

All of the mothers had a mental health diagnosis, most commonly Depression, Anxiety, Adjustment Disorder, PTSD, and Bi-Polar Disorder. Forty percent of the women were African American, 44% were Caucasian, and 5% were Hispanic.

Services Provided

<table>
<thead>
<tr>
<th>Service</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bed Nights</td>
<td>11,429</td>
</tr>
<tr>
<td>Strengths-Based Case Management</td>
<td>571.25 hours</td>
</tr>
<tr>
<td>Trauma-Informed Adult Therapy</td>
<td>575.25 hours</td>
</tr>
<tr>
<td>Family Therapy</td>
<td>131.25 hours</td>
</tr>
<tr>
<td>Psycho-Educational groups</td>
<td>2,933 hours</td>
</tr>
<tr>
<td>Bus Passes (no cost transportation to work, school, job interviews)</td>
<td>117 passes</td>
</tr>
</tbody>
</table>

Outcomes

Goal 1: To secure stable housing
- 85% of clients transitioned to stable housing

Goal 2: To increase education/income
- 90% of clients participated in work development programs (employment, school, treatment)
Goal 3: To improve health
- 25% reduction in ER visits
- 100% of children were current on immunizations
- 84% of mothers increased their health knowledge
- 95% of mothers abstained from alcohol and other drugs
- 95% of mothers improved their mental health functioning

Children’s Services

The over-arching goal of the children’s program, Project Hope, is improved global family functioning. Services included individual therapy, group therapy, and structured educational and social skills activities. Project Hope employed best practice curricula that addressed safety, health, and wellness. Fifty children, most whom struggled with mental health challenges, received services in 2012.

Services Provided

Project H.O.P.E. (children’s program) 2,592 sessions (more than 7000 hours)
Trauma-Informed Children’s Individual Therapy 59.25 sessions

Outcomes

Goal 1: To improve children’s mental health functioning
- 82% of children demonstrated a decrease in total problem score or scored in the normal range

Goal 2: To improve family functioning
- 73% of families showed improved functioning on pre & post tests

Goal 3: To improve parenting
- 67% of mothers improved their parenting

Aftercare Services

The Aftercare Program provided services to 25 families including 48 children. Sixty-nine percent (69%) of clients discharged from the residential services entered Aftercare programming. Aftercare Services included individual therapy, case management, therapeutic and psycho-educational groups, health care services, and social/family activities.

Services Provided

Case management 153 hours
Individual Therapy 53 hours
Emergency Assistance 15 families
Social Activities 129 hours
**Outcomes**

Goal 1: To maintain stable housing
- 100% of Aftercare clients maintained stable housing

Goal 2: To increase education/income
- 80% of clients had jobs or were in school

Goal 3: To improve health
- 100% had health insurance
- 82% improved their health
- 82% had improved mental health

**The Need**

To better measure the need, Sheffield Place developed a structured process to track calls from mothers seeking shelter for themselves and their children. In 2012, 505 mothers were placed on the waiting list. Wait times averaged 3-4 months. The agency received hundreds of additional calls from single women, couples, and homeless men who were not eligible for services. They were referred to other resources in the community.

**Volunteers**

In 2012, 323 volunteers provided 4,764 hours (the equivalent of 2.29 FTE) of service for the homeless families at Sheffield Place. Volunteers: cleaned & organized, worked with the children, conducted mock interviews, answered phones & filed, made blankets & pillow cases, organized special events, helped with the garden, provided dinners, hosted birthday parties, put on holiday events, baked birthday cakes, and served on committees. Volunteer hours more than doubled from 2011 when 232 volunteers provided 2,281 hours of service. In 2010, 100 volunteers provided 900 hours of service.
Income and Expense (unaudited)

Income $718,767

Government Contracts 44%
Client Fees 1%
Foundations & Corporations 40%
Clubs & Orgs Less than 1%
Misc & Interest Less than 1%
Special Events 7%
Faith Community 1%
Individuals 7%

Expenses $680,557

Strengths Based Case Management 17%
Operating 13%
Healthcare Services 8%
Residential Services 25%
Fundraising 7%
Children’s Clinical Services 16%
Adult Clinical Services 14%
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