



Sheffield Place – Annual Report 2010



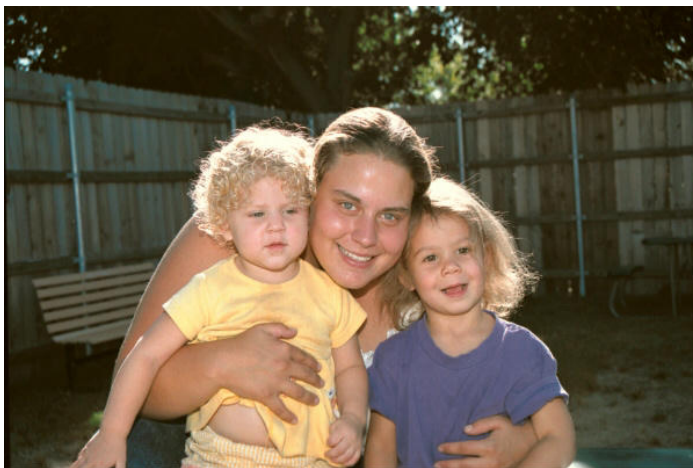
20 years of service

The Sheffield Place mission - "To empower homeless mothers and their children to heal from their trauma and help them become self-sufficient."

A Message from Margaret Comford, LCSW, LSCSW Interim Executive Director & Clinical Director

Two words – growth and change – characterize the experience of Sheffield Place in 2010.

The services for homeless mothers and children grew with the addition of a health care clinic. The clinic opened in October 2010 in partnership with the Samuel U. Rodgers Health Clinic and with partial support from the Health Care Foundation of Greater Kansas City. A nurse practitioner staffs the clinic, which is open 5 hours each week for routine care including well-woman examinations and child health visits. This convenient, onsite clinic makes routine health care accessible for our families.



Sheffield Place is also working to grow the breadth and depth of services and expand the number of mothers and children we serve. Through a planning grant from the Health Care Foundation of Greater Kansas City, Sheffield Place is developing a program to expand service to 10 additional families through scattered-site housing and to 10 families through a formalized program of aftercare.

Yet, change is the ever-present constant. The founding executive director, Karen Streeter left Sheffield Place after 19 years of service to relocate to Oklahoma. Karen left an important legacy of achievement and positioned the agency as a leader in the Trauma-Informed Care movement.

Kelly Welch accepted the position of Executive Director and will begin her duties on January 31, 2011. We are delighted that Kelly will bring her years of experience and expertise in nonprofit, social service management to Sheffield Place.

Sheffield Place is, of course, deeply grateful for the support we receive from corporations and foundations, individuals, clubs and organizations, and the faith community. Without them, the achievements of 2010, as related below, would not have been possible. On behalf of the homeless mothers and children who call Sheffield Place home, I thank you.

Sheffield Place will build on these successes as we commemorate our 20th year of service in 2011.

2010 Highlights

Services Provided in 2010

• Bed Nights	11,566 bed nights
• Project HOPE (Children's Program)	2287 hours
• Family Activities (quarterly activities in the community)	671 hours
• 7-Step Empowerment Program/Case Management	602 hours
• Trauma-Informed Adult Individual Therapy	525 hours
• Community meetings (group meeting of mothers and staff)	282 hours
• Children's Clinical Services Group Therapy	250 hours
• Children's Clinical Services Family Therapy	170 hours
• Children's Clinical Services Individual Therapy	147 hours
• Bus Passes (no cost transportation to work, school, etc.)	138 bus passes
• Aftercare Case Management/Supportive Services	23 hours

Program Outcomes for 2010 for the 20 Mothers Served in the Shelter

- **Eight-six percent (86%) of mothers gained hope for the future.**
Measurement: Herth Hope Scale uses a four point scale ranging from "never applies to me" to "often applies to me" to assess such thoughts as "I am looking forward to the future" and "I feel at a loss, no matter where I turn" which are thought to indicate the construct of "hope." The average gain was eight points.
- **Fifty percent (50%) of the mothers increased overall satisfaction with their lives.**
Measurement: The Satisfaction with Life Scale is a five item measure that assesses global life satisfaction. Participants respond to each item with a 7-point scale. The average gain was two points.
- **Eighty percent (80%) of the mothers reported increased social support.**
Measurement: Social Support Survey average gain was ten.
- **Ninety-eight percent (98%) of mothers had improved mental health.**
Measurement: Global Assessment of Functioning (GAF) showed an average gain of ten.
- **Ninety-seven (97%) abstinence from drugs & alcohol.**
Measurement: Random urinalysis testing.
- **Ninety-five percent (95%) of women had improved income or education.**
Measurement: Progress on individual treatment goals.
- **Parenting skills increased.**
Measurement: Parental Stress Index showed 94 percent of moms decreased their total stress score.

Program Outcomes for 2010 for the 43 Children Served in the Shelter

- **Sixty-six percent (66%) of children had improved mental health.**
Measurement: Mental health improved an average gain of five points on the Children's Global Assessment of Skills (CGAS).
- **Seventy-nine percent (79%) of children decreased problem behavior.**
Measurement: The Achenbach Child Behavior Checklist measures problem behaviors such as aggression, depression, withdrawal. The mother circles a response from one to three that best describes their view of the child and completes open-ended questions about the child.

History

Since 1991, Sheffield Place has served more than 560 homeless mothers and their children (2000 individuals) through 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 on site where the families live. As a national leader in homeless services, Sheffield Place was the first homeless shelter in the country to provide the three best evidence-based therapeutic modalities for traumatized children (2007); was one of 20 organizations nationwide to participate in a learning community to implement the Integrated Treatment of Complex Trauma model (2008); and was named a national best practice in working with traumatized, homeless children (2009).



The Need

As Sheffield Place commemorates our 20th year of service, we are reminded everyday that the conditions that led to our founding have not abated, but rather have intensified. One-third of the Kansas City area's annual homeless population of approximately 20,000 people is made up of mothers and their children. These families are scarred by severe trauma that adversely affects their physical and mental health and puts them on a path toward premature death. Their trauma is worsened by the challenge of finding unskilled jobs in a difficult economy. Healing from trauma is an essential step for homeless families as they make the difficult journey to self-sufficiency.

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. Residential Services assists 14 families at one time and 20 families over the course of one year.
- Children's Clinical Services - addresses the trauma that the children have experienced, including the trauma of homelessness. The program is led by a licensed therapist. Through group activities, individual therapy, and family therapy, the children and families improve their mental health function, improve their developmental functioning, improve family functioning, and strengthen the maternal-child bond.
- The 7-Step Empowerment/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 access to routine health care services onsite through a partnership with the Samuel U. Rodgers Health Center. The program provides five hours of primary health coverage each week to mothers and children, including well-women visits. Health Care Services provides consistent access to a health care professional (a Nurse Practitioner), which provides an increased understanding of the health care system for the mothers, decreased use of the emergency room, and improved health status through consistent care, education and prevention.

Key Strategic Goals

To grow the number of clients we serve

To broaden the depth and menu of our services

To become accredited

To position Sheffield Place as a leader in the Trauma Informed Care movement

Key Facts about the Clients We Serve

- 100 percent are at or below the poverty level
- 100 percent have a mental health diagnosis
- 83 percent receive Medicaid or MC+
- 60 percent have experienced domestic violence
- 50 percent have a dual diagnosis – mental health and substance abuse

Client Race/Ethnicity

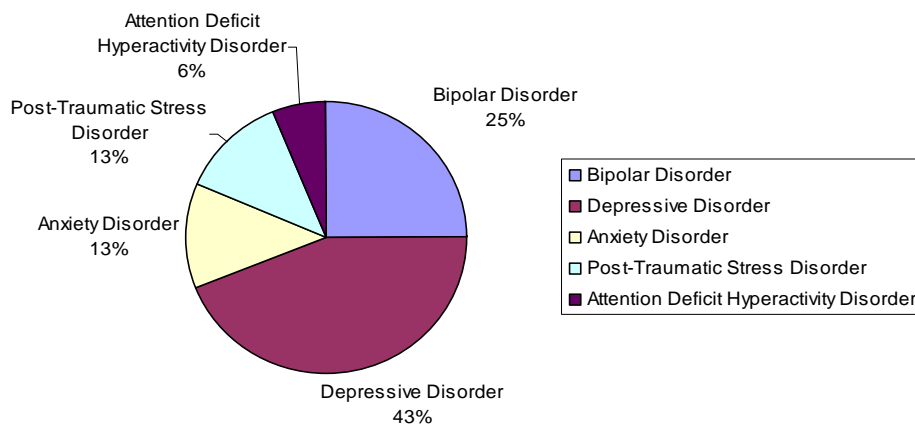
African American	40 percent
Caucasian	34 percent
Hispanic/Latino	15 percent
Other	11 percent

Ages of Clients Served

0 – 5	42 percent
6-12	20 percent
13-19	2 percent
20-35	23 percent
36-55	13 percent

Mental Health Status of Mothers

Prevalence of Diagnosis

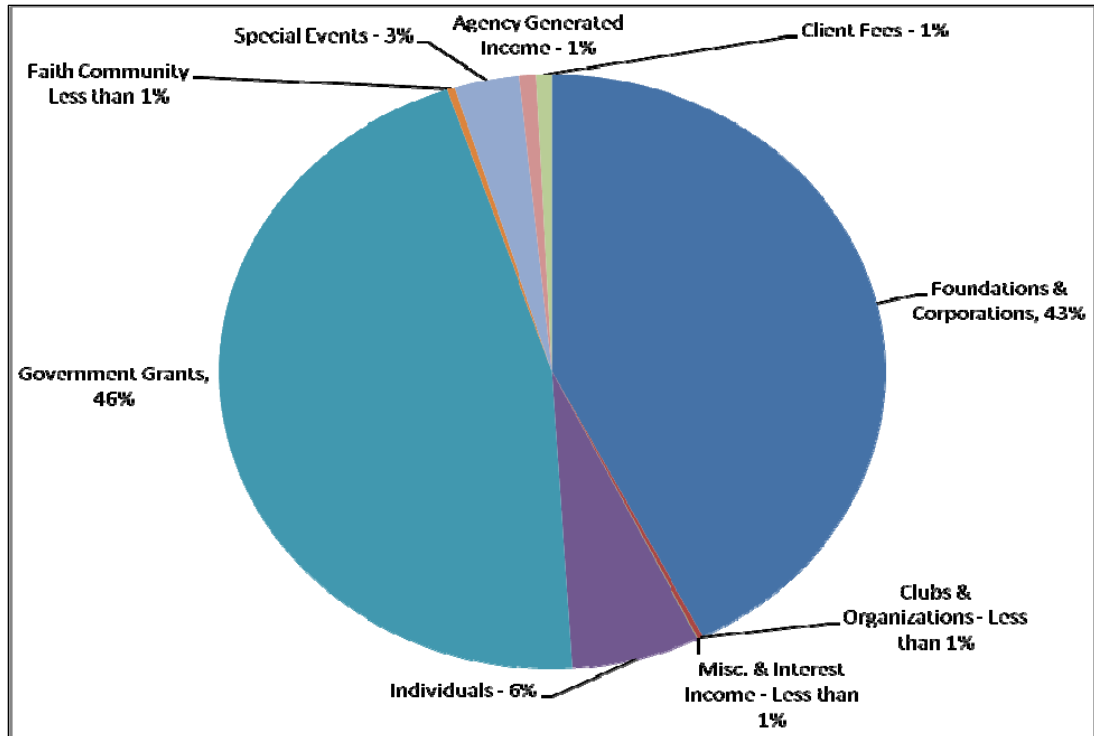


Thank you, Volunteers

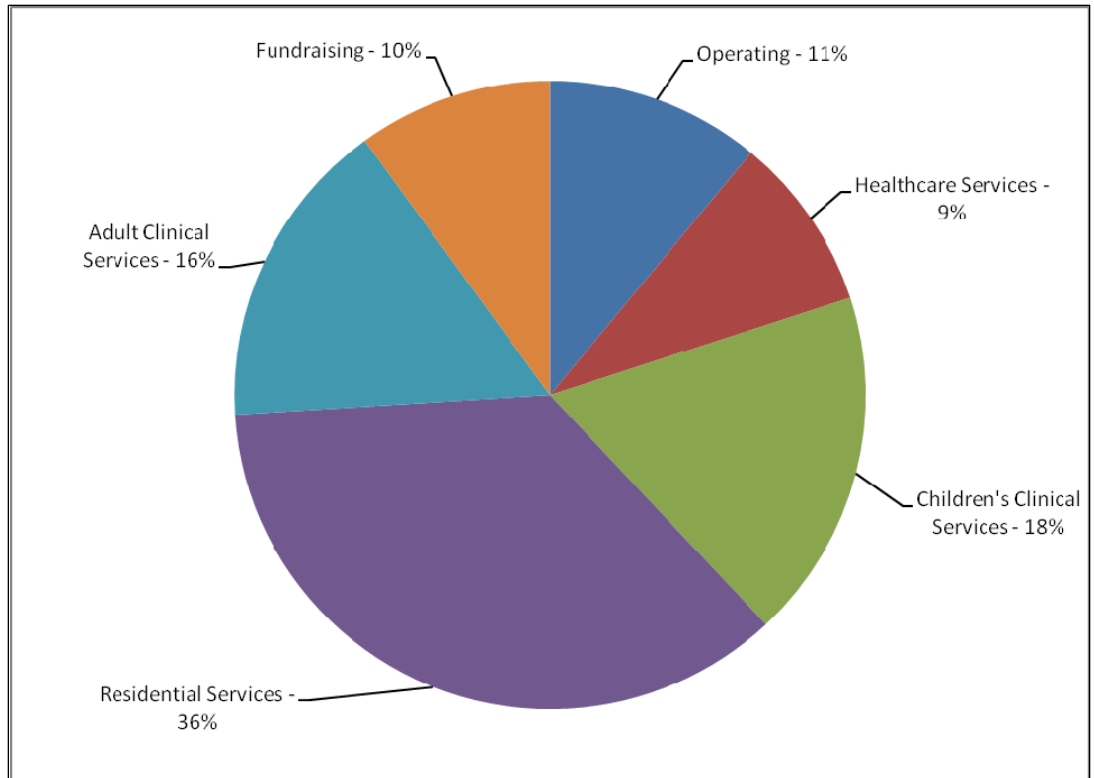
Volunteers are essential to the success of Sheffield Place. Nearly 100 volunteers contributed more than 900 hours of service in 2010.

Financials (unaudited) – 2010 Budget \$817,125

Income



Expenses



Board of Directors

S. Margene Burnett – *President*
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Mantel Teter Architects, Inc.
Susan McQueeney Scholes
iModules Software, Inc.
Thomas Moser
Johnson Controls, Inc.

ALUMNI REPRESENTATIVES:

NeKandra S. (2001 Graduate) **Virginia M.** (2008 Graduate)
Psalms Z. (2008 Graduate) **Angelique Hines** (2009 Graduate)

Funding for the program provided in part by:
U.S. Department of Housing & Urban Development
City of Kansas City, Missouri

