

Annual Report 2014



Leeza started her life of addiction with pain pills she obtained through an acquaintance. The pills helped her forget about the pain of her life. She went into treatment, relapsed, began using meth, and served time in prison for multiple felonies.

Upon release, Leeza found her way to

Leeza & Amyah's Story

Sheffield Place. While here, she gave birth to her daughter. She has maintained abstinence from drugs for the nearly a year, has continued to participate in treatment, and has had her cosmetology license reinstated. Late last year, she found a job she loves in her field. Not only that, but Leeza also helped another resident find a job as a

receptionist at the same beauty shop.

The family plans to transition to a home in the community in the next couple of months. When they do, Sheffield Place will continue to provide case management,

therapy, and other services to ensure that the family stays on track with

their goals. Leeza and Amyah will be able to return to Sheffield Place for ongoing therapy, groups, and family activities.

Leeza and Amyah represent the transformation that takes place every day at Sheffield Place as families make the difficult journey from despair to hope and from homelessness to self-sufficiency.



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Dear Friends:

Thank you for your support. Sheffield Place would not exist without the generous contributions of time, goods, funding, and faith by you and the community. The mission is *"To empower homeless mothers and their children to heal from their trauma and help them become self-sufficient."* Self-sufficient is defined as "being able to maintain oneself or itself without outside aid : capable of providing for one's own needs".

For our families, that journey begins with a commitment to identify and eliminate multiple barriers to self-sufficiency including trauma, homelessness, poverty, addiction, domestic violence, criminal history, and mental health issues. Many of these barriers are lifelong, some generational and most have never been treated.

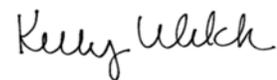
Our amazing resilient families work hard to secure stable housing, increase their income, and become healthier - physically and mentally. Sheffield Place provided supportive housing, individual and group therapy, case management, children's therapy services, and educational groups to 41 families on-site. Also, twenty-seven aftercare families, who are in permanent housing after being in the residential program, received individual and group therapy, case management, children's therapy services, and educational groups at the facility and in their homes.

Unfortunately in 2014, we were only able to serve 6% of the families who were on our waiting list. As we celebrate the families that achieve self-sufficiency, we recognize that there are many more families who require Sheffield Place services. We are committed to grow so that more services can be provided to more homeless families.

Again thank you for the many ways that you support Sheffield Place and the families that we serve.



Jeff Johnson, President
Board of Directors



Kelly Welch
Executive Director

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

**Certified by the Missouri Department of Mental Health
Division of Alcohol and Drug Abuse**

Services

Since 1991 Sheffield Place has provided services to homeless women and their children. Treatment services including case management, individual and group therapy, family therapy, educational groups, recovery services, work readiness, life skills, and supportive housing are provided on site. After a family has moved out of Sheffield Place into permanent housing they participate in Aftercare programming which includes all treatment services—therapy, case management, educational, and support services for as long as they would like to be involved. Aftercare participants also receive programming that specifically targets families in permanent housing.

In 2014 Sheffield Place provided services for 198 unduplicated individuals and 68 unduplicated families. The agency served 41 families on-site (and there were 643 on the waiting list) and 27 families in Aftercare. The demand for intensive mental health and supportive housing services continues to grow. The families have multiple barriers and have experienced many traumas in their lives, most severe.

Adult Client Characteristics

- 100% lived below the poverty line
- 100% had a mental health diagnosis
- 88% had addiction issues
- 58% lacked a high school diploma/GED
- 55% had other children not in her custody
- 66% grew up in foster care/runaways
- 88% experienced domestic violence
- 73% had legal issues, 34% were felons
- 58% of mothers were Caucasian, 42% were African American, 12% identified as Latina

Residential Services Provided

Bed nights	13,826 nights
Average length of stay	6.5 months
Adult individual therapy	500 hours
Family therapy	264 hours
Adult psycho-educational groups	4,321 hours
Adult case management	514 hours
Adult drug/alcohol screenings	331 tests
Children's individual therapy	31 hours
Children's groups	4,077 hours

Residential Outcomes

- 82% of mothers experienced improved mental health
- 93% of the families were in stable housing (83% to permanent housing)
- 70% of mothers increased overall satisfaction with life
- 80% of mothers improved educational and/or employment skills
- 62% of the mothers gained hope for the future
- 97% of mothers were abstinent from drugs & alcohol
- 71% of children had improved mental health
- 72% of families improved or maintained family function in the optimal range
- 98% of children improved or maintained normal mental health functioning

Aftercare Services Provided

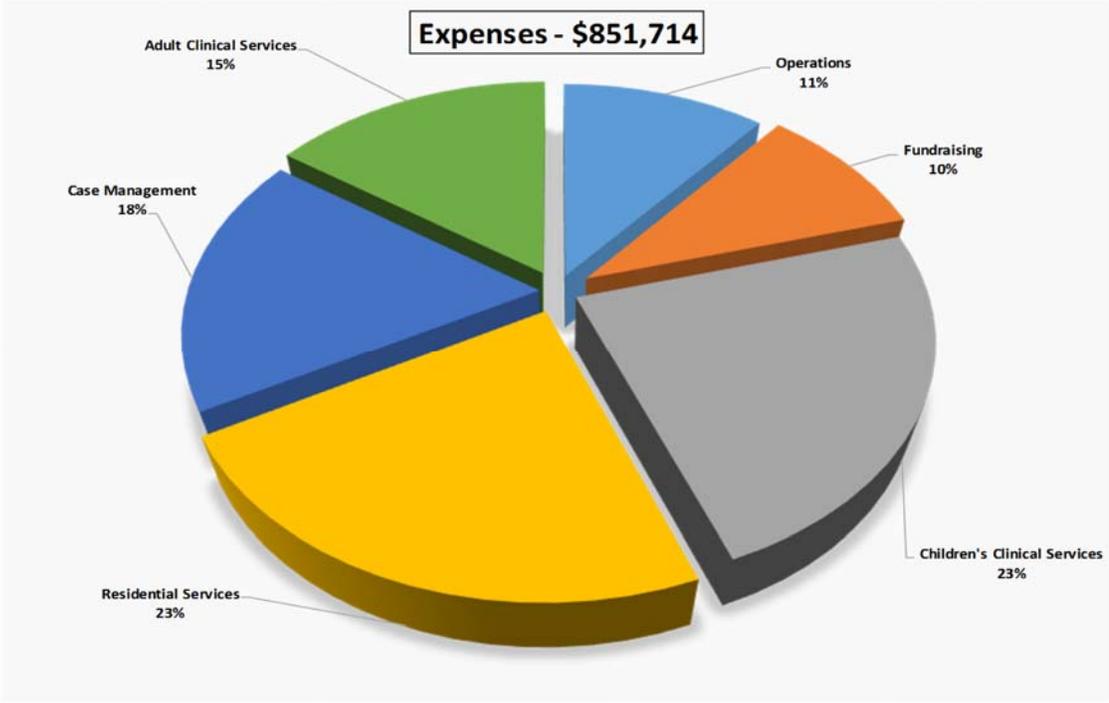
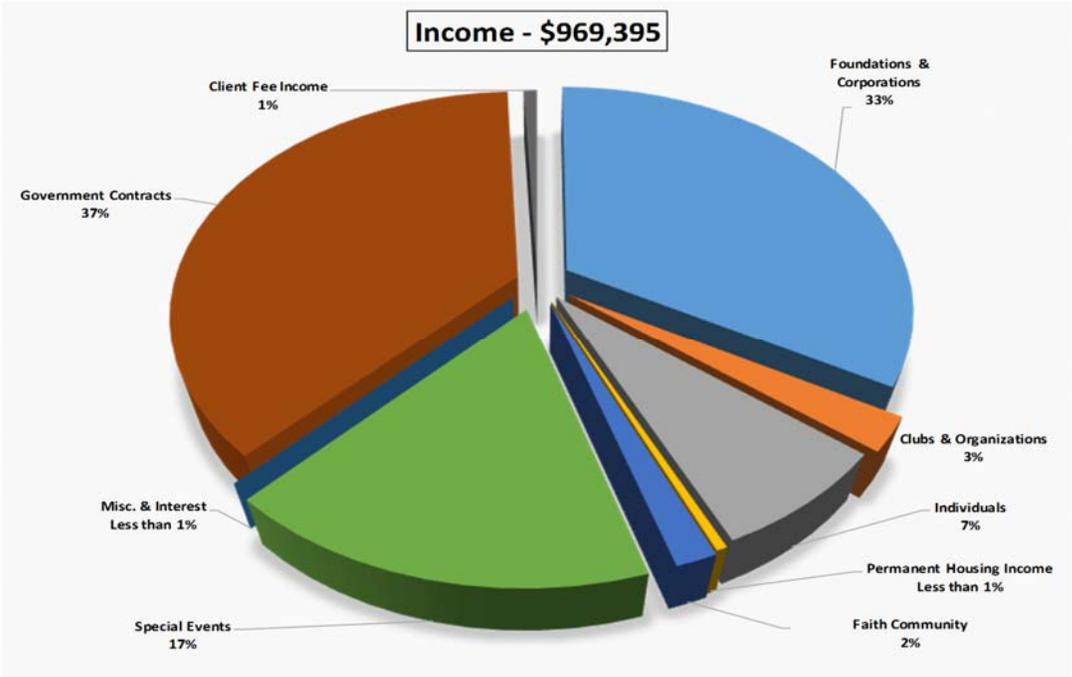
Adult individual therapy	58.5 hours
Family therapy	26.75 hours
Adult psycho-educational groups	137 hours
Adult case management	409 hours
Adult drug/alcohol screenings	27 tests
Children's groups	95 hours

Aftercare Outcomes

- 93% of families maintained permanent housing
- 100% maintained or increased their income
- 89% of mothers were abstinent from drugs & alcohol



Financials



Volunteers

We would not have experienced the growth that we have in the past year nor been able to provide the services delivered without the 376 volunteers who provided 4977 hours of service at Sheffield Place. Volunteers performed a variety of functions - helping with the children’s program, conducting mock interviews with the mothers, helping organize events, holding work days for corporate, civic, and faith groups, serving Saturday dinners, and much, much more. Volunteer time is valued at \$21.17 per hour according to the Independent Sector. Thus the value of time contributed in 2014 is equivalent to \$105,363.



Major Funders

ATR – Access to Recovery, Missouri Department of Mental Health

Ina Calkins Trust

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