

**eliminating racism  
empowering women**  
ywca

# **COURAGE TO CHANGE**

**2017 IMPACT REPORT**

RELEASED APRIL 2018

# ON A MISSION WITH COURAGE

We are so **proud of our success in 2017**. On behalf of myself, our staff, the Executive Board and the women and children we serve, thank you for your generosity and commitment.

YWCA Helena **served a total of 59 women and 37 children** in both our WINGS and newly launched Caterpillars Parenting Program.

The YWCA staff work tirelessly to ensure our programs provide the life skills these women need to change their lives and face the challenges ahead with courage.

A **\$25,000 grant from BCBS of Montana** provided the YWCA with a nutrition program. We planned and purchased healthy foods which were made into delicious and nutritious dinners. We were fortunate to have community volunteers cook dinners at the YWCA and get to know the residents.

**Pads for Paws** made regular trips to Costco and donated some of the food they picked up for YWCA Helena. And, since refrigerator space was tight, we utilized money from the **Murel O'Connell** fund to purchase a beautiful industrial sized refrigerator.

Special thanks to **Tom Cordingly** who continues to donate his expertise



**KATIE LAWLER**  
PRESIDENT

and time to keep our boiler running in tip-top shape. Also, thank you to **Kim Destiche and her crew** for sorting all the clothing donations in the basement.

In times of uncertain fiscal policies and budget cuts, we count on our friends and neighbors who understand the importance of YWCA Helena and the services we offer.

**We can't do this alone. As a diligent supporter we need you to invest in the YWCA and our life changing programs again this year.** Thank you for all you do for YWCA Helena. We are blessed to have your support.

Sincerely,  
*Katie Lawler*

## WOMEN, CHILDREN & SHELTER



YWCA Helena provided shelter to **96 WOMEN AND CHILDREN** in 2017, which was a **45% INCREASE** from 2016.

- 65% Caucasian
- 35% Native American
- 98% diagnosed with a mental illness
- 98% in recovery from some form of chemical dependency
- 47% completed chemical dependency treatment before entering our program



**THE AVERAGE LENGTH OF STAY IS 7 MONTHS.**



### BENEFIT BREAKFAST

YWCA Helena held the 9th Annual Benefit Breakfast at the Lewis and Clark Fairgrounds on November 2, 2017. This annual celebration is an opportunity for locals to learn about the great work done by YWCA Helena.



### LONGEST NIGHT

On December 21, Governor Bullock joined YWCA Helena for the Longest Night, which is a memorial to remember those who have passed away this year while experiencing homelessness. The event was hosted at Women's Park to remind us to be thankful for our housing situations and witness the exposure that people may face due to homelessness.

# ON A MISSION WITH COURAGE

**I love spring in Montana!** Spring represents fresh beginnings. The women at the YWCA Helena come here to start fresh and make a better life for themselves and their children.

Because of their willingness and courageous efforts to change, along with your steadfast support, we are providing valuable and needed services to our community.

**As the new Executive Director, I am excited about the future of YWCA Helena.** Together we will build on the great work already accomplished and take this organization into the future stronger than ever before.

We will continue to strengthen existing programs by working to secure permanent and on-going funding. We are already working on a grant to assist us in developing a solid business plan and application to become a **licensed sober living facility**. This license will allow us to bill Medicaid for out-patient services.

YWCA Helena is also developing a strategy to focus on more planned giving and growing our endowment. **A strong and healthy endowment is critical if we want to see this historic building continue to stand for another 100 years.**



**MONICA LINDEEN**  
EXECUTIVE DIRECTOR

That's right, this building and its mission have stood the test of time. The YWCA building will be turning 100 years old and we are in the process of planning an anniversary celebration. Stay tuned for details.

SMA Architects is currently **developing a new building assessment** to help inform future fundraising plans. YWCA Helena completed a beautiful renovation of the building a few years ago, but there is still work to be completed in the basement and on the exterior.

Speaking of the exterior, we are excited to finish our **donor brick**

**project** now that the weather is warming. We'll keep you posted and let you know when the installation begins and is completed.

**The 10th Annual Benefit Breakfast is scheduled for November 1st.**

Our planning committee just started organizing so give us a call if you are interested in helping plan our biggest fundraising event of the year. A list of other important dates can be found later in this report.

YWCA Helena empowers women to become leaders and break the cycle of poverty and abuse. This is the vision we hold and live by each and every day. YWCA Helena gives women courage, elevates, and empowers in order to bring about change.

Your generosity will ensure women and their children continue to have the resources they need to fight for a better life. **Please take a few minutes to read our 2017 Impact Report and make a financial, tax deductible gift to support YWCA Helena.**

The more you give, the more we can do to support women and the community. **Thank you for your support!**

With deep appreciation,

*Monica J. Lindeen*



YWCA Helena is located at 501 North Park Avenue. The building opened on February 3, 1919 with the purpose of promoting the moral, spiritual, intellectual, and temporal welfare of young women and to provide them with a home.

YWCA Helena provides transitional housing services for up to 24 women and their children (when applicable) at any given time.

Each woman has a furnished bedroom with shared bathrooms, a full kitchen and common areas. YWCA Helena is a perfect entry point for women experiencing homelessness and transitioning into permanent housing.



# COURAGE TO CHANGE LIVES

## MY NAME IS BRANDY AND I AM AN ADDICT.

I didn't realize how bad my addiction to Meth and Heroin was until shooting up became more important than the needs of my 5-year-old daughter.

She interrupted me while I was getting ready to inject heroin. I yelled at her to get out of my room and go away. She left my room in tears. In that moment, I realized that I was powerless over my addiction.

I laid in my bed for 2 days, more dope sick than I had ever experienced. I knew I couldn't live my life addicted anymore — but I didn't have the courage, skills, or support to change my destructive habits. I got in trouble with the law and spent 5 years in prison followed by a 17 month program for substance use.

When I was discharged, I planned to stay with my mom in Helena. On the way home, she asked my brother to pull over because she had to get high. This was it. This was my life. I could not escape the cycle — I couldn't stay sober.

I got caught up in the legal system again and ended up in jail — where I found out I was pregnant with twins.

I applied to the WINGS program at the



YWCA. Two months after moving into the YWCA, I went into labor and had my twins. If it weren't for the supportive living environment of the YWCA, I wouldn't be sober.

I needed a clean slate and I needed a place to live where other sober people were, too. This is what I love about YWCA Helena. My babies get to spend time with me in a space where I know they are safe and can grow to be healthy little ones.

My twins are 5 months old now and I am clean and sober for the longest I have been outside of any correctional program. YWCA Helena has saved me, and my babies. I am forever grateful.

*Brandy*

## **SOCIAL AND RACIAL JUSTICE**

The YWCA's commitment to racial and social justice is one of the common threads that unites YWCAs



across the country. Eliminating racism is one of the two central principles of the YWCA mission, along with the empowerment of women. And, at the core of the YWCA's work, is the recognition that not all women, or all people, are treated equally.

## **WINGS**

YWCA Helena operates a research-based sober living facility. Women



Initiating New Growth and Stability (WINGS) focuses on helping women who are exiting chemical dependency treatment, incarceration and/or are struggling with a mental illness.

WINGS participants work with a case manager to manage mental health, engage in educational growth, obtain employment, search for safe and sustainable housing, learn financial budgeting skills, and initiate self-care activities.

## **CATERPILLARS PARENTING CENTER**

The Caterpillars Parenting Center offers child-focused services that assist in the continued contact between non-custodial parents and their children. Our center provides a safe, comfortable, and confidential place for parents and children to build positive relationships.



## **CIRCLE OF SECURITY**

This is an eight week course designed to support and strengthen parent-child relationships.

## **SAFE EXCHANGE**

Our safe exchange program allows parents to transfer a child back and forth without having to come in contact with one another — either by choice or court order.



## **SUPERVISED PARENTING**

This service provides a safe, fun place for non-custodial parents and their children to spend time together. A Parenting Advocate is present at all times and writes a report of what occurred during the visit.



# WOMAN OF THE YEAR

## BONNIE BOWLER

Bonnie Bowler supports, embodies and complements the YWCA mission to eliminate racism, empower women and promote peace justice, freedom and dignity for all.

Before she retired, Bonnie was a long-time Latin teacher at both Helena and Capital High Schools. She is a brilliant teacher who inspired many students. She is also a strong advocate for women's sports.

Bonnie is also a dedicated volunteer at the Montana Historical Society for the last 14 years and averages 200 volunteer hours per year.

Bonnie provided nine years of leadership as a YWCA Executive Board member, serving as Chair of the Building Committee through a major renovation of the YWCA building. She could always be counted on to volunteer for board events and to do whatever was needed to make them a success, including cleaning up.

What sets her apart from other dedicated board members is her hands-on volunteer work. Bonnie's commitment to ensuring the YWCA is a safe, clean and inviting place for women and their children is boundless.

Bonnie spent hours cleaning out the building in preparation for renovation, and countless more moving



furniture and bedding back in after the renovation was complete. She pitches in to do whatever needs done, including vacuuming, taking out the trash, raking leaves, pulling weeds, shoveling snow, cleaning the kitchen, etc.

Perhaps most important, Bonnie's regular presence at the YWCA allows her to become acquainted with the residents. She serves as a role model and mentor to the women.

Bonnie's extraordinary volunteer work significantly contributes to the success of the YWCA and its mission.

Congratulations Bonnie on being named YWCA's Woman of the Year!



# BOARD & STAFF

## BOARD OF DIRECTORS

Katie Lawler, *President*  
Sarah Phillips LaRue, *Vice President*  
Sonya L Leckner, *Treasurer*  
Jill-Marie Steeley, *Secretary*  
Stacey Anderson  
Beki Brandborg  
Rebekah Dupre  
Moffie Funk  
Randi Heigh  
David Jensen  
Jessica McManus  
Katy Peterson  
Jessica Stewart-Kuntz  
Abigail St. Lawrence  
Krystal Stewart

## COMMITTEE COMMUNITY MEMBERS

Robert Rasmussen, *Building*  
Jason Davis, *Building*  
Becky Lawson, *Building*  
Kimmy Skiftun, *Building*  
Bonnie Bowler, *Building*  
Laura Erikson, *Building*  
Sharon Haugen, *Building*  
Susan Malany, *Community Engagement*  
Ann Waickman, *Finance*  
Ali Mandell, *Nominations*  
Judy Rolfe, *Nominations*  
Connie Winner, *Nominations*  
Margo Ensz, *Social and Racial Justice*  
Barb Lancaster, *Social and Racial Justice*  
Kim Leighton, *Social and Racial Justice*  
Tom Schneider, *Social and Racial Justice*

---

## YWCA STAFF

Monica Lindeen, *Executive Director*  
Kiley Gage, *Grants Manager*  
Liz Samson, *Case Manager/Advocate*  
Tamara Ellick, *Parenting Advocate*  
Erin McMahon, *Licensed Addictions Counselor*  
*Candidate & Mental Health Therapist Intern*  
Cathryn English-Straub, *Licensed Clinical Social Worker, Licensed Addictions Counselor*  
Sharon Pelletier, *Agency Coordinator*

## CONTACT US

YWCA Helena  
501 N Park Ave  
Helena, MT 59601  
ywcahelana.org  
(P) 406-442-8774  
(F) 406-442-0428

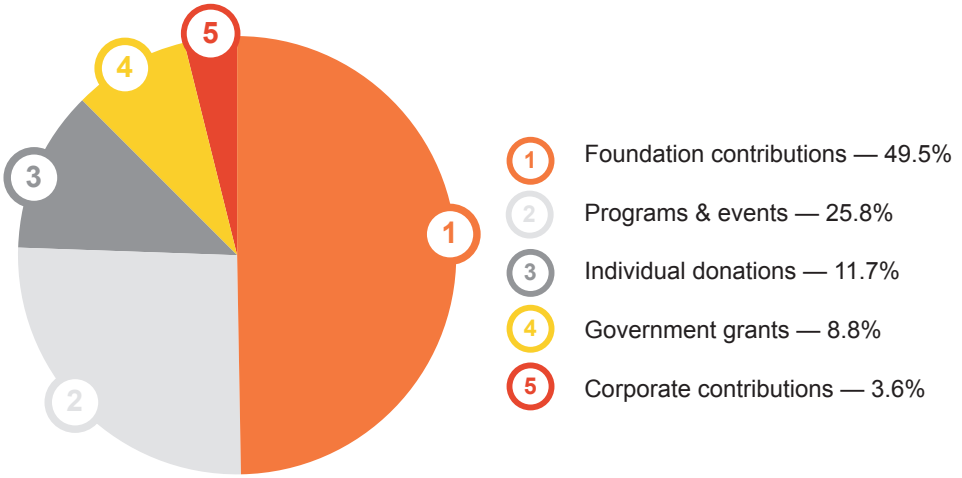
---

## WAYS TO GIVE:

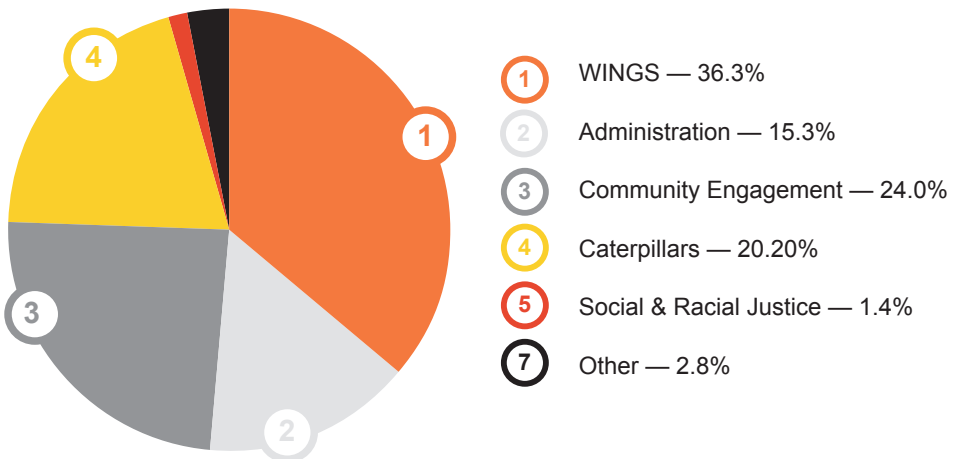
1. Contribute online at [ywcahelana.org/donate](http://ywcahelana.org/donate)
2. **Mail a check** to P.O. Box 518, Helena, MT 59624
3. Join the **Circle of Change**  
For more information call Monica Lindeen at 406-442-8774
4. Make a **planned gift**  
Call Monica Lindeen at 406-442-8774 to discuss a planned gift

# FINANCIALS

## REVENUE



## EXPENSES



# THANK YOU

## FOUNDATIONS & GRANTS

Blue Cross Blue Shield of Montana  
BNSF Railway Foundation  
Boeing  
Browning Kimball  
Dennis & Phyllis Washington Foundation  
Federal Emergency Management Agency (UWW)  
First Interstate BancSystem Foundation  
Lewis & Clark County  
Montana Board of Crime Control  
Montana Healthcare Foundation  
Montana Mental Health Trust  
Oro Y Plata  
Pacific Source  
Soroptimists International Helena  
Treach Foundation  
UnitedWay

## CORPORATE SPONSORS

A2Z Staffing Solutions  
Anderson ZurMuehlen & Co  
Bison Engineering  
Bloomquist Law Firm P.C.  
Blue Cross Blue Shield of Montana  
Diamond Construction  
First Community Bank  
First Interstate Bank  
First Security Bank  
Hub Coffee  
Loft Studios  
Marks-Miller Post & Pole, Inc.  
Morrison Maierle, Inc  
Northwestern Energy  
Opportunity Bank of Montana  
Pacific Source  
SMA Architects  
St. Peter's Hospital  
Stockman Bank  
Strategies 360  
Sullivan Financial Group, Inc  
U.S. Bank  
Wells Fargo Bank

## MARK YOUR CALENDARS

### MONTHLY:

12th @ 12 lunch  
*hosted by Murry's Café at the YWCA*

Every 2nd Thursday  
*Social & Racial Justice Committee  
at the Brewhouse Downstairs*

### MAY 29th:

Ales for Charity  
*Lewis & Clark Brewery*

### AUGUST

YWCA USA Advocacy Day

### SEPTEMBER 6th:

Women Who Wine

### SEPTEMBER

Candidate Forum

### OCTOBER

Week without Violence

### NOVEMBER 1st:

10th Annual Benefit Breakfast

### DECEMBER 21st:

Longest Night on the Winter Solstice

---

Find us on   
**@YWCAHELENA**

---

**eliminating racism**  
**empowering women**  
**ywca**  
helena

YWCA Helena  
501 N Park Ave  
Helena, MT 59601  
[ywcahelena.org](http://ywcahelena.org)

YWCA Helena is a charitable 501(c)3 organization.  
Tax ID #81-0235416

**YWCA IS DEDICATED  
TO ELIMINATING RACISM,  
EMPOWERING WOMEN,  
AND PROMOTING PEACE,  
JUSTICE, FREEDOM AND  
DIGNITY FOR ALL.**

## **WAYS TO GIVE:**

1. Contribute online at [ywcahelena.org/donate](http://ywcahelena.org/donate)
2. **Mail a check** to P.O. Box 518, Helena, MT 59624
3. Join the **Circle of Change**  
For more information call Monica Lindeen at 406-442-8774
4. Make a **planned gift**  
Call Monica Lindeen at 406-442-8774 to discuss a planned gift

