Empowerment starts here.
Break free.
Live free.
Every day at The Women’s Safe House brings a new opportunity to change the lives of women and children. Our mission comes to life when families come to us as residents. It is our opportunity to provide a haven where they begin their journey to live a life free of domestic or sexual abuse. We strive to meet the women “where they are” and empower them to make their own decisions to move forward. In our woman-defined advocacy environment, we find women thrive with our services and establish stable and safe homes for their family.

Our vision is to build a community where everyone is free from abuse. The core values of TWSH are based on this vision. TWSH enables our families through trust and transparency, peer support, voice and choice, and collaboration and mutuality. TWSH combines these core values with our services to assist women in achieving their goals.

In 2022 TWSH grew and thrived. We enacted a new strategic plan and have accomplished many initiatives of this plan in 2022. Additional services and staff have enhanced the programs of our families to aid them in establishing a new life.

As you read more of our Annual Report you will see why we need supporters like you to continue our mission. You will learn how you can help us continue this very important mission.

Stay tuned...there are many more exciting things to come at TWSH. We hope you will be a part of that excitement.

NEAL FISTER, BOARD CHAIR & MARY ANN OWENS, EXECUTIVE DIRECTOR
By achieving these key elements of the strategic plan, we are positioning TWSH for a stronger future with enhanced resources to better serve victims of domestic and sexual abuse.
At The Women’s Safe House, we provide many therapeutic activities that include working one-on-one with a therapist or participating in group activities where residents share experiences and gain insight from others.

This past year, TWSH added two new therapeutic activities to help our women and children heal using art and music. Through Art Empowerment and Music Therapy, residents freely and openly express their emotions, without fear or judgment, setting aside the heaviness of their current situations by picking up a paintbrush or tambourine and giving it a try, being creative and fearless as they become their new selves.

THE HEALING POWER OF ART
Angel lived in an abusive home most of her life and had not attended school for three years. When her family arrived at The Women’s Safe House (TWSH), we helped enroll her. Because of the lapse, Angel entered the 8th grade rather than high school. She did well academically but began experiencing severe anxiety because she was unaccustomed to a structured environment. Through our Art Empowerment program, Angel rediscovered her artistic abilities, which gave her the confidence to work through her anxiety and feel more comfortable at school—she even joined the photography club!

Angel credits her growth to our bi-weekly “Art Empowerment Nights,” which are hosted by an art teacher from John Burroughs High School. The program is open to our residents and is modeled after Elizibeta Kazmierczak’s Art for Empowerment Program. Ms. Kazmierczak developed the program in response to her recovery as a domestic violence survivor. Our first Art Empowerment Night was held in March 2022. Participants are given a sketchbook and a single instruction: make it their own! They are encouraged to decorate it and share their inspiration if they are so inclined. The program empowers clients, bolsters creative expression, and introduces them to new mediums and artists. Through the support of many organizations, including the Arts and Education Council, the Will Flores Fund, and Girl Scouts, our Art Empowerment Nights continue to flourish. Community support aids in securing art supplies and providing clients new experiences. The program inspires clients and volunteers. One volunteer shared, “It’s been such a beautiful and rewarding experience for us and I am incredibly grateful to know the women and children who bravely are trying to break the cycle of violence.”

THE HEALING SOUND OF MUSIC
Group activities can be overwhelming, especially when a person is most vulnerable. At TWSH, we believe it is important to closely work with our clients as they navigate the network of support services available to them, including music therapy. Every other week, our dedicated music therapists pick up their guitars and tambourines, opening the world of “music as healing” to our clients. Skilled in crisis intervention and person-centered music, the therapists use music to promote healing and quality of life. The Music Therapy classes are engaging, high energy, and require no specific musical talents. The program includes creating, singing, moving to, and listening to music. A simple gesture like clapping to a beat can be energizing, and participation helps prevent isolation and encourages socialization.

We work with our two music therapists to make each class memorable. On Valentine’s Day, the class met in the dining room right after dinner and included ice cream and cupcakes. With more than a dozen youths laughing, singing, and dancing through class, their joy proved uplifting. Two older boys who had been sitting cross-armed joined in the fun. At the end of the program... a staff member remarked, “These were not kids at a shelter, these were kids being kids and having fun!”

“There are many theories and concepts on why art therapy is so important. It’s a quiet and solitary process that allows for a reflective moment. It takes away the shyness of a person and eliminates the threat of vocalizing your thoughts.”

ELIZABETE KAZMIERCZAK

Healing Through Art
TWSH BY THE NUMBERS

TWSH BY THE NUMBERS

2022 Resident Profile

99% of TWSH clients live below the Poverty line / 94% of Women served reported having annual incomes of less than $10,000 / Nearly 80% of children served were under 10 years old

2022 Residential and Aftercare Program

Highlight: STEPS (Successful Transitions by Empowering People with Services) Aftercare Program

STEPS provides women and children 12-months of ongoing case management, counseling, employment and other services after leaving the shelter.

STEPS “Provision Boxes” provides weekly boxes of food and toiletries to families in the STEPS program.

100% of STEPS participants who entered permanent housing in 2021 have maintained permanent housing!

Highlight: Housing Program

In order to flee their abuser, 100% of women served are homeless when they enter TWSH.

In FY 2022, TWSH expended $115,000 to help women gain permanent housing. We expect this to double in Fiscal 2023.

The process of securing permanent housing can take six months or longer for TWSH clients.

2022 Program & Services

Received 2,249 hotline calls

Provided 901 hours of client counseling

Provided 6,416 hours of Case Management Services
**TWSH PROGRAMS**

**Crisis Hotline:**
A 24-hour/365-day confidential hotline staffed by Women’s Advocates and trained volunteers to handle crisis calls from women experiencing domestic and sexual abuse.

**Residential Program:**
Residential services include crisis intervention, in-shelter housing, food, clothing, and personal care items.

**Case Management Program:**
Services include trauma-informed counseling and therapy, case management, housing assistance, employment, financial literacy education, and additional supportive services.

**STEPS (Successful Transitions by Empowering People with Services) Program:**
TWSH provides follow-up services to women for 12-months after they move out of the shelter. Services include assistance in maintaining permanent housing such as utility assistance and food boxes. We also provide other household items (kitchen utensils, cookware, linens, etc.) to help establish a new home. S.T.E.P.S. includes ongoing case management, group therapy, and employment to help ensure a successful transition to independent living.

**Youth Development Program:**
Provides trauma-informed services for children living in-shelter that addresses issues such as safety, education, health, social support, and behavioral and developmental well-being. It also works with the families to enable the children to remain in school.

**Volunteer Program:**
Each year TWSH volunteers provide thousands of hours of service that directly impact and serve residents and their families. Volunteers provide respite childcare, allowing residents to attend groups during the evening, holding groups and managing the in-kind donations of clothing for residents and children. Volunteers have also taken leadership positions in our fundraising events.

---

**TWSH BY THE NUMBERS**

**TWSH FINANCIAL ACTIVITY**

**INCOME**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Government Grants</td>
<td>$1,515,425</td>
</tr>
<tr>
<td>Gifts</td>
<td>$ 331,500</td>
</tr>
<tr>
<td>Special Events (profit)</td>
<td>$ 146,400</td>
</tr>
<tr>
<td>In-Kind Gifts</td>
<td>$ 140,921</td>
</tr>
<tr>
<td>United Way / Misc</td>
<td>$ 139,542</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$2,273,788</strong></td>
</tr>
</tbody>
</table>

**EXPENSES**

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wages, Taxes, Benefits</td>
<td>$1,495,418</td>
</tr>
<tr>
<td>All Other Expenses</td>
<td>$ 208,006</td>
</tr>
<tr>
<td>Client Assistance (includes in-kind)</td>
<td>$ 207,973</td>
</tr>
<tr>
<td>IT and Services</td>
<td>$ 183,262</td>
</tr>
<tr>
<td>Occupancy</td>
<td>$  87,139</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$2,182,398</strong></td>
</tr>
</tbody>
</table>
TWSH PROGRAMS
This month, The Women’s Safe House has received a grant from the United States Justice Department’s Office on Violence Against Women (OVW) that will help seven residents and their families move into permanent housing. The OVW grant provides market-rate rental and utility assistance for up to two years to assist residents who are homeless due to domestic or sexual abuse, dating violence, and stalking. As the grant administrator, TWSH is also working with various community partners and collaborators to help our residents build a brighter future for themselves and their families.

One of our residents receiving the OVW grant shared this message with our Executive Director Mary Ann, “This grant is an amazing opportunity, and it will help my family tremendously by getting us moved into our own home. This grant has been such a blessing to my children and me and it’s opened up more opportunities for me to go to school and pursue my dreams. I couldn’t be more grateful!”

THE PET SAFE HOUSE – AT THE WOMEN’S SAFE HOUSE
Did you know that nearly half of domestic abuse victims stay in abusive situations because they are concerned for their pet’s safety? Nationally, 71% of women in domestic violence shelters report that their abuser threatened, injured, or killed their pet.

In our continued goal to meet the safety needs of domestic and sexual abuse victims, TWSH is working to establish a pet kennel at the shelter to provide women the opportunity to bring their pet to TWSH and to ensure safety for every member of the family!

Later this Summer TWSH will begin the construction of a secure, freestanding kennel with water, sewer, heating and cooling on our campus. Working with Purina and their non-profit affiliate, RedRover, TWSH has applied to receive a grant to help fund construction of a kennel to house pets. The grant will fund nearly 60% of the budgeted costs.

We are asking our donors and members of the community who love pets and understand the importance of eliminating domestic and sexual abuse to help support this project. To learn more about and support The Pet Safe House, please click on the QR Code to make a secure donation on our website (www.twsh.org)

Every day at The Women’s Safe House brings a new opportunity to change the lives of women and children. It is our opportunity to provide a haven where they begin their journey to live a life free of domestic or sexual abuse.
P.O. Box 63010
St. Louis, Missouri 63163

EXECUTIVE COMMITTEE
Neal Fister, President
Bing Dempewolf, Vice President
Debi Corrie, Treasurer
Megan Rogers, Secretary

MEMBERS AT LARGE
Steve Buesking
Megan Hoffman
Bry Lefton
Karl Miller
Kanisha Moye
Ugochi Onyema
Julie Peden
Troy Taylor
Robert Whitney

LIFETIME HONORARY
BOARD MEMBERS
Laura Cohen
Janet Horlacher

BUILDING A BETTER FUTURE FOR WOMEN AND CHILDREN