WAYS TO SUPPORT THE YWCA

Volunteer
Volunteers have been the backbone of the YWCA St. Joseph throughout the 131-year history. We encourage you to continue the tradition and get involved by volunteering with us. No matter what your skills or schedule, we have a place for you alongside our team. Volunteer opportunities include:

- Mentoring a young teen
- Advocating for victims of domestic violence and sexual assault
- Assisting in the organization of a seasonal party
- Working in the kitchen
- Assisting with an administrative task in our office or on an event committee
- Helping in the New Start store

Be Social
Please follow us on Facebook, Twitter and Pinterest, and sign up for our email newsletter. When we publicize an upcoming event, please take a moment to share it with your friends.

Donate
Your donations are valuable for the services of the YWCA. While we welcome any donation amount, it is helpful to know that a donation of at least $100 is eligible for a 50 percent state tax credit. The programs of the YWCA are also supported when you make a donation through the annual United Way campaign.

EARLY CARE & EDUCATION

The YWCA provides licensed child care for children ages six week to six years to allow parents who are employed, or who are boosting education toward employment, to access a positive child care environment. As an Early Head Start partner, all teachers are required to earn a Child Development Associate (CDA) Credential within six months of hiring in order to maintain a high level of quality and meet the Early Head Start Performance Standards.

In 2018, the YWCA Discovery Child Care:

- Served 63 children from the community

Since 1888, the YWCA has been working to empower women and their families to help them reach their goals. With programs designed to eliminate racism, create new starts and change lives, we help meet the needs of each family in the present, but also encourage healing and strength for the future.

Through the years, our programs and services may have changed, but the mission has remained constant: To eliminate racism and to empower women and children, promoting peace, justice, freedom, and dignity for all.
In 2018, the YWCA Survivor Support Team:

- Provided 1,605 individual therapy sessions
- Provided advocacy services to 296 survivors
- Provided 1,436 hours of case management/advocacy services
- As a result of the counseling services, 95 percent of participants report that they felt more hopeful about the future
- As a result of services provided by the Sexual Violence Advocate, 100 percent of survivors reported having received support to improve their ability to cope with the aftermath of sexual assault

In 2018, the Shelter:

- Provided shelter to 286 women, 6 males and 234 children
- Provided 18,025 nights of shelter
- Answered 2,244 hotline calls
- Provided 3,568 hours of case management
- Average of 49 people per day (maximum capacity is 45 beds)
- Reached 110 percent occupancy rate
- Coordinated 122 support and life skills groups
- Coordinated 98 children's groups
- 86 percent of residents had improved strategies for enhancing their safety
- 87 percent of participants had knowledge of community resources

Bliss Manor Supported Housing:

Following their stay at the Shelter, many women and children benefit from sustained support through a safe, residential environment. Bliss Manor allows families the opportunity to increase stability and pursue employment opportunities, in the pursuit of self-sufficiency and the ability to thrive in the future.

In 2018, Bliss Manor Supported Housing:

- Served 80 individuals
- Served 45 households
- Provided 16,464 nights of housing and 1,898 hours of case management/advocacy
- 100 percent of Bliss Manor residents created a personal goal plan
- Of individuals exiting the program, 94 percent obtained private permanent housing or entered a treatment facility

Healthy Teen Parents/Healthy Babies Program

Healthy Teen Parents/Healthy Babies Program serves pregnant and parenting teens from ages 12-19 matching them with adult mentors and other resources in the Buchanan and Andrew counties. The goal is to improve the health and well-being for teen parents and their babies and to reduce the social isolation. The YWCA helps teen parents make informed decisions for various situations they may face and actively works to promote healthy parenting and goal setting. The program offers monthly nutrition and meal preparation and fitness groups through the support of the University of Missouri Extension Nutrition Specialist and a Health/ Exercise Science student intern from Missouri Western State University. Mentoring is offered to each participant, and group opportunities for learning and socializing are conducted monthly. Playgroups and home visits are conducted quarterly. The program encourages continued education, healthy behaviors and effective parenting.

In 2018, the Healthy Teen Parents/Healthy Babies Program:

- Provided services to 46 teens and 48 children
- Paired 70 percent of teens with an adult mentor
- Held 51 group sessions and 27 group visits at schools
- Conducted 112 home visits
- 83 percent of enrolled teens remained in school

ENCOREplus helps women access necessary resources for breast health, including removing barriers to receiving an annual mammogram. The program focuses on community outreach, education, resource referral, navigation and a variety of community events.

In 2018, ENCOREplus:

- Provided 1,171 educational outreach contacts.
- Helped initiate 231 mammograms.

ENCOREplus events held in 2018 included:

- Bling a Bra Contest
- Bras for a Cause
- Think Pink Campaign
- Pink Tea Luncheon

CHOICES is an eight-week life skills program offered to seventh grade girls from the St. Joseph Public School District in partnership with MWSU Women's Athletics. Each week the college athletes mentor the girls in open and honest discussions about common middle school challenges and help the girls gain wisdom to make good choices.

DECISIONS is an eight-week life skills course for seventh grade boys from St. Joseph Public School District. Each week MWSU Men's Athletes meet with boys and discuss real-life topics such as bullying, peer pressure and dating. The boys are paired with the same mentor for the full program.

In 2018, the CHoIcEs and DEciSiOns programs:

- Enrolled 161 seventh grade girls and boys at four St. Joseph middle schools: Bode, Robidoux, Spring Garden, and Truman
- There were 83 seventh grade girls and 39 mentors from the MWSU Women's cross country, soccer, softball, track, and volleyball teams enrolled in the CHoIcEs program
- There were 78 seventh grade boys and 39 mentors from the MWSU Men's baseball, cross country, football, and track teams enrolled in the DEciSiOns program (one semester only)