



Center for
Transforming Lives

Empowering Women, Children and Families

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transforminglives.org | 817-332-6191

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2016-2017 Annual Report



Center for
Transforming Lives

Empowering Women, Children and Families

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Proceeds from these enterprises directly support programs for women and children.



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Happy Holidays!

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Happy Holidays! It's with a grateful heart I write to thank you for your tremendous support of the Center for Transforming Lives and the women and children we serve, and to update you on the progress our staff, volunteers and leaders made with more than 3,000 homeless and low-income clients this year (which you can read more about on the next pages).

Although the holidays are a time of cheer for most of us, it can be stressful, cold and lonely for many families in Tarrant County who can't afford basic necessities, much less gifts and parties. One group I am particularly concerned about this year are the children in our community who are homeless and "doubled up" with other families or living day-to-day in cheap motels.

To better assist these children, I helped form and lead the Community Response to Homelessness in Early Childhood, an alliance of 39 child-centric non-profit agencies, which studied, documented and assessed the reality of childhood homelessness in our backyard. We are releasing a study outlining our findings and recommendations early this spring; a copy is available to you by simply e-mailing me - cklocek@transforminglives.org.

In other news, the Center's updated website debuted in November and is a great resource - I hope you will visit it at www.transforminglives.org. The Center also recently welcomed our first Clinical Trauma Therapist, Katie McCoy. Katie will provide high-quality, trauma-informed treatment to children enrolled in our Child Development Programs and children of homeless clients in the Housing Program. I am thrilled to offer this additional service to our most vulnerable clients.

Soon the Center will launch a hot, career-building program for the formerly homeless women living in our shelter. Through our Triumph Catering business, women will prepare fresh salsa, then package the product, and sell it. The program will provide paid jobs and career experience to women working their way out of poverty. Additionally, proceeds from sales of the Fired UP! salsa will help low-income female entrepreneurs start their own small business to supplement their income.

In closing, when I am asked, "what makes your non-profit different," I smile, knowing that transformational life change is the difference. From homeless to home. From impoverished to independence. From surviving to thriving.

Peace to you,

Carol

Carol Kloeck
Chief Executive Officer



Financials

Revenue:

Government grants	35%
Contributions	21%
CTL Foundation	18%
Service Fees	13%
Social Enterprise	13%



Expenses:

Child Development Centers	47%
Housing	19%
Financial Empowerment	5%
Social Enterprise	11%
Management/Gen Development	10%
	8%



Can children thrive with a parent who is barely surviving?

Unfortunately, no.

Although we like to think of our nation as a place of opportunity no matter your family's circumstances, the statistics refute that ideal. Parents living in poverty experience high levels of chronic stress and hardship, frequent moves and transitions, and constant juggling of limited dollars.

The stress of these conditions can roll onto the shoulders of their children and can cause long-term negative impacts such as developmental delays, school set-backs, even actual damage to young developing brains. Unfortunately, evidence of the negative impact of toxic stress and trauma is frequently present in the behaviors, interactions, and delays exhibited by homeless or impoverished children.

In response, the Center has implemented a two-generation model that explicitly targets both children (in the classroom) and their parents (through Family Advocates) by combining and coordinating services for each. While the Center has long known education helps break the cycle of poverty, our results show that concurrent education of both parent and child has the most success.

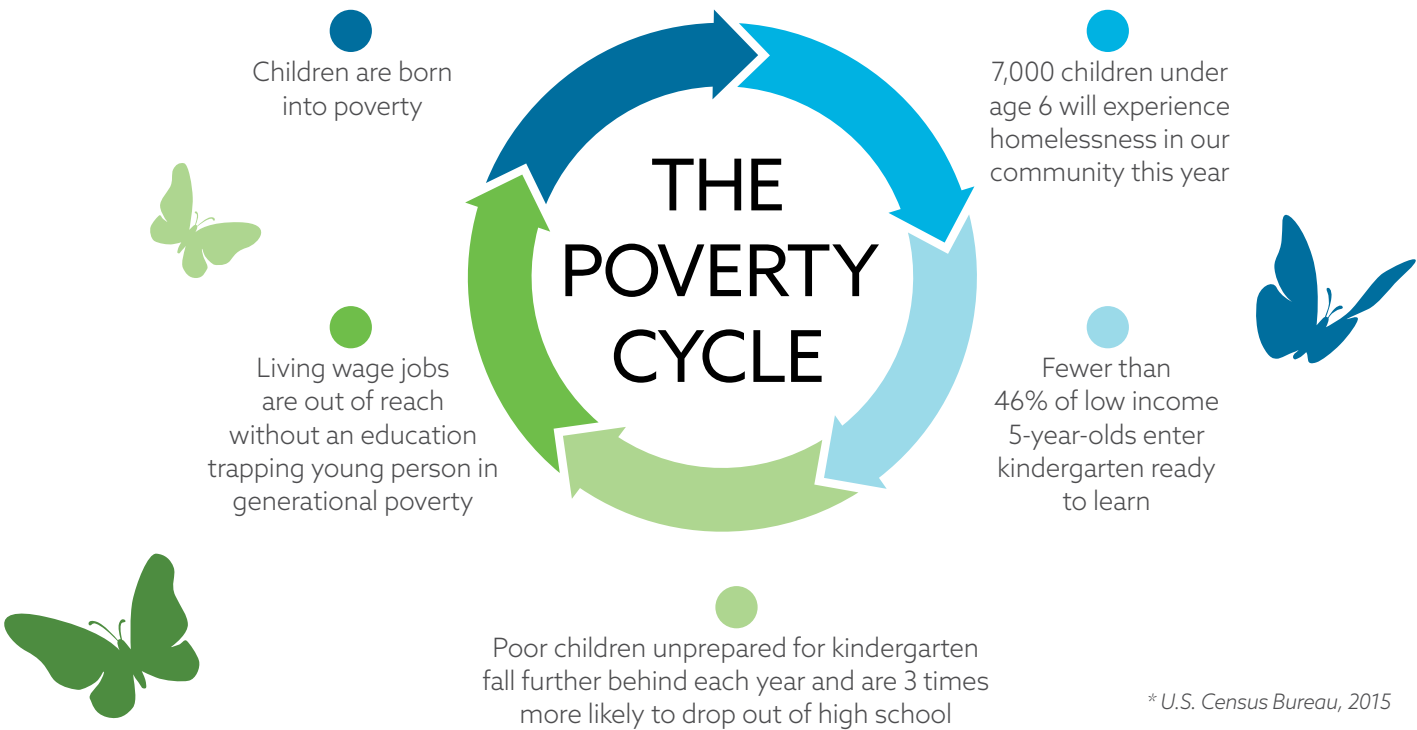
Two-generation family services break the poverty cycle by helping the whole family achieve immediate stability, which leads to long-term independence. Critical to this strategy are trauma-informed social workers and our Family Advocates who address each family's most immediate needs, such as safety, housing, trauma history and medical care, to move them out of crisis and into stability.

Nina, a full-time mother, student and part-time worker, was barely able to feed her children when she found the Center. Family Advocates quickly enrolled her young son, Arlo, in full-day care so Nina had time to work and attend UTA. Staff helped Nina manage her limited income, creating a budget, increasing her credit score and even putting money into savings. Her family and home are now stable, and Nina is working toward a bright, self-sufficient future, while Arlo is working toward a successful school career.

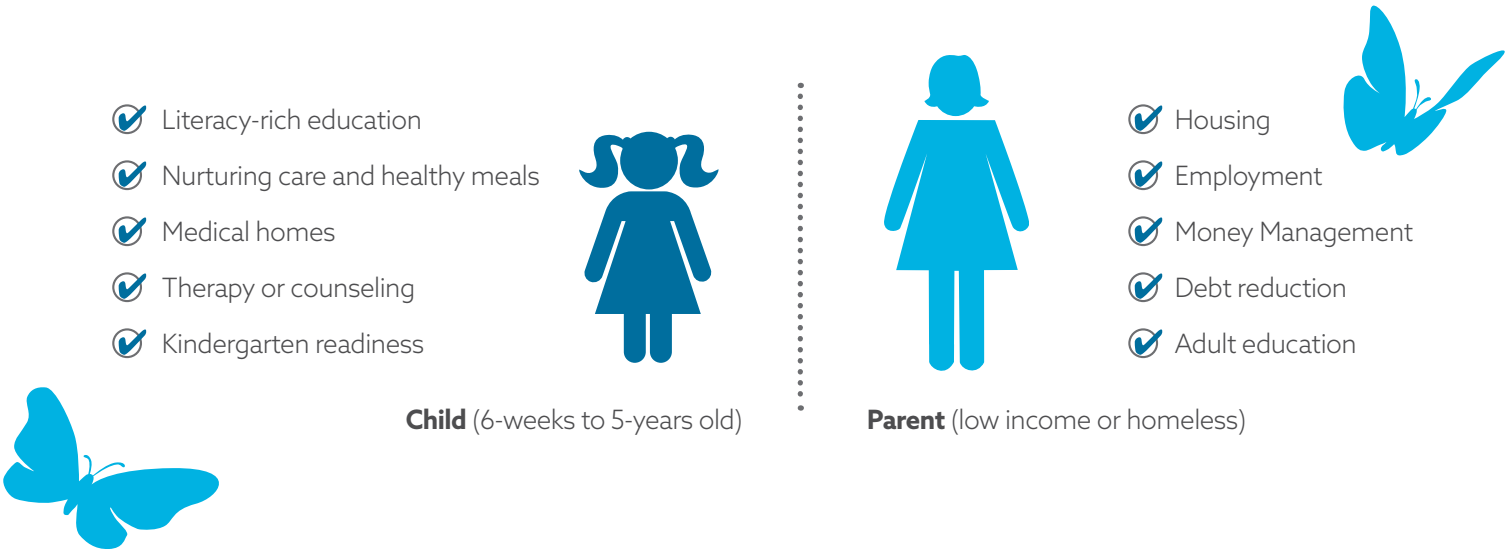
Working with parents and their children, such as Nina and Arlo, puts the whole family on a path to long-term economic security. The Center's two-generation approach builds education, economic assets, social capital, health and well-being to create a legacy of economic security that passes from one generation to the next.

Our two generation approach ends poverty.

More than 113,000 children in Tarrant County live in poverty*



TWO-GENERATION MODEL



Healing the broken spaces

Trauma Informed Care

The latest social services buzz word describes an approach the Center has used for years. Examine ALL the life experiences that led your client to today, not just her most urgent need.

A trauma-informed approach recognizes clients' past trauma (exposure or victim to violence: death, serious injury, emotional abuse, natural disasters or sexual violence) and emphasizes healing with physical and emotional safety, enabling the client to rebuild a sense of control.

The vast majority of homeless women, and children, experience violence. 92 percent of homeless mothers have experienced severe physical and/or sexual abuse in their lifetimes; children of homeless families witness violence at a horrifying rate. By age 12, 83 percent of homeless children have been exposed to at least one serious violent event, with almost 25 percent witnessing acts of violence within their families.

Living in poverty leads to high levels of abuse, chronic stress and hardship, frequent moves, and trauma. The prolonged, toxic stress and chaos of these conditions often result in stressed, neglected, or abused children, causing long-term negative impacts, including actual damage to their developing brain -- interrupting neural pathway development necessary for a child's mastery of age-appropriate social-emotional, physical, cognitive, and language skills.

While food, safety, housing and income may be our clients' most obvious needs, we would hinder clients' full independence without recognizing and addressing her psychological broken places. Our agency-wide approach is grounded in an understanding of the causes and consequences of trauma and promotes resilience and healing with parents and children.

Recently, a Clinical Trauma Therapist joined our team to work with children enrolled in the Child Development Programs and children of homeless clients in the Housing Program. Children are assessed for victimization and, when appropriate, provided individual parent-child sessions, Cognitive Behavior Therapy and Cognitive Behavior Play Therapy, both effective at reducing Post-Traumatic Stress Disorder (PTSD) symptoms, anxiety and depressive symptoms, and self-blame, as well as behavioral problems exhibited in school and home environments.

While all children benefit from the sense of stability, safety and self-esteem our programs provide, the victimized children benefit the most, with improved function, mental health and future outcomes. Reduced cognitive disorders and increased emotional regulation means success in school. Success in school is linked to self-sufficiency, giving each child the power to break the generational cycle of poverty and homelessness.

We use this approach so that children and parents can heal and flourish. Together.



Life transformation starts with our **Child Development Programs**, which provide early education, nurturing child care, and intervention that break the cycle of poverty and prepare youngsters for Kindergarten and beyond.

3 childcare centers

341 children served

67% low income or homeless

85% attendance rate

100% 4-year-olds tested Kindergarten Ready

41,631 lunches served



Financial Empowerment and healthy money management can pave the way from poverty to prosperity. Our financial education helps with crisis management, debt reduction, credit improvement and savings.

490 families served

1,188 hours of financial coaching provided

\$385 average client increase in savings

\$4,183 average client decrease in debt

Housing Services provide help, hope and homes to families in crisis. The homeless programs keep families off the streets and in safe, stable homes.

Through the **Emergency Shelter** program, homeless women (without children) receive immediate aid to overcome crisis situations, a safe and private room to live in, and intensive case management to increase their self-sufficiency. Case managers assist women with housing, counseling, referrals to other organizations, employment assistance, and other crisis financial assistance.

106 women sheltered

7,762 nights of safe shelter provided in downtown facility

For women with children, **Rapid Re-housing** quickly moves families out of homelessness and into stable, permanent homes. The Center identifies families as soon as possible after they have become homeless and immediately connects them with supportive services to help them find an affordable home and stabilize their lives.

117 previously homeless families found homes throughout community

92% of families remained successfully housed and thriving in mainstream society



Wings of Hope Giving Society

Wings of Hope Giving Society members are special friends of the Center for Transforming Lives and support our programs through sustainable, five-year gifts starting at \$1,000 per year. The names below are listed according to their total five-year pledge.

Empowerment \$125,000

Hurt Family Foundation –
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Charlotte and Houston Kauffman

Purpose \$50,000

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David Montague
Peggy Lucht-Rixie

Opportunity \$5,000-\$49,999

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Life Transformers

(This listing reflects the annual cash or pledged gift amounts for the 2016-17 fiscal year.)

\$50,000+

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The Rees-Jones Foundation
Sid W. Richardson Foundation
United Way of Tarrant County

\$25,000-\$49,999

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\$10,000-\$24,999

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\$2,000-\$4,999

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Tarrant County Medical Society
Alliance Foundation
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Stephanie and Joe Usher
Felicia L. Williams
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W. David White
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Diane Madalin Wright
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\$500-\$999

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Bishop Dunne Catholic School
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United Way
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Interstate
Hydrocarbon, LLC



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TIFFANY & Co.



Life Transformers



\$500-\$999 - continued

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