

CELEBRATING eliminating racism
empowering women
135 **ywca**
YEARS IN SCHENECTADY NorthEastern NY

2023 ANNUAL REPORT

YWCA NorthEastern NY is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

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2022-2023

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Dear Friends and Allies of YWCA NorthEastern NY,

It really is amazing to see the amazing work that YWCA NorthEastern NY does every year, and 2023 was no different. I am so proud to share our Annual Report with you about our successes and challenges. We have been dedicated to serving Schenectady and the Greater Capital Region for 135 years with our mission-focused work. This includes comprehensive Domestic Violence services, safe and affordable housing for women (trans-inclusive) and their families, economic empowerment, violence prevention, and high-quality Early Learning Education. Our mission of eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all is the driving force in our daily work.

Throughout 2023, we invested in our employee's work satisfaction, we boldly took a stand against violence and racism, we reflected on how we internally appreciate diversity, and we came together in unity to thrust our collective passion forth through our program initiatives. As a community, we gave voice, power and healing to individuals in our neighborhoods, our jobs, and in our hearts.

Community partners stood with YWCA NorthEastern NY in solidarity to spread our mission and shine a light on issues and disparities faced by individuals and families in our community. With partners like SAFE Inc. of Schenectady we had the chance to start our Human Trafficking Awareness and Support program. We continued our work to expand our internal policies, procedures, and mission work to keep us moving forward. Our STRIVE team worked hard to build STRIVE ESL (English as a Second Language) and held their first cohort before the end of the year. We had many new partnerships like Albany Family Violence Litigation Clinic who works closely with our advocacy team, and Lifesong who is an amazing group of volunteers who work at our main building each week!

We owe these successes to our amazing staff team and also thank our supportive corporate and community partners, and our allies and donors for all you do to make YWCA NENY the best. We would like to extend our sincerest gratitude to Erica Twomey of Albany Family Violence Litigation Clinic, Renee Henck of Safe Inc. of Schenectady, First New York Federal Credit Union, Amaury Tanon-Santos of Sycamore Collaborative for their continued support, allyship, and drive to move our mission forward together.

Yours in persimmon,

A handwritten signature in black ink that reads "Kim Siciliano".

Kim Siciliano

DOMESTIC VIOLENCE SUPPORT SERVICES

2023

YWCA NorthEastern NY's comprehensive domestic violence support services include a 24-hour safe shelter, 24-hour emergency hotline, advocacy services, group, individual, and family counseling, holiday assistance, community referrals, crisis intervention, and economic empowerment.

24 HOUR DOMESTIC VIOLENCE HOTLINE

- Operated 24/7/365
- **874** calls received through the hotline in 2023



DOMESTIC VIOLENCE TRAINING

- **57** # of DV 101 trainings
- **22** # of community DV awareness/events
- **658** # of adults who attended DV 101
- **1,171** # of local youth who attended DV 101

PATTY'S PLACE STREET OUTREACH

- **300 people** utilized Patty's Place in 2023
- **368** - Number of times personal care items were distributed

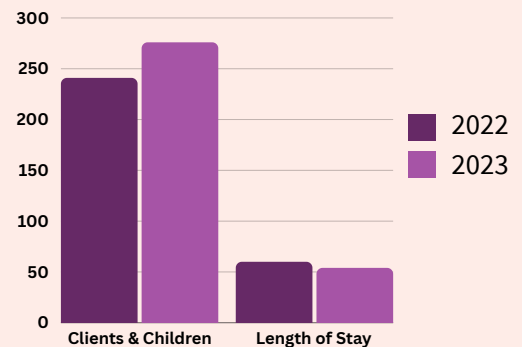


EMPOWERMENT, HEALING, AND WELLNESS CENTER

YWCA Northeastern NY's shelter provides a safe haven for individuals and families fleeing domestic violence. With compassionate support services and resources, the shelter offers a pathway towards healing and independence, empowering survivors to rebuild their lives free from violence and oppression.

- **227** - # of people who stayed at the EHWC in 2023
- **49** - # of children who stayed at the EHWC in 2023
- **13** - # of pets who stayed at the EHWC in 2023
- **54 days** - average length of stay in the shelter

We received a \$60,000 RedRover and Purina Purple Leash Project grant to start a pet program at our Empowerment, Healing, and Wellness Center for survivors of domestic violence. Many victims of domestic violence delay escaping dangerous environments out of concern for their beloved pets. These grants enabled us to provide safe shelter for survivors and their pets escaping abuse, rather than turning anyone away starting in 2023. We were able to shelter 13 pets in 2023.



Local artist, Rae Frasier, completed a stunning mural at the EHWC, a project funded by the Arts Center of the Capital Region



ADVOCACY

Our advocates play a crucial role in providing support and assistance to survivors of domestic violence. Providing crisis intervention, emotional support, advocating for survivors within the legal and social service systems, providing important referrals, and empowering survivors to make informed decisions about their safety and well-being. Advocates work tirelessly to ensure that survivors receive the support they need to heal and rebuild their lives.

- **681** - # of advocacy clients in 2023
- **31** - # individuals assisted with victim compensation
- **538** - # individuals who received information and referrals
- **281** - # of individuals who received personal advocacy/accompaniment in court
- **552** - occurrences of individual advocacy
- **158** - occurrences of civil legal assistance in obtaining a restraining order
- **319** - occurrences of civil legal assistance with family law issues
- **268** - # of clients assisted with crisis intervention



In 2023, our advocacy team started a new partnership with **Albany Family Violence Litigation Clinic** to help assist with clients.



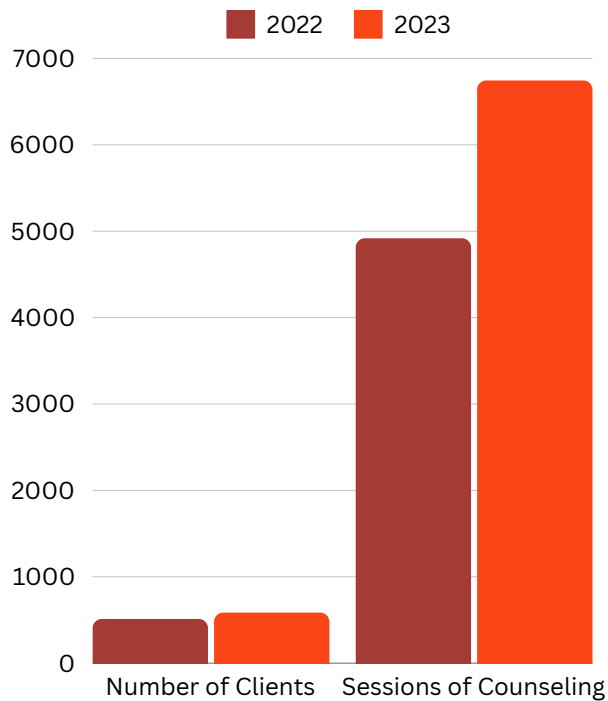
Ronelle McGlothan
Victim Specialist Coordinator

CLIENT SUCCESS STORY

A client approached the Family Court office seeking help from our victims specialist to obtain an order for protection for herself and her children, following multiple instances documented in police reports that resulted in an arrest. Over the course of several years navigating both family and criminal court systems with our teams support she persevered. Eventually, she was granted a full five-year order of protection for herself and their children, along with sole custody. With the resolution of the criminal court and family court case, she has been able to embark on a fresh start. Today, she successfully runs her own salon business and actively contributes to her community, giving back whenever possible.

COUNSELING

YWCA NENY counselors provide a range of support services to individuals in the community. Offering individual and group counseling sessions that support survivors of domestic violence, sexual assault, trauma, mental health concerns, relationship difficulties, and more.



- **585** - # of counseling clients
- **6,745** - # of counseling sessions
- **11,349** - hours of counseling
- **157** - # of group counseling sessions
 - **34** - participants
- **267** - # of crisis management sessions
- **218** - hours mental health counselors spent in sessions providing crisis management



FAMILY VIOLENCE PREVENTION PROGRAM

The FVP program provides tailored counseling for victims and children aged 5-17, using evidence-based techniques to break the cycle of violence and promote healthier family dynamics. It also offers support groups for parents to empower each other, leadership opportunities, and social/educational activities to strengthen communication and foster healthy relationships within families.

- **98** - # of clients
- **41** - # of children
- **568** - # of Family Violence Prevention sessions
- **71** - # of clients assisted with safety planning
- **23** - group attendees
- **96.5** - hours of group sessions



Reshma Loaknauth, LMHC
Family Violence Prevention Counselor

COUNSELING PROGRAMS

2023

HUMAN TRAFFICKING AWARENESS PROGRAM

At the start of 2023, YWCA was awarded the Office of Victims of Crime Human Trafficking Grant to help build capacity to serve victims of human trafficking. Our designated mental health counselor provides individual and group counseling to those who have experienced human trafficking. They also conduct trainings on how to properly identify victims of trafficking and refer them to the correct services for all YWCA NENY victims' services staff and other community agencies.

- **29** - # of clients in 2023
- **896** - # of human trafficking counseling sessions
- **1,828** - # of hours of human trafficking counseling
- **11** - # of human trafficking trainings conducted with community partners and agencies



Alex Thompson, LMSW
Mental Health Clinician

STRIVE

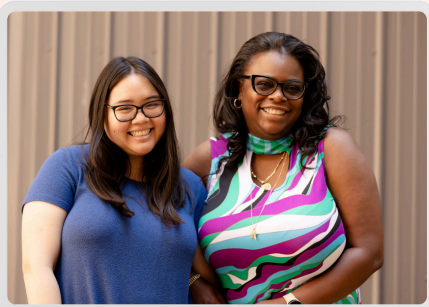
STRIVE is a free professional and personal development program designed to help participants who face employment or underemployment barriers develop the professional habits and skills that are most sought after by employers.



- **38** - # of STRIVE participants
- **12** - # of graduates in 2023 cohorts
- **4** - # of STRIVE ESL participants
- **366** - # of individual and group sessions
- **16** - # of clients receiving digital skills
- **1,318** - hours of STRIVE

"I'd forgotten what I was capable of, STRIVE helped me remember."

- STRIVE Program Participant



Katrina Garcia & Farrah Foreman
STRIVE Co-Facilitators



- In April of 2023, we celebrated a ribbon cutting of our new STRIVE location, 508 State St. in Schenectady!
- Our team launched the first cohort of STRIVE ESL (English as a Second Language) in December of 2023



HOUSING



2023

The YWCA NENY Housing Program offers affordable housing to low-income and homeless women (trans-inclusive). Offering Single Room Occupancy and subsidized apartment rentals to individuals 18+ who need a safe, affordable, and supportive place to live.

- **105** - # of people housed in 2023 across our main campus, Mary Hill House, and Rosa's House
- **4-6 Months** - wait list for Single Room Occupancy
- **1-2 Years** - waitlist for Rosa's House
- **115** - # of times residents utilized the YWCA emergency food pantry
- **185** - # of times residents utilized the YWCA hygiene closet in 2023
- **425** - # of times residents utilized the YWCA clothing boutique in 2023

Rosa's House is a Supportive Housing Program offered by YWCA NENY to assist homeless women (trans-inclusive) who are:

- Living on the street
- Coming from emergency/DV shelters
- Coming from transitional housing for homeless individuals
- Evicted
- Discharged from institutions
- Fleeing domestic violence
- Suffer from mental and chemical dependency issues that affect their ability to maintain housing.

From April 2023 to December 2023...

- **15** residents received mental health counseling sessions
- About **2,300 hours** of individual counseling sessions were provided to housing residents by the counseling team

Some of the YW Housing Team during Pride Month!



RAPID REHOUSING

YWCA's Rapid Rehousing provides temporary financial assistance for individuals and their children who are homeless due to domestic violence. Financial assistance covers many relocation fees, moving costs, security deposit, and 9 months of rental assistance. Rapid Rehousing also provides case management to help find an apartment, inspect the apartment, review the lease, and support individuals in working on their goals while in the Rapid Rehousing program.

- **13** - # of individual households served in 2023
- **70** - # of households with children served in 2023
- **132** - # of children served in 2023
- **13** - # of households assisted with moving expenses in 2023
- **12** - # of households provided furniture, kitchen items, cleaning supplies, etc. in 2023

Following a stay at our safe shelter, Lisa made the transition to the Rapid Rehousing Program to help find permanent housing. Upon stepping into her new apartment with her young daughter, Lisa was astounded to find it fully furnished with brand-new beds, sheets, tables, lamps, and essential hygiene items.

"I was in shock, it was such a relief. I was worried. 'OK, now I've got to get the beds, now I've got to get this.' So to see all that furniture was an instant relief." Lisa recalled

With financial assistance from the Rapid Rehousing Program, Lisa was able to reduce her work hours, allowing her to pursue courses at SUNY Schenectady. Presently employed as a preschool teacher, she is working towards her Bachelor's degree and paying full rent.



EARLY CHILDHOOD EDUCATION



2023

Our two Early Learning Centers located at 44 Washington Ave and SUNY Schenectady both offer full-day early learning. They are both licensed through the Office of Children and Family Services and accredited by the National Association for the Education of Young Children (NAEYC). Both centers also voluntarily participate in QUALITYstarsNY - Washington Ave. was rated 5 out of stars and SUNY Schenectady was rated 4 out of stars in 2023. They offer a developmentally appropriate curriculum for children from six weeks to five years old.



- **43** - Number of kids enrolled at the Early Learning Centers in 2023
- **7** - Number of graduates in 2023



ELC 2023 Friendship Walk held each year in October during Week Without Violence

Meet & Greet with Author and 2023 Empowerment Awardee Shana Gourdine. All ELC families received a copy of her book, *The Power in Me*, written with her daughters.



YWCA NENY Early Learning Centers were awarded the Mother Cabrini Health Foundation grant allowing ALL teachers to attend the 2023 New York Association for the Education of Young Children Annual Conference.

“As I wait for Maureen to return from her first day of kindergarten I want to once again share our thanks and appreciation for the love and support the YWCA Early Learning Center has given us over the last four and a half years. Our daughter absolutely would not be the amazing young child she is without you, and we could not be happier with our choice of where to have her take her early childhood journey.

Your partnership with Early Head Start and participation in QualityStarsNY drew us to your program, and from our first days, with early intervention services working in partnership with the infant room teachers, it was easy to trust our child to your care.” - Former ELC Parent

DEVELOPMENT

2023



124 - # of in-kind gifts received (not including Holiday Assistance Program)

\$42,527.52 - # total revenue of in-kind gifts (not including Holiday Assistance Program)

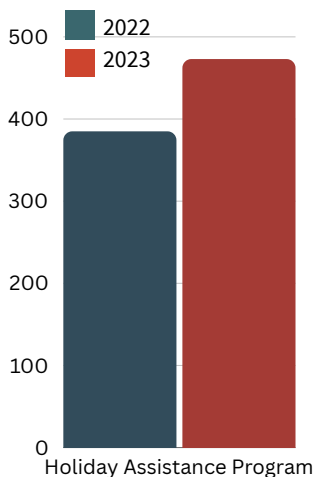
511 - individual donors in 2023



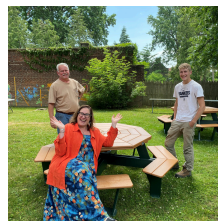
543 NEW FOLLOWERS
ACROSS 3 PLATFORMS



248+ THOUSAND
SOCIAL MEDIA
REACH



In 2023, the **Holiday Assistance Program** helped provide holiday cheer and gifts to **321 children** and **152 adults**, surpassing the number of assisted in 2022 by over 80 people.



Thank you to our 2023 individual, group, and corporate volunteers!
Kiwanis Club of Schenectady, Sandra King, and Shabeena Deen



AWARDS & ACCOMPLISHMENTS

2023



YWCA NENY was awarded a **Good News Award** by the **Capital Region Chamber** for our milestone **135th year** in Schenectady County.



The **Empowerment, Healing, and Wellness Center** was awarded the **Purple Ribbon Award** in the category **Program/Shelter of the Year**



Office for the Prevention of Domestic Violence

The **EHWC** participated in the **LGBTQI+ Pilot Endorsement** with the

Office of Prevention of Domestic Violence (OPDV) to improve shelter programming to meet the program standards. **The EHWC score increased throughout the program to meet best practices.**

FACILITIES UPDATES

2023

Thanks to our many amazing community partners, we were able to make quite a few important updates to our facilities in 2023!



Terry Smith
Facilities Director

- Replaced carpeting at **Washington Ave.** location on 1st floor and conference room thanks to **B'nai B'rith Gideon Foundation**
- **Mary Hill House** thanks to **B'nai B'rith Gideon Foundation, Bank of America, M&T Bank**
 - Kitchen and dining room were renovated with new countertops, appliances, lighting, flooring, and fresh paint
 - New carpeting in corridors, stairwells, and living room
 - New paint in living room
- **Shelter**
 - After flooding from a sprinkler malfunction, we replaced damaged drywall, flooring, and carpets thanks to **BFF Fund of the Community Foundation GCR, the Hershey Family Fund of the Community Foundation GCR, and the Schenectady Foundation**
 - Repaired fire alarm system and sprinkler system
 - Replaced carpeting with linoleum in pet rooms thanks to Red Rover

Thank you to **Mid State Industries, Broadway Carpet, and Quick Response** for their amazing work on these projects!

MHH Kitchen



Before



After

FINANCIALS*

2023

Public Support & Revenue

	Year to Date	Budget
Contributions and Special Events	\$378,980.07	\$820,000.00
Grants and Fees	\$3,903,286.60	\$4,160,053.00
Program Fees	\$545,801.56	\$512,820.00
Miscellaneous Income	\$251,150.19	0

Total Income	\$5,079,218.42	\$5,492,873.00
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Expense

	Year to Date	Budget
Program Expense	\$4,000,807.46	\$4,203,873.00
Support Expenses	\$1,396,824.20	\$1,289,000.00

Total Expense	\$5,397,631.66	\$5,492,873.00
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**for informational purposes only - unaudited financials



