

AMETHYST PLACE

Where Families Come Home To Heal

2017 Annual Report

- ✓ Safe, drug and alcohol-free housing and individualized family services to 52 women and 105 children in 2017
- ✓ 17 years experience successfully reuniting and healing families torn apart by drug and alcohol addictions
- ✓ Extensive community collaborations include: Comprehensive Mental Health Services, ReDiscover, Children's Mercy TIES, Jackson County Family Drug Court, Heartland Center for Behavioral Change, Operation Breakthrough, University of Kansas School of Social Welfare, Happy Bottoms, Giving the Basics, Harvesters, First Call, University of Missouri Extension Office, Kansas City Community Gardens
- ✓ Proven outcomes: Reducing the number of at-risk families, and in turn reducing demands on social support programs and criminal justice systems



"This place is changing my life and who I want to become."

Amethyst Place resident

AMETHYST PLACE

Where families come home to heal



Amethyst is the sobriety stone, and ancient goblets made of amethyst were believed to hinder inebriation.

This beautiful healing crystal represents calm, inner peace, and protection from harm.

We thank the volunteer photographers who provided pictures of our beautiful families for this Report.



Dear Friends,

In 2017 Amethyst Place served 52 women and their 105 children in our supportive recovery housing program for homeless women with substance use disorders. **60% of residents in 2017 graduated successfully**, defined by maintaining sobriety for at least one year, improving in at least five benchmarks of self-sufficiency, and transitioning successfully to independent housing. Because we provide support beyond traditional substance abuse treatment programs, our success rates are well above the national average.

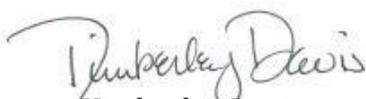
The women we serve overcome generational poverty and addiction, the challenges of single parenting, homelessness, substance use disorders, mental health issues, limited education, unreliable transportation, and criminal histories. Often they were introduced to drugs and prostitution by their own mothers—some as young as 11, many while still in grade school. Now those same women are first generation college students, working part time, showing their children the value of work and school. **Because of you, she has a home, a new path and a bright future.**

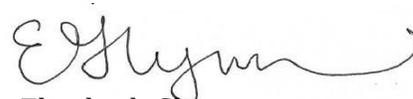
The women who come to Amethyst Place have been chronic consumers of publicly funded services such as correctional systems, police, emergency rooms and homeless shelters. By reducing the number of at-risk families, we reduce demands on social support programs and community violence, saving public tax dollars. **Our cost per resident is about \$7,500 per year**, which pales in comparison to what a chronically homeless person will cost society in one year—\$40,000 in combined medical, judicial and social support programs according to several national studies.

Your donation of time and resources makes it possible for a low-income, at-risk single mother to reunite with her children, heal from past trauma, and create a legacy of economic security.

The current opioid epidemic and the extent to which addiction impacts so many families means the demand for our unique services is only going to grow. We continue to secure the infrastructure and staffing necessary to sustain the programming and therapeutic support that Kansas City's most vulnerable women need to be reunited with their children and live successful, sober lives.

Thank you for making those dreams come true.


Kimberley Davis
Executive Director


Elizabeth Glynn
Board Chair

Our Mission

The Mission of Amethyst Place is to support women, recovering from drug and alcohol addiction, and their children by providing safe, drug-free housing and individualized services to promote healthy families. We help families overcome significant trauma and develop essential life skills. The Vision of Amethyst Place is that families will successfully transition to drug-free, independent housing and healthy community living.



The Impact

The most immediate outcome we observe at Amethyst Place is how quickly our children stabilize when they have a room they call their own; a bed and a dresser and food in the kitchen; a playground and clean clothes; and a sober mom dedicated to creating a better life for her children. Through these changes in their environment we see improved educational outcomes, better health, and fewer behavioral problems.

A New Home

A mom arriving at Amethyst Place has been chronically homeless, her meager possessions fit in just a few trash bags. Here at Amethyst Place she is given a fully furnished, decorated apartment, complete with pictures on the walls and dishes in the cupboards. When she graduates, she keeps all furnishings, allowing for a smooth transition to independent living.



A trash bag cannot support the contents of any life;
it will eventually break from the strain.

Supportive Housing Program

The Supportive Housing program provides holistic services so families can live with stability, autonomy, and dignity. Upon entry, mothers are asked to make a commitment to live at Amethyst Place for a minimum of one year. The actual length of stay is dependent on her progress toward mutually agreed upon goals to stabilize mental health, learn to maintain a sober lifestyle, improve parenting skills, enhance employment readiness, further her education, address physical health concerns, clear up old debt, and settle past legal issues.



Menu of Services:

- **Basic Needs:** Fully furnished and decorated apartment. Free washers and dryers in each building. Access to basic necessities thanks to Giving the Basics (free hygiene and cleaning supplies) and Happy Bottoms (free diapers). Successful graduates take all furnishings and household items with them, allowing for a smooth transition to independent housing.
- **Sober Housing:** Random checks are made to ensure residents remain drug and alcohol free. AA/NA groups are offered onsite. Residents are required to attend at least two meetings per week.
- **Household Management:** Weekly apartment inspections preserve community health and provide opportunities to coach women in basic housekeeping skills.
- **Treatment Team Meetings:** Every resident meets with her full support team (therapist, case managers, social service workers) at regularly scheduled intervals to monitor and support progress toward her goals.
- **Emergency Assistance:** Transportation, food and clothing.
- **Family Reunification:** 30 percent of women enter our program with children in State custody. Most will be reunited within the first 30 days.
- **Life Skills Training:** Programs in parenting, finances, stress management, recovery, and health.
- **Graduate After Care:** All services available for successful graduates.
- **Dental Services:** Through partnerships with Swope Health Center and Samuel Rodgers, and UMKC dental school, dental services are available to all residents.

Goals:

- Families are reunited and stabilized.
- Residents become active participants in their recovery and work to create educational and vocational goals.
- Residents have improved ability to maintain their sobriety during times of stress and report increased parental awareness and satisfaction.
- Residents have decreased involvement with the criminal justice system and other social support systems.
- Residents and their children demonstrate improved global functioning in family, school and social interactions.
- Residents graduate to independent housing.

How We Measure Success:

- 95% of families are reunited and stabilized.
- 100% of residents are active participants in their recovery and work to create educational and vocational goals.
- 70% of residents remain drug and alcohol free during their stay at Amethyst Place, a significant accomplishment for women overcoming decades of drug and alcohol use that often began in childhood.
- 60% graduate successfully, defined by maintaining sobriety for at least one year, improving in at least 5 benchmarks of self-sufficiency, and successfully transitioning to independent housing.

Family Self-Sufficiency Program

The social networks of our low-income, single mothers are often friends and family with equally limited resources of time, money, and other supports. They are unlikely to find robust career or education advice, help for needs such as child care, or financial support within their networks. Through our Family Self-Sufficiency Program, professional and personal mentors become part of their social leverage network, utilizing resources to help them succeed. Mentors serve as a powerful source of information about careers that lead to economic self-sufficiency, offer advice about personal, educational, and career decisions necessary to stay economically secure, and provide resources to support the journey.



Menu of Services:

- **Technology:** Free Google Fiber in every apartment and free refurbished computers.
- **Tutoring for GED and college:** Volunteer tutors on site every day provide individualized instruction for women who are often the first in their families to graduate high school and first to attend college.
- **Benefits counseling:** A comparison of pre- and post- employment to determine the impact on public benefits and health care coverage.
- **Financial coaching:** Staff, volunteers, and partner agencies work with residents to clear up debts, open bank accounts, and build credit.
- **EnCompass mentoring program:** Mentor pairs who are friends form a personal connection with each mom to plant the seeds of a healthy relationship while utilizing resources to help her achieve permanent stability and self-sufficiency.
- **100 Jobs for 100 Moms:** Kansas City businesses identify a position between 8am and 5pm, Monday-Friday, and mentor(s) who provide on-the-job support to facilitate a successful work experience. Participants can earn up to \$1,400 in incentives per year tied to attendance, job performance, and goal-setting.
- **Emergency financial assistance:** Moms are eligible for direct assistance with transportation, housing, child care, or health issues that impact employment or education. Moms agree to pay back all or a portion of the assistance.

Goals:

- Improve educational status of mothers.
- Improve employment options for single, low-income mothers.
- Expand social networks of mothers.
- Provide opportunities to build savings and improve credit.
- Alleviate poverty through job wages and income provided by incentives.

How We Measure Success:

- 90% of women without a high school diploma attend GED classes.
- 100% of participants for one year or more improve at least one dimension in the Career Resiliency benchmark and successfully set and achieve family and personal goals.
- 50% of participants for one year or more improve at least one dimension in the Education benchmark.
- 100% of residents set and achieve personal and family goals.
- 75% of residents demonstrate one or more benchmark improvements in at least three dimensions of the self-sufficiency index.
- 85% of women maintain a relationship with their EnCompass mentors for at least one year. Of those, 75% return for a second session.
- 90% of residents meet with a financial coach.

Therapeutic Services

Our on-site therapist is essential to family reunification and stabilization. Most children arrive with a host of emotional issues that are a result of homelessness, separation and addicted parenting, making the need for family therapy essential to improve family functioning and reduce the risk of child abuse. Having access to therapeutic services on-site eliminates many barriers facing our families: high rates of staff turnover, long wait lists, lack of consistent phone service, and limited access to transportation. While addressing substance abuse is important, nearly all residents have a dual diagnosis: substance abuse with severe mental illness. Often, mental health issues which directly caused their substance abuse were never addressed.



Menu of Services:

- **Intake assessments:** Evaluate the social-emotional needs of her and her family, set family goals and identify appropriate program supports.
- **School enrollment:** Assist parents to enroll children in high quality day care/school and serve as liaison between parents and schools.
- **Theraplay:** Build and enhance attachment, self-esteem, trust in others, and joyful engagement using natural patterns of playful, healthy interaction between parent and child.
- **Combined Parent Child Cognitive Behavioral Therapy CPC-CBT:** Help children heal from the trauma of abuse and neglect, empowers and motivates parents to modulate their emotions and use effective non-coercive parenting strategies, and strengthens parent-child relationships.
- **Eye Movement Desensitization and Reprocessing (EMDR):** Designed to alleviate the distress associated with traumatic memories.
- **Child mentoring program:** Positive adult role models demonstrate appropriate behaviors, model healthy relationships while giving each child a sense of self-worth.
- **Parenting programming:** Strengthens parent competencies to promote children's academic, social and emotional skills and reduce conduct problems.
- **Missouri Recovery Support Specialist-Peer**
- **Individual, family and group therapy sessions**
- **Massage therapy, meditation and yoga**

Goals:

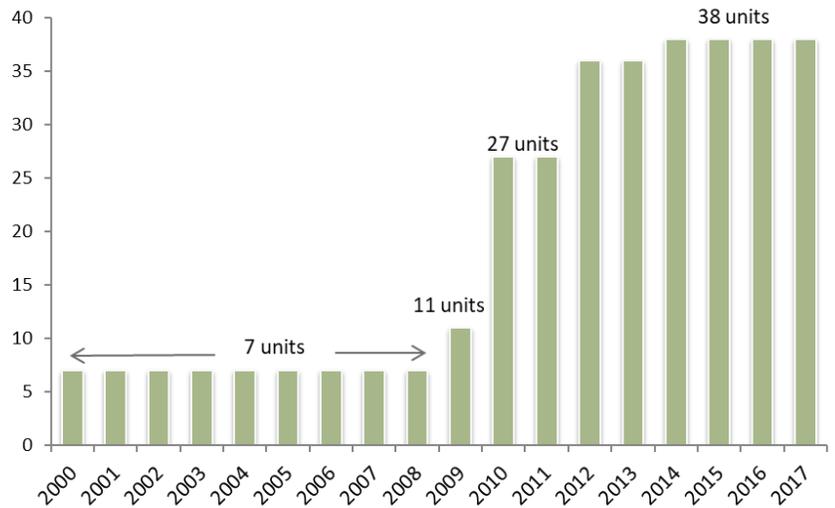
- Improve family interactions. Families affected by substance abuse report higher levels of conflict than families with no substance abuse.
- Reduce behavior problems. Children of addicted parents have higher rates of ADHD and ODD and greater difficulty coping in school settings and social situations.
- Reduce depression and anxiety of mothers and children. Addicts and their children are at high risk for elevated rates of psychiatric and psychosocial dysfunction. Children are at high risk for alcohol and drug abuse.
- Increase child's sense of safety and security.
- Mothers report improved parental awareness and satisfaction and show increased focus on children's well-being.

How We Measure Success:

- 75% of participants demonstrate at least one benchmark improvement in our Parenting and Support System/Safety Benchmarks.
- 60% of children who participate in Theraplay and play therapy show improvement in their Child Behavior Checklist (CBCL) scores.
- 75% of families participating in therapy improve at least one benchmark in our Mental Health and Parenting Benchmarks.

Our Growth

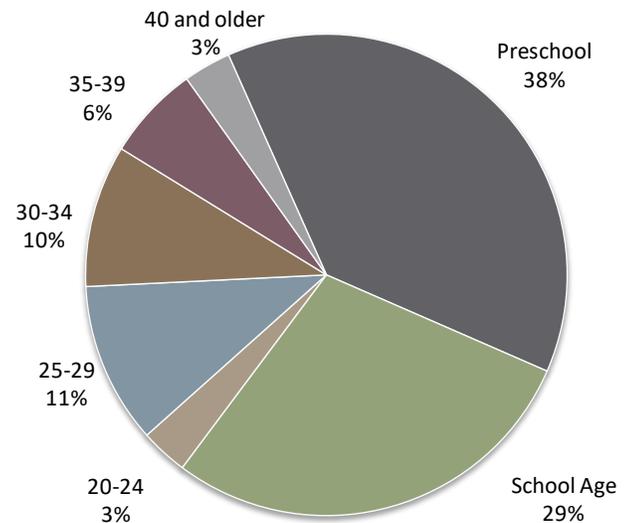
Amethyst Place began with 7 units at 11th and Benton and now offers 38 supportive housing units at 27th and Troost. Since opening in 2000, Amethyst Place has served 297 unduplicated families: nearly 900 women and children.



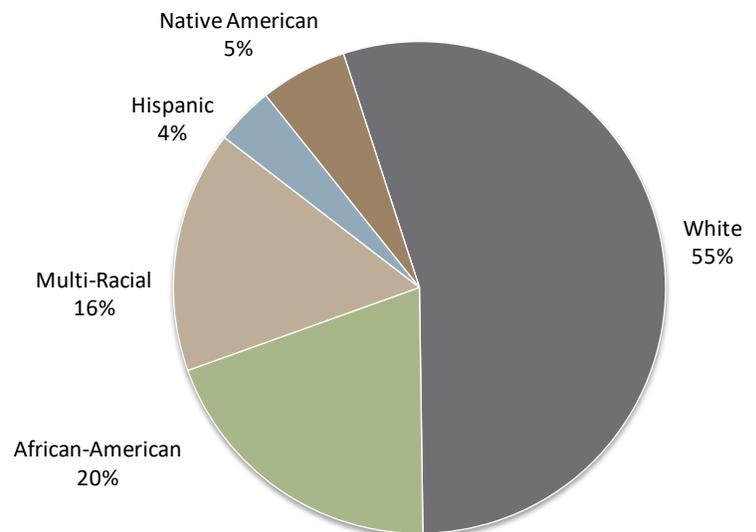
Family Profile

- ✓ Homeless woman in recovery with a minimum of 30 days confirmed sobriety
- ✓ 30 years old, a high school dropout, raising two children under 7 years old
- ✓ Living on less than \$10,000 per year, including all public assistance
- ✓ Family history of addiction
- ✓ She and her children have suffered considerable trauma prior to their stay:
 - 70% of the children have a history of foster care or other placement not with their mother
 - Women who have been exploited by sex trafficking, as well as women recently released from prison or on probation make up a significant percentage of our population.

Age Distribution



Ethnicity

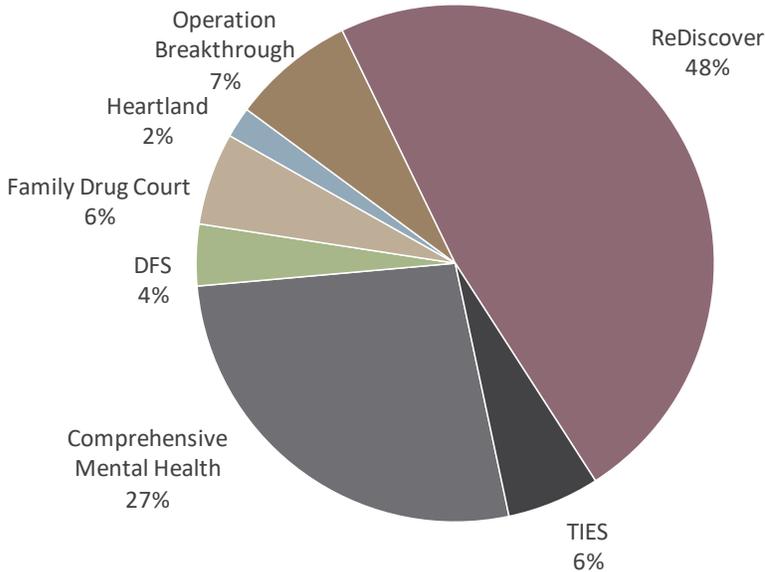


Amethyst Place served 52 women and their 105 children in 2017.

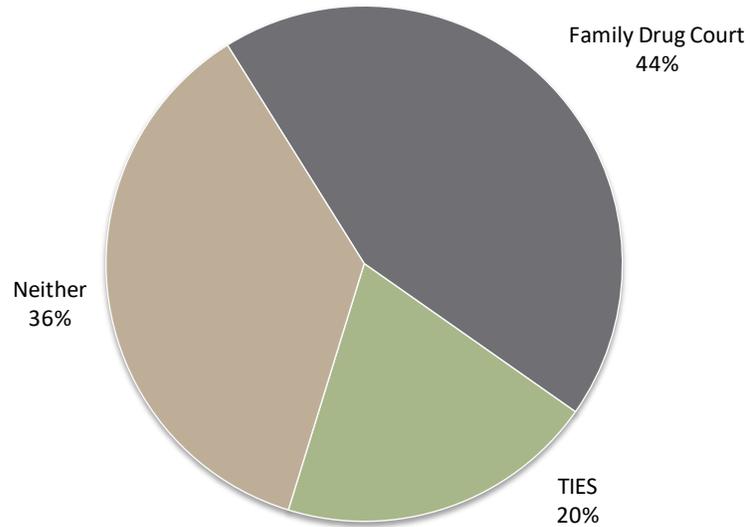
Our Partners

Women must be referred to our program through one of six referring agencies. Our distinctive community case management model partners each family with a case manager from a referring agency to coordinate services with Amethyst Place staff.

Referring Agency



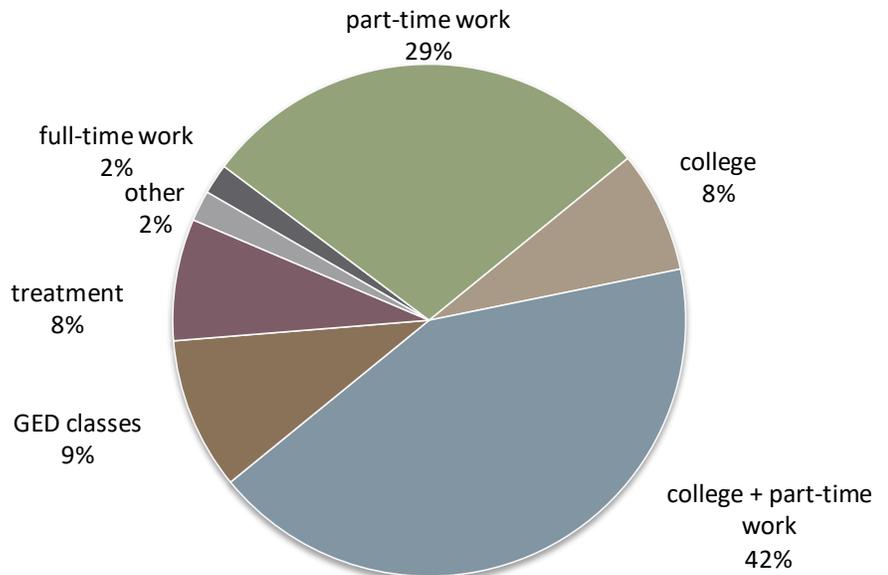
Current/Prior Involvement with:



Primary Daytime Activity

Women must work, go to school or attend treatment a minimum of 20 hours per week. All of our families rely upon public assistance and face difficult choices regarding employment because of the cliff effect of losing public benefits. An hourly wage that moves her “officially” out of poverty cannot provide any real economic security when offset by reductions in the important public benefits which are her safety net.

Primary Daytime Activity

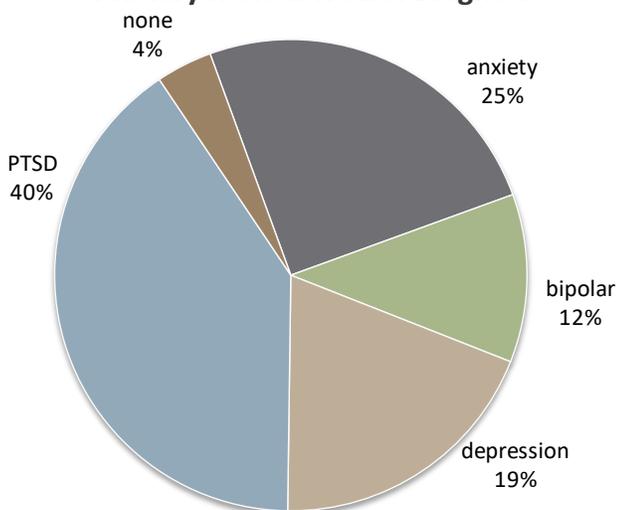


Half of the 2017 residents attended college; most the first in their families to do so.

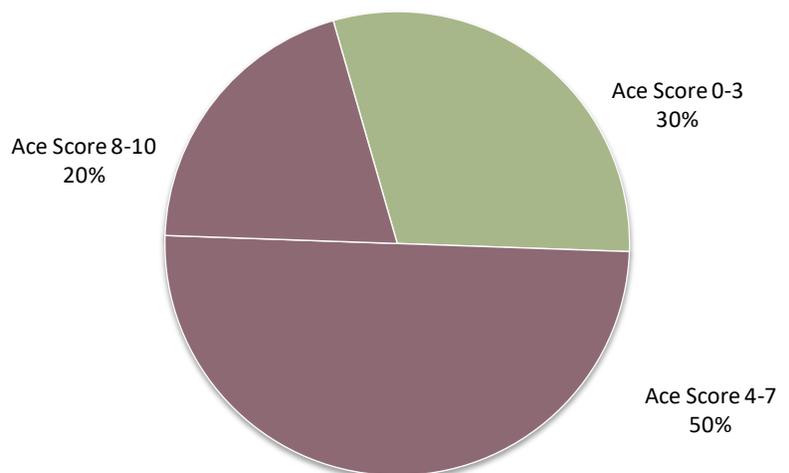
Her Challenges

- ✓ 60% of residents do not own a car. Many jobs are located in suburban areas not well served by public transportation in the evenings and on weekends.
- ✓ 44% are on or have been on probation or parole. 17% have felonies.
- ✓ More than half of the women grew up in the foster care system or ran away from home as a child. 90% lived in families where substance abuse was prevalent. Many were initiated into drugs and prostitution by their own parents at a young age.
- ✓ 40% of women served were born to a teenage mother. Children of teen mothers are more likely to live in poverty and suffer higher rates of abuse and neglect.
- ✓ 100% of our families fall below the Federal Poverty Level. 80% survive on less than \$10,000 per year, which includes all sources of public assistance.
- ✓ 80% of women enter our program with unpaid utility bills, impacting her ability to transition successfully to independent housing. In addition to needing lump sums to pay off past bills, her utility deposits will likely be much higher, determining her relocation options.
- ✓ 42% of the women we serve do not have medical insurance and suffer from a multitude of chronic health conditions, using the emergency room as their primary care provider.
- ✓ 96% of women served are dually diagnosed with substance use disorder/mental illness.
- ✓ 67% tested have an ACE (Adverse Childhood Events) score of 4 or higher. The ACE Score assesses stress during the first 18 years of life. An ACE score of 4 or more greatly increases the likelihood of severely adverse adult health outcomes.

Primary Mental Health Diagnosis



Adverse Childhood Experiences (ACE) Score



Our full-time on-site therapist is trained in trauma informed therapy.

Our Strategies

Advance Education

Nearly half of our 2017 residents entered the program without a high school degree, most dropping out by the 10th grade. Five are preparing for the test and 14 now have their GED. 100% of women who have tested for the GED passed, thanks to our volunteer tutors. Half of our 2017 residents enrolled in college, many thanks to our education fund that removed financial hurdles. Three women received their Associates Degree in 2017. We also work to place every child in high quality day cares and schools, giving them the healthy start they need.

Remove Barriers

29 families did not have internet access prior to moving to Amethyst Place and now all have free Google Fiber. 23 residents who entered without a computer now have refurbished laptops. Only 4 residents had bank accounts and now 29 are banked. 12 residents eliminated outstanding warrants/fines.

Stabilize Family Income

31 residents were employed through our supported employment program, 100 Jobs for 100 Moms, increasing their monthly earned income on average by \$520.

Reunite & Heal Families

70% of our children have been in someone's care other than their own mother. 50% enter the program in State custody. On-site therapy is vital for these shattered families, who are learning a whole new way of living together. 86% of children in therapy improved in their measures of depression and other emotional and behavioral issues.

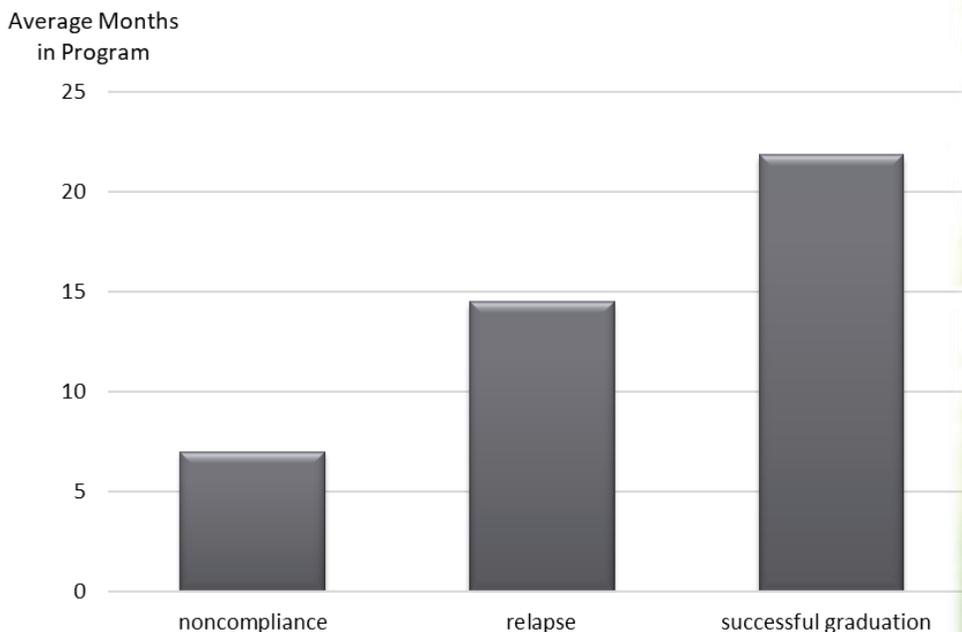
Individualize Services

All women are measured at intake, once per year, and at exit on 10 benchmarks of self-sufficiency, on a continuum of in-crisis to thriving. We use this information along with therapeutic assessments to target interventions to meet family needs.

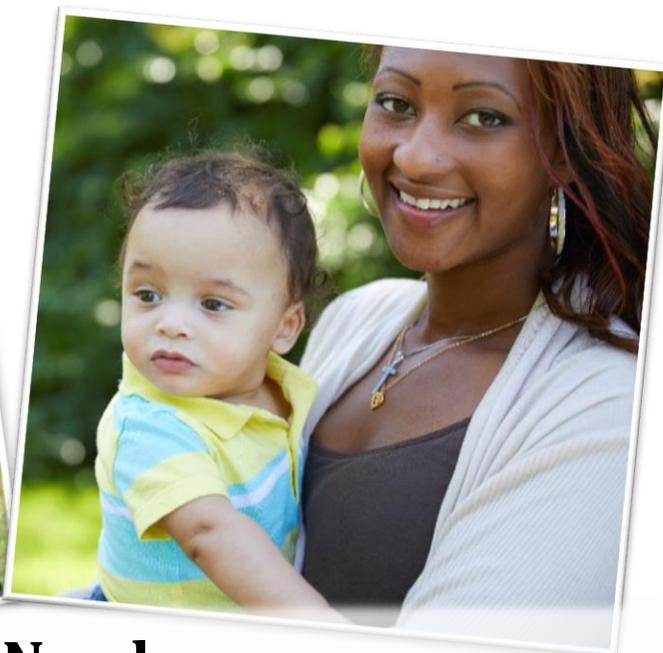
Major Outcomes

- ✓ 98% of families are reunited and stabilized.
- ✓ 87% of residents in 2017 demonstrated one or more benchmark improvements in at least two dimensions of the self-sufficiency indices (recovery, education, career resiliency, housing, household management, goal setting, safety & support system, mental health, parenting, legal issues).
- ✓ Mothers maintain their sobriety during times of stress, and show increased focus on children's well-being. 73% of residents served in 2017 remained drug and alcohol free during their stay.
- ✓ Our successful graduation rate of 60% is well above the national average for substance abuse treatment programs.
- ✓ Graduates can continue their life of sobriety at Amethyst Place Alumni Housing, which offers less restrictive rules but continued support and guidance. 8 women graduated to alumni status in 2017.
- ✓ Open-ended length of stay, based on progress toward mutually agreed upon goals. Our proven outcomes show the longer families stay, the higher their rates of success.
- ✓ Our Graduate Aftercare Program (GAP) assists graduates to integrate into their new communities with appropriate community-based supports, while staying connected to Amethyst Place through community events, therapy and case management.

Move Out Reason Compared to Months in Program



A stable home is the foundation for these positive outcomes.



Her Need

She moved to Amethyst Place after abusing drugs for 18 years—first shooting up meth with her mother at age 14. She had faced 32 years in prison as a persistent drug felon. She entered our program without a high school diploma. She had never owned a computer and did not have the skills necessary to use one, which shut her out of full participation in today's technological world. She struggled to get a job due to the challenges of single parenting, limited education, unreliable transportation, and criminal histories. No one would rent to her because of her criminal history and numerous evictions. Just like 98% of our residents, she had never addressed the mental health issues that directly caused her substance abuse. Her children were in foster care and she was facing termination of parental rights because she was unable to provide safe housing for them.

Our Answer

After intensive therapy with our full time onsite Family Support Therapist, a fully furnished apartment, 24-hour oversight combined with life skills programming, she has regained custody of her children and is now living a life she thought was out of her reach. With onsite tutors, EnCompass mentors, free wireless internet access, and a refurbished computer, she is succeeding in ways she never has before, and for the first time in her life believes in her own potential—because we believed in her. She now has her GED, has been released from probation after 10 years, celebrated four years of sobriety, and has completed her third semester in college.

A mom who thrives starts the ripple effect of success—
other residents begin to believe they can do it too.



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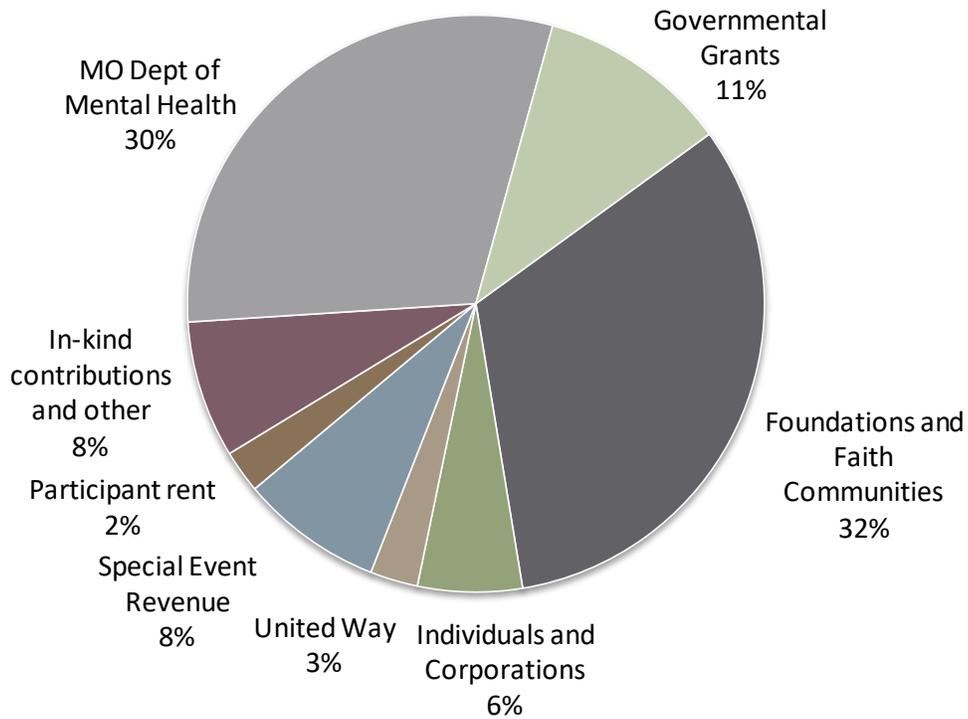
Amethyst Place Staff

Kimberley Davis, MSW, LCSW, Executive Director
 Julie Carmichael, MPA, Director of Programs
 Jessica Baeuchle, MS, LMFT, Family Support Therapist
 Irma Salazar Robinson, MSW, Family Case Manager
 Shanda Moon, Client Services Coordinator
 Lindsay Harmon, MPA, Volunteer Coordinator
 Gina Green, Administrative Assistant
 Laurie Evans, Donations Coordinator

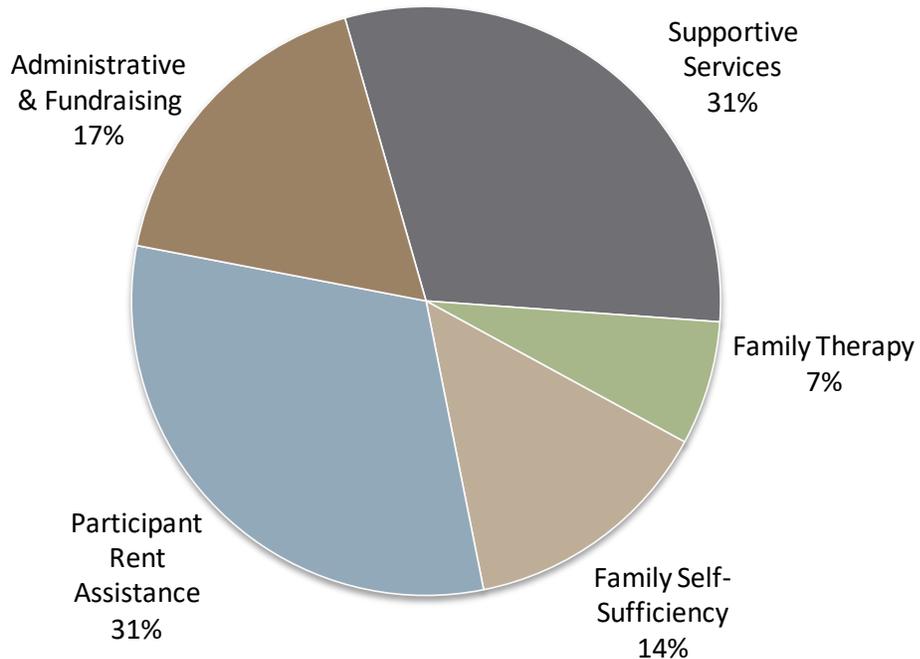
2017 Unaudited

FINANCIAL OVERVIEW

Income: \$1,140,042



Expenses: \$1,042,798



Volunteers

In 2017, 700 volunteers provided over 7,000 hours of service for our women and children. 43% of our volunteers helped more than once averaging 8 visits during the year. Volunteers mentored our moms and children, taught classes, led sports clinics, provided childcare, moved furniture, decorated apartments, organized community events, helped with our fundraisers, took pictures of our families, built a garage, and tutored our moms and children.



Funding provided in part by:

Bike for the Brain
Blue Cross/Blue Shield
Cigna Health and Life Insurance
City of Kansas City CDBG Funds
Commerce Bank
Courtyard Properties
Country Club Christian Church
Courtyard Properties
Curry Family Foundation
Diocese of Kansas City-St. Joseph
Don Harman Memorial Fund
Dowd-Burton Fund
Duke Family Memorial Fund
Enid and Crosby Kemper Foundation/UMB
First Option Bank
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Greater Kansas City Community Foundation
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Hall Family Foundation
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Homelessness Trust Fund
Ina Calkins Trust Fund
Jackson County Christmas in the Park
Jackson County COMBAT
Jacob L. and Ella C. Loose Foundation
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John & Effie Speas Foundation
Judge Cleveland F. Moulton Christmas Fund

Kauffman Foundation
KC Needlepoint
KCP&L
Lockton Companies, LLC
Mary Elizabeth Martin Scholarship Fund
McCullough Family Foundation
McGee Foundation
Menorah Heritage Foundation
Missouri Department of Mental Health
National Charity League
O'Dell Family Foundation
Oppenstein Brothers Foundation
Polsinelli
Premier Multispeciality Physicians, LLC.
RC Kemper Foundation
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United Way Donor Designations
United Way Partner Allocation
US Bank Foundation
Village Presbyterian Church
Women's Foundation of Greater KC
Worldwide Innovations & Technologies

In addition to the above funders, Amethyst Place has received generous support from many individual donors, not listed to maintain donor privacy.

Client Satisfaction Survey

This is home. I have so much support. I feel like Amethyst believes in me and helps me believe in myself.

I love all the help and respect from staff. They have helped me accomplish goals I have had for a long time. Amethyst Place is a huge blessing!

I am ecstatic to be given the opportunity to stay here and get my life back on the right track. There are so many opportunities here.

Amethyst has been a great stepping stone for me and my children. Being here has taught me about responsibilities and how to be a good mother. I love everyone here.

Amethyst Place and staff have totally changed my life. For once I can honestly say I am proud of myself and my accomplishments. I am totally laser focused on my recovery and continued success at Amethyst Place. When I leave this program I will be equipped with the tools needed to continue the positive, successful, and inspiring path I'm on now.

Testimonials

The 100 Jobs program has been critical to our business, providing a reliable stream of entry level employees that soon become skilled workers. In the time that these women have been employed in the program, we have seen them complete their GEDs, enroll in college, and successfully reunite with their children.

100 Jobs for 100 Moms Employer

Rarely have I heard of an organization that has done so much to keep families together. As a juvenile officer for 30 years, I wanted to let you know how appreciative I am that an agency like Amethyst exists and that your support and guidance does make a difference in the lives of our children.

Juvenile Officer

To make a gift or for more information contact:

Kimberley Davis, Executive Director

kim@amethystplace.org

2735-A Troost

Kansas City, MO 64109

816.231.8782

www.amethystplace.org



More information can be found on our website including links to our Annual Report and Outcomes Report, or visit our profile on the Greater Kansas City Community Foundation website where you can access audits and 990s.

Thank you for supporting vital, outcomes-driven programming for a mother who dreams of a better life for herself and her children.