



Center for
Transforming Lives
From Poverty to Possibility

2017-2018 Annual Report



Q&A with the CEO

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What makes Center for Transforming Lives (CTL) different from other agencies working to solve poverty?

First and foremost, we focus on women and children. Women with children are more vulnerable in poverty and homelessness, and they have less access to help that fits their needs. For example, women with young children must have childcare in order to work. A solution for those mothers must take the child into account. The second follows the first – our model is based on the belief that to break the cycle of poverty and trauma, a two-generation approach (working with the mother AND the child at the same time) is necessary. The vast majority of the women and children we serve have experienced significant abuse, neglect and family dysfunction in their lives. It requires care and healing for both to move them along the path to new possibilities.

Why not just focus on the children?

A child's well-being is tied to her mother—children can only truly thrive when their families thrive. The best way for children to reach their potential is to help their families achieve financial and emotional health.

When realities are so painful for mothers and children, how do you stay positive about your work?

We've seen incredible changes for women and children. The best experience is when previous clients, who have escaped poverty, come back to visit us or to volunteer. Yes, pain is there every day but so is joy.

I understand why you do housing and early childhood, but how does financial empowerment fit into your model?

It's not enough to create housing stability and provide early education. Financial stability, especially through long-term solutions such as savings and home or business ownership, are assets families can build upon from one generation to the next. Financial stability is vital to breaking the cycle of generational poverty.

How can I help?

We always need financial support, and our most critical volunteers serve as ambassadors who share our mission and stories with others. For more information visit www.transforminglives.org/become-an-ambassador.

Thank you for caring for our vulnerable community of women with children. It is only because of you that we are able to lift women and their children from poverty to possibility.

Warmly,

Carol Kloczek

Chief Executive Officer

ckloczek@transforminglives.org

Financials

Revenues

Federal Grants	35%
State & Local Grants	10%
Contributions	25%
CTL Foundation	11%
Earned	19%



Expenses:

Child Development Centers	51%
Housing	18%
Financial Stability	4%
Social Enterprise	8%
Management & Research	13%
Development	6%



Healers of the Broken

Center for Transforming Lives is more than a place for homeless women and children to receive safety – it is a place of healing.

Traumatic experiences, such as homelessness (or the traumatic events that precede homelessness), cause negative symptoms that have a formidable impact on a woman's capacity to function in everyday life. When left untreated, the trauma byproducts are often maladaptive approaches disguised as substance use, dysfunctional relationships or unconstrained emotion.

At CTL, the counseling department serves two generations – both women who have experienced trauma AND their children. Not only is CTL a place for women to heal, but the clinical work we do has the capacity to halt the generational impact of trauma. This evidence-based, two-generation approach has proven successful and illustrates why the work we do here is so unique.

CTL counselors serve clients at our onsite homeless shelter and offsite throughout the community. Our therapists recognize the need to build relationships with each client, treating them with the dignity they deserve. We strive to meet each life where they are and work hard to earn the right to join them along their life's journey.



Stephanie Gillespie, Clinical Director

Licenses/Certifications: Doctorate in Ministry, Licensed Clinical Social Worker

Clients: Women who have experienced severe trauma

Served: 15, plus clinical oversight

Objective: To remember that each woman is incredibly resilient! Every life is unique and brings skill sets and supports to further her healing. We detect unhealthy patterns for behavior and toxic relationships, then remove stumbling blocks and relearn new ways of engagement.

My view: "Because others have met me along the way in my own life... how could I not do the same for another woman? It is a privilege to journey with another woman through a season of hers."



Clinical Director Stephanie Gillespie chats with a client who was seeking advice.

Therapist Amy Mills works to bond with children as they work through therapy and play sessions.



Amy Mills, CVTI Therapist*

Licenses/Certifications: Certified Self-Contained Classroom and Music Teacher, Licensed Minister, Licensed Professional Counselor

Clients: Mothers and children ages 3-17 who have experienced trauma such as abuse and parental separation

Served: 50 families

Objective: Help families develop healthy daily coping skills through the processing of traumatic events and learning new skills such as parenting skills, relaxation, identifying feelings and emotions, and future safety planning.

My view: "It's the accomplishment of small goals that help women and children ultimately obtain stability. Perseverance is key. So I try to celebrate every victory, not just the big ones. By redefining expectations, I can see with clear eyes each person and the path toward independence."



Diane Eunice, Emergency Shelter Therapist

Licenses/Certifications: Licensed Marriage and Family Therapist

Clients: Women, particularly those recovering from post-traumatic stress disorder, depression, anxiety and substance abuse

Served: 80 women

Objective: Provide the tools to reduce symptoms so women can shift their thinking and mindset, producing more positive outcomes in relationships.

My view: "I'm an attendee to the human condition. I am passionate about motivating others to live their best life and on their own terms."



Katie McCoy, HOPES Therapist‡

Licenses/Certifications: Licensed Master Social Worker and working toward Licensed Clinical Social Worker

Clients: Women and children ages 3-5

Served: 50 families

Objective: Meet the unmet emotional need behind a child's behavior through Trust-Based Relational Intervention® (TBRI®) for parents and children, which treats the family as a whole. TBRI® is whole- child, attachment-based, trauma-informed, evidence-based and multi-systemic model that is designed to meet the complex needs of vulnerable children.

My view: "One small change in someone's life can dramatically affect the outcome of the parent's and the child's life. Most parents I see feel like no one believes in them as parents. So to have a therapist who comes alongside, encourages and helps create changes at home, is huge for them."

* Child Violence Trauma Intervention Therapist ‡ Healthy Outcomes through Prevention and Early Support Therapist

Seeking Safety



At the Blessing Ceremony in October, Katherine Thompson (left) of Freedom Church joined Carol Klocek (center) and Connie Lorick of The Fox Family Foundation to cut the ceremonial ribbon.

Poverty creates an unwinnable choice between homelessness and violence.

Violence and homelessness are a tragic and all-too-common pairing. Today, more than 92% of homeless mothers have experienced violence. A significant gap between victim-specific services and our community's growing need compounds the risk to women on the streets of Fort Worth. **Simply put, there are few safe places victims can stay to begin the healing process.**

With few safe options, homeless women often choose another abuser or offender to protect them from the unknown of the streets. **This cycle perpetuates a pattern of victimization** that homeless women in Tarrant County face with little opportunity to move forward to become self-sufficient, creating ongoing need for community support.

While CTL operated a 20-bed homeless shelter in downtown Fort Worth, it was considered an "emergency" shelter, and as such, a client's length-of-stay could not exceed 180 nights. Although not originally intended as a domestic violence shelter, CTL's shelter was quickly becoming the first line of defense for homeless, female victims of crime and abuse.

Responding to the great need for safe, longer-term "transitional housing," CTL partnered with The Fox Foundation and Freedom Church (of Bedford) to convert 10 of CTL's fifth floor "emergency" rooms into "transitional" rooms, providing a sanctuary for clients' recovery and healing process to begin.

According to the 2016 State of the Homeless Address Report (Tarrant County Homeless Coalition), the top three reported causes of homelessness include:

- the inability to afford rent,
- unemployment and
- domestic violence.



CTL's transitional rooms are light-filled with new furniture, paint and bedding. Clients, case managers and therapists can meet onsite to work toward healing and self-sufficiency.

The new fifth floor was debuted at a Blessing Ceremony. Now women have individual rooms with access to a communal kitchen, living room and laundry facility. In the stabilization process, victims have access to a wide range of services such as crime victim support advocates, individual and group counseling provided by a licensed mental health professional, peer-support groups, and opportunities for financial stability and job readiness training.

Through clinical intervention, the program responds to both the emotional and physical needs of victims, assisting them in life stabilization, and providing safety, security, healing and a road map toward self-sufficiency. Unlike an emergency shelter with short stays, transitional clients have time to completely heal and stabilize with 12- to 18-month lengths of stay.

With your help, CTL is lifting women from violence and poverty to independence and possibility.

“The problem facing homeless women who are victims of crime is that there are few residential facilities that meet the needs of homeless victims in healing from a traumatic event. Homeless women who have experienced various forms of violence have few safe options.”

(Tarrant County Criminal Justice Community Plan, 2015)



Catering services by Triumph Catering & Events!

Boutique catering featuring custom, hand-crafted menus. Our services include box lunches, corporate lunch buffets, cocktail parties, custom dinner parties, weddings and special events.

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Proceeds directly support programs for women and children.



Child Development Centers

Last year the Child Development Program expanded to three partner agencies, providing high-quality, affordable early childhood education for more than 350 children – offered at no cost to homeless families and on a sliding fee scale for low-income parents. Increasing the school-readiness of young children, the program also serves a critical need for parents. While the children are in our care, we connect these parents with education opportunities, job training and employment options that will move the family into financial stability.

- 350+** children served
- 3** childcare centers
- 3** partner childcare centers
- 67%** low-income or homeless
- 86%** attendance rate
- 99%** of our 4- and 5-year-old class demonstrated "kindergarten-readiness"

The Center for Transforming Lives (CTL) moves women and children from poverty to possibility through homeless services, free childhood education and financial stability. In 2018, the agency served 3,884 unduplicated clients. With its two-generation approach, CTL is uniquely positioned to meet the intensive and complex needs of women and children in poverty.

Homeless Services

CTL operates a 24-hour, onsite homeless shelter for single women, providing both an emergency and a more intensive shelter program. For homeless families, CTL works to quickly rehouse women with children offsite. After several months of intensive case management, counseling and job-readiness, these women are independent and paying their own rent.

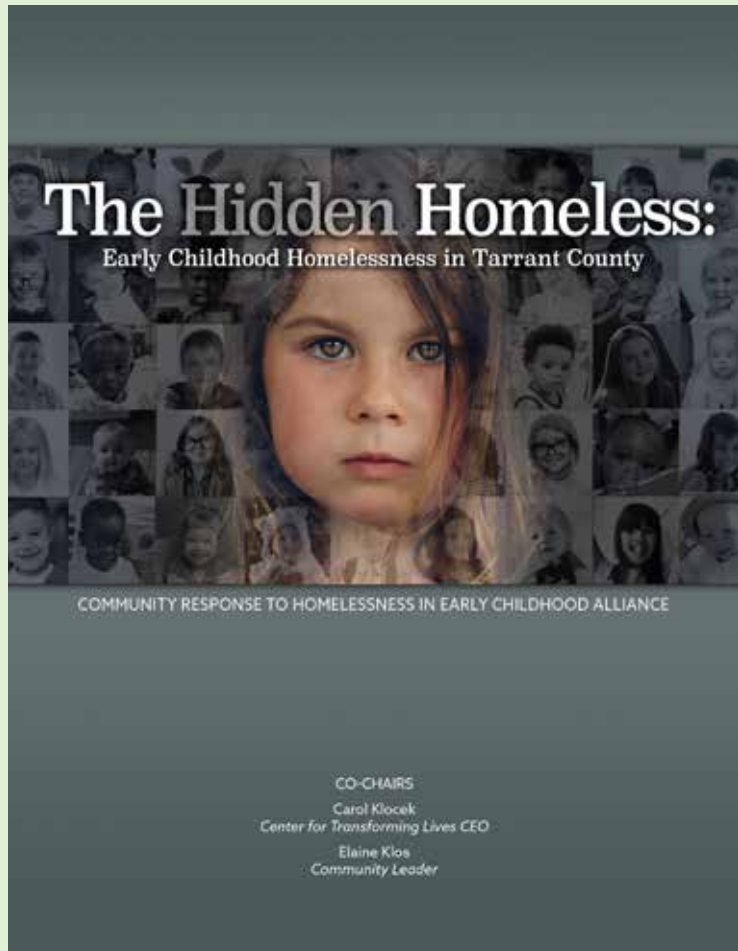
- 186** homeless women
- 234** homeless children
- 65%** increased their income
- 99%** living independently after graduating CTL's services
- 100%** safely housed

Financial Stability

CTL integrates housing and child development with individual financial coaching and education because it is not enough to earn an income. A woman escaping poverty and violence with her family intact also must learn to manage her money and save for increased financial stability. Financial education 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.

- 471** participants served
- 211** clients participated in 4+ one-on-one coaching sessions. Of those:
 - \$783** average increase in savings
 - \$3,183** average increase in income





Children are the hidden homeless.

We do not see them camping under bridges, so we assume they do not exist. In fact, these children are living in a shadow world of insecurity and stress. They sleep in the back seats of cars, piled four or five to a bed in a run-down motel or on the floor of a relative's home.

Their moms are desperate to keep them safe and united as a family. They call on every friend and family member they know for help. They fear shelters are unsafe for their kids, and many mothers report they would rather sleep in their cars.

To better understand the challenge of early childhood homelessness, CTL's CEO Carol Klocek convened other like-minded agencies.

The work resulted in a recently published report, *The Hidden Homeless: Early Childhood Homelessness in Tarrant County*. The report details many recommendations, such as systematic community-wide changes to count and better serve all homeless children.



14,981
devastatingly homeless
children 17 and younger

Key points

- An estimated 14,981 children experience homelessness each year in Tarrant County, meaning they live in other people's homes, motels, shelters or sleep in cars.
- All forms of homelessness for children cause trauma, impacting their developing brains as well as physical and emotional health.
- Lack of affordable housing and childcare, along with limited education and employment opportunities, means this is a growing problem.
- The homeless service system is not equipped to handle these realities.

CTL is leading transformative change in our community by:

- Spearheading improvements to the homeless service system by working alongside agencies such as Tarrant County Homeless Coalition and area shelters;
- Planning a demonstration project that will integrate safe housing, affordable childcare, employment and transportation; and
- Working with policy partners such as the Administration for Children and Families to engage education systems to better meet the needs of children and families.

Transforming lives is what we do. This effort has taken us out of our comfort zone and pushed the boundaries of our transformative work. But we realized – sometimes you have to go big so kids can go home.

For more information on childhood homelessness, or a copy of the report, please email hiddenhomeless@transforminglives.org.



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/year. We gratefully thank the following donors from September 1, 2017 to August 31, 2018.

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(This listing reflects the annual cash or pledged gift amounts for the 2017-18 fiscal year.)

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CTL's dual-generational services help both the mother and the child escape poverty. This sweet family has a stable home and bright future thanks to donors who make escaping poverty possible.

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The Bowden Family Fund at the North Texas Community Foundation generously supports CTL's homeless or impoverished clients with pressing and unmet needs that conventional social services do not support. Examples include bus fare, help with a medical bill, recertification classes or a work uniform, allowing clients to step toward independence

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Fidelity Investment employees volunteered with the children at CTL's three child development centers through the FidelityCares2018 project.



CTL is proud to partner with University Christian Church to provide clients with a Family Advocate who works one-on-one with low-income and homeless families, helping them access resources, housing, education and employment. These UCC members even stopped by for a tour!

Life Transformers

\$50-\$99

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Celia Brawner
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CTL Board Member Dana Quisenberry coordinates with the National Charity League to decorate the child development center's bulletin boards monthly. The children love the bright colors and seasonal changes.

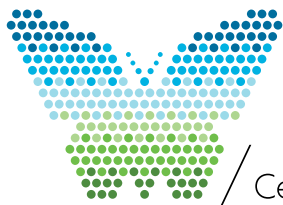


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