



| Annual Report 2023

**Building Communities.
Strengthening Women.
Supporting Families.
Reclaiming Life.**



Letter from the CEO

Dear Friends and Supporters,

Greetings! It has been another extraordinarily successful year at The Women's Home. Our organization's mission, *"to build communities that strengthen women and support families as they reclaim their stability"* has been at the heart of everything we do.

In 2023, we emerged from the Pandemic with strategic directions that inform our growth over the next 3–5 years. Our plans are grounded in these strategic directions, and informed by input from the community we serve. After surveying over 500 community members, we emerged with two important new initiatives to respond to the aspirations of our women:

1. Expand Behavioral Health Services on both campuses. The Montrose campus has launched a new Intensive Outpatient Program to serve more women with intensive services. On the Spring Branch Campus, we will be working to significantly expand our services by building sustainable and advanced programming, with the goal of attaining national certification as a Certified Community Behavioral Health Clinic. This initiative is directly related to the mental health prong of our WholeLife® model.
2. Develop programming in Spring Branch to promote stability and financial security for the women we serve. We have purchased a property directly next to the WholeLife® Service Center. This property will eventually be the site of our innovative workforce development program. We will integrate behavioral health programs with workforce development, helping our women attain, grow, and sustain a job that offers both purpose and financial security. This initiative is directly related to the vocational and financial wellness prongs of our WholeLife® model.

You will hear more about these initiatives in the coming months as we build up our capital campaign to support this growth. We will keep you posted through our newsletter, social media, and a bus tour in the fall of 2024.

As you are browsing through the annual report, be sure to read Ruthie's story about the life-saving decision she made when she chose to come to The Women's Home. Thank you for being part of our journey. We look forward to building a bright future for women together.

With gratitude,



Anna Coffey
Chief Executive Officer

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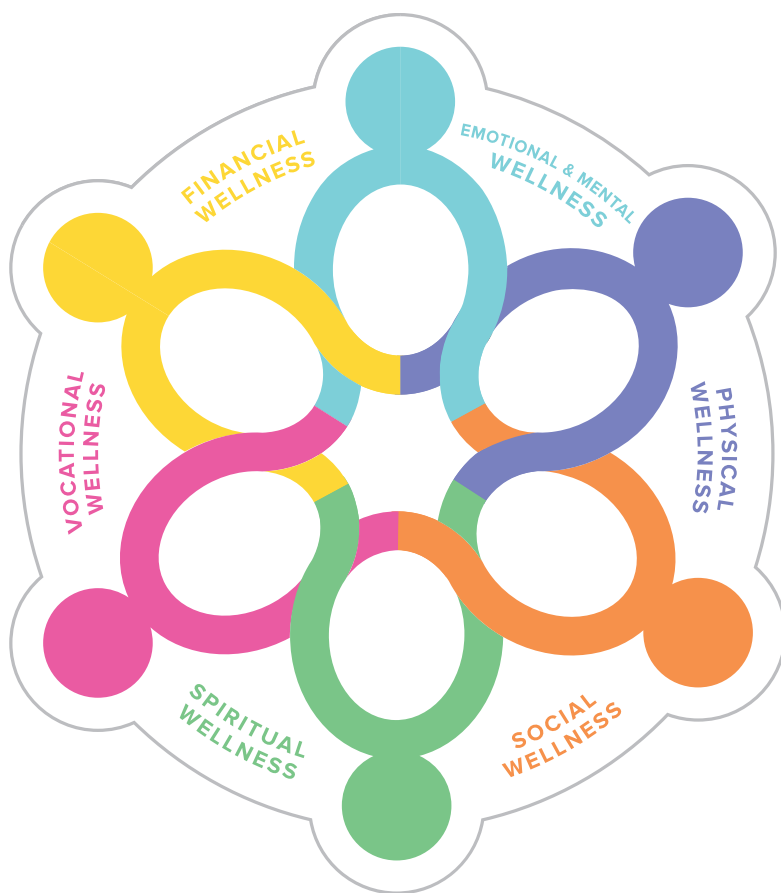
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Who We Are

The Women's Home builds communities that strengthen women and support families as they reclaim their stability.



WholeLife[®] Approach

In order to give the women and families we serve a real chance at developing successful, productive lives, we believe services must address each person holistically. That's why we developed a model of care called WholeLife[®] which distinguishes us from other programs and organizations with a similar focus. Rather than focusing on an isolated issue, such as substance use disorder, we address six different areas of wellness: emotional/mental, financial, physical, social, spiritual and vocational.



| Residential Treatment Program

Our 50-bedroom residential treatment program in Montrose is a refuge for women experiencing homelessness due to substance use and mental health disorders. Using our unique WholeLife® model, our program offers both intensive and supportive treatment tracks for women at different stages in their recovery journey.

This program provided residential behavioral treatment and wrap-around services to 129 women. Of these women:



44 women were enrolled in the 89-Day **Intensive Treatment Phase**. Success for clients was establishing mental stability and maintaining sobriety. During these phases:



89%

achieved mental stability



100%

maintained sobriety



59%

transitioned to continue their recovery journey in our Supportive Treatment Phase (6 to 18 months)



85 women were enrolled in the **Supportive Treatment Phase**. Success was centered on clients maintaining emotional stability and sobriety while obtaining a steady source of income and a stable living situation. Among the clients who participated in the supportive phase for at least six months:



100%

achieved mental stability



78%

maintained sobriety



52%

left having obtained stable, permanent housing.



| This year

This program served **129 unduplicated women** who were experiencing homelessness due to mental health and substance use disorders.

Aftercare

Aftercare is a vital component of behavioral health service delivery as individuals with substance use and mental health disorders face increased risk of relapse after leaving recovery treatment. Our Recovery for Life Aftercare Program works to minimize that risk for the women exiting our care by providing them with outpatient counseling, peer support and other wrap around supports to aid their long-term success as they venture into independent sober living. Our Aftercare services are available to any TWH client at no cost for the rest of their life.



Peer Support

The Women's Home provides peer support services across our continuum of care, fostering healing and community for individuals that are continuing in their recovery journeys. These services include one-on-one coaching, recovery-oriented social events, recovery wellness planning, and support groups.



The Cottage Shop

This resale boutique owned and operated by The Women's Home also serves as a vocational training site for our residential treatment program clients. Thanks to the generous donations of community supporters like you, we raised **7% of The Women's Home 2023 operating budget** through shop revenue alone!



Permanent Supportive Housing Program

Jane Cizik Garden Place and Adele and Ber Pieper Family Place

In 2023, together our Adele and Ber Piper Family Place and Jane Cizik Garden Place housing communities in Spring Branch East helped stabilize the lives of **340 at-risk tenants** with affordable housing and support services. The on-site case managers at our housing communities provided tenants assistance with applying for food stamps, Medicare/Medicaid, Social Security, and other mainstream benefits. They helped tenants with referrals for low-cost mental and physical health care providers, guidance and referrals

for emergency assistance, and financial resources. Transportation to grocery stores and medical appointments was provided, which is a crucial service for those who cannot easily navigate the public transportation system due to illness or a disability. Our two housing communities also provided emergency food pantry services, which is a vital service for our tenants when they experience financial setbacks that result from illness, job loss or other events.

| Mabee WholeLife® Service Center

The Mabee WholeLife® Service Center, located in Spring Branch East is where we and our core partners have developed a coordinated, community-based, integrated care system. Our 30,000 square foot center offers holistic care for the entire family that includes primary and behavioral healthcare, youth

development programs, adult basic education, vocational coaching/workforce development, physical wellness, basic needs assistance, and other wrap-around services to help vulnerable families flourish in the Spring Branch East community.

During the year...



3,838

clients received low-cost primary healthcare services



458

clients participated in behavioral health services including case management, mental health counseling and peer support services



370

children participated in after school or summer youth development programs



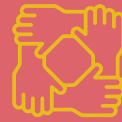
78

families received food pantry assistance



52

adults participated in vocational/workforce development programs



Together

The WholeLife® Collaborative served **4,908 individuals** at the Mabee WholeLife® Service Center including our tenants at Garden Place and Family Place.

Our Programs





Annual Luncheon

66 Years on the Route to Recovery

400 guests gathered at the River Oaks Country Club on November 7 to celebrate 66 Years on the Route to Recovery. The Women's Home celebrated its 66th year of building communities that strengthen women and support families as they reclaim their stability. The crowd cheered on the models as they walked the runway in their Route 66 inspired fashion from our very own Cottage Shop! We celebrated women like our graduate, Angela as she shared her heart-warming journey. Katherine Whaley served as the emcee.

The Champion of The Women's Home Award was presented to Passages for Women, Inc. The Women's Home was honored to be named one of the beneficiaries of this Houston based non-profit that closed its doors in 2022. The grants were made

possible by the sale of the Passages residential property and provided an avenue to carry on Passages' legacy for women in recovery. The Lifetime Achievement Award was presented to Heida Thurlow. She has been involved with The Women's Home for over 30 years and has served as a board member, advocate and has even employed several of our graduates.

In the lovely Centennial Room of River Oaks Country Club was an exclusive pop-up shop from The Cottage Shop. The guests enjoyed shopping for a cause at the unique resale boutique that has been a part of The Women's Home since 1971. **This wonderful event raised over \$350,000** for The Women's Home. Many thanks to our Event Chair, Dinah Weems.



over EDGE

On February 25, 2023, Houstonians stepped up to the edge of a 26-story building again to support The Women's Home! Each participant raised \$1,200 or more to earn their spot and support our mission. DJ Crazy V was back to play some tunes for supporters as they made their way to the roof where they dropped and rappelled over the edge of the DoubleTree Galleria. Many thanks to our Event Sponsors, Rotary Club of West U (Houston).



Ten Years of *The Daring Way* with Ashley Brown Ruiz

For over ten years, Ashley Brown Ruiz, LCSW, CDWF, has led The Daring Way Program at The Women's Home, providing group and individual therapy sessions to the women in our Residential Treatment Programs. The Daring Way is an empirically based program for helping professionals, based on the research of Dr. Brené Brown. The work focuses on courage building, shame resilience, and uncovering the power of vulnerability¹.

Dr. Brené Brown first met Paula Paust, former Executive Director of The Women's Home, at The Graduate College of Social Work at the University of Houston. When Ashley submitted a proposal to start an internship program for The Daring Way™ at The Women's Home, it seemed like a perfect fit. In 2023, The Daring Way™ celebrated ten years of working with our clients!

The Internship Program works with second-year students that are studying for a Masters in Social Work at the Graduate College of Social Work at The University of Houston. "We started off just running groups here. We have four different curricula, and three of them we have here at The Women's Home. One is *Daring Greatly* based on Brené's book "Daring Greatly," one is *Rising Strong*, and then one is *The Gifts of Imperfection*," Ashley says.

The program has impacted countless women who have come through The Women's Home, and has grown to reach clients in new ways. Recently, they have started taking individual clients in addition to the group counseling services they've always provided.

"We also started going out to the Mabee Wholelife® Service Center, doing an *Atlas of The Heart* Read-Along, and also *The Gifts of Imperfection*. Those groups are open to anyone in the community to come!"

When asked about having any interactions that she can remember at The Women's Home that were impactful, Ashley laughed and said "Oh my god, like every week!"

"There are many stories of women who show up for their first group with no intention to participate, and we totally get that. Most of us would be self-protective in the same way - groups can be hard emotional work.

What's amazing about these women is that, with very few exceptions, they often become the greatest teachers of the work we're doing together. What's even more impressive is that they are often the first to show up for the next group and inspire the other women to participate, "Ashley says."

We are so thankful for the work that The Daring Way has done here at The Women's Home, and we can't wait to see what's in store for the future!

[1] <https://brenebrown.com/thedaringway/>



“Today I can say that I am a woman. I love myself now, I’m always smiling now, I’m *at peace* now.”

— Ruthie

| Ruthie’s Story

Before she found The Women’s Home, Ruthie found herself living on the streets. She relied on substances to sustain her as she struggled to support herself and could barely afford to eat. On June 9th, 2021, Ruthie used drugs for the last time. She left her street corner and hasn’t been back since.

Ruthie spent time in a couple of different treatment programs following this courageous decision and devoted herself to healing from her traumatic past. Her needs led her to The Women’s Home, where she was able to put in the work to reclaim her stability and move forward in building a better life for herself.

She initially felt uneasy when she walked in our doors, but she knew that The Women’s Home was where she was supposed to be. The Residential Treatment Program offered Ruthie the structure and care that she needed to heal. It was challenging work to wake up early and attend classes every day, but she credits these challenges with pushing her towards her recovery. When she attended the client graduation

ceremonies of her peers, she was reminded of the reason for her being in this program.

At The Women’s Home, Ruthie learned coping skills to face the inevitable challenges that life throws at each of us. These skills carry her through hard times while maintaining her hard-earned sobriety.

“Before I came to The Women’s Home, I wasn’t a woman. Today I can say that I am a woman. I love myself now, I’m always smiling now, I’m *at peace* now.”

Ruthie graduated from The Women’s Home on October 7, 2023. Today, she has a stable roof over her head, and is able to enjoy the security that her recovery has provided. She has close relationships and loves to shop with friends for her apartment. She has rebuilt her relationships with her family and is happy to share that they are proud of how far she has come.

“I am really grateful that I made that choice to come to The Women’s Home. It saved my life, and it made me the person that I am today.”

| Client Story



| Strategic Vision and Growth

Over the past fifteen years, The Women's Home has developed a second campus in the Spring Branch East neighborhood of northwest Houston. During that time, we raised over \$40 million to develop two affordable housing communities and a 30,000 sq. ft. collaborative, community service center in the area. Our Spring Branch programs work together to offer a range of community-based care options to vulnerable families residing in the neighborhood.

Our vision is to improve the resiliency and mobility of families in Spring Branch East by offering a holistic continuum of care that positively impacts their social determinants of health. In support of this goal, our Spring Branch campus offers integrated care for vulnerable families that includes affordable housing, primary and behavioral health services, youth development programming, adult education and workforce development, wellness programs, basic needs support, case management and other services. Last year, this campus provided care to over 5,000 people through the collaborative efforts of our staff and community partners.

Based on the success of this expansion, our Board of Directors and leadership team began a strategic planning initiative in the Spring of 2021 to prepare the

agency for its next phase of growth over the next 3-5 years. Our leadership created three board-led taskforces who spent the past 24-months evaluating our existing resources and researching future opportunities available to our programs. Based on the findings of these task forces, our board formalized and approved a new strategic plan for The Women's Home at the end of 2022.

As part of this planning initiative, The Women's Home conducted an Appreciative Inquiry "listening tour" to solicit feedback from Spring Branch residents and gain their perspective on the neighborhood's greatest strengths and opportunities. During the spring of 2022, our staff interviewed over 500 residents and community stakeholders in the Spring Branch East community. Results from the listening tour revealed to our team that Spring Branch East residents have a high interest in seeing community resources developed three general areas: more behavioral healthcare services, workforce development, and community connectedness. Based on these findings, our leadership developed a strategic plan that expands our existing service continuum to address these desires while building on the strengths of our existing program success.

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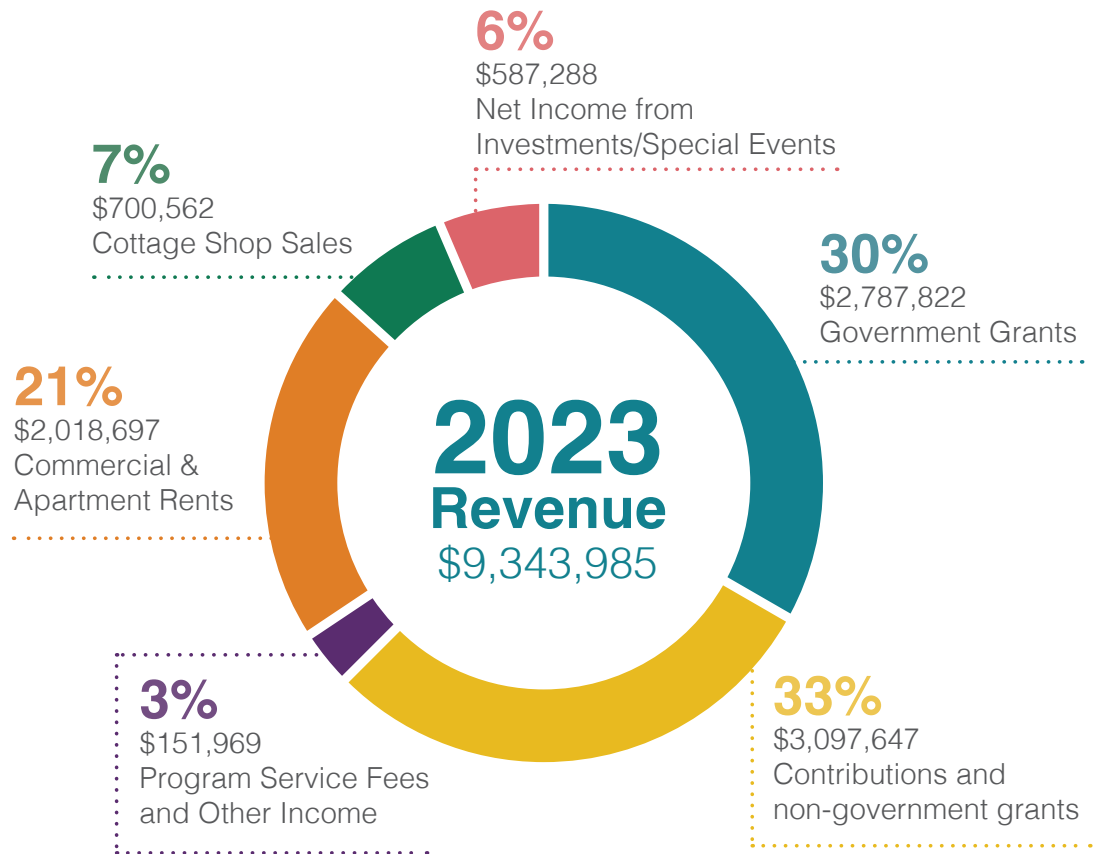
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Anna Coffey

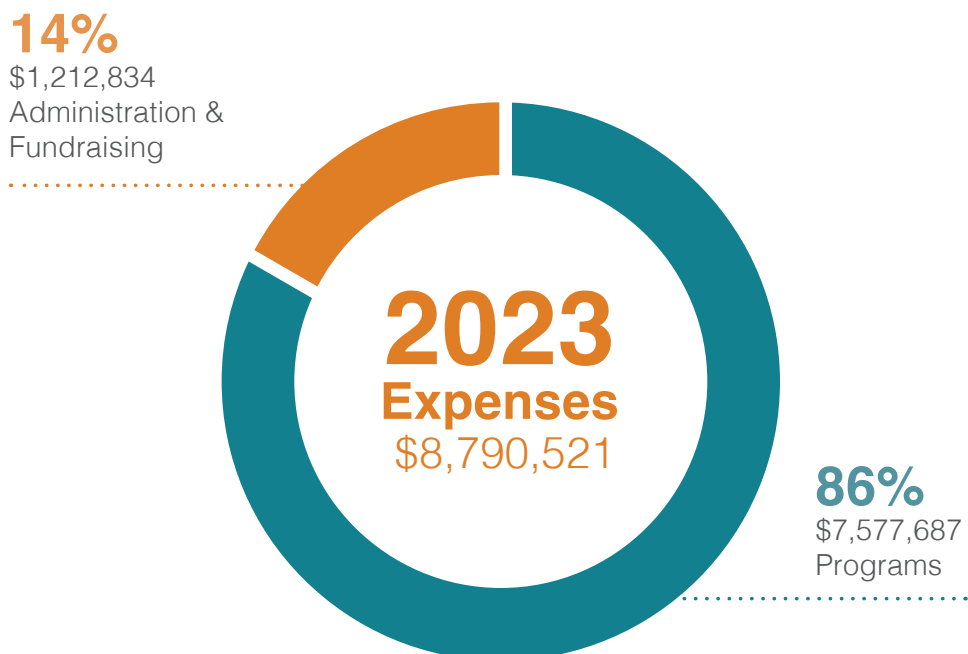
Leadership



Revenue



Expenses





Champions of The Women's Home

Lifetime Commitment

(\$500,000 and Above)

The Brown Foundation, Inc.
Charlene P. Carroll
The Robert and Jane Cizik Foundation
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The Julia and Albert Smith Foundation
United Way of Greater Houston



2023 Donors

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(\$100,000 to \$999,999)

Episcopal Health Foundation
Houston Methodist
The Hamill Foundation
Huffington Foundation
M.D. Anderson Foundation
Rockwell Fund, Inc.
United Way of Greater Houston

Pillars of Strength

(\$50,000 to \$99,999)

The Brown Foundation, Inc.
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Harris County Hospital District Foundation-
Children's Health Fund
Healthcare & Nursing Education Foundation
John P. McGovern Foundation
Texas Mutual Insurance Company

Ambassadors of Empowerment

(\$25,000 to \$49,999)

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Capital One, N.A.
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Diane and John Riley
Heida Thurlow
Dinah and Jeff Weems

Guardians of Hope

(\$10,000 to \$24,999)

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