



Our Case for Support



The Dwelling Place

TRANSFORMING LIVES THROUGH CHRIST'S LOVE

*My people will live in peaceful dwelling places,
in secure homes, in undisturbed places of rest.*

— ISAIAH 32:18



The Dwelling Place

Imagine coming to The Dwelling Place as a woman in need. You might be towing torn trash bags filled with what little clothing you own, or you might be clutching the small hands of your children, trying to reassure them that everything will be alright. Behind you lies a history of pain and abuse. Ahead of you is an unfamiliar and uncertain world, filled with dangers. Inside, you might be struggling with questions that overwhelm you with anxiety and fear. How will you support yourself and your children with little or no education or training? How will you keep yourself and your children safe from your abuser and out of other abusive relationships? How can you heal from the often long history of physical, emotional, psychological, and spiritual wounds? How do you relate to the other residents in the facility who are dealing with similar issues? The Dwelling Place is deeply committed to helping these vulnerable families.

SUMMARY / The Dwelling Place is a Christian ministry, that provides transitional housing, basic needs, trauma-informed supportive services, educational programming and mentoring for women and their children fleeing domestic violence.

MISSION / The Dwelling Place is a Christian ministry providing healing and hope to victims of domestic abuse through supportive services and a safe place to call home.

VISION / Transforming Lives through Christ's Love

PURPOSE / The Dwelling Place exists to break the generational cycle of abuse by creating safety and empowering women through the love of Jesus Christ so they can experience lasting freedom.

Our core values and guiding principles include being:

- Gospel-centered
- Collaborative
- Nurturing and motivating
- God-honoring through stewardship

Organizational Goals:

- Provide safe transitional housing and empowering case management.
- Provide emotional, spiritual and physical safety to women and their children.
- Educate, equip, and empower women to decrease further victimization.
- Reach out and educate the greater community to prevent domestic abuse.

The transitional housing program at The Dwelling Place fulfills the need for healing time and personal development. Without this, many victims are forced to return to their abusers or move between crisis and homeless shelters. Many residents come to The Dwelling Place after a brief stay in a crisis shelter (only 30-45 days). This short time is rarely sufficient to find housing, employment, and other supports necessary for living empowered, successful lives, free from abuse.

Unlike traditional shelters, we differentiate our services by providing comprehensive programming for 12 months (longer if needed), allowing women and children the precious gift of time. Our unique approach helps women and their children begin to heal through a deep relationship with Jesus Christ. We provide housing, safety, and basic needs so women can focus on their children, self-improvement and education, which is needed for healthy sustainable living.

The Need for Safe Housing

POPULATION SERVED /

The Dwelling Place serves women with/or without children leaving an abusive situation. We are located in the Twin Cities and serve families from throughout Minnesota. The women and children served by our programs have survived unimaginable abuse, degradation, humiliation and isolation. Nearly 100% survive at or below the poverty line and would be out on the streets without intervention. The majority of these women flee with just the clothes on their backs and a small number of personal items, and few have reliable transportation.

THE SITUATION /

Domestic abuse—or domestic violence—is a pattern of behavior used to cause fear and gain control over another person. It may involve verbal, emotional, physical, sexual, financial and spiritual forms of abuse.

Domestic violence is the immediate cause of homelessness for many women. Survivors of domestic violence are often isolated from support networks and financial resources by their abusers, which puts them at risk of becoming homeless. Domestic violence can both undermine financial stability and increase barriers to safety for women. Often, perpetrators use abuse to keep victims economically dependent and vulnerable. As a result, they may lack steady income, employment history, credit history, and landlord references. They also often suffer from anxiety, post-traumatic stress disorder, major depression, and substance abuse. According to multiple studies examining the causes of homelessness, among mothers with children experiencing homelessness, more than 80% had previously experienced domestic violence.

The need for safe housing and the economic resources to maintain safe housing are two of the most pressing concerns among abused women who are planning to or have recently left their abuser. We know that most women leaving domestic violence will attempt to leave 7 times before they are able to leave permanently. We recognize that time is a critical factor and quickly engage women by connecting them with healing resources in their initial days with us. We maximize this early time to equip and empower women and increase their capacity to live free from abuse. Without the services of The Dwelling Place, more women and children will be trapped in abusive situations at home.

Homelessness puts women and children at risk for violence, and violence puts women and children at risk for homelessness.



Homelessness is traumatic.

- Homelessness leads to a host of compounded and cumulative losses: Women and children experience dislocation from home and community, and loss of important social roles leading to isolation and feelings of helplessness.

Violence is a critical ingredient in the recipe for homelessness.

- Multiple studies suggest that violence is normative in the lives of homeless women and children with at least half (50% to 60%) experiencing homelessness after fleeing from a violent relationship.
- The majority (92%) of homeless mothers have experienced severe physical and/or sexual assault at some point in their lives.
- Sixty-six percent (66%) experienced severe physical abuse and 43% were sexually molested as children.
- Sixty-three percent (63%) have been subjected to violence by intimate partners.
- Sexual and physical violence is intergenerational. In a national survey of more than 2,000 American families, 50% of the men who frequently assaulted their wives also abused their children.
- Sixty-nine percent (69%) of sexual assault victims are girls under the age of six and 73% are under the age of twelve.
- Homeless children are exposed to extremely high rates of violence. Eighty-three percent (83%) of children over the age of 12 years have been exposed to violence and 25% have witnessed violence in their families.

In 2016, there were 21 domestic abuse-related murders in Minnesota.

- When women are murdered, they are most likely to be killed in their homes by a current or former intimate partner. Approximately 80% of women murdered in Minnesota between 2005 and 2015 were murdered in domestic violence homicides.

Excerpts from: "A Long Journey Home A Guide for Creating Trauma-Informed Services for Mothers and Children Experiencing Homelessness" by Laura Prescott, Sister Witness International Inc.; and Phoebe Soares, Kristina Konnath, and Ellen Bassuk, The National Center on Family Homelessness.

The Dwelling Place: Part of the Solution

INTENSIVE CASE MANAGEMENT AND SUPPORTIVE SERVICES /

Our trauma-informed care consists of two primary healing principles: **safety and empowerment**. Women and children recovering from the trauma of domestic violence need to be (and feel) safe and become empowered to change their own future. We have 19 years of experience in providing safe dwelling space and services to victims of domestic abuse. We combine best practices with a strong Christian environment. We were founded on the understanding that in order to help victims of domestic abuse heal from their emotional wounds our programs must be Christ-centered and comprehensively designed to address the whole person. We work to help residents become empowered through intensive case management with individualized care plans that recognize and build upon their strengths, as well as provide detailed solution-focused strategies to address their areas for growth and future goals.

WOMEN'S PROGRAM OVERVIEW /

- **Case Management/Advocacy:** Caring staff oversee the function of the Transitional Housing Program and provide one-on-one case management for the residents and support services for their children. New residents meet with their Case Manager to create an individualized goal plan that specifically addresses the needs and circumstances of their life. Progress toward these specific goals is monitored, documented and celebrated.
- **House Meetings:** House meetings, led by staff, are held weekly and assist the women in co-creating a healing community dynamic. The importance of healing together with the support of others who have similar life stories is emphasized as the women are encouraged to share their life stories and find commonality. Our staff facilitates the use of healthy boundaries and communication skills within this community building.
- **Support Group:** Groups are held weekly utilizing the Yolum Group Therapy method. Women discover in group therapy how mutual encouragement, negotiation, and supportive relationships allow them reflective opportunities to encounter their own narrative via others. This group process allows residents to grow together as they learn to accept others with similar life stories thus learning to accept themselves and move toward healing.
- **Domestic Violence Education Courses:** We provide specific education on the issues of domestic violence and healing from trauma. Staff empower women through education and learning. We also have specific Children's Programming that works with and teaches children life skills and lessons for living beyond domestic violence and trauma.
- **Individualized Therapy:** The Dwelling Place has a relationship and staff liaison with a local mental health organization. Through this partnership each resident (adults and children) is provided clinical assessments and services including Adult Rehabilitative Mental Health Services (ARMHS) workers and Children's Therapeutic Services and Support (CTSS), therapy for PTSD, depression and anxiety, as well as other ongoing assessments with county and clinical services as needed.
- **Additional Classes:** We offer Financial Education and Counseling, Life Skills Groups, Codependency, Parenting Skills, Personal Safety, Health Care (through community nursing placements) and Home Care.



"Since being at TDP I have learned a lot about God and have a relationship with Jesus like I haven't had before. I have healed physically from my injury and am working towards spiritual and mental healing from the abuse that took place. My trust and love in God and Jesus is deepening."

—RESIDENT, DANIELLE*



- **Education and Housing:** As they enter our program, residents work with our Housing Specialist and Jobs Coach to develop career and housing plans. Many begin school, finish their GED, find work and engage in community housing programs. Our Housing Specialist engages in a full assessment of each resident's housing needs and creates a strategy along with the resident's primary case manager to eliminate boundaries to housing. Our Jobs Coach works closely with the team as well to create education and employment opportunities as each resident is encouraged to discover her God-given talents and strengths for her future.
- **Other In-House Services:** Bible Study, Transportation, Child Care, Savings Match (helping women save for their future), which allows women helpful and significant financial resources as they move into their next steps.
- **Other Out-Sourced Services:** Community resources for licensed therapy, mental health support groups, chemical dependency treatment, legal advocacy, and medical and dental services. Partnerships with local churches provide families with a place of worship, support, and ongoing mentorship. The Dwelling Place partnerships with colleges provide interns and nursing students.

CHILDREN'S PROGRAM OVERVIEW /

Through our Children's Program, we envision eliminating the generational cycle of abuse through education and by showing children they are loved and have value. **The goal is to promote healing from trauma and opportunities for growth in social, emotional, and cognitive skills.**

Children's programming includes:

- Children's support groups for emotional healing
- After school tutoring
- Bible studies
- Age appropriate activities for toddlers through teens
- Assisting mothers to promote and model healthy relationships and improve parenting skills with their children

Children in our program experience:

- Safety and freedom from fear
- Strengthen their relationship with their mom
- Express and identify emotions in healthy ways
- Learn dynamics of healthy relationships:
 - Listening
 - Caring behaviors
 - Problem solving
 - Conflict resolution
 - Managing personal power

IMPACT AND OUTCOMES /

The impact of abuse has a ripple effect in our communities and time is needed in a safe environment for women to begin to heal from their trauma. The services provided by The Dwelling Place positively affect the health of our entire community. The negative impact of domestic violence on our economy, law enforcement and judicial system is profound.

According to Wilder Research, supportive housing in Minnesota generated at least \$123 million for taxpayers in 2010, returning \$1.44 for every public dollar invested.

These are conservative estimates that don't include potential cost savings from improved health, reduced emergency room use or hospitalizations, or any child-related outcomes, including costs associated with crime and special education.

The purpose of The Dwelling Place—breaking the generational cycle of abuse—aligns with the early intervention recommendations to prevent future generations of victims, and prevent the immeasurable collective costs to individuals, families and communities.



"I know my life is forever changed because of TDP. I am able to care for and love my daughter and help her in her journey of healing. TDP staff is extremely supportive and helpful in the journey we are both on. The programming is also helpful in my journey. I am thankful my daughter and I can experience this changed life."

—RESIDENT, MARIE*

Short-Term Outcomes /

- Safe Transitional Housing, trauma-informed educational programming, and individualized case management are available to all clients admitted into the program.
- Families have healthy social support and the cycle of generational abuse in their family is interrupted.
- Children begin to heal from trauma and are provided opportunities for growth and support in social, emotional, and cognitive development.

Long-Term Outcomes /

- Women and their children become confident, productive, and grow spiritually.
- Collaborative community-based and faith-based organizations are engaged and active in the support and rehabilitation of families in crisis.
- The community benefits from the reduced numbers of murders, police calls, medical care, and incarceration expense that is a result of domestic violence.
- Women and children experience the hope and power of restoration that comes through a relationship with Jesus.



FACILITIES DESCRIPTION /

The Dwelling Place occupies multifamily homes in the Minneapolis/St. Paul metropolitan area that can house up to 30 individuals at one time (in 2017), with a plan to expand capacity to serve up to 44 individuals by early 2018. **We maintain a low profile and blend in well, which enables women and their children to feel safe living in a neighborhood as opposed to an institutional type setting.** Our locations are kept confidential for the safety of our women and children, making it very difficult for abusers to find their victims.

Houses are multifunctional, providing:

- Safe shelter for the women and children we serve
- Common rooms for programming
- Program and Business offices
- Operational needs and storage

STAFF AND BOARD /

The Dwelling Place services are delivered by 8 full-time and 2 part-time staff and over 175 volunteers. Our Board of Directors provides strategic direction and financial oversight. Our board, staff, partners and other stakeholders work together to ensure the program provides critical care and services for women and children.

The Dwelling Place 2016 Service Highlights



We received calls for help from 335 women with 291 children—all victims of domestic abuse.

The Dwelling Place successfully housed and provided services to 30 women and 39 children (20 of the 30 women were mothers).

All 20 mothers were helped with parenting skills to break the generational cycle of domestic violence through parenting consultation, classes and daily parenting guidance from staff.

100% of our women left domestic violence successfully as they entered our program detaching from their abusers.

100% of the children in our program found safety and remained safe within our program.



100% of the women and children learned new skills and language for naming their problems and moving toward wholeness and health.

100% of the women established new life goals and healthier patterns.

100% of the women in the program attended at least 5 hours of classes or programming each week and learned about the dynamics and effects of domestic abuse as well as other important life and parenting skills.

100% of the women and children were given opportunities to grow in their faith through daily spiritual discipleship and Bible studies.

100% of the children ages 4 and older were provided with 1½ hours per week of support group programming to help them process their trauma.

100% of the school-aged children were provided with 1½ hours of tutoring per week to bridge their learning gap.

100% of our moms (new to our programming) are given one-on-one parenting counseling for 120 minutes/month.

100% of moms of school-aged children were provided with advocacy when working with their children's schools for improved behavioral plans as needed.

100% of our children ages 4 and over received "Good Touch/Bad Touch" awareness education.

100% of our children learned biblical principles.

8 community education opportunities/presentations were made to raise awareness on the issue of domestic violence.



2017 Financials & Metrics

Our 2017 budget of \$739,000 covers our homes, full-time and part-time direct service staff, programming for women and children, and administrative staff functions. The annual cost per bed for one resident for a year of services is \$24,600.

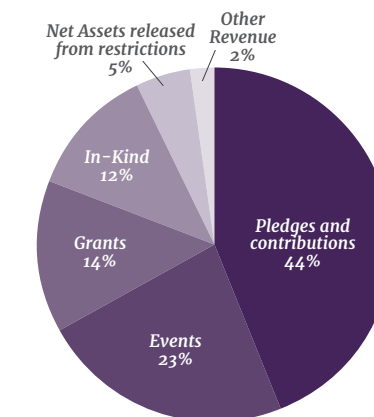
Average Family Size	2017 Expense Table for The Dwelling Place (based on 30 beds available)			
	Day	Week	Month	Annual
Single Woman	\$65	\$475	\$2,050	\$24,600
Mother and Two Children	\$195	\$1,425	\$6,150	\$73,800

FINANCIAL INFORMATION /



The Dwelling Place has a nineteen-year history of providing services to victims of domestic violence and is dedicated to continuing this mission, especially now, when the need is the greatest for victims. Our strategic plan has been carefully structured and vetted by our Board of Directors to ensure the stability of our programming with a sustainable and diversified fundraising plan. The Dwelling Place keeps tight controls on wages and paid positions while maximizing volunteer involvement.

REVENUE SOURCES /



How You Can Help

Battered women are faced with the horrific choice of staying with an abuser or becoming homeless with their children in tow. *Your help is needed now.* The Dwelling Place is looking for operating funding to house and support the women and children in our care. If additional funding is available, our plans include adding capacity with more housing and enhanced services to serve more women and children in need.

- **Pray** for The Dwelling Place, our residents, and our leadership.
- **Give** a financial donation securely online or by check.
- **Sponsor** our annual Gala or another fundraiser to support our ministry.
- **Volunteer** with us! See our website for details.
- **Donate** household items for our residents. Find a list of suggested items on our website.
- **Invite** us to speak at your church or group.
- **Share** our mission and website with others.
- **Contact** us with opportunities for employment and affordable housing for our women and their families.

*You can open doors to resources and create a safe home
and break the generational cycle of abuse.*

