



# Our Case for Support

**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



*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. 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? The Dwelling Place is deeply committed to helping these vulnerable families.*



**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.

**CORE VALUES /** 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 to help women transition to lives free of abuse.
- Provide paths to emotional, spiritual and physical safety and health to women and their children.
- Educate, equip, and empower women to increase confidence and quality of life and to improve level of functioning and family stability.

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 30-75 days). This short time is rarely sufficient to find housing, employment, and other supports necessary for living empowered, abuse-free lives.

Unlike traditional shelters, we differentiate our services by providing comprehensive programming for 18 months allowing women and children the precious gift of time. This extended time is an important key to healing as the women can focus on next steps rather than worrying about where to live and how to meet their basic needs. Our unique approach helps women and their children begin to heal through a deep relationship with Jesus Christ.

**POPULATION SERVED /**

The Dwelling Place serves women and their 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 Need for Safe Housing

## 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 of abuse. Without the services of The Dwelling Place, more women and children will be trapped in abusive situations at home.

**Even with our recent expansion, our greatest challenge continues to be keeping up with demand for safe housing and our programs. The need is great and we remain at or close to capacity.**



### 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.

*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 21 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*
- *Support Group*
- *Domestic Violence Education Courses*
- *Individualized Therapy*
- *Life Skills Education*
- *Financial Education & Counseling*
- *Education, Jobs and Housing*
- *Bible Studies & Prayer Ministry*

**Alumni Program:** New in 2019! To build on our residential program, The Dwelling Place formalized an Alumni Program offered to women once they are ready to live independently and move out of our home. We offer a structured program with monthly opportunities for check-in and support through case management, support group, events, and mentorship as women transition to independent living. The Alumni Program helps participants have continued success in living a life free of abuse. This is critical to ensuring that women are not forced to go back to their abusers due to a lack of support and resources. In addition to providing the women with critical services—this program allows us to measure impact and effectiveness of our programs by tracking indicators and gauging long-term outcomes.





*“God showed me His love through this temporary home and gave me comfort and offered me a time to heal and learn about His Word. I thank The Dwelling Place for being a light through my darkest moments and for giving me a purpose through Christ our Lord.”*

—RESIDENT

## 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.

**GOAL:** To educate, empower, and introduce opportunities that will increase children’s confidence, social skills, cognitive abilities, and success in school.

Children’s programming includes:

- 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

The 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 through listening, caring behaviors, problem-solving, conflict resolution, and managing personal power.

## 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) can transition to live abuse-free lives.
- Collaborative community-based and faith-based organizations are engaged and active in the support and rehabilitation of families in crisis.
- Women and children experience the hope and power of restoration that comes through a relationship with Jesus.



*“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 are 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



## FACILITIES DESCRIPTION /

Our housing consists of four duplexes—the equivalent of eight single family homes. These homes are located in the Minneapolis/St. Paul metropolitan area and can house up to 57 individuals at one time. Women each have their own room or unit (for families). **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 the women and children we serve, making it very difficult for abusers to find their victims.

Houses are multifunctional, providing:

- Safe transitional housing for the women and children we serve
- Common rooms for programming for women and children
- Program offices

## STAFF AND BOARD /

The Dwelling Place services are delivered by 6 full-time and 5 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 2018 Service Highlights



Successfully housed and served **20** women and **25** children (**16** of the women are mothers).

We received calls for help from **385** women with **379** children— all victims of domestic abuse.

All women left domestic violence successfully and detached from their abusers. The women and children found safety and remained safe within our program.

**45** women and children received **6,097** nights of safety; with the average stay of **9** months.

All women attended at least **9** hours of classes each week and learned about the dynamics and effects of domestic abuse.



All women attended at least **2** hours per week of life skills training in budgeting, cooking, nutrition, health and wellness, and other related topics.

All women and children participated in daily Christian spiritual discipleship and Bible studies with the intent to grow in their faith.

**85%** of mothers improved their parenting skills to break the generational cycle of abuse through parenting consultation, classes and daily parenting guidance from staff.

**90%** of women received advocacy and support for overcoming barriers through transportation, job skills, legal, educational and housing assistance.



**80%** of women established new life goals and skills to better manage emotional health.

All mothers of school-age children learned to advocate for their children within the schools for improved behavior plans as needed.

All school-age children were provided with **1.5** hours per week of support group programming to help them process their trauma.

All school-age children were provided with **1.5** hours of tutoring per week to bridge their learning gap.

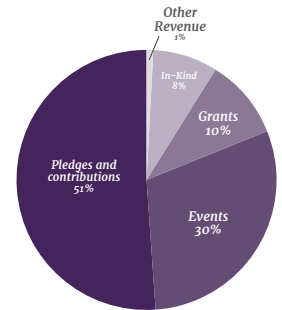
All toddlers participated in **5** hours per week of large motor skills development activities, critical for healing from trauma. School-aged children participated during the summer.

# 2019 Financials & Metrics

Our 2019 budget of \$900,000 covers our homes, 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 \$15,789.

Average Family Size	2019 Expense Table for The Dwelling Place (based on 57 beds available)			
	Type	Day	Week	Month
Single Woman	\$43	\$304	\$1,316	\$15,789
Mother and Two Children	\$129	\$912	\$3,948	\$47,367

REVENUE SOURCES /



Enhancing Trust

**FINANCIAL INFORMATION** / The Dwelling Place has a twenty one-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.

## 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 homes. 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 that create safe homes and break the generational cycle of abuse.*

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