2013 Annual Report
empowering women in times of challenge and change

2013: INCREASED CAPACITY FOR HEALING AND GROWTH

Dear Donors and Friends,

2013 was a tremendous year of growth and success for The Women’s Initiative. Your generous contributions enabled us to serve over 2,800 women, an increase of 1,000 people in one year alone! Please take a moment to read this report so that you can know the difference your support makes in our community. Without our amazing volunteers, program partners, and donors, we could not provide our vital, mental healthcare services.

Thank you.

The Women’s Initiative is a leader in providing innovative, effective, evidence-based mental health care to women, regardless of their financial means. We believe every woman has an innate capacity for healing. Everyday at our office we bear witness to the transformational power of women supporting women. As one woman recently shared, “The Women’s Initiative saved my daughter’s life.”

I am humbled and inspired by all that we have been able to accomplish together in 2013 and I feel confident that, with your help, women in our community will continue to transform their life’s most distressing challenges into healing and growth at The Women’s Initiative.

With deep appreciation,

Elizabeth Irvin
Executive Director
MENTAL HEALTH IS A PRESSING NEED

Access to affordable mental health services for low-income women in our community is extraordinarily limited.

2013
The City of Charlottesville’s Human Services Needs Assessment ranks mental health as one of the three most pressing issues, with specific needs for expanding options and decreasing stigma.

2012
The Mental Health and Wellness Coalition estimates that up to 29% of our local population have mental health needs and that 41% of low-income individuals have a mental health issue.

2011
The Thomas Jefferson Health District’s Mobilizing for Action through Planning and Partnership (MAPP) report identifies “insufficient access to mental health (and substance abuse)” as our area’s second highest community health issue.

WHO WE SERVE

- Over 80% are low income
- Over 50% are employed
- Over 60% are mothers
- Only 16% receive Government Assistance

ETHNICITY
- 56% Caucasian
- 16% African American
- 18% Hispanic
- 2% Asian
- < 1% Native American
- 1% Mixed Race
- 7% Unknown

LEVEL OF EDUCATION
- 4% Vocational Training
- 6% Unknown
- 11% Less than HS Diploma
- 4% GED
- 20% High School Diploma
- 23% Some College
- 28% College Degree
- 5% Advance Degree

“YOU ARE A WONDERFUL RESOURCE FOR CHARLOTTESVILLE.”
CORE PROGRAMS CREATE A SAFETY NET

Mental Health Counseling
- Most common diagnoses – depression, anxiety, and trauma.
- 80% successfully complete treatment in 12 sessions or fewer.
- Our treatment significantly reduces or eliminates symptoms before expensive hospitalization or intensive interventions are required. “Your therapy saved my life.”

Social Support
- Women heal when they share time and support with each other.
- Activities include knitting, meditation and walking groups. “I know I am not alone and there are people who can support me...My depression is a thing of the past.”

Education and Outreach
- Reduce the stigma associated with mental health distress. “I thought that was just for ‘crazy’ people.”
- Provide a bridge into care. “I never would have known about your services if you hadn’t come to my neighborhood to meet us here.”
- Teach coping skills. “I know the belly breathing will help both me and my son.”

WOMEN TRANSFORM THEIR LIVES

Mental Health Outcomes

<table>
<thead>
<tr>
<th></th>
<th>Overall Well Being</th>
<th>Personal Well Being</th>
<th>Symptoms Eliminated</th>
<th>Coping Skills</th>
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<tbody>
<tr>
<td>81.6% increased</td>
<td></td>
<td></td>
<td></td>
<td>87.4%</td>
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<tr>
<td>77.6% increased</td>
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<tr>
<td>68.4% significantly decreased or eliminated</td>
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<tr>
<td>87.4% attained coping skills relative to their situation</td>
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“YOU ARE A WONDERFUL RESOURCE FOR CHARLOTTESVILLE.”
“I AM THANKFUL EVERY DAY MY DOCTOR REFERRED ME TO YOU.”
INNOVATIVE PARTNERSHIPS AND PROGRAMMING ADDRESS UNIQUE BARRIERS TO CARE

PROGRAM PARTNERS

AFRICAN AMERICAN HERITAGE CENTER
AIDS / HIV SERVICES GROUP
BIRTH MATTERS CHARLOTTESVILLE
CARVER RECREATION CENTER
CITY & COUNTY SCHOOLS
CHARLOTTESVILLE FREE CLINIC
CHILDREN, YOUTH AND FAMILY SERVICES
COMMON GROUND HEALING ARTS
CRECIENDO JUNTOS
CITY & COUNTY DEPT. OF SOCIAL SERVICES
DOWNTOWN FAMILY HEALTHCARE
FRIENDSHIP COURT COMMUNITY
INTERNATIONAL RESCUE COMMITTEE
JEFFERSON AREA BOARD FOR AGING
JEFFERSON AREA CHIP PROGRAM
LITERACY VOLUNTEERS OF
CHARLOTTESVILLE / ALBEMARLE
MARTHA JEFFERSON HOSPITAL
MENTAL HEALTH & WELLNESS COALITION
MONTICELLO AREA COMMUNITY ACTION
OFFENDER AID & RESTORATION (OAR)
PARKS EDGE AHIP
PIEDMONT FAMILY YMCA
PIEDMONT VA COMMUNITY COLLEGE
REGION 10
SALVATION ARMY
SHELTER FOR HELP IN EMERGENCY
SIN BARRERAS
SOUTHWOOD COMMUNITY
SEXUAL ASSAULT RESOURCE AGENCY
THE WOMEN’S CENTER
UNITED WAY—TJA
UVA CAPS PROGRAM
UVA FAMILY STRESS CLINIC
UVA LA CLINICA
UVA MEDICAL ASSOCIATES
UVA NORTHRIIDGE PSYCHIATRY
VICTIM WITNESS PROGRAM
VINEGAR HILL CAFE
WESTHAVEN COMMUNITY

Integrated Care at Charlottesville Free Clinic

- Full partnership: our staff is full-time at CFC to care for patients
- All patients receive screening for mental health concerns
- 316 patients received mental health intervention

“With the wellness consultations, patients really benefit from speaking to someone immediately about their mental health issues. We identify what they need and how we can help them get it. Patients also learn ways to get healthier and manage their stress levels.” - Liz Ramirez-Weaver, LCSW
CFC Integrated Care Coordinator & Therapist

Jefferson School City Center Neighborhood Health Outreach Program

- Unique partnerships with co-tenants of the building, including our generous hosts, Martha Jefferson Hospital’s Starr Hill Center
- Of 107 counseling clients served, 37% were African-American
- 853 people received education and outreach services

“Jefferson School City Center is a tremendous resource for the community and has enabled us to effectively reach and treat women who would not otherwise access care.” - Eboni Bugg, LCSW
JSCC Outreach Coordinator & Therapist

Bienestar: Providing all core programs for Spanish-speaking women

- 86 Latina women received counseling in Spanish
- Education and outreach services were provided for 269 Latina women
- “Eres la única persona que me ha comprendido. Gracias.” “You are the only person that has understood me. Thank you.”

“I feel blessed to be at The Women’s Initiative where I provide services to women in a way that honors their cultural background, language and socioeconomic status. In this role, my clients’ wisdom, courage and determination inspires me every day.” - Ingrid Ramos, LPC
Outreach Coordinator & Therapist

“I DON’T FEEL LIKE A VICTIM OF MY PAST ANYMORE.”
YOUR SUPPORT MAKES ALL THE DIFFERENCE

REVENUE
- 3% Fees for Service $19,009
- 25% Grants $182,922
- 14% Nonprofit/Corp/Spons $101,666
- 53% Individual Donations $391,894
- 6% Events $43,271
- < 1% Gain/Loss; Interest $3,290
TOTAL $742,502

EXPENSES
- 81% Program Services $560,436
- 5% Administration $37,695
- 14% Fundraising $95,262
TOTAL $693,393

“I am SO grateful for the sliding scale fee... wouldn’t be able to attend otherwise...TWI is always such an inviting, homey, friendly, safe place.”

PRO-BONO THERAPISTS
Lisa Alvarez Kelli Block, MSW Karen Bloomfield
Courtney Bonilla Tim Breedlove Linda Capacchione, LPC
Corinne Conlon Michael Connors Rachael Diamond
Jessie Dodson Lisa Ellison Chapin Faulconer, LPC
Kimberly Gladzy Katherine Greiner Bebe Heiner, LPC
Carrie Humphrey Susan Kaufman, PhD Francesca
LoMonaco, LCSW Dwight McCall, PhD Tim Rambo, LPC
Gloria Rockhold Cynthia Starnes, LCSW Robert
Taibbi, LCSW Mary Whitson Ariana Williams

CHILDRENS VOLUNTEERS
Charlottesville Abundant Life Ministries Virginia Gordon
Kate Modica Kiandra Scott Heather Vanderweide
Mary Rose Wade

ADMIN VOLUNTEERS
Colleen Beights Phyllis Binder Anna Brown Devan
Cooper Bridge Dee Leah Fechtmann Hannah Franke
-Fuller Ida Frederick Ashley Haight Kathryn Hannum
 Sue He Mydahia Hough Betsy Kennan Marci
Kramer Madison Lahey Alison Kosmacki Thy Nguyen
Samantha Parks Susan Payton Sarah Peaslee
Cynthia Power Victoria (Tori) Rodgers Stephanie Sacco
 Jenna Scambos Charlotte Schafer Courtney Scherting
 Maggie Schwartz Raquel Suarez Sara Surface
Michelle Theobold Jinlu Yuan

‘LIVING ROOM’ VOLUNTEERS
Terry Coffey Lesley Foster Wendy Miller Susanna
Nicholson Susan Schiffer

EVENT ‘NON-COMMITTEE’
Karen Boeschenstein Kakie Brooks Helen Davis
Kathleen Ford Kay Ford-Mazrui Meg Handlesman Joyce
Gentry Holt Peggy Quale

GIRLS’ NIGHT OUT COCKTAIL PARTY COMMITTEE
Dorothy Batten (co-chair) Karen Beauford Kakie Brooks
 Suzanne Chitwood Stacy Dean Brooke Donovan
Janine Dozier Kathy Heiner Tricia Humphreys Diane
Krehmeyer Barkley Laing Barbara Lee Christine Libby
Louise McNamee Sharon Millner Angie Oakey (co-
chair) Leah Sedwick Christie Shaps Tobey Stultz
Christina Teague Sarah Tesoriere Mindy Vaughan
Alison Webb

BARN PARTY COMMITTEE
Janice Aron Dorothy Batten Mary & Jay Blanton Kelli &
Andrew Block Nora Brookfield & Jack Bocock Catherine
Brown Jeannie Burn Pat Allen Cunningham Cynnie
Davis & Don Swoford Elizabeth (co-chair) & Temple Fennell
Holly Hatcher Bebe Heiner & Bill Atwood Helen &
David Hilliard Barkley Laing Debbie Rowe Erika
Viccello (co-chair) Marisa Vrooman Shannon Worrell &
Mike Stoneking

“I HAVE AND WILL CONTINUE TO RECOMMEND TWI.”
### 2013 DONATIONS BY GIVING LEVEL

<table>
<thead>
<tr>
<th>Level</th>
<th>Donors</th>
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<tr>
<td><strong>$50,000-$100,000 Leaders</strong></td>
<td>Dorothy Batten, Bebe Heiner, Bertie Smith, United Way TJA</td>
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<tr>
<td><strong>$25,000-$49,999 Nurturers</strong></td>
<td>Martha Jefferson Hospital</td>
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<tr>
<td><strong>$5,000-$9,999 Partners</strong></td>
<td>Anonymous, Jeannie &amp; Harry Burn III, Emmanuel Episcopal Church, Jennifer &amp; Jonathan Gilliland, Robin Hanes, Investment Management of Virginia, Dr. Marcus Martin &amp; Donna Martin, Sheridan &amp; Thomas Nicholson, Quantitative Investment Management, Carolyn &amp; Kevin Schuyler, Signature Financial Management, Margaret &amp; Oliver Tostmann, Lucinda Watson, Roberta Williamson</td>
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<tr>
<td><strong>$100-$249</strong></td>
<td>Anonymous, Najwa Abdel-Hadi, Carolyn &amp; William Achenbach, Albemarle Dermatology Associates, LLC, Alice Anderson, Pheobe &amp; Joseph Antrim, Kyoko Asao-Ragosta &amp; Michael Ragosta, Elyse Ashley &amp; Dr. John T. Ashley, Eugenie Atherton, Lori &amp; David Balaban</td>
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“**I AM IN A MUCH BETTER PLACE THANKS TO WI.**”
2013 DONATIONS BY GIVING LEVEL (continued)

| Bank of America Charitable Foundation | Carrie & Matthew Frost |
| Edie Barbero | Kim Gall |
| Nina & Dennis Barnes | Nancy & James Galloway |
| Sara Lee Barnes | Sarah & Joseph Gladden, Jr. |
| Charlotte Barnett | Rebecca Gold |
| Kristin Behfar | Deanna & Timothy Gould |
| Katharine Berman | Cynthia & Jerry Gray |
| Nancy & Edward Bertram | Leslie & Dan Gregg |
| Bevello | Vanessa Gregg & Wes Adams |
| Jane & Rodney Biltenon | Dana & C. Peter Harris |
| Elizabeth Birdsall | Deborah Healey |
| Jean Blankenship | Charles Heiner |
| Mary & Jay Blanton | Kathryn Heiner |
| Gardner Bloomers | Jean Marie Holden |
| Blue Mountain Brewery | Anne Hooff |
| Karen & Warren Bieszcesichstein | Lotta Lofgren & Andrew Hord |
| Jennifer & David Bonenfant | Beverly Hovencamp |
| Dr. Peter Bower | Patricia & Tom Humphreys |
| Kathleen Bowman | Carol & Blake Hurt |
| Elizabeth Lancaster Breeden | Cynthia Janechild |
| Nancy & Peter Brooks | Michelle & Joseph Jennings |
| Suzanne & Robert Brooks | Jean-Sorrells Jones & George Jones |
| Brownfield Realty Advisors | Drs. Neal & Lee Kassell |
| Mardi & Blaine Brownell | Susan Kaufman |
| Kelly & Eric Bruton | Karyl & Irving Kayton |
| Wendy & Harry Burns | Dr. Geoffrey Scott Keenan |
| Kimberly Buswell | Rebecca Keese & Robert Gray |
| Chiara & Francesco Canzi | Jacqueline & Michael Koenig |
| Carol & Robert Carter | Barbara & J.A. Kessler III |
| Elizabeth Irvin & Thomas Cassidy | Mary Betty Ketron |
| Charlottesville Dermatology | Susan Ketron & Michael Mckee |
| Jennifer & Robert Cofield | Dr. Ann Klean & William Horn |
| Julie Convisser | Katharine Pumphrey Knapp |
| Kristin & Timothy Cory | Diane & Dean Krehmeyer |
| Kari & Kent Couling | Robin & Richard Kreitler |
| Katherine Cowen | Tracey Krupski & Jeffrey Thompson |
| Martha Craddock | Celia & Glenn Lankford |
| Scheline & William Crutchfield | Lynchburg College |
| Elizabeth Dalglish | Dr. Anna Magee |
| Charlotte & Ralph Dammann | Irma & William Mahone |
| Pamela & Peter Dennison | Rosemary Mahoney |
| Lynn Deucher | Manchester Capitol |
| Jane De Simone Dittmar | Management |
| Elizabeth Donovan | Carter & Mark Mascotte |
| Lisa & William Drake | Lindsay Matthews |
| Megan Eagle | Nancy McCue |
| Ellen Eckman | Dr. Lisa McDermott & Mark Riggle |
| Debbie Elward | Anita & Andy McGinty |
| Erin & John English | Alice Meador |
| Christine Faulkner | MH Swanson & Associates, LTD |
| Punkie & Ralph Feil | Janet Miller |
| Kay Ferguson | Dr. Lisa McDermott & Mark Riggle |
| Christy Roden Ford & Ryan Ford | Anita & Andy McGinty |
| Sterling & Gerald Frank | Alice Meador |
| Suzanne Franke | MH Swanson & Associates, LTD |

Alicia Murphy & Michael Drake
Milligan
Lang Murray
Marsha Musser
Karin Naess
Cristine Nardi
New Dominion Book Shop
Amy Nunally
Angela & Daniel Oakey
Lauren & Stedman Oakey
Woody & Henry Oakey
Annette & Wynn Owens
Arlene & Nick Page
Lucy Byrd Pegau
Linda Perriello
Kai & John Rady
Carolyn Ratcliffe
Martha & Craig Redinger
Dr. Christine Repucci
Jan Roden
Martha & Bradley Rodgers
Lao Rubert & Stephen Schewel
Rebecca & Douglas Schmale
Christine & Michael Shaps
Judy Smith
Meri Jane & Karl Smith
Caroline Wellman Stanton & Justin Stanton
Amy & William Steers
Judith Sullivan
Mary Sullivan
Sarah & Paul Tesorieri
Michelle Theobold
Dr. Siva Thiagarajah
Three Monkeys, LLC
Victoria Vastine & Michael Folger
Andrea & Charles Vest
Virginia Supportive Housing
Marisa Vrooman & Nate Braeuer
Sheri Waddell
Karen Wallar
Faye & Joe Wampler
Elizabeth & David Waters
Harry Wellons, Jr.
Duncan Whittome
Elizabeth Wilkerson
Rise & Adam Wilson
Susan & Leonard Winslow
Beverly & Brian Wispelwey
Elizabeth Woodard
Christine & Olivier Zunz

$1-$99
Anonymous
Sheila Balian
Alison Booth & David Izakowitz
John Carpenter
Ellen Chance-Sanders
Betsy Collins
Common Ground Negotiation Services
Janet & Dennis Crisfield
Susan Cunningham
Helen & John Davis
Patricia F. Davis
Murielle & Stephan De Wekker
Eunice Kelly Deter
Lesley & Dennis Foster
Deborah & David Garth
Julie Hamberg & Shawn Hirabayashi
Margaret & Paul Handelsman
Wendy & Bruce Heifetz
Teresa Hermann
Erin Johnson
Elizabeth & James Kennan
Laura & Jonathan Keohane
Marci Kramer & Daniel Koller
Elizabeth Lawson
Clementine Lazar
Sally LeBeau
Zanne MacDonald
Cynthia & David Martin
Lorraine & Stephen Monper
Jon Nafziger & Carol Grace Hurst
Amy & Owen Nolasco
Orchard Corporation II
Lydia & John Peale
Lester S. Pearlstein & Ronna Gray
Christina & Joseph Platania
Roberta Platts-Mills
Leigha Rae
Steven & Kate Rosenfield
Kamilla & Matthew Schenck
Susan Schiffer
Aileen Selmecki
Phyllis & Peter Koch-Sheras
Susan Stein & Kenneth Abraham
Melinda & Stewart Whitehurst
Paul Wilkins
Lucille Williams
Dr. Peggy Wright & Martin Albert

“I WAS TREATED WITH THE UTMOST RESPECT AND CARING.”
“Seven years ago, we opened our doors in response to a profound community need, and thanks to you we have served over 6,000 women suffering from debilitating depression, anxiety and trauma. Our donors enabled us to provide timely interventions, helping suffering women get back on their feet, become stronger mothers, family members and contributing citizens of our community.”

- Bebe Heiner, Founder and Board Chair