On behalf of The Women’s Initiative, I am honored to report that over the past three years, **our agency has served nearly 3,000 women**. Impact like this could never be possible without broad-based support and a growing awareness of the critical role that mental health plays in the strength and vitality of our community. As you read this report, please keep the following quote in mind, and know that your support is helping women find this place of peace, self-knowing and calm. Thank you for believing in the resiliency of the human spirit. Warmest regards,

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**Women Rebuild Their Lives Through Counseling**

Individual counseling and support group services for uninsured and underinsured women continue to rest at the heart of our agency. The women served through this program bear tremendous responsibility. They are women who have been traumatized. They are single mothers with young children who are struggling with financial uncertainty. And they are caretakers who find themselves painfully isolated. What do these women need? **They need comprehensive, affordable mental health services.**

In 2010, the majority of women served were low-income and uninsured. Approximately 47% were unemployed. Depression, anxiety and adjustment disorders were the top diagnosis with trauma from past emotional and physical abuse being a common thread. Predominant symptom severity was moderate to severe. 73% of women completed their therapy in 12 sessions or less. Diversity in 2010: 53% Caucasian, 28% Hispanic, 7% African American, 3% Asian, and 10% Unknown/Other. Ages ranged from 18-65+, with approximately 60% of the women falling between the ages of 18-45. The majority of women were single, separated or divorced. 54% were mothers with 1-4 children and 36% had a high school diploma or less.
### ADDRESSING COMMUNITY NEED

Access to basic mental health services for uninsured women in our community continues to be extraordinarily limited. In the past two years, dramatic cutbacks in mental health services at Region Ten and the closing of FOCUS’ counseling program have further reduced access. The continuing financial pressures faced by low-income women and their families as a result of the current economic downturn have also resulted in increased incidences of mental distress and violence. TWI is frequently the only resource available to these at-risk women. It is not unusual for our agency to receive 75+ phone calls each week from women seeking a variety of services. While progress is being made to coordinate efforts and eliminate gaps in services through our involvement in the Community Mental Health & Wellness Coalition, the circumstances continue to be dire. (This coalition includes representatives from 20+ entities such as Charlottesville Free Clinic, University Medical Associates, and AIDS/HIV Services Group). Quotes from this coalition that continue to illustrate local need:

- Community members with moderate mental health symptoms are transitioning into serious symptoms due to lack of services.
- The situation is forcing people to self-medicate with illegal drugs.
- Available mental health care is extremely limited. Barriers include… long waiting lists, affordability, and communication difficulties.

### MEASURING SUCCESS

The Women’s Initiative realizes the importance of measuring – in concrete terms – the ways in which our mental health counseling programs are helping women grow, change and succeed. Towards this end, our agency utilizes nationally recognized My Outcomes software as a means of tracking client progress. In 2010, for those clients who completed counseling, 81% experienced an increased sense of personal well-being, and 79% saw improved interpersonal relationships. 96% of clients surveyed reported that we provide a non-clinical, welcoming setting and a knowledgeable, supportive staff. Equally important but more difficult outcomes to measure include the fact that clients:

- gain more emotional stability,
- learn how to incorporate self-care and stress management into their daily lives,
- experience increased self-esteem & increased job satisfaction, and
- begin to lead healthy, productive lives both personally and professionally. Notably, this paradigm shift often enables children and other family members to see positive growth, thus helping break the intergenerational cycle that is so frequently found in families of individuals who suffer from mental illness.

Client stories are often the most powerful illustration of all. We guard our clients confidentially closely, and feel extremely touched when a client chooses to write to us in thanks. Thank you so much for being a central vein in the body of my healing & recovery. I am a completely changed person due to the work I was able to put forth with the help of two very special counselors at TWI. …my medical treatments coupled with my weekly counseling sessions at TWI have been invaluable to my recovery process.

### 2010 Agency Impact by core program

<table>
<thead>
<tr>
<th>Program</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Counseling &amp; Support Groups</td>
<td>195</td>
</tr>
<tr>
<td>Community Education &amp; Outreach Services</td>
<td>710</td>
</tr>
<tr>
<td>On-Site Activities</td>
<td>171</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1,076</strong></td>
</tr>
</tbody>
</table>

### 2010 Community Partners, Referral Agencies and Recipients of Stress Management Workshops

Our agency has an extensive network of partners with whom we collaborate. Entities listed below frequently refer women for services and often call upon The Women’s Initiative to provide training & self-care workshops for staff & volunteers.

AIDS/HIV Services Group  
Bethany Church  
Charlottesville Free Clinic  
Charlottesville League of Therapists  
Charlottesville Public Schools—Parent University  
Charlottesville Roller Derby Dames  
Children, Youth and Family Services  
Creciendos Juntos  
Department of Social Services  
Downtown Family Healthcare  
FOCUS  
Hope House  
Jefferson Area CHIP Program  
Martha Jefferson Hospital  
Mental Health America  
Mental Health & Wellness Coalition  
Northridge Psychiatry  
Offender Aid & Restoration (OAR)  
Parks Edge AHIP  
Pantops Methadone Clinic  
People Places  
Region Ten  
Salvation Army  
Shelter for Help in Emergency  
Southwood Community  
Sexual Assault Resource Agency  
The Women’s Center  
Thomas Jefferson Area United Way  
Virginia Institute of Autism  
Westhaven Community  
University Medical Associates  
UVA CAPS Program  
UVA Family Stress Clinic  
UVA Hospital  
UVA La Clinica  
Valley CSB  
Victim Witness Program  
Wellness Recovery Center
2010 Income by Revenue Source

<table>
<thead>
<tr>
<th>Revenue Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fees for Services</td>
<td>$17,715</td>
</tr>
<tr>
<td>Grants: Corporations &amp; Foundation</td>
<td>$93,790</td>
</tr>
<tr>
<td>Individual Donors</td>
<td>$229,206</td>
</tr>
<tr>
<td>Events</td>
<td>$37,700</td>
</tr>
<tr>
<td>In-Kind</td>
<td>$48,161</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$426,572</strong></td>
</tr>
</tbody>
</table>

Philotropic support for our agency's programs continues to be strong and varied. Since 2008, the number of individual donors contributing to our agency increased by 110%. In 2010, contributions from individuals, corporations, foundations, and events all increased. Overall revenue from 2009 to 2010, increased by 46%, positioning our agency to strengthen programs, hire essential staff and build for the future.

Increase in Philanthropic Support 2008-2010

<table>
<thead>
<tr>
<th>Year</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008</td>
<td>$200,000.00</td>
</tr>
<tr>
<td>2009</td>
<td>$300,000.00</td>
</tr>
<tr>
<td>2010</td>
<td>$500,000.00</td>
</tr>
</tbody>
</table>

In 2010, our clinical team grew to 17, 13 of whom were volunteers. Volunteer involvement is essential as our agency develops innovative ways to increase internal capacity and minimize expense. Approximately 84% of every dollar donated to our individual counseling and support group services program is dedicated to direct services.
# 2010 Donations by Giving Level

## $50,000+
- **The D.N. Batten Foundation**
- **Martha Jefferson Hospital:** In-Kind Support & Program Funding
- **The Maxwell Fund—Charlottesville Area Community Foundation (CACF)**

## $25,000 - $49,999
- **Monticello Media: In-Kind Advertising**
- **Women United in Philanthropy**

## $10,000 - $24,999
- **Bama Works Fund of the Dave Mathews Band**
- **Cynthia Davis**
- **Leslie & Richard Gilliam**
- **Louise McNamee & Peter McHugh**
- **The Perry Foundation**
- **Alison & Bernard Webb**

## $5,000-$9,999
- **Charlottesville Lady Arm Wrestlers (CLAW)**
- **Graham Family Charitable Foundation**
- **Rotgin Family Fund—CACF**
- **The Hut Foundation**
- **United Way - Thomas Jefferson Area**

## $2,500-$4,999
- **CACF—Grace Riggs Fund**
- **Great Eastern Management**
- **Piedmont Virginia Parking Co.**
- **Jennie & Richard de Scherer Foundation**
- **Signature Financial Management Inc.**

## $1,000-$2,499
- **Onnie Baldwin**
- **Pamela Gale**
- **Karen Moran & Wistar Morris**
- **Elsie & MacLlwaine Thompson**
- **Franklin Vanbeuren**
- **Wachovia Wells Fargo Foundation**

## $500-$999
- **Anonymous**
- **The De Vink Foundation**
- **Sarah & Joseph Gladden, Jr.**
- **Laura Stuart**
- **T & N Printing**
- **Ann & Charles Thacher**
- **Zazus**

## $100 - $499
- **Anonymous**
- **Kerry & David Day**
- **Susan Ketrion & Michael McKee**
- **Kerlyn Schewel**
- **Lao & Stephen Schewel**
- **Wendi & Clark Smith**
- **Sharon Spencer**
- **Whitney Stevens**
- **Ruth Stone**
- **Nancy & David Summers**
- **John Syer**
- **Christina & Nelson Teague**
- **Ellen Teplizky**
- **Kathleen & Robert Travis**
- **Erika Viccellio**
- **Sarah & William Walter**
- **Alison & Michael Weber**
- **Eleanor & Richard Wilson**
- **Susan & L.F. Winslow**
- **Suzanne Yeaman & Thomas McQueeney**

## < $100
- **Anonymous**
- **Laural Denise**
- **MKDM**
- **Judy Smith**
- **Andrea & Charles Vest**
- **Patricia Watkins**
- **Dr. Lewis Allan Weber**
- **Susan & Ted White**
- **Elizabeth Woodward**
- **Dr. Peggy Wright & Associates**
- **Dr. Albert Martin**

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The Women’s Initiative also thanks the many contributors who donated in-kind goods and services. Please note, we have checked our donor records carefully, and apologize if we have made an error. Please let us know if your name is listed incorrectly or has been omitted.