



the
women's
initiative



Nurturing Resilience in our Community

2018 ANNUAL REPORT

PROVIDING VITAL MENTAL HEALTH CARE IN OUR COMMUNITY

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The Women's Initiative provides vital mental health services regardless of ability to pay. Our counseling, social support and education programs serve more than 4,000 women annually.

Empowering Women—Responding to Community Need

Approximately one in five adult women have a mental health issue each year, yet only 50 percent will receive care. While everyone goes through difficulties in life, we recognize that low-income and minority women have less access to care and suffer worse health outcomes. Women can heal and recover from depression, anxiety and trauma. We believe that every woman in our community should have care and services that enable her to transform these life challenges into opportunities for change and growth.

We recognize that by improving a woman's health we are also improving the well-being of her family and community.

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Letter from Our Leadership

Dear Friends,

We believe that healing from even the most difficult life circumstances is possible. We see it happen every day. With support from compassionate clinicians using evidence-based treatments, women transform histories of trauma into opportunities for growth and renewal. And with support from generous donors, our organization offers these life-saving services regardless of a client's ability to pay.

As one client said about her experience in individual counseling: "It gave me the chance to open up and talk to someone I trust about abusive situations that I held in for years. It made me able to cope and deal with things in my life. I would recommend your services to everyone in need of help and support."



Marge Connelly

Each woman has her own story, needs and strengths. We know that there is no one "right way" to heal, and our diverse programming aims to meet women where they are and to accompany them on their journey. Our Sister Circle Program, for example, is now regarded as a cornerstone community resource for Black women. Our Challenge into Change program spreads our belief in healing and transformation and reduces mental health stigma for an ever-expanding audience. In 2018 we continued efforts to lower barriers to care such as expanding our walk-in clinics to five days a week and adding new group offerings in our Bienestar Program for Latina women.

In 2018 we also strived to support healing at the community level, particularly as Charlottesville faced the first anniversary of the white supremacist violence of August 11-12, 2017. Our staff worked tirelessly to provide more care and a sense of accessible support during a difficult time. We also collaborated with local leaders to build community resilience through mental health trainings and a public awareness campaign.

Compassionate, effective mental health care is a vital part of lifting up our whole community, and it requires a whole community to support it. We are tremendously proud of all this agency has accomplished in 2018, and are grateful to each person who has done their part to make it possible.

Sincerely,


Marge Connelly, Board Chair


Elizabeth Irvin, LCSW, Executive Director



Elizabeth Irvin, LCSW

2 Program Summary & Financial Overview

The Women’s Initiative is a leader in providing life-saving, transformative mental health care for low-income women in Central Virginia. In 2018, we served more than 4,082 women.

Our ability to fulfill our mission is built upon a broad base of community support. In 2018, you contributed more than \$1.5M. This generosity has allowed us to hire new clinicians, expand our walk-in clinics, and strengthen programming for women in need.



Ingrid Ramos, LPC
Bienestar & Resilience Programs Director



Community collaborations like C’Ville Walks With Heart provide opportunities for women to gather.

INCOME

Individual Donations	\$ 799,356
Grants	\$ 338,570
Events	\$ 202,083
Nonprofit/Corp/Sponsors	\$ 126,678
Contracts / Fees	\$ 58,829
Interest / Gain / Loss	\$ 3,445
TOTAL INCOME	\$ 1,528,961

EXPENSE

Programming	\$1,223,487
Fundraising	\$119,810
General	\$68,502
TOTAL EXPENSE	\$1,411,799

Individual Donations 52%	Grants 22%	Events 13%
	N/C/S 8%	Contr. 4%

Programs 87%	Fund 8%
	Gen 5%

WHAT WE DO

We offer many paths to healing for women who otherwise cannot access care

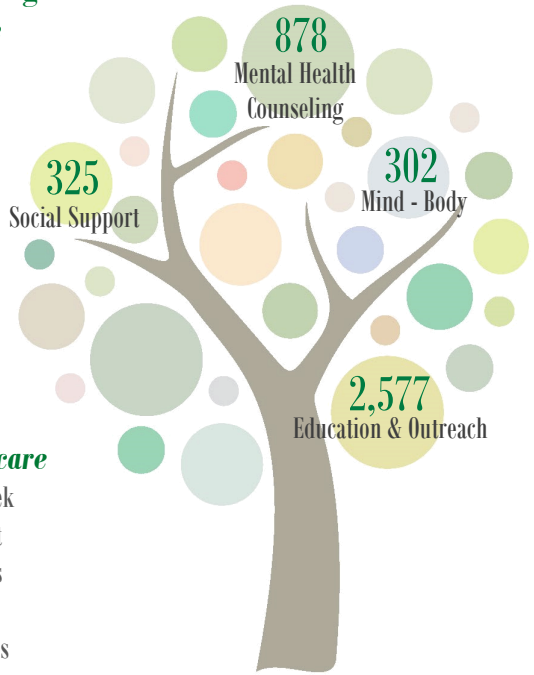
- Individual & group counseling
- Education on topics like stress management & coping skills
- Social support
- Mind-body offerings

HOW WE DO IT

We break down barriers to care

- Walk-in clinics five days a week
- All services are free or low-cost
- Available in multiple languages
- Diverse team of therapists
- Offering services in 11 locations

Served in our programs



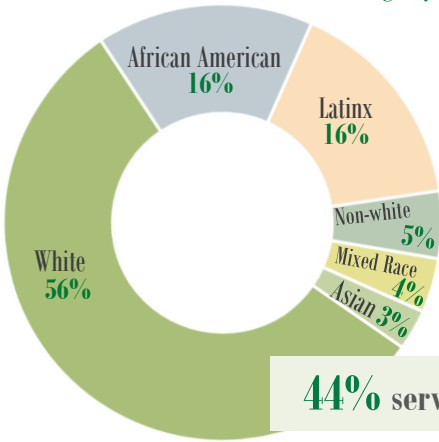
We create a safe, welcoming place for women of all backgrounds

- Compassion in every aspect of care
- Recognition of how identity, life experiences, discrimination and violence impact an individual's healing process, particularly within minority and impoverished populations

2018 Client Outcomes

71%	91%	77%	76%
Decreased or eliminated symptoms	Attained coping skills to address stress	Increased sense of personal well-being	Increase in overall well-being

Our agency focuses on serving women from low-income households, the Latino and African American communities, survivors of domestic violence, sexual assault victims and their families, the LGBTQ+ community, and our emerging immigrant and refugee populations. We recognize that the struggles all women face in accessing effective mental health care are made even more difficult for minorities because of historic and ongoing oppression that contribute to individuals feeling isolated, misunderstood and alone. Our agency works to break down these barriers.



44% served identify as non-white

Top Four Diagnoses:
 Adjustment Disorders
 Anxiety
 Depression
 Post-Traumatic Stress Disorder

90% served are victims of past or present violence or abuse

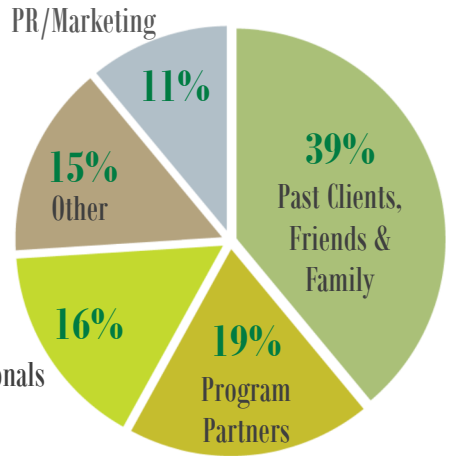


We provide services to immigrants and refugees from around the globe

- 72%** Live in poverty (200% or below Federal Poverty Guidelines)
- 64%** Are employed
- 52%** Have a high school diploma or less
- 47%** Have children living at home
- 25%** Identify as LGBTQ+

15	Surrounding counties from which our clients travel
35+	Community partners
38	Appearances in the media
31,000	Unique visits to website

How Women Find Us



Medical Professionals

TWI is the **#1** referral source for private physicians looking for mental health care for women in African American & Latina communities.

“Voices of Healing”—in the words of our clients

“I have done amazing work with my therapist. EMDR changed my life by helping me work through all the pain, brokenness and silent suffering. I have new coping skills. I have learned to be resilient.”

“Thank you for the support, the constant warmth, and for the mental and emotional care that I would not have been able to afford otherwise. I really can’t thank you enough.”

The Women's Initiative collaborates with dozens of agencies, nonprofits and neighborhoods. These relationships enable us to connect more women with our services and break down stigma and other barriers to care.

- ◆ Botanica Mobile Clinic ◆ Brooks Family YMCA
- ◆ Carver Recreation Center ◆ Central Virginia Clinicians of Color Network
- ◆ Charlottesville Free Clinic ◆ Chihamba ◆ City of Promise
- ◆ Common Ground Healing Arts ◆ Community Mental Health & Wellness Coalition ◆ Creciendo Juntos ◆ Friendship Court ◆ Greater Charlottesville Trauma Informed Care Network ◆ Greenstone on 5th
- ◆ International Rescue Committee (IRC) ◆ Jefferson Area Board of Aging (JABA) ◆ Jefferson Area CHIP ◆ Jefferson School African American Heritage Center ◆ Latino Health Initiative ◆ Literacy Volunteers of Charlottesville/Albemarle ◆ Mothering Circle of Charlottesville
- ◆ Network2Work ◆ Paramount Theater ◆ PFLAG Blue Ridge
- ◆ Piedmont Virginia Community College ◆ Planned Parenthood South Atlantic ◆ ReadyKids ◆ Sentara Martha Jefferson Starr Hill Health Center
- ◆ Sexual Assault Resource Agency ◆ Shelter for Help in Emergency
- ◆ Sin Barreras ◆ Southwood ◆ Transgender and Gender Nonconforming Clinical Consultation Group ◆ UVA Cancer Center
- ◆ VCU School of Social Work ◆ Virginia Discovery Museum
- ◆ Virginia Festival of the Book ◆ Westhaven Nursing Clinic
- ◆ Wildrock ◆ WriterHouse

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IN MEMORY OF

Holly Edwards
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 Joyce Kerns



Thank you to all our donors for recognizing the importance of mental health. Your support helped The Women's Initiative provide vital mental health services to 4,082 women in our community in 2018.

BENEFICIARY EVENTS

Community Bridges 5K Run/Walk
 Craft Cville
 Eat Well—Do Good
 Fire Tigers Show
 Formula Fitness
 Get Together Give Together
 Little Man's Day Event
 Liz Reynold's Yoga
 Verdigris Fashion Show



Beach Day by Logan MacKethan

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The Women's Initiative

1101 East High Street
Charlottesville, VA 22902

2018 ANNUAL REPORT



“ I am so very grateful for the care and support. ”

- 2018 TWI Client