

### Reflection and Purposeful Change

2022/23 Community Impact Report



Richmond

# Leadership

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**Rupa Murthy** CEO

Nathan J. Harry, CPA Chief Financial and Administrative Officer

**Shawntee Wynn** Senior Director of Domestic Violence and Sexual Assault Services

**Kathleen Eastman** Senior Director of Early Childhood Education

**Cynthia Coleman** Senior Director of Philanthropy

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**Kristen Evans** Director of Human Resources

**Keshia Fleming** Center Director, Sprout School at Second Presbyterian

Makita Harper-Byrd Program Manager, Domestic Violence Crisis Shelter

**DerShawn Jefferson** Clinical Team Lead

**Robin Sawyer** Prevention Program Manager

**Rachel Yazdgerdi** Crisis Response Services Manager

I am honored to write this letter as YWCA Richmond's new CEO and thank our courageous Board of Directors for the opportunity to build my vision focused on advancing economic mobility and working to end the cycles of racism, poverty, and violence. Many of you may remember there were two branches of YWCA Richmond downtown: Our building on 5th Street and the Phyllis Wheatley Branch of YWCA in a building on 7th Street that was torn down decades ago. While I am certainly not the first woman of color to lead a YWCA in Richmond, I am the first women of color to lead in our 5th Street building and I have the great benefit of standing on the shoulders of many YWCA Richmond executives, both Black and white, to foster a mission that inspires peace, justice, and dignity for all.

This past year has been marked by reflection, hard work, moments of uncertainty, dedication, and transformation. We celebrated the retirement of our past CEO, and then watched our senior leaders, who have over 33 years of experience leading the YW, show up for each other with respect, integrity, commitment, and innovation.

We weathered an economic downturn that decreased philanthropic and government funding. We also continued to bridge the demand for childcare by fully enrolling three Sprout School locations. As COVID restrictions gave way, we carefully re-imagined our Regional Hospital Accompaniment Response Team (RHART) Program, operating in three hospitals. We are reinvigorating partnerships with St. Andrews School and the Richmond Police Department, as well as making new commitments with Children's Home Society of Virginia.

It has not been easy, and yet it has been rewarding – with each step guided by deep collaboration and purposeful change. YWCA Richmond is leaning into our next chapter, and we are glad you are too. Thank you for investing in our work today and in the work of the women leaders who came before us. As Ruby Garrett, a former YWCA Phyllis Wheatley Branch member said, "Recognizing those women is one of the greatest things that's happening at the YWCA now."



Rupa S. Murthy

**Rupa S. Murthy** Chief Executive Officer YWCA Richmond

# The **YWCA's** mperative: Eliminate Racism

bw. **Dorothy I. Height** Director, Office of Racial Justice National Board, YWCA

The story of how a long-established voluntary organization in American life, the Young Women's Christian Association, is coming to grips with institutionalized racism in itself and the communities it serves.

> **Bureau of Communications** National Board, YWCA **600 Lexington Avenue** New York, New York 10022 1971

50 cents / 25 copies or more - 45 cents each

# What We Stand For

For over 135 years, YWCA Richmond has celebrated unforgettable moments, built systems of profound impact, and inspired generations of women to inspire the next as we ....stood together with sister associations across the country.

At the 1970 YWCA national convention, Dorothy Height, the first National Director of the YWCA's Center for Racial Justice, led the charge to adopt the YWCA's One Imperative: The elimination of racism wherever it exists, and by any means necessary.

Today, our intersectional mission to eliminate racism and empower women demands that we recognize our responsibility to use our voice and platform to push for action and long-term legal, economic, and societal change - to forge a more equitable Richmond

We focus our mission-driven work in the greater Richmond community in the following ways:

- **1.** Domestic and Sexual Violence Services
- 2. Early Childhood Education and Infant Care through the Sprout School
- 3. Racial and Gender Equity Programming
- 4. Women's Leadership



### Our **Mission:**

Powerfully Shared with Sister YWCA's Across the Country: YWCA Richmond is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

Beginning in 1970, "One Imperative" was a bold stand against racism making it the driving force behind all initiatives of the organization. And it still is a bold stand.

Courtesy Smith College Special Collections General, 1969-76, n.d. from the YWCA of the USA records (RG6). Color added

### Our Vision:

We transform lives by creating access to opportunities, strengthening resilience, and advancing equitable systems for lifelong success.

Our Values:

→ Respect

- → Integrity
- → Collaboration
- → Innovation

# Early Childhood Education and Infant Care

Childcare and early learning programs are essential for working parents and for our nation's economic future. At the Sprout School, we provide full-day, full-year, highquality, and affordable early childhood education and infant care across 3 locations. The Sprout School is the only early childhood education program in Richmond that braids Head Start students with full scholarship and full-pay students in the same classroom. Our mixed-income model creates an environment of socio-economic, racial, and cultural diversity, which reflects our community – and more importantly, promotes inclusivity and justice during pivotal early years. Engaging with and caring for children starting at

2 months through 5 years, we foster a child-directed learning environment rich with self-expression, discovery, creativity, collaboration, and social-emotional learning.

When we added a family engagement specialist to the Sprout School team, we continued to build community with parents and partners through a two-generation approach. This approach emphasizes that education, economic supports, social capital, and prioritizing health and well-being all work in tandem to create a legacy of economic security that passes from one generation to the next.

### Last year, our Sprout School community thrived:

180 children served

42% were from single parent households



25% were below Federal Poverty Level w/ **47%** being at or below 200% of FPL

### Serving children and families in:

Richmond City, Henrico County, Chesterfield County, Highland Springs, New Kent, Midlothian, Colonial Heights, Glen Allen and Chester





### **Assessing the Sprout School:**

- 1 Teacher Retention & Development: Sprout
- School teachers completed a combined 557 hours in professional development, one teacher completed her Associate's Degree and 3 obtained their CDA certificates. Over the past 5 years, we increased Sprout School teacher salaries by 50%. For hourly employees, our starting salary is \$0.75 above the state average and for salaried employees, the starting average is \$2,500 higher than the state average.
- 2 School Attendance: On average, the attendance rate for Sprout School students was 87% throughout the year. This helps children develop the habit of attending school regularly in the future.
- **3 Classroom Quality:** In the Classroom Assessment Scoring System (CLASS), Sprout School scored higher in every category compared to the state average for infant, toddler, and Pre-K classes. This observation instrument assesses the quality of teacher-child interactions in preschool classrooms.
  - a) Sprout School infants scored higher in every category and 2xs the state average in Language and Concept Development.
- **b**) Sprout School toddlers scored at least 1-2 points higher in every category measured, including Behavior Management, than the state average.
- c) Sprout School Pre-K classrooms were consistently rated higher than the National Head Start averages and Virginia averages across all categories.
- 4 Kindergarten Readiness: In Sprout School, we follow 2 major assessments to measure school readiness a) Literacy readiness measured by Pre-K



		ls and b) Early Mathematics Skills measured by RP – EMS Assessment
		The rising kindergarteners recognize on average 89% of uppercase and lowercase letters
	b)	69% of Pre-K students show strong mathematical skills using the VKRP Assessment Tool, which measures geometry, patterning, numeracy, and computation.
5	Fa	mily Engagement and Support:
	a)	There were 4 family events throughout the school year where parents and guardians came to school to celebrate their students.
,	b)	30 Sprout families participated in our holiday family giving program.
	c)	100% of families were offered Parent-Teacher conferences.
	d)	100% of children received developmental screening and 13 children received further evaluation and services their parents worked with Sprout's Family Advocate to connect to these services.
6	Pla	ans for Sprout Expansion in 2023-24
	a)	Open 5 classrooms at Sprout School at St. Andrews to serve 55 students in the Grace Arents

b) Sistering Fulton Montessori School to remain open and committed to exploring Sprout School Fulton Hill in the coming year.

Library. Today we are installing the playgrounds,

ordering classroom supplies, and hiring teachers.

c) Educate and care for 300 students by September 2024.

"That is one of the things that I love most about the Reggio Emilia philosophy. It humanizes us. These students aren't seen as check marks of how well they have memorized the ABC's or how quickly they can count, they are seen as capable human beings who are curious about the world around them. Our program is centered on what captures their imagination, what questions do they want answered, and what is igniting their desire to learn."

### Kappy Anklam

Lead Teacher of the Galaxy and Cosmos Rooms Sprout School at Second Presbyterian

### **Domestic and Sexual Violence**

#### **Domestic violence and intimate partner violence** are

a major threat to our community's health and safety. One in three women will experience intimate partner violence during their life. An abuser's access to a firearm increases the risk of intimate partner death by 500%. Nationwide, one in fifteen children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence. Here in our neighborhoods, nearly 15% of the gun violence patients seen in emergency rooms have intimate partner violence as an underlying cause.

#### These statistics are both alarming and frustrating.

Furthermore, we know that not all domestic and intimate partner violence is acknowledged or responded to equally - and that some survivors go unrecognized altogether. When you walk through our Center of Resilience, our team of domestic and sexual violence clinicians, case managers, and advocates are consistently responding to the dynamic needs of survivors through a trauma-informed and healingcentered approach. Our team is continuously seeking innovative ways to reduce barriers for survivors, as well as building strong partnerships to create systems of coordinated support and care. We continued to provide services from the point of crisis through the steps needed to rebuild a safe,

violence-free, and thriving life. These services included:

- Crisis intervention through the 24/7 regional EmpowerNet hotline
- Safety planning
- Emergency shelter
- Court advocacy
- Rapid re-housing
- Case management
- Employment navigation
- Individual and group counseling

Over the past year, we also expanded services to provide culturally affirming and family-centered resources. We hired a bilingual team that has brought an integrated approach to outreach, trust building, and culturally affirming advocacy, counseling, and case management for Latine survivors. We also launched a children's counseling program to bring comprehensive, trauma- informed behavioral health support to children who lived with violence in their home. Through this addition, we have provided a multi-generational, supportive healing resource for the children of parents or guardians receiving counseling.

#### Additional 2022-2023 Milestones include:

- Three trauma informed support groups to survivors "Parenting in Trauma," "Trusting Again," and "Domestic Violence Support Group."
- Deep and more intentional engagement in the Latine community in partnership with Waymakers Foundation's Resource Fair and the Intensive Supervision Appearance Program (ISAP), a program of ICE. We provided supportive housing to 12 survivors who sought resources through these respective partnerships. Since March 2023, our Bilingual Team has provided outreach and support to over 29 individuals needing domestic violence resources.
- While COVID has changed how we supported survivors, we learned that offering a Hybrid Model, a tele-medicine and in-person approach with clients, has been most effective for engagement.
- We have continued to provide hospital advocacy virtually, due to COVID's residual impact. This year we worked with VCU Health Systems and Bon Secours to re-establish in-person RHART programming during overnights and weekends at Richmond City's VCU Health System's emergency room, East End Community Hospital, and St. Francis Hospital.



1,610 calls were domestic or sexual violence related

3,105 contacts were managed via text – an increase of almost 700 calls

**109** survivors regionally accessed Workforce Navigation Services for the first time

households secured permanent housing through support of housing specific and unrestricted funding; this included market rent apartments, subsidized housing, and rooms to rent.

266 new survivors received Court Advocacy Services and support

adult and children survivors received trauma-informed counseling services. Our expansion into children's counseling services saw an additional 25 individuals between ages 5-17.

adults and children received emergency housing for a total of 1,049 nights of shelter

Last year, our Domestic and Sexual Violence Teams responded to the needs of survivors in our community in dynamic ways:

## **Outreach and Advocacy**

This past year, YWCA Richmond engaged 1,673 community members through outreach education and hosting community conversations focused on recognizing, reflecting, and responding to domestic and sexual violence. We also realigned our outreach strategies with a focus on building trust and relationships with community leaders, groups, and partners. We completed a 9-month project with Waymakers Foundation to learn more about the dynamic strengths and needs of Latine survivors as well as build a consistent community engagement plan. This partnership included

"Community outreach has also been an amazing opportunity for us to show what we are all about. Having the opportunity to connect, oneon-one and inperson, with **Spanish-speaking** clients allows us to offer them the opportunity to trust us with their current situation. **Melissa Martinez** Court Advocate/Case Manager I

two focus groups of survivors where we listened and learned about the various experiences survivors faced with either accessing or not knowing how to access services. Through this project, our bilingual team from the domestic and sexual violence department integrated community engagement with their direct services work, which built stronger bridges between survivors and community resources.

"It takes a village to help someone in need and/or someone going through a tough time. Being able to connect with partners has allowed us to explain how the YWCA Richmond can assist Spanish-speaking individuals going through a DV/ SA situation" elaborates Melissa Martinez, Court Advocate/ Case Manager I. "As we connected through community partnerships, we began to see several organizations refer clients to us, and essentially trusting us in helping their clients. Community outreach has also been an amazing opportunity for us to show what we are all about. Having the opportunity to connect, one-on-one and in-person, with Spanish-speaking clients allows us to offer them the opportunity to trust us with their current situation and when they open that door of trust with us, we ensure that our services are led with respect and grace. Most Spanishspeaking clients have just arrived in the United States or haven't known how to navigate their way through the different systems in the United States, so meeting them

### Community for Change





### Remember My Name Community Memorial

We partnered with Cedar Street Baptist Church and its Step One Domestic Violence Ministry to host our annual Remember My Name community memorial during Domestic Violence Awareness month. We heard a powerful message of survival and community action from Lakesha May Woodson, founder of Got 2 BMC. We also appreciated all the community members who shared stories and reminded us of the dignity and worth of every name spoken, including Lynette Lee of Goals Initiative, Inc., Nicole Rawlings of the Michelle L. Rawlings Legacy Foundation, and Carol Adams of the Carol Adams Foundation. There is incredible crisis support and prevention work happening on the grassroots, community level here in Richmond. In the coming year, we look forward to building outreach programming in faith-based spaces as well as coalition building with these community leaders and more.

where they are at is fundamental; this will help the client in the long run because it allows them to start gaining independence and taking their power back."

Last year, we also revamped our volunteer advocacy training program with a focus on cultural humility, community care, and building bridges to responsive services. We trained 16 volunteers through our 8-hour weekend retreat and an additional 13 volunteers attended 40 hours of training to support RHART and hotline services. The volunteer advocacy

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training highlighted internal expertise from our domestic and sexual violence, outreach, and prevention teams, as well as community partners such as Greater Richmond SCAN, Voices for Virginia's Children, Virginia Anti-Violence Project, Waymakers Foundation, Virginia Poverty Law Center, Richmond City Victim/Witness Services Program, Carol Adams Foundation, Chesterfield County Police Department, VCU Police Department, Richmond City Police Department, and the Office of the Attorney General.

### **Violence Prevention Services**

#### While our outreach strategies focus on raising

awareness, we recognize the importance of investing in prevention programming to change behaviors, cultural norms, and systems rooted in oppression to eradicate violence. Our prevention program embraces anti-oppression values of trust, consent, honesty, shared power and responsibility, and interdependence. These values – applied to both structures and individual relationships – decrease sexual and domestic violence while promoting sexual and relationship health for all people.

"The Domestic and Sexual Violence Team has worked hard to create bridges over system gaps and help survivors overcome barriers by thinking of creative ways to approach and solve issues individuals and families face," said Shawntee Wynn, Senior Director of Domestic and Sexual Violence Services . "Continuing to meet survivors where they are in their process and effectively supporting survivor's individual and or family plans is our daily goal. Our program provides extended support and services to those who need it, and the team considers it an honor to serve in this capacity."

On February 13, 2023, the Centers for Disease Control and Prevention released the Youth Risk Behavior Survey Report: 2011-2021, which offered an important snapshot of young people's health and well-being related to sexual behavior, substance use, experiences of violence, and mental health. The report indicated that American teen girls, especially Black and brown girls, are experiencing record high levels of violence, sadness, and suicide risk— a 21% increase since 2017. Almost one in five (18%) teen girls experienced sexual violence in the past year—up 20% since the CDC started monitoring this measure in 2017. While these findings were disheartening, they emboldened us to continue investing in prevention of sexual violence and more specifically, in our young people through programs like Empower RVA Teens.



2023 Empower RVA Teens cohort.



### Why I Joined Empower RVA Teens

In America, the minority experience in hospital settings often deviates from the experiences of those from more privileged backgrounds. As in many other places in society, Black women are the most likely to get the short end of the stick, and they frequently find out about life-changing ailments too late to find a solution. I witnessed this great injustice afflict my close relative, which then encouraged me to join Empower RVA Teens where we fight to level the playing field for those of all identities...

Read Russell's full story at: https://ywcarichmond.org/why-i-joined-empower-rva-teens/

This past year, 10 teens participated as peer educators in Empower RVA Teens, where young people learned about consent, healthy sexuality, and conflict resolution, as well as harnessed their power as changemakers in their communities. The highlight of this program was their legislative advocacy project where they identified the important issues they face as young people, learned how to research upcoming legislation, practiced storytelling to advocate for change, and empowered their peers to also engage in advocacy. Last year, YWCA Richmond uplifted Empower RVA Teens legislative advocacy agenda as the organization-wide agenda, where the young people presented their agenda to our board and held a successful in-person advocacy day during General Assembly to support bills like SB818. This bill passed and now requires school districts to provide mental health instruction as part of Health classes to promote awareness of behavioral health services.

### Other 2022-2023 Milestones included:

- 1,673 Individuals received public education and outreach information specific to domestic violence and healthy relationships
- 779 Youth served through primary prevention education opportunities in the community
- The Outreach and Prevention team co-facilitated a Domestic Violence and Teen Dating Violence session 101 for staff at Communities in Schools of Richmond and Boys and Girls Club, which launched multi-session primary prevention partnerships at Henderson Middle School and the Boys and Girls Club: Teen and Community Center.

# Women's Leadership Across the Generations









### PAT ASCH **FELLOWSHIP** FOR SOCIAL JUSTICE



#### YWCA Richmond has honored over 300 leaders

who have made - and continue to make - significant contributions to our community. On May 4, 2023, we had much to celebrate at our 43rd Annual Outstanding Woman Awards. We recognized 9 honorees who reflected the trailblazing work at the intersection of racial and gender justice, including arts and social justice, reproductive justice, restoration of civil rights, faith and health conversations, reducing barriers to higher education, Latine engagement, marketing, legal advocacy for immigrant survivors,

As a women's leadership program of YWCA Richmond, the Young Women's Leadership Alliance (YWLA), includes mentorship opportunities, dialogue and learning on topics about racial and gender justice, community building, and advocacy.

YWLA organized their annual event, Community for Change, which was a night of inspired conversation and collective action for racial and gender justice. They also champion Rising Outstanding Woman Award (ROWA), an annual award recognizing a local emerging leader between the ages of 25 and 40 who is making in impact in our community and is a voice for social change.

During the Leadership Forum Breakfast, YWLA honored Dionne Henderson as the 2023 ROWA winner. Dionne is President and CEO of Partnership for the Future, a role that is very personal to her as over twenty years ago she was a

The Pat Asch Fellowship for Social Justice invests local woman, who is at least 50 years of age, to focus or deeply personalized, up to 2-year leadership and profes development journey. What makes this fellowship uniqu is our emphasis on honoring and recognizing the whole woman. This journey comes with a \$20,000 investment woman who is ready to tap into her worthiness and cha her passion and lived experience into a project that wou strengthen herself and her impact in the Greater Richm community.

expanding wealth building opportunities for communities, and so much more.

The OWA celebration brought together 750 people, which kicked off with an inspiring welcome from Congresswoman Jennifer McClellan, 2014 OWA Honoree, Law and Government. The event also included a powerful keynote speech from Kiesha De'Shaun who shared an intimate glimpse into her journey through the generational storms of trauma and violence — and her purposeful steps to heal, restore, and move from surviving to thriving.

Partnership for the Future student. She has spent her entire career serving historically marginalized communities in the Richmond area. Her vast nonprofit experience includes small, medium, and large local and national nonprofits. She brings with her a unique perspective and passion for helping youth change the trajectory of their lives. Dionne's greatest career accomplishment is having the opportunity to do both life changing and lifesaving work.



**Dionne Henderson** 2023 ROWA winner



n a	Sarah McFarland, 2021-2022 Pat Asch Fellow, built her
ia	confidence and a sense of empowerment through her peer
sional	facilitation in addressing multigenerational trauma and
Je	mental health. Today, she is working to establish a network of
1	trauma-informed faith communities. As part of the 2023 OWA
in a	Celebration, we captured two Pat Asch Fellowship videos:
innel	(1) One focused on Sarah McFarland's journey, and (2) one
uld	recognizing the sisterhood and mentorship between Sarah
ond	and Cheryl GroceWright, Pat Asch Fellow 2015.

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YWCA Richmond has been back in our newly renovated building for a full year. We are grateful to all of our investors who helped us to transform our historic building into updated workspaces that reflect our values of Commitment, Respect, Integrity & Collaboration. Your generosity allows us to continue the hard work of our organization each and every day.

### Financials: FY 2023

INCOME *by* program: \$**5,400,000** 



\*YWCA Richmond experienced a significant gap in funding due to an unanticipated shortfall in government funding and private philanthropy at the end of FY23.





# **Community Partnerships**

**Partnership is vital to our work** in setting up pathways for community members to grow, learn, experience safety, holistic health and well-being, build economic security, amplify their leadership, and thrive! Thank you to the myriad partners who work alongside us every day.

#### **Sprout School Community Partners:**

ChildSavers Children's Museum of Richmond City of Richmond, Office of Children and Families Collegiate School Greater Richmond SCAN Head Start Henrico LEAP Richmond Public Schools Second Presbyterian Church of Richmond St. Andrew's School Thrive Birth to Five United Way of Greater Richmond and Petersburg VA Promise Partnership Virginia Department of Education Virginia Early Childhood Foundation Virginia Preschool Initiative Voices for Virginia's Children Virginia Quality Birth to Five (VQBS) Wolftrap

### Domestic and Sexual Violence Team Community Partners:

CARITAS Carol Adams Foundation Chesterfield Domestic Violence Resource Center Chesterfield Health Department CrossOver Health Care Ministry Little Hands Virginia Marlee House Richmond Behavioral Health Authority Richmond Juvenile and Domestic Court, Victim Witness Program Richmond Police Department Richmond Redevelopment and Housing Authority Rising Family Creek Services United Way of Greater Richmond and Petersburg Virginia Action Alliance Statewide Hotline Virginia Commonwealth University Counseling Services Virginia Commonwealth University Police Department Virginia Legal Aid Virginia Poverty Law Clinic Wellness Within, Inc. - Community Based Organization Waymakers Foundation Yeshua House

#### Master of Social Work Internship Program:

Boston University School of Social Work Virginia Commonwealth University School of Social Work Virginia State University School of Social Work Widener University School of Social Work

#### **Regional EmpowerNet Hotline:**

Bon Secours Chesterfield County GoochlandCares Greater Richmond Continuum of Care Hanover Safe Place Henrico County Homeward James House Partnership for Housing Affordability Safe Harbor Thrive Virginia Virginia Commonwealth University Health Systems

#### **Outreach and Prevention Partners:**

Boys & Girls Club: Teen & Community Center Carol Adams Foundation Cedar Street Baptist Church Chesterfield County Police Department City of Richmond: Office of Immigrant and Refugee Engagement Commonwealth Catholic Charities Communities in Schools of Richmond Family Lifeline Girls For A Change Got2BMC (Got to Be More Careful) Greater Richmond SCAN Henderson Middle School Higher Achievement: Dogwood (formerly Binford) Middle James River Juvenile Center Manchester YMCA Minority Health Consortium The New Community School Office of the Attorney General Pinnacle Treatment Center Richmond and Henrico Health District Richmond City Police Department Richmond Public Schools: Department of Family & Community Engagement Richmond Redevelopment and Housing Authority: Whitcomb Court and Fairfield Court St. Catherine's School Side by Side The Steward School Trinity Episcopal School Virginia Anti-Violence Project Victim/Witness Services Program, Richmond Office of the Commonwealth's Attorney Virginia Center for Inclusive Communities Virginia Department for the Blind and Visually Impaired Virginia Commonwealth University Counseling Services Virginia Commonwealth University Police Department The Virginia League for Planned Parenthood Virginia Poverty Law Center Virginia Sexual and Domestic Violence Action Alliance Virginia State University Voices for Virginia's Children Waymakers Foundation

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