



Our Case for Support



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, filled with dangers. 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? How do you relate to the other residents in the facility who are dealing with similar issues? The Dwelling Place is deeply committed to helping these vulnerable families.

SUMMARY / The Dwelling Place is a Christian ministry, that provides transitional housing, basic needs, trauma-informed supportive services, educational programming and mentoring for women and their children fleeing domestic violence.

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

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.

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.
- Provide emotional, spiritual and physical safety to women and their children.
- Educate, equip, and empower women to decrease further victimization.
- Reach out and educate the greater community to prevent domestic abuse.

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 30-45 days). This short time is rarely sufficient to find housing, employment, and other supports necessary for living empowered, successful lives, free from abuse.

Unlike traditional shelters, we differentiate our services by providing comprehensive programming for 12 months (longer if needed), allowing women and children the precious gift of time. Our unique approach helps women and their children begin to heal through a deep relationship with Jesus Christ. We provide housing, safety, and basic needs so women can focus on their children and their personal and professional development, which is needed for healthy sustainable living.

The Need for Safe Housing

POPULATION SERVED /

The Dwelling Place serves women with/or without 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 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 from abuse. Without the services of The Dwelling Place, more women and children will be trapped in abusive situations at home.

Homelessness puts women and children at risk for violence, and violence puts women and children at risk for homelessness.

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.
- Sexual and physical violence is intergenerational. In a national survey of more than 2,000 American families, 50% of the men who frequently assaulted their wives also abused their children.
- Sixty-nine percent (69%) of sexual assault victims are girls under the age of six and 73% are under the age of twelve.
- Homeless children are exposed to extremely high rates of violence. Eighty-three percent (83%) of children over the age of 12 years have been exposed to violence and 25% have witnessed violence in their families.



In 2017, there were at least 19 domestic abuse-related murders in Minnesota.

- When women are murdered, they are most likely to be killed in their homes by a current or former intimate partner. About 80 percent of adult women murdered in Minnesota between 2006 and 2016 were killed by a current or former intimate partner. Most of the victims were killed inside their homes; almost half were killed with a firearm.
- In 2017, at least 12 children were left motherless due to domestic abuse. **Five of these children were present at the time of the murder or discovery of the body.*

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 20 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:** Caring staff oversee the function of the Transitional Housing Program and provide one-on-one case management for the residents and support services for their children. New residents meet with their Case Manager to create an individualized goal plan that specifically addresses the needs and circumstances of their life. Progress toward these specific goals is monitored, documented and celebrated.
- **House Meetings:** House meetings, led by staff, are held weekly and assist the women in co-creating a healing community dynamic. The importance of healing together with the support of others who have similar life stories is emphasized as the women are encouraged to share their life stories and find commonality. Our staff facilitates the use of healthy boundaries and communication skills within this community building.
- **Support Group:** Groups are held weekly incorporating Biblical principles and teaching with therapy. Women discover in group therapy how mutual encouragement, negotiation, and supportive relationships allow them reflective opportunities to encounter their own story and how God sees them. This group process allows residents to grow together as they learn to understand their emotions and behavior patterns and develop new ways to working through their trauma to healing through Christ's love.
- **Domestic Violence Education Courses:** We provide specific education on the issues of domestic violence and healing from trauma giving examples of how the information applies to past relationships. New skills are explored and developed to empower women to step out of the victim role. These classes teach the important qualities of healthy relationships, the capacity to name abuse, and the skills needed to shift into new healthier ways of living. The classes are also biblically informed and use Christian principles and values as well as prayer as the women seek to learn of God's love and healing power.
- **Individualized Therapy:** The Dwelling Place has relationship with Biblical counselors and local mental health organizations. Through these partnerships women and children are provided with assessments and receive counseling or therapy for PTSD, depression and anxiety, and other mental health affects of exposure to abuse.
- **Life Skills Education:** Many women at The Dwelling Place have lived within the abuse cycle most of their lives. They may have never learned important skills for independent living. We teach life skills to help the women with practical needs: acquiring healthy and affordable groceries, cooking nutritious meals on a limited budget, housekeeping and home maintenance, accessing transportation, vegetable gardening, locating affordable resources for clothing, housing and furnishings, etc. In addition, resources for personal safety, personal care and healthcare are explored, as well as identifying personal gifts and talents.



“Since being at TDP I have learned a lot about God and have a relationship with Jesus like I haven’t had before. I have healed physically from my injury and am working towards spiritual and mental healing from the abuse that took place. My trust and love in God and Jesus is deepening.”

*—RESIDENT, DANIELLE**

- **Financial Education & Counseling:** Classes are offered to educate residents on debt reduction, asset building, budgeting, how to build a good credit score and rent history, consumer protection and financial institutions, acquiring insurance, saving for future needs, etc. We use the Dave Ramsey Financial Peace University curriculum. Our Savings Incentive Program helps women set aside money with matching funds to apply to their eventual move to independence.
- **Education, Jobs and Housing:** As they enter our program, residents work with our Housing Specialist and Jobs Coach to develop career and housing plans. Many begin school, finish their GED, find work and engage in community housing programs. Our Housing Specialist engages in a full assessment of each resident’s housing needs and creates a strategy along with the resident’s primary case manager to eliminate boundaries to housing. Our Jobs Coach works closely with the team as well to create education and employment opportunities as each resident is encouraged to discover her God-given talents and strengths for her future.
- **Bible Studies & Prayer Ministry:** At the heart of The Dwelling Place is our commitment to nurture the wounded spirits of the women and children we serve. Case Managers provide empowering studies of Scripture that help our residents come to know a God who loves them. The studies help our residents find healing, hope and freedom through God’s Word and a personal relationship with Jesus Christ.

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. **The goal is to promote healing from trauma and opportunities for growth in social, emotional, and cognitive skills.**

Children’s programming includes:

- Children’s 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

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:
 - Listening
 - Caring behaviors
 - Problem solving
 - Conflict resolution
 - Managing personal power

IMPACT AND OUTCOMES /

The impact of abuse has a ripple effect in our communities and time is needed in a safe environment for women to begin to heal from their trauma. The services provided by The Dwelling Place positively affect the health of our entire community. The negative impact of domestic violence on our economy, law enforcement and judicial system is profound.

According to Wilder Research, supportive housing in Minnesota generated at least \$123 million for taxpayers in 2010, returning \$1.44 for every public dollar invested.

These are conservative estimates that don't include potential cost savings from improved health, reduced emergency room use or hospitalizations, or any child-related outcomes, including costs associated with crime and special education.

The purpose of The Dwelling Place—breaking the generational cycle of abuse—aligns with the early intervention recommendations to prevent future generations of victims, and prevent the immeasurable collective costs to individuals, families and communities.



"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 is 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, MARIE*

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 become confident and productive, able to sustain a living on their own.
- Collaborative community-based and faith-based organizations are engaged and active in the support and rehabilitation of families in crisis.
- The community benefits from the reduced numbers of murders, police calls, medical care, and incarceration expense that is a result of domestic violence.
- Women and children experience the hope and power of restoration that comes through a relationship with Jesus.



FACILITIES DESCRIPTION /

The Dwelling Place occupies multifamily homes in the Minneapolis/St. Paul metropolitan area that can house up to 42 individuals at one time, with a plan to expand capacity to serve up to 42 to 54 individuals by late summer of 2018. **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 our women and children, making it very difficult for abusers to find their victims.

Houses are multifunctional, providing:

- Safe shelter for the women and children we serve
- Common rooms for programming
- Program and Business offices
- Operational needs and storage

STAFF AND BOARD /

The Dwelling Place services are delivered by 7 full-time and 3 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 2017 Service Highlights



We received calls for help from **372** women with **258** children—all victims of domestic abuse.

In 2017 we successfully housed and served **25** women and **37** children (**19** of the women are mothers).

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

62 women and children received **7,883** nights of safety; with the average stay of **8** 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, etc.

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

96% mothers improved parenting skills to break the generational cycle of abuse through parenting consultation, classes and daily parenting guidance from staff.

92% of women received advocacy and support for overcoming barriers through transportation, job skills, legal, educational and housing assistance.

85% women established new life goals and skills to better manage emotional health.

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

All children ages **4** and over received “Good Touch/Bad Touch” awareness education.

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

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

All children participated in **8** hours per week of large motor skills development activities, critical for healing from trauma.



2018 Financials & Metrics

Our 2018 budget of \$740,000 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 \$17,600.

Average Family Size	2018 Expense Table for The Dwelling Place (based on 42 beds available)				
	Type	Day	Week	Month	Annual
Single Woman		\$48	\$338	\$1,467	\$17,600
Mother and Two Children		\$144	\$1,014	\$4,400	\$52,800

FINANCIAL INFORMATION /

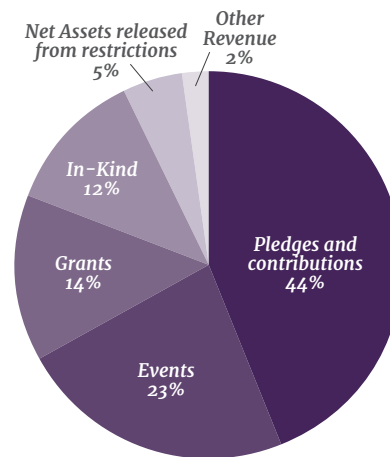


Enhancing Trust

The Dwelling Place has a twenty-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.

REVENUE SOURCES /



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 residents. 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.*

