

Spring 2020

Your Support Makes Abby's House Stronger

In Helping Women & Children Experiencing Homelessness

Through your support last year, Abby's House assisted 162 women and 43 children in our supportive housing and shelter, as well as an additional 500 women through advocacy and referral services. Each woman and child who came through our doors experienced a range of obstacles from homelessness to domestic violence, substance use to the loss of a loved one, and more. Their experiences and the roads they've traveled towards healing and recovery are each unique. So how does Abby's House ensure that the best possible support for each individual is being provided when no two women's journeys are the same?

As part of our commitment to helping women lead self-directed lives filled with dignity and hope, Abby's House continually works to educate staff and volunteers on national best practices to effectively serve women with histories of homelessness, trauma, substance use, mental illness, and domestic violence. This is accomplished through staff trainings, asking residents and shelter guests to self-identify their service needs, and expanding our list of partnerships or developing new connections throughout the greater Worcester area to meet those needs. **This commitment is made possible only through your dedication and continued generosity to the women and children who come through our doors.**

"Abby's House is so different from any other place I've been," said Mo, a current resident of Abby's House. "I feel so loved here...I feel very safe and that the people who work here really care about people."

Mo first moved into Abby's House 11 years ago after staying in a halfway house. She got a job and worked on her sobriety, but relapsed and needed additional



Women gather together in the the Annette Rafferty Women's Empowerment Center for activities that help promote healing and well-being.

resources and support. Mo left Abby's House and returned when she was ready.

"There's no other place like this for women," said Mo. "Besides all of the resources that they have here, it's just a wonderful place. I feel such a warmth here that I've never felt anywhere else and I'm so thankful that I was able to come back. There's so many people here who can help, whether it's just someone to talk to or to help connect you to services you need."

Thank you for helping women, like Mo, have a safe, supportive home to come to and access to resources they need to help them along their journeys. It is through your continued support that Abby's House has been able to keep the door open for women and children experiencing homelessness and to guide them along their journeys of healing and recovery.



SHELTER • HOUSING • ADVOCACY

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Mission Statement

The mission of Abby's House is to provide shelter and affordable housing, as well as advocacy and support services, to homeless, battered, and low-income women, with or without children.

Vision Statement

Abby's House empowers the women we serve to lead self-directed lives filled with dignity and hope.



Your Impact at Abby's House

A Message from Executive Director, Stephanie Page

Since our founding nearly 44 years ago, Abby's House continues to be as vital today as the first day we opened our doors in 1976. Through your support and dedication, the renovations of our largest property of safe, supportive housing were completed in 2019 and women who were formerly homeless have found a home and community of support where they can continue to heal and rebuild their lives.



Stephanie Page
Executive Director

Through your commitment and generosity, you made a lasting mark in the lives of women and their families. Here are just some of the ways your impact was felt in 2019:

- 67 women and 32 children were welcomed into the Abby's House shelter for a safe place to temporarily stay and to receive help to find long-term housing.
- 50 women, with and without children, were welcomed into Abby's House supportive housing as new residents, while 45 continued their journey with us for another year.
- 75% of residents who exited Abby's House moved into their own independent housing.
- Over 82% of residents completed Individualized Empowerment Plans to self-identify their service needs and goals and help them create a road map to achieve them.
- 197 cab rides and 62 all-day bus passes were provided to women for medical appointments, counseling, job interviews and employment, and housing searches.
- Volunteers and staff served over 7,300 individual meals to women and children.
- 158 women received clothing in the Thrift Shop through partnering agencies, including LUK, YWCA, SMOC, CHL, You, Inc., APW, DCF, and others.

Thank you for continuing to believe in our mission and for coming together as a community to support the women and children who call Abby's House home. With your support, 2020 promises to be another incredibly impactful year at Abby's House. We look forward to updating you on all that is accomplished through your generosity in the lives of the women and children we serve.

In gratitude,

Stephanie

2019 Program Funding

100% Funded!

Because of your support, our programs for 2019 were fully funded.



Through your contributions, the remaining 18% of our budget was raised in the final two months of 2019.

You made shelter, housing, and supportive service programs possible for women & children!

New Initiatives At Abby's House

To Provide The Best Resources For Women On Their Journeys

Homelessness is a complex issue with many different layers. Women come to Abby's House from all walks of life and experiences, and it is our job to meet them where they are and help guide them through their journeys towards healing and recovery. This year, Abby's House is working hard on identifying and strengthening our programs and partnerships throughout Worcester County to ensure the best possible support for the women and children who come through our doors.

Supportive Services Assessment

As part of a \$75,012 Activation Fund Grant awarded by The Health Foundation of Central Massachusetts in October 2019, Abby's House has begun a Community Partnerships Project. Through this project, staff are working with the women of Abby's House to identify their unique service needs and expand or develop new partnerships throughout Worcester County to meet those needs. The grant helps to ensure that the best resources are being provided to each woman who comes through our doors to help her achieve her goals.



Trauma-Informed Care

Through the same Activation Fund Grant, the entire staff of Abby's House recently received training in trauma-informed care, provided by the Institute for Health & Recovery (IHR). During this training, staff learned about various types of traumatic events and gained an understanding of the lasting adverse effects that trauma has on an individual's physical, mental, social, emotional, and spiritual well-being. The training also provided skills and strategies to use when helping those affected by trauma, including ways to validate how the women may be feeling, how to provide them with appropriate information and ways to resolve issues by allowing the women



to take an active part in problem-solving. All of this begins with building safe relationships, being non-judgmental, and helping the women restore a sense of control and autonomy over their own situation and life progression in a compassionate environment.

New Partnership: Victim Rights Law Center

As part of our supportive service model, we partner with 123 organizations and programs throughout Worcester County. We do this so that the women of Abby's House have access to the best possible resources with seasoned professionals to help them along their journeys. One of our newer partnerships, the Victim Rights Law Center, provides free legal representation to those who have experienced rape and/or sexual assault - helping the individuals they work with rebuild their lives.



Mark Your Calendars!

Spring-Tacular

Abby's House...A Place to Call Home
7th Annual Food & Beverage Tasting Event & Silent Auction

Thursday, May 14, 2020

6 - 9 p.m.

College of the Holy Cross
Hogan Campus Center Ballroom

Tickets on sale now through May 8, 2020 at
abbyshouse.org/spring-tacular

Abby's House 5K Run/Walk

11th Annual 5K Race to Support
the Women & Children of Abby's House

Saturday, October 17, 2020

8:30 - 10:30 a.m.

West Boylston Middle/High School
Race begins promptly at 9 a.m.

Register today at abbyshouse.racewire.com

Get Involved At Abby's House!



Abby's House relies on the collective contributions of time, talent and treasure from our supporters.

Together, we have built a safe, supportive community for women and with your help, Abby's House will continue to play a critical role in helping low-income and homeless women in Worcester, MA reclaim and rebuild their lives. There are many ways that you can support the women and children of Abby's House.

Make A Gift:

Your gift makes it possible for women and children to dream of a hopeful future. Once safely housed, women develop a plan to avoid future homelessness and housing insecurity.

To learn more, visit abbyshouse.org/donate. Set up monthly recurring gifts to multiply your impact.

Volunteer:

We're currently looking for volunteers to work in our Thrift Shop on Friday's any time between 10 a.m. - 2 p.m. and Saturday's any time between 10 a.m. - 1 p.m. To fill out a volunteer application or learn about other volunteer opportunities, visit abbyshouse.org/get-involved/volunteer

Donate Needed Items:

To fully serve the women who come through our doors each year, Abby's House relies on donated items from the community.

To view the complete list, visit abbyshouse.org/get-involved/donate-needed-items

Join the Abby's House Legacy Circle!

The Abby's House Legacy Circle recognizes donors who have named Abby's House in their will or other form of planned gift. Planned gifts are an extraordinary way to leave a lasting impact on the women and children of Abby's House.

If you are in the process of making or revising your will or estate plan, we hope that you consider including Abby's House as a charitable beneficiary. Please contact Kelly Whalen, Director of Development at (508) 756-5486 X214 or kelly@abbyshouse.org to discuss ways you may further your commitment.

To learn more, visit abbyshouse.org/get-involved/ways-to-give

Congratulations, Stephanie Page!

Worcester Business Journal's

2020 Nonprofit Business Leader of the Year



Each year, the Worcester Business Journal honors the top business leaders in Central Massachusetts for their companies' successes and contributions to the community. This year, Abby's House Executive Director, Stephanie Page, has been selected as the 2020 Nonprofit Business Leader of the Year! Since coming on-board in 2014, Stephanie has not only managed ongoing operations at all four Abby's House properties, but also led the successful completion of a \$16.2 million renovation at 52 High Street. This involved assembling and cultivating ongoing collaboration with a myriad of government and semi-government agencies, foundations, key individuals, businesses, consultants and others to construct a complex, debt-free \$14.2 million funding package that included low-income and historic tax credits. She also executed an unprecedented \$2 million Capital Campaign which exceeded its goal and kept the renovations on time and on budget. Through these accomplishments and under her leadership, 56 women will have a safe, affordable place to call home for the next 100+ years at 52 High Street.

Naming Opportunities Available

At 52 High Street Location

Would you like the opportunity to have one of the newly renovated spaces named in honor or in memory of a loved one? If so, contact Kelly Whalen, Director of Development, at kelly@abbyshouse.org or by phone at (508) 756-5486 x214.

Naming opportunities are \$7,500 and above.