

A photograph of a red door with a white-framed window and a transom window above it. The address number 6423 is mounted on the transom. A large, dark red diagonal graphic element covers the left side of the image.

6423

Your Gratitude REPORT

June 1, 2016 – May 31, 2017

St. Martin de Porres House of Hope

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Women are the fastest-growing segment for substance abuse in the United States. The Federal Center for Substance Abuse Prevention reported that 2.7 million women in the United States abuse drugs or alcohol.

Even more frightening is that the majority who need treatment do not receive it because:

- They are afraid of losing, or being separated from, their children.
- They believe that their substance abuse is the result of anxiety or depression, and treat the mental health issue while ignoring the addiction.
- They lack the financial resources to get help.

Women face special issues in addiction treatment and recovery. Physiologically, women metabolize alcohol and drugs differently than men. Physically, one drink has twice the impact physiologically on a woman that it does on a man.

Yet, the physical damage of addiction often pales in comparison to the emotional and spiritual damage. When a woman is addicted, it impacts the entire family system - since women are typically the central organizing factors in their network (caregiver to aging parent, parent to children, caregiver of partner, etc).

The good news is that recovery is natural for women. Addiction is the unnatural state. Last year, thanks to our supporters, many women returned to their natural state and found through recovery that they have a life beyond their wildest dreams. This year, we decided to call our Annual Report a Gratitude Report instead, to express our heartfelt thank you to the people who make our work possible.

Many women have stated that entering the red doors of House of Hope was the ending to a long journey filled with pain and hopelessness, and the beginning of a new journey filled with healing, hope and possibility.

As you read our Gratitude Report, please take a moment to reflect on the stories of the two women featured. These are stories of women at different stages in their journey with St. Martin de Porres House of Hope. These women each have unique backgrounds and life circumstances that led to homelessness and drug addiction. While their stories are different, both have benefited from the range of services offered by our caring and supportive staff and from the generosity of our supporters - donors and volunteers like you.

No woman ever dreams that one day she and her children may end up in a shelter. But the reality is that women and children in our community desperately need House of Hope. Some stays in our home are long, some are short, but all have a profound impact on the families' futures.

Your financial support and encouragement means that you are there for the women and children in our home at every stage in their journey.

Thank you for helping women and children reclaim their lives.

Yaiza Hagood

YAISA HAGOOD
Executive Director

Marianne Bagnola

MARIANNE BAGNOLA
President, Board of Directors



Women in recovery learn over time how to create and use tools that will work in their sober personal and professional lives. They discover healthier life choices for their bodies and often report feeling a new sense of “wholeness.” They make connections with themselves and with others and gain a new appreciation of their potential and abilities that were once masked by the disease of addiction.

The mission of St. Martin de Porres House of Hope is to provide a safe and healing community for homeless women and their children to recover from substance abuse, trauma, and mental illness.

"I didn't grow up wanting to be an alcoholic and an addict. I wanted to be a surgical nurse. Those goals are attainable now. I will go back to school and have my own place. Thanks to St. Martins."

Lyntoi



Lyntoi, 57, has worked hard to get where she is today. A native Chicagoan, she grew up in a close-knit, loving family on the West Side. Her father was a pastor and a singer and her mother stayed at home and raised Lyntoi and her brother. "We didn't know we were poor," Lyntoi remembers. "We always ate, always had nice clothes to go to school in. My mother made sure we did our homework."

Life changed when Lyntoi turned nine and her mother took a night job. A cousin babysat Lyntoi and her brother. After putting her brother to bed, her cousin sexually molested Lyntoi. "I fought every time, but he was a big boy so I always lost that fight," says Lyntoi. He warned her not to tell anyone and gave her alcohol to stop her from fighting him. That's when her addiction began.

"I didn't know that it wasn't my fault," says Lyntoi. "I was so scared and the alcohol made me feel good."

Lyntoi suffered from alcohol addiction and turned to other drugs over the next 30 years. At times,

she worked as a stripper and as a prostitute to support herself. "I became homeless because I was ashamed to go home," Lyntoi says. "I'd would rather sleep in a park or under a bridge or in an abandoned building, bitten by rats than go back to the beautiful building I grew up in."

In 2010, realizing things had to change, she entered rehabilitation at Haymarket Addiction Treatment Center, and remained clean and sober until 2015. The stress of caring for her 94-year-old mother, who suffered from Alzheimer's disease, led her to begin drinking again. She also started using heroine. Following her mother's death, Lyntoi returned to Haymarket, where she stayed for six months.

She then entered St. Martin de Porres House of Hope, looking for structure and a foundation. "Sobriety is very hard, Lyntoi said. "You have to work steps, to follow rules. I had to learn how to live."

In addition to alcohol and drug counseling, Lyntoi underwent therapy for the first time. "I thought therapy

was for crazy people. It's ironic how we label things – I never knew how to ask for help. St. Martin's was the first time I dealt with what happened to me as a child. I never even said the word 'molested.' I heard people talking about it, but thought that wasn't me, because I was in denial. I was in so much pain and didn't know what that came from. I suppressed those feelings, but through having a therapist I was able to dig down deep and find out why I kept abusing myself and blaming myself."

At St. Martin's, Lyntoi says "I know I always have somewhere safe to come. I can ring a doorbell and get in." She is grateful to her therapist Sister Carlotta, recovery coach Amanda Longe-Asque and Executive Director Yaisa Hagood. "Before, I could be around a lot of people, but I always felt invisible," she says, adding "I feel safe and wanted here. They know who I am."

Lyntoi is currently working full-time at Shake Shack. She will remain at St. Martin's as she continues to build her bright future.



"St. Martin's is such a beautiful place. It prepared me to reclaim my life."

Crystal

Crystal, 51, is looking forward. Fourteen months sober, and a recent graduate of St. Martin de Porres House of Hope, Crystal has a part-time job and sings with Harmony, Hope and Healing, a therapeutic and educational music program. Melanie Bagnola, the Case Manager at House of Hope, connected her to Housing Opportunities for Women (HOW) and this past April she moved into her own apartment.

Crystal has battled addiction for 30 years. She grew up in a suburb of Chicago and began using alcohol and marijuana while in high school. She remained functional until her late 20's, when both her mother and her brother died. Following this trauma, her addiction spiraled out of control. She began smoking crack cocaine to relieve her anguish. "In the beginning, getting high makes you not feel rotten. Then the escape from misery dissipates, but you are stuck in a vicious cycle," she says.

In and out of treatment centers and recovery homes, Crystal says today that it took her "a long time to have the capacity to get gut honest" with herself and other people. St. Martin de Porres helped her get there.

She learned about St. Martin's year-long program from some women who graduated from it. They told her "You don't have to worry about running out and getting a job and paying rent – you have to worry only about yourself."

She was also drawn to the security and structure it offered. "I'm undisciplined – I had been doing what I want to do when I want to do it," Crystal says. "I knew from prior experience with trying to get sober that I needed the time to build the foundation. We had groups, homework – you didn't have time to get bored."

Focused on getting sober, Crystal took every opportunity that St. Martin's had to offer, including therapy. Crystal says her therapist, Sister Carlotta, was calm and genuine, non-judgmental but stern: "She doesn't play. I talked a lot of stuff through with Sister Carlotta. I confided in her, and released the guilt, shame and remorse I had been holding."

Crystal also praises recovery coach Amanda Longe'-Asque, another graduate of St. Martin de Porres, for her knowledge of the 12 steps and her skill in leading Groups. "I was drawn to her and her energy. Her tenacity and her spirit oozed out of her and I wanted it. Ms. Amanda's passion for recovery gives you hope and proof that with hard work and dedication anyone can recover."

"What I learned from Sr. Therese is

if you are willing to allow yourself to be vulnerable and believe in yourself, your dreams are still possible. Her quiet presence and nurturing spirit covers you like a quilt. She listens to you wholeheartedly. I trusted her the first time I laid eyes on her. She has the largest spirit in such a small frame."

Asked what advice she would give a woman entering St. Martin's, Crystal says, "I'd tell every woman to take advantage of this opportunity you have been blessed with, and all the resources that St. Martin's has to offer. It's such a beautiful place. It prepared me to reclaim my life. I still do a lot of the same things I learned at St. Martin's. I get up and make my bed every morning. I pray every morning.

"I learned at St. Martin's how to become responsible for my recovery. Addiction is a very lonely, isolated place. Staying connected is key. Your disease wants you to be isolated and alone where it can trick you and tell you lies. You need to stay connected to the source that has given you hope."

Crystal plans to participate in St. Martin's weekly relapse prevention group for alumnae, which launches in October. The group will help graduates stay engaged in their recovery as they transition back to real life by staying connected with other women who share their goals and values. "I think it's a wonderful opportunity," says Crystal. I will participate in the alumnae program and anything they give or do."

YOUR GRATITUDE REPORT

June 1, 2016 to May 31, 2017

We couldn't do
it without YOU.
Your Support in
Action.

78 women and **8** children were served

The average stay was **18** months

10,023 shelter nights were provided

Meals served **20,201**

8 women were assisted with finding employment

13 women were assisted in receiving SSI and disability

10 women were placed into affordable housing units

11 women completed the program



Who we served

GED/HS	66%
Elementary Education	27%
Graduated College	7%
Prior Incarceration	46%
Mental Health	78%
Chronic Health Issue	66%
African American	61%
Caucasian	29%
Hispanic	6%
Mixed Race or Native American	4%

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Ways to Help

\$ Give donations of cash or securities

Donate essential items for families at House of Hope

We regularly accept items to help us meet the immediate needs of the women and children that we serve. These needs include clothing and personal hygiene products.



Become a volunteer

Volunteers at House of Hope are critical to our daily operations and provide a tremendous amount of support. We have opportunities every day of the week for groups and individuals to get involved.



YOUR GRATITUDE REPORT

FINANCIALS

Fiscal Year 2017
June 1, 2016 to May 31, 2017

INCOME

Corporate and Foundation Grants	293,000	40%
Government Grants	57,500	8%
Individual Contribution	257,378	35%
In-Kind Donations	65,262	9%
Investment Income	46,833	6%
Special Events (Net)	13,152	2%
Total Income:	730,125	

EXPENSES

Behavioral Health	150,732	17%
Substance Abuse	188,888	22%
Food Program	154,042	18%
Health & Wellness	19,642	2%
Shelter	198,704	23%
Management and General	90,552	10%
Fundraising	73,049	8%

TOTAL EXPENSES

875,613

Deficiency of revenue over expenses:

(145,488)

NET ASSETS

Beginning of Year	\$1,452,927
End of Year	\$1,267,964

185

DAYS CLEAN

"I'm a new person.
New attitude, new
thoughts, new
behaviors."

~ Sheila ~





St. Martin de Porres House of Hope
6423 South Woodlawn Avenue
Chicago, IL 60637

www.smdp-hoh.org
info@smdp-hoh.org

EXECUTIVE DIRECTOR

Yaisa Hagood

STAFF

St. Martin de Porres House of Hope has a dedicated Staff of full-time and part-time employees. They provide recovery support, counseling, case management, administrative and clinical services and support.

VOLUNTEERS

We are sincerely grateful to our more than 100 volunteers who staff our front desk, provide meals, host events, provide professional services and social activities for the women and children we serve.

2016 – 2017 BOARD OF DIRECTORS

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**St. Martin de Porres
House of Hope**

Healing Hearts, Minds and Souls