

# YOUNG WOMEN'S RESOURCE CENTER



JULY 1, 2021 - JUNE 30, 2022 ANNUAL REPORT



# WHO WE ARE

## FY21-22 YWRC BOARD, STAFF, AND ADMINISTRATIVE COMMITTEES

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Lora McCollom  
Teri Ross  
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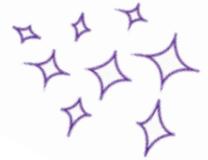
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Katelynn T. McCollough  
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Sara Hopkins  
Dani Neu  
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Kari Stone  
Ariane Sundean  
Kelli Todd  
Maria Volante



# WHO WE ARE

## Letter from the Board President and Executive Director

We are so thankful to the community that surrounds the Young Women's Resource Center. We are thankful for the investment of time, resource, and talents of so many individuals that believe in the important work we do. As we reflect on this past year, it has been a time of building and taking care of one another.

This year we put forth great efforts to shift to providing stable in-person programming and reengaging participants after the pandemic. We were able to provide a combination of virtual and in-person programming as we continually adjusted to the new climate and culture. We have been striving to reach our pre-COVID participant numbers and offer all of our programming to the girls and young women that need it. We are looking forward with so much anticipation as we continue to adapt and grow a non-profit to meet the ever-changing needs of our community.

We know that mental health continues to be an area that requires much attention. **The number of counseling participants we served DOUBLED this year**, and we only continue to grow. This will be an area of focus for us as we head into a year of strategic planning to intentionally set our targets for the next 3 years.

Additionally, we recognize the ongoing need and support for pregnant and parenting youth in our community. Our Doula program continued to pair Young Moms participants with a doula, free of charge, to walk alongside them during one of the most pivotal moments of their life. We recognize that we have a number of opportunities to expand, train, and provide additional doulas to make sure all young moms in our community have the support that they deserve.

As we head into the next fiscal year, we say "see you later" to our board president, Lora McCollom. Lora has been serving on the YWRC Board of Directors for the past six years and has served as Board President these last two years. We are so thankful for her leadership and the expertise and resources she has provided to the YWRC. We both look forward with great anticipation for the year to the come.

**We thank you all for supporting the work of the Young Women's Resource Center and youth throughout the Greater Des Moines Community.**



**KARI ZIMMERMAN**  
FY21-22 Executive Director



**LORA MCCOLLOM**  
FY21-22 Board President



# IMPACT

## FOUR RESILIENCY BUILDING AND PROTECTIVE FACTORS CATEGORIES:



Connections and Strong Social Supports



Competence and Sense of Purpose



Confidence and Self-Esteem



Coping and Self Control



90%

improved in or maintained their four key protective factors that influence resiliency

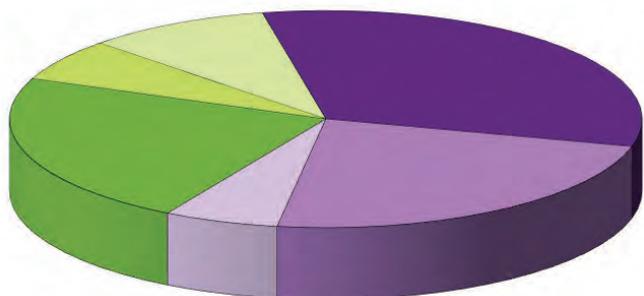
20

schools throughout Greater Des Moines with unique, facilitated YWRC programs

783

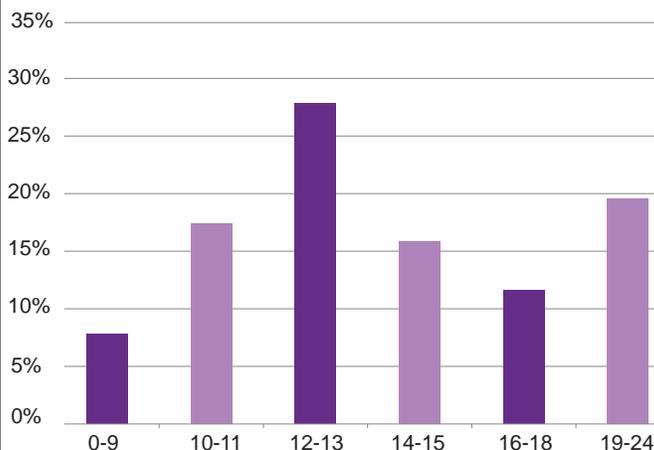
individual participants served through Empowerment, Young Moms, and Counseling Programs

RACE OF PARTICIPANTS



Black - 23%      White - 32%  
 Asian - 6%      Latina or Latinx - 23%  
 Multi-Racial - 10%      Other - 6%

AGE OF PARTICIPANTS



(0-9 reflects the ages of young moms' children served)

# COUNSELING

# 144

Individuals served

Counseling services are offered for free, and are voluntary and confidential. One-on-one and group counseling empowers participants to identify their strengths, develop positive coping skills, build self-esteem, and discover paths to healthy relationships. Creative expression in art therapy opens the door for participants to speak about their feelings.

# 84

youth participated in our Lotus program designed to help survivors of abuse build resiliency

## CONNECTIONS

Small group for impulse control, anger management and healthy decision-making

# x2

counseling participant involvement more than **DOUBLED** from FY20-21 to FY21-22

## COUNSELING

Cognitive behavioral counseling and art therapy are offered in individual and group settings

# 80%

of counseling participants demonstrated improvement in their overall wellbeing

## LOTUS

Program for exploring creative expressions to build self-esteem, healthy relationships and resiliency

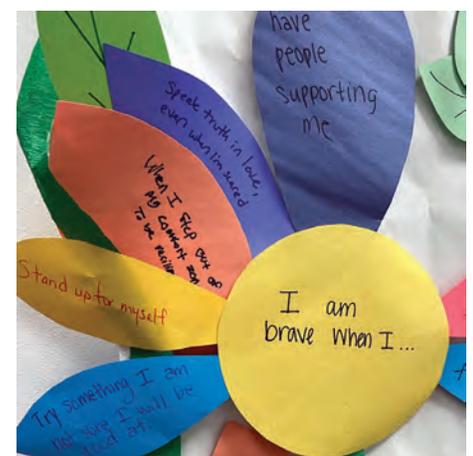
## EMPOWERING SUCCESS THROUGH MENTAL HEALTH COUNSELING

YWRC counselors empower participants to grow in personal awareness and walk alongside of each individual to support them while they navigate life challenges.

Ayo, YWRC Therapist, says, "In a matter of 12-16 weeks, I witnessed **a participant transform into a strong, confident, and empowered young woman with a voice to make things happen for herself.**"

Many of the participants served have backgrounds of anxiety, depression, insecurity, lack of confidence, and low-self-esteem. The counselors work intensely with participants utilizing a multitude of modalities, including Cognitive Behavioral Therapy and Art Therapy interventions.

Mental health continues to be in a state of crisis and we are working hard to bridge that gap in our community. In addition to providing FREE counseling, we work to eliminate barriers youth may face in receiving care. We provide transportation, childcare, and snacks for those receiving mental health support at the YWRC. **This year, we have DOUBLED the amount of counseling participants served.**



# EMPOWERMENT

# 437

Individuals served

Empowerment program curriculum supports participants through lessons focused on self-esteem, positive body image, healthy relationships/friendships, reproductive health knowledge, empowerment, feminism, and resiliency.



## AFTER SCHOOL GROUPS

5th - 12th grade groups utilize empowering curriculum that includes creative activities, field trips, and guest speakers

## BLACK GIRL MAGIC

7th and 8th graders explore the ways in which Blackness shapes life experiences

## FEMINISTS UNITED NOW (FUN)

Youth-led group working to further education of and advocate within the community on social justice issues they care about

## IN-SCHOOL GROUPS

Six-week groups provided within schools offer support and education with a focus on empowerment, feminism, self-esteem, body image, and resiliency

## MARIPOSA

A group for Latina/x/e youth to encourage leadership through service, activities, speakers, and discussions

## SUMMER PROGRAMS

Unique programming offers an interactive, supportive, and safe environment to learn and grow with their peers

# 290

students participated in YWRC Empowerment in-school groups across Greater Des Moines

# 43

6th graders practiced communication skills while canoeing at Jester Park

# 38

participants (5 - 12th graders) attended our Empowerment Workshop over Spring Break

# 13

field trips were taken, including ice skating, bowling, the zoo, and achievement bridge walks

## EMPOWERMENT PARTICIPANT SPOTLIGHT: KATHY VELEZ



"It's been my honor to see Kathy develop a strong sense of self and began to trust herself again.

She's learned how to honor herself, her challenges, and her strengths. Kathy is a fierce advocate and lover of animals. This passion helped her to embrace her vision of having an animal sanctuary one day."

- Marcia, YWRC Staff

# YOUNG MOMS

Young Moms programs equip pregnant and parenting persons through age 24 with the support, education, and skills needed to be successful. Topics include self-sufficiency, childbirth options, child development stages and the importance of education.

**222**  
Individuals served

**100%**

healthy birth weight among babies born of Young Moms participants

**49**

youth in Parenting and Life Skills groups in schools and at the YWRC

**83%**

graduation or on track to graduate rate versus only 50% nationally

**\$23k**

provided to Young Moms participants through education scholarships

## YOUNG MOMS SPOTLIGHT: SAMANTHA JUAREZ

“Samantha has been a positive role model in our programs over the years. She’s kind to other participants, listens, and asks questions during group.



It’s clear that she wants to be the best for her daughter, Alma, and she is always learning new parenting techniques. She’s dedicated to making her future better and making sure she’s an amazing mom for her daughter.” - Young Moms team

“YWRC has been a great resource for me as a young single mom. It provided and helped me a lot for myself and my child.

I will never forget the unconditional support that [the Young Moms Team] gives! I hope to give back to the community and other young moms out there in the future!”

- Young Moms participant

### BETTER BEGINNINGS DOULA PROGRAM

Doulas offer young moms physical, emotional, and educational support before, during, and after childbirth

### INDIVIDUAL SUPPORT

Tailored support to help young moms achieve self-sufficiency through the attainment of critical life skills and resources

### MARILYN S. JEFFRIES SCHOLARSHIP

Scholarships provided for participants to pursue higher education

### PARENTING & LIFE SKILLS

Parenting education in a peer-to-peer setting to build relationships and learn practical skills

### PREGNANCY & CHILDBIRTH EDUCATION GROUPS

Comprehensive pregnancy, labor, birth, breastfeeding, and postpartum education



# VOLUNTEERS & COMMUNITY

## CELEBRITY SERVERS NIGHT

Chairs: Dylan Lampe and Lisa Lavalle  
462 attended / \$51,351 raised  
October 4, 2021 / Centro, Djanggo, Malo

## PCWA BASKET AUCTION

PCWA Event Committee  
117 attended / \$20,539 raised  
October 28, 2021 / Virtual; Exile meal

## YWRC GALA: GROWING LOCALLY

Chairs: Jann Freed and Claudia Schabel  
450 attended / \$140,000 raised  
April 9, 2022 / The Ron Pearson Center



## VOLUNTEER SPOTLIGHT: COURTNEY MOLLER

This year's spotlight goes out to Courtney Moller! Courtney began volunteering with YWRC right after the new year in January and has since volunteered or participated in all 2022 YWRC events. Courtney always comes into the building full of ideas and eager to help, ready for any project from any of our teams. As a great supporter of our whole team, Courtney has sorted loads of donations, organized the childcare room, sanitized toys, painted walls, and ran event stations. She also volunteers on our Marketing Committee. Courtney's positive attitude and efforts are sincerely appreciated, and we are excited to continue working with her.

**THANK YOU to the 188 volunteers who gave their time, energy and talent through boards/committees, childcare, and special projects. We are grateful for each of you!**

### CHILDCARE, MEAL DONOR, PROGRAM, Y-DUB CLUB, AND SPECIAL PROJECT VOLUNTEERS:

Brittan Alford  
Amanda Simpson  
Platinum Realty  
Sonia Ashe  
Ginny Baker  
David Ball  
Linsey Birusingh  
Nicole Bro  
Emily Brown  
Chris Burch  
Enya Cid  
Megan Clausen  
Alex Coggshell  
Kristin Colpoys  
Holly Comer  
Vicki Eft  
Donna E.  
Jackie Emery  
Becky Evans  
Wells Fargo - Des Moines Women's Connection Employee Resource Network  
Monica Fasse  
Katie Feist  
Veronica Fowler  
Whitney Free  
Jackie Gardner  
Grandview University

Diversity Alliance Club  
Keri Griese  
Anna Grimm  
Alex Haerberle  
Mara Halbach  
Becky Harding  
Linda Harkin  
Karen Henderson  
Karman Hotchkiss  
Alyssa Hovey  
Hubbell Realty Company  
ITA Group Women's Leadership Group  
Cristina Jarck  
Emily Jenkins  
Lori Kautzky  
Traci Kuehl  
Cynthia Leister  
Berenice Liborio  
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Genevieve Lifka  
Reselman  
Lutheran Church of Hope  
Pam Mahoney  
Debbie Marnin  
Angelica Martinez  
Jackie Matt  
Kathleen McGuire  
Tanya Meton  
MidAmerican Energy  
Zoey Miller

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Sydney Moore  
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Marissa Thayer  
Kelsey Tyrell  
Anita Vanlo  
Waukee Public Library Helping Hands  
We Are Iowa - Local Channel 5  
Julie Weichman  
Abbey Witt  
Women At Amazon

Alyssa Zipperer  
YogaSix  
**CELEBRITY SERVERS NIGHT:**  
Dylan Lampe, co-chair  
Lisa LaValle, co-chair  
Dana Amelung  
Erica Axiotis  
Cathy Besh  
Kirk Besh  
Conor Boffeli  
Bunny Bruning  
Lauren Burt  
Angela Carter  
Beth Coonan  
David Dahlquist  
Josh Dreyer  
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Ann Flood

Sharla Fraker-Zubulake  
Liz Garvey  
Tim Hickman  
Sara Hopkins  
Carolyn Jenison  
James Jones  
Aliou Keita  
Amanda Kimber  
Susan Knapp  
Angie Knoblauch  
Cyd Koehn  
Christine Lauridsen  
Michael Lavalle  
Liz Lidgett  
Cherry Madole  
Susan Madorsky  
Maura McCarthy  
Keshia Meissner  
Allen Miller  
Christina Moffatt

Mary O'Keefe  
Laura Palmer  
Katie Patterson  
Frank Vaia  
Kyrie Wong  
Anna Zuidema

**YWRC GALA COMMITTEE**  
Jann Freed, co-chair  
Claudia Schabel, co-chair  
Jackie Schmillen, Emcee  
Sonia Ashe  
Katrina Beery  
Brooke Benschoter  
Kat Mahr Dollar  
Laurel Howell  
Maria Robinson

1308

Hours were volunteered during FY21-22

188

folks volunteered their time and skills

1029

Attendees who joined YWRC events

# YEAR IN FINANCIALS



**“One thing I learned in group is that I am great, no matter what!”**

**783**

Individual donors

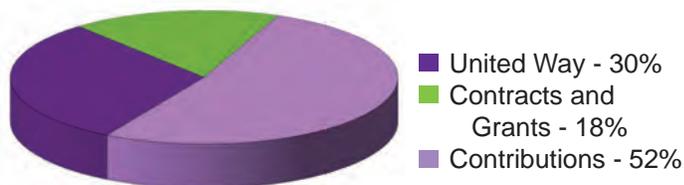
**336**

First time individual donors

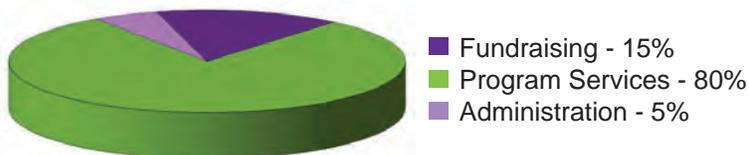
**1,169**

Individual donations given

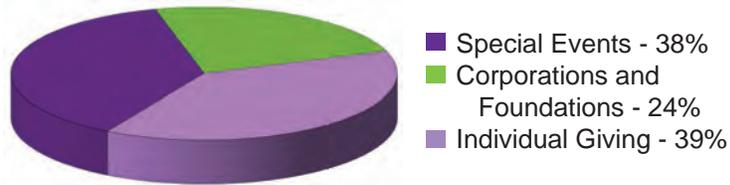
## REVENUES



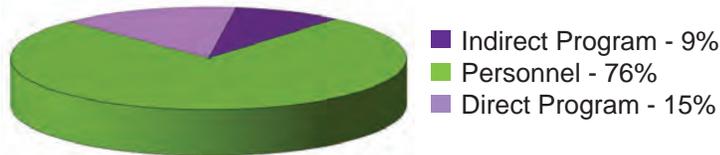
## EXPENSES



## CONTRIBUTIONS



## PROGRAM EXPENSES



**THANK YOU** for your support and ongoing generosity!

The YWRC gratefully acknowledges the individuals, businesses and foundations who generously contributed support between July 1, 2021 and June 30, 2022. These charitable gifts assist girls and young women in Greater Des Moines to discover their abilities, build on the strength they already possess, and pursue their goals.

Every effort has been made for complete accuracy in our donor recognition, which can be seen on **pages 9 - 13**. If you have corrections, or are interested in ways to show additional support for the YWRC, please contact us at 515.244.4901 or [ywrc@ywrc.org](mailto:ywrc@ywrc.org).

“My family and I established a Donor Advised Fund through the Community Foundation of Greater Des Moines to donate to the Young Women’s Resource Center. We find a Donor Advised Fund to be a great tax planning tool, as gifts to our fund are tax deductible.



Most importantly, the Donor Advised Fund allows us to be intentional about supporting non-profit organizations now and for years to come. Even after we retire, we hope the growth in our fund will allow us to continue our track record of giving to the causes we care about.”

- Shannon Bielski, YWRC Donor and Volunteer

# GRANTS & MATCHING GIFTS

Thank you to the following grantees and corporations for their support:



**United Way  
of Central Iowa**

The YWRC is proud to be a United Way of Central Iowa member agency. Their guidance and support enhance our credibility and strengthen our services.

\$20,000 - \$49,000



\$15,000 - \$19,999



**Evans Family  
Foundation**



\$10,000 - \$14,999



\$5,000 - \$9,999



\$1,000 - \$4,999

- Business Women's Association Foundation
- Children & Families of Iowa
- Nebraska Furniture Mart
- Partnerships for Protecting Children
- Principal Financial Group Foundation, Inc.
- Sammons Financial Group
- Two Sigma
- Walmart Stores, Inc.
- Wellmark Blue Cross Blue Shield

**Government Contracts** County Adolescent Pregnancy Prevention Polk County Crisis and Advocacy  
 Eyes Open Iowa Polk County Decategorization  
 Iowa Coalition Against Sexual Assault Victim Services Support Program

## EXAMPLES OF THE IMPACT A DONATION TO THE YWRC CAN MAKE:

**\$120**

confidential art therapy session and supplies to fill the critical need of youth mental health services

**\$500**

a doula to support, educate, and advocate throughout a healthy pregnancy, birth, and postpartum

**\$250**

Moving on to Middle School summer program for one soon-to-be sixth grader to build confidence

**\$1,000**

a year of After School Group so a participant can interact with a trusted adult and peers every week

# SPONSORS

Thank you to the following for sponsoring the YWRC during FY21-22:

\$15,000



\$10,000



\$5,000



DARDIS COMMUNICATIONS



\$2,500



Maria and Dave Volante



Ted and Georgette Longnecker



\$1,500

Bank Iowa  
DMACC  
Green State Credit Union

GuideOne Insurance  
IMT Insurance  
Jester Insurance Services

Kemin Industries  
RSM US LLP

Interested in learning more about becoming an event or project sponsor and the associated benefits?  
Contact our team at [ywrc@ywrc.org](mailto:ywrc@ywrc.org) or 515.244.4901.

# THANK YOU

Sincere appreciation to all of our generous donors for investing in the YWRC:

## \$25,000

Anonymous

## \$15,000

Krista and Dean Tanner

## \$10,000

Ron and Jennifer Hanson

## \$5,000 - \$9,999

Greg and Tonya Dardis  
Christine Davis  
Des Moines Whiskey Festival  
Denny and Candy Elwell  
Foundation  
Thomas J. and Sally Graf

## \$2,500 - \$4,999

Pamela Bass-Bookey and  
Harry Bookey  
Shannon and Jeremy Bielski  
Margo and Don Blumenthal  
Teri and David Button  
Mary and Don Coffin  
Des Moines Intentional  
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Joseph and Rachel Lubben  
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Meredith and Andrew Stahl  
Mary Stuart and David Yepsen  
Ira and Tracy White  
Amanda and Brandon Young  
Carolyn Zuendel



## \$1,000 - \$2,499

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Sonia and Jeff Ashe  
Tammy L. Aswegan  
Sudka and Muso Bahtic  
Susan Bescher  
Al and Amy Bingaman  
Britt and Dr. Barron Bremner Fund  
Roger Brooks and Sunnie Richer

Zora and Chris Burch  
Lora Buske  
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Holly Stevenson  
Brooke Timmer  
Dave and Maria Volante  
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Summer L. Wright



## \$500 - \$999

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John Carstensen and Scott Valbert  
Angela and Alex Carter  
Douglas Choi  
Alicia and David Claypool  
Anne Cooper  
Joe and Libby Crimmings

# THANK YOU

... continued from page 11. Thank you to all of our generous donors!

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Thinnes Culver  
Adam Daley  
Kayla Debruin  
Jessica DeDecker  
Ira Delilovic-Boomgarden  
Dr. Richard Deming  
Barb Diment  
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# A LOOK BACK



# YOUNG WOMEN'S RESOURCE CENTER

## EMPOWERING A LIFE OF POSSIBILITIES.

### MISSION

To empower participants to be strong, self-confident and resilient.

### VISION

For youth of our community to grow to their full potential and realize the life of possibilities they deserve.

### CORE VALUES

Equity, Resiliency, Accessibility, Community, Advocacy

### WHO WE SERVE

The YWRC serves individuals ages 10 – 24 who have been socialized and/or identify as female.

This includes cisgender girls, cisgender women, transgender persons, and non-binary and gender nonconforming individuals. This is who we refer to when we say “girls and young women.”

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