



FY2024 - 2025

ANNUAL REPORT



Young Women's  
Resource Center

# REFLECTION

## A letter from the Director:

Fiscal Year 2024 - 2025 brought inspiring successes and meaningful challenges that strengthened our resilience and fueled our motivation. Through it all, our team remained steadfast to our mission and the service of our participants.

One of our biggest successes was the announcement of the **YWRC Book Sale!** Presented by Iowa's Biggest Book Sale and operated by its dedicated volunteers, we are honored to bring back the beloved semi-annual community event. Proceeds will help us navigate the financial turbulence facing nonprofits as public and corporate funding priorities change.

### Additional highlights include:

- Piloting ISU Extension and Outreach's newest cooking and nutrition program, *Teen Cuisine*, with our 7th grade participants. The earlier success we had with their *Kids in the Kitchen* program for 5th grade participants led us to this next collaboration. Outcomes demonstrated participant growth in nutrition knowledge, self-confidence, and social-emotional learning skills.
- Improving the Young Moms Individual Support Program (ISP) with increased emphasis on participants' long-term self-sufficiency. New processes coach participants toward individual goal-setting and attainment. This updated service delivery teaches participants how to self-advocate and independently repeat this process in the future.
- Building a new technology lab thanks to our generous donor, Microsoft. The lab is equipped with laptops and devices to enhance participants' exposure to STEM education, virtual employment skills, and increased technological literacy. We're proud to partner with Microsoft on closing the gendered digital divide.

Despite this year's successes, we also experienced a decrease in overall program participation. With the piloting of a program delivery model change, we were prepared to see smaller numbers served while seeing program outcomes improve. The pilot performed exactly as expected. While we were thrilled with the gains in the program outcomes, we simply won't be satisfied until we are reaching more girls and young women. In the upcoming year, we'll be working to do just that.



The coming year is bringing more exciting changes and we're looking forward to sharing them with the community soon. Until then, our dedicated staff will continue providing participants with programs and resources that grow their confidence, resiliency, and self-sufficiency. They, as well as our staff and board, are grateful for your support.

Sincerely, Rachel Woodhouse, Executive Director

A handwritten signature in black ink that reads "R. Woodhouse".

## 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.

## VALUES

Equity, Resiliency  
Accessibility, Community  
Advocacy

# The YWRC Effect

## CHALLENGE

**Misinformation** during pregnancy and childbirth can lead to negative birth outcomes.

54,000 Iowa adolescents experience a major depressive episode each year.

Youth are having difficulty navigating how to connect with their peers in physical spaces.

Labor and Statistics reports those without a high school diploma **earn 70% less** than those who graduate.

71% of single-female-headed families in Iowa **do not earn enough to afford basic expenses.**

**92% of girls ages 13 - 17** use at least one social media platform, while 48% report being online almost constantly.

## YWRC IMPACT

100% of Young Moms reported they **trust their group leaders** to provide proven knowledge and support.

91% of those in YWRC Counseling maintained or **improved their mental health** last year.

97% of Empowerment participants like coming to group and **building in-person community** with their peers.

83% of Young Moms **graduated** or are on track to graduate, compared to just 50% nationally.

All programs incorporate and support **career-readiness and financial literacy**, providing key tools for participants' success.

After completing Empowerment group, nearly 9 out of 10 participants understand how to **use social media in a healthy way.**



# WHAT WE "DO"

## THE SHORT ANSWER:

We empower participants, ages 10 - 24, to be strong, self-confident, and resilient.

### 3 KEY PROGRAMS:

- Counseling
- Empowerment
- Young Moms

Youth learn about us through school, caregivers, doctors, success workers, and peers.

## GOALS GOALS GOALS

We provide programs, resources, and support so participants are equipped to identify and achieve their goals.

## TWO SIDES OF THE STORY

We work on both the prevention AND response side of youth traumas, striving for youth to be **physically, emotionally, mentally, and socially healthy.**

## WE BREAK BARRIERS

Programs and services mean nothing without access. We provide key elements that connect youth with what they need.

This includes FREE programming, transportation, snacks, meals, supply closets to help meet basic needs, multi-lingual services, higher education scholarships for Young Moms, and our commitment to connect participants with additional community resources as needed.

## A LIFE OF POSSIBILITIES

We believe in the power our participants have always possessed and help them harness it to create a **life full of possibilities.**

A life not limited by trauma, stigma, or lack of resources. A life where they overcome challenges and are equipped with the skills they need to make healthy decisions and build positive futures.

*"My favorite lesson learned at YWRC is... don't be afraid to ask for help."*

## PROGRAM TYPES

### Counseling:

Art Therapy and Mental Health Counseling

### Empowerment:

In-School groups, After School groups, Summer Program, and specialized workshops

### Young Moms:

Childbirth & Postpartum Education, Individual Support, Parenting & Life Skills, Marilyn S. Jeffries scholarship fund, and Doula Support

# ABOUT US

## EXPERTISE

The YWRC Program staff members have completed extensive trainings in their respective fields of expertise to provide age-appropriate, science based education for a diverse group of participants.



*“My favorite part of group is that we can talk about anything without judgment.”*

## COUNSELING

This service includes two different approaches to mental health support and is provided in Spanish and English.

Counseling has a combined total of 55 years of experience among our two team members!

## EMPOWERMENT

The Empowerment team has completed 27 trainings and certifications!

These include Promoting Resiliency in Adolescent Girls, Youth Mental Health First Aid, The Many Faces of Community Violence, Principles of Positive Youth Development, De-escalation, and Teens and Media Safety Training.

## YOUNG MOMS

The Youngs Moms team members hold 15 different certifications and trainings! This includes Adult and Pediatric CPR/First Aid, Labor and Postpartum Doula Services, Spinning Babies, Suicide Intervention, and Lactation Support.

## ADAPTABLE

The program team's commitment to continued learning and ability to adapt to youths' needs is unmatched. Cheers to this incredible team!

## DOULA TEAM

Doula support is offered for free in nine languages! Their work is an essential part of ensuring young moms are empowered during their pregnancy journey AND increases the likelihood of positive birth outcomes for both mom and baby.

# AT A GLANCE

## YWRC Staff (as of Jun 30, 2025)

Marcia Bradley  
Linda Brown  
Mackenzie Carlson  
Shannissy Catron  
Sy'Anne Dysart

Gary Elliston  
Aura Garcia Camacho  
Tony Jackson  
Berenice Liborio  
Jennifer Mesecher Ogg

Erin Moran  
Kelsi Roby  
Olga San Elias  
Jewelz Smith  
Kimberley Strobe-Boggus

Sarah Tremmel  
Feleecia Watkins  
Rachel Woodhouse

## YWRC FY24-25 Board of Directors

Ka'Meka Lowery  
**President**

Leah Rudolphi  
**Secretary**

Tyler Coe  
Laura Currie  
Kacey Davis  
Kendall Dillon  
Jennie Doke-Kerns  
Doug Dornacker  
Stephanie Dose  
Susan Kelly  
Marcy Kolontar

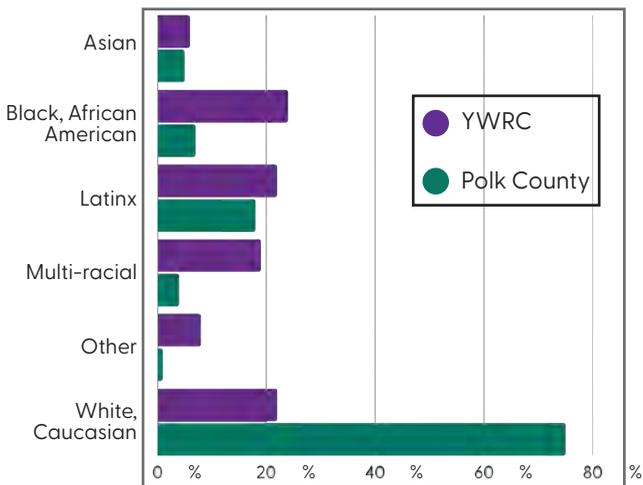
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Laura Lockwood  
Abi Reiland  
Teri Ross  
Amy Teas  
Kelsey Tyrrell  
Scott Valbert  
Maria Volante

Veronica White  
**Vice President**

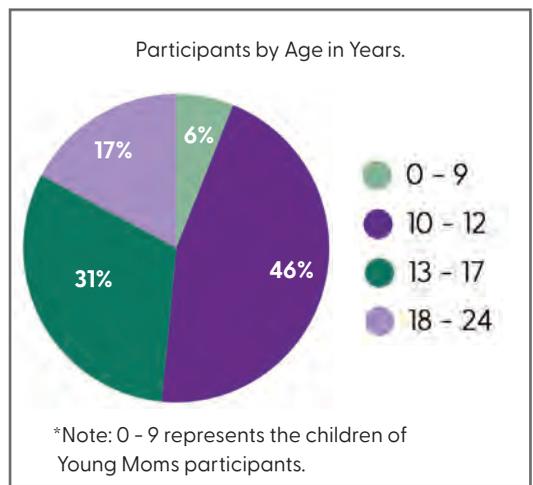
Kelsey Knowles  
**Past President**

Kathleen McGuire  
**Treasurer**

## PARTICIPANT RACE / ETHNICITY



## PARTICIPANT AGES



### Operating Expenses: \$1,418,582



Program Services - 76%  
Fundraising - 18%  
Administration - 6%

### Endowment Funds: \$2,070,563



Susan Noun Flora Operating Endowment - 74%  
Marilyn S Jeffries Scholarship Endowment - 26%

### Operating Revenues: \$1,540,633



Contributions - 43%  
Contracts - 9%  
Investments - 12%  
Corporate/Foundation - 14%  
United Way - 22%

# GRATITUDE



We're thrilled to have received a generous grant and in-kind gift from Microsoft Corporation to establish a new dedicated Technology Lab at YWRC! The Technology Lab will be more than just a space—it will be a launchpad. From learning basic digital literacy to exploring coding, graphic design, and career-building platforms, this space will bridge the digital divide and open doors to a future of possibilities.



Thanks to Microsoft's support, and the continued generosity of donors like you, we're creating a space that fosters confidence, creativity, and connection.

## LOUISE'S CIRCLE DONORS:

Named after our lead founder, Louise Rosenfield Noun, these donors carry on her vision of empowering girls and young women through their generosity:

### \$25,000+

Krista and Dean Tanner

### \$10,000 - \$14,999

Pamela Bass-Bookey and Harry Bookey  
Margo and Don Blumenthal  
Thomas J. and Sally Graf  
Harriet Hubbell  
Martha James and Michael Myszewski  
Doug Roozeboom  
Mary Stuart and David Yepsen

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

Ron Blumkin  
Lois Fingerman  
Debbie and Michael Hubbell  
Alicia O'Brien & George Wares  
Mary O'Keefe and Jeff Nall

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

Teri and David Button  
Andrew Buscher and Kacey Davis  
Patricia and Doug Dornacker  
Flaugh Family Trust Fund  
Sarah Franklin  
Erin Jay Frye  
Susan Kelly  
Christine Lauridsen Sand and Robert Sand  
Jill Conner Lippincott and Derek Lippincott  
Laura and Philip Lockwood  
Kathleen McGuire  
Jo Christine Miles  
Stacey and Frank Neu  
Andrea O'Berry  
Retired Judge Artis Reis  
John Carstensen & Scott Valbert  
Ira and Tracy White

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

Joel Anderson  
Tammy L. Aswegan  
Kelly Baum  
Amy Beck  
Lauren Burgeson  
Mary and Don Coffin  
Laura Currie  
Jaclyn Dammeier  
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KCM Memorial Fund  
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Kelsey and Sean Knowles

Cristina Kuhn  
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Debra and Neil Salowitz  
Donna and Chris Schafer  
Kari and Neil Stone  
Brooke Timmer  
The Tyrrell Family  
Tim Hickman and Frank Vaia  
Amanda and Brandon Young  
Rachel Woodhouse

# 191

individuals gave in-kind donations this year - thank you! This includes diapers, auction items, meals, period products, and more.

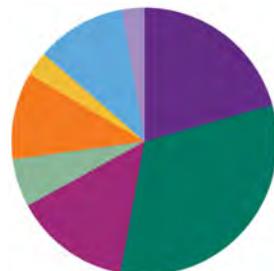


# 910

hours were volunteered by **146** individuals!

### Volunteer hours by volunteer type

- Board of Directors
- Meal Providers
- Committees
- Front Desk
- Childcare
- Program support
- Resource Closets
- Special Projects



# GRATITUDE

Thank you to all the generous donors who have invested in our mission and work!

## FUNDERS AND CORPORATE DONORS

Affinity Credit Union  
 Ahlers & Cooney, P.C.  
 ARAG Legal  
 Belin McCormick Law Firm  
 BrownWinick Law Firm  
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Iowa Women's Foundation  
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 Nebraska Furniture Mart  
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 Principal® Foundation  
 REG Services Group, LLC  
 RSM US LLP  
 Ryan Companies  
 Scheels  
 Whitfield & Eddy Law Firm



**UNITED WAY**  
 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. **Thank you!**

## PRESENTING - SPONSOR:



## STRENGTH SPONSORS:



## CONFIDENCE SPONSORS:



Tana Kirkpatrick



## IMPACT SPONSORS:

Athene  
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 Charitable Foundation  
 Bozz Prints  
 Broadlawns  
 Business Solver  
 DMACC

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 Union  
 Hy-Vee, Inc.  
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 Longnecker  
 Wellabe

## TRIVIA SPONSORS:

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