#### 2023 SHELTERING WINGS ANNUAL REPORT

# Prevention



## From the Director & Board Chairman

Our goal has always been to end domestic violence. A lofty goal, yes, but we believe it's also an achievable goal. This year, we took a deep dive into the "how" part of ending domestic abuse. How can we break the cycle of abuse? How can we stop abuse before it even begins?

#### The answer to that is largely with the youth.

If we can inform the youth in our community about healthy relationships, equip them with the tools and knowledge needed to lead a positive lifestyle, and engage them with strong role models, we believe that we can prevent abuse from happening.

We're also wrapping up an important strategic plan. We're extremely proud of our team and the way they're continuing to be curious and deepen their knowledge in their specific fields of expertise, while also passionately fighting for the safety and future of the clients we serve. What a true honor it is to lead this team!

Through all of this, our efforts would be but a drop in the ocean if it weren't for your support and generosity. You are the amplifier of our message. Thank you for supporting Sheltering Wings and protecting the families we serve. Thank you for educating yourself and others about healthy relationships and abusive tendencies. Thank you for breaking the cycle of abuse by being a positive role model for the young people in your life. Because of you, we can dream about (and work toward) an end to domestic abuse.

Here at Sheltering Wings, we are committed to providing the best possible care for survivors of abuse, while also enthusiastically working to prevent abuse from happening again. As you'll see throughout this annual report, 2023 was a year of putting awareness into action and prevention into practice.

Thank you.

Cassie Mecklenburg

Cassie Mecklenburg Executive Director, Sheltering Wings

Alyson Lurker

Alyson Lurker 2023 Chair Board of Directors

"Yon just have to let the light inside you."

- A survivor of domestic violence



# Vision

Sheltering Wings was formed in the name and for the sake of Jesus Christ. We will extend the love and compassion of Christ to survivors of domestic abuse. Christ was never coercive or offensive and neither are our services. Our assistance will be offered in the name of Christ to any survivor of any background.

# "Without sheltering Wings, I would be dead."

- Keiko, a survivor of domestic violence

# Mission

Sheltering Wings provides emergency housing for survivors escaping domestic abuse. We build stable and independent lives through essential programs offered in a supportive and Christ-centered environment.

# **Survivor Story**

# "I thought I did something wrong for him to treat me like that."-

#### Riley was a junior in high school, right here in central Indiana.

After starting a relationship with her good friend, she quickly noticed that things weren't right.

She was scared, confused, and afraid to tell her parents.

Riley faced emotional, sexual, and physical abuse from her boyfriend. At one point, after refusing her boyfriend's constant plea for sex, he put her in a headlock and wouldn't let go.

"I knew this wasn't like my parents' relationship at home," Riley said. "But I didn't realize just HOW unhealthy it was."

After a few friends noticed what was happening, they encouraged Riley to break up with her boyfriend. Riley tried to end the relationship, but his response was always, "No, we're not breaking up."

#### **Riley felt trapped.**

"I thought I did something wrong for him to treat me like that," she said.

Eventually, Riley worked up the courage to talk with her parents about what was happening. To her relief, her parents responded with love and concern. They helped Riley navigate the situation and end her relationship safely.

Since leaving her abusive relationship, Riley has joined the Youth Council at Sheltering Wings to help other high school students know that they deserve a safe, healthy relationship.

"There was so much fear and anxiety - just walking to the parking lot with him, or just hearing his name mentioned brought me so much anxiety," she said. "And I didn't realize that was a problem until it became really bad."

Thank you for supporting the work of Sheltering Wings.

You are making central Indiana a safer place for everyone – even high schoolers.

### AWA RENESS IN ACTION, PREVENTION IN PRACTICE Follow the Pathway to Prevention

Preventing abuse requires more than just being aware there's a problem. That's why our Pathway to Prevention provides tools for taking action at the three stages of abuse: primary (before it starts), secondary (intervention) and tertiary (support).

For example, we know that a child who has a strong sense of self is less likely to grow up to be abused or an abuser. So we integrate the Search Institute's 40 Developmental Assets into our training and education to show parents how to raise a happy, healthy child – avoiding abuse before it starts.

Last year, our Youth Council asked for more direct answers to the hard questions about dating and relationships. In response, we sat down with them to develop new resources for teens (and parents, too) with clear talking points and concrete actions for navigating relationships. We even mailed a fortune teller (aka cootie catcher) to families during Domestic Violence Awareness Month to help get parent-child conversations started!

Businesses and community organizations want to do their part in prevention, too, so we upgraded our Prevention Partner Training Program in 2023. Required and optional training courses empower audiences to use relationships, community and society to prevent violence and nurture kindness. Throughout 2023, 58 organizations took at least one course.

#### How can you prevent domestic abuse? Start by visiting ShelteringWings.org.

# EXTERNAL ASSETS Support:

- 1. Family support
- 2. Positive family communication
- 3. Other adult relationships
- 4. Caring neighborhood
- 5. Caring school climate
- 6. Parent involvement in schooling

#### **Empowerment:**

- 7. Community values youth
- 8. Youth as resources
- 9. Service to others
- 10. Safety

#### **Boundaries & Expectations:**

- 11. Family boundaries
- 12. School boundaries
- 13. Neighborhood boundaries
- 14. Adult role models
- 15. Positive peer influences
- 16. High expectations

#### **Constructive Use of Time:**

- 17. Creative activities
- 18. Youth programs
- 19. Religious community
- 20. Time at home

#### INTERNAL ASSETS Commitment to Learning:

- 21. Achievement motivation
- 22. School engagement
- 23. Homework
- 24. Bonding to school
- 25. Reading for pleasure

#### **Positive Values:**

- 26. Caring
- 27. Equality and social justice
- 28. Integrity
- 29. Honesty
- 30. Responsibility
- 31. Restraint

#### **Social Competencies:**

- 32. Planning and decision making
- 33. Interpersonal competence
- 34. Cultural competence
- 35. Resistance skills
- 36. Peaceful conflict resolution

#### **Positive Identity:**

- 37. Personal power
- 38. Self-esteem
- 39. Sense of purpose
- 40. Positive view of personal future

### BY THE NUMBERS Here's a look at what you made possible in 2023.

220 HOUSED in emergency shelter.

82 people housed in permanent housing.

1,384 CRISIS CALLS answered.

51 HIGH SCHOOL CLASSROOMS received healthy relationships education.

16,342 PEOPLE EDUCATED in schools and the community.

35 PEOPLE OUTSIDE OF SHELTER received things like protection order support and other services.

You made it possible for Sheltering Wings to continue as Indiana's Second Largest Domestic Violence Shelter and the only such shelter in Hendricks County.



# We're expanding children's services to counteract ACEs

If today's public-school class averages 27 students, then at least one child in every classroom in America will be exposed to domestic abuse in their home – and the experience is likely to affect them for the rest of their lives.

Adverse childhood experiences, or ACEs, are the result of trauma. As ACEs rob children of their sense of safety, they plant the seeds of physical and mental health challenges in adulthood. Untreated, ACEs can undermine a child's ability to create healthy relationships now and in the future.

We don't leave ACEs untreated, though. We've expanded our children's program and added a dedicated coordinator to help the kids at the shelter recover feelings of security and self-confidence. We also provide 24-hour crisis intervention service for kids wherever they are.

Watch for your opportunity to help build out this area in the upcoming Sheltering Wings capital campaign in 2024!

#### **Effects of ACEs**

The Child Welfare Information Gateway puts the difficulties that children exposed to domestic violence experience into three categories:

- Behavioral, social and emotional problems (low self-esteem, depression and anxiety, higher levels of anger and disobedience, fear and withdrawal, and poor peer, sibling and social relationships).
- Cognitive and attitudinal problems (trouble concentrating and finishing tasks, scoring lower on skills assessments, lacking conflict-resolution and problem-solving skills, and having more pro-violence attitudes).
- Long-term problems (higher rates of delinquency and substance use, including the most common causes of death for U.S. adults).

Source: childwelfare.gov/resources/child-witnesses-domestic-violence

# You can detect ACEs

#### SYMPTOMS TO WATCH OUT FOR IN YOUNG CHILDREN

- Anxiety or increased fear
- Depression
- Loss of interest in school, friends or other things they used to enjoy
- Sleep problems, including nightmares or bedwetting
- Increased aggression
- Anger
- Spending more time alone
- Fighting at home or school
- Bullying or being bullied
- Changes in appetite

#### SYMPTOMS TO WATCH OUT FOR IN ADOLESCENTS AND TEENS INCLUDE:

- Suspected drug or alcohol abuse
- Skipping school
- Changes in friend groups
- New or heightened rebellious behavior
- Declining grades
- Social withdrawal
- Depression or anxiety
- Loss of interest in school, friends or other things they used to enjoy

Source: childwelfare.gov/resources/child-witnesses-domestic-violence/

**Dear Supporter, God bless you for all you do.** Each person, church, foundation and business on this list – **YOU** make change and hope for new lives possible. Thank you for your prayers, your gifts, and your love of our families.

From the Bottom of our Hearts, Paige Vanzo, Paige Vanzo, Development Director

#### 2023 SHELTERING WINGS SUPPORTERS

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We've made every effort to ensure the accuracy of this list, but if you find an error, please notify us at 317-386-5062.

#### HOPE SOCIETY

The following donors have chosen to give a recurring gift to Sheltering Wings. Thank you!

#### 2023 SOCIETY

The following donors have chosen to leave a gift in their Will, or plan a legacy gift by other means. Thank you!

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## **Stoops Buick GMC**

Annual Sponsors have pledged special year-round support of Sheltering Wings.

### **Financial summary**

#### INCOME

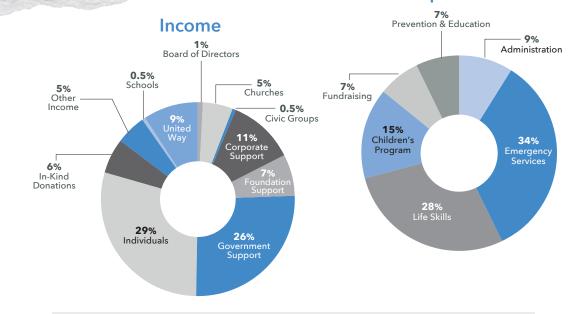
Board of Directors	\$ 32,407.00	1%
Churches	 136,987.88	5%
Civic Groups	 15,751.45	0.5%
Corporate Support	 321,425.19	11%
Foundation Support	 193,880.45	7%
Government Support	 720,677.64	26%
Individuals	 812,822.34	29%
In-Kind Donations	 182,249.32	6%
Other Income	 133,943.42	5%
Schools	 3,820.00	0.5%
United Way	 250,598.56	9%
TOTAL	\$ 2,794,563.25	

#### EXPENSES

Administration	\$ 243,284.22	9%
Emergency Services	 919,073.71	34%
Life Skills	756,884.23	28%
Children's Program	405,473.70	15%
Prevention & Education	189,221.06	7%
Fundraising	189,221.06	7%
TOTAL	\$ 2,703,157.97	



Sheltering Wings is an accredited partner of United Way of Central Indiana and a Four Star Charity Navigator charity. A four star Charity Navigator rating demonstrates strong financial health and commitment to accountability and transparency.



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These are preliminary, unaudited year-end figures and may differ slightly from the final figures we will report to state and federal governments. Our finances are reviewed annually by an independent public accounting firm. For questions about our financial statements and audit information, please contact the executive director at (317) 386-5052. As a 501(c)3 non-profit organization, Sheltering Wings is led by a board of directors made up of local leaders committed to serving victims of domestic violence and educating the community about domestic violence, all in Christ's image. Directors oversee planning and operations, lending their professional expertise and skills to ensure that services comply with responsible stewardship, the Sheltering Wings mission, vision and guiding principles, and state and federal laws governing nonprofit organizations.



#### 24-Hour Helpline: (317) 745-1496

To give, call (317) 718-5460 ShelteringWings.org P.O. Box 92, Danville, IN 46122

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