

YOUNG
WOMEN'S
RESOURCE
CENTER

2005-2006 Annual Report



Central Iowa's leading resource for all young women on their journey to healthy adulthood



The Resource FOR YOUNG WOMEN

For 28 years, the Young Women's Resource Center has served central Iowa as the leading provider of information and counseling to young women ages 11 – 21. Expert on issues facing young women, the Center partners with parents, schools and the community to develop programs specifically to meet their needs in today's ever-changing environment.

Our goal is for every young woman to:

- Complete her high school education.
- Learn to stand up for her beliefs and grow to respect herself.
- Understand the advantages of waiting until adulthood to have children.
- Know the Young Women's Resource Center is an important resource for her.

YWRC sponsors and participates in more than 16 programs designed to achieve these outcomes. Our programs and services are centered in support, education, and advocacy.



The purpose of the Young Women's **Resource** Center is to
SUPPORT, educate, AND advocate
for young women as they experience life's challenges.



FROM THE EXECUTIVE DIRECTOR.....

To Our Supporters, Constituents and the Greater Des Moines Community,

Our 2005-2006 fiscal year was challenging. With every challenge comes opportunity, and we have taken bold steps to use this advantage; we are excited by the prospects of better years ahead.

Our programming remains strong, the best Polk County has to offer in gender-based services to girls aged 11 – 21. We are grateful to our service delivery partners for helping us to have the ability to change the lives of young women for the better through education, support and advocacy via nonjudgmental, free, voluntary services.

We've taken advantage of personnel changes to advance our core mission and see the late, beloved Louise Noun's ideals practiced every day for any young girl seeking information, advice or support as she faces life's challenges.

As we move forward once again to a position of strength, we welcome your feedback, and, as always, your energy and mindfulness of the powerful role an empowered, supported young woman plays in a healthy community.

Please, come visit us. Your concern makes us strong. Your financial support makes us possible.

Adrienne Windley





FROM THE BOARD CHAIR.....

Dear Neighbors:

It is my pleasure to provide you this year's annual report board chair letter extolling, praises, successes, challenges and opportunities.

This past year wasn't typical for Greater Des Moines' only women-centered direct service agency. While we have the privilege of reporting wonderful progress in serving girls and teens as they face the challenges of maturing into adulthood, we were also faced challenges and opportunities in the overall administration of the Center. In spite of the challenges and opportunities, we were able to maintain and increase the excellent level of service the Center is renown for delivering.

A number of administrative changes began mid-year and continue as we go to print with this annual report. As a business executive, I can tell you these changes are all for the good, and reflect the honesty and hard work so ingrained in the center's ethics, and hold great promise for the young women we serve and you, our neighbors, who support this important community building work.

In any organization, some years are better than others. Looking back at a year that has had its challenges and opportunities; we believe this past year has contributed greatly to revitalize all of us – board members, staff members and volunteers – to improve doing what it is we do best, helping young girls and teens become the best they can be, regardless of their issues or circumstances, with our support, education and advocacy.

You, my neighbors, have served as generous sponsors, donors, supporters and volunteers, and have always been a vital part of our mission, our ability to serve the girls who will be the bedrock of our future. We actively seek your continued feedback, encouragement and support for the work we do to help our community improve the lives of our girls and young women.

Jim Ballard
Board President
Young Women's Resource Center

New **resources** for young women

New programs and important collaborations highlighted YWRC's 2005-2006 fiscal year.

Ready to Learn

In a unique collaboration, YWRC teamed with Iowa Public Television on a new program for young moms. "Ready to Learn" helps young women better prepare their children for school. The program uses television and books to encourage reading, activities that promote parent/child bonding, and media literacy. Every young mom who participates in the program receives a free book each month.

R-3

R-3 stands for "Rights, Respect, and Responsibility," a peer program to prevent teen pregnancy. Begun as a collaborative effort between community agencies including YWRC, today R-3 is led by a group of dedicated youth who conduct peer education on healthy relationships and healthy decision-making. Besides meeting with peers, R-3 teens have visited with legislators and hosted a luncheon for community leaders.

Hope that Heals

YWRC partnered with Hope that Heals to bring a national expert on childhood sexual abuse to Des Moines. Former Miss America Marilyn Van Derbur, author of the book "Miss America by Day," shared her journey of recovery from incest and provided vital information for prevention and healing. Hundreds of survivors stood and were acknowledged at the end of her presentation and opportunities for healing and prevention were provided.

Web Site

With much excitement, YWRC launched a re-designed Web site in 2005. This important communication channel offers information for all members of the Center's community, from young women and parents, to schools, to volunteers and donors. We are currently in the process of expanding the site. Check it out at www.ywrc.org.



Proven Resources for young women

During the 2005-2006 fiscal year, YWRC continued to serve young women in its ongoing programs. Here are highlights.

Young Moms

While the Center encourages young women to wait until adulthood to have children, teen pregnancy is a fact of life. In FY 2005-2006 YWRC supported nearly 260 pregnant and parenting young women in several focused programs.

- **KEYS** (Keeping Education in Your Sight) engaged young moms in a program to complete high school. Several participants maintained a grade point average of 3.5 or better. The Marilyn S. Jeffries Scholarship Foundation distributed \$10,330 to seven young moms.
- **DouLAS** continuously provide support for women as they prepare for the birth of their babies, through labor, birth and early postpartum. YWRC is home to the only volunteer doula program in Iowa and it served more than 45 young women this year. The Center's program outcomes are impressive with its premature birth rate at 1% compared to 12% nationally, and low birth weight less than 1% in contrast to a national rate of 7 to 8%.
- **Car Seat Safety** program served families of 277 children.

Problem Solving

YWRC educated more than 400 girls from middle schools in the greater Des Moines area in our Problem Solving groups, Chrysalis after-school programs and Girl Scouts of America groups. Programs focused on issues facing middle school girls such as:

- Building self esteem and positive body images.
- Avoiding drugs, alcohol, and tobacco.
- Creating healthy relationships.
- Addressing eating disorders.
- Handling dating violence, bullying, and peer pressure.

SIG-NA

YWRC collaborates with Polk County Crisis and Advocacy Services to facilitate SIG-NA (Survivors Integrity Group—No Abuse), a program structured to help survivors of sexual abuse understand their strength in working through life issues. Some 57 young women attended weekly groups held in schools and at the Polk County office.

Looking ahead, SIG-NA leaders hope to start a similar program for adult women. Called "Get to Know Yourself," the program will be designed to help these women become positive role

models for young girls and children.

Justice Program

The Justice program serves young women in middle school and high school referred to the YWRC through the juvenile justice system. Participants meet weekly in three different groups – "Diversion," "Aftercare," and "Youthful Offender Program" – where they receive mental health group therapy and cognitive behavioral skills and life skills training. Among life issues the young women tackle in group:

- Drug relapse.
- Managing anger and anxiety.

- Money management.
- Job interviewing skills.

In FY 2005 - 2006, more than 99 young women participated in YWRC justice groups.

Connect

Among newer programs offered by YWRC, Connect serves lesbian, bisexual, transgender and questioning youth — as well as those who support them. More than 20 youth attended Connect in FY 2005-2006.

Collaboration expands Resources for young women

YWRC has forged vital partnerships in the central Iowa community. These important collaborations enable us to reach out to many more girls and young women in support of their journey to adulthood. In FY 2005-2006, the Center partnered with these organizations.

Boys & Girls Club of Central Iowa
Chrysalis Foundation
Employee & Family Resources (EFR)
FutureNet
Girl Scouts of America
House of mercy
Iowa Health System
Iowa Homeless Youth Center
Iowa Public Television
LGBT Center
Oakridge Neighborhood Services
Planned Parenthood of Greater Iowa
Polk County Crisis and Advocacy Services
Polk County Juvenile Court
Youth & Shelter Services



Public schools in Des Moines,
West Des Moines, Johnston and Urbandale
Wilkie House

resources to support young women

YWRC programs and services are free to young women. Our work is enabled through the generous contributions of individuals, civic groups, and corporations in the greater Des Moines community.

United Way has been YWRC's No. 1 funding partner for over 25 years, a relationship that has helped thousands of young women pursue healthy lives.

Our long-term relationship with the **CHRYSALIS** Foundation is enhanced by the bond we share in our mutual founder, Louise Noun. The Foundation's gifts have opened doors for so many young women.

The PCWA (Polk County Women's Attorneys) have sponsored a basket auction especially for YWRC for the past four years. This year it generated more than \$8,500.

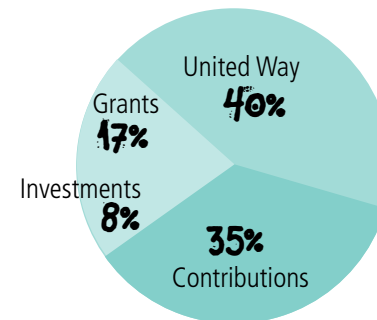
Sit On It! 2005, the Center's annual chair auction raised a record \$68,500 this year in support of young women. More than 35 artists created unique chairs, benches, stools, and rockers for auction to a crowd of some 500.

YWRC is grateful to our many volunteers and to those who provide in-kind donations. In FY 2005-2006 in-kind gifts to the Center totaled more than \$43,700.

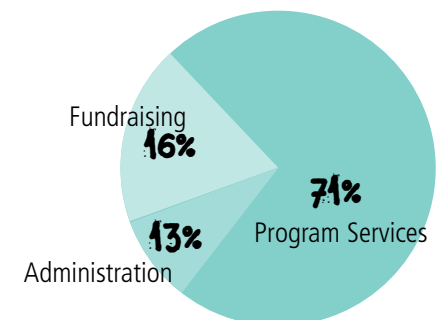
The YWRC welcomes volunteers. Find out how you can help at the Center's Web site, www.ywrc.org.



FY 2005-2006 Sources of **Revenue:**



FY 2005-2006 **Expenses:**



Robert Josten	Donn McLaughlin and Linda Hanson	Angela and Rodney Reed	Krista and Dean Tanner	Taritha Benzoni	Chris and Ginger Guinther	Evelyn Mitchell and Kim Foley	Ms G L Waller
Rosemary and Conrad Jungmann	Kirk McMillen	Kathy Lee Reilly	Deborah Tharnish and Nick Roby	Jan Berg	Janelle and Brian Hall	Hubert Morris	Marilyn and Jeffrey Walsh
Winifred M. Kelley	Larissa Mendenhall	Lynn and Janice Reinicke	J. Thompson	Robert Bergazyn	Don B. and Carmen C. Hampton	Kay and Scott Mortorelli	Angie Watson Cook and Kyle Cook
Dr. David King	Jolene Mennenga	Tim Rike	Kimberly Thuente	Mrs Patricia A Bishop	Dan and Sherri Hart	Tom and Jocelyne Murphy	Elyse Weiss
Penny Kintz	Meredith/Better Homes & Gardens Creative Collection	Kim Riley	Jon & Nancy Turner	Karen and Horace Van Brown	Nicole Hayter	William and Ann Murray	Dana Weltzin
Mary Lou Kissner	Jennifer Mesecher	Ritual Cafe LLC	Carrie and Andy Urban	Patrick Byrnes	Susan Heathman	Mike and Jean Murray	Randle and Kelli Wiggins
Linda E. Knodle	Laura and Dave Mesecher	Frank and Juliane Ross	Toni and Timothy Urban	Camille and John Calhoun	Suzanne B. Heckenlaible	Celia Retz Nelson	Nancy and Kenneth Wilbur
Jason and Jacqueline Konopik	Loree Miles	Kathy and Charles E. Safris	Margaret Van Houten	Charles Camp	Ann E Hiveley	Jeanne Nesbit	Lynn Wilson and Jaci McDermott
Kathleen Kopatich	Kerri Moegenburg	Sharon Sample	Lisa Veach	David and Rebecca Campbell	Karen and Larry Hoier	Dan and Jill Nizzi	Martha Woolsey
Debbie Krum	Joyce and Ernie Moore	Russell and Jean Samson	Michelle K Williams	Jan Campbell	Sherry Hutchison	Amy Noble	
Kraig and Julie Kuhlers	Eva and Paul Moritz	Edward and Jeanne Saunders	Ann W. Fleming	Lisa Carlson	Diane Hyler	Ms. Connie Olney	\$1.00 - \$49.99
Doug B. Kunert	Gary P Morris	Janice Schall	Nancy Ward	Carol Koepplin	Kathy Ingle	Les and Carolyn Peltz	Brett R Andreassen
Nicole Lamb	Charlotte and Gustav Nelson	Lynelle Scheidel	Elizabeth "Betty" Webster	Amy Christensen and Ronald D. Lindhart	Jennifer Irlmeier	Pineapple Group	Karen Bailey
Kandi Latcham	Connie Newlin	Beth Schelske	Brenda Wegner	Linda and Lawrence Clark	Dr. Laks Jagandan	Lori Pitts Winegarden	Louis and Ann Balentine
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Alan and Susan Loots	Jerry and Randall Parkin	Karen Simpson	Woman's Life Insurance Society #18	Elizabeth Demuth	Carolyn C. Lynner and Keith Thornton	Merlea R. Schultz	Norma and Landis Butcher
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Dr. Katrina Guest
Caroline Kissner
Deb McMillen
Kathleen Sheahan
Thorpe
Dotty Thurston

**Government Funding
2005-2006**

Visiting Nurse Services:
Healthy Start,
Empowerment
YSS: Iowa Homeless
Youth Center,
Outreach

State of Iowa: Polk
County Adolescent
Pregnancy Prevention
Polk County
Decategorization:
Education & Advocacy
for young moms,
Aftercare Services for
young women in the
Justice System
Polk County Health
Services: Pre and
Postnatal Education
and Child Passenger
Safety Seat Education
Polk County: Polk
County Victim
Services: SIGNA and
Individual Counseling

Healthy Polk 2010:
Doula Program

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705 East 2nd Street • Des Moines, Iowa • 50309 • 515.244.4901