



Start Where You Are

St. Stephen's Human Services

2008 Annual Report

Start Where You Are

The world and its problems can seem big and overwhelming. Thanks to technology, tragedies everywhere on the planet are brought close to us as they unfold. This can make us feel small and helpless. What can we do? We want to help, but where to start?

There is a philosophy of how we work with the people who come to us for help. We “meet them where they are.” No matter how insurmountable their problems may seem, together we start where they are and go forward, building on their strengths and successes.

Not a day goes by that something inspiring doesn't happen in our programs—someone written off by everyone as a chronic drunk celebrates a year of sobriety; someone once homeless saves enough money to put a down payment on a home; someone calls to thank us for the bus card that changed his life.

There is much we can learn from people who have lived through tragedy and sorrow and emerged transformed by simply starting where they are and finding their own success.

In a troubled world in troubled times, where do you start to make change?

We share with you the stories here as inspiration. If you have ever wanted to make changes in your own life, in the world's systems, or in the lives of others, but not known where to start, allow our program participants to provide an example: start where you are. Make a phone call. Write a letter. Reach out to someone hurting.

As you read about the lives of some of the many people who had a relationship with St. Stephen's this past year, and about the successes of our work together to end homelessness, I hope you will be inspired as we have been inspired. This is how we will achieve our dreams of justice and housing for all and global human kindness: starting here, together, today.



Mikkel Beckmen,
Executive Director

St. Stephen's Human Services Board of Directors



John Sauer,
Board Chair



**Subashini
Ambrose**



**Henry
Bromelkamp**



Gary Ellis



Jim Nikolai



**Veronica
Noess**



Anne Quincy



**Denise
Warren**

Programs and Accomplishments Fiscal Year 2008

PROGRAMS

The **Shelter** provides a safe & sober refuge and basic services to forty-four adult men every night while we work with them to access housing and support services. Our Shelter Employment Program works with them to secure employment.

Housing Services helps families staying in shelters to secure permanent housing. We also provide prevention assistance for people in danger of becoming homeless; and housing for newly released ex-offenders who would otherwise have no place to live.

Employment & Family Services assists families transitioning from government assistance to self-reliance by securing livable-wage jobs.

Kateri Residence provides sober housing to American Indian women recovering from chemical dependency. Kateri blends traditional recovery methods such as AA and 12-step with a focus on American Indian culture and spirituality as a means of healing.

Alliance of the Streets connects people experiencing homelessness or poverty to essential resources, such as representative payee services and the *Handbook of the Streets*, enabling them to effectively navigate their way through challenges.

The **Human Rights Program** is a grassroots effort that engages people experiencing homelessness and other members of the community in advocating for systemic change in the ways homelessness is addressed. We offer *A Day in the Life*, an experiential learning program that gives participants a glimpse into the lives and issues of homelessness.

Kids' Resiliency Education works with preschool-aged children who are experiencing homelessness. Children in this situation face chronic stress and anxiety which has lasting repercussions. This program intervenes early, teaching children skills to cope with stress to ensure a healthier future.

The **Free Store** offers lightly used clothing and small household goods to people in need.

Street Outreach provides the first contact for individuals living outside and for the community members concerned for them. Partnering with law enforcement, faith communities, probation offices, and other stakeholders, this intensive, outreach provides housing and other services.

The **Programs to End Long-term Homelessness** work with single adults who have been homeless over many years and are stuck in a cycle of shelters, jail, treatment programs, and living outside. The programs interrupt this cycle by working intensively to connect people to permanent housing with supportive services.

ACCOMPLISHMENTS

OUR MISSION: TO END HOMELESSNESS BY...

...serving the most vulnerable

Adults served3,242
(unduplicated number)

Children served2,279
(unduplicated number)

Long-term homeless households housed . .461
(unduplicated number)

Children who regain/maintain
mothers' custody at Kateri Residence46

...creating housing opportunities and preventing homelessness

Individuals or families housed945

Percent of individuals or families
retaining housing for 6 months92%

Households prevented from
eviction/foreclosure447

...building capacity for self-support

Job placements by Employment
and Family Services (EFS) and
Shelter Employment Program277

Percent of EFS clients retaining job
for 6 months97%

Children in Kids' Resiliency
Education classes292

Free Store visitors1,809
(unduplicated count)

Handbook of the Streets
distributed19,827

...educating the community

Participants in A Day in the Life,
experiential learning program231

Hours volunteered at St. Stephen's . . .13,623
*Hours volunteered equivalent to 6.5
full-time employees*

...reducing costs to government social programs

Savings to foster care for
reunifying/maintaining families
at Kateri \$230,000
*Based on the number of children x \$5,000
for one month in foster care*

Savings to emergency shelters
for housing individuals and
families \$3,124,521
*Based on number housed x \$972/single or
\$2,550/family for one month in shelter*

**For more information
visit www.ststephensmpls.org**



Ed and his dog, Puffy, and Ed with a photo of the Destroyer on which he served in WWII.

Opposite page: Ed and Puffy after arriving at St. Stephen's Shelter.



Last winter I was living in an RV in a parking ramp under the freeway. I paid for the parking space: \$30 a month. It was warm when I had the propane heater going, but I'd run out of propane.

After five months of living in those conditions I went to Veterans Outreach because I was really getting desperate. It was -14 degrees the day I walked over there using my walker. They called Brandon [St. Stephen's Street Outreach Worker] and he took me over to St Stephen's Shelter and they let me stay there with Puffy for two weeks until Brandon got me into this senior apartment.

I served on a Destroyer in World War II—I was the lookout on the bridge. I was in thirteen battles in the Asiatic Pacific Campaign. I signed up for the service even though I could've gotten a farm deferment because I was working on a farm at the time, making good money, too. I was on that ship for 3½ years and never had a shore leave.

They say I have post traumatic stress and survivor guilt. I was depressed, anxious. And I was a drunk. I'd seen too much combat. I was in a bad mental state when I got home but they refused me disability. I felt useless, like what I had done in the service was useless.

I never cared too much whether I lived or died, but since I got Puffy I care. I've had Puffy for five years. I stopped by the dog pound, not intending to buy a dog, but that Puffy was barking. He said, 'Take me home! Take me home!' I just love him. He helps me mentally and I don't get lonely.

Senator Wellstone helped me get 50% disability. Then after the *Star Tribune* wrote about me and Puffy in the RV the Veterans gave me full disability. That's after sixty-some years of doing battle with them.

The best thing about living here is my view—I look at the church across the street all the time. I have a problem with crowds, so I just say my rosary by the window and it's just like being in church.

Ed



*St. Stephen's **Street Outreach** connects with people living outside in Minneapolis. The Street Outreach hotline is a first contact for people in need (or people concerned for them) and provides a more effective social service connection than a law enforcement response.*



Tamika and her sons, Anthony and Javon, in their apartment.

Opposite page: Javon showing his biceps.

The problem was we lived in a house that was too much—between rent, water, lights, phone, taking the bus, taking the clothes out to wash, it was just too much. The cost of living is high and I only make \$7.85 working at Wendy's. I've worked there for three years—the whole time we were in the shelter I kept working.

I've known how to budget, but I slacked. I made bad, bad choices—not drugs, but bad choices with my money. See, I had a daughter that passed away of AIDS. I just started spending the money the wrong kind of ways, like, go out to eat if I felt like it...buy things... I was just going downhill and I didn't care. I didn't care anymore.

Sara [St. Stephen's Housing Case Manager] really listened when I said our next apartment had to be something we could afford. I don't want to get in trouble again being behind on bills. I could not find a place to afford, but then Sara found this place. We've been here six months and kept up on bills and I'm really proud of myself. I've been doing a lot of good things. I'm saving change, budgeting, I go to the cheaper stores. I pray to God all the time: "Please make things more better for me and my kids and I will do things right."

My kids ask why we have to save and I tell them we'll be back in the same situation like we used to be: homeless. I'm trying to teach them how to budget, even at twelve and seven. I tell them they have choices. I say, "You can go to college or you can be in a gang, standing around on a corner or spread out on the ground by the police. Both of you are smart intelligent kids. I don't want you to do like I am, struggling and getting paid by a little bitty job."

It's still hard for us. We're still working it out. I'm worried that we'll go back to homelessness and have to deal with that stress and with people making judgments about us. You just want to sometimes say to them, "I work for a living, too. I pay taxes, too."

Tamika



*St. Stephen's **Housing Services** helps families and single adults who are staying in shelters to find and maintain permanent housing.*



Leona and grandsons, Daniel and Trinidad; receiving a certificate of accomplishment from Kateri staff; holding a pipestone pipe in her living room.

Opposite page: Daniel



I was twenty-five the first time I went to Kateri. I've been in and out of Kateri, but they never said no. Kate [Kateri's Director] said she would never give up on me.

What was different this time was that I found out I have cancer. When I found out I thought well, I'm going out with a bang, so I continued to party and get high. That got me put in the hospital. When I came to I was hooked up to all these machines. My doctor said, "You're not going to leave here. You're going to die here." I said, "You're not the Creator, you can't make that decision about life." And he said, "Neither are you, so why are you trying to end yours?"

Kateri was so supportive. I've been clean almost two years. The Creator saw fit to give me one last chance. My cancer is still at stage three.

I have been an active cocaine user since the age of twelve, and also at that age, heroin. I was a student at St. Stephen's when there was an elementary school. The nuns didn't know what was going on; my mom had no clue. I spent so much money in my life. I smoked up my house. Cars, boats, motorcycles. Both of my parents worked hard all their lives and I smoked up my inheritance.

In the past two years I've finished school and now I work as a family advocate against domestic violence. I take care of myself now. I eat better, I go to sweat lodges. I just got back from Sundance in Pipestone where they presented me with an eagle feather and a pipe for healing.

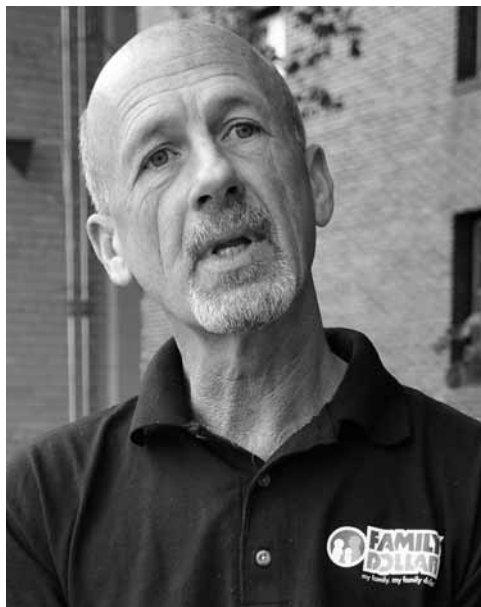
My daughter's boys live with me because she's incarcerated. When I think back...I'm the one who put her in prison. I mean, she did it by her actions, but I wasn't the kind of mother who said selling drugs wasn't OK.

I really stay on top of the boys. I talk to them all the time about drugs and drinking. And I tell them stories. My grandmother raised me traditionally and she used to share the traditional stories with me. Those are the stories I share with my grandchildren. I don't want my legacy to be one of drug abuse and addiction.

Leona

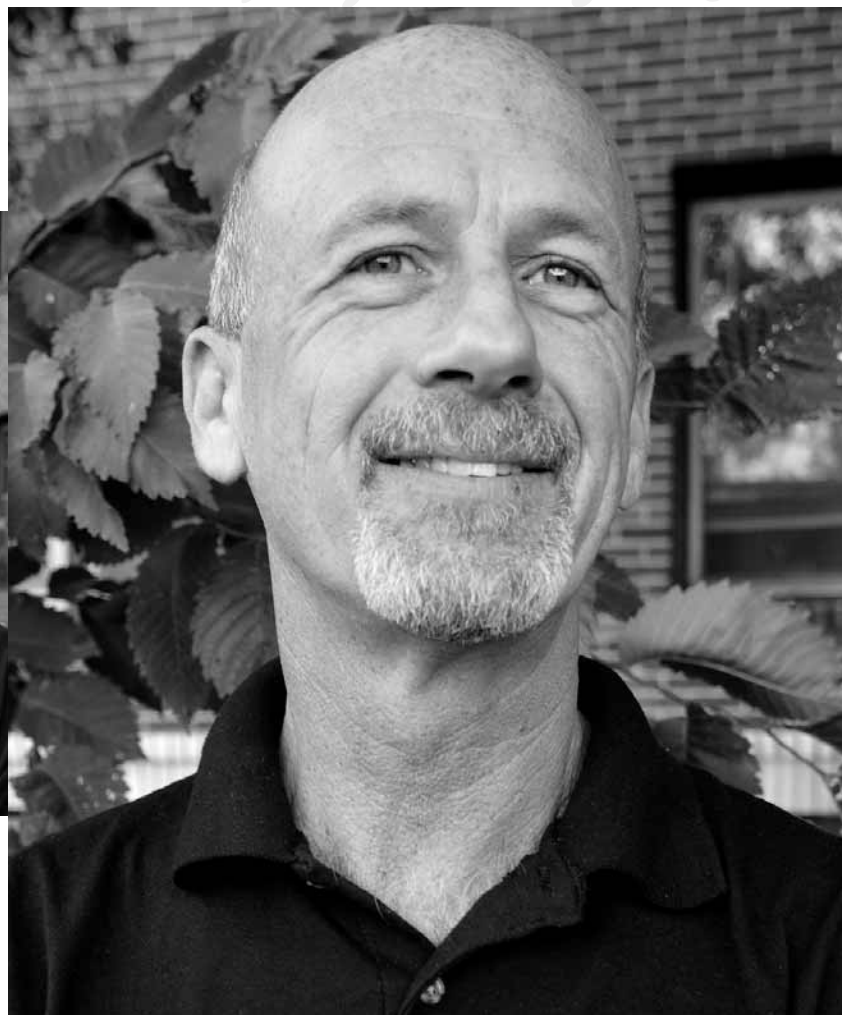


*St. Stephen's **Kateri Residence** is a residential place of healing for American Indian women who have experienced addiction, homelessness, domestic abuse, and other challenges.*



Fred outside the store he manages.

Opposite page: Fred folding laundry when he was staying in St. Stephen's Shelter.



I was raised in Minnesota, but maybe the place to start my story is in New Orleans—that's where I ended up falling into homelessness. I lost my home and a \$60,000-a-year job because of my drinking. That was on June 11th. On June 12th I sobered up.

I hadn't seen my dad or any of my family for eleven years so I decided to come back to Minnesota. I paid all my bills and I had to buy the bus ticket seven days in advance so I could afford it. Now I had seven days to wait and nowhere to stay. I went to the Gulf Coast Christian Mission. That was one of the best weeks of my life because all I did was pray. When I got on the bus I had \$1.70, three changes of clothes, and no fear.

I got to Minneapolis and found my way to St. Stephen's Shelter. Christmas morning I called my dad—he's ninety-one years old. He started crying and said, "We thought one of two things: either you were dead or in prison."

What the shelter has given me is an opportunity to get my base foundation. What that means to me is I don't have to worry about finances, food, laundry; all I have to worry about is following the rules and using it the way it's set up: as a stepping stone to get back into life. The shelter was really a godsend.

I got the "Laundry Man" job in the shelter, went to AA and got a sponsor, got an apartment. Then the first real job I applied for, I got because I was honest about my past and about living in a shelter. I was up front and they give me a chance and hired me as store manager.

I always worked hard. I wasn't the kid with the silver spoon. I mowed lawns, vacuumed old ladies' carpets. I also peddled quarter-pounds of dope in the 6th grade on my bicycle. Smoking and drinking and nobody cared; I'd go home drunk, nobody ever noticed. I wasn't important.

You know, hopelessness is a terrible feeling. I just thank Jesus for giving me the knowledge of what I have to do to survive.

Fred



St. Stephen's Shelter has room each night for forty-four men who are experiencing homelessness. Advocates work with shelter guests on securing housing and employment and addressing other issues such as mental health and addiction.



Sarah in the first permanent place she's lived as an adult; Sarah with her sister.

I was in the Workhouse when I found out about this program. I was in there because I took off from [court-ordered] treatment. I seen Kristin [St. Stephen's Program Director] there and she told me I got picked to be on a list for housing.

I've been homeless since I was a teenager. Basically, my mom wasn't...a good mom. Me and my sister ran away from group homes, grew up in foster care. I went through a program for homeless youth, but I drink, and the stipulation was 'stop drinking and you'll get housing' and I had trouble with that.

I used to cut myself—self-mutilation. I have a million-and-one things going in my mind and I think I drink to calm down.

It took awhile to get used to having my own place. The first two weeks of my apartment I was never here; I was so used to sleeping outside. One of the workers found me sleeping outside and she was like, "Sarah, go home." I said, "I am home. Get off my cardboard." And I rolled over and went back to sleep.

My skin has cleared up since I've been here. I don't have bruises and cuts anymore. I can take a shower whenever I want to, I can cook, do beadwork. I like to cook when I'm sober.

I want to start working to keep my time occupied. When I work, I get good paying jobs as a prep cook or cashier. I'm studying for my GED. Hopefully I can go to college like my sister. I'm smart enough; I just can't drink.

This is the first time I've been sober—I'm going to see my probation officer today—and I'm really shaky. I've been throwing up all day.

I want to live a prosperous life, you know what I mean? I'm tired of programs and living off general assistance so I'm gonna change. It's not easy. One thing being outside showed me is that I'm a strong person, I can survive anything.

Sarah



St. Stephen's Programs to End Long Term Homelessness work with people who have been cycling—often for decades—through shelters, jail, detox, and living outside. Helping them access housing with intensive support stabilizes their lives and saves hundreds of thousands of public dollars. A list of the most “frequent users” of these public services was created in order to engage those people most in need of intervention.



Miranda and her children, Kyla and Anthony.

I was in school for nursing, but I was on MFIP [government assistance] so they sent me to St. Stephen's for job counseling. This was eight years ago. St. Stephen's helps with using their computers, with a resume, making copies. They make everything available to you. One time when my daughter was young my car broke down and St. Stephen's helped to have it fixed.

I had to do part time school to take care of my daughter, and then I also struggled with depression, I guess because of everything I had going on. It took me a while to finish school. I was going to St. Kate's, but it was too expensive. I eventually graduated from Hennepin Tech and got a job as an LPN [Licensed Practical Nurse] and got off MFIP.

Then last year when I was twenty-four weeks pregnant with my son I got rear-ended and I also had preeclampsia so I had to stop working for the rest of my pregnancy. I had to go back on MFIP, so I asked to work with Cynthia at St. Stephen's again.

Cynthia was so encouraging. She always, always said, "You're gonna do it! I can't wait!" It made me feel good, like someone was there for me.

Now I'm back at work full-time as an LPN making \$19 an hour. I live in Edina and I work with long-term Alzheimer's patients. I love my job. The residents might not remember my name from day to day, but I can see they remember my face and it's good to be there for them. It's a hard time in people's lives.

I think Cynthia knew I would succeed because she knew about my background. I come from an alcoholic family and Cynthia knew I wanted to make a complete change, go in a completely different direction than that.

I know there's a stigma about people on MFIP, that they are just sitting, collecting taxpayers' money and that's incorrect because the State of Minnesota doesn't let you just sit. You have to look for a job, or be in school, or work a certain number of hours. There are probably some people who make a bad name for it, but it's supposed to be a stepping stone. For me it was a stepping stone to better my life.

Miranda



St. Stephen's

Employment and Family Services

program helps parents on government assistance (called the Minnesota Family Investment Program or MFIP) to improve their employability and obtain livable-wage jobs.

financial statement of activities

for the twelve months ending June 30, 2008

support and revenue

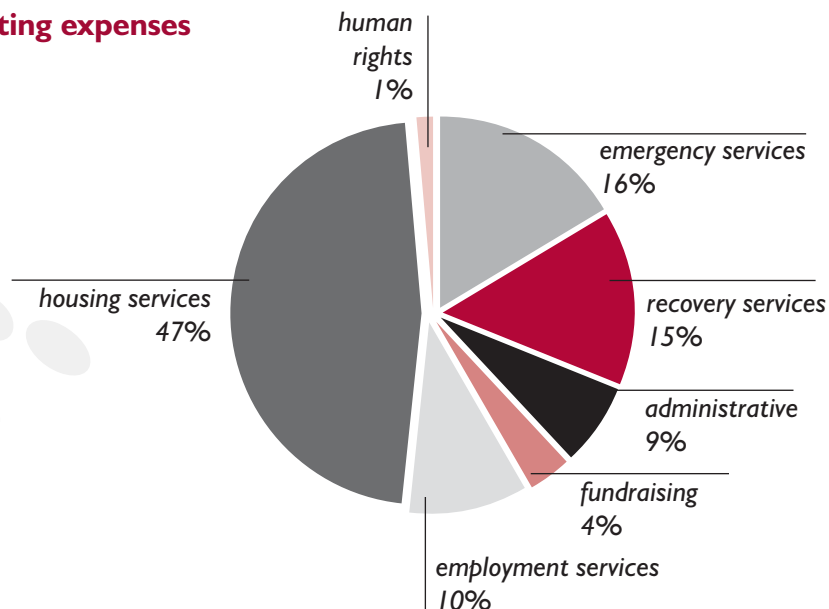
government contracts	2,826,351
foundations, churches, organizations	716,953
individual donors	444,525
board, lodging, program income	518,406
united way	82,109
total	\$4,588,346

operating expenses

recovery services	657,226
housing services	2,072,893
employment services	444,518
emergency services	723,050
human rights	51,087
administrative	299,361
fundraising	158,704
total	\$4,406,840

change in net assets **\$341,169**

operating expenses



statement of financial position

as of June 30, 2008

assets

cash and equivalents	804,326
participant deposits	317,998
accounts receivable	131,186
grants receivable, government	377,239
pledges/commitments	40,000
leasehold improvements	279,308
investments	607,172

total assets **\$2,557,229**

liabilities and net assets

accounts payable	149,752
deposits and advances	490,339
accrued expenses	170,511
unrestricted net assets	770,805
board designated endowment	607,172
temporarily restricted net assets	368,650

total liabilities and net assets **\$2,557,229**

St. Stephen' Human Services, Inc.
Statement of 10 Programs and Expenses
For the year ending June 30, 2008

Emergency Shelter

\$506,062

The Shelter provides a safe & sober refuge and basic services to forty-four adult men every night while we work with them to access housing and support services. Our Shelter Employment Program works with on securing employment.

Programs to End Long-term Homelessness

\$794,122

The Programs to End Long-term Homelessness work with single adults who have been homeless over many years and are stuck in a cycle of shelters, jail, treatment programs, and living outside. The programs interrupt this cycle by working intensively to connect people to permanent housing with supportive services.

Street Outreach

\$147,988

Street Outreach provides the first contact for individuals living outside and for the community members concerned for them. Partnering with law enforcement, faith communities, probation offices, and other stakeholders, this intensive, outreach provides housing and other services.

Housing Services

\$1,132,502

Housing Services works with families staying in shelters to secure permanent housing. We also provide prevention assistance for people in danger of becoming homeless; and housing for newly released ex-offenders who would otherwise have no place to live.

Employment & Family Services

\$378,832

Employment & Family Services assists families transitioning from government assistance to self-reliance in securing livable-wage jobs each year.

Kid's Resiliency Education

\$114,159

Kids' Resiliency Education works with preschool-aged children who are experiencing homelessness. Children in these situations face chronic stress and anxiety which has lasting repercussions. This program intervenes early, teaching children skills to cope with stress to ensure a healthier future.

Free Store **\$29,478**

The Free Store offers lightly used clothing and small household goods to people in need.

Alliance of the Streets **\$134,842**

Alliance of the Streets connects people experiencing homelessness or poverty to essential resources, such as representative payee services and the *Handbook of the Streets*, enabling them to effectively navigate their way through challenges.

Kateri Residence **\$655,768**

Kateri Residence provides safe and sober housing to American Indian women recovering from chemical dependency. Kateri blends traditional recovery methods such as AA and 12-step with a focus on American Indian culture and spirituality as a means of healing.

Human Rights **\$50,876**

The Human Rights Program is a grassroots effort that engages people experiencing homelessness and other members of the community in advocating for systemic change in the ways homelessness is addressed. We offer *A Day in the Life*, an experiential-learning program that gives participants a glimpse into the lives and issues of homelessness.

Total Program Services **\$3,944,619**



St. Stephen's Human Services

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www.ststephensmpls.org