



all among us

**Annual Report
2022
All Among Us Inc**



What We Do

All Among Us provides secure transformative housing and supportive wraparound services to women who have struggled to achieve and maintain stable housing independence. Our women focus on seeking stability in the areas of recovery, housing, finances, relationships, physical health and mental health, and employment.

How We Do It

We provide services through three programs: Women's Care Center transformative housing, Aftercare support services, and Crisis Direct Aid to the homeless community.

What Makes Us Unique

- **Transformative Housing:** Women stay in our Center up to two years, long enough to heal and have the best chance of avoiding relapse. During this time, they access resources necessary to recover from addiction, mental illness, and other trauma-based afflictions.
- **Supportive Services:** Our residents participate in many excellent community-based services while at the Center and receive ongoing care when they transition and establish independent lives.
- **Recovery:** Residents have two years to make recovery their #1 priority. Recovery opportunities for trauma, addiction, and mental illness are offered. During this time, if they do not have income, they do not pay rent. We encourage their commitment to recovery (often 25 hours per week) over the need to obtain a job.
- **Trauma:** Providing trauma care was the focus of 2022. Much of mental illness and addiction stems directly from trauma experienced at an early age. Our ladies completed a three-month program on generational trauma using the Generations Deep book and author/counselor Gina Birkemeier as our lead and mentor.

Our Primary Programs

Women's Care Center - Our Women's Care Center, founded in 2018, provides live-in housing for women experiencing poverty, homelessness, addiction, mental illness, domestic violence, and other trauma-based issues. We house up to nine women at any one time, and up to 20 women annually. Admission is based strictly on applicants' willingness to make positive changes through participation in the following programs:

- **Women with addiction participate in recovery** with our partners, such as Salvation Army, Independence Center, Places for People, Queen of Peace, and local AA/NA/GA programs.
- **Residents create and manage their budget** to pay down debt, save, pay rent, and allot funds for transportation, housing, and everyday needs.
- **Women find and retain jobs** and earn the respect of employers and colleagues.
- **Residents maintain both physical and mental health** by attending doctor appointments, weekly counseling, adhering to recovery programs, and taking medication as prescribed.
- **In our group setting, women learn essential life skills** necessary for eventual independent living.



- **In our secure environment, residents grow their passions and interests**, build relationships, learn the value of diversity, and positively participate in society.
- **Women work on trauma recovery** through classes, counseling, and informed and effective coping strategies.
- **Women prepare for independent housing** by learning about housing costs, budgeting, and housing options.
- **Residents budget for transportation** and master the public transportation system to get to work, recovery classes, appointments, doctor visits, and shopping.
- **Our women focus on spiritual health** through self-study, group studies, and worship services—finding hope and comfort even in their hardest times.

Aftercare - Our Aftercare Program extends care and services to women who have completed their work at the Women's Care Center and moved on to independent living. These women have jobs or disability income, continue to be actively involved in their recovery, and continue to grow financially, emotionally, and socially through ongoing support from All Among Us. Aftercare participants stay connected to the center through visits, celebrations, advocacy, accountability, community, and friendships.

Crisis Direct Aid Services - Warm meals in winter. Cool water in summer. Kindness all year. That's what our trained group of volunteers deliver to St. Louis's homeless, and more. **This personalized outreach program gave All Among Us our beginning.** We simply went to people on the streets who were desperate for life's basics. We provided them with supplies, friendships, and the offer of hope. Cathryn started by taking beautiful photos of the homeless, making copies, and providing envelopes for them to send the photo to family members to let them know they are alright.



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What Our Board Members Say

Billy Lawder, Senior Vice President, North American Operations, Peak Technologies

"All Among Us helps women going through life's toughest chapters change the narrative forward by investing in relationship, counseling, and life skills. Listening to stories from graduates and seeing the difference All Among Us made in their lives makes me proud to serve the organization!"

Stan Smith, Senior Vice President, Paradigm Specialty Networks

"Transformation is defined as 'a thorough or dramatic change in form or appearance.' This is the foundational commitment of All Among Us to the women it serves. But instead of picking around the edges of life and offering only symbolic change, All Among Us embraces women's circumstances, their souls, and each one's essential character.

"We challenge them to courageously engage in their individual journey of transformation and become victors instead of victims in life, living to their full potential. That's what makes All Among Us unique."

Brandon Martin, Pharm D, Genoa Healthcare Co.

"I feel we all need someone in our corner. There are so many people who stand to benefit from having an advocate, someone who is looking out for them. All Among Us provides this and so much more. The organization aligns with my personal belief that by helping those in our society who need it most, everyone stands to benefit. This is why I serve, and why I support the mission of All Among Us."

Donor Story

Bonnie Taylor and Lydia Ruffin

"It's all too easy to judge women who fall into addiction, unable to care for themselves and, in many cases, their children. The mission of All Among Us, under the direction of Cathryn Shaw, goes beyond surface care and looks at the whole person. Root causes, including generational poverty, mental illness, domestic violence, and racism are addressed."

"A long-term residency program offers a safe place where women can take time to heal and develop skills. They are able to gain self-sufficiency and re-gain their self-esteem to create a better life for themselves. Living in a community provides the necessary atmosphere and support for growth and transformation. We want to use our resources to help build organizations like All Among Us that are invested in solutions and produce long-term results."

Resident Stories

Lynn Schultz

My life experience of financial and emotional security fell away due to alcoholism and mental health issues. I lost my home, my son, and all my earthly goods. Hope was nowhere to be found. One suicide attempt failed, thank God. The greatest gift I found came from a case manager who introduced me to All Among Us. Becoming part of the Women's Care Center was a lifesaving move for me. Today I am no longer lost due to addressing my mental health issues and the guidance from Cathryn in most every way. Going back to God has enhanced



my understanding of the purpose in my life. I am aware, purposefully motivated, and at peace! Maybe for the first time in my 68 years.

Laurie Blockton

Well, my life was a total wreck before I came to All Among Us. I was drugged out of my mind, most of my siblings had passed and I didn't care about nothing and no one. I thought getting high was my life. I couldn't cope with society for nothing and probably at this time didn't want to. I had lost all the good family members in my life and couldn't understand why I was still the one here. One day I got tired and asked the Lord to guide me. He showed me a whole new life worth living for. I had been through my struggles and hurt and pain, so why not try living the Lord's way? One day at a time things started to get better and better. I thank the Lord to this day for bringing me through my struggles. I am very grateful and thankful today because I am 62 years old and really just now beginning to live my life. And I love it! Without God and All Among Us in my life, I don't know where Laurie would be. I thank God I am still here!

Volunteer Stories

Lester Hill

I had the opportunity to drive Laurie to several doctors' appointments this year. It was great to get to know her on a more personal basis and learn about her family, her hopes and dreams, as well as her personal challenges. I think she also enjoyed getting to know me a little bit and hearing about my activities as an escape from her current challenges. We came to realize we are not so different, we value our families and friends, and we all need the help of others to overcome the challenges in each of our lives. We also shared some good laughs!

Robert Chisenhall

Community, family, and empowerment are part of the culture at Blue Wave Life Martial Arts. It was a joy to share our culture with the All Among Us family. I can't imagine a better way to support this community than to spend time with these incredible women and provide them with the gifts of confidence, empowerment, and self-defense development.



2022 Funding Report
Statement of Activities for the Year Ended December 31, 2022

All Among Us is a financially stable organization, we carry no debt, and we are committed to using our funds to best serve our clients and the community.

<u>Total Unrestricted Income</u>	\$395,504
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Statement of Financial Position

Current Assets	\$185,495
Fixed Assets	<u>\$518,770</u>
Total Assets	\$704,264

Current Liabilities	\$ 8,505
Long-term Liabilities	\$ 0
Net Assets without Donor Restrictions	\$717,356
Net Income	\$ -21,597
Total Liabilities and Net Assets	\$704,264

Expenses

Program Services	\$162,477
Support Services – Admin	\$ 25,790
Support Services – Development	\$ 33,527
Depreciation	<u>\$ 36,106</u>
Total Expenses	\$257,910

<u>Net Operating Gain</u>	\$ -21,597
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2022 Community Partners

All Among Us was blessed to have the support of the following grants, foundations, schools, and corporations in 2022.

A Seat at the Table
Affinia Healthcare
ARCA
Becker Family Foundation
Birkemeier Family Charitable Fund
BJC Behavioral Health
Boeing Company (The)
Church of Saint Michael & Saint George
Church Women United of Metro St. Louis
Concord Solutions Inc
Creston Family Charitable Fund
CrossRoads Counseling Centers
Daune Reed Gallery
Emerson Charitable Trust
First Presbyterian Church of Ferguson
Grace Family Giving Fund
Great Expectations Fund
Hope United Church of Christ
Immanuel United Church of Christ
Independence Center
Joan and Rick Marra Charitable Foundation
Ladue Chapel Presbyterian Church
McDaniel Nutrition Therapy
Miriam Foundation
National Christian Foundation
Network for Good
People's Health Clinic
Places for People
Queen of Peace
R&L Holding
Salvation Army
Sports Medicine & Training Center
St. Louis Community Foundation
St. Stephens Episcopal Church
The Bridge North County