



2016 Annual report

2016 ANNUAL REPORT

JULY 2015 - JUNE 2016

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Our Mission

MoveFwd is on a mission to ensure that every teen and young adult is safely housed and working towards their educational and life goals.

Dear Friends,

The best word to describe 2016 at MoveFwd is IMPACT.

- **Our goal was to serve 300 young people. We served 389.**
- **We served nearly twice as many homeless young people: 130 compared to 74 in 2015.**
- **We went from 13 drop-in visits to 103! (*This is not a misprint!*)**
- **MoveFwd Housing had 34 applications for 9 housing slots.**
- **177 local middle and high school students received expert counseling.**



The growth in our programs has been amazing and this place is hopping!

Our new outreach staff are finding and connecting with many more young people experiencing distress and homelessness, giving them the hope and power to have brighter futures. Volunteers are stepping up to provide meals for our Drop-in Center, babysitting for our parenting groups and kitchen and cleaning supplies to welcome homeless youth to their new apartments. Our Board and Youth Advisory Board are energized to fundraise and build awareness of local young people's counseling and housing needs.

MoveFwd never takes our community's support for granted. Without our schools, cities, partnering organizations, faith and civic groups and more than a thousand individual donors, we could not have the IMPACT we have on our suburban young people.

Thank you for a great year.

Sincerely,

Lydia Kihm
Executive Director

P.S. Our website takes donations 24/7 (movefwdmn.org)! Your support means more than you will ever know.



2016 Goal

To say that an agency serving homeless young people wants to grow may sound ironic. We do, in fact, work with families and young people to prevent homelessness

“upstream” through counseling. But “growth” to our staff means “outreach.” Our aim in 2016 was to leave no stone unturned in serving our community’s young people. That meant

proactively finding ways to find youth experiencing homelessness and at-risk young people who needed our agency’s services.

Our aim in 2016 was to leave no stone unturned in serving our community’s young people.

What’s in a Name?

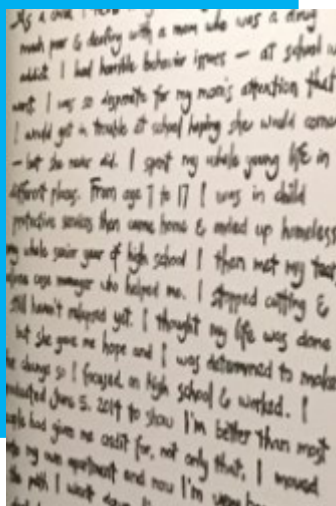
Our first step was addressing what we perceived as a problem with the name **Teens Alone**, our agency’s name from 1990 – 2016. First, “teen” didn’t cover the entire age range of all the young people we serve, ages 12-24. We were concerned that those at the older end of the spectrum might think our agency couldn’t help them. Secondly, many young people don’t think of themselves as “alone.” Some of them are struggling with their relationships with their parents but want to stay with their families; others are single moms; still others have solid advocates at their

schools or have friends in similar circumstances operating as a unique family.

We set out to find a meaningful new name, eventually landing on **MoveFwd**. The re-naming effort was led by our staff, with enormous help from volunteer marketing and branding experts. In addition, we sought input from young clients, community members and our Youth Advisory Board. We like that our new name is positive and hopeful. It implies both process and that more work is needed. Also, abbreviating “forward” helps make it a unique mark that we can

protect.

To launch our new name, we produced a new video—Thanks to our friends at Optum, Tilt Motion—we re-freshed our website and created new print materials for donors, referral sources and parents of young people who need our help. We announced the new MoveFwd brand in a newsletter sent to all our donors, held an open house, and hosted both a donor event and a thank you event for our school staff referral sources.



Emphasis on Outreach



MoveFwd is staffed by counselors and case managers who deeply care about the safety and mental health of young people in our community. They spend their days working with young people, helping them process complicated situations. They provide a safety net for youth and young people experiencing homelessness, students with anxiety, kids who struggle with their sexual identity, youth who don't feel safe at home, young people who battle addiction and parents who need help communicating with their teens.

It's particularly difficult when our staff knows homeless and at-risk young people

are out there who aren't benefitting from MoveFwd services. It was our goal in 2016 to significantly deepen outreach so our capable and caring staff could help more of the young people needing agency support.

We had the new name and communication plan in place. Next came the "no stone unturned" part.

Our main Drop-in Center is at our offices in the Eisenhower Community Center—a great location where many young people access our case management services. It's on a bus line that serves Hopkins and St Louis Park; however, since suburban bus routes are limited, we knew it was still too complicated for some young people we serve to get to us without a car, so our resourceful staff forged a relationship with two local libraries. One in Plymouth; one in Eden Prairie. It's a

perfect match. Libraries are safe, warm places for young people to go. Librarians welcome them and view their libraries as an appropriate haven. We worked together to establish regular drop-in hours at both locations.

Young people can now access MoveFwd drop-in services at all three locations. A staff member is available to help connect them with the resources they need to be safe, whether it's a bed, food, warm clothes, a bus pass or help with a job application.

With homelessness in our community a growing problem, we are so grateful to the stellar Hennepin County Library staff in for helping MoveFwd expand our outreach to find and help more young people.

Drop-in

visits in

2016

increased

more than

seven-fold!

A Wider Net

Drop-in visits in 2016 increased more than seven-fold! The growth is due to a combination of factors: improved access (including mobile outreach) resulting in increased availability of weekly drop-in hours; age-inclusive branding; and "word on the street" referrals within the network of homeless young people. The communities we serve remained the same, but we expanded our safety net farther across our area to help more young people.

What we learned in 2016



*MoveFwd operated beyond capacity in 2016 with a counseling wait list almost half of the school year.

*By expanding outreach and gaining the trust of youth experiencing homelessness, word-of-mouth also increased the number of young

people accessing our services.

*Because we now serve young people up until their 25th birthday, our Housing Program and case managers saw more young moms in 2016.

*Our new housing program turned two

years old, which means the program now has “graduates.” After two years in our program, our young clients no longer receive the agency’s help with rent. If they are not yet 25, they can still access free counseling and case management services. We saw some of them doing well with their independence. Others struggled without our safety net.

“I can’t imagine working without MoveFwd.

You’re on my speed dial!”

-A school social worker



“Only” sets MoveFwd Apart

*MoveFwd is the **only** agency in the west metro suburbs offering free counseling and case management that will return a call the next business day when a young person, parent or school counselor reaches out for help.

*MoveFwd operates the **only** youth supportive housing in the west metro suburbs through our Housing Program.

*MoveFwd offers the **only** Drop-in Center in the area we serve. Our drop-in outreach became more accessible when we expanded our drop-in hours in 2016 by adding the Plymouth and Eden Prairie libraries to our original location at the MoveFwd offices.

Counseling continues to prevent homelessness “upstream”

For 26 years, we’ve been the experts in providing free and professional counseling for west metro suburban young people as well as intensive support for youth experiencing homelessness. MoveFwd will be there for another generation of young people to help them regroup and move forward.

Results show growth for young clients

MoveFwd addresses complicated life challenges for young people ages 12-24, helps prevent homelessness and supports young people as they work toward their individual goals. We measure the success of our counseling program with annual surveys conducted with both our clients and our primary referral sources.

We surveyed 177 MoveFwd counseling clients, and our results demonstrate that the agency improves their lives.

*87% said, "My MoveFwd counselor helped me overcome things I struggle with at school."

*89% said, "After working with MoveFwd, I am better now at thinking before I act."

*70% said, "After working with MoveFwd, I am better at handling strong emotions."

*96% said, "After working with MoveFwd, I am better at solving problems."

*89% said, "After working with MoveFwd, I am better at creating and maintain healthy, supportive relationships."

*We surveyed school staff (primarily nurses and counselors) in the five districts we serve.

*They rated MoveFwd counseling services 4.7 on a 5 point scale.

*100% said they would refer their students to MoveFwd again.

*"A great program that has been very useful to our police department. I'm glad you exist."
-A police officer*

Stories demonstrate personal growth

"Amy" learned to cope with her mom's alcoholism, talked successfully to her mom about treatment and stopped skipping school.

"Gabriel" formed a stronger relationship with his mom as they both learned to acclimate as new immigrants, resulting in him staying with his family and avoiding homelessness.

"Katie" ended an abusive romantic relationship, started to recover from debilitating anxiety and depression, and resumed her interest in her school's music program.

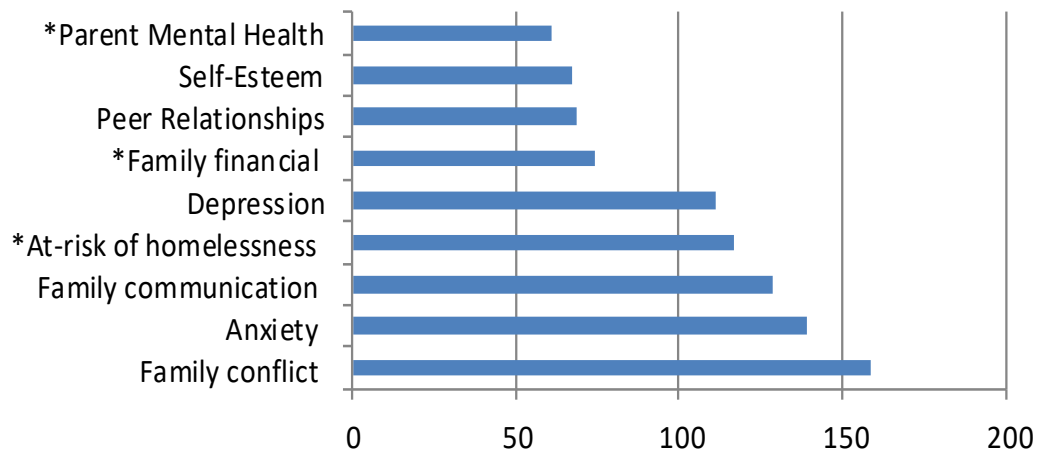
"Sam" learned to reduce and appropriately express his emotions instead of having violent outbursts at school, which got him back on track to graduate.



A Quick Look...

"There's a myth so many parents have. If we just love them enough, just give them enough, then everything will be okay. But we just aren't that powerful. Your counselors helped us listen again. Thank you for helping me with my boys."
-A Parent

Most Frequently Mentioned Problems



*New on this "frequent" list in 2016

MoveFwd Clients aren't just numbers to us,
but we did serve a lot of them in 2016:

Total young people served: 389

Youth using counseling and case management services: 78

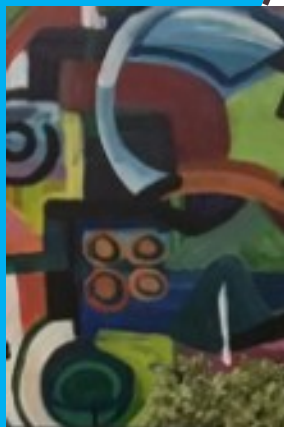
Young people seen by our mental health counselors: 117

Drop-in Center Visits: 103

Young people in housing program: 13



The most comprehensive services for young people in our area...



Free, confidential counseling

MoveFwd provides barrier-free, no-cost counseling services.

School and community crisis prevention groups

MoveFwd tailors group sessions to address the needs of individual schools based upon identification by school staff and our own counselors.

Case management

MoveFwd case managers work with young people to navigate homelessness, including finding safe housing, food and jobs.

Housing Program

Our unique housing program combines the skills and care of our case managers and counselors to help qualified young people learn to be successful renters and neighbors, including setting boundaries, living a healthy lifestyle and managing a budget.

Drop-in Center and Mobile Outreach

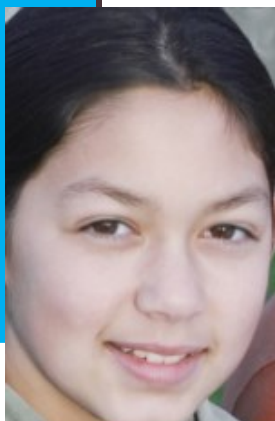
Our Drop-in Center welcomes young people who need immediate help with safe housing, food, job search skills and incidental self-care such as toiletries, bus passes or gas cards. A hot meal is served every day. Young people connect with staff during drop-in hours without an appointment at our main offices or our mobile locations at the Eden Prairie and Plymouth libraries.

Community Capacity Building

MoveFwd provides leadership in recruiting and developing housing options for homeless young people in our service area, including partnering with Avenues for Homeless Youth's Suburban Host Home Program.

Advocacy

MoveFwd staff speaks at youth homelessness forums, talks to lawmakers and provides interviews to local media presenting the needs of young people in our area and raising awareness of how the system can be improved to protect local youth.



Donors



Thank you to all our donors who funded quickly accessible, no cost, barrier-free, professional counseling and case management for young people and their families. Your contributions have helped families' stay together, helped keep kids in school and helped ensure that young people in our suburbs are safely housed.

This list reflects those that donated during the fiscal year ending June 30, 2016. If your donation is missing from the list, please let us know by emailing Lydia Kihm at lydia@movefwdmn.org

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William Prem

Schools

Eden Prairie School District
Hopkins School District
Main Street School
St. Louis Park School District
Wayzata School District

Government

City of Eden Prairie
City of Minnetonka
City of Plymouth
Hennepin County
State of Minnesota

LCTS

Hennepin South Service
Collaborative
Schools and Community
In Partnership (SCIP)

Firms & Foundations

Barrett Family Foundation
Beim Foundation
Charlson Foundation
Eden Prairie Community
Foundation
Eden Prairie Lioness
Fingerhut Family Foundation
Larkin Hoffman Daly &
Lindgren
LTD Foundation
Minnetonka Rotary
Otto Bremer Foundation
Plymouth Lions
Renneke Match
Richard M. Schultze Family
Foundation
St. Louis Park Junior Auxiliary
Fund
St. Louis Park Community
Foundation
The Cliff Foundation
The Woman's Club of St Louis
Park
Tom Connors Photography
United Health Giving
Wallin Foundation
WCA Foundation
Weck Charitable Trust

In Honor of

Colleen Simcoe
Dawn Hansen
Kevin Kros and Meredith
Kruger
Kristen Schlegel
Lois Demers
Lydia Kihm
Marla Nelson
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Nancy Renneke
Rick Birno
Tom Nelson

In Memory of

Adeline Juve
Brad Nugent
Charles Kusche
Chuck Mykleby
Collette T. Cosgriff
Donald Erpelding
Doris Betcher
Jovito T Malilay
Julie Walthour's Mother
Lance Maly
Nancy Wangen
Paul

Faith & Civic

All Saints Lutheran Church
Excelsior United Methodist Church
St. Luke's Presbyterian Church
St. Philip the Deacon

In-Kind

Kowalski's
Hopkins Public Schools
Party City
Roger F. Johnson
Rx Artisans

"The work you do is really critical to us. A couple of times in what I considered to be serious situations, your people walked in and resolved it. We rely quite heavily on MoveFwd to help us."

-An Assistant Principal

2016 MoveFwd Board of Directors

Jan Evans, Board Chair
Julie Buske, Chair-Elect
Delana Brinkman
Tracie Curb-Crowser
Susan Gethin
Liz Goldstein
Lance Maly
Joanna Mitchell
Nancy Renneke
Lisa Walker
Doug Wall, Treasurer



Financial Statement

UNRESTRICTED NET ASSETS

Unrestricted Revenues and Other Support:

	2016	2015
Grants and contributions	\$461,904	\$284,589
In-kind contributions	\$34,967	\$40,041
Government grants and contracts	\$182,314	\$276,503
Interest and Miscellaneous income	<u>\$1,562</u>	<u>\$1,109</u>
TOTAL REVENUES	\$680,747	\$602,242

Net assets released from restrictions	\$0	\$60,000
Restrictions satisfied by payments		

TOTAL UNRESTRICTED REVENUES AND OTHER SUPPORT	\$680,747	\$662,242
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Expenses:

Program services	\$534,514	\$465,629
Management and General	\$64,255	\$55,335
Fundraising	<u>\$55,429</u>	<u>\$56,740</u>
TOTAL EXPENSES	\$654,198	\$577,704

NET ASSETS AT BEGINNING OF YEAR	\$251,840	\$227,302
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NET ASSETS AT END OF YEAR	\$278,389	\$251,840
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Support MoveFwd

Here are a few examples of the life-altering effects your donations can accomplish:

\$25—Provides a gift card for personal care items or a bus pass

\$50—Provides a foot locker for a homeless teen to store their personal items

\$100— Provides one hour of no-cost, barrier-free counseling

\$250 — Provides two weeks of rent to an employed young adult learning to live independently

\$500 — Provides help for eight young people to access basic needs such as insurance, medical care and food

\$1,000 — One month's rent or case management for two nights of mobile drop-in hours

\$1,500 — Helps a case manager assist eight young people and their families access basic needs such as insurance, medical care and food

\$2,000 — Provides counseling for nine young people experiencing homelessness, helping them find safe and reliable housing

Support MoveFwd

You can help provide MoveFwd services by offering your financial support.

- Send a check directly to **MoveFwd, 1001 Highway 7, Room 237, Hopkins, MN 55305**
- Make a credit card donation via the website: movefwdmn.org/donate

We are grateful for your support!

☐ **\$500** ☐ **\$250** ☐ **\$100** ☐ **\$50** ☐ **Other** _____

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____