



**ANNUAL REPORT**  
**2016**

# A Message from the Executive Director

Stephanie Williamson

Celebrating 5 years was just one of the many milestones in 2016 for which I am thankful. It's daunting to think that over 3,000 children were lovingly served by our dedicated staff and volunteers. That's an average of 58 children each week. One by one, desperate families seeking stability are finding the kind of coaching and support they need to live more independently.

I'd like to share one of my favorite success stories from this year. A mom enrolled in our Families Seeking Stability (FSS) program noticed a woman crying on the bus and took the time to share how HHMD was helping her turn her life around. The crying mother is now also enrolled in our FSS program. I love the sense of community and love that story represents. How inspiring!

2017 will certainly be eventful for us. We are opening a location in Pagedale in conjunction with Beyond Housing. The site will have washers and dryers and allow families to do their laundry while receiving coaching or volunteering. The ultimate goal is to create an inviting space where families want to come and grow.

Another focus for us in 2017 is expanding our FSS program to allow more families the chance at a fresh start. (See more details on page 3!) It's amazing to see these families transform during the process. They have a brand new perspective on life and it really makes my heart smile.

In closing, I want to thank the volunteers, donors, and community supporters for helping us carry out our mission each and every day.

All the best,  
Stephanie Williamson  
Founder & Executive Director

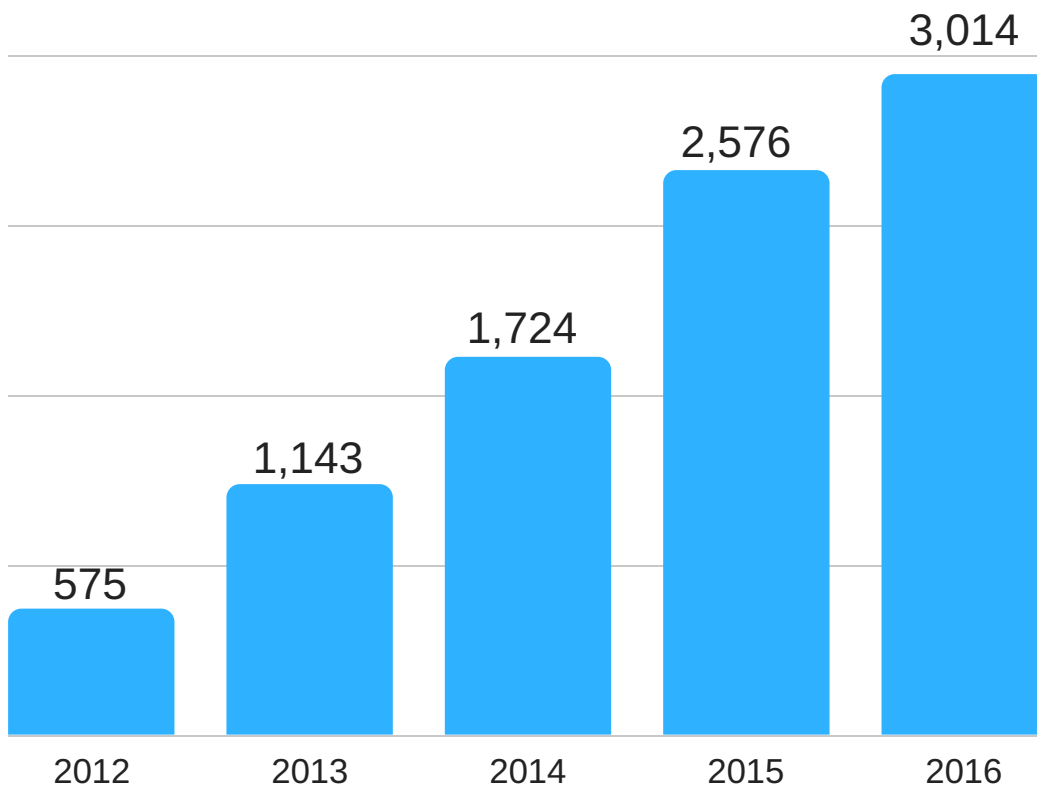


# Our Mission:

HHMD enhances the quality of life for children and families in the St. Louis area by meeting their immediate needs, then connecting them with life-changing resources that foster independence.



## Total Number of Children Served



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# TOP 10 REFERRAL AGENCIES OF 2016

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Referral Agency	Number of Children Served
1. Nurses for Newborns Foundation	258
2. Signature Medical Group - Strong Start Program	233
3. Missouri Head Start	183
4. St. Louis County Dept. of Public Health	167
5. St. Louis Crisis Nursery	149
6. BJC Healthcare	103
7. Home State Health	95
8. Queen of Peace Center	94
9. Birthright Counseling St. Louis	84
10. St. Louis Children's Division	72

# *What We Do*

## **EMPOWERING FAMILIES**

HHMD works to empower families in need to achieve stability in their lives. When a family is referred to us by our network of over 100 agencies, hospitals, and shelters, we first ensure each family has the clothing and other essential items necessary to parent effectively. We then assist families in finding stable employment and safe housing, while connecting emotionally through one-on-one life coaching. We also connect families to other agencies that can meet their food, shelter and other emergency needs.

## *Families Seeking Stability Program*

### **ESTABLISHED IN 2016**

In 2016, HHMD launched its Families Seeking Stability (FSS) program. The program provides additional services beyond a family's initial visit to HHMD. It helps families start to break the cycle of poverty and find stability and independence. The FSS program will provide assistance in finding housing and employment. In order to enter the program, a parent must commit to attending 10 weeks of Life Coaching and 5 Financial/Budgeting education sessions. To date, we have 5 parents enrolled in the program!

## *Coaching*

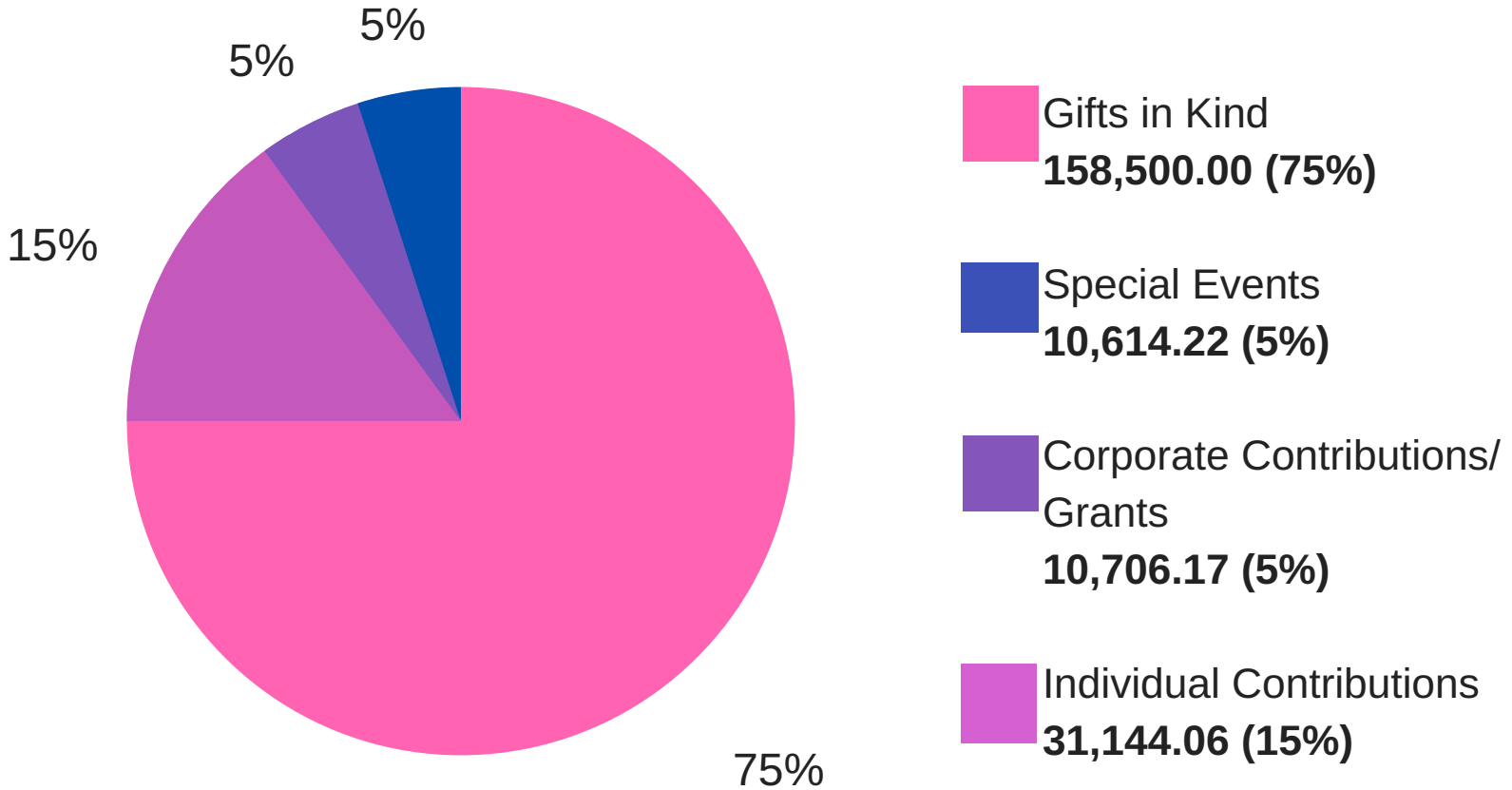
### **92 PARENTS SERVED**

HHMD greatly enhanced its services in 2016 by adding a new Education and Resources Director. In addition to resource information provided, 92 parents received Core Alignment/Emotional Wisdom Coaching. Eighteen of the 92 parents coached on a weekly basis for multiple sessions. Through support and education, the coaching empowers individuals to set intentions, to focus, and to recognize their self-worth. This foundation assists parents in seeking stability and living an empowered life.

# INCOME STATEMENT

Total Income:

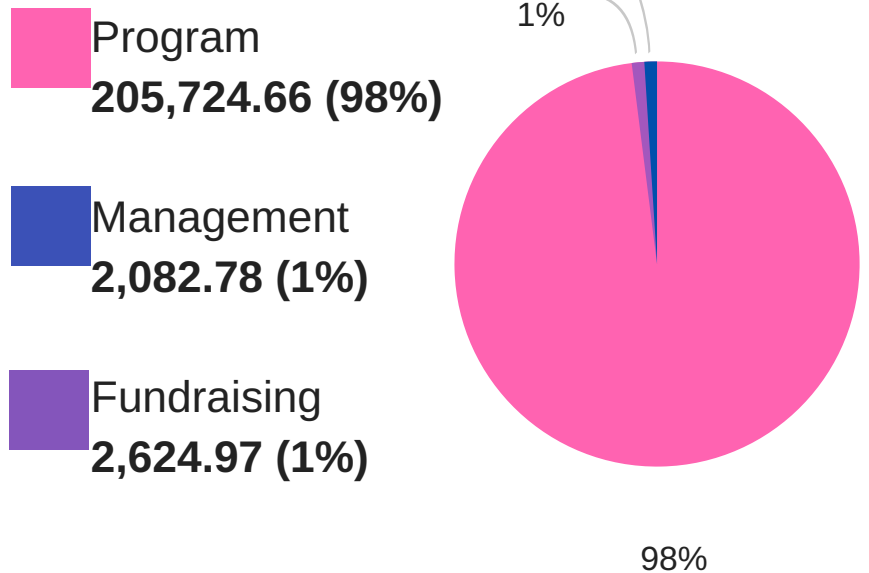
**210,964.45**



Total Expenses:

**210,432.41**

Net Income: 532.04



# Statement of Cash Flow:

Beginning Balance



Ending Balance



**Net Income: 532.04**

## Balance Sheet:

ASSETS

3066.89

OPENING BALANCE

2534.85

NET INCOME 532.04

EQUITY

3066.89



# QUOTES

## FROM OUR COMMUNITY

"Helping Hand Me Downs has become a safety net for some of the neediest families in Saint Louis. As a social worker, it is challenging to address the mental health needs of my clients when their most basic needs are not being met. This is where Helping Hand Me Downs steps in. They support each family while giving them the dignity and respect they deserve. Because of their compassion and dedication, families are given hope. It is my hope that Helping Hand Me Downs can continue to grow and support this community for generations to come."

- Social Worker,  
Lutheran Family and Children's Services of MO

"When life takes you through a horrific journey, it's the people whom you meet [HHMD] and appreciate the most. Combined with your own work ethic and perserverance, it makes the journey worth taking."

- First client to complete Families Seeking Stability Program

"I enjoy so much working for HHMD, in making pick ups and deliveries. I look forward to it each week. To see the joy on people's faces from both giving and receiving the items we handle is truly a blessing to me!!"

- Dedicated Volunteer





"I have had a lot of worries but I had to stop and think that Helping Hand Me Downs is always there to help me and my family out. We are so thankful."

- 3-year client & Coaching recipient



"I appreciate the unconditional love shown at HHMD. It has inspired me to give back even more."

-3-year client, now a dedicated volunteer



"When I refer any of our families to Helping Hand Me Downs, I know that not only are they going to receive the items they need and relieve the stress of financial burden, but gain a relationship for a life time. When our families visit Helping Hand Me Downs, I know they will be welcomed with open arms and will feel empowered. Helping Hand Me Downs has stepped up to provide emergency items at a moment's notice when my moms have needed it most, whether it's diapers, formula, bottles, car seats, or coats. When Stephanie texts me at night saying she'll check something first thing in the morning, she really means it—I've heard from her at 6:30 PM then heard back about a needed item by 7:00 AM the next day. Never have I been in such a warm, welcoming, fun, loving place. Helping Hand Me Downs is an irreplaceable staple in our community for our families."

- Social Worker, Signature Medical Group - Strong Start Program

# Our Accomplishments

FROM 2016

- Secured new sources of grants and in-kind donations
- Added new coaching services impacting the lives of 92 moms and over 250 children
- Established Families Seeking Stability (FSS) program, placing 1st family into a rehabbed home

# Our Goals

FOR 2017

- Serve a total of 6,000 children
- Open and operate our new Pagedale location
- Open a new location in St. Charles/St. Peters area



# Board Members

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Casey Jenkerson, Centene Corporation	Secretary
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Christian Misner, Assistant Attorney General	Member
Eliza Simington, City Design Group	Member
Katie Van Hook, CRES Realty	Member
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Christy Housley, HHMD Volunteer	Member
Ally Vesper, HHMD Volunteer	Member



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**[www.helpinghandmedowns.org](http://www.helpinghandmedowns.org)**