

# **Lamb's Fold Center for Women and Children**

**Annual Report  
2009**



*Our program goal is to equip women to become self-sufficient through education and physical, financial, emotional and spiritual recovery. We assist women to become successful in achieving their dreams.*

## **Lamb's Fold Center for Women and Children**

**Christian Family Ministries, Lamb's Fold Center for Women and Children provides Transitional Housing Services for homeless women and their children and residential Domestic Violence Services for homeless women and their children.**

We offer encouragement, tolerance, care and compassion to women of all faiths and backgrounds who have found themselves in a homeless situation due to domestic violence, financial crisis, pregnancy, or physical or emotional distress.

Though we are a faith-based organization, we do not mandate any participation in the beliefs, practices, doctrines, or teachings of any particular faith. Our services are available to all women without regard to race, creed, background, ethnicity, religious beliefs, or sexual orientation. We gently encourage all of our residents to attend the church of their choice, as we have learned that our most successful residents are those who enjoy the support of a house of worship of their choosing. We have a Chaplain (who is a Pastor of a non-denominational church and also a trained counselor) on staff to meet with residents at their request.

### ***Services Provided by Our Organization:***

We provide transitional housing services to homeless women and their young children and residential domestic violence services to homeless female victims and their young children. Our Permanent Supportive Housing Program (a separate, HUD-funded joint venture project with Trinity Services) provides women and children with their own (subsidized) permanent house or apartment after completion of an individualized curriculum in the transitional program.

A comprehensive set of supportive services is available to residents in all of our programs, including: Food, Shelter, Clothing, Personal Care Needs, Domestic Violence Services, Transportation, Advocacy, Educational/Vocational Opportunities, Individualized Tutoring, Counseling (for Women and for Children); Chaplain Services (upon request); Intensive Case Management and Pre-Employment Services. Our "John and Mary Lambert Computer Center" assists the residents in seeking employment, applying for scholarships, submitting tax returns, accessing 'homework hotlines' for the children, and accessing educational opportunities.



We provide specific education and training classes across 6 critical areas:

#### **I. Vocational/Workforce Development**

**Asset identification, resume building, skills matching, employment search, interviewing skills, appropriate dress, conflict resolution, ongoing employment.**

#### **II. Budgeting, Savings and Finance Management**

**Money Management, 1, 2 and 3; Paper Management; Checking and Savings Accounts; Credit Reports; Accuracy; Debt Resolution; Budgeting Skills.**

#### **III. Domestic Violence Programs**

**Structured curriculum-driven Domestic Violence Groups for Children and Women, Advocacy, Case Management, Legal Assistance, and Individual Counseling.**

#### **IV. Health and Wellness**

**Effects of Drug and Alcohol Abuse, Disease Progression, Basic Nutrition, Nutritious Meal Planning, Shopping and Preparation, Proper Hygiene and Infection Control, Physical Fitness and Benefits of Exercise.**

#### **V. Emotional Stability**

**Anger Management, Coping Skills, Problem Solving, Unresolved Grief and Loss, Emotional and Spiritual Recovery, Mental Health issues and Medication.**

#### **VI. Raising Successful Kids**

**Parenting 1-3, Violence Prevention and Keeping Safe Households, Pre-Natal and Infant Care, Developmental Stages of Children, Appropriate Expectations based on age-specific Abilities of Children, Appropriate Discipline and Limit Setting Techniques.**

#### **VII. Healthy Interpersonal Relationships**

**Choosing Healthy vs. Unhealthy Relationships, Effective Communication, and Conflict Resolution.**

We also provide various life skills instruction, in individual and group settings. All these classes are presented in-house, with babysitting services provided.

Our program is focused in three phases:

1. Biopsychosocial-spiritual assessment; identification of individual assets and short-term and long-term goals.
2. Intensive case management; resource linkage and ongoing monitoring of progress.
3. Transition to self-sufficiency.

**Average Number of Persons Served Weekly:**

*Number of Women Served Weekly in Shelter Programs:*

19

*Number of Children Served Weekly in Shelter Programs:*

24

*Number of Women Served Weekly in Permanent Housing Program:*

7

*Number of Children Served Weekly in Permanent Housing Program:*

12

When we have surplus diapers, baby products, and baby formula, we also share with needy women in the community (occurs 350-450 times annually).

## The Dilemma for Homeless Women

There remains a severe shortage of affordable housing in the Will County area. The local Fair Market Rent (as established by HUD) for a one-bedroom unit in our area is \$903 per month; for a two-bedroom unit, \$1015 per month; and for a three-bedroom unit \$1,240 per month. Women in low-paying jobs cannot afford this high rent along with their children's expenses and other living expenses.

Will County is rapidly growing in terms of new home construction, but virtually none of these are low-income units. The median sale price for a single family home in our areas in the year 2008 was \$252,200. Will County has experienced the second highest growth rate in Illinois, with the population increasing by 114% (adding 375,952 residents) between 1985 and 2009, increasing from 328,511 to 704,463. This explosive growth has put an incredible strain on the housing market and all social services. Plainfield, immediately adjacent to Joliet on the west, has recorded a 453.9% growth since 1980; Elwood, immediately

500,542 meals and snacks;  
137,973 shelter nights (one bed, one person, one night)  
8,796 hours of professional in-house counseling;  
101,092 hours of in-house classes;  
84,052 garments and packages of diapers (to residents and community)

to the south has recorded a 100.9% growth since 1980. (Will County Center for Economic Development, CED Community Profiles.) The population growth is phenomenal in this area.

As a result of the above factors, many more people desperately need transitional housing opportunities than ever before, causing the major problem facing homeless individuals in our area: too many clients, not enough emergency shelter, transitional shelter, domestic violence shelter and/or support services.

Women with young children and pregnant women need a comprehensive but flexible program which incorporates food, shelter and clothing—along with access to child care, transportation, medical care, mental health treatment, substance abuse treatment, and any rehabilitative programs needed by the individual. ***The successful program must address the root causes of homelessness*** among those it serves in order to prevent recurrent homelessness: it must provide for a higher level of employability by increasing job skills and education; it must help individuals learn the social skills needed to successfully interact in a family environment resulting in restoration of family ties in order to regain or start a family support network; it should focus attention on skills needed to manage a household; it must address prevention, early intervention, counseling, and continuing care for recovery maintenance. The ideal program will, on a long-term basis, help its clients heal physically, emotionally, behaviorally, and spiritually. *The CFM Lamb's Fold Center for Women and*



*Children is just such a program.*

***...(of the) “female-headed families in Will County with related children under 5 years, 31.2% live below poverty.” U. S. Census Bureau, 2007.***

According to data from the National

Coalition for the Homeless Fact Sheet #7 (June, 2008), “A 1990 Ford Foundation study found that **50% of homeless women and children were fleeing abuse** (Zorza, 1991).” The U.S. Conference of Mayors (2007) also offers some pertinent data on the mentally ill: **“Approximately 22.4% of the single adult homeless population suffer from some form of severe and persistent mental illness.”**

The National Coalition for the Homeless Fact Sheet #12 (June, 2008) tells us “One of the fastest growing segment of the homeless population is families with children. A survey of 25 U. S. cities found that in 2007, families with children accounted for 23% of the homeless population...” (U.S. Conference of Mayors, 2007). Nationally, **“35.2% of persons living in poverty are children...” (U. S. Bureau of the Census, 2005).** Are there enough resources to accommodate this growing need? Again, NCH Fact Sheet #12 (June, 2008) tells the story: “While the average number of emergency shelter beds for homeless families with children increased by 8% in 2005, an average of 32% of requests for shelter by homeless families were denied in 2005 due to lack of resources.” (U.S. Conference of Mayors, 2005).



These data support local research figures. The Will County Continuum of Care figures submitted to HUD indicated a verified unmet need for 73 transitional beds for individuals and 178 transitional beds in family units. They also identified the unmet need for Permanent Supportive Housing beds for 82 individuals and 118 beds in family units. Our agency staff

confirms this local data by the number of daily program inquiries that cannot be accommodated and also our 270-person waiting list.

The U. S. Census Bureau 2007 American Community Survey states that of all the female-headed families living in Will County, **16.3% are living below poverty level (up .9%); 21.7% of female-headed families with related children under 18 years live below poverty (up 1.7%). For those female-headed families in Will County with related children under 5 years, 31.2% live below poverty!!** We contend that this number is actually much higher because so many people are doubled-up with friends or relatives or living in cars, garages, etc.



These female-headed families have a much harder time than their male-headed counterparts in retaining jobs and housing, and meeting the needs of their families due to the

*There are over 300 people on our list waiting for a bed at Lamb's Fold.*

complexities of their lives—such as adequate, affordable child care; transportation; medical care; lack of advanced education and vocational training which would provide better-paying employment, etc. So we must accept that the “working poor” are often on the threshold of homelessness. Many of the homeless women we serve have wavered in and out of homeless situations—often dependent upon the favor of a friend or relative to provide housing; **but until they become equipped to become self-sufficient, there is little possibility for change in their long-term situation.**

Due to the economic factors which contributed to a person’s initial homelessness (decreases in public aid, lack of affordable housing, lack of suitable employment which would pay enough to afford unsubsidized rent, lack of education, little or no child support, no family support, and high security deposits for rental units) persons staying in shelters need to stay longer than they did some years ago. It takes longer to “get on one’s feet”. This means lower turnover in transitional facilities (fewer people being served but served for longer periods of time), exacerbating the shortage of transitional beds.

### ***Continuum of Care Activity***

Lamb’s Fold has been an active member of the Will County Continuum of Care since its inception in 1994. Our Executive Director has been Chair of the Support Services Committee, Co-Chair of the Steering Committee, and has served on the Technology Committee, Housing and Grants/Funding Committees as well. Lamb’s Fold is one of the pilot agencies that have implemented ServicePoint, the Continuum’s HMIS system. The Continuum has been successful in identifying local gaps in service, working toward viable solutions, and in strengthening inter-agency relationships, resulting in better service delivery to the population served.

*The Joliet/Will County Continuum of Care has identified the need for 178 additional transitional beds for families and 73 additional transitional beds for individuals.*



**The Lamb’s Fold Center for Women and Children exists to help homeless women and their children break free from poverty and abuse.**

**CHRISTIAN FAMILY MINISTRIES**

**LAMB'S FOLD CENTER FOR WOMEN AND CHILDREN**

**MISSION STATEMENT**

Lamb's Fold Center for Women and Children serves homeless and abused women and their children by providing them with supportive housing, personalized recovery services, and assisting them to achieve self-sufficiency.

**OUR FOUNDING INSPIRATION**

To fulfill our Lord's command in Matthew 25:35-36 by feeding the hungry and thirsty, clothing the needy, praying for the sick, and taking in the homeless...being convinced that when we do so, we have done so for our Lord Jesus Christ.

## BOARD OF DIRECTORS

*for calendar year 2009*

**Bishop Doris L. Atkinson, *President***  
*(installed 1991)*  
(Pastor, Church of the Good Shepherd;  
Chaplain, Lamb's Fold Center for Women and Children)

**David Czufin, *Director (installed 2009)***  
*Exelon Corporation*

**Kristin Czufin, *Director (installed 2009)***

**Marilyn Dorris, *Director (installed 2008)***  
(Mary Kay Consultant)

**Trisha Kroner, *Director (installed 2009)***  
*Kroner & Associates*

**Alex Kuypers *(installed 1991)***  
(Kuypers Bros. Inc.)

**Debra Kuypers *(installed 1991)***  
(Decorating Consultant)

**Tyler Qualio *(installed 2007)***  
(Reynolds Financial Group)

**Janet Scott *(installed 2005)***  
(Will County Center for Economic Development)

**Bob Wunderlich *(installed 2007)***  
(Wunderlich Builders)

## ADVISORY BOARD MEMBERS

(with areas of expertise)

Dr. Kwabena Boateng  
(Women's Health)  
302 N. Hammes  
Joliet, IL 60435

Ms. Lois Collins  
(Philanthropy)  
Crete, IL 60417

Rev. Warren Dorris  
**(Joliet City Councilman)**  
(Local Government)  
1310 New Lenox Road  
Joliet, IL 60433

Ms. Jan Moore  
**Will County Drug Court**  
(Mental Health)  
121 N. Chicago Street  
Joliet, IL 60432

Mr. David Schultz  
**Eaton & Schultz Insurance**  
(Business/Risk Management)  
382 W. Baltimore St.  
Wilmington, IL 60481

Mr. Jim Shapard  
**Deputy Manager, City of Joliet**  
(Local government)  
150 W. Jefferson St.  
Joliet, IL 60432

## BOARD OF DIRECTORS SUBCOMMITTEES



Subcommittees are headed by board members and may include non-board members.

**Nominations Committee:** generates suggestions for potential board members; reviews resumes and credentials of board member candidates; meets with candidates to educate them on the history, mission, and goals of the Lamb's Fold Center for Women and Children. Presents nominations of appropriate candidates to the board.

Members of the Nominations Committee: Tyler Qualio, Janet Scott.

**Policy & Procedures Committee:** reviews all organizational policies and procedures; recommends updates/revisions to board. Develops and maintains Board Handbook, including Codes of Conduct and ethics policies.

Members of the Policy & Procedures Committee: Rev. Doris Atkinson, Al Kuypers.

**Fundraising Committee:** responsible for soliciting financial support from board members, staff, and volunteers; oversees Golf Outing and Annual Banquet fundraisers; develops new ideas for fundraising events.

Members of the Fundraising Committee: Janet Scott, Bob Wunderlich, Tyler Qualio, Debra Kuypers, Rhonda Sykes, Steve Sweedler, Debra Shelian, Betsy Neumayer, Jean Mandeville.

## PROGRAM ACCOMPLISHMENTS OF 2009

1. Increased fund raising activities and individual donorship.
2. Less atypical resident discharges; trend continuing.
3. Less recidivism; trend continuing.
4. Maintained alcohol-free, drug-free environment.
5. Maintained violence-free program (no violent incidents).
6. Maintained curriculum of psycho-educational classes for recovery:
  - a. Outcome studies confirm 98% comprehension
  - b. Successful class completion by all residents
7. Engaged more community expertise to maximize material and human resources.
8. Increased volunteerism to maximize material and human resources.
9. Kept expenses within budget and increased revenues.
10. Obtained continued grant funding from John & Mary Lambert Foundation for expansion/replacement/upgrades of computer workstations for adult residents' and children's use.



## LAMB'S FOLD/TRINITY SERVICES

### PERMANENT SUPPORTIVE HOUSING PROGRAM

Lamb's Fold Center for Women and Children and Trinity Services, Inc., partnered in 2002 to provide permanent supportive housing opportunities for mentally ill women with children. Since that time, with HUD funding, we have provided seven units for formerly homeless, mentally ill women from among the clients of local homeless shelters, such as Lamb's Fold or Daybreak.

Clients of this program receive the same supportive services as Lamb's Fold residents, i.e., food, clothing, personal care items, etc. A full-time dedicated case manager provides support, guidance and direction in goal-setting and progressing toward autonomy. Residents of this program are able, with the assistance of the supportive services, to properly maintain their own household.

This unique partnership is one that has proven to have many benefits, not only for clients, but also for Lamb's Fold residents. We have found during the last four years that Lamb's Fold residents are increasing their length of stay at the Lamb's Fold in hopes of obtaining a permanent apartment or house through this program. Dramatic increases in length of stay, resulting in fewer unduplicated number of clients who stay for longer periods of time, also result in better outcomes for shelter residents. This, in turn, helps them become more successful in the Permanent Supportive Housing Program.



## LAMB'S FOLD CENTER FOR WOMEN AND CHILDREN TRANSPORTATION ASSISTANCE PROGRAM

### *Transportation Assistance*

Residents are provided with transportation assistance to work, appointments, shopping, etc. We have a vehicle donation program for the benefit of the Permanent Supportive Housing Residents whenever vehicles are available. This program is a tremendous benefit to the residents as they become more self-sufficient and also enables them to have employment as possible.

Transportation for residents is one of our biggest needs. Receiving a donated vehicle can be life-changing for a family. If you have a vehicle in good mechanical condition that you would like to donate to this program, please call the Kristi Anderson, Case Manager, at 815-723-5262. Your vehicle donation is tax deductible as allowed by law.



**LAMB'S FOLD CENTER FOR WOMEN AND CHILDREN  
ADMINISTRATIVE AND PROGRAM STAFFS**

**Administrative Staff:**

Rhonda L. Sykes, M.H.S., LCPC, CADC, Executive Director

Rev. Doris L. Atkinson, B.A., Chaplain

Steve Sweedler, Development Director

Debra Shelian, Sr. Development Coordinator

Tarah Manheim, Volunteer Coordinator\*

Lyndia Neidermyer, Receptionist

**Program Services Staff:**

Jean Marie Mandeville, B.S.W., Program Supervisor

Betsy Neumayer, Case Manager, Legal Advocate

Jill Mott, Case Manager, Program Staff

Kate Ambrosia, Program Staff\*

Jamie Johnson, Program Staff

Tara Hernandez, Program Staff\*

Tarah Manheim, Program Staff\*

Valerie Zentmyer, Program Staff\*

**Permanent Supportive Housing Program:**

Steve Baker, M.A., Project Manager (Trinity Services staff)

Rhonda Sykes, M.H.S., LCPC, CADC, Program Supervisor

Jean Mandeville, B.S.W., Program Staff

Kristi Anderson, B.A., Case Manager

\* Denotes part-time position

## LAMB'S FOLD CENTER FOR WOMEN AND CHILDREN VOLUNTEER PROGRAM

The Lamb's Fold Center for Women and Children utilizes a small army of volunteers. Our volunteer staff is among the most dedicated in the community, serving just over 15,000 hours during 2009. All volunteers undergo background screening and participate in an orientation/training program with the Volunteer Coordinator to prepare them for the unique challenges of volunteering at the Lamb's Fold.

Typical tasks performed by volunteers include:

Sorting and displaying donated clothing and personal care items;

Sorting donated food items; keeping pantry neat and clean and free of outdated items;

Driving residents to medical appointments;

Building maintenance such as painting, plumbing, etc.

Assisting with fundraising activities;

Lawn Care/playground maintenance;

Picking up donations from various locations;

Helping with Christmas gift sorting, selection, wrapping;

Helping answer the door at Holiday time;

Assisting staff with special projects.



## LAMB'S FOLD COMMITTEES

Our fundraising activities have proven to be very successful and an integral part of the Lamb's Fold operation. Committee members take on specific responsibilities to ensure the success of events, volunteering their time in addition to their normal duties.



### *Annual Banquet Committee*

The Annual Banquet/Silent Auction Committee meets frequently throughout the year and selects location, theme, menu, and all details about the event. The Committee follows up with Table Captains to ensure guest count and spends considerable time seeking donations for the Silent Auction. The Annual Banquet is held approximately six months apart from the Golf Outing and generates much-needed capital during the time of year when charitable giving is typically down.

The Annual Banquet/Silent Auction Committee Members for 2009 were:

Rhonda Sykes  
Steve Sweedler  
Debra Kuypers  
Janet Scott

Rev. Doris Atkinson  
Jean Mandeville  
Betsy Neumayer

### *Golf Outing Committee*

The Golf Outing Committee also meets frequently throughout the year to ensure the success of the Golf Outing. Highlights of our 14<sup>th</sup> Annual Golf Outing, included our special guests—retired professional football players from Chicago Bears and other NFL teams. The celebrities added excitement to our event and were very happy to sign autographs and have photos taken with golfers.

The Annual Golf Outing Committee Members for 2009 were:

Rhonda Sykes	Al Kuypers	Steve Sweedler
Terrence Sykes	Debra Kuypers	Betsy Neumayer
Rev. Doris Atkinson	Debra Shelian	



## LAMB'S FOLD SUPPORT BASE

LFWC receives financial support from the following organizations:

State of Illinois, Department of Commerce & Economic Opportunity  
State of Illinois, Dept. of Human Services  
Will County Continuum of Care /HUD  
City of Joliet  
United Way of Will County  
Caterpillar, Inc.  
Zonta Club of Joliet  
Maggie's Place  
First Midwest Bank  
Wal-Mart  
Sam's Club  
Holly Club  
Exxon-Mobil  
NiCor  
Com Ed/Exelon  
Chicago Bears Players  
Herald-News  
Joliet Junior Woman's Club  
Visitation & Aid Society  
Chicagoland Abate Club  
Ozinga Ready-Mix Concrete, Inc.  
Provena St. Joseph Medical Center  
Kuypers Bros. Construction, Inc.  
1<sup>st</sup> Choice Temporary Services  
Milano Baking Company  
Sweedler Enterprises  
CP Meat Market  
Reynolds Financial Group  
Citgo-Lemont Refinery  
Harris Bank  
Bradco Excavating  
Covenant Contractors of Peotone

CFM Church of the Good Shepherd  
Packard Transport, Inc.  
Denler, Inc.  
Viking Sports  
Law Offices of Patrick Meszaros  
Will County Republicans  
Will County Democrats  
Schenk Duffy Law Firm  
Sid Kamp Trucking, Inc.  
Double "J" Sports Bar  
Imperial Construction Associates  
John Sullivan, D. D. S.  
D'Arcy Motors  
D. Oxley Construction  
Classic Construction  
Himilayan Goji Juice  
Budget Golf  
SBC  
Hometown Bank  
Chicago Bridge and Iron  
Target  
Ecolab  
Northern Illinois Steel  
Blue Cross Blue Shield  
Silver Cross Hospital  
McDonald's Corporation  
Ronald McDonald House Charities  
Future Laser Vision Center- Dr. Richard Foulkes  
ENT Surgical Consultants  
Grant's Television and Appliances

- The Lamb's Fold is a mission of over 50 area churches of all faiths and denominations.
- The Lamb's Fold is supported by many other generous individuals and organizations in our community.
- The Lamb's Fold staff diligently applies for any and all grant funding for which we qualify.

## John and Mary Lambert Community Memorial Foundation

Lamb's Fold Center for Women and Children was honored to receive the John and Mary Lambert Community Memorial Foundation grant once again. To show our gratitude we set up the John and Mary Lambert Computer Center in their honor. The original donation allowed us to set up a computer lab complete with two side-by-side computers, which includes internet service, for the women and children to utilize. This computer lab helps the women with job searching, resume and cover letter writing, as well as to gain more skills for employment. This year's funding provided ongoing computer maintenance, software upgrades, etc. The children are able to improve their computer skills while completing their school homework. Many women have already secured gainful employment as a result of improving their skills on these computers!

