

# DONOR REPORT 2013



*Thank you for helping make  
Powerful Change possible!*



**LEARN MORE ABOUT YOUR IMPACT**





## Greetings Friends,

On behalf of everyone at Wellspring, I would like to express our deepest thanks for your support in 2013!

Together, we helped nearly

**4,000 individuals – including more than 2,900 children and 1,600 families – tap into their own resilience and strength, take the next step forward, and rebuild their lives.**

Because of your support, there is a place where children and families experiencing crisis can find the support they need to deal with the negative effects of trauma so they can achieve positive, permanent change, and break generational cycles of homelessness, domestic violence, and mental health challenges.

### Thank you for your support!

I'm often asked by you – our generous donors and friends – if positive, permanent change is really possible, and if so, how it happens. At Wellspring, we know change is possible. We observe it every day.

### But how does change happen?

Answering the second part of this question – *how permanent, positive change happens* – requires more than observation and measurement. It requires a deep and thorough understanding of the root causes of instability in families, and how childhood trauma impacts the long-term development of the human brain and the adult that child will become.

Recent advances in medical and neuroscience research prove what we've long observed at Wellspring: children who experience trauma stemming from **adverse childhood experiences (ACEs)** – from abuse, neglect and/or household dysfunction – are more likely to experience negative life outcomes as adults, and to repeat behaviors that continue the cycle of ACEs with their own children.

### What are the effects of ACEs?

Without intervention, the consequences of unaddressed ACEs in adults are severe. In fact, a study conducted by the Center for Disease Control and Prevention and Kaiser Permanente found that adults with one or more ACEs have a higher risk of heart and lung disease, cancer, suicide, mental illness, substance abuse, educational disruption, workforce problems, and adult instability.

### What does this mean for Wellspring?

This research provides a critical stepping stone in our ability to further refine our programs and services to address the root causes of family instability in 2014 and beyond. As we look to the future, we are committed to fostering family resilience and well-being by reducing or eliminating adverse childhood experiences in families, as well as healing the impact of those that have already occurred in the lives of the children and adults that we serve through our Community Service programs.

Together, we are answering the second part of the question – how positive, permanent change happens, and will continue to happen for the thousands of children and families we serve each year.

As you review our 2013 successes and impact, we hope you are as proud of your commitment to Wellspring as we are to have your support! Thank you for all that you have done – and will do – to help children and families in crisis reach their full potential.

### With gratitude,

Ruthann Howell

*P.S. I look forward to seeing you at our annual Powerful Change Luncheon on May 7, 2014!*

# 2013 Community Impact

Together, we helped nearly

# 4,000

INDIVIDUALS





tap into their own resilience and strength, take the next step forward, and rebuild their lives.

This includes **1,670** families and **2,973** children.

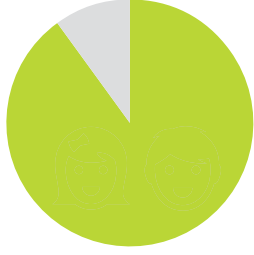
# 92

HOMELESS CHILDREN



attended our **Early Learning Center**, where they learned skills to cope with the effects of trauma and toxic stress.

**90%** of the children who attended for at least 4 weeks gained the social, emotional and developmental skills needed to be **successful in kindergarten.**




**354** individuals, including **189** children, avoided eviction and homelessness with the support of our **Housing Stability Specialists.** **6** months later, **81%** were still stably housed.

# 70

HOMELESS FAMILIES



including **131** children moved into a safe & stable home.




**6** months later, **88%** of these families were still stably housed.







# 117

MEN



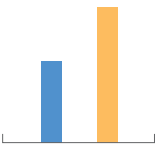
participated in our **Domestic Violence Intervention Program** to become more stable and healthy partners and parents.

**91%** of the men who participated for at least **7 months** learned new, non-abusive behaviors.






# 2,383

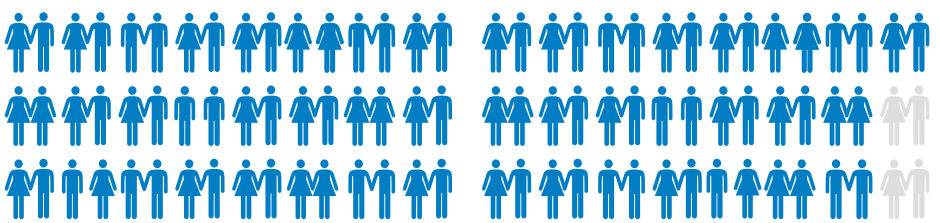
HOMELESS CHILDREN & THEIR FAMILIES



received a total of **4,000** shopping trips for essential items at the **Baby Boutique**, our free store.



**24 LOW-INCOME/FORMERLY HOMELESS PARENTS**



worked with our child therapists to improve their parenting skills and foster positive attachments with their children.

**91%** of the parents who received therapy for at least 6 months demonstrated an increase in parenting skills.

Without our volunteers, we could not do the work that we do. Thanks to you, the funds we save on staffing can be allocated to our mission-critical programs. We are pleased to acknowledge all of our volunteers on our website. For a full list, please visit [www.wellspringfs.org](http://www.wellspringfs.org).



In 2013, 

# 772


 PEOPLE volunteered a total of 

# 9,366

 HOURS

=



for an estimated value of more than 

# \$85,000

 to Wellspring.

Stay connected to Wellspring for current events, news, and inspiring stories of lives changed!



# Thank you

to our generous donors in 2013. We are grateful for every gift!

## 2013 Donors: COMPANIES, FOUNDATIONS, & ORGANIZATIONS

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### WHY WE GIVE

*"Spend just one Saturday morning volunteering at the Baby Boutique and you'll see the delight in the children's eyes who are shopping for clothes. They know that on Monday morning, they will go to school with something fun to wear that makes them feel special. That's why we support Wellspring's Baby Boutique—to make sure those children know they are special."*

— Jacqualee Story, Executive Vice President of Business Affairs, NINTENDO OF AMERICA INC.

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### WHY WE GIVE

*The Baby Boutique and the holiday Toy Room offer parents the ability to shop for their children, empowering them to make decisions and choices that they don't usually have. Through the Kids Helping Kids program, we have been able to teach our daughter the value of helping others.*

– Becky Handsheiw, MONTHLY DONOR



## 2013 Donors: INDIVIDUALS



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### WHY WE GIVE

*I give to Wellspring because they ultimately help people under amazing stress find their footing and peace of mind. That is my goal with the music I make for families as Caspar Babypants so working with Wellspring on the Kids Helping Kids program is directly in line with my mission. Reminding people that this world is made of empathy is what Wellspring is all about.*

– **Chris Ballew, SUPPORTER & SEATTLE MUSICIAN**

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Karen Andersen & Mike Matthews

### WHY WE GIVE

*“My son has come such a long way at the Early Learning Center. His growth is just amazing.”*

– **Hortencia  
FORMER CLIENT**

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**WHY WE GIVE**

*"Mostly what I feel when I'm here is hopeful."*

—Julie  
 FORMER CLIENT

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Stay connected to Wellspring for current events, news, and inspiring stories of lives changed!

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### WHY WE GIVE

*"Without Wellspring,  
I don't think I'd be on  
this path of gaining  
knowledge as a  
parent and being  
empowered by it."*

—Demetria  
FORMER CLIENT

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*"I don't believe that we will ever be homeless or alone again."*

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**FORMER CLIENT**

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**WHY WE GIVE**

*I learned at an early age the importance of supporting my community and staying involved in my civic duties. Wellspring provides great services for a wide range of people and I have been so grateful for the opportunity to build camaraderie and be a part of their community.*

– **Samuel Taylor, DONOR**

*Stay connected to Wellspring for current events, news, and inspiring stories of lives changed!*

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**WHY WE GIVE**  
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 — Earl,  
 FORMER CLIENT

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– Rodger Kohn, DONOR & WELLSPRING AWARD RECIPIENT

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– Diane St. John, WELLSPRING BOARD MEMBER

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