

ANNUAL REPORT 2021

eliminating racism
empowering women

ywca

Greater Austin

FORGING
CONNECTION
FORWARD

ENABLING
RESILIENCY

ENCOURAGING
WELLNESS

TRANSFORMING
LIVES



EXECUTIVE DIRECTOR'S STATEMENT

Dear Central Texas Family,

We are deeply grateful for your continuous support of our mission and the trust that allows us to continue the important work of eliminating racism and empowering women.

This year has tested our grit and resilience in unprecedented ways. An ongoing nationwide “she-cession” has threatened the future of work for women.

The ongoing pandemic has challenged our health and childcare systems, led to an increase in domestic violence, and exposed the fact that for far too many women and their families, life is precariously balanced on a tightrope, often without a safety net. This is especially true for women of color.

YWCA Greater Austin was empowered to face these challenges in 2021 and beyond. We have deepened and expanded our mental health services, while also advocating for reform and justice. We have increased our capacity and strengthened initiatives, focusing on three priority areas:

- Addressing systemic and intergenerational cycles of abuse, trauma, & poverty.
- Developing sustainable models of financial empowerment for our clients.
- Advancing social and racial justice dialogues in our community

Join us in creating a society where we prioritize mental health as a human right and creating a transformational thriving future of healing justice and liberation.



IN SOLIDARITY,
NAYA DIAZ

Naya Diaz

YWCA Greater Austin
Executive Director

\$1 MILLION DONATION FROM MACKENZIE SCOTT

The YWCA of Greater Austin has received a \$1 million dollar donation from MacKenzie Scott. The donation is part of Scott's \$4.2 billion-dollar philanthropic effort to support organizations serving underserved communities during the pandemic.

MacKenzie Scott is a novelist and philanthropist committed to supporting organizations working for social issues such as racial equity, LGBTQ rights, democracy, and climate change.

YWCA has a long history in the Austin area, dating all the way back to 1907. The organization played an important local role during the civil rights era—participating in desegregation efforts, and continues to advocate for racial equity today.

In recent years, YWCA Greater Austin has worked to bridge the gap between mental health and racial equity.

“We’ve been working for equity for nearly a century and we’ve seen how COVID19 has disproportionately affected low-income communities of color. This donation will allow us to expand mental health services to people grieving their loved ones, job loss, anxiety, depression, and the effects of isolation.” said Naya Diaz, executive director of YWCA Greater Austin. “We are deeply grateful for this incredible gift and thrilled to be able to deepen our work at the intersection of mental health and social justice in the Austin community.”

The contribution from Ms. Scott will go towards deepening the work of YWCA Austin's Counseling & Referral Center, Care Coordination Program and Volunteer & Training Institute to serve underrepresented communities across Central Texas in the area of mental health and care coordination.

Blog post written by Monet Munoz, December 16, 2020

WHAT WE DO

YWCA Greater Austin is on a mission to eliminate racism and empower women. We've been at the forefront of every civil rights issue since our inception in 1907. We work to improve the lives of women, girls and communities of color through local programming, services and client-informed advocacy.

Today we carry out our mission through the programs that we have in each of our issue areas:

- Health and Safety of Women and Girls
- Economic Empowerment and Advancement
- Racial Justice and Civil Rights

COUNSELING AND REFERRAL CENTER

Offers free or affordable culturally and linguistically appropriate mental health counseling and therapeutic support groups.

TRAINING INSTITUTE

Builds individual and community capacity to address the root causes of gender and race-based inequity.

CARE COORDINATION

Provides case management services, client resourcing, childcare assistance through the Bridge Childcare Program, along with life skills classes (from time management to budgeting, etc.)

WARMLINE

The Warmline is for people with emerging non-emergency thoughts and feelings that have arisen or have been exacerbated by the current health crisis and who may benefit from receiving emotional support and a space for connection.

GENYW

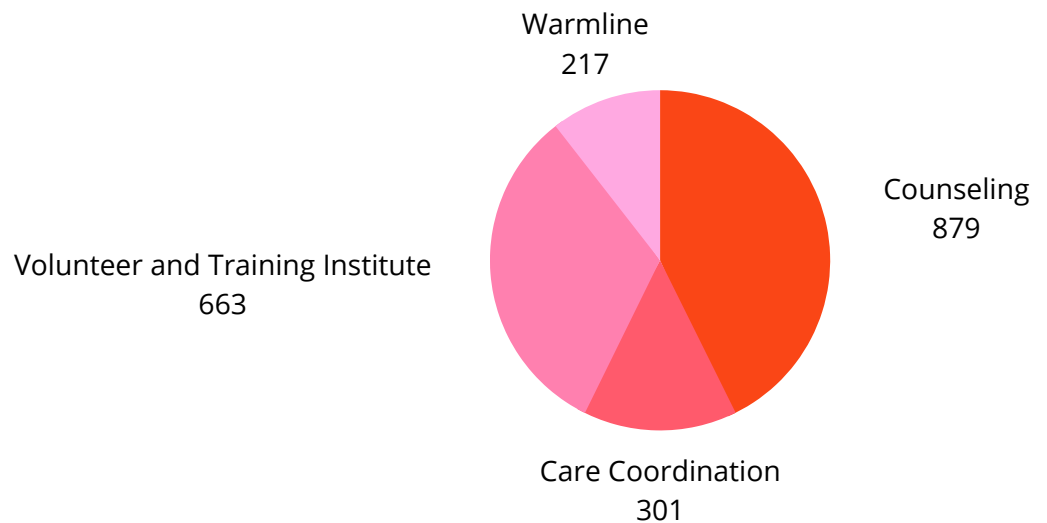
Offers weekly curriculum-based educational groups which work toward increasing youth resiliency, expanding knowledge about the personal and cultural consequences, and increasing feelings of empowerment and community connectedness.

LIVES TOUCHED

YWCA services reach across Central Texas in Bastrop, Hays, Travis, and Williamson counties. Currently, our agency is one of the few affordable, culturally competent, linguistically appropriate and trauma-informed mental health counseling centers in the greater Austin area. YWCA partners with community programs and public schools to provide critically needed wrap-around services to Central Texas families. YWCA Greater Austin has addressed the basic human and mental health needs of the community for decades.

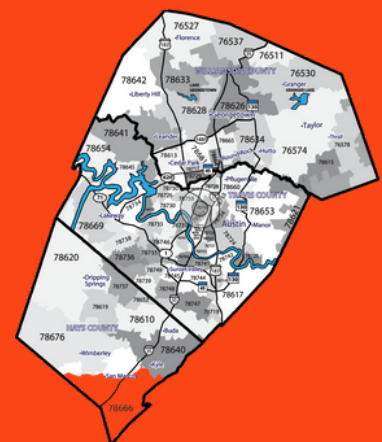
Total Clients Seen

**2,060 Clients
Seen Across All
Programs**



Client were seen in:

- all 78 Travis County zip codes
- all 8 Hays County zip codes
- all 8 Bastrop County zip codes
- all 27 Williamson County zip codes



COUNSELING AND REFERRAL CENTER (YWCRC)

YW Counseling and Referral Center (YWCRC) works to offer affordable, culturally and linguistically appropriate mental health counseling and therapeutic support groups for women, couples, families, and children. YWCRC is one of few organizations to offer free to low-cost mental health care to vulnerable populations in greater Austin.

- Clients reported improved mental health, attitude, and behaviors
- Transitioned to offering services in a hybrid format
- Utilized a number of evidence-based and promising practices including but not limited to Somatic Experiencing®, Trauma-Based Relational Intervention, Eye Movement Desensitization and Reprocessing, Relational-Cultural Therapy, Narrative therapy, and Trauma-Informed Care.
- Re-launched GenYW and maintained Warmline
- Provided staff support partner organizations through community conversations, psychoeducational groups, staff services

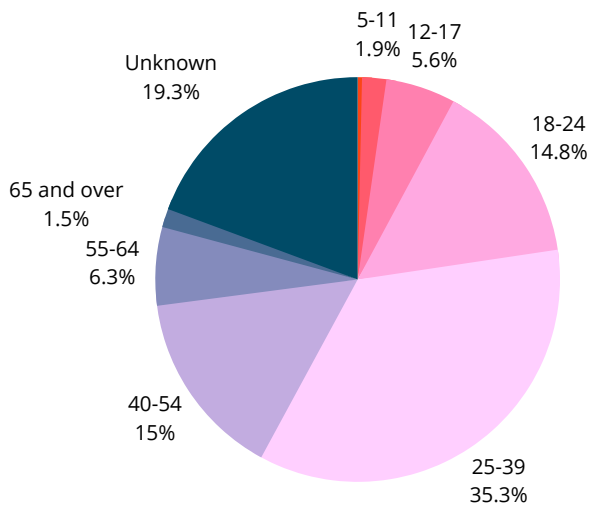


5,452 HOURS OF COUNSELING

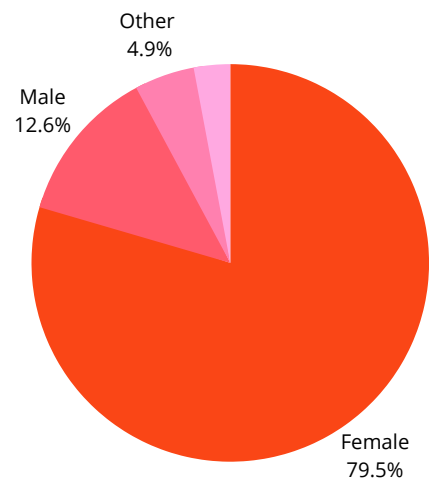
569 clients served through individual and family/couple counseling

310 clients served through group counseling

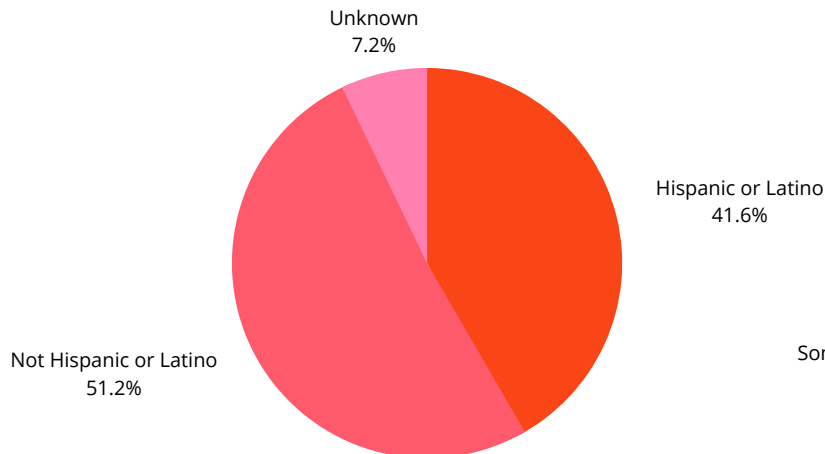
Clients by Age



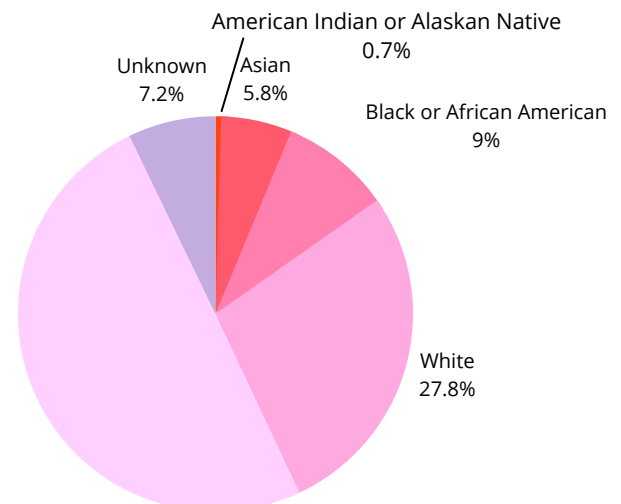
Clients by Gender



Clients by Ethnicity



Clients by Race



BUILDING CONNECTIONS

YWCA Greater Austin firmly believes that human connection and emotional support are basic human needs. We recognize that helping community members meet their emotional needs provides hope when navigating the difficulties of life. In accordance with our mission to strengthen communities through crisis prevention, YWCA Greater Austin recognized the need for increased mental health support in 2020 and, in response, launched our non-crisis line, Warmline.

We maintained Warmline through 2021 and received 217 calls to provided connection and support.

YWCA was able to fully transition group therapy to virtual services. With a small decrease in participants from 2020, **we saw 310 unduplicated clients attend the various groups we offer.**

GROUP HIGHLIGHTS

Black Women's Support Group

A support group for Black Women led by Black Women.

The ongoing violence against people of color is a never-ending reminder of the oppression and the unjust practices against the African American/Black community. The violence toward members of the African American/Black community. Systematic racism emphasizes not only the unrelenting hate African American/Black communities endure but is also a reminder that for many African Americans/Blacks this trauma is ongoing, complex, and utterly senseless. This group provides a space for the women of this community to process their trauma.

Relationship Abuse Support Groups

YWCA Greater Austin hosts various psychoeducational and healthy relationship support groups for those who have or are currently experiencing any type of abuse in their dating/partnered relationship(s). Abuse can be incredibly confusing and isolating. These groups provide a safe place to learn more about the dynamics of abusive behavior and to share experiences with other survivors.

CARE COORDINATION

YWCA Greater Austin care coordination provides short-term/limited case management, emergency short-term financial assistance to help families in crisis access childcare, and life skills classes.

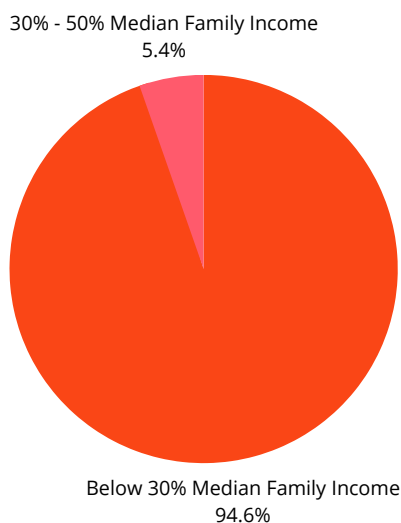
- 245 case management clients (increased from 117 in 2020)
- 63% of clients reported homelessness / near-homelessness / homelessness due to fleeing Domestic Violence

**B
R
I
D
G
E**

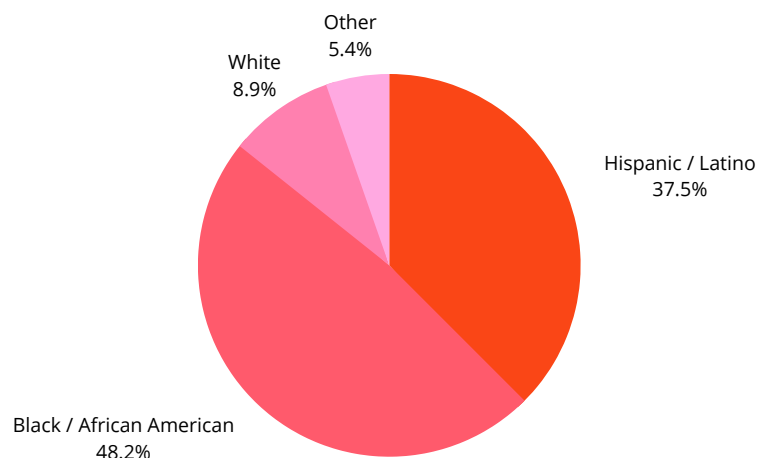
YWCA provided needed support to children and families through the Bridge program. Bridge offers parents, guardians, and caretakers of children in crisis short-term child-care subsidies. Bridge program facilitates long-term self-sufficiency through stable employment.

56 children were afforded an estimated 47,384 hours of childcare, allowing 35 families to work towards building a secure financial future for themselves. 50 children come from Female Head of Household homes.

Clients by Income



Clients by Race



OUR IMPACT

90%

Clients reported improvement of mental health functioning

97%

Clients reported achievement of treatment goal

88%

Clients reported increased engagement with mental health programs due to accessibility

85%

Clients reported improvement in behavior or attitude

95%

Clients reported increase of knowledge or skills

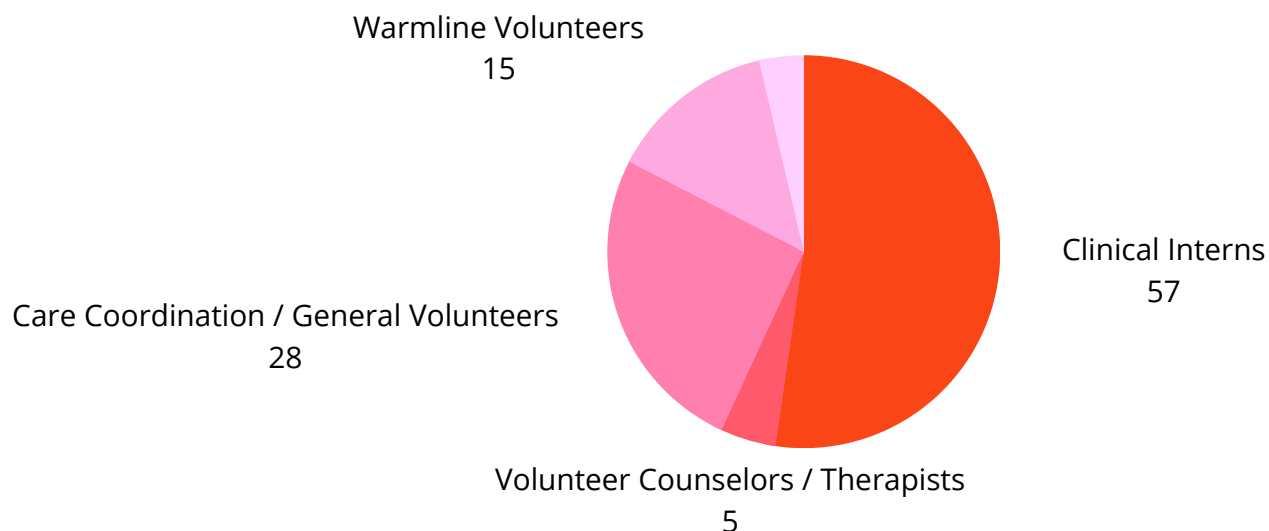


VOLUNTEER AND TRAINING INSTITUTE

YWCA Greater Austin commits to implementing racial and social justice programming in our daily work. The Training Institute provides a space for education, personal growth, and professional development that builds capacity for social change. Educational and informative presentations are offered by a wide range of professionals and subject matter experts and provide the opportunity to disseminate new ideas of racial justice and equity in our communities.

- **31+ trainings** and workshops, in **16 different subject areas**, to address the root causes of gender and race-based inequity
- **Over 20,000** total volunteer hours
- **103** volunteers and interns were recruited and trained

Interns & Volunteers by Program



VOLUNTEERS

YWCA Volunteers and interns assist across all program areas at the agency. We work cooperatively with colleges and universities to provide students impactful and inspiring real world experience. Clinical volunteers are LPC-Is and LMSWs working towards completing their clinical hours for advanced licensure. Non-clinical volunteers positions range from social media and marketing, fund development and event planning, assisting with the Training Institute, care coordination, advocacy and outreach, group facilitation, administrative, fund development, grant researching and writing, education, planning skills, etc. More recently, YWCA Greater Austin developed the warm line as a response to the increase in calls from people needing a space to talk about the stressors and isolation related to COVID-19, but not necessarily seeking therapy and brought on volunteers to field calls.



Internships

YWCA Greater Austin works cooperatively with colleges and universities to provide students impactful and inspiring real world experience. All volunteers and interns receive orientation training, weekly supervision, professional development, and access to YWCA Training Institute class offerings.

Masters-level interns are social work and counseling students who plan to provide therapeutic services or who are on the administrative track. **Bachelor-level internships** offer students the opportunity to develop care coordination, advocacy and outreach, and other generalist social work and non-profit experience.

YOUTH OUTREACH

GENYW

This year, YWCA Greater Austin welcomed back our GENYW program. GenYW supports Central Texas children and youth through collaborations and partnerships that build community ties. This year was spent evaluating the program goals and developing a strong curriculum before reintegrating the program into schools in the 2022 fiscal year.

GenYW programming consists of weekly curriculum-based educational groups during school hours that work toward increasing youth resiliency, expanding knowledge about the personal and cultural consequences, and increasing feelings of empowerment and community connectedness. Currently, in collaboration with Communities In Schools, weekly groups are targeted to Austin Independent School District campuses and work toward improving the youth's relationships with their school and community, as well as building their resiliency skills.

STEM Girl Superstars

STEM groups are a 6-week program for girls in grades 3rd - 8th to explore STEM learning, participate in socio-emotional growth activities, build confidence and connection, and innovate. We utilize science and technology tasks while building social-emotional skills and making fun memories and connections. Through this program, we foster a love for science in young women in Texas and share this opportunity with families who are open to enriching their lives and broadening their interest and understanding of STEM within their home.



SHINING THE LIGHT ON SURVIVING AND THRIVING: WE'RE NOT ALL IN THE SAME BOAT

2021 MENTAL HEALTH SYMPOSIUM

YWCA Greater Austin's 2nd Annual Mental Health Symposium shined a light on the vast experiences of diverse populations navigating through the implications of the Covid-19 pandemic, economic crisis, racial reckonings, political conflicts, and the historic winter storm. Collective experiences of the last two years illuminated inequities and privileges in our society; while some struggled to survive, others thrived.

Through this symposium, we examined the implications for marginalized groups, the compounded impact on mental health, and the inequitable access to resources. Presentations brought out attention to four key areas:

Public Health, Education, Environmental Justice, and Economic Empowerment.



Together



Connect



Learn

**Do you want to learn more?
Check out our website!**



<https://ywcaAustin.org/>

eliminating racism
empowering women

ywca

Greater Austin

To our Board. To our staff.
To our interns. To our volunteers.
To our donors. To our community.

*Thank
you!*

Because of you, we had an incredible 2021.
See you next year!