

eliminating racism
empowering women

ywca

Greater Austin

Est.

1907



2023

**ANNUAL
REPORT**

*Until Justice
JUST IS*

www.ywcaaustin.org

From the Executive Team

We want to extend our gratitude for the support of our incredible community that enables us every day to eliminate racism and empower women through our programming, training, and advocacy. We could not do this work without our talented staff, conscientious board, generous funders, dedicated interns and volunteers, and the inspiring people we serve.

This year has been a time of transition for YWCA Greater Austin, our local community, and our country. We have seen challenges to social justice, including anti-trans legislation, an ongoing housing crisis, book banning, attacks on women's health reproductive rights, and economic challenges across the board.

At the same time, the transition back to in-person services has breathed new life into our work. In addition to our on-going mental health service for individuals, couples, and families, we have: brought somatic movement for self-care and self-regulation to community groups in North Austin, Jonestown, and at the Juvenile Detention Center for youth; hosted a summer program for 4-8th graders to engage in social-emotional learning; provided no-cost acupuncture for providers, teachers, and first responders; and provided trauma-informed training to over 1,000 community members!

Another big transition this year was the announcement that our Executive Director, Naya Diaz, would be transitioning to YWCA USA. While we will miss her leadership and spirit, we feel hopeful as we look forward to future leadership that advances the vision for YWCA Greater Austin.

Times of transition can be difficult and filled with grief, but can also signal times of opportunity. It is possible to hold multiple feelings at the same time (loss, fear, curiosity, anticipation). We intend to take this moment to reaffirm our commitment to the important work of healing justice and collective liberation. *¡Tu lucha es mi lucha!*

YWCA Greater Austin Executive Team

This year

1 Counseling and Referral Center

2 Support Groups

5 Promotora Program

6 GenYW Program

7 Warmline

8 Care Coordination

10 Mental Health Symposium

11 Training Program

13 Volunteers & Interns



Counseling and Referral Center

YWCA Greater Austin is dedicated to providing the highest quality mental health services to clients in the community who otherwise would not be able to afford individual, couple, and family therapy.

Using a relational-cultural model and evidenced-based interventions such as Somatic Experiencing, staff and clinical interns at the CRC support clients in healing work around trauma, relationships, stress, anxiety, depression, and systemic oppression.

263

Served in individuals, couple's and family counseling

89%

Demonstrated improvement in mental health status

95%

Achieved a treatment plan goal

Support Groups

584

Individuals
served

18

Support
groups

11

AISD
schools
served

4

Manor ISD
schools
served

YWCA Greater Austin offers no-cost support groups to the Central Texas community. From counseling on body image, navigating parenthood, to trauma support, YWCA is proud to offer groups in much-needed areas of support.

Individuals participating in YWCA's support groups report they have an increased ability engage in behavioral health services due to accessibility. They also report having increased knowledge and skills from group sessions.

Caitlin Battel, Lead Therapist at YWCA Greater Austin, shared the impact of this year's groups offered at the local jails. (cont. on page 3)



Group Impact

“To start the year in October 2022, we had gotten our programs back in the jails,” says Caitlin, “so that was a really important part of our community access.”

In these groups, therapists and clinical interns have the opportunity to acknowledge trauma and discuss systemic issues. “I feel like the biggest impact we have is talking about the social justice aspect in the jails, because it’s so evident in their everyday life.”

Intern participation is another key element of the group work. Clinical interns have the opportunity to learn and speak about racial trauma and trauma-informed care - topics that are not always covered in their formal education.

“[We’re] really flipping the system on its head with how we’re presenting therapy and how we can show up. How we can approach in ways that are authentic, relational, trauma-informed, and intersectional,” says Caitlin. With the success of the renewed services in 2023, therapists and interns are looking to expand the work into the next year.



Caitlin Battell
Lead Therapist

“we’re really flipping the system on its head.”

Promotoras

The Promotora program at YWCA Greater Austin aims to demystify mental health and make it a common place topic discussed openly and honestly in everyday conversations by:

Cultivating skills to facilitate community conversations

Providing culturally affirming mental and physical health information

Making support and mental health services accessible

Increasing community engagement

21

Promotoras trained in the community

Topics

Destigmatizing mental health

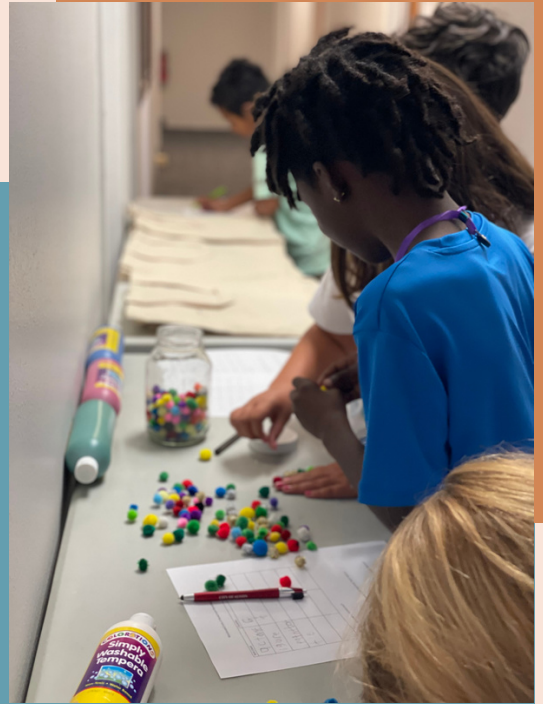
Accessing support and services

Mindfulness and Self-Regulation

Mental Health Knowledge

GenYW

The GenYW program provides psychoeducational groups and mental health services for pre-teens and teens in their school setting, in their communities, and at YWCA Greater Austin offices.



This summer YWCA Greater Austin launched a no cost summer program for students entering the 4th - 8th grade to increase social-emotional and self-regulation skill development through the use of STEAM activities and experiential exercises (yoga and mindful movement).

*"I didn't want to participate in the ice breaker today but you helped me get excited about our activities...now I am having a blast. Excited to return tomorrow!"
- youth participant*

67 Youth served in schools

90 Served in the community

3 Service Counties

Warmline *you talk, we listen.*

Created during the COVID-19 pandemic, YWCA Greater Austin's warmline provide an opportunity for folks in non-emergency situations to share their thoughts and feelings, as well as receive emotional support and connection.

69

Unique
Warmline
callers

We understand that connection to others and emotional support are basic human needs and help to cope in difficult situations. The Warmline is designed to prevent a mental health crisis.

The Warmline is designed to prevent a mental health crisis.

Callers to the Warmline are often facing situations where they feel a heightened sense of anxiety. They have reported feeling relieved about having a space to feel heard and process their feelings. They have shared that at the end of the call they've felt heard, more optimistic, and hopeful.

Warmline responders also offer strategies to navigate challenges and tangible resources when possible. The most common feedback from callers, however, is that folks are grateful to have someone who will listen to their stories and their worries. Combating isolation is one of the most powerful things we can do to promote mental health - that's what makes the YWCA Warmline an invaluable resource for our community.

Care Coordination

Care Coordination at YWCA Greater Austin is a trauma-informed holistic program dedicated to assisting clients in eliminating barriers to accessing the services they need.

Care Coordinators recognize and acknowledge systemic and institutional challenges in order to restore a client's sense of dignity.

Through Care Coordination, we assess needs and goals and work collaboratively with the on-site therapist, external resources, support systems, and community organizations to provide effective comprehensive care.

153

Clients served

54%

In Travis
County

45%

Women
Ages 18-64



A Vital Connection



When a mother called YWCA Greater Austin's Care Coordination team in distress because she was losing her childcare, she was quickly matched with an intern to support her case. Working together, the mother and intern were able to engage in advocacy with a local daycare to secure the funding needed to provide low-cost services for her child.

"She was quickly matched with an intern to support her case."

Without this type of support, losing daycare can result in loss of employment, and eventually loss of housing, shares Heather Nicoll, Care Coordination Program Manager. Interns have helped with obtaining legal advocacy for clients facing evictions, securing paid apprenticeships, and connecting clients with other vital services.

"Holding space can save a life"

"You can't underestimate the importance of holding space," continues Heather, "and being able to be there when no one else is. Holding space can save a life."

Training Program



Bri Liu
Lead Therapist

With a team of licensed and experienced staff, YWCA Greater Austin’s training program offers impactful education and support to the Central Texas community.

Bri Liu, Lead Therapist, provided a training on systemic barriers to trauma-informed work at the nonprofit, RAICES. “They got

to take some somatic tools. The reminder of slowing down, that your intuition’s going to tell you what you need.” Bri shared that the folks like those at RAICES who are trained by YWCA can feel “that their experience is normalized, a relief or respite, a tangible tool they can use, and an opportunity for them to feel really seen.”

With new trainings requested regularly, Bri hopes that through these experiences she and the team will continue to “be able to make really deep connections with people and to be able to be moved by them and their stories.”

52

Trainings

1,089

Attendees

15

Organizations

30

Topics

Praise for our trainings

— “ —

Loved the training and found it informative and helpful. I will be doing more research on the topic to learn, grow, and fight racism. Thank you for doing this work. It is so important.

— ” —

90%

Strongly agreed that they will utilize something they learned from this training in their personal or professional life.

87%

Would recommend the training to others!

— “ —

This training was absolutely excellent. It was interactive, well put together, and thought provoking. Everyone who attended got something out of it.

— ” —

Mental Health Symposium

YWCA Greater Austin hosted two Mental Health Symposiums this fiscal year!

Embracing Agency. Authenticity. and Collective Healing

October 18-19, 2022

Hosted virtually, **41 community members** gathered together to discuss the impact of trauma and oppression while on a path to collective healing, growing and strength.

Healing Justice: The Role of Joy, Play, and Rest

April 13, 2023

Hosted at St. Andrews Church, this hybrid event had **55 attendees**. Speakers focused on how to integrate play, song, dance, laughter, movement, rest, and creativity to aid in trauma resolution and collective healing.

Volunteers and Interns

We couldn't do this work without the help of our hardworking volunteer and interns.

YWCA volunteers and interns are involved in every aspect of the organization! We collaborate with colleges and universities throughout Texas to ensure student interns gain direct clinical experience. Additionally, clinic volunteers are able to be trained in evidenced-based practices by experts and work towards the hours needed to advance their licensure.

We also have a wide network of individuals who fill positions outside of counseling. Volunteers help with social media and marketing, fund development, event planning, the Training Institute, care coordination, advocacy and outreach, group facilitation and more!

Thank you!



90

Volunteers and interns

12,000

Volunteer and intern
service hours

*We're not new to this.
We're true to this.*



Advocating for
justice since
1907

Fighting for trans
rights in 2023



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Be a change-maker by supporting
YWCA Greater Austin!



<https://secure.ywcaustin.org/forms/donation>

Want to partner with YWCA Greater Austin?
Contact ana@ywcaustin.org

Thank you!

to our partners, sponsors, and donors



Helping Here.



Planned Parenthood of Greater Texas



AUSTIN OAKS HOSPITAL



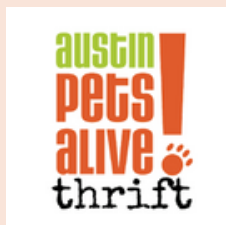
St. Andrew's
Presbyterian Church
OPEN MINDS, OPEN HEARTS, OPEN HANDS



Amplify Austin Day

Thank you!

to our partners, sponsors, and donors



eliminating racism
empowering women
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Until Justice
Just Is

Serving Central Texas since 1907