

MIDDLE WAY HOUSE

PROVIDING MEANINGFUL ALTERNATIVES TO LIVING WITH VIOLENCE



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FROM OUR HOUSE TO YOURS

Welcome to the spring 2018 edition of the Middle Way House newsletter. We're glad you're here! While spring might be off to a slow start, it has been a busy and exciting time for us.

As you read through this issue, we hope to provide a glimpse into our day-to-day activities and the milestones achieved as we work to provide survivors with meaningful alternatives to living with violence. For example, did you know this year will mark two decades of providing survivors with access to safe and affordable housing through our transitional housing program, The RISE?

Middle Way has a volunteer force of more than 300 individuals who throughout 2017 provided over 16,000 hours of service. Many volunteers work within programs and help provide direct services to survivors; however, others provide services and maintenance to help keep our facility welcoming and comfortable. Read on to learn about some of the unique ways individuals, organizations, and donors contribute to our mission.

This work takes a village, and we're so glad that you're a part of ours!



THE RISE! CELEBRATING 20 YEARS

A lack of access to safe, affordable housing is often a significant barrier to survivors of violence and is a critical factor to achieving long-term safety. In 1998 our transitional housing program, The RISE!, first opened its doors to low income adults recovering from the impacts of violence in an effort to help mitigate these challenges. The mission of the program is to provide survivors with access to permanent, safe, and affordable housing; to achieve economic security; and foster their strengths to further develop their capacities for self-determination.

The RISE! is a complex of 28 two- and three-bedroom apartments equipped with appliances, including a stove, refrigerator, microwave, and dishwasher. Furnishings are also available on a first-come, first-served basis. Utilities are provided, with tenants paying for telephone and cable. The cost of housing is based on the residents' ability to pay. On-site programming, such as support with tutoring for GEDs and college coursework; financial education programming; and resume and practice interviews, are all offered at no cost to participants. Client-driven programming, such as tai chi, is also available to increase access to social capital, enhance overall quality of life, and foster a sense of community.

Over the course of the past two decades, The RISE! has served 452 families. During their time with us, residents have utilized programming designed to help address a number of constraints that so often impede the transition from danger to self-determination.

Previous residents have obtained their GED as well as started or completed college degrees in various fields of study while living at The RISE! These individuals now have fulfilling careers in a myriad of professions, including education, social services, and business administration. Others serve on boards of social service agencies and give back to this community through the perspective of their unique experiences and expertise. People who lived at The RISE! as children have returned to volunteer or join the program as staff. Adult residents have also returned as staff or volunteers and bring an invaluable perspective to their work.

In 2016 our agency faced one of our most significant challenges when the Department of Housing and Urban Development de-funded transitional housing programs across the country, resulting a loss of funding totaling \$174,000. Our staff and community rose to the occasion to secure alternative funding from grants and donations from individuals, foundations and corporations. Because of the tremendous support from our community, the RISE!, a proven success, survived and continues to provide access to address the crucial need for safe and affordable housing.

The RISE! provides clients with a sense of community, empowerment, and the ability to create a support system. The words of a former tenant help bring these sentiments to life: "I'm so glad you're here. I have wanted to tell you that my new life began when I moved into The RISE! I filed my divorce here and it went through later in the year. I became a manager at my job. And my kids love our new house that we don't ever have to move out of, if we don't want to. It all started at The RISE!" We hope you will join us in celebrating 20 years of providing this meaningful alternative to living with violence.

VOLUNTEER SPOTLIGHT: IT TAKES A VILLAGE

Throughout 2017 our dedicated volunteer force contributed more than 16,000 hours of service to Middle Way House! We are incredibly grateful for the contributions of the amazing individuals who dedicate their time, talents, and services to helping us support survivors of domestic abuse, sexual violence, and human trafficking. There are many unique ways to contribute. In this issue, we'll explore community members and organizations that assist our New Wings facilities manager, Sheila Zintsmster Doran, with appliance maintenance, building repairs and improvements. It takes a village indeed, and we thank each and every one of you for your ongoing support of our work.

Lee Van Buskirk

Lee is semi-retired and has been volunteering with area non-profits for the last few years. Because of his background, Lee can offer repairs to many facets of a building. He has repaired and installed screens, installed security latches for screens and windows, installed shelves in offices and bedrooms, disconnected appliances and water lines, replaced the sub-floor in the residents' kitchen, among many other miscellaneous tasks.

When asked why he volunteers to share his time and talents with us, Lee responded "I have always appreciated the fact that we have Middle Way House in our community and that they provide a much-needed service. I find that volunteering is a way to give back to our community." Thank you, Lee, for all that you do for Middle Way House and your community.

Michael Fields

For eight years, Michael was a scenery builder for Cardinal Stage Company. Since retiring he has been trying to find volunteer opportunities that fit his non-standard skill set and began volunteering at Middle Way House with his friend Lee Van Buskirk.

Michael has helped us disconnect appliances and water lines and helped replace the sub-floor in the residents' kitchen. Thank you Michael, for the wonderful contributions you've made, and hats-off to Lee, for sending you our way!



Lee Van Buskirk (left) and Michael Fields (right)

Eric Johnson with State Cleaning Solutions

For over three years, Eric has come in monthly to check our shelter kitchen sanitizer and to ensure the sterilizing agents are at proper levels. State Solutions supplies Middle Way House with cases of chlorine, detergent, and spotless rinse for the sanitizer, all free of charge.

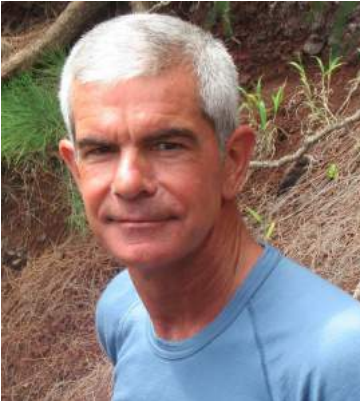
Eric says that each time he has come in, he has been happy to have the opportunity to learn more about the impact Middle Way House has on families. He says, "In the society we live in today, it's not often to find people who are willing to help one another. I'm proud of State Cleaning Solutions for providing products and services to Middle Way House and am happy I get to be a part of something good." We are so appreciative of you, and State Cleaning Solutions, Eric!



**Eric Johnson
(Volunteer Spotlight Continued on Page 4)**

VOLUNTEER SPOTLIGHT (CONTINUED FROM P. 3)

Chris Doran, Bloomington Soccer



Chris has frequently shared his time by painting, mulching, picking-up and delivering appliances, shoveling snow, and prepping areas for remodeling. "I'm grateful for the opportunity to offer my time and abilities to

Middle Way House. I appreciate knowing that a worthwhile organization benefits from my small contributions." We applaud you, and your heartfelt efforts, Chris!

Zac Simpkins & Kathleen Anderson

Zac Simpkins and Kathleen Anderson of Harmony Gardens graciously volunteered their services and labor for a tree planting at Middle Way House in honor of Toby Strout. Of their experience, Zac wrote: "It has been said there is no such thing as a selfless act. In that vein, one can see that when we help our community we are helping ourselves to build the kind of community that we want to live in. Kathleen and I have been fortunate to have had the opportunity to make a living for ourselves as well as helping to support others around us. Middle Way House is one of those organizations that every great community should have. A lot of hard work, big voices, and some help from the village has made it work." Thanks, Zac and Kathleen for being a part of this village!



MAKE A DIFFERENCE: VOLUNTEER WITH MWH!

If these awesome individuals and organizations inspired you, sign up to volunteer your own unique talents to Middle Way House!

Help us end violence in our community. You can make a difference by volunteering as little as 1.5 hours/week. There are numerous opportunities available at our Bloomington locations and our outreach offices in Greene, Martin, and Owen counties. All those interested in volunteering must participate in a mandatory orientation and training session.

Our next volunteer training is scheduled for Saturday, June 9th from 9 AM-5 PM at the downtown Bloomington Transit Center (corner of 3rd and Walnut Streets).

Pr-registration is not required, but we do ask that you visit the website, complete the volunteer application and bring it with you to the training.

2018 Training Dates:

- June 9th
- September 8th
- September 15th
- December 1st

All dates listed are Saturdays

PROGRAM/STAFF UPDATES:

PREVENTION

The Middle Way House prevention team has had a busy start to the year! They have provided our *Building Healthy Relationships* curriculum to 7th grade students at Batchelor Middle School and 10th graders at Bloomington High School North. The team also provided six prevention programs to youth at the Youth Services Bureau Binkley House Shelter and explored creative methods for communicating consent with youth and young adults at Stepping Stones (a semi-supervised transitional housing program for youth experiencing housing insecurity). Prevention also facilitated three social-emotional skills workshops to youth at the Project School Boys and Girls Club site and an LGBTQ+ dating violence workshop with Bloomington High School North's Gay Straight Alliance club.

Throughout the broader community, prevention program staff presented Intimate Partner Violence prevention workshops to two Indiana University School of Public Health classes and facilitated a transformative justice workshop for Indiana University's *It's On Us* peer educators. Three QueerTalk workshops for the LGBTQ+ community and three letter-writing nights to support incarcerated survivors, coordinated by our prevention staff, also took place. In addition, this active team presented the Youth Council of the Indiana Coalition Against Domestic Violence with a workshop on sexual assault peer advocacy skills.

Due to funding awarded to us from the Monroe County Community Foundation, we are excited to begin expanding our prevention programming to elementary-aged students. The grant will allow us to hire a part-time prevention specialist to develop and implement this program, with the goal of reducing future sexual and dating violence. The program will seek to decrease peer-to-peer perpetration, better prepare students for prevention programming offered at higher grade levels, and allow childhood sexual assault survivors to seek and access help sooner.

CRISIS INTERVENTION SERVICES

In January, Middle Way House was awarded a grant from the Sexual Assault Victims Assistance Fund which is intended to expand and enhance our existing rape crisis services. Funding will allow us to develop and provide more sexual assault services to community members. Because we know most survivors of sexual assault first disclose their experience to a trusted friend, we need to work with our communities in order to learn how to respond and best support one another post-assault. To begin, our crisis intervention services coordinators will develop additional outreach materials and programming for sexual assault survivors, enhance our Sexual Assault Awareness Month (SAAM) community education events, continue to expand our community partnerships, and enhance our capacity to provide additional support groups.

For example, beginning in January our crisis intervention staff began offering a support group for survivors of incest, which includes attendees of mixed genders. The group is the first of its kind in the history of our agency and is the only peer-led incest support group in the state of Indiana. It is held in addition to a sexual assault support group for individuals who have experienced sexual violence of any kind.

Survivors of incest may choose to attend one or both groups, which are well attended and, through word of mouth and outreach efforts, continue to grow. While the support groups are facilitated by crisis intervention staff, topics and focus areas are led by participants' needs and desires. Both groups are free and ongoing. Survivors may request to join at any time. To learn more about these support groups, contact the 24/7 help and crisis line (812.336.0846) and ask to speak with a facilitator.

Our Crisis Intervention Services Coordinators (CISCs) attend all monthly meetings of the Monroe **(Continued on Page 6)**...

CRISIS INTERVENTION (Continued from Page 5)

...Assault Response Team (SART). The team is facilitated by the prosecutor's office in an effort to establish a coordinated response to sexual violence in our communities. Our CISCs have found these meetings to be incredibly valuable for learning how our community can better empower survivors of sexual violence. Other SART attendees include representatives from law enforcement, IU officials, Sexual Assault Nurse Examiners, the Protective Order Assistance Partnership and the county's sex crimes prosecutor.

Most importantly, our crisis intervention team provided support to 42 survivors of domestic abuse and 36 survivors of sexual violence during the first three months of 2018.

LEGAL ADVOCACY



MWH New Wings Facility Legal Advocates (left to right): Virginia White, Heather Davis, and Sharon Groeger

First contacts with survivors of domestic abuse and sexual violence are extremely important. We know that trust developed through first encounters evaporates quickly if follow-through is insensitive or inappropriate. This makes it vital that law enforcement and court-related personnel at every step of the legal process with whom survivors may interact are trained and sensitized so that initial contacts do not discourage individuals from seeking legal assistance from these systems (if these remedies might improve survivor safety).

In an effort to improve interactions with law enforcement, our legal advocacy department, as part of the Protective Order Assistance Partnership (POAP) has built on its successful collaborative

training efforts with the Monroe County Sheriffs Office to extend training to other local law enforcement agencies.

Since January, our legal advocacy program has participated with POAP in offering two training opportunities with the IU Police Department and three sessions at the Bloomington Police Department (BPD), with an additional seven scheduled with BPD throughout the remainder of the year. Curriculum is focused on evidence-based practices for interacting with survivors using a trauma-informed approach as well as best practices for enforcement of active protective orders.

COUNTY OUTREACH OFFICES

Middle Way House serves six counties in southern Indiana with three county outreach offices located in Greene, Martin, and Owen counties.

The **Greene County Office** has recently formed a partnership with social workers at Greene County Hospital to provide training on identifying the warning signs of domestic abuse, sexual violence, and human trafficking as well as how to conduct survivor-centered safety planning. The goal of these efforts is to improve the referral process between the hospital and Middle Way House in order to increase awareness of and access to the wide range of services we provide.



In recognition of Teen Dating Violence Awareness Month (February), our **Owen and Martin County Offices** both partnered with middle and high school students in their communities to host an essay contest related to topics surrounding teen dating violence (including sexual violence, emotional abuse, stalking, physical abuse, and digital abuse). Winners received awards, including cash prizes, and in Owen County were featured in the *Spencer Daily World*.



2017
ANNUAL
REPORT

www.middlewayhouse.org

812.333.7404

communications@middlewayhouse.org

24/7 Help and Crisis Line: 812.336.8046



A Message from Our Executive Director: Debra A. Morrow



As I reflect on my first year as Executive Director, I cannot help but recognize the incredible dedication of our agency's staff and board members during this period of transition as well as the community's grief in the wake of our loss of our long-serving Executive Director, Toby Strout in February 2017. During this time of loss and change, the staff and board committed themselves to ensuring that survivors of domestic abuse, sexual violence, and human trafficking continued to receive the high level of services that Middle Way House is known for. I must also pause to acknowledge the passing of our board member, Al Lyons, in March 2017. Al's valuable insight and leadership on our development committee has been greatly missed.

When the buildings which housed our Greene and Martin county offices were sold, our staff successfully faced the challenges of securing new space and relocating. Their efforts ensured that survivors in these rural communities will continue to have access to vital resources and services.

While 2017 brought many challenges, there were also moments of celebration. The successful efforts of our "I'm with Jesse" capital campaign allowed us to pay off the mortgage on our New Wings building. The generosity of so many wonderful donors, whose contributions were kindly matched by Jesse Eisenberg, made it possible to secure the availability of this safe haven within our community. We extend our gratitude to all of those who helped make this milestone possible.

As we worked to maintain current programs, we also found new and innovative ways to better serve survivors. As a long-time member of the Protective Order Assistance Partnership (POAP), grant funding allowed Middle Way to hire and place a full-time legal advocate within the office of the Monroe County Clerk. Through another successful collaboration with the Monroe County Prosecutor's Office, we began joint efforts to implement a community-wide protocol based on best practices for first responders to better recognize and address the seriousness of strangulation in domestic violence cases.

As I look forward to 2018, I am excited to celebrate the 20th anniversary of our transitional housing program, The RISE!, which provides 28 safe and affordable apartment units to individuals recovering from the impact of violence. I am also pleased that we have begun working with Applegate Consulting Group (ACG). ACG assists nonprofit organizations with developing their human and organizational capacity. While the successful operation of Middle Way House is evident, I am a firm believer that a leader should constantly look for areas in which the agency can grow and improve. I eagerly welcome this opportunity to maximize our agency's ability to work with survivors of violence as effectively as possible.

I offer my heartfelt gratitude to those of you who throughout 2017 volunteered, attended fundraising and educational events, or contributed to the work of our agency in any way. Please know that I understand that the successes we share in serving survivors would not have been possible without the contributions of each and every one of you. We make a great team as we continue our work, not only to support survivors, but to end violence in our community.

Debra



January -December 2017 Program Highlights: Impact & Outcomes

Emergency Shelter Services

- MWH provided emergency shelter to 281 adults and 187 children at the New Wings emergency shelter, totaling nearly 6,000 nights of safe shelter.

Crisis Intervention Services

- Advocates and trained volunteers answered 823 calls on the crisis line, providing options and helping create safety plans.
- Crisis intervention specialists provided support to 138 requests for support related to domestic violence and 106 related to sexual assault.
- These advocates provided on-scene support at the hospital to 20 survivors of sexual assault.

Volunteers

- Dedicated volunteers contributed more than 16,000 hours of service.

Support Groups

- Nearly 150 individuals throughout the community participated in our support groups for survivors of domestic and sexual violence.

Childcare/Youth Programs

- Our Youth Empowerment Services (YES) program exists to intervene in the cycle of violence affecting children, ages 3-18 who have lived in our shelter or transitional housing programs. Programming focuses on tutoring, health education, conflict resolution, arts education, summer educational groups, and more.
- In October both Rise and Shine Childcare classrooms went through their annual Paths to Quality renewal rating and will retain level 3 designation.

Transitional Housing

- Throughout 2017 there were an average of 28 women and 63 children in residence at The RISE!
- During the year, 25 families moved out and 24 families moved in.

Legal Advocacy

- Our team of three on-site legal advocates and their volunteers worked with 681 new clients and continued working with 152 existing clients, totaling 833 survivors.
- 95 percent of the individuals who accessed legal advocacy services were members of the wider community and **not** residents in our emergency shelter or transitional housing programs.

Prevention

- In 2017 we offered 355 Building Healthy Relationships (BHR) classes in Monroe County alone. BHR is a curriculum developed by MWH that uses evidence-based primary prevention strategies to reduce the likelihood of sexual and dating violence among junior and high school aged students.

Words of Impact:

- **"Thank you for your resources, services, [and] for making me feel safe. You have no idea how important this agency is for women like myself."**
- **"Thank you so much for helping me, when I really needed it the most. "**
- **"Middle Way has seriously saved my life."**



Financials

Assets	
Current Assets	
Cash and cash equivalents	\$789,156
Grants receivable	\$493,103
Related parties receivable	\$4,164
BCL note receivable	\$97,042
Other current assets	\$11,876
Total Current Assets	\$1,395,340
Property and Equipment	\$4,965,974
Other Assets	
Investments in subsidiaries	\$702,279
Investments	\$26,755
Other assets	\$327,585
Total Other Assets	\$1,056,618
TOTAL ASSETS	\$7,417,932
Liabilities	
Current Liabilities	
Accounts payable	\$11,739
Payroll liabilities	\$40,723
Total Current Liabilities	\$52,461
Non-current Liabilities	
MtG City of Bloomington	\$81,377
MainSource mortgage	\$0
Total Non-current Liabilities	\$81,377
Equity	
Temporarily restricted	\$815,959
Unrestricted	\$4,865,454
Board designated	\$155,521
Permanently restricted	\$1,000
Retained earnings	\$943,409
Net income	\$502,751
Total Net Equity	\$7,284,094
TOTAL LIABILITIES AND EQUITY	\$7,417,932

2017 Board Members

Michael DeNunzio, President
 Kathleen Sideli, Vice President
 Sally Dunn, Secretary
 Judith Maki, Treasurer,
 Charlotte Hess, Cindy Houston,
 Kelly Kish, Al Lyons, Michele Ridge,
 Peg Smith, Janet Stravropoulos,
 Bobbie Summers, Maxine Watson,
 Carl Ziegler

Who We Are

Since 1971, Middle Way House has been providing services to people in crisis. Today, Middle Way House provides emergency shelter; a 24-hour crisis line; on-scene advocacy, support services for survivors of domestic violence, sexual assault, stalking and human trafficking; transitional and permanent housing solutions for survivors; legal advocacy; and educational and prevention programs. Middle Way House serves six counties in southern Indiana. For more information, please visit: www.MiddleWayHouse.org.



Contact Us:

24/7 Crisis Line:
812.336.0846

PO Box 95
 Bloomington, IN 47402
 Admin: 812.333.7404
www.MiddleWayHouse.org



STAFF HIGHLIGHTS AND CONFERENCE PRESENTATIONS

SAM HARRELL, MSW AND STEPHANIE WALLER, MSW



Sam Harrell (center), Stephanie Waller (right) with Donel Byrd, presenting on a panel at the IU Bloomington School of Social Work

On March 2nd, our Prevention Programs Coordinator Sam Harrell and POAP Legal Advocate Stephanie Waller co-presented at the Indiana University School of Social Work's 17th Annual Alumni Conference, *Social Workers: Empowering People, Affecting Change*. Their workshop, *Uprooting Rape Culture: Teen Sexual and Dating Violence Prevention*, took a critical look at antiquated approaches to prevention that perpetuate rape culture and further myths about violence. Instead, they encouraged participants to engage with evidence-based tools for primary prevention of teen sexual and dating violence.

EVELYN SMITH

On April 7th our Community Outreach Coordinator, Evelyn Smith, presented at the IUPUI *Social Justice Symposium* on alternatives to carceral accountability models. The symposium focuses on themes of advocacy, awareness, and action as methods to increase awareness of the complexities of various contemporary social issues and initiate positive social change.



KATELYN LIPA AND PAMELA SOJKA



Katelyn Lipa (left) and Pamela Sojka (right)

On March 22nd our Crisis Intervention Services Coordinators Pamela Sojka and Katelyn Lipa presented *Responding to Our Blind Spots* at the Monroe County Domestic Violence Coalition's spring conference, *Ending Violence Together*. The workshop explored the differences in services needed by survivors of domestic violence and sexual violence and how, through increased awareness and understanding of the prevalence and impact of sexual violence, providers can better serve survivors.

COMMUNITY PARTNERSHIPS

50+ MEN WHO CARE

In March, Middle Way House was honored to receive an \$8,500.00 donation from 50+ Men Who Care. These funds will be used to help provide young children of families who have experienced domestic abuse, sexual violence, or human trafficking with tutoring and reading assistance while residing in our transitional housing program, The RISE! We hope you will join all of us at Middle Way House in expressing our gratitude to 50+ Men who care for this partnership and their support of our work.



From left: Brandt Downey, Jack McGrew, Sarah Hunt, JR Stallsmith and Steve Martin.

To learn how your organization might help us provide survivors with a wide range of meaningful alternatives to living with violence, please contact our Development Director by phone 812.333.7404 or via email development@middlewayhouse.org.

HELP MAKE THIS HOUSE FEEL MORE LIKE HOME

Seeking Donations or Fabric Artists for New Shelter Curtains

Our New Wings emergency shelter facility management team works diligently to create a warm and welcoming environment for individuals and families who are seeking safety from violence. These efforts include window dressings for bedrooms as well as the hallway and living room, all of which are currently in need of replacement.

We are asking for help from individuals or organizations who may be willing to donate curtains, funds to purchase curtains, or offer their stitching skills to sew curtains, in order to help us reach this goal.

For specifications and quantities, please visit our website (MiddleWayHouse.org) and click on the 'Wish List' in the 'Get Involved' tab.



A United Way Agency
Middle Way House, Inc.
PO Box 95
Bloomington, IN 47402

