



2023 GRATITUDE REPORT

Empowered Women,

Empowering Women

Thank You!

This July, UP celebrated 5 years of operation. As I reflect back on our journey, I am so grateful to have come so far. WE DID IT, thanks to your continued support!

In 2017, I sat in training at the Center for Nonprofit Excellence and learned that 80% of nonprofits fail in the first 5 years, 80%. From then on, I was determined to be in the top 20% and wholeheartedly committed to this work and the women, children and marginalized genders we serve.

In July 2018, we opened our doors for the first time with a voice, a vision and a dream. UP has survived a global pandemic, evolved our board of directors and respective committees and have grown to a staff of 14, plus 4 contract consulting supports. We've grown out of our small startup basement space and across 3 floors of Christ Church Cathedral. We have expanded partnerships with providers, foundations and corporations, are fiscally strong and are confidently pressing forward as we work to expand our hours of operation and find our next home.

This journey would not have been possible without you! Your continued support, kindness, encouragement, volunteer time, Amazon wishlist orders, in-kind donations and financial support. For the last 5 years, you've cheered us on and strengthened our efforts as we welcomed more than 3,088 guests through our doors. Words can't truly describe how much we appreciate you and your investment in UP.

Amy Meredith
Executive Director



What a year

July 2022 - June 2023

We served 60% more guests this year!

Our Mission

Our Mission is to provide day shelter, resources, emotional support, and community connections to women, children, and marginalized genders experiencing homelessness to address the barriers to housing, so they can leave homelessness for good.

Our Vision

To ensure homelessness is rare and brief for women and children by providing a safe, empowering space that offers the supportive services and resources needed by women to be self-sufficient. UP provides a safe, reliable, and supportive space that offers comprehensive services.

Our Model

Our model is to provide shelter and resource options through a partnership of providers, UP for Women and Children is where women, children and marginalized genders experiencing homelessness are empowered to rebuild their lives.



In the past year, we've **served 60% more individuals than the previous year**. In doing so, our space continues to be challenging to navigate. **Without the continued support and accommodations from Church Christ Cathedral, we would not have been able to sustain our growth.**

This year, we've expanded to the 3rd floor of the church. Although we are **outgrowing our start-up space**, we continue to get creative, grow our awareness in the community, and build our revenue to sustain a **bigger, more permanent home for UP.**

July 1, 2022 - June 30, 2023

This year, UP has grown more than ever. We are extremely grateful for the support of our community, which has allowed us to continue **servicing more women and children than ever before**. Without you, UP would not be able to fulfill our mission, of addressing the barriers to housing, so they can leave homelessness for good.

Ms. B's first experience with homelessness started at age 73 after she had a stroke. Due to health issues from her stroke, she had to sell her house with assistance from her children. Once her house was sold, her children took everything and left her on the street - even taking away her dog and basic belongings. **Ms. B found herself with significant health issues and homeless for the first time in her life**. She found her way to an emergency overnight shelter, where she heard about UP. Ms. B showed up as soon as she could with the information for a senior living facility she wanted to move into.



UP worked with her to acquire all the necessary documents needed to obtain housing - providing her with transportation to assist in gathering some of these documents, as Ms. B was unable to navigate the bus due to complications from her stroke. After only a month of working with Ms. B, she got the keys to her new place and moved in! After moving in, UP assisted her with gathering some basic newly housed supplies and worked with her to find a Case Manager and reliable transportation. Ms. B expressed her gratitude to UP staff in **helping her leave homelessness and finding a new permanent home**.

Since our founding in 2018, UP has welcomed

3,088 women and children

through our doors.



Thank you for everything you do. Without UP, a lot of lives would be untouched.

-Ms. B

"They have brought happiness to me in a time of extreme stress. They have brought help when I felt helpless and hope when I felt hopeless."

-Ms. C

"UP and everyone here have been beyond helpful to me and my baby girl. They have helped in valuable ways because they genuinely care. They have helped me begin to restore my dignity and peace of mind. Much gratitude!"

"We have needed a place like this for a long time, it is so helpful and I don't feel ashamed to be here."

-Ms. S

Our Impact

The Local Coalition for the Homeless recently released that the number of unsheltered individuals is up **139%** in the first few months of 2023. UP has experienced this first-hand, as the number of individual **guests UP served has increased by 60%**.



*1,576 Women
and Children*

Were welcomed by UP this year into our warm, safe, and friendly space!

148 Shifts

UP staff and volunteers provided support and essential items, in addition to case management services and connections to community resources..

8,327 Visits

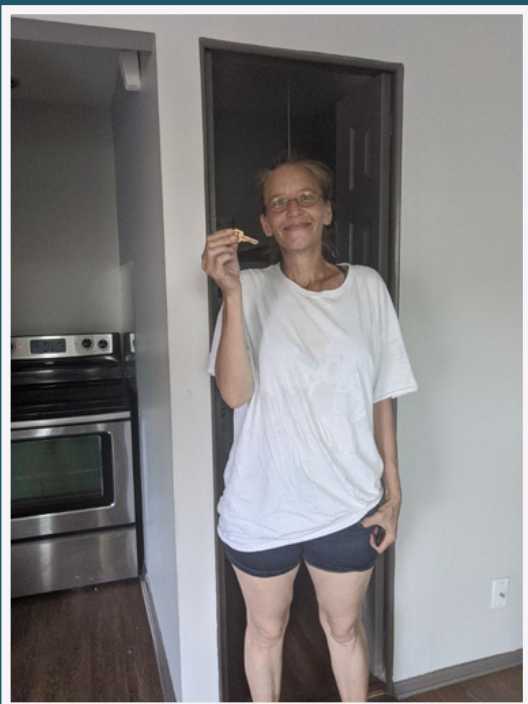
Allowed us to provide **718 hot showers, 1,042 vital documents and IDs, and 1,413 case management sessions.**

79 Ended Homelessness

UP assisted these women and children with ending their homelessness this year!

Ms. L is a single mother of 2 teenagers who found herself experiencing homelessness. **She didn't know where to go or what resources were available to her** until she made her first visit to UP this year.

She was able to meet with one of our Case Managers who **assisted her with getting her own place**. Ms. L and her kids have now been in their own place for almost a year!



Ms. J came to UP after finding herself suddenly unhoused due to fleeing an unsafe situation. Luckily, she had all of her documents. UP connected her with the Common Assessment Team and she was able to get approved quickly for an apartment due to her having a good income and years of work history.

She moved into her new place in less than a week after her first visit to UP! **Thanks to the Urban League, she was able to get her deposit and first 3 month's rent covered.**

506
State ID's

555 Birth
Certificates



Vital documents are important documents we often take for granted.

Assistance acquiring an ID, birth certificate, or social security card is also one of the most needed, highly utilized services we offer.

Many community partners refer women and children experiencing houselessness to UP for this service, as these documents **are necessary to apply for housing, government benefits, employment, or education.**

6,477
Tarc Tickets

254 Tarc
30-Day Passes

Transportation is a major barrier when experiencing houselessness. It's crucial for accessing social programs, attending job training, interviews or work, attending medical and mental health appointments, visiting food pantries or kitchens, and more. We often take for granted how essential transportation truly is.

Many of our guests are deprived of income, which is necessary to access transportation. **UP alleviated that barrier by assisting with bus tickets and monthly TARC passes for new employment and other various needs.**

Our Community Connections

Since women often remark how warm and safe they feel in our space, it is easier to connect our guests with additional services while they are at UP. Our community partners help UP provide holistic services to our guests. These services include **medical, legal, education, housing assistance, healthcare, mental health, and employment.**



Thanks to the collaboration of **Northeast Christian Church, Christ Church Cathedral, and First Unitarian Church,** we were able to offer coffee, tea, and soup to our guests in the church courtyard!

UP works in partnership with Bennett at The University of Kentucky through the HEALing Communities Study to provide Narcan Training for the clients we serve. Many of the women have reported how Narcan has helped them save many lives of family and loved ones. Bennett has been able to provide a listening ear for these women and **empower them to fight drug usage and overdosing.**





104 Clients

Were assisted and treated on Mondays by Missy, a Nurse Practitioner provided by Family Health Centers. She helped our clients with **medications, wound care, infant health screenings, and more.**

Were provided by Common Assessment, also sent by Family Health Centers, to help our guests find housing! They send their Common Assessment Team every Monday and Friday to educate on housing, and **to provide assessment and see if the clients are eligible for a housing voucher.**

473

Appointments

Twice a Month

Legal Aid sets up at a table in our shelter to offer free legal services for our guests. **Obtaining necessary legal services can be daunting for anyone, and even more so for those experiencing homelessness.** These services range from specific legal advice to divorce, criminal record expungement, and more.



Passport Housing Navigator

Toria helps anyone with passport insurance **navigate the housing process** by assessing their needs and readiness for a voucher as well as **seeking the best housing option for their unique situation.**



Bridgehaven

offers support groups and individual therapy to help our clients address their mental health as they navigate homelessness in Louisville. Bridgehaven also provides art therapy services to our clients.

SNAP

Early February this year, we proudly began welcoming Nova, SNAP Outreach Coordinator for Sister Visitor Center, to UP every Monday! Nova **assists guests with completing and following up on their food stamp applications.**

UP's guests have greatly benefited having access to this service offered at UP, as the lines at the food stamp office and hold times when calling in often required hours on hold/waiting.



Our Community Partners

Since inception, our vision has always been to **unite with other community agencies** that were working to **provide essential resources to those experiencing houselessness**, hence our name; Uniting Partners for Women and Children. UP provides a centralized, low-barrier, and welcoming location where community partners can more efficiently provide services from legal aid, to vaccinations, to medical care.

We are so grateful to our community partners for providing an array of vital services at no cost to our guests or our agency. We are proud to partner with you and look forward to when we have more space to bring in even more community partners!

10 New Partnerships This
Year

Over the years we have been able to expand our partnerships as our community collaborations grow. UP would not have experienced the growth we have in the last 5 years without our partners.

"I have been coming to UP for over a year now and I have yet to use all of their many resources. **They give you a starting point that leads to you achieving your goals 1 day at a time.** I have nothing but love and respect for UP."

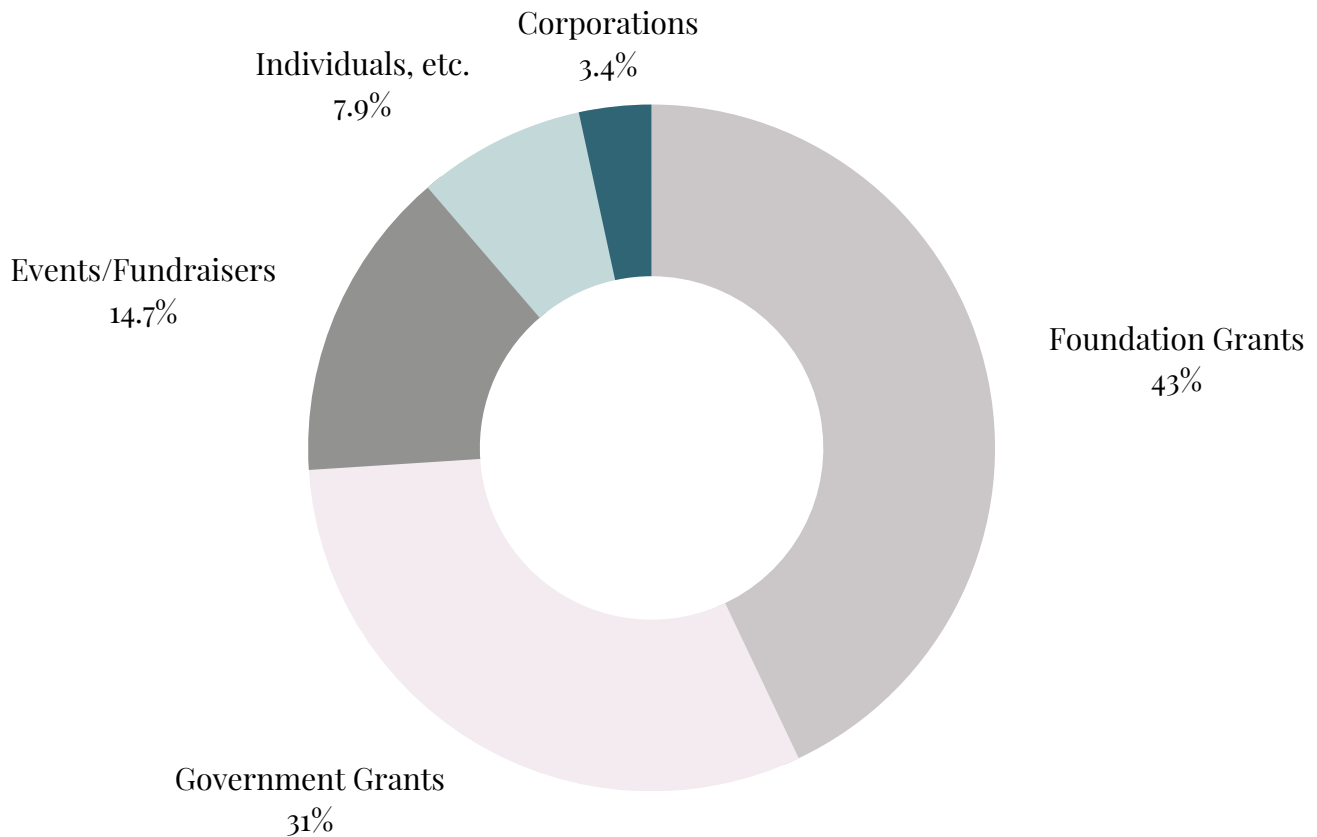
-Ms. H

Our Community Partners

| | |
|---|---|
| Aetna | Kentuckiana Regional Planning and Development Agency (KIPDA) |
| Anthem Blue Cross Blue Shield | Legal Aid Society |
| Association of Community Ministries | Lifewireless |
| Beside U For Life | Louisville Metro Health Department |
| Bridgehaven Mental Health Services | Louisville Metro Police Department |
| Catholic Charities | Louisville Metro Government |
| Christ Church Cathedral | Louisville Metro Office for Women |
| Center for Women and Families | Mental Health Lou |
| Child Protective Services | National Council for Jewish Women |
| Coalition for the Homeless | Northeast Christian Church |
| Counseling Associates of Kentucky | Passport |
| Dare to Care Food Bank | Planned Parenthood |
| Department of Resilience and Community Services | RAK Louisville |
| Family and Children's Place | Re:Center Ministries |
| Family Health Centers | YMCA Safe Place Services |
| Family Scholar House | The Salvation Army |
| Feed Louisville | Simmons College |
| First Unitarian Church | ShelterWorks |
| Free 2 Hope | Society of St. Vincent de Paul |
| Goodwill of Kentucky | St. John Center |
| Golden Arrow | Syringe Exchange |
| Granny's Birth Initiative | Transit Authority of River City |
| HEALing Communities Study - University of Kentucky | University of Louisville Hospital Emergency Room and Emergency Psychiatric Services |
| Jefferson County Public Schools | University of Louisville Kent School of Social Work |
| Happy Home | Vocal-KY |
| Home of the Innocents | Volunteers of America |
| Hope Village | Wellspring |
| Humana | Women of the Well |
| KY Coalition Against Domestic Violence | |
| Kentucky Career Center | |

Financial Information

Total Income July 2022 - June 2023



Corporations: \$11,516.67 (3.4%)

Foundation Grants: \$302,911.89 (43%)

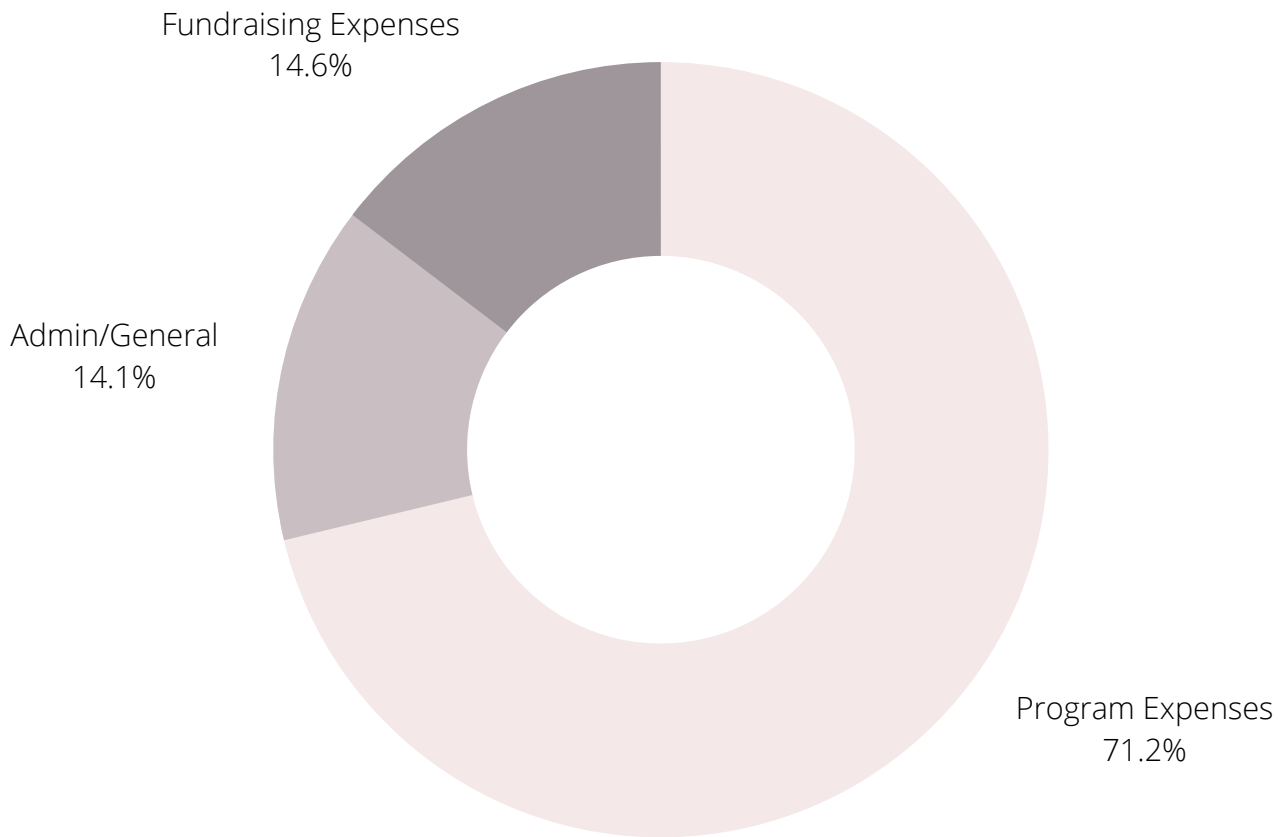
Government Grants: \$218, 816.07 (31%)

Events/Fundraisers: \$103,811.31 (14.7%)

Individuals, etc.: \$55, 724.61 (7.9%)

Financial Information

Total Expenses July 2022 - June 2023



Program Expenses: \$398,015.75 (71.2%)

Admin/General: \$78,846.12 (14.1%)

Fundraising Expenses: \$81,793.13 (14.6%)

Our Team



Day Shelter Staff

Ana Paliza-Brown
Operations Director

Isabella Brimmer
Client Support Specialist

Samantha Perkins
Day Shelter Manager

Lanika Meyers
Client Support Specialist

Dawn Miller
Safety Manager

Sharri Anderson
Case Manager

Bailey Allen
Client Support Specialist Lead

Eunique Gaither
*UofL Practicum Student &
Case Manager*

Alex Murrian
Client Support Specialist

Morgan Gillenwater
*UofL Practicum Student &
Case Manager*

Karolane Roy-Voyer
Client Support Specialist



Administration

Amy Meredith
Executive Director

Ana Paliza-Brown
Operations Manager

Deanna Keal
Development Director

Lisa Collins
Contracted Grant Writer

This year UP has seen many changes and improvements. We were able to bring on Deanna Keal as our new part-time Development Director, Additionally we also brought on Dawn Miller into the role of Safety Manager, and transitioned Samantha Perkins from Shelter Manager, into her new role of Community Engagement.

We also introduced our new Employee Assistance Program, which provides free mental health support for our staff. This kind of support is vital for the work we do!

Thank you to everyone who has been a part of UP's mission for the past five years!

Board of Directors

Chair

Shalini Sutaria

Humana

Vice Chair

Matt Janes

Wieland Group

Secretary

Melissa Mitchell

PNC

Treasurer

Meghan Hayes

The Koetter Group

UP Development Committee

Chair

Cecily Bell

Entrepreneur

UP Governance Committee

Chair

Jennifer Kleier

Karem & Kleier Law

Kristen Trenamen

*Help at Home: Home Care
Services*

Anju Asopa

Humana

Mary George Meiners

Incipio Workforce Solutions

*Thank you for your time and
support, especially as we've
grown this past year!*

Volunteers

The heart of our organization

Bea McCarty

Adeline Ward

Carmen Everson

Shannon Lampton

Lindsey Holmes

Suzanne Chami

Catherine Chami

Samantha Becker

Joy Kuraitis

Lauren Quinn

Anne Hanekamp

Becky Guthrie

Brandy Schaefer

Cecily Bell

Donna Melhorn

Gerry Caudill

Ginny Delaney

Inanna Delaney

Martha Geier

Mary Ann Matthews

Beatriz Perez

Francis Parker School

Matt Bradley

Robbi Ray

Sue Finley

Tammy Lloyd

Tess Wardell

Megan Meyerhoffer

Maryann Wilson

Alissandra Ayala

Corey Finn

Carrie Brantley

Destini Potter

Kristal Mager

Maureen Lahotte

Nancy Mcpherson

Kathy Gapsis

Keona Lee

Lacee Morgan

Mary Meiners

Emily Koch

Eva Doris

Karolane Roy

Nora Tayara

43

Total unique
volunteers

1,033.45

Total volunteer
hours

A Very Heartfelt Thank You!



UP's mission would not be possible without our volunteers! Volunteers make our days run smoother and help keep our space organized and clean. Most importantly, they come to know the women and our work, which often leads to becoming champions of our cause. A heartfelt thank you to all of our volunteers over the years. You are greatly appreciated.



Thank You

for your continued support this year! Our heartfelt gratitude to our donors for monetary donations and Amazon wishlist items. As we have continued to evolve in the last five years and serve more women and children, our need for supplies rises. Without your support, the last five years of UP would not have been possible!



Connect With Us

We are continually growing and looking for more ways to connect with the community! If you know anyone who would be interested in supporting UP, give our social media a share!

UPLouisville.org

[Linkedin](#)

[Instagram](#)

[Twitter](#)

[Facebook](#)

[More about UP.](#)

