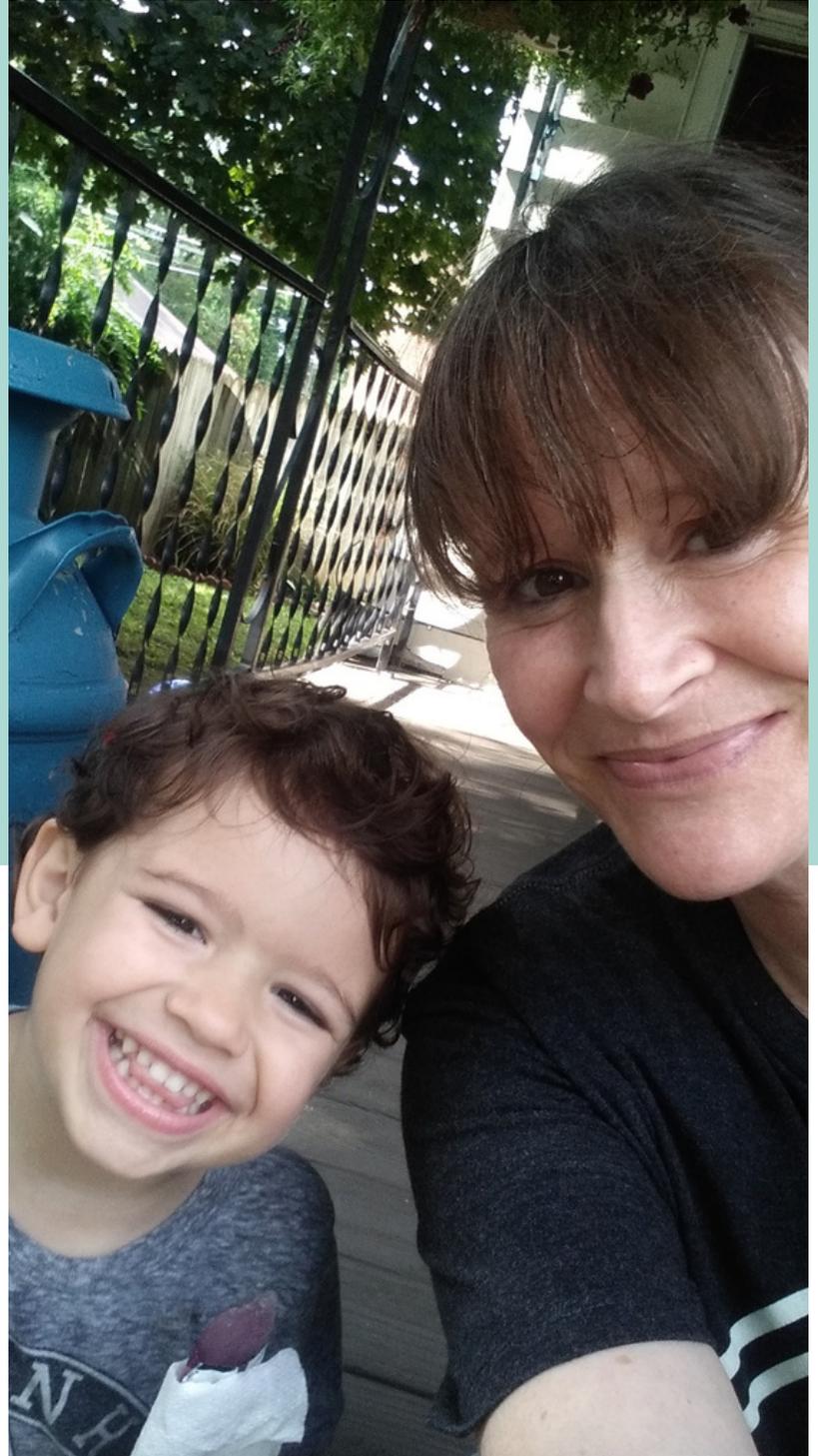


# ANNUAL REPORT 2022-2023

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**St. Monica's**  
Life Changing Recovery for Women

Dear Friends,

We are proud to share a look inside St. Monica's for 2022-2023. We feel fortunate to have come through a year that presented us with major challenges as well as successes.

A challenge we shared with many this year was the continued impact of COVID. It touched every aspect of our organization. This had a significant reduction in how many women we could serve and put a pause on admissions whenever we need to enter our COVID positive protocol. We were able to provide therapy via zoom on iPads when the risk was the greatest. It is great news to share we have been back to regular service capacity since May 2023.

A bright spot during this continued challenging time with the pandemic was our continued efforts with additional services needed in our community. In April 2022, we submitted a proposal for a twelve-bed residential halfway house for women in Lincoln, NE. As a licensed halfway house for women did not exist in Lincoln. We are pleased to announce that our proposal was approved in fall of 2022, and our halfway house for women Affirming Women's Empowerment will open fall 2023.

The St. Monica's Capital Campaign, Recovery Takes Flight, which expands long term residential services to the former Veterans Affairs Campus, has been making progress. We have been raising funds for two residential buildings since late 2019. We were overwhelmed with support from grants, foundations, American Rescue Plan dollars from Lancaster County, that we reached our fundraising goal of \$3.9 million. In September 2022 a third, larger building aligned with our strategic plan and approved ongoing fundraising to raise an additional \$2.7 million for our Capital Campaign. Demolition for renovations has started with the first of the three buildings slated for completion in April 2024.

As you read through our report, we ask you to consider how you can invest in the women and children who seek our life changing services. Throughout the past year we have seen expenses for everyday items increase with inflation, creating the need for more support from donors like you.

Stand with us. Share our story in your communities. Invest in the women and children who need these critical services by supporting St. Monica's programs.

Sincerely,



Natalya Young, Executive Director



Danielle B Smith, Board President

# MICHELLE SWENSON

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My name is Michelle Swenson and I sit here with the most grateful heart to be alive and living in recovery.

Before entering St. Monica's, I was a hopeless, homeless, empty shell. I had quit being a mom to my daughters due to my ongoing addiction. I hated life, hated myself, and cursed at God every day that I continued to live. I was a menace to society, engaged in criminal activity landing myself in jail many times.

When I became pregnant with my son and still couldn't quit using and drinking, I knew something greater than me had to step in. It turns out that the something greater than me was a combination of God and the women of St. Monica's.

From the very beginning of my journey at St. Monica's, I was wrapped in love. I was automatically protected and supported. I would not have been successful turning my life around had it not been for the women of St. Monica's. St. Monica's was my shelter from the storm. It was my cocoon where I awaited my transformation.

I regained a spiritual connection with Jesus during my stay and I also found peace in my pain. I learned so many things about myself and about the disease of addiction. All these new tools helped shape the person I am today.

St Monica's not only helped save my life but my son's life too. PMC was his first home and I'm just so grateful I had help with him. I would not have been able to provide for my son without the help of St. Monica's.

Today, I am 3 years clean and sober. I'm more than just sober. I thrive in recovery. I am a lover of life; of every breath I take. I have reunited with my precious daughters, and I am an exceptional mother. I am a positive productive member of society.

I give thanks to God every single day for the life I have now, and I will never forget the saving healing hands that guided me during my time with St. Monica's.

# LIFE CHANGING RECOVERY

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Through gender-responsive, trauma-informed care, St. Monica's provides a safe place for women to come and get well - to make positive changes, gain new skills, and discover strengths.

St. Monica's offers a wide range of personalized services to women who are diagnosed with substance use disorders and/or co-occurring mental health issues including residential treatment, outpatient therapy, and critical support services.

Thanks to donors like you, we're able to provide these life-changing services for women. Services are fee based on the income of each woman, her ability to pay, and the availability of supplemental funds.

## **Residential Treatment**

**Includes Short-Term Residential, an eight-week intensive inpatient substance use disorder treatment program, and secondary recovery programs - Therapeutic Community, Project Mother & Child, Women Are Sacred, women halfway house, Affirming Women's Empowerment (fall 2023), and Next Step Transitional Housing.**

## **Outpatient Therapy**

**Includes Outpatient, a three-to-six-month trauma-informed primary substance use disorder treatment program, and Individual Counseling, Treatment Plans, psychoeducation groups.**

## **Community Support**

**Includes Case Management designed to provide contact and support for maintenance, sobriety, and self-sufficiency in community living situations.**

# IMPACT

# 2022-2023

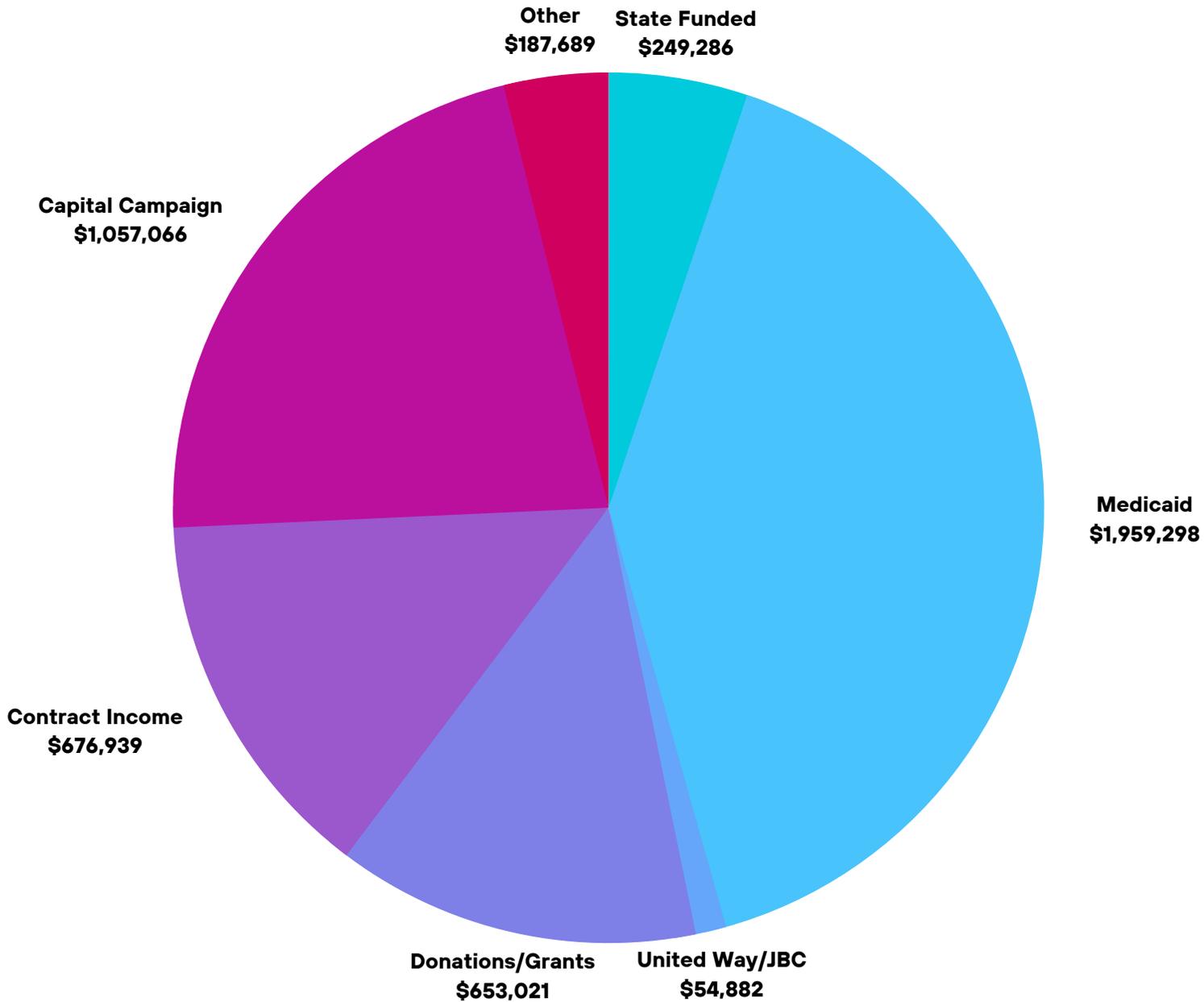
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- 3 healthy pregnancies, and 12 women were reunited with their 17 children while in residential treatment services at St. Monica's.
- St. Monica's provided services to 254 women in residential and outpatient services; several (67), were served in multiple programs.
- The average age served was 33 and the average age of first use of alcohol or substances was 15.
- 69% of the women we served were unhoused, in treatment, or in an institution/jail at the time of admission.
- 99% of the women served reported having experienced trauma.
- 77% were currently involved in the legal system.
- 289 donors.
- How much did we invest - \$3.9 Million.

# FY2022 FINANCIALS

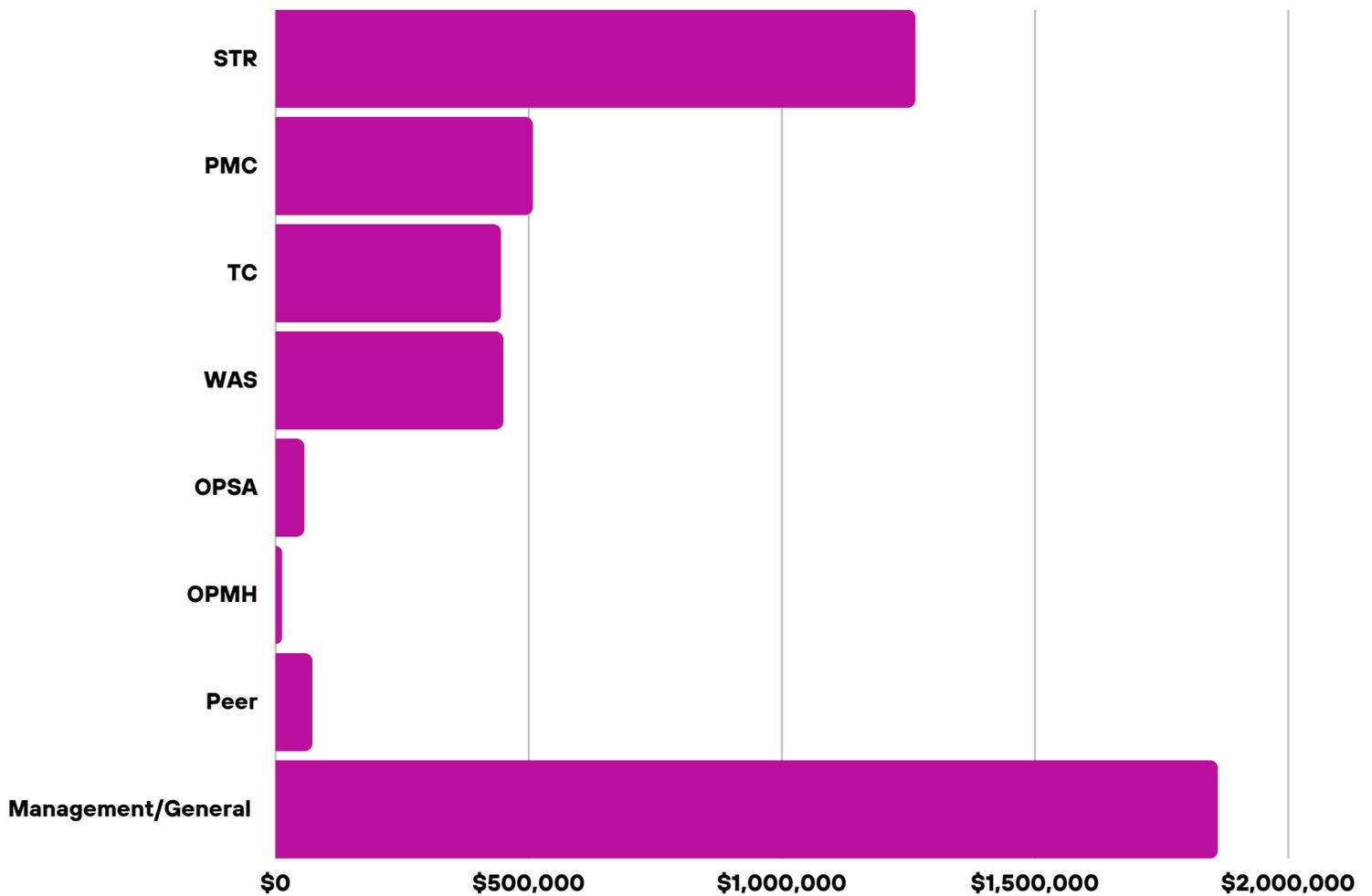
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Income: \$4,838,181



# FY2022 FINANCIALS

Expenses: \$4,654,548



# Board of Trustees

## Executive Committee

Danielle B. Smith - Board President

Danielle M. Smith- Vice President

Dave Reese - Treasurer

Sheena Rancourt- Secretary

James Hamilton - Member at Large

Jamie Brewer - Past President

## Members

Captain Don Scheinost

Bill Wilinsky

Jake Grasmick

Peter Hilsabeck

Gwendolyn Combs

## Corporate Officers

Natalya Young, Executive Director

"I've learned to love myself again and fully see my potential. St. Monica's has been a saving grace for me these last 7 weeks and without this experience, I don't know if I would be alive today."



120 Wedgewood Drive

Lincoln, NE 68510

[info@stmonicas.com](mailto:info@stmonicas.com)

Phone 402.441.3768