



# Pathways of **Empowerment**

ANNUAL REPORT 2022

# Dear Supporters,



**Every day at Epworth we strive to positively impact the lives of our youth.** My colleagues and I are continually motivated by the success stories that result from our programs. As we wrap up 2022 & look forward to the year ahead of us, we would like to first and foremost acknowledge the value of your continued support of our incredible clients here at Epworth. We would not be able to achieve any of our goals without the generosity of our donors and volunteers.

As we reflect on 2022, I am both excited and honored to share my recent promotion as CEO and President of Epworth. I am extremely grateful to be in the position to reflect on the various accomplishments and happenings at Epworth over the last 3 years. On the program level, 2020 was a year of intensified need for our services. We served more than **31,000 clients**, which was **the most in our 159-year history**. As the homelessness crisis continued to reach unprecedented peaks across the nation this past year, we

would like to recognize the impact of our food pantry in North St. Louis, which was also began in the year of 2020. Originally intended to address local food insecurity in the St. Louis region, it continues in the present day to serve this function.

Looking forward to the upcoming year and beyond, we hope to continue in our pursuit of a world where every youth experiences life in all its fullness. Our strategic vision for the next few years involves achieving growth across our key programs, diversifying sources of revenue in our striving for long-term sustainability, improving our colleague retention, and becoming more widely recognized and supported throughout our St. Louis community. Thank you so much for your continued support of Epworth. I look forward to this year ahead of us, where we will continue to empower youth to reach their fullest potential.

**Cheers,**  
**April Elston**  
PRESIDENT AND CEO

### **Our Mission**

Empowering youth to realize their unique potential by meeting essential needs, cultivating resiliency, and building community.

### **Who We Are**

Founded in 1864, Epworth is a multiservice agency that seeks to empower youth who have experienced trauma to realize their unique potential by meeting essential needs, cultivating resiliency, and building community. Thousands of youth and families turn to Epworth each year for a full range of services including: therapeutic foster care and case management; residential and intensive treatment; individual/family therapy and comprehensive psychological testing; emergency shelter and longer-term housing services; life skills and vocational training; as well as crisis care and outreach through the Drop-In Center, food pantry, and 24-hour crisis help-line. Epworth is headquartered at 110 N. Elm Ave. in Webster Groves, Missouri and has locations in Normandy and South St. Louis City.

Epworth is a multiservice agency that provides a full spectrum of care to youth and families across the St. Louis region. Here's a few examples of how clients can receive services from many of our programs.

\*Names and identifying information is anonymized to protect client confidentiality

# Pathway One

## Drop-In Center

Thomas first came in contact with Epworth as an eleventh grader, when colleagues from our **Drop-In Center** had a table at his school cafeteria. He started visiting the Drop-In Center almost daily, where he was able to play pool with friends, get a hot meal every day, and had access to basic necessities through the food pantry. After a couple weeks of visiting the Drop-In Center, he opened up to one of the outreach workers and told them he had been couch-surfing for the past few weeks. The outreach worker referred him to the **Epworth Youth Emergency Shelter**.

## Youth Emergency Shelter

Thomas came to our **Youth Emergency Shelter**, where he was able to reside while also receiving therapeutic services. Epworth also provided transportation for him to continue attending school in the Normandy School District. While staying at our shelter, Thomas worked with case workers to come up with a transition plan. He soon was able to get a spot in our **Transitional Living Program**.

## Transitional Living Program

Thomas got set up in his first ever apartment of his own in our **Transitional Living Program** building in the Tower Grove neighborhood. His case worker helped him find a summer job and pass his HiSET so he could focus on working and saving money.

## Independent Living Program

Thomas continued to work, as he was saving for a car through his savings account, where youth save money for vehicles and the Frank Leta Automotive Group matches the savings. He built up his savings and was able to get into a trade school. After completing his certification, Thomas landed a well-paying job as a welder. After a few more months of saving up, he was able to move out of **Epworth's Transitional Living Program**, buy a car, and provide for himself.





### Foster Care Case Management

■ Claire's first experience at Epworth involved being set up with one of our Foster Care Case Managers after she was referred to our organization by Missouri's Child Division. After being assessed by her assigned case manager to ensure her safety, Claire slowly began to trust her case manager more and more after each meeting. After multiple in-home meetings with Claire's biological parents, it became clear that she could benefit from our Residential Treatment Program.

### Residential Treatment Program

■ Claire was eventually transferred to our Webster Groves on-campus Residential Treatment Program, where she was able to participate in weekly individual, group, and family therapy. She was subsequently enrolled in Webster Groves School District, where she was able to continue her education at one of the top public schools in the St. Louis region. While living on Epworth's main campus, she continued to meet with her case manager, who was able to provide her with a sense of stability given the trusting relationship that they established.

### Aftercare for families and clients

■ Claire continued to reside on our main campus. She and her biological parents underwent intensive therapeutic sessions at their home. Given the unsafe conditions that were identified at her biological parents' home, it became clear after a few weeks that it would be in Claire's best interest to place her in a safe and loving foster home, where she could thrive physically, mentally, and emotionally.

### Back to a foster placement

■ Claire was placed in a foster home after graduating from Epworth's Residential Treatment Program. She continued to go to Webster Groves High School, where she eventually graduated with the support of her foster family and foster care case manager. Claire still was able to receive weekly therapy for 3 months through our Residential Aftercare Program.

### Chafee Services Program

■ After graduating from high school, Claire began to attend life skills and career readiness classes through our Chafee Services Program. When Claire turned 19, she was able to get a job as an administrative assistant. Shortly after, she officially aged out of the foster care system and was in need of housing once again, so her Chafee Services Worker referred her to Epworth Intrada.

### Intrada Program

■ Claire was able to move into her first apartment through the Intrada Program, which is a permanent supportive housing program in south Saint Louis City. Shortly after moving in, Claire made a group of friends who, like her, were also placed in the Intrada Program after previously being a part of Missouri's foster care system.

# Pathway Two

# Pathway Three

## Epworth Psychological Services

Elena was having a hard time focusing in class, and her grades were suffering as a result. After talking with her school counselor, Elena was referred to **Epworth Psychological Services**, where she was able to receive a comprehensive psychological evaluation. Through testing, Elena learned that the reason she was having difficulty with her schooling was because of her previously undiagnosed ADHD and anxiety. Elena felt a lot better after discovering that there were various different ways to alleviate her psychological symptoms, including both medication and therapy.

## Learning About Epworth

After taking her to Epworth psychological testing center, Elena's mom and dad discovered that they could also benefit from other services that Epworth offers. Recently, Elena's parents had been undergoing marital problems which were impacting their home environment. Elena's parents discovered that Epworth offers family therapy through our **Family Support Network**.

## Family Support Network

Elena and her parents self-referred to our **Family Support Network**, and received regular in-home family therapy where they learned various coping mechanisms for their individual benefit as well as de-escalation tactics to help Elena's parents work through their frequent disagreements. Elena began to feel more comfortable and safer at home once her parents were educated on various ways to improve their communication with one another. Elena's dad confided that his recent loss of his job had been causing him to be more anxious than normal, as he felt that he was failing his family financially.

## Food Pantry

While in a therapy session, Elena's family's therapist recommended that they stop by **Epworth's Food Pantry** so that they could cut their monthly expenses while Elena's dad searched for a new job. Elena's family was able to stock up on both dry goods as well as produce, meat, and dairy products. Elena's father was eventually able to find another job and their family continued to attend weekly therapy sessions.

## Family Support Network Aftercare

After months of hard work in therapy sessions, Elena's family graduated into aftercare. Elena's family finally felt confident in tackling everyday family problems by themselves thanks to the various different interpersonal skills they had acquired through therapy. Elena and her parents were able to decrease the amount of therapy sessions they attending, now meeting with a therapist every month rather than every week.



# Our Financials

\*unaudited

## Revenue

Program Service Fees:

**\$8,242,309**

Investment income  
and Miscellaneous:

**\$2,545,042**

Grants (United  
Way, Government  
Grants and Private  
Foundations):

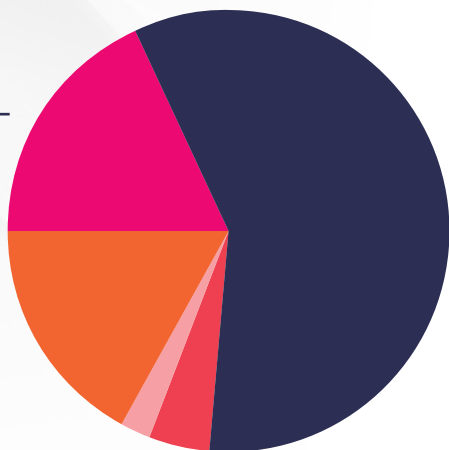
**\$2,348,598**

Special Events:

**\$312,301**

Operating  
Contributions:

**\$623,572**



## Expenses

Development Expenses

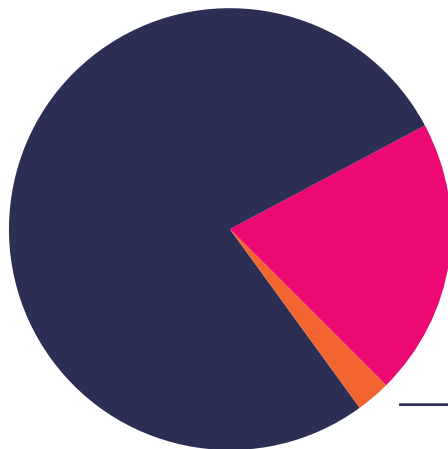
**\$367,954**

Supportive Services  
(includes Human  
Resources, IT,  
Accounting,  
Administration,  
and Maintenance)

**\$2,870,108**

Program Services

**\$10,932,086**



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[www.epworth.org](http://www.epworth.org)

314-961-5718

110 N. Elm Ave  
Webster Groves, MO 63119

**Every day at Epworth we  
strive to positively impact  
the lives of those we serve.**



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