

Strengthening community, two generations at a time



# letter from the EXECUTIVE DIRECTOR



#### Hello 2023!

A theme that has rung true for Mountain Home, MT (MHM) over our 23 year history is when we face a challenge we know there is also a supportive **community to help**. Our extensive MHM **community** has a shared and strong identity of togetherness and hope for healthier and happier futures. We remain in admiration of the families that utilize our services and the extended family of supporters that ensure two generations at a time can receive wraparound, long-term services. Also in our **community** are the partnering organizations who united even stronger in 2022 to create more awareness, distribute valuable resources and ensure we communicate state-wide issues with louder and informed voices.

So it is no surprise that our community continues to grow both in referrals and in support. **MHM has had a 160% increase in families serviced since 2019. In 2022, we doubled the number of children enrolled in our therapeutic services.** With low minimum wages, inflation and a continued housing crisis, nearly 5,000 pregnant and parenting youth are at risk of experiencing homelessness across Montana. Check out how MHM has and will continue to overcome such challenges with our 2022 Top 10 Successes and annual Outcomes. Our compassionate 24-hour staffing, evidence based and trauma informed programs model stable relationships and a sense of security in basic needs and whole body health. All of which have proven to increase long-term family stability.

A Sneak peak for 2023: We remain committed towards the efforts of Justice, Equity, Diversity and Inclusion, implementing a formal Legal Services program on campus and exploring expansion opportunities. We will continue to lead on numerous statewide coalitions alongside countless other leaders in mental health, housing policy, substance recovery and women's and children's advocacy.

MHM is deeply grateful for our ENTIRE **community** because interrupting the chains of trauma can only happen if we stop to listen to our families and collaborate together!



With deepest gratitude,

Steph Goble Executive Director

#### **STERLING**

Sterling re-enrolled into MHM services last year after experiencing significant challenges. With MHMs employment support, Sterling landed a job at a local elementary school furthering her passion for positive child development and teaching kids with autism.

2022 MOM WINS





# MISSION & PURPOSE

Our Mission is to provide a safe home and nurturing community where young mothers discover their strengths and children thrive.

Mountain Home is a place for families who need a place to live and a network of support as they create safe, stable and nurturing homes of their own.

# 10 THINGS TO CELEBRATE IN 2022

With the ongoing challenges of a pandemic, Mountain Home, it's families, staff and network of support, teamed together to build long-term resilience, improved continuity and accessibility of care, and to ensure healthier and happier futures.

#### **GOAL:** ANSWERING THE CALL

- 1 MHM is one of three Montana organizations providing housing support, and therapeutic services to young families. In 2022, we increased the number of families served by 16%, but with a referral list of 30+ families per day, we know we need to continue to expand
- MHM recognized an alarming gap between Indigenous families <u>referred</u> to MHM and the number of fully-enrolled Native clients in our Residential services. Over the last year, we committed to a quality improvement project, in which we increased access and enhanced program inclusivity. In turn, we **DOUBLED the number** of enrolled Indigenous clients ensuring more equitable systems of care for any in need.

At MHM we recognize that compassionate employees are crucial to providing high guality, wrap-around services. We have been recognized statewide for setting a high bar with our transparent and competitive compensation philosophy, and flexible work culture. MHM was honored to present at the Montana Nonprofit Association on our philosophy in 2022, and has partnered widely to assist in recruitment and retention of outstanding folks in the human services field.

Our natural environment has a direct impact on our mental and physical health. MHM remains committed to reducing our carbon footprint with systems for getting softly used donations into the hands of people that need them rather than the landfill. We continue to compost, recycle and invest in hybrid vehicles for staff and client transportation.

#### **GOAL:** EXPAND PROGRAMING

5 MHM's expansion has always been driven by client feedback, and as a result MHM is proud to have employed two Licensed peer support specialists. These staff members cultivate an irreplaceable connection with clients surrounding mental health conditions and substance use disorders. Organic relationship building has resulted in enhanced engagement, improved self-esteem and heightened hope!

6 MHM launched an **inclusive doula and health** navigation program to empower new parents and improve health outcomes for families. Having a trusted MHM advocate helping navigate the complexities of the healthcare system, better understand specific diagnosis and establish long lasting referrals has proven to be invaluable in setting a healthy foundation for our clients.

7 MHM initiated **Montana's first guaranteed basic** income (GBI) initiative, the LIFT pilot program. LIFT is a privately and generously financed monthly gift to eight MHM families with the aim of a sustainable exit from poverty. Through LIFT, MHM offers participants monthly skill-building sessions with meals and childcare provided. Read more about LIFT on pages 10 and 11.

#### **GOAL:** CONNECTING COMMUNITY

8 MHM was honored to co-host the "Making It In Missoula" Economic Justice Panel, spotlighting "Maid" author Stephanie Land. The panel and public Q&A featured ideas around breaking down barriers for Missoula families by increasing resources and community-minded solutions.

9 MHM's supportive employment and education program was able to cultivate relationships with 605 employers and educational contacts to help MHM mothers achieve their academic and career goals. It offers our clients the invaluable resource of self achievement while providing sustainable benefits for their children. For our community connections, it results in higher employee retention and a stronger local economy.

**10** MHM partnered with a record amount of organizations without duplicating cares and roles. Partners include Missoula City and County governments, MCPS High Schools, BHAM, PSU, SUDC, United Way of Missoula County, MPHD, Montana Pediatrics, Friends of the Children, Families First, All Nations Health Center, Zero to Five, the At-Risk Housing Coalition, Watson's Children Shelter and countless others.

# OUTCOMES

After only 1 year of wrap-around care, moms and children served in 2022 continue to see the following outcomes:

#### **BASIC NEEDS**



**94%** have access to adequate food & nutrition **89%** have stable rental housing (nearly 70% increase from intake)

**100%** have access to transportation

#### PHYSICAL HEALTH



99% have appropriate prenatal  $\vartheta$  preventive well care for them and their children

**97%** have access to full scope health insurance and benefits

#### **MENTAL HEALTH**



**80%** of moms' mental health is reported stable despite being diagnosed with intense anxiety, depression, and/or PTSD, largely due to past trauma

**87%** report having healthier relationships with trusting mentors

#### **EDUCATION & EMPLOYMENT**



**86%** are employed or enrolled in an educational program

**60%** are enrolled to receive their high school degree within 30 days of enrollment at MHM

#### PARENTING



97% of moms and their children remain safe100% of moms who completed our evidence-based parenting classes

developed healthier parenting roles and strengthened their emotional bond

#### CHILD DEVELOPMENT



100% increased accessibility to childcare38% of enrolled adult clients now have

dually enrolled children in MHM's therapeutic services





#### HALEY

After tragically losing the father of her children, Haley has shown incredible resilience in working through her past trauma and has remained stably housed in the community. She advanced her employment to a position with better benefits where she can now independently support her entire family.

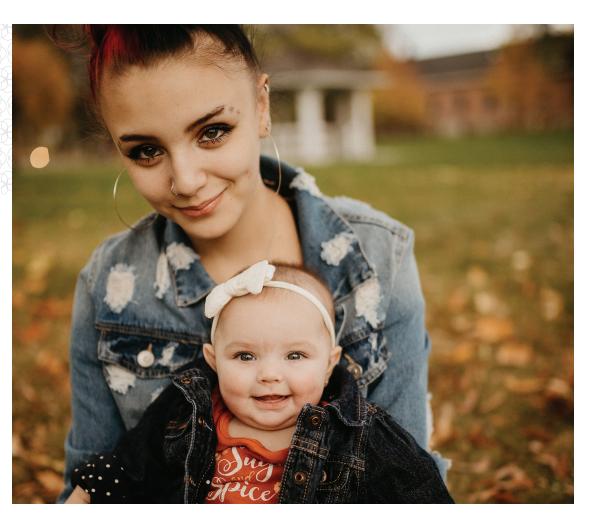
#### **SAVANNA**

2022

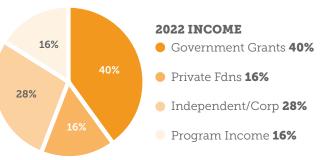
MOM

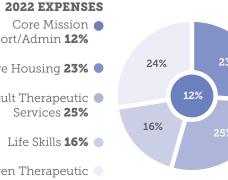
**WINS** 

As a teen mom. Savanna has prioritized not only the needs and love for her daughter, but she serves as an invaluable designated peer leader in our Residential Program. She supports other moms and kiddos as they transition into a new setting at MHM.



## **FINANCIALS** by the numbers





Core Mission 🔵 Support/Admin 12%

Supportive Housing 23%

- Adult Therapeutic Services 25%
  - Life Skills **16%**

Children Therapeutic Services 24%

#### LIFT Program

MHM is proud to announce that we have implemented Montana's first guaranteed basic income (GBI) initiative, the LIFT pilot program. We collaborated with Stanford University to develop LIFT and provide evidence to assist MHM's young families in achieving a sustainable exit from poverty.

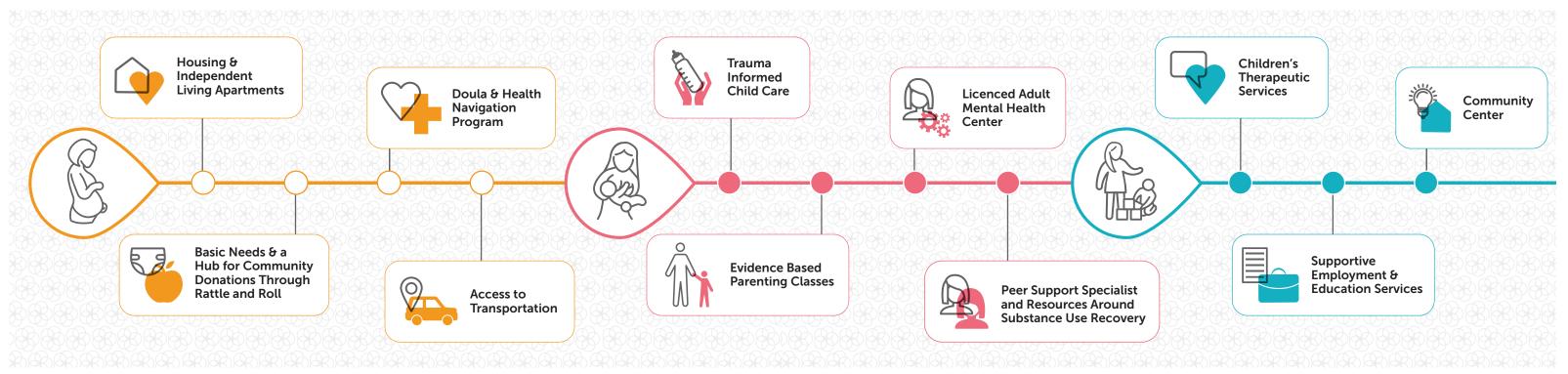
The LIFT pilot program at MHM is privately and generously financed by a committed donor. It provides eight families in need with a monthly financial gift directly deposited into an established bank account. MHM offers participants monthly resource sessions in collaboration with local financial institutions and family service organizations to build financial literacy and foster family stability.

Through monthly feedback, recipients have reported that they have utilized the funds to attend healthcare visits, pay off credit card debt, make the first deposit to secure housing and purchase school supplies and medical needs for their children. LIFT provides clients with dignity and the capability to make the best choices for themselves and their children.

We are optimistic about the data LIFT will produce and excited to share it publicly to create more insight and prosperity for our young families across the state.

# PROGRAM OVERVIEW A mom's journey with Mountain Home.

Through the many chapters of parenting, MHM's programs offer multiple access points and a continuum of care for both adults and children.



# Big thanks to our **2022 SUPPORTERS**



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# IT TAKES A VILLAGE

We know support comes in many forms and amounts and appreciate all the gifts and individuals represented here. Each has direct impacts on the families we serve and allow for our wrap-around services to expand and reach more each year!







### ARA

Even at a young age, Ara shines in her role as a Momma. She graduated from MHM's evidence-based 22 week parenting class series. She also enrolled in school to attain her high school equivalency. Ara continually shows her devotion to her young son, seeking out information on child development to help him grow.



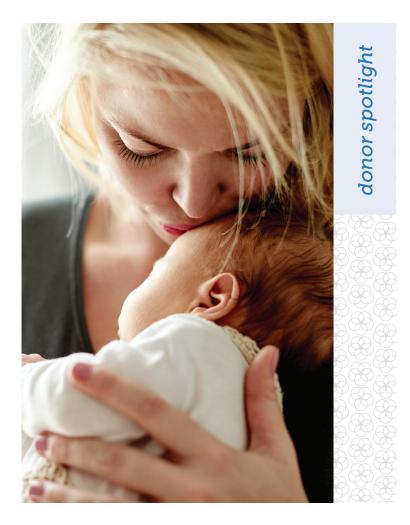
Holistic

## **VICKI RUTTER**

The Cadeau Foundation has been a proud funder of the innovative, impactful work of Mountain Home. By supporting challenged young moms in achieving their education, employment, and parenting goals – we help build a brighter future not only for the moms served, but also their children, and in turn our whole community. That is why when it came time to end our foundation, we made a significant closing gift to Mountain Home -- as an investment in the powerful ripple effect created by improving the life of one person, which empowers them, in turn, to improve the lives of others.

VICKI RUTTER Grant Administrator Cadeau Foundation

Mountain Home is a statewide leader in offering independent Children's Mental Health services along with trauma-informed childcare





# JUANITA VERO

Missoula County is proud to support Mountain Home. The two generation approach is critical to the future success of our community. By offering supportive housing, securing and maintaining employment/education, therapy, case management and childcare, Mountain Home ensures the empowerment of young women and their children. I'm reminded of the equation: trauma plus awareness and connection equals resilience. This to me is Mountain Home, where people become resilient and our community is better.

JUANITA VERO Missoula County Commissioner

## MARY WINDECKER

I give to Mountain Home because I know how difficult it was for me to be a young widow with two children and to raise them alone. I had many advantages, a college education, good paying job, and supportive friends. If I found it as difficult as I did, how do we expect young women without those advantages to do it?

#### MARY WINDECKER Executive Director Behavioral Health Alliance of Montana



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"Mountain Home gave me a sense of community and support that I as a single mother didn't have."

#### mountain **home**

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Photos of real Mountain Home clients by Ashley Rhian, Breanna Streissguth & Rachel Berger