



**FRIENDS**  
of the **FAMILY**

Take Back Tomorrow. Today.

## WARMER WEATHER MEANS MORE UNHOUSED PEOPLE

A Note from Ben Brustkern, Executive Director,

Is there anything better than warm April days? The feeling of summer in the air and the excitement of vacations, days at the pool, ball games, cookouts, and lazy nights by the fire feel so close. If you are like me, you have had internal conversations about how you are going to enjoy this summer more than any other. It is a promise we should keep.

For our Outreach team, warmer weather means more people living outside. It means more interactions and challenges related to helping the most vulnerable populations. I have had the privilege to participate in street outreach and let me tell you, it is one of the most humbling experiences. Walking up to a makeshift tent and fire pit to have a conversation with someone experiencing homelessness is hard. Imagine the courage telling your story to someone you never met and hoping that it leads towards something better.

What I do know is that the individuals living in the makeshift tents had their hope renewed. While connecting with our outreach staff they completed an assessment and were pulled into programming within a couple of days. Even better they were housed within 10 days. Housing ends homelessness.

This is just one of many stories about the great work being done and the impact your support makes. When you think of Friends of the Family, I hope our vision EVERYONE HAS A HOME is the first thing you think of. Your support matters and all of us at Friends of the Family appreciate you entrusting us to end homelessness in our communities.

Want to learn more about Friends of the Family and our vision, reach out to me at [ben@fofia.org](mailto:ben@fofia.org) or 319-576-2241, and let's meet for coffee.

*good things*

HAPPENING IN OUR PROGRAMS

Caitlin, Housing Projects Manager - This quarter FOF had the opportunity to host a Community Diversion Training. We were able to bring several agencies together to talk about how we can better divert people from shelter and on the street homelessness.

Alyssa, Grants Manager - This quarter we were awarded funds to create a permanent supportive housing project in Cerro Gordo County. This county currently does not have this type of program, so this will help in meeting the housing needs in this community and ensure everyone has a home!

Will, Director of Programs - In March we exceeded our highest number of checks cut to assist households with obtaining or maintaining their housing. We cut 366 checks to help with rent, deposits, and utility assistance. Each of those checks directly help someone access or stay in their current unit.



# SEXUAL ASSAULT AWARENESS

Sexual Assault Awareness Month (SAAM) addresses both the prevention of and awareness around sexual assault, abuse and harassment and is recognized and celebrated across the U.S. SAAM is coordinated by the National Sexual Violence Resource Center (NSVRC) and aims to educate and engage the public in addressing sexual violence, which constitutes as any type of unwanted sexual contact; rape, sexual harassment, unwanted sexual contact, sex trafficking, words/actions/images of a sexual nature against a person's will, etc. Throughout communities, survivors, advocates, and stakeholders will participate and host a variety of events and campaigns that create opportunities to promote awareness and gain support for the movement. SAAM also highlights the work that advocates, Sexual Assault Nurse Examiners (SANEs), legal teams, law enforcement and other providers do on a daily basis to support, protect and promote healing amongst survivors of sexual violence.

In its 22nd anniversary, SAAM has established the 2023 theme as "Drawing Connections: Prevention Demands Equity". Connection is critical in this work, especially in being able to identify how various forms of oppression connect to sexual violence. The NSVRC states that this year's theme "calls on individuals, communities, organizations, and institutions to change ourselves and the systems surrounding us to build racial equity and respect", recognizing that sexual violence cannot and will not end without also addressing and ending racism. The Drawing Connections theme urges us to participate in conversations around racism, equity, and inclusion, which are often avoided due to risk or discomfort.

Friends of the Family (FOF) has provided services to sexual assault survivors, as well as other victims of violence, for over thirty years. Our team knows firsthand of the challenges that survivors of violence face when seeking services, supports and interventions around their victimization, especially those who identify as part of a marginalized population. Therefore, and outside of our day-to-day advocacy, shelter, and housing work with survivors, we publish a SAAM social media campaign and promote other SAAM events and sexual assault service providers in our communities. For more information about programs across the state of Iowa that provide support to victims of sexual violence visit the Iowa Coalition Against Sexual Assault's website. ([iowacasa.org](http://iowacasa.org))



HALF OF WOMEN & 1 IN 3 MEN HAVE EXPERIENCED SEXUAL VIOLENCE INVOLVING PHYSICAL CONTACT DURING THEIR LIFETIMES.

## TOP NEEDS:

- WOMEN'S UNDERWEAR/BRAS - ALL SIZES
- SOCKS - ALL SIZES
- TOWELS & WASH CLOTHS
- PILLOWS
- TWIN XL SHEETS
- PAPER TOWELS
- TOILET PAPER
- BLANKETS

Please connect with Office Manager, Monique, with donation questions or to schedule drop off at 319-576-2200 or [Monique@fofia.org](mailto:Monique@fofia.org)

## FUNDING PARTNERS

Friends of the Family relies on funding from local partners to meet the needs of people affected by violence and homelessness. Thank you!

Continuum of Care Awards

- Always Home
- Rapid Housing Initiative of NCI
- Northeast Iowa Permanent Supportive Housing Program
- Safely Home
- Turning Point Rural Housing Project

# HOUSING FOCUSED SHELTER

Housing Focused Shelter is one of FOF's Three Uniques. Housing Focused Shelter (HFS) prioritizes getting survivors of violence out of unsafe living situations and into safe and stable housing of their own. FOF provides a low barrier shelter environment, in which survivors work with trained advocates to identify and work towards their overall housing goals throughout their shelter stay.

When a survivor enters shelter, they are given a "Welcome" folder, containing all things housing focused. A list of the office hours and resources are provided to the guest, along with a list of resources in the county and a "housing self-assessment" page for the individual to work through prior to meeting with their housing advocate.

Within the first 48 hours of their stay, shelter guests are greeted by a Housing Advocate and introduced to our shelter philosophy with a "housing focused shelter orientation". In housing focused shelter orientation, survivors talk with a housing advocate about their housing goals; whether that be relocation, returning to their previous home or finding a new home. Other goals they work to accomplish to sustain their own housing include employment, income, transportation, childcare, and any other barriers that may be overwhelming during a housing search. This process is client-centered and strengths-based so that the survivor remains in control of the steps taken throughout the housing search phase.

The goal of housing focused shelter is to get a survivor out of shelter and into their own safe and stable housing, whatever that may look like. FOF's housing advocates meet with shelter guests daily to assist with SMART goals, and work towards obtaining them. Communal living environments are stressful and can often be traumatic for survivors of violence. The determinant of a successful stay at FOF's Housing Focused Shelter is when a survivor is living in their own unit, and able to maintain that unit for the near future and begin the process of healing from their experience and growing in their success.

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**THIS PROCESS IS CLIENT-CENTERED & STRENGTHS-BASED SO THAT SURVIVORS REMAIN IN CONTROL OF THE STEPS TAKEN THROUGHOUT THE HOUSING SEARCH PHASE.**

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**157 VOLUNTEERS  
GAVE  
8,153 HOURS OF TIME  
IN 2022**

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## VOLUNTEER APPRECIATION WEEK

Volunteers are valued members of the Friends of the Family team. When individuals and groups choose to give their time to the agency, we work to create opportunities that allow them to lend their strengths and skills to the agency. Each volunteer experience is unique and different, we recognize and celebrate people who bring a diverse set of skills and experience to FOF.

We want the experience to be a mutual learning opportunity for both the volunteer and FOF team. Our goal is for volunteers to gain experiences and skills both inside and outside the organization to work passionately towards the vision of EVERYONE HAS A HOME. Not only is this a good learning experience, but it's also mutually beneficial as volunteers support our work. Volunteers increase FOF capacity to provide services and extends our reach into the community.

It is important for FOF to take the time to thank and recognize volunteers not only during National Volunteer Week, April 16th-22nd, but every day. We understand volunteers are donating their time and talents to our agency for the betterment of our community. It is hard to put into words how much volunteers have helped FOF over the years, we are so thankful.



# CHEFS TAKE A STAND

Our 9th Annual Chefs Take a Stand event was such a successful night! We had seven Chefs and four beverage vendors join us this year with some heated competition between them all. In the end, we had Tim from Happy's Wine & Spirits win the Rock 108 Best Beverage Award with some exclusive liquors, and Chef Jami from Wartburg won the Rock 108 Best Dish Award with her amazing homemade French toast with caramel sauce, dusted with powdered sugar and finished with bananas foster flambe.

Every dish was incredible, and guests said it was hard to choose which was their favorite! We had some amazing donations for both the live and silent auctions from community partners and our sponsors were fabulous with a huge presence during the event. Our Board President, Mike Isaacson, was able to share with guests why he continues to support the Friends of the Family vision.

Also, our team members did an amazing job of shining a light on some of the participants we serve and their stories of strength and resilience.

Everyone who donated helped us exceed our goal of \$25,000 and reach almost \$36,000 this year, and we are thankful for all of you! YOU are making an impact in our community and helping get more people housed every day so that our vision of EVERYONE HAS A HOME can become a reality in our community.

We can't wait to see what the Chefs and beverage vendors come up with for next year!



# CIRCLE OF FRIENDS

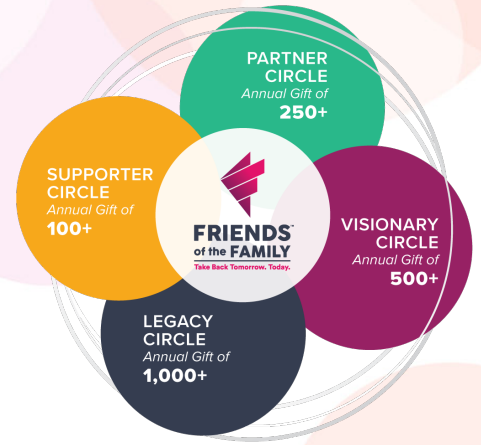
THANK YOU to our third quarter donors! It is with your support that we are able to ensure that EVERYONE HAS A HOME.

**LEGACY CIRCLE (\$1,000+)**  
Barbara Zemke  
Steven and Michelle Phillips  
Rebekah Heit  
Lincoln Savings Bank  
Benevity  
St. Mary Church  
Midwest Mold Builders Inc  
Paladin Group  
Pershing, Donor Kathleen M Green

**VISIONARY CIRCLE (\$500+)**  
ClubZ Tutoring of Cedar Falls  
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D&W Floor Covering  
Friendship Village  
Waterloo Dental Associates  
St Timothy's United Methodist Church  
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Isle Casino Hotel Waterloo  
Bankers Trust

**PARTNER CIRCLE (\$250+)**  
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Angie Edgington  
Cedar Valley United Way  
Bailey Brandt  
G Schmidt  
Capital Group American Funds  
Richard Neal  
First Baptist Church  
Gerald & Susan Vallem

**SUPPORTER CIRCLE (\$100+)**  
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Daniel & Barbara Dettmering  
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Sandy Marsau  
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Craig Bennett  
Women's WELCA group of Trinity Lutheran Church  
Midwest Studies Group  
Tenebaum's Jewelry  
GoodCoin Giving Fund  
Jerry Roling Motors  
Dunn Realty  
Kyle Langenberg

## YOUR DOLLARS AT WORK

By contributing to Friends of the Family, you are working towards making our community a better place. The donation of your time, money, or items goes to those who need it most. You can increase your impact by encouraging your friends, family, colleagues, and networks to give as well.

Your support made the following possible:

**5,077** NIGHTS OF SAFE SHELTER

**4,432** VICTIM SERVICES CALLS RECEIVED

**629** PEOPLE SERVED IN HOUSING PROGRAMS

**71%** EXITED TO PERMANENT HOUSING

**31** HUMAN TRAFFICKING SURVIVORS SERVED

DONATE NOW





IRV WARREN MEMORIAL GOLF COURSE  
1000 FLETCHER AVE, WATERLOO



FRIDAY, AUGUST 18, 2023



# 3RD ANNUAL PUTT AN END TO HOMELESSNESS



**FRIENDS**  
of the **FAMILY**

**Take Back Tomorrow. Today.**

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