



FRIENDS of the FAMILY

Take Back Tomorrow. Today.

A GOAL TO END HOMELESSNESS

A Note from Ben Brustkern, Executive Director

We are looking forward to 2019 and hope that you are also. Each new year, many people take the opportunity to establish new goals and resolutions. Many of us are resolved to read more books, volunteer, eat better, exercise more, or spend free time differently. Personally, I want to maintain a healthy lifestyle and cut down on my screen time.

At Friends of the Family, we have a goal to end homelessness in Northeast Iowa by the end of 2019. This means that we would **no longer have a wait list** for people seeking housing services. People who have recently become homeless would reach out and quickly access services, without a long period of waiting. We call this “zero homelessness” or “functional zero.” We believe it’s possible because of the effective programming we offer, and our staff’s dedication to this vision. We believe that we can make homelessness a *brief* experience, and that housing is the solution.

Achieving functional zero means we need your support. Would you consider volunteering your time, attending FOF events, increasing your gift to FOF, or learning more about solutions to homelessness? Together we can reach functional zero. It would be the greatest new year’s resolution we’ve ever achieved.

If you want to make zero happen, let me know. We want you on our team.

Ben Brustkern
Executive Director
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WINTER NEWSLETTER



THAT’S A WRAP!

FOF Adopt a Family Program Spreads Good Cheer

Each holiday season, FOF coordinates an Adopt a Family program for its clients in need. Many clients are experiencing their first holiday season in a new home and new community. While they are encouraged to celebrate by doing things other than gifts, such as doing crafts, baking, or attending free community activities, they are so grateful when they do have a few gifts to place under the tree.

This year, FOF donors provided gifts to 48 adults and 85 children who would have otherwise had nothing under the tree. Thank you to all who gave!

"I wasn't able to express my complete gratitude for our adopt-a-family. I am still in awe. Please let them know how blessed we feel and thank them for their kindness."
– FOF Client



NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH

Friends of the Family works to combat misconceptions

This year, FOF's Human Trafficking Services Program has worked to raise awareness around labor trafficking. Labor trafficking can often be found in: domestic work, agriculture, traveling sales crews, restaurant/food service, and health/beauty services.

Most human trafficking victims in Iowa are labor trafficking victims. Many are recruited to work within Iowa's agricultural industry. When you think of labor trafficking in agriculture, you may think of large corporate farm industries, however, many smaller businesses exploit workers as well.

Most services, awareness efforts, and criminal investigations focus on sex trafficking of women and girls, but many other marginalized individuals are also at high risk of being exploited by traffickers. Below are just a few examples.

The National Human Trafficking Resource Center has seen an increase in cases involving **adults with cognitive disabilities**. One of the biggest challenges is where the adult has "consented," but is clearly being exploited. (2017)

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PARTNER SPOTLIGHT

CUNA Mutual Group fund helps clients reach housing stability

Friends of the Family is fortunate to be the recipient of grant funds from the CUNA Mutual Group Foundation. These funds are available for FOF clients when they are in need of financial assistance that would contribute to their safety and housing stability. Funds are available to all clients, regardless of where in our region they are located. Each community has different supports and resources available, so CUNA Mutual Group funds are available when nothing else is. Below is a breakdown of how the funds were used in CY2018.

19% transportation (to reach safety, and to keep employment and appointments)

68% rental/utility assistance

13% miscellaneous (medical bills, replacing lost or stolen documents, etc.)

DONATION HOURS

Thank you for all of your support over the past year and through the holiday season. We appreciate your generosity and flexibility as we manage in the influx of donations we receive in December. Our regular donation hours and policies have now resumed. Find more information on our website, fofia.org.

NATIONAL SLAVERY AND HUMAN TRAFFICKING PREVENTION MONTH CONTINUED FROM PAGE 2

National statistics say that a **homeless youth** is approached by a trafficker within the first three days of being on the street.

LGBTQ youth are at higher risk of being trafficked than non-LGBTQ youth. (HHS, 2013). 20% of all homeless youth are LGBTQ.

Refugees, asylum-seekers, and displaced people may be more likely to take risks in order to find employment. (End Slavery Now, 2015)

Male Survivors of sex trafficking are less likely to receive support services than female victims. A recent study found that only 5% of residential treatment beds for sex trafficking survivors were allocated for men.

Friends of the Family strives to make its services accessible for all trafficking survivors. Please join us in increasing awareness of human trafficking by attending a training, following us on Facebook, and sharing information with others. Ignoring human trafficking benefits the traffickers, purchasers, and others who profit by allowing it to happen. We must all work together to end this crime of slavery.

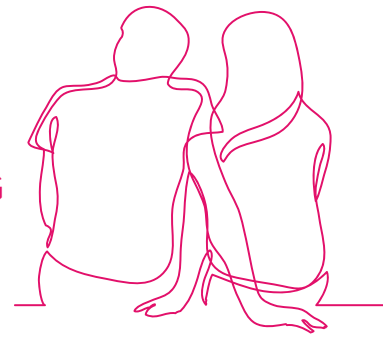
LOCAL PARTNER FUNDING

Friends of the Family relies on funding from local partners to meet the needs of people affected by violence and homelessness. Thanks to this quarter's funding partners for supporting our mission!

Alliant Energy Foundation
Black Hawk County Community Foundation
Community Foundation of Greater Cedar Rapids
– Linn County Fund, Program Fund, & World
Class Industries Fund

CUNA Mutual Group
Max & Helen Guernsey Charitable Foundation
Veridian Credit Union Foundation

FEBRUARY IS TEEN DATING VIOLENCE MONTH



A list of warning signs for teens:

- Your partner demands you run things by them before doing them
- Your partner threatens you
- Your partner checks your phone or email, or demands to know your password to such things
- Your partner makes you feel guilty to get their way
- Your partner has been physically aggressive or violent with you

Source: domesticshelters.org

Any of these warning signs, by themselves, does not necessarily mean you are being abused. Patterns of behavior and ongoing warning signs are, however, cause for concern. Please talk with the teens in your life about how to safely end unhealthy relationships.

Thank you!



This unique event brings local chefs and beverage vendors to provide samples of their favorite food and drink. We invite guests to vote for their favorite dish and help us celebrate the winning chef with the Best Dish Award. The evening's activities will also include both silent and live auctions. All proceeds directly support our services. After February 1, please visit fofia.org for tickets. We hope you can join us!

Our 5th annual Chefs Take a Stand fundraiser will be held on April 5 from 6-9pm at the Isle Casino Hotel in Waterloo.



MARK YOUR CALENDARS



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of the **FAMILY**

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