



Holy Cross
MINISTRIES

2015 Annual Report

» *Paving the way for bright futures.*



HEALTH
Promoting mental
& physical health



EDUCATION
Empowering at-risk
students to succeed



JUSTICE
Assisting immigrants
and their families

Holy Cross Ministries' Vision:

WHY

Holy Cross Ministries will be distinguished by an unrelenting, adaptive focus on building and celebrating just, compassionate, sustainable, and inclusive communities made up of individuals who, through their life and work, contribute to the benefit of all.

In order to achieve this, we commit to:

- 1 Promote mental and physical health.
- 2 Empower at-risk students to succeed.
- 3 Assist immigrants and their families.

We believe that everyone deserves a bright future which is why we partner with organizations to provide health, education, and justice services in our community.

Our work, along the way in 2015:

Counseling



35 survivors of domestic violence received a total of **89 bilingual counseling sessions** with a Licensed Clinical Social Worker.

Promotora Outreach Program



Low-income families received support from Promotoras -bilingual, bicultural outreach workers- who provided 957 prenatal classes, support groups, information, outreach services, and **922 referrals to critical resources.**

Afterschool Program



274 elementary-aged students participated in out-of-school time academic and enrichment activities while their parents were working.

Summer Camp



192 students in Park City were able to participate in a summer camp for **six weeks.**

School Readiness Program



113 at-risk youth between 3 and 5 years old had access to early education programming.

Legal Immigration Program



2,075 low-income residents across the state had access to consultations; legal support for immigrant victims of violence; support for Humanitarian and Temporary Status applicants; Family Reunification assistance; and Citizenship services.

School Counseling Program



Salt Lake Valley Catholic Elementary School students received counseling **and 363 class / small group sessions** that focused on Social Emotional Learning, Body Safety, and Violence Prevention.

① Promote mental and physical health

Counseling & Promotora Outreach Program



Community outreach and counseling play central roles in community integration and self-empowerment.



For women, like Diana, these services can create lasting change...

"When I met George, I thought he was the love of my life. I was only 17, but I could honestly see a future with him. It wasn't until I was pregnant with our first child that the abuse began. I stayed in the relationship because I wasn't sure how else to support our child, but the abuse never stopped; George was completely driven by a drug addiction; and eventually I became the sole provider for our family.

My life reached a breaking point and I left George after more than 10 years of abuse. Even after I was physically removed from the situation, I had extremely low self-esteem, depression, and what I later discovered was Post Traumatic Stress Disorder (PTSD). Thankfully, a friend referred me to Holy Cross, where I was able to receive counseling. It took a full year for me to put things in perspective. I blamed myself for not leaving George sooner, and as a result was really struggling to reach a stable point in my life. I can honestly say that Holy Cross made a huge difference for me. Once I was able to process everything and move on, things turned around for me and my kids. I was happier, got a small home for a fresh start, and even found a more stable job. I am so grateful for everything they did for me and ultimately my family."

~ Diana, a former client



HCM's Counselors and Promotoras provided a wide variety of services to other families, like Diana's, in Utah:



After an average of 5 counseling sessions, **individuals experienced a 14% decrease in overall stress levels.** For victims of domestic violence, a decrease in stress level indicates that the client is empowered and ready to take control of his/her life.



After attending prenatal classes with HCM's Promotoras, **78% of expectant mothers that were surveyed reported agreeing or strongly agreeing to having changed their lifestyle to achieve a healthy pregnancy.**



Of the 435 clients who received a community referral from one of HCM's Promotoras, **80% have already successfully received services.**



HCM's Promotoras assisted 373 individuals in obtaining health coverage and accessing health care services. **80% now have a Primary Care Provider and 65% have successfully acquired health coverage!**



HEALTH
Promoting mental
& physical health

② Empower at-risk students to succeed

Afterschool, School Counseling, School Readiness & Summer Camp Programs



Early childhood education, school counseling, and out-of-school-time activities help give students the tools they need for social, emotional and academic development.



For students, like Robert, this type of programming is critical...

"I am proud of all the students in our program, but I think Robert has developed the most this past year. Most of our 3 year olds are nervous when they arrive on the first day of school, but Robert was very introverted. He was only just beginning to adjust to his new routine when his Dad was diagnosed with cancer and his Grandfather was hospitalized. That was when Robert's Mom came to us. She was already working full-time and regardless of the growing medical bills, she didn't want to compromise her son's education.

I am so grateful that Holy Cross was able to offer Robert a full scholarship. When we shared the news with Robert's family, his Mom replied with tears in her eyes, 'this means so much to us. I can't thank you enough.'

It is so exciting to see how far Robert has come. He recognizes more shapes and colors, and despite starting the year shy and withdrawn, Robert is making friends at school and has noticeably increased his level of classroom participation!"

*~ Miriam Garcia,
School Readiness
Program Coordinator*



Robert wasn't the only student who benefitted from HCM's education programs.



Through quality classroom education for three- to five- year old students and combined parent involvement, **89% of graduating students in the 2015 School Readiness Program were ready for Kindergarten.**



The Afterschool Program and Summer Camp helped to provide a safe place for elementary-aged children while their parents were at work and students reported an 11% increase in self-esteem. These enrichment activities will help lead to academic gains and act as buffers against negative influences in adolescence.



Master of Social Work (MSW) interns and Licensed Clinical Social Workers provided individual counseling sessions for 21 students experiencing distress. After an average of 4 counseling sessions, these students reported a **33% increase in their social and emotional well-being.**



EDUCATION
Empowering at-risk
students to succeed



③ Assist immigrants and their families

Legal Immigration Program



Affordable legal immigration services create opportunities for families to change their legal status and participate more fully in their community.



For families, like Jose's, these services can make a huge difference...

"I wanted to write a quick note to say thank you. Before last year, my family didn't even know what a U-Visa was and now I feel like my wife, son, and daughter have a real chance to move forward in making a life in this new country and move on from what has happened.

*Thank you,
Jose"*

Last year, Jose's wife came home to find a stranger assaulting their teenage daughter. Because both women helped the local authorities in bringing the dangerous man to justice, Holy Cross Ministries' attorneys were able to help the entire family apply for a U-Visa. This change in status will have numerous benefits for Jose's family.



Jose's note touches on just one example of the many forms of legal support offered by HCM's staff.



341 people gained a work permit and 92 people were approved for a U-Visa, which is designated for victims of crimes (and their immediate family members) who have suffered abuse and are willing to assist law enforcement and government officials in the investigation or prosecution of the criminal activity. **Individuals who receive a U-Visa can apply for permanent residency in 3 years.**



188 people gained permanent residency, 145 of which were victims of crime. This creates numerous opportunities for immigrant families. Victims of crime who obtain a legal status are more likely to achieve self-sufficiency, care for their children better, and become active participants in the community.



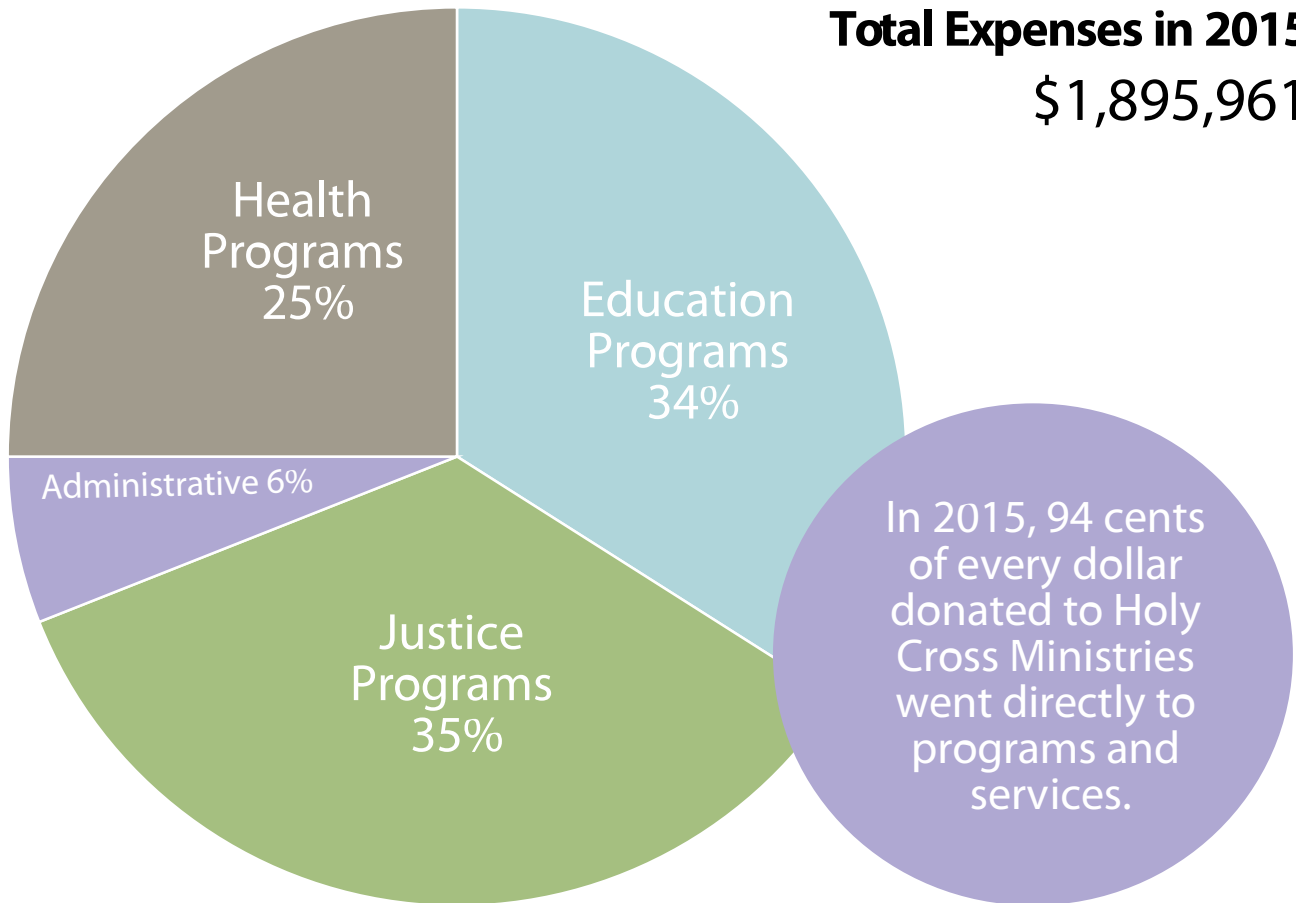
10 individuals became citizens with the help of HCM's legal services.



JUSTICE
Assisting immigrants
and their families

Financial Accountability:

Total Expenses in 2015
\$1,895,961



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HOW

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All of the work done in these programs by HCM's talented staff has been made possible through the generous support of grantors, donors, and HCM's Board of Trustees. The impact of those giving their time, talents, and treasures makes it possible for us to continue a long tradition of compassionate service, and pave the way for thousands of people to have a bright future.

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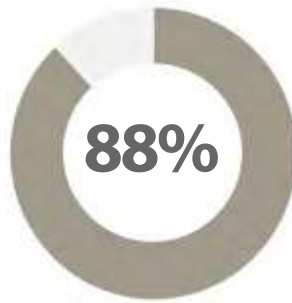
Holy Cross
MINISTRIES

"We respond to the underserved community's need for health and well being. We share God-given resources, connect people to community services, and assist individuals and families towards independence and full participation in the community. We do this to fulfill the mission of Jesus Christ and in the spirit of the Sisters of the Holy Cross."

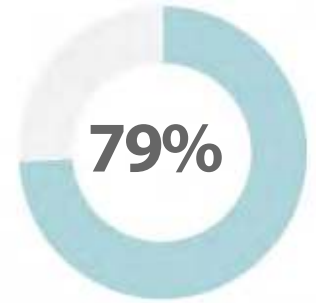
In 2015, Holy Cross Ministries' talented staff lived out this mission by helping to pave the way for 4,500 individuals and their families to have a bright future:



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