



WELLSPRING

Ending relationship and sexual abuse in Saratoga County

480 BROADWAY; LL20 • SARATOGA SPRINGS • NEW YORK 12866
OFFICE 583-0280 • HOTLINE 584-8188 • FAX 583-2215 • WELLSPRINGCARES.ORG

January 28, 2015

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Bradley Birge
Office of Community Development
City Hall- 474 Broadway
Saratoga Springs, NY 12866

Dear Mr. Birge:

Enclosed you will find our application for Community Development Block Grant funding. Perhaps the single greatest predictor of whether a family fleeing violence in the home will be able to successfully free themselves from the abusive relationship is their ability to locate and maintain safe housing. Far too often a domestic violence victim must choose between her own safety and being able to provide for the daily living needs of her family. Your support will enable us to continue to provide homelessness intervention and prevention services that help families to overcome homelessness, but even more importantly that support them in maintaining safe housing and increase their standard of living so that they can maintain self-sufficiency. With your support during 2014, we helped 70 adults and 39 children to escape abuse, find safety in our shelter, and begin a violence-free future. That's 2,712 nights when these vulnerable persons weren't homeless, but instead slept safely without fear of violence. But numbers are only one part of the story; these words from 2 shelter residents tell our real impact:

I want to describe how grateful I am to DVRC. They supported me and helped me when I was going through a very tough moment in my life. They were there for me when I needed someone to talk, to advise me how to get help, supporting me during the court days. The staff were also always nice and helpful with my son. They made our stay as easy as possible. They supported us with summer camp for day care when I could not afford it so I could keep working.

You gave me and my son a lovely home when we needed a safe place to live. Meeting with my counselor and my legal advocate gave me hope. Your services made me realize that although things are rough, you do what's best for your children and everything works out. DV counseling and shelter saved my life and my children.

We are grateful for your past support of our initiatives to prevent and eliminate homelessness in Saratoga Springs. Thank you for your consideration of our application.

Sincerely,

Maggie Fronk
Executive Director



Proud to be a United Way Participating Agency

IA. ACTIVITY DESCRIPTION- Ongoing: Residence supervisor to work with domestic violence victims currently homeless due to domestic violence on accessing violence-free stable housing.

1B. NEED IDENTIFICATION

In Saratoga County, it is:

- The #2 violent crime
- One of the top 2 causes of **homicide**, and
- **the leading cause of family homelessness**

What is it?... **Domestic violence.**

According to NYS Division of Criminal Justice statistics, domestic violence crimes are increasing significantly with almost a 30% increase from 2011 to 2013 (587 total dv crimes in 2011, 754 in 2013). Of note, violations of orders of protection represent 13% of domestic violence crime in the county. While Saratoga Springs represents 12% of the county's population, the city accounts for 26% of the county's domestic violence crimes.

There's no question that domestic violence shelters improve safety for families. Access to shelter services led to a 60% to 70% reduction in incidence and severity of re-assault during a 3- to 12-month follow-up period, as compared to women who did not access shelter, according to a study by Johns Hopkins University School of Nursing, Protective Action and Re-Assault:

But there's also a strong correlation between domestic violence, poverty and homelessness: Domestic violence is the leading cause of physical injury to women.¹ Such violence has a devastating impact on women's physical and emotional health, financial security, and ability to maintain their jobs. Studies indicate that one of the best predictors of whether a victim will be able to stay away from her abuser is her degree of economic independence. Women who have experienced domestic or dating violence are more likely to be unemployed, suffer from health problems that can affect employability and job performance, to report lower income, and to rely on welfare.² Employment instability directly impacts their ability to maintain stable housing and provide for their family's needs. Victims leaving abuse have concerns about unemployment or loss of housing, as well as fewer job opportunities at a level that meets their family's needs.

Throughout the U.S. Women are one of the fastest growing groups of homeless people in the country (Goodman, Fels, & Glen, 2011), and domestic violence is a leading cause of homelessness among single women and women with children (National Coalition for the Homeless, 2005). In one large-scale study, 92 percent of homeless mothers reported experiencing sexual or physical abuse in their lifetimes (Browne & Bassuk, 1997).

There's a repetitive cause and effect dynamic between domestic violence and homelessness:

¹ Evan Stark & Anne Flitcraft, Women At Risk: Domestic Violence and Women's Health xvii, 10, 202 (1996).

² Detis T. Duhart, U.S. Dep't Of Justice, Violence In The Workforce, 1993-1999 2 (December 2001).

The limited availability of safe and affordable housing options frequently results in women falling into homelessness after exiting abusive situations (National Institute of Justice, 2008), and homelessness dramatically increases their risk of suffering episodes of sexual assault and other kinds of abuse (Goodman, Fels, & Glen, 2011).

Domestic violence agencies don't just help with leaving the crisis situation, they help with the myriad needs a victim has: safety, stability, basic needs, as well as healing and recovering,

The National Resource Center on Domestic Violence reports that about 45 percent of the survivors reported experiencing financial difficulties, including many not being able to pay their bills.³ They reach out to domestic violence programs for help with employment, with housing, with transportation, with child care, with responding to the impact of economic abuse and the need for credit repair, and other kinds of things that they are struggling with as a result of having an abusive partner who has damaged them economically, as well as in other ways.

In order to escape abuse, women need employment so they can provide for their family's basic needs. They may become reliant on social services support and cannot find their way out of this economic chasm. Without a job they may face no alternative but to return to the abuse.

- A 2009 study by the Allstate Foundation concluded that 50% of women participating in TANF (Temporary Assistance to Needy Families) had experienced domestic violence – more than double the percentage in the general population⁴.
- And the most recent report, *The Shriver Report: A Woman's Nation Pushes Back from the Brink*, concludes:
 - One-third of American women are living at or near the brink of poverty.
 - Three critical factors contributing to women's poverty are:
 - Women are more likely than men to work in "pink-collar" service or caregiving positions, which are usually poorly paid and lack benefits.
 - Even though women earn the majority of post high-school degrees, higher education is difficult to obtain.
 - Single-parent families are increasingly common.

"These are not women who are wondering if they can "have it all."

***These are women who are already doing it all –
working hard, providing, parenting, and care-giving.***

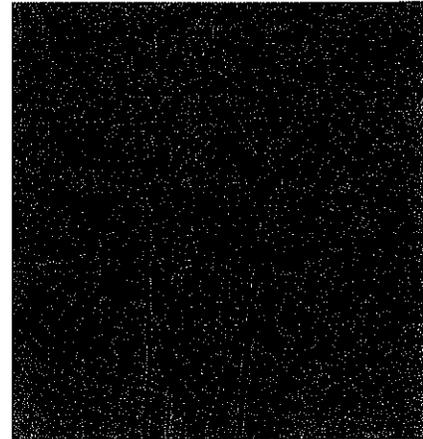
They're doing it all, yet they and their families can't prosper. Maria Shriver

³National resource center on Domestic Violence and Eleanor Lyon, the principal investigator on the research project Meeting Survivors' Needs Through Non-Residential Domestic Violence Services and Supports: Results of a Multi-State Study 2008

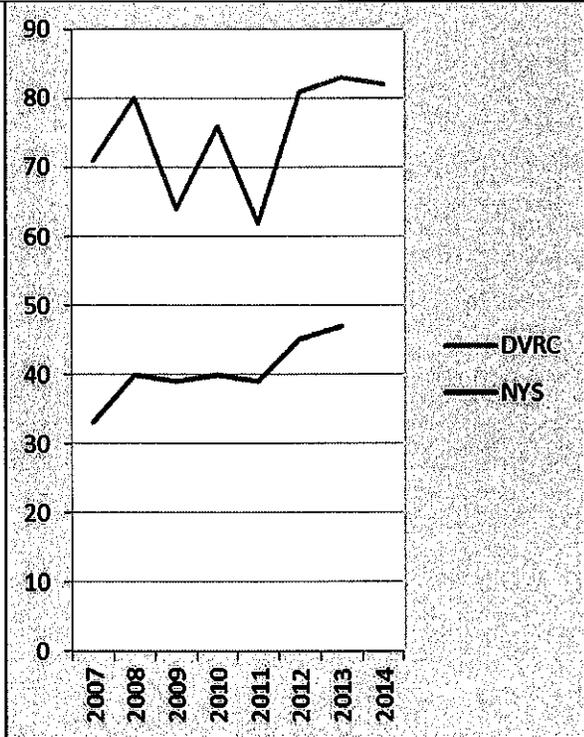
⁴ National Law Center on Homelessness & Poverty, (2009). *Shortchanging Survivors: The Family Violence Option for TANF benefits.*

Those are the national statistics. Here's the picture locally. In 2013 and 2014 Wellspring's emergency shelter had the highest occupancy rates of the past 8 years. As you can see from the chart below, not only is the demand for shelter in our county high compared to NYS averages, but it is also sustaining at an increasingly high level of need. Increasingly our shelter is assisting more families with small children as compared to past years where there was a more even mix of single adults and families.

In 2014 we sheltered 39 children (compare this to 26 in 2012). The dearth of affordable housing options in our county makes it difficult for families to exit shelter to violence-free homes. They also have more challenges securing employment, transportation and childcare. Consequently families stay in our shelter longer as they try to piece together housing, employment and childcare so they can successfully leave shelter and maintain viable abuse-free housing for their families. These children are often very young; in 2014, 64% of children in shelter were less than 9 years old ...40% were under 4 years. It is increasingly difficult for a mother with one or several young children (and often no support system) to balance work and family as they exit the abuse.

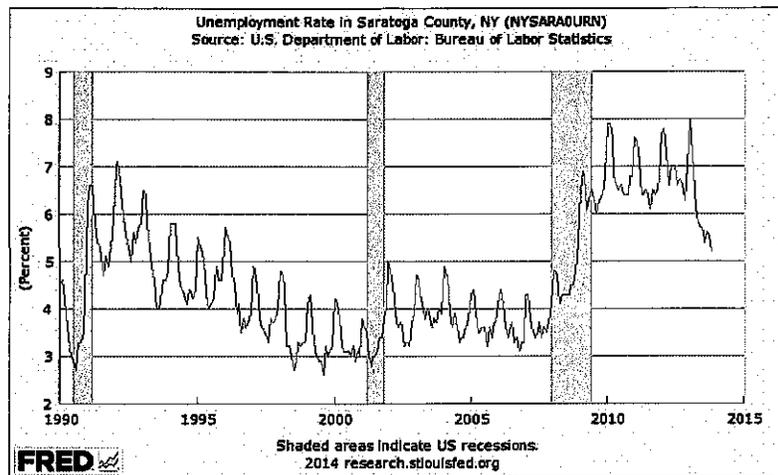


**Comparison of Percent of Occupancy
Wellspring and Other Safe Dwellings (outside of
NYC)**



We have seen more occasions where a victim makes a conscious choice to return to the previous living situation simply because of the overwhelming burdens of parenting several small children in a single parent household, and the fear that those demands upon her (financial and stress) will compromise her ability to effectively parent. Despite these challenges our rate of people leaving shelter to return to the previous living situation remains steady at 16-18% which is a highly favorable outcome when compared to national statistics indicating a victim leaves an average of 7-8 times before doing so successfully. Often these victims who returned home still work with us to learn strategies to maximize their safety in the relationship (e.g. 'refrain from' type orders of protection and safety plans). Just as with the adult domestic violence survivors in shelter we work with these individuals to increase employment and personal financial management because by reducing financial dependence we reduce one obstacle to being able to eventually break free from abuse.

On a positive note: The unemployment rate in Saratoga County over the past 4 years reflects the state of our local job market... unemployment significantly impairs domestic violence victims' ability to escape abuse. Their need for a job is often immediate, and failure to obtain employment makes them vulnerable to victimization. The good news is the unemployment rate, while still higher than average, has begun trending in the right direction.



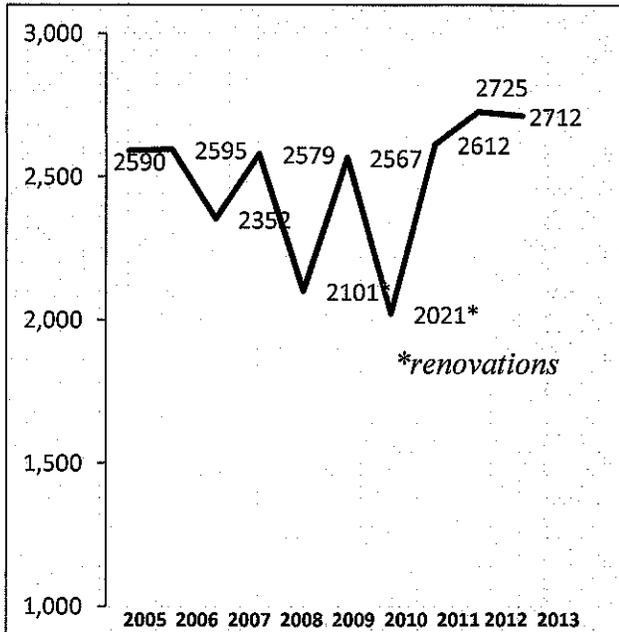
The US Conference of Mayors reports that 73% of cities surveyed reported an increase in homelessness and a 13% increase in requests for emergency shelter. Domestic violence is identified as one of the five primary causes of homelessness and in many cities it is the number one cause of homelessness for families. The wait for Section 8 or public housing can be 5-7 years in Saratoga Springs! Families fleeing abusive living environments cannot wait this long—their safety depends upon being able to quickly access safe housing. Wellspring helps families to find safety and to provide homelessness prevention and intervention.

This proposal is identified as a high priority in the Consolidated Plan, addressing homeless facilities and services needs. The proposal addresses both 1) emergency shelter for families with children and 2) supportive services to prevent and/or alleviate homelessness. Wellspring operates the only emergency domestic violence shelter in Saratoga County, the only shelter for families, and the county's only 24-hour hotline for domestic violence. Nationally, 50% of all homeless women and children are on the streets because of violence in the home.⁵ Domestic violence is not only the second most common violent crime in Saratoga County and a primary cause of homicide, but it frequently leads to homelessness for women and children. Some women are chronically homeless because of repeated incidents where they needed to flee their homes; we help them to exit violent homes, develop safety plans and access resources so they live safely and independently.

⁵ Senator Joseph Biden to the US Senate Committee on the Judiciary Violence against Women Victims of the System 1991

1C. WHO WILL BENEFIT

SHELTER BEDNIGHTS 2005-2014



Our shelter provides no cost services to women and children exiting abusive homes. In 2014 we provided 2,712 bed nights of shelter to 109 women and children. As the graph indicates, the demand for shelter remains an all-time high. Families may remain in shelter for 90 days as they develop transitional plans so that they exit shelter with increased safety for all family members. The project benefits women and children in our emergency shelter who are homeless due to family violence (homelessness intervention) and to non-residential clients of Wellspring (homelessness prevention). Although our shelter houses women and children, Wellspring also provides homelessness intervention and prevention services to male domestic violence victims. This proposal benefits the 'limited clientele group' of homeless persons, battered spouses and abused children

We recognize that CDBG funds serve Saratoga Springs; while not all shelter residents originate from Saratoga Springs, this is the primary demographic served by our agency. Victims often need to seek shelter away from their hometown; consequently our agency frequently relocates victims to another county as it is unsafe to reside locally. Shelters maintain reciprocal agreements to provide housing to out of county residents. In 2014 we had 283 requests for emergency shelter (160% more than we were able to house) So while only a percentage of our shelter residents hailed from Saratoga Springs, many were sent to shelters outside of our community for safety.

Domestic violence victims have unique needs for safety that impact their ability to access housing and employment. Homelessness prevention and intervention requires assistance not only with safely exiting the violent home, but also skills development and supports so that the family does not become dependent upon social services. Our financial literacy program, Project Hope and Power assists participants to increase financial skills and employment; almost half of the participants of this program were families that had been homeless within the past year and after completing the program, were in safe, stable housing and actively improving their employment. The goal of all our case management services is to improve self-sufficiency by overcoming the unique barriers to self-sufficiency facing domestic violence victims:

Safety issues- Abusers often harass victims at their workplace or use knowledge of their work schedules to threaten their safety, impacting their ability to keep a job. We help clients and employers to overcome obstacles so they may remain employed.

Lack of work experience- Abusers often limit a victim's ability to maintain employment; upon exiting the abuse she lacks work history or job skills. Wellspring helps clients access entitlements for immediate financial support, and provides assistance developing employment goals and skills.

Legal issues- Fears of actions by the abuser e.g., fear that the abuser will seize the children and vanish, may prevent the victim from securing employment. Required court appearances can impact a victim's ability to immediately commit to employment. Our counselors and legal advocates help the victim to navigate

through these obstacles more expediently. We refer to the Legal Aid Society and offer a monthly legal clinic for victims to access free legal counsel.

Lack of Resources- Often a victim seeks shelter for herself and her children after a crisis that seriously jeopardized their safety. They may flee with only the clothes on their backs. When the abuser controls all family finances, all assets, bank accounts, car titles and registrations, the woman finds herself starting a new life for herself and her family without money, furnishings, transportation, indeed without even clothing. We provide these necessities. For many victims, shelter is the first time they've used the social services; we quickly help the family to attain self-sufficiency and avoid prolonged or chronic homelessness.

Local employment and housing challenges- Saratoga Springs enjoys an unemployment rate well below the NYS average. However, many of these jobs are in retail or the service industry and offer wages that are insufficient to meet the basic living needs for a family. Indeed, 38% of female headed households in Saratoga Springs are living below the poverty level.⁶ This, combined with the high cost of rents, presents difficulties for families in sustaining affordable housing.

Specialized support service needs- Victimization from domestic violence may be associated with mental health symptoms or chemical dependency. Abused women were diagnosed 6 times more often with substance abuse, over 3 times more often with depression, and 3 times more often with sexually transmitted diseases than women who were not abused.⁷ Abuse victims may suffer from depression, PTSD, or substance abuse which if untreated impairs their functioning. Our counselors provide referrals, support, and follow-up to aid victims in addressing these needs which can intensify under stress as the family exits abuse.

1D. GOALS AND OUTCOME INDICATORS

A shelter stay of 90 days is a short period to: recover from injuries, file police reports, attend court dates, find a job, enroll the children in a new school, access transportation (since many victims do not have cars), and find affordable housing. Since the abuser has denied them access to or knowledge about family resources many domestic violence victims lack budgeting experience. We teach these skills so the family can be self-sustaining.

From the moment a woman and her children enter shelter, we work on a transition plan that includes a needs assessment and short-term goal planning. While national statistics indicate that a victim may need to enter shelter 7-8 times before she is able to successfully leave the abusive living environment, in 2014, only a small percentage of victims exiting our shelter returned to their previous living situation. We attribute our favorable outcomes to the intensive work we do with families in shelter to support self-sufficiency goals. We operate rapid rehousing and permanent housing for families overcoming domestic violence; these programs offer families rental subsidies and long-term (~24 months) support services to increase self-sufficiency. In 2014 we provided 21 violence-free apartments that housed 22 adults and 29 children for a total of 10,750 bed nights (our highest occupancy since the program began). Our advocates work with clients not just to exit an abusive situation, but to develop skills and resources so they achieve independence from the social services system. To help residents transition to these programs, the CDBG-funded residence supervisor:

- Assists the shelter resident to develop a budget and save for housing and relocation costs
- Reviews goal progress in weekly meetings and adjust the goal plan as necessary.
- Assists the resident with housing applications, apartment searches and accessing furnishings.

⁶ US Department of Commerce, Bureau of Census 1990 Census

⁷ Bonomi, A.E., Anderson, M., Reid, R.J., Rivara, F.P., Carrell, D. & Thompson, R.S. (2009)

In 2014 we achieved the following milestones:

- 12 adults became employed
- 17 families obtained housing
- 21 adults received custody/child support
- 86 adults received an order of protection.

We measure success based upon the following indicators:

- percentage of families that achieve violence-free living after shelter
- number of adults who apply for housing/rental subsidies
- number of adults who attain permanent safe housing for themselves and their families
- number of adults who access an order of protection, or temporary support or custody
- number of adults who apply for employment and who access employment
- number of adults who access entitlements so they may reduce financial dependence
- number of adults who access medical, mental health or substance abuse treatment

1F. REQUIRED LICENSURE

WELLSPRING is licensed by the New York State Office of Children and Family Services to operate the county's only domestic violence shelter. This project requires no additional licensure.

2. ORGANIZATIONAL CAPACITY

WELLSPRING has been in operation for 30+ years. We have an active board of directors who oversee strategic planning, quality assurance resource development, fiscal oversight and personnel management (see attached board roster). We have benefited in the past from generous funding by the City of Saratoga Springs. In 2003 we received \$31,000 funding to improve handicapped accessibility in our shelter. Most recently CDBG funds supported a shelter case manager: 2004-5 @ \$13,000; 2005-7 @ \$16,000/, 2008-9@ \$15,000, 2009-10 @\$17,000 2011 @\$12,575, 2012 @\$12,573, 2013 @\$10,473 and 2014 @\$13,195.

2B. ORGANIZATIONAL EXPERIENCE

We have extensive background in helping domestic violence victims achieve self-sufficiency. In 2014 Wellspring responded to 1,358 hotline calls. While our shelter is a safe home for women and children fleeing abuse, our services are far more comprehensive. To successfully leave an abuse, a victim needs services and supports to adequately meet the family's basic living needs, such as: employment, housing, childcare, medical coverage, transportation, and legal protections. Without these skills and services the family has an increased risk of repeat victimization or chronic homelessness. So that we may find housing and treatment options to meet the needs of families rendered homeless by abuse, we engage in community collaborations including: the Saratoga County Housing Committee, the Rental Assistance Program, and the Crisis Action Network.

While other community-based services exist that assist individuals with case management and vocational needs, we offer the only services specific to the needs of domestic violence victims and their families. As domestic violence is a leading cause of homelessness for families, WELLSPRING's services are a critical component in the plan to end homelessness in Saratoga Springs. Our self-sufficiency initiatives include:

- our financial Literacy program, *Project Hope and Power*, and
- a housing and employment specialist who works with clients on job-readiness training and with local employers who may be interested in hiring graduates of this program
- transitional and permanent housing programs to provide rent subsidies and on-going support services to individuals and families working toward self-sufficiency.

2C & D. PERSONS RESPONSIBLE

The Executive Director is responsible for oversight of the program. The program director directly supervises program staff. The residence supervisor provides direct one-on-one case management assistance, transitional goal planning and assists with Project Hope and Power, a financial literacy program aiding participants in attaining sustained increases in financial skills and earning potential.

2D. OTHER PARTNERS

The residence supervisor works collaboratively and refers clients for needed assistance with a full range of housing and service providers e.g., mental health or substance abuse services, legal assistance, day care, job skills training, housing assistance and budgeting assistance. However, primary responsibility for case management services and homelessness prevention will be the responsibility of Wellspring. Soroptimist volunteers provide assistance with Project Hope and Power, a new financial literacy program offered quarterly by Wellspring. This program, serving 50 women annually supplements the activities of the residence supervisor by providing instruction in specific skills areas and individual mentoring.

(ATTACHMENT I)

PROGRAM OPERATING BUDGET

(Entitlement Grant + Leveraged Funds = Total Activity Cost)

	ENTITLEMENT GRANT	Leveraged Funds*	Total Activity Cost	*Source of leveraged Funds and In-Kind Services
PERSONNEL				
Salaries	16,000	16,000	38,000	NYS STEHP
Fringe	6,800	6,800	7,600	NYS STEHP
Other (consultants, etc.)				
<i>Subtotal</i>	22,800	22,800	45,600	

OVERHEAD				
Advertising/Marketing				
Program Supplies				
Rent & Utilities				
Other – list below				
<i>Subtotal</i>				

TOTAL COST	22,800	22,800	45,600	
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(ATTACHMENT 2)

CONSTRUCTION / SITE DEVELOPMENT BUDGET

(Entitlement Grant + Leveraged Funds = Total Activity Cost)

	ENTITLEMENT GRANT	Leveraged Funds*	Total Activity Cost	*Source of leveraged Funds and In-Kind Services
PRECONSTRUCTION				
Legal				
Engineering				
Architectural/Design				
Fees and Permits				
<i>Subtotal</i>				

DEVELOPMENT				
Relocation				
Site Preparation				
Construction - materials				
Construction Financing				
Other – (explain)				
<i>Subtotal</i>				

TOTAL COST	\$0	\$0	\$0	
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(ATTACHMENT 3)

OFFICE OF MANAGEMENT AND BUDGET (OMB) CIRCULAR A-133
MONITORING OF FEDERAL FINANCIAL ASSISTANCE TO SUBRECIPIENTS

ORGANIZATION: Wellspring (incorporated as Domestic Violence and Rape Crisis Services of Saratoga County)

MAILING ADDRESS: 480 Broadway, LL20, Saratoga Springs, New York 12866

FEDERAL ID #: 14-1644567

PHONE: (518) 583-0280

FAX: (518) 583-2215

1. Please identify your fiscal year (mth/yr to mth/yr): 01/15 to 12/15

Please identify the funding received during your last fiscal year:

2. Community Development Block Grant Entitlement Funding (CDBG):

CDBG Activity Name: Homelessness Prevention and Intervention- Shelter Counselor

CDBG Funding Program Year: 2014

CDBG Funding Amount: \$13,195 received

\$22,500 requested

3. Other Federal Financial Awards (cash & non-cash):

GIVE NAME & CATALOG OF FEDERAL FINANCIAL ASSISTANCE (CDFA) #

AMOUNT OF AWARDS

Grant	Total	Fed Funds
DOH	55,000	27,500
DCJS	37,900	37,900
OCFS	34,944	34,944
CVB	161,223	128,978
HUD Trans	114,536	89,946
HUD1 Perm	36,607	36,257
SHP	46,200	0
CDBG	10,237	10,237
STEPH	65,891	65,891
TANF	2,125	2,125
Sub-Contracts		
Legal Aid	5,000	1,250
TOTAL		\$434,264

4. During your last fiscal year, has your organization expended more than \$500,000 in total federal financial awards (incl. CDBG & all other federal assistance)? YES * No

* If "yes", include a copy of your latest Single Audit Report with this completed and signed form as part of your application. If you answered "no", please complete, sign and return this form. N/A

5. Are you aware of any financial audit violations, findings or questioned costs related to any activity funded with federal financial assistance? YES * No

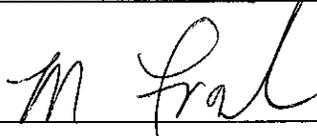
6. Other Saratoga County Awards (cash & non-cash):

IDENTIFY PROGRAM NAME & YEAR OF AWARD

IDENTIFY AMOUNT OF CO. AWARDS

Non-Residential Domestic Violence Program Grant

\$38,500



1/23/2015