



WELLSPRING

Ending relationship and sexual abuse in our community

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 break free of the abusive relationship is their ability to locate and maintain safe housing. Far too often a domestic violence victim must choose between safety and being able to provide for the basic needs of her/his family. Your support will enable us to continue to 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 2015, we helped 70 adults and 39 children to escape abuse, find safety in our shelter, and begin a violence-free future. That's **2,801** nights when these vulnerable persons weren't homeless, but instead slept safely without fear of violence. Sadly in 2012, 2013, 2014 and now 2015 we have had increasingly high bednight occupancy- each year exceeding the record highs of the year before. Numbers are only one part of the story; these words from 2 shelter residents tell our real impact:

I don't know where I'd be without Wellspring. Two and a half years ago I returned to my abusive husband because I didn't think I had any options. Now with your help and support, my kids and I are safe and away from him.

I'm so grateful for the support and guidance you give me. I could never have come this far without you. Whenever I thought about leaving my abusive husband I would feel overwhelmed with all the things I would have to do. You helped with ALL of it. I know he thought I would need him to come back, but thanks to you, I didn't.

We are grateful for your past support of our initiatives to prevent and eliminate the primary cause of family homelessness 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

Application For
COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) ENTITLEMENT FORM
 -2016 Program Year Funding-

Activity Name: Homeless Prevention and Intervention Activities

Applicant: **Wellspring** (incorporated as Domestic Violence Rape Crisis Services of Saratoga County)

Mailing Address: 480 Broadway Saratoga Springs, New York 12866

Phone: 518-583-0280 Fax: 518-583-2215 Email: executivedirector@wellspringcares.org

Contact Person: Maggie Fronk Title: Executive Director

Applicant

(Select 1): City Department Private non-profit organization Other Public Agency

_____	14-1644567	_____
(List Dept.)	(List Federal ID#)	(Specify)
	054520564	
	(DUNS #)	

NATIONAL OBJECTIVE (Select 1)

- | | | |
|---|---|--|
| <input type="checkbox"/> <u>"Benefit persons of Low/moderate income"</u> | <u>"Address slum/blight Conditions"</u> | <u>"Urgent CD Need"</u> |
| <input type="checkbox"/> L/M Income Area Benefit | <input type="checkbox"/> "N/A" Slum/blighted Area | <input type="checkbox"/> "N/A" Urgent Need |
| <input checked="" type="checkbox"/> L/M Income Limited Clientele Activities | <input type="checkbox"/> Slum/blighted Spot Basis | |
| <input type="checkbox"/> L/M Income Housing Activities | <input type="checkbox"/> "N/A" Urban Renewal Completion | |
| <input type="checkbox"/> L/M Income Job Creation/Retention | | |

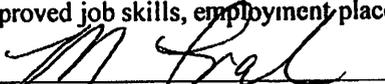
REQUESTED ENTITLEMENT FUNDING:	\$22,500
Funding Leveraged from other sources	\$22,500
Total Activity Cost	\$45,000

Proposal Abstract-please provide a brief overview of your proposal including the number of persons that will be served with this grant in the space below:

We are requesting funds to provide homelessness intervention and prevention activities estimated at 2,700 for to approximately 50 adults and 50 children who are fleeing domestic violence and residing in Wellspring's domestic violence shelter. Funds requested will provide continuation funds for a .5FTE shelter manager whose job duties include:

- direct client assistance with accessing entitlements, employment, childcare and rental assistance
- assistance securing housing
- referrals to community supports needed to maintain housing
- budgeting assistance, and
- safety planning.

Wellspring staff will provide financial literacy training to all shelter residents. This program is designed to effect long-term improvements in both reduced victimization and economic self-sufficiency through improved job skills, employment placement, and financial management skills.



 Authorized Signature

Executive Director
 Title

Maggie Fronk

1/26/2016

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

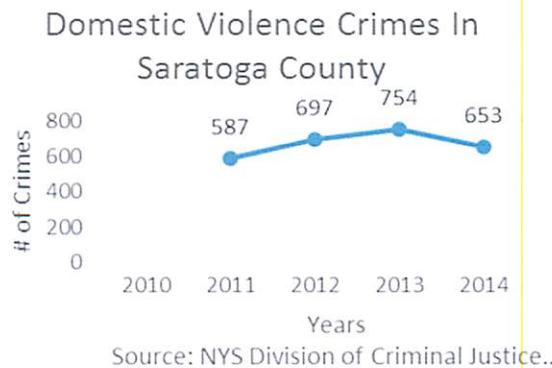
1B. NEED IDENTIFICATION

In Saratoga County, it is:

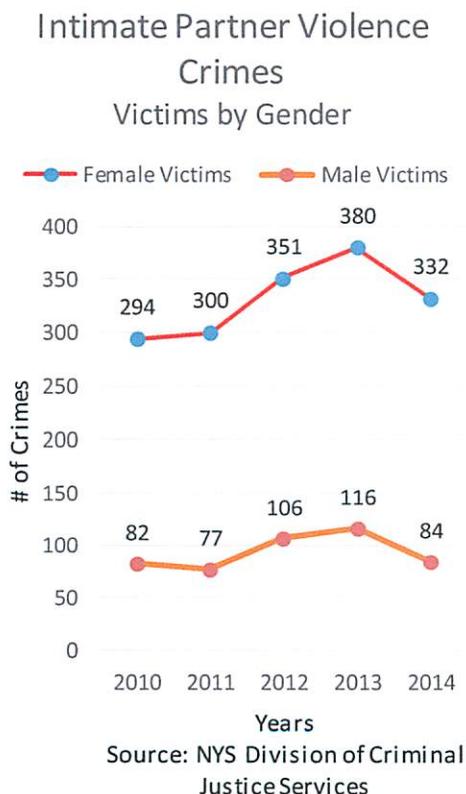
- The #2 violent crime
- One of the top 2 causes of **homicide**, and
- **the leading cause of family homelessness**

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

According to NYS Division of Criminal Justice, domestic violence crimes continue to be a concern in Saratoga County, with more than 600 arrests annually. Of note, assaults represent more than 86% of domestic violence crime in the county. While Saratoga Springs represents 12% of the county’s population, the city accounts for 20% 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 In Saratoga County, domestic violence disproportionately affects women (*see chart*). 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

Domestic Violence and Women’s Health xvii, 10, 202 (1996).
The Workforce, 1993-1999 2 (December 2001).

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: *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.

- An Allstate Foundation study 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.

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

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

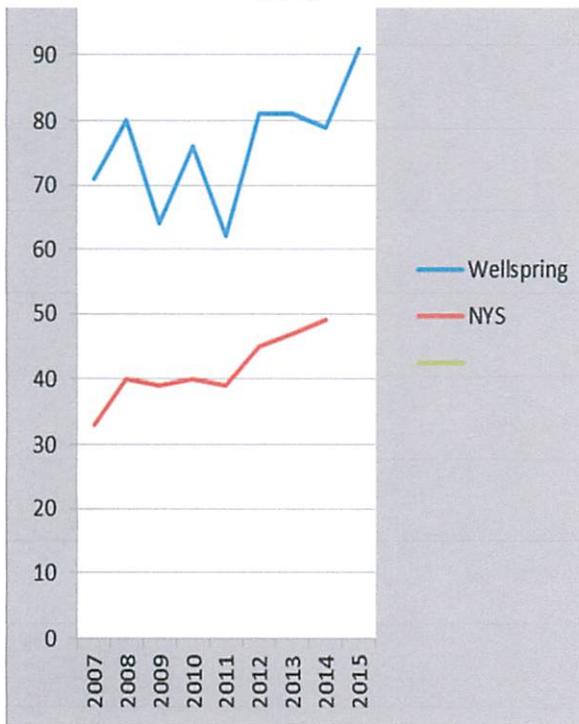
- Even though women earn the majority of post high-school degrees, higher education is difficult to obtain.
- Single-parent families are increasingly common.

***“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 caregiving.***

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

Those are the national statistics. Here’s the picture locally. In 2013-15, 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.

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



We have seen many 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. Their need for a job is often immediate, and failure to obtain employment makes them vulnerable to victimization.

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.¹ 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.

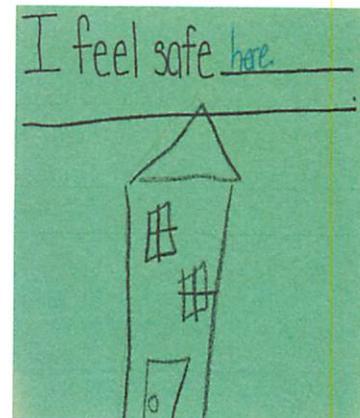
SHELTER BEDNIGHTS 2005-2015



1C. WHO WILL BENEFIT

Our shelter provides no cost services to women and children exiting abusive homes. In 2015 we provided a record 2,801 bed nights of shelter to 77 adults and children fleeing abuse. As the graph indicates, the demand for shelter remains an all-time high. Families may remain in shelter as they develop transitional plans so that they exit shelter with increased safety for all family members. The project benefits women, men and children in our emergency shelter who are homeless due to family violence (homelessness intervention) and to non-residential clients of Wellspring (homelessness prevention). 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. 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.⁵ 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.⁶ 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

⁵ US Department of Commerce, Bureau of Census 1990 Census

⁶ Bonomi, A.E., Anderson, M., Reid, R.J., Rivara, F.P., Carrell, D. & Thompson, R.S. (2009)

enter shelter 7-8 times before she is able to successfully leave the abusive living environment, in 2015, 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 2015 we provided 24 violence-free apartments that housed 25 adults and 32 children for a total of 11,923 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.

In 2015 we achieved the following milestones:

- 22 adults became employed
- another 14 achieved career growth to provide a better standard of living for their families
- 38 individuals obtained housing
- 19 adults received custody/child support
- 56 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 manger: 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 2014 @\$13,195, and 2015@ \$7,500.

2B. ORGANIZATIONAL EXPERIENCE

We have extensive background in helping domestic violence victims achieve self-sufficiency. In 2015 Wellspring responded to 1,458 hotline calls. While our shelter is a safe home for a 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, WELLSRING'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: 2016

CDBG Funding Amount: \$7,500 received

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

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

AMOUNT OF AWARDS

Grant	Total	Fed Funds
DCJS	35,600	35,600
OVS	258,351	206,681
HUD Rapid Re	178,159	106,408
HUD Perm	79,785	46,783
CDBG	7,500	7,500
STEHP	51,994	51,994
TANF	10,250	10,250
Sub-Contracts		
Legal Aid	5,000	5,000
NYSCASA SASP	5,995	5,995
TOTAL		\$476,211

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 last 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 2015

\$38,500