

YOUR DOLLARS IN ACTION: SMALL GIFTS = BIG IMPACT

Gifts to Heart of Missouri United Way do not have to be large to make a significant and lasting impact for those in need in our community. And when everyone gives, it adds up to a big, collaborative impact. Take a look at what your gift provides:

\$5

- Grows 1 square foot of fresh fruits or vegetables for local food pantries.
- Provides an oral health screening for one child.
- Secures a medical prescription for a family residing in a shelter.

\$25

- Provides 1 hour of advocacy for a child experiencing abuse or neglect.
- Ensures 1 day or night of shelter and case management for a homeless person.
- Supplies gas to help a person in need secure transportation for job interviews.

\$50

- Pays for car repairs for an underemployed individual.
- Provides 45 minutes of case management for a teen parent to assist with housing, education and employment.
- Pays 1 High School Equivalency Exam fee for an individual seeking to improve their employment opportunities.

\$100

- Provides 5 group-therapy sessions for an individual struggling with mental health issues.
- Secures crisis intervention for a child experiencing suicidal thoughts.
- Brings rent and utility assistance to a family working through a financial crisis.

WHY GIVE TO HEART OF MISSOURI UNITED WAY?



1 Dave is passionate about kids succeeding in school and graduating. He donates to one local agency that supports these efforts.



2 At a presentation at Dave's work place, he is invited to donate to United Way. Dave wonders, "Why should I give to United Way when I can give directly to my favorite agency?"



3 Dave's colleague explains that United Way uniquely assembles a diverse network of local agencies that ALL work together to help youth succeed, strengthen families, respond to crisis, improve health, and support aging and disabled individuals.



4 United Way leverages your donation so it addresses the true complexity of community needs and creates lasting change for a stronger, healthier community.

UNITED WAY SUPPORTED AGENCIES

EDUCATION

Big Brothers Big Sisters of Central Missouri
Boonslick Heartland YMCA
Boys and Girls Clubs of Columbia
Columbia Community Montessori
Columbia Housing Authority Low-Income Services, Inc.
For His Glory, Inc.
Harrisburg Early Learning Center
Mary Lee Johnston Community Learning Center
Nora Stewart Early Learning Center
United Community Builders
University YMCA

INCOME

City of Refuge
Columbia Community Montessori
Job Point
Love INC
Services for Independent Living
United Community Builders
Unlimited Opportunities
Youth Empowerment Zone



Heart of Missouri United Way
uwheartmo.org

HEALTH

Boys and Girls Clubs of Columbia
Columbia Center for Urban Agriculture
Family Health Center
Family Counseling Center, Inc.
Great Circle
Lutheran Family & Children's Services of Missouri
Phoenix Health Programs

SAFETY NET

Harvest House
Heart of Missouri CASA
Love INC
Mid-Missouri Legal Services
Rainbow House
Services for Independent Living
Sustainable Farms & Communities
The Salvation Army
The Food Bank for Central & Northeast Missouri
True North
Turning Point at Wilkes Boulevard
United Methodist Church
Voluntary Action Center

OVERCOMING HOMELESSNESS AND UNEMPLOYMENT



Stacey, 23, is a single mom of two kids, with no family support or safety net. Though Stacey had a job, she struggled to afford rent and expenses for her children. When she lost her job, she also lost her apartment and her car. She and her children had nowhere to go.

Stacey then learned about United Way funded programs that could give her family a boost while she got on her feet. Through these programs, Stacey and her two kids received temporary housing. During that time, Stacey was paired with a volunteer life coach that taught her budgeting skills, how to build a resumé, search for a job and look for an apartment. Within a few months, Stacey had landed a job and had saved up for her own apartment. After she and her children moved into the apartment, Stacey continued to use the budgeting skills she had learned, and met regularly with her life coach to help her stay on track through the next phase of her life. Her kids are doing great in school, and Stacey is confident about what the future brings for her family.

GAINING CONFIDENCE IN THE CLASSROOM AND BEYOND



At the end of the school year, Michael was really struggling with some subjects, particularly math. He couldn't remember his multiplication tables. His stress and anxiety over the subject brought him to tears, and he lost confidence in himself. Michael's teacher suggested to his father that they continue to practice his multiplication over the summer.

Michael then met with tutors from a United Way funded program throughout the summer to continue practicing math. These tutors focused on his fears, lack of confidence and moved slowly with him to help him completely grasp multiplication. Even after the school year resumed, Michael continued to meet with his tutors and it paid off. Michael's math tests improved so much that his teacher asked how his father was able to teach him so well. His father praised the tutoring program and recommended it to Michael's teacher so she could share it with other students. Not only is Michael performing well, but he regained confidence in himself. He is on track to continue succeeding in school and beyond.

LIVE UNITED

HEART OF MISSOURI UNITED WAY 2016 COMMUNITY IMPACT REPORT

WHAT DOES POVERTY LOOK LIKE?

1 in 5 Boone County residents, including children, **lives in poverty.**
(Equality of Opportunity Project)

A family of 4 living in poverty makes **\$23,400 or less** per year.
(U.S. Dept. of Health & Human Services)

65% of single-parent households are living in poverty.
(National Center for Children in Poverty; County Health Rankings)

30% of Boone County residents receiving public assistance are **disabled.** (Services for Independent Living)

HEART OF MISSOURI UNITED WAY: MAKING A LASTING IMPACT ON THE COMMUNITY

United Way addresses **4 KEY TARGET AREAS** that contribute to local poverty. This holistic community impact approach improves access to critical **health, education, income and safety net** services for those in need.

IMPROVING ACCESS TO HEALTH CARE



Roger, 36, has been supporting himself since he was 18, maintaining adequate employment and never needing assistance. But a hereditary heart condition recently led to two heart attacks within two weeks, and Roger suddenly needed help. He began to experience seizures, could not sit or stand for extended periods of time and was limited to lifting no more than 10 pounds – all inhibiting his ability to work.

Because he was unable to afford them,

Roger had gone without several necessary medications. However, United Way funded programs that improve access to health care were able to help him fill four prescriptions with a 60-day supply, providing a bridge of support while he finds a way to secure the income he needs. Roger is on the road to recovery, both physically and financially.

Results shown were reported by individual agency partners or reflect combined totals across two or more agencies.

IMPACT AREA	WHY THIS ISSUE MATTERS	PROGRESS: 2015-16 UNITED WAY INVESTMENTS IN ACTION
EDUCATION Programs that support school readiness, literacy and academic success. 29% of United Way's 2016-17 investment in the community is in education programs.	<p>In the state of Missouri, Boone County ranks last for the ability of citizens to break the cycle of poverty by attaining better education or income than their parents. (Equality of Opportunity Project)</p> <p>43% of Columbia Public School students receive free and reduced-price meals at school. (Food Bank for Central & Northeast Missouri)</p>	<p>118 low-income children received scholarships to attend local early learning programs, which set them on the path toward academic success.</p> <p>92% of low-income students who received early childhood education were ready for kindergarten.</p> <p>71 teen mothers remained in or completed their high school education.</p> <p>Youth received 121,528 hours of after-school tutoring or mentoring to keep them on the path to success.</p>
INCOME Programs that boost work-readiness training, employment and financial independence. 18% of United Way's 2016-17 investment in the community is in income programs.	<p>27,393 people rent in Boone County, and 50% of these households struggle to afford rent. (Community Commons)</p> <p>39% of those who received food bank assistance did so because they could not afford to pay for both groceries and rent. (Food Bank for Northeast & Central Missouri)</p> <p>71: Number of weekly work hours at minimum wage needed to afford the cost of living for two-bedroom housing in Boone County. (Community Commons)</p> <p>1 in 10 Boone County residents is disabled, and only 1/3 of disabled Missourians are employed. (Services for Independent Living)</p>	<p>297 adults and children received legal assistance and skills training that helped them avoid homelessness.</p> <p>46% of financial literacy training participants reduced debt and/or increased savings.</p> <p>307 individuals facing financial hardship completed 565 financial literacy coaching sessions and 22 money management classes.</p> <p>314 hours of work-readiness training were provided to young adults with disabilities.</p>
HEALTH Programs that promote healthy lifestyles, prevent teen pregnancy and combat substance abuse. 27% of United Way's 2016-17 investment in the community is in health programs.	<p>2,000 Boone County youth lack access to needed mental health services. (Boone County Schools Mental Health Coalition)</p> <p>1 in 5 American children over the age of 5 is obese. (U.S. Centers for Disease Control and Prevention)</p> <p>15% of Boone County residents are uninsured, which can lead individuals to delay or not seek needed medical attention. (County Health Rankings)</p>	<p>6,717 therapy sessions were provided to youths and adults in need of mental health care.</p> <p>79% of youth treated for substance abuse decreased suicidal ideations.</p> <p>75.6% of youths and adults who received education on making healthy choices improved their knowledge of nutrition, fitness, sexual health, mental health, life skills and substance abuse prevention.</p> <p>300 students participated in sports, fitness and healthy lifestyle after-school programming.</p> <p>97% of new teen mothers who received support services did not have an immediate repeat pregnancy.</p>
SAFETY NET Essential services that provide critical or emergency needs such as clothing, food and shelter. 26% of United Way's 2016-17 investment in the community is in safety net programs.	<p>43% of clients surveyed reported that they visit a food pantry regularly during the year. (Food Bank for Central & Northeast Missouri)</p> <p>354 individuals, including more than 200 children, are homeless in Boone County. (Boone County Basic Needs Coalition)</p> <p>945 senior citizens live on less than \$800 per month, creating challenges to meeting their most basic living needs. (Missouri Dept. of Health & Senior Services)</p>	<p>16,654 bed nights were provided to individuals and families who needed emergency shelter.</p> <p>1,800 students received Buddy Packs weekly to ensure access to food over weekends and academic breaks.</p> <p>290 senior citizens received 3,500 hours of case management to help them meet their basic living needs.</p> <p>25,724 Boone County residents were provided with monthly food assistance.</p> <p>512 adults and children were provided with shelter during crises arising from abuse, neglect and assault.</p>