



United Way 

Heart of Missouri United Way

2022 ANNUAL REPORT



- 3 Letter from the CEO**
- 4-5 Program Outcomes**
- 6-7 Health Programs**
- 8-9 Education Programs**
- 10-11 Financial Stability Programs**
- 12-13 Community Investments**
- 14-15 Donor List**
- 16 Staff and Board Members**
- 18 Our Programs**

Dear Supporters and Friends,

Heart of Missouri United Way removes barriers to health, education, and financial stability by forging strategic partnerships, fostering effective solutions, harnessing the best resources, and inspiring others to join the fight. For over seven decades, we have proudly served Boone, Cooper, and Howard counties, addressing our community's most complex challenges. We believe in building futures together, and we are excited to share the progress made in 2022 through our Annual Report.

In 2022, we invested \$2.1 million in 45 grants at 31 local nonprofit agencies. In addition, we made investment grants to advance capacity building in the nonprofit sector, provided expanded basic needs to our unsheltered and most vulnerable through 15,000 basic needs items, continued direct support to over 650 students in Columbia Public Schools through our Read Across Columbia initiative, and debuted Give 5, our premier volunteer program for retirees. All of this and more was made possible because of community support.

The 45 three-year grants in health, education, and financial stability are the primary tool for addressing episodic and systemic poverty in our community. Each grant undergoes a rigorous selection process, guided by a decision rubric and evaluation criteria to ensure the greatest impact. Expert community members serve on our Community Impact Committee and Advisory Council, working in close collaboration with the Heart of Missouri United Way Board of Directors. Our Community Impact team is also highly collaborative with important community funders such as the Boone Impact Group with Columbia/Boone County Department of Public Health and Human Services, Boone County Community Services Department, The Veterans United Foundation, and The Community Foundation of Central Missouri. This highly collaborative and strategic approach helps to ensure that every dollar invested in Heart of Missouri United Way yields the highest returns and impact for our community.

In measuring the impact of each grant, we know that 1 in 5 individuals in our service area have received help because of your support of United Way. Considering that 97% of our revenue comes from community donations, this means local donations help to address local needs. We are incredibly grateful for the continuous support we have received from you.

To provide transparency to our supporters, this annual report includes information outlining our investment in operations and community goals. You can see more detailed information of our filed 2022 tax return on our website uwheartmo.org.

I want to thank our community once again for their unwavering support. Your generosity has allowed us to make a positive impact on the most vulnerable in our community. As we look towards the future with optimism, we ask for you to continue your support in 2023!

Together, we can make a difference in our community.



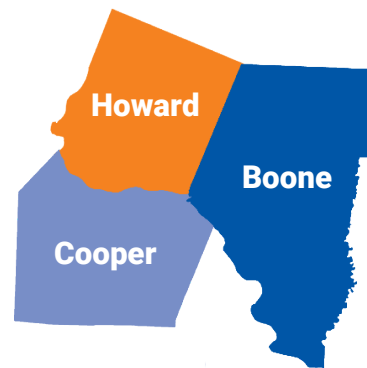
Thank you,

A handwritten signature in black ink that reads "Andrew Grabau".

Andrew Grabau
President & CEO
Heart of Missouri United Way

Program Outcomes

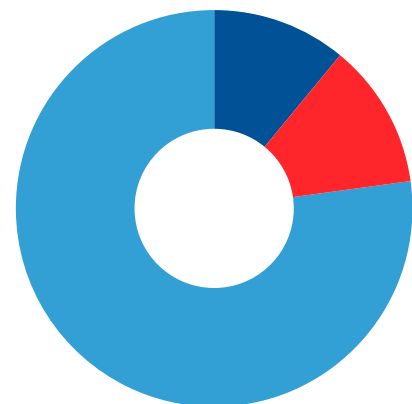
January 2021-December 2021 Impact Investment total
\$2,080,086: United Way Impact Investments



**HEART OF MISSOURI UNITED WAY
PROUDLY FUNDS PROGRAMS
FOR BOONE, COOPER, AND
HOWARD COUNTIES.**

**PROUDLY PARTNERED WITH 31 AGENCIES
FUNDED 45 GRANTS**

**1 in 5 INDIVIDUALS
SERVED**

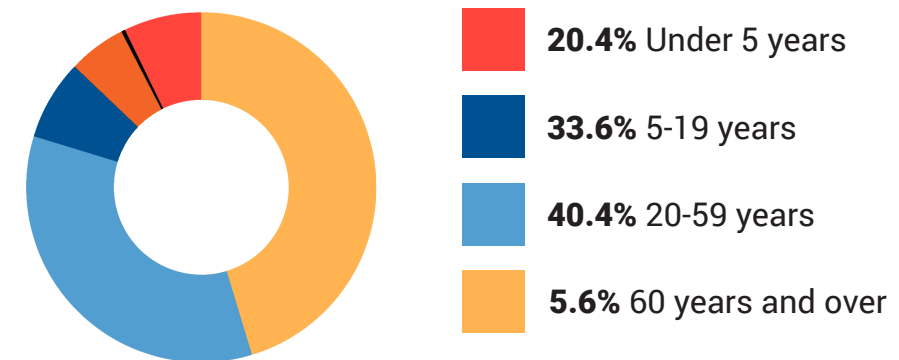


WHERE OUR FUNDS GO

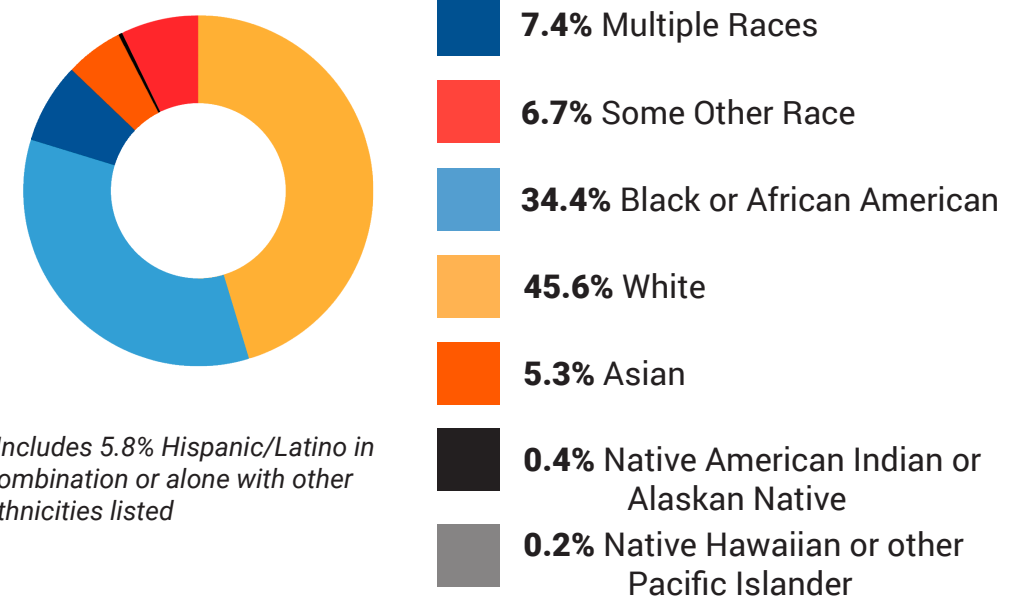
- 79% Community Programs
- 9% Management and General
- 12% Fundraising

**United Way raises funds as a part of its mission to support our agency partners.*

Program Participants by Age

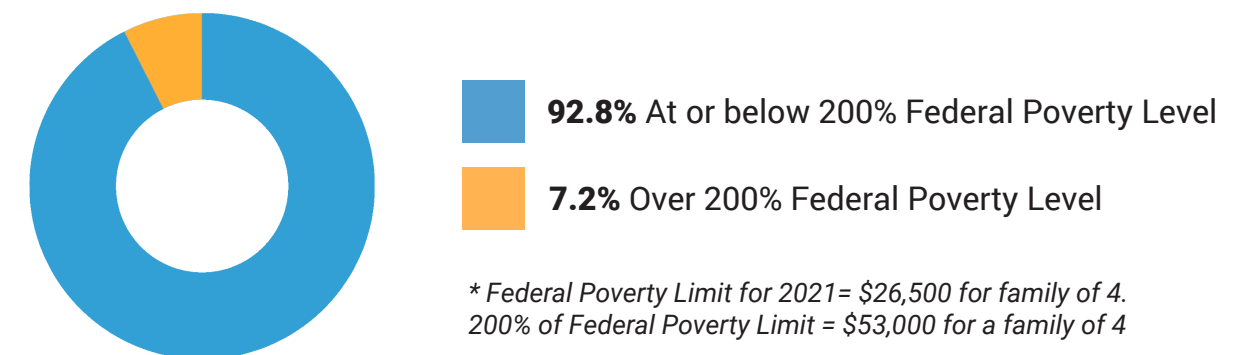


Program Participants by Ethnicity*



**Includes 5.8% Hispanic/Latino in combination or alone with other ethnicities listed*

Participants by Poverty Status*



** Federal Poverty Limit for 2021= \$26,500 for family of 4. 200% of Federal Poverty Limit = \$53,000 for a family of 4*

Health and Basic Needs Programs

United Way funds services that strengthen the health and well-being of individuals and families who are most vulnerable.

In alignment with the community, United Way recognizes four programmatic areas necessary to achieve health and wellbeing: (1) Basic Needs, (2) Safe, Healthy, Affordable Housing, (3) Mental Health care, and (4) Medical and Dental care.

We address the community's health needs by targeting programs that demonstrate the following client and/or community outcomes:

- Progress toward stability including but not limited to obtaining access to healthcare, benefits/entitlements enrollment, securing or maintaining safe shelter/housing
- Healthy behavior, based on client goals, including but not limited to increases and maintenance of nutritious food intake and physical activity.
- Decreases in negative health behavior, based on client goals, including but not limited to substance misuse and high-risk sexual activity
- Measurable health improvements including but not limited to, improved and maintained blood sugar, decreased stress level, improved and maintained blood pressure, and decrease in depression

“Weathering the Storm:” Assisting in the Emergency Housing Crisis

Emergency shelter is often overlooked as a basic human need, but it is unfortunately the case for many that these housing options are difficult to come by let alone attain. The impacts of the COVID-19 pandemic have only intensified these obstacles. Yet dedicated programs such as The Salvation Army's Harbor House and True North of Columbia's Emergency Shelter have tackled these hurdles head on to continue providing urgent housing options.

The Salvation Army's Harbor House is the largest 24-hour emergency shelter in Boone County, serving men, women, and children. Harbor House adjusted its operations in many ways to adhere to ever-changing COVID-19 protocol, such as restructuring dorm rooms for social distancing and providing to-go lunches for its members. Making these changes allowed Harbor House to stay open and continue its services

throughout the COVID-19 pandemic. Additionally, collaborating with partners like LOVE Columbia, Phoenix Programs, and Voluntary Action Center has provided Harbor House members with next steps to achieving stable housing and employment opportunities. One client expressed their gratitude, stating “I appreciate your kindness, assistance, and guidance to transition into housing. God bless you.”

In September 2021, True North of Columbia experienced a flood at their emergency shelter location, causing an actual “storm” the organization had to “weather.” True North of Columbia was able to pull reserve funds to continue providing safe shelter for its clients at local hotels while keeping case management and other services operating. Though not an ideal situation, Truth North of Columbia weathered this storm without a major loss of service.

Designating Space for Growth: CCUA's Therapy Gardens

“The Therapy Garden group definitely enhances the treatment plan for clients. They [the patients] get to experience a group that is unlike all the other groups they go to, and the clients really enjoy the hands-on learning...Even if clients go forward without an interest in gardening, they get a chance to think about other things they are passionate about besides drugs and alcohol. Most people don't just wake up one day and say, ‘hey I think I'll try gardening’, but instead get curious about it when they hear other people talk about it. This group is a stand in for the grandparent or parent or friend who gardens.”

The extended quote above comes from one of the therapists that partners with Columbia Center for Urban Agriculture's Therapy Gardens for Drug and Alcohol Rehabilitation. The Therapy Gardens program hosts indoor/outdoor combination sessions that those in alcohol and drug rehabilitation can partake in. While inside, members engage in cooking demonstrations and group reflections, and participate in activities such as planting seeds

and berries and composting while outside. These combination sessions allow participants to learn new skills and develop a healthy hobby. In its inaugural season, the Therapy Gardens program served over 475 individuals in rehabilitation. Eager to learn more, members have asked for additional community resources once they leave their respective rehabilitation programs in addition to more printed growing guides for home gardening.

In assessing the program, clients mentioned that the gardens made them feel happy, at peace, relaxed, and provided them a space to relax and de-stress. Clients iterated informational knowledge about gardening such as about invasive insects and how to get rid of them, but also what the space has provided them mentally and emotionally: “I learned about the local gardens and community stuff going on. I learned when and how much to water different vegetables. I also learned how much I enjoy gardening and will implement this newfound love into my sobriety.”



of infants obtained a crib.



clients who experienced a crisis received a service delivery within 24 hours of specialist receiving the call



of seniors served reported social support services positively impacted their ability to live independently



of clients will have their utility bill paid, avoiding disconnection.



Education Programs

United Way funds services that ensure young people have equitable access to gain the knowledge, skills and credentials so they are prepared for the workforce and able to obtain family-sustaining employment. We recognize community investments are crucial from early childhood through transition to young adulthood (age 0-26).

We remove educational barriers for young people and their families by investing in programs that demonstrate the following client age-appropriate outcomes:

- Meet or exceed age-appropriate developmental milestones
- Gain positive parenting/co-parenting skills
- Improve kindergarten readiness
- Increase social connectedness
- Increase prosocial behaviors
- Develop positive values, social competencies, and positive identities
- Improve or maintain academic performance
- Graduate from high school on time, and/or earn HiSET, and/or earn credentials based on client goals
- Gain further education, vocational skills, and/or job readiness skills based on client goals

Providing Parental Relief with Quality Child Care

Childcare assistance provides a much-needed service for many, especially lower-income families. However, childcare is not a cheap service and is only getting more expensive with increased costs for providing said assistance, as noted by Mary Lee Johnston Community Learning Center. Nonetheless, Heart of Missouri United Way's funded education programs continue to heed the call for this essential service. The clients of United Way funded programs have noted just how much these programs help their families.

For instance, results from First Chance for Children's Lend & Learn Libraries, a free program built to engage young kids in play, revealed that 73% of caregivers felt as though

this service provided support and resources that strengthened their skills as a parent/caregiver with 65% of respondents agreeing that the service has helped reduce their stress as a caregiver. Fun City Youth Academy, an organization that provides free summer and Saturday educational services, found that of families who returned their satisfaction survey, 100% of parents/guardians felt that they benefited from the program and would recommend it to others. Finally, Harrisburg Early Learning Center's Early Childhood Program, an organization whose mission is to provide quality and affordable early childhood education, found that of the families who responded to their feedback form (9 of 14), 100% felt less stress with their child enrolled in a quality childcare.

Creating Alliances & Impacting Families through STEAM

Jabberwocky Studios' vision is "a beautifully diverse world in which equitable, inclusive access to life enriching arts and educational experiences bridges opportunity gaps" (organization's website). One way in accomplishing this is through the STEAM program, an initiative focused on science, technology, engineering, art and math, to build "academic and life skills while training the leaders of tomorrow" (organization's website). Through a partnership with Columbia's STEM Alliance, Jabberwocky Studios' STEAM students were granted the opportunity to be some of

the first students in Columbia to engage with new equipment and programs such as Piper computer kits and Cricut design programs!

Jabberwocky parents appreciate the efforts and opportunities the STEAM program continues to provide its students. One parent expressed their gratitude, stating "Thank you for your great efforts and interests in my kids." Parents also voiced their appreciation of the program's exciting activities for their children and the staff's care for the students in the program.

96.3%

of youth age 10 and younger reported they had not been suspended in the past 12 months

35%

performed higher on assessment surveys

100%

of youth age 11 and older reported that they have not been arrested in the past 12 months.



Financial Stability Programs



United Way funds services that strengthen the financial stability and economic mobility of individuals and families who are financially vulnerable.

We remove barriers to financial stability to increase the number of households who:

- Maintain or gain housing stability
- Maintain or gain independent living
- Gain vocational skills
- Improve credit score, personal finances, and utilization of traditional banking resources
- Increase income and assets
- Maintain or gain housing stability
- Maintain or gain independent living
- Obtain job readiness skills, and employment
- Retain employment

United Community Builders: Transformations Program Success Story

After being referred to United Community Builders' (UCB) Transformations program which incorporates the Jobs for Life curriculum that focuses on enabling enrollees to obtain and maintain employment as well as continue education, she knew she was in great hands. This program gave her the confidence to get back on her feet, and after graduating the eight-week program, she was incredibly proud of the

work she had put in. This continued, with her pursuing and obtaining her associate degree and a bachelor's degree in her desired field.

She has continued a relationship with UCB, first volunteering with the program, and is now staff at the organization.

Program Success Story

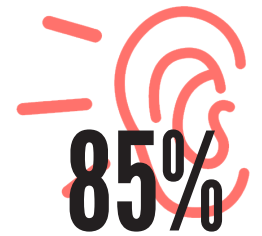
Columbia and the greater Boone County currently face a major shortage of housing options, including emergency shelters, transitional housing, income-based and affordable housing. Options are limited with increases in rent and decisions not to rent to those with housing choice vouchers. Love Columbia understands these issues, and is trying to do the most they can to help individuals gain and maintain housing.

These efforts include the hiring of a part time coordinator with the Extra Mile program, focused

on cleaning and home maintenance coaching. These skills have been demonstrated to be vital in securing and maintaining permanent housing. These additional focused efforts have proven successful, as all nine Extra Mile Home (EMH) households have moved to permanent housing. Past tenants of the EMH program show equally positive results, with all those contacted expressing they have remained housed one year after transitioning from Extra Mile housing. Past and current clients have expressed appreciation for coaches' patience and flexibility.



of participants transitioned into permanent or stable temporary housing



demonstrated a readiness to listen and engage in course work



of program participants were employed and maintained employment at 3, 6, 9, and 12 month follow up.



individuals received job placement training



hours of vocational skills training was provided

Programs and Amount Spent

HEALTH & BASIC NEEDS

Central Missouri Foster Care and Adoptive Association
Community Connections Youth Program
\$44,056

City of Refuge
Basic Needs Program
\$40,000

Columbia Center for Urban Agriculture
Therapy Gardens for Drug and Alcohol Rehabilitation
\$7,640
Opportunity Gardens
\$47,522

Compass Health Network
Children's Behavioral Health Care Program
\$128,311

Defense Against Diabetes
Men's Health Initiative
\$4,500

Easterseals Midwest
Parent Training
\$8,487

First Chance for Children
CRIBS (Community Resources, Infant Beds and Support)
\$8,249
Baby Bags
\$14,888

Great Circle
Impact Us
\$24,300

Heart of Missouri CASA
CASA Child Advocacy
\$24,000

Love Columbia
Path Forward Program
\$45,000

Lutheran Family and Children's Services
Pregnancy, Parenting and Adoption Program
\$17,930

Mid-Missouri Legal Services
Housing Law Project
\$70,000

Services for Independent Living
Senior Connect
\$26,636

The Food Bank of Central and Northeast Missouri
Buddy Pack Program
\$90,000

The Salvation Army
Harbor House
\$45,000
Social Services
\$30,000

True North of Columbia
Victim Services
\$30,000

Turning Point at Wilkes Blvd
Day Services Center
\$90,000

Voluntary Action Center
Basic Needs Program
\$123,500

EDUCATION

Big Brothers Big Sisters
Community based mentoring
\$38,517

Boys and Girls Club
Great Futures Start Here
\$118,568

Central Missouri Community Action
BRIDGE Program
\$84,514*

Columbia Housing Authority Low-Income Services (CHALIS)
Moving Ahead Program
\$56,797

Columbia Center for Urban Agriculture
Farm to School Program
\$32,424

Community Playground of Columbia
Fun City Youth Academy
\$20,000

First Chance for Children (FC4C)
Lend & Learn Libraries
\$44,336

Grade A Plus Incorporated
Academic Support and Enrichment Program
\$80,417

Harrisburg Early Learning Center
Early Childhood Program
\$120,000

Jabberwocky Studios
STEAM Program
\$13,000
The Art Bus
\$18,522

Mary Lee Johnston Community Learning Center
Mary Lee Johnston Community Learning Center Program
\$109,560

United Cerebral Palsy Heartland
Autism Services/Early Childhood Intervention
\$11,899

United Community Builders
Club Kid Connect
\$20,000

United Community Builders
United Community School House
\$100,000

FINANCIAL STABILITY

Love Columbia
Extra Mile program
\$43,992
Side by Side Program
\$74,730

Mid-Missouri Legal Services
Financial Stability Project
\$30,000

United Community Builders
Transformations program
\$38,270

Central Missouri Community Action
Financial Opportunity Center
\$10,000

Services for Independent Living
Journey to Independence
\$45,060

Rock the Community
Rock the Workforce
\$27,948

City of Refuge
Refugee Financial Stability Program
\$30,000

2022 Donors

Alexis de Tocqueville Society, Ordre de Liberté

Robert and Barbara Churchill
Greg and Kelly DeLine
JES Holdings

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Anna Marie Knipp
Vicki Russell
Beatrice Litherland Smith
Steven Zweig and Susan Even
2 Confidential Donors

Ordre de Liberté \$25,000 – \$49,999

Ordre de Générosité \$15,000- \$24,999

Membres de la Société \$10,000-\$14,999

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Silver Requirements
\$1,000 to \$2,499

Gold Requirements
\$2,500 to \$4,999

Platinum Requirements
\$5,000 to \$9,999



2022 YEAR IN REVIEW

Thank you for your giving, advocating, and volunteering for Heart of Missouri United Way and our community this past year. With your support, we have been able to have many exciting events and announcements.

Held a ribbon cutting for the Give 5 program, and successfully graduated the first two cohorts

Held our annual Day of Caring and LIVE UNITED Days

Hosted the CEO Breakfast at Central Bank of Boone County

Delivered 6,500 books through Read Across Columbia

Raised more than \$30,000 through CoMo Chopped

Held the first Pacesetter Breakfast in-person since 2019!
Pacesetters Raised \$1,615,524

Received a check from the University of Missouri on the field during a very intense Mizzou vs. Georgia football game

Participated in the Juneteenth Parade

Participated in our first Mizzou Homecoming Parade with our black and gold LIVE UNITED shirts and a new sign

Committed a \$900,000 investment in financial stability per year over a three year period

Board passed the largest amount of funding for Impact Investments (**close to \$2.1 million, 45 grants**)

Board approved 2022-2025 Strategic Plan

First Equity Fund grants awarded

Benefited from the Fight for Literacy game at Mizzou and received a \$5,000 match from International Paper

Ride United Last Mile Delivery Grant Awarded

Launched a new Volunteer Website

Received 3 donor matches of \$7,000 in total for CoMo Gives

Our Programs

Along with our 3 year impact grants, Heart of Missouri United Way also provides programs to help fill gaps in our community. Our Read Across Columbia and Give 5 programs align with our organizational goals of advancing equity in education and providing crucial volunteer opportunities. Read Across Columbia has provided thousands of books to Columbia elementary schoolers for a few years. Give 5, which launched in Fall 2022, has provided hundreds of volunteer hours at local nonprofits. We are excited for these programs to continue to grow and serve our community.

Read Across Columbia

Heart of Missouri United Way recognizes barriers to education and actively seeks to create and invest in programs that help individuals and families in our community.

Our Read Across Columbia Program removes barriers to literacy by putting inclusive book titles into the hands and homes of first and second grade students at five of our Columbia elementary schools.

We know reading proficiency is extremely difficult to achieve when combined with other common struggles related to poverty, like food insecurity, and healthy, safe and affordable housing. The elementary schools receiving Read Across Columbia books are the schools with the highest free-and-reduced lunch rates and lowest reading proficiency scores. These same schools foster the education of the most diverse students in our district.

Heart of Missouri United Way believes every child can learn how to read. We have seen the trending local challenges that our young students and their families face, and how 3rd grade reading proficiency scores have declined by over 8% (Boone Indicators Dashboard). We also know that 3rd grade reading proficiency is strongly connected to a student's likelihood of graduating high school.

That's why every fall, United Way volunteers pack bookbags with four free books plus one coupon for a free book from Daniel Boone Regional Library. That is a total of five free books from Read Across Columbia for our children to read at home to spark the joys of learning to read.

Learn more and donate at: uwheartmo.org



Give 5

Give 5 is an innovative, community-based program that does all that – and more. Designed for Columbia and Boone County residents, the program provides a way for retirees and seniors to apply their talents and passions to our community's primary areas of need. By doing so, it also ensures they continue to have purpose and relevance in their lives. This program offers a fun, social opportunity for participants to experience a “taste-testing” of the many and varied volunteer opportunities within our community. At the end of the program, it's hoped participants will commit – at least short term – to “give five” hours a month to one of the nonprofit programs.

HOW GIVE 5 WORKS

Each class of 25 participates in five program days over five weeks. Program days last between six and seven hours, with lunch and snacks included. Day 1 includes an orientation.

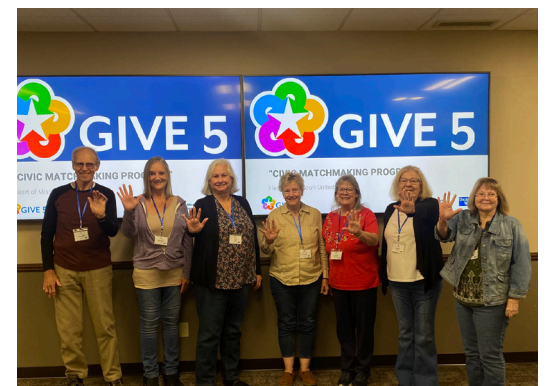
Each day, participants board a bus to visit various nonprofit locations. At least one guide is with the class at all times and coordinates and guides each program day. Each class session is interactive, fun, and social. Visits to nonprofits allow participants to “see behind the curtain” to better understand the types of volunteer opportunities available. Each host organization is responsible for planning an interesting, interactive, and informative presentation to the Give 5 class.

After the last regular program day, participants are encouraged to commit to a volunteer opportunity. A short “graduation” celebration wraps up the program. Those who are ready to commit may do so via a “signing” ceremony at graduation.

Upon graduation from the Give 5 program, graduates become members of an exclusive “club” and are publicly celebrated and valued. These graduates intuitively become ambassadors for the myriad volunteer opportunities in the community and the Give 5 program.

We graduated our first 2 Cohorts in 2022!

Learn more and donate at: uwheartmo.org/Give-5



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Heart of Missouri United Way

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