

"I was able to develop coping skills, set boundaries, and handle life better day to day."

—TWI Client

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Mission: The mission of The Women's Initiative is to provide women with effective counseling, social support, and education so they can transform life challenges into positive change and growth.

Vision: All women in our community will have access to innovative, effective, evidence-based mental health care.

Values: We believe every woman has a capacity for healing that, once supported, results in better mental and physical health for her, her family, and our community. We believe it is critical to address each woman's unique emotional, physical, spiritual, and cultural needs and strengths. We are committed to providing compassionate care that maintains the highest standard of excellence in an environment that is welcoming, safe, and supportive.

Our Commitments: The Women's Initiative recognizes the widespread impact of trauma and aims to improve health access and outcomes through our commitment to cultural humility. We offer affinity-based healing programs designed to meet the unique needs of Black, Latinx, People of Color, LGBTQ+, people with refugee status, and cisgender women who are survivors of gender-based trauma.

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Dear Friends,

2022 marked another year of evolution at The Women's Initiative. As we navigated through the continued impacts of being in a pandemic, emerging from a pandemic, and national and global issues that affect our communities,





such as racial injustice, gun violence, and women's health, the agency remained steadfast in our mission and core programs. We have continued to expand our services through a robust hybrid model of care, with love and justice as the driving forces behind action.

Amidst the overwhelm of hardship, we continued to focus on our mission and services: our free wellness clinics, support groups, and hybrid model of in-person and telehealth mental health counseling. Each of our services is designed to provide a safe and welcoming space to heal and grow through a culturally responsive and trauma-informed approach. This year also brought a reopening of walk-in clinic hours, and we were grateful to welcome the community back into our space on a more regular basis.

Toward the end of the year, Charlottesville was struck by tragic events that brought the community renewed pain, fear, and trauma. Whether it is trauma related to more deaths due to gun violence disproportionally affecting Black and brown communities or more occurrences of violence in schools, we each have our own complicated feelings of anger, resentment, and grief. Those of us at the agency held space in our hearts for the victims, their families, and all members of our community — and our staff went out in the community to help ensure mental health resources were available to everyone during that difficult time. When things feel hopeless and never-ending, it is important to remember that healing, love, and advocacy are also never-ending.

Collective trauma requires collective healing, and it is essential not to suffer alone. We encourage you to reach out to others for support and to be supportive. Action — whether it's for yourself or toward others — is often motivated by love, while inaction is driven by fear. We are here to support the journeys of those in need, and we are grateful to our incredible staff and supporters who give us the strength and motivation to keep going during the most challenging times. Thank you for being so giving of your time, treasure, and talent. You are what makes The Women's Initiative so special.

Sincerely,

Leverly Colwell Adams, PhD

Board Chair

Elizabeth Irvin, LCSW Executive Director

2022 at a Glance

5,923 Number of counseling sessions provided

3,828 Individuals served through all our core programs (a 70% increase from 2021)

>75% Counseling clients who have been victims of crime, including domestic abuse and sexual violence

91% Counseling clients who attained coping skills

\$2.07 M Funds raised through compassionate community support

140% Increase of TWI's Instagram reach from 2021, signifying greater community engagement



Highlights and Community Context

Offering safe spaces for healing and increasing mental health care access for the community continue to be top priorities for The Women's Initiative.

We persevered in expanding our hybrid model of care and broadened access to our services despite the challenges of decreased community resources, increased acuity of individuals seeking services, and fewer community events amidst a continued pandemic. Our programming designed for communities of color (see pages 14–15) and our education and outreach events reached nearly double the number of people from the previous year.

139% Growth in Education and Outreach

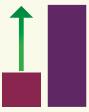
EDUCATION

2021

554 people reached through **21 events**

2022

1,530 people reached through 50 events



OUTREACH

2021

454 people reached through **18 events**

2022

879 people reached through **25 events**



Other Highlights Include:

- Fully developing our hybrid model of care
 - Choice for clients to meet in person, virtually, or via phone
 - Availability of both call-in and walk-in clinics
- Growth of our clinical support groups
- Increase in interns and pro bono therapists

Program Impact

In 2022, we provided **3,828** women with vital mental health services, which was a **70%** increase from 2021 and included...

827 in Individual and Group Counseling

592 in Arts & Connection and Mind & Body (a 63% increase from 2021)

2,409 in Education and Outreach (a 139% increase from 2021)

COMPASSIONATE, EFFECTIVE CARE THROUGH CONNECTION

At The Women's Initiative, we strive to provide a safe, supportive, and compassionate place for women of all backgrounds to heal. Our model of care ensures that effective mental health care is accessible to members of our community most impacted by systemic oppression and highlights the importance of finding strength in connection.

—TWI Client

—TWI Client



[&]quot;My approach to relationships and my own self-worth has drastically improved. I'm way more in tune with myself and my needs. I have learned how to manage and understand my emotions and process some very traumatic experiences that I've endured. I'm very grateful for the services provided by The Women's Initiative, and I honestly don't know where I would be without them."

[&]quot;I can maintain my feelings and emotions better. I can use my breathing practices to calm down when feeling anxious and stressed. I know that my trauma and depression is not all of me but only a small part of me that I can now properly manage."

Client Outcomes in Our Counseling Program

68% experienced improved social interactions

69% experienced improved interpersonal relationships

80% increased their sense of overall well-being

82% experienced a significant decrease of symptoms

91% attained coping skills

Who We Serve

48% clients who identify as people of color

21% clients who identify as lesbian, gay, bisexual, trans, and/or queer

The majority of our clients live at or below 200% of the poverty line.

Common Diagnoses We Treat

Depression

Adjustment disorders

Anxiety

Post-traumatic stress disorders



Our Team

BOARD OF DIRECTORS

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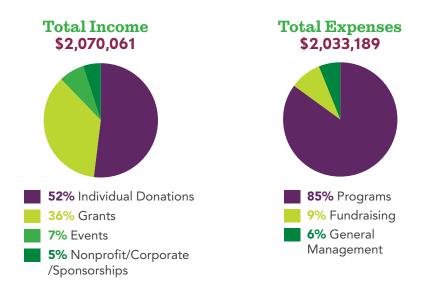






Financial Overview for 2022

Our clients at The Women's Initiative have an increased sense of hope and coping, which is only possible with community support. We are grateful for our donors and the many ways they support our community's mental health.



Broad-based community support is critical and makes our work possible. In 2022, \$0.85 of every dollar donated went directly to serving clients.

Community Partners

We partner with dozens of agencies and organizations in our community to maximize our ability to reach and serve those who otherwise would not have access to affordable, effective mental health care. These relationships also ensure unduplicated services, warm handoffs during the referral process, and bridges to care for all community members.

Beyond Fitness With Sabrina Birth Sisters of Charlottesville Blue Ridge Health District **Brooks Family YMCA** Center for Nonprofit Excellence Central Virginia Clinicians of Color Network Charlottesville Free Clinic Chihamba Child Health Partnership City of Promise Common Ground Healing Arts Community Mental Health & Wellness Coalition Creciendo Juntos Cville Pride Cville Tulips Cville Walks With Heart Greater Charlottesville Trauma Informed Care Network **HER Sports**

International Rescue Committee (IRC)

JABA Mary Williams Community Senior Center Jefferson School African American Heritage Center Latino Health Initiative Paramount Theater PFLAG Blue Ridge ReadyKids Sentara Martha Jefferson Hospital Sexual Assault Resource Agency Shelter for Help in Emergency Sin Barreras Southwood Community Center Transgender and Gender Nonconforming Clinical Consultation Group **UVA Cancer Center UVA Equity Center** VCU School of Social Work Virginia Festival of the Book Westhaven Nursing Clinic WriterHouse

"Thank you for your kind words, and thank you for helping me through the healing process from traumas of my past. I knew I needed help to even begin 'speaking it out loud,' so I want you to know you are a blessing in my life."

-TWI Client

Volunteers

VOLUNTEERS DONATED MORE THAN 2,000 HOURS OR (40+HOURS PER WEEK) TO THE WOMEN'S INITIATIVE IN 2022

Program Volunteers

Wendi Dass
Helen Erwin
Sabrina Feggans
Mary Grant
Ayanna Hall
Megan Kiernan
Monica Luna
Cat McCue
Michelle Oliva
Kathleen Quinn
Rita Smith
Circe Strauss
Carmelita Wood

Admin Volunteers

Wendi Dass
Helen Erwin
Mary Grant
Molly Hurt
Charlotte Knipp
Rachel LeMasters
Staff from S&P Global
Staff from Scout

Pro Bono Therapists

Katie Allen, LPC Varinia Anderson, LPC Katherine Greiner, LPC Aisha Hayat, LPC Rachael LeMasters, MSW Kris Shafer, MA Racheal Smetana, PsyD Michelle Walsh, LPC Maren Ward, LCSW Emilia Williams, MSW

2022 Girls' Day Out Committee

Katharine Brooks, Co-chair Mary Blanton, Co-chair Cate West Zahl, Art Co-curator Alexis Ryan, Art Co-curator Carolyn Beach Antoinette Brewster Catherine Brown Kristin Cory Christy Craddock Scheline Crutchfield Marcela Foshay Lauren Gartland Ashley Gunderson Bryce Harris Bebe Heiner Anne Jones Barkley Laing Louise McNamee Ann Marie Park Christina Teague

Railey Testerman

Program Facilitators

Patsy Asuncion, Writing for Healing Vivian Feggans, Writing for Healing Ayanna Hall, Yoga and Mindful Meditation for Black and POC April Heyward, Zumba Brigitta White, Body Relaxation Lillie Williams, Chihamba

2022 Fundraisers - Rising to the Occasion

Being able to gather amidst challenging times is essential to one's mental health. Our event committee members have been inspirational in creating safe and unique ways for connection and garnering support for women's mental health services in our community.

Girls' Day Out ART AUCTION IN SUPPORT OF TWI

More than 150 guests attended the event, which raised over \$140,000 and shed light on the importance of resilience and connection in healing. Special thank you to Dorothy Batten for graciously hosting the event at her beautiful farm and winery, Oakencroft.





"Bloom" by Christen Yates

"Pink Muhly Grass by Blue Ridge" by Cate West Zahl

Our Generous Girls' Day Out Sponsors









staging + design



















Fall Harvest Events A VARIETY OF SOCIAL GATHERINGS

In 2022, several volunteers hosted small, intimate celebrations to raise awareness and vital life-saving funds for TWI's mission. Events ranged from a luncheon to offerings focused on various topics related to women's mental health with Elizabeth Irvin.

Special thanks to our hosts Amanda Beresford, Ingrid Chalita, Ashley Cullop, Nicole Fischer, and Monica Luna.

Our Generous Fall Harvest Events Sponsor















Photos from 2022 Girls' Day Out and Fall Harvest events

Bienestar

The Bienestar program seeks to create a safe space for Latina women to find solutions to their problems by honoring their own truth. The program offers a space of understanding and cultural humility, operating under the notion that our clients come from different countries, each with their own roots, customs, and traditions, and provides counseling and psychoeducational services for Latina women and their communities.

In 2022, Bienestar greatly exceeded its programming goals with consistent monthly groups, continued successful partnerships with local community organizations, Creciendo Juntos and Sin Barreras, and hosted events with successful Latinx leaders from across the country, increasing the program's access and reach like never before.



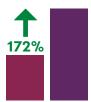
Sister Circle

Sister Circle aims to meet the unique needs of people from across the African diaspora who identify as women by providing culturally responsive, traumafocused mental health counseling and treatment as well as social support opportunities. The program recognizes the unique mental health challenges and trauma created by anti-Black racism and systemic oppression of Black and Indigenous people of color.

2022 was a year of rebirth and growth for Sister Circle. The program held its first Emotional Emancipation Circle and BIPOC writing workshop, restarted partnerships with JABA Mary Williams Community Senior Center, YMCA, and Sentara and formed new collaborations with Prolyfyck Run Crew and Cultivate Charlottesville, while maintaining steady participation in its mind-body programming.

Total Participation

2021: 514 2022: 883







Sentara Martha Jefferson Hospital's Years of Partnership and Support

Since the founding of The Women's Initiative, Sentara Martha Jefferson Hospital has been an invaluable community partner and supporter, offering office space to The Women's Initiative in the agency's early years. This instrumental partnership continues through this day with financial support from hospital grants and donated office space next to Sentara's Starr Hill Health Center in the Jefferson School City Center (JSCC).

With Starr Hill next door to TWI's office at JSCC, clients seeking a healthier lifestyle can seamlessly transition from managing their physical health to receiving support for their mental health.

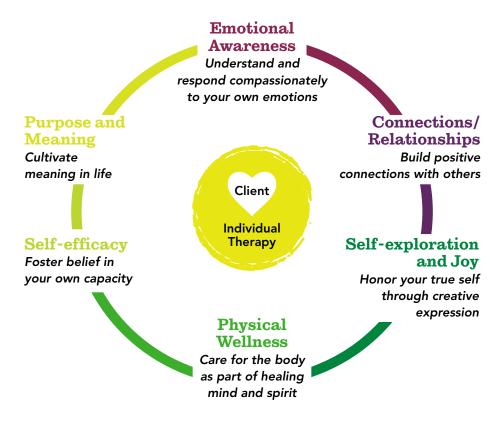


- "The partnership with Sentara is so important in helping us make the connection for mental and physical health in someone's overall wellbeing."
- —Shelly Wood, TWI's Clinical Services Director

Resilience Model of Care

The TWI Resilience Model of Care is both a treatment program and organizational approach for implementing trauma-informed, culturally responsive best practices. Our goal is to meet our clients where they are in their healing journeys and support staff on the front lines of this work. We apply this model of care across our programs, throughout the agency by nurturing these qualities in our staff, and in our work in the community.

We encourage our clients to build six competencies that support healing with our various programs promoting one or more of these skills:



[&]quot;I always thought it was my pain to endure, and if I just kept it in nobody else had to be hurt by it. I know now it could be more painful for everyone in the long run if I keep it in. I want my relationships to be pure and true, no holding back. Thank you for giving me the confidence and tools to one day have that difficult conversation with all of my children" —TWI Client

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Sentara Martha Jefferson Hospital

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