



the **UP** center

Look Deeper

2017

An impact report on
strengthening Hampton Roads families

Like you, we care deeply for these seven cities that we call home. The well-being of our families and the resilience of our community are what we work for -- and what you invest in.

Because of you, almost 200 infants and toddlers in our community, many living in poverty, are healthy and on a fast track to kindergarten.

Because of you, 150 youth grow in self-confidence under the wing of adult mentors. Now, they can forge better relationships with peers and parents and excel in school.

Because of you, over 1,000 people accessed 15,000 hours of quality, affordable mental health care. Now, our neighbors have the tools to combat the stress of hectic households or tragic mishaps. Their lives are right-side up.

In this Impact Report, we celebrate more reasons why donors like you remain enthusiastic in their support. What connects each story is compassion, and the belief that we are all in this together. We cannot succeed alone. Neither can our families – or our community.

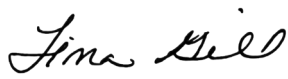
We see beyond the timid girl who arrives to school in faded dresses and hides in the rear rows of class, to her mother plotting bus routes to get to work on time, to her teacher overwhelmed with kids needing attention or a hot meal.

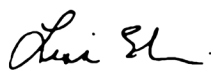
Young children like her come to us for an adult mentor. Parents come to us for financial counseling. We equip teachers to see as we do and recognize the deep emotional needs of our youth. **We made a promise to families like hers. Because of you, we kept it.**

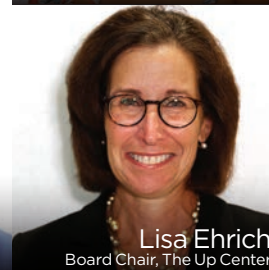
Thanks to you, we extended our holistic approach to building our community's understanding of the connection between trauma and mental health and launched the area's first Trauma-Informed Care Network. With our partners and your support, we are raising the quality of service provided to families.

You made this possible. We are grateful for your continued support of families. We're excited for the lives that will be changed through new initiatives planned for next year. We're thrilled for you to join us.

Yours in service,


Tina Gill
President & CEO


Lisa Ehrich
Board Chair





Team Up Mentoring

Our Community's Need

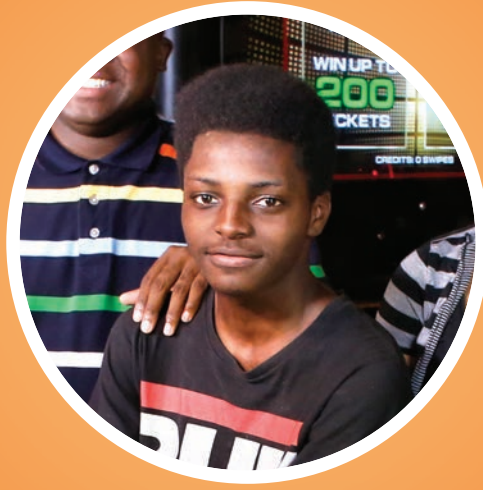
2 in 5

children live in low-income households in Hampton Roads. 1 in 3 children in Virginia live in single-parent homes.¹ Youth living under both conditions are more at-risk of negative outcomes. But, at-risk youths with a mentor are 53% more likely to enroll in college and 130% more likely to hold leadership positions. They are also 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking.²

Because of you...

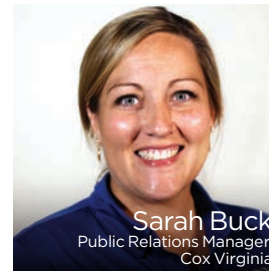
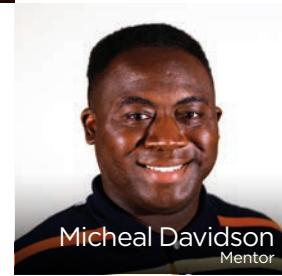
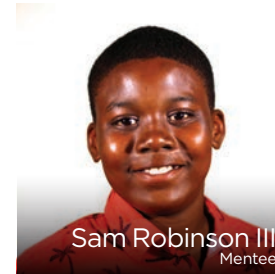
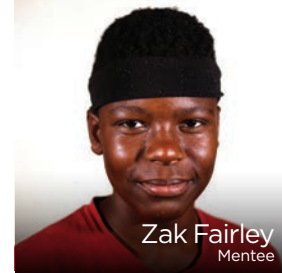
97%

of youth in Team Up mentoring do better in school and have improved relationships with family, friends and classmates. **154** volunteer mentor and youth matches were served this year.



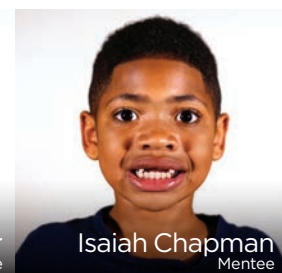
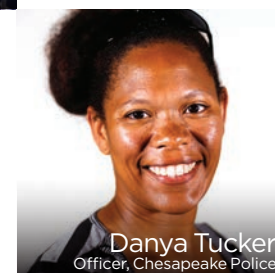
“Elijah is an extremely gifted, intelligent and talented kid, but he didn’t believe that. His confidence is high now, and his grades are much better.”

— Micheal, Team Up Mentor



I believe in the power of mentorship; it's a phenomenal thing to see children improve their lives and thrive in school and in society because of the positive constant support the Team Up Mentoring program provides.

Sarah Buck
Public Relations Manager
Cox Virginia



In the food court, Chesapeake Police Officer Danya Tucker spied three boisterous teenage boys joking with a young man. Their behavior grabbed her attention, and she followed them to a kiosk by a bookstore. Entranced by how well-behaved the boys were, she asked the young man if he was their father. Micheal, 36-year old Team Up mentor of the three, exclaimed, "I'm too young to have teenage boys! I'm their mentor."

Micheal, a pastor, started with 15-year old Elijah, a bright boy with an eye for art but blind to his own smarts and talent. Micheal and Elijah share life experiences. Both are products of single parent homes with one parent in prison. Over two years, he took on Elijah's two friends. And, thanks to his commitment to helping youth realize their best, he now mentors Officer Tucker's 7-year old son.

"If we can get to young people at the right time, we can impact the shape of their lives in a major way," said Micheal.



Housing and Financial Counseling

Our Community's Need

Over

51,000

homes in Hampton Roads are over 90 days delinquent on their house payments.³ 1 in 2,104 homes were foreclosed upon in August 2017.⁴ Many of these homes belong to our country's veterans, with 14% of Hampton Roads' population consisting of retired military.⁵

Because of you...

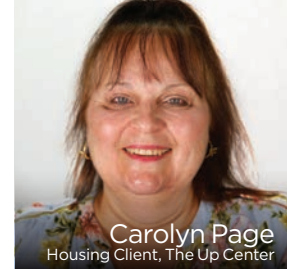
145

families avoided foreclosure or eviction and kept their homes. Over **1,300** families received housing counseling and financial education. **80%** of education participants commit to make three or more positive financial behavioral changes (e.g. reduce debt, develop a budget, start or increase savings, etc.).



“When I couldn’t make the mortgage payment in October, I didn’t know what to do. Erica was an angel. She went to bat for us, and never let me worry. She took care of everything and always talked to me like there was a solution.”

— Bob Page, Housing & Financial Housing client



Carolyn Page
Housing Client, The Up Center



Robert Page
Housing Client, The Up Center

When Bob and Carolyn Page moved from New York to Virginia Beach, they found the home of a lifetime. The quaint house has been Bob's haven each evening, after 10-hour work days, 6 days a week, for several years. It's not only his sanctuary. Lush nature surrounds the house. And, it has drawn 112 species of birds that Carolyn has cataloged over 20 years.

In October 2015, Bob, an Army veteran, faced a fear he had never experienced -- the chance of losing their home. During the economic turmoil in 2008, he struggled to find work. Carolyn had lost her job, too. His unemployment ran out in September 2015.

The Pages picked up food from church pantries. Some days they went without water to keep the electricity on.

Then, they met Erica, a Housing Counselor with The Up Center. She worked to get mortgage relief to help them meet their monthly expenses. Because of her, the Pages kept an important part of their legacy. "Before, I could always trust coming home. There's something about not knowing where you're gonna live tomorrow. Today, I'm feeling much better," said Bob.

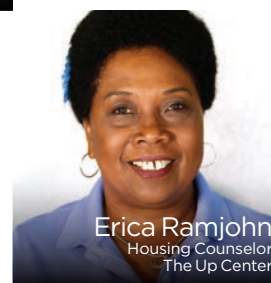


While many people understand financial basics, they may not always know where to start. The Up Center's Housing and Financial Counseling program provides a multiplicity of services that help to bring people closer to financial confidence and promote economic stability in the communities that we serve.



Mark Johnson
Vice President
Community Development
SunTrust Bank

Mark Johnson
Vice President
Community Development Manager
Hampton Roads
SunTrust Bank



Erica Ramjohn
Housing Counselor
The Up Center



Parents As Teachers

Our Community's Need

Over

6,000

children in Virginia were victims of abuse or neglect last year.⁶ 1 in 3 parents feel that they are under a great deal of stress. Only a third believe they are doing an excellent or very good job of managing their stress.⁷

Because of you...

145

parents and **187** children received intensive parent education and support in their homes, helping to ensure healthy children and future school readiness.



*“There’s a lot of pressure
being a single mom.
Brandie helps with my anxiety.”*

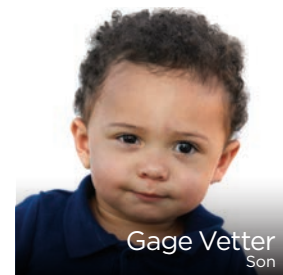
— Jennifer, Single mother

Jennifer, a 33-year-old Norfolk resident, has been on her own since 16. In spite of a difficult upbringing, she has grown into a fierce, independent woman. Yet, motherhood posed a new, uncharted challenge. “I want to ensure I’m giving my son the best of everything, and that’s difficult when you don’t have that life experience to draw from,” disclosed Jennifer.

Jennifer supports herself and one and half-year old son, Gage, through a full-time job. She also owns a photography business. Confident in business, money and self, she found that she was unsure when it came to the “norms” of raising a child. Jennifer found comfort in leaning on her parent educator, Brandie.

Jennifer confided, “As a new parent, there are often times where you feel like you don’t know what you’re doing. It’s nice to have someone you can trust to call on for peace of mind or advice -- or a nonjudgmental person to vent to. Being a mom is the hardest job I’ve ever had.”

Jennifer concluded, “I am very grateful to The Up Center for sending Brandie to me. I don’t have family here, and most of my friends have yet to become mothers themselves. Thanks to Brandie’s encouragement and home visits, my confidence as a mother has soared. I am determined to be the best mom I can be, and give Gage the best shot at a successful future.”



Gage Vetter
Son



Jennifer Vetter
Mother



Gerard C. Kent
SVP
TowneBank Private Banking

TowneBank is honored to partner with The Up Center to support early childhood home education programs. Parents as Teachers helps parents during the early years with their child so they are ready to start school.

G. Robert Aston, Jr.
CEO
TowneBank



Brandie Thompson
Parent Educator, The Up Center



Mental Health Skill-Building Services

Our Community's Need

1 in 5

youth ages 13-18 have, or will have, a serious mental illness. 50% of people with lifetime cases of mental illness are diagnosed by age 14 and 75% by age 24.⁸

Because of you...

Over

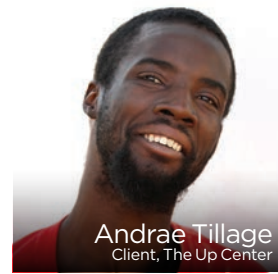
8,000

hours of case management were provided to **300** clients and family members in our Community-Based Services programs, that includes Mental Health Skill-Building which ensures that adults with a severe mental health diagnosis get the life skills they need to live within the community.

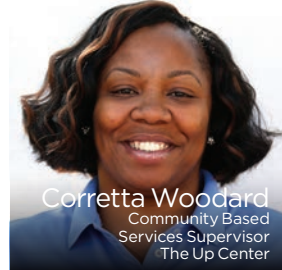


*“Ms. Corretta and Ms. Christina
have helped me be a better man.
I’m thankful for their help
in making a change in my life.”*

— Andrae, Mental Health Skill Building Client



Andrae Tillage
Client, The Up Center



Corretta Woodard
Community Based
Services Supervisor
The Up Center

25-year old Andrae enjoys playing video games, especially Call of Duty, at his Norfolk home, where he lives with his mom and stepdad. He also manages a schizophrenia diagnosis.

Before entering the Mental Health Skill Building program a year ago, he showed aggressive behavior towards his family. He even had run-ins with law enforcement. Thanks to the help of his clinician, Christina, at The Up Center, Andrae is now stable. He is consistent with his medications and visits to the psychiatrist.

Andrae has completed a job training program. His social and communication skills have improved. Last year, Andrae was able to exercise his civic duty and vote for the first time in the Presidential election. Now that Andrae is living more independently, he is looking forward to becoming the best man that he can be.



Katie Calletto
Community Based
Services Supervisor
The Up Center



Christina Parker
Mental Health Skill-Building
Clinician



Therapeutic Foster Care

Our Community's Need

892

children are currently in foster care in the Eastern region of Virginia.⁹ 1 in 4 youth experience a serious traumatic event by their 16th birthday, and may suffer multiple and repeated traumas.¹⁰ This includes the trauma and stress of being taken from your home and being shuffled from one foster placement to another. Such stress can interfere with children's ability to concentrate and learn.

Because of you...

84

children were placed in a safe and loving home – **15** of them were adopted. **7** children were reunited with their biological families.



“This is what we want our family to be about. We couldn’t give them a better lesson for caring for other people.”

— Marcie & Dustin, Foster & Adoptive Parents



MATTRESSFIRM

Walter Reid
Area Manager, Mattress Firm



Sheridan Meriwether
Therapeutic Family Clinician

We're excited to partner with The Up Center to support foster children in the Norfolk community. Mattress Firm is committed to helping foster children beat the odds by collecting shoes, school supplies, clothing and other items during our donation drives hosted throughout the year.

Ken Murphy
President & CEO, Mattress Firm



Justin Cholewinski
Foster Dad



Marcie Cholewinski
Foster Mom



Olyvia Cholewinski
Adopted Daughter



Jake Cholewinski
Adopted Son



Skylie Cholewinski
Biological Daughter



Justlie Cholewinski
Biological Daughter



Paizlie Cholewinski
Biological Daughter

Marcie is an elementary school teacher in Isle of Wight. She has spent the past decade aching to rescue the at-risk children in her pre-K class. She dreamed of providing one of them a stable and safe home. When her husband, Justin, a retired Marine, agreed to explore foster care and adoption, she was over the moon.

In three short years, they went from a family of five—the Cholewinskis already had three biological kids—to nine! A red-headed sibling pair were adopted last year, and the couple is fostering another sibling pair. The weekly seven loads of laundry and the upgrade to a 12-passenger van have been worth it. “You can always bring more children into your home,” said Marcie.

Their biological kids are also supportive of Marcie’s and Justin’s journey. “This gives them an opportunity to experience different kids with different backgrounds. They have a chance to live in the real world—within the walls of their own home,” said Marcie.



In 2017...

we strengthened families across Hampton Roads. From birth to senior years, individuals and families overcame crises and better managed challenging life situations. Your support has grown our community's capacity to respond to trauma and mental health needs.



332

at-risk parents and their children ages 0-5 years received early childhood education and support increasing the odds of on-time development and school readiness while reducing the chance of child abuse and neglect through our Parents As Teachers program.



1,300

families received housing counseling and financial education. 145 families avoided foreclosure or eviction and kept their homes.



15,000

hours of counseling were provided to over 1,000 individuals, children and families improving and equipping them with the tools to manage and overcome life's challenges.



84

children were placed in loving foster or adoptive homes. Seven children were reunited with their biological families.



1,300+

people with disabilities, including disabled veterans, to avoid institutionalization and integrate into the community through bill paying services and supported placement in family homes.



60,000+

miles were driven to serve clients in their homes, around our community. We meet them where they need.



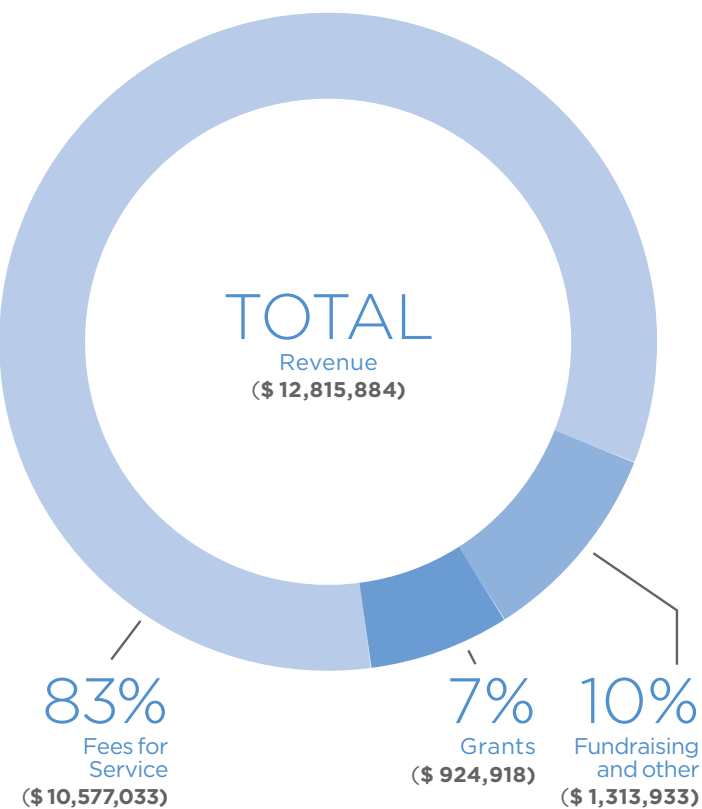
154

at-risk youth served through our Team Up mentoring program are now more likely to go to college and give back to their communities.

Revenue

Here is how we fuel our mission.

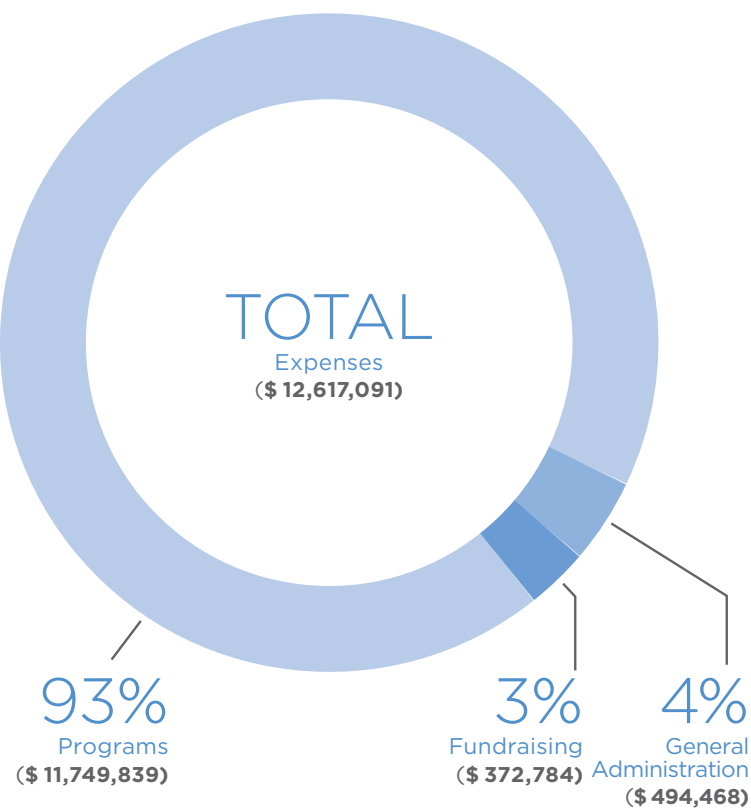
The Up Center treasures each gift that we receive – large and small. We combine your gift with those from other generous neighbors, corporate partners and community foundations along with funds from city, state and Federal governments.



Expenses

Here is how we invest your gift.

Thank you for entrusting The Up Center with your gift. We make sure that every dollar we spend advances healing and transformation in our community. Together, we can continue to build stronger futures for Hampton Roads families.







Thank You for Investing in Possibilities!

Benefactor

\$10,000+

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Dr. Jean Lamkin and Dr. Stanley Lamkin



Thanks to Congressman Scott Taylor for coming out to support strengthening children and families in our community by kicking off Step Up 2017!

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- *Mr. and Mrs. William C. Gill*

In honor of
Tina Gill and all her colleagues at
The Up Center
- *Kathrine Arris-Wilson*

In honor of Dave Long
- *Stasha Henry*

In honor of
Andrea Long's support of
KidsPriorityOne!
- *Brenda Garrett*

In honor and loving memory of
Melvin H. Williams
- *Jeanne Kruger-Williams*

1883 Society

Leah Gottlieb
Estate of Barbara O. Hodge
Ed and Judy Welp

Gift-In-Kind-Friends

Martha Allen
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Ms. Janet Hixson
Ms. Tracy Holland
H.O.O.D. (Helping Out Others Daily)
Lisa Horny
Marja Jacobson
Kori Kaur
Ms. Kathy Kantor
Ms. Janet Kim



Jill Bernstein (left) enjoyed her time spent at Camp Horizon dancing to the band, Fretymology, and spending time with camper, Meredith, and her Mother, Board Chair, Lisa Ehrich.

Honorariums and Memorials

In honor of
Cookie Boyd & Karen Balint
- *Amy Jo Townley*

In honor of
Betty Edwards, Sarah Bishop, and
Barbara Lipskis
- *Elizabeth Baroody*

In honor of Betty Edwards
- *Kevin and Abby Sweeney*
- *Anne-Randolph Harrell*
- *Tina and Bill Gill*
- *Lisa Ehrich*
- *Joan Buckle*

In honor of Andria P. McClellan
- *Linda Crosby*

In memory of
Zelma Goodman Rivin
- *Joy Hind*

In memory of Mark Warlick
- *Virginia Batteen Hawks and Stephen Hawks*
- *S.L. Nusbaum Realty Co.*

In honor of
Michelle B. Warden's birthday
- *William B. Warden, M.D.*

Emma Kovar
 Ms. Andrea Long
 Lululemon athletica
 LWSS Family Dentistry, LTD.
 Mrs. Caroline McCartney
 McDonald's
 Keshaua Millner
 Ms. Patricia R. Moore
 Mr. Stephen Murphy
 My Ride
 Ms. Thelma F. Oser
 Papa John's Pizza
 Briana Pietrucci
 Ms. Erica Ramjohn
 Rose Stores, Inc.
 Ms. Jeanne Salavea
 Shekinah Kingdom Church,
 Outreach Ministry
 Sheraton Virginia Beach
 Oceanfront Hotel
 S.L. Nusbaum Realty Co.
 Mr. and Mrs. Robert Sieminski
 Target 1048
 Taste'N See Banquet & Catering
 Service
 The Partners Shop
 The Rotary Club of Churchland
 TJ Maxx
 John Knox Towers
 Tropical Smoothie Cafe
 Elnora Turner
 University of Michigan Club of
 Tidewater
 Virginia Aquarium
 Wawa
 Walmart Virginia Beach
 Westin Virginia Beach Town Center
 Mr. John Wilson
 Jermaine Woodard

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