

Leaving a Legacy

2019 Impact Report



theUPcenter
SINCE 1883

Dear friends,

There comes a time when we can look back and see the pivot points in our lives when a courageous decision set us on a new, and often better path. 2019 was this type of year for The Up Center. Recognizing the critical need for additional mental health and counseling services, we boldly committed to expanding our capacity to serve our community and decided to launch two new services

We agreed to partner with The Cohen Veterans Network to open the Stephen A. Cohen Military Family Clinic at The Up Center in Virginia Beach, providing mental health counseling services to post 9/11 veterans and their families. This clinic also serves active-duty family members and expands The Up Center's mental health counseling capacity by 40% in the first year alone.

The need for mental health services for our military community is staggering. 20% of Virginia's veterans who served in either Iraq or Afghanistan suffer from either major depression or post-traumatic stress disorder. Yet only 50% percent of returning veterans who need mental health treatment will receive these services. That has to change.

We also recognized the overwhelming need for additional substance use disorder counseling and support services for families struggling with addiction. 1 in 7 people in Virginia will develop a Substance Use Disorder and half of those people have a co-occurring

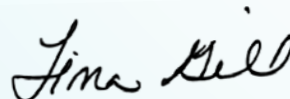
mental health disorder. Only 1 in 10 will get treatment and we know we can help improve those odds.

With the input of numerous business and community leaders we are expanding our capacity and building expertise in this area of counseling and launching peer recovery services.

Every day, we strive help our clients build the skills they need to create their own pivotal moments, requiring both big and small courageous decisions. Whether it's adopting a child exposed to the cycle of abuse and neglect, setting an example to pursue education and career opportunities, or seeking mental health counseling our clients are boldly building a new legacy that will impact their families for generations.

As a supporter of The Up Center, you are leaving an indelible legacy. This year we ask you to be bold as well, and to join us as we strive to respond to our community's needs. Big challenges require bold action. This is what The Up Center has done for more than 136 years and that legacy now demands that we respond. We are so glad to have you by our side.

Yours in Service,


Tina Gill
President & CEO


Barbara Lipskis
Chair





*Our mission is to change
the trajectories of
children and families
from crisis to wholeness.*



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349

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 childhood
abuse and neglect.

54

children were placed in
loving foster or adoptive
homes. 6 were adopted and
4 children were reunited
with their biological
families.

222

teachers were trained
in Trauma Informed
Care across 5
Title I schools

1,382

families participated
in housing and financial
education. 73 families
avoided foreclosure or
eviction and kept
their home.

The Up Center served and im
people in South Hampton Road
individuals and families across t
overcoming crises and better

Thanks to you



1,220

people with disabilities, including veterans, avoided institutionalization and were stabilized in the community through The Up Center's bill paying services.

118

individuals with intellectual and/or developmental disabilities attended a quality recreational summer camp.

impacted approximately 10,000
families in 2019. Working closely with
the region, we supported many in
overcoming managing life challenges.

our support...

1,646

people were assisted, including military families dealing with the stress of deployment, to overcome grief, trauma and other life stress.

94%

of youth matched with a mentor showed improvement in either academic performance, behavior, and/or social functioning.

A Special Thank You to

our volunteers who contributed more than **16,000 hours**
of service this year, a value exceeding **\$400,000**

Strengthening Families

"If you're someone who has a family member who needs help, don't stop. Get them into The Up Center because it's going to change your life."

Jennifer Thompson, Client



"The stigma around mental health today is absolutely unacceptable... We need to treat the invisible wounds of war the same as the physical ones. I am here to say that I made that choice, I got over that stigma, and here I am fighting. I have a wonderful family and if I can do it, I'm no different than any other veteran or service member out there, you can do it, too."

**Sergeant Kyle J. White, Medal of Honor Recipient,
Spokesperson for Cohen Veterans Network**

"I didn't know that I was ever going to need the support of The Up Center, but it's really been one of the most helpful steps we've ever made for our family. I would wish that everybody would know The Up Center is standing there, ready with an incredible cadre of folks who can step in and figure things out with you, not for you, but with you."

Tracy Keller, Client



Empowering People in Crisis

Protecting our Children

"Give The Up Center a chance... They'll put you in the right direction to complete school. If you need to find a better job, they'll point you in the right direction. They help support the kids, making sure they get everything that they need in school, making sure they have the proper teachers, everything. It's really like having a family."

Shantae Brown, Early Childhood Home Visiting



"What I got from her was just her tremendous desire to live, her ability to develop and maintain a friendship, her interest in me, though I'm decades older than her... It's really a 50-50 relationship. Each side enriches the other. You're going to come away from this experience with your life being much more enriched than you could ever have imagined it."

Audrey Knoth, Team Up Mentoring

"To our Up Center family... It's a Girl! We surprised Anya tonight after her first softball tournament game that her adoption was finalized. The plan to announce her adoption went really well-it was a great night! Thank you all for your roles in bringing our daughter "home".

Marcie Cholewenski, Foster Care and Adoption



Maximizing Independence for Those with Disabilities

Thank You to our Donors!

Benefactor \$10,000+

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Investor \$5,000-\$9,999

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Jill and Jesse King
Jean Lamkin, EdD

**14,880 hours of counseling
were provided to under
and uninsured clients,
representing \$1.34 million
in mental health services.**

Peninsula Community Foundation
Norfolk Southern Foundation
Estate of Mary Peterson
PRA Group, Inc.
Ticket to Dream Foundation
Randy Webb
Dr. Jack Yetiv in Memory
of Dr. Steve Yetiv

Counselor \$2,500-\$4,999

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Market Store 6798

94 people with disabilities were served in The Up Center's Sponsored Homes program, saving taxpayers an estimated \$11.3 million.

Walmart Store 5922
Karol Wasylshyn

Partner \$250-\$499

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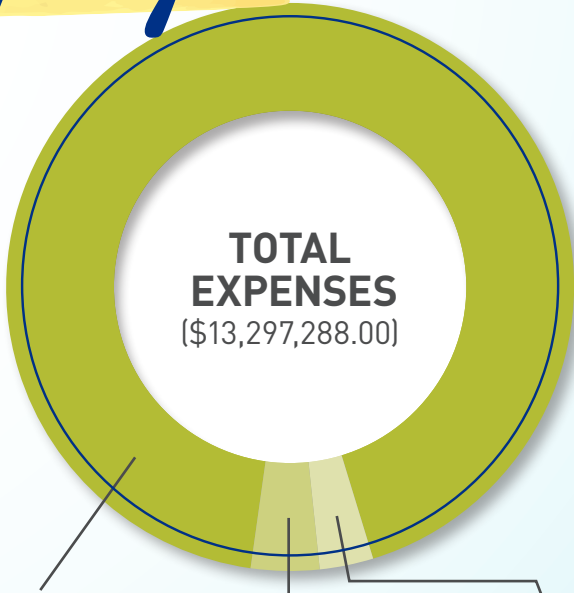
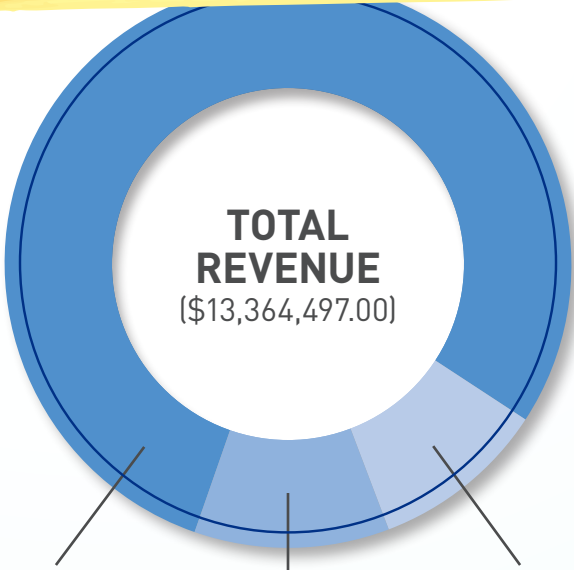
Corbin Jankowski
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Thurman Jones
Matthew Keats
Mary Kirby
LoRain Kloskin
Janet Knupp
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Aline and Neil Landy

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