

Your COMMUNITY

Find out how United Way is making a difference in the
lives of people in Laramie County.



Join us at the
LIVE UNITED
EXPO **SEPT. 17**
9:00a.m. - 1:00p.m.
@ the Holiday Inn
See back page for details

EDUCATION

Helping Children & Youth Achieve
Their Full Potential

INCOME

Helping Neighbors in Crisis and
Strengthening Families

HEALTH

Improving Community Health

Why does United Way focus on education, income and health?

Our focus is on education, income and health because these are the building blocks for a good quality life.



EDUCATION

Laramie County children and youth (ages 0-21) achieve their full potential.



INCOME

Families, individuals and seniors in Laramie County live in a safe environment and have adequate resources to pursue their full potential.



HEALTH

People living in Laramie County are health literate and have access to quality, affordable and timely health/preventive care.



LIVE UNITED™

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*Underneath everything we are, underneath everything we do,
we are all people, connected, interdependent, united.
And when we reach out a hand to one, we influence the condition of all.
That's what it means to LIVE UNITED.*

After School for Kids Program (ASK)

A Program of Laramie County Community Partnership

www.laramiecountypartnership.org



The After School for Kids Program (ASK), which operates in multiple Laramie County School District #1 elementary schools, was formed in 2010 as part of 21st Century Community Learning Centers. We provide after school enrichment programs to students ages kindergarten through 6th grade. ASK provides

extended learning opportunities with enhanced pro-social involvement offering enrichment opportunities for students in the arts, sciences, math, technology, engineering and community volunteerism. In addition, ASK provides daily homework support, physical fitness activities and snacks.

The ASK program

includes the STEAM (Science, Technology, Engineering, Arts and Math) curriculum. The 2013-2014 STEAM Timeline Project will celebrate 100 years of

United Way of Laramie County will provide funding to expand this program to one additional school in the district.

American history and ingenuity by moving forward from 1913 to 2014. Students will start by learning the concept of a timeline and create STEAM timelines for the last century in America. Each day there will be a hands-on curriculum activity that relates to developments in STEAM in America. In addition, with

each decade, the students will also learn about major events that shaped Wyoming's history in the last century with visits by local volunteers from the Genealogy Room at the Laramie County Library.

In 2012, 91% of the students enrolled in ASK were regular attendees in the program and 76% of regular attendees participated or showed improvement in class participation. United Way of Laramie County will provide funding starting the 2014/2015 funding cycle to expand this program to one additional school in the district. This will provide new and expanded access to more families in Laramie County.



**United Way
is working to
improve care...**

**by collaborating on important
community projects.**

- United Way of Laramie County's current initiative is GoalConnect.
- GoalConnect is a software system that is shared across a full range of human service and health care providers in our community.
- This system allows those served to be seen in a more efficient and effective way, saving time and money.
- Provides case managers a more efficient tool to make and track referrals for individual clients/patients.
- Utilizes a web based, shared client/patient record which increases cooperation and helps eliminate duplication of services.

Boys and Girls Club of Cheyenne

www.bgcchey.org

United Way helps give kids a great future: Every day after school, hundreds of kids go home to an empty house where they might struggle with their

96% of member families said the Club keeps their kids out of trouble and 88% said their kids improved academically at the Club.

homework, if they try it at all, and find unproductive activities to keep themselves busy like watching TV or even getting into trouble.



LONGS PEAK COUNCIL
BOY SCOUTS OF AMERICA

area has been growing consistently over the past couple of years to now having close to 900 boys, young men and young women with over 200 adult leaders involved as well. Boy Scouts provides year round programs for these youth that begin with the program in 1st grade going through 12th and with girls being a part of the program ages 14-20.



At the Boys & Girls Club of Cheyenne, kids 6 to 18 years old get an after school snack as well as help and encouragement with their homework from trained tutors. They meet positive role models and peers, explore their interests and talents such as cooking, art, science or computers and develop their creativity, problem solving, teamwork, character and leadership skills. It's a place where kids are not only supervised but encouraged and supported to work toward their dreams.

At just \$10 for an entire year of after-school membership, the Club is able to reach kids across all demographics including those who need it

most. Although any kid can become a member, more than half of the members qualify for free or reduced price lunches at school.

The impact of the Club's programming is profound. At the Boys & Girls Club of Cheyenne, 96 percent of member families said the Club keeps their kids out of trouble and 88 percent said their kids improved academically at the Club. College scholarship opportunities have changed lives. Additionally, the Club is open until 7 p.m. to allow parents more flexibility to work toward or maintain self-sufficiency, which significantly impacts families, employers and the community as a whole.



BOYS & GIRLS CLUB
OF CHEYENNE



Boy Scouts of America, Longs Peak Council

www.longspeakbsa.org/Frontier/

The Frontier District of the Boy Scouts of America in the greater Cheyenne

The youth have the opportunity to learn life skills like basic first aid, financial management and citizenship knowledge, and are able to give service to the community through a unit's service to an Eagle project of a specific Scout. They have the chance to have life experiences and develop character skills that prepare them for school, college and life by what they learn in the program.

Thanks to United Way of Laramie County we are able to continue to offer scouting to those youth that otherwise wouldn't have the chance to participate because of financial stresses. We also have a great program offered through the Boys and Girls Club of Cheyenne where many boys are given the opportunity to participate in our program.

It is the mission of the Boy Scouts of America to serve others by helping to instill values in young people and in other ways to prepare them to make ethical choices over their lifetime in achieving their full potential. The values we strive to instill are based on those found in the Boy Scout Oath and Law. We want all the boys, young men and women of Cheyenne to have this opportunity.

Prevent Child Abuse Wyoming

www.pcawy.org

Prevent Child Abuse Wyoming (PCAWY) has had the remarkable opportunity to work throughout Laramie County in a number of ways since

United Way of Laramie County funding helped Prevent Child Abuse Wyoming reopen its doors in 2011.

reopening in January 2011. PCAWY's Safe Sleep Wyoming project has worked with the Laramie County Public Health Office to distribute hundreds of infant sleep sacks and other information to mothers of newborns in an effort to reduce SIDS and Sudden Unexpected Infant Deaths

(SUID). The Shaken Baby Syndrome Campaign has allowed for hundreds of parents and child care workers to receive infant bib packets containing the legal, medical and psychological impacts of Shaken Baby Syndrome on victims and their families, as well as an infant bib with the message "Love me, don't shake me! My future is in your hands!" Finally, PCAWY offers a library of resources free of charge to groups, organizations, agencies and individuals in Laramie County looking for information around different forms of child abuse, neglect, prevention, mandated reporting, safe sleep environments, child development and safety, dealing with financial stress and more. These materials have been



Prevent Child Abuse Wyoming

utilized by PCAWY and a number of others in working directly with Laramie County parents, children, child care workers, public health nurses, schools and government agencies.

United Way of Laramie County funding not only helped Prevent Child Abuse Wyoming reopen its doors in 2011, but will also support PCAWY's work in preventing child abuse and neglect in Laramie County through awareness, coordination and education during the 2014/2015 funding cycle.



Safe Harbor, a children's justice center

Safe Harbor

www.safeharborkids.org

environment. Safe Harbor's Director, Lynn Huylar is very passionate about the role that Safe Harbor plays in creating positive memories for children with their parents. So far this year, Safe Harbor has facilitated nearly 1,000 hours of supervised visitation in Laramie County.

Safe Harbor also offers a 13-week Family Growth program that focuses on providing parents with knowledge in child development, child safety, nutrition, emotional health, problem solving, respectful communication, and discipline strategies. The goal of this program is to change the patterns of ineffective parenting through education. It helps parents develop new skills to create a healthy environment for children.

So far this year, Safe Harbor has facilitated nearly 1,000 hours of supervised visitation in Laramie County.

Having a supervised visitation program in our community not only has the immediate result of children being safer and controlling potential violence they might witness, but it also has a positive long term effect on society with lower crime rate and children having a healthy role model for what parenting should be.

On any given evening, the charming, antique home located at 2712 Thomes Avenue is filled with the sound of children and parents playing board games, watching movies, cooking dinner, and laughing. Established in 1999, Safe Harbor, a children's justice center, has been bringing safety, comfort, and happiness into the lives of children that have been abused or neglected. With funding from United Way of Laramie County, Safe Harbor is able to provide supervised visitation and safe exchanges to families experiencing crisis and conflict. It is Safe Harbor's mission to help families re-build relationships and facilitate bonding in a secure, home-like



Southeast Wyoming Foster Grandparent Program

A Program of Peak Wellness Center

www.peakwellnesscenter.org



Southeast Wyoming Foster Grandparent Program (FGP), now in its 37th year in Cheyenne, is unique in that it provides services that meet two objectives: help children with special and/or exceptional needs and provide meaningful volunteer opportunities for low-income seniors. Funding received from United Way of Laramie County is used for Foster Grandparent support and matching funds for the federally funded program.

Children who are served by the Foster Grandparents at Laramie County schools, Boys & Girls Club of Cheyenne, Stride Learning Center, Head Start and Safehouse receive focused attention which is designed

to mitigate the children's personal risk factors and help them on their path to a successful future. In 2012, the FGP supported 1,372 children who have disabilities, special needs, or live in low-income families.

Nearly 65,000 volunteer hours were provided to children and youth in our community in 2012.

In return for their volunteer service, Foster Grandparents receive a small federal stipend, a nutritious meal each service day, an annual physical exam, transportation assistance, training and annual community recognition. Nearly 65,000 volunteer hours were provided to children and youth in our commu-

nity in 2012. Senior citizens in the program can attain both emotional and psychological satisfaction, plus an economic boost from their participation in the program.

The volunteers' lives are enriched by the relationship, and the young person feels valued and successful, resulting in increased self-esteem for both. Currently there are 51 Foster Grandparents serving the youth in Laramie County.

Your donation makes a difference in Laramie County!

Thanks to United Way:

Training & Assistance to Increase **INCOME STABILITY**

- Circles Wyoming
- CLIMB Wyoming
- Wyoming Family Home Ownership Program
- GreenPath, Inc.
- Wyoming Free Tax Service

Almost **1,000** homebound residents accessed services necessary for independent living and ability to stay in their homes provided by Meals on Wheels and Senior Companions.

More than **500** low income taxpayers received free income tax assistance.

- 2012

Special Friends

www.cheyennecity.org

Special Friends and United Way of Laramie County together have been serving children and youth in the community for over 40 years. This partnership has enhanced the lives of thousands of children and families. Just in the past year 179 children were served by this partnership. We have a shared vision of using the community as a tool to helping “children and youth reach their full potential.” United Way not only provides funding support but encourages collaboration and program management assistance.

One of the greatest assets to our partnership is that United Way understands the need and benefits of community involvement. Special Friends is built around the concept of community involvement with the simple principle of “using a village to raise a child.” There are

currently 89 adult mentors matched with children.

Similar to our adult mentors providing guidance and support to children, United Way is a mentor to our agency and the other community partners. Special Friends volunteers spend 3+ hours each week with their match playing sports, cooking, providing homework help, visiting museums and the library, just hanging out and a variety of other activities. Funding from United Way allows these youth, many of whom come from single parent and low-income households to spend quality time with adult volunteers who provide them with positive support, mentoring and help them to become caring and responsible teens and adults. Special Friends is dedicated to continuing their focus on helping our community’s youth.



There are currently 89 adult mentors matched with children.



**United Way
is working to
improve...**

the availability of services through initiatives.

United Way has led the way in bringing the Centralized Pharmacy, Circles Wyoming and Wyoming 2-1-1 through collaborative efforts. Each of these now Program Partners plays a vital role in solving local problems and making a better Laramie County:

- Centralized Pharmacy – provides costly pharmaceuticals to the uninsured and under insured.
- Circles Wyoming – strengthens families by providing a bridge out of poverty.
- Wyoming 2-1-1 - Dial 2-1-1 to get or give help, receive information and referral services.

American Red Cross of Wyoming

www.wyomingredcross.org

Thousands of times each year across the country people's lives are interrupted suddenly by disaster. With funding assistance from United Way of Laramie County, The American Red Cross stands ready for those times within the disaster service line by maintaining many trained volunteers in Laramie County. Several dozen trained volunteers stand ready for their neighbors throughout the disaster cycle of preparedness, response and guide them through recovery. Some of the volunteers work on the local Disaster Action Team providing prompt assistance to local neigh-

bors during house fires and such. Others deploy across the country to support those affected by tragedies like Hurricane Sandy and the Moore, Oklahoma tornadoes.

With funding assistance from United Way of Laramie County, The American Red Cross stands ready for those times within the disaster service line by maintaining many trained volunteers in Laramie County.

Within the preparedness realms of disaster, the American Red Cross has published several free smart-device apps that they

encourage the public to download to be better prepared for tornados, wildland fires and first aid emergencies among others. These free downloads can be found at <http://www.redcross.org/prepare/mobile-apps>.

Furthermore, the Red Cross in Laramie County provides lifesaving Health and Safety training including CPR/AED, First Aid, Wilderness First Aid, Babysitting and others. Every year, this training helps those Laramie County residents in the immediate moments following a medical emergency.



American Red Cross

of Wyoming

Lastly, the Red Cross helps to support the local service members and their families whether they are active duty at F.E. Warren, the National Guard, retirees or others associated with the Armed Forces. The Red Cross provides emergency communication support and other needed services.

"Volunteers are the life blood of our agency," says Spencer Pollock, Executive Director for the American Red Cross in Wyoming, "they are integral to every facet of our mission."



Bethel Outreach Ministries

307-635-7619

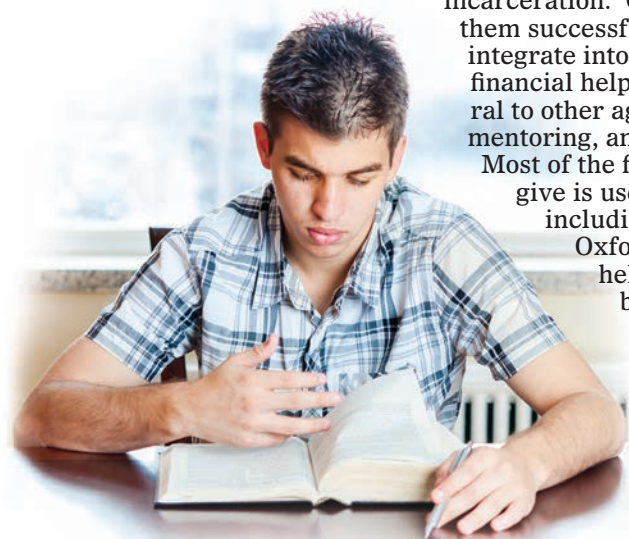
Founded in 1987, Bethel Outreach Ministries' purpose is to meet the problems faced by the City of Cheyenne and Laramie County as a result of people coming back into the community after they are released from incarceration. Our goal is to help them successfully re-enter and re-integrate into society. We provide financial help, counseling, referral to other agencies, Bible study, mentoring, and a pen-pal ministry.

Most of the financial support we give is used for housing needs, including the entry fee for Oxford House. We also help with needs such as bus passes, required work clothing, or the tools necessary to start a new job.

We receive referrals from all five state

prison facilities, the Laramie County Detention Center, Community Action, the Department of Family Services, Peak Wellness, Needs Inc., Comea Shelter, and Recover Wyoming. Recover Wyoming answers our phone calls, distributes applications, and notifies us when we have a new applicant. Being run solely by volunteers, we find this partnership very helpful. Additionally, one of our partner churches provides office space and utilities.

With funding from United Way of Laramie County we were able to provide these services to 120 clients in 2012. When prisoners successfully re-enter the community as productive citizens it strengthens the entire community, as well as improving the individual lives of these children of God, a true win/win!



CASA of Laramie County

www.casalc.org

With funding assistance from United Way of Laramie County, CASA of Laramie County recruits and trains community citizens to provide a court-appointed voice for

145 children who were assigned to the program benefited from a CASA volunteer.

abused and neglected children. Our volunteers are ordinary citizens, doing extraordinary work for children. As non-paid volunteers, they are on the child's team because they have a passion and dedication to this young population of our community.

There are other organizations in the community that advocate for children, but CASA of Laramie County is unique in that it provides advocacy

through court order. A primary goal of the CASA volunteer is to get to know the child and ensure that their best interests and needs are met and that they are safe, while they are in the care of the State. The volunteer communicates this information directly to the District Court Judge via written report and strives to bring this child to life for the court, where the child may otherwise be known as a "docket number". Children who have a CASA Advocate are less likely to return to the system.

During the first six months of 2013: 145 children who were assigned to the program benefited from a CASA volunteer; 22 of those children have attained permanency in a safe home; and advocates reported a total of 1171 hours of service and 8995 miles traveled.



"To give a child a CASA is to give him a voice...To give them a voice is to find them hope, and to give them hope is to give them the world. I believe this with all my heart."

Pamela Butler,
former foster teenager



Circles® Wyoming

www.circleswyoming.org

Circles® Wyoming is a transformational approach that partners volunteers (allies) with families wanting to make the journey out of poverty. With the help and friendship of their allies, each family sets and achieves goals unique to their own needs. Circles® Wyoming is designed to help families create their own path out of poverty while expanding opportunities, connections and eliminating barriers that make it difficult for families to thrive.

Key successes of the Circles® Wyoming programs in Laramie County include: 70% of participants have completed Getting Ahead, a course designed to help individuals build financial, emotional and social resources related to self-sufficiency; 80% of participants report an increase in household income; 100% of Circle Leaders report creating and working toward goals related to building resources for self-sufficiency; and 100% of participants report an increase in social connectedness since joining Circles®. In addition, participants report completing training programs, securing better paying jobs, and increasing their housing stability.

In our program you will find single mothers, seniors, married couples and active duty military. The diversity of the group helps us address the entire spectrum of low-income. Funding from United

Way of Laramie County allows us to currently serve 16 adults and 19 children with new families starting in the Fall of 2013.

Volunteers provide meals for weekly meetings, become "Allies" who work with a participant or family to help them build a better future, volunteer on a team and learn more about the Getting Ahead Course.

80% of participants report an increase in household income.



CLIMB Wyoming

www.climbwyoing.org

Founded in 1986, CLIMB Wyoming is a statewide nonprofit organization that trains and places low income single mothers in careers that support their families. CLIMB's comprehensive model includes partnering with local employers to develop effective training and researching workplace trends to create future opportunities. Program participants are supported through job training and placement, as well as counseling and life skills that help address past barriers to success. Our program isn't just about getting a job – it's about financial independence for struggling mothers and changing the generational cycle of poverty one family at a time. As a result, CLIMB Wyoming was recognized in 2012 as one of the nation's top ten organizations that move families toward self-sufficiency.

The support of United Way of Laramie County has allowed the Cheyenne CLIMB program to develop new ways to meet the

needs of our participants and the local employers. Based on extensive research of the local workforce, CLIMB has added innovative new trainings including Health Information Technology, Medical Coding, CDL Short-Haul Truck Driving and Warehouse Inventory Technicians. Funding from United Way of Laramie County has helped offset the cost of these specialized curriculums, which result in higher wages for our program graduates.

On average, 88% of participants successfully graduate from the Cheyenne CLIMB program and 72% are employed full time two years after completing the program, compared to just 22% at intake. In Cheyenne, participant monthly wages increased on average from \$970 to \$2,028 two years after completing the program.



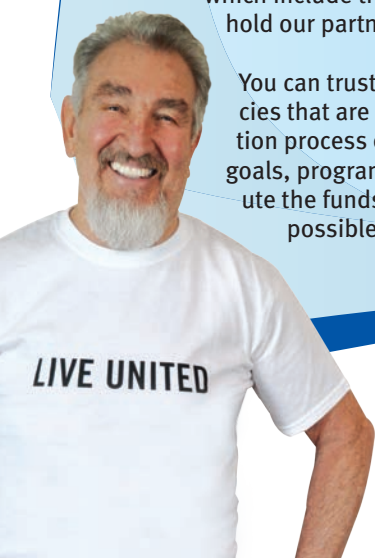
climb
Wyoming®

**Thanks to
United Way...**

**you can TRUST that your money is being
used where it is needed most.**

When you make a donation to United Way of Laramie County you can trust that our staff and volunteers, which include the Board of Directors and Community Investment Teams are working diligently to hold our partner agencies-and ourselves - accountable.

You can trust that money you contribute to United Way will be allocated to programs at agencies that are held to the highest standards. Our program partners submit to a rigorous application process each funding cycle, which includes careful examination of their financial records, goals, programming and work in the community. Dedicated and conscientious volunteers distribute the funds, ensuring that the dollars have the greatest possible impact.



COME A House and Resource Center

www.comeashelter.org



The COMEA Shelter has been providing shelter for the homeless of Cheyenne since 1982. Services then consisted of a mattress on the floor, a cup of soup prepared in crock pots, a cup of coffee and a shower. The shelter could accommodate 40 individuals.

Today, COMEA has various housing programs including the emergency shelter's Journey Program (45 day program which helps individuals find work and other community resources), the Pay-to-Stay program (90 day program for those who are employed and saving for independent living) Transitional Living Program (6-24 month program for those who need additional support overcoming barriers), Rapid Re-housing Program (provides deposits and rental assistance for homeless individuals and families looking to acquire housing). Each of these programs requires regular case management services to help ensure success. Our total bed capacity is now 107 and serves men,



It is because of United Way that COMEA has been able to increase services and create new programs.

women and families. COMEA also serves as the community's "Soup Kitchen" providing an evening meal to anyone who is hungry. Through this service we provide over 5,000 meals each month.

United Way of Laramie County supports both the Emergency Shelter and Transitional Living programs. It is because of United Way that COMEA has been able to increase services and create new programs that not only offer emergency care, but also allow our homeless residents to work toward self-sufficiency and end their cycle of homelessness. United Way partners are crucial to our success as they often lead the way in community giving.

**United Way
helps bring more
money into
Laramie County...**

by leveraging contributions.

United Way of Laramie County continually searches for ways to bring more money into our community. Two such examples are:

- **National Emergency Food & Shelter Board** - In order for Laramie County residents to receive these Federal funds designated to assistance for food, shelter and utilities, the National Emergency Food & Shelter board requires a local board to make decisions and distribute those dollars. United Way of Laramie County is pleased to serve as administrative support. In 2013 an additional \$41,860 will be used in our community because of this program.
- **Wyoming Free Tax Service's** goal is to meet tax preparation needs for low income taxpayers. During the 2012 tax filing season 710 residents were served in Laramie County. The assistance they received from IRS trained volunteers provided them with earned income, child tax and education credits and over \$950,000 in total refunds that stay in our community. United Way of Laramie County is pleased to partner with the IRS, LCCC and the Wyoming Free Tax Collaborative by organizing the site and recruiting volunteers.

Interfaith Family Support Services

A Program of Community Action of Laramie County, Inc.

www.calc.net

Interfaith Family Support Services is the sole family-only shelter in Cheyenne serving more than 140 homeless children in Laramie County in 2013. We provide a variety of services, our main focus being to help the homeless children and their parent(s) as they work to regain independence. Once the families enter the program they have a safe place to live along with nutritious food to eat. The focus then shifts to alleviating those issues that lead to homelessness. The Program Director and parent(s) work together to develop an individualized

plan, assisting them in receiving education/training, locating employment with a livable wage, gaining life skills in budgeting, nutrition, parenting and relationships, in order to earn

This family-only shelter in Cheyenne served more than 140 homeless children in Laramie County in 2013.

their way back to independence. This instruction can facilitate profound changes as families progress to the point of being proficient and productive

citizens, able to fully protect and provide for themselves. One such family in the program was homeless with temporary low-paying employment. Through hard work, the family is now employed, receiving training for a higher paying career field and continue to work towards the self-sufficiency they once lost.

Through our partnership with United Way of Laramie County, we are able to implement the Supportive Employment Program and work with other community agencies such as Dad's

Making a Difference, CLIMB Wyoming, and Job Assist to help families gain education and training, to build adequate resources to pursue their full potential. Without the support of United Way, we would not be able to offer the much needed stability and security for the children while working through community collaboration with the parents to eliminate the contributing factors to their poverty and homelessness.



Kinship Support Services

A Program of Community Action of Laramie County, Inc.

www.calc.net

The number of grandparents raising grandchildren has steadily increased the last ten years. Wyoming has approximately 10,000 children under the age of 18 living in grandparent-headed households. Kinship Support Services (KSS) has annually assisted about 70 caregivers in Laramie County over the age of 55 with services

including: guardianship assistance, case management, training for adults and children, support groups, respite care, and supplemental services. United Way of Laramie County has approved 2014/2015 program funding to KSS to provide these same services to caregivers under the age of 55. About 95% of the parents in these situations are either incarcerated or have drug issues. Their children arrive with little or no documentation, limited clothing and rarely a notice.

Rita's daughter disappeared leaving behind four sons for her mother to care for. Rita, 55, recalls days when she was unable to speak and could only sob while her grandsons cried themselves to sleep. Without legal guardianship she was unable to take the children to the doctor or enroll them in school.

Rita came to KSS, hoping she could find solutions to her guardianship dilemma. Dianne, the Kinship Care Coordinator helped her file for legal guardianship; apply for birth certificates, social security cards and medical insurance; find daycare and enroll in Head Start; and attend court dates with her.

Now Rita works two jobs and enjoys the monthly support group meetings that KSS facilitates. She says that all the children are doing well and is grateful for the help that she found at CALC's kinship program.



Wyoming Family Home Ownership Program

www.wyfhop.org

Wyoming Family Home Ownership Program (WYFHOP) was started in 2007 as a social justice movement to help low-income families with resources to get into first time home ownership.

One main goal for WYFHOP and Executive Director, Steffanie Nolen, is to provide stability for children. Research shows that children of homeowners do better in school, and

Thanks to United Way of Laramie County funding, WYFHOP has successfully helped 16 families into homeownership.

are more likely to graduate high school compared to children of non-homeowners. In addition, WYFHOP believes that when families succeed in home ownership, they become more

active in their community. One successful participant in the program is now serving on the WFOHP

Board of Directors. Many graduates have gone on to be mentors for current participants, and many engage in more community events than they had in the past.

WYFHOP defines the assistance it provides as a "hand-up," as those families participating in the Program must help themselves to work towards the goal of home ownership. When a family is accepted into the Program, the family must attend a 12-week financial course to learn financial skills, such as how to prepare and live by a budget, and how to save for a down payment. After graduating from the course, the family goes into a savings period of 18-24 months



Home Ownership Program

in which they save for the down payment. When the savings period is over, WYFHOP will contribute up to \$12,400 towards the family's initial financed mortgage, and the family contributes their savings as their down payment.

Thanks to United Way of Laramie County funding, WYFHOP has successfully helped 16 families into homeownership with two more in process, and just over 25 families currently saving for their down payments in Laramie County. United Way funding helps us run our financial literacy class, plan our evaluations, hold quarterly trainings, and recruit business partners.



Your donation makes a difference in Laramie County!

Thanks to United Way:

Nearly

30,000

Laramie County residents served by more than 25 programs

2,000 STUDENTS

received additional support from programs by:

- Southeast Wyoming Foster Grandparents
- Boys & Girls Club
- Special Friends

10,000+ medical visits

and **\$2.6 million**

in prescriptions were provided through programs by: Cheyenne Health and Wellness Center and Laramie County Centralized Pharmacy.

- 2012

GreenPath Debt Solutions

www.greenpath.com

We are in uncertain and sometimes unusual financial times and resolving financial issues has become an ongoing and predominant need for many families at all income

With funding assistance from United Way, GreenPath was able to provide 141 new clients financial counseling sessions.

levels. GreenPath counselors are equipped to help local families with their financial concerns.

GreenPath financial counselors (coaches) are available to help local residents with personal financial questions and to help solve often complicated personal financial problems or concerns. One-on-one confidential sessions



Meals on Wheels of Cheyenne, Inc. provides meals and ancillary services to the homebound and seniors in Laramie County to promote the highest quality of life, maintain independence, create choices for their future and opportunities to age in place and provide a safety net for the community. The program provides basic needs, crisis intervention, daily contact, coordinated health, nutrition, safety, education, and individualized care to the homebound.



with a Certified Credit & Housing Counselor help clients understand choices, make budgets, pay down debt, understand credit reports, resolve concerns about housing payments and many other issues that are concerning or stressful for Laramie County residents.

82% of Laramie County GreenPath clients make less than area median income (less than \$54,156 for a family of four). With funding assistance from United Way of Laramie County GreenPath was able to provide 141 new client financial counseling sessions and 112 follow-up sessions to Laramie County residents. This Financial Counseling Program helps families and individuals reach personal financial goals that will help reduce financial stress in their lives. There is nothing better than making a plan to get your finances on track and GreenPath is here to help in your community.

GreenPath has offices at 1912 Capital Avenue #320 in Cheyenne.

Meals on Wheels of Cheyenne, Inc.

www.mealsonwheelsofcheyenne.com

Significant trends in the last few years have shown an increased number of clients who have multiple health problems, an increased number of younger adults utilizing the program with more complex health problems, including an increased number of clients who are diabetic. There has also been an increase in the number of clients that cannot afford to pay for their meals. Due to the fact that Meals on Wheels provides all therapeutic meals, meaning that all diet needs are accommodated, and strives to honor all preferences, the meal costs have increased to accommodate these needs.

United Way of Laramie County funding is used for food and packing costs which as stated before has increased due to more complex diet needs and requirements.

In 2012 there were:

- 83,777 meals served to the homebound
- 546 in home assessments were completed
- 8 lives were saved
- 969 emergency interventions were conducted
- 1455 free meals were delivered
- 39 educational items have been sent

Needs, Inc.

www.needsinc.org

In 1971, a group from Christian Women United researched an increasing problem here in Cheyenne: people in need of food and

With funding from United Way of Laramie County we were able to provide close to 210,000 meals to 9,907 Laramie County residents in 2012.

not knowing where to get it. A survey of churches, organizations, governmental agencies, businesses, clubs and individuals was taken to determine what was available to the low income families on an on-going and emergency basis. It was determined that there was a wealth of resources but no way to get it to the

people who needed it. It was recommended that the committee move forward to develop a program to reach out and serve those in need in Laramie County.

Our program was started by a handful of volunteers. By the fall of 1973 the program was growing rapidly so a request was made to United Way for a part-time director to oversee the program.

In 1988 Needs, Inc., purchased the building located at 900 Central where we are located today. Needs Inc. provides emergency food baskets, small household items, clothing for all ages, school supplies, registration for Toys for Tots and Christmas Adopt a family. With funding from United Way of Laramie County we were able to provide close to 210,000 meals to 9,907

Laramie County residents in 2012. Needs Inc. along with United Way of Laramie County and the generosity of our community was here to help the needy yesterday, today and will be here tomorrow.



**United Way
is...**

a COMMUNITY DRIVEN process.

We are very proud of the fact that United Way of Laramie County's investment process is volunteer driven. We recruit the people and organizations from all across the community who bring the passion, expertise and resources to get things done. Community Investment Teams (CIT) consist of community members who ensure that community donations and 5th penny money are:

- Used on the most current and pressing needs in the community
- Funding is used as intended
- Review agency financials
- Reduce duplication of services

SafeHouse Services, Inc.

www.wyomingsafehouse.org



Safehouse Services, Inc. (Safehouse) has provided services to victims and survivors of domestic violence, sexual assault and/or stalking for 28 years in Laramie County. Safehouse, a private, not-for-profit entity was born of a 1985 merger between a rape crisis center and a domestic violence shelter of 1975 and 1979 vintage respectively. Safehouse is more than a shelter but safe, secure shelter is a core service that is often the gateway to other comprehensive services such as court advocacy, community agency referrals, children's programs and support groups.

United Way of Laramie County's consistent and predictable financial support of Safehouse specifically ensures that the shelter has quality staff at the shelter



premise for extended weekday and weekend hours. There is no substitute for direct one to one contact between shelter staff and clients and the comforting presence of quality staff at the shelter. Safehouse Executive Director, Carla Thurin, reminds us that "domestic violence is no respecter of the hours in a typical work day". Operating the shelter with extended weekday and weekend hours often provides better alignment with the actual demands for safe shelter from domestic violence for surviving adults and children. During the fiscal year ended June 30, 2013 Safehouse housed 261 women and children for 7,934 bed nights. Each of these clients benefited directly from the United Way funds that enabled Safehouse to plan for and schedule extended staff hours at the shelter.

Safehouse housed 261 women and children for 7,934 bed nights.



Wyoming Senior Companions

A Program of Wyoming Senior Citizens, Inc.

www.wyomingseniors.com/services/senior-companion-program

The Senior Companion Program is a service initiative administered by Wyoming Senior Citizens, Inc. Senior Companion volunteers are low income adults, 55+, who make a difference in the community by providing assistance to home bound adults who have difficulty with daily living tasks such as shopping, reading mail or paying bills and give regular caregivers much needed time off. We help these adults remain in their own homes instead of moving to more costly institutional care. We partner with Veterans Assistance Programs to hire Veterans to volunteer and match them with other Veterans.

Companions serve 15-40 hrs per week helping an average of 2-8 clients live independently. This is a dual-purpose program which not only helps clients but also helps volunteers feel a sense of self-worth. Companions receive a non-taxable stipend, mileage and meal reimbursement plus a benefits package to cover the cost of their volunteerism. Companions are provided opportunities for 48 hours of in-service learning per year and are knowledgeable regarding elder issues. Funding received from United Way of Laramie County is used for companion support and matching funds for the federally funded program.

In the last six months, 34 Laramie county Companions dedicated 19,505 hours of service to nearly 300 clients.

Ninety-eight percent of our clients who were surveyed report that they are less lonely and are more socially engaged in the community due to weekly visits and they are able to continue living at home with independent living assistance from their Companion. Senior Companions make independence a reality.



Tobacco-Free for Baby and Me

www.cheyenneregional.org

Cheyenne Regional Medical Center's Tobacco-Free for Baby and Me is a free specialized program that works with pregnant women to stop tobacco use. In-person and phone counseling are offered to help participants develop an individualized quit plan. The program is for expectant moms and family members who need help stopping

tobacco use. A woman can enroll in Tobacco-Free for Baby and Me any time during her pregnancy and can continue in the program for up to one year after delivery.

With support from United Way of Laramie County the

program provides incentives to Laramie County moms to encourage participation and continuation in the program. The program is offering Cheyenne Regional's Health and Fitness class "Fitness for Two" at no charge to program participants. "Fitness for Two" is an education and exercise class for expecting mothers.

Counseling, health education materials and support are free to participants. In 2012, 1,648 women were screened either prenatally, at delivery, or at their child's 6 month visit for tobacco use. 241 new mothers were provided options through educational materials and offers for counseling.

In 2012, 1,648 women were screened either prenatally, at delivery, or at their child's 6 month visit for tobacco use.

Tobacco-Free
for Baby and Me



**United Way
helps strengthen
the community...**

**by providing organizational skills support to
our Program Partners helping them reach their goals.**

When needed, United Way of Laramie County, assists our Program Partner agencies with funding to acquire the tools/training needed to continue their success.

This can be in the form of board training, strategic planning, staff/director development, or CEO transition.

Most recently we assisted CASA of Laramie County with a CEO development plan; COMEA with planning and CEO transition; and Needs, Inc. with planning and CEO transition.

Cheyenne Health & Wellness Center

www.cheyennehealth.org

Cheyenne Health and Wellness Center (CHWC) is a non-profit, federally qualified community health center that provides an affordable option for health care services to Laramie County residents. One of the most common barriers that prevents patients from receiving medical services is the cost of care. CHWC accepts all forms of health insurance coverage. For patients who are low income, uninsured, or under served, the clinic offers a sliding fee structure with fees based on family household income. More than 10,500 medical visits were provided through this program in 2012.

CHWC follows the Patient Centered Medical Home model that includes same day scheduling, pre-visit planning, care and case management services, after hours call service, extended

More than 10,500 medical visits were provided through this program in 2012.

evening hours, and an extensive quality management program.

CHWC is an active participant in the GoalConnect project. Sponsored by United Way of Laramie County, this effort provides the opportunity for its

partners to coordinate referrals to partner agencies through the use of web based software and shared intake criteria.

Through the generous support of United Way of Laramie County, CHWC extends services beyond the traditional family practice clinic by offering dental, and low- or no-cost pharmacy services.

The dental program provides services to low income adults three days a week and offers acute dental services on site by Dr. James Keller. Same day urgent care appointments are available during dental

clinic hours. More than 1,100 dental appointments were provided by this program in 2012. The program also incorporates a collaborative partnership with the Laramie County Community College Dental Hygiene program for preventive dental care. Through this partnership CHWC issued 161 dental cleaning vouchers in 2012 while helping students meet clinical requirements for graduation.



Pharmacy services are offered on site through the Laramie County Centralized Pharmacy. What makes

Over 25,340 prescriptions were filled with a retail value of over \$2.5 million.

the pharmacy unique is the availability of prescription assistance programs, including the Wyoming Donated Medication Program. Medications that are donated from agencies, such as long term care facilities, are repackaged by the state program and dispensed through the pharmacy at no cost to the patient. For

conditions that require long term treatment, such as diabetes, the pharmacy also offers application assistance to the pharmaceutical company's prescription assistance programs. In 2012, the Centralized Pharmacy and its companion program, the Prescription Assistance Program, filled 25,340 prescriptions with a retail value of over \$2.5 million.



Wyoming Faith Community Nursing

A Program of Wyoming Health Council

www.wyhc.org

Faith Community Nurses nurture the body, mind and spirit through health education, early intervention, disease prevention and personal relationships, thus providing a “Triple Aim” approach – to improve health, deliver excellent patient experience of care and reduce the cost of care. FCNs provide the Laramie County community with additional avenues of access to address health concerns.

The Wyoming Faith Community Nursing program provides the specialty training along with other support services such as continuing education, retreats, monthly newsletters and funding opportunities to FCNs statewide. Statewide there are over 60 trained FCNs and more than 20 are located in Laramie County.

With financial assistance from United Way of Laramie County starting in 2014/2015, Faith Community Nurses will facilitate Eat Healthy – Be Active Community Workshops in four faith communities with 10- 15 participants. These six one-hour workshops were developed, based on the Dietary Guidelines for Americans, 2010 and 2008 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking

points, hands-on activities, videos, and handouts. The topics aim to increase awareness on nutrition and physical activity; including healthy snacking, recipe modification, reading food labels and exercises, all while being encouraged and supported by the FCN and workshop members.

The FCN program is housed within the Wyoming Health Council (WHC) and guided by an advisory council which is comprised of FCNs, clergy, health professionals, community members and WHC employees. The FCN program began with a grant from the Office on Women’s Health in 2007 and has continued to grow with support from the community.



Peak Wellness Center

www.peakwellnesscenter.org

For over 50 years Peak Wellness Center has provided quality mental health and substance abuse treatment services to the individuals of Southeast Wyoming. United Way of Laramie County provides funding for two of our programs: Emergency Mental Health Services and Eastern Laramie County Outreach Services.

When a person contacts the Emergency Mental Health Services on-call staff they are able to speak with a licensed mental health professional who is willing to listen, gather critical information, and engage with the person seeking help to determine a course of action that ensures safety, provides access to services, educates the individual about what they are experiencing and assists them in dealing with their situation. Persons experiencing a psychological crisis have access to this service at no cost to them. In 2012, 556 individuals who contacted the after-hours service staff were responded to by a licensed clinical therapist.

The purpose of the Outreach Services program is to allow access to affordable services for all of the people of Laramie County. Peak Wellness Center is committed to providing quality, accessible and affordable services to the people in all of the communities that collectively make up Laramie County. For the members of our com-

munity who live in Pine Bluffs, Burns, Albin, Carpenter and Hillsdale that means having services readily available without having to take excessive time away from work or school and spend more on travel. In 2012, individual and family counseling was provided to 68 children and 9 adults in this program.



Wyoming 2-1-1

www.wyoming211.org

Navigating through the multiple health and human service agencies in Wyoming can be confusing and trying to find help from the right agency can lead to not knowing where to turn. Calling the simple three digit phone number, 2-1-1, is free and confidential and Laramie County residents can speak with a trained Wyoming 2-1-1 Information and Referral Specialist. Our specialists will assist the caller in finding the services and assistance they need through referrals from our community resource database with over 370 services for Laramie County. Referrals vary based on the callers needs but referrals can be to places like Needs, Inc., Boys and Girls Club, COMEA Shelter, Peak Wellness, Community Action and many more.

Over 2,500 Laramie County residents have called 2-1-1 looking for help and resources since Wyoming 2-1-1 launched in

February 2011.

"We've seen the call numbers increase as more people realize what 2-1-1 is and that we're here to help them find the services they need in Laramie County," said Executive Director RJ Glantz.

Every phone call is confidential and Wyoming 2-1-1 keeps a record of the referrals given in order to track what the top needs are in the community. Consistently the highest needs are housing, utility/rental assistance, food and healthcare.

Wyoming 2-1-1 operates with a strong community resource database that contains information about agencies and the services they provide. Constantly changing with new and updated information about

services across Wyoming, the database is accessible for the public to search at www.wyoming211.org.

"We want to be that go to phone number for people seeking help," said Glantz.

Wyoming
2-1-1
Get Connected. Get Answers.



Connecting people to the services they need.

It's fast, free and confidential.

Trained specialists will help match your needs to local services.
(Assistance available in multiple languages.)

Get Information on:

- After School Programs
- Alzheimer Resources
- Crisis Intervention
- Child Care Services
- Disability Services
- Disaster Services
- Domestic Violence
- Drug & Alcohol Counseling
- Food & Clothing
- Health Services
- Housing & Shelters
- Job Training
- Legal Assistance
- Literacy Services
- Mental Health Counseling
- Mentoring Programs
- Parenting Classes
- Rental Assistance
- Senior Services
- Suicide Prevention
- Transportation Services
- Utility Assistance
- Youth Services

NEW HOURS:
8AM-6PM
MONDAY-FRIDAY

Wyoming
2-1-1
Get Connected. Get Answers.

www.wyoming211.org
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Call 2-1-1 or 1-888-425-7138

LIVE UNITED
United Way
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of Laramie County