



ChooseWell
communities



2020

ANNUAL REPORT

A MESSAGE FROM OUR CHAIRMAN



As we all have experienced, 2020 was a heartbreaking and challenging year. Despite this, **ChooseWell Communities continued to thrive.** This is a result of the work of our dedicated staff; our Board of Directors; friends and supporters of CWC; and most importantly, the families whom we serve.

In early 2020, ChooseWell Communities welcomed its new **Executive Director, Monet Becker,** just weeks before the pandemic shutdown. Despite challenges surrounding COVID-19 and its effects on small businesses, non-profits, and families across the nation, we continued to grow as an organization, ensure that all of our families' needs were met, and quickly pivot to meet virtual and home-based programming demands. In April, ChooseWell Communities moved to a new, larger space that allows for new programming possibilities and events for our families when we can get together again. We have developed important new relationships with community partners and increased the number of referrals to our program and therefore the number of families that we can serve. Increasing the number of families obviously increases the work load, so we look forward to filling two new Family Recovery Specialist positions in 2021.

By implementing **social distancing guidelines,** ChooseWell Communities was able to move forward with our annual Walk Through the Wild at the Louisville Zoo, which was a wonderful way to spend our Halloween while masked and outdoors. Finally, and most importantly, we graduated our first class of families who successfully completed our program and reunified with their children in safe, healthy, and drug-free homes. I know that was an unforgettable moment for our Founders, Stephanie Barnett, Kim Mascaro, and Martha Diebold. Everyone associated with ChooseWell Communities is proud to continue to build upon their original visions.

Our ChooseWell families have thrived in this difficult year– all made possible through our staff, friends, supporters, and community partners.

Thank you! We are looking forward to another outstanding year and we hope you will continue with us on our journey!

A handwritten signature in black ink that reads "Marie E. Dever". The signature is written in a cursive, flowing style.

JD, MPH
Chair, Board of Directors

THIS IS OUR MISSION



To create a community that equips Louisville's families in recovery with children under 5 to choose well for their futures.



OUR AREAS OF FOCUS



HOUSING



PARENTING



HEALTH & WELLNESS



EDUCATION

OUR IMPACT BY THE NUMBERS

Total number of families served in 2020

37 families

Total number of families in our inaugural graduating class

9 sober parent graduates with **21** children

Total number of years of sobriety amongst ChooseWell families as of 12/31/2020

65.7 years

Total number of ChooseWell programming hours provided in 2020

120 hours of community programming



WHO DID WE HELP?

37 families led by a parent in early recovery

89% of the children in our program were **5 years old** or younger

97% of the parents in our program were women

100% of our families were at or below the federal poverty guideline

10 new families moved into safe, affordable housing via a ChooseWell Communities-sanctioned Section 8 housing voucher post-residential treatment

100% of the parents we served had an ACEs (adverse childhood experiences) score of **4 or more**

46% of our families were referred to us by The Healing Place

41% of our families were referred to us by VOA Freedom House

11% of our families were referred to us by Seven Counties' Women's Renaissance Center





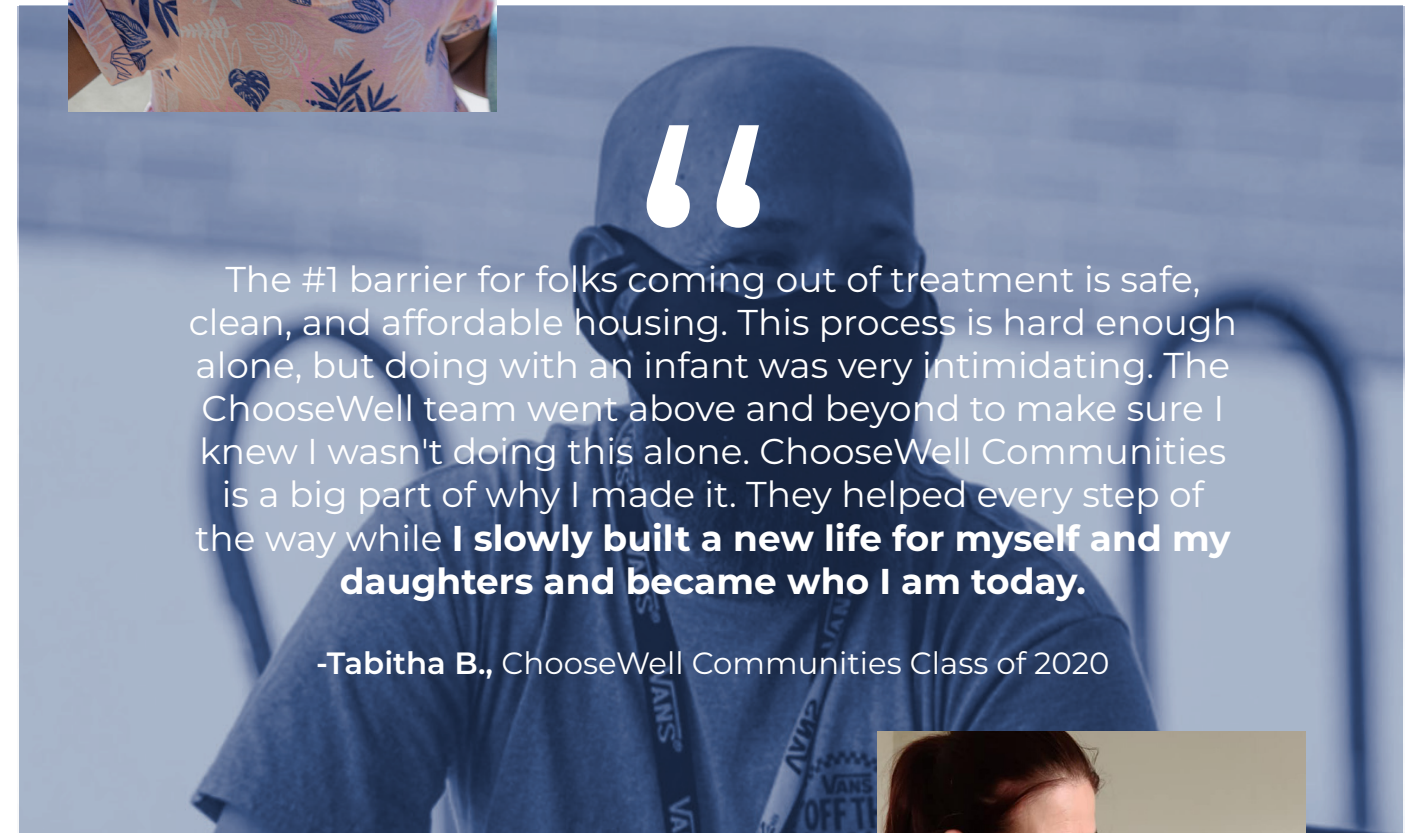
What I love about ChooseWell is that they don't give up on you & are there for you when you are in any situation. After a while, you don't feel like this is 'just' a program... **its gonna feel like a family.**

-Teosha M., ChooseWell Communities Class of 2020



The #1 barrier for folks coming out of treatment is safe, clean, and affordable housing. This process is hard enough alone, but doing with an infant was very intimidating. The ChooseWell team went above and beyond to make sure I knew I wasn't doing this alone. ChooseWell Communities is a big part of why I made it. They helped every step of the way while **I slowly built a new life for myself and my daughters and became who I am today.**

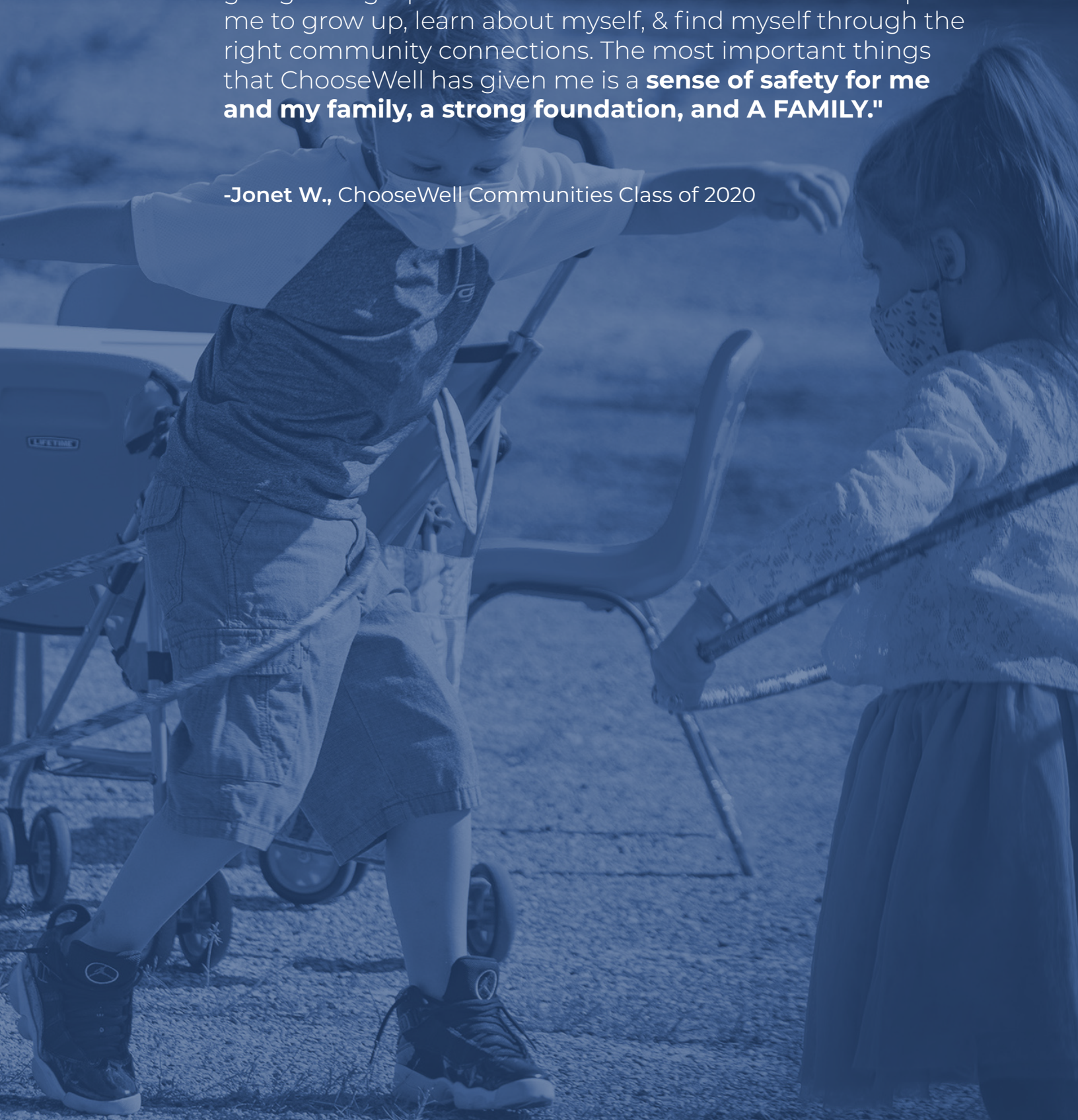
-Tabitha B., ChooseWell Communities Class of 2020





"Becoming sober wasn't always easy, but staying sober no matter what comes in my path is what drives me to keep going. Being a part of ChooseWell Communities has helped me to grow up, learn about myself, & find myself through the right community connections. The most important things that ChooseWell has given me is a **sense of safety for me and my family, a strong foundation, and A FAMILY.**"

-Jonet W., ChooseWell Communities Class of 2020



CHOOSINGWELL is COMMON CENTS



Average annual cost to society for substance abuse and its effects

\$510.8 billion



Average cost per day for a child in Kentucky to be in foster care

\$72.44

The **average daily cost of an inmate** with health needs in Louisville Metro Department of Corrections

\$347 



Every dollar spent on substance abuse treatment and prevention saves **\$4 in healthcare costs and \$7 in law enforcement and other criminal justice costs**



WHY CHOOSINGWELL MATTERS

The most common reason people use substances is to self-medicate from past **trauma or abuse**, often stemming from their own childhood



The **first 3 years** of sobriety are predictive for calculating **long-term sobriety**



90% of human brain development takes place between **0-5 years of age**



The **first 5 years of a child's life** set the stage for the rest of their lives



Children with parents who **abuse alcohol or drugs** are 6 times more likely to experience **abuse or neglect** than children in other households

EXPENSES

Programs:
\$84,357.96

Administrative:
\$38,785.29

Fundraising:
\$16,902.65

Total expenses in FY 2020–January 2020–December 2020:
\$140,045.90

NET INCOME
\$64,615.67



“

I am so grateful for the life I get to live today.. With the help of ChooseWell Communities, I have a home of my own with beds and rooms for all my children. At Christmas, I was finally able to not only spend Christmas with them for the first time in 4 years, but I also was able to give them tons of gifts. I have support, I have accountability, and above all, I have people who love me and care about me, as well as my children and my recovery. None of this would be possible without ChooseWell communities.

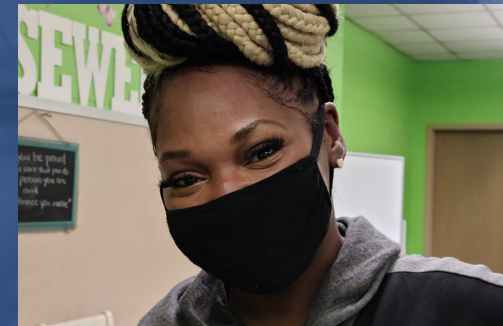
- Katie, ChooseWell mama



“

ChooseWell has helped me to not only get a safe sober home of my own for my kids and myself, but have helped me get back on my feet and keep me accountable when I could really use the support. *I love my ChooseWell family*

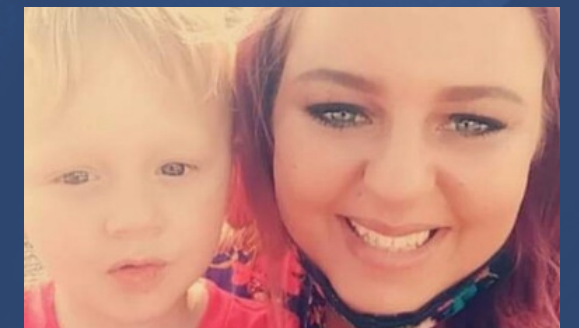
- Kiryuta, ChooseWell mama



“

ChooseWell Communities supported me in my recovery journey and becoming the mom that I knew I could be. I now have almost two full years of sobriety and have fully reunified with my son.

- Dzenana, ChooseWell mama



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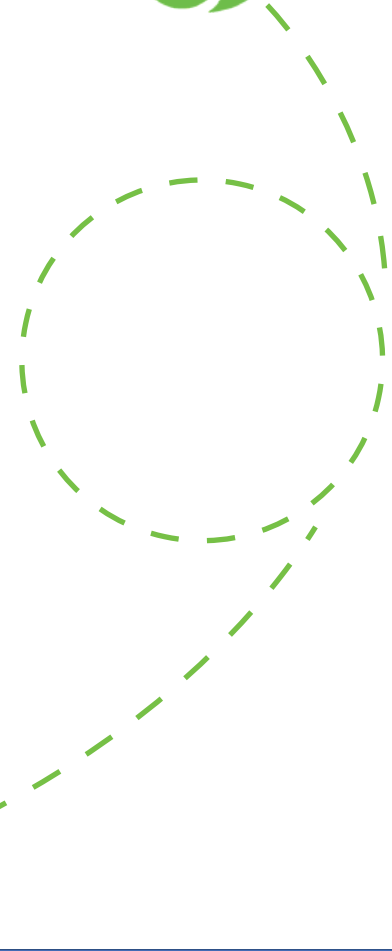
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CHOOSEWELL CURRENT PARTNERS

Louisville Metro Housing
Authority

Alltrade Property
Management

Cardinal Moving

Seven Counties Services

Socially Innovative
Properties

New Directions Housing
Corporation

FMS, pbc.

Passionist Earth and Spirit Center

CALMA Kids

Mindful Mentors

Northeast Christian Church

FACE It Child Abuse
Prevention

The Healing Place

Volunteers of America
Mid-States

Church of the Promise

Creative Spirits Behavioral Health

Sanctuary Church

Aetna Better Health
of Kentucky

Passport Heath Plan

Catholic Charities of Louisville

Humana

WellCare of Kentucky

University of Louisville
School of Public Health and
information Sciences

KRi Magesty

Squires Group-
Interlinc Mortgage

Kentucky Center for the Arts

Bridgehaven Mental
Health Services

Mamabear Doula Services



COMMUNITY AND FOUNDATION SUPPORT

Interlinc Family Foundation

Delta Dental of Kentucky Foundation

LG&E and KU Foundation

Snowy Owl Foundation

Community Foundation of Louisville

Sisters of Charity of Nazareth

Awesome Foundation

National Christian Foundation of Kentucky

Brown Forman Corporate Contributions Grant Program

Bisig Impact Group

Kindred Healthcare

WellCare of Kentucky

Steel Technologies Foundation

Aetna Better Health of Kentucky

Norton Healthcare

Confluent Health

Thompson and Chou PM&R

ProRehab

Dolt, Thompson, Shepherd, & Conway, PSC

Thompson, Miller, & Simpson, PLC

FMS, pbc.

Cardinal Moving

Save A Lot Portland

Republic Bank

Blackburn, Domene, & Burchett, PLLC

WellCare of Kentucky

Grapevine Designs

Texas Roadhouse

Fivestar Food Mart

iAccompany

Mutual of Omaha Mortgage - Justin Pohn

Semonin Realtors/MOVE Real Estate Group - Kristy Dugan

Sunergos Coffee

Graeter's Ice Cream

Bourbon Baekehouse



Thank you to the many individual and in-kind donors who supported us and our mission in 2020.
Your support makes our efforts possible!

-Monet B., Executive Director





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