



ChooseWell
communities

2021
ANNUAL REPORT

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Choices. That's what ChooseWell Communities provides: choices that have been removed from families due to the disease of addiction - a disease that does not care about anything but taking over and destroying. How do I know? My family is plagued with addiction and trauma, too.

As Executive Director of this life-changing organization, I get to witness the bravery of our parents on a daily basis. Raising children in current times is hard enough without the added challenge of maintaining sobriety. But thanks to the efforts of our participants, **their children are getting the best version of their parents** - something many others do not.

Kentucky leads the nation in child abuse, child maltreatment, and Adverse Childhood Experiences (ACEs), and our families are no different. Each of our clients scores at least a 6 out of 10 on the ACEs scale. Science tells us anyone with a score over a 4 is likely to become an addict.

By providing an environment that is conducive to nurturing and learning, with a heavy emphasis on self-care, ChooseWell Communities' participants enjoy classes on budgeting, parenting, behavior modeling, and recovery, thereby building their Recovery Capital in order to build resilience and find success long-term. We help families reunite from state removal, serve as ombudsman in health care situations, and provide the "I've got your back" that every person needs, whether they're suffering from the disease of addiction or not.

I appreciate each person reading this letter. I appreciate our Board Members, sponsors, and donors who continue to serve and give, believe in us, and provide space for ChooseWell Communities to operate as a model for continued success. I appreciate our community partners and referral sources with whom we continue to build strong bonds, tackling the complicated health care systems in which people sometimes get lost.

But mostly, I appreciate the ChooseWell Communities families.

To watch our participants grow in recovery and bond with their children (in some cases reunifying with children who were removed from the household) is so rewarding. I cannot imagine myself anywhere else.

I look forward to building a stronger, larger, more sustainable ChooseWell Communities, addressing the ever-growing needs of recovery assistance, ACEs reduction, and family bonding in Louisville and surrounding counties. People do recover and become valuable members of society. **Thank you for believing in us.**

Leigh Ann Yost

LEIGH ANN YOST
Executive Director



A MESSAGE FROM OUR CHAIRWOMAN

Dear ChooseWell Friends and Supporters:

Despite 2021's well-documented challenges, **ChooseWell Communities (CWC) has 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 we serve.

ChooseWell Communities' approach is unique. We are the only organization in Louisville providing long-term, permanent housing suitable for families with young children, coupled with recovery-focused coaching and support for more than three years. By keeping families together, CWC addresses a leading cause of Adverse Childhood Experiences (ACEs) with an effective, upstream response to the growing number of Kentucky children whose lives are altered by a parent's addiction.

Our impact is substantial. From 2014 to through 2021, ChooseWell Communities has served 95 families, 100% living in poverty. In less than a year following graduation, 3 participants were able to purchase their first homes. Together, our participants have achieved more than 100 combined years of sobriety. Moreover, **ChooseWell Communities breaks the cycle of trauma:** all of our parents have experienced six or more ACEs—childhood experiences of abuse, neglect, and household dysfunction that significantly increase the risk of poor health and social outcomes in adulthood. CWC Parents learn strategies and participate in experiences that result in reunification with their children in safe, healthy, and drug-free homes and dramatically improved odds of long-term sobriety.

Despite challenges surrounding COVID-19 and its continued effects on our community, our 2021 highlights included:

- Ensuring that client's families' needs were met and providing a blend of virtual and on-site programming
- Proudly recognizing our second graduating class of eight parents with an average of 3.5 years of sobriety each
- Developing deeper relationships with community partners
- Expanding the CWC Board of Directors and its diversity to mirror the racial diversity in the Louisville community
- Welcoming a new Executive Director, Leigh Ann Yost
- Hosting our 4th annual Walk Through the Wild at the Louisville Zoo, the largest fundraiser in CWC history

Everyone associated with ChooseWell Communities is proud to continue to build upon their original visions. On behalf of the Board, Staff, and Member Families, **we are looking forward to an outstanding 2022**, and we hope you will continue with us on our journey! Thank you.

Kim Mascaro

KIM MASCARO, MPH
ChooseWell Communities Co-Founder and Chair, Board of Directors



OUR MISSION

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

OUR FOCUS AREAS



housing



parenting



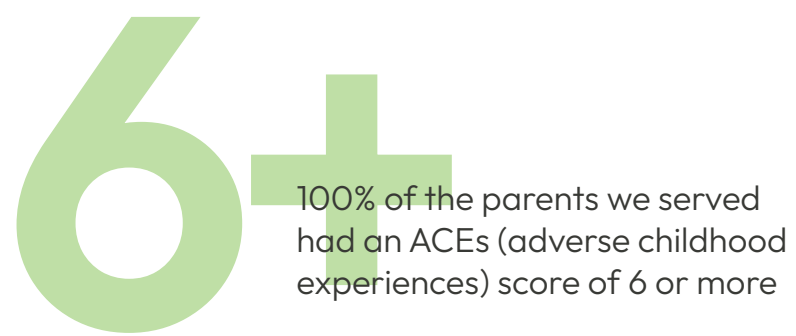
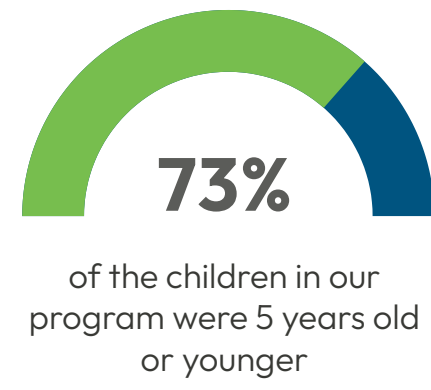
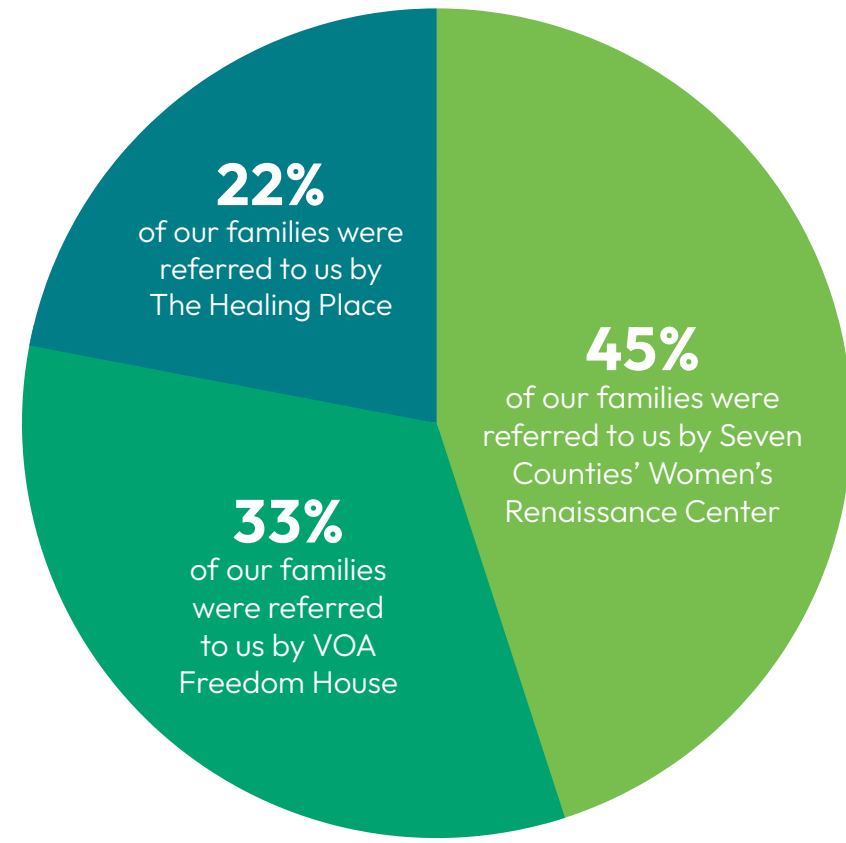
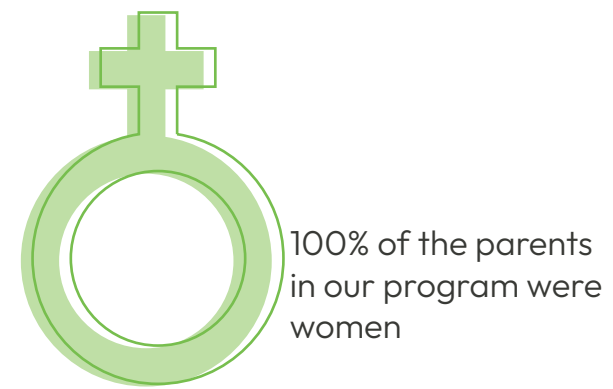
health & wellness



education



WHO WE HELPED



OUR IMPACT BY THE NUMBERS

49 ADULTS & 101 CHILDREN
total number of families served in 2021

8 GRADUATES WITH 31 CHILDREN
total number of families in CWC's second graduating class

100+ YEARS
total number of years of sobriety amongst CWC families as of 12.31.2021

118 HOURS
total number of hours each member spent in active CWC programming in 2021

I am becoming the mother I was always meant to be. I am more grateful than words can express for the opportunity ChooseWell Communities has given me and my family.

BRITTANY
Class of 2021



Choosewell Communities has given me a life as a mother I never would have imagined I could have. They have provided safety, comfort, a place for me and my children. *Choosewell Communities has provided me with hope.*

ANTESHIA
CWC Parent



Choosewell Communities gave me my life back. I got sober and *they gave me the courage and resources to put my life back together.* I would not be where I am today if it were not for their help.

LINDSEY
CWC Parent



ChooseWell Communities, to me, is *unconditional support.* When I had burned every other bridge, they were helping me build new ones.

NISEY
Class of 2020,
ChooseWell Communities
Family Recovery Specialist



"ChooseWell has helped enable me to live a life free of substance use, and I truly do not think I would be where I am today without the support of this organization."

- Christina, ChooseWell Communities Class of 2021

choosing well makes *common cents*



Average annual cost to society for substance misuse and its effects

\$510.8 billion

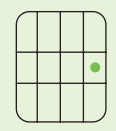


Average cost per year for a child in Kentucky to be in foster care

\$66,303

\$347

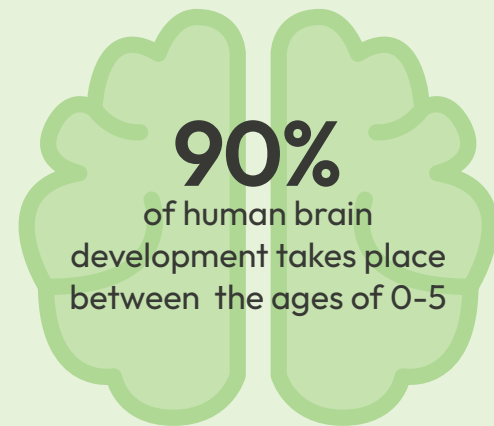
The average daily cost of an inmate with health needs in Louisville Metro Department of Corrections



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 choosing well matters

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



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



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

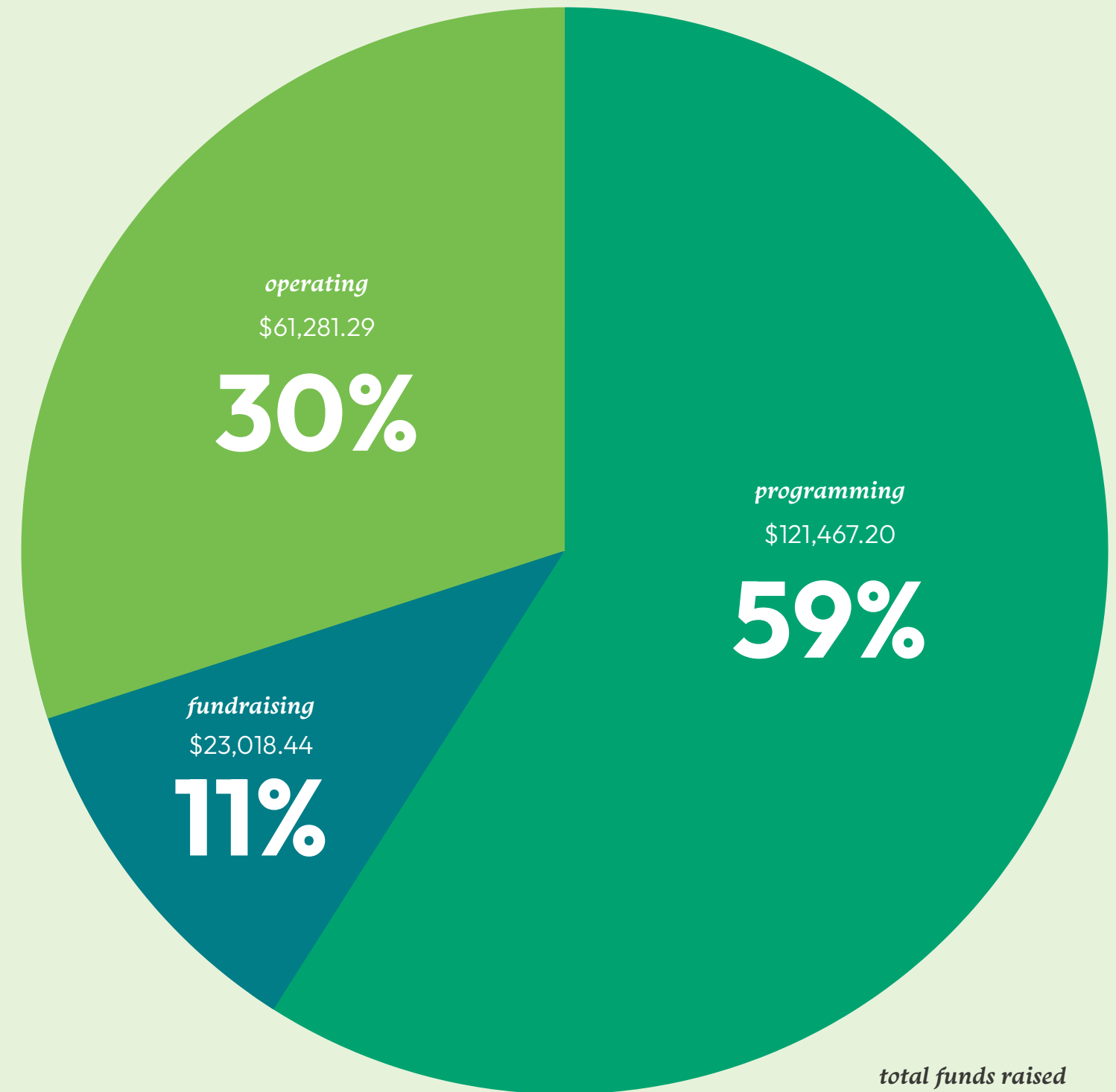


children with parents who abuse alcohol or drugs are **6 times more likely to experience abuse or neglect** than children in other households





OUR 2021 FINANCIALS



total funds raised
\$201,062.47

COMMUNITY PARTNERSHIPS

Aetna Better Health of Kentucky

Cardinal Moving

Catholic Charities of Louisville

Church of the Promise

FACE It Child Abuse Prevention

Humana

KRi Magesty

Louisville Metro Housing Authority

Malone Staffing Solutions

Mindful Mentors

Northeast Christian Church

Passionist Earth and Spirit Center

Passport Health Plan

Play Cousins Collective

Sanctuary Church

Seven Counties Services

Socially Innovative Properties

Squires Group
Interlinc Mortgage

The Healing Place

University of Louisville School of
Public Health and information
Sciences

Volunteers of America Mid-States

WellCare of Kentucky

COMMUNITY & FOUNDATION SUPPORT

Adam Willis Realtor

Advanced Global Communications

Aetna Better Health of KY

Amanda Zilka

Bisig Impact Group

Blackburn Domene & Burchett PLLC

California Dreamin' Hair Salon

Confluent Health

Dolt Thompson Shepherd & Conway

Facilities Management Services

Goodwill

Grapevine Designs

Graphic Packaging

Kristy Dugan/MOVE Real Estate

Group

Louisville Orthopedic Clinic

Magnolia Aesthetics

Mutual of Omaha Mortgage

Norton Healthcare

Passport Healthplan

PlayThings

ProRehab Physical Therapy

Republic Bank

Rio Ross

Save-A-Lot Portland

Sunergos Coffee

The Table

Thompson Miller & Simpson PLC

Truths Tattoos

University of Lou School of Medicine

WellCare

Wicked Wiccs

ZenEvo



BOARD OF DIRECTORS

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