



Alexandra 
Working to end domestic
and sexual violence. House

2015
Annual Report

Dear Friends and Supporters,

For many of us, the year brought changes, some small and some significant. Our clients have faced changes too, and have reached out to Alexandra House for support because they have found themselves in a state of transition—leaving an abusive relationship, moving through a complicated legal process, seeking support and healing after experiencing sexual assault, or embarking on a new path to a violence-free life. And, each had the courage to ask for the support they needed. 2015 was an incredible year for Alexandra House. We are truly inspired by the life-changing effects that our programs and services have had on women, men, youth, children and our community. The support from our partners and donors had an instrumental impact on our growth over the last year.

We are proud to share the following accomplishments:

- Our Aging Services has grown substantially, thanks to grant funds and the support of the Anoka County Abuse in Later Life Coordinated Community Response Team. Older adults are a rapid growing demographic that have unique needs and vulnerabilities. Providing support and advocacy services to ensure everyone enjoys their later years with dignity is a fundamental pillar of a strong community.
- In October 2015 we launched a new website that responds to the changing needs of those we serve. It is mobile-ready, available in multiple languages, and full of vital information for potential clients, community members, donors, and volunteers.
- We've been expanding our Community Partnerships with schools, law enforcement, legal, and hospital systems that help us create a network of support survivors both need and deserve.

As our supporters, we need your help through your gifts, time, talent, and advocacy to continue our life-changing programs and services that impact not only those who walk through our doors, but their children, their families, and the greater community. We are truly grateful for your belief in our mission and we strive each day to carry out the work with integrity, transparency, and accountability. Each gift of money, volunteerism, or advocacy ensures that we are making a significant and lasting effect on our community. On behalf of Alexandra House and every person served, thank you.



Connie Moore
Executive Director



Mary Arneson
Board Chair



Connie Moore

Executive Director, Alexandra House



Mary Arneson

Board Chair, Alexandra House

Programs & Services

In 2015:

A Safe Haven

Emergency Services: Alexandra House operates a 24-hour domestic and sexual violence emergency shelter and can accommodate up to 35 women and children at one time. All basic needs are provided for including food, personal care items, clothing, linens, diapers, and laundry facilities.



615 victim/survivors and their children received

11,396 nights of safety.

A Lifeline

Help Line: Alexandra House offers a free and confidential 24-hour help line. Advocates will listen to your concerns, answer your questions, assist with safety planning, explain how to obtain an Order For Protection (OFP), offer other resources available in your area, or help you find shelter.



9,907+ calls were answered on our 24-hour emergency help line.

A Voice

Legal Advocates: are a free and confidential resource to help clients navigate the legal system in criminal and protective order cases. Advocates offer safety planning, crime victim advocacy, and explanation of criminal court procedures following a domestic or sexual assault in Anoka County.



887 clients were supported by our civil and criminal justice advocacy services including: filing of protection orders, support during civil and criminal court proceedings, and legal representation.

Programs & Services

In 2015:

A First Responder

Hospital Advocacy: Alexandra House staff and volunteers are there for victims of sexual assault and domestic violence throughout their evidentiary examinations. Advocates respond 24 hours a day, 365 days a year to provide support and advocacy services to victims in any treatment care unit within the hospitals as well as any designated areas of the clinics.



220 victims of sexual and domestic violence received crisis intervention, safety planning, and support at local hospitals and clinics (*Mercy Hospital, Allina Medical Clinic, Unity Hospital, and Coon Rapids Women's Health*).

An Advocate

Follow Up Services: will work with individuals and families to empower and support them as they work toward their goals of safety, healing, and self-sufficiency. Each client is met with in a safe and personal setting. Advocates use a holistic approach to help the client achieve lasting change and begin the healing process. From schools to county social workers, landlords to therapists, advocates help clients communicate their needs and find solutions working with the systems involved in their lives.



105 families received personal follow up support services and housing and financial assistance.

A Community

Therapy & Support Groups: Alexandra House offers therapy sessions in a safe and confidential environment for survivors to express their feelings, thoughts, and fears. We also offer nine different support groups for survivors of domestic and sexual violence and their supportive loved ones.



303 victim/survivors and their children began their healing process at weekly support groups services.

48 adults, children, and youth received ongoing therapy services.

Programs & Services

In 2015:

A Promise

Ageing Services: Abuse in later life takes many forms, most often involving emotional and psychological abuse, intimidation and threats, isolation, neglect, and financial exploitation. Alexandra House offers client-centered advocacy services specifically for adults 50 and over. An advocate is available to meet in-home or in another safe location of the client's choosing.



21 older adults were helped through our Aging Services program since its launch in June 2015.

A Role Model

Youth Services: Stopping the cycle of violence must include work with young people. Alexandra House offers a variety of services to help kids start talking about healthy relationships and to offer intervention and counseling for young survivors of domestic and sexual violence. Youth Services has three full-time staff to coordinate weekly prevention and intervention programs in six school districts in Anoka County, at Lino Juvenile Correctional Facilities, and summer outreach activities.



1,400 children, youth, and parents were touched through Youth Services.

5,120 students learned about healthy relationships through **177** classroom presentations.

A Mentor

Community Education / Awareness: Alexandra House understands that education is critical to creating significant, long-term change. We offer free presentations, facilitated dialogues, and professional trainings to community groups and individuals on the basics of domestic and/or sexual violence. This is a non-threatening way to learn more about the issues and take a stand through partnership with Alexandra House.



3,443 community members increased their awareness and knowledge through community education presentations, professional trainings, and community events.

Who We Serve

Alexandra House impacted the lives of over 22,000 people in 2015.

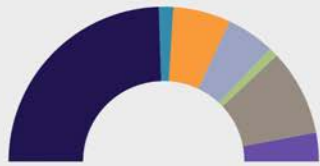
Our Mission

To empower victims of domestic and sexual violence, and inspire social change, through education, support, and advocacy.

We Believe

- Domestic and sexual violence are part of a historical pattern of violence and oppression that disproportionately impacts women and children.
- Domestic and sexual violence affects all classes, genders, ethnicities, faith communities, races, sexual orientations, ages, and abilities.
- Domestic violence is not limited to physical abuse; it includes emotional, financial, sexual, spiritual, and psychological abuse. It is about power and control over others.
- Domestic and sexual violence are crimes and violations of human rights.
- Sex trafficking is a form of violence against women and children.
- Domestic violence is a direct link to other forms of violence and social problems.
- Violence is a learned behavior and a choice.
- Domestic and sexual violence are community problems. Our success is directly connected to working with members of the community in ending domestic and sexual violence.

Individuals Served by Ethnicity



■ White(49%) ■ Native American(3%) ■ Multiracial(12%)
 ■ Hispanic/Latino(10%) ■ Asian/Pacific Islander(2%)
 ■ African American(18%) ■ Other/Unreported(6%)

90% ADULTS SERVED WERE FEMALE

10% ADULTS SERVED WERE MALE

43% OF YOUTH/CHILDREN SERVED WERE MALE

73% of those served were residents of Anoka County.

83% reported incomes that fell below 100% of federal poverty guidelines.

3rd leading cause of homelessness among families is Domestic Violence.

Individuals Served by Age



■ 0-12 (23%) ■ 13-17 (25%) ■ 18-24 (14%)
 ■ 25-34 (14%) ■ 35-44 (10%) ■ 45-54 (6%)
 ■ 55-64 (2%) ■ 65+ (1%) ■ Unreported(4%)

Hope and Healing

Christy's Story

I grew up in a single parent home with my two siblings. My mom left my abusive father when I was young. I vowed never to put up with abuse and didn't understand why someone would. I was the person who said it was the victim's fault for not leaving the first time. **Then it happened to me...**

He was everything I wanted and said all the right things. He was caring, charismatic, honest, generous, hard-working, ambitious...the whole deal. After dating for two years, we married. **It was then things started to change.** There were inconsistencies in his stories, he couldn't keep a job, and was living off of my paycheck. I wasn't allowed to hang out with my friends or see my mom. But he wouldn't stop seeing his drug dealer. The lies kept coming - but I loved him and wanted to believe he would change. **Then I got pregnant.** And he became jealous of our newborn son and the attention he needed.

Then he became violent. He would put his hands around my neck just to scare me, and it worked, but I was pretty sure he would stop before he killed me. He only hit me a few times and almost never left a mark. I threatened to leave but he always knew just what to say, offering promises to change, reminders of our love and family, and our son. Playing with my emotions, with statements of, "You don't want Wyatt to grow up without a dad, do you? or You don't want a broken family, do you?" He used my fears and desires to keep me trapped. He had grown up in the foster system and people always left him. I wanted to be the one who didn't walk away and the reason he'd change. Plus, where would I go? My mom couldn't take us and I didn't have the money to do it on my own. What about our stuff? I couldn't just pack up and leave. I didn't want my son to grow up the way I did without a father. **But more than anything else, I still loved him and I didn't want to leave.**

Life changed the day the cops came in the midst of him choking me...and he went to jail. While he was in jail, I received another shock - he hadn't paid our rent and he'd run up a huge amount of debt in my name. I lost the apartment, had nowhere to go, and no money. **But then I found Alexandra House.** My son and I were given food, shelter, and emotional support. I spent the first few hours there a sobbing mess but my advocate was so helpful and understanding. She reassured me, telling me it wasn't my fault - it was his. It wasn't easy to see at first, but slowly I realized that my son and I really **deserved a life free from violence.**

I reluctantly began attending the support groups and eventually found my inner strength and hope. I realized I wasn't the only one in an unhealthy relationship and that I wasn't alone. Slowly, I found courage to speak about myself, and every time I spoke I felt a little better about my decision to leave and take my life back. But I still struggled with my decision. Especially through the court process. My partner had been charged with felony strangulation. I struggled with questions like, "was he feeling remorseful? Did jail motivate him to change?" Despite everything, I still wanted to make it work because I loved him. I was still thinking about our future. It was during this internal struggle and questioning that I asked the prosecutor to drop the charges to a misdemeanor. But he violated the no contact order and the order for protection. I changed my mind and he ended up pleading guilty. Throughout this whole process, my legal advocate was there explaining the legal system and offering emotional support. She stood by me through it all - including my divorce hearings. **I know I couldn't have seen it through without the support of the Alexandra House.**

My Follow Up advocate helped me find an affordable place to live with my son and helped with my rent payment for five months while I finished paramedic school. When I struggled financially, my advocate was able to provide diapers. She kept in close contact with me until I got back on my feet and is still here for me when I need emotional support. **When there was nobody else to count on, Alexandra House was there. They gave me a fighting chance to take back my life - to create a new life for myself and my son that we both deserve!**



CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES

For the year ending December 31, 2015
(excluding depreciation)

INCOME

Individuals	\$ 202,823
Corporations, Foundations, and Community Orgs	\$ 216,551
Special Events (net)	\$ 111,808
United Way	\$ 313,148
Government Fee for Service Contracts	\$ 377,264
MN OJP (Office of Justice Programs)	\$1,333,878
Miscellaneous Income	\$ 10,089
In-kind Contributions	\$ 4,226

Total Income **\$2,569,787**

Operating/Capital Cash Reserves (transferred) \$ 10,803

Total **\$2,580,590**

OPERATING/CAPITAL RESERVES REMAINING **\$461,316**

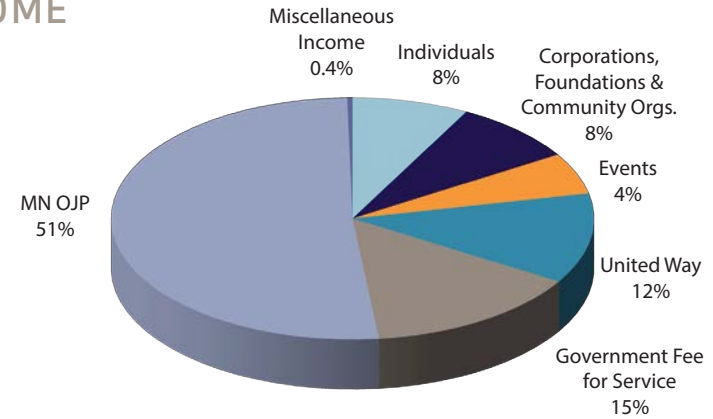
We are proud to say that 83% of funds raised are directed to programs and services. We have experienced tremendous growth and feel encouraged that our future holds continued growth and prosperity with the help of our generous community members.

WHERE YOUR GIFTS WERE SPENT

Housing and Supportive Services	\$1,353,258
Community Programs	\$ 801,139
Management and General (Supporting our Services)	\$ 253,214
Fundraising (Sustaining and Expanding our Services)	\$ 172,979

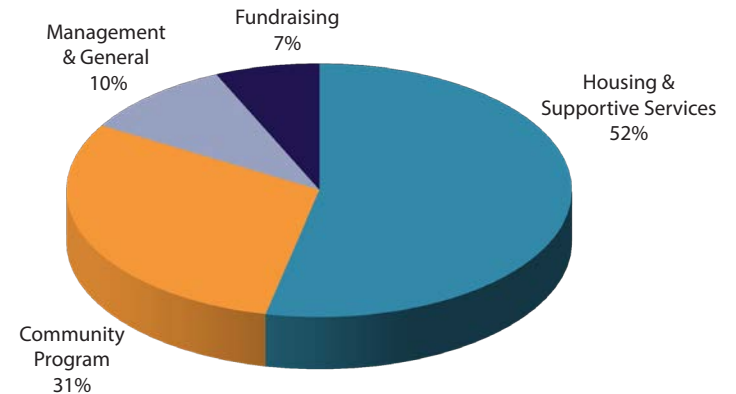
Total Expenses **\$2,580,590**

INCOME



Alexandra House's 2015 IRS 990 and audited financial statements are available at www.alexandrahouse.org.

EXPENSE



108 volunteers contributed
7,709 hours of time, valued at **\$194,415***

*Independent Sector: The Value of Volunteer Time

GIFTS

We extend our deepest gratitude to the individuals, corporations, foundations, community organizations, and other donors who helped Alexandra House serve people in need in 2015! Listings include donations, underwriting, sponsorships, tribute gifts, and fundraising event tickets.

.....
Individual Donors

Visionary: \$20,000+:

Dr. Randall and Janet Warren

Ambassador: \$5,000 - \$9,999

Claudette Jones

Connector: \$2,500 - \$4,999

Paige Carlson

Craig and Connie Dorn

Harry and Linda Haluptzok

Julie Pfeiffer

Damon Schramm

Dave and Brenda Sollars

Advocate: \$1,000 - \$2,499

Paul and Margaret Andersen

Clark and Mary Arneson

Beth Bergman

Dan Boxrud

Julie Braastad

Linda Burr

Patricia Carlson

Jim and Pam Deal

Tabatha Erck

Ken and Rosanne Everson

Ruth Franklin

Beth Fudro

Chad J. Goldwasser

Dorace Goodwin

Lee and Barbara Granquist

Roger and Joan Grimm

Matthew Hanson

Gina Janeiro

Robert Karls

Nathan and Julie Koepsell

Jacqueline Lachinski

Russell Larson

Daniel G. Liesener

Carol Malnati

Neil Monson

Connie Moore

Peter Nystrom

Mark and Kay Olsen

Leonard and Mary Powell

Lisa Rockrohr

James and Sheren Rogne

Dave Rymanowski

Dave and Wendy Sallman

Brenda Schmidt

Kallie Sherer

Robert and Bonnie Spies

Gwen Stanley

Bill and Chris Thompson

Jerry and Karen Tollefson

Steven Twedell

Greg and Nina Waranica

Michael and Donna Wilber

Greta Wintheiser

Responder: \$500 - \$999

Philip Albert

Grant Anderson

Judy Quale, Bev Lutgen, Barb Baden

The Bankes Family

Dave Bartholomay

William Bauer

Janice Billman

Marcia Birney

Cynthia Braget

Melanie Brining

Eugene and Barb Case

Leslie Coleman

Gene and Kay Cooper

Toni Craft

Kate Crandal

Ken and Jane Daniels

Timothy Devaney

Michael Dixon

Barbara Eggbert

Brad Fields

Bryon and Sarah Fuerst

Nicole Gerlach

Erik Von Glan

Rosemary Goff

Christopher Groshong

Rev. Dr. Margaret Guelker

Barb Guggemos

James and Carrie Guthrie

Melissa Harper

Chris J. Hasling

David Held

Theresa Horan

Jane Kennedy

Elizabeth Kremser

Linda Lankow

Mary Laschansky

Lanny Law

Carol LeDoux

Travis Lemke

Matthew Lesnikowski

Barbara Mahr

Terry McClellan

David and Lois McHugh

Sally Mickelson

Mary Morrison

Richard Murphy

Tim and Deb Neeb

Mario Matthew Negri

Susan Nelson

Rebecca Norton

Brian and Mary Ann Nystrom

Elizabeth Paul

Diane Prentis

Steve Ring

Walt Rukke

Sherry Ryan

Patty Sagert

Mary Sandberg

Dean Perry and Teri Schaapveld-Perry

Edward and Kate Severson

Charles Shannon

Mark Shea

Sue Sherin

Denise Thorson

Dan O'Fallon and Kathryn Timm

Ray and Janel VanArragon

Charlene Wade

Julie Wandling

Cynthia Webster

Steve Wells

Jay and Robyn West

Carla White

Brian Woolsey

John and Karine Zakroczymski

Gifts of \$250 - \$499

Michelle Askin

Kathleen Bailey

Clarice Belling

Tom Beyer

Dawn Bjerkelund

Juliana Bohnet

Janet Campbell

Sheila K Casey

Kathleen Couture

Quincy Craft Faber

Jaymi Danz

Deborah Elizabeth Dooher Anderson

Matt Entenza

Brent Erspamer

Cheri Ferralez
 Theresa Fields
 Diane Fischer
 Douglas Fischer
 Randall Gilbertson
 Sarah Gilbertson
 Sarah Goebel
 Cynthia Goff
 Kirsten Gorsuch
 Michele Gray
 Marilyn Green
 Tariq Halim
 Cindy Hallman
 James Harris
 Stephanie Helberg
 Deb Henderson
 Kimberly Hutchens
 Sarah Jorel
 Paul and Jill Kaspszak
 Sharlee King
 Joseph Koss
 Dan and Katherine Kretchmar
 Karen Krizaj
 Thomas and Jean Kuehn
 Jennfier Laitinen
 Tanya Leffler
 Keith and Toni Leland
 Marlene Mahn
 Andrea Martin
 Alison Marzolf
 Robert McCalla
 Angela McDaniel
 Janette Mickelson
 Richard Moore
 Sheila Mork
 Jane Morrow
 Timothy and Janice Mullins
 Jill Noennig
 Jason Nordling
 Paul and Julie Ostrow
 Alanna Peterson

Hal Picquet
 Kathryn Pouliot
 Maery Rose
 DawnMarie Sahr
 Margaret Saunders
 Joseph Scheitlin
 Vickie Schmitz
 Scott and Jan Schulte
 Michelle Schwalbe
 Waunita 'Nita' Shaw
 Shirley Shisler
 D. Marie Sieber
 The Sommer Family
 Natalie Steffen
 Therese Steppel
 Helen Strike
 Melanie Todora
 Nancy Trossen
 Shannon Voto
 Dylan Warkentin
 Gwen Weiler
 Thomas Wells
 Mary Wolf
 Lisa Zacharias
 Michael and Julie Zigler

Thank you also to all individual donors who gave up to \$249



.....
**CORPORATIONS,
 FOUNDATIONS, COMMUNITY
 ORGANIZATIONS, &
 GOVERNMENT SOURCES**

Visionary: \$20,000+:

Allina Health Systems
Mercy & Unity Hospitals Foundation
Unity Hospital
 Anchor Bank Family Foundation
 Anoka County
 Anonymous
 Church of St. Timothy
 City of Blaine
 Connexus Energy
 Greater Twin Cities United Way
 MN Department of Education
 Office of Justice Programs
 Office on Violence Against Women
 Otto Bremer Trust
 The Medtronic Foundation

Guardian: \$10,000 - \$19,999

Anoka County Attorney's Office
 Bridgeline
 Cities 97
 City of Andover
 City of Coon Rapids
 Weck Charitable Trust

Ambassador: \$5,000 - \$9,999

Anoka County Trial Court
 City of Anoka
 City of Circle Pines
 City of Fridley
 Everson Family Foundation, Inc.
 Nystrom & Associates, LTD
 Truck Writers Inc.

Connector: \$2,500 - \$4,999

City of Centerville
 City of East Bethel
 Minnesota Community Foundation
 SBS Group of Companies
 Verizon Wireless

Advocate: \$1,000 - \$2,499

Anchor Bank
 Barrett Family Foundation
 Blaine Blazin 4th Inc.
 Blaine Football
 Bridgestone Americas Trust Fund
 Bunker Hills Ladies League
 Coldwell Banker Burnet
 Constance Free Church
 Coon Rapids Rotary Foundation
 Corazzo Bookkeeping, Inc.
 Diamond Metal Products, Inc.
 Edward Jones (Blaine)
 Empire Education Group
 Federal Premium Ammunition
 Ham Lake Lions
 Hope Church
 Jackson Lewis LLP
 Land O' Lakes Foundation
 Medtronic/Your Cause, LLC
 Minnesota Home Venture
 Minnesota Vikings Football, LLC
 Rasmussen College
 Rotary Club of Anoka
 Sgt. John Rice VFW #6316
 Sit Investment Associates Foundation
 Spring Lake Park Lions Club
 St. Philip's Lutheran Church
 The Polaris Foundation
 Thrivent Financial
 United Methodist Church of Anoka
 Victory Auto Service & Glass
 Weber and Deegan LTD
 Women in eDiscovery

Responder: \$500 - \$999

21st Century Bank
 Anoka County Employees Club
 Barna, Guzy & Steffen, Ltd.
 Bell Mortgage
 BNSF Railway Company
 Church of St. Patrick of Cedar Creek
 City of Nowthen
 Conestoga-Rovers & Associates
 Coon Rapids Evangelical Free Church
 Coon Rapids Lions Club
 Coon Rapids United Methodist Church
 Corrective Care Chiropractic, PC
 COUNTRY Financial Services
 First Advantage Bank
 Fridley/Columbia Heights Rotary
 Glen Cary Lutheran Church
 H. B. Fuller Community Affairs
 Highland Bank
 Michael Servetus Unitarian Society
 Minneapolis Regional Labor
 Foundation
 Minnesota Correctional Facility,
 Lino Lakes
 Minnesota School of Business
 Northern Lights CFC
 Our Savior's Reformed Church
 Perrigo Minnesota
 Promotion Management Center
 Rotary Club of Ramsey
 Sherburne County Area United Way
 Spring Lake Park High School
 St. Joseph of the Lakes
 Catholic Church
 United Methodist Women
 UnitedHealth Group
 Venture Bank
 Walter C. Rasmussen, Northeast
 Bank Foundation
 Walters Recycling & Refuse, Inc.

Gifts of \$250 - \$499

Alpha Delta Kappa
 American Legion Post 334
 Anoka Community Anti-Crime
 Commission
 Anoka Lioness Club
 B&D Plumbing, Heating & A/C
 Boston Scientific
 Church of the Holy Cross
 Country Inn & Suites
 District 12 Women of Today
 Dittrich & Lawrence, PA
 Evolve Systems
 First Congregational Church of Anoka
 Legacy Christian Academy
 McAfee Matching Gifts Program
 MOMS Club of Coon Rapids
 North Metro Bizzy Women
 Pilgrim House Unitarian Universalist
 Fellowship
 Polaris Industries, Inc.
 Rivertek Medical Systems, Inc.
 St. Francis United Methodist Church
 Thrivent Financial for Lutheran
 Foundation
 Zion Lutheran Church



Board of Directors

January 1 - December 31, 2015

Lynne Tellers Bankes, **Board Chair**

Mary Arneson, **Vice Chair**

Dave Bartholomay, **Secretary**

Jane Kennedy, **Treasurer**

General Board Members

Toni Craft

Rev. Dr. Margaret Guelker

Annette Goff

Andre Koen

Paige Carlson

Dylan Warkentin

Randall C. Warren, MD

Leadership Team

Connie Moore, **Executive Director**

Margaret Andersen, **Administrative Director**

Tina Bronson, **Communications Marketing Director**

Jenny Green, **Housing & Supportive Services Director**

Sue Redmond, **Program Development Director**

Jackie Bridgeman, **Community Program Manager**

Megan Close, **Community Program Supervisor**


Jane St. Marie, **Shelter Supervisor**

Non-Profit Org.
U.S. Postage
PAID
Twin Cities, MN
Permit No. 2550



PO Box 490039 · Blaine, MN 55449
www.alexandrahouse.org · 763-780-2332

CONNECT WITH US:

-  E-News: sign up at www.alexandrahouse.org
-  Facebook: AlexHouseMN
-  Twitter: AlexHouseMN
-  LinkedIn: Alexandra-House
-  YouTube: AlexHouseMN