

Pathways to Self-Reliance



Spring Newsletter 2011

Letter from Mary and Bruce

The writer of the biblical book Ecclesiastes reminds us, “For everything there is a season, and a time for every matter under heaven.”

The writer goes on in couplets to remind us that life has opposing movements. Life includes, among other things, a time to be born and a time to die; a time to break down and a time to build up; a time to weep and a time to laugh; a time to plant and a time to reap. It is helpful to remember that our lives do not progress in a linear fashion. In many ways we oscillate between contradictory directions.

As a community, we are in the midst of some very difficult times, “a time of breaking down.” The economy of our state and nation is slow in its recovery. This slow recovery is especially painful for those who are homeless and those who are employed in low-paying jobs—the very people that Cabrini Partnership serves. The 2010 Minnesota Quarterly Shelter Survey indicated a 16 percent increase in the number of homeless single adults over 2009. Undoubtedly the poor economy has contributed to that increase.

At the national and state level we are looking at large reductions in government spending. In Minnesota, even with a governor who is clear in his desire to maintain the core safety net for vulnerable adults, there could be significant reductions in funding for the residents of Cabrini Partnership programs. The situation we face is even more daunting than the long winter we have endured. It is a season of great challenges.

There are signs, however, of “building up” that give us hope. One is private and public partnerships, such as Hennepin County’s Housing First Program. The goals are to change the paradigm from managing homelessness to ending it, from funding programs to investing in the community, from serving people to partnering with people to achieve self-reliance. These partnerships are rooted in mutuality—we are all in this together. By leveraging the potential of government and the private sector we can create a season of fertility, a springtime of our society when the needs of the vulnerable can be addressed. It will be a time to laugh for those who have so often wept.

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Another sign of spring and “building up” is our approach of wraparound case management for the residents of Cabrini Partnership programs. The relationship of our case managers and residents is rooted in trust and a commitment to be partners. This is not a cookie-cutter approach requiring a resident to fit the demands of our programs. Each resident is unique and is supported and

encouraged by identifying their strengths, needs and the services they want. They are assisted in connecting to the resources that will use their strengths, meet their needs and lead to stable housing. Some of the services we provide or help residents access include monitoring and support, household furnishings and supplies, access to public transportation, mentors and tutors, training around basic living skills and personal advocacy.

The appearance of the first green shoots of spring, the irises and daffodils can, in many ways, seem to be a miracle. It is so improbable that any growing thing would venture forth into the often harsh conditions of an early Minnesota spring. Yet each year we see it happen. The residents of Cabrini Partnership are like those resilient plants. They take the risk to venture out in the world when they have been given every indication that the world does not want them to thrive. Our wraparound case management helps our residents believe in themselves and to see themselves as worthwhile and fruitful.

We are so very grateful for the volunteers and staff of Cabrini Partnership who, in their mutual and respectful relationships with the residents, plant hope even in these very difficult times.

Thank you for your continued support.



Mary Morris

Mary Morris
Executive Director

Bruce Koehn

Bruce Koehn
Board of Directors Chair

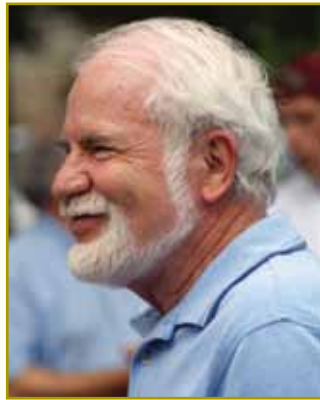
In Appreciation

Three long-time board members ended their terms this year: Michael Holland, Bob Reid and Steve Rice. Both Bob and Steve have been involved since the early days of the organization. They have seen it grow from serving 22 adults in the transitional house to more than 200 residents living in the house and supportive housing apartments scattered around the metro area. Cabrini Partnership is grateful for their commitment to the mission, their talents and skills.

“These three individuals brought enthusiasm for the Cabrini Partnership mission to their service on the board.” -Board Chair Bruce Koehn



Michael Holland



Bob Reid



Steve Rice

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Miaja Cassidy

New Board Member

Miaja Cassidy, an attorney, practiced law for 15 years before joining Target as director of healthcare compliance. Miaja is a certified healthcare compliance professional (CHCP) and a certified compliance and ethics professional (CCEP). She has focused her career in healthcare/health law, concentrating on privacy, security, public policy and compliance. She also worked in private practice in civil litigation for several years.

Miaja is the immediate past chair of the Minnesota Chapter of the March of Dimes. She has been actively engaged in several other organizations, including Minnesota DeafBlind Services, Ronald McDonald House and the Girl Scouts. She loves traveling, cooking, entertaining and lots of outdoor activities, claiming “trying many but mastering none.”

Welcome, Miaja!

Hope Renewed

An inside look at the lives of our clients.



Corday has his list of short-term goals: get his GED, finish anger management class and get off of probation, obtain college credits and join the Navy to access its educational opportunities.

In the six months he's lived in the transitional house, he's thrived in the structure. "It helps me stay focused," he said.

Throughout this winter, Corday has attended classes three or four days a week to study for his GED. He hasn't missed a single class, regardless of the snow or cold. It's paying off—he's advanced two grades so far. When he's ready to take his GED exams, Cabrini Partnership will be able to help him with the fees because of contributions from donors.

Corday knows what's important. He's keenly aware of the impression his actions and his life can make, especially for his younger cousins. "If they see me doing the right thing, they'll know they should do the right thing also."

Corday has his eye on long-term goals also: he wants to go to law school and work in the criminal justice system. He's had a lot of experience in the system and seen things he doesn't think are right. "Before I leave this earth, I want to make a difference. I want to help people. I've been criticized on the streets for my kindness. But you can't question my heart."



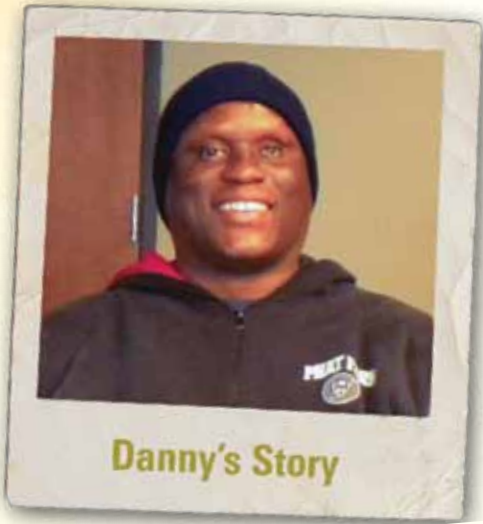
"Cabrini Partnership has helped me at every step I needed to take," said Bailey from the comfort of her new home. Bailey, a former resident, lived in Cabrini Partnership housing for 11 years.

When Bailey first came to the Cabrini Partnership transitional house after going through treatment she said, "I didn't see any light at all. I had given up." Living in the house allowed her to realize others struggled too. The structure within the house was what she needed at the time to stabilize her mental and chemical health. Even regular meals were a novelty for her. When the idea of starting over caused her to be severely depressed, she found support in knowing she wasn't alone. She gained hope and insight into her life.

While living with 22 other adults was hard, Bailey made friends in the house and volunteered to lead AA meetings. For Bailey, moving out of the transitional house and into the Cabrini Partnership Independent Living Program gave her a safety net of supportive services. Her apartment was roomy and quiet, and she liked her neighbors. She was also able to bring Taz, her 16-year-old silky black cat, out of foster care where he'd been while she was at the house. She also found a part-time job where she still works today.

The next step for Bailey was significant and difficult. She was moving out of Cabrini Partnership housing. But leaving her apartment in the Cabrini Independent Living Program was very stressful, and she resisted the idea at first. She didn't think she was ready to be on her own and wasn't sure she was up to the physical demands of moving. Bailey was encouraged by her case manager that she was ready to take this step. Eleven family members showed up to help her move and unpack all the boxes. Now that the move is over, she likes her new place.

As Bailey looks around her new home, she acknowledges how stressful the thought of moving had been. "My time with Cabrini Partnership was the most stable I've ever experienced. I was stressed about leaving, but I made it through and I like it here."



“You’re already in a place?”

That was the astonished reaction of some of his friends at the shelter. Danny had been homeless for three years. After meeting with a Cabrini Partnership housing coordinator and filling out the necessary paperwork, he moved into a supportive housing apartment less than two months later. He knows he’s lucky, because others have waited much longer.

Word of mouth led Danny to Cabrini Partnership. Now he’s doing his best to let others who need similar help know what a great place it is.

He was delighted when he received a Welcome Home basket filled with brand new items such as bath towels, dishes and silverware—he took his new mattress out of the box right away. Those things are possible because of the contributions of generous donors.

He’s looking forward to a trip to Bridging where he’ll be able to furnish his new home.

Danny has already started working with the Supported Employment Program to find a job. With two operator licenses and past experience, he’s hoping to find employment in warehousing. His determination to work is evident—his last job was a night job and he worked it while being homeless. Since emergency shelters don’t open until 5 p.m. and you have to leave first thing in the morning, it was difficult to find a place to sleep during the day. Occasionally, he would get a hotel room just to catch up on sleep.

Danny prefers to apply for jobs face-to-face rather than online. To get to prospective employers, he relies on bus passes that Cabrini Partnership is able to offer thanks to contributions from donors. “I refuse to be broke. I don’t want to hang out with nothing to do. That only leads to trouble.”

Danny appreciates everything Cabrini Partnership has done for him and is grateful for a place to live. “I love my apartment. I put one foot forward and God puts two.”



New staff



Cabrini Partnership Transitional House



Enjoying donated hats

Interns Gain Skills

Executive Director Mary Morris describes Cabrini Partnership as a learning organization. Participants are encouraged to set education goals: returning to school to earn a degree, enrolling in job training or getting a GED are examples of first steps for individuals on their way to self-reliance.

Half of the residents pursued educational programs this year. Likewise, Cabrini Partnership is respected as a desirable location for college students to gain valuable experience in preparing for their careers. Two such individuals have been interning this year.

Anna Fudge

On a family vacation, Anna witnessed a scene that propelled her down the path she is now pursuing at the University of Minnesota. "I was 14 and saw a man using a simple plastic scooter as his means of transportation. Just like the one my friends and I had played on in gym class. I was stunned by the disparity—something I viewed as fun was someone else's means of survival."

Anna will graduate this spring with a degree in African-American, African and global studies—studies she was drawn to because of her interest in human rights. Her internship is built around hands-on experience—and she's getting plenty. Anna works with Mary Morris to track state legislation and budget decisions. They prepare materials and meet with legislators to illustrate how these decisions will impact Cabrini Partnership clients.

"Housing is such a very basic human right. And the stigma attached to those with addictions or mental illness also denies their rights," said Anna.

Her previous internships were with international organizations while studying in Ghana and spending two summers in a district office for then-Senator Barack Obama. "He seemed very unlike a politician. He was genuinely interested in knowing how we thought it could be done better."

Next stop for Anna is law school. She hopes in New York City, where she can pursue studies in international human rights. She hopes to work at a grassroots level in the U.S. or abroad.

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Mary Morris and Anna Fudge

Alex Johnson

When asked what a typical day interning at Cabrini Partnership is like, he smiled. "It has been different every day. There's been regularity to my responsibilities, but I'm also always responding to the needs at hand." What really lights up Alex's face is when he talks about the satisfaction of working face-to-face with residents.

Alex is in the master of social work program at St. Catherine University and is interning at the transitional house, meeting daily with three clients. A day may also include helping a resident with their homework, filling in at the front desk or finding a light bulb for a lamp.

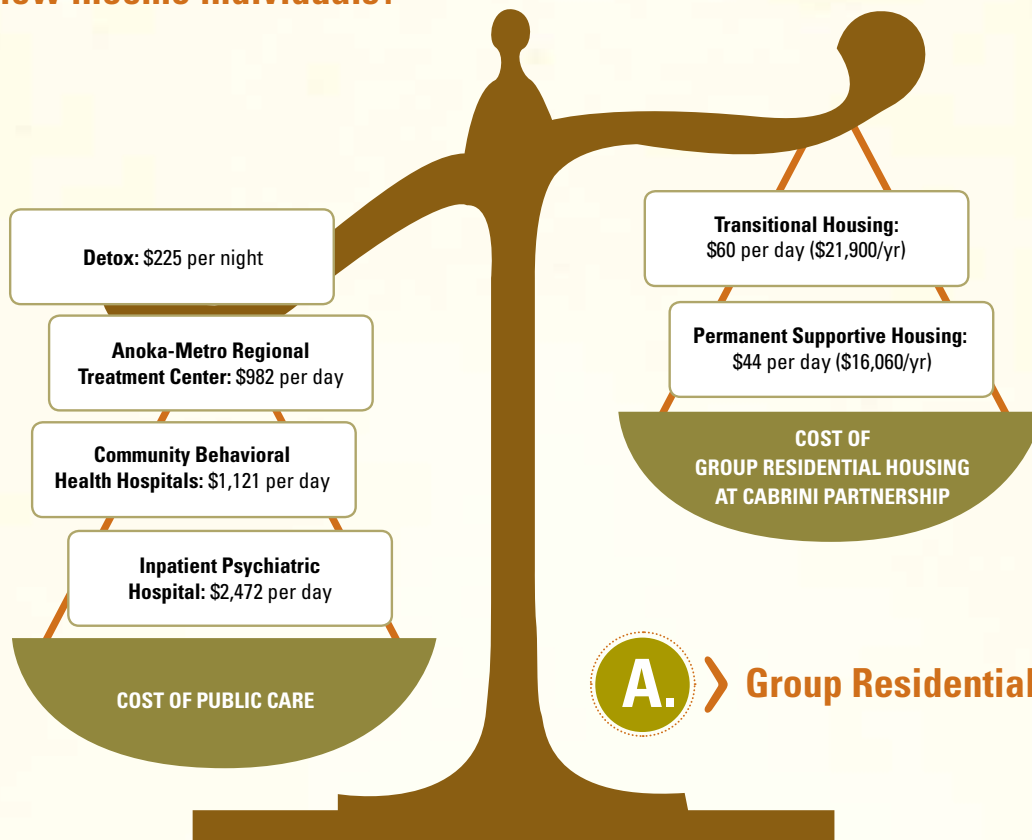
Alex also returns messages on the information line from those who are looking for transitional housing. "There are so many people who want to get in. One day, there were 40 messages. People know about Cabrini Partnership and how good it is."

Last summer Alex looked through the list of nearly 150 intern opportunities. While he had some difficulty picking, he chose Cabrini Partnership because of the "feeling" it gave him. And because, "I'd get to see people achieve some long-term goals."

Alex's work in a hospital has given him insight into individuals with mental illness and chemical dependency. He sees himself working with those who are dually diagnosed after his graduation. As he spends more time getting to know residents, he's realized that many need a long time to move from a life of survival to a life that is stable and settled. "That's what Cabrini Partnership does best."

Q.

What is the most cost-effective housing solution for disabled and low income individuals?



A.

Group Residential Housing

I've Arrived

An excerpt from a poem written by a Cabrini Partnership client.

I've arrived when I can get out of the box and look at the big picture in my life, and not be afraid to not be normal, but dare to be different to make a difference.

I've arrived when I can realize that my faults are a part of me, and has made me who I am, but don't totally complete me.

I will have arrived when I know that time is what we keep and it releases slowly as I speak.

I will have arrived when I know that there is only one way, and only one road that completes me, no short path to take, no crooked walks or streets.

I've arrived....I've arrived....

Read the entire poem online at www.CabriniPartnership.org/poem



Our Mission

Cabrini Partnership provides housing and services to support homeless adults who are mentally ill and chemically dependent to strengthen their lives, families and community.

Connect with Us

Homeless people have a community but no stable housing. Cabrini Partnership offers stable housing and a community of support. Both are crucial for long-term success. We ask that you help support our cause. Donate online at www.CabriniPartnership.org. Follow Cabrini Partnership on Facebook. Also, check our blog and register to receive updates from Cabrini Partnership through our email newsletter.

If you're a past or present donor, we invite you to take a quick online survey at www.CabriniPartnership.org/survey/index.html.

Make a Donation, Make a Difference

Support Cabrini Partnership "Pathways to Self-Reliance." Your contribution funds bus passes, fees for GED or state licensing exams, emergency medical co-payments and other expenses that support a client's journey to self-reliance. Click on Make a Gift at www.CabriniPartnership.org and donate online.



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