

2022 IMPACT REPORT





To our valued supporters, friends, and partners,

We are excited to share our 2022 Impact Report with you. As a result of your support, you have helped greatly improve the lives of women, their families, and the San Antonio community. Your generosity has given survivors a support system, helped struggling single-parenting families become stronger, and collectively changed the trajectory of future generations.

In 2022, we provided comprehensive services via professional counseling, peer support, educational workshops, and individual advocacy services to women across our city. You gave hope, and a community of support and resources to those who have faced many barriers - including teen mothers, foster youth aging out of the system, migrants, women who fall below the poverty line, survivors of intimate partner and sexual violence, and formerly incarcerated women.

As we look toward the future, building on the success of this past year, we are excited to scale our programs and build sustainability for our organization and those we serve, securing a flourishing future for women and their families.

We are grateful for all the ways you, our community, has made an impact. Thank you for being FOR HER.

With gratitude,

A handwritten signature in black ink that reads 'Kayla Carter'. The signature is written in a cursive, flowing style.

Founder & CEO of For Her

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Thank You
Sponsors

Our Story

OUR VISION

We envision a world where women of all backgrounds come together to cultivate transformational change for themselves and their communities.



OUR MISSION

For Her empowers women to break down barriers, interrupt cycles of trauma, and advance towards self-sufficiency and holistic well-being. We provide responsive resources, compassionate support, and spaces for women to thrive.

OUR GOALS

- ✓ Establish economic stability
- ✓ Increase social and community support
- ✓ Improve mental health
- Higher quality of life for women and their families in San Antonio, Texas

The Problem



Women in San Antonio have a higher rate of rape and murder by male partners, lower rates of college completion, wider earning gaps, and lower earning levels than women in other major cities such as Dallas, Houston, and Austin.



37%

37% of mothers in the Texas are the sole or primary breadwinners for their families, earning at least half of their total household income. These women are overrepresented in low-wage jobs.

In San Antonio, the most educated women workers make only 72 cents for every dollar men make, have wider earning gaps, and lower-earning levels than women in any other major Texas cities.

72¢



In 2021, San Antonio Police Department received over 71,000 family violence calls, resulting in just over 20,000 family violence incident reports filed.

Socioeconomic inequity leads to increased poverty rates, diminishing mental health and isolation, and perpetuates trauma cycles for women and their families. What's the solution?

The Solution

For Her creates community that empowers women to break down barriers.

Our programs are designed to advance women towards autonomy, self-sufficiency, and overall holistic well-being in order to improve the lives of themselves and their families. Women in our programs report feeling supported, seeing breakthroughs in their mental health, and growing towards financial independence that leads their families towards economic stability.



OUTREACH
AND AWARENESS



EMPOWERMENT
WORKSHOPS



INDIVIDUAL
COUNSELING



GROUP
COUNSELING



INDIVIDUAL
ADVOCACY



PEER
SUPPORT
GROUPS

The Outcomes



Improved Mental Health Outcomes

Through individual counseling, therapeutic support groups, and holistic workshops, we improve mental health outcomes for women and their families.

Create Economic Stability

Through financial empowerment workshops and individual advocacy services, we on-ramp individuals towards economic stability.



Establish Community Support

Through peer support groups and community-building events, we decrease social isolation and increase networks of support.

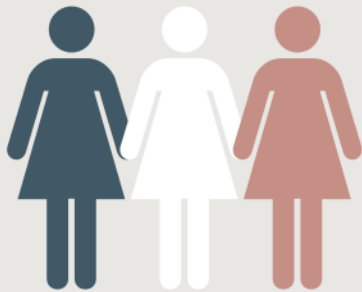
Increase Safety

Through our professional and peer support programs we create safe spaces for women to identify, outcry, and exit exploitative or abusive situations.

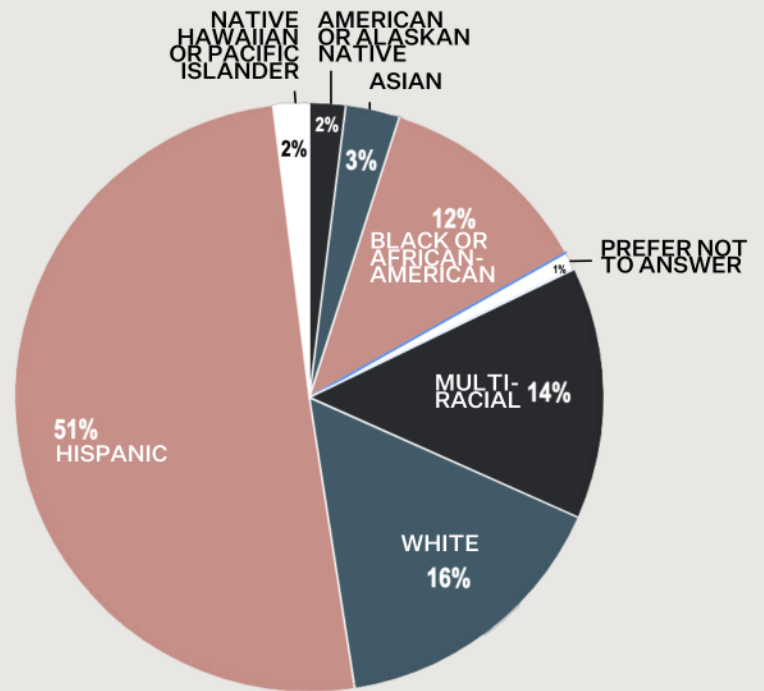


Who We Served in 2022

For Her serves women living or working in Bexar County who are disadvantaged by multiple sources of oppression such as gender identity, class, generational abuse and trauma, and systemic racism.



60% of women surveyed are making under \$15,000



55% of clients have reported being a victim of crime

OF THOSE WHO SAID THEY HAD EXPERIENCED VIOLENCE

59% have survived sexual assault

75% have experienced domestic violence

22% have been sexually exploited or trafficked

15% preferred not to say if they had been victimized

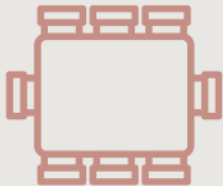
How We Served

1,280 WOMEN PROVIDED WITH RESOURCE BOOKLETS AND CARE PACKAGES THROUGH IN-PERSON TARGETED OUTREACH



50 PEER SUPPORT GROUPS

Peer support groups gave women the opportunity to meet others who are facing or have faced situations similar to their own, and form relationships that support their journey to overcome barriers.



34 WORKSHOPS SERVED 87 INDIVIDUALS

Workshops provided were themed around career development, mental and physical health, parenting, healthy relationships, violence and exploitation prevention, and awareness.



80 HOURS OF PROFESSIONAL COUNSELING

Professional counseling was made available to all program participants at no cost. We provided culturally-grounded, trauma-informed, and evidence-informed interventions and care for adult women impacted by personal, social, parental, relational, and vocational effects of trauma.

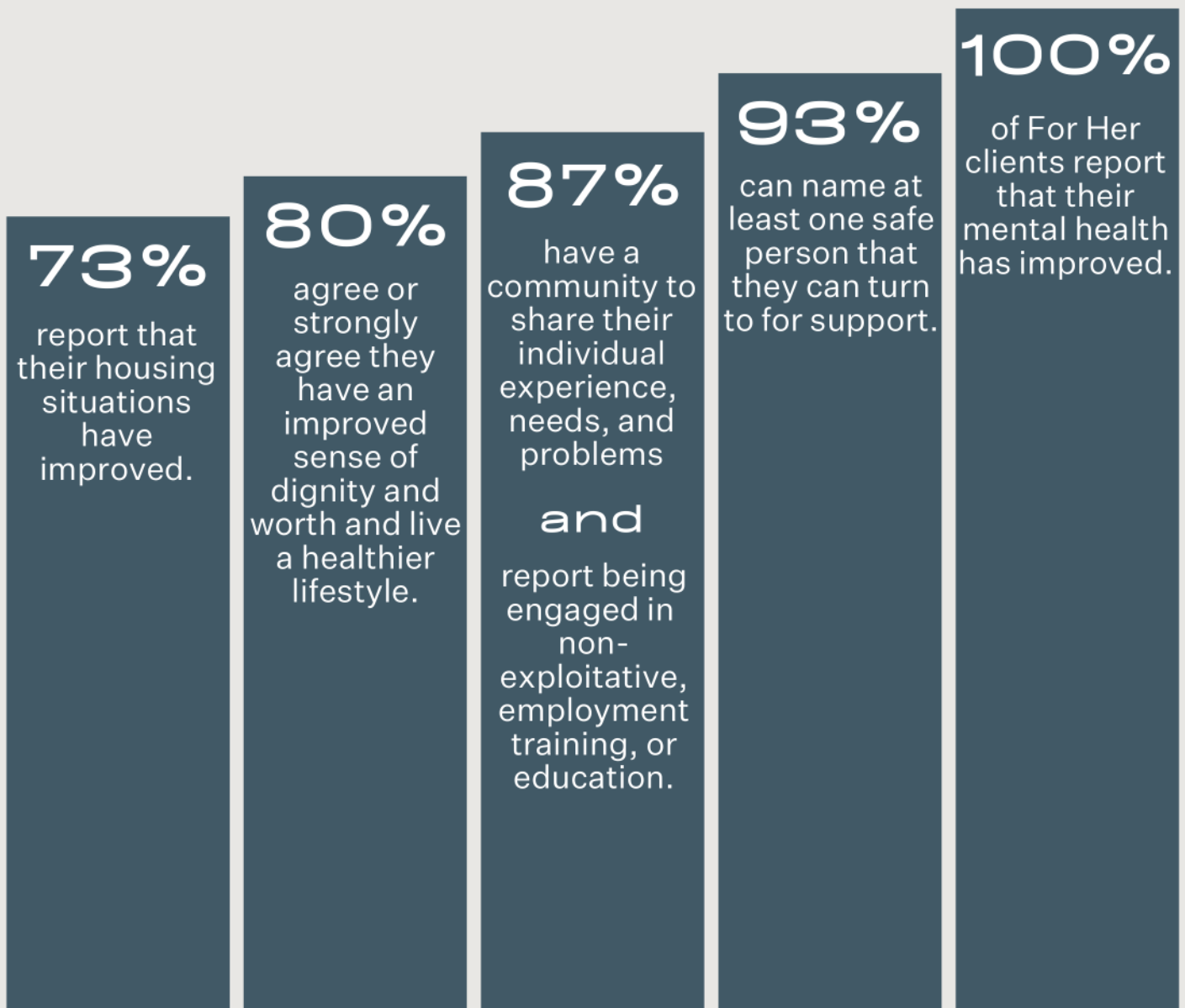


88 WOMEN RECEIVED INDIVIDUAL ADVOCACY

Personal advocates met with women to problem-solve current obstacles. Participants accessed individualized coaching in life skills, job readiness, mental and physical wellness, and relational health.

2022 Gains

A SNAPSHOT OF IMPROVEMENTS MADE IN THE LIVES OF WOMEN SERVED SINCE RECEIVING SERVICES.



Our Growth and Wins



**STARTED CONSTRUCTION
ON THE EXPANSION OF
OUR COMMUNITY SPACE
IN NOVEMBER
OF 2022**



**56% INCREASE IN
THE NUMBER OF
CLIENTS SERVED
FROM 2021**



**625 TOTAL
VOLUNTEER HOURS**



**78.7% INCREASE IN
GIVING BASED
REVENUE**



Stories From Clients

Peer Support Groups

50 SUPPORT GROUPS HELD

Peer support give women the opportunity to meet others who are facing or have faced situations similar to their own, and form relationships that support their journey to overcome barriers.



Gabriella's Story

Gabriella is a survivor of domestic violence who started attending For Her programming with a friend in the spring, mostly participating in group events. In May, we celebrated Gabriella graduating with her bachelor's degree, assisted with her resume and job search, and supported her after emergency surgery by bringing dinner and gift cards for groceries. Later in the year, Gabriella landed a job with a large corporation and came back to the For Her Community Center for a volunteer service project.

Sabrina's Story

Sabrina experienced ongoing abuse within her church, and when she outcried, she lost her job, church of 17 years, and marriage. In her own words, she shared: "Through For Her, I've met new friends that I have connected with even outside of the organization. I feel a sense of belonging to a meaningful and supportive community. I am continuing to develop self-confidence and gain empowerment as I heal from sexual and emotional abuse." -Sabrina



Forward

88 INDIVIDUALS SERVED

Forward is personalized one-on-one sessions with an advocate to problem-solve current barriers. Participants have access to individualized coaching in life skills, job readiness, mental and physical wellness, and relational health.

Stephanie's Story

We first met Stephanie in the early stages of recovery at a residential treatment program following incarceration. She transitioned to living at a sober living home and actively participated in peer support groups throughout the spring.

She started Forward in the summer of 2022, setting goals of going back to school, having her own place, getting a steady job in a nonprofit instead of temporary work, and eventually becoming a substance abuse counselor.

In the past six months, we helped Stephanie apply and enroll in college and apply for financial aid. She just finished her first semester with all As and Bs, and PELL grants fully funded the cost of attendance.

Stephanie is now in a leadership role at the sober living home with her room and board paid through her increased responsibilities in the house. After receiving resume writing coaching and job search skills she worked on during our career workshop series, Stephanie is now working full-time at a nonprofit, helping others on their recovery journey.

We walked her through her first benefits package and helped her sign up for insurance. We've also supported her through the difficult time of losing her mother and reconciliation with her teen daughters and she starting counseling at For Her at the end of 2022.

Professional Counseling

80 HOURS OF COUNSELING

Professional Counseling is available to all program participants at no-cost. Services provide culturally-grounded, trauma-informed, and evidence-informed interventions and care for adult women impacted by personal, social, parental, relational, and vocational effects of trauma.

In 2022, we had limited funding for a contracted licensed therapist which enabled us to provide counseling to a small number of clients. With the help of a generous grant in the last quarter from Bridging Whole Health, we were able to hire a full-time therapist to provide more individual and group sessions than ever before.

Mia's Story

Mia met our team during one of our programs at the Healy-Murphy Center. Here's what she had to say about receiving services from For Her. "Since For Her first visited my high school, I knew life would be different, I saw how they really cared about women, and there was zero judgment. After high school, I ended up going to Her Circle [a peer support group], and For Her also helped me get into therapy! That was so amazing, especially since some organizations don't help with it or even pay for it but For Her [provided it], and I am forever grateful."





Pre-Trial Prostitution Diversion

6 INDIVIDUALS SERVED

In May of 2022, we launched a pilot program with the Human Trafficking Unit from the Bexar County Criminal District Attorney's Office to offer individual advocacy, counseling, and peer support services to women who have first-time prostitution charges. This program fights recidivism and removes criminal charges from participants' records once they complete the 8-session care plan.

Research by the U.S. Department of State suggests most women charged with prostitution are trafficking victims and 89% of women in prostitution want to escape, but have no other means of survival. This new program is a way to introduce women who are currently being trafficked and exploited to our community and help them in their journey from victim to survivor to thriver.

Alexis's Story

Alexis came to us through Bexar County Pretrial Diversion Program; she was three months pregnant from her trafficker. Over the course of her 8 Forward sessions, Alexis was able to procure a phone, an email address, and a state ID, after tracking down her social security card, birth certificate, and documents to prove Texas residency, and enroll in WIC and SNAP. Alexis is now off probation and the prostitution charge has been removed from her record. She recently gave birth to a healthy baby boy and for the first time since her early teens has been sober for almost a year. Alexis has also reconnected with her family who is helping support her and her son and now has her own small apartment.

Thank You 2022 Sponsors!

We couldn't have accomplished so much without your support.



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