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Foundation Accepts Grant Applications

Nonprofit organizations addressing the needs of families with children experiencing homelessness are invited to apply for a grant from the Pittsburgh Child Guidance Foundation.

PCGF supports programs that:

- Prevent families from becoming homeless;
- Implement intervention strategies that make homelessness brief and non-recurring;
- Bring greater stability to the lives of fragile families.

Download a grant application at PittsburghChildGuidanceFoundation.org/grants

12 Strategies for Mental Well-Being

As May is Mental Health Month, health writer **Ronica O'Hara** offers 12 Strategies for Mental Well-Being that can be practiced regularly. They are: **Breathe Deep; Tap with the Fingers; Journal; Meditate; Move the Body in Nature; Say a Favorite Prayer; Chill Out with Something Cold; Stand Barefoot in Grass or Dirt; consider Vitamin Supplements; Acknowledge your Anxiety; Move to Music; and Bond with an Animal.**

Read the entire article, which originally appeared in *Natural Awakenings Magazine*, naturalawakenings.com.



Well-wishers, including Trade Institute of Pittsburgh board and staff members, current and former students and community leaders celebrated the organization's 10th anniversary and the ribbon cutting for the new carpentry training center.

Community Partners Address Key Needs

The Board and staff of PCGF are grateful to our community partners for the work they are doing to help families with children experiencing homelessness. What became clear during the pandemic were the ways in which fragile families were disproportionately affected through job loss, increased housing, and food insecurities. Domestic violence situations increased in severity and frequency. Partners reported increases in mental health matters among young people. Here is a snapshot of the outstanding services being provided by people and organizations in our community.

► **Allegheny Valley Association of Churches** (AVAC), a network of 34 churches with a history of responding to community needs, served six adults and 15 children. By working with families to ensure that the children go to school and by providing

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PITTSBURGH CHILD GUIDANCE FOUNDATION 2023 BOARD OF TRUSTEES

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Community Partners in Action

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emotional support and necessities, AVAC assists them in moving from homelessness to home ownership and away from dependency on the social service system.

► Eighty-six clients (50 children and 36 parents) received help through the Family Support Program run by **Angels' Place**. Taking a two-generation approach, the program reinforces self-efficacy and resiliency and helps participants secure community resources and emphasizes the importance of working with children to break the cycle of poverty. As a result, 88% of children met developmental milestones; 95% were enrolled in Pre-K programs and 100% of the parents were either enrolled in school or working.

► Much more than throwing birthday parties, **Beverly's Birthdays** (BB) organizers build the



self-esteem of the children and families they celebrate. Thirty-four parties were held in 13 homeless

shelters for 467 children. Also, Beverly's Birthdays hosts baby showers where they distribute diapers and care packages for newborns and distributes books to children. This past year, BB launched the region's only Infant Formula Bank.

“ I had no idea how I was going to feed my baby. You saved us. ”

► Through **Bethlehem Haven's** Safe at Home program, families receive assistance in mediation with landlords and direct financial assistance that helps them avoid homelessness. Last year, 340



McKeesport Family Center staff members join the fun during a Beverly's Birthdays celebration.

families received assistance and during the reporting period 75% of those families remained in stable housing.

► **Big Brothers Big Sisters** mentoring 2.0 served 30 high school students who were experiencing homelessness or at risk of homelessness by encouraging them to stay in school and by creating attainable plans for the future. As a result, 75% of the graduating class planned to further their education either through college or a trade school, and 9% were entering the workforce. Others were taking a gap year.

84% reported receiving grades of A or B in their core subjects. Sadly, program coordinators noted increases in the number of students struggling with mental health issues and/or instability in the family (housing or food insecurities).

► **Catapult** received support to assist young, single parents with children ages 2 and younger. During their stay in supportive housing, participants learn about emotional and physical health; child development; financial independence; receive education

and employment coaching and work to achieve housing stability.

► **The Center for Victims** (CV), which operates two shelters for domestic violence victims is relocating its McKeesport facility to Pittsburgh's South Side to enhance services for its clients. CV served 137 people - 70 adults and 67 children-with safety planning, case management, relocation and housing assistance, life skills, employment assistance, therapy and child advocacy, and legal services.

► Since 2010, the **Duquesne University School of Nursing** has presented symposiums on social justice and equity issues for vulnerable populations. Scholars, policymakers, healthcare professionals, funders and advocates come together to share ideas and potential solutions through panel and small group discussions and lectures. Nearly 300 people attended the two-day event that featured local and national presenters and participants.

► **East End Cooperative Ministry** (EECM) provided more than 250 children ages 5 to 16 from low-

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income households with enriching summer camp experiences while focusing on Career Awareness and Workforce Development; enhancing education and life skills; Physical Education; Alcohol, Tobacco, and Other Drug Prevention; and providing Family Support.

The children benefit from a safe learning environment, nutritious meals, and snacks, while participating in character, team and skill building activities.

► **FAMILYLINKS** partnered with the Housing Authority of the City of Pittsburgh Case Management and Therapeutic Services Program to provide mental health and case management, for individuals and families living in low-income and subsidized housing. Approximately 75 individuals and families were served.

Among the challenges identified by staff were the long-term support required for clients to avoid eviction and the impact of the stigma around mental health issues.

► **HEARTH** is Allegheny County's only transitional housing program for female and transgender led households experiencing homelessness or fleeing domestic violence. 47 clients, including 32 children, were helped with "A Safe Place Matters" program.

“HEARTH took my hand at my lowest point. I am forever thankful for everything that is done to help me, and my son live a positive life.”

► **Homeless Children's Education Fund** uplifts elementary school children by providing tutoring, mentoring, social emotional learning and STEM programs in



Thanks to Tickets for Kids, more than 600 youth were able to visit the Carnegie Science Center.

Two friends enjoy a game that teaches about fluid dynamics.

schools and shelters.

- 55 children received 165 tutoring sessions;
- 47 students attended afterschool and summer programs;
- Students read 364 books;
- Participants received 618 hours of tutoring and programming.

► Serving Hill District residents who are homeless or live in poverty, **Jubilee Association** (JA), served 62 people, including 37 children, in 25 households, noting that since the start of the pandemic, they have seen an unparalleled demand for assistance. JA helps families with financial assistance to avoid eviction, pay utility bills, receive transportation assistance, and pay for funerals. Due to ever-increasing demand, JA plans to double its capacity over the next few years.

► **The Latino Family Center** Welcome Center provided temporary housing for families who were processed as asylum seekers and wanted to settle in the Pittsburgh region. Families were provided with necessities; children were enrolled in school and were given school supplies, and volunteers tutored them while their parents sought employment and more permanent housing.

► **Light of Life** received support for its Women and Children's program for those in long-term recovery. Providing a continuum of care that ranges from street outreach and extends to a support program for graduates, 125 families received assistance from this program.

Children receive supportive services to be ready to learn – including haircuts, backpacks, school supplies, and winter coats. Mothers gain access to rental assistance, diapers, food, furniture, and social services.

► **Sojourner House** (SH) is an oasis for women with children who because of their pasts (incarceration, addiction, and other issues) can have problems finding housing. By providing recovery support, mental health and after school programs and case management SH works to help families reunify and secure housing. Among their successes:

- 65% of mothers remained clean and sober;
- 25% acquired income three months after entering the program;
- 10% graduated.

► Recognizing the benefits of exposing children to culturally and educationally enriching

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extracurricular activities, **Tickets for Kids** distributed more than 1,300 tickets to 16 partner agencies in Allegheny County, enabling families to share the experience of enjoying high-quality programs. Families attended museums, sporting events, the zoo, science center and many other venues.

► Eleven families participated in **The Salvation Army's** Pathways of Hope program, an intensively case-managed program for highly motivated families to create, map, and track life goals such as permanent housing, securing employment, adult education, childcare, and supportive services for children. The process takes between six months and two years. Last year, three families successfully completed the program.

► Through its Helping Families Thrive Program, **South Hills Interfaith Movement** (SHIM) provided vital services to more than 1,300 individuals, many of whom have experienced increased hardship due to the pandemic. Services provided include assistance in paying expenses for housing, food, transportation, and emergencies. As well, SHIM connected 140 immigrants and refugee clients to necessary resources.

► The Children's Advocacy Program, an initiative of the **Women's Center and Shelter**, is an intervention program that provides supportive services for children healing from the effects of domestic violence (DV) in their households. About 70% of the children whom the program serves are experiencing homelessness due to DV. Last year, 7,743 adults and

children received services.

While staying at the Shelter, staff collaborates with parents to meet the objectives for school-age children. Among their successes:

- 67% attended school 5 days a week;
- 55% participated in after-school programming;
- 100% were linked to medical and dental services.

In addition to our valued community partners, grants were given to:

- **RAND**, which provides objective research and analysis that helps develop solutions to public policy challenges to make communities safe, healthier, and more prosperous;
- **Grantmakers in Health** for which PCGF is a local funding partner. ■

Kudos to...



Congratulations **Amber Farr** who, was named Executive Director of Grantmakers of Western Pennsylvania. Most recently, Amber Served as Senior Leader, Program

& Provider Services for Allegheny County Department of Human Services (DHS). Prior to that, she was the founding director of One Northside, where she engaged with the Northside community to shape The Buhl Foundation's grantmaking agenda. Amber is also active in the community by serving on numerous boards and volunteering for several organizations.



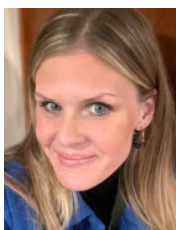
Congratulations and warmest wishes to **Barbara Sieck Taylor**, who retired as Executive Director of Grantmakers of Western Pennsylvania after leading the organization for 15 years.



Donta Green, Executive Director of the Trade Institute of Pittsburgh, and head coach of the championship-winning Westinghouse Bulldogs Football Team. Donta

recently received national recognition and a \$75,000 grant from Dick's Sporting Goods for the many ways he makes a huge difference both on and off the field.

Congrats to the **Trade Institute of Pittsburgh** - celebrating its 10th anniversary in training formerly incarcerated people to gain skills and to secure well-paying jobs. At the open house held at the end of April, the Institute cut the ribbon on its new carpentry facility.



Cheers to **Megs Yunn**, Executive Director of Beverly's Birthdays, and her entire team which moved into a new building to accommodate their expanding services. ■



Mark Your Calendars

The Board of Directors will meet on the following Tuesdays from 4:30 to 6 p.m.

- June 20, 2023
- September 19, 2023
- November 14, 2023
- Board and Annual Meeting

Grant Application Due Date:

October 10, 2023 5 p.m.

14th Annual McGinley-Rice Symposium

The Face of the Person who is Incarcerated
October 26-27, 2023