

Providing Care and Creating Hope

2022 IMPACT REPORT CATHOLIC CHARITIES OF CENTRAL AND NORTHERN MISSOURI



IN 2022 CATHOLIC CHARITIES SERVED THOUSANDS ACROSS THE DIOCESE OF JEFFERSON CITY, ACCOMPANYING THEM IN MIND, BODY, AND SPIRIT with compassionate social services — valuing each person we served by honoring their inherent dignity and respectfully caring for them, regardless of their faith, culture or situation.

Whether our neighbors traveled across the globe or across the street to meet with our caseworkers, program coordinators, interns or volunteers, the encounters experienced in 2022 have left a lasting and positive impact on our community.

Our work presents countless opportunities to help — from bringing a neighbor closer to food security with nutritious items in our Catholic Charities Food Pantry, to helping clients manage their health amidst chronic disease. From welcoming a newcomer after years-long waits in refugee camps, to family reunification amidst the challenging U.S. immigration processes. From responding to local disasters in rural communities, to walking with new home buyers and people hoping to break the cycle of poverty with payday loan relief.

While the impact our programs have on our clients, their households, and social networks is readily evident — this work also profoundly impacts each of us who work at Catholic Charities. It also leaves an impression on many of you who give your time, your prayers and your financial support to our agency.

With this report, we invite you to see the reach that your support and our work have had on the 38 counties we serve within our diocese. While numbers can never fully express the depth of what we do at Catholic Charities, we've gathered a few that represent the effects of our work in the communities we serve. Behind each of these numbers are real people, real families, with real needs and experiences — people, families and needs that we are blessed to serve with your support.

We at Catholic Charities hope you enjoy the story of our work. An interactive digital copy of this report is available online, with feature stories that dive deeper into the personal meaning this work has on those we serve, which can be found at ccnmo.diojeffcity.org/impact.

Catholic Charities of Central and Northern Missouri

ABOUT US

Catholic Charities of Central and Northern Missouri is a 501(c)(3) non-profit organization and the charitable arm of the Diocese of Jefferson City — committed to serving all regardless of race, culture, or situation — with three locations in Columbia, Jefferson City, and Sedalia.

OUR MISSION

Inspired by the Gospel of the Beatitudes as proclaimed by Jesus Christ, Catholic Charities of Central and Northern Missouri is committed to providing care and creating hope for the lives of the vulnerable through compassionate social services that respect the dignity of each person and engage the local community in our work.

“Charity and mercy are central to our identity as Catholics. We strive to live out these virtues in our daily lives, in our parishes and through our Catholic Charities of Central and Northern Missouri. With your support and your volunteerism, we are helping spread these works of charity across the Diocese of Jefferson City — a beautiful reflection of the Catholic spirit as we seek to walk in the footsteps of Christ.”



**MOST REVEREND
W. SHAWN MCKNIGHT**
BISHOP OF JEFFERSON CITY

COMMUNITY SERVICES

In 2022, our Community Services Program:

- Sent **5 full-time staff** members across **3 programs** to Catholic Charities USA's annual Applied Institute for Disaster Excellence (AIDE) conference in Baton Rouge, Louisiana.
- Provided **43 clients** in the Hispanic community with case management, impacting over **150 household members**.
- Hired our **first-ever Financial Stability Specialist**, working with clients on financial stability and payday loan relief through a partnership with Mid America Bank.
- Assisted **50 clients** with HUD-certified housing counseling services, including SAFHR applications, and education in buying homes, mortgages, and renting.

What does providing care and creating hope look like for those seeking help from Catholic Charities?

For two families in Sedalia, it was a year-long journey through addiction recovery rooted in professional care, community and spiritual support. Scan the QR code to the right of this article to read more in our interactive digital impact report.



SCAN HERE TO READ MORE!

COUNSELING SERVICES

In 2022, Catholic Charities launched its Counseling Services program, aiming to provide affordable mental health counseling services that honor the whole person: mind, body and spirit.

Finding professional counseling services that value and incorporate a client's faith journey is a bit like finding buried treasure. Catholic Charities desires to make these services widely available to communities across the diocese.

In 2022, our Counseling Services program:

- Visited **5 Catholic schools** with social and emotional support curricula, impacting **over 100 students**.
- Saw **15 clients** for individual, couple or family counseling services across **105 sessions**.
- Launched the search for program director and supporting clinical staff to increase capacity in **2023**.

FAMILY IMMIGRATION

- Welcomed **2 Department of Justice Accredited Representatives**, qualified to practice immigration law.
- Provided more than **2,500 immigration legal consultations**.
- Experienced a **20% increase in applications for status change** as clients navigate pathways through the U.S. immigration system.
- Assisted **416 people** in filing applications, petitions or motions – **impacting over 1,600 people** in households across our diocese.

When Uliana and her family fled Ukraine against the backdrop of war, they couldn't anticipate the nuances of navigating a complex immigration system alongside resettlement. Scan the QR code to read more.

FUNDRAISING

Our generous donors gave nearly **2,000 gifts** to our agency, with **300 new donors** joining us in our mission for the first time in 2022. Want to join them? Here are a few ways to support our work:

- Give a gift or set up a monthly pledge online
- Mail a check to our PO Box in Jefferson City
- State Employees can designate our agency through the Missouri State Employees Charitable Contributions (MSECC code: 4058)
- Donate during our iGiveCatholic campaign this fall or the annual CoMoGives campaign in December

COMMUNITY PARTNERSHIPS

We deeply value the relationships we have with the community partners who help us interweave a network of care for our clients. In 2022, we collaborated with over **150 partner agencies and organizations**, who helped us:

- Open the Catholic Charities Food Pantry
- Provide 300 clients with warm, culturally appropriate meals as they resettle in Mid-Missouri
- House our Columbia staff after extensive water damage closed our North Columbia location

HEALTH AND NUTRITION SERVICES

Building relationships with clients and community partners can bring about meaningful change to those we serve. In 2022, our team:

- Enrolled **1,577 households in the Catholic Charities Food Pantry**, bringing 4,063 pantry members one step closer to food security.
- Helped pantry members bring home almost **300,000 pounds of food**, reallocating **half a million dollars** of grocery money back into family budgets.
- Taught **50 individuals** across **6 sites** to accurately measure and manage their blood pressure to meet their health goals through the Mid-MO Self-Management of Blood Pressure program.
- Provided over **50 workshops**, activity classes, and educational seminars to over **200 individuals**, addressing diverse topics in health and wellness.

REFUGEE SERVICES

Despite our Columbia location sustaining heavy water damage in December, it was still a banner year for our Refugee Services Program. In 2022, we:

- Resettled **228 individuals** from across the globe into welcoming, safe communities in Mid-Missouri.
- Enrolled **75 new students** in local schools.
- Helped **151 clients find full-time employment** on their path to self-sufficiency.
- Partnered with **300+ Community Sponsors** who have journeyed alongside newcomers to navigate resettlement together.

Navigating life with a medically fragile child is one thing — navigating those health challenges while rebuilding your lives in an entirely new country is another. Thida and Aung's story is one of exceptional services to help meet an exceptional need. Scan the QR code to read more.

We're especially grateful to these community partners whose support has gone above-and-beyond to help us provide key programs and services this year:

- SSM St. Mary's Foundation
- City of Refuge
- The Food Bank for Central and Northeast Missouri
- Mid America Bank

RECURSOS PARA LA

COMUNIDAD HISPANICA

El Programa de servicios para la Comunidad Hispana fue establecido en el 2020 a inicios de la pandemia del Corona Virus. Se desarrolló en respuesta a una creciente necesidad

identificada dentro de la comunidad hispana.

Las personas que se acercan a nuestros servicios pueden contar con asistencia centrada en el respeto y dignidad, tomando en cuenta su entorno cultural y lingüístico. Además, podrá recibir referencias e información sobre recursos dentro de su comunidad.

Proveemos un alcance especial a la comunidad hispana en nuestra área de servicio de 38 condados con:

- Manejo de casos
- Consejería en línea
- Solicitud de ayuda por el Coronavirus
- Servicios de inmigración

Para obtener más información, comuníquese con Ilsi Palacios, Coordinadora de Recursos Hispanos: ipalacios@cccnmo.org.

In 2022 the Catholic Charities Food Pantry reallocated half a million dollars of grocery money back into family budgets.

VOLUNTEERING

In 2022, an incredible **1,095 active volunteers** contributed over **25,000 hours** of service to our agency programs.

From **Community Sponsors** to the students at **Helias High School** — our volunteers turned up with hearts ready to serve and smiles on their faces to:

- Answer calls for help on our phone lines
- Check out grocery orders for pantry members
- Teach English Language Learning at their parish
- Sponsor and mentor refugee newcomers

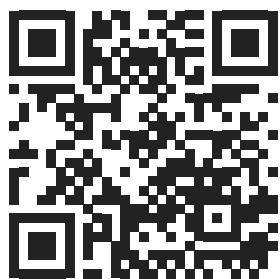
BECOMING A CATHOLIC CHARITIES DONOR IS BECOMING A PART OF OUR MISSION to provide care and create hope for the most vulnerable across our diocese. It's tempting to think that a gift of \$5 today or \$5 a month doesn't go far, but we know that if everyone reading this gave just \$5 today, Catholic Charities would be able to provide food security, counseling services and financial stability to thousands of our neighbors in need.

Supporting Catholic Charities with a monthly contribution of even \$5 or \$10 makes a big difference to families in need. Monthly giving provides a dependable source of support and allows us to plan our programs and services, thus maximizing the impact of your donation.

What else can your gift do? A gift of \$25 provides 100 healthy meals for families in our community. A gift of \$50 helps purchase blood pressure monitors for our SMBP program or provides an hour of counseling services. A lot of our favorite things are simple and small: our flavored coffee drink, our online movie rental, our ad-free streaming service, that last minute item at the checkout line. Could we give up just one of those luxuries this Lenten season to help out our neighbors in need?

Like Fr. Paul Clark mentioned in his *Encounter at Catholic Charities* article in this issue of *The Catholic Missourian*, every gift you give counts. We hope you help us answer the call to serve others and provide vital care, assistance, and services that empower individuals. Know that your gift, no matter how great or small, makes a difference. Together, we can provide care and create hope for many.

TORI STEPANEK
SR. DIRECTOR OF DEVELOPMENT



SCAN TO GIVE!

Platinum
Transparency
2023

Candid.

PARISH SOCIAL MINISTRIES

Parish Social Ministry reaches into local communities to strengthen the capacity of each parish to be Centers of Charity and Mercy for their neighbors in need. In 2022, our Parish Social Ministry program:

- Established the Catholic Charities Parish Ambassador program with **74 members** from the diaconate community — committed to serving their parishes as a conduit of information and formation.
- Received and funded **5 Charity and Mercy Grant applications** for charitable works at parishes across the diocese.
- Commissioned the Parish Social Ministry Committee, comprised of **5 board members**.
- Hosted over **30 healthcare professionals** in the Faith Community Nursing group for quarterly meetings and continued our support of Prison Ministry in the Diocese of Jefferson City.

Join us for an Open House Celebration

1015 EDMONDS STREET JEFF CITY, MO 65109

MARCH 21, 2023

4:00 PM - 6:30 PM

Guided tours of the
Catholic Charities Food Pantry

Live music with the 2023
City's Best musician, David Baker

Light snacks
and refreshing drinks

Staff and volunteers on hand
to share our mission to increase
nutrition security

RSVP ONLINE OR JUST POP BY

cccnmo.diojeffcity.org/pantry