# We move forward with purpose.

### Mental Health Services are Crucial to Children's Success

Community Action Head Start supports children from at-risk backgrounds and their families in building skills for a lifetime of success. The program targets children living in poverty and prioritizes enrollment for those who have some of the greatest risk factors, including experience of trauma. Trauma experienced in early childhood can have life-long impacts. Preparing our children for

success requires provision of professional mental health support. We partner with the University of Nebraska-Lincoln's Clinical Psychology Training Program, whose consultants conduct mental health screenings and provide research-informed recommendations to support parents, teachers, and staff in promoting children's development and responding to individual needs. This is just one component of our comprehensive approach to prepare children in our program for success in school and in life.

## Community Action's Gathering Place Provides Healthy Food for All

In 2019, the number of meals served at Community Action's Gathering Place increased, suggesting a hightened level of food insecurity in our community. Meals served at the Gathering Place not only fill guests' stomachs, but contain fresh, whole ingredients that provide the nutrients needed to support health, well-being, and goal achievement. At Community Action, we know that individuals cannot reach economic stability without the energy—fueled by nutritious food—required to do so. Meals are provided at no cost. Anyone experiencing hunger is welcome. Comments like, "Thank you for serving salad," "I never go home hungry," and "I can't believe this is a free meal!" drive us to continue providing high-quality service.



## **Building Skills for Life-Long Economic Stability**

Achieving financial well-being is a key step toward reaching and maintaining economic stability. Many of those seeking our support live paycheck to paycheck, and must often make difficult choices in order to maintain stability. Participants of our programs are capable of achieving their goals—we provide the opportunities to build the skills needed to reach them. From matched savings, to credit building and budgeting support, to words of encouragement, Community Action empowers individuals in our community to reach their aspirations.

nutritious evening meals | Healthy Food Acce

Consider leaving your legacy through a planned gift to Community Action.



Report

# We empower people living in poverty to reach economic stability.



2019 was a fast-paced year at Community Action. We implemented new programs and enhanced our current services to address the causes and conditions of poverty in Lancaster and Saunders Counties, all with the goal to one day eliminate it.

Last year, we launched the Healthy Food Access Program, a partnership with Food Bank of Lincoln funded

by Community Health Endowment of Lincoln. The program is the first step in a larger movement to connect those with the greatest risk of health disparities with the foods they need to thrive.

We also expanded our Financial Well-Being programs. Through Free to Save. our adult 4:1 matched savings program, individuals have more opportunities to save to purchase assets such as a home, small business start-up or expansion, or continuing education—investments all linked to poverty alleviation. Our Financial Coaching program also grew, and we welcomed four six-week cohorts to our classrooms for expert instruction and peer-to-peer skill-building in the areas of credit repair, debt reduction, income maximization, and more. In addition, each participant received individualized support to empower achievement of specific goals.

Community Action is committed to addressing the causes and conditions of poverty—not just its symptoms. We partner with participants and their families to build the skills needed to achieve and maintain long-term stability. From financial and nutrition classroom education to individualized case management across our programs, we meet our community members where they're at. Stability looks different for everyone, and includes unique steps and goals.

to success for the whole community. And without our community, such success would not be possible. We are grateful for all who support our poverty-fighting work.

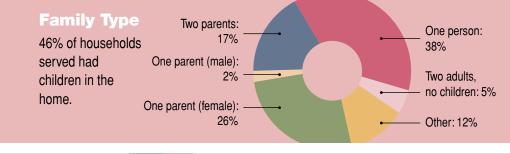


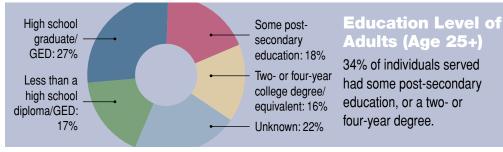
## Who we serve:

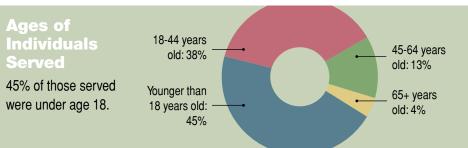
The following data demonstrates characteristics of those served by Community Action in 2019 for whom demographic information was known/collected.

53% of households served had income at or below 100% of the federal poverty level (\$26,200/year for a family of four).

25% of households served were living in extreme poverty (annual income at or below 50% of the federal poverty level, or \$13,100/year for a family of four).







## 2019 Revenue \$15.047.773

## Grant Revenue . . . . . . . . . . 69.25% Program Revenue:.....7.62% Miscellaneous Income ..... 15.54%

## 2019 Expenses

\$14.304.597

Hunger Relief 1.4%	
Early Childhood Education 53.06%	
Community Services 14.58%	
Homelessness Prevention9.51%	
Housing Services6.33%	
Financial and Family Well-Being 5.39%	
Management and General9.73%	

# We meet community needs.

In 2019, Community Action provided 112,004 poverty-fighting services to **20,066** individuals. The following represents data within each of our impact areas.



**541** babies, toddlers, and preschoolers, and their family members, worked alongside us to build the skills needed for success in school and life. These services were provided at no cost to them, through Community Action Head Start. Of children served:

- 330 (61%) were living in extreme poverty
- **67** had a verified disability
- **45** experienced homelessness
- **39** were in foster care



**3.727** individuals avoided homelessness/unsafe living conditions through the receipt of financial assistance with rent or utility payments.

**4,087** individuals received case management to support long-term housing stability.

**1.047** individuals received tenant/landlord education and/or mediation geared toward eviction prevention.



**2,148** financial education and coaching services were provided to **364** youth and adults through our Financial Well-Being programs.

201 individuals saved a combined total of \$124,099.61, matched with \$228,295.50 from Opportunity Passport<sup>™</sup> and our adult matched savings programs, to make asset purchases supporting achievement of greater financial stability.

**\$699,934.44** was invested in local housing stock through the Weatherization program to improve energy efficiency and decrease the cost of monthly utilities for **57** homes/families.



29,694 hot, nutritious meals were served at Community Action's Gathering Place to those struggling with hunger.