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10065 – 3rd Street NE
Blaine, MN 55434

June 20, 2024

Daniel Buchholtz
City Administrator
City of Spring Lake Park
1301 81st Ave NE
Spring Lake Park, MN 55432

Dear Daniel,

Alexandra House respectfully requests that the City of Spring Lake Park allocate funds to support services provided to Spring Lake Park residents by our Community Programs. Alexandra House responds 24/7 to calls from the Spring Lake Park Police Department, Anoka County Sheriff's Office and Mercy Hospital-Unity Campus as part of your community's public safety and public health infrastructure. In addition, our Youth Services Program offers school-based advocacy, support groups, and prevention education at high schools throughout the Spring Lake Park School District.

Each year, we assist victims/survivors of domestic and sexual violence from the City of Spring Lake Park and beyond. We are the only agency providing these services in Anoka County. Our advocates assist Spring Lake Park residents to address their immediate crisis and safety needs and support them in moving beyond the violence to achieve long-term safety and independence.

While our services are free to those we serve, they are not without costs. Our 2024 Case Statement and 2023 Year-In-Review are attached. As you review these, please consider the rising need for our services in Anoka County and the resulting need to secure additional revenue to fund those services fully. Your support means so much to us, now more than ever.

We are grateful for your continued support of our work. We could not do it without you! Please do not hesitate to contact me with any questions. I would welcome the opportunity to attend a city council meeting to discuss this funding request and respond to any questions you may have.

Thank you very much for your consideration.

Connie Moore
Executive Director

Alexandra House

Working to end domestic and sexual violence.



Stephanie is bruised... afraid... alone...

Together, we can help her rebuild her life.

On a typical day, local domestic violence hotlines receive around **19,159** calls, approximately **13 calls every minute**. In Minnesota, over **68,000** people experiencing rape and abuse reach out to domestic and sexual violence programs for safety each year. Many are turned away because there are not enough resources to help everyone in need. **One in three Minnesota women** will experience sexual or domestic violence in her lifetime.

In 2023, at least **39** people lost their lives to domestic violence in Minnesota - the highest number in more than a decade. **Nationally, 50% of female homicide victims are killed by an intimate partner**. According to the 2018 Wilder Homelessness study, 10,233 people experienced homelessness in MN – a 10% increase from 2015. Violence is a common experience for those who lack housing. **35% of homeless women are homeless because of domestic abuse**. Females ages 16-19 are **four times** more likely than the general population to be victims of rape, or sexual assault. **54% of students** experience dating violence prior to entering high school.

Domestic and sexual violence has a far-reaching impact that touches us and our communities, often in ways we may not realize. These issues are both a cause and a result of numerous societal problems, including homelessness, economic instability, health inequities, and gender inequality. Yet, their connected effect often remains unrecognized.



We need our entire community to join together in this work, to be part of the solution towards ending violence and supporting survivors in this community. - Connie Moore



How It All Began...

Alexandra House began as a grassroots movement in 1976 when one of our founders, Lexi Selvig heard Jeff Janacek, a Columbia Heights Police Officer, speak about the number of women and families he witnessed in Anoka County struggling to leave their abusers. Upon learning that some women and children were not safe in their own homes, she decided she had to do something about it. From there she and a group of concerned citizens formed the Anoka County Task Force for Battered Women. The program started as a 24-hour helpline, but due to the pressing needs of victims of domestic abuse and the passion and commitment of those who wanted to help them, the organization grew and opened its first emergency shelter in 1980.

We are now one of the largest domestic and sexual violence organizations in Minnesota and the only domestic and sexual violence program in Anoka County. While we are located in the cities of Blaine, Andover, and Anoka, we work with victims of domestic and sexual violence throughout the metro area, and the State. Our services include: 24-hour emergency shelter; support groups, follow up support and personal advocacy services; food shelf; youth services program; community education and professional training.

The work of Alexandra House promotes safety from domestic, sexual, and relationship violence and provides supportive services such as: helping people find affordable housing, offering violence prevention education in the schools, providing support groups, helping participants meet personal goals of obtaining a job or continuing their education—things that do provide a pathway out of poverty. Through the continuum of services we offer, we are consistently working to prevent violence from occurring and to intervene and provide meaningful, ongoing support to those who have already experienced it. This includes helping victims/survivors access basic needs while providing life-saving programming.

Our primary goals are:

1. to help keep individuals and families safe;
2. change the perception and acceptance of domestic and sexual violence among victims, professionals, and community members, and;
3. prevent violence from occurring and intervene and provide meaningful, ongoing support to those who have already experienced it.

OUR MISSION...OUR VISION

The mission of Alexandra House is to empower victims of domestic and sexual violence, and inspire social change, through education, support, and advocacy.

We envision a world where abuse and violence are unacceptable.

HOW WE SERVE:

The work of Alexandra House promotes safety from domestic, sexual, and relationship violence and provides supportive services such as: helping people find affordable housing, offering violence prevention education in the schools, providing support groups, helping participants meet personal goals of obtaining a job or continuing their education—things that do provide a pathway out of poverty. Through the continuum of services we offer, we are consistently working to prevent violence from occurring and to intervene and provide meaningful, ongoing support to those who have already experienced it. This includes helping victims/survivors access basic needs while providing life-saving programming.

24-hour Emergency Shelter and Helpline offer crisis intervention, safety planning, support groups, transportation to safety and appointments, childcare, and assistance in obtaining needed medical, housing, legal, financial and other community assistance, information and referral.

Civil Legal Advocacy assists in filing protective orders, hearing support, free legal representation, and legal advice.

Criminal Justice Intervention/Lethality Assessment Program provides advocacy following a domestic assault and throughout court proceedings.

Healthcare Advocacy offers in-person support and follow-up to victims of domestic and sexual violence and elder abuse to patients 24-hours/day at Mercy Hospital - Unity Campus, and local affiliated Allina clinics.

Support Groups offer topics on recovery, domestic and sexual violence, women's issues, self-esteem, restorative parenting, and concerned persons.

Housing and Supportive Services offer case management; housing assistance and subsidies; assistance with goal setting, navigating systems and accessing community resources, employment and educational services, and personal support networks; and financial and basic needs assistance to include application fees, damage deposits, utilities, food shelf, household/personal care items, and transportation.

Youth Services offer individual advocacy and support groups in 15 high schools/alternative programs in six school districts; healthy relationship classroom education; summer youth and family outreach; and support/education groups.

“ *It's harder to leave and stay gone than it is to go back to the abuse. You need a true support system if you're going to make it. If I didn't have the support of Alexandra House, I wouldn't have been able to do it myself.* ”

- Stephanie

COUNTING THE COSTS:

Providing Alexandra House's services to a victim/survivor currently costs about **\$700** beyond our government funding streams. This includes the cost to operate our 24-hour emergency shelter, provide ongoing victim advocacy and support services to the survivor and their family, conduct community education, professional trainings, and outreach, and provide intervention and prevention services to high school students.

HOW YOU CAN HELP STOP ABUSE...AND LET SURVIVORS KNOW THEY ARE NOT ALONE:

Alexandra House provides direct services to **1,500 - 2,000** victims/survivors (unduplicated) and impacts the lives of nearly **16,000** people annually. But we need your help to reach our goal of serving every victim/survivor of domestic, sexual, and relationship violence, as well as elder abuse in Anoka County. We are merely scratching the surface of the community need. **In 2023, Anoka County Dispatch received 13,526 domestic-related and 810 criminal sexual conduct radio calls.** While the number of victims/survivors we serve grows every year, it still isn't enough—Alexandra House simply does not have the resources to serve every person impacted by domestic, sexual, and relationship violence - and elder abuse in Anoka County. To accomplish that goal, we will need to expand both our facilities and staff.

You can be part of the solution. Your philanthropy can affect countless lives in positive ways. While your gift to Alexandra House will depend on your own financial situation, we would be pleased to help you make a gift that meets both your needs and those of the survivors and their family who walk through our doors.



2023...A YEAR IN REVIEW

Each year, Alexandra House provides . . .

A Safe Haven. 423 victims/survivors and their children received 6,947 nights of safety; with an average shelter stay of 19 days. 26 households were served in hotels due to reduced capacity for COVID-19 safety precautions.

A Lifeline. 3,500+ calls were answered on our 24-hour emergency helpline and online chat.

A Voice. 544 clients were supported by our civil and criminal justice advocacy services including: filing of protection orders, support during civil and criminal court proceedings and legal representation. 583 referrals from local law enforcement as a result of the Lethality Assessment Program were received, of those 505 victims were screened as high-risk and were connected to an advocate from the scene of the incident.

A First Responder. 194 referrals were received from local hospitals and clinics; 187 victims of sexual and domestic violence received crisis intervention, safety planning, and support at local hospitals and clinics.

A Community. 115 victims/survivors and their children began their healing process at weekly support groups; 757 support group sessions were provided; and 66 participants were referred to our partner, Conscious Healing, to receive ongoing therapy.

An Advocate. 73 families received personal ongoing support services and housing and financial assistance through our Rapid Rehousing & Parent Support Outreach Program; 13 households benefited from ongoing housing subsidies critical to achieving violence-free lives.

A Role Model. 5,039+ students learned about healthy relationships through 264 classroom presentations. 377+ children, youth, and parents were touched through school-based 1-1 advocacy and support groups, on-site groups at Lino Lakes Juvenile Correctional Facilities, and summer programming.

A Mentor. 5,550+ community members increased their awareness and knowledge through 103 in-person or virtual community education presentations, professional trainings, and community events.

A Promise. 46 older adult victims of abuse, neglect, and financial exploitation received participant-centered advocacy services specifically for adults 50+ through our Elder Abuse Services.

A Helping Hand. 385+ volunteers contributed 7,211+ hours of their time and talent to our programs; equal to 5 full-time employees and a value of over \$248,572.

Across all of our programs, Alexandra House impacted the lives of over 16,000 people.



2023 Highlights



4%
from 2022

Legal Advocacy

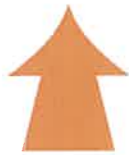
583 referrals from local law enforcement as a result of the Lethality Assessment Program were received, of those 505 victims were screened as high-risk and were connected to an advocate from the scene of the incident.



19%
from 2022

Emergency Shelter

The average shelter stay is now 19 days. The lack of obtaining safe, affordable housing has had a direct impact on how long a survivor stay in shelter.



24%
from 2022

Hospital Based Advocacy

187 victims of sexual and domestic violence received crisis intervention, safety planning, and support at local hospitals and clinics.



38%
from 2022

Housing & Supportive Services

73 families received personal ongoing support services and housing and financial assistance through our Rapid Rehousing and Parent Support Outreach Program.



63%
from 2022

Community Education

5,550+ community members increased their awareness and knowledge through 103 in-person or virtual community education presentations, professional trainings, and community events.



50%
from 2022

Youth Services

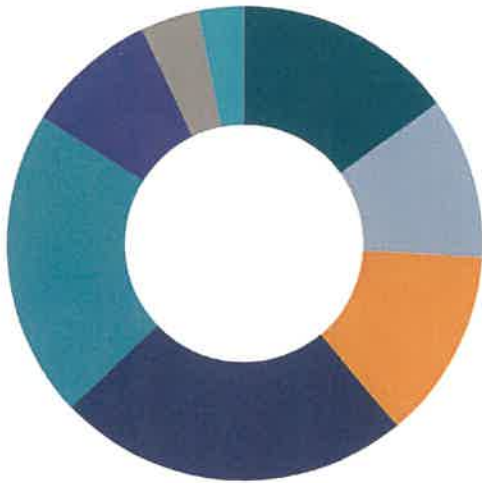
375+ children, youth, and parents were touched through school-based 1-1 advocacy and support groups.



Who We Serve

January 1 - December 31, 2023

Individuals Served by Age and Gender



- 0-12 (15%)
- 13-17 (11%)
- 18-24 (13%)
- 25-34 (24%)
- 35-44 (21%)
- 45-54 (9%)
- 55-64 (4%)
- 65+ (2%)
- Unreported (0.03%)



69% of adults served identified as female



4% of adults served identified as male



14% of children & youth served identified as female



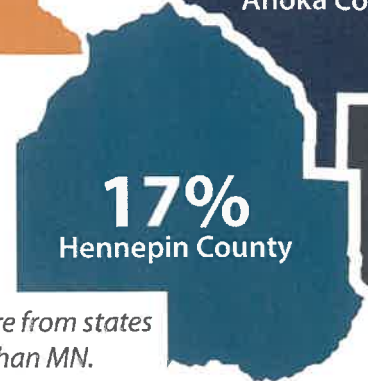
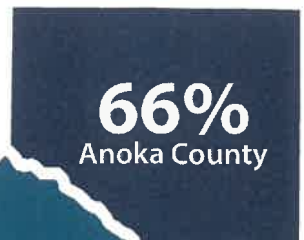
10% of children & youth served identified as male

3% of the adults and youth identified as transgender, non-binary/non-conforming, other, or chose not to identify.

Individuals Served by Ethnicity and County



- Native American (2%)
- Asian/Pacific Islander (3%)
- Other Race (2%)
- Hispanic/Latino (2%)
- Unreported (3%)
- Multiracial (10%)
- Multiracial/Hispanic Latino (9%)
- African American/Black (26%)
- White (44%)



2% were from states other than MN.

Alexandra House is committed to providing services that are comprehensive, victim-centered, and culturally relevant. Interpreter services are available through our 24-hour help line and for our ongoing participants. Written materials about our services are available in Spanish, Arabic, Hmong, and Somali. We serve individuals of all genders in all of our programs. All services are provided free, confidentially, and regardless of immigration status.