LETTER FROM ARLOA

Dear Friends,

About two years ago, we embarked on a bold, strategic planning process, engaging with nearly 500 Breakthrough stakeholders. Local residents, donors, volunteers, staff, and board members had an opportunity to speak into the future of Breakthrough.

Through this listening and planning process, we learned the importance of vision. The vision that East Garfield Park residents have for themselves is powerful. Community members have spoken words of truth, hope, and encouragement. However, they have also spoken words of struggle about the need for safety and how the community deserves resources afforded to other areas of our city.

With that vision in mind, Breakthrough crafted a plan for 2017 to 2022. We wrote down goals for expanding youth programs, for creating a strategy for violence prevention, and for deepening our commitment to providing resources to East Garfield Park. We also committed to strengthening our infrastructure and exploring what it would look like to take our model to other communities. These are not small goals, but we know that when you have conceived a vision, nothing should stop you from achieving it.

As we enact this ambitious vision, we continue to stay rooted, motivated, and pursuant of a dream much bigger than ourselves. I invite you into that with us through this Annual Report, where we see the impact of the first year of carrying out this plan. The results are real, the stories are powerful, and the hope is tangible.

Thank you for being on this journey with Breakthrough. Your investment in our work matters; your impact is real.

Arloa Sutter, Executive Director
Breakthrough partners with those affected by poverty to build connections, develop skills, and open doors of opportunity.
FOCUS AREAS

EDUCATION & YOUTH DEVELOPMENT

- Breakthrough Beginners
- Nettie Bailey Student Achievement Program
- London Johnson Arts & Technology Academy
- Parent engagement with local families

WORKFORCE DEVELOPMENT

- Career Pathways
- Job training / leadership development
- Digital Literacy Education
- Financial Literacy
- Income supports

HEALTH & WELLNESS

- Medical clinic in partnership with Lawndale Christian Health Center
- Fresh Market: food pantry serving zip codes 60612, 60624
- Behavioral Health for homeless adults
- Sports and Fitness Academy
- Breakthrough Fitness Center
- Bridge Cafe

VIOLANCE PREVENTION

- Street-level intervention and prevention against retaliation
- Community-based case management at the street level and for reentry individuals
- Resource development: housing, employment, and other income
- Creating and cultivating safe public spaces

HOUSING

- Permanent Supportive Housing for adults
- Permanent Supportive Housing for families
- Transitional Housing for men and women
- Support Center

SPRITUAL FORMATION

Participants of all Breakthrough’s programs have the option to participate in spiritual growth activities. Members of our staff and volunteers are supported in their spiritual health and stability.
WHAT MAKES US UNIQUE?

KEY CONCEPTS

NETWORK MODEL
All of our programs are built on the foundation that more relationships → more learning → more support → more opportunities and a higher likelihood of sustained progress toward the lives individuals want for themselves.

TRAUMA INFORMED
Trauma comes in many forms and impact our guests, participants and residents in a variety of ways. We train our staff regularly on the effects of trauma and how it impacts daily life and thought processes; then we seek to understand, empathize, and structure our services to acknowledge and overcome these negative impacts.

DIGNITY & RESPECT
Even the individual in the most vulnerable circumstances has something to bring to the restoration process, and they must be empowered to do it. Motivated by our faith and commitment to loving others, we help them find solutions with dignity and respect.

GEOGRAPHIC FOCUS
One of the most unique things about Breakthrough is our commitment to community revitalization within what we call our “40 Block Zone.” While many organizations specialize on one or two core services spread broadly across the city, our vision targets deep and holistic change in our neighborhood so that success becomes the norm for all residents.

DIVERSE FUNDING BASE
We believe personal relationships, unique partnerships, and fundraising events are key to a diverse and sustainable funding base. From the beginning we have cultivated opportunities to maximize funding from individual donors, and the success of our programs has drawn significant investments from corporations, foundations, churches, and government sources.

COMMUNITY DNA
The only way to truly become part of a community is to build intimate connections, listen, and respond by often putting our own agendas aside. This approach led to the development of the FamilyPlex and Family Housing and will continue to expand our efforts in the coming years.
Going off to college is exciting and daunting. While some students worry about math and science coursework, others are concerned about having bedding, toiletries, and other necessities for the semester. Inspired by the dream of Breakthrough student Bre’jona Hutchinson, Breakthrough held a community-wide trunk party, showering students with gifts, donations, words of affirmation, and sound advice before they head off to college.

“The gifts and support that I receive at Breakthrough Trunk Party will not only provide me with the necessities to begin college,” Crystal Montgomery, 19, said, “but these gifts will be a constant reminder of the community of people that are behind me while I continue on this next chapter of my life.”

Through partnerships with organizations advocating for educational equity, Breakthrough has been able to help award college scholarships to local scholars.

A Boy and His Dream Foundation sponsored scholarships for eight East Garfield Park high school seniors at Breakthrough’s summer block party series, Home Court. Another six students were awarded scholarships sponsored by the Greer Foundation, which focused on disadvantaged youth with interests in STEM related careers.

Students in East Garfield Park need access to higher education, and Breakthrough is devoted to providing opportunities that allow students to overcome obstacles and reach their potential.
EDUCATION & YOUTH DEVELOPMENT

THE IMPACT OF QUALITY EDUCATION

1,240 TOTAL UNDuplicated STUDENTS SERVED

STUDENT ACHIEVEMENT PROGRAM (NBSAP) 193
BEGINNERS (PRE-SCHOOL) 84
SPORTS & FITNESS ACADEMY 1,020
ARTS & TECHNOLOGY (LJATA) 112

78% OF EXITING BEGINNERS STUDENTS ARE KINDERGARTEN READY
76% OF STUDENTS MAINTAINED OR IMPROVED READING GRADES
95% OF STUDENTS INCREASED STEAM-RELATED SKILLS
97% PARENT SATISFACTION

76% 95% 78% 97%
Breakthrough’s Sport Connect program builds bridges and provides intensive mentorship to young men in East Garfield Park. The program, an initiative through the Mayor’s Office and funded by DFSS, seeks to create lasting relationships centered around building up the next generation of leaders, particularly boys ages 13 to 16. The group meets weekly, enjoys a home-cooked meal from a dedicated volunteer, engages in meaningful discussions, and, of course, plays sports.

Young men and their mentors dive into important topics, from making positive decisions and engaging in healthy relationships, to processing the stress and violence of the West Side. Adult mentors come from a variety of backgrounds, including teachers, coaches, and local business owners. This diverse group is tied together with a desire to build community and to change the trajectory of these young men’s lives.

Participants have made a commitment to the program. There is faithful attendance from participants and mentors, positive relationships, and a true sense of family. Tony Daniels, a leader in the community and mentor, says it best, “In this space, there is unity.”
1,020 YOUTH PARTICIPATED IN SPORTS PROGRAMS

- 81% of participants demonstrated exceptional pro-social behaviors
- 99% of athletes improved in a sports-specific skill
- Youth expanded their network of healthy relationships with 138 volunteers
Staff and volunteers from the Breakthrough Fresh Market traveled to Springfield, Illinois for the 2018 Hunger Summit. The Fresh Market team met with legislators and politicians, aiming to garner enough support to pass legislation like Bill 351. This bill amends the Illinois Public Aid Code in regard to SNAP (Supplemental Nutrition Assistance Program) eligibility for part-time students, which is estimated to affect 40,000 students.

Fresh Market Coordinator Wendy Daniels said she was proud to lend a hand in the fight to eliminate hunger. “There are many individuals and organizations working to end food insecurity in communities all over Chicago,” she said. “I am elated to know that Breakthrough has and will continue to have an active footprint in working toward eliminating hunger.”
HEALTH & WELLNESS

FRESH MARKET

- 645,939 pounds of food distributed
- 4,123 people served at the Fresh Market
- 800 Fresh Market shoppers were connected to additional supports
- 44% of regular Fresh Market volunteers are local East Garfield Park residents
HEALTH & WELLNESS

BEHAVIORAL HEALTH CARE

158 ADULTS EXPERIENCING HOMELESSNESS RECEIVED BEHAVIORAL HEALTH CARE

- 90% RECEIVED A CLINICAL ASSESSMENT
- 86% REPORTED INCREASED AWARENESS OF THE IMPACT OF TRAUMA IN THEIR LIVES
- 68% RECEIVED CARE COORDINATION SERVICES
- 94% REPORTED INCREASED KNOWLEDGE OF HEALTH CHOICES AND BEHAVIORS
Fred, 55, struggled with substance abuse and received a diagnosis of stage five kidney failure. As his condition worsened, doctors advised that he needed to receive dialysis treatment. He started making frequent trips to the emergency room, and, without a home, he didn’t have the space to receive the follow-up care he needed to get well. That’s when he found Breakthrough.

Case managers at Breakthrough were able to connect Fred with the University of Illinois Hospital’s Better Health Through Housing Program, which was created in 2015 to help find permanent housing solutions for chronically homeless patients.

On average, the healthcare costs for participants in the program have decreased 18 percent, and most have been able to reduce their emergency room visits as well. Fred now lives in an apartment complex on the West Side where he is able to receive care for his illness.

Fred is thankful for everyone that has helped him, and he now feels a peace of mind he didn’t believe was possible in the situation.

“It’s a relief—it’s like having freedom again,” he said. “I would encourage anyone living in shelters to be patient and have faith ... because help is on the way.”
SERVICES FOR PEOPLE EXPERIENCING HOMELESSNESS

1,242 TOTAL ADULTS ENGAGED IN HOMELESS SERVICES

SUPPORT CENTER 950
TRANSITIONAL HOUSING 238
SUPPORTIVE HOUSING 43
FAMILIES 11

82% OF TRANSITIONAL HOUSING GUESTS WHO FOUND INDEPENDENT HOMES REMAINED HOUSED FOR 120+ DAYS
100% OF SUPPORTIVE HOUSING PARTICIPANTS REMAINED HOUSED FOR THE ENTIRE YEAR
OF INDIVIDUALS GAINED EMPLOYMENT: 58%

57% OF INDIVIDUALS RETAINED EMPLOYMENT

25% OF PARTICIPANTS WERE LINKED TO ADDITIONAL RESOURCES INCLUDED GED CLASSES, VOCATIONAL TRAINING, AND BRIDGE PROGRAMS

We know that the likelihood of maintaining a job increases when an individual has a home, education, and support for overcoming substance abuse.

ADULT EDUCATION & EMPLOYMENT SERVICES

152 PEOPLE RECEIVED EMPLOYMENT SERVICES

WORKFORCE DEVELOPMENT
Since Breakthrough joined East Garfield Park in 2000, we have been dedicated to providing services that respond to trauma and are representative of the needs of community residents.

Childhood traumatic experiences have a large impact on future violence victimization and perpetration, as well as lifelong health and opportunity. The more a child is exposed to trauma, the higher risk they are for these negative health outcomes, contributing to this cycle of violence we find in our communities.

To respond to the trauma in our community, Breakthrough implements this four-pronged approach in our interactions, facilities, and services:

- Realizing the prevalence of trauma
- Addressing trauma through prevention and intervention methods
- Resisting re-traumatization
- Ensuring our staff are trained and supported to provide trauma-informed care

Only through a trauma-informed lens, collaboration, and the pursuit of community wellness will we see recovery from trauma and revitalized communities.
VIOLENCE PREVENTION

95 PEOPLE SERVED

CASE MANAGEMENT 65
RE-ENTRY 16
VICTIM ASSISTANCE 14

OVER THE LAST YEAR

• Nearly 4,000 residents have been involved in outdoor community events
• 95 people have engaged in intensive case management
• Breakthrough’s outreach team has engaged in 46 direct conflict mediations
Gary Tigner has volunteered at the Fresh Market for five years, serving as a volunteer leader in the market and overseeing the inventory. He faithfully volunteers five days a week following his dialysis treatments and part-time job. Gary is selfless, always thinking about our guests and how he can serve them.

Nancy Stalling has been leading a Manna group for New Landmark Missionary Baptist Church for the past 15 years, serving dinner in the Women’s Center every first Monday. They enjoy fellowship with one another, as well as the joy they feel when they arrive and see women appreciate the meal.
**CHURCHES**

**Grace Church Chicago** has been involved at Breakthrough for 15 years, serving monthly meals at our Women’s Center. They also hold cookouts at the annual Hunger Walk, as well as host quarterly dinners and parties for guests of the permanent supportive housing program.

According to Caleb, Assistant Pastor at Grace, “The [Permanent Supportive Housing] Christmas Party, which has become an annual tradition, is a highlight both for our church and for the guests of Breakthrough. Kids from our church love helping with the Christmas decorations, letter writing, and serving. The guests enjoy telling the kids a few jokes and asking them about their Christmas wish lists.”

“For Breakthrough, we are able to better understand the challenges that people face in Chicago, and we are able to help address specific issues in a particular neighborhood.”

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**CORPORATIONS**

**Deloitte** has partnered with Breakthrough for their “Deloitte Impact Day” for the past seven years, bringing about 70 volunteers each year and assisting with youth programs and job readiness classes. They have also held a Field Day at Beidler Elementary, a local school that partners with Breakthrough. This event has become a tradition that the students, teachers, and administration look forward to every spring.

**KeHE** partners with Breakthrough in many ways throughout the year including hosting a Harvest Party, holding gift drives, volunteering for the Christmas Store and trunk parties, and serving meals. They have also supported Breakthrough at Home Court by bringing food, purchasing a new tent, and engaging youth through arts and crafts.
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| CHANGE IN NET ASSETS | $ 884,078 |

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“The only people who change, who are transformed, are people who feel safe, who feel their dignity, and who feel loved. When you feel loved, when you feel safe, and when you know your dignity, you just keep growing! That’s what we do for one another as loving people—offer safe relationships in which we can change.”

- Richard Rohr