

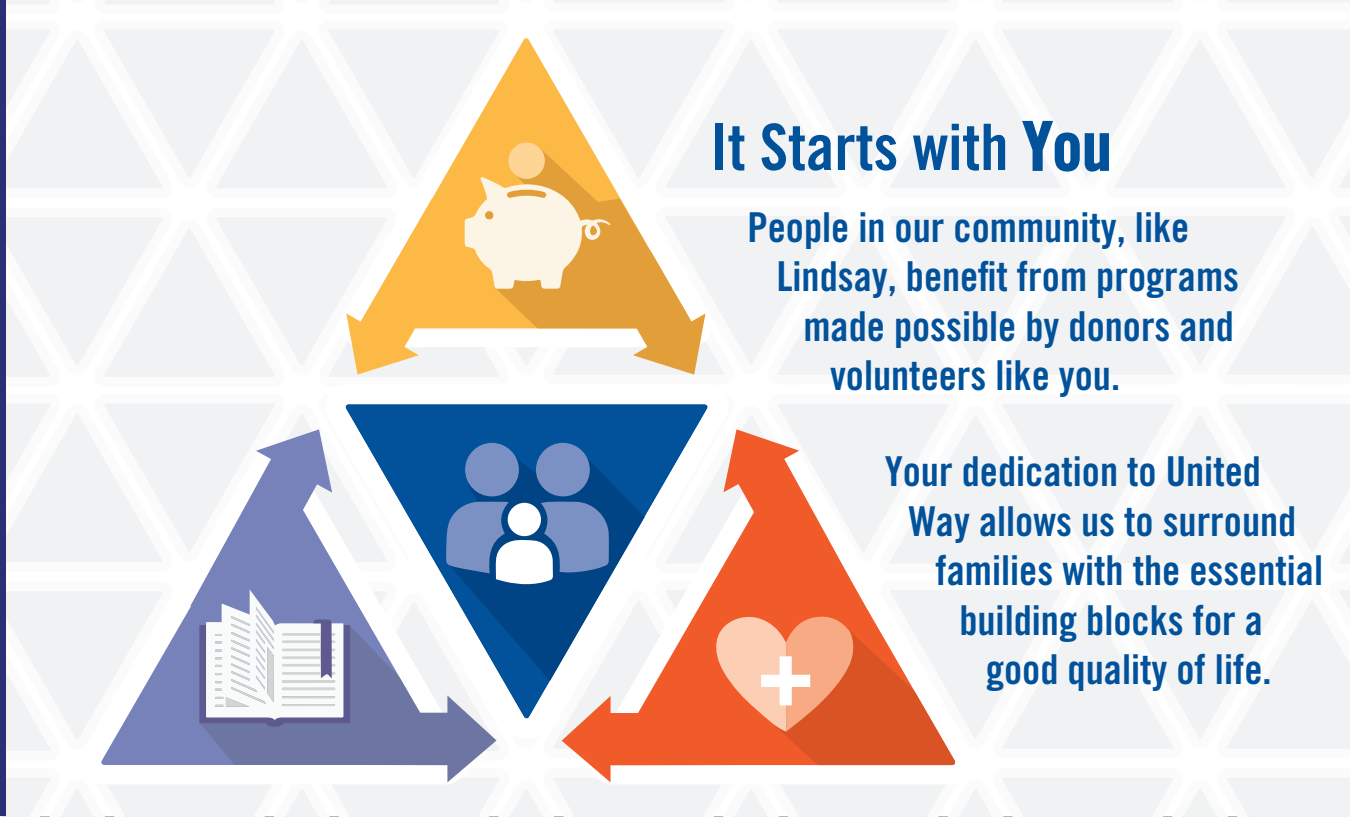
Strengthening Families in Your Community

United Way of East Central Iowa (UWECI) works with 31 local nonprofits to improve our community. Area Substance Abuse Council (ASAC) is one of these funded partners. Programs include substance abuse counseling on a variety of levels, as well as residential and outpatient services to both youth and adults.

From the Heart

One specific example is ASAC's Heart of Iowa, which serves nearly 150 families every year. The residential program and halfway house supports women who have children or are pregnant at the time they come in for recovery. Wanda Sellers is ASAC Heart of Iowa's director.

"These women want to get help, but don't want to be in a position where they have to put their children into foster care while they're in residential services. **They want to rebuild their families and their lives.**"



A Life Rebuilt with Your Support

Lindsay describes her childhood as relatively normal. She was a very happy child and grew up to be a cheerleader, a high school graduate, and an active member of her community.

When she started using drugs seven years ago, she didn't know how much her life would change. "I had no idea I was an addict until I came to ASAC. I thought I could stop any time. **I realized it was a problem when I wanted to stop and I couldn't.**"

Her Chance for Change

The Drug Enforcement Administration (DEA) raided her house and found drug paraphernalia. Lindsay remembers that day in detail. "**I didn't cry because I didn't like what I was doing. I was putting my kids through such a chaotic life.**" A week later, the Department of Human Services removed Lindsay's children, six-year-old Nevaeh and three-year-old Ryder, from her care after she admitted drug use.

From there, Lindsay heard about Heart of Iowa from her sister. Within six weeks, she had a place in the program. "It was hard the first couple of weeks. But that time allowed me to adjust to the schedule, routine, and big transition before bringing in my kids."

Sharing Newfound Hope

Lindsay completed the required 90-day program and chose to stay at ASAC Heart of Iowa's halfway house. She works full-time, attends church and group meetings, and has dance parties with Nevaeh and Ryder in their living room. **She is proud of the person and mother she has become.**

"My motivation is to be healthy, have a happy life with my kids, and give back to others who maybe don't understand addiction, or who need help but don't know where to go. I'd like to be an advocate for them and a voice for the disease of addiction to give hope to others. **Because when you're in the disease of addiction, you feel hopeless, but as long as you're open-minded, you can make it out.**"

Our Progress: 2020 Goals

Increase children who are developmentally and academically on track by fourth grade by 30%.



Education

Successful Strategy

Increase students' reading proficiency through Youth Achievement AmeriCorps.

Children who received tutoring and improved proficiency

INCREASED
205% SINCE 2013

Increase financially stable households by 15%.



Financial Stability

Successful Strategy

Increase capacity of programs that help low-income residents find stable employment.

Individuals who received employment assistance

INCREASED
120% SINCE 2013

Improve social connectedness and mental health of low-income adults by 10%.



Health

Successful Strategy

Intervene early to reduce levels of crisis or stress for families, older adults, and caregivers.

Individuals who reduced levels of crisis, depression, and anxiety.

INCREASED
10% SINCE 2014

How You Can Make a Difference

UNITED WAY OF EAST CENTRAL IOWA
VOLUNTEER NOW

Volunteers play an important role in our community.

Nonprofits, individuals, and families rely on volunteerism to make the place we call home better for everyone. So how can you get involved?

Whether you're just starting out, looking for a consistent volunteer schedule, or a one-time event, Volunteer Now has opportunities of all kinds. You can search by organization, location, cause, or interest to find the right fit for you.

Visit uweci.org/volunteernow today!



Help Starts Here

United Way 2-1-1 is a free, confidential information and referral helpline and website.

Call United Way
2-1-1
Get Connected. Get Answers.

GET CONNECTED to health and human service programs available in your community.

GET ANSWERS regarding affordable housing, food assistance, transportation, health care, child care, family support services, and more.

GET HELP 24 hours a day, seven days a week.

CALL

Landline: 2-1-1
Any phone: 319-739-4211
Toll free: 1-866-469-2211

ONLINE

FirstCallForHelpIowa.org

Donors Like You

Leadership societies connect our most passionate donors. Together, they tackle today's urgent challenges by creating lasting, systemic change.

Consider becoming part of a leadership society this year if you haven't before. If you have, thank you!

ALEXIS DE TOCQUEVILLE SOCIETY

Donors who give \$10,000 or more

T.M. SINCLAIR SOCIETY

Donors who give \$1,250–9,999

WILLIAM B. QUARTON SOCIETY

Donors who give \$500–1,249

WOMEN'S LEADERSHIP INITIATIVE

Women who designate \$500 or more to WLI

LABOR LEADERSHIP GIVING SOCIETY

Union members who give \$350 or more

YOUNG LEADERS SOCIETY

Donors aged 40 years or younger who give \$250 or more

“United Way is important, whether you are a Millennial, a Gen Xer, or Baby Boomer, **WE ARE ALL PART OF THE SAME COMMUNITY.**”

— Brent Cobb, World Class Industries

How You Stay Connected



317 7th Ave SE, Ste 401
Cedar Rapids, IA 52401
319-398-5372

uweci.org



United Way
of East Central Iowa



The Power of You

The progress we've made, lives we've changed, and results we've produced wouldn't have been possible without **THE POWER OF YOU**. When you support United Way, good things happen in our community.

Join United Way and co-chairs **Brad Hart, Bradley & Riley PC, and Kevin Knutson, Holmes Murphy**, for our 2016 campaign!

Leadership Challenge Grant

The John and Dyan Smith Challenge Grant will match all new and increased gifts at a leadership level dollar for dollar up to \$100,000. These matched dollars will go toward our focus in education, specifically United Way funded partners and programs.

What Your Gift Can Do

\$1 PER WEEK

26 pounds of food for one family

\$5 PER WEEK

One month of parent education for one family

\$10 PER WEEK

Housing solution for one potentially homeless family



\$15 PER WEEK

18 rides for rural seniors to health appointments



\$20 PER WEEK

More than 150 books for young children

\$25 PER WEEK

75 people receive phone-based crisis counseling

THE POWER OF YOU
2016 CAMPAIGN

Volunteer. Advocate. Give. Make a Difference.