

# Caritas

## Quarterly

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*/'karita:s/ (noun) love of humankind, charity*

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## Giving Back is More Important This Year Than Ever

We begin 2021 with a feeling of optimism, yet we know that many in our community are still suffering repercussions as the pandemic continues — physically, mentally, emotionally and financially.

Many of us strive to find “silver linings” among the adversity we faced in 2020 — maybe we spent more time with our families, rediscovered our love of reading or finally cleaned out those closets that have been haunting us.



**Drew Yergensen**  
Utah Market President  
Key Bank

One silver lining I’ve noticed is that Utahns have stepped up in a big way during the COVID-19 pandemic to help our neighbors in need. Whether donating food to our local food banks, providing online support to remote learning students, thanking our first responders or simply following CDC guidelines by staying home, we are all doing our part.

But the work is far from over.

When the calendar turned, I took over as market president for KeyBank in Utah. It is an honor to sit in this role and continue the excellent work started by those before me, and one of the most exciting parts of the job is leading KeyBank’s extensive charitable

work. Giving back to our community is in our DNA at KeyBank and has always been an important focus here in Utah, where we support multiple impactful organizations.

Homelessness, job creation and education are just a few of the causes currently in desperate need of community support. Our nonprofit community needs us — all of us — to step up and do our part.

Sometimes it can feel hard to know where to start with such a daunting task, but our community is depending on us as business leaders. In fact, the just-released 2021 Edelman Trust Barometer revealed that “business” is the most trusted institution in today’s society, and 86 percent of respondents said they expect CEOs to lead on societal issues. Corporations have considerable responsibility when it comes to our recovery, and we can be an important force to bolster the great work already being carried out by our local nonprofit organizations.

Here are some ways you can participate:

### Create an Environment of Giving

Initiating opportunities for your employees to give back can inspire them to feel a sense of company and community pride, while creating a spirit of camaraderie that is more important than ever now when we can’t be together in person.

There are many projects employees can do remotely, such as writing “thank you” cards to healthcare providers, coordinating a contactless food drive for a local food pantry or delivering meals. Encourage them to invite their family or “bubble” to participate — let’s make service go viral and create a legacy of givers of all ages.

But it’s more than just doing the good deed; it’s about sharing the experience with one another — or even participating together, apart. Highlighting acts of service keeps your team engaged with each other in a way that a Zoom trivia contest just can’t.

Here at KeyBank, for example, we have a signature annual project called “Neighbors Make the Difference Day,” where employees leave the bank for an afternoon to serve throughout

the community — planting, painting, cleaning and sorting for various nonprofits. For the 30th anniversary last May, we had to reimagine this cherished tradition, but Utah KeyBank employees got creative and enjoyed hearing about each other’s “virtual volunteering.” We saw branch employees delivering food to our front-line workers, making blankets for the homeless, painting rocks to cheer up the elderly and simply checking in on neighbors.

### Lead by Example

While it’s easy to share information, leading by example is key. When you show up, others show up. Fostering a mindset of taking the time and making the time is important to ensure your team is on board, and it starts with you. It doesn’t matter if you are the CEO, a manager, administrator, branch teller, salesperson or board member — leading by example is what drives success.

And an important part of leading is celebrating your team, especially when they do these acts of kindness. I have been proud to see so many of our employees go above and beyond for our clients, community and each other. We are all surrounded by great people, and it means so much when you take the time to acknowledge and thank them.

### Pivot to Partner

As you are likely aware, this has been a dire year for most nonprofit organizations, particularly those that rely primarily on raising funds through in-person events, from galas to fun runs. But we have seen a spirit of creativity as they reengineered these fundraisers to virtual events we attended from our home offices, kitchen tables or basement workspaces. This shift from peer-to-peer to virtual fundraising has been a challenge for organizations, yet they are finding their own silver linings, whether it’s streamlined costs or stronger engagement through social media and other tech tools.

But as these nonprofits change up their strategies, it’s our obligation to join them. I urge you not to consider these virtual gatherings as “just another Zoom meeting,” but instead consider it an opportunity to learn more about the organization and find out how you can engage. With over 18,000 nonprofits and 501(c) organizations in Utah, there is a unique chance to dive a little deeper into the ones that pique your interest. You can learn about their mission and good works from the comfort of your own home, rather than donning a tux or gown or spending every Saturday morning at a different fun run.

### Continue to Show Up

We are proud of how Utah citizens have extended a hand to those in need and the organizations that support them. But our work is far from done. Recovery will take time, but it will happen, step by step. There are so many ways to get involved, from helping a neighbor to making a monetary donation or participating in a social media challenge. The smallest of actions goes a long way so continue to show up and ask others to walk alongside you.

I truly believe we live in the best state in the country and we can do this as a community. Lifting those who lift others; going the extra mile. Let’s stick together, Utah. We got this.

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# Lend a Helping Hand



*Blue Skies Forever helps organizations such as workplaces, schools, scout troops and church groups host sock donation drives. They provide advertising and fliers, donation barrels and expertise. Blue Skies Forever also partners with local organizations to distribute the socks.*

*No socks or bad socks can be a deadly situation for those who live on the streets*

When Kelli Pugh's sister and brother-in-law died unexpectedly in an accident seven years ago, her family struggled to find a way to cope with their grief. Ultimately, the thing that helped the most was following the example her sister had left them all.

"This family tragedy inspired us to find some good in that hard time," Pugh said.

Her sister had been an "enthusiastic humanitarian," Pugh said, partici-

loss of mobility or even more serious infections that spread beyond the feet.

With a need and purpose now identified, Pugh and her family established Blue Skies Forever as a non-profit six years ago. Pugh, her two brothers and her dad, Boyd Bellows, run the organization out of their homes so there is no overhead, and no one takes a salary. The model is simple: Collect as many socks as they can and get them to the people who

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*"Socks are something that people don't think to donate that often," Pugh said. But they are also critical to keeping people warm and healthy, especially those experiencing homelessness.*

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pating in service trips to places such as Peru and Africa. The best way to honor her memory, the family decided, was to find a way to give back.

It took about a year to find the best way to do that, Pugh said. First, the family organized charity 5K races that doubled as food drives — the entry fee was a donation of canned food. Then they organized donation drives for hygiene kits for people experiencing homelessness, but those didn't go as well as they had hoped.

So Pugh started talking to other community organizations about what their specific needs were and one item came up over and over again: socks.

"Socks are something that people don't think to donate that often," Pugh said. But they are also critical to keeping people warm and healthy, especially those experiencing homelessness. No socks or bad socks can lead to athlete's foot and warts, a

need them most

A large part of the work Blue Skies Forever does is helping other groups — workplaces, schools, scout troops and church groups — organize donation drives. Blue Skies Forever provides advertising help, such as pre-designed fliers, as well as collection barrels. They are also happy to share time-tested tips and tricks for a successful drive, Pugh said.

"From there they just take off with it and do what works best for them," she said.

Since the organization incorporated, Blue Skies Forever has collected and distributed 35,000 pairs of socks. Nearly half of them — 15,000 — were donated in 2020.

"I feel like people really came together last year, which was awe-



*Blue Skies Forever was started by Kelli Pugh; her father, Boyd Bellows; and her two brothers in memory of her sister and brother-in-law who died in an accident seven years ago. The family runs the nonprofit out of their homes and takes no salaries. They have collected and donated 35,000 pairs of socks over the past seven years.*

*Socks are one of the most requested items from organizations supporting individuals in homelessness, but those organizations often don't have the budget to pay for them. Blue Skies Forever collects and distributes socks of all sizes and types.*

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FROM page 3

some to see because it was a pretty depressing year,” Pugh said. “It kind of buoys your faith in humanity.”

The outpouring of generosity could not have come at a better time as the coronavirus pandemic has created economic hardship for many across the state.

The Fourth Street Clinic, which offers free and low-cost medical care to individuals experiencing homelessness, has partnered with Blue Skies Forever for several years.

“Socks are one of those things that seem so simple but they’re very significant for people who are homeless,” said Laurel Ingham, Fourth Street Clinic’s development director. “Socks are something we get asked for on the regular and to be able to provide them is huge.”

While there is no hard data yet, Ingham said anecdotally homelessness has gone up as a result of the pandemic, so assistance from organizations such as Blue Skies Forever is more critical than ever. These targeted donations — such as socks — are especially useful because there isn’t often the money to buy them.

“We go through thousands of pairs of socks a year and it’s not something we budget to buy so we really rely on the community 100 percent,” Ingham said. “The need is great out there.”

Another organization that partners with Blue Skies Forever to distribute socks to people who need them is Addicts Fighting Back. The concept for Addicts Fighting Back came to founder Jason DeGraw while he himself was in an addiction recovery program.

“My vision was to create a place — a community — for people in recovery to connect and get together after they complete treatment,” DeGraw said. “Without the right support it can be easy to fall back into old patterns with old friends. Family members usually don’t understand what they’re going through and it can easily lead to relapse.”

Part of the work Addicts Fighting Back does includes monthly homeless outreach events where participants distribute food, sleeping bags, hygiene kits and, thanks to Blue Skies Forever, socks.

“We get them to people who are on the streets, people who are in early recovery, people who are transitioning out of prison, and people who are going into treatment and don’t have money for those kinds of things,” DeGraw said.

Addicts Fighting Back opened its



*Nearly half of the donations Blue Skies Forever has collected came in the past year. “I feel like people really came together last year, which was awesome to see because it was a pretty depressing year,” Kelli Pugh said.*



*Before the coronavirus pandemic, Blue Skies Forever hosted in-person distribution events, though such events are on hold at the moment. They were especially interested in reaching individuals who don’t make it into homeless shelters, or don’t have access to other supportive services, Kelli Pugh said.*

doors only a year and a half ago, and partnering with organizations such as Blue Skies Forever helps them grow — and survive, DeGraw said.

“It makes a world of difference to have those connections with people who want to help,” he said. “Then we don’t have to rely on just ourselves.”

The chance to help other people in the memory of her sister is what

started Blue Skies Forever, and seeing others come together to help their community has been the best part of it, Pugh said. For example, there is one neighborhood that hosts a donation drive every Christmas instead of giving neighbor gifts.

The name of the organization came from Pugh’s sister. Instead of saying “hello,” she would greet peo-

ple with the phrase “blue skies.” That symbol of optimism and care is what keeps Pugh and her family going, and they hope it inspires others as well.

“I think at first, for us, it was about coping and now it’s really turned into a passion,” Pugh said. “We hope that even if people aren’t donating socks, they are inspired to do something to help someone in need.”

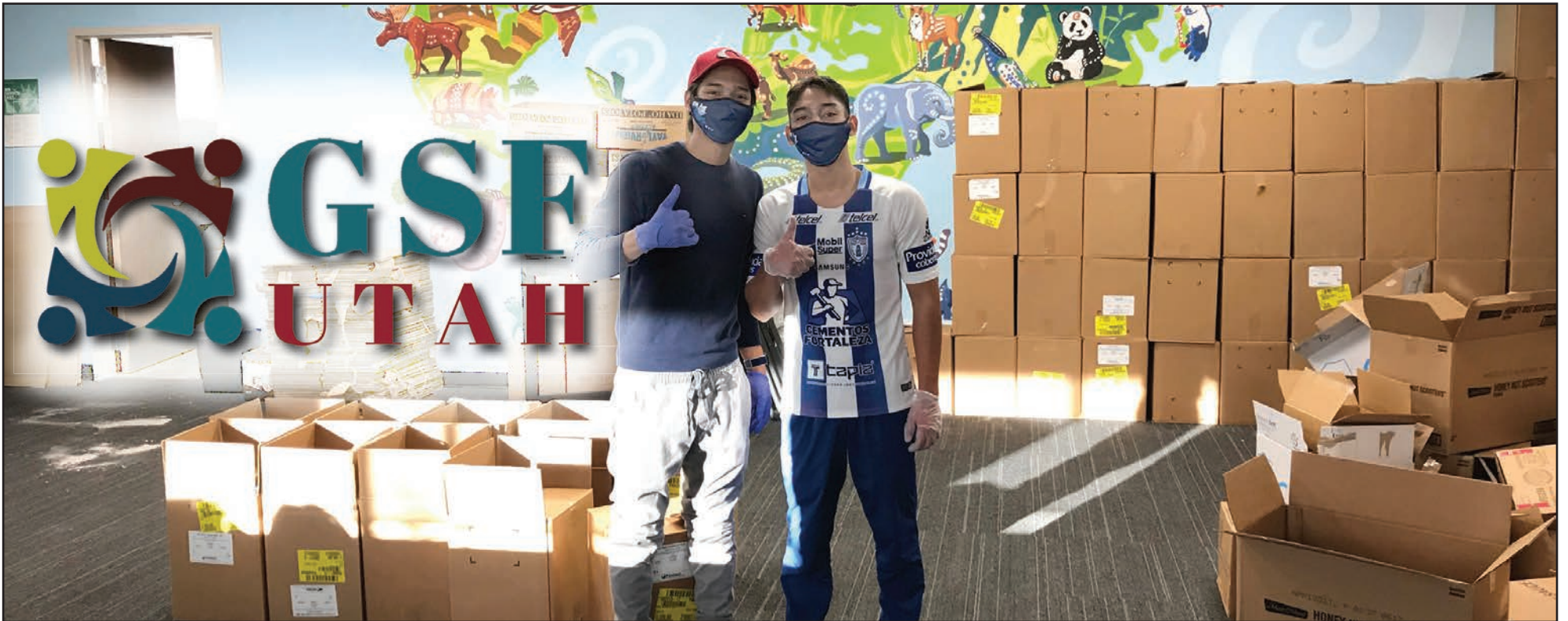


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Midwest  
COMMERCIAL INTERIORS



*As community needs changed in the face of the COVID-19 pandemic, the Good Samaritan Foundation and the Rose Park Community Center pivoted to meet them. To address increased food insecurity, the foundation teamed up with The Church of Jesus Christ of Latter-day Saints and the Utah Food Bank to distribute food boxes to families in need. Photo courtesy of the Good Samaritan Foundation.*

## Good Samaritan Foundation

Born from the realization that there is plenty of good to be done right here at home

Working on a clean water initiative spearheaded by The Church of Jesus Christ of Latter-day Saints, Jim Woodward traveled all over the developing world. And everywhere he went, he saw the struggles and hardships faced by refugees and immigrants who were fleeing violence, persecution and dead-end economies.

Woodward was particularly moved by a group of refugees from Sierra Leone. When he returned to Utah, where he was born and raised, Woodward teamed up with a friend, entrepreneur Tom Lloyd, to create the Good Samaritan Foundation. Their goal was to go to Sierra Leone and help the people there in whatever way they could.

But then something hit them: There were 50,000 refugees right here in the Salt Lake Valley, facing many of the same challenges and difficulties as refugees overseas.

"I realized I didn't have to get on a plane to do good," Woodward said. "We could help people right here."

Founded in 2008, the Good Samaritan Foundation started off by supporting other local organizations that were working with refugees and immigrants in Utah and observing what was working well and what wasn't.

"Over time we learned how important these neighborhood centers are," Woodward said. "A lot of refugees don't have cars and they have a hard time getting around. When they need help, they don't know who to go to or what to do and they're not going to get on TRAX or on a bus to go downtown and figure it out."

The solution, Woodward and Lloyd concluded, was putting a resource center right in the neighbor-

hood where refugees and immigrants live, bringing the services they need to them instead of forcing them to go out looking for them.

In 2018, the Good Samaritan Foundation opened the Rose Park Neighborhood Center in the Rose Park/Glendale area of Salt Lake City.

The goal of the neighborhood center is to connect with the community and meet the needs that already exist, said Amy Wylie, executive director of the Good Samaritan Foundation, rather than assume or dictate what other people's needs are.

"A neighborhood center shouldn't be there to tell people what they need. We are there to listen and meet the needs that are already there," Wylie said. "We worked hard to build our reputation in that area and let people know we are there to help."

That outreach included going door-to-door, talking to residents to find out what they needed, inviting them to events and letting them know that the Good Samaritan Foundation was there to help.

"Like good Samaritans do, we want to be there when everyone else has failed them," Woodward said.

The first gap the foundation identified was that women in the refugee and immigrant communities were struggling to learn English, often because they didn't have anywhere to take their young children while they attended classes.

So the Rose Park Neighborhood Center started hosting free English classes with free childcare. One reason these classes are so important, said



*The Good Samaritan Foundation provides scholarships for college-bound students in the Rose Park neighborhood. Many of the recipients also work as volunteers at the center, helping with tutoring, computer literacy, and organizing volunteer projects. Photo courtesy of the Good Samaritan Foundation.*

CONTINUED on page 9

# **SOME OF THE GREATEST IDEAS START HERE.**

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The Rose Park Community Center has kept its doors open even during the pandemic, with staff still available to help anyone who might walk in. The center has distributed computers for distance learning and addressed other timely, emergency needs. Photo courtesy of the Good Samaritan Foundation.



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- Rose Park Community Council
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### FROM page 7

Cynthia Eldredge, who volunteers as an English teacher at the center, is because they put people on the path to self-sufficiency.

“I love to be able to work with people directly and maybe make a difference in their lives,” Eldredge said. “You’re so happy to help them in any way you can on this path to self-sufficiency.”

The other gap the foundation identified was the availability of emergency help. When people needed money for a root canal or to make car repairs, there was nowhere they could turn, Wylie said.

Because the Good Samaritan Foundation is funded entirely by private donations, there are no restrictions on what they can do with their money, Wylie said. That means the foundation can be flexible and responsive to emergency needs. The staff at the Rose Park Community Center spends about half its time helping walk-ins get the help they need.

“We can help anyone who finds us,” Wylie said. “We are front line and we know and meet what people need.”

That type of flexibility and community awareness became particularly critical when the COVID-19 pandemic hit. The refugee and immigrant communities were particularly impacted,

Woodward said, as many lost their jobs and many became ill.

“Where there was already a great economic disparity, the economic disparity became greater,” he said.

The pandemic also created new emergency needs in the community, and the Good Samaritan Foundation was perfectly positioned to change course to meet them.

“We transitioned into what we found was a really great need, which was the food insecurity brought on by COVID,” Wylie said.

Families in need used a Google form to identify what food they wanted, and then the Rose Park Community Center put together boxes with food donated from the LDS Church store-

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**1 Be a Friend**  
Building trusting relationships

**2 Mentor**  
Walking together every step of the way

**3 Tutor**  
Working one-on-one towards success

**4 Youth Success**  
Empowering future generations

**5 One-Time Projects**  
Building community connection

**6 Fundraise**  
Sustaining and growing vital services

**7 In-Kind Donations**  
Understanding immediate needs

**8 Give**  
Making space in your life to impact someone else's



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house. Families then made appointments to pick up boxes at the community center.

The community center also partnered with the Utah Food Bank to distribute food to senior citizens in the Rose Park area.

The way the community center delivers English classes also changed as the result of the pandemic. English classes are now offered online; the foundation provided computers for any household that needed one.

But unlike the food distribution, which will stop after the pandemic subsides, online English classes could very well stay that way.

The pivot to online classes has been very effective, Eldredge said, and in many ways it improves accessibility for many students. Young people in the community have also stepped up to help teach computer literacy and Zoom skills.

But most impressive, Eldredge said, was how quickly the foundation and the center were able to adapt to the community's evolving needs.

"It was really exciting and wonderful because they were really adaptable," she said. "Things have evolved — in a good way — as we've seen the needs of refugees and immigrants in the area."

Another part of the mission of the Good Samaritan Foundation and the Rose Park Neighborhood Center is to give communities the resources to meet their own needs in the future, Wylie said.

One way they do that is by providing scholarships for college-bound students in the Rose Park neighborhood. The foundation currently supports 50 students with \$1,000 a semester.

Those students then work as volunteers at the center, tutoring younger students, organizing service projects, helping with Zoom tutorials and doing anything else the center and the neighborhood need.



*The goal of the Good Samaritan Foundation and the Rose Park Neighborhood Center is to meet the needs that already exist, not make assumptions about what those needs are. Though food distribution was never part of the center's services before, when it became a need the center stepped up to meet it. Photo courtesy of the Good Samaritan Foundation.*

"They are amazing, hardworking students and we couldn't be more proud of their success. And that college education really impacts the family in a positive way," Wylie said. "We focus on serving the neighborhood and then they turn around and give back to the neighborhood."

Ultimately, the Good Samaritan Foundation would like to expand on the success it has had in Rose Park and open community centers in other in-need areas around the state, Woodward said. There are great needs all over Utah, he said, and most people don't even realize it.

"We become locked into our own little communities and we really don't know what's going on," he said. "We hear about the homelessness problem and refugees and undocumented immigrants, but we don't think about them because we don't see them in our neighborhood or when we're in line at the grocery store, but they are among us."



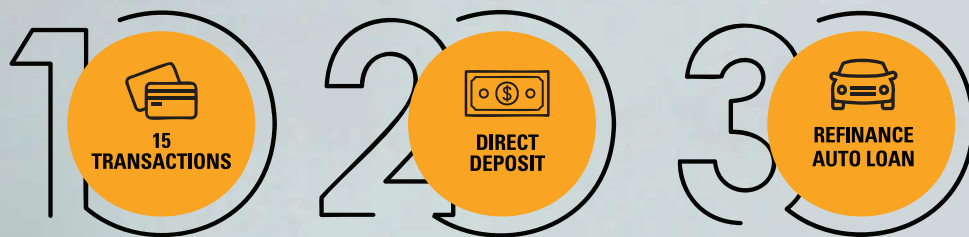
*One of the first programs the Rose Park Neighborhood Center started was English classes with free childcare. Learning English is key for refugees and immigrants to establish self-sufficiency. Since the start of the COVID-19 pandemic, English classes have moved online. Photo courtesy of the Good Samaritan Foundation.*



**Rose Park**  
Neighborhood Center

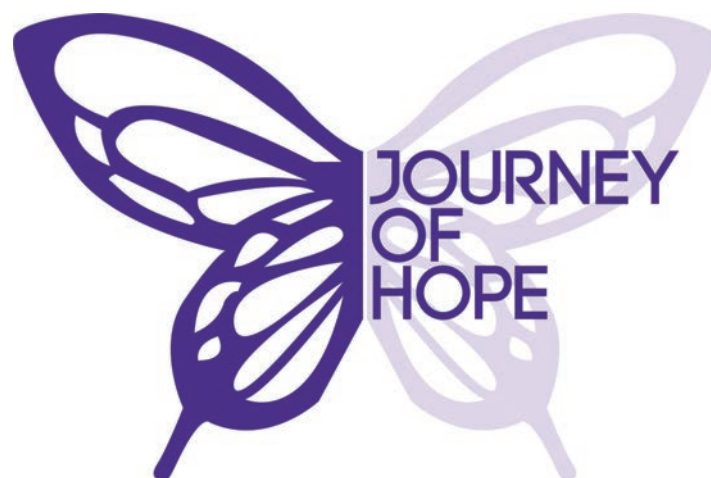
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## Improving the lives of harmed and justice-involved women and girls by empowering them through case management, mentorship and social advocacy

Starsha Vario first heard about Journey of Hope in 2013, while she was incarcerated at the Utah State Prison and, frankly, she was not interested.



Shannon Miller Cox

“I honestly thought it was going to be another kind of probation or parole program and I was not interested in that whatsoever,” Vario said. But two years later, now released from prison and looking to restart her life, Vario was reconnected with Journey of Hope and started to see the organization and their mission in a new light.

Officially incorporated in 2014, Journey of Hope was founded by Shannon Miller Cox, a childhood trauma survivor and former law enforcement officer, with one simple goal: to provide comprehensive, trauma-informed services to harmed and justice-involved women and girls.

Women like Vario.

Vario describes her childhood as being “born into tragedy.” Her parents, siblings, cousins and most other people around her growing up were all addicts. When she started getting arrested and catching charges, the requirements the court placed on her to stay out of jail were impossible for her to meet. How could she get a job when she didn’t have an address? How could she

hold a job with no reliable transportation?

And nothing the court mandated did anything to address the trauma she had suffered or the addiction she was fighting. It was Journey of Hope that gave Vario the tools she needed to “interrupt the pipeline” and build a new, successful network of support.

“For me, Journey of Hope was the support system I needed to get away from all I’ve ever known and all I’ve ever done,” Vario said. “They treated me as a person, not a criminal, and they treated me as a traumatized individual.”

This trauma-informed approach is key the work Journey of Hope does, said Katty del Pilar Youd, case manager and development specialist for the organization.

“We try to do everything through a trauma-informed lens,” she said. “Having our clients understand where their behavior is coming from and understanding their trauma helps empower them to go forward with a little more confidence as they work to overcome their barriers.”

The first trauma-informed, evidence-based program Journey of Hope operates is called HOPE, a prison mentoring program.

Community volunteers trained in Journey of Hope’s case management model are paired with incarcerated women four to six months before they are released. The main goal is to prepare these women for their transition out of incarceration and to identify any needs they’ll have after they get out of jail, including housing, education and employment.

In 2017, Journey of Hope launched a second initiative called HER, an empowerment and resilience program for women and girls that includes direct services, case management and triage services. Clients include women and girls who are abused, homeless, previously incarcerated or otherwise at-risk.

Journey of Hope is funded primarily by private donations from foundations and operates on an annual budget of \$450,000. There are six full-time and two part-time employees.

Part of what makes Journey of Hope successful is the individualized approach case managers take to every case, Youd said, regardless of the background of the client or how they came to the organization.

“Some clients will tell me everything right then and there and some don’t. I just meet them where they are,” Youd said. “Every single case is so complex and we try to understand that there are certain barriers



Journey of Hope was founded in 2014 by Shannon Miller Cox, a former law enforcement officer who saw shortcomings in the way the criminal justice system dealt with survivors of trauma, and set out to fix them. Pictured from left to right: Sherry Long, Katty Youd, Renée LaGrant, MayKela Cox, Nyah Cox (Shannon’s daughter), and Steve Cox (Shannon’s husband).

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that keep people in those cycles of poverty and addiction and abuse and incarceration. I applaud every client who comes to us. I understand it's a very hard thing to do because they've been shamed for so long."

The goal of case management is to identify priorities, make goals, and then provide validation and reinforcement along the path. Journey of Hope also works with community partners to address pressing needs such as housing, legal assistance and addiction treatment. There are no eligibility requirements for accessing services through Journey of Hope, and all the services they offer are free.

"If it's something that they feel like Journey of Hope can help with,

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we will help," Youd said. "And if we can't do it, we will find someone who can."

A desire to help is what first attracted Kelsey Burton to volunteer with Journey of Hope starting in 2019.

"I saw that they worked with many different women in many different situations to help them get back on their feet and that really resonated with me," Burton said. "It's always been a motto for me: Change is possible and good change is possible. So to find an organization dedicated to that, that really struck me."

Burton first joined Journey of Hope as a volunteer, but was soon invited to be a member of the board of directors, helping with marketing and fundraising. While the pandemic complicated many of the board's plans, they recently formed a new committee to focus on messaging and outreach to improve Journey of Hope's name recognition and hopefully bring in additional money.

"I'm loving learning how I can be of service and help the organizations and the staff members meet their goals," Burton said. "If they're not taken care of, how can they take care

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Freedom Cox, Journey of Hope employee MayKela Cox's daughter, and her friend attend the More Than a Rap Sheet Event. A key part of Journey of Hope's mission is helping women and girls move past their trauma and the behavior that trauma causes. "We don't judge and we don't stop seeing women as clients because they make a mistake or they relapsed or they lost their job or caught another case," said Starsha Vario, who works as a case manager for Journey of Hope. "I want you to tell me if you make a mistake so we can fix it before it becomes a big mess."



Journey of Hope offers evidence-based, trauma-informed mentorship and support for at-risk women and girls. The organization also acts as a support network for those who don't have one. "If it's something that they feel like Journey of Hope can help with, we will help," said Katty del Pilar Youd, case manager and development specialist for the organization. "And if we can't do it we will find someone who can." Pictured here from left to right are: Deborah Dille, interim executive director and transition navigator; Renée LaGrant, client advocate and certified peer support specialist; Misty Mulkey, client advocate and volunteer coordinator; Katty Youd, case manager and development specialist; Sherry Long, case manager and education program specialist; MayKela Cox, case manager and development specialist; Shannon Cox, founder; and Wendy, former volunteer coordinator.

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of the women they are helping?"

Women like Vario.

Without Journey of Hope, Vario said one of three things would have happened. She would either still be using drugs and committing crimes, she would be back in jail or she would be dead.

Instead, Vario has been clean and sober for seven years. She has her own apartment, a car, a good credit score and a job working as a case manager for Journey of Hope.

"They gave me the support I needed to achieve what I needed to achieve," she said. "I was loved as a child but I don't think I was loved properly. I don't think I knew what love was until I came here and they really loved me until I could love myself. I really do credit Journey of Hope for being the smart, successful person that I am today."

As a case manager, Vario uses the example of her own life — and the role Journey of Hope has played in her success — to show her clients what is possible for them to achieve, even if it takes a couple of tries to get where they want to be.

"We don't judge and we don't stop seeing women as clients because they make a mistake or they relapsed or they lost their job or caught another case," Vario said. "I want you to tell me if you make a mistake so we can fix it before it becomes a big mess."

Meeting clients where they are and working together through mistakes, relapses and other setbacks are critical to erasing the shame many of Journey of Hope's clients have experienced their whole lives, Youd said. It is also critical to breaking down the stigmas and misconceptions the community at large has about the women Journey of Hope serves.

"People don't want to talk about it. As a survivor of domestic violence myself, I understand that people want to keep some things behind closed doors. There are perceptions they want to avoid," Youd said. "Just because a person has a criminal record doesn't mean they will always be a criminal. They are more than a rap sheet. They are human. And they deserve better."



*Helping women and girls recognize and process their trauma so they can move forward with success and self-confidence is at the heart of the work Journey of Hope does. "They gave me the support I needed to achieve what I needed to achieve," said Starsha Vario, who started as a client and now works as a case manager for Journey of Hope. "I was loved as a child but I don't think I was loved properly. I don't think I knew what love was until I came here and they really loved me until I could love myself. I really do credit Journey of Hope for being the smart, successful person that I am today." Pictured from left to right: Katty Youd, MayKela Cox, Renée LaGrant, and Shannon Cox*



*Starsha Vario was introduced to Journey of Hope while she was incarcerated. Though at first she wasn't interested in the program, once she was released from prison and looking to restart her life, she turned to Journey of Hope for help. "For me, Journey of Hope was the support system I needed to get away from all I've ever known and all I've ever done," Vario said. "They treated me as a person, not a criminal, and they treated me as a traumatized individual." Vario, far right, is pictured here with (from left to right): Shannon Cox, MayKela Cox, Sherry Long, and Renée LaGrant.*



## COMMUNITY PARTNERS

### Housing:

- Utah Non-Profit Housing Corporation
- AAA Fair Credit Foundation
- Housing Connect
- Salt Lake City

### Mental and Physical Health:

- University of Utah
- Community Crisis Intervention and Support Services
- Trauma Awareness and Treatment Center Murray
- Rape Recovery Center
- Alcohol Help

### Food Insecurity:

- Food Pantries Available Statewide
- Summer Food Service Program
- Utahns Against Hunger

### Legal Resources:

- ACLU of Utah
- Utah Office for Victims of Crime
- University of Utah Pro Bono Initiative

### Safety:

- South Valley Services
- Family Justice Center
- Utah Domestic Violence Coalition

### Employment:

- Utah Department of Workforce Services
- Spherion Staffing
- Utah Staffing Services



Case Management



Mentorship



Social Advocacy

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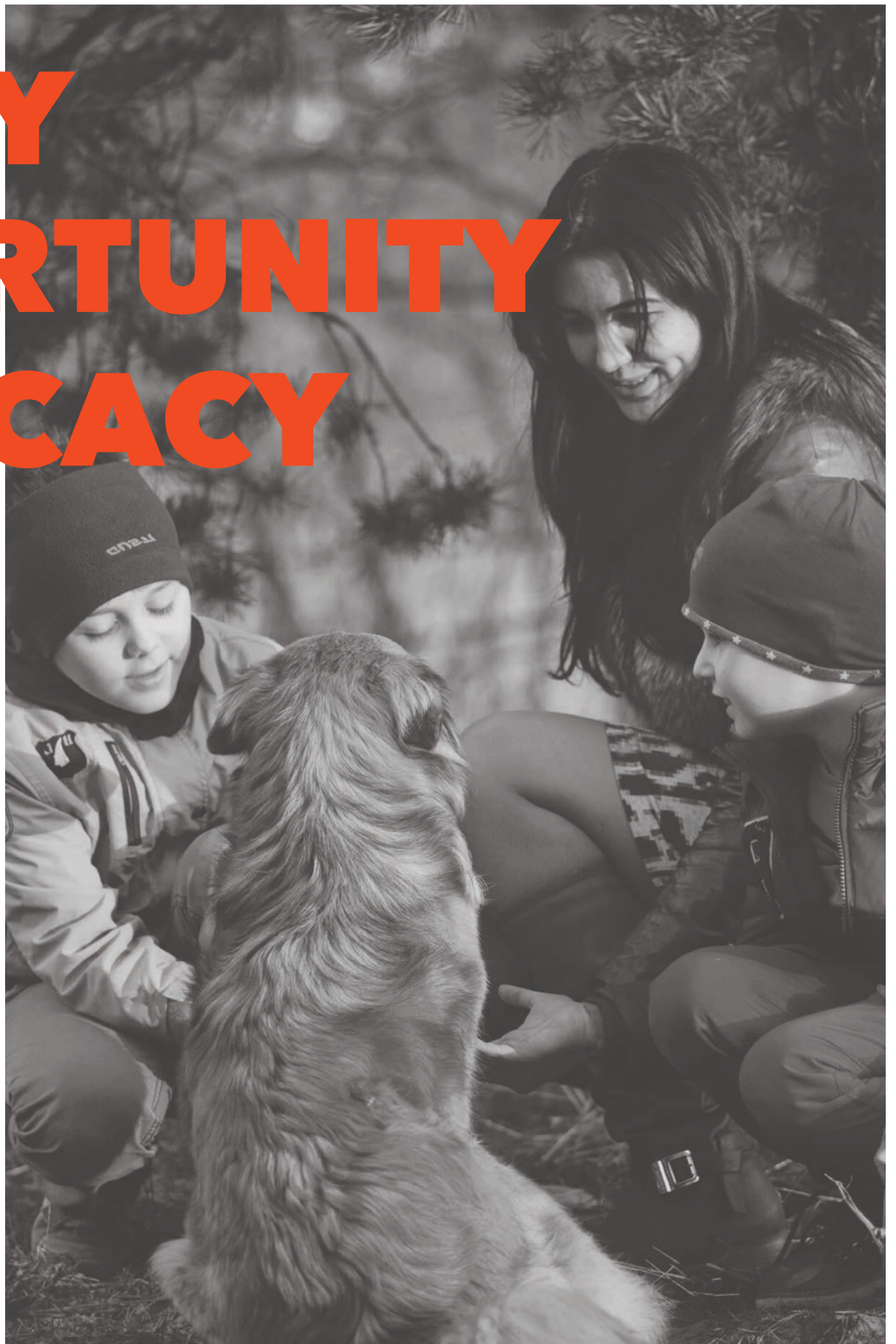
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