



# 2022 Annual Report

BREAKING FREE EMPOWERS SURVIVORS OF SEX TRAFFICKING AND PROSTITUTION TO BUILD NEW LIVES THROUGH SAFE HOUSING, DIRECT SERVICES, EFFECTIVE HEALING PROGRAMS, SURVIVOR ADVOCACY, WORLDWIDE POLICY CHANGE, AND HOPE.

*Breaking Free* 

# 2022 At-a-Glance

## CLIENT SERVICES

IT ALL STARTS WITH OUR CLIENT SERVICES PROGRAM, WHICH IS THE CORE PROGRAM AND GATEWAY TO SERVICES AT BREAKING FREE. IN 2022, **267 WOMEN AND CHILDREN FOUND SAFETY AND ADVOCACY** AT BREAKING FREE'S DROP-IN CENTER IN RAMSEY COUNTY, MINNESOTA. **\$241,029 OF EMERGENCY CLIENT ASSISTANCE** WAS PROVIDED ON BEHALF OF INDIVIDUALS WHO EXPERIENCED COMMERCIAL SEXUAL EXPLOITATION.

WE OFFERED WEEKLY IN-HOUSE EDUCATIONAL SUPPORT GROUPS FACILITATED BY BREAKING FREE STAFF CALLED SISTERS OF SURVIVAL. THIS 14-WEEK, INTENSIVE EDUCATION GROUP EXAMINES SEX TRAFFICKING AS A SLAVE-BASED SYSTEM, ASSESSES THE IMPACT IT HAS HAD ON THEIR LIVES, AND COVERS ISSUES RELATED TO ADDICTION AND RECOVERY. THESE GROUPS PROVIDE INFORMATION ABOUT THE DYNAMICS OF SEX TRAFFICKING AND OTHER FORMS OF VIOLENCE AGAINST WOMEN AND GIRLS AND OFFER A SPACE FOR WOMEN TO SHARE THEIR EXPERIENCES. **TEN WOMEN GRADUATED** THIS PROGRAM IN 2022, COMMITTING TO THE INTENSE PROGRAM TO CHANGE THE NARRATIVE OF THEIR LIVES. WE ARE SO PROUD OF THESE LADIES!

## PERMANENT SUPPORTIVE HOUSING

SAFE AND STABLE HOUSING IS THE NUMBER ONE BARRIER FOR PEOPLE SEEKING TO EXIT THE LIFE OF COMMERCIAL SEXUAL EXPLOITATION AND/OR PROSTITUTION. OUR PERMANENT SUPPORTIVE HOUSING PROGRAM CONSISTS OF 33 ONE AND TWO-BEDROOM UNITS IN SAINT PAUL, MINNESOTA. IN ADDITION, BREAKING FREE PROVIDES SCATTERED-SITE SUBSIDIZED HOUSING OPPORTUNITIES THROUGH HEARTH CONNECTION AND THE SECTION 8 VOUCHER PROGRAM. OUR HOUSING ADVOCATES ASSIST PARTICIPANTS WITH NAVIGATION TO ACCESS COMMUNITY SUPPORTS INCLUDING FINANCIAL ASSISTANCE, EMPLOYMENT RESOURCES, EDUCATIONAL PROGRAMS, AND MENTAL HEALTH AND CHEMICAL HEALTH SERVICES. BREAKING FREE CURRENTLY HOUSES 71 INDIVIDUALS, 32 OF WHICH ARE CHILDREN. BREAKING FREE **ASSISTED 78 FAMILIES IN OBTAINING SAFE, STABLE HOUSING** AT OUR VILLAGE PLACE APARTMENTS IN 2022.



## OUTREACH

BREAKING FREE CURRENTLY PARTICIPATES IN TWO DIFFERENT ANTI-TRAFFICKING STREET OUTREACH INITIATIVES. OUR OUTREACH EFFORTS COVER RAMSEY COUNTY AS WELL AS THE CITY OF MINNEAPOLIS. OUR RAMSEY COUNTY PROJECT INVOLVES SEVERAL COMMUNITY PARTNERS INCLUDING THE RAMSEY COUNTY HOMELESS RESPONSE TEAM. OUR CITY OF MINNEAPOLIS PROGRAM IS A PARTNERSHIP WITH THREE OTHER COMMUNITY-BASED ORGANIZATIONS AS WELL AS THE MINNEAPOLIS POLICE DEPARTMENT. IN MINNEAPOLIS ALONE, THE UPSIDE OUTREACH PARTNERS **REACHED 1,547 INDIVIDUALS THROUGH OUTREACH**, PROVIDING HUNDREDS OF PERSONAL CARE ITEMS, BUS PASSES, RESOURCES, AND REFERRALS. TO DEVELOP RELATIONSHIPS WITH CLIENTS ON THE STREETS, OUR OUTREACH TEAM DISTRIBUTES BASIC NEEDS AND HYGIENE SUPPLIES, AS WELL AS BASIC FOOD RESOURCES. THE GOAL OF OUR OUTREACH SERVICES IS TO CONNECT VULNERABLE INDIVIDUALS WHO ARE PRIMARILY OUT ON THE STREETS WITH ACCESS TO RESOURCES, STABILIZATION SERVICES, AND HOUSING.





## Letter from the Executive Director

WHAT AN IMPACTFUL FIRST YEAR HERE AT BREAKING FREE! THE HIRING OF MYSELF AS THE NEW EXECUTIVE DIRECTOR KICKED OFF A YEAR LIKE NO OTHER AT BREAKING FREE. SINCE THE START, WE HAVE BEEN BUSY EXPLORING AND IDENTIFYING WAYS TO STRENGTHEN BREAKING FREE AT IT'S CORE. THERE HAVE BEEN CHALLENGING TIMES AND TIMES OF TRIUMPH, WITH MANY GREAT THINGS TO WORK TOWARDS IN THE YEAR AHEAD! AT BREAKING FREE, WE UNDERSTAND SEX TRAFFICKING AS A VICIOUS CYCLE OF VIOLENCE, ABUSE, INCARCERATION, AND ADDICTION. ALL PARTICIPANTS REFERRED TO BREAKING FREE'S HOUSING PROGRAM ARE CHRONICALLY HOMELESS AND HAVE A DISABILITY. ADDITIONALLY, 73% OF THE INDIVIDUALS WE SERVE

IDENTIFY AS BIPOC OR AS A MEMBER OF THE LGBTQ COMMUNITY, AND MOST ARE OF LOW SOCIOECONOMIC STATUS, SINGLE PARENTS, AND HAVE MENTAL HEALTH AND/OR CHEMICAL ABUSE ISSUES AS WELL AS OTHER COMPLEX PROBLEMS RELATED TO POVERTY INCLUDING PROSTITUTION, LIMITED EDUCATION AND VOCATIONAL EXPERIENCE, ABUSE, AND CRIMINAL HISTORIES ARE OFTEN RELATED TO THEIR ABUSE. THESE ARE COMMON BARRIERS FACED BY PEOPLE WHO HAVE EXPERIENCED COMMERCIAL SEXUAL EXPLOITATION, AND MANY HAVE BEEN PROSECUTED FOR CHARGES STEMMING FROM THEIR TIME WITHIN "THE LIFE." BARRIERS TO OBTAINING HOUSING FOR THOSE UNABLE TO PASS BACKGROUND CHECKS, HAVE PRIOR EVICTIONS, OR LOW TO NO INCOME ARE ELIMINATED THROUGH BREAKING FREE'S PERMANENT SUPPORTIVE HOUSING (PSH) PROGRAM.

RECENTLY, BREAKING FREE'S BOARD OF DIRECTORS COMMITTED TO ENTERING A ROBUST **STRATEGIC PLANNING** PROCESS THAT INCLUDES EXPANSION OF OUR PERMANENT SUPPORTIVE HOUSING AND OUTREACH SERVICES FURTHER INTO OUR COMMUNITIES.

*We are moving!*

IN THE COMING MONTHS, BREAKING FREE WILL **RELOCATE ALMOST 40 FAMILIES** TO IMPROVE THE QUALITY OF HOUSING AVAILABLE TO OUR CLIENTS. WE ANTICIPATE THIS PROCESS WILL BE INCLUSIVE, IMPACTFUL, AND HEALING FOR OUR STAFF, CLIENTS, AND COMMUNITY AT LARGE.



THROUGH THE STRATEGIC PLANNING PROCESS, BREAKING FREE WILL REDEFINE THE MISSION, VISION, AND VALUES OF OUR ORGANIZATION, AND IDENTIFY AREAS OF STRENGTH AND OPPORTUNITY. THE ORGANIZATION WILL BUILD UNITY AROUND REDEFINING WHAT "SURVIVOR-LED" MEANS TO THE ORGANIZATION TODAY AND WHAT PROGRAMMATIC SHIFTS MAY BE NECESSARY FOR SUSTAINABILITY AND GROWTH IN THE NEXT THREE TO FIVE YEARS. WE KNOW THAT THIS PROCESS WILL PROVIDE CLOSURE AND HEALING TO THE STAFF WHO HAVE BEEN WITH THE ORGANIZATION THE LAST FEW YEARS AND HAVE EXPERIENCED THE MOST UPHEAVAL. WE ANTICIPATE THAT THIS PROCESS WILL BE EXTENSIVE AND REQUIRE US TO LOOK VERY CLOSELY

AT HOW BREAKING FREE HAS OPERATED IN THE PAST AND HOW WE CAN LEARN FROM THIS. WE ANTICIPATE THAT GOING THROUGH A CIRCLE OF HEALING AND A STRATEGIC PLANNING SESSION WILL STRENGTHEN OUR ORGANIZATION FROM WITHIN, BY ADDRESSING INTERNAL POLICY, PROCEDURE, COMRADERY, COLLABORATION, AND NORMS, ALLOWING US, IN-TURN, TO BETTER EQUIP THE SURVIVORS WE WORK WITH DAILY AND EVENTUALLY HIRE ON AS STAFF-SURVIVORS. USING THE AUTHENTIC VOICE OF OUR COMMUNITY IN SHAPING BREAKING FREE'S FUTURE IS OUR ONLY PATH FORWARD. THANKS TO A GENEROUS SPONSOR, IN 2023 BREAKING FREE WILL PARTICIPATE IN THE **CHARITIES REVIEW COUNCIL'S ACCOUNTABILITY PROCESS**. THE MEETS STANDARDS® SEAL IS A VISUAL MARKER OF NONPROFIT STRENGTH AND A GREAT WAY FOR NONPROFITS TO DIFFERENTIATE THEMSELVES, COMMUNICATING THEIR INTERNAL STRENGTH AND IMPACT TO SUPPORTERS. (CHARITIES REVIEW COUNCIL, 2023) WE BELIEVE WORKING THROUGH THIS PROCESS WILL CREATE A CULTURE OF TRANSPARENCY AND TRUST WITHIN OUR ORGANIZATION AND WITH IT'S STAKEHOLDERS. A HUGE **THANK YOU** TO OUR GENEROUS DONORS WHO STAND BY THE SIDE OF SURVIVORS ACROSS OUR COMMUNITY EACH AND EVERY MONTH THROUGH THEIR DONATIONS. **WE APPRECIATE YOU.**

### WHO WE ARE

#### BOARD OF DIRECTORS

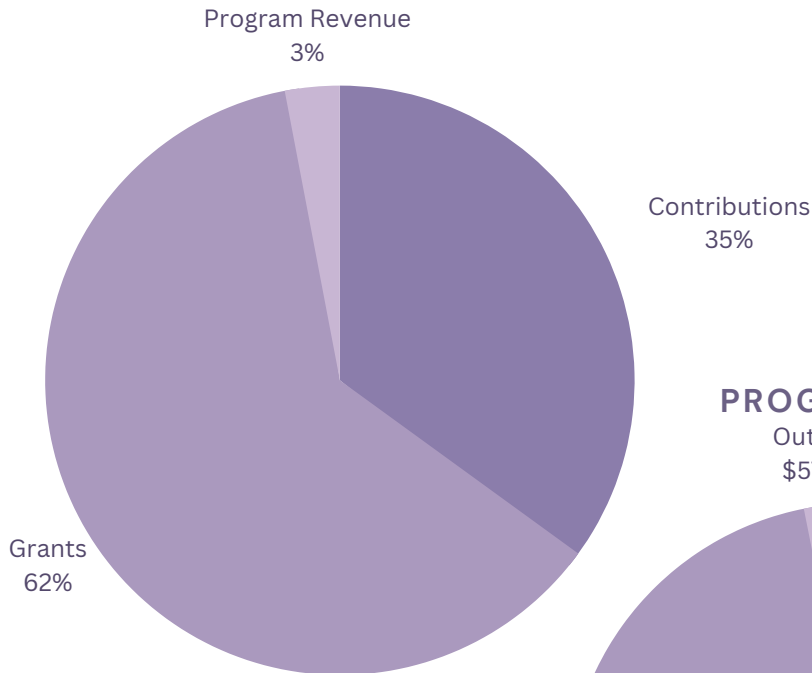
AMELIA BEARD      TOM CHILD      NICOLE EAGLE  
SAM TURNER      GRACE CHILD      SUE TORGENSEN  
CHRIS GOULD      ANN HAINES HOLY EAGLE

#### LEADERSHIP TEAM

LORI QUIST      FLORA WHITFIELD  
SAMANTHA JACOBSON      TONIQUE AYLER  
MARC HAMANN      DAEONA GRIFFIN

# Financial Impact

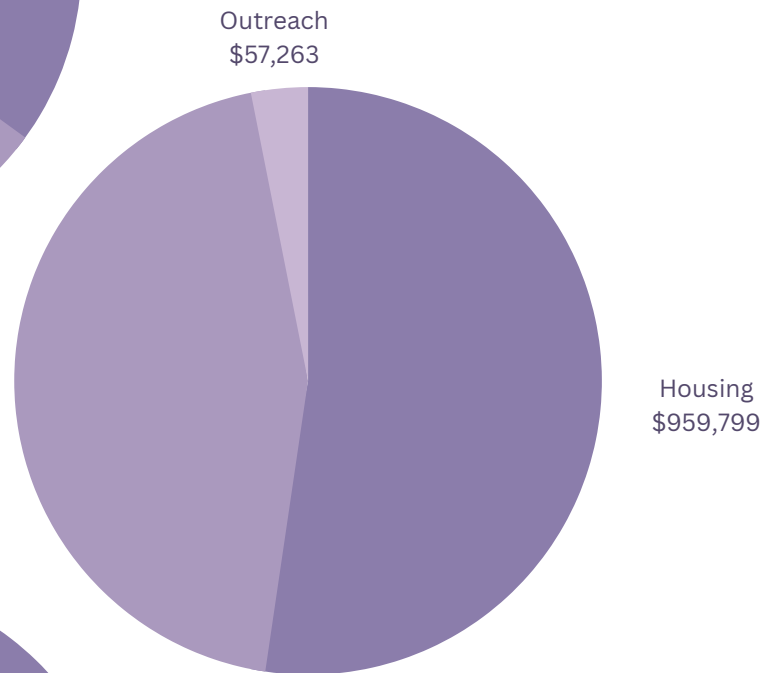
## MAIN SOURCES OF REVENUE



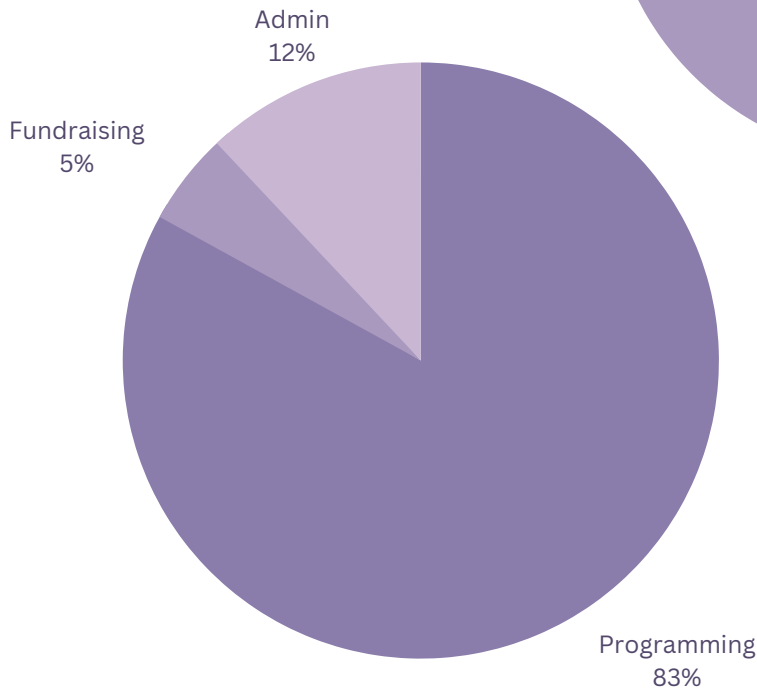
## BALANCE SHEET

ASSETS.....	\$849,745
LIABILITIES.....	\$472,644
NET ASSETS.....	\$377,101

## PROGRAM EXPENSES



## FUNCTIONAL EXPENSES



## INCOME STATEMENT

GRANTS.....	\$1,260,044
CONTRIBUTIONS...	\$712,019
PROGRAMS.....	\$54,472
MISCELLANEOUS..	\$18,001
REVENUE.....	\$2,044,536
PROGRAMS.....	\$1,834,243
ADMIN.....	\$286,979
FUNDRAISING.....	\$100,694
EXPENSES.....	\$2,221,916
NET.....	-\$177,380