



Annual Report

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Hello from Breaking Free! In the past year, we embarked on a much-needed renewal for our organization. In 2023, we achieved significant milestones, including new housing options for survivors and the launch of an outreach program reaching more individuals grappling with trauma in the Twin Cities and neighboring communities. As we look ahead to 2024, we are eager to expand and revitalize both existing and new programs. Collaborating with Washington and Anoka Counties, we aim to broaden our housing initiatives to support a greater number of individuals affected by exploitation and trafficking. Wishing you peace, love, and joy in your pursuits, and we invite you to stand with us in our ongoing commitment to end sexual exploitation. Blessings, Lori Quist

A YEAR OF TRANSITION AND EVOLUTION

With help from generous donors like you, we have supported 195 people as they establish stability and gain renewed hope for their future. We have also started the bittersweet process of finding a new space as we have outgrown our space on University Ave and desire to have all programs under one roof. This decision was made with insight from community and is part of our shift to a more responsive program model - connecting with people where they are, with the help they want. What is unchanged is our commitment to remaining an essential resource for survivors of trafficking in our community.

IMPACT SNAPSHOT

195

People found safety and advocacy

89

Individuals obtained safe, stable housing

475

connections through street outreach



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.



87

New client intakes

1,825

Services provided to clients

78

Families housed by Breaking Free

PROGRAMS

ACCOMPLISHMENTS AND GOALS

Client Advocacy

All participants referred to Breaking Free are chronically homeless and have a disability. Additionally, 70% of the individuals we serve identify as BIPOC and most are of low socioeconomic status, and have mental health and/or chemical abuse issues as well as other complex problems related to poverty including prostitution. Breaking Free's commitment to advocacy reflects a profound dedication to social justice and a tangible impact on creating a more equitable and inclusive society. Throughout Ramsey, Anoka, and Washington counties, Breaking Free provided advocacy to 195 participants.

Our 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. Eight women graduated this program in 2023, committing to the intense program to change the narrative of their lives.

Permanent Supportive Housing

In the past year, Breaking Free's Permanent Supportive Housing Program has achieved remarkable success in providing stability and transformative support to individuals facing homelessness. Through a dedicated and holistic approach, the program has successfully relocated, and housed and assisted 89 individuals in rebuilding their lives. Breaking Free was recently awarded funding to provide rental assistance and supportive services to 15 households through Suburban Metro Area Continuum of Care and additional funding for 15 more households through Hearth Connection. With this funding, we are hoping to expand our Permanent Supportive Housing programs further in 2024.

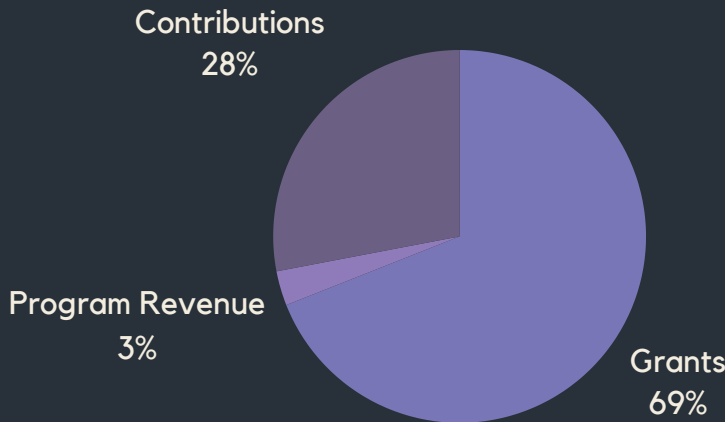
Street Outreach and Mobile Advocacy

Over the past year, Breaking Free's Street Outreach and Mobile Advocacy Program has demonstrated unparalleled success in reaching and positively impacting individuals in vulnerable situations. In fact, the program was able to meet the same number of participants our previous model of a Drop-In Center saw in a year, in just four short months! The program's dedicated outreach team has tirelessly engaged with those experiencing homelessness and exploitation, offering immediate support and connecting them with essential resources. In 2023, the new Street Outreach team made 475 contacts in our community. Through strategic mobile advocacy initiatives, Breaking Free has expanded its reach, ensuring that marginalized populations have access to critical services such as shelter, food, and basic needs supplies. Breaking Free's Street Outreach and Mobile Advocacy Program has not only addressed the immediate needs of those living on the streets but has also played a pivotal role in building bridges to long-term solutions, fostering a sense of hope and resilience within the community.

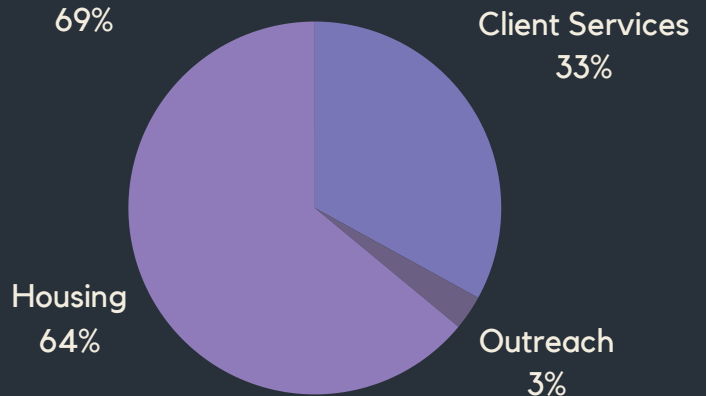


Financial Snapshot

revenue



expenses



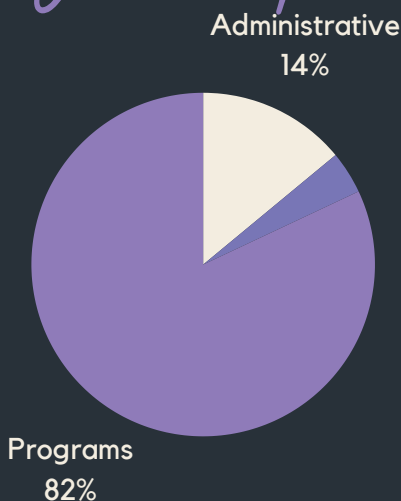
balance sheet

Assets	\$1,543,194
Liabilities	\$1,203,870
Net Assets	\$339,324

income statement

Grants	\$1,220,645
Contributions	\$492,601
Programs	\$60,525
Revenue	\$1,773,771
Programs	\$1,482,761
Administration	\$250,581
Fundraising	\$78,206
Expenses	\$1,811,548
Net	\$(37,777)

program expenses



BOARD OF DIRECTORS AND KEY STAFF


Amelia Beard
Ann Haines Holy Eagle
Sam Turner
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Grace Child
Lori Quist
Samantha Jacobson
Marc Hamann
Kilian Donovan
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We couldn't have
done it without your
generous *support.*


Thank you

to all our donors
and volunteers.

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