



The Nutter Center for Empowering Women, Inc.

WHERE POSSIBILITIES MEET SUCCESS

Newsletter

1ST
QUARTER
2021



Programming Growth Continues in 2021 ...



"I learned that I'm really not ready to have a child yet."

Clients have this to say . . .

In a comprehensive review of all it's clients and workshop participants since 2005, The Nutter Center for Empowering Women, Inc. looked at both quantitative and qualitative responses to the program for each individual workshop. This is being aggregated and assessed for an evidence based outcomes report by a leading university researcher.

Here are some excerpts from the qualitative comments:

"I feel like a better person and I feel like I know myself better now."

"It was funner than I expected. Everything was helpful."

. . . Story continued page 3

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From it's inception in 2005, The Nutter Center for Empowering Women has continued to grow. Initially, launched in Zanesville, Ohio, the program is now in other states, as it's relevance becomes more evident, reaching beyond the initial audience of single moms.

Founder, Valerie Nutter developed the programs out of her own experience of being a single mother at a very young age and becoming reliant on welfare to meet most of her and her child's needs, and shares what it takes to take control of one's life, and what steps in behaviors and transitional thinking, through her empowerment-based curriculum.

"There are so many steps in development that require skills that are *not* offered in school nor taught in a home setting, and it can be overwhelming to break a negative cycle of behavior. Everyone comes in the program at a different place and we meet them right where they are," said Nutter. Of 5-Steps (levels) of the SUCCESS Program, Step I & II offer empowerment-based life-skills curriculum.

The curriculum covers a comprehensive body +mind +emotion +attitude and tangible skillset for one's life planning, career, and day-to-day. For those with the added challenge of bringing children into the world, the course is a life preserver.

After going through all the workshop surveys since its start over 15 years ago, NCEW saw some common responses across the questionnaire as well as some demographic surprises.

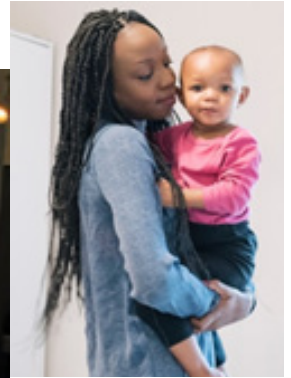
The program reaches beyond single moms to include men, older women, shelter residents and individuals in recovery



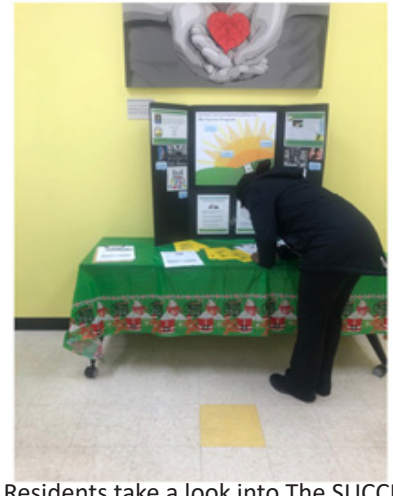
See Program Outcomes Pg 4 . . .

NCEW brings Holiday Cheer for 400 Shelter Residents

Residents of Franklin County Women's and Men's Shelters were invited to holiday receptions held the afternoons of December 28th and 29th for cookies and hot chocolate and received care packages. NCEW staff distributed the care packages which included personal care items, warm socks and gloves.



The SUCCESS Program focuses on improving knowledge in areas that promote positive life-management skills for personal development, employment and self-sufficiency.



Residents take a look into The SUCCESS Program. NCEW is a 5013C non-profit.



Thank you to our sponsors @ Colgate Palmolive and at TS Tech, USA for providing personal care items & contributions



Women's shelter above and middle, men's shelter bottom & upper right.

Single Mom: An American Story

"Okay, let's set the scene. You're a single parent with a child. You work full time for \$14. You bring home roughly \$800 per paycheck. Your bills: \$1000 rent, \$150 electrical, \$250 car payment, \$150 car insurance. So let's do the math. You bring home about \$1600 a month and your bills average about \$1550, give or take. You're making it, but barely. (This doesn't even include groceries, internet, cable, cell phone, etc; nor does it include child tax credit or child support)"

"Now, it's a really cold December and you get a power bill for \$600. How do you pay that? To put it simply, you don't. Because you can't. So your power gets shut off. But you know what your lease says? It says you get evicted if your utilities are terminated. So now you're in court, crying to a judge who doesn't care, and you have 10 days to get out."

"Well, you're in luck! Because you found somewhere with 3 days to spare and it's only \$650 a month! But to get in, you have to pass a background & credit check. Which you can't, because you just got evicted. You've never been a criminal, but even if you could pass it, you're looking at \$1300 to move in, after paying the deposit and first month's rent."

->cont'd page 3



Single Teen Mom- story continued . . . from Page 2

"Time's up! Landlord shows up at 7am with the police and changed your locks. So now you're living in your car with your 7 year old son and everything you need to get by. You tried to get a storage unit, but you don't have a billing address so they won't sell one to you, so you could only take what would fit in your back-seat. You pay to shower at local truck stops and eat whatever can be cooked in a gas station microwave. Someone sees you and your son living like this and calls CPS; guess what happens next. They remove your child from your care. As if this isn't devastating enough, you lose your job too, because "an employee losing their child reflects poorly on this company."

"So now, you apply for an apartment with the region, where the waiting list is 3-7 years. Then you go into WalMart to put in an application. When you get back to your car, you see that your back window has been smashed and someone helped themselves to your belongings. Remember that it is December, and really cold, and now you have damage to your only shelter. You call your car insurance, who says your deductible is \$1,000 AND they're going to increase your monthly rate since you're now "high risk." You call the homeless shelter as a last resort.....and all their beds are full."

"I'll stop here, because I think you get the point. The people we work with everyday are these people. WE ARE THESE PEOPLE. We are all so close to homelessness and don't even realize it. All it takes is one unexpected bill, one fender bender, one lay-off, one house fire, etc."

NCEWS helps clients re-visit their story and make new choices for the future, without judgment, and empower women-and men for success. #

story posted by JV-FB 12-2020

Clients have this to say . . . from p1

"From the past two workshops I have learned a great deal of things I didn't know. Having good hygiene means you respect yourself."

"I learned you can communicate in different ways without being rude"

"How many hours I had to mess with and that I need to manage my time better. I learned how much time I had left after doing everything else."

"I don't need drugs to feel good about myself."

"I learned what to do if I am in that way with a boy."

"I can do it. I can live on my own."

"Everything was helpful. Workshop is useful because most people don't have a life."

"I need to work on a lot of things. I need to be more in control of my life."

"I need to change my life because I don't want to continue the life I'm living now."

The Success Program has an 81% success rate with program completions.

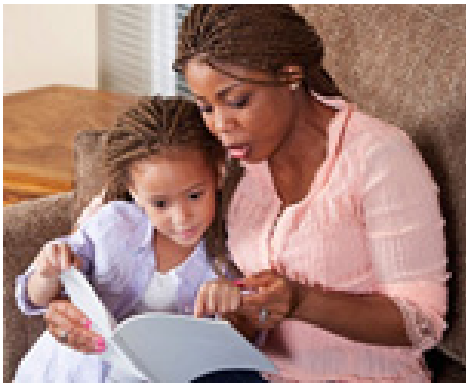
The five-step program follows a comprehensive plan, including participation and homework to help participants feel a sense of empowerment toward achieving their goals.

Step One is the assessment process.

Step Two begins the course education modules.

Step Three is Support System and Mentoring Program focusing on education and career development.

Step Four is a second level of course modules and skills training, and **Step Five** focuses on clients obtaining sustainable-wage income through employment, and stability.



The Nutter Center for Empowering Women, Inc. . . . cont from page 1
-program outcomes-

NCEW has evaluated sources of referrals & opportunities to make new connections in 2021 forward. Completion rates of it's 5-step process of those who have successfully entered The SUCCESS program, (pending + workshop completions) equal an 81% success rate. Though we continue to measure outcomes this is an important milestone.

Still, our work continues. There are a number of higher risk factors indicating less successful long-term outcomes with teen pregnancy, such as low birth weight, less pre-natal care, and higher welfare dependency with subsequent longer term risk to infants and children. Its important work.

Ohio Birth Data 2017

	<u>State</u>	<u>Rank*</u>	<u>U.S.**</u>
Percent of Births to Unmarried Mothers	43.2	15th	39.8
Teen Birth Rate ‡	20.8	22nd	18.8

from the US CDC State of Ohio Data Table

With demographic research completed, we have realized from seeing *mothers* of teen moms in the program, *and* single men that there is a lot of opportunity to continue to make a difference and build our program in the year ahead. New therapist, development, and office staff have joined us. **Thank you for being a part of our journey.** We look forward to working with you and welcome any referrals you might have.

Most sincerely,

Valerie Nutter, President & CEO



**The Nutter
Center for
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