



CATHOLIC
SOCIAL SERVICES
OF SOUTHERN NEBRASKA



St. Gianna Women's Homes Ten-Year Anniversary

Our mission as Catholic Social Services of Southern Nebraska is to perform the Works of Mercy in response to the call of God.

Who is St. Gianna? (1922 - 1962)

St. Gianna Beretta Molla was a modern-day physician and devoted mother who, in 1962, refused both an abortion and a hysterectomy during a risky pregnancy in order to save her unborn baby, ultimately at the expense of her own life. For her sacrifice, Gianna was beatified by Pope John Paul II in 1994 and canonized as a saint on May 16, 2004. Her husband Pietro and their last child, Gianna, whose life she saved, were present at the canonization ceremony. St. Gianna is the patron saint of mothers and unborn children.

CELEBRATING TEN YEARS OF SERVICE

May 2021 marks a very special anniversary for Catholic Social Services of Southern Nebraska (CSS). Since 2011, CSS has provided direct client assistance to survivors of domestic violence (DV) and other forms of abuse and control, including long-term housing through St. Gianna Women's Homes. Staffed by the Marian Sisters, this residential complex in Lincoln is comprised of 24 apartment units: 6 one-bedroom units, 12 two-bedroom units, and 6 three-bedroom units. These fully-furnished apartments are intended to give women and their children the time and support they need before transitioning into permanent housing. St. Gianna's also offers a range of other services to residents, including education, employment services, and counseling. At St. Gianna's, each family is provided a safe and secure environment to cope with the trauma caused by the abuse, become financially self-sufficient, and learn how to develop healthy relationships in the future.

Working together, our goal is to bring "Hope in the Good Life" to those we serve.

WHAT IS DOMESTIC VIOLENCE?

According to the National Coalition Against Domestic Violence (NCADV), domestic violence (DV) is:

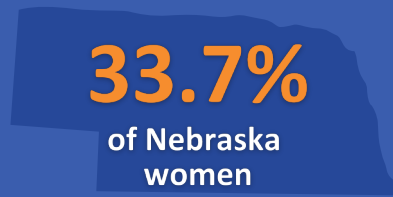
"the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another."

Intimate partner violence (IPV) includes, but is not limited to, physical violence, sexual violence, stalking, verbal abuse, threats, economic abuse, and emotional/psychological abuse by either a current or former spouse or dating partner. The frequency and severity of domestic violence can vary dramatically, ranging from one episode of violence that could have a lasting impact to chronic and severe episodes over multiple years.

IT'S MORE COMMON THAN YOU THINK



have experienced some form of physical violence by an intimate partner.



experience physical violence, sexual violence, or stalking by an intimate partner in their lifetime—an estimated 58,000 Nebraska women annually.



adult and child survivors. Another 96 requests for services went unmet due to lack of resources.

IMPACT ON SURVIVORS

Domestic violence occurs in all communities and affects all people regardless of age, race, gender, ability, socioeconomic status, sexual orientation, religion, or nationality. Physical violence is usually accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of power and control. Domestic violence can result in physical injury, chronic health issues, psychological trauma, and even death. Intimate partner violence is also related to serious socioeconomic consequences, including housing instability and unemployment. The devastating impact of domestic violence can cross generations and last a lifetime.

When possible, it is best for victims to do what they can to escape their abusers. However, this is not always a viable option. Abusers often go to extreme measures to prevent the victim from leaving. In fact, leaving an abuser is the most dangerous time for a victim of domestic violence. A victim's reasons for staying with their abuser are extremely complex and, in most cases, are based on the reality that their abuser will follow through with their threats of harm.

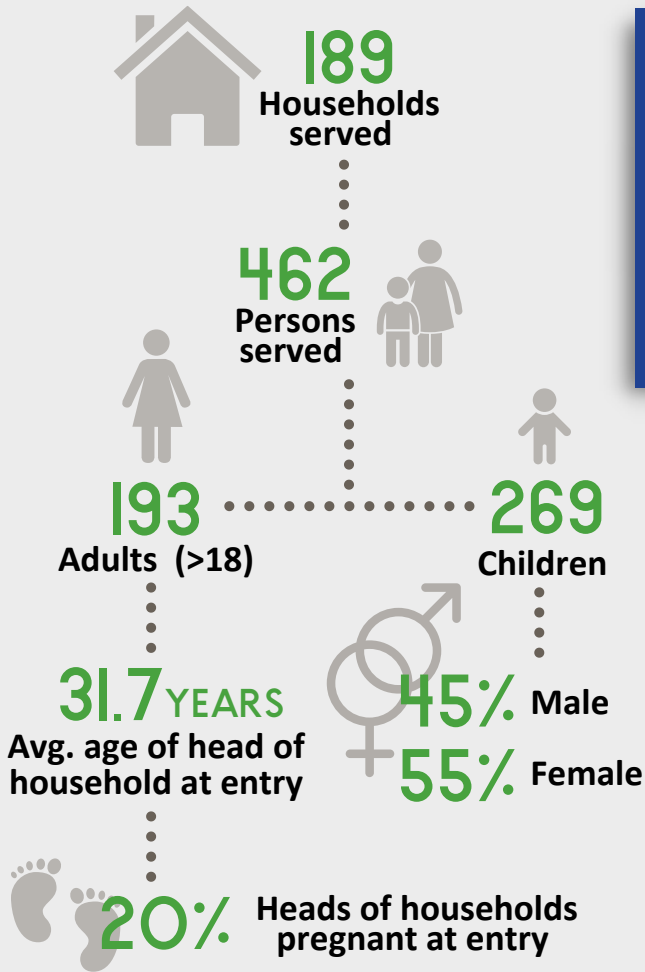
Another common barrier to escaping domestic violence is a lack of somewhere to go (i.e. no friends or family to stay with, no money for a hotel, shelter programs are full or limited by the length of stay, etc.). According to The National Center on Family Homelessness, domestic violence is the third leading cause of homelessness among families with 50% of homeless women citing domestic violence as the immediate cause of their homelessness. This very real threat of housing instability for survivors fleeing domestic violence highlights the urgent need for and importance of services to support survivors, especially long-term housing programs like St. Gianna's that provide a safe and stable environment for survivors to heal and plan for their futures.

“St. Gianna's has really impacted my life, in a way that has made me realize how strong I really can be, not only for myself, but for my kids as well. I realize I am not alone, that there is help and a better future!”

- Former St. Gianna's Client

CLIENT DEMOGRAPHICS

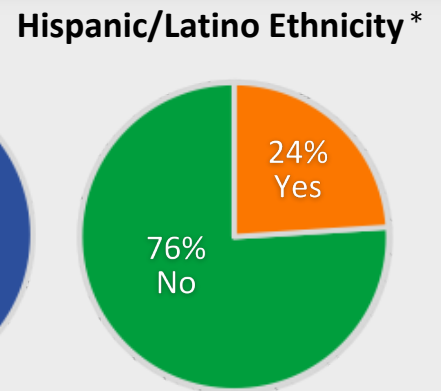
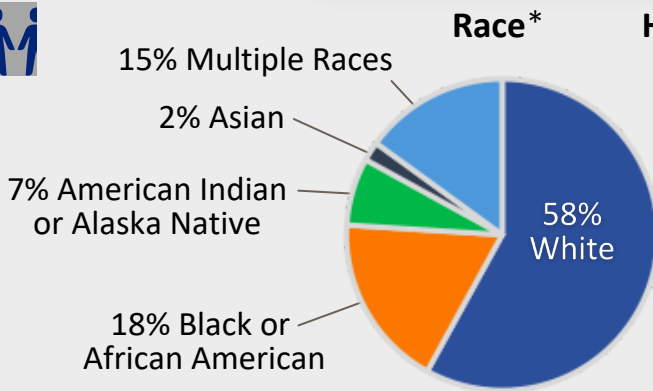
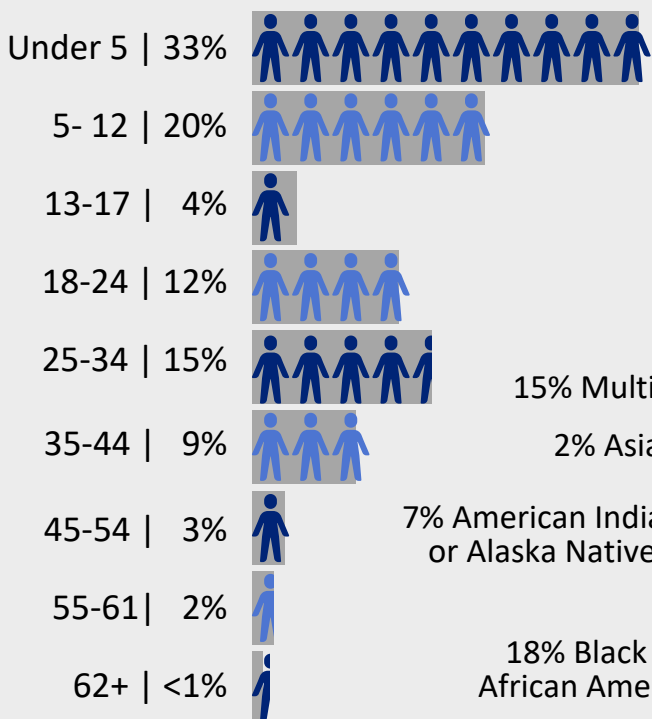
St. Gianna Women's Homes



“I knew in my mind that my daughter and I were important. I know now that we can do great things without my abusive husband in our lives. We lost my great job, nice car, and nice home because of the abusive situation we were in. My husband manipulated his way back into our life over and over again, forced and stalked his presence upon us to make our life uncomfortable and unbearable to maintain. My daughter and I came to St. Gianna’s and received gifts of love, both tangible and emotional. I questioned “why?” and like many women who are in this kind of abusive relationship I felt undeserving until the Sisters and other women at St. Gianna’s helped me to realize that “I am enough just being myself!” ...Sr. Karen especially saw something in me....She kept pushing to keep going in my faith and values and appreciation of God and others. I am so happy as I am now accomplishing my goals. Thank you, CSS and St. Gianna’s!

- Former St. Gianna's Client

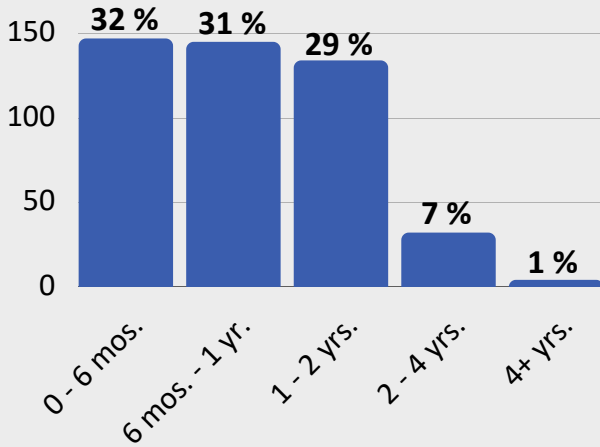
Client ages upon entry at St. Gianna's:



*If data collected

ST. GIANNA WOMEN'S HOMES' IMPACT

Length of Stay at St. Gianna's



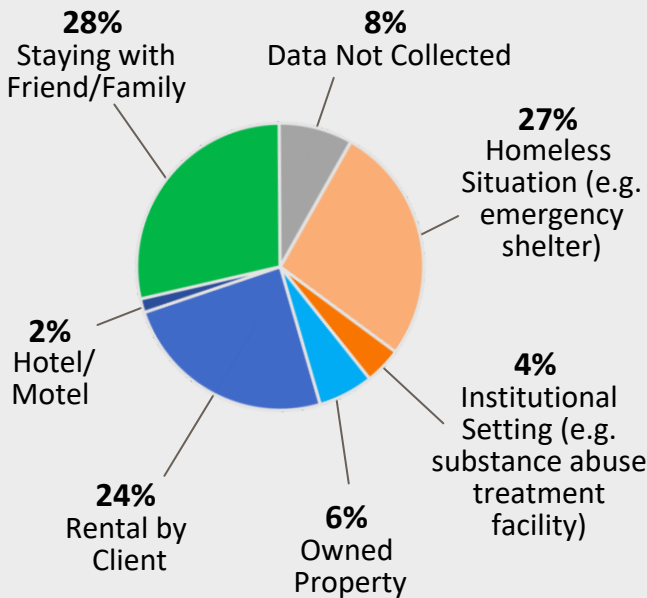
Avg. length of stay: 381.9 DAYS



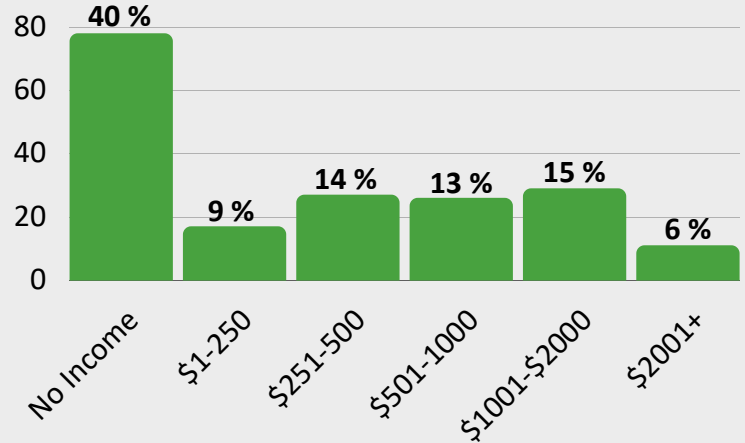
Mental Health and Substance Abuse

Survivors of domestic violence (DV) are at increased risk for suffering serious mental health problems that can continue years after the abuse has ended. For example, studies of female survivors in DV shelters found that 88% were living with PTSD. Other studies estimate that at least 75% of abuse victims suffer from extreme anxiety. To help cope, many survivors turn to alcohol, illicit drugs, or prescription medications for relief. Research confirms that substance abuse, high-risk alcohol use, and addiction are more prevalent among women who have experienced DV compared to women who have not. Similarly, of the clients who abandoned our program or were evicted from St. Gianna's, 35% misused or abused substances.

Previous Living Situation



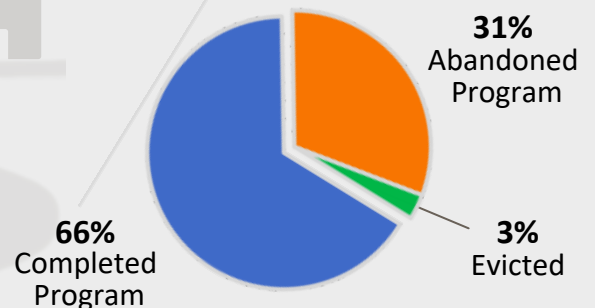
Income Level



Financial instability, especially due to unemployment and child support arrears, is a significant concern for most clients, 40% of whom enter St. Gianna's with no income.

Whether they stay at St. Gianna's for three months or three years, our clients must often overcome great challenges as they begin to heal from the trauma of their abuse—physically, mentally, emotionally, financially, and spiritually. Barriers may include homelessness, poverty, unemployment, PTSD, anxiety, addiction, or no social support system. Indeed, the road to recovery is difficult, but survivors are incredibly resilient, and the majority of our clients successfully complete the program, having received the support they needed to become independent.

Program Outcomes





WAYS TO SUPPORT ST. GIANNA'S TEN-YEAR ANNIVERSARY



As we celebrate this milestone anniversary, we thank all of our generous benefactors who have believed in our mission and supported the women and their children at St. Gianna Women's Homes over the past ten years. Will you join us in celebrating our tenth anniversary by making an anniversary gift?

INDIVIDUAL RETIREMENT ACCOUNT (IRA)

At age 72, a traditional IRA holder (unlike a Roth IRA holder) must begin taking a taxable Required Minimum Distribution (RMD) from their IRA. Instead of taking the RMD amount as income and paying income tax, the IRA holder may donate the entire RMD or a portion of it directly to a 501(c)(3) charity like CSS and avoid paying tax on the amount up to \$100,000 per year or \$200,000 as a couple.

GIFT OF GRAIN

Gifts of grain are an attractive gift choice for many farmers. When a load of grain is hauled to the local elevator, the grain is transferred by the donor into a grain account for CSS, thus completing the gift. The farmer does not collect a check for a grain sale and therefore avoids income tax and self-employment tax on the money that would have otherwise been earned had the grain been sold. The individual is also able to deduct the business expenses associated with raising the donated crop.

GIFT OF SECURITIES

CSS welcomes gifts of appreciated stocks, bonds, and mutual funds as a great way to support the poor in southern Nebraska. Not only will your contribution entitle you to an income tax charitable deduction, you may also avoid capital gains taxes.

LEGACY GIFT

The Legacy of Hope Society is comprised of individuals and families who have included CSS in their estate plans or have named CSS as a beneficiary in a charitable gift arrangement. This includes bequests and gifts made through a will, life insurance policy, or living trust. As a member of this Society, you exemplify an exceptional commitment to and faith in CSS and our mission. You will be recognized in annual correspondence to our donors and invited to special masses and receptions throughout the year.

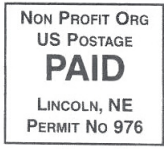
ENDOWED FUNDS

Donors may establish a named endowment with a gift of \$10,000 or more, or donate any amount to an existing endowment fund: St. Gianna Women's Home Fund, the Leo & Eileen Dowd Memorial Fund for St. Gianna's, or the Jim and Lorie Artz Fund. Principal is protected and annual investment earnings up to 5% are distributed to St. Gianna's. Earnings in excess of 5% are added to the principal so the endowment and its distributions will grow over time. Your endowment will benefit St. Gianna's in perpetuity.

*Please contact our Marketing & Development Department at 402-327-6235
with any questions about donating to CSS.*



2241 O Street
Lincoln, NE 68510



SPECIAL 10TH ANNIVERSARY REPORT

“...I will be forever thankful to God for St. Gianna’s Home for Women, the Sisters, and Catholic Social Services. May God richly bless you for all that you do.”

-St. Gianna's Client

Ten years ago, we broke ground for our St. Gianna Women’s Homes. Thank you to all who have helped us provide a safe home for women and their children fleeing domestic violence over the past decade. Join us at csshope.org throughout this year as we will be sharing special stories and ways you can support the work of St. Gianna Women’s Homes across southern Nebraska.

