



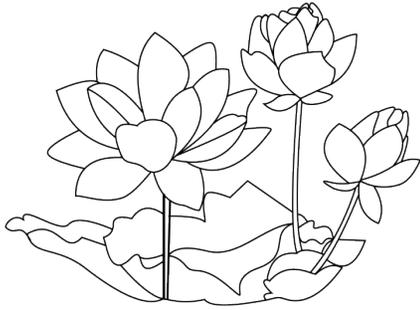
*Raising HOPE Mentor and Mentee*

# Raising HOPE Program Report 2019-2020

Raising HOPE is a program of the United Way of Ulster County, 450 Albany Avenue, Kingston, NY 12401

[www.ulsterunitedway.org/raising\\_hope-main/](http://www.ulsterunitedway.org/raising_hope-main/)





# Flourishing & Pivoting

REFLECTIONS  
2019-2020

Dear Friends,

The [Raising HOPE program](#) is proud to partner with you as we work toward a vibrant present and future for all women and families underserved in our communities. We are humbled and honored to help advance and support Raising HOPE's mission to help women develop and achieve their educational and career goals to become financially stable and self-sufficient. We support inclusiveness and celebrate diverse voices and perspectives.

We've had an incredible opportunity this year in working together and partnering with community agencies and leveraging our resources strategically and collaboratively. We joined **Family of Woodstock** in providing Trauma-Informed Care Training to our Mentors, the **Ulster County Labor Employment & Training** office in helping utilize the employment and training resources available and emerging opportunities for Mentees, and **Health Care Is a Human Right** in teaching self-care practices to both Mentee and Mentors to help cope with the stress of the pandemic crisis.

The Raising HOPE program rose to the challenges and restrictions during the pandemic, increasing programming and interaction in a virtual platform by over 300%. Our team produced 39 workshops, support groups, and trainings in 6 under months. We are proud to lead these efforts and accelerate positive change for women and particularly in underserved communities including immigrants, communities of color, people in recovery, and those with a mental health diagnosis.



*Raising HOPE Mentee Training 2019*



*Raising HOPE Virtual Journaling Workshop 2020*

As we look forward to the coming year, we are excited to continue expanding and collaborating with our growing network and partners.

The time has come for us to step into our power, where we can dream of the possibility of a world that we could never even imagine. We continue to hold our vision of **Help, Opportunity, Passion, and Empowerment** for the women of Ulster County.

Thank you for your continued support and interest in Raising HOPE, a women mentoring women program of the United Way of Ulster County.



*Mentee and Mentor, Raising HOPE Orientation 2020*



*Mentee and Mentor, Raising HOPE Orientation 2020*

# Raising HOPE 2019-2020 Results

85% Retention Rate

63% Mentees achieved their education goals

54% Mentees achieved their career goals

50% Mentees achieved their personal goals

## ATTENDEES:

439 women participated through in-person programming, online workshops, and trainings.

42 digital newsletters

Find Raising HOPE on  
[LinkedIn](#) and [Facebook](#)





We receive referrals from Ulster County Family Court, DSS, Family of Woodstock, Homeless Shelters, Ulster County Mental Health, New Start for Women Program, RUPCO, faith-based and community services, and word of mouth.

Many of these women have lost everything they care about due to early trauma, substance abuse, and/or domestic violence. They are on various paths to regain custody of their children, maintain sobriety, and stability in their lives. The Raising HOPE program, community, and mentors help support and encourage their positive journeys to success.

# RAISING HOPE IMPACT

"Sheila" came to the Raising HOPE program after growing up in group homes, on the streets, and surviving childhood abuse. Angry and confused, she ended up incarcerated for assault at nineteen. A challenging and chaotic journey followed her until the age of twenty-six, when an organization she was volunteering with referred her to Raising HOPE. As a single mother of a 10-month-old and underemployed, she was at a point in her life where she was ready to engage in positive change and move forward.

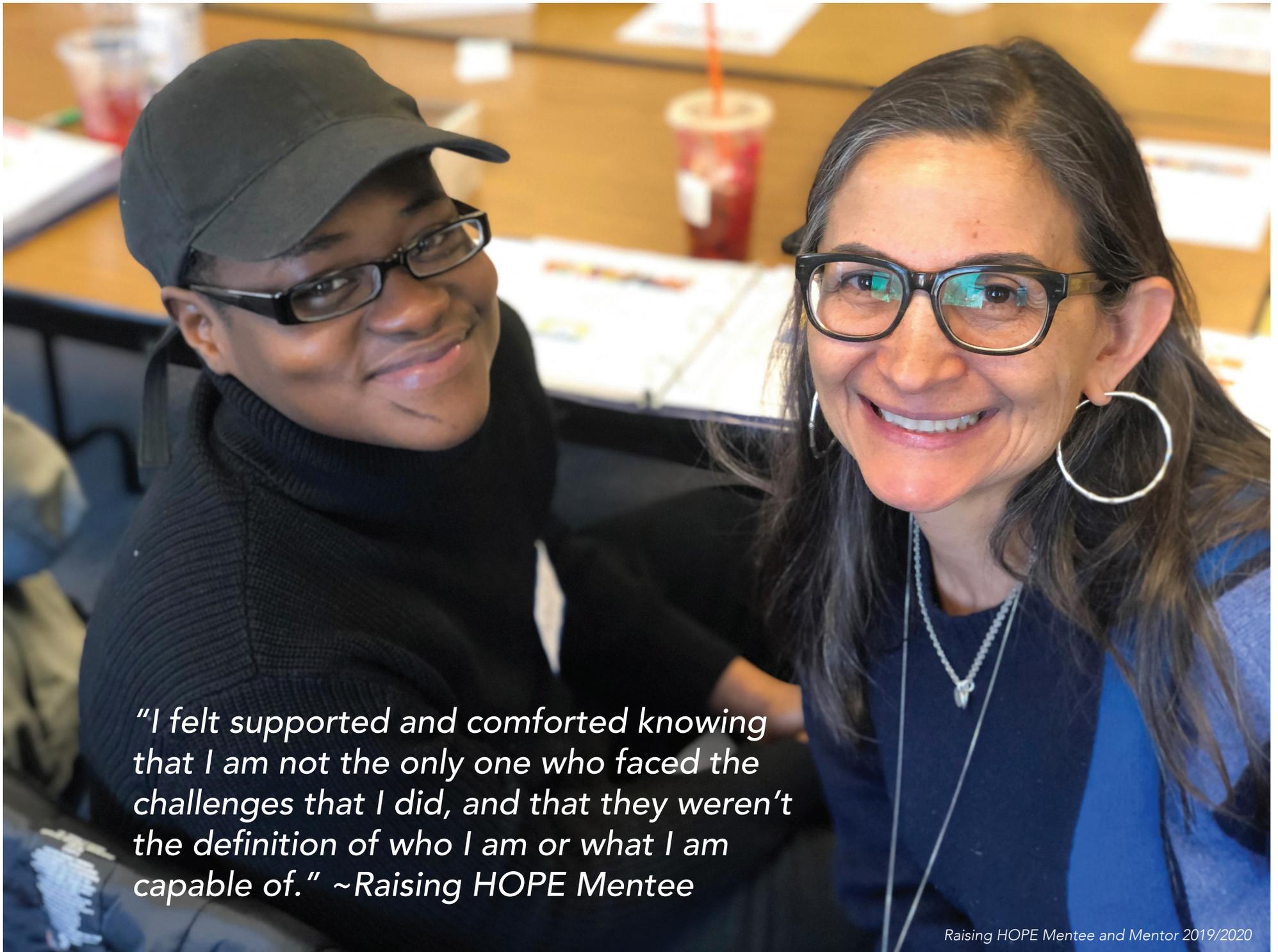
With the support and encouragement from her Raising HOPE mentor, guidance and resources from Raising HOPE staff, along with her strong determination; Sheila has increased her confidence, left a negative relationship and started her own freelance gardening business. She obtained a new job at a local farm, where she quickly rose to a supervisory position. Sheila was recently accepted into a local college business program and is working towards gaining the skills she needs to become a full-time independent farmer.



INTRODUCTION TO TRAUMA INFORMED CARE FOR MENTORS  
Provided by Family of Woodstock, helped participants increase awareness and understanding of how trauma may affect the mind, body and spirit, and provided some tools to care for these needs for both ourselves and others.

"This has been a miracle for me. I have had some bumpy experiences that have been met with patience, compassion and tolerance." ~Raising HOPE Mentee

Raising HOPE Mentor and Mentee 2019/2020



*"I felt supported and comforted knowing that I am not the only one who faced the challenges that I did, and that they weren't the definition of who I am or what I am capable of." ~Raising HOPE Mentee*