



SPERO FAMILY SERVICES

HOPE • HELP • HEALING



ANNUAL REPORT 2018–2019

**We offer hope, help and healing by providing
Christ-centered human services to meet the every-changing needs of individuals,
families and communities.**

The world continues to change for all of us. As we gain insights from research, we continually refine and improve our strategies and methods to be more effective at helping young people and their families find lasting hope, help and healing. Over the last several years, there has been a growing movement toward evidence-based practice in social services. Evidence-based practice means that the work we do is grounded in science and data about what actually works. For most of our history, work with kids and families was a bit scattered in terms of philosophy.

The approaches used by providers could vary greatly from agency to agency and program to program. Some effective, some not - but we didn't always know why. Advances in brain mapping and behavioral Science have given us great insights into how we heal and grow. Spero is getting ready to undergo an exciting step in our organizational history as we step boldly into a future that is grounded in the building of a thoroughly evidence-based culture - a culture that sets a very high bar of quality and informed care strategies for all our work. Most Spero programs have been using some form of evidence-based practice models for years. This has been critical to the successful outcomes we experience for so many. However, this next step will establish an over-arching evidence-based philosophy that unites everything we do at Spero.

Over the next four years, we are implementing a model called CARE (Children and Residential Experience) developed by Cornell University. The name may be a bit misleading. While this model was originally developed for residential programs, the concepts are now able to be implemented agency-wide as a culture of excellence in service provision. Individual donors and church partners are helping us pay for this substantial investment of resources as we become a truly trauma-centered organization. We are only the second agency in the Midwest to undergo the rigor and commitment of implementing CARE agency wide. The basic principles of CARE are these;

1. Developmentally-focused - Providing services that are appropriate to each child's developmental level to provide them with success in tasks they find challenging.
2. Family Involved - Kids benefit when their families and key supporters work in partnership with them as they grow.
3. Relationship-based - Healthy child-adult relationships help kids develop competencies in multiple areas.
4. Trauma-informed - Adults must respond sensitively and not coercively when children exhibit behavior rooted in trauma and pain. Trauma-sensitive responses help clients better regulate their emotions and maintain positive relationships.
5. Competence-centered - It is the primary responsibility of caregivers and helpers to help youth to build on strengths, cope with challenges and master new skills.
6. Ecologically-oriented - To optimize growth and healthy development, children must live in an environment that is engaging and supportive. The activities and physical environment surrounding a child has an impact on their developmental trajectory.

We welcome your prayers and gifts in support of this bold commitment to centralize our entire agency's philosophy on the evidence-based principles of CARE.



JOHN SHADOWENS
PRESIDENT/CEO



COMMUNITY SERVICES

WRAPAROUND-101 FAMILIES SERVED

90% Of families remain together 6 month post discharge

YOUTHBUILD-64 CLIENTS SERVED

92% Of clients earned degree or certificate within 1 year
89% Of clients successfully completed services



BRIGHT START-221 YOUTH SERVED

93% Of parents were satisfied with services
100% Of children were referred for services if needed

BEST BEGINNINGS-96 CLIENTS SERVED

100% Of mothers delayed subsequent births
90% Of mothers participated in life planning

COUNSELING AND WELLNESS CENTER-780 CLIENTS SERVED

Referrals can come from the individual or various agencies such as physician offices, school counselors, the courts, Illinois Department of Children and Family Services, and other social service agencies.

MENTAL HEALTH JUVENILE JUSTICE-85 CLIENTS SERVED

100% Of youth with an action plan in place

The MHJJ initiative is aimed at strengthening the linkages among the courts, probation, detention, schools, health care, mental health, and other community-based services.



CLINICAL SERVICES

Spero's Child Welfare department brings hope, help and healing to children and youth who have experienced trauma. Spero aims to improve the lives of children through a therapeutic and nurturing environment.

YOUTH HOMES MURPHYSBORO-9 YOUTH SERVED

"I like that some staff treat you like family. They genuinely try and make it feel as if we are in a home setting and not a facility."

YOUTH HOMES MT VERNON-27 YOUTH SERVED

We support the whole child and their healthy development. While our primary focus is to support the youth's mental health needs, we also provide opportunities for growth in spirituality, social skills, education, life skills and recreation both on and off campus.

TRANSITIONAL/INDEPENDENT LIVING PROGRAM-41 YOUTH SERVED

Transitional Living program guides youth 17 1/2 to 21 toward independence. Youth attend school or seek employment as they work toward independence and self-sufficiency. Our Life Skills Coaches teach and mentor youth in maintaining a budget, preparing meals and other general skills they need to live on their own.

FOSTER CARE-34 YOUTH SERVED

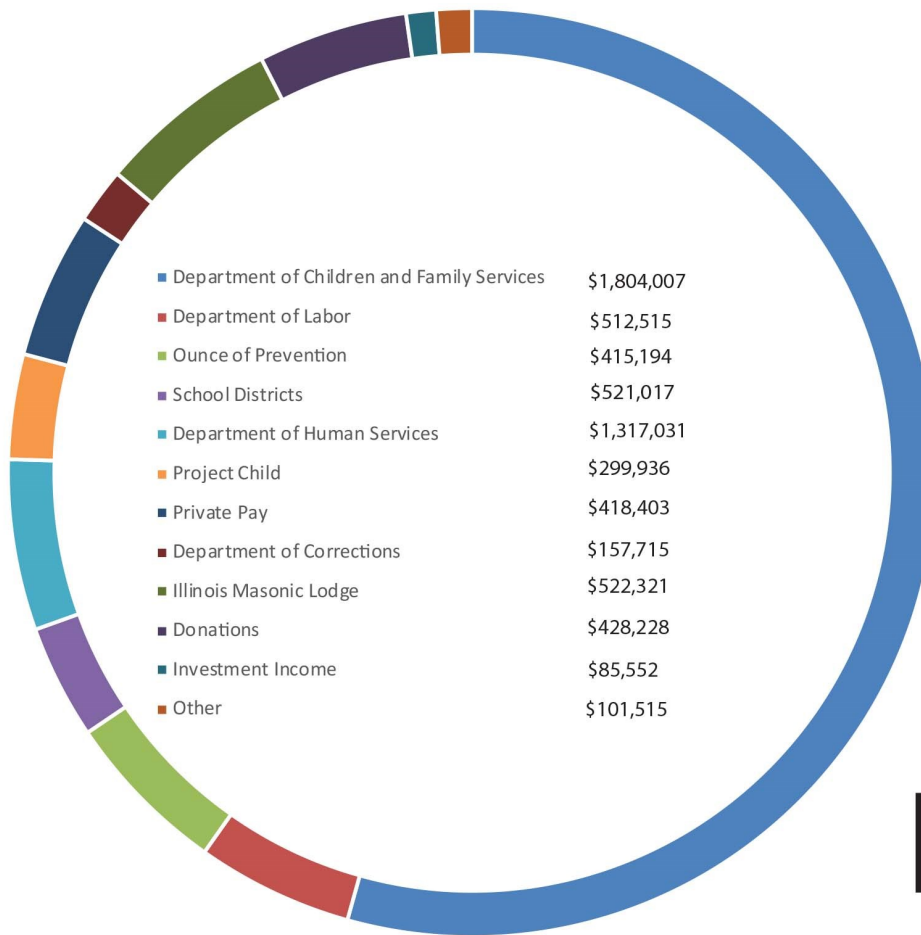
"We felt that our experience with Spero has been affirming for our children as well as our family. Services and assistance have been provided above our expectations."

Spero Family Services served

1363

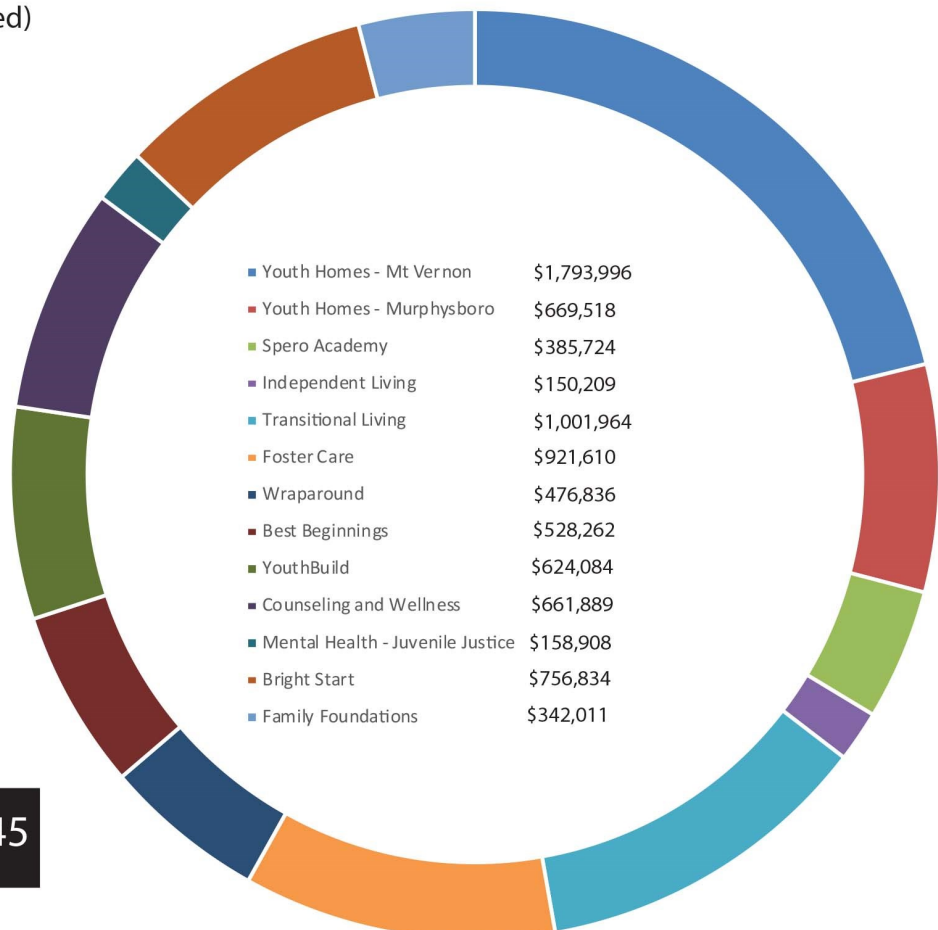
individuals in the Southern Illinois communities in FY 2019

Revenue by source (unaudited)



TOTAL-\$8,206,305

Expense by program (unaudited)



TOTAL-\$8,471,845