



Bringing the Power of Education to Single Parents



selfpower

PROJECT SELF-SUFFICIENCY

ANNUAL REPORT 2023

A Note from the CEO and Board President

Dear Friends,

Project Self-Sufficiency of Northern Colorado had a momentous year of change and resiliency in 2023. We are happy to share that for the first time in three years, our organization is fully staffed and our waitlist for services has been eliminated! The number of new participants in our program increased by 95% over the prior year. Our expansion into Weld County is gaining ground and we served 12 participants there. Eight single parents successfully graduated from our program, meeting their income, education, and/or career goals.

How did we do it? Each advisor now specializes in a single phase of our Selfpower Model, enabling participants to benefit from their greater expertise. We have streamlined our processes to help participants move through our program more quickly. And we are providing more direct cash assistance to families and making it easier for them to draw down funds as needed for emergencies. Single parents at Project Self-Sufficiency are earning their degrees and entering the workforce more rapidly than ever before.

Our team of eight Program Advisors, led by our new Program Director, are central to this success. Advisors work alongside participants as they move through our program, establishing trust and rapport as participants navigate their struggles and share their achievements. They work with participants to stabilize their family situation and household budget, explore career options, determine a field of study, provide academic support, and assist with job searches. They work to reduce barriers participants face, by securing affordable housing, reliable transportation, quality childcare, and mental health services. Throughout the program, advisors ensure that participants receive financial support and other resources needed to maintain stability so they can complete their education while raising a family.

As we reflect on the challenges and successes of the past year, we are sustained by the grit and determination of our participants. Angelita is a shining example of what single parents can accomplish when given the opportunity and resources to achieve their dreams. After four years in our program, Angelita will be earning her Bachelor of Social Work in December 2024, and we couldn't be prouder of her accomplishments. You can read her story in this report.

When we keep someone living in the experience of poverty and we don't let them fully participate in life, in the workplace, in our communities, we miss out on all they have to offer. We can change that. Together, we can walk alongside single parent families and help them achieve their dreams and build a brighter future for all in Northern Colorado. Please join us!



Tracy Mead
Chief Executive Officer



Carol Barnes
Board President



Tracy Mead, CEO



Carol Barnes, Board President



Selfpower Model

The Selfpower Model engages families in four stages of growth by providing intensive, personalized intervention through a one-on-one relationship with highly skilled advisors.

1

Discover

Stabilize, explore career options, lay foundation

Key resources and basic needs met for a healthy foundation in order to reach career goals and recognize selfpower.

2

Strengthen

Engage, learn, apply skills, balance family life

Accomplish educational goals to cultivate selfpower as certificates, degrees and internships are completed while maintaining a healthy family life.

3

Actualize

Initiate job search, career prep, begin family transition to a new life

Selfpower is fully realized, families are grounded in their new future and the rewarding job search is on, charting new territory in career field.

4

Launch

Graduate selfpowered and employed in chosen career path

Full transition to selfpower. Long-term careers begin, better income and stability become the new normal. This is the payoff for the grit and determination it takes to commit to full transformation through education.



Our mission is to empower low-income single parents to build a bright future for themselves and their children. Our advisors use best practices in post-secondary education, employment training, and wraparound supports to help single parents map a pathway out of poverty.

Participants can spend up to eight years in our program, from intake to degree completion and employment in their chosen career field. During this time, advisors provide intensive, personalized support to help participants achieve economic independence while building and maintaining strong, healthy families.

Lifting single-parent families out of poverty takes time, resources, and commitment. In alignment with our mission, we do not charge for our services. Project Self-Sufficiency is entirely funded by the generous members of our community who contribute their time, talent, and treasure.

Thank you for transforming the lives of single-parent families in Northern Colorado!

Q&A with a Participant

What does it feel like to be a single parent finishing a degree and looking ahead to the future?

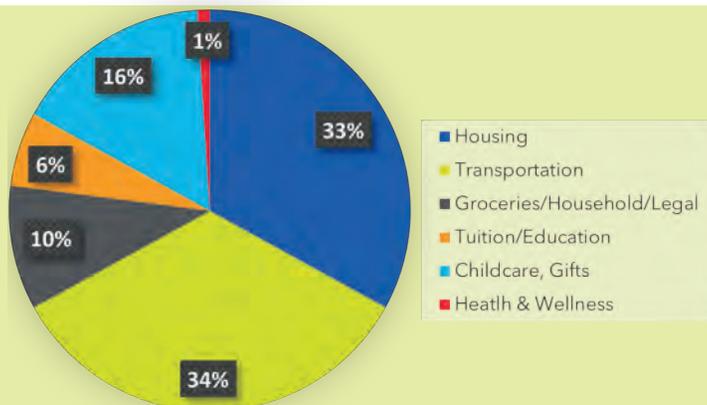
Angelita's advisor, Robin Adams, checked in with her to find out how she was doing in her final year of school.

Robin: Can you tell us a little bit about your journey before joining Project Self-Sufficiency?

Angelita: I was a teen mom, and I just knew that I had to finish high school and go to college. I had my second child while I was getting my associate degree. But I found I couldn't do much with it. I left an abusive relationship with the father of my children in 2020. I had no resources, nowhere to go, and I was working 50 hours a week for \$11 an hour. When you're in survival mode, you don't really know what you're doing, but you make it happen.

Robin: Can you share how our program has helped you and your family?

Angelita: I'm a first-generation college student. My family is proud of me, but they don't understand how hard it is to go to school. Joining Project Self-Sufficiency has been a saving grace for us. The biggest thing has been the support and the guidance from you, Robin. For you



\$656,196 Direct Participant Support

2023 Impact

- 43 new participants brought into the program
- 126 single parents served with 225 children
- 54 participants awarded **\$80,989** for transportation related expenses
- 15 participants awarded cars valued at **\$76,281**
- 93 participants received **\$319,460** in scholarship awards
- 81 participants received **\$151,401** for housing support
- 17 participants received **\$44,689** in child care awards

to have my back every step of the way, recognizing that what I'm doing is not easy, and helping walk me through it, means everything to me. I look forward to our meetings every two weeks. The donated car and the Cool Kids fund and the scholarships have been a huge help. My family has been able to keep moving forward while I focus on my education.

Robin: Looking towards the future, where do you see yourself in these next couple of years once you graduate?

Angelita: I will graduate with my Bachelor of Social Work degree in December 2024. I want to work with older adults. I'm going to start interning next month for a home healthcare agency. I'm very grateful for the Actualize stage of the program after graduation which will give me the support and guidance as I seek employment. I'm thankful that there are donors who support Project Self-Sufficiency. Otherwise, I don't know what I would have done.

Robin: Is there anything else you'd like to share?

Angelita: I want young women like me to know that they're more capable than they realize. It's not easy being a single parent while going to school. But it is so worth it. You don't have to feel stuck. You deserve to have an education. You deserve to feel accomplished and feel smart and strong and powerful. Go to school. Break cycles. Be proud of the person that you're becoming.



2023 Participants

- \$17,491** Average annual income at intake
- 95%** Female **5%** Male
- 30%** Racially/ethnically diverse
- 26%** Experiencing homelessness at intake
- 64%** First-generation college students
- 75%** Survivors of sexual and/or domestic violence
- 35%** Individuals with disabilities
- 1%** Veterans

2023 Accomplishments

- **\$27,663** Participant's average wage increase from intake to program graduation
- **14** Participants completed degrees and certifications
- **7** Program graduates employed in their career field

2023 Financials

Net Assets on December 31, 2023: \$3,498,841

2023 Revenue, Support, and Gains

Fundraising and Contributions	\$ 925,421
Value of Cars Provided to Families	\$ 21,607
In-kind Donations	\$ 44,811
Grants	\$ 473,787
Special Event Revenue	\$ 68,605
Other Revenue	\$ 305,239
Total Revenue, Support, and Gains	\$1,839,470

2023 Expenses

Program Services	\$ 1,498,128
Management and General	\$ 139,900
Fundraising	\$ 119,022
Total Expenses	\$1,757,050



Board of Directors

Carol Barnes, HP, Inc., *President* | **Ann Bedient**, Retired Banker | **Peter Boyle**, Dell Technologies
Liz Hogan, UCHHealth, *Past President* | **Austin Kelly**, Cosner Financial Group | **Amber King**, Plante Moran
Rachel LeValley, Community Volunteer, *Secretary* | **Lauren Larsen**, NAI Affinity | **CeCe Majchrowski**,
Employment Services of Weld County | **Edith Matesic**, Research Nurse Scientist | **Blake McBarlett**, MCM
Collective, *President-Elect* | **Phyllis Moore**, Community Volunteer | **Lori Mostrom**, Guaranteed Rate
Chris Serafin, Former Business Executive, *Fiscal Officer* | **Nancy Symes**, Independent HR Consultant



2023 Degrees Earned

- MA Special Education
- BS Microbiology/Immunology/Pathology
- BA Journalism/Media Communications
- BA English w/Licensure for Secondary Education
- BS Computer Information Systems
- BA Psychology
- AS Chemistry/BS Chemical Engineering
- AA Accounting/BSBA Accounting
- AAS Physical Therapist Assistant
- AAS Paralegal
- AAS Accounting
- Certificate in Massage Therapy
- Certificate in Cosmetology
- Industry Certificate in Chemical Addictions Counseling

Looking Ahead

Project Self-Sufficiency is building capacity to serve more single-parent families across Northern Colorado. We are grateful to Loveland Housing Authority for providing us with office space for three decades. But to accommodate this growth, we needed a larger office suite. Our new location has more space for our advisors to better serve participants. We now have collaborative space to host participant meetups. We are expanding our reach to serve single-parent families in Weld County, and are building awareness of our services there through outreach and new partnerships. We served 126 single parents in 2023 and our goal is to serve 140 in 2024, and that is just the beginning. We look forward to sharing more about our impact in next year's annual report, and throughout the year through social media and our newsletter.

Special thanks to Sandberg Photography and ZebraJellyfish Photography for providing the images of Project Self-Sufficiency participants and staff.



Project Self-Sufficiency Team



Robin Adams, Amber Larsen, Jan Barela-Smith, Yaricza Castaneda, Cheryl Brown, Nicole Gawronski, Tracy Mead, Mistie Trefry, Atalanta Chacon, Maria Montanez, Jodi Terwilliger-Stacey, Chrissa Percival, Lyndsey Hertz, Camille Lane



Our beloved Nicole Gawronski is retiring! She has been with Project Self-Sufficiency for 32 years guiding hundreds of participants. It is hard to imagine our team without her steady presence. Nicole has devoted her entire career to single parents. As a student, she began working in crisis centers, homeless shelters, and residential treatment programs. After graduating from CSU with her BSW in 1990, she worked at The Women's Center of Larimer County and Alternatives to Violence before joining Project Self-Sufficiency in 1992. She has shaped our work through her genius, her dedication, and her determination. We will be forever grateful for her impact, and she will forever serve as an inspiration to all of us working to make the world better for single parents and their children. Bon voyage, Nicole!

Help us bring the promise and the power of education to single parents and their children.

Ways to Give



Ways to Volunteer



Stay Informed



1810 Boise Ave., Loveland, CO 80538
970.635.5912 | BringThePower.org

Follow Us

