

ANNUAL REPORT

2023



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A NOTE FROM OUR EXECUTIVE DIRECTOR



JENNY CASTRO

Executive Director

As I reflect on the year 2023 was for Empower House, I cannot be more proud. We all know that transition is sometimes difficult, and we experienced a huge leadership transition here at the start of the year. And even with that, our staff have remained attentive to community, consistent in our work, and responsive to needs as they arise. Our Community Health Program continued to support women and their families through innovative services and evidenced-based programming. Through our Empower Women events and workshops, we offered everything from mammograms to conversations on sustainable living. Through Empower Parents programming, we partnered with three local school districts to support families in building life-giving relationships both between adults and between caregivers and children. We offered community building circles and healing circles for individuals looking to engage restorative justice practices. And Community Health Workers supported community members with education, systems navigation, direct aid and other wellness supports. Our Empower Youth program offered daily afterschool programming, in-school programs, Spring Break, and Summer Camp.

And our radio aired thought-provoking, relevant, and engaging local content. 2023 also offered us exciting opportunities to grow in response to community. In March, we hired a radio producer, paving the way for expanded radio programming. We also launched our Mental Health programming – providing youth and their families access to both supportive and clinical mental health supports. With support from United Way Dual Gen Initiative, we launched Effective Black Parenting Program (EBPP), an innovative program that promotes family pride and cohesion while confronting the realities of racism. We also piloted Mobility Mentoring in Community Health and Empower Youth programs, equipping staff with evidence-based tools to better support individuals in setting and achieving goals they set for themselves. Finally, this fall, we added an additional Restorative Justice Specialist to our team -- so Empower House is now in three SAISD schools! And we ended the year with the exciting news that our application for 24/7 programming on 101.5 FM was approved. So listeners can now tune in over the air or online any time of day. What a year! Thanks so much for your support! We can't wait to see what 2024 will bring!

1,620

Total Individuals Served

13,493

Total Services Provided

1,019

Total Households Served by EHSA



EMPOWER HOUSE

MISSION

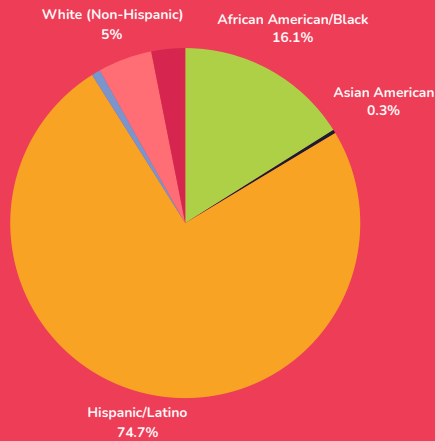
Empower House provides transformative community health services, youth development programs, and advocacy opportunities that empower women and girls of color.

VISION

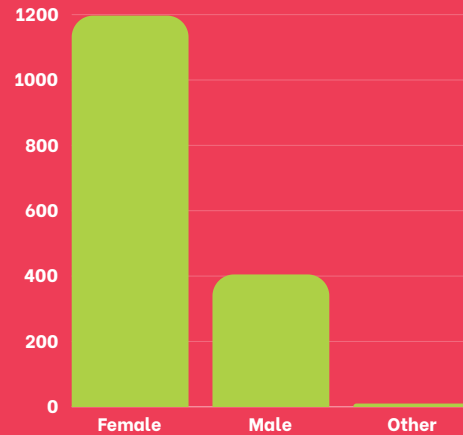
We envision a world where all women and girls are empowered to transform themselves, their families, and their communities.

DEMOGRAPHICS OF PARTICIPANTS

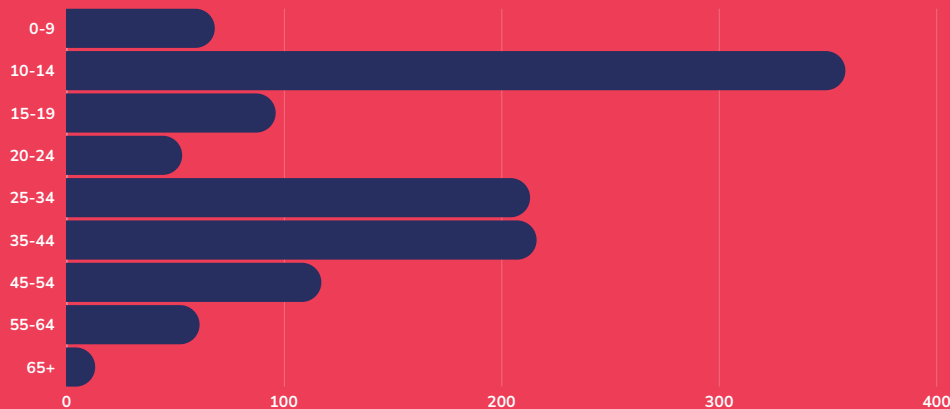
* RACE / ETHNICITY



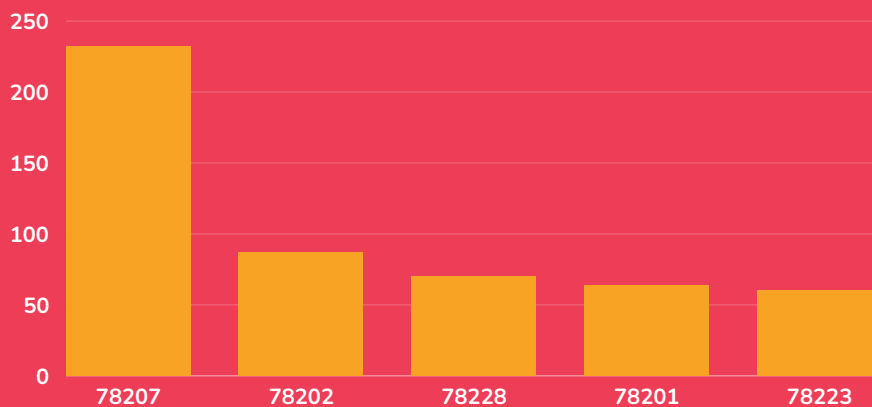
* GENDER



* AGE



* TOP 5 ZIP CODES



COMMUNITY HEALTH



1,102

Total Individuals Served

7,417

Total Services Provided

237

Clients served by a Community Health Worker

141

Enrolled

62%

Clients With Met Goals

69%

Improved Individual Well-Being

In 2023, our Community Health Program worked to address health challenges and break down barriers to care. By enhancing access to crucial services like Empower Parents programming, Empower Connects workshops, Community Circles, Mobility Mentoring, Empower Women and Empower Communities Workshops and events, we played a pivotal role in fostering transformative change across our communities. Direct assistance in 2023 amounted to \$105,214.76, reflecting our ongoing commitment to building healthier, stronger communities.

PARENTING



* TRIPLE-P: POSITIVE PARENTING PROGRAM

**Total served
through Triple P** **194**

Triple P is an evidenced-based parenting program curriculum that has contributed to stronger families worldwide. It offers strategies that strengthen parent-child relationships. With multiple levels of support, it caters to diverse family needs. In 2023 Empower Parents served 194 caregivers with Triple P.

**Level 2
Caregivers Served** **52**

This level's 'light touch' approach empowered 52 caregivers, providing one-time seminars for parents who are generally coping well, but have one or two concerns with their child's behavior or development. Seminar themes: Power of Positive Parenting; Raising Confident, Competent Children and Raising Resilient Children.

**Level 3
Caregivers Served** **19**

This level offers targeted counseling for caregivers of children facing mild to moderate parenting challenges through two-hour small group sessions focusing on specific situations like disobedience, aggression, bedtime routines, and hassle-free shopping. Sessions are flexible, allowing stand-alone participation or series commitment, enhancing accessibility and support for parents. In 2023, 19 caregivers participated in discussion groups.

**Level 4
Caregivers Served** **133**

Through our group classes, participants gain skills to address challenging behaviors, as well as practice tuning in to their children's needs, learning their cues, and understanding better how to meet those needs. Caregivers engage in five sessions, supplemented by three phone counseling sessions, reinforcing practiced parenting strategies. 133 caregivers benefited from this program.

PARENTING



* PARTNERS IN PEACE

Parents Served

78

In 2023, Partners in Peace classes empowered 78 parents with invaluable strategies and insights that strengthened positive relationships between caregivers and kids. Additionally, participants gained crucial awareness regarding signs of unhealthy adult relationships and their impacts of on children. Feedback from participants highlighted their appreciation for the safe and nurturing environment they created together with our educators, who facilitated meaningful discussions and empowered openness among participants to share and support each other.

* EFFECTIVE BLACK PARENTING

Parents Served

5

Launched in 2023, the Effective Black Parenting Program (EBPP) completed 5 participants. EBPP aims to promote family pride and cohesion as well as help families confront the negative impacts of racism. Through tailored strategies and dedicated support, caregivers built a learning community that empowered them in their parenting journey. They expressed profound appreciation for the invaluable guidance they found in their facilitator and one another.

COMMUNITY CIRCLES

Circles serve a vital role for collective empowerment, dialogue, and collaboration as we embody our commitment to building strong and inclusive communities together.

Within our programs, circles provide opportunities for participants (youth and adults) to explore new ideas, understand themselves, reflect, learn, and heal in the context of community. In 2023, we facilitated a total of 100 circles engaging 344 participants, with 62 specifically tailored for youth, involving 152 youth participants, and 38 designed for community engagement, welcoming 194 community participants.



Total Circles

100

Youth Circles

62

Community Circles

38

Total Participants

346

Youth Participants

152

Community Participants

194



EMPOWER WOMEN & EMPOWER COMMUNITIES

Empower Women and Empower Communities are transformative programs dedicated to fostering personal growth and community empowerment. Through a series of skill-building and wellness workshops, we equip participants with the knowledge, skills, and support network necessary to make informed choices for themselves and their families. By providing a nurturing environment and valuable resources, we empower participants to navigate life's challenges with confidence and resilience.

Empower Women

202 served through
11 events

In 2023, Empower Women hosted 11 events, serving 202 women with transformative workshops and community support. Through these gatherings, women were empowered to pursue their goals with confidence, exemplifying the program's commitment to fostering positive change.

Empower Communities

130 served through
7 events

In 2023, Empower Communities hosted 7 events, serving 130 community members with essential resources and support. These gatherings strengthened community bonds and cultivated positive change, demonstrating the program's commitment to building resilient and inclusive communities.

DIGITAL EQUITY

In 2023, Empower Connects continued its mission of bridging the digital divide by offering essential digital equity opportunities. Through access to the internet, devices, and tailored digital skills workshops, our program empowers community members with the knowledge and confidence to navigate technology effectively. This year, we reached a milestone with 29 participants engaging in our workshops, hosting 7 impactful digital equity workshops focused on topics such as job searching skills and digital literacy. Additionally, our community computer lab served 124 individuals, providing them with resources to access online educational materials, apply for jobs, and connect with loved ones. These efforts are instrumental in fostering greater digital inclusion and empowerment within our community..



29 Participated in **7** Digital Equity Workshops

124 Participants Accessed the Community Computer Lab

EMPOWER YOUTH



The Empower Youth program provides a supportive environment where youth can explore their world, achieve their dreams, and inspire their peers. During the school year, we offer daily afterschool programming 5 days per week at Lockwood Park where youth have access to daily enrichment activities, mental health support, academic tutoring, mentoring, skills building and more. We also provide Restorative Justice (RJ) support at SAISD schools through staffing RJ Specialists on three partner campuses. Additionally we offer Spring Break and Summer camps.

Youth Served
through

518

Total
Services

6,074

Youth participants in Spring
and Summer Camps

118



In 2023, Empower Youth witnessed significant achievements as 124 youth enrolled in the program and set ambitious goals for themselves. Among them, 47 youth achieved their set objectives. Additionally, our tutoring initiative provided essential support, with 76 students benefiting from 1,697 services in Math and Reading, highlighting our commitment to empowering the youth we serve to achieve and thrive!

Youth Enrolled,
Set a Goal

124

Youth Enrolled,
Achieved Goal

47

Students in
Tutoring

76

Tutoring Services in
Math & Reading

1,697

MENTAL HEALTH



Our mental health program plays a vital role in supporting youth aged 12-19 and their caregivers through accessible mental health services. This program, provided at absolutely no cost to individuals, offers counseling services where individual, group, and family counseling are available through telehealth and in-person services. In 2023, we supported 34 individuals with a total of 202 counseling sessions, underscoring our commitment to addressing the mental health needs of our community members.

34

Served with Counseling Services

202

Counseling Services

EMPOWER HOUSE RADIO

101.5 FM - KXEP



In 2023, The Empower House Radio built partnerships and conducted interviews with community leaders, advocates, artists, and storytellers, resulting in over 40 original shows covering diverse topics like culture, social justice, mental health advocacy, and city policies. Collaborations with local content creators expanded our reach with access to over 300 originally produced shows. Our initiatives, including monthly Open Mic Nights, workshops with organizations like Form Communities, and storytelling workshops with the Latino Collection and Resource Center, have empowered community and elevated local stories. Our radio staff is relatively small (2 people), but with collaboration across the organization, with the support of program staff like Irene White, Laura Rhodes, Elda Olvera, and Kelly Hernandez-Kubala, we were able to accomplish so much more than we imagined. Our biggest success was FCC approval of our application to air 24 hours/day, 7 days/ week on 101.5 FM! So you can now tune in anytime!

1329 Unique listeners online

17 Episodes produced by Empower House staff

8 Shows contributed by San Antonio community partners



FUNDING PARTNERS

- Methodist Healthcare Ministries
- Armstrong Foundation
- Alice Kleberg Reynolds Foundation
- Mission Trail Rotary Club
- San Antonio Area Foundation
- Shield Ayers Foundation
- Greehey Family Foundation
- Tides Foundation
- United Way of San Antonio and Bexar County
- UTSA Health Confianza
- HEB Foundation
- Petty Hefte Foundation
- Walmart
- HEB
- Capital group
- Bank of America
- Alamo Empire
- First Unitarian Universalist Church
- City of San Antonio DHS
- City of San Antonio Metro Health
- Texas Education Agency



BOARD AND STAFF

BOARD MEMBERS

- Cassandra Vara, Board Chair
- Kathryn Tucker, Treasurer
- Pamela Michelle Herrera
- Shawntel Broadus
- Arielle Yoon
- Stephanie Melchor



STAFF MEMBERS

- Jenny Castro, Executive Director
- Becca Najera, Assistant Director
- Angelita Negron, Director of Programs
- Natalie Rodriguez, Grants and Development Officer
- Lisa Miranda, Community Engagement Coordinator
- Laura Rhodes, Recruitment and Enrollment Coordinator
- Gabriela Tavera, Empower Youth Manager
- Andrea Tucker, Data Analyst
- Elda Olvera, Community Health Manager
- Armando Estrada, Radio Manager
- Caesar Morales, Radio Producer
- Deanna Santiago, Circle Keeper
- Kelly Hernandez-Kubala, Parent Educator
- Amy Vargas, Parent Educator
- Joe Alfaro, Digital Connector
- Luis Romero, Benefits Counselor
- Yuketha Polk, Community Health Worker
- Irene White, Community Health Worker
- Rachel Pickett, Community Health Worker
- Natalia Flores, Restorative Justice Specialist
- Danielle Johnson, Restorative Justice Specialist
- Cynthia Torres, Restorative Justice Specialist
- Carolina Hernandez, Youth Development Specialist
- Desiree Boyer, Youth Development Specialist
- Krystal Rivera, Community Health Worker - Youth Focus



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