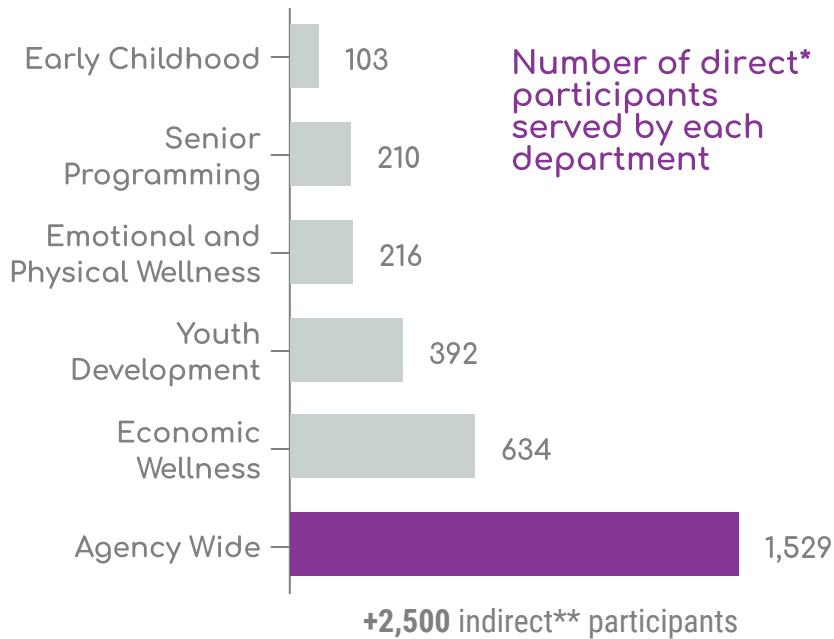



2022 Recap

LifeWise StL impacted over 4,000 individuals this year!



Number of direct* participants served by each department

Volunteer Engagement & Service Learning Department:

-  **Volunteers spent 53 hours** reading aloud to youth at 6 Freedom School sites
-  **11,856 volunteer service hours** were provided by 2,740 volunteers (twice as many hours and volunteers as 2021)
-  **28 groups** participated in Urban Forum, an immersive service learning program

The Year at a Glance:



120 Years of service since LifeWise StL's founding as Kingdom House in 1902



TraumaSmart training completed by all LifeWise staff



385 Backpacks school supplies, and shoes received by youth in preparation for the new school year



1,570 individuals accessed **28,000 pounds** of affordable food through City Harvest Market



42 Units of blood collected at 2 blood drives, benefitted up to **126 individuals** in need of a blood transfusion



*Direct Participants engage in meaningful relationship-based programming

**Indirect Participants utilize limited services

2022 Program Data Snapshot

Early Childhood Center



2,728 Learning Hours facilitated by teachers & staff



70% of children assessed met social-emotional developmental milestones



12 graduates prepared to enter Kindergarten

Economic Wellness



268 participants reduced their debt balances (**59% increase since 2021**)



507 participants increased income, savings, and/or assets



97 individuals who were formerly credit invisible established a credit score

Emotional & Physical Wellness



1,042 attendance responses recorded for 1-hour exercise classes, **averaging 13 classes per participant**



100% of Participants in individual therapy experienced a reduction in stress, anxiety, and/or depression symptoms



81 internal referrals provided by the Community Care Liaison connected foreign-born individuals to LifeWise StL programs

Senior Programming



97% of seniors remained in their homes thanks to the support of **more than 50 Senior Companions**



100% of Senior Companions reported feeling a sense of belonging and increased knowledge of local resources



\$30,860 in combined savings for **50 seniors** who completed the Senior Resiliency Fund program

Youth Development



100% of seniors graduated from high school



61 youth accessed free mental health services from a licensed therapist



83% of scholars tested through Freedom School maintained/increased reading levels