

2023 ANNUAL REPORT

Taking action to create communities free of family violence.



Synergy Services programs are rooted in a trauma-informed care and resiliency-based approach to mental health. Through enhanced training and support for diversity, equity, and inclusion, Synergy makes continuous efforts to sustain an organizational culture of quality care and trust. Providing safety and healing and building strength are at the center of our crisis response and key to ending family violence in our community.

Synergy serves children, youth, adults and families who may have experienced any of the following: mental health crisis, emergency shelter needs, domestic violence, child abuse, sexual assault, homelessness, teen parenting or bullying, and a range of general mental health related issues.

25,945 clients served



57,187 nights of safety were provided to children, youth, individuals and families in our residential program.



16,548 students received prevention education through our School Based Integrated Services.



70,508 hours of service provided to our Kansas City community through our programming.

noticeable trends

1

Increase in depression, anxiety, and isolation, particularly post COVID.

2

Increase in crisis calls, particularly for those seeking mental health therapy.

3

Rates of suicide attempts among young people remain high and are increasing.

4

Increased need for Domestic Violence Intervention Program (DVIP) services.

5

Increased need for school based integrated services prevention, therapy, and behavioral support interventions.

6

Increased need for affordable housing for homeless youth and domestic violence survivors.

organizational news

Like other non-profit agencies across Kansas City, Synergy had to balance the growing needs in homelessness, mental health, and family violence with the lingering challenges of staff shortages in this post-pandemic period. The severity of these conditions decreased in the last quarter of 2023; however, training and staff development will remain a primary focus in 2024.

In response to these needs, Synergy initiated key major projects in 2023.

- **Capital Campaign and New Domestic Violence Housing Campus:** Synergy started its capital campaign in 2022, and with the joint efforts of our Board of Directors and Executive Leadership teams, made major progress towards covering all expenses related to the project and creating a reserve fund. As of December 2023, our teams had secured eleven million dollars and a 12-acre parcel of land, close to Synergy's other campuses. When completed, the campus will have 18 apartments (seven 2-bdrm, five 3-bdrm, and six 4-bdrm) to house survivor families as they become more stable and move toward a safer future. The project should be completed in June 2025.
- **New Domestic Violence Court:** Synergy has become known across Missouri and the region for their excellence in treating domestic violence offenders. This success has led to numerous efforts in the community to create a separate court docket for cases that must focus on the complexity of these cases and to have Synergy's referral sources ready.
- **Expanded Access to Emergency Housing:** Synergy engaged in an extensive collaborative effort to explore the feasibility of a youth housing project in Jackson County. Additionally, the agency made a major commitment to add six new vehicles to its fleet to accommodate client transportation needs. The expansion of services in the Street Outreach program and at the Youth Resiliency Center is one more indicator of Synergy's efforts to respond to growing community need.
- **Continued Success for our School Based Integrated Services:** Synergy's School Based Integration Services (SBIS) program remained active in many school districts in Clay, Jackson, and Platte County. The increase in resiliency services (classroom prevention education) is remarkable and demonstrates the thirst for prevention and early intervention services for students. North Kansas City School District increased its partnership with Synergy by initiating a program at YRC for students in out-of-school suspension to incentivize earlier return to the classroom. Behavioral support programs within the schools continue to expand and grow from district to district.
- **Youth Resiliency Center Hosted the North Kansas City CAPS Program:** Synergy hosted a program for students from the North Kansas City School District who have been suspended for 10+ days to be able to come and work on homework with a teacher and engage in YRC youth activities. Students successfully engaged make good use of academic, social and emotional support and return to the classroom with more skills for success.
- **New Website:** This is a significant update in technology is an opportunity to serve clients, stakeholders, donors, and other mental health providers in a more effective and efficient manner. The website is scheduled to launch March 2024.



Carrie's story

Carrie*, a 40-year-old mother, and her daughter, an 8-year-old who has Down Syndrome, came to our Domestic Violence Housing Program (DVHP) after leaving an abusive partner. Carrie had an extensive history of childhood and intimate partner abuse, and was diagnosed with several ongoing illnesses. During her time in the DVHP, our team helped the family secure Social Security Disability benefits and case management services, two critical components of maintaining a positive relationship with her daughter's school and medical services. Carrie regularly attended individual therapy and group therapy, and began eating disorder treatment.

During her time at the DVHP, she overcame a multitude of mental health and medical barriers for both herself and her daughter and was able to take over her lease upon her graduation from the program. Carrie is enrolled in Aftercare services and continues to attend therapy through Family Care. She reports that she continues to maintain her and her daughter's mental health and medical treatment plans successfully.

** Names have been changed for client confidentiality.*



Jacob's story

Jacob*, an 18-year-old male youth, was living in his car when he first engaged with a Street Outreach Services (SOS) team member. In the time that he has been enrolled in SOS, he has reconnected with family and moved back into his family home. Jacob got all his vital documents replaced while working with SOS and is getting health insurance in order too. He has shown a true desire to grow and put the work in so that he can live independently. Jacob's Case Manager has no doubt that he will continue to grow and impress us with his determination!

** Names have been changed for client confidentiality.*

our programs

resolve crisis

Crisis Hotlines: Children 816-321-7060, Youth 816-741-8700, Domestic Violence 816-321-7050
Compassionate operators provide emotional support and referrals to shelters and other community resources for victims of family violence.

Safe Place: 816-505-4811

A network of sites throughout the community to connect youth in danger with safe shelter or other assistance.

Street Outreach: 816-204-6747

A collaboration between Synergy and partner agencies to provide basic necessities and assist homeless young people in reaching educational, vocational and housing goals.

BridgeSPAN & Medical/Legal Advocacy: 816-321-7050

BridgeSPAN provides hospital-based domestic violence intervention & support services, while medical and legal advocates guide survivors through the often complex medical and legal systems.

promote healing

Medical, Dental & Vision Care: 816-505-4865

Our on-site clinic is consciously designed and operated to overcome the barriers that prevent homeless and at-risk children and youth from accessing regular healthcare. A variety of services are provided utilizing collaborations between healthcare providers.

Mental Health & Counseling Services: 816-587-4100

A wide-range of counseling services to strengthen individuals and families and help them function in a healthy way including: Individual, Couple, Family & Group Counseling; Art, Movement, Music & Play Therapy; Other Behavioral Therapies.

School Based Integrated Services: 816-321-7470

Trauma informed services delivered in schools to help students overcome trauma and develop the social and emotional skills necessary to be a successful learner and reach their full potential.

Children's Advocacy Center: 816-321-7040

A multidisciplinary team approach to preventing, investigating, prosecuting and providing healing services for child abuse victims. A collaboration between law enforcement, Children's Division and other child serving agencies to conduct forensic interviews and offer advocacy support to children and families who are navigating the child welfare system.

provide safety

Emergency Shelter

- **Children's Center: 816-321-7060**
Emergency shelter and counseling for children from birth to age 12 who are in custody of the state, from families in crisis, or who have experienced violence.
- **Synergy House: 816-741-8700**
Shelter and counseling for youth ages 12 to 18 who are in crisis due to abuse, family dysfunction, abandonment, homelessness or parental emergencies.
- **Domestic Violence: Center 816-321-7050** Emergency shelter and support services for adult domestic violence survivors and their children.

Temporary Housing

- **Transitional Living: 816-505-4814**
18 months of stable housing, counseling, case management and support to enable youth and young families to transition from homelessness to self-sufficiency.
- **Rapid Rehousing: 816-398-1966**
Safe, stable housing and support services to enable domestic violence survivors and their children to escape abuse without becoming homeless.

build strength

Teen Parent Support: 816-505-4816

Education, case management and mentoring for pregnant and parenting teens up to their 22nd birthday.

Youth Resiliency Center: 816-741-8700

A unique place to promote growth and healing for at-risk youth through: a clinic providing medical, mental, dental and vision services; support groups; computer lab and education center; creative arts center and recording studio; indoor basketball court and teaching kitchen; and a drop-in center for homeless youth to eat, take a shower and do laundry.

effect change

Batterers Intervention: 816-505-4805

An intensive therapy experience that holds domestic violence offenders accountable for their behavior and equips them with the tools they need to choose alternatives to violence.

Safe

Strong

Resilient

Resolve Crisis

Hotlines & Advocates

Provide Safety

Shelter & Housing

Promote Healing

Counseling & Support

Build Strength

Empowerment & Connection

Effect Change

Resilience & Prevention

finances

revenue



- 80% Federal/State/Local Grants
- 11% Public Support & Events
- 4% Foundations & Trusts
- 2% Client & Insurance Fees
- 1% United Way
- 2% Other

expenses



- 86% Program Services
- 9% Management & General Admin
- 5% Fundraising

executive directors

Robin Winner
Co-Executive Director

Dennis Meier, Ph.D.
Co-Executive Director

board of directors

executive committee

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Community Member

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UMB Bank

Michael Gabrick, Board Treasurer
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