

MEDIA VICE PRESIDENT AND GENERAL MILLS VICE PRESIDENT ELECTED TO BOARD

Perspectives, Inc. recently added two stellar candidates to its Board of Directors. Linda Domholt is a Vice President at Better Life Media, a Plymouth-based firm that delivers high-quality life improvement content via multiple distribution channels, online, video-on-demand, live events, retail products, and telecourses. Her prior experience includes work at The People's Network and Quorum, International.

Residents of Minnetrista, Linda and her husband, Norm, have three children. Linda has been active as a volunteer at a variety of nonprofit organizations in the area and in Detroit, her original hometown. She has volunteered extensively in domestic violence prevention and is proud of her outreach efforts with urban churches. Linda earned her degree from the University of Minnesota.

Jim Murphy is Vice President of the Family Dinners Business Unit of General Mills. He has been at General Mills since 1992. Jim and his staff have been regular volunteers in Perspectives' *Kids Connection* after school program. Earlier this year, they organized a Cinco de Mayo event for our students and with Jim's help, General Mills sponsored a spring graduation ceremony for *Kids Connection*, as well.

Jim and his wife, Cindy, have three children, six-year-old and three-year-old twins. They live in southwest Minneapolis. Jim is originally from east St. Paul and earned his MBA from Darden at the University of Virginia. Welcome, Linda and Jim!

MAKE A DIFFERENCE AND VOLUNTEER!

Perspectives, Inc is supported by volunteers from all over the Twin Cities. The time and talent that our volunteers provide has been key to our success. Our programs are diverse enough so that we have a rewarding task for almost any interest. At any one time, we have more than 100 active program volunteers. Here's a sampling of our current volunteer numbers listed by program:

<i>Parenting Time</i> Program	34 volunteers
<i>Kids Connection</i> Program	50
Supportive Housing	30
Administrative support	8
Handyman program	20
Community Affairs	3
Child care	5

We are always striving to make our programs more efficient and toward that end, we created two new volunteer jobs this fall – Kids Cafe Dinner Mentors and Homeless Teen Mentors.

The help really adds up. Here's our volunteer hours for January through September 2005:

Administrative support	154 hours
Child care	99
Family Focus	9
<i>Kids Connection</i>	1,936
Supportive Housing	788
<i>Parenting Time</i>	1,470
Total Volunteer Hours	4,454 hours

To learn more about these volunteer opportunities and others, please contact Perspectives' Volunteer Director Laura Arne at 952-926-2600 Ext. 16 or at larna@perspectives-family.org

"I was an active addict for 27 years and coming here saved my life. I wanted to change everything about myself and I've learned all the tools. It's a lot of hard work on my part, and it's a determination of having a better life for me and my children."

Susan R., Supportive Housing resident

CALENDAR

2005
Monday, December 12th
Annual Meeting at Women's Club of Minneapolis

2006
Wednesday, January 25th
Leadership Luncheon at Kids Café

January '06/June '06
Supportive Housing Recognition Events (dates to be announced)

Wednesday, March 15th
Leadership Luncheon at Kids Café

Wednesday, May 10th
Breakfast Briefing at Kids Café

Friday, June 2nd
Kids Connection Graduation event

Friday, October 13th
Perspectives of Hope Gala at Metropolitan

MORE GALA PHOTOS



Board Member Marie Jules' Table



Board Members George Wood, Vicki Wyard, Kim Aubol, and Dave Allen

"Perspectives had an apartment open and I was able to reunite with my daughter at the age of fifteen. That's the best thing that has ever happened to me."

Yolanda B., Supportive Housing resident



MISSION

To improve the quality of life for homeless and at-risk families and children.

PROGRAMS

- Supportive Housing
 - Transitional Housing
 - Permanent Housing
- Kids Connection*
 - Kids Café
 - Reach for the Stars
 - *Summer Explorers*
- Parent Education
 - Support Groups
 - One-to-one Case Management
 - Life Skills Training
- Parenting Time*
 - Supervised Visitation and Exchange
 - Parent Coaching

Jeannie Seeley-Smith, CFRE
President/CEO

Jeff Martinka
Vice President of Community Affairs
Newsletter Editor

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Perspectives

"I have changed my life and I'm on my way!"

Kelli S.

My name is Kelli S. I am a resident of Perspectives and I would like to share thoughts about myself and my experience.

I had my first drunk at my sister's wedding when I was 12 years old. The bartenders were my brother's friends and they thought it would be funny to keep serving me drinks. That night I blacked-out and threw-up all over my bed. I remember waking up with vomit in my hair and having to walk down the steps and see my relatives, embarrassed and ashamed. But I knew then that I had found my solution; my solution made me smart, funny, tall, skinny – everything I wanted to be.

In high school, my entire social life included alcohol and drugs. An average student, I was a cheerleader and had tons of friends. I went to parties every weekend. I obsessed about when I was going to be able to drink again. I never saw anything wrong with that.

In college, I continued to drink and it started to affect my performance as a student. I just couldn't get to classes. It was more important for me to go to the bars than to class. I blacked-out a lot then, but I really thought everybody was affected by alcohol like I was. I eventually dropped-out and became a full-time waitress. That left me with lots of opportunities to party, which I did throughout my twenties and early thirties. I married a man who drank like I did. When I became pregnant, I paused my drinking but resumed again once my girls were born.

At 34, after my second daughter was born, I discovered crack cocaine. I started to have greater consequences for my actions. I lost a good job and home and got two DWIs. I smashed up quite a few cars, including my brand new Pontiac. I found myself stealing from family, doing anything I needed to get my next high.

I went through three treatment programs before I was ready to surrender. I was ready to do whatever I needed to do to make sure I would not lose my kids. I heard about Perspectives from Wayside Treatment Center.

I knew I needed a place that would keep me accountable while providing a home for my girls and me. I have been living at



Perspectives since September 2003. When I first moved in, the staff and the Perspectives community welcomed me, but I knew I had to be responsible to take every opportunity this program provides. I attended classes at Perspectives, joined a support group here, started school and got a job.

Perspectives taught me again about personal accountability and the importance of money management. It may seem like a basic concept to you, but let me offer a single example. At the start of each month, I stop by the office to pay my rent. One recent month, I realized how amazing it is that I have been able to pay rent consistently for the last 2 years. I had this overwhelming sense of gratitude. Prior to moving to Perspectives, I spent nearly 20 years using the system and using my family to make my financial ends meet.

Today, I am extremely grateful for this program. It has given me the opportunities to create a new life for myself and for my daughters. I now have a good job at a major national bank and have been recently promoted. I am an active member of AA. I am now accountable to this program, to my work, to my sponsor, and of course, most importantly, I am accountable to my children. I now have a relationship with my daughters based on honesty and reliability. I try to be as active as I can with school functions and I am very active in their lives.

Perspectives has truly allowed me to start my life over again. I recently attended a first-time homebuyer's class and I hope to buy my own home within the year. Perspectives has also given me the opportunity to help others. This program is all about carrying the message of recovery to others.

Perspectives truly offers an amazing package. It's not only about giving us a place to live; it's about giving us the skills we need to live our lives again. Perspectives provides parents who are ready to change with a complete solution. I have changed my life, and I'm on my way!

"This place offers an amazing package. It's not only about giving us a place to live; it's about giving us the skills to live our lives again. Perspectives gives parents who are ready to change a complete solution. I have changed my life and I'm on my way."

Kelli S., Supportive Housing resident

A BUSY SUMMER AND FALL IN CHILDREN'S PROGRAMMING

Mayme Casey, Director of Children's Programs

We call our full-day summer programming for children Summer Explorers. This year's edition was eight weeks of learning and excitement for the 70 participants. The children started each day with a healthy breakfast and then focused on improving their reading, math and social skills. Literature appreciation and creative activities were two new highlights of the curriculum this summer. After lunching together, the students participated in team play at the area Rec Center and nearby Oak Hill Park and participated in fieldtrips around the metro area, such as to the Science Museum and nature centers. With the generous support of the Pohlad Foundation, 30 of our *Summer Explorers* enjoyed a weeklong overnight stay at summer camps such as the YMCA's Camps Ihuhapi and Warren.

The 2005-06 school year is off to a great start in our *Kids Connection* after-school program. We are at capacity with 70 enrolled students and maintain an active waiting list. Our students returned in September with ample energy and a desire to learn new cooking skills and to sharpen their academic abilities. The fourth through sixth grade students are demonstrating their leadership by participating in the student council and mentoring the kindergarten through third grade students. Parent involvement is at an all-time high, with parents participating in classroom activities, attending the evening meal in Kids Cafe, participating in our Parent Advisory Council and enrolling in on-site parent workshops. Volunteers continue to contribute much-needed support to the program. Each day, five to seven volunteers share their time and talents with the students in Kids Cafe and classrooms.



Guest Chef and cookbook author Julie Hasson and her Kids Cafe students

LEADERSHIP LUNCHEONS AT KIDS CAFE LAUNCHED IN AUGUST



September Leadership Luncheon Table Captains: Jeanne Carpenter, Brian Tuttle, Dave Allen, Sheba Aldridge-Coffey, Jane Nakken, Paul Mockovak

Starting with a successful event on August 10th, the *Leadership Luncheons* at Kids Cafe are now a regular component of our community outreach program. The concept is simple – we start at noon and end at 1 pm, and fill the Kids Cafe with 50-60 friends, past and new. We provide them with a fast-paced, one-hour update on the programs and successes of Perspectives. The agenda includes welcome and closing remarks by volunteers, a guest chef-prepared lunch, a brief video, and program reflections by Jeff Martinka, VP of Community Affairs, Jeannie Seeley Smith, our CEO/President and a current program participant or graduate. The August session included entertainment by a troupe of kids from our *Summer Explorers* program.

Leadership Luncheon guests are invited to one of 7 or 8 tables at each event by a special friend of the organization – that person, or table captain, confirms potential guests and then sends out printed invitations supplied by Perspectives staff. Three events have now been completed, with luncheons also held on September 21st and November 16th. Each filled the Kids Café with 50-60 diners. Upcoming 2006 dates include January 25th, March 15th, and May 10th.

For an invitation or to volunteer as a *Leadership Luncheon* Table Captain, please contact Jeff Martinka at 952-926-2600 Ext. 29 or at jmartinka@perspectives-family.org.

"Without you I wouldn't have my babies. It's only two hours on Saturday, but it's my whole life! Thank you. Thank you."

Amy Mc, Parenting Time mom

OUR SUCCESS BY THE NUMBERS

Last year was a year of accomplishment for the families and staff of Perspectives, Inc. Here are some highlights from our three core programs:

Supportive Housing Program (SHP)

- **100%** occupancy is maintained within our 5 apartment buildings (52 units)
- **74** heads of households and **118** children are housed during the year
- A total of **54** children currently housed in Perspectives have been reunited with their parents through our program
- Resident turnover is reduced by almost **50%** because of increased programming
- **100%** of school age children living in supportive housing in September 2004 successfully completed the 2004/2005 school year
- Average school attendance rate for SHP children is **91.3%**
- **67%** of residents stabilized and moved on to permanent housing
- **69%** of residents increase their skills through employment and/or attending school or job training programs

Children's Enrichment Programs

- **100** children enroll in our *Kids Connection* after school programs and **70** children enroll in *Summer Explorers* full day summer school
- **87%** of students increase or maintain math and reading skills
- Served **11,298** meals in Kids Cafe

Parenting Time Supervised Visitation Program

- **102** parents and **77** children receive *Parenting Time* services
- **100%** of the 696 parent/child exchanges occur successfully
- **622** *Parenting Time* sessions facilitated by trained parent coaches

A comprehensive summary of the last year's activities is presented in our recently-published annual report. The report includes a summary of our 2004 audit, as well. To receive your copy, contact Perspectives at 952-926-2600.

PARENTING TIME EXPANDS WITH KEY INVESTMENT

Jeffrey Postuma

Director of Parenting Programs

The Parenting Time program received critical expansion funding from the Bush Foundation late this summer. The *Parenting Time* program provides safe, comfortable and affordable services for families in need of monitored or supervised *Parenting Time* services. While serving nearly 180 parents and children in 2004, program hours were formerly limited to weekdays, Friday nights and Saturdays. Families enjoy the support of highly trained "Parent Coaches" while utilizing the beautiful amenities of our agency: furnished rooms, a playground, and a kitchen area.

All *Parenting Time* coordination, training and scheduling is handled by paid staff. The facilitation of *Parenting Time* sessions are mostly done by one of our 20 Parent Coaches; most Coaches are master level Marriage and Family Therapy students.

Already one of the largest *Parenting Time* programs in the state, the Bush Foundation grant has allowed us to expand our program to include 28 additional hours each week for our families. We now can offer appointments on four additional evenings and on Sundays.

Other recent program improvements include the implementation of a parent coaching curriculum for parents, cutting edge mediation services and the use of a remodeled family style kitchen for families to rebuild their relationships over a meal. The *Parenting Time* kitchen project was funded by Oprah's Angel Network.

"(When I was a practicing addict), I looked at other people on the bus and wished I could be normal. I wanted to sit at a kitchen table with my family. I never had anything of my own. I originally came to Perspectives just because it was a safe place; that was it. Now, I don't know if I'd have made it without this place."

Bernice M., Supportive Housing graduate

ANNUAL PERSPECTIVES OF HOPE GALA HONORS DORSEY & WHITNEY AND RESTAURANTEUR DAVID FHIMA

At the *Perspectives of Hope* annual gala on October 21st, over 220 guests helped as Perspectives, Inc. offered awards to Dorsey & Whitney L.L.P. and Twin Cities' restaurateur David Fhima. In addition to honoring key supporters, the gala raised more than \$115,000 in support of Perspectives' programs.

The event was held at the Metropolitan Ballroom in Golden Valley. David McNally was the emcee and music was provided by the Paul Cherba Jazz Quartet, with a rousing vocal solo offered by Jazi Foreman, Director of Perspectives' Supportive Housing Program.

Dorsey & Whitney was the winner of Perspectives' 2005 Community Partnership Award. For the past 12 years, the firm has provided key pro bono legal assistance to Perspectives programs, guiding its real estate decisions, and providing ongoing legal counsel. Dorsey & Whitney guided Perspectives through the process of acquiring its five apartment buildings and its family center.

David Fhima was honored with Perspectives' 2005 Commitment to Family Award. With David's help, the Fhima restaurants (Louis XIII in Edina and Fhima's and LoTo in St. Paul) have served as the supportive aunts and uncles to the children and parents of Perspectives Family Center. Their kitchen staff has volunteered as guest chefs and instructors in Perspectives' Kids Cafe. Mr. Fhima has also shared a portion of the proceeds of opening events at his restaurants with Perspectives and helped with fundraisers.

The *Perspectives of Hope* presenting diamond sponsor was Wells Fargo. Gold sponsors included Pulte Homes – Minnesota, Minnesota Monthly, and D'Amico Catering. Silver sponsors included Dorsey & Whitney, LLP, Krass Monroe, P.A., General Mills, and Mpls/St. Paul magazine. Other generous supporters included James Ballentine Post 246, Best Buy, the Paul Cherba Jazz Quartet, Creative Carton, Diversified Construction, Financial Concepts and John B. Goodman. To our sponsors, table sponsors, and guests, **we thank you all** for your support!



Dr. Gary and Vicki Wyard's Table

All Gala photos courtesy of Philip Chen.



David Fhima, Jeannie Seeley-Smith, and Board Member David McNally



Board Chair Pat Weller and Jim Kremer of Dorsey & Whitney



Board Members Sue Zelickson and Marie Jules



Pat Weller, Roberta Brown, and Hennepin County Commissioner Gail Dorfman



Karen Sorbo, Jeannie, and Dr. Gary Wyard



Jazi Foreman's Solo