

2019 ANNUAL REPORT

LIFEWAY LAUNCHES MENTORSHIP PROGRAM: WELCOMING AND INSPIRING NEW GROWTH AS SISTERS

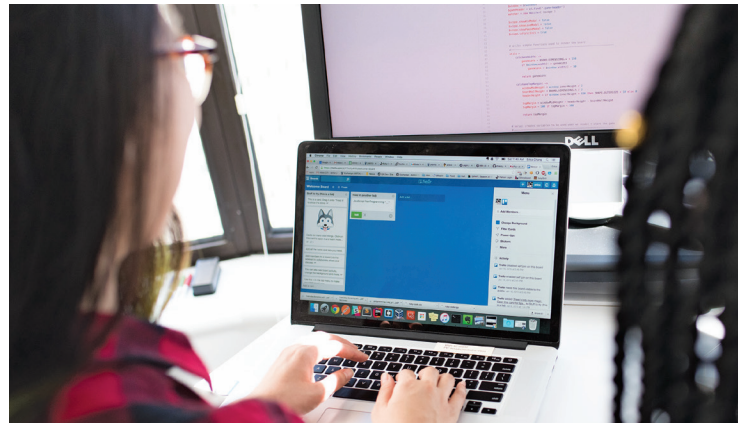
Much of 2019 was spent developing LifeWay's new Restorative Community Mentorship Program: Welcoming and Inspiring New Growth as Sisters (WINGS).

Sr. Joan Dawber and Dr. Anita Lightburn at Fordham's Beck Institute on Religion and Poverty spearheaded the effort, in collaboration with the WINGS Advisory Committee, which included survivor consultants, LifeWay leadership, and external consultants. The parish of St. Ignatius Loyola, serving as the host community, ensured a successful pilot program by providing volunteer coordinators, donating community dinners and assisting with mentor recruitment. Program costs were underwritten by a generous grant from the Hilton Foundation.



Founder, Sr. Joan Dawber, remains involved in LifeWay. She continues to support LifeWay in various capacities.

In the fall of 2019, LifeWay Network launched its first cohort, offering continued support for the women in our Safe Housing Program. WINGS seeks to increase the survivors' sense of safety and decrease their trauma symptoms through weekly sessions in a safe, non-judgmental environment. The 24-week program is centered around three overarching goals: (1) increased



empowerment, (2) increased self-sufficiency, and (3) for all survivors to have no new experiences of exploitation or trafficking.

WINGS aims to help survivors increase their network and provide essential competencies for them to reach their personal and professional goals. Mentors proactively engage with participants in an individualized and consistent connection through coaching and guiding. It is a strong, two-way relationship characterized by respect and mutual learning. Weekly meetings foster community with a communal meal, a time of shared reflection, and sessions on business soft skills and personal growth facilitated by a Licensed Clinical Social Worker.

LifeWay staff have witnessed the remarkable progress of WINGS participants as they reach their personal and professional goals related to education, employment and entrepreneurship. As the program progressed, participants began to find their voice, gain confidence and start sharing their stories in ways that are meaningful to them. Most inspiring, the women express enthusiasm for reconnecting with the LifeWay family through this new program.



MESSAGE FROM THE EXECUTIVE DIRECTOR

Last year, I became the new Executive Director of LifeWay Network, following in the footsteps of our dedicated Founder, Sister Joan Dawber, SC. Throughout my first month, I was fortunate to be able to work closely with Sr. Joan, to ensure a smooth transition, taking stock of the organization's many accomplishments and sharing dreams for the future. During the past year, we have built on that strong foundation, instituting new programs to benefit survivors and developing processes that enable us to measure outcomes. LifeWay Network remains financially secure and programmatically effective.

In addition to my sincere commitment to the LifeWay mission, I bring a clinical perspective and an emphasis on trauma-informed care to all aspects of the organization. Trauma affects an individual's sense of self, their sense

of others and their beliefs about the world. In order to help survivors rebuild trust after such devastating betrayal, LifeWay Network initiated ongoing training in supportive counseling, restorative group work, collaborative case management, and culturally sensitive services, as well as guidance in recognizing and responding to signs and symptoms of trauma. This approach has strengthened our Safe Housing Program to address the evolving needs of the women we serve. In this report, you can learn more about our workshops and restorative care.

In October 2019, LifeWay launched an exciting new program, Welcoming and Inspiring New Growth as Sisters (WINGS) Restorative Community Mentorship Program, in partnership with The Beck Institute on Religion and Poverty at Fordham University. The goals of WINGS are to increase survivor empowerment and self-sufficiency and to reframe the experience of exploitation and trafficking. This trauma- and survivor-informed program provides a continuity of community for the alumnae, increasing their network of support and helping them reach their personal and professional goals. This report goes into more detail about this unique new program.

"Trauma-informed care is about ensuring that ALL individuals feel physically and emotionally safe, are noticed and listened to, and are given a voice."*

Empowering others through knowledge, the LifeWay Education Program raises public awareness and inspires action in response to the crime of human trafficking. Speaking engagements, tailored for each audience, are held throughout the tri-state area and include leading workshops, collaborating on conferences, participating in panel events, and delivering keynote speeches. As you read about our Education Program, please consider hosting an education session this year.

I feel privileged to lead the LifeWay Network team in our work to end human trafficking and help women reclaim their lives. I encourage each of you to collaborate with LifeWay, in your own way, to support our mission. Only by working together can we succeed.

Marion Kendall
Executive Director



*ITTIC, Institute on Trauma and Trauma-Informed Care, 2014
Substance Abuse and Mental Health Services Administration (2014). A Treatment Improvement Protocol: Trauma-Informed Care in Behavioral Health Services, Tip 57. U.S. Department of Health and Human Services, 14-4816.

SAFE HOUSING: A FOCUS ON TRAUMA-INFORMED CARE

The LifeWay Network Safe Housing Program has 16 beds designated specifically for women (18+) survivors of human trafficking. Our unique community living model includes a 24/7 live-in host community, supported by a full-time Licensed Master Social Worker, a full-time qualified house manager, and more than 50 volunteers.

In 2019, LifeWay Network Safe Housing Program provided a range of housing services to survivors. Several women were provided emergency housing support for a period of three months, while most survivors spent a full year in safe housing.



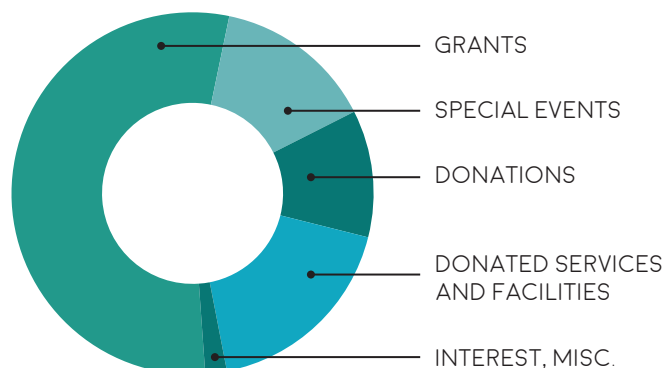
While living in the safe house, survivors participate in weekly workshops focusing on their personal goals related to life skills, healing, and economic empowerment. Workshops include budgeting, trauma-informed yoga, resume-building, conflict resolution, mental health workshops, and art therapy. Additionally, all women in the safe house receive supportive counseling each week from the Social Worker.

Restorative group work is an integral part of the healing journey. LifeWay staff uses restorative circles to provide an inclusive and confidential setting where the women can safely express their opinions and concerns. Respectful listening is required and each survivor is invited to connect by sharing thoughts, feelings and related experiences or may choose to remain silent. In the restorative circle, survivors proactively build the relationships and skills they need in order to support one another and collectively address the challenges they face.

With support from the social worker, each survivor participates in initial and quarterly self-assessments to assess the emotional support she will need during her time in the safe house. These evidence-based assessments, which assess trauma symptoms, emotional well-being, and suicidal ideation, enable the LifeWay team to provide appropriate services and to gauge the effectiveness of those interventions.

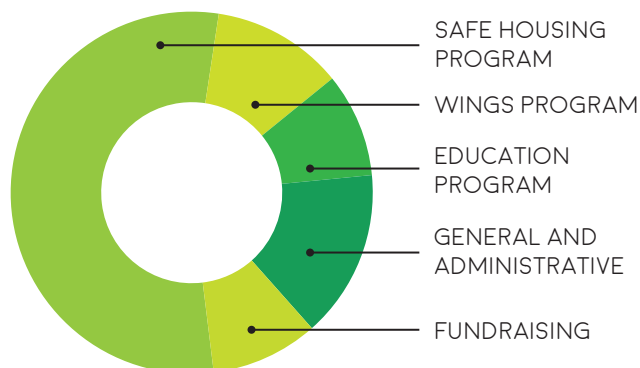
In the past 12 years, LifeWay Network has had the privilege of supporting and accompanying more than 104 women from 38 countries with a continuum of services.

LIFEWAY NETWORK 2019 AUDITED FINANCES



INCOME

Grants	\$705,388
Special Events	\$185,444
Donations	\$147,213
Donated Services & Facilities	\$234,214
Interest, Misc.	\$24,801

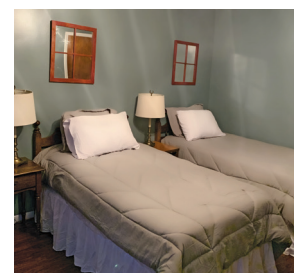


EXPENSES

Safe Housing Program	\$653,324
Wings Program	\$141,184
Education Program	\$111,875
General & Administrative	\$180,344
Fundraising	\$115,392



Safe House Program: LifeWay 2 reopened after minor renovations and redecorating.



The renovations of LifeWay 2 creates a restorative space for survivors to call home.



EDUCATION REACHES AN ARRAY OF AUDIENCES

The Education Program is a vital part of the organization's strategy to combat human trafficking. From the start of the Education Program through the end of the 2019, LifeWay has reached more than 16,000 individuals with presentations, webinars,



Employee education session hosted by Dianne Von Furstenburg.



*Education Program supported author Talia Carner's book launch for *The Third Daughter*.*

panels and other educational formats. In 2019, LifeWay provided over 50 educational activities for a range of audiences, including sessions for small groups of personal friends, an employee human trafficking training at Diane von Furstenberg, and executive education on human trafficking for professionals at the University Club.

LifeWay Network provided information about human trafficking at the launch of author Talia Carner's historical novel, *The Third Daughter*, which spotlighted sex trafficking in the early 20th century.



Education session with former Vogue Fashion Editor Mollie Acquavella.

During the fall of 2019, the Education Department proudly co-launched a research initiative with St. John's University and Staten Island University's Hospital, Northwell Health, to evaluate the implementation of New York State's Amendment to Public Health Law 2 2805-Y, which mandates the provision of human trafficking training in New York State Hospital Systems. In addition to assessing training in the medical field, LifeWay Network trained law enforcement professionals in precincts in Queens and the Bronx on human trafficking, with plans for additional training in cross-sectional themes such as de-escalation and nonviolent communication.

Those interested in hosting or attending an online education session should contact Tori Curbelo, Manager of Education, Training & Advocacy: tcurbelo@lifewaynetwork.org.

SUPPORT LIFEWAY

Did you know there are many ways you can donate to help survivors of human trafficking? In addition to direct gifts of cash, you can donate shares of stock, schedule monthly or quarterly gifts, or give through payroll deduction, if offered by your company. You can also ensure your support for survivors will continue beyond your lifetime, by naming LifeWay as a beneficiary on your life insurance policy or establishing a planned or legacy gift through your will or trust. These legacy gifts can be cash, stocks, securities or real estate. To learn more about how you can support LifeWay and its vital mission, now and in the future, please reach out to Catherine Mason, Director of Development: cmason@lifewaynetwork.org.

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