



ANU FAMILY SERVICES

2021 ANNUAL REPORT

Empower | Heal | Connect



A MESSAGE FROM DR. MECHELE SHIPMAN, CEO

Dear Partners in Healing,

Year after year, Anu Family Services has built on its history of being an industry leader in achieving safety, permanency, and well-being for children, youth, and families. As our understanding of healing the effects of trauma has evolved, so have our services. We are proud to present our 2021 Annual Report highlighting our achievements.

Our service specialization started in 1992 with Treatment Foster Care and has expanded to include Parent Coaching, Individualized Trauma Services, and Flexible Support Services. In 2021, we expanded our services to include Youth Coaching! As our services evolved, it became apparent that our mission, vision, and values needed to be modified. In 2021, we reached out to our stakeholders to revise our mission, vision, and values statement. During this process, we were humbled by the kind words that we heard about the caring, committed, and compassionate way in which Anu staff work with children and families. We updated our mission to demonstrate that we go beyond creating permanency to “we empower individuals, children, and families to heal the effects of trauma, and strengthen connections.”

We continue to share what we know with as many people as possible. In December of 2021, we released the TEDx Talk titled “How to Stop Kids’ Meltdowns and Gain Their Cooperation,” presented by Tina Feigal, Director of Family Engagement at Anu Family Services. The views, responses, and feedback were instantaneously positive. One viewer described the TEDx Talk as “17 minutes that can totally change the way you understand and communicate with your kids. Important information and super practical advice!”

Thank you for your continued support and for standing by us year after year as we relentlessly pursue our mission. Your commitment to our mission and your investment allows us to use the best of what we know to help children and families heal and live their best lives.

With gratitude,

Dr. Mechele Shipman, CEO
EdD, MSSW, LICSW, LCSW

ANU FAMILY SERVICES BOARD OF DIRECTORS

Tom Thiogs, President

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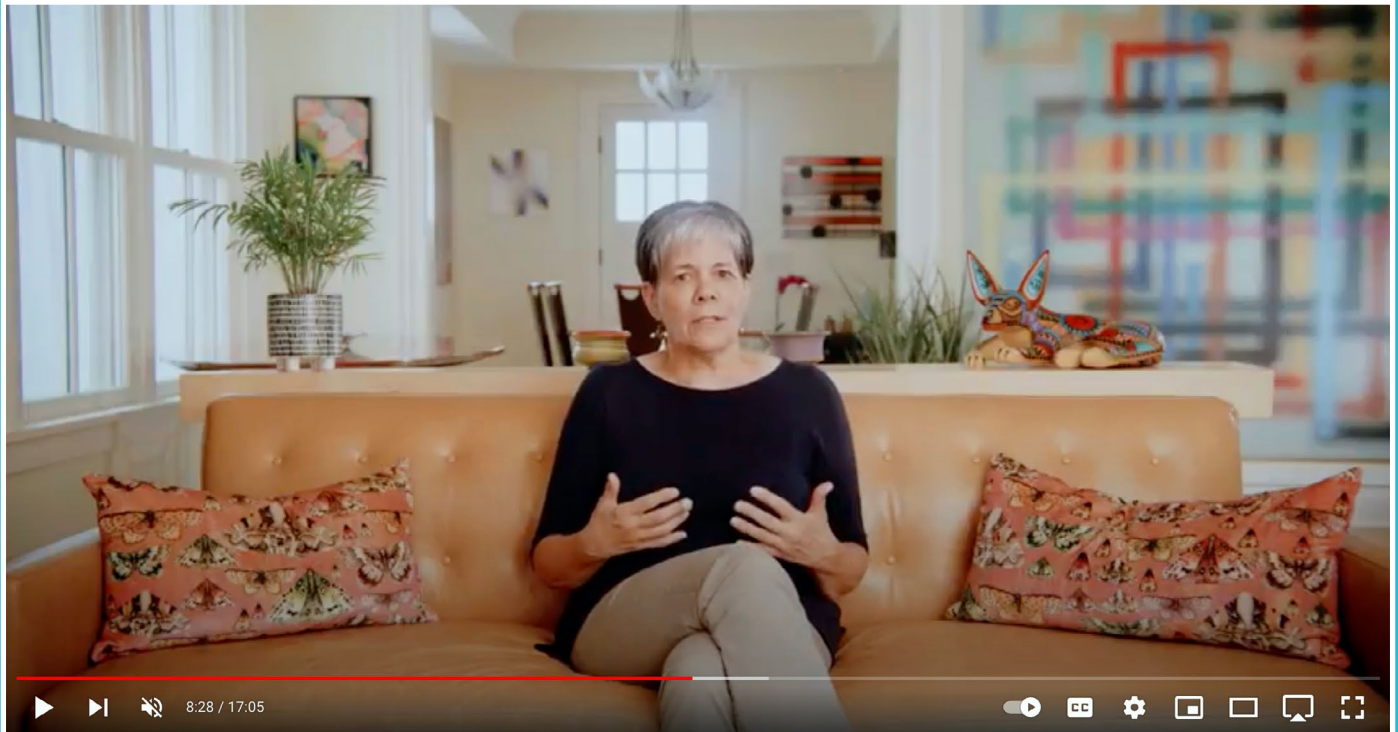
Dr. Kathryn Primas

Dr. Kristen Prock

Jerry Weyandt

SHARING WHAT WE KNOW...

In 2021, Anu Family Services released the TEDx Talk titled “How to Stop Kids’ Meltdowns and Gain Their Cooperation” presented by Tina Feigal, Director of Family Engagement.



<https://www.youtube.com/watch?v=fu3or2NeQwQ>

PARENT COACHING CERTIFICATION

Parenting Coach Certification prepares students for a career in working with parents, foster parents, kinship parents and other caregivers, teaching them hands-on, here-and-now tools for bringing about rapid and dramatic improvement in their child’s behavior. Certified coaches help parents and caregivers strengthen bonds while teaching children, with trauma histories and without, new and effective ways of interacting with their world, all while lifting parents to their higher selves, so they can lift their children to theirs.

“When you take a class like this, everything gets better. Your work gets better. Your parenting gets better. Your outlook gets better. What a gift. A beautiful combination of grace and science.”

~Jackie Beach, Parent Coaching Certification Graduate

ANU'S SERVICE ARRAY

Our service array includes Treatment Foster Care, Parent Coaching, Individualized Trauma Services, and Flexible Support Services. In 2021, we expanded our services to include Youth Coaching!

TREATMENT FOSTER CARE

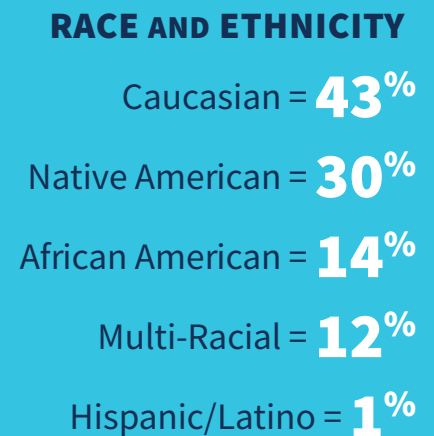
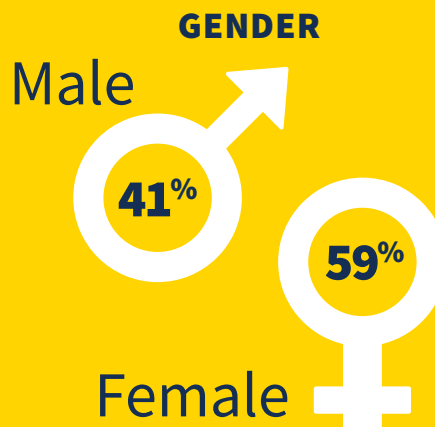
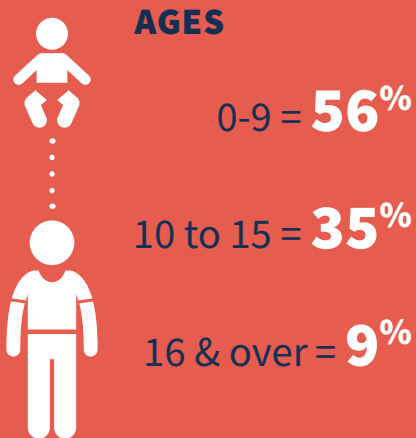
Anu is known for connecting kids to treatment foster parents. Anu's Treatment Foster Parents receive specialized training to understand the effects of trauma and to be supportive of children who have experienced trauma.

Foster Parents Needed!

In 2021, 947 children were referred to Anu Family Services. Sadly, we were only able to place 31 children in Anu foster homes.

IN 2021, 8 CHILDREN WERE ADOPTED BY ANU FOSTER PARENTS!

Meet the Children



FOSTER PARENT ADVISORY COUNCIL

The Anu Family Services Foster Parent Advisory Council was created in 2018 and is led by Dave Newman, Director of Treatment Foster Care. The Advisory Council meets monthly and covers topics relevant to foster care policy and practice. The Council focuses on providing high-quality treatment foster care services. The Advisory Council members also act as parent advocates and are available to support other foster parents.

Greg Topp | Missy Makinia | Halle Daul | Kayden Keyser
Tiffany and Nate Johnson | Sandy Cater



PARENT COACHING

Parent Coaching provides foster, adoptive, and kinship parents and other caregivers with hands-on, here-and-now tools for bringing about rapid and dramatic improvement in their child's behavior.

Parent Coaching connects the parent to the child, instills hope, and nurtures wellbeing.



Caregivers Empowered in 2021

= 597

13,379 vs. **10,661**

Total Parent Coaching Hours in 2021

Total Parent Coaching Hours in 2020

100%

of children's behaviors and relationships improved after their caregivers participated in Parent Coaching.

3 out of 4

youth who were at risk of being placed outside of their home remained in their caregiver's home after Parent Coaching.

“I’m not a kid, but if I had guidance like this as a child, I surely wouldn’t have held this emotional and physical pain so deeply.”

~ITS Client



INDIVIDUALIZED TRAUMA SERVICES

Individualized Trauma Services (ITS) help youth or adults grieve and heal from past losses, enhancing individuals’ ability to engage in and form healthy, stable relationships.

MEET OUR CONSUMERS

Ages 0-9 = **7%** 10 to 15 = **43%** 16 to 20 = **19%** 21 and over = **31%**

Gender Male = **37%** Female = **59%** Transgender = **4%**



“It’s a program intended to help you learn, from past trauma, the healthy coping skills that make trauma not so devastating to your body—mentally, physically and spiritually.”

~ITS Client

COMMUNITY BASED FLEXIBLE SUPPORT SERVICES



Community Based Flexible Support Services

promotes independence and well-being. Provides in-home education and support for adult and/or children to assist them with increasing INDEPENDENCE, practicing skills that keep them HEALTHY and promote positive WELLBEING, and connects them to their COMMUNITY.

Flexible Support Specialists may do the following:

- Support consumers in learning skills for daily living
- Identify and teach consumers skills that support them in being a part of their community
- Support consumers in making healthy decisions and choices
- Provide support, education, and self-care techniques to consumers
- Provide youth coaching to increase the social and emotional skills of the youth

IN 2021, COMMUNITY BASED FLEXIBLE SUPPORT LAUNCHED YOUTH COACHING...

Youth Coaches provide individualized services to help youth build healthy relationships and discover their potential. Youth Coaches promote healthy relationships and coping skills to enhance youth well-being, including helping youth improve their:

- communication skills
- problem-solving skills
- resiliency
- life balance
- health and wellness
- character strengths

100%

of consumers were extremely satisfied with the service received by their Flexible Support Specialist.

100%

of consumers reported making progress towards their daily living goals.

MEET OUR CONSUMERS

Ages 0-9 = **8%** 10 to 15 = **29%** 16 to 20 = **16%** 21 and over = **47%**

Gender Male = **31%** Female = **69%**

ANU FAMILY SERVICES MISSION, VISION, AND VALUES STATEMENT

Empower • Heal • Connect



MISSION: We empower individuals, children, and families to heal the effects of trauma, and strengthen connections.

VALUES:

- **Commitment** to providing quality services that heal the effects of trauma and foster healthy connections
- **Excellence** demonstrated by innovative solutions, highly trained staff, and research-informed practices
- **Inclusiveness** by honoring diverse perspectives, backgrounds, and experiences
- **Professionalism** demonstrated by the relationships we build, the caring and compassion we bring, and our commitment to the mission of the organization
- **Resiliency** through healing past traumas to create hope and rewrite the future
- **Respect** for each other, those we serve and with whom we collaborate



VISION: We compassionately develop industry leading, research-informed solutions to heal the effects of trauma and have a positive impact on as many lives as possible.

What does Anu mean?

Anu is not an English word; however, it has many meanings in other languages and cultures that reflect our mission. Here are a few examples:

In Hungarian, it means *mom*

In Hebrew, Anu means *us or we*

In Indonesian, it means *something unknown*

In Telugu, it means *to say or to speak*

In Finland and Estonia, it is a popular name meaning *grace or favor*.

FINANCIAL STABILITY

Donations from people like you provide financial stability that allows us to invest in children and families. Anu Family Services is in a strong financial position to continue innovating in 2022 and beyond.

Through GuideStar, we are happy to provide detailed financial information about Anu Family Services. Access our report at [Guidestar.org](https://www.guidestar.org).

TOTAL INCOME
\$4,725,579

TOTAL EXPENSES
\$3,941,815

86% Program Services

14% Administration



THANK YOU TO OUR 2021 DONORS!

\$10,000 to \$50,000

Fred C. & Katherine B. Andersen
Foundation

\$5,000 TO \$9,999

Weekes Family Foundation

\$1,000 TO \$4,999

Arnold & Lois Domer Foundation
Tina Feigal
Margaret Rivers Foundation
Kathryn Primas
Mechele and Tom Shipman
United Way St. Croix Valley
Jerry and Michele Weyandt
Western Bank
Xcel Energy

\$500 TO \$999

St. Croix Valley Foundation
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Linda & Mike Swenson
Tom & Diane Thiogs

\$250 TO \$499

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UP TO \$249

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Hoyt Hill
Javin & Travis Hintz
Denise Hoffman
Cheryl Hustad
Andrew Larson
Ben Luer
Gino & Diana Mangione
Heidi Mayer
Women With a Purpose
Elks Lodge #402

In-Kind Donations:

McCabe Chiropractic
Wisconsin Foster Closet

In Honor Of:

Tina Feigal

Facebook Birthday Fundraiser:

Tina Feigal
Theresa Schluter
Kayden Keyser
Javin Hintz
Deb Smith



901 Fourth Street, Suite 180
Hudson, WI 54016
www.anufs.org

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