



CHATT Foundation

Volume 41 • Issue 1
WINTER 2023

A SINGLE WINTER'S DAY

CHATT Foundation's mission is to meet the most basic needs of hungry, homeless and vulnerable people in our community while offering a clear path to self-sufficiency. We are open 365 days a year meeting immediate needs, but more importantly building relationships of trust that help us walk alongside and provide intensive case management to those experiencing homelessness or facing eviction.

On a single winter's day, we serve 450 unique individuals.

DAY PROGRAM

78% male; 22% female
2.3% are under the age of 18

FAMILY SHELTER

24% adult males; 76% adult females
56% are under the age of 18

IN TOTAL

62% make less than \$12,140/yr
34.9% make \$12,140-\$14,639/yr
2.9% make \$14,640-\$17,139/yr
.2% make \$17,140-\$19,639/yr



Photo contributed by Olivia Ross

Many experiencing homelessness do not have phones or watches, but they know what time it is by our schedule. Before daybreak, guests in overnight shelters throughout town pack up their belongings and walk to our Community Kitchen for breakfast. Families housed in our Housing Programs also come for meals. The unsheltered also seek us out in search of food, clothing, showers, laundry services, mail service, haircuts, foot care, and assistance from case managers. Once inside they experience fellowship and establish community. Some receive job training within our programs. Lunchtime is when we serve the most meals. Our evening meal is intentionally served between 3:30 and 4:30 p.m. to allow those staying in overnight shelters to make their shelter's evening curfew. For the unsheltered they return to their sleeping bags or tents.

COLD WEATHER WARMING CENTER

When frigid temperatures grip the region, our Cold Weather Warming Center is the last line of defense for those living outside. We open the Warming Center when the temperature is 35 degrees Fahrenheit or below for four or more consecutive hours between the hours of 7:00 p.m. and 6:00 a.m. or 40 degrees Fahrenheit or below for four or more consecutive hours and a 50 percent chance or greater of precipitation during those same hours. The one distinct difference with our Warming Center is there is no curfew. People can enter at any time of the night seeking warmth and safety.

Cold Weather Warming Shelter
To receive text alert notifications
for shelter operations
text "COLD" to 1-833-417-3071



CHATT Foundation
Center for Homeless Advancement for Today and Tomorrow



Helping a person or family navigate from homelessness to sheltered self-sustainability requires intensive case management and wrap-around services. In this report we share how many evictions we prevented, how many households our case managers were able to house, how many emergency shelter beds we provided, and how many families we served. It all starts with a warm nutritious meal and expands to meeting basic human needs, building trust and journeying with individuals and families toward self-sufficiency.

We first focus on one day in winter where we serve 450 unique individuals. Throughout the winter season, we will provide emergency overnight shelter in our Cold Weather Warming Center to 285 unique individuals. Throughout the year we will serve and assist thousands who make critical decisions each day as to whether to leave their belongings in their tents and seek assistance on 11th Street or hold out another day in their encampment to guard their belongings.


It all starts with a warm nutritious meal our volunteers serve 365 days a year, 3 meals a day. To illustrate how important your gifts of food are, see below how much food is needed per day to feed those who come to us hungry?

It takes per day:

- 8 turkeys
- 40 lbs of ground meat
- 40 lbs of pasta or beans
- 6 gallons of spaghetti sauce
- 108 small cans
- 15 - #10 cans
- 16 boxes of cereal
- One 5 lb. box of dry milk
- 10 lbs of grits or oatmeal
- 2 lbs of coffee
- 5.7 lbs of sugar



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Center for Homeless Advancement for Today and Tomorrow

NEED HELP?

We are located at:
727 E. 11th St., Chattanooga, TN 37403

Open from 7 am to 5 pm for everyday needs and services

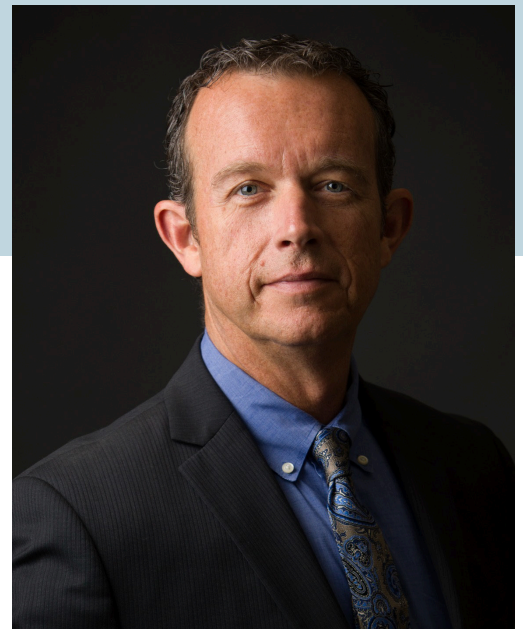
2022 In Review



CHATT Foundation

Center for Homeless Advancement for Today and Tomorrow

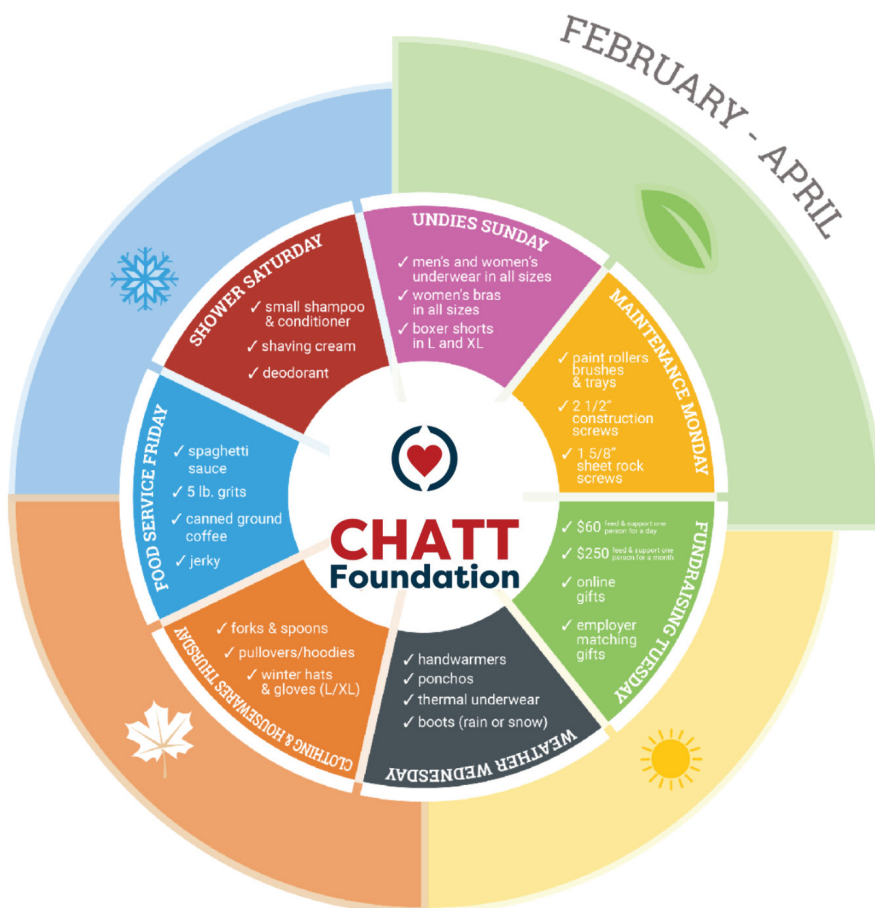
MESSAGE FROM THE CEO



In my time since joining the team of CHATT Foundation, I have been incredibly impacted by the sheer volume of services that we provide to assist our homeless community. From providing 3 meals, 365 days/year, to showers, laundry, foot care, mail, job training and placement, Case management and housing assistance and much more, our talented and dedicated staff work diligently to provide critically needed services to a desperate and vulnerable population in the Chattanooga region.

But we couldn't do it without our "army" of volunteers. In fact, without the many women, men, and families who serve beside us, we would have to reduce and/or eliminate some of the services we provide. For this reason, I want to make an appeal to you and those you live or work with to consider helping us help the homeless toward a path of self-sufficiency.

How can you help? We have many options. Serving meals (breakfast, lunch, or dinner) is the main way that most volunteers serve. Assisting our staff in the Community Center is also quite rewarding. We operate a Clothing program at the end of our block and we need volunteers to help sort through the many donated clothing items we receive. There are warehouse jobs, maintenance jobs, and receptionist jobs. We are in need of overnight shelter volunteers (yes, you get a clean bed to sleep in!). Do you like working with children? We have opportunities to help tutor or do art projects with children after school. Do you like to paint or do landscaping? We have projects for you. Last year we had over 20,000 volunteer hours and that still was not enough to meet the needs of our displaced neighbors. Will you join our army in 2023? Please consider contacting us at kitchen@chattfoundation.org or go to chattfoundation.org/get-informed-copy to learn more about how you can impact the lives of those desperate for support! I look forward to seeing you on 11th street!



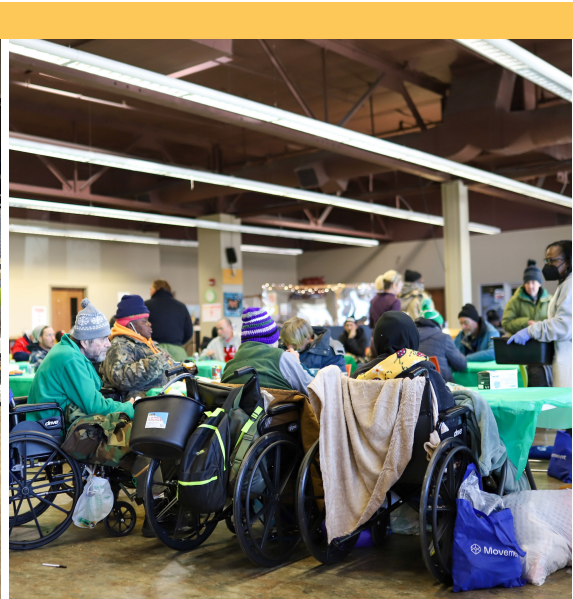
SUCCESS STORY

Megan and her family of three boys joined us at the Maclellan Shelter for Families in the middle of November. She was overwhelmed constantly (what with three boys all under the age of 11, and pregnant at the time with twins.) She lost housing due to the Budgetel Inn shut down and was in need of help now more than ever, as the due date for her babies steadily crept up on her. She was already working as a waitress at one of the more upscale restaurants in the city, and she had her own reliable transportation. The program manager pointed her out to our friends over at the City of Chattanooga, and together, her housing navigator and Megan searched for housing for her family.

Plans were made in regards to what we should do in the event that the babies should come early, and we shared a resource, Safe Families, that she could connect with, just in case she had to take an ambulance to the hospital to deliver. It was soon time for Megan to have a cesarean birth. We discussed the plan for who would take care of the boys while she was in the hospital, where they would be staying, would they have enough food.

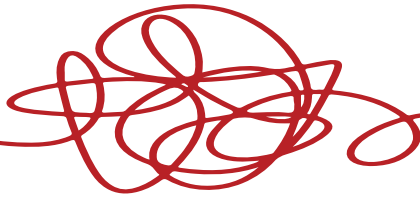
The day before the scheduled delivery, Megan and her three boys came rushing through the doors of the shelter. She shared that her housing navigator had found a home for her and her family, she had signed the lease to it, and the City had paid for the move in costs and up to three months rent while she waited for her voucher to be issued. She was out of breath with excitement and so grateful for her stay here with us but was bursting with joy at having found a place of her own.

We helped her family pack and gifted a brand new double stroller for her babies along with household supplies and other goodies. The family was off to their new home! Megan was successful in the program because she listened and asked the right questions, was compliant with the rules and expectations of the shelter, and was active in saving while she worked all that she could. We appreciate the City of Chattanooga's help with the move in deposit so that Megan could actively save her income, and we admire Megan because she came in focused and dedicated to regaining stability in her family's lives.



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VISIT US AT CHATTFoundation.org



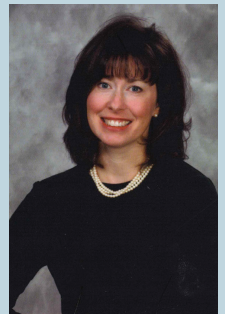
Why a Trauma Informed Approach?

Trauma is pervasive in today's society. Trauma, as defined by the Substance Abuse and Mental Health Services Administration (SAMHSA), for an individual "results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being." Examples of trauma include experiencing or witnessing abuse, childhood neglect, having a family member with a substance use or mental health disorder, experiencing or witnessing community violence or violence while in the military, poverty, systematic discrimination, and homelessness.

In addition to trauma histories, such as those mentioned above, unsheltered individuals served by the CHATT Foundation (CF) are more likely to have physical and mental health challenges as well as drug and alcohol use than sheltered individuals. These adverse conditions, along with past trauma histories, heighten their vulnerability. This requires that the CF—1) realizes the impact of trauma, 2) recognizes trauma signs, 3) has systems in place to respond appropriately, and 4) seeks to resist re-traumatizing individuals receiving services.

Research supports this evidence-based approach and boosts outcomes such as increased trust between clients and staff, improved client engagement, reduced family homelessness, increased workforce participation, and less secondary traumatic stress in staff. The CHATT Foundation is committed to providing high-quality, trauma-informed services to ensure better outcomes for those we serve and for our community.

Traci Hefner, PhD, LMSM is the Director of Case Management for the CHATT Foundation. The CHATT Foundation's case management team serves individuals and families who are currently experiencing homelessness or who were previously homeless. "We are a housing first program, meaning that our focus is to get individuals stably housed and then assist them with their goals toward self-sufficiency. This is done by building trust and providing person-centered, strength-based services to help individuals with their needs; such as, finding employment, obtaining substance use and mental health treatment, and locating other necessary resources.



Moreover, the case management team is trauma informed. We recognize the prevalence of trauma in the population served and strive to stay abreast of evidence-based practices. Our team receives on-going training on adverse childhood experiences as well as trauma informed practices to best meet the needs of those we serve with dignity and competence."

Wishing David Success!



David Costellow has accepted a wonderful new opportunity and we wish him continued success. Baron King stated, "Thank you, David, for being such an incredible member of the team and for your steady leadership in times of transition." David Costellow replied, "There have been so many great experiences here. I am honored to have served with

such great people and to have seen firsthand how our work truly changes lives. Thank you for your support and prayers." We will miss you, David!



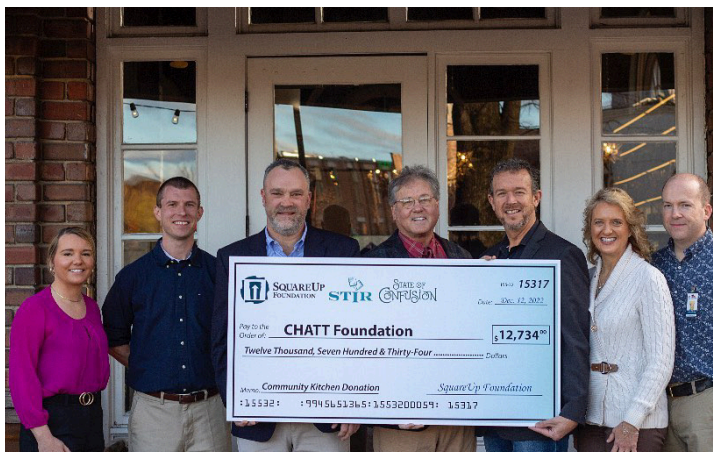
FAST day

Thank you to all our donors who helped us exceed our \$1 million Fast Day goal for 2022! We strive to be good stewards of your generosity by utilizing your gifts to provide the greatest impact. In 2022, for every dollar donated 85 cents went directly into local programs. Total revenue in 2022 was \$2.643 million while expenses totaled \$2.628 million.

Thank you to all of our donors who contributed in-kind gifts of food! Your gifts provided all of our food needs this year! We are especially grateful for the continued sponsorship of Moody Radio for their annual food drive. They make giving fun!



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Thank you for being a partner in our work to change lives!

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Photo contributed by Olivia Ross