



**Heart & Hand**  
Center for Youth and Their Families

# 2019 Annual Report



# Student Spotlight

Caryela, an 8th grader at Bruce Randolph, is more than your typical teenager. Smart, energetic, outgoing, and driven, she is an amazing Heart & Hand Ambassador.

Caryela has been a member of the Heart & Hand story since she was in 6th grade. She notes that involvement in Heart & Hand is a priority for her as she enters 8th grade. She says, "Heart & Hand has given me the strong foundation to be a good student and a good friend. I tell everybody I can about the program and how much it has helped me be who I am. I want to be successful, and Heart & Hand is how I'll get there."

Caryela is just one of the amazing kids we get walk alongside at Heart & Hand. Thank you for being a part of her story.





## Dear Heart & Hand Family,

At Heart & Hand, we are not helping young people beat the odds, we are changing the odds. 93% of Heart & Hand participants graduate high school - that's compared to 70% of all Denver Public School students. That means that Heart & Hand students, almost all of whom are living in poverty, are outperforming the DPS average.

At Heart & Hand we were privileged to work with 225 children during the 2018-2019 school year. These young people are talented, kind, and inspire us every day. But despite all their greatness, their paths to success are not straight forward.

This is partially due to the fact that most of Heart & Hand children live in poverty. In fact 60% of our families live in households with combined incomes of less than \$25,000 annually - and that's typically for at least 4 people. To break that down a little further, that's just over \$2,000 each month to pay for housing, food, transportation, utilities, clothes, medical needs for 4 people - and that's just the necessities. What if a family wants a night out at the movies, or to throw a birthday party for their child, or to save for their child's college education?

So there's the financial obstacles, and all of the impacts simply not having enough money has on what you eat, and where you live, and what opportunities you have. And then there's the fact that young people who grow up in poverty are more likely to experience trauma like domestic violence, substance abuse, and neglect. Many Heart & Hand children are forced to face incredibly adult situations from very young ages. And research demonstrates that this childhood trauma impacts brain development - causing students to live in a state of toxic stress, consistently anticipating danger.

At Heart & Hand we know how to empower young people to hurdle over the obstacles that stand in the way of their successes. When students come to Heart & Hand every day, they find safety. They meet friends who make them feel like they belong. They learn the social emotional skills that help them cope with the traumas of life in poverty. They build relationships with adults they trust, who see their brilliance and competence, and who push them to be more than they may have believed they could be.

So that these stories of success continue to ripple through the community, this year we are proud to launch our Family Development Program. Because our 9 years of experience have taught us that children thrive in the context of healthy families. This program will allow us to intentionally dig up the roots of poverty, so that our young people can face fewer obstacles to realizing their dreams.

Thanks for being part of Heart & Hand's critical work to close the opportunity gap. We couldn't do it without you.

With gratitude,



*Nikki Cady*

Nikki Cady  
Founder



*Mary Cipollone*

Mary Cipollone  
Executive Director



*Paul Ford*

Paul Ford  
Board Chair

# Who We Are

**MISSION:** By creating a nurturing community, Heart & Hand empowers all young people to realize their potential.

**VISION:** A world with no opportunity gap.

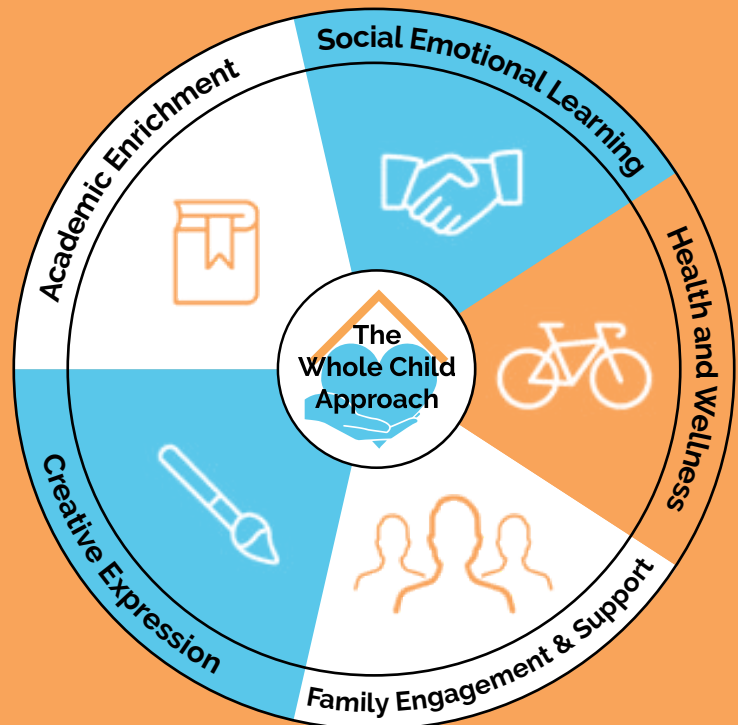
Heart & Hand Center is a nonprofit organization which serves as a community-based resource for children and their families in northeast Denver. Through long term relationships, out-of-school programming, and support for children and families, Heart & Hand Center disrupts the cycle of poverty and empowers all young people to realize their potential.

## What We Do

Heart & Hand offers afterschool and summer programming based on a whole child approach for youth in second grade to two years post high school graduation, and also provides resources and ongoing support for families.

Through intentionally cultivated relationships, Heart & Hand Center is able to ensure that both children and their families experience a loving community and overcome barriers.

## The Whole Child Approach





# Who We Serve

Heart & Hand serves students and their families in Northeast Denver. We have programs based at Columbine Elementary School, Smith Elementary School, and Bruce Randolph Middle School. We also provide 1:1 support to local high schoolers and post-secondary mentorship to graduates.

60%

of families list sticking together and communicating as their top strengths

68%

of students live with one guardian

59%

of families earn a combined household income of less than \$25k

96%

of students qualify for free or reduced price lunch



# How We Do It

## Afterschool Programming

Heart & Hand creates a nurturing afterschool environment where everyone gets a hot meal, help with homework, exposure to new passions, and a healthy dose of love.

This supervised enrichment time provides an alternative to unsafe behaviors which peak in the afternoon when caregivers are most likely to be working.

## College & Career Readiness

Through individualized case management and monthly workshops, scholars beginning in 9th grade receive one-on-one support in college access and career success. We focus on goal setting, reflection, and developing social emotional skills. Heart & Hand continues to support students for two years after high school completion to ensure scholars' continued success in achieving their post-secondary goals.

## Summer Programs

Heart & Hand runs eight weeks of full day summer program inclusive of academic time, enrichment activities such as swimming and dance, and field trips. Our summer program is geared to combat summer learning loss.

## 2018-2019 By The Numbers

**225** Students served in the 2018-2019 school year

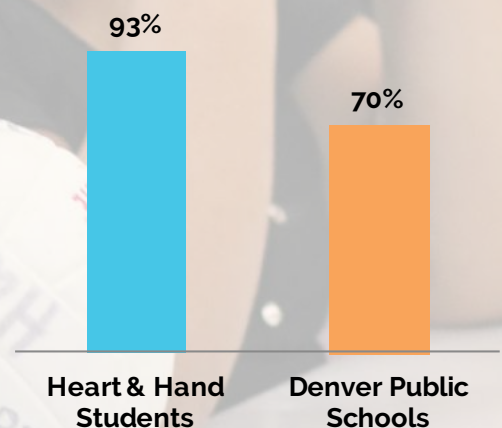
**133** Students enrolled in summer programs

**32,285** Meals provided

**6,752** Pounds of fresh fruits and vegetables distributed

**116** Holiday meals for families

### High School Graduation Rates



Despite experiencing high levels of poverty, Heart & Hand participants are outperforming their Denver Public School peers.

# Events



## Night in Lights Presented by Alliant

Every November, Heart & Hand throws the party of the year - our Night in Lights gala at the Four Seasons in downtown Denver. This event brings together Denver's community-minded business leaders for a night of philanthropy and fun.

Tables are sponsored by Denver's most prestigious companies including the West Family Foundation, Hensel-Phelps, Caerus Oil & Gas, and Grupo Denim. This year we raised \$388,000 to support Denver's kids!

## I Heart Camp

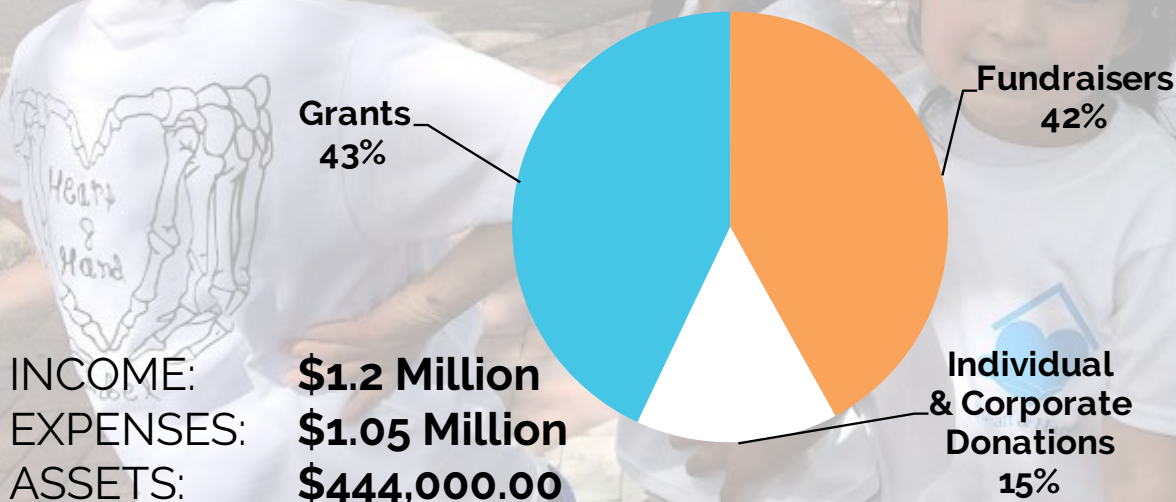
The spring I Heart Camp event, an evening of summer camp experiences for adults, raises funds for Heart & Hand's summer programming. This year, we raised \$72,550 to provide academic enrichment, transportation, field trips, and meals.



# Financials

## September 2018 - August 2019

### Total Income by Type





## Launching Heart & Hand's New Family Development Program

This year, we are working to deepen the impact we have with our families through the formalization of a Family Development Program. The objective of this program will be to disrupt the cycle of poverty through a multi-generational approach. We are thrilled to watch these practices empower our families to thrive!



Parent Kazuyo Miyagi notes, "Since I am from Japan, and have no immediate family here to support me, Heart & Hand is like my family. They provided the care my children needed while I was in college, and while I am at work after the school day ends. It is very stressful for single mothers to give proper care for children while we are working. My children have had many wonderful experiences through Heart & Hand: taking yoga, dance classes, horseback riding, kick-boxing and camping. They also help with homework when I can't. Heart and Hand is a part of our lives, and it is very important for us."



### Meet Nijier: A Young Man Going Places

Nijier is a talented Heart & Hand student with tons of leadership skills. Nijier is a star basketball player, and a star student. While working with Heart & Hand staff, Nijier has improved greatly in making positive choices for himself.

"Nijier's energy, leadership, sense of humor, and confidence are completely contagious! This is a bright young person who can truly be whatever he wants to be in life."

- Smith Program Manager Maya McDowell



## Scooter Anata Walsh: Volunteer Extraordinaire

*The greatness of a community is most accurately measured by the compassionate actions of its members. – Coretta Scott King*

Scooter has been part of the Heart & Hand community for four years as a volunteer, Heartbeat Donor, and now Co-Chair of the Community Professionals Board. From early on, Scooter had a desire to impact her community, wherever she found it. After graduating from college, she joined the U.S. Peace Corps as a volunteer in Mozambique, where she was a high school teacher and public health advocate.

"I love volunteering with Heart & Hand because I get to see firsthand the incredible impact our programs have on the kids and their families. I have witnessed kids grow and develop over the years due to the support and love from the Heart & Hand staff."

Would you like to volunteer?

Please contact [info@heartandhandcenter.org](mailto:info@heartandhandcenter.org) for more information.



## Saunders Construction: Breaking The Mold of Corporate Social Responsibility

While many businesses engage in Corporate Social Responsibility, Saunders Construction redefines how a company and a non-profit can build a true partnership. Through Building Confidence in Kids ® (BCiK), an employee-led philanthropic initiative focused on the support, well-being, and development of children, Saunders' employees invested over 1000 volunteer hours at Heart & Hand. Monthly service activities such as helping students with STEM projects, or leading an awareness building campaign to amplify Heart & Hand's neighborhood profile, have had a lasting impact. And Saunders has engaged their network to raise over \$130k to benefit the programming so vital to our organization.

Alex Krasnec, Saunders Development Manager and BCiK Committee Lead says, "Heart & Hand has been a great partner because of the ample opportunity for volunteers to interact with kids, the variety of activities our employees helped organize, and the positive impact they're having on our community. Heart & Hand employees care deeply for the kids they work with, which motivates our employees to volunteer and makes the experience much more rewarding. The experience with Heart & Hand has been tremendously rewarding for Saunders, and we plan on continuing our relationship with them for years to come."



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Special Thanks to Good Morrow Photography, Inc and  
Samantha Emerson Photography  
for photos used in this report.



Heart & Hand is investing in students who are fueled by challenge, preparing them to overcome obstacles. We help them to be the authors of their own stories despite perceived limitations.

The young people we work with are healers, artists, and leaders who have a solid foundation of community to ensure their success. They are smart and kind and going places.

Next stop? Everywhere.



**Heart & Hand**  
Center for Youth and Their Families

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