

Here-To-Help End-of-Year Report

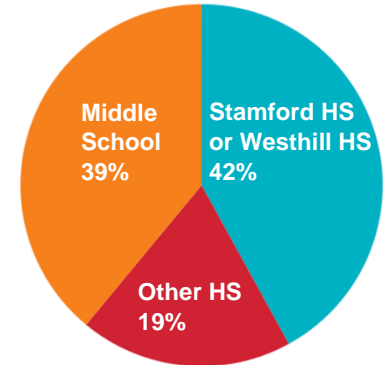
Fiscal Year 23/24
(7.1.2023 – 6.30.2024)



Student Demographics:

Students served: 69

- 90% students of color
- 57% male
- Schools attended
- Average age of student: 15 years old



Core support services Domus provided to students and families:

- 1,983 connections to support students and families:
 - 1,485 with students and families outside the home, in person, and by text/phone
 - 234 in-person home visits with parents/guardians and students
 - 264 meetings on behalf of students and families with school staff and community providers
- 28 referrals made to 20 unique programs at partner organizations for added support to students and families.

Program staff helped support students and families in the following ways:

- Connect students to school resources for academic support
- Referrals to community-based organizations for mental and physical health counseling support
- Housing assistance (furniture, supplies, rent, utilities)
- Assistance navigating McKinney-Vento, the federal law providing funding to school districts to support students who are homeless
- Food assistance
- School communication
- School registration
- Summer programming
- English language support
- Powerschool Parent Portal support
- Transportation support (appointments and school)

8th grader Nilson (above left) received a wellness scholarship to purchase a bike, which helps him exercise, practice mindfulness, and meet up with his friends. "Being on my bike helps me focus on positive things," he says.

About the Program:

Here-To-Help (H2H) is a collective impact program that helps students and families access the school and community resources and information needed to ensure students succeed as they re-engage in school post-pandemic. Partners include the Stamford Public Schools, Family Centers, and other nonprofits. Domus works with middle and high school students and families for between 3 and 18 months, providing interventions and support to get them back on track in school. These interventions connect students with community resources and/or reconnect them to school. We conduct intensive community outreach (including home visits) to determine if these students moved, need adult education, or need to be re-engaged in school.

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"I'm going to try my best for you because you never let me down."

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The Domus Relational Model:

The entirety of our work is based on the undeniable power of love to transform lives. Our staff work relentlessly to engage young people, never giving up until they feel a sense of safety and belonging. We use a unique and powerful combination of trauma-responsive, anti-racist practices, positive youth development, loving relationships, and Thoughts, Emotions, & Behaviors (a form of Cognitive Behavioral Therapy) skills-building. Together, these elements engage a young person's entire nervous system to increase their safety, health, wisdom, resilience, and skills. Fundamentally, they help youth regulate, relate, and reason as they practice shifting from a chronic stress response (“fight, flight, or flee”) to engage their “calm and connect” systems. Thus, when facing life’s inevitable challenges, youth can interrupt unproductive, automatic reactions and respond more skillfully. Through these loving, evidence-based interventions, Domus empowers young people to achieve life-changing outcomes.

FY24 Organizational Highlights:

- The Domus organizational focus this year was *A Year of Wellness and Healing*. Activities included connecting program youth with nature as well as providing 400 families with *Spring into Spring* gifts they could use together as a family. The year culminated in providing \$100 wellness scholarships to 80 Domus young people to support their mental and physical well-being.
- Domus partnered with the City of Stamford on the Stamford Kindness Project. During the month of December, Domus youth and staff made kindness walls at all program locations. Domus then provided breakfast to all youth and staff to celebrate kindness.
- Domus provided holiday gifts and food to 476 families and Thanksgiving support to 357 families across all programs.

Student Success Story: Trina

Trina (above right) came to H2H as a high school junior and new mom. Her son was born deaf and with a birth defect that required surgery as a newborn and ongoing extensive care. Trina, the main caregiver, was overwhelmed. For her senior year, she applied for the SPS Remote Learning Program. Trina came to H2H at least twice a week with her son to use Domus’ media center for her schoolwork. Domus provided transportation support so Trina could bring her son to his many appointments with doctors, hearing specialists, and speech therapists. With hard work and perseverance, Trina was able to graduate on time. Her next adventure will be at Norwalk Community College, where she plans to study nursing to become a NICU nurse to help babies like her son and eventually become a doctor.

