

Upper Des Moines Opportunity, Inc.

2022

OCTOBER 2021 TO SEPTEMBER 2022

ANNUAL  
REPORT

HELPING PEOPLE. CHANGING LIVES.



Head Start



KIDS



Housing Program



# A Word from Our Executive Director

I would like to thank our UDMO Board of Directors. We could not do business without the support of these individuals who give of their time and their hearts to the families we serve and the UDMO staff. I would also like to acknowledge our dedicated staff who are passionate and deeply care about providing high quality services to the families UDMO serves.

We have all struggled through the COVID-19 Pandemic. Now, we are learning to function in a new reality created by the pandemic and the residual economic impacts that are tightening family and program budgets due to higher prices.

Through this challenging time, UDMO continues to celebrate our progress over the past year:

- Two new 1st Five grants for a total of \$209,785 which support health providers in the early detection of social emotional and developmental delays.
- Expanding Housing Program with a new Rural Set Aside Grant of \$1,591,339 will result in more resources and additional staff to assist families in need.
- Increased Weatherization budget which will allow for additional houses to be completed each year.
- Progress and anticipated completion of the Head Start Roosevelt Project by Fall of 2023. This project was initiated in 2019. COVID stalled the project and the economy has increased prices. Meanwhile we are pushing through in order for Head Start to have a home with two new classrooms, restroom, kitchen and two playgrounds for the Estherville community to benefit from.
- Purchase and renovation of a permanent home for Spencer Outreach through the support of a \$450,000 grant from the State.
- Through an extensive array of programs, UDMO has expanded to provide services to a total of 22 Iowa Counties.

In closing, I am grateful for UDMO's collaborative partnerships, donors, volunteers and foundations that support the individuals and communities we serve. With your ongoing support we will continue to help people and change lives.



Julie Edwards, Executive Director

*We are dedicated to helping build stronger communities by addressing the effects of poverty on individuals and families.*

# Helping People. Changing Lives.

## 2022 Board Of Directors

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 Ron Graettinger                      Vice President  
 Glen Bohmer                      Secretary/Treasurer

### Sector 1

Tim Fairchild                      Dickinson  
 Glenn Bohmer                      Emmet  
 Lois Boersma                      Osceola

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### Sector 4

Nick Carlson                      Webster  
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 Amy Ouphachack                      Hamilton

### At-Large

Jerry Kloberdanze                      Hamilton  
 Bruce Reimers                      Humboldt  
 Jennifer Sammons                      Buena Vista  
 Katrina Heller                      Clay

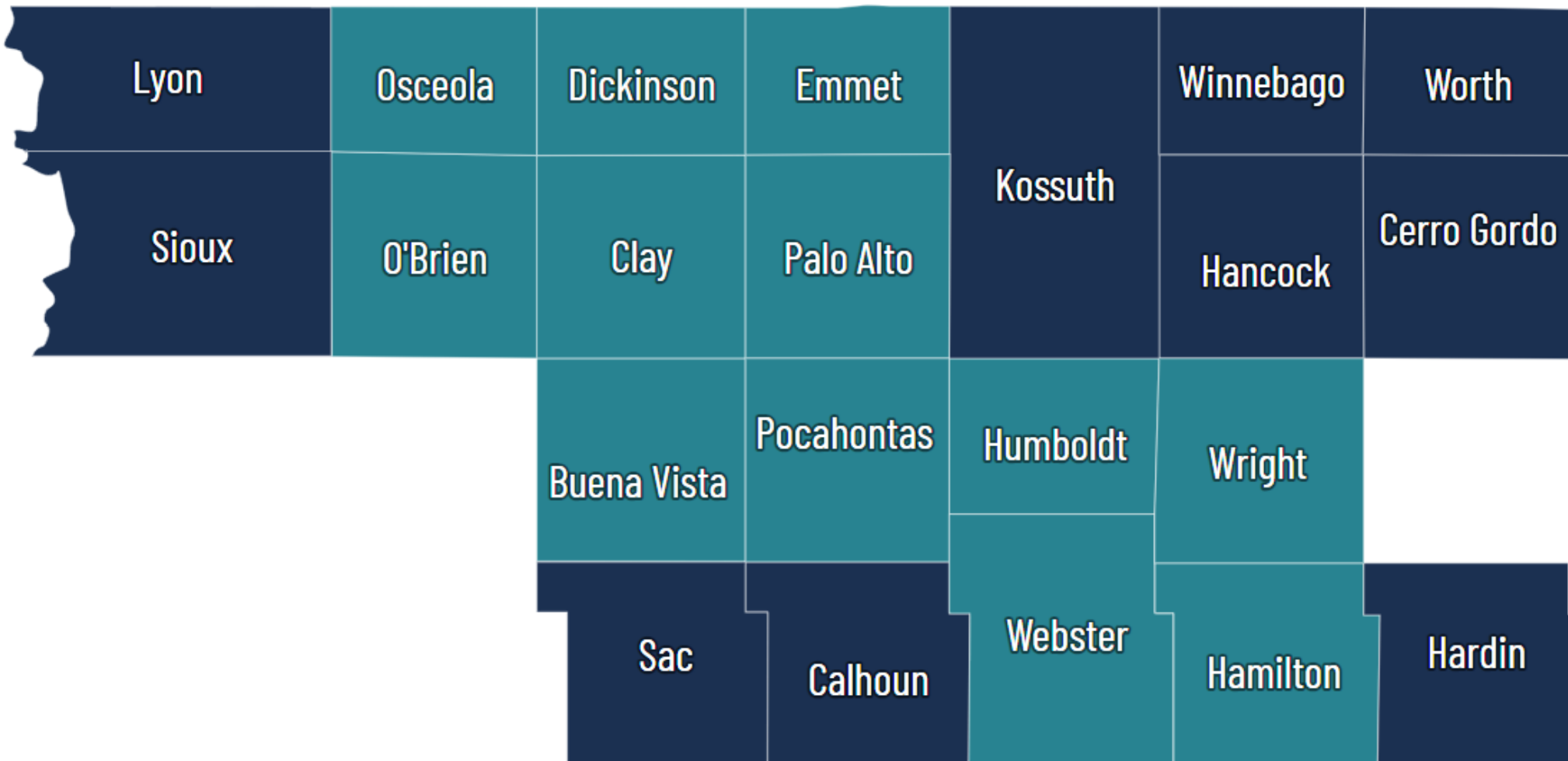
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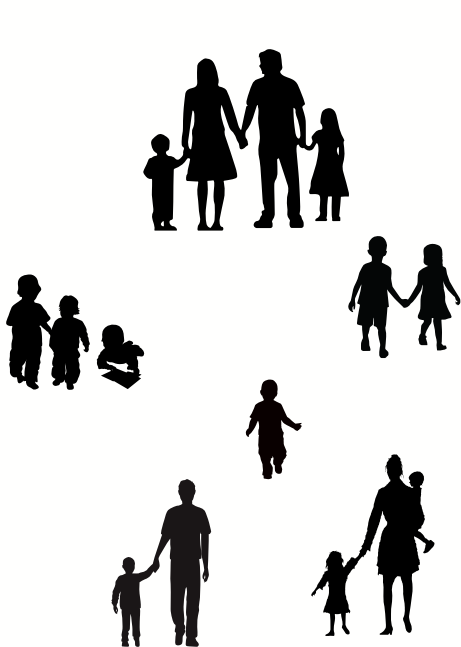
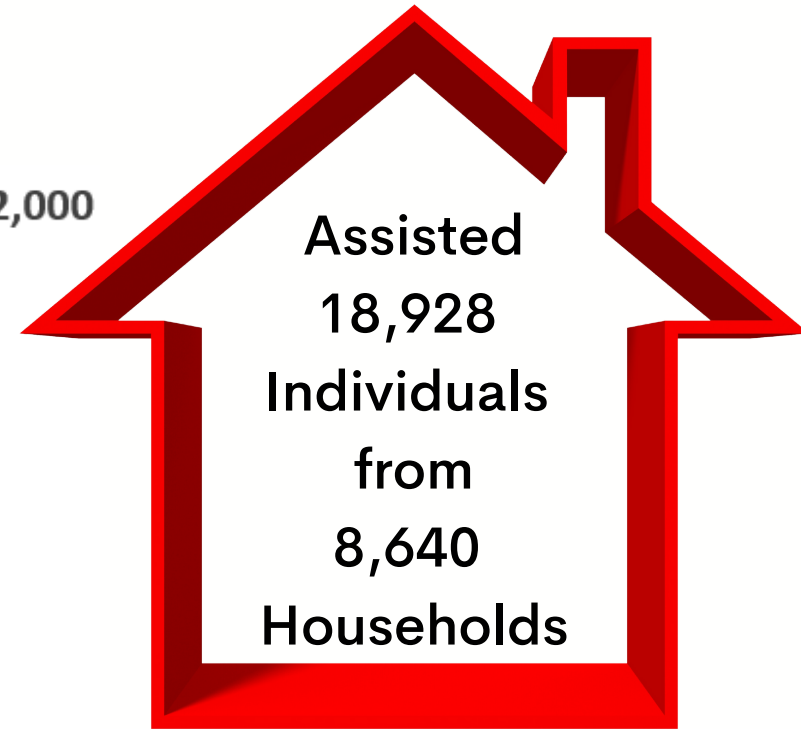
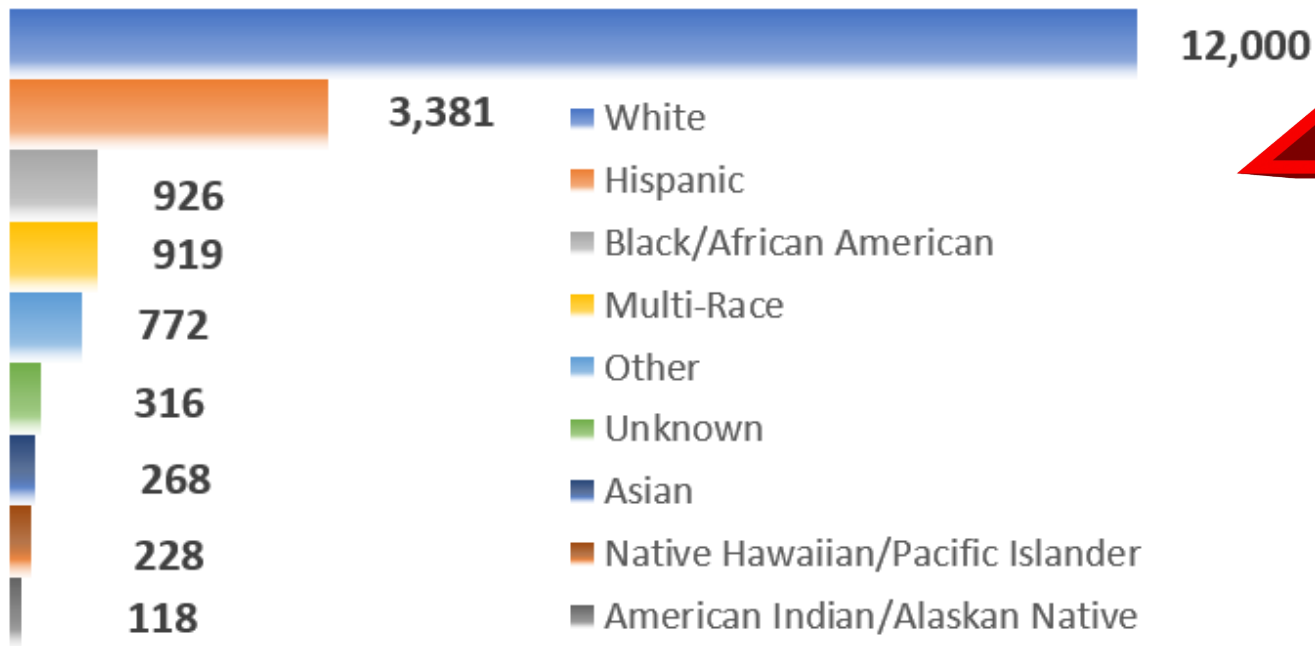
# Service Area and Programs Map

Upper Des Moines Opportunity, Inc. offers core programs across twelve counties in Northwest and North Central Iowa. Due to programmatic boundaries, UDMO operates a select number of our programs and services in ten surrounding counties.

\*Click on Program Logos on their individual report page to access their site on the UDMO Website.



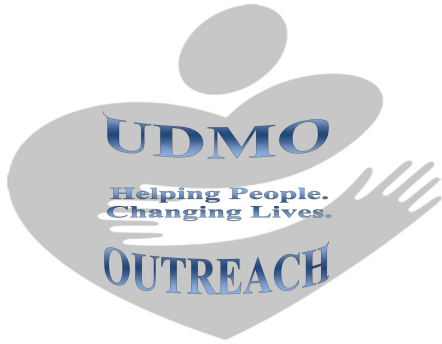
## Total Number of Individuals Served Reported by Race & Ethnicity



## Individuals and Households served included:

- 6,711 Children
- 3,852 Seniors
- 3,528 with a Disabling Condition
- 1,347 Single Moms
- 140 Single Dads
- 469 Veterans & Active Military





# UDMO Outreach Programs

In Collaboration with many Donors and Community Partners, UDMO Outreach Provided **Over \$1 Million in Assistance to 19,188 Individuals from 8,645 Households Across the 12 County Service Area**

Serving the Counties of:

- |             |            |
|-------------|------------|
| Buena Vista | O'Brien    |
| Clay        | Osceola    |
| Dickinson   | Palo Alto  |
| Emmet       | Pocahontas |
| Hamilton    | Webster    |
| Humboldt    | Wright     |

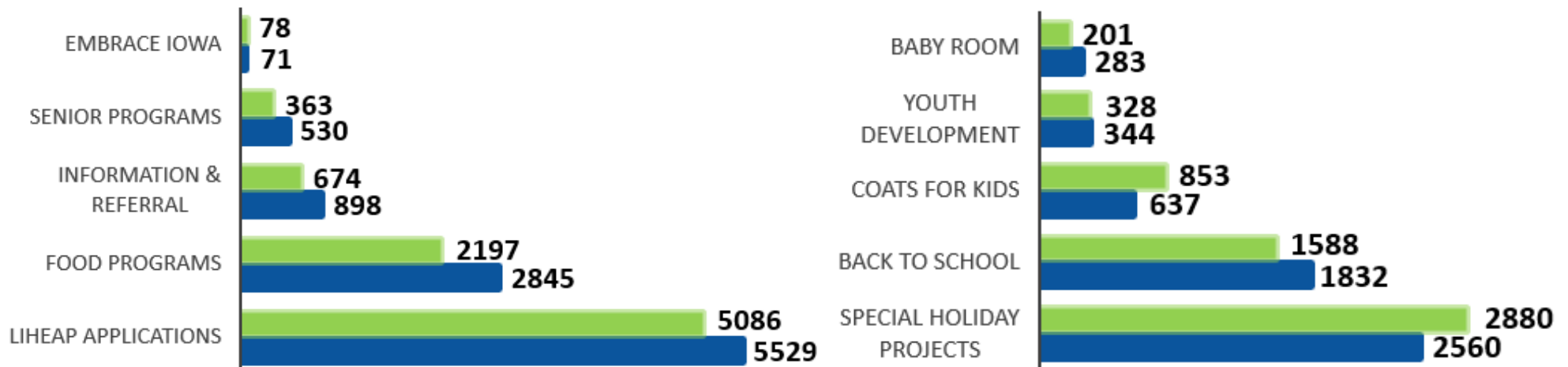
[Learn more about UDMO Outreach Services Here](#)

## Household Participation Comparison Between FY21 & FY22

Total Number of Households accessing the most used programs

■ FY2021  
■ FY2022

Total Number of Individual Children accessing youth specific programs



# Head Start & Early Head Start



Upper Des Moines Opportunity, Inc. Early Childhood Programs strive to provide the highest quality of comprehensive early childhood services for children birth to age five. The Head Start Focus Area 2 Review was conducted the week of April 18-22, 2022.

## GOAL 1:

The program will create a foundation for children and families to develop **healthy relationships** for lifelong success.

## GOAL 2:

The program will support the development of lifelong skills for children's overall **health and well-being**.

## GOAL 3:

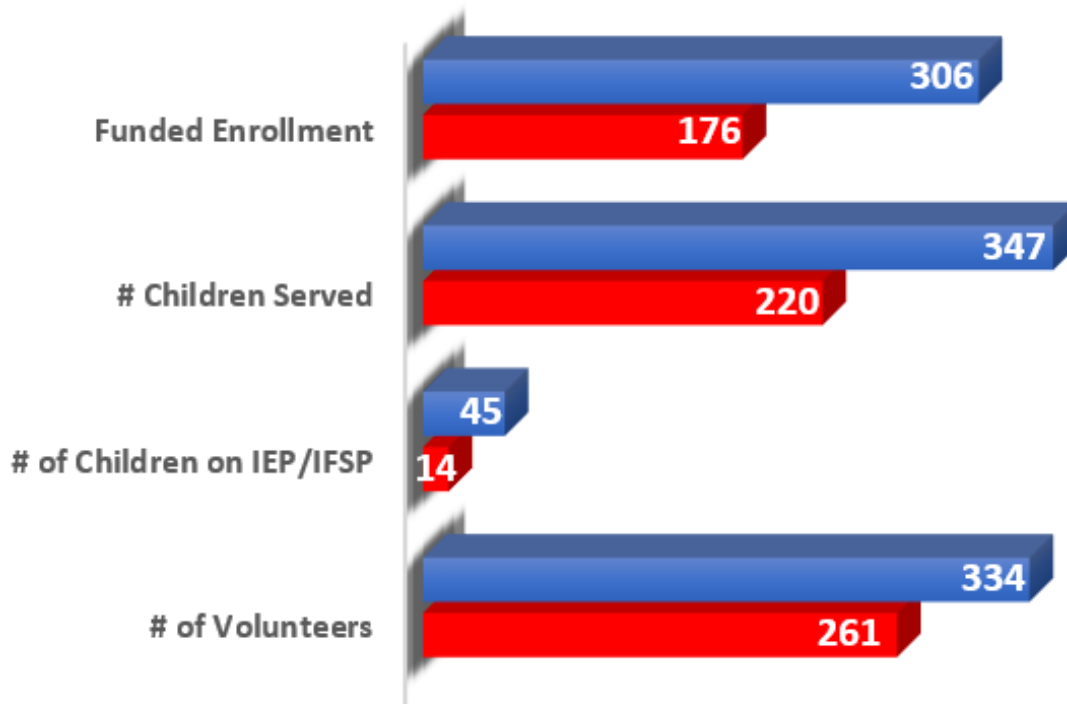
The program will develop supports to assist children and parents to **speak, read and write**; while supporting home languages, for school and lifelong learning.

## GOAL 4:

The program will support the development of children's initiative, persistence, and creativity for **critical thinking** in support of lifelong learning.

A complete Head Start/Early Head Start 2021-2022 School Year Annual Report can be found on our website: <https://www.udmo.com/programs-services/early-childhood/>

■ Head Start ■ Early Head Start



## Family Demographics

	Early Head Start	Head Start
# Served	188	333
% of Children from Single Parent Homes	53%	54%
% of Children from Two Parent Homes	47%	46%
% of Parents with less than a High School Diploma	45%	39%
% of Children Categorically Eligible or Incomes Below 100% Poverty Guidelines	94%	73%

Serving the Counties of:

- Buena Vista\*
- Clay\*
- Dickinson
- Emmet\*
- O'Brien
- Osceola
- Palo Alto
- Pocahontas

\*Offers HS & EHS



# Iowa Family Development and Self-Sufficiency Program (FaDSS)

**STRENGTHENING IOWA'S FAMILIES.  
STRENGTHENING IOWA'S ECONOMY.**

Serving the Counties  
of:

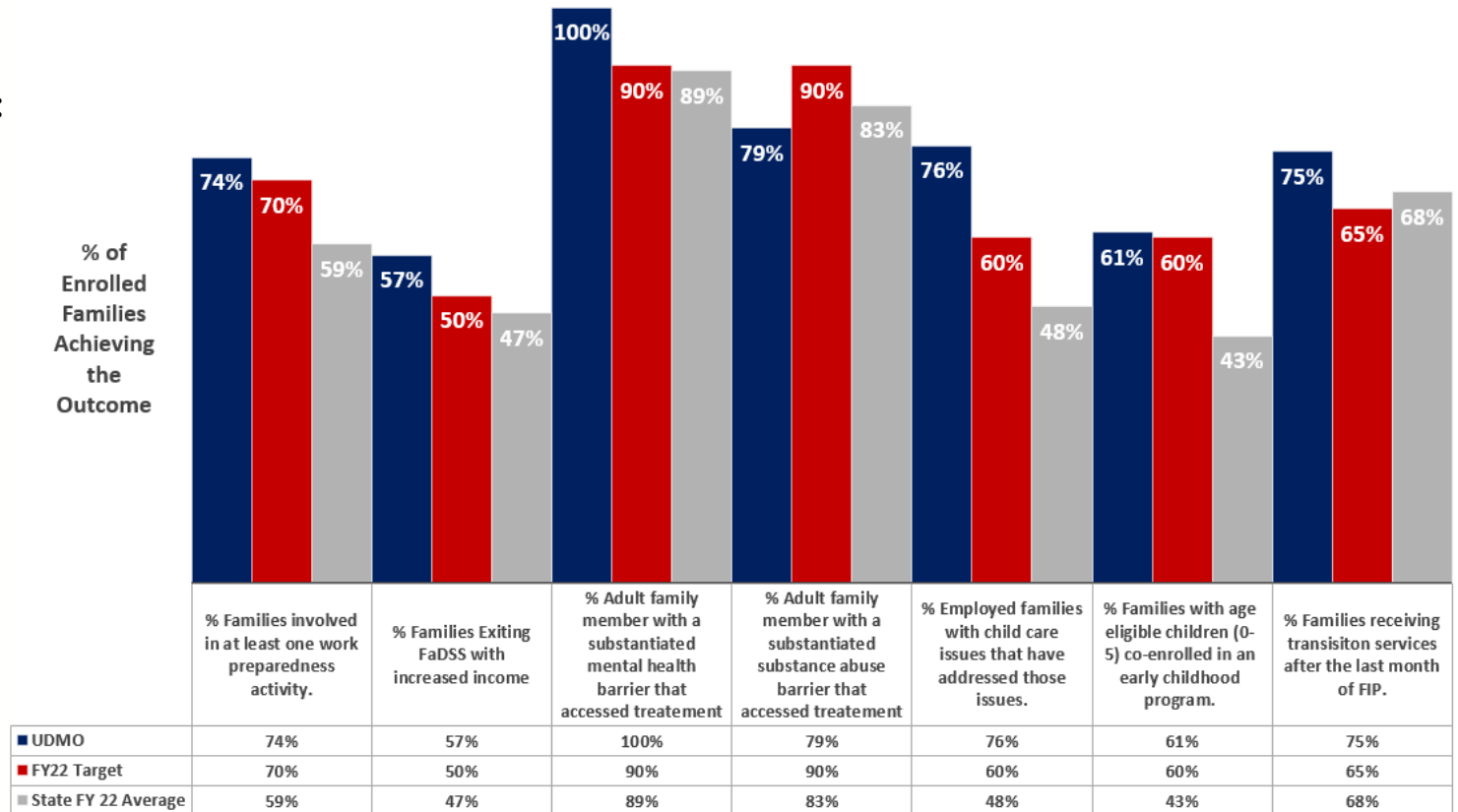
- Buena Vista
- Emmet
- Hamilton
- Humboldt
- Palo Alto
- Pocahontas
- Webster
- Wright

[Click Here to Access A Complete UDMO FaDSS Annual Report on our Website.](#)

## Participant Demographics:

- 131 families received services
- 61 families completed or were exited from the program during the reporting period, including 119 children (under the age of 18)
- 90% of families are headed by a female
- 57% of families are headed by an individual aged 24-34

**Program Performance - State Contract Measures  
UDMO Outcomes Compared to Targets and State Averages**





# Self-Sufficiency Advocates for Individual Life Skills



SAIL is a family-level initiative created in **2016** following the FaDSS program model. The strength-based approach addresses one or more causes or conditions of poverty, with clearly defined and measurable outcomes.

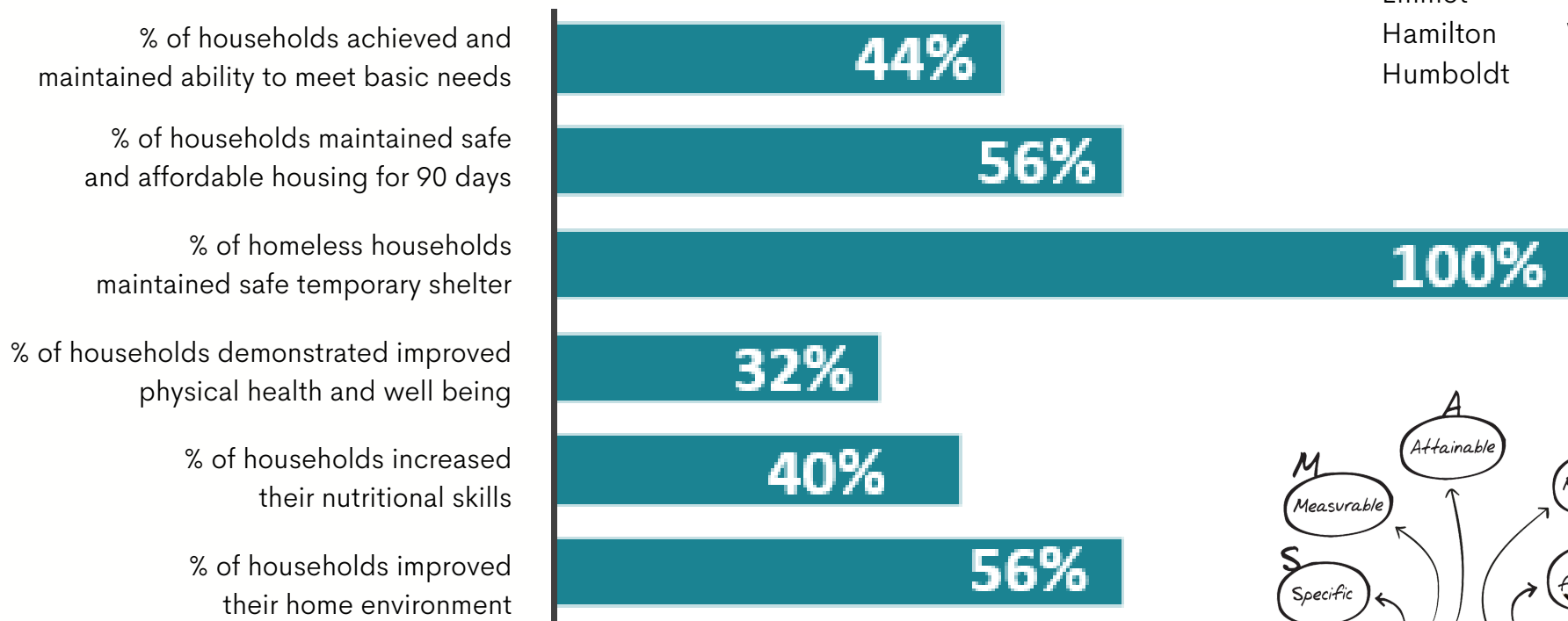
\*Due to staff transitions, the number of participants are lower for FY22 than prior years.

## 53 Households Served

## 36 Families Exited from the Program

Serving the Counties of:

- |             |            |
|-------------|------------|
| Buena Vista | O'Brien    |
| Clay        | Osceola    |
| Dickinson   | Palo Alto  |
| Emmet       | Pocahontas |
| Hamilton    | Webster    |
| Humboldt    | Wright     |





Serving the  
Counties of:

Clay	Kossuth
Dickinson	O'Brien
Emmet	Palo Alto

Family Support Workers partner with primary caregivers to promote the overall health and well-being of the child.

Families are supported to address:

- Being preschool/school ready
- Developmental concerns
- Bedtime routines
- Tips for helping children share
- Learning colors and numbers
- Challenges of being a parent
- Bonding and attachment
- Financial concerns
- Toilet training
- Tips for dealing with challenging behaviors

# Kommunity Involvement Development Support

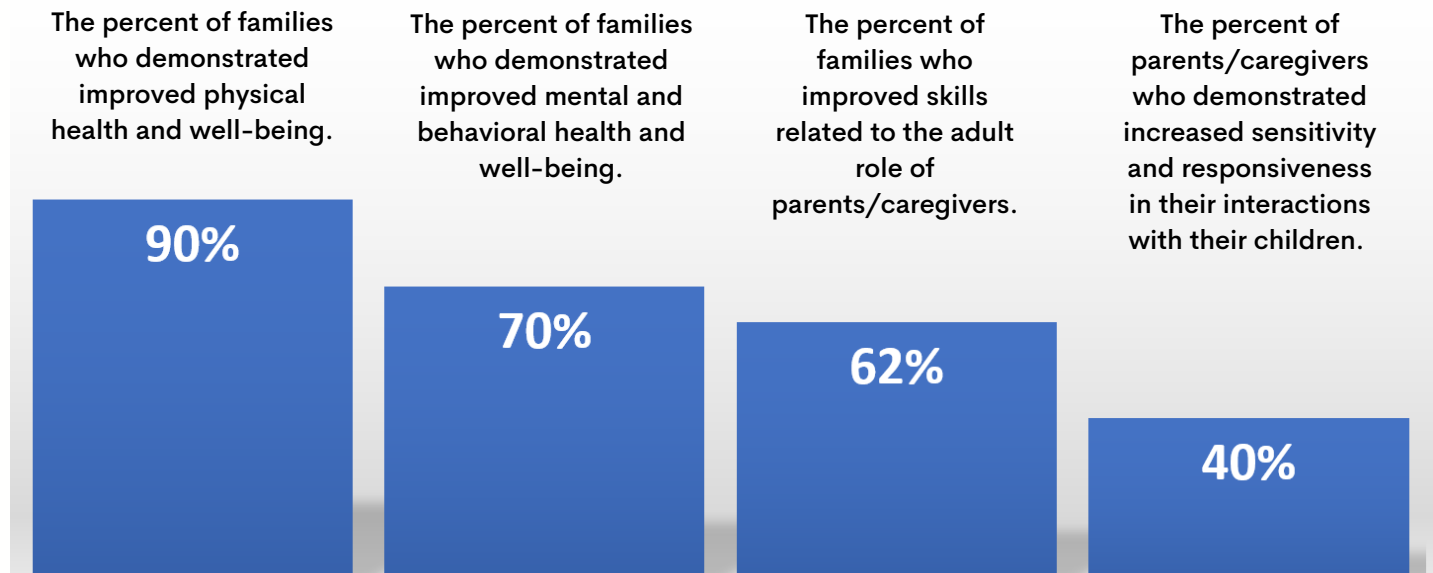
A Comprehensive Family Support Program  
Serving Families with Children Ages Birth to 5 Since 1990.

## Family Support Workers Completed 415 Home Visits with Families

**63**  
**Families**

**81**  
**Children**

**108**  
**Parents**



Funded in Part by Grants From:



# Women, Infants and Children

FY22 Total WIC Participants: 1,913



The Women, Infant, & Children (WIC) Program aims to **prevent children's health problems and improve their health, growth and development**. The program promotes exclusive breastfeeding as the norm for all mothers and babies.

Accomplishments in FY22:

- WIC continued with **in-person appointments**, with options to do **virtual appointments**:
  - Maintained connections to serve participants
  - New **participants received benefits sooner** due to not having to wait until clinic in their service area
  - Participants expressed appreciation for the alternative service delivery
  - Staff offered **appointments outside standard clinic hours**
- **Free Breast Pumps** available to **Medicaid** and **non-Medicaid** WIC participants

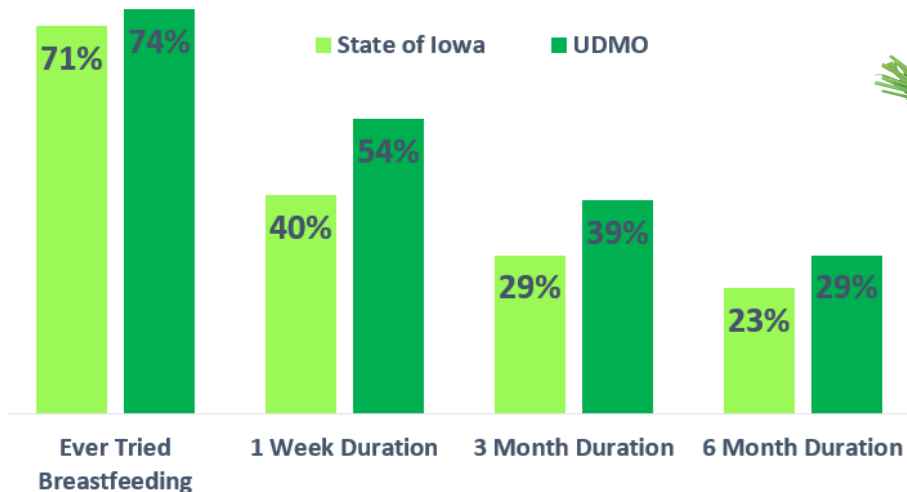
WIC Staff use the **Heart Button** motivational interviewing/counseling technique with all participants - opens participants up to new beginnings, better lives, and new attitudes triggering positive nutritional related behavioral change



Serving the Counties of:

Buena Vista  
Clay  
Dickinson  
Emmet  
O'Brien  
Osceola  
Palo Alto

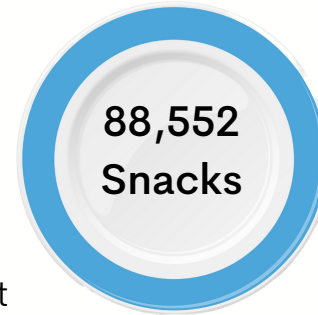
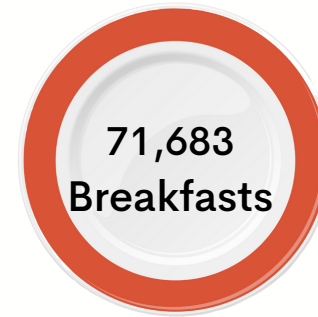
## Breastfeeding Rates



\*\*The State of Iowa established new **Collaborative Service Areas** in FY22 and beginning in **FY23 WIC** will be a program under Mid-Sioux Opportunity.



53 Family Childcare Providers Submitted 603 Claims for a Total Reimbursement of \$396,629



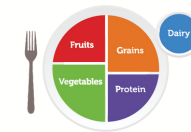
Serving the Counties of:

- Buena Vista
- O'Brien
- Clay
- Osceola
- Dickinson
- Palo Alto
- Emmet
- Pocahontas
- Lyon
- Sioux

UDMO is a Sponsor Agency for the child care home Child and Adult Care Food Program (CACFP). CACFP is a federally funded program that provides meal reimbursements for nutritious meals and snacks served to children in child care homes.

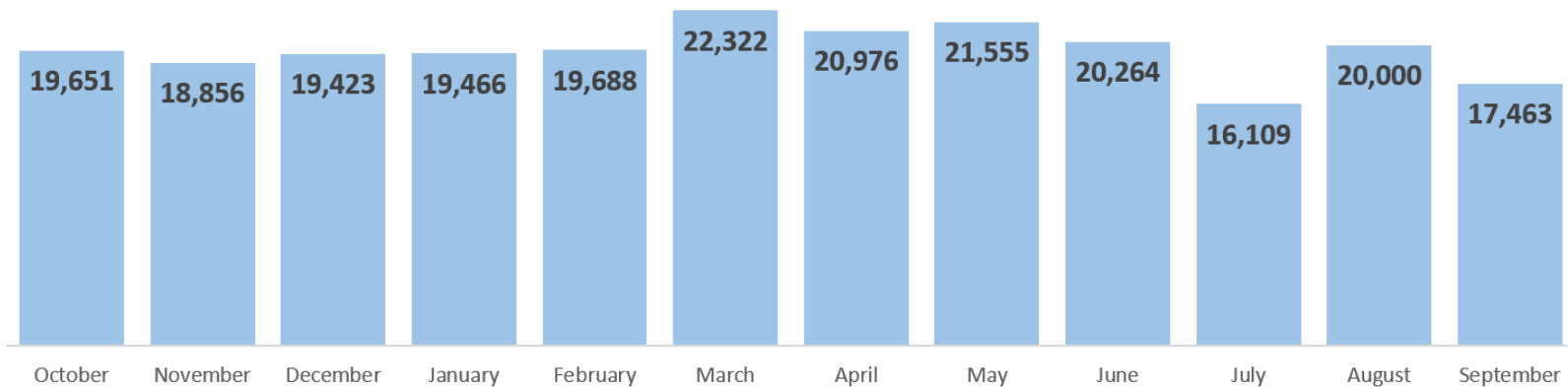
The objectives of CACFP are to:

- Provide a **subsidy** to eligible child and adult care institutions for **servicing nutritious meals**
- Serve **nutritious meals** and **snacks** to children and adults in care
- Foster **lifelong healthy eating** and **physical activity habits**



Start simple with MyPlate

Total Meals Served Monthly



Funded by:



# Low Income Home Energy Assistance



The LIHEAP helps low-income homeowners and renters pay for a portion of their **primary heating costs** for the winter heating season. The assistance is based on **household income, household size, type of fuel and type of housing and other targeting factors** including **elderly, disabled and young children**. During FY22, there was additional funding through the American Rescue Plan Assistance - COVID 19 related funding.

Serving the Counties of:

- Buena Vista
- Clay
- Dickinson
- Emmet
- Hamilton
- Humboldt
- O'Brien
- Osceola
- Palo Alto
- Pocahontas
- Webster
- Wright

**FY22 LIHEAP Total Assistance Paid: \$2,022,618**

**LIHEAP (ARPA - COVID 19) Supplement Total Assistance Paid: \$2,935,352**

**Total Households Served: 5,530\***

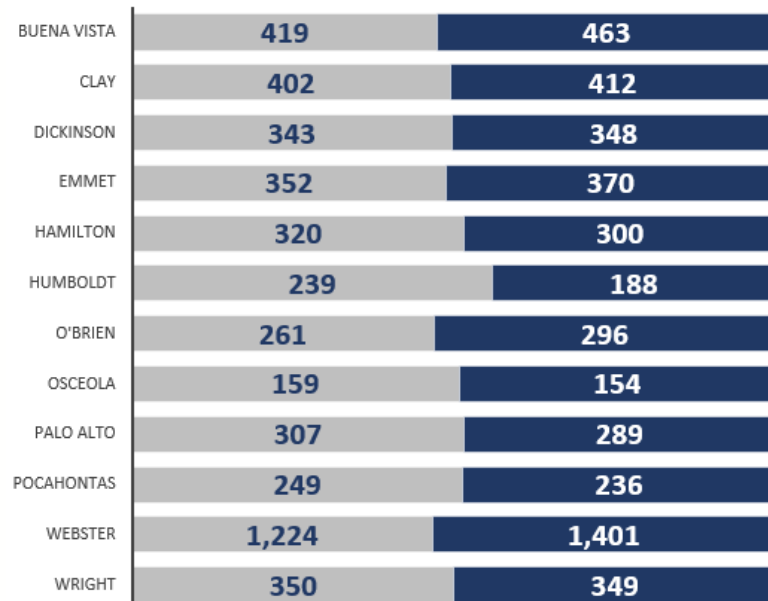
**Total Individuals Served: 12,010**

**Average Assistance: \$896 per Household (Higher due to additional ARPA-COVID)**

**Additionally, the Energy Crisis Program assisted 578 Households with \$298,350.76.**

**Households Receiving ARPA-LIHEAP OR LIHEAP**

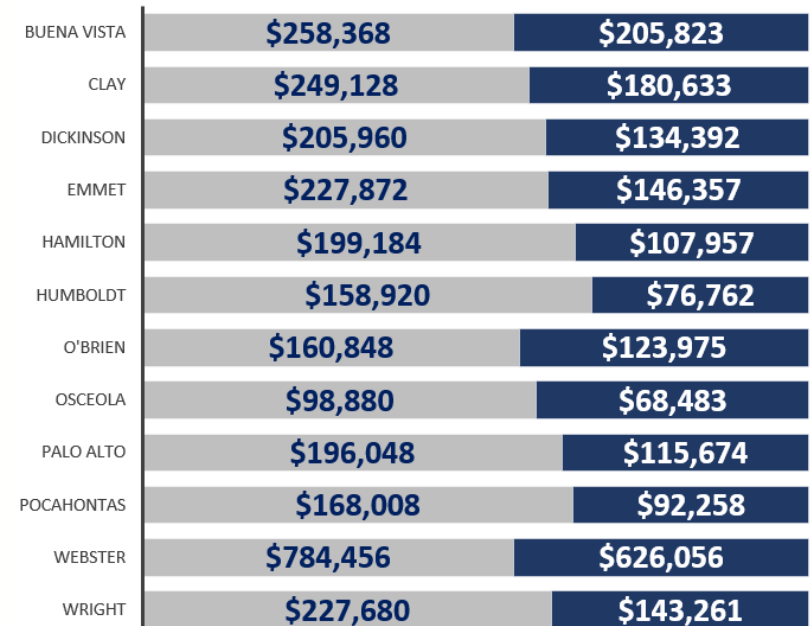
■ ARPA-LIHEAP ■ LIHEAP



\*Some households may have received their 1 time assistance split between both sources of funding.

**Amount of Funding from ARPA-LIHEAP OR LIHEAP**

■ ARPA-LIHEAP \$ ■ LIHEAP \$





# Low Income Home Water Assistance

The Low-Income Household Water Assistance Program (LIHWAP) began during FY2021 in order to assist low-income homeowners and renters who are facing a loss of water service or have been disconnected already. Households can receive payment assistance for past-due charges.

Serving the Counties

of:

- |             |            |
|-------------|------------|
| Buena Vista | O'Brien    |
| Clay        | Osceola    |
| Dickinson   | Palo Alto  |
| Emmet       | Pocahontas |
| Hamilton    | Webster    |
| Humboldt    | Wright     |

Services Included:

Emergency Reconnect - Drinking Water  
Service Continuity - Drinking Water

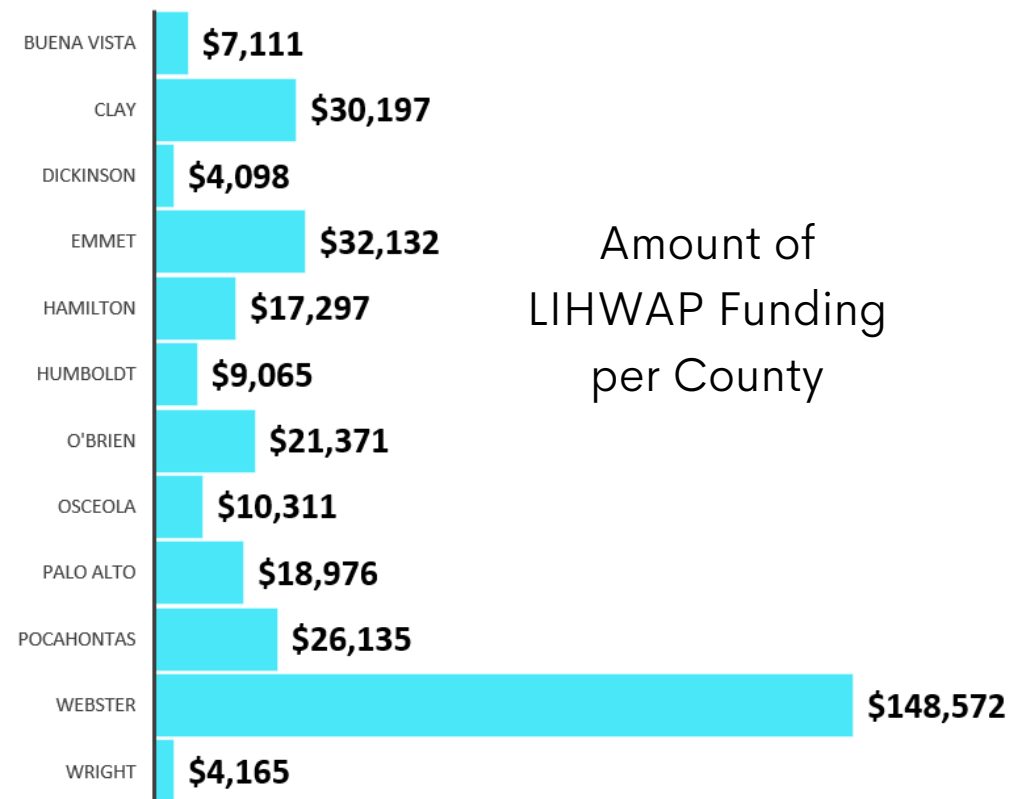
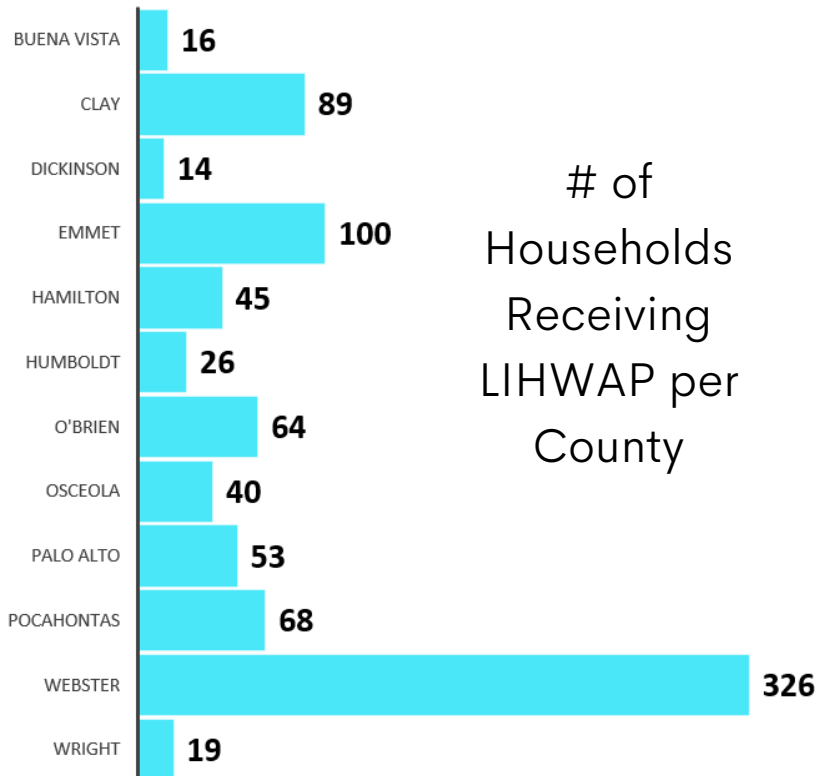
Emergency Reconnect - Waste Water  
Service Continuity - Waste Water

**FY22 LIHWAP Total Assistance Paid: \$329,429.84**

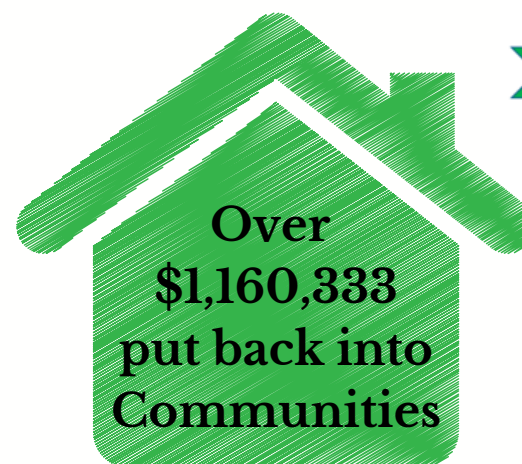
**Total Households Served: 859**

**Total Individuals Served: 2,454**

**Average Assistance: \$383 per Household**



# Weatherization



Serving the Counties of:

- Buena Vista
- Clay
- Cerro Gordo
- Dickinson
- Emmet
- Hamilton
- Hancock
- Humboldt
- Kossuth
- O'Brien
- Osceola
- Palo Alto
- Pocahontas
- Webster
- Winnebago
- Worth
- Wright

## Why Weatherization Matters

In addition to helping households, WAP also helps revitalize communities by spurring economic growth and reducing environmental impact. Weatherization returns **\$2.78** in non-energy benefits for every **\$1.00** invested in the Program (National Evaluation).

Non-energy benefits represent tremendous benefits for families whose homes receive weatherization services.



HOMES ARE MORE LIVABLE



SAVE AN AVERAGE OF **\$514** IN OUT-OF-POCKET MEDICAL EXPENSES



SAVE **\$583** IN PAY PER YEAR DUE TO FEWER MISSED DAYS OF WORK





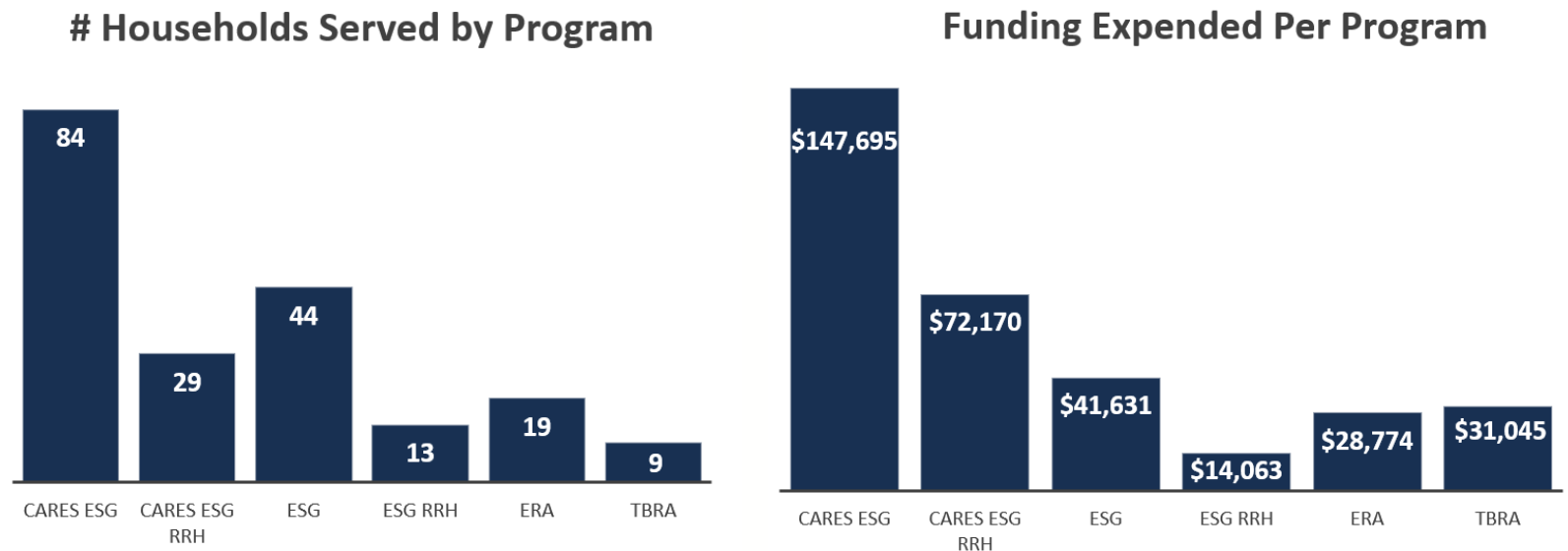
# Housing Programs:

Emergency Solutions Grant (ESG)  
 Emergency Rental Assistance (ERA)  
 Tenant Based Rental Assistance (TBRA)  
 \*CARES ESG and ESG RRH (COVID-19 Funding)

Serving the Counties  
 of:

- Buena Vista
- Calhoun
- Clay
- Dickinson
- Emmet
- Hamilton
- Humboldt
- O'Brien
- Osceola
- Palo Alto
- Pocahontas
- Sac
- Webster
- Wright

Assisted **437** Individuals from **188** Households  
 with over **\$335,000** in Rent and Deposit Payments



As of January 2020, Iowa had an estimated **2,647** experiencing homelessness on any given day, as reported by Continuums of Care to the U.S. Department of Housing and Urban Development (HUD). Of that Total, **245** were family households, **154** were Veterans, **141** were unaccompanied young adults (aged 18-24), and **368** were individuals experiencing chronic homelessness.

<https://www.usich.gov/homelessness-statistics/ia/>



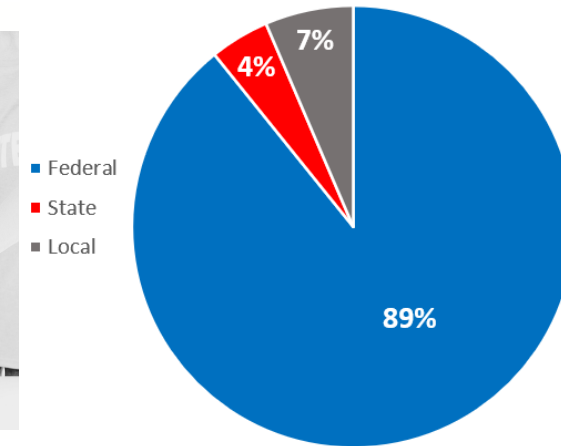


# 2022 Funding Sources

[Click Here to Access the UDMO 2022 Audit](#)

Federal Funding	
Community Service Block Grant (CSBG)	\$ 456,156
COVID-19 CSBG Supplemental	\$ 300,984
Head Start	\$ 3,838,137
COVID-19 - Head Start	\$ 99,422
COVID-19/ARPA Head Start/Early Head Start	\$ 310,225
Early Head Start	\$ 2,708,640
COVID-19 - Early Head Start	\$ 42,782
Head Start Construction	\$ 489,521
In-Kind Head Start and Early Head Start	\$ 2,052,588
Wraparound Child Care	\$ 378,517
Family Development and Self-Sufficiency (FaDSS)	\$ 113,117
Family Development and Self-Sufficiency (FaDSS) - Pandemic Emergency Assistance Funds	\$ 58,583
Promoting Safe and Stable Families (KIDS)	\$ 144,066
Women, Infants and Children (WIC)	\$ 487,473
Farmers Market Nutrition Program (WIC)	\$ 2,044
Child and Adult Care Food Program (CACFP)	\$ 466,657
DPI Food Reimbursement (HS/EHS Food Program)	\$ 311,469
Low-Income Home Energy Assistance (LIHEAP)	\$ 1,501,401
LIHEAP CARES Supplemental (COVID-19)	\$ 5,182,368
Low-Income Home Water Assistance (LIHWAP)	\$ 356,545
Weatherization - HEAP	\$ 980,328
Weatherizaion - DOE	\$ 470,202
Emergency Solutions Grant (ESG)	\$ 70,199
COVID-19 ESG CV1 and CV2	\$ 304,860
Tenant-Based Rental Assistance Program (TBRA)	\$ 48,675
<b>Sub Total Federal Funding</b>	<b>\$ 21,174,959</b>

State Funding	
ICAA - Embrace Iowa	\$ 25,321
Individual Assistance Program (Disaster)	\$ 17,229
Statewide Voluntary Preschool	\$ 576,248
Shared Visions	\$ 135,607
In-Kind Shared Visions	\$ 61,885
Family Development and Self-Sufficiency (FaDSS)	\$ 169,676
Lakes Area Decategorization	\$ 7,731
Prevent Child Abuse Iowa (KIDS)	\$ 25,803
ICAA - Iowa Rent and Utility Assistance Program	\$ 9,997
<b>Sub Total State Funding</b>	<b>\$ 1,029,497</b>



Local Funding	
Cities and Counties	\$ 340,020
Corporations	\$ 14,856
Donations	\$ 555,788
Foundations & Trusts	\$ 94,410
Home Apartment Rent/Other Rent	\$ 108,936
United Way	\$ 35,600
Weatherization - Utilities	\$ 382,120
<b>Sub Total Local Funding</b>	<b>\$ 1,531,730</b>