



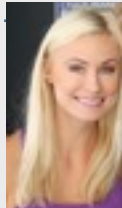
We wish all you who have loved us, prayed for our mission and supported us along the way a blessed holiday season!



Contributions

Chaturangas for Change!

Linsey Birusingh (Yoga Thrill Adventures) led nearly 50 yogi's through 200 chaturangas at the Des Moines Social Club on their way to \$20,000.



Dorothy's House is Hiring

We have begun our search for a Director and hope to make a hire in Q1, 2017. If you or someone you know has a heart for helping kids in crisis and is looking for a unique career opportunity, please contact us at kelliem@dorothyhouse.org

Needs List

- Gift Cards
 - Hy Vee, Target
 - TJ Maxx, Quick Trip
- Experiences, outings, tickets

Reflections

It was a busy summer and fall season with our census growing to three at one time. The energy and excitement with each girl is not just cumulative but exponential! The learning curve in our first year has been steep and fast.

With our census back to one we have decided to take a brief re-set period to do some training, team building and to modify some of our procedures internally. Our staff rarely has an opportunity to sit down together to problem solve and to really feel connected. It has been a real blessing for us as we ramp back up in some exciting new ways.

Among some of the new initiatives will be a new intake procedure, a referral process that works directly with the FBI and the introduction of Gateway.



Personally, having a little margin these last few weeks has been a gift to me personally in this journey. I learned what trauma transference is for me and have been working on my own health and coping skills. It's also allowed to me to take a 1/2 step back and reflect on where we started and how we are doing against the goals we set early on.

Finally, to have a few minutes to enjoy the beautiful fall weather has been a true gift! I am very blessed to have been given this task and to be surrounded by so many who prop me up along the way and who help remind me that none of it is up to me anyway.



Team building at the Hope for Freedom event hosted by Beza Threads at Valley High School.

How Does Our Garden Grow?

The practice year in the gardens created such abundance. Our little back yard has become a big farm. And, like all the girls who come to spend time with us - we moderate our expectations for each unique circumstance. We welcomed Fernando, Felicia, Francine, Francesca and Fluffy to our gardens this year and they have been slow to produce. But, we love them - and they are never mad! A little excitable but we expect that!



While it seems like a big step to actually put this in writing, we will attempt to start our CSA next year with 20 shares. That might seem like a small number but we will shoot for regular distribution of produce, eggs and honey in 2017. This will create some really fun volunteer opportunities on a consistent basis, meaningful programming for our residents and put us on a road toward partial sustainability. Look for details later this winter.

Thank You!

Sara Reichart - a certified nurse practitioner and TBRI Educator has been providing staff trainings on Trust Based Relational Intervention. We are so grateful for her knowledge and willingness to share.

Gateway to Recovery

Beginning in January, our second property will become Gateway to Recovery. New residents will spend 30 - 90 days stabilizing their health, beginning the process of transforming their thought process around safety and safe relationships and making a commitment to recovery and renewal.

After completing a successful introductory period, residents will transition into our Recovery home for long term, supportive care. This change will allow us to fully understand the scope of services required by each girl, ensure we have a plan in place to manage her overall health, reduce the disruption a new resident has on existing girls and to make sure she is willing to commit to the program.

Our learning curve this year has been steep and fast and we are all very excited about the opportunity to customize the care for our girls and take our programming to the next level.

Volunteer Appreciation

This is probably one of the top blessings I count every day. The number of people willing to show up and lend a hand with a smile, a prayer and oftentimes donuts! Here are just a few of the folks that showed up this fall:

John Deere

A dozen or so employees from the HR team showed up and cleaned up garden beds, hauled building materials, shoveled piles of mulch and put the yards to sleep for the fall. Thanks to Amanda for setting it up.

OK200

The guys were back out in force helping get the cover on the greenhouse. It is a work in progress - but it is undercover! Those guys are too healthy for donuts but always come with hugs!

Knights of Columbus

From design to done! Our new garage is ready for winter!

Cheree and Suzy

On a Sunday morning you can usually find them toiling away in the gardens creating oases of zen and beauty. Suzy seems particularly driven to drive down and conquer the mulch piles. Mission accomplished!