

- Legal aid referrals
- Emergency food and clothing
- Emergency shelter referrals
- Tide-over rent/utility support
- Transportation assistance

SPEAKERS BUREAU

The Speakers Bureau was established in 2008 by Guest House clients seeking a way to give back to the community:

Reentry support saves tax dollars. In Virginia, incarceration costs \$25,000–65,000/person per year for as many years as the vicious cycle of recidivism continues. Guest House costs \$12,500/client for one year: a one-time cost, as fewer than 10% of our graduates re-offend.

- To help others cope without turning to crime
- To educate students, be they candidates for social work degrees or adolescents at high risk of dropping out
- To improve community understanding of incarceration-and-reentry challenges
- To advocate for criminal justice reform

The women speak candidly about their lives, from the hardships to the victories. The Speakers Bureau offers an inspiring experience for all!

To learn more or schedule a speaker, please contact us at info@friendsofguesthouse.org or 703-549-8072.



HOW YOU CAN HELP

CONTRIBUTE • Friends of Guest House depends on grants and contributions from people like you. Please donate! **Make a secure credit card donation through our website, or mail us your check (payable to “Friends of Guest House”).**

GIVE AT WORK • Guest House is a member of United Way of the National Capital Area. **During your workplace-giving campaign, please designate: United Way #8583 • CFC #69155**

WISH LIST • Always in demand! Cleaning and laundry products, bath towels and toiletries, stamps and umbrellas, bus/Metro cards and store cards—and more. **Visit Ways to Help on our website, or contact us by email or phone.**

VOLUNTEER • Share your skills! We need all kinds of volunteers. **Visit Ways to Help on our website, or contact our Volunteer Coordinator: volunteer@friendsofguesthouse.org or 703-549-8072.**

Friends of Guest House, Inc., is a 501(c)(3) public charity: Federal tax ID #51-0201327. Gifts are tax-deductible as provided by law.

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Friends of Guest House provides incarceration-to-community reentry assistance, tailored to the unique needs of women. Comprehensive, engendered, 40-plus years of help to Northern Virginia's women and families.



“This is more than just a house, this is a sanctuary. My life has changed, I am living proof of what the miracle of recovery can be. I will call this place home forever.”
 —Stefanie

Founded in 1974, Friends of Guest House helps women successfully reenter the community from incarceration. In Northern Virginia, Guest House is the **only** group providing reentry support that is *both* comprehensive *and* tailored to women's unique needs.

We address the "four pillars of livability" for post-incarceration women:

1. Housing
2. Employment
3. Healthcare
4. Reconnection to family/community

In so doing, we make it possible for our clients to break the vicious cycle of incarceration by addressing its root causes.

Friends of Guest House is supportive and empowering—and our program works. Without reentry support, 70% of ex-offenders nationwide reoffend within two years.

Among Guest House graduates, fewer than 10% reoffend.

year from 190 in FY2016 to 260–300 in FY2018—about a 50% increase.

Among other honors over the years, Friends of Guest House is one of the Catalogue for Philanthropy: Greater Washington's "best smaller charities" (2007–2008, 2011–2012, 2015–2016) and received the Virginia House of Delegates commendation, H.R. 171: "an expression of the House of Delegates' admiration and respect for the organization's commitment to helping women re-enter society."

"I have a real concern to help those who have been in prison. So many of them are repeaters because no one cared."

—Betty McConkey, Federal parolee who founded Friends of Guest House in 1974

OUR PROGRAMS: RESIDENTIAL

In Northern Virginia, Friends of Guest House offers the only 24/7 residential program tailored to reentering women. At our group homes, the first focus is on "safety



Since 1970, the number of women in the prison system has grown from 8,000 to 110,000. That's more than 1,200%.

a time. It provides:

- Case management
- Mental health and substance abuse counseling
- Support groups
- Life skills and job readiness training
- Mentoring
- Referrals to community resources for health-care, housing, jobs and other immediate needs

Guest House clients are women over 18, recently released from incarceration. Each has her own story, but many share similar experiences.

77% of incarcerated mothers provided most of the daily care for their children before incarceration. • A child with an incarcerated parent is five-to-six times more likely than other children to spend time in prison at some point in his or her life.

A typical Guest House resident is 30–40 years old; has been convicted of a nonviolent crime; has suffered physical, emotional or sexual abuse (or all three); has a history of substance abuse; has two or more children who are with family or friends or in foster care; lacks a high school diploma; lacks formal job skills; lives below the poverty line; has low self-esteem; and sincerely wants to improve her life and break the cycle of incarceration.

and stabilization" of women at their most vulnerable points.

Residential is our most intensive program, lasting about three months and serving up to 26 women at

OUR PROGRAMS: AFTERCARE

When a woman completes the Residential Program, she moves out of her Guest House "home" and—through the Aftercare Program—receives continued support as she negotiates the challenges of independent living. Aftercare lasts about nine months. In total, the Residential-to-Aftercare Program continuum lasts about a year. Aftercare continues providing:

About 80% of incarcerated women have experienced sexual and domestic violence—including abuse as children.

- Case management
- Counseling
- Support groups
- Family and community reconnection
- Other specialized services

Aftercare support decreases as clients become stronger, with living-wage jobs (or disability), affordable housing, healthcare resources and an increasingly secure "sense of place" in the community.

OUR PROGRAMS: OUTREACH

The Friends of Guest House Outreach Program was established to offer additional assistance to reentering women.

Incarcerated women are at high risk for health problems—notably trauma, other serious mental illness, substance abuse, HIV, hepatitis C, and other diseases of poverty and neglect.

The Outreach Program provides support to women who may not be eligible for the Residential-to-Aftercare Programs or who have secure housing but need additional support to reintegrate into the community. Outreach services include:

- Employment assistance
- Housing assistance
- Budgeting and financial planning