



Celebrating

30 years!

**Anu Family
Services**

2022 Annual Report

Empower • Heal • Connect

Letter From the CEO



Dear Partners in Healing,

As Anu Family Services celebrates our 30th anniversary, we are filled with gratitude for your unwavering support over the years. We are proud of our incredible journey toward achieving safety, permanency, and well-being for children, youth, and families, and we recognize that we could not have done it without you!

From our humble beginnings offering Treatment Foster Care in 1992 to expanding our services to include Parent Coaching, Individualized Trauma Services, Flexible Support Services, and most recently, Youth Coaching, we have been driven by our mission to empower individuals, children, and families to heal the effects of trauma and strengthen connections. Our history of being an industry leader is a testament to our dedicated staff and to your continued investment in our mission.

We take pride in evolving our services to ensure that we remain at the forefront of the industry, and we are committed to continuing to provide the best possible care to children and families in need. Your partnership has allowed us to make a meaningful difference in the lives of countless individuals, and we are deeply grateful for your continued support.

As we look to the future, we are excited to continue our journey with you and to empower individuals, children, and families to heal and live their best lives. Thank you for your commitment to our mission and for standing with us as we work towards a brighter future!

With gratitude,

A handwritten signature in black ink that reads "Mechele Shipman". The signature is fluid and cursive.

Dr. Mechele Shipman
CEO, Anu Family Services

A large graphic celebrating 30 years. The number "30" is in a stylized, rounded font with a blue-to-white gradient. The word "years" is in a bold, blue, sans-serif font.

In 2022, Anu Family Services celebrated 30 years of healing, connecting, and supporting families through challenging times. Families rely on us for compassionate care, innovative solutions, and trauma-informed expertise. With your unwavering support and partnership, we continue to provide hope and a brighter future for the children and families we serve. Thank you for helping us make a positive impact in the lives of those who need it most.

What does Anu mean?

Anu is a word that holds significant meaning for us, even though it's not an English word. Its various interpretations in different languages and cultures reflect our mission of promoting healing, growth, and resilience.

Here are some examples of what Anu means:

In Hungarian, it means *mom*

In Hebrew, Anu means *us* or *we*

In Indonesian, it means *something unknown*

In Telugu, it means *to say* or *to speak*

In Finnish and Estonian, it is a popular name meaning *grace* or *favor*.



Board of Directors

Anu's Board of Directors guides our mission to empower individuals, children, and families impacted by trauma. With diverse expertise, they ensure we remain a leader in trauma-informed care, providing critical resources and services to help our community heal and thrive.

Tom Thiogs, President

Michael Edman, Vice-President

Linda Swenson, Secretary

Gino Mangione, Treasurer

Tina Bourget

Dr. Kathryn Primas

Dr. Kristen Prock

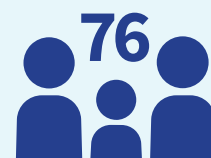
Jerry Weyandt

Anu Foster Homes: Connecting Kids to Specialized Treatment.

Anu is known for matching children with skilled Treatment Foster Parents who offer specialized support in social, emotional, and behavioral needs.



placed in healing foster homes



Treatment Foster Parents

Anu Family Services

Mission, Vision, and Values

Mission:

We empower individuals, children, and families to heal the effects of trauma, and strengthen connections.

Vision:

We compassionately develop industry leading, research-informed solutions to heal the effects of trauma and have a positive impact on as many lives as possible.

Values:

- Commitment to providing quality services that heal the effects of trauma and foster healthy connections
- Excellence demonstrated by innovative solutions, highly trained staff, and research-informed practices
- Inclusiveness by honoring diverse perspectives, backgrounds, and experiences
- Professionalism demonstrated by the relationships we build, the caring and compassion we bring, and our commitment to the mission of the organization
- Resiliency through healing past traumas to create hope and rewrite the future
- Respect for each other, those we serve and with whom we collaborate





Our Services

Our trauma-informed service array is designed to provide high-quality, evidence-informed support and intervention to meet the unique needs of individuals and families affected by trauma. Our services include:

- Treatment Foster Care
- Community-Based Services, including:
 - » Parent Coaching
 - » Community-Based Flexible Support
 - » Youth Coaching
 - » Individualized Trauma Services

Serving Wisconsin since 1992 and Minnesota since 2011

We are proud of our impact in 2022 and remain dedicated to making a meaningful difference in the lives of those we serve in the years to come.

Anu's Collective Impact in 2022:

In 2022, Anu made a significant impact on the lives of individuals and families affected by trauma, and our impact is reflected in the numbers:



590 caregivers
received Parent Coaching services,
impacting over 1500 children



113 individuals
supported by Individualized
Trauma Services



92 foster youth
impacted by our Treatment Foster
Care program

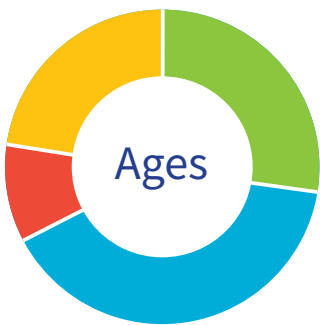


59 individuals
served by our Community-Based
Flexible Support program

Treatment Foster Care

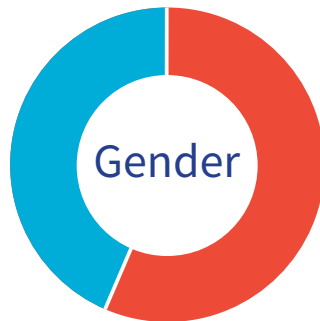
Anu Family Services provides exceptional care to children in need through our Treatment Foster Care program. Our specialized training equips foster parents to support children with significant emotional, behavioral, social, or medical needs, prioritizing healing and positive outcomes. We believe every child deserves the chance to thrive, and our Treatment Foster Care program helps make that a reality.

Meet the Children



21% 0 to 5
29% 6 to 9
40% 10 to 15
10% 16 & over

41% Male
59% Female



Gender



44% White or Caucasian
28% American Indian
12% Two or more races
10% Black or African American
4% Hispanic or Latino
2% Another race

Race and Ethnicity

Our Impact

68%

of youth discharged from our Treatment Foster Care program were adopted by Anu's foster parents or reunited with their families!

Treatment Foster Care Advisory Council

Anu Family Services established the Foster Parent Advisory Council in 2018, led by the Director of Treatment Foster Care, Dave Newman. The council meets monthly to maintain high standards and support fellow foster parents. Council members are advocates for children in their care and offer valuable insights to navigate foster care complexities.

Sandy Cater | Halle Daul | Tiffany and Nate Johnson | Kayden Keyser
Laura Knott | Missy Makinia | Michelle Nelson | Greg Topp



Foster Parents Needed!

In 2022, 1,143 children were referred to Anu Family Services. Sadly, we were only able to place 82 children in Anu foster homes.

Parent Coaching

Our Parent Coaching program provides caregivers—whether biological, foster, kinship, or adoptive parents—with practical tools to rapidly and dramatically improve their child’s behavior. Through personalized coaching, parents learn to connect with their children on a deeper level, instilling hope and nurturing well-being.



Our Impact: 100%
of parents or caregivers
experience an improved relationship
with their child after participating in
parent coaching services

“Our Parent Coach helped transform our hostile and bleak home. We now have a loving relationship with our son and a peaceful household. Coach gave us tools to relate, listen, and respond differently. Our son sees us as a resource and things are wonderful. We wish we had this coaching earlier.”

~ Parent Coaching Client



Community-Based Flexible Support

provides in-home and community-based education and support to help adults and youth increase their independence, life skills, and community connections. We are proud to provide personalized, trauma-informed services that empower our clients to take control of their recovery journey and achieve lasting wellness. Our Flexible Support Specialists:

- Support clients in learning daily living skills
- Identify and teach skills that promote community engagement
- Encourage healthy decision-making
- Provide education on self-care techniques
- Offer youth coaching to increase social and emotional skills

Our Impact:

- **100% of clients** who completed the program demonstrated measurable progress toward their recovery goals.
- **84% of clients** reported increased satisfaction with their overall wellness, independence, connections, and well-being.



Youth Coaching

In 2021, our Community-Based Flexible Support launched Youth Coaching services. Our Youth Coaches provide individualized support to help young people build healthy relationships and discover their potential. Through our program, youth can improve their:

- Communication skills
- Problem-solving skills
- Resiliency
- Life balance
- Health and wellness
- Character strengths

Partnering to support student well-being and resiliency...

In 2022, Anu proudly partnered with the Chippewa Falls School District Cardinal Care Team to provide parent coaching and youth coaching to promote student well-being and resiliency. This vital collaboration continues to advance our shared mission of fostering well-being within our community.



Cheryl Larson (Anu Family Services) presented Jamie Ganske (Chippewa Falls School District) with the 2022 Anu Award of Excellence.



“Youth coaching provides invaluable support and guidance to kids, helping them to build on their strengths and face life’s challenges with resilience and confidence.”

~ Youth Coaching Parent



Individualized Trauma Services

Our Individualized Trauma Services (ITS) support children and adults who have experienced trauma and attachment disruptions. Our ITS Resiliency Specialists:

- Build trusting relationships with clients
- Provide education on trauma and attachment
- Teach coping skills and emotional regulation tools

Our Resiliency Specialists:

- Meet clients in various community-based settings
- Provide a supplement to therapy

We remain dedicated to providing high-quality services to support those affected by trauma and attachment disruptions. We are proud of the positive impact we have made in the lives of those we serve and are committed to continuing to make a meaningful difference in the years to come.

Our Impact

69% of active participants in Individualized Trauma Services increased resiliency, demonstrated by:

- Enhanced trauma navigation skills
- Improved communication skills
- Strengthened natural support system relationships
- Defined healthier boundaries

“I really enjoy ITS services because I feel heard and it helps me not regret my entire life. My Resiliency Specialist brightens up my week.”

~ ITS Client



Anu's Parent Coaching Certification Course

Our certification course equips participants with the skills and tools to work effectively with parents, foster parents, kinship parents, and other caregivers. Certified coaches are trained in hands-on, practical methods for achieving rapid and dramatic improvements in a child's behavior. They help parents and caregivers strengthen their relationships with their children and teach them effective ways of interacting with the world, even in the face of trauma. In doing so, they help parents and caregivers reach their full potential and empower children to do the same.

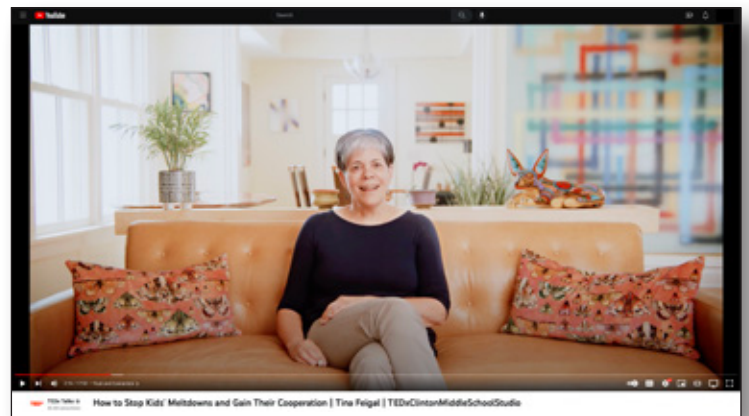
Anu's Parent Coaching Certification equips participants with:

- Skills and tools to work with parents, foster parents, kinship parents, and caregivers
- Methods to rapidly improve a child's behavior
- Ways to strengthen relationships and interact effectively, even in the face of trauma
- Capacity to help parents and caregivers reach their full potential and empower children to do the same

Certified Parent Coaches lift parents and caregivers to their higher selves, so they can lift their children to theirs.

“This course has been a transformative experience for me as a parenting coach. It not only equipped me with valuable skills and knowledge to help others but also allowed me to gain a deeper understanding of myself and how I perceive others.”

~ Parenting Coach
Certification Student



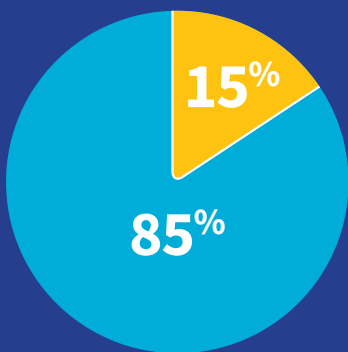
Watch the TEDx Talk titled “How to Stop Kids’ Meltdowns and Gain Their Cooperation,” presented by our Director of Family Engagement, Tina Feigal at <https://www.youtube.com/watch?v=fu3or2NeQwQ>



Financial Stability

Donations from supporters like you provide the financial stability that enables us to invest in children and families, ensuring Anu Family Services remains in a strong financial position to continue innovating and making a difference for years to come. Detailed financial information about Anu Family Services is available through GuideStar at www.guidestar.org.

Administration



Program Services



Total Income
\$4,441,219



Total Expenses
\$4,165,558

Thank you to our 2022 Donors!

Your generous donations provide critical resources that enable us to invest in innovative programs and services, empowering children and families to thrive. Anu Family Services is well-positioned to advance our mission and expand our impact in 2023 and beyond.

\$10,000 to \$50,000

Fred C. and Katherine B. Andersen Foundation

\$1,000 to \$4,999

Arnold & Lois Domer Foundation
Jerry & Michele Weyandt
Kathryn Primas
Margaret Rivers Foundation
Mechele & Tom Shipman
Stanley Pitt
Tina Feigal
United Way St. Croix Valley
Weekes Family Foundation
Xcel Energy Foundation
Ralph Pennie
Renaissance Charitable Foundation

\$500 to \$999

Linda & Mike Swenson
St. Croix Valley Foundation
Tom Thiogs
Scott and Kristine Reddy
Charitable Aid Foundation

\$250 to \$499

Gino Mangione
Michael Edman
Tammy Lester
Network for Good

Up to \$249

Andrea & Greg Lemke-Rochon
Heidi Mayer
Janice Savidge
Jo Anna Luks
Patricia Susan Foxwell
Malia Heise
Ben Luer
Javin Hintz
Thrivent
Amazon Smile
Children & Youth Index Fund
Give Lively Foundation

In-Kind Donations:

Wisconsin Foster Closet of Menomonie
McCabe Chiropractic
Winnebago County Foster Closet
Wipfli
Tammy Lester

In Honor & in Memory of:

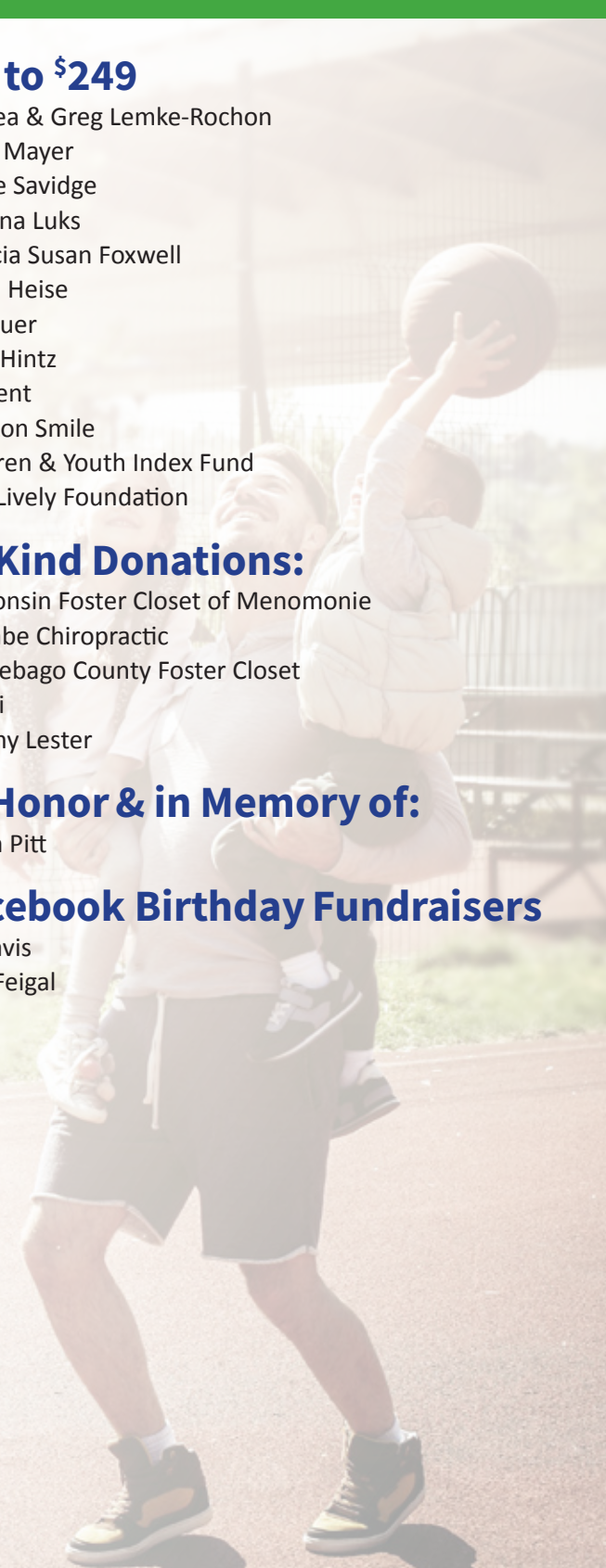
Karen Pitt

Facebook Birthday Fundraisers

Jill Davis
Tina Feigal



Mechele Shipman, CEO of Anu Family Services and Family Focused Treatment Association (FFTA) Board President, presented **Senator Tammy Baldwin** with the Family Focused Treatment Association 2022 Legislator of the Year Award at the 2022 FFTA Public Policy Institute in Washington, D.C.









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877.287.2441

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