



CENTRAL IOWA
SHELTER & SERVICES

ANNUAL REPORT 2022

Central Iowa Shelter & Services is committed to providing low-barrier shelter, meals, and support services at no cost to adults experiencing homelessness, while also facilitating their move towards self-sufficiency.

LOOKING BACK



SERVING IMMEDIATE NEEDS

VETERANS PROGRAMS

10 percent of CISS guests are veterans, with each branch of service being represented. For many of them, CISS is their first step toward self-sufficiency. CISS served 112 veterans across all programs and the emergency shelter in 2021.

VETERAN GRANT AND PER DIEM PROGRAM

In partnership with the U.S. Department of Veterans Affairs, **CISS provides 14 efficiency apartments for eligible veterans transitioning to stable housing**. During that time, they have access to three nutritious meals per day, the clothing closet, the food pantry, and laundry facilities. Veterans staying with us are required to participate in biweekly case management meetings to work on improving substance use disorders, mental health challenges, and financial stability. Veterans in this program are met with a housing first philosophy with the goal to obtain permanent housing in 90 days.

VETERAN'S CONTRACT EMERGENCY RESIDENTIAL PROGRAM

CISS also provides five efficiency apartments for veterans in need of short-term, transitional housing. These units are contracted through the U.S. Department of Veterans Affairs and provide the same access to benefits as the Veteran Grant and Per Diem Program. Veterans participating in this program are required to attend monthly case management meetings with the goal of finding permanent housing or entering a treatment program within 60 days.

CLOTHING CLOSET AND FOOD PANTRY

CISS provides **individuals and families access to its onsite food pantry and clothing closet**. From January 2021 through June 2022, **there were 1,326 visits to the food pantry and 4,160 visits to the clothing closet**.

ROLLING HILLS COALITION

CISS provides services to the Rolling Hills Coalition (RHC), which was founded in 2020 to help individuals in eligible counties search for housing without having to relocate to Des Moines. **The RHC assists with the housing search, a deposit, the first month's rent, and a landlord mitigation fund**. CISS provides coordinated entry services to those in RHC's 15-county service area through Iowa Housing Help (IHH). The Rolling Hills Coalition has served a total of 584 people since August 2020 – 530 through the rapid rehousing program, and 54 through the homeless prevention program.

CREATING SELF-SUFFICIENT FUTURES

An important part of CISS' mission is to help individuals gain long-term self-sufficiency, which can be furthered through skill-building and work experience. CISS offers three different job training programs to facilitate this.



JANITORIAL TRAINING PROGRAM

The janitorial program prepares individuals for careers in custodial, janitorial, and environmental service industries. The program has been so successful in maintaining cleanliness within the shelter that there has not been a single COVID-19 outbreak to date.

The Janitorial Training Program employed 11 trainees in the last fiscal year.



MULBERRY FARMS & FOOD TRAINING PROGRAM

The Mulberry Farms & Food training program teaches trainees sustainable farming processes—including the growing, harvesting, and preparation of plants and fish.

The farm has cultivated 24 different crops, resulting in 431 pounds of produce so far in 2022. **In the last fiscal year, the farm training program hired 32 trainees.**



KITCHEN TRAINING PROGRAM

The in-house kitchen training program is funded by United Way and teaches trainees the ins and outs of culinary best practices. In doing so, they prepare more than 165,000 nutritious meals per year for those in need.

The Kitchen Training Program employed 26 trainees in the last fiscal year.

MAKING AN IMPACT

EMERGENCY SHELTER

At the heart of CISS' mission is the emergency shelter, a low-barrier and safe place for unhoused individuals to sleep, receive meals, and get connected with additional services. Exemplar Care, an on-site medical clinic, partnered with CISS in 2021, so access to needed care is never a barrier for any patient.

From January 1, 2020 - August 31, 2022, the emergency shelter received 3,930 unique visits.

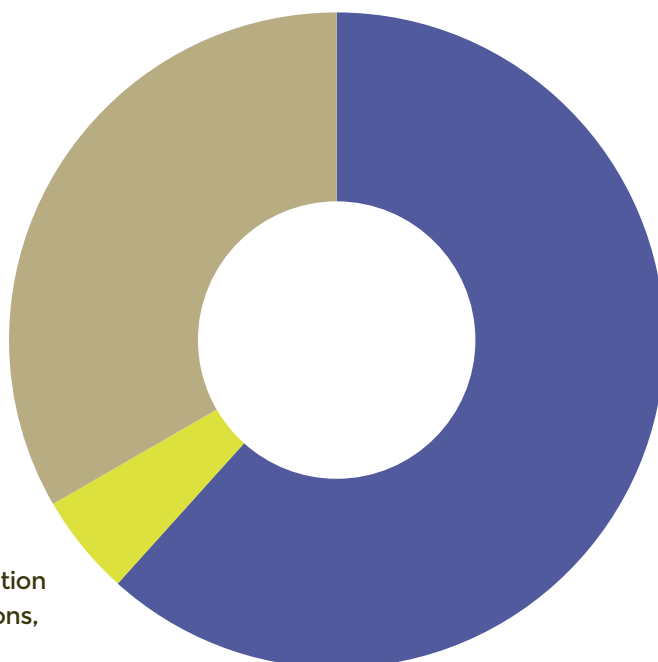
Additionally, when outside wind chills fall below -10 degrees the shelter goes into weather amnesty mode. Our street outreach teams spring into action, looking for anyone who is experiencing homelessness and letting them know they are welcome at CISS. Identified individuals are offered shelter and storage for their belongings. Oftentimes this results in the shelter reaching max capacity, in which case CISS partners with city, county, and other organizations to shelter individuals in other local areas.

CONTRIBUTIONS BEHIND THE IMPACT

It is through generous contributions from individuals, corporations, and grants that CISS is able to continue making an impact in its community. You can see an estimated breakdown of these contributions to the right.

REVENUE SOURCES: program revenue, contributions

CONTRIBUTIONS BREAKDOWN: foundation grants, individuals, corporate contributions, government grants, special events



IMPACT BY THE NUMBERS

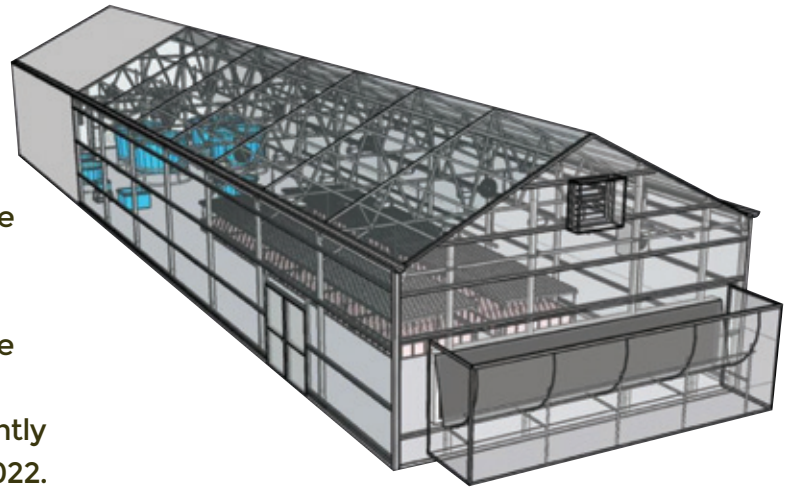
- CISS serves approximately **1,722 individuals** each year, with an average length of stay of 25 days.
- CISS provided **81*** individuals with permanent supportive housing— which costs **4x less than a day in jail**
- 18.5% of individuals were provided with supportive housing outside of CISS
- Our volunteer hours have **increased over 80%** from 2020 to 2021
- CISS provided **91,089*** meals from its community kitchen, and intends to increase this to **300,000 by 2025**

* 2021-2022 figures

LOOKING AHEAD

THE SCHOEN FAMILY GREENHOUSE EXPANSION

Made possible through a generous donation from the Schoen Family, **CISS is expanding its greenhouse by 400 percent, which includes the addition of a HydroCycle Aquaponics System.** The system leverages the natural functions of both fish and plants to produce a low-maintenance, self-sustaining food source. The food will go to the community kitchen, meal sites, and job training program. The Schoen Family Greenhouse is currently in construction and should be completed in fall 2022.



URBAN AGRIHOOD

CISS will give unused flood zone land a new purpose by creating a 4-acre urban Agrihood with floating garden beds. **This innovative solution is projected to generate about 75,000 pounds of produce each year,** engaging those in the farm and kitchen programs to maintain the Agrihood and put the food to good use. The Agrihood is scheduled to break ground in spring 2023.



HAVEN HOUSE

CISS will address the relationship between homelessness and addiction head-on with the Haven House, a 24-bed sober living facility. **By providing people living with addiction an opportunity to initially become sober and then, to live a long-term sober lifestyle, CISS will reduce the volume of people experiencing homelessness.** By meeting people where they are, creating a conversation and providing safety, we believe sobering moments can be achieved. The Haven House is scheduled to begin construction in the spring of 2023.

