

Building a Life After Hell



At barely five feet tall, the way in which 20-year old Chloe carries herself exudes the focus and determination of a gymnast once cultivated for the Olympics. Rewind back to Chloe's childhood, and that's exactly where this story begins.

Very early on, elite coaches and trainers saw great potential in Chloe. By kindergarten, she was practicing 4-8 hours every day and loving it. She was thriving in a sport that required the utmost focus and determination. But a dark cloud loomed over her success. Even before her first day of school, she was subjected to frequent sexual and physical abuse at the hands of her father. The abuse escalated when Chloe's father started taking his five-year old daughter to 'parties' with other men and little girls. These children were not brought together to play with dolls or finger paint, but instead were forced to have sex with the men. For the next 11 years, Chloe's young life

was reduced to rape and gymnastics.

Mental illness is common in victims of long-term abuse and can manifest in several different diagnoses. By the age of seven, Chloe was diagnosed with anorexia. In a world of chaos, the food Chloe chose to consume or not consume was one of the few things over which she had control. Conditioned by her father's own eating disorder, she learned to eat half an apple a day and to exercise compulsively. Often falsely mis-



taken for an act of vanity, anorexia is a serious and devastating mental illness. In Chloe's case, in addition to control, it proved to be a tool of survival. Chloe was forced to make awful choices – from starving herself to appear severely underweight so the men would stop hurting her to using her eating disorder to stave off puberty in order to remain on her dad's 'good' side – all while her most difficult choice should have been whether to be a princess or a cat for Halloween.

Eventually, amidst a bitter and family-splitting divorce, Chloe's unwitting mother allowed her father to retain custody of Chloe while she and Chloe's younger siblings moved out of state for a job. During a time she could only say was "really, really bad," the frequency of the child prostitution only increased while Chloe's health rapidly deteriorated. At age 14, she was finally hospitalized for the first time for anorexia. Two more horrible years later, the police were tipped off and her father was arrested. He pitted a prestigious and high-powered team of lawyers against the county prosecutor's case. The defense team twisted Chloe's own therapy records to paint her as a "lying, manipulative slut." When key evidence was ruled inadmissible, the jury was unable to find guilt beyond a reasonable doubt. On the night of the not-guilty verdict, Chloe, now a junior in high school, locked herself in the bathroom and gave serious thought to killing herself. Saved only by the concern for the welfare of her brothers, she instead turned again to the only thing that was reliable and made her feel in control of her own life: anorexia. After the trial, her eating disorder was ex-

(Continued on page 3)

The Voices of Victory



photo courtesy of Rempel Design and Photo

Emcee, Jearlyn Steele, Voices for Victory committee member Greg Anklam, Don Shelby, Dr. Reatha Clark King and Jim Ramstad

On Sept. 21, more than 200 people attended the inaugural Voices for Victory fundraiser for ENS. The audience was awestruck by the powerful personal stories of victory over adversity shared by Don Shelby, former Rep. Jim Ramstad and Dr. Reatha Clark King. In addition,

special guests and ENS alumna Antrinita Wright and Delphina Reyes radiated with the success they have created in their lives. Ms. Reyes achieved her own victory over addiction and mental illness. Today, this proud mother of three works as a Certified Nurse's Assistant and continues to



photo courtesy of Rempel Design and Photo

Don Shelby shared his long fight with and victory over alcoholism.



photo courtesy of Rempel Design and Photo

Jearlyn Steele with ENS alumna Delphina Reyes

help her kids thrive. Ms. Wright secured housing and continues her personal development while spending loads of time with her beautiful children and grandchildren. A very special thank you to event sponsors, Allegra Printing & Marketing and the Pioneer Press.

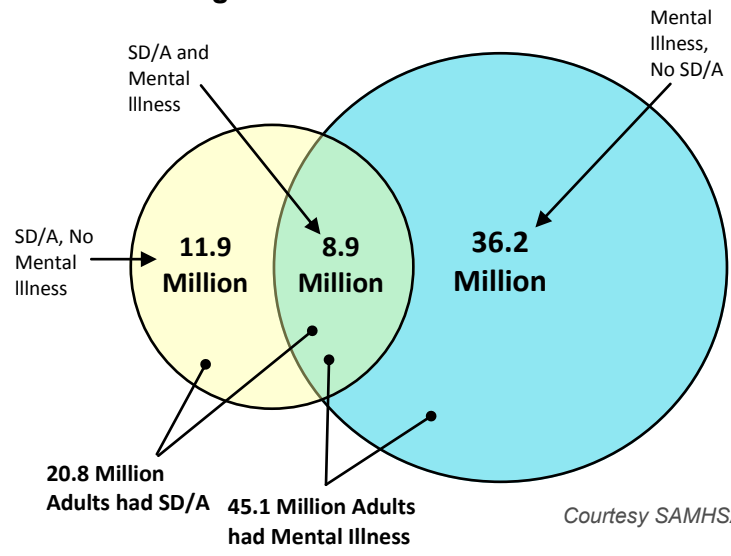
SOAR Takes Off

This past February, ENS launched the Strategic Optimal Alignment of Resources project (SOAR). SOAR's overall goal is to position ENS to bill insurance for mental health and chemical dependency services. Offering these services will help us better meet the needs of women in recovery from mental illness and substance abuse. In October, the certification application was sent to the Department of Human Services (DHS). Once in place, the project will allow ENS to bill Medicaid, insuring an ongoing funding stream to sustain the services over time. It will diversify funding and contribute to ENS' financial stability. We anticipate a decision from DHS in December. ENS staff are putting the rest of the pieces in place so we are ready for lift-off in January! In addition to SOAR support from the Frey Foundation and the Otto Bremer Foundation, ENS is grateful for a \$25,000 grant from the Fred C. and Katherine B. Andersen Foundation and many donations from individuals, groups and organizations.

Why ENS is Important

ENS helps people with mental illness, chemical dependency, or both.

Past Year Substance Dependence or Abuse (SD/A) and Mental Illness among Adults Aged 18 or Older: 2009



A very big **THANK YOU** to our corporate, civic and private general operating grant partners this quarter. \$25,000 from Target; \$2,000 from the Kopp Family Foundation; \$1,000 from the Lions Club of Minneapolis.



KOPP FAMILY FOUNDATION



After Hell

(Continued from page 1)

acerbated by Post-Traumatic Stress Disorder (PTSD) involving nightmares and flashbacks. In the years that followed, Chloe estimates that she spent more than 650 days in hospitals and various treatment centers. Unfortu-



Chloe describes the body distortion of her eating disorder like looking at a funhouse mirror.

nately, eating disorders are not a widely-understood mental illness and are many times undertreated, resulting in a revolving door of patients who gain weight in the hospital only to leave and lose it all again. And Chloe was no exception.

On Dec. 2, 2010, everything almost tragically ended. After passing out three times that morning, she dragged herself to her appointment with The Emily Program, a treatment center for eating disorders based in Minnesota. She was quickly rushed to

the hospital with dangerously-low blood pressure. On the way to the hospital, Chloe lost consciousness and went into cardiac arrest and multi-organ system failure. Doctors worked on her and repeatedly resuscitated her throughout the day. With a blood pressure dipping as low as 50/20, her family was told she wouldn't make it through the night. She was admitted to the ICU that evening and her family was advised to say their goodbyes.

When she survived the night, the doctors said she would not make it through the week. With sheer determination however, Chloe did make it. But, while Chloe fought to live, she was losing the fight with anorexia. After years of treatment centers and residential programs across the country, the turning point came this past summer when she found support and a safe and healthy environment at Emma Norton Services. Coupled with her continued intensive treatment at The Emily Program, Chloe began to turn things around. Now at a healthy weight, she says she knows that her heart will fail and she will die if she relapses again. The key to her recovery is to not let herself get so overwhelmed that she subsequently seeks control by way of her eating disorder.

Chloe's aspirations have changed now from the Olympics to one day helping people recover from eating

disorders. In the meantime, this determined, focused and vibrant woman is taking it one step at a time and building the foundation to achieve a healthy and happy life. She does not know how long her path in treatment will be and she still faces bad days. But through the healing, she's realizing she's had something



Today, Chloe is working on her relationships with her mom, stepfather and siblings. She found a love of nature as well as a supportive group of friends who share her passion for the outdoors.

more powerful than determination or focus this whole time. She has had hope. And with that, this story does not end as one of a life ravaged by malicious abuse, but continues as one of a woman who made the choice to live and the beautiful world of possibilities ahead of her.

ENS thanks Chloe for sharing her story and bringing awareness to the many and complex forms of mental illness and to sexual abuse. Name changed at request.

Volunteers Awarded at Annual Event



The Advent UMW receives award at 2011 Annual Dinner & Silent Auction

At the ENS 2011 Annual Dinner & Silent Auction, ENS was proud to recognize the efforts of Jeanette Behr as the Volunteer of the Year and the ladies of Advent United Methodist Women as the Volunteer Group of the Year. Ms. Behr leads an annual giving and awareness campaign at her place of work and recently successfully added ENS to her employers' list of charitable payroll deduction oppor-

tunities. The Advent UMW are long-time and cherished volunteers at ENS, faithfully arriving every month to help with various projects and resident events. They've also led fundraising efforts and various drives for donations. Bishop Sally Dyck and Rev. Ken Ehrman were also awarded the coveted Heritage Award for their dedicated support of ENS as a mission of the United Methodist Church.

THE MORE YOU KNOW...

18 to 21 -year olds are the **largest growing population of homeless** persons in Minnesota.

17,625 families and individual adults **sought housing assistance** from Ramsey County since Sept. 2011.

91.2% of those people and families were **unable to receive help** due to limited funds.

July was the **first time in history** the Dorothy Day shelter had to turn away people in need due to overcrowding.

\$120 is the average cost per person per day in **jail**.

\$46.16 is the average cost per person per day to **provide housing, basic needs and support services** to 108 people at ENS.

Gift Ideas for Your List



Are you stumped for gift ideas or in need of a special gift? A gift given in honor to Emma Norton Services is a great way to give thanks for your loved one and to help someone in need at the same time. One act — twice the gift! Simply include a name and his/her address with your gift and a special letter of acknowledgement will be sent to your honoree this holiday season. Acknowledgements for gifts received by Dec. 19 are guaranteed to be received by Christmas Day.



Residents and staff attend the first ENS Alumni Night in November—a fun event held to keep in touch and network with former residents.

RE: FINANCIAL STABILITY

As the members of the Strategic Planning Committee spent countless hours hashing through board and staff recommended strategic goals, the primary goal for the next three years became clear: to achieve financial stability. While the belt on state and federal funding for social services programs is tightened beyond notches seen before, non-profit organizations like ENS are forced to find new funding streams to not only continue providing services and programs vital to success, but also to keep the



doors open. At ENS, we are energized and ready to roll up our sleeves and do what it takes to insure that ENS is around for another 94 years to help women, children and families get healthy and get ahead. But it takes a village! Every year, ENS has to raise \$570,000 of the \$1.9M annual budget in grants and donations alone. Financial stability will come with programs like SOAR, grants, corporate and civic

partners. We want and value your feedback, ideas, leads, connections, comments, suggestions, etc. Recently, we had a gentleman connect us to a grant through his workplace; another donor applied for three matching gifts that multiplied his donation eight times; and we had many new folks introduced to ENS at the Voices for Victory event.

Have an idea to help ENS achieve financial stability?

Send your comments to ENS@emmanorton.org with FINANCIAL STABILITY in the subject line.

Emma Norton Services is a 501(c)(3) nonprofit organization that provides housing and support services to women, children and families achieving victory over homelessness, mental illness and chemical dependency.