



NORTHERN VIRGINIA  
FAMILY SERVICE

# *ever forward*



IMPACT REPORT  
2022

For nearly *100 years*, NVFS has responded to complex challenges with innovative and creative solutions to support our neighbors.



### *Hunger Resource Center (HRC)*

Partnerships with Amazon and Prince William Food Rescue made it possible for our HRC to expand our reach to residents experiencing food insecurity. A collaboration with George Mason University’s nursing students meant clients can both pick up food at the HRC and stop in at our new on-site health clinic for a free wellness check. Other new innovations include delivering food and supplies to families and older adults who are homebound or medically vulnerable.

### *Escala Program*

Our wildly successful Escala program helps aspiring entrepreneurs turn creative ideas into food-related businesses. The six-week course combines group training sessions and one-on-one consulting in both English and Spanish with connections to business opportunities – not to mention a large helping of passion, courage and culinary talent contributed by the entrepreneurs. The proof is in the pudding: Escala graduates are showing off their talents at farmer’s markets, ghost kitchens and food trucks throughout the region with products ranging from pierogis to potato leek soup.



## *Health Access Program*

Our Health Access Program connected more than 600 individuals with low-cost or free prescriptions and medical supplies valued at more than five million dollars. Each client saved an average of nearly \$1,900 on their prescriptions.

## *Social services to immigrants and refugees*

Our multi-ethnic, multilingual staff of social workers, psychiatrists, counselors, immigration attorneys and graduate interns provided critical holistic mental health, legal and social services to immigrants and refugees. We provided services to survivors of domestic violence, sexual assault, human trafficking and torture, including mental health support offered to individuals and families in their own language. Our neighbors, arriving from Afghanistan and countries throughout Latin America, including children separated from their parents at the southern border, showed remarkable resilience.

## *Long-term impact of COVID-19*

Although the federal public health emergency ended in May 2023, many continue to struggle with lingering or previous physical and mental health issues, unemployment, housing affordability, challenges unique to immigrants and much more. We launched our long-term COVID crisis response effort to ensure that those still struggling are not at risk of falling through the cracks including a disproportionate number of our Black and Brown neighbors. And, because the pandemic continues to have long-lasting consequences, we expanded our mental health and career navigation services.

## *Support to local communities*

We continued to reach deeper into neighborhoods to engage residents of underinvested communities, making sure our services are accessible to all. For instance, one staff member frequently drives two hours each way to meet with African-American residents where they are – including at churches, hair and nail salons, barbershops and other places they patronize in order to connect them to NVFS and other community resources.



# WHO WE SERVE

## Service areas



EARLY CHILDHOOD  
DEVELOPMENT



HOMELESSNESS  
AND HOUSING



FOSTER CARE



ANTI-HUNGER  
ASSISTANCE



IMMIGRATION  
LEGAL SERVICES



MENTAL  
HEALTH



WORKFORCE  
DEVELOPMENT



HEALTH CARE  
ACCESS



YOUTH  
INITIATIVES



COMMUNITY IN  
REACH

## Typical NVFS client profile



42% FAIRFAX COUNTY  
RESIDENTS



24% HIGH SCHOOL,  
NO DIPLOMA



59% FEMALE



53% RENTER

WHITE

47% WHITE

36-55

29% 36 TO 55  
YEARS OLD

HISPANIC

60% HISPANIC  
(ETHNICITY)



29% TWO-PARENT  
HOUSEHOLD

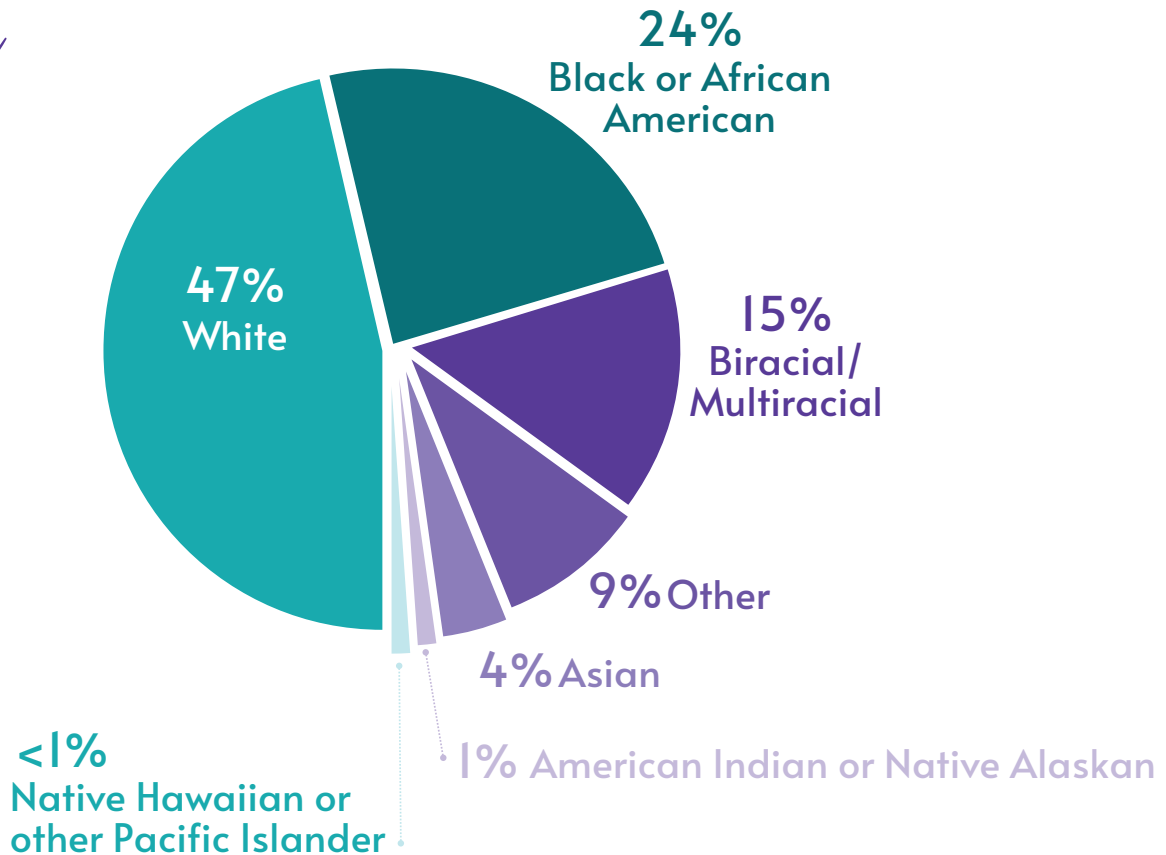


64% NON-INSURED



84% BELOW FEDERAL  
POVERTY LEVEL

## Race



## Ethnicity 60% HISPANIC

## Income levels

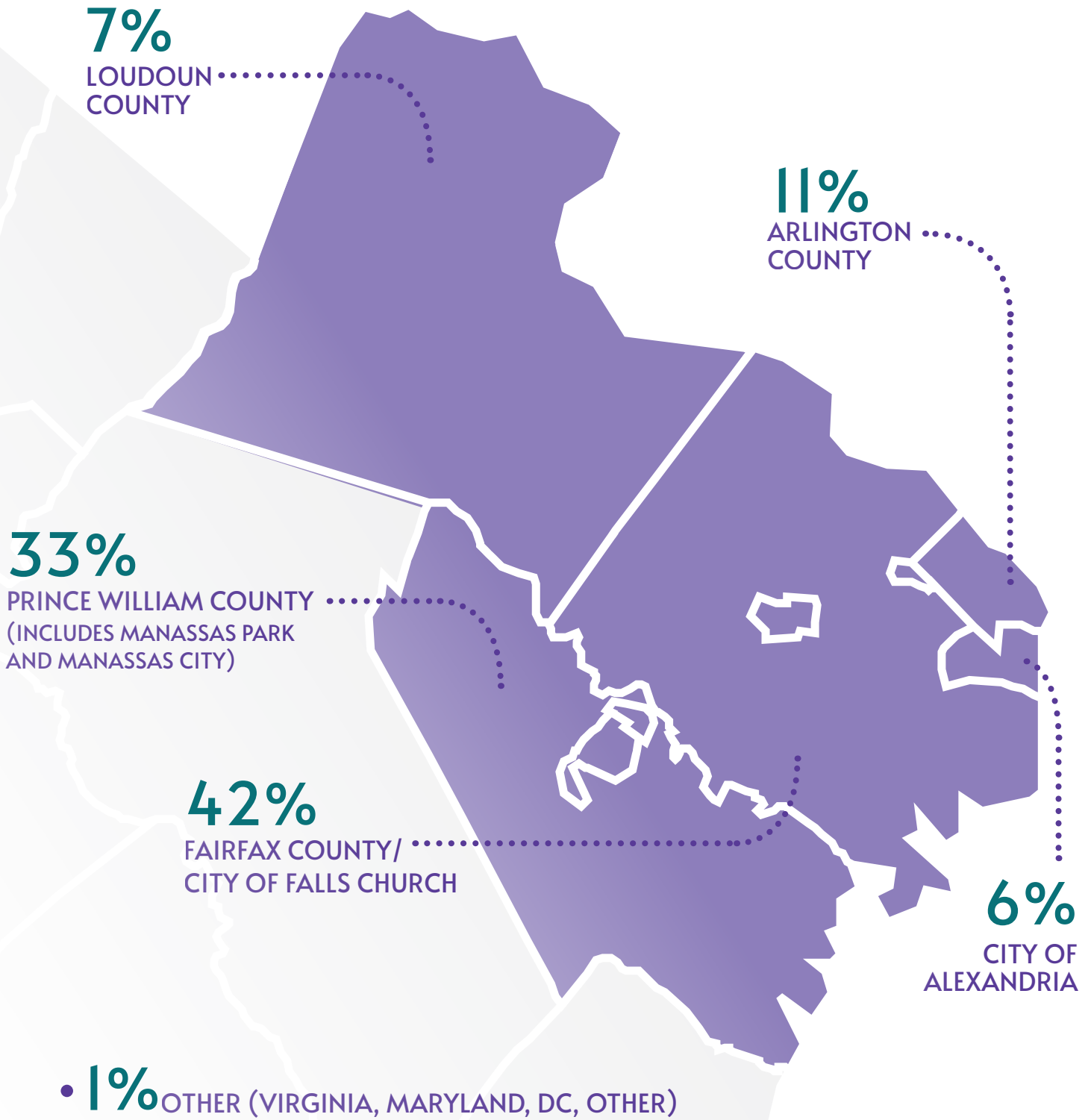
Over two-thirds of our clients live below the federal poverty level.  
For a family of four annually, on average:

**84%** of NVFS clients live on \$27,750

**12%** of NVFS clients live on between \$27,800 and \$55,500

**4%** of NVFS clients live on more than \$55,600

# Geographic snapshot



# Our impact



**88%** of shelter guests exited to stable housing.



More than **1,000** people, on average, receive food from the NVFS Hunger Resource Center each month.



**93%** of Head Start students transitioning to Kindergarten demonstrated school readiness.



**95%** of Youth Initiatives participants improved their school performance (including behavior, attendance and/or GPA).



**87%** of clients receiving mental health services for more than three months showed improved functioning.



**40%** wage increase was received by Training Futures graduates.

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Vice President, Development

**Jay Liverman**  
Vice President, Technology &  
Workplace Solutions

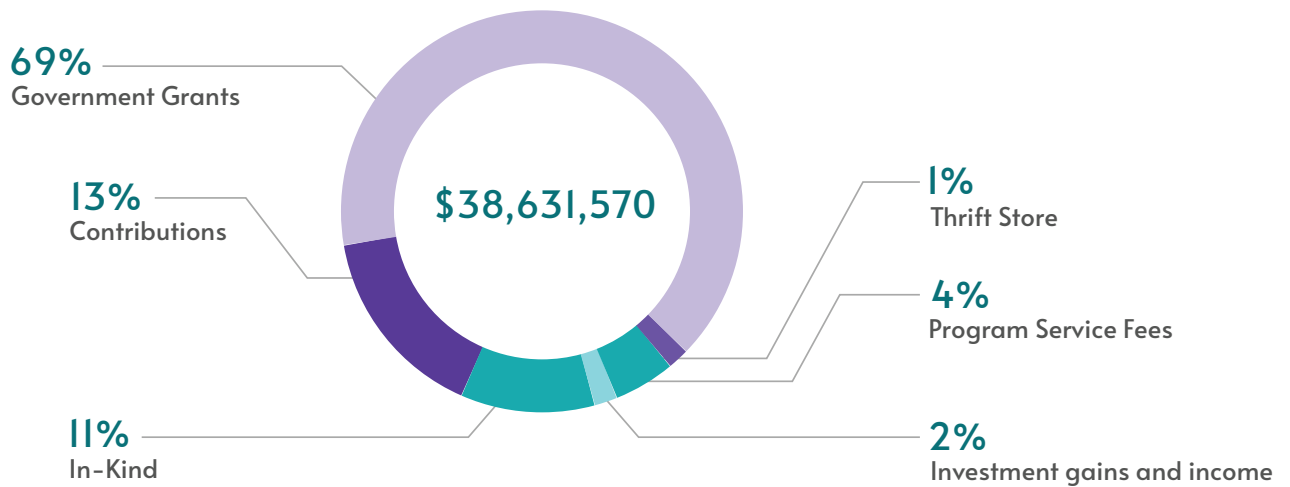
**Meredith McKeen**  
Vice President, Programs



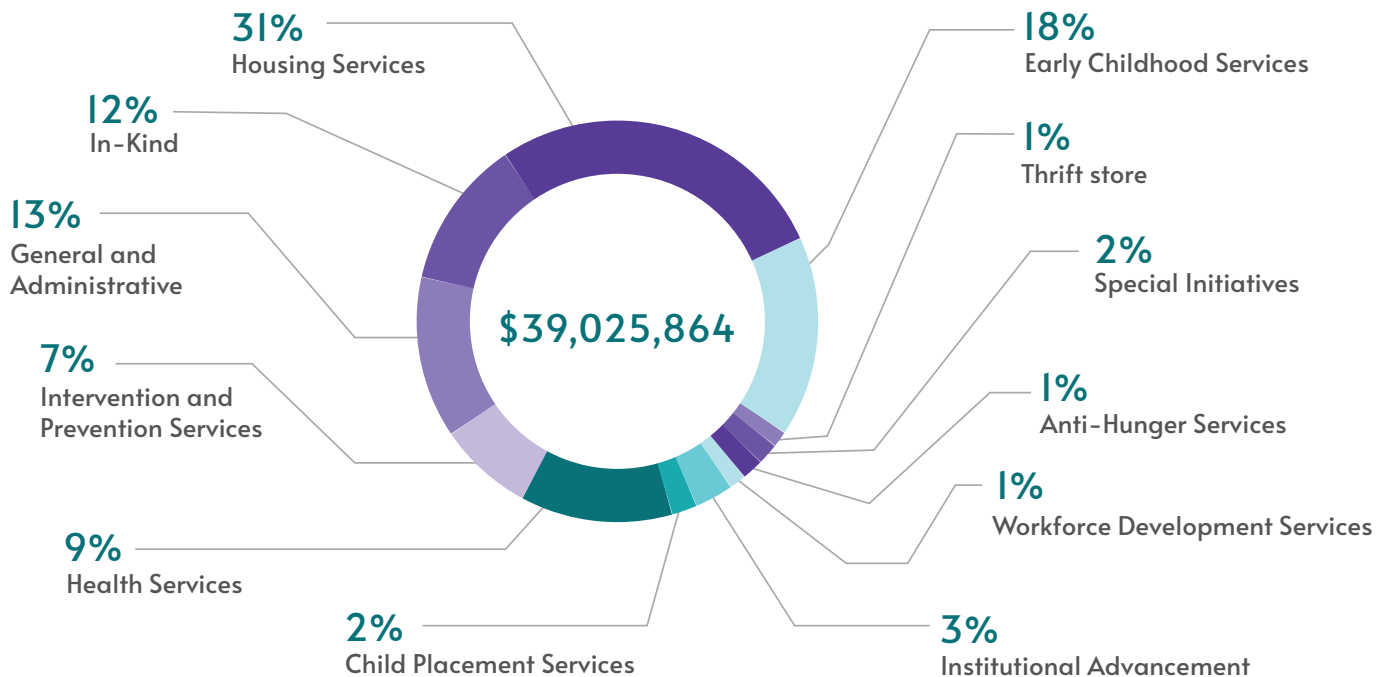
# FY2022 FINANCIAL STATEMENT

Every dollar you contribute is important to us. We invest your financial support and other contributions in ways that best address the most crucial needs in our community. Because of contributions from our government, foundation, corporate and individual supporters, we are able to respond effectively and efficiently to ever-evolving community needs.

## Support and revenue



## Expenses



# HOW YOU CAN CHANGE A LIFE

## *donate*

Our community is full of generous and compassionate people and we have a feeling that you're one of them. When you choose to change a life through NVFS, you will:

- Ignite a child's imagination in school
- Gift many restful night's sleep to an unhoused family
- Jumpstart an entrepreneur's dreams
- Help new parents care for their babies
- Strengthen mental health services in six languages
- Inspire hope for young and old

We can't do this work alone. Together, as one community, we can tackle any challenge. Support NVFS and change a life today at [nvfs.org/donate](https://nvfs.org/donate).

## *volunteer*

At NVFS, we recognize volunteers as vital partners in advancing NVFS's mission and vision. We engage volunteers with purpose and intention, matching them with meaningful opportunities that encourage innovative ideas and unique perspectives while leveraging their skills, motivation and expertise.

Volunteers are integrated throughout NVFS and are treated as thought partners. Opportunities range from one-time to short-term to ongoing to project-based including activities such as:

- Stock shelves and prepare food packages at the Hunger Resource Center
- Prepare and serve weekend or holiday meals at the shelter
- Assist teachers with learning activities in the early childhood classrooms
- Job training and interview coaching to prepare adults for office careers
- Lead workshops or providing individualized support for budding entrepreneurs
- Serve on advisory councils and planning committees
- Provide project management support to improve operations
- Design marketing materials



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[NVFS.ORG](http://NVFS.ORG)