



Breaking Free
SURVIVOR-CENTERED HOUSING & HEALING

Annual Report

Fiscal Year 2025 - 2026

Survivor-Centered Housing & Healing

Why this year matters

Summary

We are on a mission to end all forms of sex trafficking and exploitation while helping survivors build safe, stable futures.

Driven by survivor-led strength and vital community support, this year marked a powerful leap forward in our mission—expanding safe housing, delivering over 7,400 life-changing services, and building sustainable pathways to healing.

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A message from our Executive Leadership

Dear Friends and Partners of Breaking Free,

As we reflect on the past year, our hearts are filled with immense gratitude for this community. Every milestone reached, every life transformed, and every step toward healing has been made possible through your unwavering support. Walking alongside survivors of sex trafficking and commercial sexual exploitation is profound and deeply human work. It is a journey defined by quiet moments of courage, fierce advocacy, and the shared belief that every individual deserves safety, dignity, and a place to call home.

This year, our most significant progress centered on expanding survivor-led opportunities and forging powerful community ties. We celebrated a major milestone with the successful completion of the first cohort of our **L.I.F.T. (Living In Freedom & Transformation)** group, equipping survivors with critical tools for long-term growth and self-determination. To surround our families with robust community support, we built vital new partnerships—securing general operating support from the **Andersen Corporation** and **Mystic Lake/Little Six**, completing an **Adopt-A-Family** holiday drive with our largest support from **Orangetheory Maple Grove** and **CR Billiards**, and establishing consistent in-kind support from local partners like **Chuck & Don's**, **Whole Foods**, **Jimmy John's**, **Caribou Coffee**, and **Davanni's**. Beyond direct client services, we expanded our broader systemic impact by launching a new training suite designed to educate local schools and community organizations on anti-trafficking awareness and tips on how to best support survivors. Finally, to ensure every dollar and resource goes further, we completed a strategic internal reorganization—optimizing our team structure to increase operational efficiency, better support our frontline staff, and deliver even more seamless care to the families who depend on us.

True growth, however, rarely comes without challenge. Like many organizations operating on the frontlines of housing equity, we navigated significant shifts in the regional housing market, rising operational costs, and the complex, evolving needs of the families entering our care. We responded not by pulling back, but by deepening our capacity. We fortified our internal operations, invested in our frontline advocates, expanded our data-tracking capabilities within our Client Management System, Vela, and honed our trauma-informed care models to ensure our services remained as agile, responsive, and low-barrier as ever.

Looking ahead, we are focused on expanding our housing reach across the East Metro and embedding economic empowerment deeper into every level of our advocacy. But we cannot do this work alone. The path to ending sexual exploitation requires the collective strength of our entire community. We invite you to continue standing with Breaking Free—whether through giving, partnering, or advocating alongside us—as we build a future where every survivor has the resources, support, and community they need to thrive.

With gratitude,

Connie Clark & Zach Wolff
Executive Leadership Team

The year at a glance

Through dedicated advocacy and the strength of our community, this year was defined by measurable impact and sustained healing for the families we serve. The figures below reflect the breadth of our direct services, housing initiatives, and outreach efforts—representing individual journeys toward safety, stability, and long-term autonomy.



THREE MOMENTS THAT SHAPED THE YEAR



NOTE

These figures reflect direct support and outreach delivered during our 2025–2026 reporting period. Programmatic milestones—including the launch of our L.I.F.T. group, the development of our new training suite, and our annual Adopt-A-Family event—represent pivotal moments that directly contributed to these outcomes.

A life moving forward

This year, we were honored to launch our inaugural L.I.F.T. (Living In Freedom & Transformation) group—a dedicated, survivor-centered space designed to foster deep healing, personal growth, and community connection. Within this safe and supportive environment, participants gathered to learn, process, and thrive alongside peers who truly understand their journey.

I want you to know something important—there is no normal. Life, healing, and emotions don't follow a straight line. Anxiety can make you feel like you're drowning in your own thoughts, like everything is too much all at once. But that feeling doesn't mean you're broken. It means you're human. And even when it feels overwhelming, people overcome anxiety every single day—and you can too. Little by little, breath by breath, you can reclaim your peace. You don't have to become a people person but don't allow the anxiety rule you

We scroll. We swipe. We ghost. We replace.
Nothing gets time to root.
Depth requires slowness.

Real-time reflections shared by L.I.F.T. participants during group sessions, highlighting the non-linear path of healing and navigating modern challenges.

Milestones of L.I.F.T. Group Survivors

Through the support of the L.I.F.T. community, participants celebrated profound personal victories on their path toward independence:

- **Financial Autonomy:** 2 survivors secured employment, taking pivotal first steps toward sustainable income and financial independence.
- **Trauma Recovery:** 4 survivors connected with professional therapy, actively prioritizing their long-term mental health and emotional healing.
- **Healthy Boundaries:** 100% of participants developed practical boundary-setting skills and successfully implemented them in their daily lives and relationships.
- **Self-Advocacy & Worth:** Every survivor in the group reclaimed their voice, rediscovering their innate value and self-worth.

“I didn’t know I needed this to become a better me!”

~ Survivor

Support built around each person

01

Outreach/Advocacy

Our frontline advocates supported **332 survivors** navigating the complex trauma of human trafficking. Through mobile advocacy, our team provides essential resource and system navigation, vital document procurement, and direct basic needs support. By building trusting, non-judgmental relationships, we meet individuals where they are and create safe, immediate pathways from acute crisis toward long-term stabilization.

332

Survivors Supported

02

Permanent-Supportive Housing

Our Permanent Supportive Housing program delivers long-term stability by serving families entering our care from chronic homelessness, helping them secure safety while actively dismantling systemic barriers like ruined credit and rental debt. Thanks to this holistic approach, our households achieved an exceptional **93% housing retention rate** this past year.

93%

Housing Retention Rate

03

Outreach Bus

The Breaking Free Outreach Bus serves as a mobile sanctuary, bringing life-saving resources and trauma-informed support directly into local high-need areas. This past year alone, our team distributed **1.1K essential supplies**—including hygiene items, emergency food, and warm clothing—to individuals in crisis. The bus stands as a visible beacon of hope in the community, providing a direct, low-barrier bridge from the streets to our long-term housing and advocacy services.

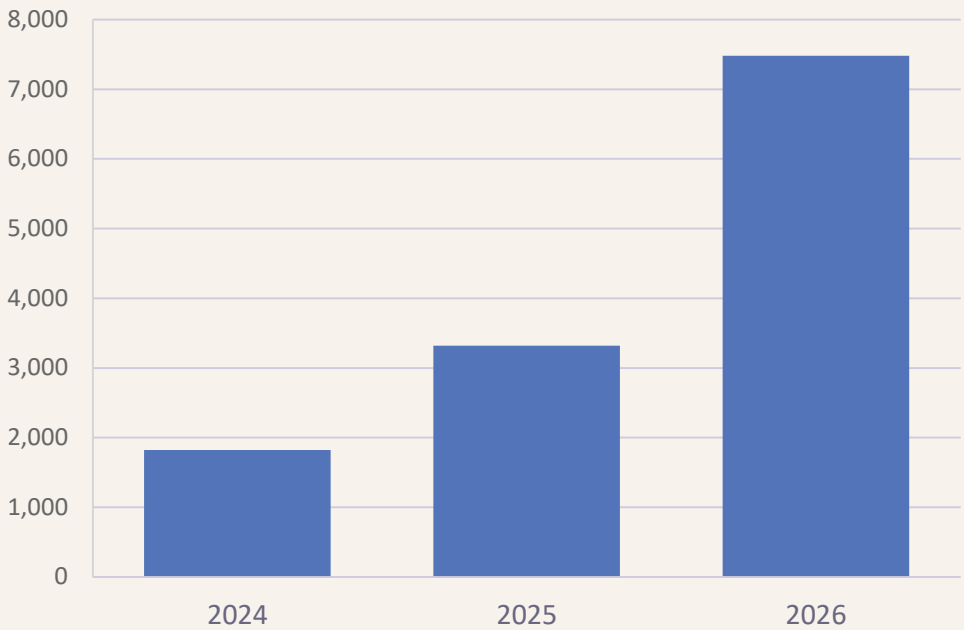
1.1K

Supplies delivered to those in need

Progress you can see

Over the past three years, Breaking Free has dramatically expanded its reach, driving a remarkable transformation in our capacity to support survivors across the Twin Cities metro.

Client Services Provided – 3 Year Span



7,480

Services Provided
in 2025 - 2026

Service numbers reflect discrete, individual touchpoints—including housing advocacy, basic needs distribution, document procurement, and crisis intervention—tracked across each fiscal reporting year. This explosive growth demonstrates both the deepening complexity of survivor needs and our team’s heightened operational efficiency in delivering low-barrier support where it is needed most.

SUPPORTING BREAKDOWN

82%

Service growth from
2024-2025

125%

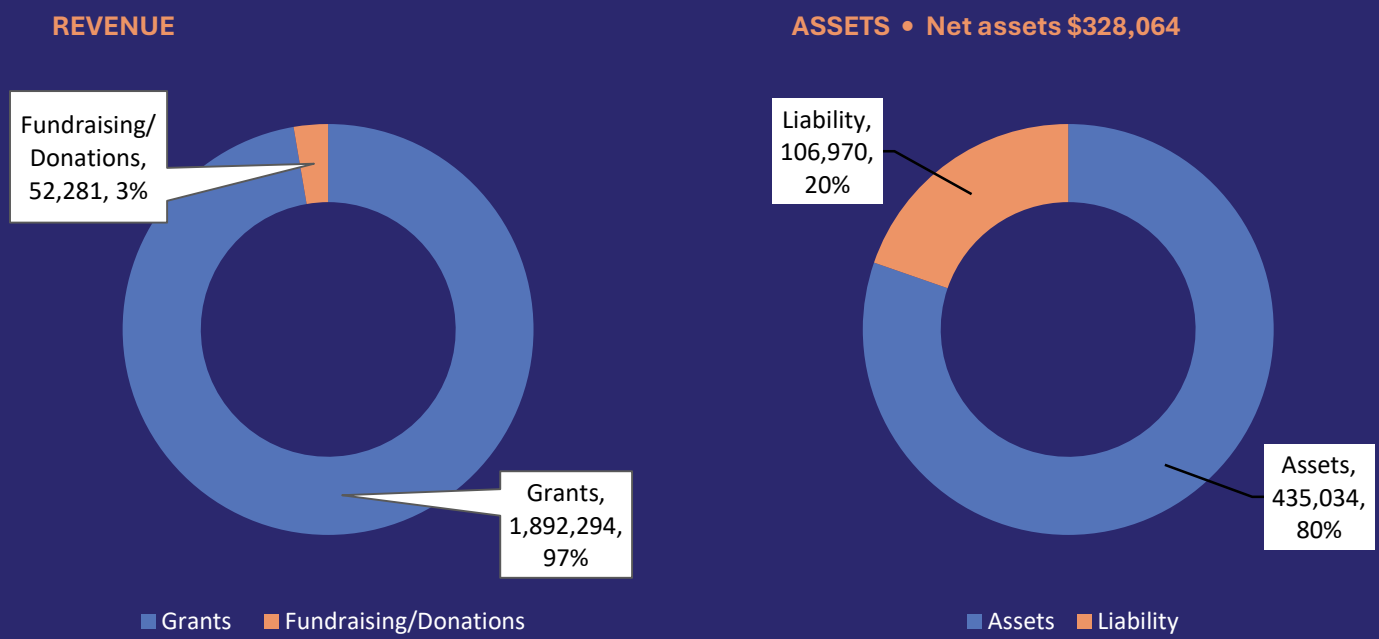
Service growth from
2025-2026

310%

Service growth over 3
years

Data taken from our CMS, Vela

Financial snapshot



FINANCIAL HIGHLIGHTS

Grants	\$1,892, 294
Fundraising/Donations	\$52,281
Programs	- \$709,589
Total revenue	\$1,182, 704
Total expenses	\$1,176,616
Net revenue	\$28,092

The people behind the work

While our team is usually behind the scenes or out on the frontlines—like our outreach bus and Giving Tree program—our shared dedication is at the heart of every survivor's journey toward healing.



BOARD OF DIRECTORS

Amelia Beard
Joel Cessna
Carla Reiling
Kevin Dotson
Geoff Seper
Darnell Baker
Amy Vallen
Jana Deach

KEY STAFF

Connie Clark – Director of Finance
Zach Wolff – Director of Operations
Ingrid DeChambeau – Regional Advocacy Manager
Ciarra Acosta – Housing Manager
Heidi Klug – Senior Grants & Training Strategist

THANK YOU

To our generous donors, dedicated volunteers, trusted community partners, and neighbors—thank you for standing alongside Breaking Free and making every step of this life-changing work possible.

Thank you for standing with us.

Every Pathway to Freedom Begins with You

Behind every story of healing is a community that chose to care. Your generosity fuels safe housing, restores dignity, and builds lasting independence for survivors and their children. **Scan to give, volunteer, or join our mission.**



Breaking Free

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