

# OPHELIA'S PLACE ANNUAL REPORT



OP

2022 - 2023

# A Community for Girls Thank You

What an extraordinary year of renewal. During 2022-2023, Ophelia's Place opened or re-opened our sites with in-person services, launched a retreat for community helpers who support youth and adults, navigated an executive director transition, and continued to welcome girls to their very own space.

No matter the new opportunities or the traditions we hold to, two things remain the same: girls need the social and emotional tools we provide to traverse an ever-changing and challenging world, and we couldn't provide that education, empowerment, and support without the care and partnerships we find in the communities we serve.

Thank you for being our partner in empowering girls.



Laura Sanchez  
Executive Director, Ophelia's Place.

## OP Inclusivity Statement

Ophelia's Place serves and welcomes girl-identifying youth of all races, religions, national origins, immigration status, sexual orientations, beliefs, sizes, abilities and economic status. Ophelia's Place also recognizes an expansive definition of girl. We are for all trans girls and cis girls, as well as for nonbinary youth, gender non-conforming youth, and genderqueer youth who feel or have a connection to girlhood or girlness.



**“I used to get made fun of for like how I wore my hair or the people I hung out with. But at Ophelia's Place there's all these girls who have gone through the same thing and they tell you, 'You are an amazing person.' Ophelia's Place has given me a lot of self-esteem and I'm sure it has for other girls too.”**

*-OP Young Person*



# The State of Needs by Girls

According to a 2021 CDC study, 3 in 5 teenage girls reported feeling so persistently sad or hopeless almost every day for at least 2 weeks in a row that they stopped regular activities. The reason: they are experiencing record high levels of sadness, violence, and suicide risk.

While all teens reported increasing mental health challenges, experiences of violence, and suicidal thoughts and behaviors, girls fared worse than boys. And the same report confirmed ongoing and extreme distress among teens who identify as a member of the LGBTQIA+ community.

The study also found high and worsening levels of persistent sadness or hopelessness across all racial and ethnic groups, and that reported suicide attempts increased among youth in BIPOC communities.

The pandemic and post-pandemic activities amplified so many of the issues faced by girls ages 10-18. Teens at Ophelia's Place reported a greater sense of anxiety and disconnection. Building healthy relationships felt harder. Body image issues increased. More than ever, girls needed support and community.

## Teen Themes

During a recent focus group discussion with girls in Lane and Linn County, we asked, "what themes or topics do you think teens are managing the most?" Their answers:

hate talk    acceptance  
self-esteem    among peers  
gender identity

### social media

sexuality & gender

### body image

self-image    healthy  
friendships

healthy diet

school stress

prejudice    media presence  
& bias    school & body

self-worth

vaping & drugs    talk in  
politics

stress management

# A Snapshot of The OP Community

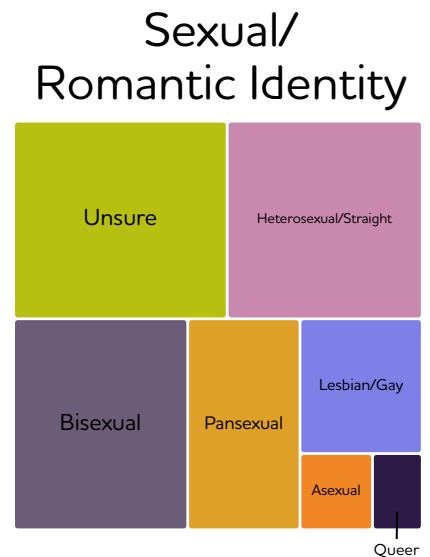
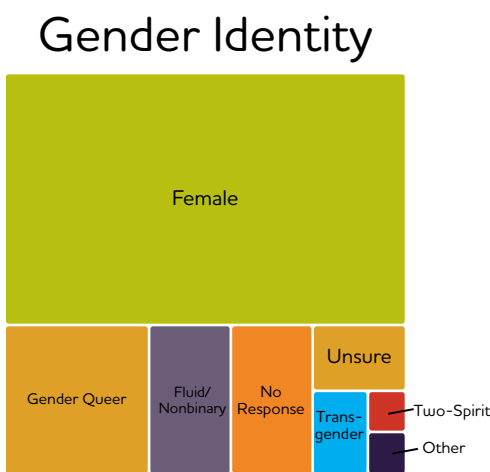
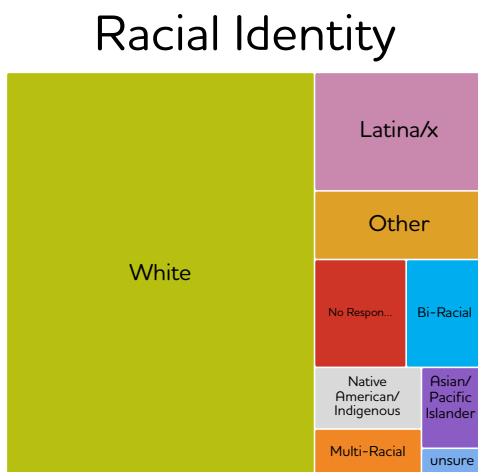
Ophelia's Place is a nonprofit dedicated to empowering girl-identified youth ages 10-18 by providing resilience and growth-focused education and support to girls & the adults who impact their lives. Families can access Ophelia's Place at our locations in Eugene, Junction City, and Albany, or virtually.

**14**

## Average Age of OP Girls

(After-School and Therapy programs)

## Identities of OP Youth (Visualization by percentage)



### OP Equity Statement

Ophelia's Place is committed to embedding equity and inclusion into all levels of our organizational framework and culture. We continue to outreach and collaborate with diverse communities in order to improve access and utilization of our services by marginalized youth. Through strategic planning and program development, we can enhance the quality and relevance of our services for diverse communities of youth. We envision a future in which girls of all backgrounds feel at home in Ophelia's Place and see themselves reflected throughout our organization. We are committed to ensuring all girls in our community feel safe, valued, and empowered, including those who are marginalized by experiences of oppression.

# 2022-23 Fiscal Year Accomplishments

We had a lot to celebrate during the year, thanks to our community.



Reopened the Junction City site post-COVID



Settled into a first year of the Albany site



Relaunched Parent-Daughter GirlCon in-person in Eugene



Sparked a new retreat for community helpers called Regenerate



Celebrated Laura Sanchez's new role as OP's executive director

## The Ophelia's Place Land Acknowledgement

The lands on which Ophelia's Place carries out its mission are the traditional homelands of Kalapuya, Chelamela, and Tsankupi peoples many of whom are now citizens of the Confederated Tribes of Grand Ronde and the Confederated Tribes of Siletz Indians. They have lived harmoniously with these lands and water for countless generations before the onslaught of colonization. Like Indigenous Peoples across the Americas, they have experienced genocide, ethnic cleansing, theft of their land and waters, and forced removal. Our ability to live, work and enjoy this area is connected to their deep loss. Ophelia's Place resolves to invite the Kalapuyan, Chelamelan and Tsankupi peoples to share how OP can support their youth, to welcome them to join OP's staff, board, and community, and to continue listening and learning how we can build a shared, sustainable future for all. We ask all, including our governing bodies, to respect and to learn the true history of the lands on which we reside.

# A Snapshot of OP Services

During 2022-2023, Ophelia's Place provided the following in Eugene, Junction City, Albany, and their surrounding communities:

**224**

girls participated in after-school activities

**2,381**

contacts with girls during after-school activities

**1,984**

therapy sessions with 133 individual youth

**93**

group therapy sessions with 50 youth

**59**

school empowerment & YAWOC\* groups to 379 girls

**170**

classroom presentations to 3,985 students

**451**

attendees to professional development trainings

\*Young Amazing Women of Color Groups

**Number of  
OP Youth  
Served per  
Community**

**507**

Eugene & Springfield

**143**

Albany

**73**

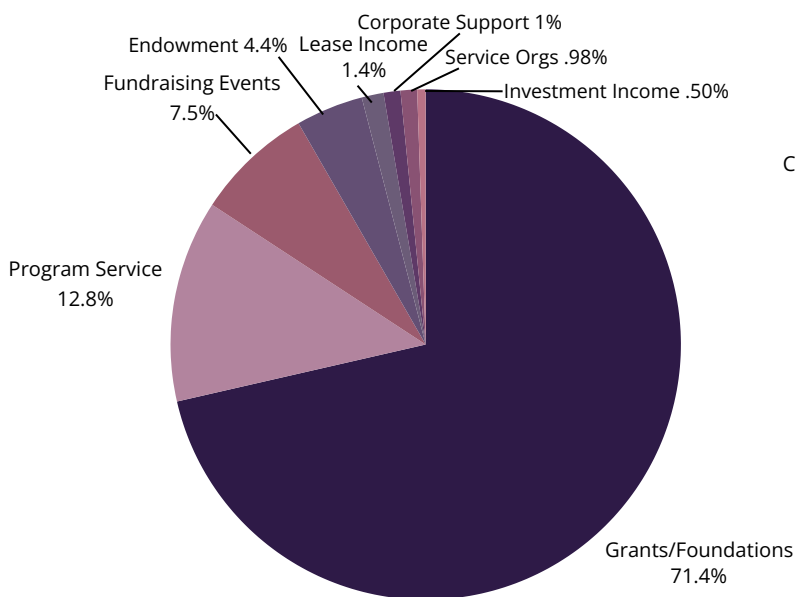
Junction City & Rural Communities

After-school programs, therapy, and in-school empowerment groups

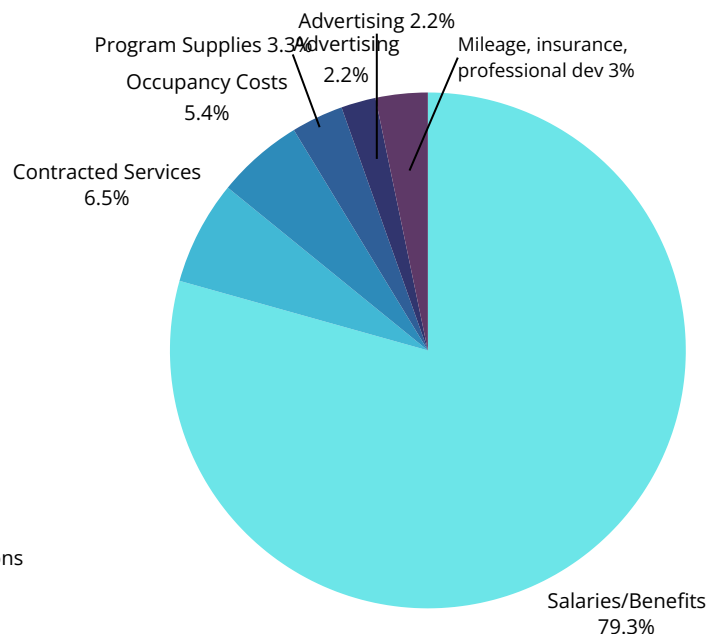
# A Snapshot of Funding

The bulk of Ophelia's Place's income is from the generous support of foundations and individuals. Ophelia's Place uses most of its funds to directly serve girls with after-school activities, therapy, empowerment groups, and more.

**2022-23 Income**  
\$1,666,567



**2022-23 Expenses**  
\$1,773,339



**(Ophelia's Place) has made me realize that no matter how alone I feel and think I am that I'm not alone and other girls have gone through or are going through the same things as me. I've built better friendships with other girls and I love it."**

-an OP Girl



# Thank You to OP Supporters

Thank you to the individuals, organizations, foundations, and community members who help empower girls every day.

## Corporate Donors & Foundations

44 Wealth Management  
Aaron Bloom Real Estate  
Active 20-30 Club of Eugene #920  
Albany Carousel  
Albany Public Library  
Amanda Meg Photography  
Amazon Smile  
Ambrosia  
American Legion Auxiliary Albany Unit 10  
Autzen Foundation  
Bankoff Blanchet Family Foundation  
Bloomfield Family Foundation  
Blue Fish Studio  
Capella Market  
Cascades Raptor Center  
Chamber Music Amici  
Chambers Family Foundation  
Charlotte Y. Martin Foundation  
Cheldelin Parent Organization  
Chichester duPont Foundation  
Church Women United  
Clackamas Education Service District  
Coquille Tribal Community Fund  
Cottage Grove Community Foundation  
Cottage Theater  
Doris and Bill Scharpf Foundation  
Dotters-Katz Family Fund  
EC Brown Foundation  
Elevation Boulderling Gym  
Elizabeth S. Holden Fund of Oregon  
Community Foundation  
Enchanted Forest  
Energy Alchemy Vibrational Healing Arts  
Eugene Ballet  
Eugene Concert Choir  
Eugene Family YMCA  
Eugene Performing Arts  
Eugene School District 4J  
Eugene Science Center  
Eugene Symphony  
Evans/Kabush Family Foundation  
Falling Sky Brewery  
First Interstate BancSystem Foundation, Inc.  
First Story  
Foxbound Flowers  
Fred Meyer  
Get Air Trampoline Park  
Grassroots Gynecology LLC  
Greater Albany Public SD 8J  
Harris-Patton Family Foundation  
Haugland Family Foundation  
Henshel Foundation  
Herbert J. Merker Fund of Oregon  
Community Foundation  
Hummingbird Wholesale  
International Paper Foundation  
Jane Higdon Memorial Fund  
Jordan Schnitzer Museum of Art  
Junction City Garden Club  
Junction City United Methodist Women  
Kroger  
Lane County  
Lane Werner Family Foundation  
Linus Pauling MS PTO  
Long Timber Brewing  
Marie Lamfrom Charitable Foundation  
Marley's Monsters  
Mazzi's  
McClure Associates  
MDU Resources Foundation  
Mehlum Family Foundation  
MJ Murdock Charitable Trust  
Muse Collective LLC  
Network for Good  
Norman and Olga Evelyn Wildish Fund of Oregon  
Oregon Comm  
Northwest Community Credit Union  
OnPoint Community Credit Union  
Optimist Foundation of Albany  
Oregon Community Foundation  
Oregon Contemporary Theatre  
Pacific Benefit Consultants  
Pacific Power Foundation  
Palma A. Domenico Fund of Oregon  
Community Foundation  
Palo Alto Software Charitable Fund  
Panorama Global Fund  
Peace Health  
Positive Community Kitchen  
Poston Family Foundation  
Prince Pucklers  
R&M Clark Family Foundation  
Rainbow Valley Design and Construction  
Reed Family Foundation  
Refinery Skin Care and Spa  
Retirement Planning Group/Lincoln Financial  
Roseburg Forest Products  
Roundhouse Foundation  
Sapient Private Wealth Management Services, LLC  
Shattered Glass Leadership  
Shedd Institute  
SHETH Trust  
Silicon Valley Community Foundation  
Soeldner Campbell Fund of Oregon  
Community Foundation  
Soroptimist International of Junction City  
South Lane School District  
Springfield Public Schools  
St. Alban's Episcopal Church  
Summit Bank  
Sunriver Brewing Company- Oakway Pub  
Sybaris Bistro  
Ta Ra Rin Thai Cuisine  
The William M. and Carole R. Garnjobst Field of Interest Fund of Oregon Community Foundation  
Thermo Fisher Scientific  
Turell Group  
Union Pacific Foundation  
United Way of Lane County  
University of Oregon  
University of Oregon Foundation  
Verda M. Giustina Fund of Oregon  
Oregon Community Foundation  
Very Little Theatre  
Vista Counseling  
Voorhees and Associates  
Walmart  
Westraunt Concepts  
Wildish Land Co.  
Wildlife Safari  
Willamalane  
Willamette Valley Dermatology  
Windermere Foundation  
Yarg Foundation

**Ophelia's Place is a 501c3 nonprofit. Its EIN number is 27-4675345. To learn how you can contribute to Ophelia's Place and the empowerment of girls, please call (541) 284-4333 or email [info@opheliasplace.net](mailto:info@opheliasplace.net).**



# The People Behind Ophelia's Place

## OP Staff



**Amanda**  
Youth Services Director



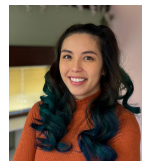
**Ana B.**  
Corporate Relations  
Director



**Anna**  
Operations Director



**Carla**  
Therapist



**Casey**  
Therapist



**Dawn**  
Administrative Director



**Hannah**  
Albany Youth Program  
Coordinator



**Itzel**  
Communications  
Coordinator



**Jennifer U.**  
Direct Service  
Program Coordinator



**Jennifer M.**  
Development Director



**Jessica**  
Therapist and Clinical  
Director



**Laura**  
Executive Director



**Millie**  
Eugene Office &  
Services Coordinator



**Nah**  
Therapist



**Nikki**  
Research & Evaluation  
Coordinator



**Nyssa**  
Eugene Youth Program  
Coordinator



**Rikki**  
Therapist



**River**  
Training & Outreach  
Director



**Tatiana**  
Rural Youth Program  
Coordinator



**Teri**  
Communications  
Director



**Yuki**  
School Program  
Director



**Rosaria Haugland**  
Founder

## OP Board of Directors

**Fatemeh Fakhraie, President**  
Northwest Community Credit Union

**Alex Haugland, Vice President**  
Property Development, Philanthropist

**Shanti Rios, Treasurer**  
Behavioral Health/Social Services,  
Cottage Grove

**Raashida Collier, Eugene**

**Claudia Liontos**  
Real Estate Broker

**Craig Opperman**  
CEO Looking Glass

**Jordan Palmer**  
Youth Housing Manager at the Native  
American Youth and Family Center

**Margie Paris**  
Professor Emerita, UO School of Law

**Alyssa Slyter**  
UO Nonprofit Management Master's  
Program

**Celia Wright**  
Lane Community College, Eugene

