

2018 ANNUAL REPORT



CELEBRATING 120 YEARS



ARDEN SHORE
CHILD AND FAMILY SERVICES

Rebuilding Children's Lives

Dear Friends,

As we celebrate 120 years of serving our community, it is a time to reflect on our collective triumphs and prepare for the challenges that lay ahead. While Arden Shore's commitment to exceptional services drove significant improvements for over 1,400 individuals last year, we are facing a growing need in northeastern Illinois with approximately 16,000 children in the State system. Research has identified many factors relating to an increased risk of child abuse and neglect, including the recent opioid epidemic, shortage of mental health services, and rising child poverty rates in Lake County. I am proud to be a part of a community with supporters like you, who are helping to tackle these complex issues with robust solutions.

Arden Shore Child and Family Services encourages individuals and organizations across Lake County to play a role in making our community a better place for children and families. Research shows that focusing on ways to make meaningful connections with children, youth and families in our communities is the most effective action we can take to strengthen families and prevent child abuse and neglect.

That's why Arden Shore plans to renovate the lower level of its headquarters in Waukegan and build the Family Center—designed to help children and families to be successful at home, at work, and throughout our neighborhoods by unifying and strengthening the family—and our community.

The first step toward making the Family Center a reality is installing an elevator for lower level access. Thanks to the exceptional dedication of Arden Shore's advocates and generous support from outstanding community members, Arden Shore is excited to announce that funding for the first phase of construction is secured and Lake County is one step closer to realizing the dream of the Family Center.

Arden Shore's Family Center will improve the well-being of Lake County by providing programs and services to help families build the skills necessary to prevent child abuse and neglect and ensure that parents and children can reach their full potential. The programs will provide families with the tools they need to build strong, life-long, relationships; raise healthy, well-adjusted children; effectively address life's challenges; and earn a good living.

Looking forward, Arden Shore will continue to provide leadership to our community so that we may face these challenges together. Thank you for being our partner in Rebuilding Children's Lives. We look forward to the shared successes that lay ahead.

With great appreciation,



Dr. Dora Maya
President and CEO



Dorothy A. (Dottie) Rzeszutko
Board Chair

“Arden Shore never gave up on me.

Today I am healthy and I have my son back at home. For that, I am extremely grateful.”

-Parent

Foster Care Services

Arden Shore strives to help children recover and rebuild by working closely with foster parents to provide a nurturing home and stable environment. In cases where children are unable to live with their families, staff work diligently to provide a suitable home for each child--providing expert services that include: assessing the child's physical and emotional needs, providing trauma informed therapies, identifying suitable foster families, working with the biological parents when possible, and regularly checking in on the foster parents and siblings. Last year, staff made more than 3,500 supportive visits ensuring active communication regarding parent challenges, therapeutic concerns, and other needs.

In FY18, Arden Shore achieved 56 permanent placements, ranking second highest in the State with their peer organizations.

Foster Parents of the Year: *The Vanlaninghams*

Tim and Natalie became foster parents through Arden Shore in 2014. Public school teachers in Gurnee and Waukegan, they felt called to begin building their family through fostering with a long-term goal of adoption. Through a friend-of-a-friend, they were put in contact with Arden Shore, where they were helped through the licensing process, the early phase of becoming a foster family. Since their first placement, a 3-week old baby boy, they have gone on to foster seven kids. With four at home; Maddy (4), Finn (2), Isaac and Titus (1-year old twins), Tim and Natalie are thrilled to have finalized the adoption of Maddy and Finn and the twins! Thanks to the supportive work of Arden Shore since day one, Tim and Natalie's lives have been blessed!



Group Home for Youth

Arden Shore operates a group home that houses up to seven boys, ages 10 – 18 years, with emotional and behavioral disorders, who are unable to thrive in typical home environments. The home is a safe and caring environment and dedicated staff provides the support the children need to overcome early traumatic experiences and grow into healthy adults. This includes in-home therapy to help them build resilience; structured activities to create stability, such as part-time jobs; and independent living training to help them live on their own. Arden Shore makes sure each boy has the education they need to develop their own gifts and talents.

Last summer, three of the boys thrived at summer jobs where they could interact with adults and youth their age, while other boys attended summer school for a needed educational boost. Arden Shore provides therapeutic treatment 24/7 for the boys each year, helping them to develop tools for dealing with stress, handling conflict, and ultimately living on their own.

“(Staff) pick up on things that you never realized about yourself and you work on those things and get better as a person. After hard work, I am moving to a Transitional Living Program!”

-Youth resident

Intact Family Preservation Services

The Intact Family Preservation program is designed to keep children at risk of abuse and neglect with their families when it is best for their well-being. Arden Shore's staff delivers services in the family's home that include parenting skills and education, and family advocacy and support. Families choose to participate in these services voluntarily to avoid traumatic disruptions in the family unit and stay healthy, together, and thrive at school, at work, and other areas of their life.

Illinois Department of Children and Family Services (DCFS) has recognized Arden Shore and given it the highest marks for engaging families, providing high quality guidance and assistance, and ultimately, helping families stay together in a way that is safe and supportive. Last year, because of Arden Shore's success, DCFS began assigning Arden Shore cases from McHenry County, expanding the program's reach and increasing its impact.

Of the 177 families participating in Intact Family Prevention Services last year, 76% remain together and have not had a reoccurrence of abuse or neglect.

"[Intact Family Preservation Services] have made me a better dad and brought me closer to my daughters in a way I never knew possible. Arden Shore's Intact staff have been a big support and encouraged me not to give up." -Parent

Behavioral Health and Support Services

Without good mental health, overall well-being is unsteady and vulnerable to negative events such as losing a job or the death of a loved one. Mental health services are available to participants in *every Arden Shore program* – strengthening their physical, social, and mental well-being. Arden Shore's therapeutic professionals work with adults, children and families to make sure they have the tools they need to heal from difficult situations, including trauma, domestic violence, and substance abuse. When these situations are left untreated, it is more difficult for individuals to accomplish everyday tasks that we take for granted such as getting and keeping a good job, forming lasting relationships, and maintaining physical well-being.

In FY18 Arden Shore's therapeutic staff made nearly 5,000 face-to-face visits to help overcome barriers to well-being.

In addition to providing direct services to over 250 individuals last year, Arden Shore is building the Lake County Mental Health Workforce. With support from the Lake County's Community Development grant, Arden Shore can simultaneously host up to 12 interns. The Behavioral Health team trains and supervises student interns from colleges and universities, including Loyola University, University of Chicago, Rosalind Franklin, and Chicago School of Professional Psychology to provide the practical experience they need to graduate ready to enter the workforce. Since its inception, Arden Shore's interns have secured positions with Nicasa Behavioral Health, Catholic Charities, and the Lake County Health Department—increasing the capacity of Lake County's behavioral health expertise.



Lake County Mental Health Collaborative

“Thank you for being a part of my son's and my life. Thank you for the eye-opening experiences and thank you for helping me change for the good.”
-Parent



“Interning as a behavioral health therapist allowed me to work closely with families facing challenges and give back to the community. This experience opened my eyes to the high demand of services in the community and helped me realize the importance of advocating for more funding, specifically for mental health services for families in need.” -Intern

Arden Shore recognizes that like other areas of the country, Lake County, Illinois is experiencing increasing complex, behavioral health needs that require advanced, effective strategies to improve community health. For that reason, under the leadership of Arden Shore, with generous funding from the Healthcare Foundation of Northern Lake County, local human service organizations formed the Lake County Mental Health Collaborative (“Collaborative”) to develop innovative solutions to local behavioral health needs. Members of the Collaborative include Arden Shore, Nicasa Behavioral Health Services, YWCA Lake County, Lake County Housing Authority, Lake County Health Department, and Christian Neighbors Church.

Launched in 2011, the Collaborative is proving to be a promising model of care for communities seeking to address pervasive, unmet needs, resulting in positive client outcomes across the spectrum of health issues. The success of the Collaborative lies in its approach: public institutions and community organizations work as partners, building upon their individual strengths to create an inter-agency system, improving delivery of holistically, culturally and linguistically competent care. The Collaborative provided intensive, coordinated services to 50 individuals last year.

Following is a story that illustrates the work of the Collaborative:

In July of 2017, Sam arrived at Nicasa’s Bridge House, a community-based residence for individuals recovering from dependence on drugs or alcohol. At the age of 51, Sam was in need of professional services to achieve independent living. He qualified for the Collaborative program. Sam’s active participation included psychoeducation groups, AA meetings, support groups, and social activities. The Collaborative team worked together to ensure these resources were not only available for Sam, but also contributing to positive progress. As a result, Sam was able to secure employment, move to a sober living home, and complete treatment with the Collaborative in relatively minimal time—just three months. Recognizing that recovery can sometimes be a long, winding road, the work of the Collaborative does not end at completion of the program. Instead, individuals receive regular follow-up. In this instance, six months later, Sam was still employed and attending school to learn how to start a business. Sam continues to attend AA meetings, support groups, and social activities. Living independently and in sobriety, Sam shares that the best part of the Collaborative program is “being held accountable.”

2018 Donors

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\$15,000 - \$24,999

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"We often hear, 'You've got your hands full!' or 'I could never do that.' Fostering 4 children under the age of 4, yes, our hands ARE full. But you know what? We do not have super powers... Everyone has something to give."

*-Tim and Natalie,
Foster Parents of the Year*

2018 Donors Cont.

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	<i>Every attempt has been made to include all donors correctly. Should you see a mistake or have questions, please contact us.</i>

Fiscal Year 2018 Financials

Audited Financials

July 1, 2017—June 30, 2018

Operating Revenue

Public Support	\$450,597
Program Revenue	\$3,383,454
Other	\$123,962
Total Operating Revenue	\$3,958,013

Operating Expenses

Program Expenses	\$3,186,406
Management & General	\$640,289
Fundraising	\$119,686
Total Operating Expenses	\$3,946,381

Operating Surplus/(Deficit)	\$11,632
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Other Changes in Net Assets

Depreciation	\$(76,251)
Investment Income	\$54,393
Investment Gain/(Loss)	\$74,788
Irrevocable Trust Gain/(Loss)	\$132,902
Non Operating Activity	\$185,832

Total Change in Net Assets	\$197,464
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Net Assets Beginning of year	\$5,213,621
Net Assets End of year	\$5,411,085

2018 Highlights

1,400+ **Individuals Served**

100+ **Volunteers Engaged**

400+ **Donors**

50+ **Local Employees**

Mission

Arden Shore is committed to rebuilding lives affected by trauma and abuse in a caring community through foster care, family support, behavioral health services, and residential programs.

Values

We believe that children and families thrive in a safe and nurturing environment tailored to help them rebuild their emotional and physical well-being.

We believe that children and families are more likely to reach their full potential if they have the opportunity to participate actively in their planning and treatment.

We believe that it is our responsibility to create an environment which nurtures the inherent gifts and talents of children and their families.

We believe that all children and families are capable of learning and changing when they have the tools and support to make healthy choices.

We believe that the diversity of the children and families we serve and our staff and volunteers enriches and strengthens our ability to build well-being for everyone.

LICENSED BY:

Illinois Department of Children & Family Services

ACCREDITATIONS:

Council on Accreditation

CIVIC PARTNERS:

Illinois Partners for Human Service
Lake County Cares
United Way Lake County



ARDEN SHORE
CHILD AND FAMILY SERVICES

Rebuilding Children's Lives

Arden Shore Child and Family Services is a 501(c)(3) tax exempt non-profit organization.

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