

ABBOTT HOUSE • 2021 ANNUAL REPORT

ROOTED IN HOPE



*“To plant a garden
is to believe in
tomorrow.”*

– Audrey Hepburn



Dear Neighbor,

The end of winter brings us to a season of miraculous beauty and rebirth. Much like the blooming trees and flowers, human beings need the proper environmental support to grow and thrive. This is our life’s work at Abbott House –unlocking the potential of every individual who has been entrusted to our safekeeping.



In 2021 we continued to face challenges resulting from the COVID-19 pandemic, but strengthened by your support, we found ways to reimagine what is possible! We slowly and safely re-opened in-person services and remained steadfast in our commitment to maintaining all essential programming in response to the changing needs of children, families, and adults directly impacted by the pandemic. Your investment in Abbott House helped us meet these challenges head on, and we could not have done it without you.

Our approach to caregiving is deeply rooted in the belief that every individual in care is part of our family. For this reason, we make sure to provide the same compassionate care that we would want for our own loved ones – a sense of belonging, inclusion, justice, and pathways that promote opportunity.

We are proud to share that in 2021 we directly served 2,869 individuals. This includes children who found forever homes, families that were reunited, adults who regained independence, youth who received career coaching and unaccompanied minors who found a place to rest their heads on their journey from afar.

This transformational work would not be possible without our loyal community of donors, friends, volunteers, foster parents, and others who invest time and resources in people. You plant seeds of hope and watch them grow. You are gardeners, cultivating promising futures!

In the pages ahead, you will learn how your support helped us build a special garden where children and families heal from trauma, how a single, working mom received the right resources to overcome food insecurity and how a boy with mobility issues gained independence thanks to receiving the specialized services he always needed. These are small miracles that happen when you plant seeds of empowerment, confidence, and self-belief in people.

We are privileged to partner with you in this life-changing work.

As we look ahead, we do so with hearts full of gratitude and confidence in knowing whatever comes our way, you will be with us.

James L. Kaufman, LCSW-R
President and CEO

Walter Montgomery, Ph.D
Board Chairman



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*“Legacy. What is a Legacy?
It’s planting seeds in a garden
you never get to see.”*

-Lin-Manuel Miranda

The legacy of Abbott House first began to take root in 1963 in the Village of Irvington. From the seeds of a community-based agency that began caring for foster children, Abbott House has grown and evolved to provide care for a diverse range of individuals and families throughout the New York metropolitan area and surrounding Hudson Valley counties, including adults with intellectual and developmental disabilities.

Our Abbott House team has also grown.

We have more than 500 compassionate caregivers including social workers, case planners, direct support professionals, behavioral therapists, medical and clinical staff, childcare workers, and other essential employees who work hard to ensure that everyone experiences a sense of belonging, rooted in home and community.

Our life-changing work is creating ripple effects for generations to come.



Our legacy team also includes...YOU!

Foster Parents step forward to give children a safe, stable, nurturing environment during a time when it is easy for them to feel lost and unloved.

Volunteers empower individuals to dream BIG and become the best version of themselves.

Benefactors fuel futures by contributing financially to help us bridge the gap between government funding and the growing – and changing – needs of everyone in our care.

Together, we will preserve the legacy of Abbott House - and ensure that the foundations we build under those in care today will positively impact their families and communities well into tomorrow.

The mission of Abbott House is to build lasting foundations under children, families, and adults with complex needs and provide opportunities for promising futures. The heart of our work is dedicated to helping human beings recover from deep trauma or intervening to prevent trauma in the first place.

Our work has far-reaching effects on families and beyond. By helping one individual, we know that we help countless others - biological and foster parents, siblings, grandparents, and other extended family members.

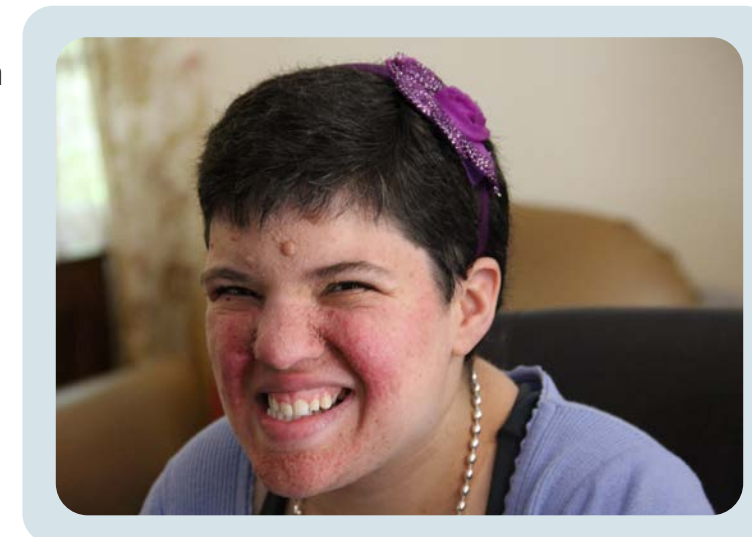
With this in mind, this year alone we have touched the lives of more than 8,000 people in the New York Metropolitan area and Hudson Valley by providing safety, promoting healing and restoring hope.

For Children and Families: At Abbott House, we support and strengthen families to keep them together. We also work with newly formed ones to help them thrive.

Our goal is to provide children and adolescents with a lasting sense of family, home and community, and prepare them for a promising future. We help them build a durable foundation of skills and experiences that allow them to thrive and become contributors to their communities as they come of age.

For People with Developmental Disabilities: The focus of our work with adults with complex needs is to help create enduring foundations of home, community and future in their lives. They often have capacities, strengths and goals that are overlooked by environments where ‘management’ overshadows growth. They are often hindered, unwittingly, by caregivers, from becoming their own person and developing their own notion of what their life will come to be.

Regardless of their history or circumstance, our aim is to provide these individuals with an environment of healing, safety and opportunity to create their future.



Adults with complex needs will not “bootstrap” themselves out of their plight and into prospering futures. They critically depend on our professional intervention and partnership.

Through counseling, health care, life skills, employment training and other services, we help them find their place in the world.

Our Programs for People with Developmental Disabilities Include: Individual Residential Alternatives (IRAs), Day Habilitation (site based & Without Walls), and Keon Programs of Abbott House (Supported Employment (SEMP), Community Prevocational Services, Respite and Community Habilitation).

For Referral Information Email: Info@abbotthouse.net



Our Programs For Children And Families Include: Family Foster Care, Therapeutic Foster Care, Foster Parent Training, Transitional Resources for Children (TRC), Article 31 Mental Health Clinic, Medical and Clinical Services, Community Schools, Fair Futures, Preventive Services, Group Homes, Non-Secure Detention(NSD), Health Homes, Adoption, Kinship Guardianship, Child and Family Treatment and Support Services (CFTSS), and Home and Community Based Services (HCBS).

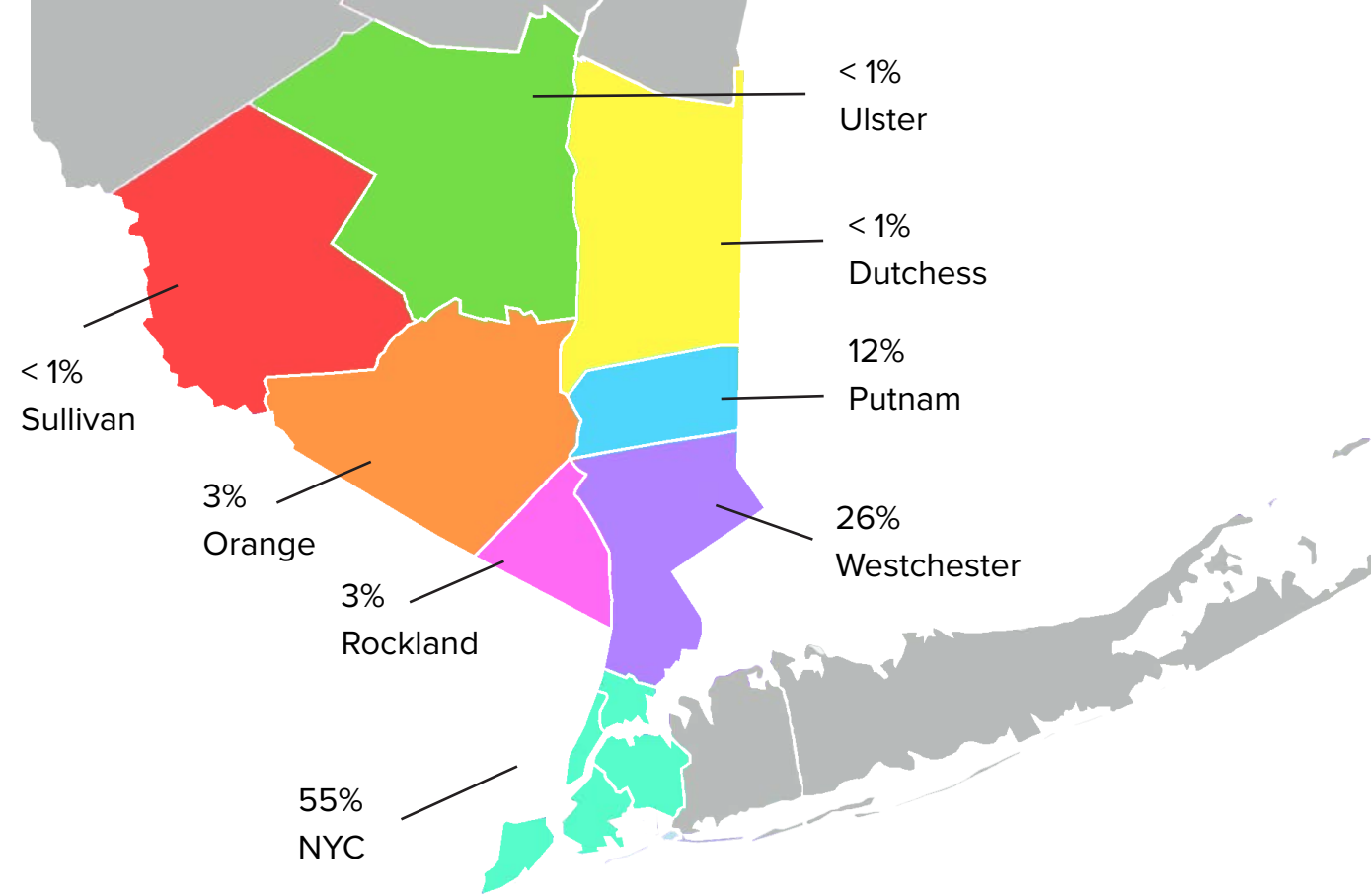
Learn more about our programs and services by scanning the QR codes:

For children and families:



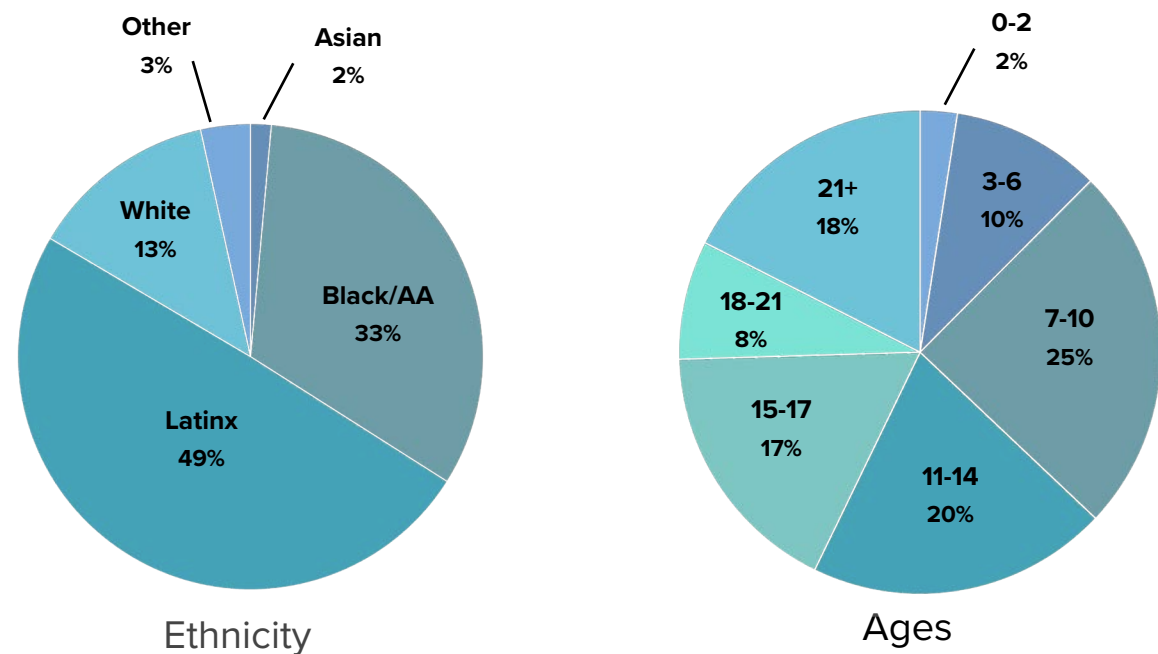
For people with developmental disabilities:





Abbott House provided direct care to 2,869 people in 2021.

Our philosophy is to provide person-centered, trauma-informed care to children, families and people with intellectual and developmental disabilities that promotes healing and encourages self-direction and independence. Abbott House recognizes and understands the equal importance of what is important to a person, and what is important for a person.



Yousef, who receives service coordination from our Health Homes Program, enjoys a hay ride with his parents at a local apple farm. These types of outings were not possible for the family prior to Yousef receiving the care he needed to help him grow and thrive. **Read more about this family's journey at www.abbotthouse.net.**

- 378** children and teens were placed with dedicated foster families who welcomed them with open arms.
- 348** foster parents were trained and supported in providing loving homes.
- 24** children and teens found their forever homes through adoption.
- 118** individuals gained independence and learned important life skills from our day programs.
- 104** adults with developmental disabilities received 24/7 residential care and support.
- 348** unaccompanied minors were transitioned into the care of family sponsors or loving foster families.
- 638** students in PS 294 and PS 311 received essential support outside of school including mental health services, summer programming, and family engagement.

Revenue (7/1/2020 - 6/30/2021)

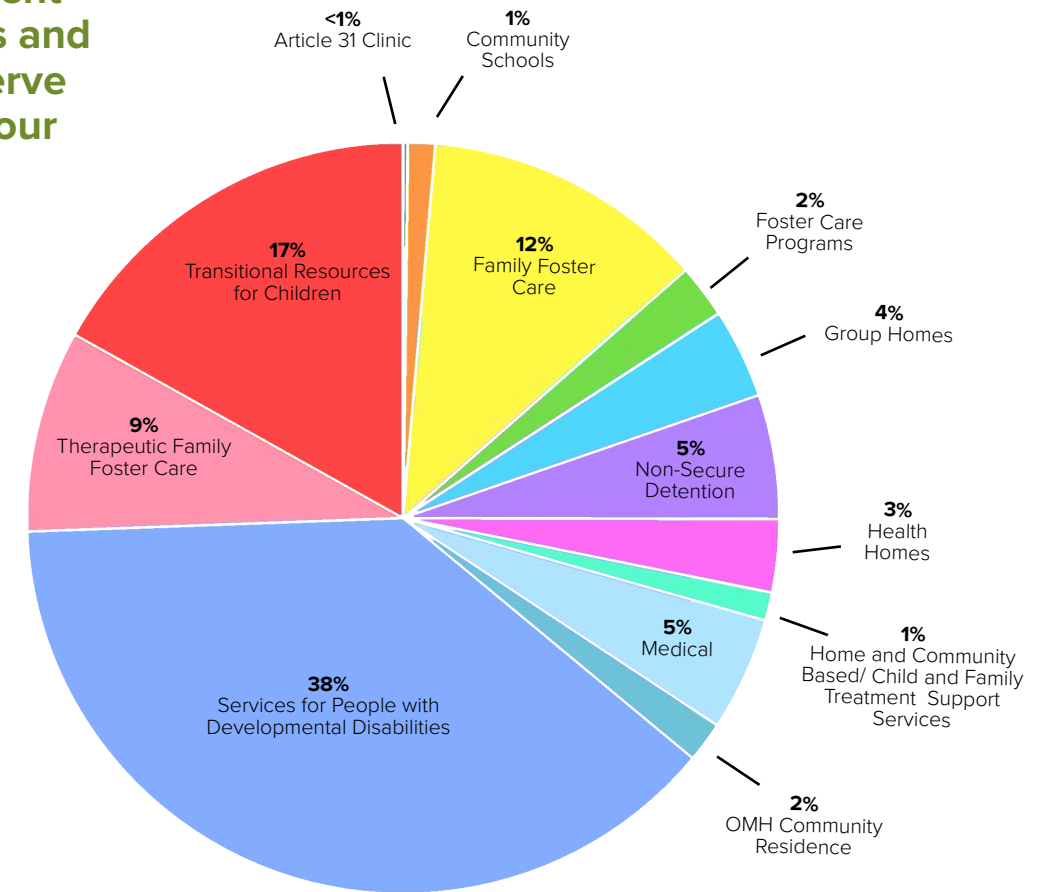
Government Contracts and Grants	\$46,862,037
Contributions	\$ 413,200
Rent Income	\$ 48,000
Other	\$ 502,590
	<hr/>
	\$47,825,827

Expenses

Program Services	\$44,368,043
Management and General/Fund Raising	\$ 4,991,104
	<hr/>
	\$49,359,147

Thank You To Our Government Partners: NYS-OCFS, NYS-OMH, NYS-OPWDD, NYC-ACS, NYC-DOE, HHS-ORR, DCMH-Westchester, Dutchess DSS, Herkimer DSS, Orange DSS, Putnam DSS, Rockland DSS, Saratoga DSS, Schenectady DSS, Sullivan DSS, Ulster DSS, Westchester DSS

How government contracts and grants serve those in our care:



In 2021, Abbott House received and distributed **\$116,567 worth of in-kind goods** to children, families and adults in our care.



Three **Group Homes** were designated **Qualified Residential Treatment Programs** (QRTP). This designation allows for increased funding to support a more clinical and trauma informed approach to care.

The **Community Schools Resource Program** developed an online referral form for staff, teachers, and parents to request services, allowing increased accessibility to essential resources during challenging COVID months.

Expanded **Foster Parent** recruitment, training, and certification by increasing marketing efforts thanks to our local Department of Social Services (DSS).

The **Article 31 Mental Health Clinic** successfully enrolled all clients in telehealth, allowing treatment to continue throughout COVID restrictions and quarantines.

Expanded our **Day Habilitation Program for Adults** with a new location in Rockland County that will support individuals on the Autism spectrum with challenging behaviors.

Achieved **CARF** (Commission on Accreditation of Rehabilitation Facilities) **Accreditation** for our **residential and group home services for children and adolescents**. Programs and services that are CARF accredited have demonstrated their conformance to internationally recognized standards for service delivery.



VOLUNTEERS



Volunteers are one of our greatest resources at Abbott House. They help kids and adults thrive by painting portraits, sculpting clay, and planting vegetables. They sort toys, clothing, and school supplies. They are mentors, tutors, and dedicated team members who encourage people to grow during the most challenging moments of their lives.

Our volunteer team at Abbott House is making a difference!

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. “

-Amelia Earhart

A Foster's Hope
A Maze In Pottery, Inc.
The Agboatwalla Family
Nikki Austin
Yolanda Barona
Joannie Bautista
Bet Am Shalom Synagogue
Candice Boutot
Emma Brennan
Carola Cajiao
Capital One Hola Network
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Lisa Chen
Sarah Chiriboga
Church of St. Paul
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Nicholas Foy

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Holy Family Parish of
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Irvington Girl Scouts
Troop 1721
Irvington Highschool
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**If we missed you, we apologize!
Please contact us so we can make it
right: development@abbotthouse.net*



HEALING SPACES

Can you imagine a place that makes you feel safe, peaceful, and supported? You may find this feeling during a morning walk in the park, or curled up in your favorite chair. However, for many individuals in care at Abbott House who have faced trauma, an image does not easily come to mind. **Trauma is a pervasive, often silent phenomenon. It throws barriers and roadblocks into the way of healthy human development. It takes a toll on physical, spiritual, and emotional well-being.**

Our team brings a therapeutic mindset to all our work. We know that physical environments can reduce anxiety, minimize stress, and optimize healing.

Spaces matter at Abbott House. They also matter to corporate partners like Regeneron Pharmaceuticals, who provide healing and hope not only through the power of science, but also through the power of volunteering. Each year on their “Day for Doing Good” (D4DG), which is recognized as a Global Day of Service, Regeneron employees devote time and energy to improve the communities in which they live and work.

This fall, Abbott House welcomed a team of close to 20 Regeneron employees to create a tranquil garden and outdoor living space on our Irvington campus. The team, along with a dozen other Abbott House volunteers, beautified the front lawn of our

campus by assembling a freestanding cedar pergola to replace an old gazebo that was deemed beyond repair. They also installed a perennial garden and refurbished the banister of the main building, which is used often by adults with developmental disabilities who attend our day habilitation program.



At the height of the COVID-19 Pandemic, 42% of people in the United States reported experiencing symptoms of an anxiety or depressive disorder, a four fold increase from pre-pandemic levels.

Abbott House’s holistic approach to caregiving introduces healing spaces and self-care activities like mindful meditation, art therapy, and yoga to ease stress and promote positive mental health.

Statistics via U.S. Census Bureau, Household

This spring, the addition of hand painted wooden signs on Sheppard’s hooks will be added to the space with words such as, “Grow,” “Live,” and “Thrive,” to support an environment that fosters growth and promising futures.

Children can take a break from a game of tag under the shade of a pergola; adults in care will help water perennials and pick flowers, and; families and staff will have a relaxing place to have lunch, while being surrounded by the calming smell of lavender. It is our hope that these individuals will consider this a place that brings them a sense of safety and peace - and they will come back to it in their minds whenever they need to feel supported.

“We are grateful to our friends at Regeneron for partnering with us to create this healing space on our campus,” said James L. Kaufman, President, and CEO. *“Healing environments can have a significant impact on an individual’s ability to process trauma. This garden is a beautiful gift that will promote the emotional health and well-being of so many children, families, and adults in our care.”*

Thank you to Regeneron and all our volunteers for their dedication to those we care for.





“Alone we can do so little; together we can do so much.”

- Helen Keller

A young girl in care with our Transitional Resources for Children (TRC) Program observes chickens at Hemlock Hill Farm in Cortlandt Manor during an educational field trip coordinated by our friends at Something Good in the World. Students toured the farm with a Spanish-speaking guide and had a picnic lunch.

Sticking with us during COVID by donating funds and PPE, sending well wishes to frontline staff and by pivoting volunteer efforts to keep kids, adults and families thriving. We really needed you, and you came through in big ways!

Supporting Fundraising Events like the **Dave Wade Memorial Golf Outing** and the **Loving Arms Gala**, events that grow our capacity to meet the unique and specialized needs of those in care.

Giving kids the tools to succeed by putting hundreds of notebooks, pens, backpacks, and laptops into their hands so they can keep up with their peers and become leaders of tomorrow.

Wrapping your arms around kids in foster care with coats, hats, gloves, pajamas, and socks. They felt your love!

Helping us expand our weekly Art Program so even more children could experience the therapeutic, healing activity of clay sculpting and pottery painting.

Raising our capacity to provide **hundreds of cultural, educational, life skills and recreational activities** for children and adults in care.

Giving a voice to adults with disabilities through advocacy workshops so they may live independent, fulfilling lives.

Making the holidays a special time for kids, teens, and adults in care by collecting and donating 1,500 toys, gift cards and wish list items.

Easing the burden of hunger by providing more than 300 families in care with holiday meals.

Liking, sharing, and following us on social media! Join our growing community of 3,768 online to stay up to date on what we're up to and how you can help.

Reminding children awaiting family reunification they matter by making sure they have proper duffels and suitcases to travel with dignity.

Alex loves playing sports and being active with his friends, but in recent years this bright, enthusiastic 4th grader has become self-conscious about his body and is feeling discouraged from pursuing athletics. For Alex's mom, a single, working mother of three, putting a filling and nutritious meal on the table is often a difficult task. The varying diet needs of her children, the rising cost of healthy food, and her own struggle in managing diabetes makes this especially challenging.

According to the USDA, more than 38 million people, including 12 million children, in the United States are food insecure. These staggering numbers hit close to home for hundreds of children who receive care through Abbott House's Community Schools Resource Program in the Bronx. Sadly, COVID-19 has increased food insecurity among families with children and communities of color, who already faced hunger at much higher rates before the pandemic.

Malnutrition has long lasting impacts on a child, including the capacity to grow and develop, which in turn can affect mental health and cause educational milestones to be missed or delayed.

With this in mind, our Community Schools Resource Programs recently partnered with NY Common Pantry to offer our families a three-prong approach to tackle a variety of issues related to food insecurity.

Even though rates of food insecurity have slightly decreased from the height of the COVID-19 Pandemic, many families in care at Abbott House, continue to face significant challenges with food insecurity. Through strategic partnerships and donations, we ease the burden of hunger on many families so that no child goes to bed hungry.



Nutrition education begins in the classroom as an extension of the curriculum for 4th graders at PS 294 and PS 311 in the Bronx. Children attend weekly classes that teach the basics of healthy eating and turn the classroom into an exciting test kitchen. Kids like Alex look forward to rolling up their sleeves to make things like yogurt parfaits and cucumber sushi rolls – easy recipes that foster creativity and provide well-balanced nourishment.

Parents are not left out! **Workshops for families** that cover a range of topics and challenges, including how to interpret food labels, what to cook for kids with allergies and how to shop for healthy ingredients that will create an abundance of food on a budget, are also offered. For Alex's mom, this has proven to be a life-changing experience for her entire family.

Hundreds of families in care also receive **monthly pantry bags** full of pre-packaged meals, pantry staples, and recipe cards that reflect what the kids and families have been learning to cook.

“We are proud of our partnership with the NY Common Pantry,” said Rebecca Venezuela, Director of the Community School Resource Program. “Together, we go beyond stabilizing families who suffer from food insecurity and poor nutrition; we offer the knowledge to grow in health and wellness along with the resources to help sustain that growth into the future for generations to come.”

By putting healthy-eating toolkits into the hands of children and families, we are raising their capacity to grow, thrive and live their best lives. Alex tells his teachers that his energy level has increased, and he feels “stronger” and more confident since the workshops started. Mealtime is no longer a stressful time for Alex's mom. She knows what to buy and how to make the most of the ingredients, but more importantly, she feels a sense of pride in knowing she can provide her children with healthy meals that will sustain them. This is another example of how community partnerships help Abbott House unlock potential for families in care.



*Donors listed generously gave during Abbott House's 2021 fiscal year, 7/1/2020 - 6/30/2021



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UPCOMING EVENTS

May 23, 2022 Dave Wade Memorial Golf Outing

October 2022 Loving Arms Gala

Visit www.abbotthouse.net for more details and updates.



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