





# Welcome from Susan Keays, CEO



Dear Italian Home community,

In April, I was given the honor to step into the role of CEO of Italian Home for Children. During the past few months, I have been energized by conversations with supporters, inspired by clients who are making rapid progress despite a pandemic, and proud of 200 extremely dedicated and hard-working staff.

As you read through this annual report, I hope that you are as proud as I am of the work Italian Home continues to do. As an agency, we adapted and pivoted many times to help our clients as we all navigate this global pandemic.

We also took advantage of opportunities in 2021 to build upon Italian Home's footprint and scope of services. We expanded our In-Home therapy offerings to the southeast coast and Cape Cod to serve families in an area where services are not readily available. We launched our Applied Behavioral Analysis program working with youth on the autism spectrum. We also secured new contracts for our Residential Program, opening our doors to youth who have a high need for our services.

I also encourage you to read two client stories about Leo and Ashley, included in this report. These stories highlight both the importance and the impact of our work, giving insight into a small scope of the care we provide.

I truly love Italian Home and am proud to lead our organization as CEO. We continue to thrive because of our collective commitment -staff, Board of Directors, and you- to our vital mission. I am grateful for you and your continued support of Italian Home and the

children and families we serve. I look forward to his new year with optimism and excitement for what lies ahead.

Thank you for being part of our family.

Susan Keays CEO & President Italian Home for Children

# **OUR MISSION**

Italian Home for Children provides an integrated network of powerful and effective programs to help children and families with emotional, behavioral, and educational challenges thrive in their communities.

# **OUR VISION**

We strive to be a diverse, inclusive, and compassionate community champion that empowers children, adults, and families with mental health and educational struggles through therapeutic, collaborative, and transformative programming.

# **OUR VALUES**

Transformative

**E** mpowering

Adaptable

**M**indful

ntegrated

Hopeful

**C**ompassionate



# **PROGRAM HIGHLIGHTS**

# **Southeast Expansion**

The COVID-19 pandemic has not only added stress to families but has also decreased supports and opportunities for children to develop, learn social skills, and learn self-regulation. Therefore, the services we provide are more important now than ever before. This year, we proudly expanded to the Southeast region of Massachusetts. Within the 2021 fiscal year, we launched our Southeast expansion with 10 new families receiving In-Home therapy services. Serving the South Shore and Cape area, from Brockton all the way to Provincetown, allows clients in those regions teams to access therapeutic services that they may not have immediate access to otherwise.

In-Home Therapy is a teamed approach that works with youth (ages 3-21) and their family to increase their ability to provide effective support for their child, and to promote healthy functioning within the family. Upon graduating from this program, children often report feeling more in control and happier while parents report increased confidence in safety planning and better family dynamics.

# **Applied Behavioral Analysis (ABA)**

This past year, we prepared for the launch of our In-Home Applied Behavior Analysis (ABA) program serving children diagnosed with Autism Spectrum Disorder (ASD). Our ABA program assists children and their families with gaining skills and behavior management that will allow each child to live their life as independently as possible. Home-Based ABA is often a long term service that can assist the child through different life stages, providing them with the support and expertise needed to navigate each developmental milestone or transition. These services are overseen by a Licensed Applied Behavior Analyst (LABA) or Board Certified Behavior Analyst (BCBA) and implemented by a Behavior Therapist.

The LABA or BCBA completes testing, a functional behavior assessment, and an individualized treatment plan for each child, specifically addressing their needs. The LABA or BCBA works with the family to create goals and oversees the implementation of the plan, meeting frequently with the family to assess if any changes are needed. The amount of time each team spends with a child and their family can be a few hours per week to multiple hours per day, depending of the needs of the child. Italian Home has already begun working with 10 families and looks forward to continued growth!

# **An Update to Our Values**

As Italian Home grows and expands, we remain linked as a community through the values embodies by every staff member and program. Our values are what hold us together and remind us every day of our capabilities and goals. This year, we came together through reflective discussion to update our values to accurately reflect the work we do. The resulting seven values not only act as a barometer for our work but also form the acronym: TEAM IHC. This is a further reminder that we are a team at Italian Home. No person or program is an island.

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We positively change the lives of the youth and families we serve.

#### **Empowering**

We empower youth and families to advocate for themselves and their needs, enabling them to live healthy and fulfilling lives.

### **Adaptable**

Each child and family has unique backgrounds, strengths, and needs. We adjust to our clients' needs and revise as new challenges arise.

### Mindful

We stay aware of our clients' needs, emotions, and strengths.

### **Integrated**

We work as a team. Our continuum of care allows for a child to be enrolled in multiple services aimed at strengthening and bettering every aspect of their lives.

### Hopeful

We optimistically push forward for a world that puts mental health first and where every child feels safe.

# Compassionate

We remain sympathetic towards our clients and go above and beyond to support them. From finding adequate housing to attending IEP meetings at school, our staff often serve beyond the typical model of services to best support our youth and families.

# **BY THE NUMBERS**

### **FY21 Year End Financials**

All numbers are unaudited

#### Revenue

Residential Programs	\$5,787,312
Mary Savioli Pallotta Educational Center	\$3,522,118
After School Programs	\$707,169
Clinical Services	\$1,668,011
Community Programs	\$3,658,534

#### **Contributions**

Foundations	\$220,721
Individual Donations	\$448,852
Corporate Donations	\$183,991
In-Kind Gifts	\$3,175
<b>Total Contributions</b>	\$856,739

Total Restricted and Other \$449,264

**TOTAL REVENUE** \$16,649,147

# **Unduplicated Numbers for FY21**

34,027

hours of in-home therapy and therapeutic mentoring

11,828

hours of therapy delivered through our clinic in Brighton

#### **Boston Programs**

- 41 Residential Programs
- 36 CBAT
- 35 Day School
- 48 After School/Summer Camp
- 553 CBHI Services

#### **BAMHA**

685 Outpatient Clients

#### **Communities Served**

Abington Everett Needham Stoughton Framingham New Bedford Sudbury Arlington Auburndale Taunton Hudson Newton Belmont Hvde Park North Attleboro Truro Jamaica Plain Norwell **Bolton** Uxbridge Boston Lakeville Norwood Waltham Provincetown Wareham Boxborough Lawrence **Braintree** Lexington Quincy Watertown Brighton Lynn Raynham Wayland Readville **Brookline** Malden Wellesley Hills Cambridge Mansfield Revere West Boylston Charlestown Rockland West Roxbury Mashpee Chelsea Mattapan Roslindale Wilmington

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# **Leo's Story**

The following is a statement written by one of our clients at the Brighton-Allston Mental Health Association. For the sake of confidentiality, he's been asked to be called, "Leo."

I started therapy with the Brighton-Allston Mental Health Association very young, I was 8. I had trouble making friends, I struggled to pay attention in school, I couldn't control my anger, I was depressed, suicidal, isolated, anxious, and my speech impediment didn't make any of the above any easier. I would be diagnosed with depression and an anxiety disorder and I would stay in therapy for more than 10 years. I was hospitalized twice, once in 8th grade and once again in my sophomore year of high school. I remember so clearly hating myself, feeling completely worthless, and like the world would be so much better off if I took my own life. The most tragic part of it all is that it was totally normal for me. I didn't



feel broken compared to everyone else, I thought it was completely average to, at the age of 13, go everyday considering killing myself and hating every part of who I was. Eventually I realized that everyone else didn't feel that way, and I wanted so desperately to feel comfortable with who I was and with my future since I knew it was possible to get rid of the feelings which had haunted me my entire young life.

I remember vividly, sitting in my therapist's office when I was 15 or 16 after a tough but manageable day and saying, "Maybe this is as good as I get. Maybe the best I get is only hating myself 2 days every week, and only feeling suicidal every few weeks. That's okay with me, I think I can live like that." I'm happy I didn't settle for that. I had come a long way but I didn't know that I would be so much better than even what at the time was the best I had ever been. I used to be so isolated, I didn't have many friends and I was so used to feeling utterly useless and forgettable, but now I have so many people around me who I love having in my life, so many things I do that I love spending time on, and so those old feelings feel so foreign and detached from the person I am now. Things which broke young me are completely manageable and conquerable now, and it was that progress over many years that led me to who I am and the much improved person I am now.

At this point in my life, and probably at every point from here on out, it's hard for me to remember exactly how I felt when I first started, mostly because the person I am now would have seemed entirely unattainable to 8 year old me. I'm 22 now, I'm about to graduate with a bachelor's degree, I have more friends now than I thought I'd ever have, and I feel better than 8 year old me would have even thought was possible. I still have my speech impediment, although it's much improved, and I still get overwhelmed, angry, and detached from time to time but the difference from then to now is so incredible I still don't quite know how I did it. With a lot of help, I know that for sure. I guess that's the strange magic of therapy: it's incremental. When you do it long enough, you've learned so much about yourself, fixed so many of the broken and challenging areas in yourself, and you've learned so much about processing emotions and strengthening who you are that when you look back it's hard to remember there was a time when you weren't the way you are now. I know that's true for me. And I couldn't be more happy about it. All the progress I've made comes back to this: if not for a therapist who helped me for so long, asked me all the right questions, led me to all the right answers, and pushed me in all the right directions every week for over a decade, I know I wouldn't have a tenth of the happiness, stability, confidence, optimism, and future I have now and that lies ahead.

# **Ashley's Story**

The following story is about Ashley, an adult client at Brighton Allston Mental Health Association. While most of Italian Home's clients are youth, we do work with adults through our services at BAMHA, and this story about telehealth was too important not to share.

Ashley had been working with her clinician for about two years when COVID-19 forced a shut down, however she was still able to continue services thanks to telehealth practices. In April of 2020, Ashley contracted COVID-19 and was forced to quarantine in her basement as she battled the virus. Her quarantine lasted five and a half weeks and during this time she was not able to see her wife or her 4-year-old son. During Ashley's quarantine, Italian Home was still able to provide help via telehealth during a time when Ashley physically could not see anyone else.

When Ashley first began working with us, she dealt with suicide ideation and admitted that she felt her family would be better off without her. She was guarded when it came to working with her therapist. Over time, the two built trust, but it took a major event like COVID-19 and quarantining to break down some remaining walls. Ashley shared that she felt safe with telehealth and that with nothing else to do during quarantine, she began to really engage in her "therapy homework" (as she calls it). She started to feel that she was making real strides as a result of the work.



One of the biggest breakthroughs came with her family. During Ashley's 40-day quarantine, she got a first-hand look at what life would be like if she were not around. Her son cried at the door to the basement because he missed his mom. Her wife expressed her struggles to maintain routines and keep up with life. She missed her partner. It was excruciating for her to not be there for her family. This unfortunate situation gave Ashley a new appreciation for her life.

With this revelation, Ashley and her therapist worked together to help prioritize what matters most in Ashley's life. As she re-entered her household after quarantine, Ashley has worked on being as present as she can be. She understands what matters most. While there are still other matters she's working on, Ashley no longer has thoughts of suicide. She looks forward to watching her son grow up and growing old with her wife. She was grateful that telehealth was available, especially during her quarantine. Italian Home helped her process thoughts, emotions, and feelings in real time. We were there for her when she needed us most.



Thank you to our donors for their generosity and investment in the youth and families we serve. Our work would not be possible without you.

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# **COVID-19 UPDATES**

The work we do with youth and families hinges on connection and trust, which is challenging to build and maintain online. This is just one of many challenges that COVID-19 has brought to our staff and clients. Learning disabilities, symptoms of trauma, and mental health concerns have certainly persisted, and at times, escalated during COVID-19. The shifts and struggles with fair housing, food scarcity, and access to education add additional stressors to youth and families. However, we remain resilient and able to adapt through the everchanging climate. Italian Home leadership and staff have persisted and continued to put our clients first.

The Pallotta School was fully opened as of last school year (2020-2021) when many other schools in the community were still using a hybrid model. In addition to in person learning, we provided remote learning to families that requested it and provided remote learning when children were unable to attend in person due to needing to quarantine because of COVID protocols.

We provide on-site weekly testing of all Residential staff and have been doing regular testing since September 2020, including testing of residents when needed.

We partnered with a local community health center to host an on-site vaccine clinic for 100 staff in winter 2021 and assisted additional staff with receiving their vaccine during a time when vaccine access was limited.

Italian Home also provided telehealth appointments so our clients and clinicians could stay connected. Telehealth appointments have proven to be uniquely beneficial to some clients as they have been able to share their interests and home lives more. For some young clients, online therapeutic activities have engaged their focus more than in-person sessions and they have able to progress with their goals more rapidly than before.





Supporting children and families in crisis since 1919.

