# Italian Home for Children

# **ANNUAL REPORT**

2022

Dear Italian Home Community,

2022 was a transformative year for Italian Home for Children (IHC)! The incredible employees adjusted program offerings to reflect the greatest needs of youth, adults, and families facing social, behavioral, and academic challenges. We are proud that our suite of programs is now a true continuum of care which allows clients to shift among programs based on improvements or increased acuity. Caregivers are often overwhelmed by retelling their story or researching for a new organization every time a new service is recommended. Having services consolidated within one organization addresses these concerns.

As the founders did 103 years ago, we are responding to the needs of the community. In March 2022, we opened a new program called Partial Hospital Program, an acute care short-term day program. Also, based on a needs assessment, we increased our reach to southeastern MA including Cape Cod for in home therapy and therapeutic mentoring. These programs are featured in this annual report so read on!

IHC is not immune to the workforce challenges our nation has faced this year, but they are tempered by the expansive network of IHC's influence with many new hires being family, friends, and neighbors of our loyal supporters. With philanthropic generosity, corporate sponsorships, legislative success, and your commitment as great ambassadors, IHC continues to attract and retain compassionate colleagues. We aim to grow from 200 to 300 employees in the next six months - spread the word!

As we look to next year, we remain committed to solving the greatest public health crisis: timely access to behavioral health services. IHC will launch an urgent care program, open innovative crisis stabilization units in partnership with Boston Medical Center, and pioneer a first-of-its-kind acute overnight service for neurodiverse youth. When construction is complete, expect an invitation to our open house!

None of this is possible without you. One of the biggest motivators to many simultaneous accomplishments has been connecting with our supporters and hearing beautiful memories and stories about the impactful influence of IHC on your lives. I have laughed, smiled, and shed a tear with many of you. Thank you for your loyalty, support, and collaboration as we forge ahead on these necessary and inspiring adventures!

Best Wishes,

Jusan

Susan Keays CEO





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Italian Home <sup>for</sup>Children





## **WHO WE ARE**



### 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.

### 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.

### VALUES

TRANSFORMATIVE	
EMPOWERING	
ADAPTIVE	
MINDFUL	
INTEGRATED	
HOPEFUL	
COMPASSIONATE	
	ľ

### **#TEAMIHC**

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

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

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

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

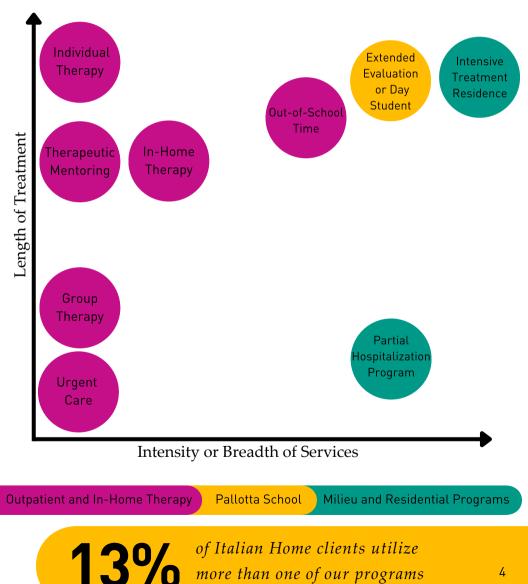
We work as a team. Our continuum of care allows for a child to be enrolled in multiple services aimed at strengthening and bettering every aspect of their lives.

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

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. 3

# **CONTINUUM OF CARE**

The continuum of programs at the Italian Home provide youth, adults, and families with the opportunity to enroll in one service and then gain access to many of the other programs offered. Consolidating care under one organization is very beneficial to the overall improvement and health of the individual.



of Italian Home clients utilize more than one of our programs

# THERAPEUTIC PROGRAMS

### THE PALLOTTA SCHOOL

The Pallotta School, located on our Jamaica Plain Campus, is a Department of Elementary and Secondary Education approved K-8 program for children with special education needs. Our children experience social, emotional, and behavioral difficulties along with learning differences that prevail in a non-traditional learning environment.



The Pallotta School hosts a Recognition Day for students and their families every Spring to celebrate the students' hard work and growth from the school year. Students are recognized by teachers and staff for their accomplishments, progress, and their contributions to the Pallotta School community.

This year, we celebrated two students who have grown, and now graduated, from the Pallotta School, and will now attend high school in their communities. They practiced their public speaking skills by giving a speech at Recognition Day, sharing their favorite memories at the Pallotta School and advice to younger classmates.









### OUT OF SCHOOL TIME PROGRAMS

Italian Home for Children's Therapeutic After School Program and vacation camps serve children ages 6-12 who exhibit an array of behavioral health symptoms that require more support than a traditional afterschool or camp can offer including staff trained in de-escalation strategies and an assigned mental health clinician.



Northeastern University's Center for STEM Education came to campus to teach Italian Home's April Vacation week campers about engineering and problem-solving. Together, campers and Northeastern students built towers out of cards, did a "reverse egg drop", and created rockets that we launched into the field (one almost made it into Centre Street from the playground on our campus!).

9-year-old Allyson says that Italian Home's After School team is her most stable and consistent level of support. Allyson currently lives with a foster family and has had significant challenges and trauma throughout her childhood. Allyson continues to require a significant level of support, but is consistently loving and seeks relationships with others.

Last year she called After School her "favorite place" and "the only place I have friends." When experiencing some instability in her foster home placement, she told our After School staff member, "thank you for helping me find a home" and "I guess that's why they call it the Italian Home!"





### INTENSIVE TREATMENT RESIDENCE

This clinically intensive treatment and residence is for youth ages 4-14 and offers an array of therapeutic interventions and development of life skills.



James was born addicted to substances and witnessed domestic violence, prostitution, and a parental overdose - all before the age of five. Over the next four years, James transitioned to ten different foster homes, which struggled to support the complex needs and self -harm resulting from his trauma. When James first came to Italian Home he said: "I want to be dead, and no one would miss me." At Italian Home, James – and hundreds of others in our care - received medication evaluations, engaged in therapy, and practiced coping strategies.

As multiple school placements had left James far behind academically, he enrolled in our Pallotta Day School, where the staff have expertise in helping children overcome adversity, and social, emotional, and behavioral difficulties. With academic and therapeutic assistance, James began to thrive and advanced grade levels quickly.

Our outstanding, dedicated staff gained James's trust by playing basketball daily while talking to him about safety and helping him label his feelings. They pointed out that he is talented, hardworking, and joyful.



Italian Home is the most consistency James has ever had. Every day for the past two years, James has had a highly structured and predictable schedule, reliable and safe housing, adult support readily available, nutritious meals, a warm bed, and recreational space. James knows he has a team of compassionate, dependable adults cheering him on (especially during his 5K road race!). We are in awe of his resilience and progress. 7

### CHILDREN'S BEHAVIORAL HEALTH INITIATIVE

#### Therapeutic Mentoring

Therapeutic Mentoring is an individual service for youth (ages 3-20) who need a mentor to help them generalize the skills they are learning from their therapist into community settings. These skills may include mastering communication skills, enhancing the ability to make friends, and addressing day-to-day challenges, such as how to handle conflict. This service is designed for someone who already has a therapist in place or could benefit from one in addition to a mentor.

#### In-Home Therapy

In-Home Therapy is a teamed approach that works with youth (ages 3-20) 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.

#### In-Home Behavioral Services

In-Home Behavioral Services is a teamed approach for youth (ages 3-20) and their family to resolve conflict and decrease problematic behavior, while teaching the family techniques that lead to more positive behaviors that are sustained throughout their lifetime. Some of the concerning behaviors are aggression, self-injury, and non-compliance, and the skills learned help to break down communication barriers, increase independence, foster socialization, and enrich family cohesion. Parents often report a happier household and decreased parental stress, as well as seeing their child make sustaining friendships for perhaps the first time in their life.





### OUTPATIENT CLINIC (BRIGHTON ALLSTON MENTAL HEALTH ASSOCIATION)

The outpatient clinic, located in Brighton, offers in-person and telehealth individual, couples, family, and group therapy, as well as psychopharmacology to clients ages 4 and up. Clinicians are trained in various treatment modalities including: traditional psychotherapy, dialectical behavioral therapy, cognitive behavioral therapy, expressive therapy, and play therapy.



Italian Home staff were first introduced to 13-year-old Alex through a local mobile crisis team. There was concern that Alex had increased feelings of anxiety and depression, felt stressed about school, and was feeling apprehensive about his brother being back in the home after threatening suicide. Italian Home staff started individual in-home therapy with Alex and in-home family therapy sessions.

Within the first few months of individual sessions, Alex expressed identifying as non-binary and requested support from the Italian Home team with having conversations with the family about misgendering at home and in the community. As Alex began to understand his identity more and built a rapport with Italian Home staff, Alex expressed a desire to transition to he/him pronouns. Italian Home staff helped Alex practice speaking to his family about this change. Since starting this conversation with Italian Home staff, Alex reports feeling lower levels of anxiety and depression.

After further assessment through in-home family therapy, Alex's brother and father were also referred to outpatient therapy at Italian Home, and report the entire family is spending more time together and sharing more meals together.



### NEW THIS YEAR TO IHC

# PARTIAL HOSPITALIZATION PROGRAM

The Partial Hospitalization Program (PHP) at Italian Home for Children is an intensive group-based and short-term treatment program for youth in need of a transitional level of care. This level of care can be used as a step-down from inpatient or a Community Based Acute Treatment placement or as a standalone level of care to help the child remain in the community and avoid hospitalization.

PHP uses a multi-disciplinary, trauma-informed therapeutic framework that incorporates elements of evidenced-based interventions (such as Cognitive Behavioral Therapy and mindfulness), as well as expressive and play-focused interventions. We aim to tailor our approach and support each child in finding their path to success.

The child's plan and goals are written together with the child and their natural and community supports, such as their parents, guardians, and school staff. This program has been thoughtfully created using skills-based treatment to support the emotional and psychological well-being of each youth in the program, with the goals of stabilization, improved functioning, and readiness to return to an outpatient, less intensive level of care.



The popsicle stick house was made by an Italian Home Partial Hospitalization Program participant. Each side of the house represents groups of things that keep us safe, make us feel cared for, and help us cope during the harder days.



### **NEW THIS YEAR TO IHC**

# TRAUMA INFORMED BEHAVIOR BASED INTERVENTIONS (TIBBI)

"I learned a lot of coping skills to help take care of my stress so I'm not taking it out on them. Throughout the program we addressed trauma, loss, and mental health. I finished the program with so many valuable skills which will change my family's life for the better." -Caregiver in the program In Spring 2022, we launched our first round of Trauma Informed Behavior Based Interventions, an 11-week program, where Italian Home staff trained both children and their caregivers on how to deal with challenging behavioral issues, trauma, and substance use. They taught children and caregivers new skills and approaches to improve family relationships, reduce family conflict, and increase children's abilities to make and maintain friendships with others. The group-based curriculum incorporates Applied Behavior Analysis (ABA) principles with an Attachment, Regulation, and Competency (ARC) trauma informed framework.

Caregivers reported that they saw significant improvements in their relationship with their children, and an overall decrease in problematic behaviors. We are currently in the process of recruiting for another round of the TIBBI groups for Fall 2022 and, per the caregiver feedback, extending the group an additional week to increase child and caregivers skills mastery with the support of the group co-leaders.



## **OUR IMPACT BY THE NUMBERS**



### 1,154 clients 16 programs

### 20,783 hours of in-home therapy

5,889

hours of therapeutic mentoring



- 25 Out of School Time Services
- 419 Children's Behavioral Health Initiative
- 622 Outpatient Services
  - 40 Pallotta School
  - 13 Partial Hospitalizations
  - 35 Residential Programs

Each client is treated as an individual, with treatments tailored to needs, backgrounds, and strengths. All of our programs utilize individualized treatment plans and goals, using each individual's strengths and supports to improve overall wellbeing and community reintegration.





### Financials for Fiscal Year Ending June 30, 2022

All numbers are unaudited

<b>Revenue</b> Program Revenue	\$15,709,262
Contributions	
Foundations	\$70,204
Individual Donations	\$497,821
Corporate Donations	\$322,825
Total Contributions	\$891,125
Total Restricted and Other	\$270,507
TOTAL REVENUE	\$16,870,893

The demand for Italian Home for Children's services has never been greater. There is a waitlist for almost every program and thousands of people wait to receive the care they deserve. In addition, our care often extends beyond the model reimbursed by insurance and state agencies. This extra support provided to youth and families is not billable, however is critical to the success of the children and families we work with to avoid future hospitalizations and, ultimately, save lives. Your generosity directly impacts those we serve, helps us increase the number of lives we impact, and bridges the fiscal gap this organization faces every year.

Interested in becoming a corporate sponsor? Email Steve at smcsherry@italianhome.org

### INCREASING ACCESS TO MENTAL HEALTH CARE

### **LANGUAGE ACCESS**



Allston

Arlington Ashburnham

Belmont Billerica

Boston

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Braintree

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Brighton

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Cambridge

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Carver

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Concord

Dedham

Dennis

Cotuit

**Buzzards Bay** 

Auburndale

We utilize over 16 languages across the agency. Accessing therapeutic intervention in a persons native language is crucial for a client to feel comfortable and accurately express themselves.

Languages include but are not limitted to: Haitian Creole, Cape Verdean Creole, Mandarin, Shona (Zimbabwe), Greek, Igbo (Nigeria), Bamoum, Baham, Bafang, and Badjoun (Cameroon), American Sign Language, Farsi (Iran), Twi (Ghana), Hebrew, Yoruba (Nigeria)



### **COMMUNITY ACCESS**

Italian Home proudly served youth and families from over 80 communities in Eastern and Southeastern Massachusetts in the past year alone.

Dorchester East Freetown East Boston East Falmouth Eastham Everett Forestdale Foxborough Framingham Hudson Hyannis Hyde Park **Jamaica** Plain Leominster Lexington Lynn Malden Marlborough Marshfield Marston Mills Mashpee Mattapan Medford

Medway Milton New Bedford Newton Newton Center Newton highlands Newton Lower Falls Newtonville North Attleboro Norwood Plymouth Quincy Randolph Revere Roslindale Roxbury Roxbury crossing Somerville South Boston South Dennis

Springfield Sudbury Taunton Teaticket Waban Wakefield Walpole Waltham Wareham Watertown Wayland Wellesley West Roxbury Weymouth Wilmington Winchester Winthrop Woburn

### **MAKING AN IMPACT** IN THE STATEHOUSE AND STATEWIDE



We want to thank our legislative leaders, especially Representative Donato, Representative McMurtry and Senator Rush, for their support of Italian Home for Children on Beacon Hill. Thanks to the support of Speaker Ron Mariano, Senate President Karen Spilka, House Ways and Means Chairman Aaron Michlewitz, Senate Ways and Means Chairman Michael Rodrigues, Representative Paul Donato, Representative Paul McMurtry, and Senator Mike Rush, the Italian Home for Children secured \$500,000 to provide behavioral health services for children in the FY23 state budget.

We are proud of the relationships we have built with legislators and staff from across the Commonwealth to better help children and families with emotional, behavioral, and educational challenges thrive in their communities. We look forward to building upon these relationships to continue providing an integrated, powerful network of behavioral health services in the Greater Boston area and beyond.

We would also like to thank Italian Home's Senior Vice President of Programs for putting forth legislation that sought to introduce an entry level license for Licensed Mental Health Counselors. (LMHC), which will allow for more streamlined billing opportunities, access to funds and grants and reimbursement opportunities to emerging LMHC professionals. Weeks' legislation also allows for restructuring the Board of Allied Mental Health. The bill restructures to Allied Board composition to reflect the proportion of license holders in each discipline covered by the Board. In July 2022, S3097 was signed into law. Congratulations and thank you for your hard work on improving mental health care in the state of Massachusetts. Ioe Weeks!





# **THANK YOU**

To our corporate sponsors and individual donors from FY22. We could not do this life-saving work with out you!

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\$100,000+

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### **Kindness Circle**

#### \$1,000-\$2,499

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#### Joyful Circle

#### \$500-\$999

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#### \$250-\$499

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### Thank you for joining us for our 2022 Gala:

# BUILDING A STRONGER FUTURE, BLOCK BY BLOCK BY BLOCK BY BLOCK BY













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**DIAMOND SPONSOR** 

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THANK YOU FOR JOINING US FOR THE EMERGING LEADERS FIRST ANNUAL

# SIP & SUPPORT

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# EMERGING LEADERS

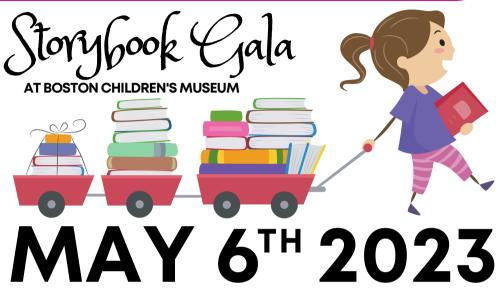
The Emerging Leaders is a network of young professionals striving to create roots and connections within a newer community of donors for the future of Italian Home. The Emerging Leaders plan events throughout the year, such as Sip N Support, that are a lot of fun and benefit Italian Home.



"Being involved in the Emerging Leaders has allowed me to continue to grow my professional network while showing my children the importance of being involved in the community." -Anna Dockery Team Leader, Emerging Leaders

Interested in joining the Emerging Leaders? Email Angie at awaring@italianhome.org.

# **UPCOMING EVENTS**





TO REGISTER OR BECOME A SPONSOR, SCAN THE QR CODE OR VISIT WWW.STORYBOOK2023.GIVESMART.COM

# **STAY TUNED**

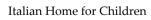
We would love to see you at our fun events, all benefiting the youth, adults, and families we serve!



Interested in joining our Events Committees? Email Angie at awaring@italianhome.org

- Cycling/Spin Event (March 4th, 2023)
- 5k walk/run at Tuscan Village (June 25th, 2023)
- Falmouth Road Race (August 20th, 2023)
- Sip 'n Support (September 28, 2023)
- Holiday Drive (Fall 2023)







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