



# Innovations Update

FY 2018-2019

**MOVING** children, families and  
our community **FORWARD**

## Dear Friends,

A simple “thank you” doesn’t seem to be enough to show our appreciation for the support you give to Clifford Beers! Over the last year, your kindness has allowed us to move forward with much-needed innovation to better serve children and families in the New Haven community and beyond. We see the impact of your gifts every day and I’m so happy to share with you how your support has benefited the children and families we work with here at Clifford Beers.

We started this fiscal year off with a bang when we received the Gold Seal of Accreditation® from The Joint Commission! This notable accreditation will allow us to achieve one of our primary strategic goals: raising our national visibility and reputation as a center engaging in best practices. Joint Commission Behavioral Health Care Accreditation provides a framework to help manage risk and enhance the quality and safety of care, treatment, and services. We are so proud and grateful of this achievement.

We also celebrated the one-year anniversary of our Marne Street Clinic. We are proud to announce that for FY18-19 we served 1,010 children and adults with ASD/IDD, our highest numbers yet by far. Seeing the steady growth in clients and families that need services, after just two years, reaffirms our mission and we are grateful to be able to provide these much needed services to the community.

As part of our promise to provide integrated care in schools, this year Clifford Beers continued with our school-based, multi-tier system of support. This effort addresses the wide variety of emotional and behavioral health needs that often act as barriers to good school performance and social success for youth. From our experiences providing services in Sandy Hook, Clifford Beers created a trauma-informed framework of care that promotes healing and resiliency in New Haven schools. This framework is being implemented through both the New Haven Trauma Coalition and Project SOAR. Clifford Beers is tracking the impact of these programs and can report success in reducing chronic absenteeism, improving grades, reducing suspensions, and decreasing levels of PTSD and depression among the student population.

With your continued support, CB can focus on growth and expansion efforts which will ensure that all families -- regardless of insurance or income, special needs, cultural and language differences -- can receive crucial behavioral health services. We are deeply grateful for your belief in our work, your support and, most importantly, your dedication to improving the lives of children and families.

Warmly,

  
Alice M. Forrester, PhD  
Chief Executive Officer



**A letter from our CEO  
Alice M. Forrester, PhD**

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**We would be nowhere without our board.  
As always, we thank you for your continued  
care and support.**

# Our Impact

The rate at which families are completing and being successfully discharged from our treatment programs is drastically increasing!

In FY 2018-2019 the overall completion rate was 82%, up from 57% in FY 2017-2018.



# Our Reach

**6,242\***

Total children served

**641\***

Total caregivers served

**3,989+**

Total others served

**372+**

Total adults served



\* Clinical care, crisis care, prevention services, integrated care, care coordination

+ Clinical care, integrated services, trauma screening and professional development/trauma training

Numbers reflect individuals across all 16+ programs at all Clifford Beers locations.

**Made possible by YOUR generosity.**

# Client Demographics



## AGES

0-5 years	10%
6-18 years	82%
19-24 years	1%
25-64 years	6%
65+ years	1%

## GENDER

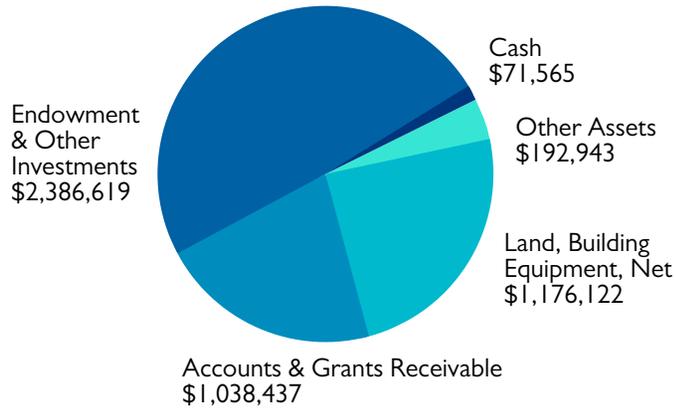
Male	52%
Female	48%

## RACE / ETHNICITY

Black	29%
White	30%
Hispanic	36%
Multi-Racial	3%
Other	3%

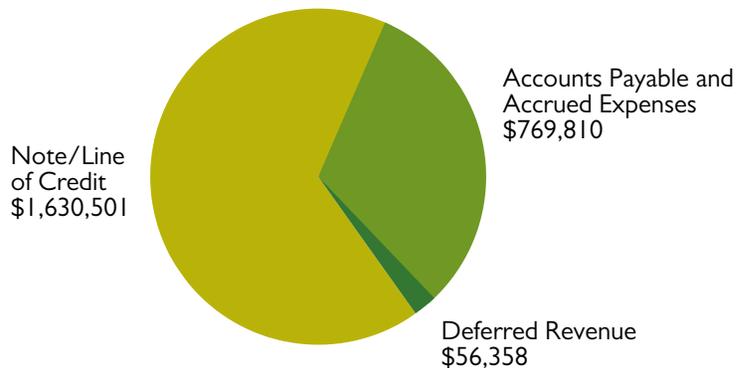
# Financial Report

## Assets



**Total: \$4,865,686**

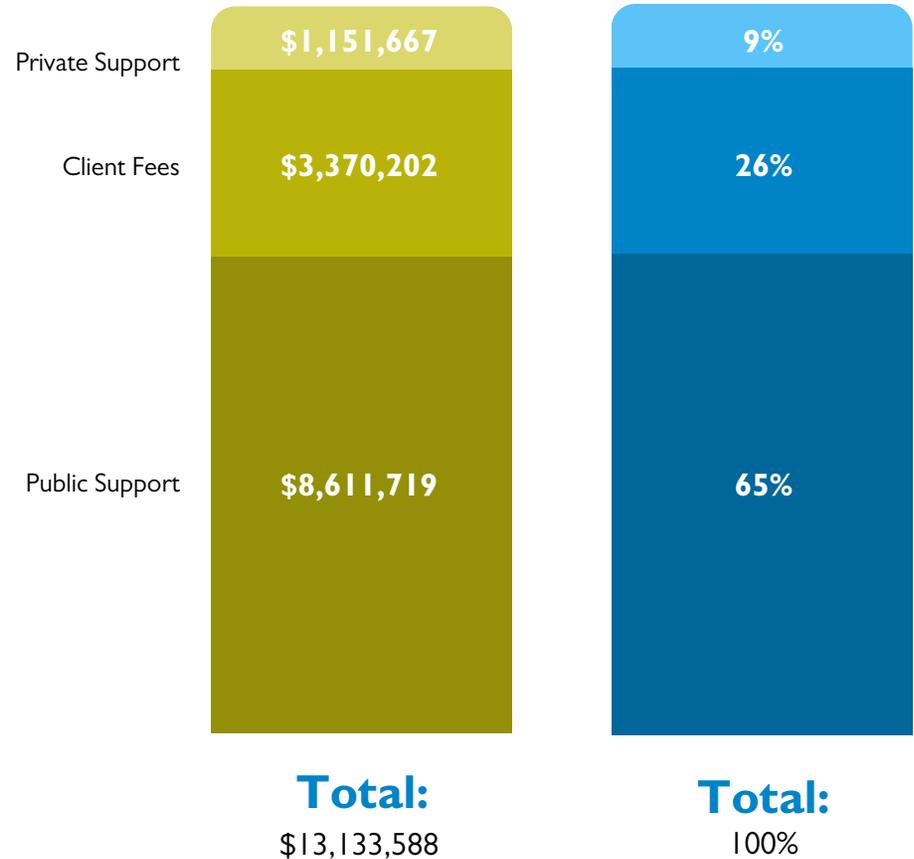
## Liabilities



Total Assets: \$4,865,686  
 Total Liability: \$2,456,669  
 Net Assets: \$2,409,017

**Net Assests:**  
 Without Donor Restrictions: \$330,581  
 With Donor Restrictions: \$2,078,436

## Operating Budget



Private Support: \$1,151,667  
 Client Fees: \$3,370,202  
 Public Support: \$8,611,719  
 Total: \$13,133,588

“

Micah is a Pre-K child who was diagnosed with Autism after his mother became worried about him still being nonverbal at three years-old. Micah's mom first heard about MSC during the grand opening back in 2017, and made an appointment. "We had nothing to lose, considering I had tried every service in the community. Making an appointment was the best decision I ever made," says Mom. Micah started with outpatient therapy once a week. As MSC started adding services, Micah and his mom took full advantage of all that MSC has to offer. Micah has utilized the nutritionist, pediatrician and in-home therapy. "It truly is a one-stop-shop for Micah and me!" says Mom. "While my son has a "regular" pediatrician, she is not well-versed in Autism. When we had concerns such as stimming or behavioral challenges, it was great to confer with someone more familiar with this behavior." Micah has shown vast improvement by being able to say his name, ask for his clinicians, and respond "yes" and "no". He can also sing songs from his favorite movies. Micah's mom says, "We still have our struggles, but he's come a long way, and I am forever hopeful for what my little Micah will learn next thanks to the clinicians at MSC."

”

## Marne Street Clinic

Our Marne Street Clinic (MSC) in Hamden is specially designed for individuals with Autism/ID/DD. We help them reach their full potential and give them the skills they need to lead fulfilling lives. Launched in November 2017, MSC offers a continuum of care for individuals with ASD/IDD and their families with integrated and specialized services including diagnostic evaluation, social skill groups, parent and sibling groups, care coordination, psychiatric and behavioral therapy, and pediatric consultations.

In FY 18-19, the clinic's first full fiscal year, a total of **1,010** clients received direct-care services at the Marne Street Clinic. This included 733 children and 277 adults.



# New Haven Trauma Coalition

Through the NHTC, Clifford Beers delivers care coordination to students and their families to address PTSD, depression and behavioral problems while improving functioning, grades, support and coping skills. We have found significant levels of trauma and PTSD in children. Of the 843 students screened, 98% reported experiencing at least one trauma.

In addition to other care coordination services, Clifford Beers was able to address trauma and PTSD symptoms for students who participated in our interventions.

- 65%** of student participants saw reduced PTSD symptoms.
- 47%** of students attended more days of school upon completing the program.
- 4,236** total students were served by Clifford Beers through the NHTC in New Haven Public School systems.



“

Sara and her family were initially referred to our program after Sara's mother reported having behavioral issues at home, despite Sara being enrolled in school-based therapeutic services. As we got to know the mother through our program, we learned about the family's very traumatic past. We knew that in order to help Sara, we needed to support her whole family. Through our clinical interventions, Sara's mother shared her past experiences, which included emotional and physical abuse in a tumultuous relationship with Sara's father. Over the course of many months, the entire family became involved with intensive therapeutic services, and the progress has been immense. Sara became more comfortable expressing her emotions with her family. With Sara and her family working together, the family has made significant strides in their relationships with each other and are in the process of being successfully discharged from our program.

- Care Coordinator at Clifford Beers

”

“

A young mother and her daughter were referred to the SOAR program after a recent move to a domestic violence shelter. As we transitioned the family into our care coordination program, our supervisor made herself immediately available to the mother for emotional support. Mom was assigned to a care coordinator and her daughter was assigned to me, the SOAR clinician. It was my job to provide clinical support to the daughter, as well as assess the family's emotional well-being. I provided transportation to the daughter so she could safely get to school each day, as well as coordinated with school personnel to help them to understand the family's current circumstances. When the mother wasn't sure she would be able to get housing, we were there to support her. When she found out she qualified for housing, we all celebrated together. Once the family moved out of the shelter and into their new apartment, we were able to assist them with getting their basic needs met through donations by Clifford Beers funders. It is amazing to witness the joy of this mother and daughter as they see a light at the end of their tunnel after escaping abuse. I am so proud to be a part of that light.

- SOAR Clinician at Clifford Beers

”

## Project SOAR

Project SOAR (Strengthening Opportunities from Adversity to Resilience) is a school based intervention designed to support students with psychological and behavioral challenges rooted in traumatic experiences. The goal of the program is to promote resilience at a student and family level as well as informing school processes and interactions on how to implement a trauma informed culture through clinical services and care coordination in five New Haven public schools. In FY 18-19:

- 209** students and families received direct services through SOAR.
- 82%** of students had a reduction in suspensions, some down to zero.
- 44%** students saw a reduction in PTSD symptoms.
- 97%** of students and parents/guardians reported being highly satisfied with the services they received from Clifford Beers and Project SOAR.



# Outpatient Services

In FY18-19, Clifford Beers served a total of **1,913** clients with outpatient services.

Throughout treatment, clients between the ages of 5 and 17, caregivers, and clinicians completed assessments to measure clients' problem severity and functioning.

Between intake and discharge, Clifford Beers clients showed great improvement.

Over **73%** of clients, caregivers and clinicians reported at least a five-point improvement on both problem-severity assessments and functioning assessments.



“

Amoy is a 15 year-old girl who was referred to Clifford Beers for a mental health evaluation as a result of reporting feelings of depression to her doctor after being diagnosed with an autoimmune disorder. During her six months at Clifford Beers, she worked with one of our therapists to understand the onset of her symptoms, how to identify her symptoms, and how to treat and control her symptoms with her doctor. Giving her a plan of action for how to live with her disorder helps her both physically and emotionally. We worked with her to identify her personal strengths and personal goals to combat her depression by giving her tools to take control of her own life. Amoy has not only learned more about who she is but she has also gained a trusting relationship and a place that she knows she can always return to should she have a feeling of sadness that she is unable to cope with on her own. Clifford Beers is the place where she can focus on her well-being and emotional responses to her physical stress.

- Outpatient Clinician at Clifford Beers

”

In addition to this progress, **96%** of clients maintained or improved their school attendance during their outpatient treatment with Clifford Beers.

# 16th Annual Builders of Hope Breakfast

## With Sonia Manzano

For 44 years, Sonia Manzano inspired, educated, and delighted children and families as "Maria" on Sesame Street. Throughout her career, she has continued to contribute to enriching diversity on television, on the stage, and in education. A first generation American of Latin descent, Manzano's tale is one of perseverance and courage as she overcame countless obstacles to become one of the most influential Latinas in television.

Manzano was raised in the South Bronx, where her involvement in the arts was encouraged by her teachers. She didn't have a lot of resources as a child, but she never gave up, and within a year of graduating college, Manzano found herself on Sesame Street. She has also appeared in several critically acclaimed theater performances, including "The Vagina Monologues," "The Exonerated," and "Love, Loss, and What I Wore."

Manzano is an award-winning television writer and children's book author. Continuing to inspire children off screen, Manzano's children's book, *No Dogs Allowed*, was selected by the General Mills initiative "Spoonfuls of Stories" to become a children's musical to encourage childhood literacy. Her first young adult novel, *The Revolution of Evelyn Serrano*, examines the Latino community during the Civil Rights Era through the eyes of a young girl coming of age in the midst of social upheaval in 1969 Spanish Harlem.



# 16th Annual Builders of Hope Breakfast



# 16th Annual Builders of Hope Breakfast



# 16th Annual Builders of Hope Breakfast



# 16th Annual Builders of Hope Breakfast



**Thank you to Sonia Manzano and all who contributed in making this day so special!**



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John & Diane McGovern

**Steve Kovel**

Joel and Barbara Packer

**Miriam and Sara Levine**

Ellen and Andrew Levada

**John McGovern**

Norman Worthington

**Karen Pritzker**

Allison Schwartz

**Michelle Schioppo**

Corinne Schioppo and Dominic Schioppo

**Barbara Strauss**

Carole and Marshall Gottsegen

**Dotty Weston Murphy**

Cynthia Parker

**Marian Wexler**

Gail Brekke & Jim Vlock

# In Memory

## **Evelyn Anastasiou**

Jane A. Shaw

## **Peter Corbin Kohn**

George C. & Jutta K. Kohn

## **Roslyn Lerner**

Joann Aceto

Ruth S. Alpert

Gail and Paul Bakulski

Bernard and Barbara Barkin

Rebecca Burcham

David Berman & Rhoda Russota-Berman

Yvette Bowser

Chester & Glenna Brodnicki

Njeri Brown

Rebecca Burcham

Kinneret Chiel

Alexandra Decas

Robert and Lynne Gaynor

Jonathan Groff

Delores Kimmel

Howard Lurie

Lisa McQuillan

Myer Shimelman

Graham Towers

## **Jackie Podoloff**

Armen and Mary Ellen Abrahamian

Barbara Allen and David Allen

Ruth S. Alpert

Robert and Irma Bachman

Irene Elmer

Veronica Foy

Kathleen G. Goforth

Bette Horowitz

Jaguar Club of Southern New England

Anne Lurie and Martin Lurie

Janet Selzer

Michael D. Travers

Susan and John Wolanic

## **Milos Saccio**

Joseph Saccio

## **Robert and Phoebe Sceery**

Amy L. Sceery & Neil Crane

## **Louis Stone**

The Goodwin Charitable Foundation

Nancy Feldman

Joyce Romanow

## **Louis Teitleman**

Ruth Rosenthal

## **William Woo**

Charlotte Elsberry

# Volunteers

Tanya Butler  
Barbara Chesler  
William S. Colwell  
Karen Delchiaro  
Karen DuBois-Walton  
Anne Godsey  
Gabrielle Hall  
Billie Ladd  
Lenoard Matteo  
Lisa McKnight  
Roger Parisi  
Thomas J. Sansone  
Dominic B. Schioppo, Jr.  
Pam Souchuns  
Kimberly Spanier  
Jacqui Waddock  
Mary Lee Weber

# Matching Gifts

Avangrid  
Bristol Myers Squibb  
The Community Foundation for Greater New Haven  
Guilford Savings Bank

# Gift In Kind

Alexion Pharmaceuticals  
All My Sons Moving  
Arnold's Jewelers  
Art and Soul Art Therapy LLC  
Arvinas  
AT&T  
Balzano and Tropiano, The Law Offices of  
Bankwell of Hamden  
Bankwell of North Haven  
Norman Bender & Patricia Werner Bender  
Blue State Coffee LLC  
Business Network International  
Carmody Torrance Sandak & Hennessey LLP  
Cartier and Bower, Law Offices of  
Barbara Chesler & Karen Dahl  
Child Care Training and Consulting Group  
Claire's Corner Copia  
Colony Hardware Corporation  
Counter Weight Brewing Company  
David Cox  
Jennifer Cretella  
Michael & Laurieann D'Adamo  
William S. & Grace D'Adamo  
Charles W. Dawkins, III  
Karen Delchiaro (Delta Marketing)  
Kristin DePalma  
Bill Dest  
Cathy Donahue  
Trevor and Rebecca Doyon  
Elements Massage (Branford)  
Elizabeth's Home Health Care Agency  
Sally Esborn  
Everything Under the Roof  
Ezra Academy  
Deb Feldman  
Robert Fers  
First Church Guilford  
Foxwoods Resort Casino  
Kara Gagnon  
Nicole M. Glorioso  
Anne R. & Jeffrey Godsey

Susan E. Godshall  
Halsey Associates  
Patricia Harkins  
Kristen Harris  
Todd Humphreys  
Steven Joseph  
Adriana and Adam Joseph  
Susan Krieger  
Billie & David Ladd  
Stefanie Lafferty (Mary Kay)  
Jill LaMadeleine  
Deborah Lasher  
Rebekka Laskowski and Family  
Diane Latkowski  
Lockton Companies  
Long Wharf Theatre  
Yolanda Lopez and Family  
Lawrence Mai  
Cara Manzari  
Leonard Matteo, Jr. & Catherine Matteo  
Sheryl S. & Timothy McNamee  
Cherice McNeil  
Kim Mihaleas  
Mohegan Sun  
Christine Montgomery  
Heather Musante Mitchell  
Jody Nejaime  
New England Brewing Company  
New Haven Symphony Orchestra  
North Haven Tile Carpet One Floor & Home  
North Pole Enterprises  
Audra Nuzzo  
Palumbo & DeLaura, LLC  
Mary Jane Palumbo  
Roger P. Parisi  
Donna J. Perrone  
Mike Perry  
Julie Plude  
Courtney Proto  
R&B Ceramic Tile and Floor Covering, Inc.  
Cheryl Raab (Doterra Essential Oils)

Luz M. Ramos-Ortega  
Mark Rebb  
Rightway Communications  
Rachel Rochester  
Jennifer Rollberg Robinson  
Robin Rose  
Stephen & Melanie Rossacci  
Jan Russo  
Jackie Salg  
Debbie Samuels  
Dominic B. Schioppo Jr. & Michelle Schioppo  
Shell & Bones Oyster Bar & Grill  
Shift Cycling  
Shubert Performing Arts Center  
Start Community Bank  
Alan Smith  
Pam Souchuns  
Stony Creek Chiropractic  
Debra Testa  
Thermo Fisher  
Tisha's Nails  
Nikki Travaglino  
UNITAS Club  
United Way of Greater New Haven  
Lori Vallillo  
Voltz Electric, LLC  
Water's Edge Resort and Spa  
Tina & Attorney Gerald Weiner  
Bernadette G. Welsh  
Michael Wynne  
Yale Beinecke Library  
Yale New Haven Hospital  
Yale Printing & Publishing Services  
Yale School of Management



MOVING FORWARD

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*With satellite locations in schools and partner organizations throughout Greater New Haven.*

