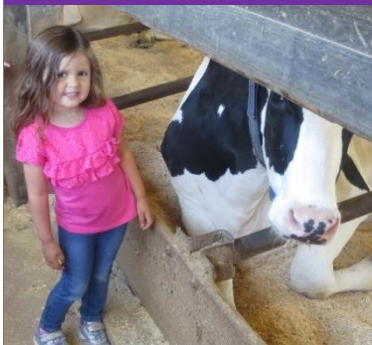


Andover Hebron and Marlborough Youth and Family Services, Inc.



ANNUAL REPORT 2016



Letter from Our Executive Director

Dear Friends:

Welcome to this year's annual report. In this year's report, you will find an overview of AHM's direct services and administrative core functions over the past year. As one of Connecticut's 101 Youth Service Bureaus, AHM proudly continues its 33 years of services to the communities of Andover, Columbia, Hebron and Marlborough. We provide programs in the areas of intervention, prevention, juvenile justice, youth and family development.

AHM has in place at the present time 37 distinctly different programs beginning with the Family Resource Center, which serves families with children beginning at birth. The FRC acts as a service bridge to all other AHM services, which are available to children and youth until they graduate from high school. For many local families, AHM is an important community resource helping children and teens navigate life challenges and celebrate lifetime milestones.

We are proud of our work on your behalf and we are proud of our community partnerships with local government, schools, police, the faith based community, local civic organizations and most importantly of all the residents that we serve. We are so grateful to work alongside 150 dedicated volunteers and 25 professionally trained staff members.

If you have any questions about the agency or would like to get involved with AHM as a volunteer or donor, please give us a call at the AHM offices, (860-228-9488). Thank you for being part of the AHM family!

Sincerely,

Michelle Hamilton

Michelle Hamilton, Executive Director



6,360 visits in 2016

Prevention - 1478 visits	
Play and Learn Groups	97
Home Visits	34
Internet Safety Presentations	493
FRC Field Trips	155
Workshops for children and teens	157
KinderRHAMa Preschool	24
Workshops for parents	82
Drug Prevention trainings	188
Suicide Prevention trainings	20
Lion's Eye Screening	10
CHEC Coalition	16
Take Back Event	202
Intervention - 963 visits	
Individual Therapy, Psychiatric Services	43
Family Therapy	72
Support Groups	57
In School Counseling & Case Management	358
Juvenile Review Board	38
Stress Management Groups	35
Resource, Referrals and Crisis Management	293
Holiday Assistance	37
Teen Party Patrol	30
Positive Youth Development - 3919 visits	
Peer Helpers Programs	62
Lanterns Mentoring	26
Chores/Tasks Work Programs	147
Power of Words	607
Social Skills Groups	558
Summer Youth Theater	46
Mentoring Celebrations	156
Girls Power Camp	9
Life Skills groups	109
Project Graduation	132
Enrichment Programs	368
Rally Outreach programs	400
Leadership Teams	596
7th Grade Team Building	291
Freshmen Orientation	228
Career Training	184

Individual Town Data Summaries are available upon request.

AHM Mission Statement

The mission of AHM is to: "provide mental health and positive youth development services that assist children, young people, and their families in creating a supportive and caring environment, for them to reach their maximum potential as members of society."

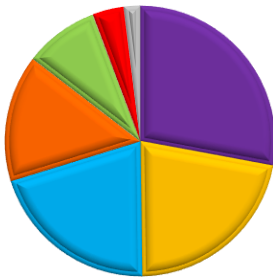


Financial Overview

2015-2016 Financial Income and
Expense Budget
\$1,312,473

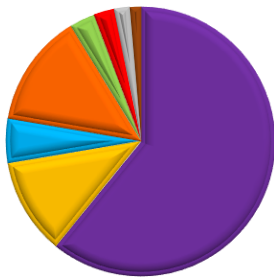
Budget Income

- Grants (27.9%)
- Towns (21.9%)
- Earned Revenue (20.4%)
- Schools (15.2%)
- Fundraisers (8.8%)
- Charitable Contributions (3.8%)
- Other (1.9%)



Budget Expenses

- Staff Salaries (60.9%)
- Benefits (11.5%)
- Payroll (5.3%)
- Programs (13.6%)
- Administrative & General (3.1%)
- Occupancy (2.5%)
- Technology (1.8%)
- Fundraiser (1.3%)



Thanks to Our Supporters

At the present time, 63% of AHM's budget comes from Charitable Contributions, Grants, Earned Revenue and Fundraisers. The importance of local contributing support from individuals, businesses, civic and faith groups cannot be overstated. **Thank you to all of our volunteers and donors who have supported the work and mission of AHM this past year. We couldn't have done it without you!**

2016 Accomplishments

New Programs and Initiatives Took Shape.....

In addition to providing youth and family services, AHM volunteers and staff also worked quietly behind the scenes this past year to bring about other positive changes for local residents. Some of those project highlights included:

- Hiring of the first ever Substance Abuse Counselor that meets students on-site at RHAM High School making it easily accessible for those youth in need.
- Expanding a community partnership with St. Peter's Episcopal Church to create the St. Peter's Preserve and AHM Nature Trail which sits adjacent to the AHM Community Center.
- Adding a new positive youth development program, *Girls Night Out*, created by a RHAM High School student. It was a great opportunity for young women to make new friends while participating in fun activities and to meet high school role models that they can relate to when they enter school.
- Hosted a new outdoor adventure program through EMPOWER to 7 middle and high school students.

32 Scholarships Given Out.....

- Providing 7 scholarships through the Community Mental Health Fund.
- Helping 16 families with financial support through the AHM Scholarship Fund.
- Supporting the college dreams of 4 students, through the Paige Houston Fund, Erin Garvie Fund and Bill Stelzner Fund.
- Empowering 5 youth to participate in the Summer Youth Theater through the Colleen Keenan Fund.

What We Do Best.....

- Providing quality services, while always keeping in mind the affordability factor.
- Focusing on the whole child from birth through high school providing intervention, prevention, juvenile justice, youth and family development programs.
- Implementing intergenerational teen work programs serving area seniors.
- Helping families access a myriad of services through different transitions of age and life experiences.
- Responding to current trends in the community, such as efforts to address the opioid crisis, and to prevent marijuana and alcohol use among local young adults and teenagers through the work of the CHEC Coalition.
- Coordinating the AHM Juvenile Review Board, which helps guide young people on a more positive path in life and away from the juvenile justice system.
- Serving on numerous committees including the regional Hunger Action Team, statewide Connecticut Youth Services Association, and the CT Family Resource Alliance.
- Implementing RBA – a Results Based Accountability data tracking tool to help measure the effectiveness of programs for clients.
- Living within our means. AHM has a long track record of working within budget limits to maintain the sanctity of programs and the financial health of the organization.
- Earning and maintaining your trust and confidence in our programs is of paramount importance to our Board of Directors and Staff.

Highly Skilled Staff.....

Our direct service staff are professionally trained with degrees in mental health, social work, public health, and education. Our staff continue to grow professionally by attending workshops at the Department of Mental Health and Addiction Services, the State Education Resource Center, Universities, and CADCA – Community Anti-Drug Coalitions of America.

30 YEARS!!



This year the AHM Annual Report is being dedicated to one of our outstanding staff members. Thirty years ago when our organization was still taking shape, our agency welcomed an individual who would for the next three decades help to transform the lives of so many families. Her caring ways and adept skills at dealing with life and death situations makes her the unspoken champion of this agency. There is not a life circumstance that she hasn't counseled her clients through, or a crisis that she could not navigate helping so many families make incredibly difficult decisions. The positive influence that she has had on so many young lives is an impact that has lasted not just a day or a month, but in fact her work has made the difference of a lifetime.

**Thank you to AHM staff member,
Sandra Plummer,
AHM's Clinical Coordinator!!**

A Personal Story

"Starting in middle school I was beginning to lose my way and my identity, because the early teenage years is when you are supposed to find who you are and what you want to do in life. But because I didn't know who I was and who I wanted to be, I became very depressed and started to get into a lot of trouble. My guidance counselor asked me if I wanted to do something over the summer called **Girl Power Camp**, which I was reluctant to join, but I can say now that was one of my greatest decisions. At this camp, you learn that you are not the only one that struggles with your inner demons. You are constantly empowered and learn to **embrace yourself** and who you are, especially positive body-image. The staff at AHM Youth and Family Services taught me one of my most valuable life lessons at a low point in my life: never feel like you have to face your problems by yourself, you can always ask for help, because odds are you are not alone.

Since that time, I began **volunteering for AHM** for the past four years now doing different tasks here and there. I don't have to be told the impact that I'm having on all the communities they work for. I know every time I do something for AHM, it is going to help some program or event that will change the lives of either a few or many, like they did for me. AHM taught me the **power of giving back** and the gratification you receive from changing someone's life for the better. AHM helped guide me to a **better future** for myself.

I am living proof that the support of **AHM has made a complete change in my life** and the decisions I make. Thanks to all of the wonderful staff, I can say I'm currently a student at Massachusetts College of Pharmacy and Health Sciences in Boston, enrolled in a pre-med program so that one day I can still give back to the community, like AHM did for me many years before."

-Amanda-Teen

Then and Now

"As a new mom, I participated in the **AHM Parenting Workshops** and **FRC Play & Learn** groups. The information and support I received was instrumental to me. Now a mom of teenagers, the decision to join the **CHEC Coalition** was an opportunity to give back to an agency that does so much for so many - with limited resources. The group does an exceptional job improving the quality of life for our community by **empowering people with information** about drug and alcohol use and abuse as well as other wellness topics. I am honored to be a part of this team."

-Lisa Seethaler, CHEC Coalition member-

Success!

"After attending the 2015 **Power of Words** event at AHM, one student **completely turned around his negative behaviors** that he was demonstrating at school. The learning that occurred at POW, and the subsequent leadership opportunities that this later afforded him helped with the remainder of the year to be **successful** and able to see himself in a different light, which then trickled down to his peers' perception of him as well."

-Participating Principal-

What People Say About AHM

Connect with Us

---- Connect with us and stay on top of all that we have to offer!

Like us on Facebook!

Search for:

AHM Youth and Family Services
and
AHM Family Resource Center

Visit our website and subscribe
to receive information on
our programs and
upcoming events!
www.ahmyouth.org

Give us a call!
(860) 228 - 9488

We are located at:
25 Pendleton Drive
Hebron, CT 06248



AHM's Current Board of Directors

Executive Board of Directors

President.....	William Sudol
Vice-President.....	Peter Yorio
Treasurer	Brendan Shea
Recording Secretary.....	Erin Pace
Corresponding Secretary	Joleen Yorio
Immediate Past President.....	Kristen Kania
Member at Large	Kay Corl
Member at Large	Robert McBair

Directors

Paulette Adams	Brenda Bula
Denise Esslinger	Steven Fish
Robin Lane	Denise Morell
Carla Pomprovicz	Jeanne Worthen
Denis Killeen	Edward Skopas

Youth Directors

Sarah DiPasquale	Luke Slater
Brendan O'Reilly	

AHM's Staff

Administration

Executive Director.....	Michelle Hamilton
Director of Finance & Operations	Nella Stelzner
Fund Development Director	Joel Rosenberg

Administrative Support

Office Manager	Lisa Reever
Clinical Administrative Assistant	Katherine Graham
Finance Assistant.....	Tim Curry
Human Resource Associate.....	Laureen Davids
Fundraising Associate	Tonja Russo
Evening Receptionist	Diane Kane

Clinical Program

Clinical Coordinator	Sandra Plummer
Clinical Social Worker	Lauren Morris
Substance Abuse Counselor.....	Laura Zepieri

Family Resource Center

FRC Program Coordinator	Rebecca Murray
Mentoring Facilitator	Laurie Larsen
Parent Educator	Laurie Larsen
Preschool Teacher	Cari Duigou
Preschool Teacher	Heather Holbrook

Student Support Services

Andover Elementary School.....	Cheri Rivard-Lentz
Marlborough Elementary School	Theresa Hixson, Sabena Escott
Marlborough Elementary School	Michele Thorn
Gilead Hill Elementary School	Theresa Hixson, Sabena Escott
Hebron Elementary School	Theresa Hixson, Sabena Escott
Horace W. Porter School.....	Cheri Rivard-Lentz
RHAM Middle School.....	Aquila Beach
RHAM High School	Bevin Perry

Other Programs

Prevention Services

Prevention Coordinator	Haley Shoop
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Summer Youth Theatre

Theatre Director	Mary Rose Meade
Associate Producer	Michele Francoeur
Assistant Director	Jeffrey Jacques
Musical Director	Anthony Pandolfe
Production Assistant	Chris Ambrose
Lighting & Sound Designer.....	Matthew Troy
Costume Design.....	Gayla Simmons
Stage Manager.....	Tom O'Connell

Fundraising Committees

Auction & Concert Committee

Joel Rosenberg - Chairman

Paulette Adams	Katherine Graham	Gail Hughes
Lauren Morris	Nella Stelzner	Lisa Reever
Rebecca Murray	Carla Pomprovicz	Tonja Russo

Golf Tournament Committee

Joel Rosenberg - Chairman

Paulette Adams	David Armata	Jennifer Armata
Todge Armata	Jim Celio	Gary Cyranowicz
Harvey Desruisseaux	William Garrison	Kenneth Houston
Spike Houston	Scot Kauffman	Tracy Kauffman
Joseph Krist	Lisa Reever	Tonja Russo
Nella Stelzner	William Sudol	
Clyde Washburne		

Building Committee

John Corl – Chairman

Mal Leichter	Lisa Reever	Joel Rosenberg
Nella Stelzner	William Sudol	Peter Yorio

Planned Giving & Retirement Committee

Kay Corl – CTF Chairwoman

William Sudol – Retirement Chairman

Advisor – Wooster Corthell Wealth Management

Paulette Adams	Aquila Beach	Steve Beauchene
Joseph Canino	Atty. William Dakin	Christopher Hall
Kristen Kania	Robert McBair	Joel Rosenberg
John Soderberg	Nella Stelzner	

Prevention Services Committees

Juvenile Review Board

Francis Carino – Chairman

Tammy Algar	Aquila Beach	Carri-Ann Bell
Penny Bryzgel	Karen Caputo	Kevan Dantzler
Dawn Davis	Tpr Gregory DeCarli	Tpr Jeffrey Dunshee
Tpr Kyle Fitzgibbons	Tpr Daniel Greenwood	Denise Morell
Thomas Mueller	Tpr Robert O'Connor	Bevin Perry
Cheri Rivard-Lentz	Lynn Rookey	Richard Szegda
Karley Watkins		

Coalition for a Healthy Empowered Community (CHEC)

Suzanne Donahue – Chairwoman

Aquila Beach	Sheila Boushee	Penny Bryzgel
Cheri Rivard-Lentz	Tpr Gregory DeCarli	Amanda Brower
Bevin Perry	Tpr Jeffrey Dunshee	Alyssa Gwinnett
Michelle Hamilton	Tpr Robert O'Connor	Michael Kenyon
Gayle Mulligan	Tpr Kyle Fitzgibbons	Kim Kelley
Marisa Giarnella-Porco	Tpr Daniel Greenwood	Scott Leslie
Lisa Seethaler	Bonnie Smith	Robert Siminski
Melisa Luginbuhl	Kelley Lafleur	Daniel White
Haley Shoop	Annette Morrison	Dawn Davis
Nella Stelzner	Father Everett Perine	Carri-Ann Bell
Joel Rosenberg	Chris Mader	Kara Dwyer
Terry Lukow	Jen Bove	Kristen Kalisher
Don Mitchell	Brian Clinton	Vickie Han
Kim Hills	Laura Vega-Boulay	Nicholas Pintauro
Tim Van Tassel		

Data compiled by:
Rebecca Murray, FRC Coordinator

Annual Report created by:
Erin Pace, AHM Board Member

