

Andover Hebron and Marlborough Youth and Family Services, Inc.



ANNUAL REPORT 2017



LETTER FROM OUR EXECUTIVE DIRECTOR

Dear Friends,

This year has in no way been easy for non-profits around the state. AHM was faced with some tough financial decisions due to losses of grant funds. At the same time our communities have been hit hard by budget cuts. Many nonprofits across the state even had to close their doors. At AHM we feel very fortunate. I have the privilege of working alongside a dedicated staff, and an extraordinary board who all year have worked to ensure that these cuts have minimal impact on services for young people and families.

It is wonderful to know that AHM's donors have not forgotten about our agency and continue to support the mission of AHM and many youth and families in our four town region; for that we are grateful.

Often times, as you will see in our annual report this year, we provide services that no other agency offers in these communities. Our staff help young people from all walks of life, providing leadership opportunities, fun skill building activities and support to children when they need it most.

So this year, more than ever, AHM will **tell their stories** while ensuring anonymity of those we serve.

Sincerely,

Michelle Hamilton

Michelle Hamilton
Executive Director



over
300
elementary kids
participated in
Power of Words Jr.
since 2012!

over
2000
clients served for
Clinical Services
since 2008

over
1900
pounds of drugs
collected at
Take Back events
since 2012!

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.”*

OUR REACH

Prevention - 2436	
CHEC Coalition	14
Coffee Talks With Troopers	9
FRC Enrichment Programs	230
FRC Field Trips	235
FRC Home Visits	31
FRC KinderRHAMA Preschool	24
FRC Parent and Provider Workshops	14
FRC Play & Learn Groups	124
FRC SHARP Home Alone Program	37
Human Growth and Development Workshops	18
Lions Eye Screening	15
Outreach Events	309
Prevention Training - RHAM M.S. / H.S.	253
Project Graduation	135
Rally Awareness Group	10
RHAM Guided Imagery, Stress Reduction	70
Screenagers Movie and Discussion	778
Take Back Event	130
Intervention - 579	
Crisis Intervention	16
Individual Therapy	50
Family Therapy	69
Individual In School Counseling / Case Management - Elem.	60
Individual In School Counseling / Case Management - M.S.	48
Individual In School Counseling / Case Management - H.S.	45
Juvenile Review Board	31
Resources, Crisis and Referrals Services	260

6508 ← number of visits from Andover, Hebron, Marlborough & Columbia residents who received our services this year!

Positive Youth Development - 3493	
7th Grade Team Building	231
African Drumming Program	465
Child Development Lab Students	35
Chores / Tasks Program	81
Freshmen Orientation	260
Garden Club	7
Girl Power Camp	8
Girls' Night Out	29
Kindness Presentation	209
Lanterns Mentoring and Celebrations	177
Low Ropes Course	20
Mural Activity	16
Nature and Adventure Day	140
Peer Helpers - H.S.	17
Peer / Playground Mentors - Elem.	72
Power of Words - Jr. / M.S. / H.S.	582
Power of Words Team	45
Social Skills Classes	389
Summer Youth Theater Participants	38
Summer Youth Theater Audience	672

Individual Town Data Summaries are available upon request.

OUR IMPACT



Multi-generational programming is an intrinsic part of the **Family Resource Center** with program participants' ages spanning infants to the elderly. Participants include grandparents who attend **Play and Learn groups**, teenagers who assist in the preschool classroom, and everything in between! This past year we hosted a **“Generations” Music Together™** class for children ages Birth-5 and their “grand friends”. Participants sang, danced, and played instruments together in a program that delighted all!

- Becky Murray, AHM FRC Program Coordinator

18 ← years of FRC programs!

While serving on the AHM Board I have learned just how many services AHM has to offer to our local residents. I am really happy to know that whether a young person needs some direction from our counselors, or a child is benefiting from one of our volunteer mentors, AHM is there to help. Behind the scenes, AHM works with teens who are struggling with substance abuse issues and also provides parents the support they need in dealing with addiction. It is amazing that our small YSB does so much with so little, all the while providing much needed help including our **teen work program**, **providing help to seniors needing assistance around their homes**.

AHM enriches the lives of so many young people throughout the year including programs like **RALLY**, **Peer Helpers** or one of our other positive youth development programs.

I am so pleased to serve on the AHM Board.

- Steve Fish, AHM Vice President, Andover

I never thought that taking the Early Childhood Development class and volunteering my free time in **Kinder-RHAM-a preschool** would have such a positive impact on my future education career. I have always wanted to go into education, but I wasn't sure what age. Working with the preschoolers, I have found my passion. Throughout the 3 years of volunteering my time, I have had the pleasure of getting to know each and every child and watching them grow. I am excited to be able to impact the lives of the little ones through my career. Walking into the classroom each day, I find that my worries go away and I am less stressed. Both Mrs. H and Mrs. D do an excellent job of not only making the classroom a safe environment, but making sure each and every child is treated equally and given room to blossom.



-RHAM High School Student, Hebron

12 ← years of AHM's KinderRHAMa preschool!

I had a particularly difficult start to my high school career but thankfully got through it due to the people at AHM and the School Support Staff at RHAM High School. Ms. Perry, AHM SSS is one person who I will thank for the rest of my life for helping me grow into the strong woman I am today. I first attended **Girl Power Camp** the summer before my freshman year. The program and the staff were so generous that helped girls to learn how to deal with self-esteem and build friendships. I've also been lucky enough to be able to come back and help at GPC every summer since my freshman year, and it's taught me what it's like to be a true role model to younger girls. There is nothing more rewarding than being trusted and looked up to by those girls, because that used to be me. I went from someone who hid themselves in the hallway, to speaking on stage in front of hundreds of students about the effects of bullying during the **AHM Power of Words** program. I've learned that I really enjoy being that person who others come to when they need something. I have learned what it's like to be a kind, down-to-earth, caring person and I will forever be grateful for all that Ms. Perry has taught me.

- RHAM High School Student

695 ← number of visits in FRC programs this year!

As the primary childcare provider for my grandsons, the AHM Family Resource Center has offered a multi-faceted positive experience for our family. The facilitators of the **Play and learn Group** offer a balance of structured, developmentally appropriate activities and free play. I have witnessed young mothers and child care providers sharing the successes and struggles of childrearing, supporting each other and being supported by the facilitators. Friendships and a support network are formed. My grandson has participated in **Romp and Stomp**, enjoying the opportunity to release some of his energy during the cold winter months while developing gross motor skills. We were able to have him **screened to check on his developmental progress**.

As a retired kindergarten teacher, I see an incredible value to the programs offered by the AHM FRC. As a grandmother, mother and former educator, I appreciate and applaud the efforts of the staff of the AHM Family Resource Center

- FRC Grandparent, Marlborough

35 ← number of years Summer Youth Theater has been running!

This is the first time my daughter has participated in the **AHM Summer Youth Theater** program, and it was an amazing experience!

The **positive self-esteem and team-building skills** that were applied by Mr. Reynolds during the summer youth theater program were very apparent in my daughter's engagement in the program. My daughter made many friends that she is still in touch with today. It was a very positive, beneficial program that my daughter truly needed, following her diagnosis of Lyme disease a year earlier. Personally, she wanted to work hard and do her best, and it pushed her to get out of her current life situation of living with Lyme and back into what she loves to do: the arts, making friends and having fun...and she shined!!



As a parent of the community, thank you for such a wonderful program - AHM really makes a difference!

- SYT Parent, Columbia

AHM'S CURRENT BOARD OF DIRECTORS

Executive Board of Directors

PresidentPeter Yorio
 Vice-President.....Steven Fish
 TreasurerBrendan Shea
 Recording Secretary.....Erin Pace
 Corresponding SecretaryJoleen Yorio
 Immediate Past President...William Sudol
 Member at LargeKay Corl
 Member at LargeRobert McBair

Directors

Paulette Adams	Brenda Bula
Denise Esslinger	Kristen Kania
Denis Killeen	Robin Lane
Lori Markowski	Denise Morell
Carla Pomprowicz	Ed Skopas
Marcia Tecca	Jeanne Worthen

Youth Directors

Skylar Haines	Brendan O'Reilly
Luke Slater	

AHM'S STAFF

Administration

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

Administrative Support

Office Manager Lisa Reeve
 Clinical Administrative Asst Katherine Graham
 Human Resource Associate Lauren Davids
 Finance Assistant Linda Fecteau
 Fundraising Associate Deborah Walls
 Evening Receptionist Diane Kane

Clinical Program

Clinical Supervisor Shane Scott
 Family Therapist Sandra Plummer
 Substance Abuse Counselor Laura Zeppieri

Student Support Services

Andover Elem School..... Cheri Rivard-Lentz
 Marlborough Elem School Michele Thorn
 Gilead Hill Elem School Theresa Hixson
 Hebron Elem School Theresa Hixson
 Horace W. Porter School Cheri Rivard-Lentz
 RHAM Middle School..... Christi Craig
 RHAM High School..... Bevin Perry

Family Resource Center

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

Other Programs

Prevention Services

Prevention CoordinatorBrendan Grimm

Summer Youth Theatre

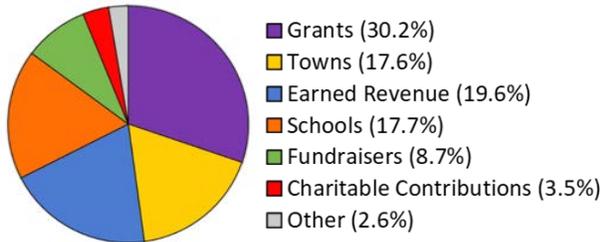
Theatre Director Kyle Reynolds
 Music Director Abigail Winkler
 Assistant Music Director Mallory Kozuch
 Stage Manager..... Tory Simmons
 Costume Designer Gayla Simmons
 Production Assistant Chris Ambrose
 Lighting Designer Andrew Berardi
 Assistant Lighting Designer... Matthew Troy
 Sound Design Graham McNeil
 Jr. Rehearsal Assistant Peter Kvietkauskas
 Sr. Rehearsal Assistant..... Christopher Ambrose

over **150** Thank you to our wonderful volunteers who help with our various committees!

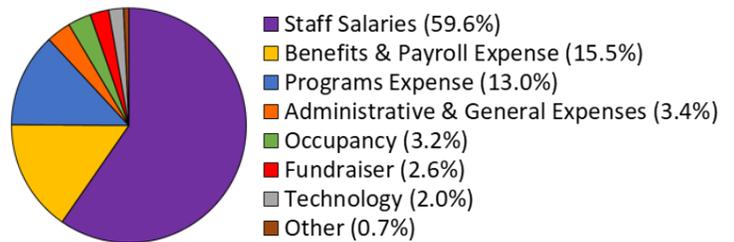
2016-2017 Financial Income and Expense Budget

\$1,378,105

Budget Income



Budget Expenses



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!

Did you know? Once you are age 70 1/2 you now have the option of making donations directly from an IRA under the Pension Protection Act of 2006. For more info: www.ahmyouth.org/taxfreeiradonation

Donate, volunteer and spread the word!!

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



AHM Youth and Family Services
and
AHM Family Resource Center



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@ahmyouth



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Hebron, CT 06248
(860) 228 - 9488

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