



CORNERSTONES
OF CARE



COMMUNITY IMPACT REPORT

2018



Partnering for *safe* and *healthy* communities.

In the pages that follow, you won't simply learn about what we do – you'll see what exactly makes our work, our children and families and supportive individuals like you so special. You'll discover that together we can make an even greater impact on the safety and health of our communities.

We know that you are reading this report because the safety and health of our communities matter to you. We know that these outcomes and stories matter to you! Just as they matter to the 6,593 children and families in our programs, and the additional 3,686 individuals we help throughout the community. And just as they matter to our partners, and the compassionate nurses, therapists, educators and other professionals who work together at Cornerstones of Care to help children and families achieve safety and health.



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LETTER FROM THE CEO



If there is one word that would define 2018 for our organization, it is gratitude. We are incredibly grateful for all the ways you came alongside us and partnered for the safety and health of our communities.

Your time, your dollars and your support allowed us to continue providing care for thousands of children and families and led to some exciting new initiatives as well. A few of the most significant ways you showed up were:

- Joining us at the Chiefs Charity Game and cheering the team on during an unforgettable season.
- Supporting 1,698 licensed resource homes (foster, relative, adoptive, respite families) across 30 counties including nearly 500 new foster parents.
- Contributing 9,695 hours of service from 2,609 volunteers.
- Giving more than \$189,100 worth of in-kind donations, such as school supplies, to our children and families.
- Helping us secure funding for Homeroom Health, a pediatric health center, in partnership with KC CARE Health Center.
- Mentoring 58 youth in our care.
- Supporting our day treatment schools, which celebrated a 100% graduation rate.
- Helping us bring treatment foster care services to the St. Louis area.

Your partnership extends to multiple campuses, homes and across Kansas, Missouri and beyond. It directly impacts the lives of children and families in your immediate community. Together, we get to multiply our effectiveness and bring healing to those who need it the most.

One child at a time. One family at a time.

A handwritten signature in black ink that reads "Denise Cross". The signature is fluid and cursive.

Denise Cross, President and Chief Executive Officer



OUR COMMUNITIES

We know that children and youth have the best opportunity to thrive when they launch into adulthood from a caring and compassionate home. We've always been focused on keeping children in their community with a family. This belief led to the expansion our services to new communities, including more Kansas Counties and St. Louis, Mo.

Mental Health Screenings in Grandview Schools

More than 30,000 Jackson County citizens are impacted by mental health challenges. Thanks to funding from the Jackson County Children's Services Fund, we launched mental health screenings in five schools in Grandview, Mo.

We now conduct voluntary school-based social and emotional health screenings to 3rd—5th graders. When students are identified as having an elevated mental health risk, we then provide ongoing support and resources to the student and their families to keep them safe and healthy.

Treatment Foster Care Now in St. Louis

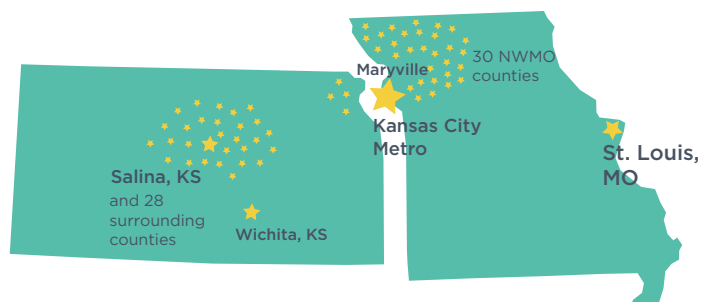
We now train and support individuals and families in St. Louis to provide treatment foster care. Treatment foster care is our highest level of care for youth who have experienced significant trauma.

Our treatment foster parents receive specialized training and 24/7 support as they facilitate safe, loving environments for these youth to heal and recover.

Solution-Based Casework Comes to Missouri

We were excited to be the first organization to bring Solution-Based Casework® (SBC) to Missouri. SBC is an evidence-based preventative model specifically designed to reduce lengths of stay for youth in residential treatment, and reduce re-entries of children into state custody by increasing domestic permanency.

Supported by our ideology of trauma-informed care, the model focuses on full-family health. The SBC model provides practitioners with the skills and tools necessary to assist families in avoiding potentially harmful behaviors by building healthy lifestyle skills to manage everyday challenges and stress.





OUR IMPACT IN 2018



275 students received education on our Ozanam, Gillis & Blue Springs campuses with a **100% graduation rate.**



2,375 children and families received mental & behavioral healthcare. **245 youth** received intensive residential treatment and **2,253 individuals** received outpatient counseling.



384 children in foster care received case management while we partnered with **1,701 foster, respite and kinship homes.**



339 youth received specialized support, including **218 young adults** in our transitional living program.



256 families received prevention and intervention services, including **124 families** who received intensive in-home services to keep children from being removed from their home.



2,980 community members received trainings, plus, **640 individuals** who provide foster, adoptive or kinship care.



community
volunteers
donated
9,695
hours of
their time

You raised
\$485,000

*through the
Chiefs Charity Game*



You donated
more than

1,000

gifts
during the
holidays

EDUCATION

*Giving students and educators the tools to create **safe** and **healthy** learning environments.*

Our academic programming began over 40 years ago with the development of our educational day treatment programs and has evolved to serve hundreds of students each year who require an intensive combination of special education and therapy services. Students in grades K-12 are referred to us from 25 different school districts in Missouri and Kansas.

Our educational day treatment programs provide individualized curriculum, small class sizes, and specialized therapeutic options. Students acquire coping skills and new learning strategies to progress academically, socially, emotionally and behaviorally with a goal of successfully transitioning back to their school district or graduating from high school with plans for their futures. Our school services are located on Cornerstones of Care - Gillis and Ozanam Campuses, as well as at our Blue Springs location.

Beyond our day treatment schools, we partner with other community schools. Our Behavioral Intervention Support Team (BIST) equips school staff with the tools to understand trauma and keep children safe in the classroom, and through efforts like our partnership with Grandview Schools, where we provide free mental health screenings for students from 3rd to 5th grade.



Caleb's Story

Caleb came to our therapeutic day treatment schools as a fifth grader. When he arrived, he had difficulty regulating his emotions and succeeding academically, particularly with reading. Caleb is on the autism spectrum, and had a challenging time in his regular school environment. In addition, his home life was unpredictable, and violence was a common occurrence.

We worked with Caleb and his father to develop skills that led to a peaceful, healthy home environment. Caleb was able to work at his own pace, growing both academically and behaviorally. Caleb's home school district worked closely with us, supporting him in each transition. Both Caleb and his father expressed gratitude for the personal attention he received from our staff and from his district's special education coordinator.

Caleb graduated high school in 2018 after returning to his home school full-time, and even attended prom and other school-wide functions. He raises chickens, sells the eggs, and sometimes works as a farm laborer for his neighbors using skills he learned in our horticultural therapy program. Caleb is also employed full-time at a Kansas City business that manufactures pallets. We are so proud of him and his father, and grateful to have been a part of their story!



2018 Statistics

275

students received education in therapeutic school programs on the Gillis Campus, Ozanam Campus and Blue Springs location.

15

seniors graduated from high school, all of whom had work or higher education plans lined up.

MENTAL AND BEHAVIORAL HEALTH

Helping *individuals* and *families* heal from trauma and overcome behavioral health challenges.

Our mental and behavioral health services include outpatient counseling, substance abuse treatment, 24/7 intensive residential treatment, integrated healthcare and nurse case management. As a trauma-informed organization, we recognize the effects of trauma and seek to provide the right intervention at the right time to help them heal.

COMMUNITY STUDY

In 2017, our partner, Resilient KC, released the results from an ACES Study of 3,757 participants in the Kansas City metro area. The ACES Study is a series of questions that can predict the likelihood of a series of health difficulties later in life. These are individuals are us, our neighbors and our family members. They belong to every ethnic and socioeconomic group. No one is immune to the effects of trauma.

As a child...

- 57% experienced emotional abuse
- 29% were bullied
- 27% witnessed violence
- 27% grew up in a neighborhood where they didn't feel safe



Kari's Story

After experiencing physical abuse by her step-father, Kari and her four siblings were removed from their home. She began to show overly aggressive behavior toward the people closest to her.

She began play therapy once a week with Kirk, a therapist in our program. In the beginning, Kari's themes of play centered around power and control. Kirk recognized that her style of play was processing her emotional reactions to the abuse she had suffered. Soon, her play shifted to more celebratory and protective themes.

Kari has successfully discharged from outpatient counseling services after she completed her therapy goals. Her past aggressive behavior and intense emotional reactivity have faded away while her caregivers continue to notice her social skills, safe expression of emotions and behavior improve.

**Name has been changed to protect client's privacy.*



2018 Statistics

2,375

children and families received mental and behavioral healthcare.

245

youth received 24/7 intensive residential treatment.

2,253

individuals received outpatient counseling.

FOSTER CARE AND ADOPTION

Uniting and reunifying families, and providing support to youth in foster care and the homes that welcome them.

Children, teens and sibling groups enter state custody because they can no longer safely remain in their home. Our highest priority is to match all children and youth with nurturing temporary homes. Those foster families come in all varieties, including single parent, same sex, blended families and mixed race.

Each year more than 26,000 youth in the United States turn 18 without ever having families to call their own. At Cornerstones of Care, our job is to find, prepare and support the right family — the right fit — for each child in the state's care within the communities we serve.

When a child enters state custody, we work tirelessly to find a foster placement, and eventually a permanent placement with a nurturing family. It's in the best interest of the child to either safely reunify with their family, or find a relative/kinship placement with extended family or a familiar face — such as a coach or a teacher — within their community. Our priority is to keep siblings together whenever possible.



The Kirklands' Story

Avarell and her husband Frank have been providing foster care for 18 years, helping numerous youth find their footing and start their adult lives on the right track. Initially, they started as traditional foster parents, but after seeing the support that their friends and neighbors, the Wades, received through our treatment foster care (TFC) program, they decided to give it a try.

“I was listening to the in-home support and additional therapeutic support they’d get, and I thought that was cool. I liked the idea of having a full team to support us and our foster children,” says Avarell.

Treatment foster care is a program model designed to help youth who have experienced severe trauma or chronic stress develop skills to manage their emotions and behaviors and heal from those experiences. After months of consistent structure and positive reinforcement, Avarell and Frank saw their first foster son Gavin take a huge step forward in positively communicating when he started to feel angry.

“He’s growing, and I’m proud of what he’s done,” says Frank. “It all makes it worthwhile when you can help someone that statistics say they aren’t going to make it.”



2018 Statistics

384

children in foster care received case management.

1,701

foster, respite and kinship homes received one or more of our services.

YOUTH SUPPORT

*Helping youth gain **independence** through educational, living and social support.*

Our trauma-informed team is committed to providing crisis intervention and protection for children and youth in need. We educate families on how to avoid and manage conflict so they can remain safely together.

Through our youth support programs, we are able to provide stable living situations and form lasting relationships. In addition to case management and staff support, we often pair youth with coaches, tutors and mentors to emotionally and academically support them to pursue and achieve their educational goals. Additionally, mentors help our youth build life and social skills that will benefit them for years to come.

Our Bravehearts for Adolescent Boys program works with males age 11-15, helping them understand relationships, reduce teen dating violence, promote respect and delay fatherhood through the understanding of the responsibility that comes with us. For older youth in need of assistance on their way to independence, our Pathways transitional living program provides affordable, safe housing and life-skills training.



JE's Story

JE's childhood was marked by significant trauma. He experienced sexual abuse and neglect from his family from a young age, and was removed from his home and placed in a foster home. In 2013, JE was referred to our Pathways transitional living program.

While living in our Pathways group home, JE attended Job Corp, achieved his GED and subsequently became a certified nursing assistant (CNA). He then moved into an apartment provided by Pathways, living there until May 2015 when he returned to Springfield, Mo., to be closer to his mom.

In December 2016, JE reached back out to us looking for a safe, stable placement with Pathways. At the time, he was working as a CNA, but was not making enough money to afford housing, vehicle expenses and insurance on his own. He relocated to Kansas City and began the next chapter of his life one of our apartments. Here, he found a new CNA job and a second job at a fast food restaurant to start saving up money.

JE is now in a program at Indian Hills Community College in Iowa, where he is working on obtaining a certification in either emergency medical services, phlebotomy or pharmacy tech. His long-term goal is get a degree in human services so he can support youth who have gone through similar traumas he has experienced.



2018 Statistics

339

youth received specialized support.

218

young adults received housing and learned life skills in our Pathways transitional living program.

FAMILY SUPPORT

Empowering families with the skills and resources they need to be successful.

We recognize that healthy families create stronger, safer communities. That's why we offer a diverse collection of programs and services focused on supporting families in our community. Many of these programs are free and voluntary, such as home visitation services and our ShowMe Healthy Relationships program.

ShowMe Healthy Relationships offers free five-week relationship strengthening programs for adults who are single or in relationships. Participants build healthier and more stable relationships, become better parents and co-parents, and learn skills to manage stress, careers and money. There are different core programs and supplemental classes, utilizing the Gottman and PICK curriculums. This free and voluntary program is available to residents of Clay, Platte, Jackson, Johnson (MO) and Cass counties.

ShowMe Healthy Relationships is a 5-year project funded by the U.S. Department of Health and Human Services, Administration for Children and Families. It is a partnership between the University of Missouri Extension, University of Missouri Department of Human Development and Family Science, and three Community Family Agencies across Missouri who have come together to help singles and couples have happy and healthy relationships. All together our programs reach 21 counties throughout Missouri.



The Abbots' Story

Stephen and Jen*, who typically thrive despite cognitive developmental delays, felt in over their heads after having their first child, Chloe. They lacked the solid support network necessary to help them learn the best way to care for their baby. Until they could build the skills they needed to care for Chloe, she was placed in a foster home.

Our foster care case management team used solution-based casework (SBC) with all of the service providers and the family to develop a “medical safety plan.” It included a medical binder for Stephen and Jen to keep track of how much Chloe was eating, sleeping and other developmental tasks. They developed a well-rounded support network that includes both professional and personal helpers that they have called on many occasions for support and guidance.

Chloe was returned home and both parents have actively participated in every one of her developmental assessments and doctor’s appointments. They enjoy taking Chloe on walks, visiting Crown Center in Kansas City and just spending time together.

**Names have been changed to protect clients' privacy.*



2018 Statistics

256

families received prevention and intervention services.

124

families received intensive in-home services to keep children from being removed from their home.

COMMUNITY TRAININGS

Offering *innovative learning* opportunities to build and improve community skills.

We value ongoing individual learning and community growth. Our team provides innovative learning opportunities for anyone who interacts with children and families in our community, including our own staff, individuals, groups, organizations and corporations. We utilize evidence-based practices and knowledge to help provide the necessary education for community members to assist with growth and change.

Our training team is committed to helping new employees and the community understand trauma-informed care. Through tools and resources, our staff works with children and families to develop skills and knowledge that will empower them to live safe, productive and non-violent lives inside and outside our organization. We often train other organizations in ways to adopt and implement their own forms of trauma-informed practices as well.

In 2018, we continued to provide our continuing education classes for behavioral healthcare professionals. Classes help compassionate individuals in our sector further develop their career, increase job opportunities and expand their knowledge. We're dedicated to providing affordable development courses, some of which are free to professionals and the community.



Human Trafficking Prevention Training

One of our most popular community training courses focuses on identifying the signs of human trafficking in order to prevent its occurrence. Children, especially those who are abused or neglected in their own homes, are especially at risk of becoming one of the 20 to 27 million people trafficked worldwide for labor or sex.

Our training team provides an introduction to this modern form of slavery in a concentrated three-hour course. Participants explore the prevalence of the issue, recognize how traffickers prey on the vulnerabilities of others and identify indicators of trafficking. The course then gives an overview of resources and a brief discussion on best practices for reporting, prevention and safety.

A full list of available courses can be found at cornerstonesofcare.org.



2018 Statistics

2,980

community members received trainings.

640

individuals were trained to provide foster, adoption, respite or kinship care.

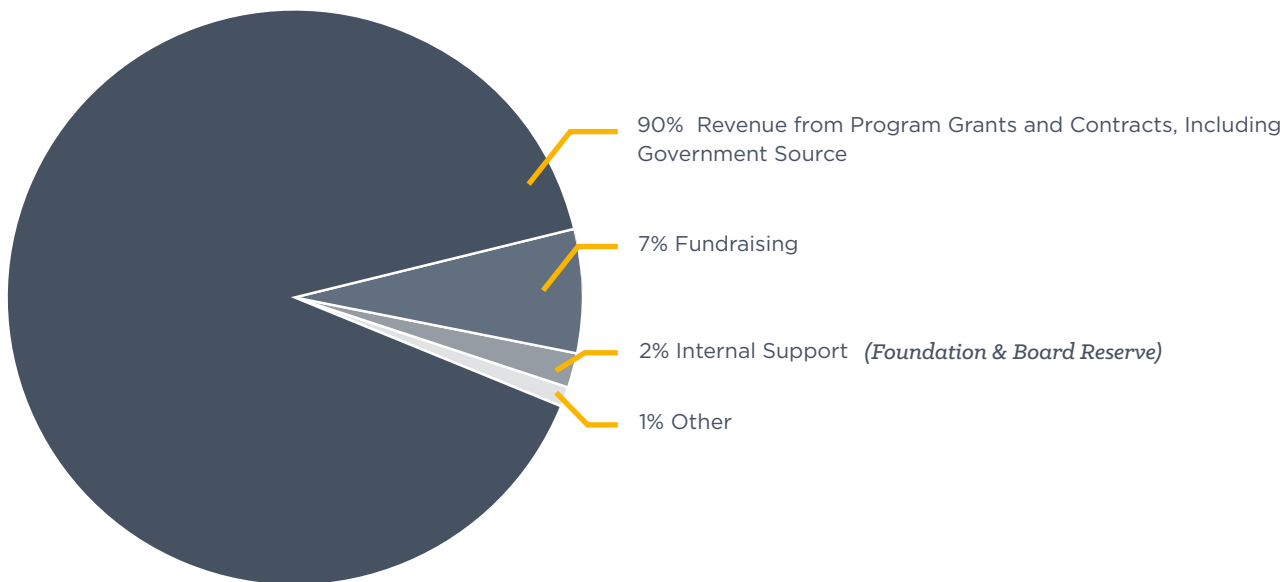


OUR FINANCIALS

Our highest priority is to ensure that children and families impacted by trauma have timely access to services and support whenever they request it – even during the most difficult economic times. The surest way to do that is to be conscientious stewards of our financial resources.

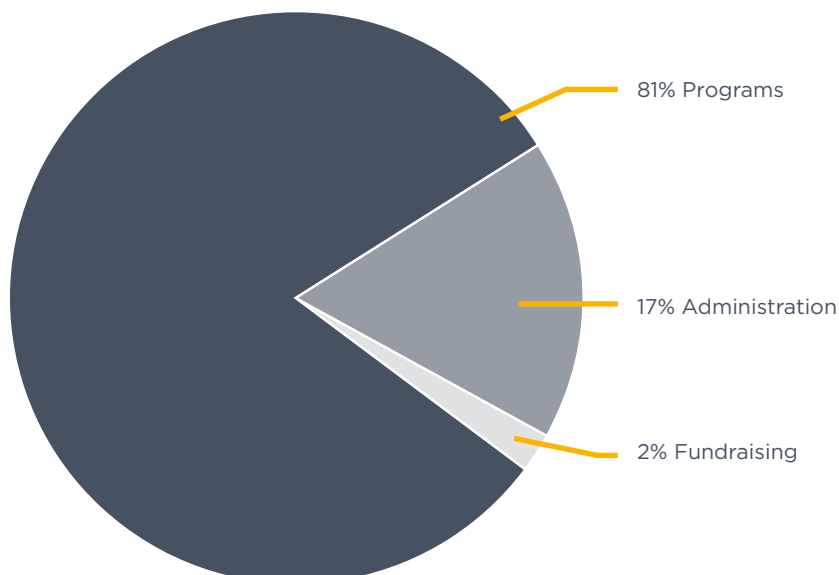
OPERATING REVENUE

Source: 2019 Approved Budget



OPERATING EXPENSES

Source: 2017 Audit



Official 2018 audited numbers will be available Summer 2019. Please contact us at 844-824-8200 for a copy.



CORNERSTONES OF CARE

*Partnering for **safe** and **healthy** communities*

Learn more at
cornerstonesofcare.org

1-844-824-8200

