

2024 ANNUAL REPORT

A group of five diverse teenagers (three girls and two boys) are smiling and posing in front of a brick school building. The image is partially overlaid with a large, stylized blue and purple graphic that curves across the top and bottom of the page.

Abbott House

An Official 501 (c) (3) Organization

Mission

Providing premier services for youth and families.

85 Years of Healing

Abbott House has been serving South Dakota children for more than 85 years. Here, kids find hope and healing after living through some of the worst trauma imaginable. They have experienced abuse, neglect, mental health issues, and more. Abbott House is where these children come to find hope, healing, and family.

Abbott House started in 1939 as a home for boys and girls whose families were struggling or couldn't support them. Since then, we have continued to grow and evolve to better serve South Dakota youth. Today, we operate a Psychiatric Residential Treatment Facility (PRTF) for girls ages 7-17. In addition, we own and operate ten Therapeutic Foster Homes across the state, serving both boys and girls up to age 18, and sixteen Independent Living Apartments for young people, ages 16-21, who are aging out of foster care.

In our PRTF program, we serve roughly 60-80 young girls every year. Many of the youth coming through our doors share similar stories of mental health struggles, abuse, neglect, drug and alcohol addiction, and other forms of trauma. Each child responds to these traumatic events differently – which means their treatment must also be unique. Abbott House provides individualized treatment plans for every child using advanced and empirically proven techniques.

In all Abbott House programs, staff are trained to work specifically with traumatized youth. Our philosophy is that children participate in troubled behaviors due to internal trauma that can be healed with patience and support. By implementing trauma-informed care, our staff can safely and effectively handle our youth's trauma responses.

Children are referred to Abbott House through numerous different ways. The most common referrals come from parents, extended family members, and the South Dakota Department of Social Services. While not as common, other referrals can come from Department of Corrections, Tribal Leaders, schools, and churches.



In FY24 Abbott House Provided:

- *912 Neurofeedback Sessions*
- *380 Family Therapy Sessions*
- *Aftercare to 100% of PRTF Clients*

Accommodating Sensory Needs

There are many moving parts of the Abbott House program that lead our children to success. While in our Psychiatric Residential Treatment Facility, girls attend traditional therapy sessions twice a week. In addition, they participate in numerous other forms of therapy, which are assigned to them based on their individual needs. Some of these therapies include Neurofeedback, Mood Management, Nurture Groups, Sexual Abuse Group, Grief Group, Independent Living Skills, and many others. These group therapies are led by our five fully licensed therapists.

FY24 Abbott House Sensory Team Impact:

- *1,017 Trips to Sensory Room*
- *11 Girls Served Per Day*
- *77 Girls Served Per Week*

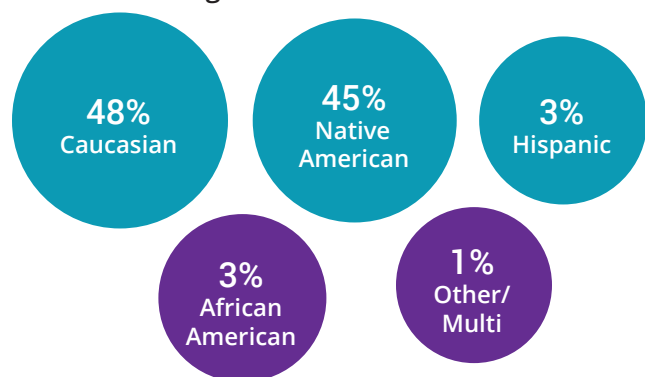
Another approach Abbott House has taken in trauma treatment is the use of sensory tools. Abbott House employs one Sensory Coordinator and two Sensory Assistants. Our Sensory Coordinator works with our youth at admittance to develop

a personalized "Sensory Diet". This plan outlines our children's sensory needs, such as noise-avoidance or sensory-seeking, as well as what sensory tools and activities can help that specific child manage their emotions before reaching crisis situations. The Sensory Assistants spend their days working one-on-one with our young people, encouraging them to engage in their Sensory Diets throughout the day and taking them to spend time in our newly renovated Sensory Room.

The Abbott House Sensory Team has made major impacts on the children in our care. Since expanding this department to include three individuals, our children have had increased access to sensory tools and activities because there is a Sensory Team member working every single day and into the evening. Since bringing on these two sensory assistants, Abbott House has provided more Sensory Sessions in one year than it ever has before!

FY24 Enrollment in the PRTF Program

- Average length of stay 13.5 months (410 days)
- Occupancy rate 97%
- 76 girls served ranging from 7 to 17
 - 7-12 years 15 20%
 - 13-17 years 61 80%
- Placements
 - Department of Social Services 13
 - Tribal 3
 - Parent/Guardian 60
- Ethnic Backgrounds



Overcoming Trauma with Education

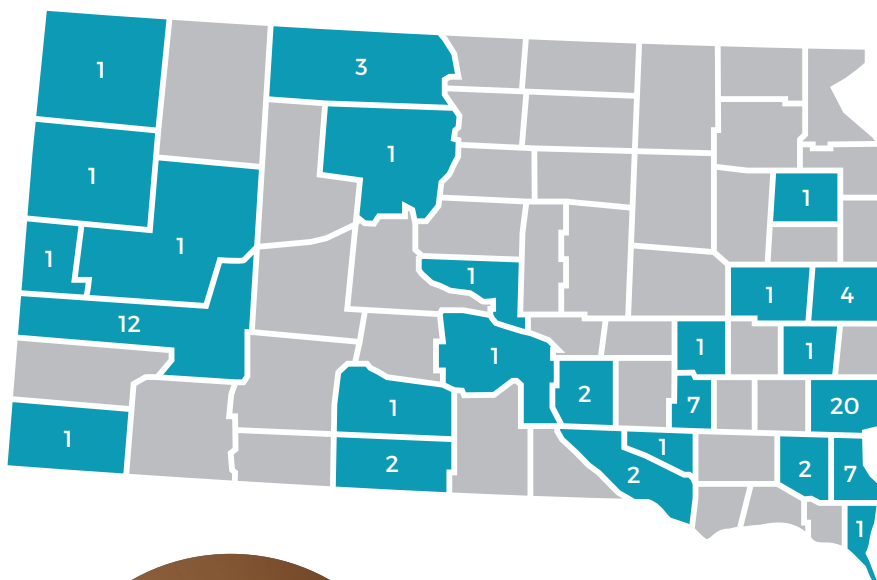
Most young people arrive at the Abbott House two to four years behind in their education. It is our goal to help them become successful and catch up on the education they have missed.

The Abbott House school is part of the Mitchell School District and has certified teachers. Our three classrooms, located inside Abbott House, are built to serve young people who have not been successful in school in the past. Each classroom has 6-14 students with a teacher and aides to help provide individualized attention. Varied seating options, dimmable lighting, sensory safe rugs, noise cancelling headphones, and more sensory options are all available to our students to help them focus.

During the 2024 school year:

- 26 (41%) Abbott House girls had an Individual Education Plan (IEP) or a 504 Plan.
- Girls at the Abbott House PRTF program earned 129.5 high school credits.
- 3 girls graduated from high school or received their GED while in PRTF.

Children in the PRTF program came from 25 counties across South Dakota



4 Brookings	1 Lawrence
2 Brule	7 Lincoln
1 Butte	1 Lyman
2 Charles Mix	1 Meade
1 Codington	1 Mellette
3 Corson	20 Minnehaha
7 Davison	12 Pennington
1 Dewey	1 Sanborn
1 Douglas	2 Todd
1 Fall River	2 Turner
1 Harding	1 Union
1 Hughes	
1 Kingsbury	
1 Lake	

76 TOTAL

Esther Feist

Attended Bridges by Abbott House Foster Home from 2015-2016

“When I was 17 years old, I entered the Vyas Family Bridges home feeling lost, confused, and deeply hurt by everything I had been through that past year. While at the home, I learned valuable coping techniques, how to navigate daily life, and, most importantly, how to love life again. The support and guidance I received there shaped me into the person I am today, allowing me to find success in my life and career. Now, I am happily married with a beautiful baby boy, and severely grateful for the foundation the Abbott House foster parents helped me build.”



Creating Opportunities for Homeless Youth

There are more than 1,100 children in foster care in South Dakota and only 835 foster families. Many of these children are over 10 years old and/or part of a sibling group, which can make it more challenging to find a foster family who can support them. To combat this, Abbott House has been creating foster homes for boys and girls up to the age of 18. The Bridges Therapeutic Foster Care Program provides a family and a safe place for young people who have nowhere else to go. Each home can hold up to six young people. In FY 2024, Abbott House began expanding its Bridges Foster Care program to Sioux Falls with a \$2 million capital campaign. These Sioux Falls foster homes opened after FY 2024 ended and thus, will be included in reports next year. These additional homes provide foster children across South Dakota with the opportunity to be closer to family and friends and grow up in a safe, supportive family environment.



Rapid City Foster Homes

2 homes for boys (12 boys)

2 homes for girls (12 girls)

39 children served in FY 24

Mitchell Foster Homes

1 home for boys (6 boys)

3 homes for girls (18 girls)

39 children served in FY 24

Statewide there were 78 foster youth served in FY 24 with an occupancy rate of 82.7%



Boys served in FY 23



Girls served in FY 23



Creating Opportunities for Homeless Young Adults

Young adults need support and guidance when transitioning from adolescence to adulthood. For foster care children with no family to turn to, that transition can be challenging. That is why Abbott House offers the Larson Independent Living Program for young adults aged 18 to 21 who are aging out of foster care. Through our program, these barely legal adults have access to a safe low-cost apartment environment and a supportive network of staff. The clients in these apartments are required to meet with the program coordinator weekly, obtain employment or pursue secondary education (or both), and actively participate in the program to develop and enhance independent living skills. When they are ready to move out, the rent collected from these young adults is returned to them in hopes it is used to alleviate financial stress while transitioning into a fully independent lifestyle.

Abbott House provides 16 apartments and independent living support services for young people transitioning from the foster care system. We accept young adults from both our own program and the state's foster care program. Eight of the apartments are in Mitchell and eight are located in Rapid City.

In FY 24, **23 young adults** were served in the Larson Independent Living Program.



=15 Rapid City
= 8 Mitchell

Paige Smith

Attended Abbott House PRTF 2009-2011

“Abbott House played a crucial role in helping me overcome the trauma and mental health challenges I faced when I was younger. The support, care, and guidance I received there gave me the strength and tools I needed to heal and move forward. The staff's understanding and patience helped me feel safe and heard, allowing me to process my pain and rebuild my confidence. Their dedication and compassion truly changed my life, and I am so thankful for the positive impact they had on me. I wouldn't be where I am today without the help and support I received at Abbott House, and I will always be grateful for everything they did for me.”



How Donors Change Lives

2024 TOTAL FUNDS RAISED.....\$2,029,309

- Annual Fund Support\$706,646
- Capital Campaign Gifts\$815,619
(for the Sioux Falls, Mitchell and Rapid City foster homes)
- Earmarked Gifts\$403,000
- Bequests\$104,044

TOTAL GIFTS3,135

TOTAL DONORS.....1,662

- New Donors776
- Returning Donors886

**based on calendar year*

2024 Highlights

- Abbott House celebrated 85 years of helping South Dakota youth heal.
- The Iroquois United Women in Faith received the Abbott House Children's Generosity Champion Award for their continued support of Abbott House children for over 40 years.
- David Thompson received the Abbott House Children's Volunteer Champion Award for his countless hours of volunteer tutoring at Abbott House.
- Mary Fuchs received the Abbott House Children's Lifetime Giving Champion Award for her years of support of hurting children both in and out of Abbott House, as well as her service to the Abbott House Board of Directors.
- Abbott House hosts its first Christmas Concert, Alex Massa Presents: A Holiday Collage, featuring over 20 talented musicians from the Black Hills.
- Two new Bridges Therapeutic Foster Homes are opened in a new city: Sioux Falls.

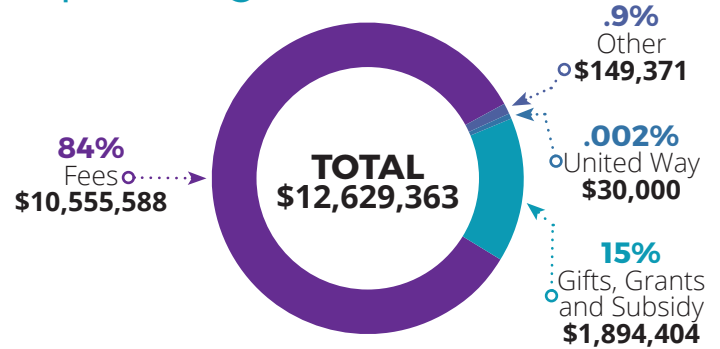
“It gives me great joy to support Abbott House, because they are truly helping children who face so many challenges in their lives. I am so impressed with the management and staff and the tremendous job they do each and every day. I feel so blessed to be a part of an organization that takes their work so seriously.”



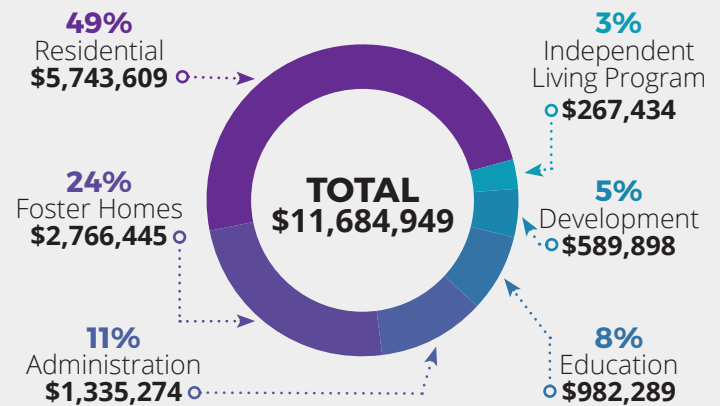
DeMaris Nesheim,
Board Member & Legacy Donor

Financial Report

Operating Income FY 2024



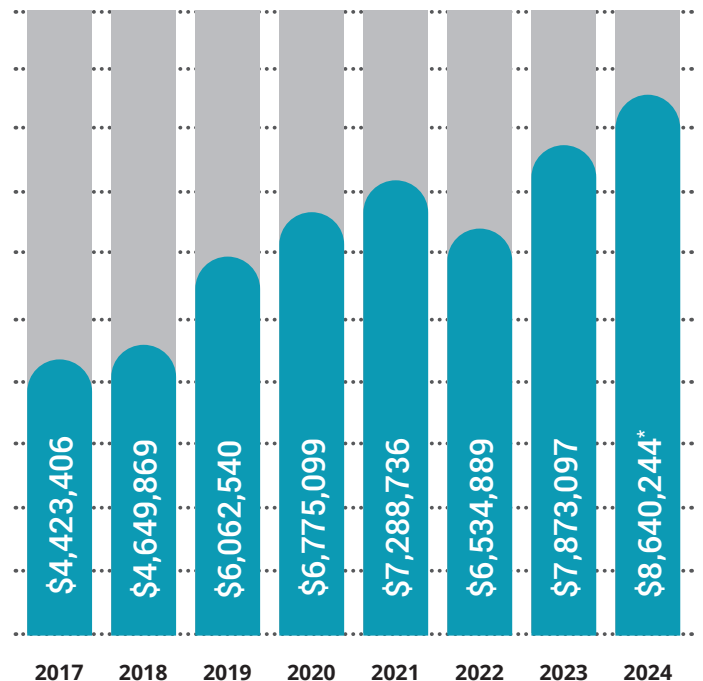
Operating Expenses FY 2024



Endowment Impact

Based on Calendar Year

*Preliminary Audit Figure



The Team Who Gives Hope to Children

Our team members are key to the work we do. Abbott House has 129 staff members. Just over 29% of our team members have worked at Abbott House for 5 years or more.

40+ Years of Service

Lana Andersen

30+ Years of Service

Linda Christensen

Myra Kennedy

20+ Years of Service

Kimberly Moore

Ron Thorsen

15+ Years of Service

Jena Dahl

Sarah Dittmer

Tonya Elits

Jody Kaas

Eric Klooz

Beatrice Nelson

Deb Sturdevant

Kaye VanderHeiden

10+ Years of Service

Faith Douglas

Kathleen Miedema

Ashley Sedlmeier

Carol Weiss

Virginia Wishard Lambert

5+ Years of Service

Avery Backlund

Brandy Blair

Roger Blair

Patricia Cunningham

Taylor Johnson

Caroline Kennedy

Paul Mah

Abigail Lopez

Shelby Matthews

Julie Mellen

Kelsey Payer

Karen Riley

Tiffany Schaefer

Jessica Schulz

Deanna Scott

Emily Theel

Katherine Vennard

Angela Wegner

Lanell White Eagle-Victor

Extending Education for Staff and Alums

Staff Scholarships

- Scholarships are awarded to full-time staff members who are currently attending college or working to pay off college debt. Awards are determined by the Admin Committee.
- Nine staff members applied and received a scholarship.

Alum Scholarships

- Abbott House provides scholarships for clients who have participated in any of our three programs, regardless of successful program completion. Most applicants receive some level of scholarship. Scholarships are awarded through the Mary Fuchs Scholarship Fund at the South Dakota Community Foundation and the Abbott House Ernie Peters Scholarship Fund.
- For the 2024-2025 academic year, Abbott House released \$11,000 in scholarships to 6 alums.

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