

# abbott House

# ANNUAL REPORT

2022



An Official 501 (c) (3) Organization



# Abbott House Programs

Abbott House is a place where children get another chance at youth. The main focus of treatment at Abbott House is to begin and fully integrate the internal healing of trauma using advanced and empirically proven techniques. Every child at the Abbott House has an individualized treatment plan. Treatment planning provides a framework of skills for the child to accomplish to meet their goals.

Youth between the ages of 7 and 21 come to Abbott House programs by referrals from many places. Parents, extended family members, the Department of Social Services, the Department of Corrections, schools and tribes have all placed children at Abbott House. Trauma-informed care used in all of our programs views the child as sacred and believes that pain based on behavior has a root cause that can be healed.

**109 youth receive care and treatment in Abbott House's three main programs:**

**Psychiatric Residential Treatment Program**  
*for girls aged 7 to 17.*

**Bridges Foster Care by Abbott House**  
*for boys and girls up to 18 years of age.*

**Larson Independent Living by Abbott House**  
*for boys and girls ages 16 to 21 years old.*

## Psychiatric Residential Treatment Program (PRTF)

Our PRTF program is a safe place for girls ages 7 to 17 to work through their trauma. Most of the girls at Abbott House experience some problems that are unique to their individual circumstances. While many of these girls have experienced sexual abuse, drug and alcohol abuse, and devastating emotional setbacks, each girl responds to her situation uniquely. Because there is no uniform response to victimization, dependency needs or emotional problems, our program contains unique individual adaptations and an individualized plan for each child. At the Abbott House PRTF program, we serve 75 to 100 girls each year between the ages of 7 and 17.

## Therapy at the Abbott House PRTF program

Every girl at the Abbott House is assigned an individual therapist who addresses the psycho/social needs of the girls assigned to them for regular therapy. The individual therapist is an essential part of the treatment team and participates in all of the girls' planning and regular reviews.

Families are involved in their child's recovery through family therapy (when appropriate), which is crucial for each child. Three months prior to dismissal, the girl's family or caseworker, and her clinical

team develop a specific transition plan to prepare her to leave Abbott House.

Abbott House will then continue to follow up with each girl and family or caseworker for 12 months post discharge to assist in the transition home.

Girls have two individual therapy sessions a week. In addition, numerous group therapy sessions are available and assigned to girls based on their needs. These therapy sessions include mood management, anger management, nurture groups, lecture

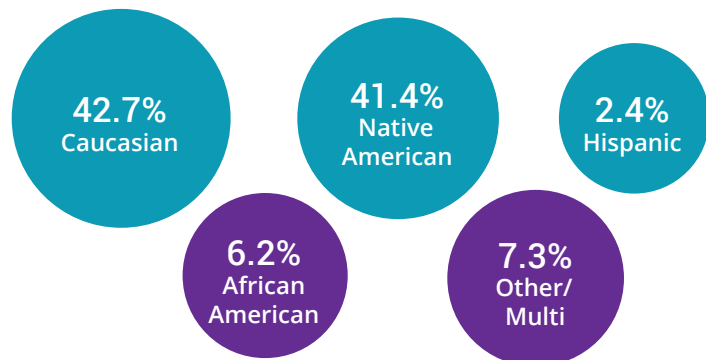
groups, sexual abuse groups, girl power, circle of courage, independent living skills, grief and loss, circle of healing, voices, outpatient drug/alcohol group therapy, neuro-feedback, Trust Based Relational Intervention and numerous other therapies.

- 845 Neuro-feedback sessions provided
- 325 family sessions provided
- 100% of youth and their families (when appropriate) receive after-care support



## FY22 Enrollment in the PRTF Program Shows

- The average length of stay at the Abbott House in FY 22 was 11.9 months (357 days)
- Occupancy rate was 91%
- Served 83 girls ranging from 7 to 17
  - (12) 7-12 years 14.5%
  - (71) 13-17 years 85.5%
- Ethnic Backgrounds



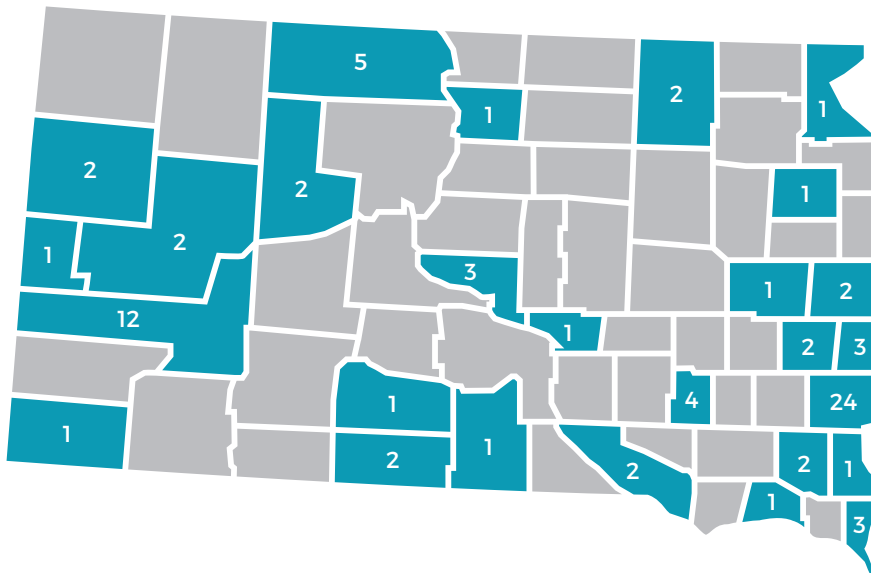
## Education at the Abbott House PRTF program

The Abbott House school is part of the Mitchell School District and has certified teachers. Our classroom environment consists of 6 to 14 students with a teacher and aides to help provide individualized attention.

- 36% or 30 of the Abbott House girls had an Individual Education Plan (IEP)
- Girls earned 331 high school credits

 Student to teacher ratio **6-14:1**

## Children in the PRTF program came from 27 counties across South Dakota



83 TOTAL

### Catherine "Caty" Sundermeyer

Attended Abbott House from 2003-2004  
Current Age: 36

*"Abbott House was a real turning point for me. Before going in, I was skipping school, drinking, smoking, getting high, and running away. I had been abused physically, mentally, emotionally, verbally, and sexually. By the time I got out of there, I had enough credits to graduate from high school a year early, moved in to the Stepping Stones apartments, straight into Driver's Ed, into the workforce, and was able to talk about everything that I went through without breaking down. Abbott House helped set me up for success!"*

## Bridges Therapeutic Foster Care Program

Many children under the age of 18 complete a treatment program and have no family or safe place to call home where they can live and finish their high school diploma. Abbott House foster homes serve youth up to the age of 18. These homes provide a family and a safe place for up to 6 boys or girls who complete treatment and have no other place to go.



### Rapid City Foster Homes

2 homes for boys (12 boys)  
2 homes for girls (12 girls)

**43 children served in FY 22**

### Mitchell Foster Homes

1 home for boys (6 boys)  
3 homes for girls (18 girls)

**40 children served in FY 22**



Statewide there were 83 youth served in FY 22 with an occupancy rate of 82.5%



Boys served in FY 22



Girls served in FY 22



## Larson Independent Living Program

When young people complete a treatment program and turn 18 simultaneously, or age out of foster care, they need a safe place to provide them a “bridge” from adolescence to adulthood. The Larson Independent Living program services youth 18 to 21 years old who need assistance obtaining an apartment and getting on their feet. The program gives young adults a safe environment and as much support and guidance as they need to be successful. Program participants are required to meet with the program coordinator weekly, obtain employment or pursue secondary education or both, pay rent, and work with the independent living coordinator to develop all other skills needed to live independently.

Abbott House provides 16 apartments and independent living support services for young people transitioning from the foster care system. Eight of the apartments are located in Mitchell and 8 are located in Rapid City.



Boys served in FY 22



Girls served in FY 22

**12 Rapid City**  
Young Adults Served

**10 Mitchell**  
Young Adults Served

### Kami Pearson

Attended Abbott House from 2008-2010  
Current Age: 28

*Kami has a Biomedical Sciences masters degree from Kansas City University and is working as a research associate studying the biochemical pathways of mental illness at KCU.*



“The staff and community at the Abbott House provided me with a family when I needed it most. The Abbott House gave me the safety, space, and skills to recover from immense childhood trauma. Without the services provided by the Abbott House, I shudder to think of where I might have ended up. While my own resiliency paved the way for personal growth, the Abbott House presented opportunities for success, both emotionally and financially. I can honestly say I’m at a point in my life where I know I’d make my childhood-self proud, and I will be forever grateful to the Abbott House for helping me become the person I am today.”



## Fundraising

**2022 ANNUAL FUND GOAL**     **\$435,000**

**TOTAL GIFTS**     **2,545**

**TOTAL DONORS**     **958**

- Total raised - \$717,556
- Total annual fund support \$491,181
- Total new donors - 172
- Total returning donors - 786

*\*based on calendar year*

## Scholarships given for staff and alumni

### STAFF SCHOLARSHIPS

Any full time staff member who is currently attending college or working to pay off college debt is eligible to apply for scholarship funding. Awards are determined by the Admin Committee.

In 2022, **100%** of employees who applied for a scholarship received funding.

### ALUMNI SCHOLARSHIPS

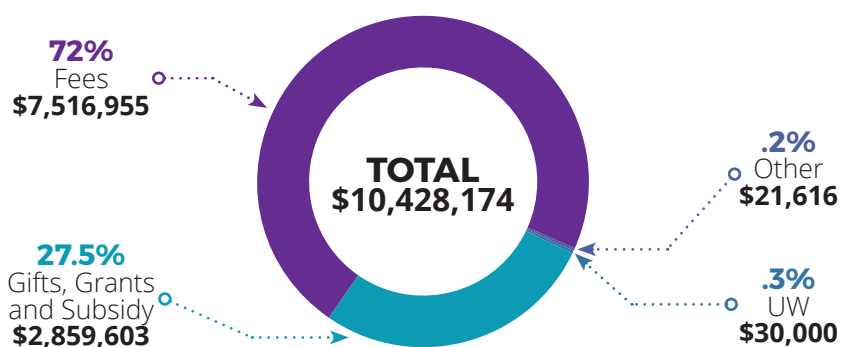
Scholarships are given to any student who participated in any of the Abbott House programs, regardless of successful program completion. Scholarship applications are reviewed annually in July. Most applicants receive some level of scholarship.

**Seven students received a scholarship.**

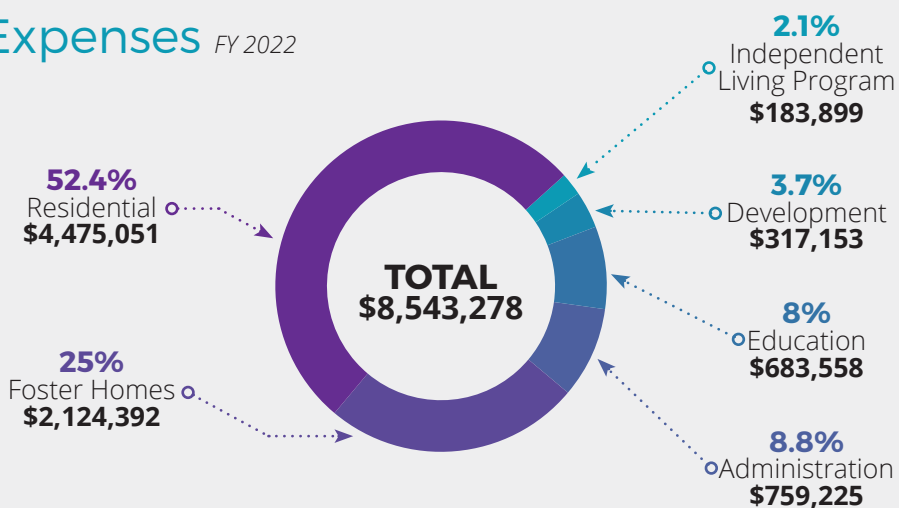
Total amount awarded to students was **\$8,700**

# Financial Report

## Revenue FY 2022

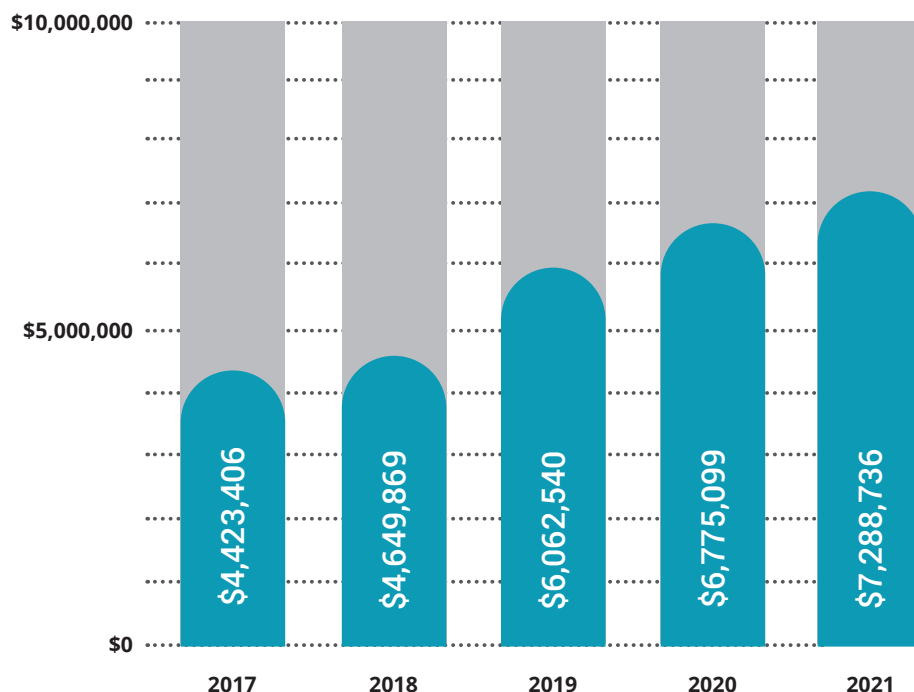


## Expenses FY 2022



## Abbott House Endowment Impact

*\* based on calendar year*



# Team Member Highlight

*Our team members are key to the work we do. Abbott House has 116 staff members. More than 30% of our team has 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  
Jody Kaas  
Eric Klooz  
Tyson Schulz

## 10+ Years of Service

Jason Currey  
Kay Currey  
Sarah Dittmer  
Tonya Eilts  
Faith Menning  
Beatrice Nelson  
Deborah Sturdevant  
Kaye VanderHeiden  
Virginia Wishard Lambert

## 5+ Years of Service

Avery Backlund  
Shaqueena Campbell  
Tarisa Jacobs  
Paul Mah  
Shelby Matthews  
Kathleen Miedema  
Christina Padgett  
Nathan Padgett  
Kelsey Payer  
Tiffany Schaefers  
Lisa Schulz  
Deanna Scott  
Ashley Sedlmeier  
Emily Theel  
Katherine Vennard  
Carol Weiss  
Lanell White Eagle-Victor

## Mission

Providing premier services for youth and families.

## Core Values

The following values serve as common principles which form the basis for our activities and embody what we believe matters in the performance of our responsibility to children, families, staff, funders and society.

- Ethics
- Nurturance
- Excellence
- Family Focus
- Individualized
- Empowerment

## Board Members

Mary Fuchs, **President**  
RJ Rylance, **Vice President**  
Wyonne Kaemingk, **Secretary**  
Jacque Sly, **Treasurer**  
Dr. Katrina Almeida  
Jake Bernards  
Bob DeWald  
Dr. Mandi Greenway-Bietz  
Teresa Hart  
Belinda Joe  
Adria Kampmann  
Mark Massa  
Ann Murano  
DeMaris Nesheim  
Dr. Jennifer Tegethoff

## Foundation Board Members

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Lance Koth  
Jacquelyn Johnson  
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