

abbott House



2023 ANNUAL REPORT



An Official 501 (c) (3) Organization

Get To Know Us

For 85 years, Abbott House has been providing a place of hope and healing to thousands of children who have experienced trauma, abuse, and neglect. We work closely with state agencies to meet the specific needs of the youth referred to Abbott House. This means implementing individualized treatment plans for every child using advanced and empirically proven techniques.

Abbott House accepts referrals for youth up to the age of 21 in our various programs. There are many ways youth can be referred to Abbott House, such as by parents, extended family members, the Department of Social Services, the Department of Corrections, schools, and churches. In all our programs, we utilize trauma-informed programming. This means all our team members are trained to handle trauma responses tactfully and safely. It is our belief that youth participate in troubled behaviors because of internal trauma that can be healed with patience and support.

One hundred nine youth receive care and treatment in Abbott House's three main programs at any one time:

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.

Healing Young Women

The Abbott House Psychiatric Residential Treatment Facility (PRTF) is a refuge for girls ages 7 to 17. We serve 60 to 80 young girls every year in this program. The girls who utilize this program have experienced mental health struggles, abuse, neglect, drug and alcohol addiction, and other kinds of trauma. While many of their stories are similar, we know that every child reacts to their trauma differently, and in turn, responds to healing uniquely. Because of this, our program contains unique individual adaptations and an individualized plan for each child.

In 2023, Abbott House focused on improving our educational environment and our sensory programming in the PRTF program. This effort included the remodeling of our classrooms which encompassed new technology, sensory equipment, and chairs for the classrooms as well as new floor, wall coverings and lights. In addition, one of the classrooms became our new sensory room and it includes a climbing wall, new lighting, and many new types of sensory equipment. This would not have been possible without the help of many donors. Thanks to all of you who contributed to this special project.

A Closer Look at Trauma-Informed Therapy

Abbott House has five fully-licensed therapists on our team. At admittance, every Abbott House girl is assigned to one of these therapists who addresses their psycho/social needs in regular one-on-one therapy sessions. Individual therapists are an essential part of the treatment team and participate in all of the girls' planning and regular reviews.

All Abbott House girls attend a minimum of two individual therapy sessions a week. In addition to this, there are numerous unique group therapy sessions available, and these are assigned to girls based on their needs. Some of the therapies available are mood management, anger management, nurture groups, lecture groups, sexual abuse group, girl power, circle of courage, independent living skills, grief and loss, voices, outpatient drug/alcohol group therapy, neurofeedback, Trust Based Relational Intervention, and many others.

Family involvement and belonging are crucial for every child, regardless of their backgrounds. We encourage families to be involved in their child's recovery journey. If appropriate, they will work together in family therapy. Three months prior to dismissal, the girl's guardians and clinical team will develop a transition plan to help not only the child, but her family, in returning home or to a foster home. 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.

In 2023 our team provided:

- 1,013 neurofeedback sessions
- 342 family sessions
- After-care support for 100% of youth and their families (when appropriate)



FY23 Enrollment in the PRTF Program

- Average length of stay 13.1 months (394 days)
- Occupancy rate 90%
- 60 girls served ranging from 7 to 17

- (9) 7-12 years 15%
- (51) 13-17 years 85%

• Placements

- Department of Social Services 16
- Tribal 4
- Parent/Guardian 40

• Ethnic Backgrounds

45%
Native
American

44%
Caucasian

3%
Hispanic

3%
African
American

5%
Other/
Multi

Overcoming Trauma with Education

The Abbott House school is part of the Mitchell School District and has certified teachers. Our three classrooms, located inside Abbott House, are built with struggling youth in mind. Each classroom has 6-14 students with a teacher and aides to help provide individualized attention. Varying seating options, dimmable lighting, sensory safe rugs, noise cancelling headphones, and more sensory options are all available to our students to help them focus.

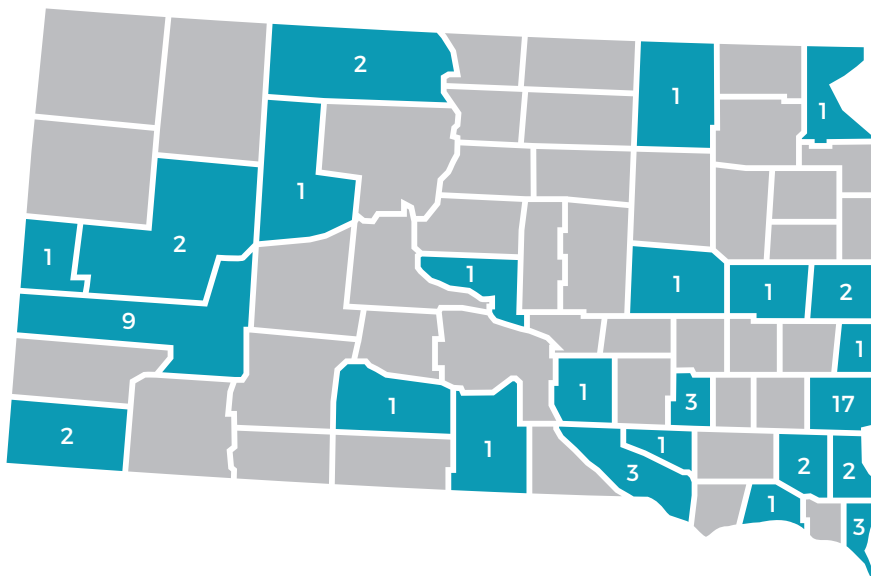
During the 2023 school year:

- 38% or 23 of the Abbott House girls had an Individual Education Plan (IEP) or a 504 Plan
- Girls at the Abbott House PRTF program earned 291.5 high school credits
- 4 girls graduated from high school



Average student to teacher ratio **10:1**

Children in the PRTF program came from 24 counties across South Dakota



1 Beadle
2 Brookings
1 Brown
1 Brule
3 Charles Mix
2 Corson
3 Davison
1 Douglas
2 Fall River
1 Hughes
1 Kingsbury
1 Lawrence
2 Lincoln
2 Meade
1 Mellette
17 Minnehaha
1 Moody
9 Pennington
1 Roberts
1 Tripp
2 Turner
3 Union
1 Yankton
1 Ziebach
60 TOTAL



Maddison Christiansen

Attended Abbott House from 2017-2018
Current Age: 23

"I was going through a really rough patch in my life when I came to Abbott House. The staff there were always so supportive and helped me understand myself in a new way. Abbott House gave me the ability and tools to handle anything life throws at me. I don't know where I would be if I hadn't been a part of the program. I'm so thankful for all the people who were and still are in my corner."

Bridging The Gap for Homeless Youth

Many organizations in our field of work are familiar with stories of children who successfully complete treatment programs but have no family or no safe place to call home. For those still in school, this can be a detrimental setback in their educational journey. To combat this, Abbott House provides foster care to 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.



Rapid City Foster Homes

2 homes for boys (12 boys)

2 homes for girls (12 girls)

52 children served in FY 23

Mitchell Foster Homes

1 home for boys (6 boys)

3 homes for girls (18 girls)

38 children served in FY 23

Statewide there were 90 foster youth served in FY 23 with an occupancy rate of 74%



Boys served in FY 23



Girls served in FY 23



74%
Occupancy Rate

Transitioning Into the Adult World

As stated before, there are many children in our programs who have no family to fall back on. 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 with a "bridge" from adolescence to adulthood. Through the Larson Independent Living Program, youth ages 18 to 21 years old have access to a safe apartment environment and a supportive network of staff. While a large piece of this program focuses on making young adults independent, there are still some requirements clients need to meet while staying in the low-cost apartments. These include meeting with the program coordinator weekly, obtaining employment or pursuing secondary education (or both), paying rent, and actively participating in the program to develop and enhance independent living skills.

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

In FY23, 19 youth
were served in the
Larson Independent
Living Program.



Boys served in FY 23



Girls served in FY 23

9 Rapid City
Young Adults Served

10 Mitchell
Young Adults Served

Parker Schatz

Attended Bridges by Abbott House from 2020-Present Day
Current Age: 20

“Living in the Bridges Therapeutic Foster Homes gave me a family when I didn't have anyone. It was a little weird living with strangers at first, but those are my parents now. I moved into the Independent Living Apartments connected to their home and I still visit them regularly. They've helped me grow into a confident adult, and I truly feel ready to start college and begin an independent life.”



How Donors Change Lives

2023 TOTAL FUNDS RAISED\$2,453,153

- Annual Fund Support\$529,642
- Capital Campaign Gifts \$833,109
(for the Sioux Falls, Mitchell and Rapid City foster homes)
- Bequests\$131,882

TOTAL GIFTS3,747

TOTAL DONORS.....1,605

- New Donors763
- Returning Donors842

**based on calendar year*

2023 Highlights

- In FY23 Abbott House children received more therapy than EVER before thanks to the increased support of the 1,605 donors.
- The Find Your Heart raffle raised nearly \$25,000 for Abbott House youth, which will provide more than 250 additional therapy sessions for young people in our programs.
- Donors supported the first annual Hitting for Hope Golf Classic and Brandon Jones benefit concert in Rapid City generating more than \$30,000 to help children in our care.
- Donors made Abbott House a priority in their estate planning following the first Estate Planning workshop Abbott House sponsored in conjunction with Western Dakota Technical College and the South Dakota Community Foundation.
- More than 30 volunteers supported Abbott House children by assisting with the Helping with Horsepower™ Motorcycle Rebuild project, serving as Community Connectors, wrapping Christmas presents, visiting monthly to play games, and many other activities.
- In November 2023, with input from numerous donors, we kicked off a capital campaign to create the first two Bridges Therapeutic Foster Homes in Sioux Falls.

Thanks for giving children hope and making dreams come true!

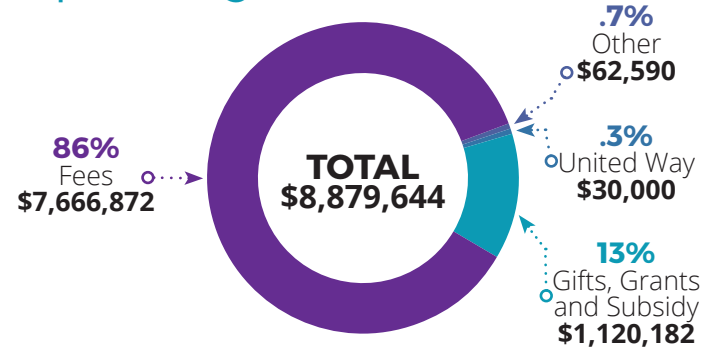
“Abbott House’s first priority is helping children who cannot help themselves, which is a cause that is very close to my heart. I can’t support every organization, so I support the organization that directly heals children and has proven its success, so my money isn’t wasted. That has always been Abbott House.”

Gopal Vyas, Long-Time Donor and Foundation Board President

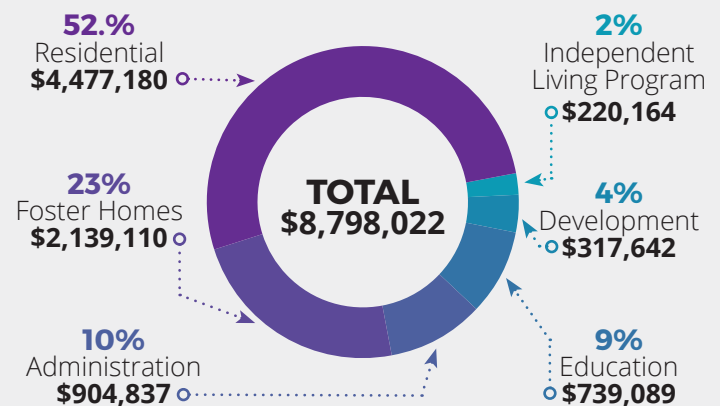


Financial Report

Operating Income FY 2023

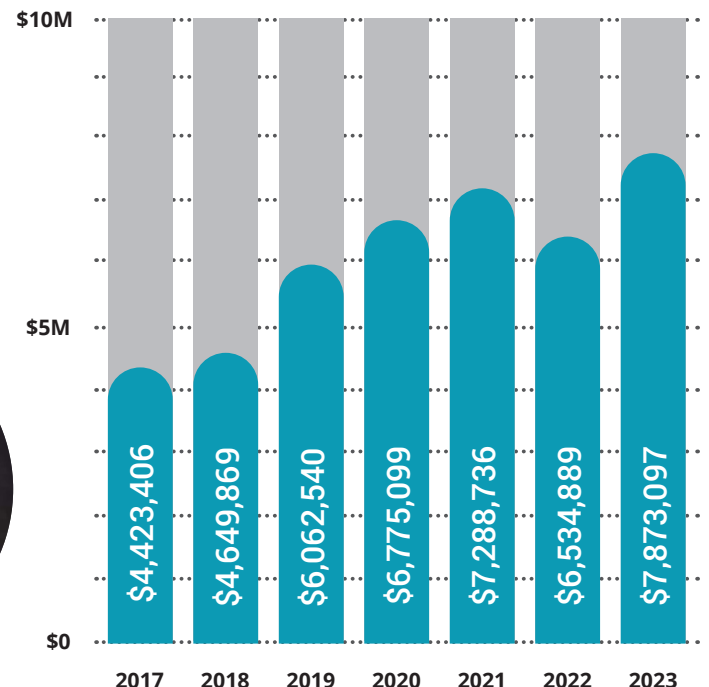


Operating Expenses FY 2023



Endowment Impact*

**Based on Calendar Year*



The Team Who Changes Lives

Our team members are key to the work we do. Abbott House has 122 staff members. Just over 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
Sarah Dittmer
Jody Kaas
Eric Klooz
Tyson Schulz
Kaye VanderHeiden

10+ Years of Service

Tonya Eilts
Faith Menning
Beatrice Nelson
Lisa Schulz
Deborah Sturdevant
Carol Weiss
Virginia Wishard Lambert

5+ Years of Service

Avery Backlund
Brandy Blair
Roger Blair
Patricia Cunningham
Caroline Kennedy
Paul Mah
Shelby Matthews
Kathleen Miedema
Kelsey Payer
Karen Riley
Tiffany Schaefer
Deanna Scott
Ashley Sedlmeier
Emily Theel
Katherine Vennard
Angela Wegner
Lanell White Eagle-Victor

Mission

Providing premier services for youth and families.

Extending Education for Staff and Alums

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.
- Eight staff members applied and received a scholarship.

Alum 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. During the 2023-2024 school year, three students applied for and received a scholarship. Scholarships are awarded through the Mary Fuchs Scholarship at the South Dakota Community Foundation and the Abbott House Ernie Peters Scholarship Fund.
- Total amount awarded during the 2023-2024 school year to Abbott House alums was \$9,000.

Board Members

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605.996.2486
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