



Ensuring access to quality, affordable mental
healthcare for thousands of Connecticut residents



Annual Report for Fiscal Year 2015 - 2016

Letter from the President and Executive Director

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Dear Friends of Greenwood's,

For the past 25 years Greenwood's has stayed true to its core mission: offering our clients prompt access to private mental healthcare providers regardless of their ability to pay, subsidizing our clients' treatment if they are not able to afford it themselves. With local opiate drug use and suicide on the rise, Greenwood's' critical mission remains unique for the promptness of its access to care unavailable in the public sector.

During the past five years Greenwood's has provided assessments and referrals, including care coordination, to nearly 3,000 individuals from 53 area towns and cities, which has provided hope for their family members as well, benefitting the well-being of an estimated 10,000 Litchfield County residents during this period.

Now our Board feels pressed to expand our mission to identify and provide early intervention for young people with mental health challenges before they might act in a destructive or self-destructive manner. Accordingly, we sought and have received grants from the Connecticut Community Foundation and generous individuals to underwrite a program with the Litchfield public schools beginning this fall where we will work with students and their families to identify those at risk and in need. Assuming the evidence-based program is the success we expect, we hope to expand it to our other towns, aiming to identify and ameliorate individuals' maladaptive social behaviors before they occur.

But none of this is possible without you, and we hope you will embrace and support our evolving mission.

Ted Bent
President

Donna Campbell, LCSW
Executive Director

This Past Year's Highlights

Achievements

- Greenwoods responded to 1261 calls for assistance, held 959 intake sessions and served 2877 people including friends, relatives and colleagues of clients.
- Clients received \$51,000 from our subsidy program which helps defray the cost of treatment for those with low incomes and/or high deductibles and co pays.
 - ➔ We rely on our Annual Appeal, foundations, our Spring fundraiser and private donors to support our subsidy fund every year.
- While the majority of our clients live in Torrington and Litchfield, we serve 30 additional towns in Litchfield County as well as several in surrounding areas.
 - ➔ Greenwoods receives support directly from the annual budgets of 11 of those towns.
- Greenwoods established as the hub of a Trauma Recovery Network for Litchfield County – supporting victims of disasters and crises and first responders.
 - ➔ Received \$10,000 from the Community Foundation of Northwest CT for second year of funding for our county-wide Trauma Recovery Network and EMDR training programs for GAPP clinicians and affiliates in Litchfield County.
- Greenwoods continues to expand GAPP – our private provider network to include clinicians with expertise with children 0-5, addictive disorders (including opiate addictions, trauma treatment, gender-specific services including treatment for post-partum depression, and psychological testing)
 - ➔ Breaking The Cycle Foundation provides generous support to Greenwoods clinical services particularly for those who have been victims of trauma and abuse.

Looking to the future...

Greenwoods will continue to grow and strengthen all of its initiatives and core referral and assessment services as well as:

- Greenwoods launched its first-ever school based mental health program in Litchfield in September 2016 to support early identification and referral for at-risk students and families.
 - ➔ \$14,000 of funding was received from the CT Community Foundation to support a school-based mental health program in Litchfield
 - ➔ And a \$50,000 challenge grant from a private donor to enhance and expand school-based services through 2017.
- Greenwoods will continue to develop its strong relations with primary care providers and intends to develop formal relationships with them, including outplacement of clinicians in their offices. The purpose is to support our clients with referrals, assessments and care-coordination services.

School Project

School Project

For many children, schools are the main or sometimes the only provider of mental health services. However, schools are not in the mental health business. To be effective, these programs must be integrated into the culture of the school itself, and not set-aside as an add on. Psychosocial and mental health problems often are major factors interfering with effective school performance of some students so schools must do more for these individuals (especially when mental health services are included in a student's special education plan). Greenwoods views schools as places where the availability of, and access to, services and those who need them can be enhanced.

With private funding and a grant from the CT Community Foundation, Greenwoods is working with the Litchfield school system and the local Prevention Council with the intent to enhance effectiveness of existing services, address problems early, reduce stigma, and fully integrate clinical and service efforts with public health and general education. The problems experienced by most youngsters are psychosocial (i.e., stem from sociocultural and economic factors) not psychopathological and often can be countered through identification and prevention.

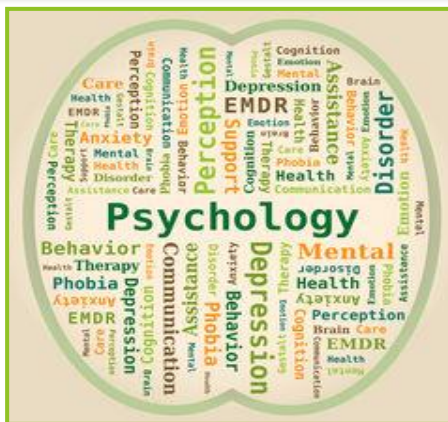
For those with serious mental health disorders, the earlier the diagnosis the better the recovery potential. Workshops will be offered to parents and faculty as well as concurrent classes with students on the same topic. Each month will headline a new issue for discussion such as cyber safety, trauma, teaching values and morals, "helicopter parents", and anxiety and depression.



Programs and Services

Greenwoods Clinical Services

Greenwoods envisions a community where all individuals, regardless of means, have access to the support resources they need to live fruitful, productive lives. Supporting individuals' wellbeing through our referral and subsidy process has a ripple effect on the wellbeing of their families and our communities. Greenwoods initiatives are an important part of building a Litchfield County that is aware of the importance of mental health and behaves accordingly, through investment in a comprehensive mental health safety net comprised of individual resources and community programming.



Since Greenwoods' establishment in 1992, our mission has been to ensure access to **quality, affordable mental healthcare** in the communities we serve. Our formula is simple: (1) We conduct a comprehensive intake interview soon after the initial phone call. (2) We refer clients to personally vetted, highly qualified private practitioners.

In this way, we expedite the therapist-match process and save clients the frustration often associated with an independent search for care. Prior to finding Greenwoods, many of our clients describe lingering for long weeks on wait lists, waiting for follow-up calls that never come, or agonizing about the financial cost of mental healthcare. Deciding to seek out therapy can be emotionally overwhelming for some, and delay makes the process even more difficult. When individuals reach out for support and find that it is not forthcoming, they may not reach out again. This is the meaning of slipping through the "treatment gap."

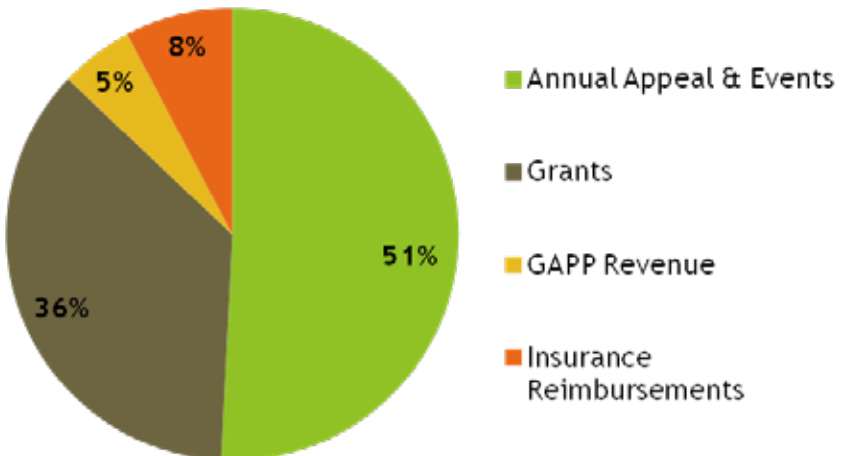
Greenwoods is committed to bridging the treatment gap. Our system prevents breakdowns in care delivery via a referral process targeted to minimize the time between initial contact, intake interview, and first session. We subsidize sessions when clients encounter significant financial barriers to care, and work with our unique network of private practitioners to negotiate sliding fee scales. Demand for our services continues to grow. During our fiscal year ending August 30, 2016, Greenwoods has received **1,261 inquiries by phone**, provided over **1,000 referrals to care** and scheduled **959 assessments**. During that same period of time, Greenwoods provided over \$50,000 in subsidy payments on behalf of clients with economic burdens.

Financial Highlights

Revenues

Annual Appeal & Events	\$154,477
Grants	\$110,229
GAPP Revenue	\$16,000
Insurance Reimbursements	<u>\$23,381</u>
Total Revenue	<u>\$304,087</u>

2015 - 2016 Revenue Breakdown

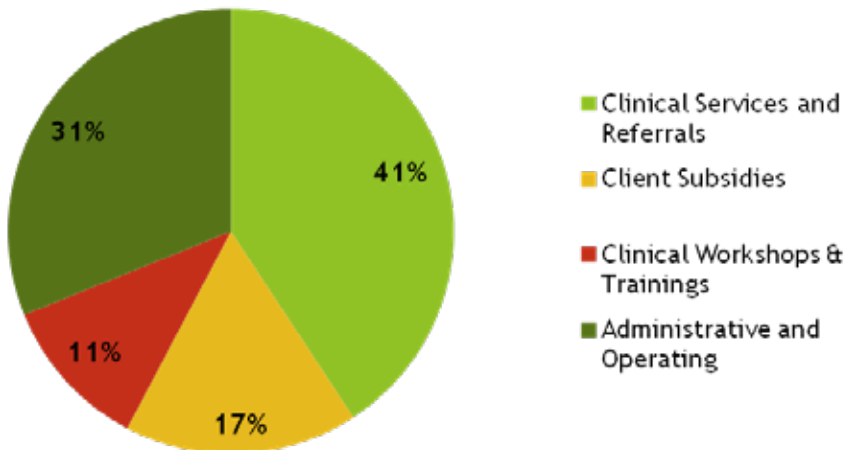


Financial Highlights

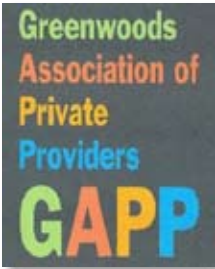
Expenses

Clinical Services and Referrals	\$123,895
Client Subsidies	\$51,597
Clinical Workshops & Trainings	\$34,000
Administrative and Operating	<u>\$94,595</u>
Total Expenses	\$304,087

2015 - 2016 Expense Breakdown



Greenwoods Association of Private Providers



Created in 2014, Greenwoods Association of Private Providers, or GAPP, has offered its clinician members 85 hours of clinical training in Eye Movement Desensitization and Reprocessing Therapy (EMDR) over the past year. Eye Movement Desensitization and Reprocessing therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma.

EMDR is a set of standardized protocols that incorporates elements from many different treatment approaches. To date, EMDR therapy has helped millions of people of all ages relieve many types of psychological stress.

This training has allowed Greenwoods to be the official chapter of the Humanitarian Assistance Project's Trauma Recovery Network (TRN) for Litchfield County. Our trained clinicians stand ready to volunteer in response to a natural disaster or crisis that requires psychological intervention.

Working with first responders across the county, GAPP members have committed their time to help heal and support them and the victims of any emergency.

Additionally, Greenwoods has offered continuing education credits for workshops that include:

- ➔ *Treatment of Eating Disorders*
- ➔ *Psychopharmacology and Treatment of Depression*
- ➔ *Western and Non-Western Views on Psychotherapy, Past and Present – Practical Applications for Clinicians*
- ➔ *When Being in Two Places Isn't Enough – The Dilemma of the Working Family*
- ➔ *Child Psychiatry: An Overview.*

Events and Fundraisers

Greenwoods Presents “Swing Into Summer”

Our primary benefit was a very successful garden party aptly called “Swing Into Summer” held at the beautiful Hollister House Gardens in Washington, CT,



thanks to the cooperation and generosity of George Schoellkopf. The evening honored long-time board Member Edwina Millington who has been Greenwoods’ most energetic, committed and effective advocate for over twenty years. After joining the Board in the mid- 1990’s, Edwina provided the leadership that created the Litchfield County Antiques Show. That event grew over sixteen years from its modest beginnings at Forman School in 1999 to one of the county’s most eagerly anticipated and successful social events of the season, moving next to the Goshen Fairgrounds and finally to the Kent School. Edwina’s single-minded and dedicated commitment to Greenwoods’ mission has enabled thousands in Litchfield County to receive family-critical mental healthcare, thousands who otherwise might have had to go without care. Not only does Greenwoods owe Edwina a great debt, but so do the many individuals and families whom her dedication has helped along the way.



**Trustee and Honoree, Edwina S. Millington
and Board President, Ted Bent**



**Long time supporter, Kirsten Peckerman
and Board Secretary, Jane Havemeyer**

Photos by Wendy Carlson Photography

Conversations on the Green

Greenwoods is also fortunate to be one of the charitable beneficiaries of Washington’s popular *Conversations on the Green* series of debates and presentations. Greenwoods extends its deepest gratitude to COG for supporting our mission.

Event Sponsors and Local Business Support

Greenwoods is a busy, vibrant organization with a very bright future. In the coming year, we hope to build ever stronger partnerships with the town leaders who represent our clients. Our growth is made possible by the incredible generosity of the individuals who participate in our Event, Annual Appeal, and the support of the following sponsors:

Event Sponsors

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- ❖ Pergola
- ❖ Washington Cleaners
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- ❖ Washington Health Center & Pharmacy

Greenwood Counseling Referrals, Inc. would like to thank the following businesses and individuals for their invaluable assistance and generosity:

- ❖ Kent Wine & Spirit
- ❖ Barbara Gold, Mission Branding
- ❖ Bonni Manning Catering, Inc.
- ❖ Lisa Moody
- ❖ Joan Morosani
- ❖ Photo Arts Printing Company
- ❖ George Schoellkopf
- ❖ Wendy Carlson Photography

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Greenwoods offices for 25 years.

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