



Hannah's House

2022 Impact Report

Mental health for children, teens, adults & families
since 2010

Dear Hannah's House Friends,

When I think back to 2022 and all of the ways we were able to serve our community, it brings a smile to my face. While, in an ever-changing world, there are always challenges and shortages to navigate, Hannah's House has made huge strides in reducing barriers and stigma around mental health services. I am proud to share our 2022 Impact Report, that outlines our recent efforts and hopefully leaves you with a message of hope and encouragement. No, there aren't enough services to reach everyone who needs individual therapy but, Hannah's House and our partners are working tirelessly toward the goal of ensuring that all who are in need in our community and beyond are supported.

We've recently increased our team to include two pre-licensed clinicians and a psychiatric nurse practitioner. Like our existing therapists, these are all highly skilled, compassionate professionals who care deeply for each person they serve. We've worked with the VT Office of Professional Regulation to reduce barriers for new or relocated mental health providers seeking licensure in Vermont. We have sponsored four separate therapy groups, hosted a weekly "Walk & Talk" group and, brought several new programs into our schools including teen empowerment, Iyengar Yoga, Yoga Nidra, mindfulness/meditation, group drumming and therapy dog visits which touched so many lives. We've partnered with other community organizations for the second year to bring wellness opportunities to all of our hardworking school staff and brought 'Sexploitation' author Cindy Pierce to our community to educate students and parents about navigating technology/social media.

Hannah's House is a grassroots organization dedicated to identifying barriers of access to mental health services and taking a strategic approach to remove them. Our work wouldn't be possible without the generosity of partners like you over these past 13 years, and we are beyond grateful. We know that with your continued support, no child or family will have to be without the support they need in a time of challenge or crisis.

With deep appreciation,

Chrissy Rivers
Executive Director



Your Donations At Work

In response to the growing need for mental health support and education in our community, we partner with trusted providers to offer programs and educational opportunities that serve those in need in the Mad River Valley and Waterbury areas. Our therapeutic, educational and outreach programs are available to the community at no cost because of the generosity of our donors. Together, we are ensuring that no one is without support in their time of need.



Education & Awareness

- Coordinated local Youth Mental Health First Aid Certification Class
- Offered Teen Empowerment Series for middle school girls
- Sponsored parent/middle school educational presentations and viewings on relevant issues facing youth
- Offered year-round youth enrichment programs



Community Outreach

- Provided a year-round, weekly "Walk & Talk" group for community members
- Supported numerous wellness programs in local schools including the following:
 - + 3-Month weekly wellness series at Harwood Union High School
 - + Group drumming series at Moretown Elementary and Crossett Brook Middle School reaching 180+ students
 - + Weekly student yoga at Brookside Primary School
 - + District wide teacher appreciation project including yoga and on-site chair massage for all school staff
 - + Local wellness practitioners for teacher professional development day to support their wellbeing
- Sponsored weekly therapy dog visits in all our schools
- Offered free gun locks for community members
- Attended Youth Mental Health Crisis Town Hall meeting with Sen. Sanders
- Presented to our local Rotary
- Connected people to additional services in community

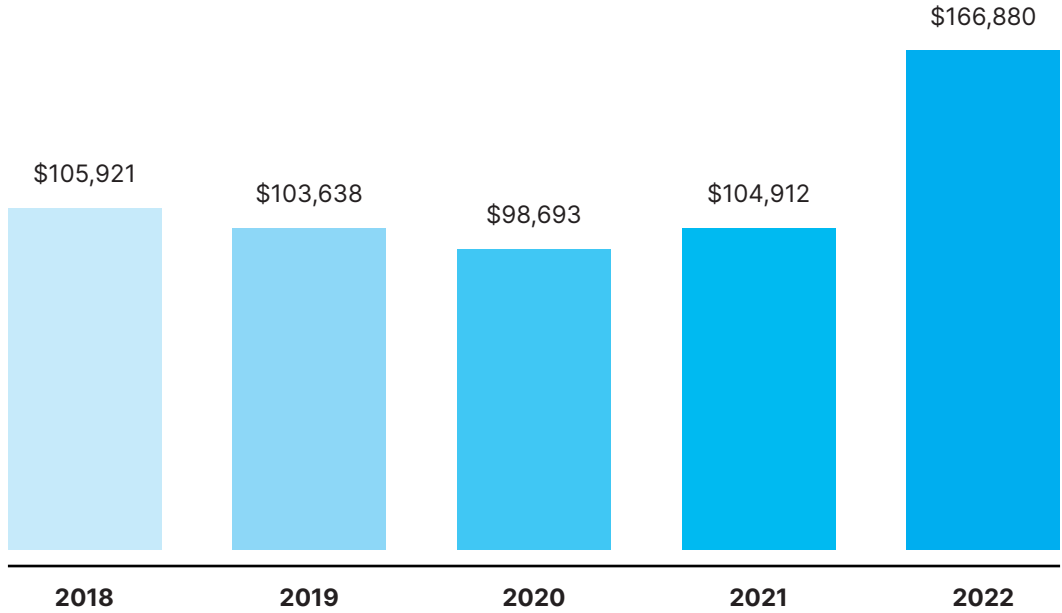


Access to Therapy

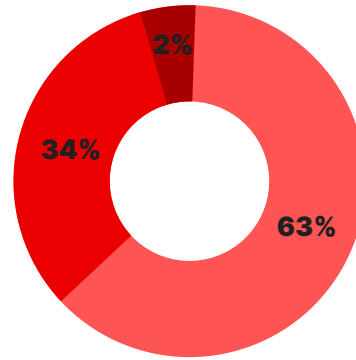
- Hannah's House's therapists provided 3,580 individual therapeutic sessions
- 88 hours of donated time from Hannah's House's therapists
- Offered both Conscious Parenting Series and Transforming Anxiety Therapy Group Series to the community
- Referred callers to other therapists when ours had reached capacity
- Operated a Verilux Light Therapy program for seasonal depression
- Contracted with a psychiatric nurse practitioner for therapist consultations
- Provided annual stipend for therapists' continuing education
- Attracted licensed therapists to the Mad River Valley/Waterbury area by providing office space, internet access, collegial team, financial assistance for uninsured clients, compensated child therapists for unpaid non-therapy session time.
- Supported therapists that provide supervision to pre-licensed clinicians in order to add to our team of affiliated therapists and meet growing demand for services.

On The Move

Hannah's House Budget Growth



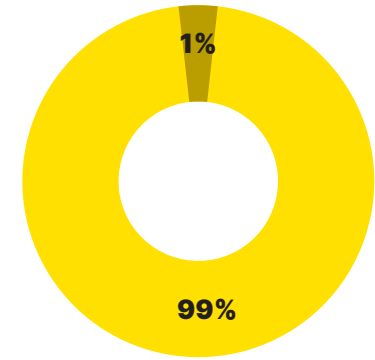
2022 Finances



Assets

Current Assets	—————>	\$187,287
Future Assets	—————>	\$101,442
Fixed Assets	—————>	\$6,696

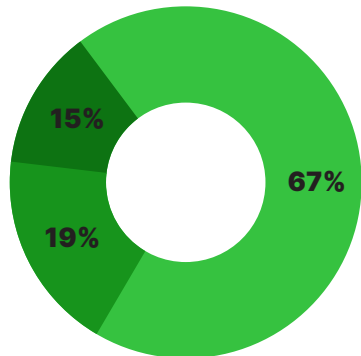
Total Assets —————> **\$295,425**



Liabilities & Equity

Current Liabilities	—————>	\$4,096
Long Term Liabilities	—————>	\$0
Equity	—————>	\$291,329

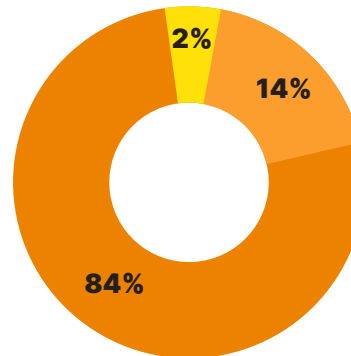
Liabilities + Equity —————> **\$295,425**



Revenue

Individual Donations	—————>	\$111,441
Corporate Donations	—————>	\$31,122
Foundations & Grants	—————>	\$24,317

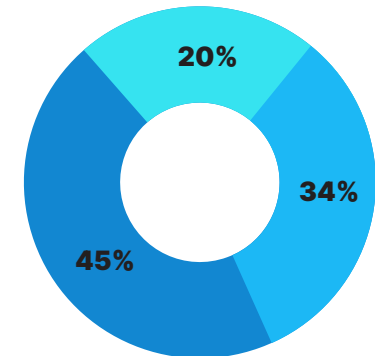
Total Revenue —————> **\$166,880**



Operating Expenses

Fundraising	—————>	\$2,384
Administration	—————>	\$16,427
Program Expenses	—————>	\$95,834

Total Expenses —————> **\$114,645**



Program Expenses

Therapy Financial Asst.	—————>	\$19,488
Community Programs	—————>	\$32,749
Facility Support	—————>	\$43,597

Total Expenses —————> **\$95,834**

Community Outreach



Our Therapists



Gary D. Frankel,
LICSW

Gary D. Frankel, LICSW Gary specializes in working with adolescents, young adults and families that are experiencing anxiety, depression, substance abuse, and identity issues. Gary's therapeutic approach is based on a relationship building model steeped in motivational enhancement and cognitive behavioral therapies. His style can be described as engaging, creative and solutions focused.

Gary has a Master's in Social Work Degree from the University of Vermont. He currently holds a Vermont State License for Clinical Social Work and is on the path toward becoming a Licensed Alcohol and Drug Counselor (LADC).



Hayley Hamilton,
LICSW, LADC

Hayley Hamilton, LICSW, LADC has experience working with a wide spectrum of individuals who may be struggling with a variety of mental health and/or substance use issues. Hayley enjoys helping clients look at the patterns of behavior in their own lives and utilizing compassion and non-judgment, she is able to help identify patterns that may no longer be working and help remove obstacles to change. She uses a combination of therapies including psychodynamic, cognitive behavioral, dialectical behavioral therapy, motivational interviewing, mindfulness/meditation, acceptance and commitment therapy and emotionally focused therapy for families and couples. She received her MSW from Hunter College in NY.

“

...Finding quality therapists who have availability is absolutely getting more and more challenging as time goes by, and I do not know what we would do to fill the growing need if it were not for Hannah's House.

”

Tom Drake

Former Principal at Crossett Brook Middle School, Duxbury, Vermont

Our Therapists



Heidi Robbins

Heidi has experience working with children, adolescents, and young adults with a range of mental health challenges including grief and loss, depression, anxiety, LGBTQ+, trauma, ADHD, sports performance anxiety, and athletic injury recovery. She uses a trauma-informed framework that incorporates elements of humanistic therapy, cognitive behavior therapy, play therapy, and sport psychology. In addition to her full caseload, Heidi provides supervision to pre-licensed therapists. Heidi is licensed in Vermont as a Psychologist Master.



Louise Rosales
APRN

Louise is a new addition to Hannah's House. Louise is a board certified family nurse practitioner, who holds a second board certification in adult psychiatric and mental health. She completed her B.S. and M.S.N at Fairfield University, and a post-master's certificate at the University of Vermont in 2007. In 2018 she completed her Doctorate in Nursing Practice (DNP). She has practiced in college health for 21 years and since 2007, has also been working in a private psychiatric practice.

“
The support that was offered to our family through the Hannah's House Foundation made a significant difference in helping us through a crisis. The expertise of the individuals that offered us guidance and support was extraordinary...

”

Mad River Valley Resident

Our Therapists



Catherine Hirce

Catherine Hirce is the newest therapist to join Hannah's House. She is a non-licensed psychotherapist, working under the supervision of Heidi Robbins.

Catherine has experience working with children and adolescents experiencing anxiety, depression, trauma, ADHD, learning disabilities, social challenges, and grief and loss. She has a special interest in working with mothers as they adjust to the significant challenges that can affect them in pregnancy, post-partum, and through the many stages of motherhood. She also enjoys helping individuals through major life changes such as separation and divorce, job loss, illness, moving, or death of a loved one.

Catherine recently completed her Masters to become a Clinical Mental Health Counselor in the state of Vermont. Catherine received a Masters in Therapeutic Interventions and a School Psychology certification from Fordham University.



Katie Fennelly

Katie joined Hannah's House as an intern in 2022 and is now a non-licensed psychotherapist working under the supervision of Heidi Robbins. Through her work with children, adolescents, and young adults she has grown passionate about supporting an array of mental health challenges including depression, anxiety, trauma, identity, affirming LGBTQ+ care, and support through experiences of gender-based violence. Graduating from Antioch University in 2023 with a Master of Art in Clinical Mental Health Counseling and Certificate in Trauma Counseling, Katie approaches her practice holistically from an IFS-informed combination of existential and narrative therapies, drawing in elements from play and art therapies when appropriate.

“
The support Hannah's House provided last calendar year to a couple of our students was amazing. We have received feedback that they thrived in the settings.
”

School Counselor at Waitsfield

Referring to our sponsoring a student to attend Sculpture School. January 2022.

Our Therapists



Moose

Moose is an important addition to the Hannah's House team as an emotional support animal. He has been training as an assistant therapist since he was 8 weeks old. Moose is a 4 year old Bernese Mountain Dog. His therapeutic skills include unconditional love, co-regulation, grounding, and attunement. Moose welcomes each client with a warm presence and a wagging tail. He will cuddle on the couch or snooze through the session depending on the client's desired level of engagement with this lovable large breed dog.

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Thank You!

Hannah's House would like to recognize all of our 2022 donors, who helped to make our work possible. Thank you all for your support!

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Thank You!

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Hannah's House would like to recognize the following partners, who have been exceptional supporters of Hannah's House over the past 13 years. Thank you for helping make our work possible.

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Dear Supporters



Dear Hannah's House Supporters,

In 2010 Hannah's House was launched with a \$4,000 donation from a fundraiser and enthusiastic support from Hannah's family, friends, and the Mad River Valley Community. It began with one incredible therapist who was also the part-time executive director, eleven dedicated Board Members, and generous consultants. To see how Hannah's House has grown and been embraced by this community is amazing, and I am immensely grateful.

When my lovely daughter, Hannah, began exhibiting signs of mental distress in high school, I drove for hours trying to find her help. As her diagnosis and torment spiraled throughout college, I was consumed by my lack of knowledge and ability to assist her. Finally, during Hannah's last year I was able to connect with a wonderful therapist, who when Hannah died, saved my life.

The impact of connecting with a good therapist brought home the vital necessity of accessible, affordable mental health care. Hannah's House is still growing to meet the needs of our community and serve those seeking therapy, but nothing makes me happier than realizing our local community members and students know they have a place to get help, with no shame and friends to support them. When both Harwood Hockey teams donned Hannah's House shirts for benefit games, I felt Hannah cheering them on. And so do I, along with our magnificent, generous donors.

Gratefully,
Cindy Bedford Carr

Locations



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Waitsfield, VT**



**141 South Main Street
Waterbury, VT**

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