



Hannah's House

2024 Impact Report



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



Dear Friends,

Over the past four years, I have had the privilege to be on the board of director's with some very compassionate, dedicated and selfless people. From our founder, Cindy Carr, to our executive director, therapists, consultants, and fellow board members, I am constantly reminded of how much need there is for mental health services. The continued trauma, grief, stress and anxiety is found in every corner of our world, but with the work of Hannah's House, step by step we can start to heal and empower those who need it most with knowledge, skills and a belief in themselves.

As we enter the 15th year of Hannah's House, we are excited and optimistic. Cindy has been boots on the ground since the commencement and will still continue to be an important part of Hannah's House. I'm humbly stepping into those huge boots of board president with the missions of providing access to quality mental health to our communities and continuing to build awareness of Hannah's House.

Through the support of our generous donors, we were able to increase our therapeutic services in our Waitsfield and Waterbury offices. We continued to offer many community-based programs as well as maintaining connections with local elementary, middle and high schools. Our presence at two high profile benefit concerts also heightened awareness of Hannah's House.

As we wrap up 2024, we invite you to invest in your community and help our mental health resources continue to grow and thrive. Together, we will have a much healthier and stronger community.

On behalf of all of us at Hannah's House, we thank you for your generosity and continued support.

Gratefully,
Patti Kaufmann
President, Board of Directors



Dear Friends,

We've experienced a few shifts in the 2023-2024 season here at Hannah's House although things have remained steady and strong. Our founder and longtime Board President Cindy Carr transitioned into an Emeritus role and handed the leadership reins to our new Board President, Patti Kaufmann. Patti is a perfect fit in her new role, stepping into all aspects with knowledge and grace while maintaining her connection with Cindy. We've gained an affiliation with a local therapist specializing in treating trauma utilizing the modality of EMDR (eye movement desensitization reprocessing). One of our dedicated therapists retired and three pre-licensed therapists came on board under the supervision of our Psychologist-Master, Heidi Robbins. The entire team at Hannah's House believes it is imperative to support these locally based, incoming clinicians as they navigate the often-challenging waters toward attaining their State of VT licensure.

Our educational offerings and in-school programing remain a crucial part of our goal to provide valuable tools and strategies to achieve and maintain emotional wellbeing throughout common challenges, i.e. anxiety, body image/diet culture, social media dangers. Financial assistance funding for individual therapy is currently 40% higher than this time last year, which tells its own story about the challenges our neighbors are facing with the increasing costs of health insurance premiums, property taxes, groceries, etc... As always, our primary focus remains on our mission of providing access to high quality mental health services in the Mad River Valley and Waterbury areas. Because of your support, our therapists provided over 3,400 individual therapy sessions in 2023 and over 3,500 sessions in 2024. It brings me great joy to report that we are able to meet the needs of the vast majority of requests for therapeutic services, regardless of the ability to pay.

With gratitude for our community,
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.

Access to Therapy

- ▶ Provided over 3,500 individual therapeutic sessions
- ▶ Increased financial assistance by over 40% for our most vulnerable neighbors
- ▶ Contracted with a psychiatric nurse practitioner to better navigate the changing world of pharmacology pertaining to mental health
- ▶ Collaborated with an experienced local clinician to provide EMDR therapy (eye movement desensitization reprocessing) to help clients living with PTSD
- ▶ Provided Neuroptimal neuro-feedback sessions
- ▶ Operated a Verilux Light Therapy program for seasonal depression

Retain and Attract New Therapists

- ▶ Expanded our available therapeutic space by over 100% at our Waterbury location
- ▶ Compensated therapists for approximately 100 hours of unpaid non-therapy session time
- ▶ Provided professional supervision and continuing education to pre-licensed clinicians
- ▶ Provided financial support for therapists' continuing education
- ▶ Solicited State Legislators for improved new therapist licensing requirements

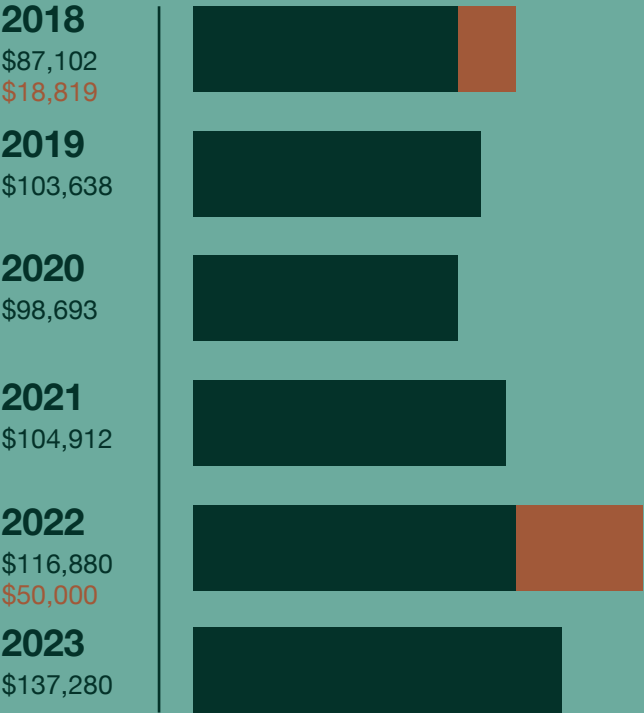
Education, Awareness and Prevention

- ▶ Collaborated with The Kahm Center for Eating Disorders on diet culture and body image
- ▶ Organized the "Anxious Nation" documentary screening and therapist-led discussion
- ▶ Promoted the "Conscious Parenting" and "Silver Circles" support group series
- ▶ Participated in the action village at the DoGood Fest & Noah Kahan's VT concert
- ▶ Provided a year-round, weekly "Walk & Talk" group for community members
- ▶ Participated in the Harwood Wellness Fair and coordinated the local Mental Health First Aid Certification Class
- ▶ Distributed free Narcan Kits, Fentanyl Test Strips and Gun Locks to the community
- ▶ Hosted a Mental Health Awareness Walk & Open House

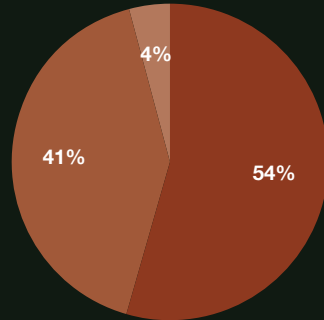
On The Move

Hannahs House Budget Growth

■ Donations ■ Endowment Contributions



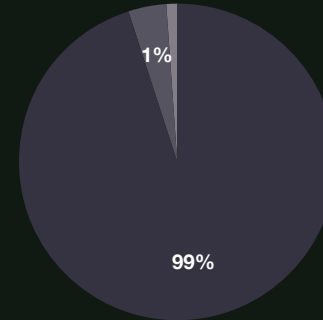
Budgeted Finances 2024



Assets

Endowment	\$112,152
Current Assets	\$85,122
Fixed Assets	\$9,223

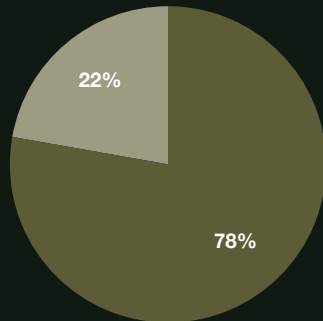
Total Assets \$206,497



Liabilities & Equity

Equity	\$206,104
Current Liabilities	\$393
Equity	\$0

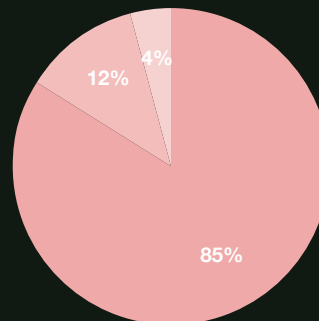
Liabilities + Equity \$206,497



Revenue

Donations	\$110,000
Grants & Other	\$31,000

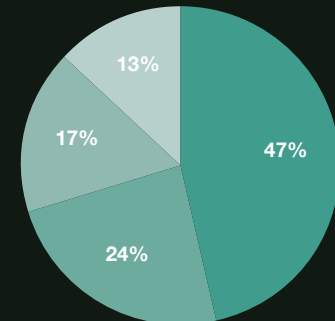
Total Revenue \$141,000



Operating Expenses

Program Expenses	\$119,470
Administration	\$16,530
Fundraising	\$5,000

Total Expenses \$141,000



Program Expenses

Facility Support	\$55,602
Therapy Financial Asst.	\$28,552
Therapist Development	\$20,287
Community Programs	\$15,028

Total Expenses \$119,470

Community Outreach



Our Therapists



Gary D. Frankel
LICSW

Gary joined Hannah's House in 2014 as an affiliate working with adolescents, young adults and families that are experiencing anxiety, depression, substance abuse and identity issues. Working for almost 30 years as a social worker and mental health counselor, Gary holds a Vermont State License for Clinical Social Work. Gary specializes in working with adolescents, young adults and families that are experiencing anxiety, depression, substance abuse, and identity issues. "Young adults, individuals and families face many complex challenges today and taking care of their mental health should be as much of a priority as their physical health. I believe that the therapeutic process should be client centered and based on unconditional acceptance and connection." 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.

Away from work, Gary enjoys being in nature, playing guitar in a local band, working on and driving his old VW, seeing live music, and spending time with his family and friends. Gary has worked as a social worker and mental health counselor for over 20 years in both private and public service settings. He is contracted by the local school district and spends time at both Harwood Union High School and Crossett Brook Middle School working with individual students and running groups. Gary has a Master's in Social Work Degree from the University of Vermont.



"I thought I'd be broken forever but now I'm experiencing times of peace, clarity and calm. I have tools that work thanks to our work together."

- Community member



Heidi Robbins
MA, Licensed Psychologist

Heidi earned her Bachelors of Arts in Psychology at Saint Lawrence University and her Masters in Clinical Psychology at Saint Michael College. She joined Hannah's House in 2018 after gaining 5 years of valuable experience as an outpatient therapist at Washington County Mental Health. Since becoming licensed in 2016 she has been providing support to student-athletes as a sport psychology consultant. In her role at Hannah's House, Heidi began supervising pre-licensed clinicians in 2022 to increase access to mental health services for children and families of the Mad River Valley.

Heidi works with children, families, and adults using a variety of clinical approaches including Internal Family Systems and Play Therapy. Her trauma-informed practice rooted in attachment theory and developmental psychology. Heidi has experience working with issues including trauma, loss, grief, identity, anxiety, depression ADHD, LGBTQ+, and other emotional and behavioral challenges. Heidi uses a strengths based approach to help clients connect with their internal resources to build healthy relationships from the inside out.

Heidi is passionate about sport and exercise. She grew up ski racing in Vermont and attended Killington Mountain School. In spite of several knee surgeries Heidi's skiing career culminated in participating in NCAA skiing at both St. Lawrence University and St. Michael's College. She coaches ski racing at Cochran's on the weekends and provides mental health and sport psychology consulting services for student-athletes at Okemo Mountain School during the winter.



Catherine Hirce

Catherine earned a Bachelors of Arts in Psychology from Fairfield University. She went on to earn a Masters in Therapeutic Interventions and Certificate in School Psychology from Fordham University. Catherine worked as a school psychologist and counselor for children and adolescents for several years in NJ. Recently, she completed her Masters in Clinical Mental Health Counseling to be licensed in the state of Vermont. She is working under the supervision of Heidi Robbins, licensed psychologist, while she works toward her 3,000 supervision hours.

Catherine has experience working with children, adolescents, and adults who may be struggling with mental health issues. She sees clients in the Waterbury office location using various therapies including psychotherapy, cognitive behavioral, play therapy, internal family systems therapy, and acceptance and commitment therapy. She has worked with individuals who struggle with ADHD, anxiety, depression, PTSD, grief and loss, stress management, divorce and family adjustment issues, and postpartum anxiety and depression.

She uses a client-centered approach as she creates a supportive and nonjudgmental environment that allows the client to explore their emotions, identify behavior patterns, and evaluate whether their coping skills are currently serving them. Clients work with Catherine to resolve any trauma from their past and develop healthier lifestyles and relationships with others. She enjoys learning about her clients and bringing in elements that they respond to, including nature walks, mindfulness, breathwork, arts and crafts, and music.



“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



Katie Fennelly

Katie officially joined Hannah’s House in 2023 after graduating from Antioch University, where she earned a Master of Art degree in Clinical Mental Health Counseling and certificate training in trauma studies. She began working with us in 2022 as an intern.

With her compassionate presence Katie supports children, adolescents, and adults experiencing an array of challenges including anxiety, depression, trauma, grief and loss, emotional dysregulation, LGBTQIA+ experiences, and support for those affected by intimate partner violence or gender-based violence. Her trauma-informed practice is rooted in humanistic approaches that include polyvagal theory and internal family systems theory, cultivating individual empowerment within the context of the systems that surround us. As a creative individual herself, Katie often brings metaphor, art, and somatic practices into her sessions while centering the individual needs of those she works with. She is working under the supervision of Heidi Robbins, licensed psychologist, while she works towards her 3,000 supervision hours.

Katie came to the Mad River Valley from the coast of Maine in 2017 to spend more time in the mountains, as she finds this time in nature fills her cup. Whether that is on the trails, in the river, or in her garden you’ll find her little dog Squash by her side.



Louise Moon Rosales
DNP, APRN, FNP-BC, PMHNP-BC

Louise attended Fairfield University for her BS and MSN degrees, and the University of Vermont for her Post Master’s Certificate and Doctorate of Nursing Practice. She has been a consultant to Hannah’s House since 2023. In addition to her work with Hannah’s House, Louise works in a private psychiatric practice, which is embedded in a patient centered medical home, and she is the Medical Director of a DBT based Intensive Outpatient Program. Louise loves to hike, and recently became an “end to ender” of the Long Trail.

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



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 5 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

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. We are now beginning our 15th year with a talented new President, Patti Kaufmann, an incredible executive director, Chrissy Rivers, an extremely dedicated staff and board, and the same mission we began with: provide local, quality mental health care to all regardless of one's ability to pay.

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 expanding 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. To see how Hannah's House has grown and been embraced by this community is amazing, and I am truly grateful.

Thank you,
Cindy Bedford Carr
Founder

Our Locations



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Waitsfield, VT**



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Waterbury, VT**

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