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

Hannah's House

2026 Impact Report





A Letter from Our Executive Director

Dear Friends,

It's hard to believe we are in our 17th year! Looking back as far as our electronic records go (2018), Hannah's House therapists have provided over 35,000 individual therapy sessions and over 700 hours of donated time! One can only imagine how much of a positive impact these devoted therapists have had on our community's collective mental health since 2010. To this day, our primary focus continues to be providing access to high-quality mental health services in the Mad River Valley and Waterbury areas. That includes providing over $20,000 in financial assistance so that our under/uninsured neighbors receive the therapeutic services they need. In addition to direct services, we provide educational outreach several times annually as well as identify ways to support the mental health of our local youth. Because of your support, our eight therapists have provided over 4,000 individual therapy sessions this year. 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 services in our community, we have expanded our team of clinicians in both the Mad River Valley and Waterbury. Our therapeutic team as well as our board of directors have worked hard over the past 16 years to better meet the need for local services. Together, we are ensuring that no one is without support in their time of need.

Access to Therapy

- Provided over 4,000 individual therapeutic sessions
- Over $20,000 of reduced-cost/free therapeutic sessions
- Contracted with a psychiatric nurse practitioner to better navigate the changing world of pharmacology pertaining to mental health
- Provided specialized EMDR modality to treat clients living with PTSD
- Provided NeurOptimal neuro-feedback sessions
- Created and operated the “After School Cafe” for high school students with free access to therapists

Retain and Attract Therapists

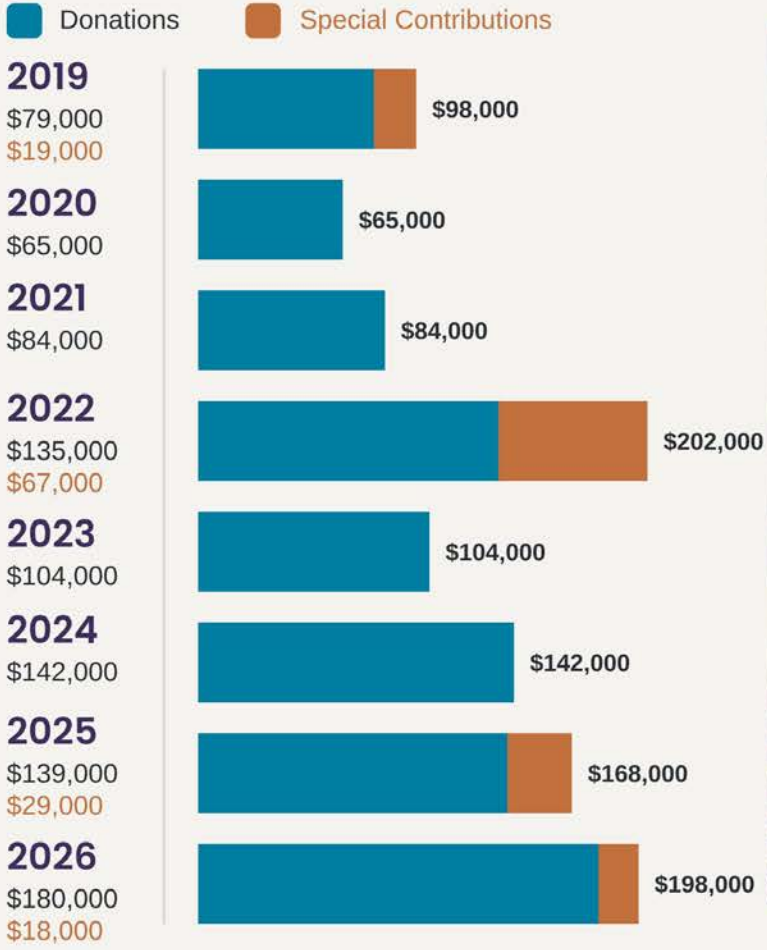
- Compensated therapists for more than 100 hours of unpaid clinical work
- Heidi Robbins provided clinical supervision to four pre-licensed therapists
- Provided financial support for therapists’ continuing education
- Provided financial support to defray billing expenses

Education, Awareness and Prevention

- Provided free monthly community grief group with Rachel Wylie-Fenton
- Provided month-long free “Waterbury Wellness” series
- Sponsored multiple “Conscious Parenting” educational series
- Shared information by tabling at National Life Foundation’s Do Good Fest, Morefest, American Foundation for Suicide Prevention Walk, Waterbury’s Volunteer Fair, Sugarbush Resort’s Community Day, Noah Kahan’s Folk & Fairway Event
- Presented on mental health at Lawson’s Finest Liquids All-Hands Meeting
- Provided therapist panel for two community screenings of “Gone Guys” locally
- Created and operated the “After School Cafe” for high school students
- Distributed free Narcan kits, Fentanyl Test Strips, Gun Locks and Happy Lights within the community
- Provided mental health support at local schools when requested
- Provided access to a therapy dog

On The Move

Hannah's House Revenue Trend





Fiscal Year 2026

Year-end financials as of September 30, 2026

$200,654
Total revenue

$187,917
Total operating expenses

$271,000
Total assets

Revenue
$200,654



Donations $129,914 · 65% Grants & Other $70,740 · 35%

Operating Expenses
$187,917



Program Expenses $159,091 · 85% Administration $21,877 · 12% Fundraising $6,949 · 4%

Program Expenses
$159,091



Facility Support $52,672 · 33% Therapy Financial Asst. $46,453 · 29% Community Programs $31,921 · 20%
Therapist Development $28,044 · 18%

Assets
$271,000



Endowment $149,000 · 55% Current Assets $113,000 · 42% Fixed Assets $9,000 · 3%

Liabilities & Equity
$271,000

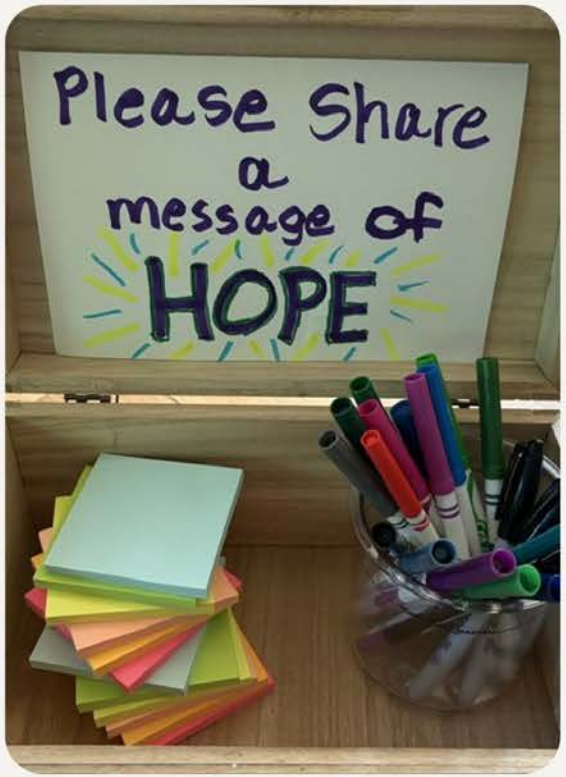


Equity $270,000 · 100% Current Liabilities $1,000 · <1% Long Term Debt $0 · 0%

Community Outreach















Our Therapists



Heidi Robbins

MA, Licensed Psychologist

Heidi earned her BA in Psychology at St. Lawrence University and her Master's in Clinical Psychology at Saint Michael's College. She joined Hannah's House in 2018 after five years as an outpatient therapist at Washington County Mental Health, and has supervised pre-licensed clinicians here since 2022. Heidi works with children, families and adults using Internal Family Systems and Play Therapy in a trauma-informed practice rooted in attachment theory, addressing trauma, grief, identity, anxiety, depression, ADHD and LGBTQ+ concerns. A former NCAA ski racer, she coaches at Cochran's and consults with student-athletes on sport psychology.



Gary D. Frankel

LICSW

Gary has worked as a social worker and mental health counselor for nearly 30 years and holds a Master's in Social Work from the University of Vermont and a Vermont license in Clinical Social Work. Since joining Hannah's House in 2014, he has specialized in adolescents, young adults and families facing anxiety, depression, substance use and identity issues. His relationship-based approach draws on motivational enhancement and cognitive behavioral therapies, and his style is engaging, creative and solutions-focused. Gary also works with students at Harwood Union and Crossett Brook. Away from work, he plays guitar in a local band and tinkers with his old VW.



Catherine Hirce

LCMHC

Catherine earned a BA in Psychology from Fairfield University, a Master's in Therapeutic Interventions and Certificate in School Psychology from Fordham University, and a Master's in Clinical Mental Health Counseling. After several years as a school psychologist in New Jersey, she now sees children, adolescents and adults in our Waterbury office for ADHD, anxiety, depression, PTSD, grief, family transitions and postpartum concerns. Her client-centered approach draws on CBT, play therapy, Internal Family Systems and ACT, often weaving in nature walks, mindfulness, breathwork, art and music.

"Listen, what you and your organization do is a tremendous service. There are so many non-profits in the area, but there really are only a few that make an actual difference in people's lives and have a broad reach throughout the Valley. It's hard being a kid these days, and HH's continued presence and support for them is so enormously important."

- Ed Read, Mad River Garden

Our Therapists



Katie Fennelly

LCMHC

Katie began at Hannah's House as an intern in 2022 and joined the team in 2023 after earning her Master's in Clinical Mental Health Counseling, with certificate training in trauma studies, from Antioch University. She supports children, adolescents and adults facing anxiety, depression, trauma, grief, emotional dysregulation, LGBTQIA+ experiences, and intimate partner or gender-based violence. Her trauma-informed, humanistic practice draws on polyvagal theory and Internal Family Systems, often bringing in metaphor, art and somatic work. 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 earned her BS and MSN at Fairfield University and her Post-Master's Certificate and Doctorate of Nursing Practice at the University of Vermont. She has consulted with Hannah's House since 2023. Louise also works in a private psychiatric practice embedded in a patient-centered medical home and is Medical Director of a DBT-based Intensive Outpatient Program. She loves to hike and recently became an "end to ender" of the Long Trail.



Jeremy Silcox

MSW, LICSW

Jeremy grew up in Shelburne, VT, and joined Hannah's House in January 2025 after relocating from Jackson, WY, where he spent over 30 years as a youth counselor and Licensed Clinical Social Worker. He supports clients facing anxiety, depression, self-harm, suicidal thoughts, substance issues, trauma and ADHD. Rooted in a humanistic, strengths-based and trauma-informed approach, he draws on CBT, Internal Family Systems, collaborative problem solving, adventure therapy and structural family therapy. Outside the office, Jeremy skis, bikes, gardens, practices tai chi and follows Liverpool Football Club.

"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



Ben Jefka

MSW, LICSW, MS

Ben earned a Master of Social Work and a Master's in Outdoor Education, with a specialty in Adventure Therapy, from the University of New Hampshire. He works mostly with adolescents and their families and also enjoys working with adults. His experience includes a therapeutic group home in Jackson, WY, and case management for families navigating DCF and family court. Ben is also a School-Based Clinician at Stowe Middle/ High School for Lamoille County Mental Health Services, where he mentors new school-based therapists. He lives in Montpelier with his wife and two young sons, and they love to ski and rock climb.



Margo Arneberg

Pre-LIC, Rostered Psychotherapist

Margo earned her bachelor's in psychology from the University of Vermont, a master's in cognitive neuroscience from the University of Oslo, where she studied how childhood adversity affects brain development, and a master's in clinical social work from Columbia University. Her experience spans child welfare, psychiatric hospitalization, and families navigating trauma, anxiety, depression, loss and behavioral challenges. With a holistic, strengths-based approach, she helps children build resilience and coping skills through play and art therapy, CBT, somatic practices, mindfulness and parent support. Margo works primarily in our Waterbury office.



Natalia Zawistowska

Pre-LIC, Rostered Psychotherapist

Natalia earned her BA in Psychology at Monmouth University and her Master's in Applied Clinical Psychology at Pacific University. She works with children, adolescents and their parents navigating anxiety, depression, ADHD, PTSD and family conflict. Using a client-centered approach grounded in Child Centered Play Therapy and Cognitive Behavioral Therapy, she creates a secure, nonjudgmental space where clients build coping and emotional regulation skills. In her free time, Natalia enjoys the slopes, hiking in the valley, gardening and taking her pets on adventures.

"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.

Our Team





Goose

Therapy Dog in Training

Meet Goose, the newest four-legged friend at Hannah's House! Between therapy sessions, naps and training, he loves romping with friends, doing zoomies, pruning our office plants, watching traffic and fetching biscuits next door at Ed's. We see oodles of potential in this lovebug, who brings BIG joy wherever he goes. Goose lives with his mom Heidi and family.



Board of Directors

Our therapists and board members at the 2026 Group Retreat

Cynthia Carr
Founder & Board Member Emeritus

Robert Cummiskey
Treasurer

Susan McKnight
Secretary

Catherine Shapiro
Staff Liaison

Deirdre Fennelly

Charlie Hosford

Lisa LeBlanc

Robin Jackson

Heather Morehouse

Allison Conyers

Our 2026 Donors

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Linda Eldredge
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Michael and Barbara Feno
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Brian Fleisher
Elizabeth Flynn
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Gillespie Fuels
Erit Gilman and Lawrence Laing
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Daniel Grayson
George Hall
Valerie J Hale
Paula & Matt Hannon
Jeffrey and Haley Harasimowicz
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Amy Yavitz



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 17th year with 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



859 Old County Road
Waitsfield, VT



141 South Main Street
Waterbury, VT

Mailing Address

Hannah's House, Inc
PO Box 217
Waitsfield, VT 05673

Email

chrissy@hannahshousevt.org

Website

www.hannahshousevt.org

Phone

802-496-9715