



Kenneth Young Center

Community Mental Health and Senior Services

We Help People Feel Good, Do Better, and Find Solutions



Annual Report 2015

7/1/14 - 6/30/15

OUR ORGANIZATION



**45 YEARS
OF
SERVICE**

Kenneth Young Center (KYC) is a 501(c)(3) not-for-profit provider of community based mental health and senior support services. For forty five years, we have worked to help individuals in need build new beginnings to successfully face life's challenges. **Our mission is to help people feel good, do better and find solutions.** We do this by providing information and referrals, resource coordination, assessment, counseling, prevention, treatment, mentoring, in-home support, employment services and crisis intervention. Our service area extends primarily throughout the Northwest suburbs with a heavy concentration in Elk Grove and Schaumburg Townships. Our community support services and regional Drop-In Center have allowed us to extend our reach and help more individuals in need. We attempt to serve all people regardless of their ability to pay.

The Kenneth Young Center Resale Shop is located in Schaumburg, IL. All of the net profits from the shop directly benefit our programs and services. When customers purchase merchandise from the resale shop, they can be assured that their money will support a worthy cause. All donations are tax deductible. Additionally, our resale shop allows individuals to connect with the community by offering volunteer opportunities.

We have a wide variety of volunteer roles for those who want to give back to the community in addition to lending financial support. Our dedicated volunteers come from many different backgrounds and skill levels. The common thread is that they have a heart to serve, time to give and resources to share.

In the next forty five years, we will continuously strive to exceed expectations while making a positive impact in the lives of the most vulnerable members of our community.

OUR LEADERS

Dear Friends,

2015 marks Kenneth Young Center's 45th year. Since 1970, we have enthusiastically served the north-west suburban community.

Our first location was a small farmhouse in Elk Grove Village. We were called Elk Grove-Schaumburg Townships Mental Health Center at that time. When these doors opened in 1970, no one imagined that the agency would grow to what it is today. With a desire to serve the community in a greater capacity, we began offering senior services in 1975. In 1987 our name changed to Kenneth Young Center (KYC). Over the years, our team of passionate volunteers and staff have worked to establish KYC as a place where people can turn when they are in crisis, going through a difficult situation, or when they need referral information for themselves or loved one.



In fiscal year 2015, Kenneth Young Center experienced a number of exciting accomplishments. The most notable success was the opening of our third office, which is located in Mount Prospect, IL. The new building houses our Community Support Team (CST), SASS (Screenings, Assessments and Supportive Services) and our regional Drop-In Center.

Our SASS team provides 24/7 crisis assessments and helps stabilize youth by providing assistance to children, adolescents and their families. The Community Support Team provides assistance and support to disabled adults relocating from nursing homes, who have been determined eligible to live in the community but need additional support.

Attendance at the Drop-In Center has grown tremendously in just a few short months. Through our innovative group activities and outings, we have helped visitors of the Drop-In Center develop critical daily living and social skills. Our peer support specialists have been a beacon of hope for many attendees of the Drop-In Center.

Kenneth Young Center's leadership changed in May 2015, with the addition of Susan E. Cowen as our new President and C.E.O. In partnership with the Board and staff, we strive each day to help people feel good, do better and find solutions. Moving forward we want to preserve the core of the organization and stimulate progress as we continue to grow and develop in all areas of the agency.



Despite the changes at the state level and an uncertainty of funding, the future of Kenneth Young Center looks bright! We are excited about the new opportunities which will allow us to increase our reach and expand our profile in order to touch the lives of more people in need. We could not do the work we do without your continued support. Thank you.

Most Sincerely,

Susan E. Cowen, LCSW
President & CEO

David Bergman
Chairman of the Board, Fiscal Year 2015

OUR IMPACT

we served...



We assisted
100 adults
with job training
and placement



26,982
hot meals
were
delivered
to seniors



6,841 students
in 7 Schools
participated in
the Positive Youth
Development
program



43 adults received
assistance in moving
out of nursing homes
and/or finding
housing through our
Community Support
and transition teams



**49 educational
workshops**
and support groups
were held last year
to assist
seniors, their loved
ones and caregivers



5,694 hours
of mentoring were
provided to youth
to build important
skills and make
positive
connections



We helped **12,351** individuals through information, referrals and
educational programs



486 Active Volunteers



**2,958 Hours of
Community Service**
were fulfilled by volunteering
at the KYC Resale Shop

Evelyn came to Kenneth Young Center when she realized that she needed help caring for her husband Raul. At the time, Evelyn was experiencing various challenges with providing care for her husband who suffers from Alzheimer's. After researching different organizations, Evelyn contacted Kenneth Young Center. A Care Coordinator visited her home to discuss KYC's services and further assess her family's needs. She was later assisted with filling out Medicare enrollment paperwork for her husband. The next step was obtaining help for herself. At this time, Evelyn began attending KYC's monthly caregiver support group meetings. Evelyn has benefited from the array of senior services offered by Kenneth Young Center. She has also attended educational workshops and received a variety of information and resources from KYC staff.



A caregiver comes five days a week. She comes Monday through Friday. When she is there she can meet his needs as far as eating and reminding him to go to the bathroom. It is care like this that allows me to get some things done. We are managing well.

They also gave me a ton of information, not only on Alzheimer's but how to care for myself. At Daxa's caregiver groups I meet other people who are in the same boat that I am. The meetings have been wonderful. It is a source to meet other people who have gone through what I have.

I asked to talk with someone about my finances and Jean helped me a lot. She told me about a program that helped me get a stair lift and a new shower and tub. This made it a lot easier to get my husband in and out of the tub. I was referred to another program where I entered a contest to get my roof fixed. I did not win, but later someone contacted me after seeing my entry and fixed my roof for free.

Everyone has been superior in their quality. I have not had a bad experience with KYC whatsoever since coming here in 2013. Talking about this has made me more aware of all the things Kenneth Young Center has done for me. Sometimes we take things for granted but the help I have received here makes me want to give back and help others. I do not know what I would have done without the assistance with getting insurance that I received. Everything has been wonderful. It has all helped make my life fuller. Kenneth Young Center offers a wealth of knowledge and friendship. It is one of the best resources I know of for a person to get help.

**HELPING OLDER ADULTS AND ADULTS WITH DISABILITIES
ACCESS RESOURCES AND MAINTAIN INDEPENDENCE**

OUR CLIENTS

Elizabeth, a high school junior, participates in KYC's Positive Youth Development program. She became involved with the program after speaking to the school psychologist and inquiring about ways to get involved with the community. She joined the Communities for Positive Youth Development Coalition during its inception and has been an active member since that time.

I am a part of the Youth Advisory Council which is a subcommittee of the overall Coalition. We've done surveys and an environmental scan. I was also a part of the roundtable discussion with Tammy Duckworth on heroin and prescription drug abuse. We are working on a few projects with the Council. We want to do a teen parent program, mental health awareness day and a mid-year school supply drive. We also are planning to donate instruments to families that need them so that their kids can participate in orchestra or other activities.



Through PYD, I have learned that we have to help each other when people are coping with challenges in life. We have to help other people because we all need help. I've learned how to be more caring and empathetic in my approaches. I have also learned how to voice my opinion and talk about what we need to do in the community from a youth perspective. I've received a lot of respect for my opinions [from adults] which is weird for me because I am not used to that happening. PYD has been a big part of my life. I've realized that a youth perspective really matters. If I only help one person with this program, I know that I will have made a difference. That is really important to me. I'm really grateful for the opportunity to be part of this program.

I don't think a lot of people my age realize the resources that are available. I would let other youth know that there are always people there to help. Especially a place like Kenneth Young Center. KYC is just a great place. I know a lot of people at my school who have gone through KYC and they have really had a positive influence on them. They have helped them get through some tough situations. KYC can really change a lot of lives for better.

**HELPING CHILDREN AND THEIR FAMILIES THRIVE
IN THE FACE OF ADVERSITY**

Seeking a new therapist, Mary came to Kenneth Young Center seven years ago on the advice of a friend who was a client of KYC. Throughout the years she has received a variety of services. Mary went through counseling and mentoring as well as participated in groups for Dialectical Behavior Therapy (DBT) and Psychosocial Rehabilitation (PSR). She currently attends the Drop-In Center on a regular basis.

Coming here has been huge in my recovery. I used to go to the hospital when I was really struggling. I used each part of the things I received from the agency and built on them. I've gone from really struggling to doing better. Taking small steps, I went from seeing a therapist every week to every other week. I still have my struggles but they are not as intense as they used to be. It feels good to have the receptionist call me by my name. All of the staff I have come into contact with are really great.

The DBT program has helped with emotional regulation and scheduling. The therapists have been very patient in helping me find coping mechanisms for my issues. I even have a job where I baby sit for a friend. Coming to the drop-in center has been very beneficial. It is a place I can go to get support from a core group of people. We check up on each other and connect with people who have similar mental health issues. The peer-counselors are really knowledgeable and teach WRAP (Wellness Recovery Action Plan) which helps in recovery. I'm looking forward to becoming a Certified Recovery Support Specialist. The people at the drop-in center show me that there is life after recovery. I am a person first before my illness.



I would tell people that Kenneth Young Center is an agency that supports people with mental illness, family issues and everyone from children to adults. It is an agency that serves the community and is a very valuable asset.

**HELPING ADULTS RECOVER FROM MENTAL ILLNESS AND
GET THROUGH DIFFICULT LIFE PROBLEMS**

OUR TESTIMONIALS

“I am very satisfied and amazed at the staff of KYC. Everybody is professional and compassionate. Thank you, KYC, for helping me have a positive outlook about life and about myself.” - KYC Client

“Had a fun night at ‘Kenneth Young Volunteer Dinner. Thank you for having this lovely dinner for us volunteers. This is so thoughtful for KYC. Unique theme for the night! KYC Volunteers Rock.” - KYC Volunteer

“I am very impressed with all the dedicated volunteers and clients that work at the shop.” - KYC Volunteer

“KYC is a miraculous organization, and we are so happy to be a small part of it. Thank you for the chance to be a volunteer and for the work KYC does to make the world a little better for all of us.” - KYC Volunteer

“Thank you for listening and understanding and giving good input. Reaching out to Kenneth Young Center was the best step I could have done!” - Senior Services Client

“Caregiver overload was draining my strength. Yet knowing you cared gave me the needed hope to step forward . . . Thank you and Kenneth Young for extending care and concern.” - Senior Services Client

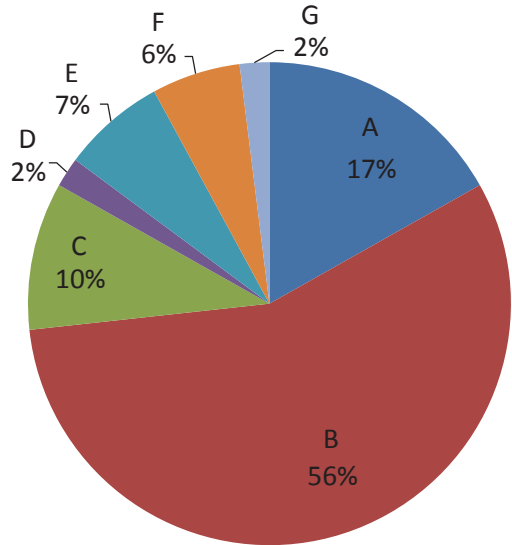
“I think the Kenneth Young Center is terrific! I don’t know what we would have done without the help of everyone here .” - Child & Adolescent Services Client

“I have been going to KYC since the 1980’s. It has changed my life tremendously and made it possible for me to live a better life. Love you all!”

“A friend suggested I come here and it [is] one of [the] best decision[s] I made. My life [is] better than it was in a long time.” - Adult Client

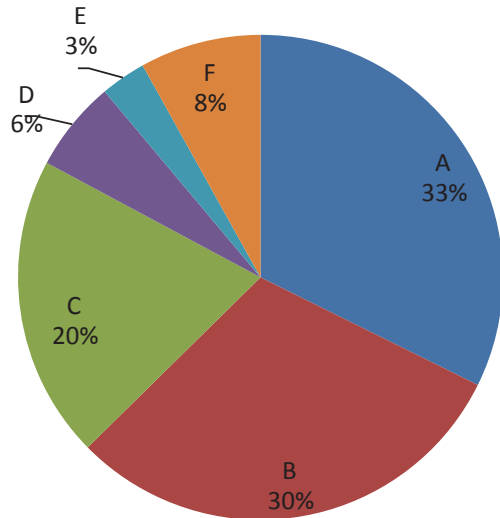
Income

- A. Program Services (17%)**
- B. State and Federal Funding (56%)**
- C. Local Grants and Funding (10%)**
- D. Other (2%)**
- E. CIS (*mental health software*)(7%)**
- F. RD and Resale Shop (6%)**
- G. Investments (2%)**



Expenses

- A. Adult (33%)**
- B. Child & Adolescent (30%)**
- C. Senior (20%)**
- D. CIS (*mental health software*) (6%)**
- E. Resource Development (3%)**
- F. Administration (8%)**



Note: Pre-audit figures

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Please forgive and bring to our attention any mistakes or omissions. We are deeply appreciative of all who share our mission to help people feel good, do better and find solutions.

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