Mission
Applewood Centers foster solutions for children, youth and families.

Vision
Applewood Centers is a leader in improving the lives of children in Ohio by providing high quality behavioral healthcare and out-of-home services for children and their families.

Our commitment is to:
Deliver high quality, results focused programs and services
Ensure the agency’s long-term economic viability
Develop a diverse team of skilled professionals
Build on 175 years of excellence in service
Serve a diverse population reflective of our community
Monitor and ensure desired outcomes for children
Employ training and technology to best support excellent service
Embrace our core values in all we do.

2006 BOARD OF DIRECTORS

Geoffrey Mearns, Chair
Dan A. Bragg, Vice Chair
David Kurtz, Treasurer
Susan Marshall LaPine, Secretary
Cynthia Gardner-Koury, Chair, Applewood Centers Foundation

Joan Ainsworth
April Alvis
John Bender
Rev. John Blazek
Annamarie Brancovsky
Paul A. Campagna
Tracey A. Carragher
Michael L. Coticchia
Don Dreier
Antwone Q. Fisher
Daniel B. Hurwitz
Travis Jackson
Joseph LoPresti
S. Sterling McMillan, III
Madeleine Parker
Frank Rizzo
Patricia Skoda
Rev. Hilton O. Smith
Judson E. Smith
Eugene T. Stromberg
Deborah A. Vesey
Jack C. Williams

CHIEF EXECUTIVE OFFICER
Roberta L. King, MSW, MBA
Dear Friends

During 2006, we continued to rely on our most recent strategic plan, *Destination 2010*, to guide us. The plan was developed with input from consumers and stakeholders, both locally and at the state level, who shared with us what they feel are the most important issues facing children and families in our community. Several of the major initiatives outlined in *Destination 2010* were launched this past year. These included: the development of a dual diagnosis treatment program; broader reach for our out-of-home programs; and, participation in the Cuyahoga County System of Care initiative. Our accomplishments with these projects are described in the following pages.

We are also proud and pleased to report that we received re-accreditation from the Council on Accreditation. This national body accredits organizations that meet the highest standards in delivering quality services. In addition to our clinical programs, we were also evaluated on our administrative areas such as governance, finance, human resources and performance improvement. This re-accreditation is in effect through 2011.

Clinically, this was a year focused on clinical staff training and implementation of evidence-based practices. Collaborative research projects on assessment and treatment of bipolar disorder continued. In addition, significant training was undertaken around Trauma-Focused Cognitive Behavioral Therapy; and our long-standing and very effective Multisystemic Therapy program was expanded.

This year we hosted two successful fundraisers: the Fore Kids Golf Classic, and AppleFest, a family event that also benefits Applewood foster families. And, finally, we are excited to report that we began discussions on a number of events to celebrate our 175th anniversary, which takes place in 2007.

As always, we value the ongoing support of our friends, stakeholders and contributors. Thank you for your commitment in helping children and families in our community.

Sincerely,
Roberta L. King
CHIEF EXECUTIVE OFFICER

Geoffrey S. Mearns
CHAIR, BOARD OF DIRECTORS
Financials
July 1, 2005 – June 30, 2006

REVENUE AND SUPPORT
Program fees $14,390,316
United Way Services Inc. 987,416
Donations
  Cash/investments 416,892
  In-kind 853,839
Capital campaign 9,941
Foundation grants 693,676
Net realized/unrealized gain on investments 297,824
Investment income (net of $55,097) 180,790
Other 174,417

TOTAL REVENUE AND SUPPORT 18,006,111

EXPENSES
Program expenses:
  Behavioral health services 8,594,154
  Residential services 5,336,156
  Family and child development 1,049,001
  Evaluation, training and quality improvement 379,929
  Gerson School programs 650,282
Total program expenses 16,009,522
Supporting services:
  Management and general 2,205,504
  Fundraising and program development 258,333

TOTAL EXPENSES 18,473,359

CHANGE IN NET ASSETS FROM OPERATIONS (467,248)

NON-OPERATING ACTIVITIES
  Net realized/unrealized gain on investments 70,531
  Change in investments held in trust by others 305,156
  Investment income (net of $13,191 expenses) 42,816
  Impairment of asset (142,137)
Total non operating activities 276,366

CHANGE IN NET ASSETS (190,882)


Service Statistics
July 1, 2005–June 30, 2006

4,355 Youth receiving Outpatient Counseling & Psychiatry
920 Youth served in Community Psychiatric Supportive Treatment
506 Youth served in Residential Programs
97 Children served in Partial Hospitalization (includes Day Treatment)
76 Number of children served in Foster Care
12 Number of children provided permanency through Adoption
50 Students attending the Eleanor Gerson School
1,058 Professionals and providers who received Training
Accomplishments 2006

AGENCY WIDE INITIATIVES
Received re-accreditation from the Council on Accreditation, body that accredits organizations that meet the highest national standards in delivering best quality services.

Began to implement actions toward goals set forth in our strategic plan, Destination 2010.

Signed a contract with Cuyahoga County as a lead provider agency with three community collaboratives in the newly-developed System of Care.

PROGRAM DEVELOPMENTS
The first resident entered Phase II of our Independent Living Program.

Construction started on a new facility for a new program, Dual Diagnosis Residential Treatment, to treat young men ages 14 to 18 with both mental health and substance abuse issues.

Continued offering our School Based Services in over 50 schools in Cuyahoga and Lorain counties.

Expanded Community Psychiatric Supportive Treatment (CPST) services in Cuyahoga County, including Family Preservation Services, and expanded Multisystemic Therapy services.

RESEARCH COLLABORATIONS
Continued with collaborative research projects. One is with University Hospitals/Case Western Reserve University and the University of North Carolina at Chapel Hill to develop effective assessment tools to screen youth for bipolar disorder. And another, also with University Hospitals, tests the effectiveness of cognitive behavioral therapy in the treatment of children with bipolar disorder.

A concurrent documentation study was started by outpatient staff to increase client and family satisfaction around participation in treatment. Consultation was conducted with The Mental Health Center of Greater Manchester in Massachusetts.

OUTREACH AND EVENTS
Through a grant from the Cuyahoga County Department of Children & Family Services, expanded our Parenting Plus in Spanish course in the community and in Cleveland Municipal Schools. Offered in collaboration with Esperanza and the Spanish American Day Care Center, it’s designed for Spanish-speaking parents of children ages 2 to 12, and helps parents with resiliency, coping skills and problem solving.

Participated in state conferences to further diversify referral sources for our out-of-home care programs.

Held two successful fundraising events: the Fore Kids Golf Classic in June, which raised $86,000, and AppleFest in September which raised over $10,000.

STAFF RECOGNITION AND CONTINUING EDUCATION
Our medical director, Dr. Nathaniel Johns, was recognized by Shire Pharmaceuticals and Exceptional Parent magazine for his work in treating youth with attention deficit hyperactivity disorder.

Provided staff education on evidenced based practices, including training therapists to use Trauma Focused Cognitive Behavioral Therapy (TF-CBT).
Outcomes and Client Satisfaction

Received positive client satisfaction surveys across all our programs, including a 96.8 percent overall satisfaction rate among clients with our services, and 98.7 percent of parents report they would use our services again and would recommend Applewood Centers to others.

Outcome measures continue to demonstrate success. For example, 65 percent of children receiving behavioral health services showed improvement; 80 percent of children in residential treatment were able to return to the community; the Eleanor Gerson School maintained a 90 percent graduation rate; and 90 percent of youth receiving Multisystemic Therapy services were able to remain at home.
Programs & Services

BEHAVIORAL HEALTH SERVICES

Counseling - For children up to age 21 and their families. Provided by licensed social workers, counselors, psychologists and psychiatrists. Includes individual, family and group therapy.

Psychiatry Services - Includes psychiatric evaluations, medication management, and consultation with primary care physicians regarding psychiatric medications.

Partial Hospitalization - Provides intensive goal-focused group treatment for children ages 5 to 14, who have often experienced significant trauma.

Day Treatment - Individual, family and group therapy for children ages 5 to 14 who require intensive behavioral health intervention, but are able to live at home or within the community.

School Based Services - Include intervention with an individual student through classroom observation or therapy, and training seminars for teachers, students and parents.

Early Childhood Counseling - For children birth to 3 who are experiencing social, emotional or behavioral difficulties. Provides solutions to parent-child relationship difficulties.

Community Psychiatric Supportive Treatment (CPST) – A number of CPST teams provide services for children and youth: with emotional and behavioral disturbance; who have been witnesses of violence; who are reunifying with their families and/ or are in conflict with their parents.

Multisystemic Therapy (MST) - Therapeutic and case management services for youth with serious behavioral problems and at risk of becoming involved with the juvenile justice system.

OUT-OF-HOME SERVICES

Residential Treatment - For children ages 5 to 15 with severe emotional and behavioral difficulties, who are unable to live safely in the community.

Shelter Care - Provides shelter, education and interventions designed for males and females ages 8 to 18 at risk of repeating criminal offenses or in need of evaluation for placement.

Independent Living - For those without permanent caregivers or who Pharmaceuticals and Exceptional Parent magazine for his work in treating youth with attention deficit hyperactivity disorder.

Dual Diagnosis Residential Treatment - For young men ages 14 to 18 with behavioral health and chemical dependency issues.

Adoption & Foster Care - Homes are needed to care for sibling groups, teens and children with special needs. Parents are provided with on-going training and support and a social worker is available to families 24 hours/day, 7 days/week.

OTHER PROGRAMS

Eleanor Gerson School - An alternative high school for youth who have not been successful in standard educational settings. Typically the school helps students who are depressed, suicidal, withdrawn, highly anxious, have a history of absences and tend to internalize stress.

Continuing Professional Education - Courses that focus on clinical interventions and empirically supported treatments.
**Programs & Services, continued**

**Internship Programs** - Include: an American Psychological Association-accredited program for those seeking a doctoral degree in psychology; a program offered in partnership with local graduate programs for those seeking a master’s degree in social work; and a program for psychiatry residents from Case Western Reserve University and University Hospitals of Cleveland.

**Research Partnerships** - With academic and healthcare institutions, concentrating on the study of various child and adolescent behavioral health disorders. Projects are typically funded with support from state and federal agencies.

**Bilingual Services** - Include a psychiatrist, psychologist, therapists and other professionals fluent in Spanish.

**WAYS TO GIVE**
You can help children, youth and families by volunteering or making an in-kind or financial contribution. Call the Development Department at (216) 694-7006 for more information.
**Client success stories**

**THERESE**

At just over 10 years old, Therese was having serious behavior problems at school. During the school day she would disrupt the class, have frequent outbursts of anger, threaten those around her and even destroy property. Needless to say, her schoolwork suffered as well. Therese’s father, a single parent, was getting frequent calls from the school.

Through the recommendation of one of her teachers, Therese began seeing an Applewood therapist, located on site, at her school. After an evaluation, it was determined that Therese suffers from disruptive behavior and attention deficit hyperactivity disorder (ADHD).

Through counseling and medication management for ADHD, Therese has been able to manage her anger, thereby eliminating her once frequent angry outbursts. Her grades began to improve. Also, the therapist has worked with Therese’s dad on implementing additional behavior management techniques.

Both dad and Therese’s teachers have noticed a remarkable difference in her behavior and grades. One teacher even said, “I wish all my students were like Therese.”

**LANIE**

Lanie, 16, came to Applewood presenting depression and oppositional behaviors. She had dropped out of high school and was beginning down the wrong path.

Her behaviors led her to become involved with Lorain County Juvenile Court which referred her to a stay at a residential treatment facility. When she completed her stay there, she was referred to Applewood Centers’ CPST program.

Julie, her therapist at Applewood, worked with Lanie on a technique called Non-Violent Communication, which helped her properly express herself when angry or frustrated. She learned relaxation techniques to manage stress and anxiety and Julie provided a safe place for Lanie to share her thoughts and feelings. Also, the CPST team worked with mom on building positive parenting skills.

After her treatment at Applewood, Lanie earned her GED and achieved high scores on tests in a variety of subjects. She is currently working and wants to build her resume so that she can find a position in healthcare. Lanie has plans to attend college and, in the future, would like to become a flight attendant.

“Lanie has many strengths,” says Julie. “Her love for reading and great verbal abilities, combined with a willingness to turn her life around, has moved her through turbulent teenage years and onto the right path in life.”

*Names have been changed to protect privacy.*
Thank you

The following individuals, corporations and foundations contributed gifts or in-kind donations valued at $250 or more to Applewood Centers between July 1, 2005, and June 30, 2006. Thank you for your support and trust as we help children, youth and families manage life’s challenges.

We make every effort to ensure that donors’ names and contributions are reported accurately. If you believe we have made an error, please accept our apology and call the Development Office at (216) 521-6511 ext. 1747 or e-mail the Development Operations Manager, Kelly Andexler, at kandexler@applewoodecenters.org and we will be happy to make a correction in our records.

Ambassador $50,000 - $99,999
The S. Sterling McMillan Charitable Remainder Trust

Pacesetter $25,000 - $49,999
Ms. Tracey A. Carragher
The Cleveland Foundation
The Elisabeth Severance Prentiss Foundation
United Way Services
Mrs. Anna L. Zverina
Frances R. Zverina

Benefactor $15,000-$24,999
Samuel H. Fleming Charitable Trust
The Cleveland Automobile Club

Partner $10,000 - $14,999
Ellen Garretson Wade Fund of The Cleveland Foundation
Mr. and Mrs. Thomas G. Stafford
The Stocker Foundation

Healer $5,000-$9,999
Applied Industrial Technologies
ComDoc
Developers Diversified Realty
Eaton Corporation
Thomas Gerson
Huntington Bank
Ms. Roberta L. King
Lorain National Bank
MBNA Foundation
McDonald Hopkins
McMaster-Carr Supply Company
Richman Brothers Foundation
Mr. & Mrs. Judson E. Smith
The Alpha Group Agency
Theodore I. Kerns Trust
University Hospitals of Cleveland

Counselor $2,500-$4,999
Acordia
Mr. and Mrs. Richard H. Bamberger
Dorman Farrell, LLC
Forest City Enterprises Charitable Foundation
Geauga Mechanical Company
Joan and Michael Griffiths
Advisor $1,000-$2,499
Ms. Deborah Ackerman
Mrs. Joan H. Ainsworth
Mr. John Allotta
Anthem Blue Cross
Baker & Hostetler LLP
Mr. John Bender
Charter One Foundation
Choppers Hot Rod Association
CIGNA HealthCare
Community Volunteers of Deaconess Hospital
D-A-S Construction
Mr. Donald Danko
Mr. Michael DeMinico
Mr. David Fehrenbacher
Mr. and Mrs. Christopher M. Flocken
Frantz Ward LLP
Fred E. Scholl Charitable Foundation
Mr. James S. Hogg
Mr. Steve J. Hrezik
Judith Gerson Charitable Trust
Kaiser Permanente
Mr. Joseph J. LoPresti, Jr.
Mr. Richard W. Lowrie, Jr.
Mr. Rick Knapp and Mrs. Ellen Mattingly
Mr. Drew McCandless
Mr. & Mrs. Geoffrey S. Mearns
MetroHealth Medical Center
Oswald Companies
Mr. Robert Pavey
Mr. William Phillips
Mr. Sean Reilly
Mr. James M. Schade
Mrs. Patricia Skoda
Skoda, Minotti & Co.
Mr. Todd K. Sommer
Mr. William Smith
Mr. John Stewart
Styling Tips
David and Linda Taylor
The Astrup Company
The Clara Weiss Fund
The Darden Company
The Fred A. Lennon Charitable Trust
The William & Gertrude Frohring Foundation
Warwick Communications, Inc.
Mr. Michael Weinhardt

**Humanitarian $500-$999**
Mr. Michael Abouserhal
Drs. Michael F. Bahntge and Patricia E. Radigan
Ms. Fannie Johnson Baxter
Mr. Thomas D. Bechtel
Ms. Susan Biebelhausen
Bogart Architecture Inc.
Mr. Scott Boncha
Ms. Renee Boyd
Mr. Jonathan Boylan
Brzytwa Quick & McCrystal LLC
Ms. Colleen Byrne
Mr. Paul Campagna
Chartwell Group, LLC
La Verne Clark
Mr. and Mrs. Kenneth L. Conley
Mr. Michael Coticchia
David and Inez Myers Foundation, Cleveland, Ohio
Mr. and Mrs. Lino DeAnna
Ms. Marcia Dixon
Doan Pyramid Electric Inc.
Mr. and Mrs. John M. Dobrowski
Donley's Inc.
Mr. James Dunne
Mr. Michael Hewett
Mr. John House
Etta J. Reed Fund of The Cleveland Foundation
Everstream
Fedeli Family Charitable Foundation
Mr. and Mrs. Henry B. Fischer
Ms. Kimberly Ghodooshim
Mr. and Mrs. John Guyot
Mr. and Mrs. Russell V. Hall
Mr. and Mrs. Frank I. Harding III
IMG
Bob Kain
Key Foundation
Mr. Andrew J. Kovalcik
Laurice Skin Care & Cosmetics
Ms. Susan Maier
Mr. S. Sterling McMillan III
Mr. David Miller and Ms. Christine M. Metzler
Mr. Stanley J. Okula and Ms. Mary E. McGarry
Mr. Brian Moran
Ms. Susan Pauletta
Mr. and Mrs. Richard A. Paulson
PHH Arval
Mr. Brian Prahst
Resources Connection
Ms. Kathleen Riggi
Jo Salnajs
Ms. Ramona Scarborough
Ms. Penny D. Shelby
Mr. Jonathan Shulman
Deepa Soni
Mr. Eric Sonne
Mr. Paul Soos
Ms. Lanie Strassburger
Mr. and Mrs. Eugene T. Stromberg
The Jennifer Ferchill Foundation
The Kish Culinary Company
The Ohio Desk Company
Ms. Deborah Vesy
Dr. Sanford Waldman

Guardian $250-$499
Abrams Realty
Adams Automatic Inc.
Mr. Richard Applebee
Mr. and Mrs. Robert Baier
Mr. Dan A. Bragg
Holly and Greg Brinda
Mr. Hugh Calkins
Mr. Clarence Cantrell
Ms. Cora Carrick
Pat Chambers
Community Health Partners
Ms. Marianne Compton
Mr. Frank Conway
Ms. Cat Cunningham
Currier Communications, Inc.
Mr. and Mrs. Michael P. Dimino III
Ms. Christine Dunn
Mr. and Mrs. Hamilton Emmons
Virginia Q. Foley
Jehanna Francis-Sable
Mr. and Mrs. Richard L. Furry
Mr. Edward Galvin
Ms. Laura Javurek Gill
Mr. and Mrs. Paul J. Gustafson
Mr. and Mrs. Sean W. Hardy
Ms. Celia Jennings
Ms. Patricia Kach
Mary Ann and Jack Katzenmeyer
Ms. Linda Kussmaul
Mr. and Mrs. Richard D. Margolis, Esq.
Mr. and Mrs. Richard L. Marrapese
Mr. Anthony Martin
Medical Mutual of Ohio
Mr. Stuart Merz
Mr. Daniel Moehring
Dr. Catherine A. Nageotte
Ms. Carla Newton
Ms. Mary Therese O'Donnell
Mr. Michael Oliver
Ms. Diane R. Owens
Michael Patriarca
Mr. Michael Petzke
Mr. James D. Proud
RIS Paper
Mr. Frank Rizzo
Mr. Clark Rose
S. Rose
Ms. Angela Rygalski
Ms. Theresa Sewcycck-Gamble
Mr. Bradley Shipp
Mr. Robert Silverman
Michael Sloan
Ms. Shelly Stefancin
Mr. William Spence
The Ritz-Carlton Cleveland
Turner Construction Company
United Parcel Service
United Way of Allegheny County
Mr. Leo Venier
Mr. Raymond Vicchio
Paul and Nan Volpe
Ms. Carolyn Welker
Ms. Denise Wencil
West Park Limited, Inc.
Mr. and Mrs. Dennis R. Wilcox
William's Ford
Eric and Jennifer Youngstrom
Ms. Donna Zajc
Mr. Michael Zapola
Locations

RICHARD A. PAULSON CENTER
2525 East 22nd Street
Cleveland, OH 44115-3266
(216) 696-5800 fax: 696-6592

CHILDREN’S AID SOCIETY CAMPUS
10427 Detroit Avenue
Cleveland, OH 44102-1645
(216) 521-6511 fax: 521-6006

JONES CAMPUS
3518 West 25th Street
Cleveland, OH 44109-1995
(216) 741-2241 fax: 459-9821

LORAIN COUNTY OFFICE
5255 N. Abbe Road, Suite 1
Elyria, OH 44035-1451
(440) 934-9930 fax: 934-9645

ELEANOR GERSON SCHOOL
2525 East 22nd Street
Cleveland, OH 44115-3266
(216) 696-5800 fax: 696-6592

www.applewoodcenters.org

Licensed and certified by the Ohio Department of Mental Health, licensed by the Ohio Department of Job and Family Services and accredited by the Council on Accreditation and the American Psychological Association. Funding is provided in part by United Way Services, the Cuyahoga County Community Mental Health Board and the Lorain County Board of Mental Health.