APPLEWOOD Centers
2008 Annual Report

Fostering 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 over 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.

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

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Dear Friends

The uncertainties of our time create challenges for us all, but perhaps none so great as for the at-risk children and families we serve.

Especially in the last year, we have experienced an increase in the number of families who come to us for help, in turn creating an even greater challenge for us and other human service agencies to provide services. Sometimes our programs are the last resort for a child or teen who is desperately struggling emotionally and behaviorally, or for a family at risk of coming apart.

One of the measures we took to strengthen Applewood was to affiliate with Wingspan Care Group, an organization that provides administrative services to Bellefaire JCB and several other organizations. While preserving the identities and missions of member agencies, this affiliation helps realize cost savings, streamline administrative services, and allows for implementation of enhanced technology. We finalized the details of this arrangement in 2008.

Our mission calls for us to help children and teens overcome serious problems and move toward becoming successful adults, and we will continue to do so because of the support of people like you.

Thank you again for your commitment to the children and families served by Applewood Centers.

Sincerely,

Dan A. Bragg  
Chair, Board of Directors  
Applewood Centers

Melanie K. Falls, LISW-S, LICDC  
Executive Director  
Applewood Centers
**Financials**
July 1, 2007 - June 30, 2008


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**EXPENSES BY PROGRAM**
- **Community Services and Counseling:** 44.16%
- **General and Administrative, Fundraising:** 15.12%
- **Education and Prevention:** 4.05%
- **Foster Care, Adoption and Independent Living:** 3.99%
- **Residential and Group Treatment:** 32.67%

**CONSOLIDATED EXPENSES BY TYPE**
- **Salary and Benefits:** 66%
- **Occupancy:** 10%
- **Professional Fees:** 15%
- **Development:** 3%
- **Depreciation, Equipment and Other:** 5%

**Trend of Administrative Costs**
(includes fundraising)
- FY 04: 15.75%
- FY 05: 13.28%
- FY 06: 13.34%
- FY 07: 13.44%
- FY 08: 15.12%
The Year in Review 2008

We said farewell to agency CEO Roberta King, who retired, and welcomed a new executive director, Melanie Falls, LISW-S, LICDC.

Closed our Independent Living and Shelter Care residential programs due to a decrease in referrals and funding.

Through the affiliation with Wingspan Care Group, began implementation of a new billing and client management software.

Hosted a delegation of 10 from Cherkasy, Ukraine, who came to learn about our family preservation programs. The group spent three weeks in the U.S. learning about family preservation programs, which currently are not available in the Ukraine.

Welcomed new members to our Board of Directors: Erik Christopher, Senior Vice President of Development Leasing at Developers Diversified, and Judge Steven J. Terry, Cuyahoga County Court of Common Pleas.

Foster Parent Lillian Morse celebrated 50 years of service as a foster parent.

Clinical staff received intensive training in trauma-focused cognitive behavioral therapy (TF-CBT).

Completed a redesign of the agency’s website: www.applewoodcenters.org.

Continued our two internship programs: one is offered in partnership with local graduate programs for those seeking a master’s degree in social work; and the other is an American Psychological Association accredited program for those seeking a doctoral degree in child psychology.

Professional staff participated in The American Academy of Pediatrics, Ohio Chapter’s Autism Diagnosis Education Pilot Project.

A consumer satisfaction survey revealed that Applewood’s services are high quality, culturally sensitive, and a benefit to the community, and staff is qualified and competent in the performance of their jobs.

Our Golf Classic

The 20th Annual Fore Kids Golf Classic presented by the Lowrie, Carney, String & Smith Wealth Management Group of Wachovia Securities, was a resounding success. Held June 16, 2008, at the Chagrin Valley Country Club, the outing highlighted the commitment of Applewood’s Board members, community partners, individual donors and volunteers. The event raised $94,650.00, benefitting the children and families of Applewood Centers.
From inflicting self harm to helping other teens

Mark was 17 when he came to Applewood Centers. He was cutting his wrists, exhibited a depressed mood, and his grades were declining. His arguments with his parents were increasing and he had racing thoughts and compulsive behaviors.

His friends told the school counselor about his cutting. And once his parents learned about it they brought Mark to Applewood’s Lorain County Office for outpatient treatment.

“I was able to use an evidence-based treatment with Mark,” says Brooke Sherman, PCC-S, outpatient therapist and a clinical supervisor. “Cognitive Behavioral Therapy helped decrease his depressive and anxiety symptoms,” she adds.

Mark was also referred to Psychiatric Services, where an Applewood psychiatrist prescribed medication to help stabilize his mood and decrease his anxiety.

After several weeks of therapy, Mark’s academic performance improved, he began to feel better and his depression went into remission.

“I asked him to write about his experience as a way to help other teens someday,” says Brooke.

Mark eagerly began to write about his feelings and experiences and how he had overcome his depressive symptoms. He was able to share his success story with adults and parents at a Parent-to-Parent Network meeting and to peers and teachers at a local high school. In addition, Mark spoke at an Applewood Centers’ event attended by local business leaders.

Today, Mark is 18 and a senior in high school. He is talented in music and the performing arts, and is interested in going to college to study music education and forensic psychology.

Counseling Services are provided by licensed social workers, counselors, psychologists and psychiatrists. Services include individual, family and group therapy.

Psychiatric Services include psychiatric evaluations, medication management, and collaboration with primary care physicians regarding psychiatric medications.

Cognitive Behavioral Therapy (CBT) is a type of psychotherapy based on the idea that a person’s distorted thoughts and beliefs lead to negative moods and unhealthy behaviors. CBT brings awareness of inaccurate thoughts and beliefs, and helps the patient learn to view situations more realistically.

Mark received these services at Applewood Centers’ Lorain County Office located at 5255 N. Abbe Road in Sheffield Village. For more information call (440) 934-9930.

Client’s name and image have been changed to protect privacy.
Coming close to quitting school, one young woman finds her “light at the end of the tunnel”

I wasn’t in the best place in my life when I started high school. I felt lost, insignificant and unable to keep up with the things that piled up for me. The teachers tried to help me at first but eventually they gave up and let me slip away. I felt like I was being swallowed whole by my high school.

The light at the end of the tunnel seemed to be a lonely, isolated online school that was completely void of human interaction, or a full time job with maybe a GED. I never expected my dreams of college and success to evaporate so fast and I didn’t know how to handle it.

Two years into a rollercoaster of report cards full of Ds and Fs my psychologist stopped me in the middle of a session and recommended another option. He told me about an alternative school downtown that helps students get back on track: the Eleanor Gerson School. Finally there was a real light at the end of the tunnel.

In preparation for my interview at Gerson, I felt instant waves of comfort and hope. And when I got accepted I was overjoyed.

No matter how hard a student tries to self destruct, no matter how dead set they are on taking the easy way out, the staff at Gerson works tirelessly to make success as simple as possible.

My first few months were a blur of feelings I didn’t even know I could have about school. I remembered what it was like to get an A+ on a test, straight As on a report card, to enjoy going to class, and to feel accepted.

My advisor was, and is still, a perfect fit for me. She made sure I was happy with my classes, that my workload was manageable, and that I was making friends. The warm feeling you get from being a member of the Gerson family forces you to change the way you view school, the way you think about yourself, and the way you interact with your peers, all for the better.

My renewed dreams for the future kept growing and growing and now here I am, graduating and going to college in the fall.

Excerpts from an essay by Phoebe M. Image has been changed to protect privacy.

The Eleanor Gerson School is 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.

The school is located at 1320 Sumner Avenue in Cleveland. For more information call (216) 861-6015.
Programs

BEHAVIORAL HEALTH SERVICES
Counseling
Psychiatry Services
Partial Hospitalization
Day Treatment
School Based Services
Early Childhood Mental Health
Special Needs Child Care Consultation
Community Psychiatric Supportive Treatment (CPST)
Multisystemic Therapy (MST)

OUT-OF-HOME CARE SERVICES
Residential Treatment
Dual Diagnosis Residential Treatment
Adoption & Foster Care

OTHER PROGRAMS
Eleanor Gerson School
Internship Programs*
Research Partnerships
Bilingual Services

*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.

Affiliations

Alliance of Child Caring Service Providers
Child Welfare League of America
Council on Accreditation
Mental Health Advocacy Coalition
National Alliance on Mental Illness
New Directions
Ohio Council of Behavioral Healthcare Providers
Ohio Departments of Education, Mental Health, and Job and Family Services
United Way Services of Greater Cleveland
Voices for Ohio’s Children
Wingspan Care Group
Thank you

The following individuals, corporations and foundations contributed to Applewood Centers between July 1, 2007, and June 30, 2008. 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) 320-8512 and we will be happy to make a correction in our records.

Applewood Centers is a beneficiary of

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10427 Detroit Avenue
Cleveland, OH 44102-1645
(216) 521-6511  fax: 521-6006

Jones Campus
3518 West 25th Street
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(216) 741-2241  fax: 459-9821

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

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