

A Home Within
Annual Report
2005



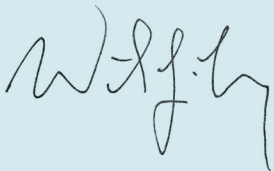
A Home Within
2481 Clay Street
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(888) 898-2AHW
www.ahomewithin.org

Dear Friends and Supporters,

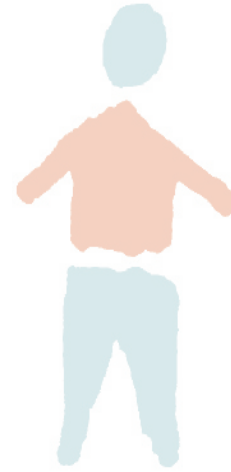
After serving three years as Board President of A Home Within, I am honored to hand over the reins to longtime Board member Linda Fitzpatrick. Linda brings tremendous leadership skills, business savvy, and organizational expertise to the position; we are thrilled to have her take the helm. We also welcome new Board members Alice Bussiere, Karen Moon, William Rogers, and Treasurer-elect Michael Hansen. They join us at a time when we are on solid ground as an organization: we have gained traction and credibility over the last ten years and are exceptionally well-positioned for the future.

Looking back at the three years in which I have had the pleasure of leading the Board, we came of age as an organization in many ways. Responding to needs expressed by foster children and others in the foster care community, we launched our groundbreaking programs Fostering Art and Fostering Transitions. Students in Fostering Art participated in a national art program sponsored by *National Geographic* magazine, and exhibited their work at respected local galleries. Our initial program, the Children's Psychotherapy Project, has now grown to twelve chapters across the country, with 275 volunteers meeting the long-term therapy needs of 125 children and adolescents in foster care. Preliminary research shows that this therapy is making a real difference in their lives. Recognition for our efforts has come in many forms, including the recent selection of Toni Vaughn Heineman, D.M.H., as one of twenty executive directors honored with an organizational development fellowship funded by the California Wellness Foundation. Finally, acknowledging the need to formalize our ambitions, we laid the groundwork for our first long-term strategic plan as well as the first independent audit of our financial statements.

I am also delighted to announce the release of the pioneering new book, *Building a Home Within: Meeting the Emotional Needs of Children and Youth in Foster Care*, edited by Toni Vaughn Heineman, D.M.H. and Board Vice President Diane Ehrensaft, Ph.D. The body of knowledge and experience we have gained over the last decade is now accessible to those working with foster youth everywhere. We are eager to continue to lead the movement to address the long-term psychotherapy needs of young people who have experienced so much loss and disruption in their lives. I look forward to seeing what the next ten years will bring, and welcome your partnership and support.



William J. Luby
Board President



Research has shown that the single most important factor influencing a positive outcome for foster children is a lasting relationship with a caring and consistent adult.

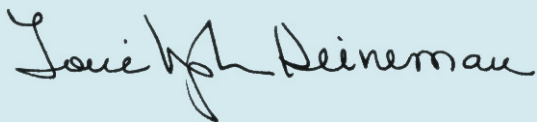
Friends:

It has been an exciting year for us at A Home Within. When we first began this journey, our goal was to serve “50 Kids in 50 Communities.” For the first time, that goal suddenly seems possible. Two articles about our work recently appeared in professional publications, and they generated more than 20 calls from people eager to start chapters in their areas. Next year, we have plans to create a training program for agencies or groups interested in the CPP model for addressing the impact of trauma and chronic loss on development. We are building an online course in conjunction with our new book, *Building a Home Within: Meeting the Emotional Needs of Children and Youth in Foster Care* for which participants can receive continuing education credits. Other plans in the works include a library of online courses about foster kids for use by professionals in the field.

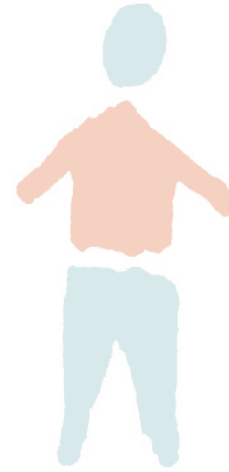
We couldn’t do it, of course, without the heartening and inspiring commitment of our volunteer therapists in the Children’s Psychotherapy Project, who donate more than \$500,000 in professional services every year. The mentors who volunteer their time through Fostering Transitions and teachers in Fostering Art who offer classes in documentary photography and creative writing are equally committed to building caring relationships that lead to even more enduring and sustaining relationships with adults and peers.

We currently offer 10,000 hours annually of direct services to children and youth in foster care. Because of the dedication of our volunteers, we are able to offer an amazing social return on the financial investment you and our community partners make in our programs.

The Board continues to grow, new mentors and youth are being selected and trained, new chapters are forming, and the recent CPP evaluation study shows promising initial results. I thank you for your on-going help in support of our work and the health and well-being of these children. Every child deserves at least one stable relationship with a caring adult, and with your continued participation in these programs, we have much to look forward to in the future.



Toni Vaughn Heineman, D.M.H.
Executive Director



We are building lasting relationships — one hour at a time.



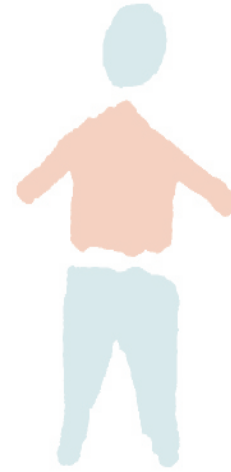
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Children's Psychotherapy Project

The Children's Psychotherapy Project (CPP) started as an idea to provide long-term, high-quality mental health care to children and youth in foster care. Ten years later, the program offers services nationwide, with local chapters serving the unique needs of their community and giving help to hundreds of young people who need it most. The seed of its growth is the belief that lasting relationships are instrumental in the healthy development of trust, emotional stability and social development. In lives that are so fraught with losses, long-term, caring relationships can help give direction to young people who are trying desperately to navigate their way through life.

At any given time in the United States, there are approximately half a million young people in foster care. Fifty percent of the approximately 20,000 teenagers who age out of the foster care system each year have not graduated from high school. One third of them will work below grade level, be incarcerated, be unemployed and/or homeless. The foster care system alone does not teach the skills these young people need to survive and thrive. CPP is one way to bridge this gap, offering children and adolescents in foster care psychotherapy for as long as they need it. It's a simple formula: "One child. One therapist. For as long as it takes." Therapists volunteer to offer weekly psychotherapy sessions to one child or adolescent until the therapy draws to its natural close. The therapist is supported by weekly consultation group meetings in which they can reflect on and discuss their clinical work. In ten years, 275 clinicians have been involved, reaching nearly 300 children in 12 communities. We continue to learn and grow, with new chapters forming, new volunteers coming on board, and new referrals coming in almost every week.





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Support and Revenue

Foundation Support	\$284,050
Individual Donations	\$134,831
In-kind donations	\$300,000
Interest and Miscellaneous	\$4,284

Expenses

Program	\$318,649
General & Administration	\$99,197
Fundraising	\$26,079

Please contact Veronica Pontes, Program Administrator, at admin@ahomewithin.com or (888) 898-2AHW if you would like a copy of the audit.



Building a Home Within: *Meeting the Emotional Needs of Children and Youth in Foster Care*

Ten years of research and experience with the Children’s Psychotherapy Project comes to fruition in the pioneering new book edited by Toni Vaughn Heineman, D.M.H. and Diane Ehrensaft, Ph.D. *Building a Home Within: Meeting the Emotional Needs of Children and Youth in Foster Care* is now available from Brookes Publishing. More than a dozen experts from CPP share their wisdom and experiences working with foster children in weekly psychotherapy sessions. Both practical and poignant, *Building a Home Within* discusses the biological, psychological and social aspects related to helping children and adolescents in foster care develop into strong, healthy individuals. Ask for it at your local bookstore or order directly from Brookes Publishing at www.brookespublishing.com. All royalties go to the support the programs of A Home Within.

Fostering Art

Fostering Art uses photography and creative writing to enable foster youth to examine and document their lives – to explore what living in foster care means to them and tell their stories to the world. Youth in foster care often feel invisible, as if no one understands their experiences. They may feel ashamed of their backgrounds and of themselves. Through regular meetings in Fostering Art, they find a community of peers and build connections with others in the community. They express their creativity and learn photographic and writing skills, as well as life skills such as group decision-making, communication and conflict resolution. Their work is displayed at an annual exhibit and their efforts are recognized with a gala reception.

Fostering Transitions

Fostering Transitions is a unique partnership between the San Francisco law firm of Morrison & Foerster, LLP and A Home Within. Mentors from the Morrison & Foerster community volunteer to meet with one foster youth for a minimum of one year in individual and group activities. Because young people in foster care often feel disconnected from the larger world, Fostering Transitions helps them to feel integrated, recognized, and a part of the community. These mentors help them to define their goals, experience healthy relationships, explore their talents, develop new skills, and perhaps most importantly, relax and have a good time.



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We thank all of our donors for their generous support since we began. Please contact us at (888) 898-2AHW or email admin@ahomewithin.org to discuss ways you can support A Home Within.

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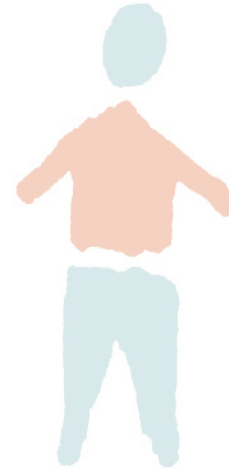
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