

2017

ANNUAL
REPORT

*Growing
Together!*

 **Community Residences, Inc.**

Serving Virginia, Maryland and the District of Columbia

www.comres.org



An individual with a disability has the same options as all members of a community, to live the life they want to live:

- to live in a community, participate in neighborhood life and to contribute to the richness of an area's diversity and its common well-being.
- to exercise control of life's choices and to be directly involved in program management and life decisions.
- to experience a network of community and natural support.

Mental Health Services for Children, Youth and Adults

CR provides recovery-oriented and evidence based mental health services in collaboration with those we support.

Services provided:

- Mental Health Skill Building
- Targeted Case Management
- Psychiatric Rehabilitation
- Transitional Housing and Shelters
- Supervised Apartment Programs
- Assisted Living Programs
- Permanent Supportive Housing
- Crisis Stabilization Services and Detoxification

Youth Services

CR provides independent living support through housing to at-risk youth who are homeless, precariously housed and/or aging out of foster care.

Services include:

- Life Skill Individual and Group Psycho-Education
- Money Management Skill Building
- Social & Interpersonal Skills Enhancement
- Travel Training
- Community Awareness and Emergency Preparedness Readiness
- Support with Education & Vocational Aspirations
- Support with Seeking Employment
- Transition Planning to Full Independence
- Counseling and Crisis Management

Developmental Disabilities

CR provides person centered and community based services in collaboration with the individuals we support.

Services provided:

- In-Home Support
- Skilled Nursing
- Therapeutic Behavioral Management
- Residential Settings
 - ▶ Waiver Funded
 - ▶ Intermediate Care Facilities
- Supported Living
- Center-Based Day Services
- Community Integrated Day Services
 - ▶ Community Coaching
 - ▶ Community Engagement
- Therapeutic Recreation
- Wellness and Nutrition
- Therapeutic Art



Dear friends,

Just over a year ago, as I was beginning my term as Chair of the Community Residences, Inc. (CR) Board of Directors, we were in the process of finalizing a new strategic framework. This framework is meant to serve as the roadmap for Community Residences' strategy for growth and continued operational excellence.

Over the course of the past twelve months, it has been exciting to observe CR as it achieves the goals of the framework, such as adapting the clinical and service model to better meet the needs of the people CR supports, building an infrastructure that is supportive of this new model, and expanding the CR footprint through strategic growth and improved operational outcomes.

As a member of the CR Board for the past eight years, I have had the privilege of learning that the community, from the people and families we serve, the various government entities we work with, to our community partnerships, and they all recognize the good services and supports that are provided by CR. I know that they hold the agency in very high regard in its approach to accomplishing and furthering its mission – with purpose, persistence and professionalism and a strong focus on their person-centered philosophy.

As you know, CR is a not for profit human service agency with a long track record of innovation and excellence in supporting those with mental health needs and developmental disabilities. We strive to provide opportunities for individuals to remain in their communities and live a meaningful life that is not driven by their disability. I am proud to be a part of such a reputable organization.

We are also fortunate to have such a diverse and dedicated group of staff members, volunteers, partners, supporters, donors, and friends who make it possible for CR to achieve its goals. As we look toward the future, you will see that CR is thinking strategically about how to expand in an effort to benefit more people that are in need of the services we provide. We can only accomplish this with the generous support of friends like you.

With potential reductions to Medicaid funding on the horizon, your support of CR's mission is more critical and important than ever before. So, as we celebrate the success of the past year and look toward new challenges and accomplishments, I encourage you to continue to support CR as we embrace the work that lies ahead. Your financial support and advocacy on behalf of Community Residences is vital in ensuring that CR continues to succeed in the current funding and policy landscape.

On behalf of the Board and staff, thank you for all you do in support of our mission.

Andrew Schneider

A handwritten signature in black ink that reads "Andrew Schneider". The signature is written in a cursive style.

Chair, CR Board of Directors



Greetings friends, families, donors and partners,

This is the time of the year when I reflect on the accomplishments and successes of Community Residences (CR) as well as look toward the future. CR's foundation is strong, providing a full range of community-based and residential services in Virginia and Maryland. I am proud of our long track record of innovation which allows us to continue to grow as an organization and expand our programs and services.

In Fiscal Year 2017, CR was awarded two new contracts to expand our mental health services in Maryland, in Montgomery and Baltimore Counties. These contracts offer CR the opportunity to provide high quality services for citizens in both counties. At the core of all services provided by CR to individuals with mental health needs is the belief that individuals can grow, change, and recover from the challenges they face.

In April 2017, CR received grant funding from the Fairfax County Redevelopment and Housing Authority in support of affordable housing for individuals with intellectual disabilities. With this funding, Community Havens, a subsidiary of CR, purchased a property located on Ridge Ford Drive in Burke, VA. The home, which we refer to as Ridge Ford, is meeting the needs of four individuals with developmental disabilities and incomes of less than 30% Area Median Income.

Over the past year, CR continued its evolution and recognition of the ever-changing environment in which we operate. CR's Board of Directors supported the development of a strategic framework that would propel CR into the future and lay the groundwork for on-going assessment and adjustment. As we embark upon implementation of our ambitious goals, we will continue to strive to go above and beyond in support of the individuals we serve on a daily basis—our friends, family, and neighbors.

CR is proactively committed to investing the time and effort to find innovative and positive ways to support the needs of youth and adults with mental health needs and developmental disabilities. We have experienced, diverse and knowledgeable staff who make it possible to provide a positive environment and increased opportunities for the individuals we support.

As you will see as you read through this report, there are many ways to become more acquainted with CR. I hope that you will consider volunteering, attending an event, becoming a monthly donor, or becoming an advocate. CR is relentlessly focused on what's possible for people with disabilities and we greatly appreciate your gifts of time, talent, or treasure to help us provide transformational life experiences for those we support. We can't do it without you.

With sincere gratitude,

Arthur M. Ginsberg, MHA, FACHE
President and CEO

As CR developed its strategic plan, the following words were used repeatedly by key stakeholders and the general public when describing CR and their overall experiences with the organization:



NOVA ArtWorks is a therapeutic art program that serves individuals with mental health needs and developmental disabilities. The program provides community-based mental health support with a focus on skill-building and psycho-education. The mission of ArtWorks is to provide a supportive atmosphere where adults with disabilities can learn skills through the creative arts, promoting recovery and independence. The program is designed to not only enable each individual to remain free from hospitalization, but offer the support necessary to address individual recovery goals without the stigma of a mental illness diagnosis.

Becky has been finding her creative voice through NOVA ArtWorks since December 2016. A resident of CR's 13th Street home, she is learning skills that are reinforced by NOVA Artworks. Becky attends ArtWorks twice a week and has experienced a unique sense of community and comradery among fellow artists.

ArtWorks has provided Becky a safe, supportive environment to express herself through art.

While creating art of her choosing, Becky shares her thoughts and feelings with fellow participants, who listen and provide support.

Working with an American Sign Language interpreter Becky is able to describe her experiences with

participants. She says, "I am trying to teach others. I am the only deaf person, so it is difficult for me. I am not

often understood. I am trying to teach that everyone is equal and deserving." Program participants have complimented Becky in being very brave and forthcoming with the struggles she faces.

Becky has had the opportunity to try her hand at many new art forms, from painting to mosaics to positive affirmation cards. She sells some of her art creations, which is exciting and self-empowering. "I learn new skills and I make money," she says.

ArtWorks is a very supportive, creative, and explorative program for all of the participants. Becky is one of many who exhibits less isolation, improved mood, and skill-building in the studio and within the community by participating in workshops and showcasing and selling her uniquely produced art at various venues.

The NOVA ArtWorks program continues to expand in the following ways:

- the number of days the studio is open;
- the number of participants in attendance;
- the amount of art sale revenue;
- community engagement.

In 2017, NOVA ArtWorks was able to provide therapeutic art to four additional residences outside of the regular studio, which is open five days a week. Over the course of the year, artists who participate in the program sold items including paintings, glasswork, journals, jewelry, silk scarves, and note cards. Our artists have had some great opportunities to display and sell their art, they even participate in local festivals and fairs.

NOVA ArtWorks has expanded significantly and desperately needs to attain larger and more accessible studio space. The program is currently located in our North Fillmore residence, which has become too small for the program's needs. We are hopeful that through community support from friends like you, we will be able to expand our services and space in the near future.



NOVA
ArtWorks

NEWBROOK INTEGRATED COMMUNITY SERVICES

Newbrook Integrated Community Services (NICS) is an exciting new CR program – a first of its kind in Virginia; it is a day program without walls. Individuals spend their full day in the community, typically, with one other individual and a staff member, who supports them in agreeing how they would like to spend their day to work toward achieving their individualized goals.

CR celebrates the success and growth of the program's participants, who "graduated" from CR's Newbrook Day program (Newbrook) to this more independent experience. Originally joining Newbrook as a result of years of challenging experiences trying to participate in larger day programs – due to the intensity and frequency of their behaviors – these individuals have now gone beyond. Their success at Newbrook enabled them step out to NICS, to greater independence and fulfillment, doing what they want to do as opposed to going along with a larger group.

NICS participants are involved in a range of activities from learning to take the metro to

volunteering and giving back to the community. During the past year, their participants have chosen to volunteer for:

- Loudoun Caregivers' Meals on Wheels
- Fairfax County Department of Parks and Recreation
- Prince William County Department of Parks and Recreation
- Prince William County Animal Shelter
- Fairfax County Meals on Wheels
- National Capital Food Bank
- Local Senior Centers

CR believes that with individual self-determination and the right kinds of support, all individuals are capable of meaningful life experiences, including opportunities for service, work readiness for an eventual job or a rewarding retirement. Our desire is to continue providing new and innovative programs, just like we did with the creation of NICS.



NICS outing to the
Air and Space Museum

The Disability Policy Seminar is the premier opportunity to cultivate champions on Capitol Hill and advance the grassroots movement for people with developmental disabilities. For 40 years, this unique platform has offered the opportunity for congressional representatives to come together with passionate advocates, self-advocates, experts, and professionals in the field to learn about key issues.

In March 2017, Sandy, a resident at CR's Queen Elizabeth home, participated in this seminar. While there, he attended a meeting with Congress on Capitol Hill where he met with speaker Wade

Henderson, president and CEO of both The Leadership Conference on Civil and Human Rights (the nation's leading civil and human rights coalition) and The Leadership Conference Education Fund. Sandy also had the opportunity to hear a presentation on Medicaid's role in providing home based services and participate in a roundtable with other participants preparing to meet with their local Congressman Gerald Connelly. Sandy, CR staff and others with developmental disabilities (I/DD) also met with their local congressional representatives to advocate for Medicaid.

Pictured left to right: Arthur Ginsberg, CR President and CEO, Haj Jalloh, Program Manager, and Sandy.



SANDY'S TRIP TO THE HILL

RIDGE FORD

Thanks to support from the Fairfax County Redevelopment and Housing Authority and Virginia Housing Trust Fund, CR was able to buy and start restoring Ridge Ford, a beautiful, accessible, community-based home that is now meeting the needs of four individuals with developmental disabilities.

CR purchased the property on April 12, 2017 and made renovations to make an Americans with Disabilities Act accessible bathroom on the main level, enlarge a hallway and bedroom doors on the main level, add a new roof, and install a ramp for improved front door accessibility.

We are excited about our newest property which enables us to continue providing quality programs and services to even more individuals with disabilities in the Northern Virginia region. This new home has become a shining example of CR's community-integrated philosophy for individuals with disabilities.

Program Manager Terell Jones assists in ribbon cutting ceremony.



Generous volunteers prep Ridge Ford home for new residents.



7 Individuals Transitioned from Group Homes to Supported Living (apartments)



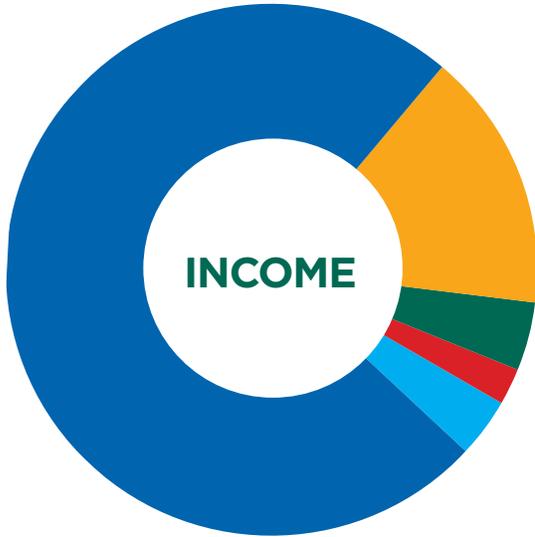
CR's person-centered programs invite opportunities for highly integrated community living. In addition to our innovative efforts to advance integration for all, in FY17 CR supported 7 individuals in their desire for greater independence through significant residential transition from group homes to apartments.

DONOR/VOLUNTEER SPOTLIGHT

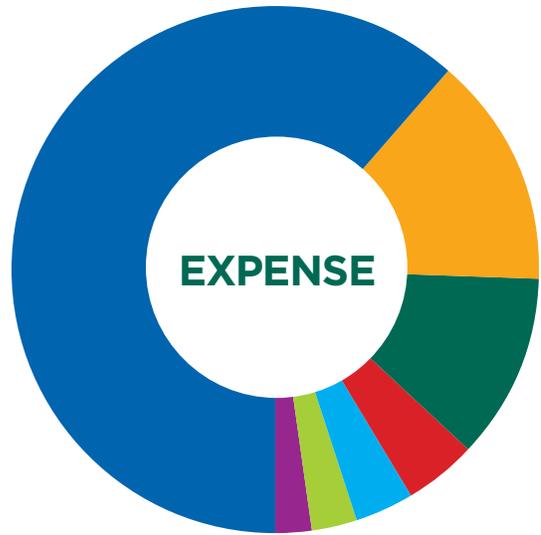
Pharmacy Alternatives is a national pharmacy focused on serving individuals with mental health needs and developmental disabilities. Their comprehensive pharmacy services take the guesswork out of getting medications to the individuals we support. They strongly believe in making a difference in people's lives and have a dedication and passion in providing a first-class product. Pharmacy Alternatives has been providing services since 2008 in the Commonwealth of Virginia and Community Residences is one of the organizations with whom they partner.

In following their mission to always support customers whenever and wherever possible, they didn't hesitate when provided the opportunity to support and sponsor CR's Big Easy Bash, EmBRACE 5K, and NOVA ArtWorks. In the Spring of 2017, Pharmacy Alternatives had the opportunity visit the program and work directly with Aimee Beyette, the ArtWorks Program Manager, and were able to choose quality artwork that they wanted to acquire to grace the hallways and training room of their pharmacy. While working with Aimee and choosing art for the pharmacy, Kimberly Johnson, Director of Pharmacy, met with a few of the individual artists that created some of the artwork. Kimberly said her "experience was wonderful and the bright and cheerful artwork that we now have hanging and lining our hallways reminds us all every day of the wonderful opportunity we have to be a partner with the teams supporting the individuals served at CR."

FINANCIALS



- **Medicaid** \$26,055,000
 - **County Contracts** \$5,455,000
 - **Individual's Fees** \$1,485,000
 - **Lease Revenue** \$752,000
 - **Other** \$1,257,000
- TOTAL REVENUE: \$35,004,000**



- **Personnel** \$21,765,000
 - **Administrative** \$5,014,000
 - **Contract Services** \$4,023,000
 - **Other** \$1,575,000
 - **Equipment/Supplies** \$1,205,000
 - **Facility** \$994,000
 - **Depreciation** \$750,000
- TOTAL EXPENSE: \$35,326,000**



Be a NOVA ArtWorks Volunteer

Have a love for art, galleries, connecting with your community?

Contact
volunteer@comres.org





In FY17 we supported 353 individuals with developmental disabilities

95 individuals living in residences providing intensive care and support

52 individuals living in medical waiver residences funded through Medicaid waiver funds

206 individuals living independently within their community of choice

In FY17, we served 547 individuals with mental health needs

177 individuals living in residences specifically designed to support those with mental health support needs

402 individuals living independently within their community of choice

In FY17, we served 30 individuals in our Living Independently For Tomorrow (LIFT) youth program

We also opened 7 new programs

In-Home Arlington, In-Home Bailey’s Crossroads, In-Home Loudoun, In-Home Vienna, Newbrook Integrated Community Support, Skilled Nursing, and Targeted Case Management in Montgomery and Baltimore Counties.



In-Home Support services are residential services that take place in the individual’s home, family home, or community setting, the frequency and intensity are dictated by the individual’s service plan. Services are fully person-driven and person-centered. No two look the same, reflecting each individual’s unique needs and dreams.

Introduce your friends to CR at an upcoming event

CR’S BIG EASY BASH - Fat Tuesday, February 13, 2018 at Top of the Town

CR’S EMBRACE ANNUAL 5K AND FUN RUN - June 2018

ARTWORKS ALIVE! - November 2018

Learn more at www.communityresidences.org/events

Community Residences, Inc.

The CRI Board is our operational and governing body

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The CRFI Board oversees our fundraising initiatives, endowment and investments

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The CHI Board oversees CR's property holding and real estate management corporation

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Residential Youth Services, Inc.

The RYSI Board oversees the administration of CR's independent living program for youth and manages an RYSI property utilized by CR

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Thank you for your support. CR values all of the dedicated donors, volunteers and advocates who believe in our mission and make our work possible.

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 Top of the Town Reception and
 Conference Facility



Volunteers!

CR's programs could always use a little extra help.

We have some great opportunities for both individuals and groups — sign up to volunteer today!

Contact volunteer@comres.org

CR DONORS

Mission Partner (\$500 to \$999)

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Be an advocate

- Invite us to speak to your group
- Spread the word
- Join our staff
- Volunteer

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**Indicates CR staff members*

Referrals and Contact Information

If you or someone you know is interested in the programs and services provided by Community Residences, please contact us:

Chantilly Office (Headquarters)

14160 Newbrook Drive

Chantilly, VA 20151

(703) 842-2300



CR Community Residences, Inc.

Serving Virginia, Maryland and the District of Columbia

www.comres.org