

2021 Annual Report

July 1, 2020-June 30, 2021



Holly Hill

Child & Family Solutions



Rooted in Hope.

The Holly Hill Experience

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About Us

Holly Hill Child & Family Solutions has been creating brighter futures for the children of Northern Kentucky for over 137 years. From our past as an orphanage to our residential and behavioral health services today, Holly Hill remains dedicated to building resilient children and families for a stronger Kentucky.

Mission

Holly Hill strengthens the lives of children through its programs focused on the child.

Vision

Holly Hill embraces a changing service environment, meeting the present needs of children in our community and preparing to meet the needs of the children we have yet to serve.



Rooted in Hope

Dear Donors, Community Partners and Friends,

As the current board chair, I have been thinking a lot this year about a motto used at Holly Hill: “Rooted in Hope.” Holly Hill Child & Family Solutions’ strong roots were established on April 3, 1884. Because of these deep roots, we mitigated the challenges with Covid and cultivated our roots in preparation for new growth.

We continue to weather some storms. Covid keeps providing us with new challenges, but more importantly, it continues to challenge the young people and families that we serve, so we know Holly Hill’s services are more needed than ever. We were able to get back into schools this year with our essential day treatment program, and we have expanded into Gallatin County.

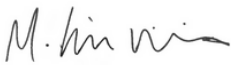


The youth that Holly Hill is servicing today in our residential program have different and higher needs than in prior years. They are at a higher acuity level than we have ever served, which means training our entire staff in trauma-informed care is more important than ever. From our administrative assistants, business office personnel, direct care staff, and everyone else who has any contact with our clients, we are committed to respecting and responding appropriately to the effects of trauma on the youth and their families. This approach allows us to move from “what is wrong with this person?” to “what has happened to this person?”

We also plan to expand the branches of the Holly Hill “tree” to begin serving exploited youth and pregnant and parenting teens. Holly Hill received one of only five fellowships in the country for the “My Life My Choice” program, which means our staff will receive complimentary training and consultation to implement this prevention solution model. The “My Life My Choice” program is a survivor-led model that combats the commercial sexual exploitation of children by empowering at-risk youth to defend themselves and helping them form the skills they need to become successful, healthy adults.

We have also spent most of this year without an Executive Director, and hopefully, by the time you are reading this, we will have a new one. The continuation of our mission would not have been possible without strong staff leadership provided by our interim co-executive directors, Diane Young and Michelle Renn.

We rely on you - our donors, advocates, and volunteers - and your generosity to fill in the gaps and raise awareness of changing needs of the youth and families in our community. It is your generosity that feeds the strong roots of Holly Hill and continues to provide perhaps the most critical need of all: Hope. I invite you to join me in bestowing a gift to create brighter futures for even more children and families and allow Holly Hill to continue to grow and stand strong.

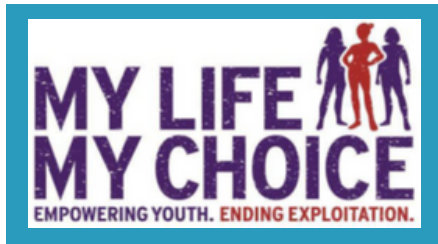

Erin Wilkins
Board Chair

Standards of Quality Care



Holly Hill has met the statewide requirements and the highest standards of care and has been designated as a **Qualified Residential Treatment Program (Q RTP)**. This designation means the youth served in Holly Hill residential treatment program have a higher acuity and more challenging mental health issues and behaviors.

In response to Federal Legislation called The Family First Prevention Services Act (FFPSA), the State of Kentucky changed its practices around residential treatment. The FFPSA is supported by research that shows that youth achieve better outcomes in family settings. The goal of the FFPSA is to decrease the number of youth in residential treatment programs and ensure residential treatment is used as a placement of "last resort" for youth with complex needs.



Holly Hill was honored this year to be chosen as a recipient of the **My Life My Choice Prevention Solution Fellowship**. Following a three-stage competitive application process, five congregate care programs in the US serving adolescent girls were awarded the My Life My Choice Prevention Solution Fellowship.

This unique opportunity aims to build capacity and impact human trafficking prevention on a national scale by supporting organizations serving high-risk youth in implementing the research-based, gender-responsive, and survivor-informed Prevention Solution Model. Prevention Solution Fellowship partners gain invaluable skills and tools for effective program-wide commercial sexual exploitation of children (CSEC) prevention through multilevel in-person and online training and consultation.



In 2021, we achieved re-accreditation through the **Council on Accreditation (COA)**. We are so proud of our team for this prestigious accomplishment. COA accreditation means our organization's programs, services, administration, and management have been rigorously evaluated and meet best practice standards.

To celebrate, the Holly Hill staff and board members gathered at Seven Wells Winery to commemorate this successful four-year re-accreditation.



Residential Treatment

Our **Residential Treatment** program at Holly Hill provides therapeutic support for adolescent girls ages 11-17 with severe emotional and/or behavioral needs. Residents, for those in the State's foster care system, stay on campus for an average of 6-9 months where residents receive intensive individual, group, and family therapy as well as involvement in educational and social activities. The most common diagnoses seen are Depression, Post Traumatic Stress Disorder (PTSD), Attention Deficit Hyperactivity Disorder (ADHD), and Oppositional Defiant Disorder (ODD).



25 adolescent youth were served in FY 2021 in the Residential Treatment Program



Of the children we served in our Residential Treatment Program, they endured the following:

54% Emotional Abuse

42% Physical Abuse

50% Sexual Abuse

42% Domestic Violence

75% Lived with someone with addiction

63% Household member was incarcerated

63% Lived with someone with mental illness/suicide attempt



96% of our clients reported that their parent/guardian was divorced or separated

HealthRhythms Drumming

This past year we introduced a new mode of creative expression for our residential treatment program. Thanks to a Kentucky System of Care grant, Holly Hill was awarded funds to purchase the Remo HealthRHYTHMS drum/percussion collection and train staff in the HealthRHYTHMS protocol.

HealthRHYTHMS is an evidence-based, non-verbal form of self-expression for children and adults who have experienced emotional trauma. Peer-reviewed scientific studies support this creative music expression protocol. By focusing on biological and psychosocial outcomes, this effective stress-reduction strategy builds self-esteem, respect, and empathy in participants of all ages, backgrounds, and abilities.

HealthRHYTHMS Drumming is community-based, family and youth driven, and trauma-informed which supports three of the core values of System of Care. Most of the youth in our Residential Treatment Program have adverse childhood experiences such as: physical/emotional/sexual abuse, domestic violence, living with someone with an addiction, having a household member incarcerated, or living with someone with mental illness/suicide attempt.



Trained facilitators use a ten-step protocol to foster creativity and social engagement in fun, collaborative group drumming sessions. HealthRHYTHMS teaches self-esteem, dealing with grief, anger management, conflict resolution, and empathy for others. It offers individuals a productive way to understand their feelings, express themselves musically, work as a group, develop a sense of self-worth and respect for others that often leads to surprising transformations, improved communication and team-building.

Therapy Services

"We feel like a family again"

In 2020 our team started working with the Johnson family seeking services for their seven-year-old son Chad who was experiencing psychotic symptoms. After the initial interview, one of our licensed therapists learned the family had fostered and adopted three siblings that had experienced extreme neglect. Holly Hill created an individual treatment plan incorporating therapy and case management to thoroughly support the Johnson family.

Working side-by-side with the family and using trauma informed approaches, Chad began making progress. The Holly Hill therapist and the family saw a real difference in Chad's aggression, making it safe for him to remain in his home.

As a result of the progress seen with her son, Mrs. Johnson has been able to return to work full-time. The family continues to receive services and has shared "We feel like we are a family again! I am praising the kids. We are planning trips out to eat without unsafe behaviors!"



**Therapists served 271 clients.
They made 4,493 visits for a
total of 4,446.4 hours**

Holly Hill's **Therapy Services** consist of licensed therapists conducting sessions with the child, their parents/ guardians, and siblings in the home, at school, or our office to help improve the quality of life for everyone involved. Children in this program have severe emotional and/or behavioral challenges and are at risk of being hospitalized or placed outside of their homes. Common Diagnoses seen during this time frame include PTSD, Attention Deficit Disorder (ADD), Oppositional Defiant Disorder (ODD), and Depression.



Supervised Visitation



"My daughter was my motivation!"

Supervised Visitation served a young mother who had struggled with addiction while pregnant. During the birth of her baby girl, she tested positive for drugs; therefore, her baby was immediately removed from her care. For months, the mother, Jenny, drove an hour to our Highland Heights Office every Monday and Wednesday to be here for visitation with her baby girl, Alyssa, by 7:30 am.

Seeing her baby twice a week through our visitation services provided Jenny the motivation and encouragement to succeed. She completed our Intensive Outpatient Program for substance abuse, completed her parenting classes, and achieved her case plan. By the time the Alyssa was six months old, Jenny was five months clean and was granted unsupervised weekend visitation with Alyssa.

It's stories like Jenny and Alyssa that make our work worth it!

Our **Supervised Visitation** program allows parents safe access to their children when unsupervised contact with the parent is not in the child's best interest. Most of the visiting parties are court-ordered to visitation while decisions regarding custody, visitation schedules, and safety are being considered by the courts. Holly Hill is one of two programs like this in all of Kentucky.

Special thanks to our partner



**Supervised Visitation
provided 387 units of
supervision in FY 2021**

Case Management



Case Management serves children and youth, up to age 21, who need support to stabilize their home environment and preserve the family unit. Case Managers coordinate services based on family needs, such as therapy, medical monitoring, evaluations, and assessments for children who are at risk of being institutionalized or hospitalized due to emotional and behavioral challenges.

"Holly Hill was there for me"

Meghan battled with severe anxiety. She needed to pass her last few classes to graduate from high school, but struggled with her grades due to being home during the COVID-19 pandemic. Meghan's mother, a single parent, had experienced an addiction relapse. She changed jobs multiple times, losing one after the other, and eventually, Meghan and her mom lost their home. Couch hopping from place to place, Meghan's laptop was lost, creating more obstacles and increased anxiety because she could not complete her schoolwork.

The Holly Hill Targeted Case Managers (TCM) provided services and support for Meghan and her mother through our intake process, including supplying Meghan with a tablet and hotspot thanks to the Bi3 Technology Grant. The tablet and hotspot were extremely valuable in helping her complete her assignments, write emails to school counselors, apply to colleges and for scholarships, and attend therapy sessions online. Meghan shared, "I was able to pass my final two classes because I had a tablet to do my work at home and use the internet."

Meghan graduated from high school with the support and services from Holly Hill and is currently enrolled at NKU.



**Case Managers provided
2117 visits with a total of
975 hours**



**Case Managers provided
788 tele-health visits
totaling 304 hours**

Day Treatment



Working Together Towards a Healthier Community

Holly Hill has worked collaboratively with Gallatin County Schools to start a therapeutic academy! Renew Academy is a targeted, part clinical, part classroom-based learning space. Renew operates a Middle School and High School Classroom and targets youth experiencing severe mental health symptoms that impact their ability to learn and function in a typical classroom.

After the first nine weeks in school, the youth enrolled in the academy completed credits, increased attendance, and reports revealed an overall decrease in self-injury and reduced frequency of hospital admissions. One person shared the time in the Renewal Academy was the longest stretch without a hospital admission for him within two years and another celebrated 100 days of sobriety from Meth.

"I would not come to school if I was not in Renew"

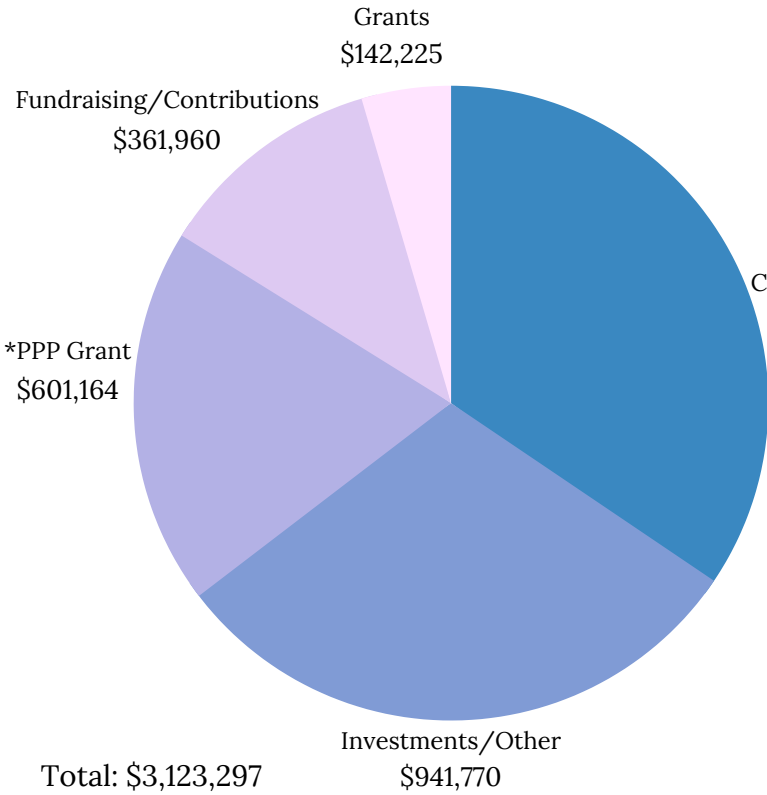
"I finally feel like someone cares about me"

"I love our group, I can work here"

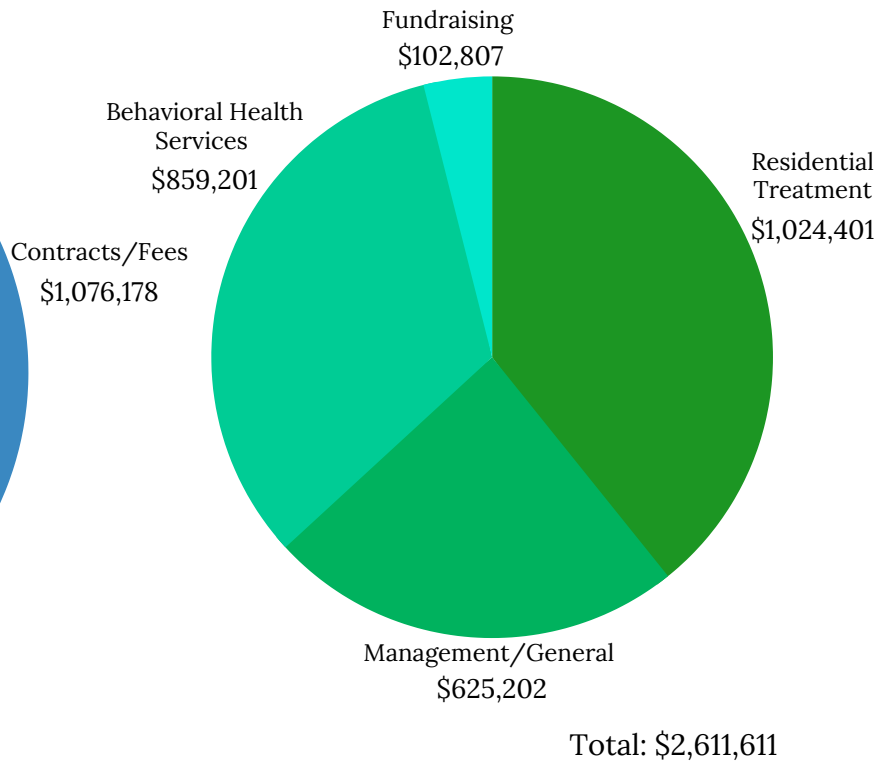
"I would not come to school if I was not in group"

2021 Fiscal Statement

Operating Revenues



Operating Expenses



Net Assets: \$7,609,563

*Paycheck Protection Program

*includes buildings, land, investments and equipment

Our Impact!



21

Number of Kentucky counties served



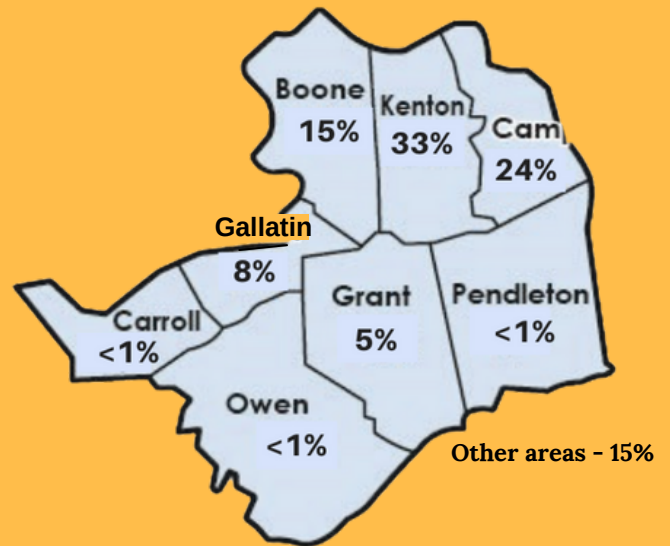
57

Number of families that received Supervised Visitation services



4,320

Number of Teletherapy visits provided since March of 2020 as a result of the pandemic



Our Family of Supporters

Grants

Bethesda Inc. - bi3
Deaconess Associations Foundation
Fifth Third Foundation
Kentucky Bar Foundation
PNC Bank Charitable Trust Committee
The Butler Foundation

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Thank you to the donors that designated Holly Hill for their United Way pledge.

Holly Hill Child & Family Solutions
 2816 Bluegrass Drive
 Highland Heights, KY 41076-1577



59th Annual Golf Classic

On May 26, 2021, Holly Hill held its 59th Annual Golf Classic at Pendleton Hills Golf Course. **124 golfers** golfed and showed their support, raising **\$37,000**. Special thanks to all of our sponsors and volunteers for your support.



Special Thanks to our Sponsors!

