Investing in Children’s Futures
2015 Annual Report
Four Mental Health Programs With One Goal – Helping Each Child Achieve Lasting Change

Wediko School
Located on 450 lakefront acres in New Hampshire, Wediko School is a residential treatment center offering therapeutic and educational services for middle and high school aged boys experiencing significant social-emotional, behavioral, and academic challenges. A strong community culture and a personalized approach to learning helps students build resilience, social-emotional competence, and confidence. The NH Department of Education recently described Wediko as “the way residentials should be.”

Wediko Summer Program
The Wediko Summer Program is a 45-day residential treatment program serving boys and girls ages 9-19 with social, emotional, and behavioral challenges. Located on 450 lakefront acres, this short-term program helps children discover strengths, interests, and hidden talents with engaging, camp-like programming. Through these successes, children develop a sense of mastery and improve self-esteem, which are the building blocks of a future-oriented child, one who is inspired to turn dreams into reality.

Wediko Community Programs
Built on a long history of individualized and family-centered care, Wediko Community Programs offer wraparound services both at home and in the community to improve children’s social and emotional well-being, community connections, academic confidence, and family problem solving. Wediko is now a CBHI provider, offering in-home therapy services and therapeutic mentoring. Wediko’s approach emphasizes home-school collaboration and the use of natural supports to improve and sustain mental health.

Wediko School-Based Program
Wediko School-Based Program provides direct clinical services, program consultation, and professional development to schools and school districts throughout Massachusetts, New Hampshire, and New York City. Wediko School-Based Program promotes the inclusion and success of students who face multiple barriers to learning. Close collaboration with school staff, families, and other service providers support positive environments in which children feel safe to grow and achieve success.

The Wediko Continuum of Care
In this day and age, it seems as though at-risk children are on a conveyor belt of services. Government agencies, funders, and increased demand drive the desire to move kids and families along quickly. What were the achievement scores? How many residential beds were needed? Question after question focuses on how efficiently those in the helping professions can improve a child’s life and then move on to the next child. At Wediko Children’s Services, we invest in children. Every meeting, every game, every bedtime, every interaction is meaningful. Every moment is worth an investment—an investment of time, an investment of resources, and, most importantly, an investment of will.

At Wediko, we recognize that providing mental health services to children is a powerful endeavor filled with hope and promise for improving the lives of children and their families. At the same time, we are acutely aware of the risk and struggle of operating an organization based on voluntary support. Too often, nonprofits function in an environment of scarcity that limits options and necessitates crisis-oriented decision making and short-term planning. In FY 2015, instead of succumbing to the conveyor belt mentality of children’s services, Wediko made lasting investments in technology, infrastructure, and services that will support children’s mental health for years to come.

Wediko School embarked upon a process of reimagining our engagement strategies with students using technology. We invested in new cabling, patch panel, switch infrastructure, and sustainable wireless connections. This improved physical infrastructure of our New Hampshire campus allows staff to focus on outcomes and students to take advantage of 21st century learning opportunities. With a generous contribution from the van Ameringen Foundation, Wediko NY invested in contract management support, program evaluators, and administrative planning time to operationalize the vision of clinical supports for over-age, under-credited youth. Wediko NY ended FY15 supporting 2,000 of New York’s most vulnerable youth, doubling this program’s service level of just two years ago.

Wediko Summer Program administrators invested countless hours cataloging information from our 80 year history to create a comprehensive training manual for early career clinical professionals. These efforts unified expectations for and delivery of quality clinical care for children with histories of complex trauma.

In FY15, Wediko did not fall into the trap of impulsive decision-making in the face of wavering public resources. Instead, Wediko made substantial improvements that will stand the test of time. The return on our investments is lasting, sustainable change for children and families, with the support of trained, resourced, and passionate professionals—people like you.

Investing in Children’s Futures
Amy C. Sousa, Ph.D., Executive Director

Investments in…

Information Technology
Wediko NH bridged the digital divide – improving connectivity, speed, and durability of campus information and communications technology, starting with an initial audit, then a near complete overhaul. This investment in infrastructure has allowed Wediko School to more effectively integrate 21st Century technology across course curriculum and extracurricular activities. Wediko School’s ability to provide highly individualized and engaging learning opportunities means that all students, including those with extensive histories of school failure and challenges, are building skills and academic confidence for long-term benefit.

Program Development and Evaluation
Wediko NY has developed a comprehensive school-based mental health program evaluation to better understand student outcomes. Wediko’s research looks at the intersection of social and emotional learning and the effects of trauma for low-income, urban youth. The project involved an advanced mixed methods research design to understand changes in social skills and problem behaviors related to Wediko’s school-based interventions and students’ level of trauma exposure. Preliminary results will be shared at the 20th Annual Conference on Advancing School Mental Health.
Results
Wediko NY successfully secured new community school and Alternative Learning Center (ALC) school contracts with this award. The van Ameringen Foundation certainly met their mission to increase the accessibility of mental health services in New York City for the poor and needy.

Professional Development
Wediko NY provided extensive training on trauma-informed care, protective factors, building effective support systems, and environmental risk factors to NYC public school personnel. Wediko was the lead presenter at a two day conference of NYC Department of Education principals.

Operating Support Doubles Our Impact
We greatly appreciate the support of the van Ameringen Foundation who generously awarded Wediko a two year general operating grant. This funding enabled Wediko NY to double its revenue - and impact during the funding period. With this support, Wediko NY was able to focus on two critical aspects of our growing program: infrastructure and program evaluation. These efforts help ensure that Wediko NY continues to meet increasing service needs in New York City without sacrificing the quality of care for some of the city’s most vulnerable youth. Wediko NY now provides services in 19 partner schools and has more than doubled the number of children, families, and school staff served (1,100 in 2012-2013 to more than 3,000 in 2014-2015).

Keeping the Lights On
It was a long, hard winter in New Hampshire. Storms and cold brought several power outages to our NH campus. Thanks to several generous contributions, Wediko School was able to purchase generators for student dormitories. This backup power supply not only provides physical security and comfort, it maximizes students’ treatment and learning, no matter the weather. For students who are anxious or depressed, keeping the lights (and heat) on at all times is just as important as our most innovative intervention.

Thank you to the trustees of the Cogswell Benevolent Trust, New Hampshire Charitable Foundation, and Fredrick A. Bailey Trust for recognizing the extraordinary importance of meeting ordinary needs.

DeVeloping Resilience
Through the generous, two-year support of the Cummings Foundation, Wediko and REACH Beyond Domestic Violence partnered to offer families impacted by domestic violence access to critical advocacy, safety, and mental health services. Wediko and REACH piloted a promising model for integrated mental health and advocacy services for families affected by complex trauma. With additional support from the Eastern Bank Charitable Foundation, Wediko is developing this model into an evidence-based curriculum to be shared, and replicated, nationally.

Thank you to the Cummings Foundation and Eastern Bank Charitable Foundation for recognizing intricacies of complex trauma and community response systems that too often are overlooked or ignored.

Treating Hidden Wounds
For 81 years, the Wediko Summer Program has offered a residential clinical and recreational experience for boys and girls with social, emotional, and behavioral challenges. A substantial portion of the clinical work is focused on trauma and its impact on children. As a trauma-informed community, Wediko seeks to help children confront problems that impact their health and happiness. This summer, Wediko expanded our clinical interventions specifically designed to meet girls’ needs and the particular situations of girls in residence.

Thank you to the George Harrington Trust for unrelenting support for at-risk, and often under-identified girls in need to trauma sensitive approaches to positive youth development.
Wediko School Earns High Praise from NH Department of Education

Wediko’s “clear and consistent student-centered approach and connection and support to families” had the NH Department of Education proclaiming the Wediko School is “how residents should be.”

Every three years, all private special education programs licensed by the NH Department of Education must go through an intensive Program Approval process. This process not only monitors Wediko School’s compliance with state and federal special education requirements, but also evaluates program effectiveness and makes suggestions for improvement - making sure that all programs licensed by the Department of Education are constantly striving to improve education for all learners.

Wediko School received high praise in a number of areas:

• Student self-awareness and sense of agency in their own treatment
• Specialized and high level of instruction with significant student engagement
• Staff culture of trust, investment, and compassion was self-evident
• Educational and residential components give an integrated, comprehensive and consistent experience for students

Wediko staff and students are proud of the results of this program audit and appreciate that their hard work has been recognized.

Annual Events

Through a variety of efforts, Wediko Children’s Services has continued to spread awareness about children’s mental health and expand our fundraising base through engaging and fun events. With fundraising as the focus, these events bring our community together to support Wediko’s mission to improve lives.

Cycle the High Hills

On Saturday, September 13, 2014, Wediko hosted Cycle the High Hills. With a name change to signal a new route, Cycle the High Hills was Wediko’s 7th annual bike ride fundraiser. Participants raised money leading up to the event and were given the option to ride either 25, 50, or 100 miles of New Hampshire’s beautiful hills. Starting from Wediko’s NH campus and ending in downtown Hillsborough, riders and volunteers enjoyed a strong sense of community and beautiful scenery. The ride raised over $21,000.

Climb For Kids

On April 12, 2015, Wediko hosted the 4th Annual Climb For Kids stair climb event at One International Place in Boston, MA. Participants raced, ran, or walked up 46 floors of this iconic building to a beautiful view at the top. The event kicked off with a keynote address by a Wediko alumni who spoke about Wediko’s impact. Climbers and volunteers were rewarded with breakfast, prizes, and awards at the post-climb celebration. The 4th Annual Climb for Kids raised $31,000.

Boston Marathon

On April 20, 2015, Wediko had six runners participate in the 119th Boston Marathon. The marathon embodies the values Wediko holds most dear – strength, community, courage, and perseverance. After a grueling training season (recorded on record), and tough race conditions, all of our team members finished and were forever changed by the journey! Wediko is grateful to John Hancock and their Non Profit Program. Wediko’s Boston Marathon team, including both qualified and invitational runners, raised $40,000.

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Wediko Children’s Services provides a continuum of psychological and educational services to children with serious emotional and behavioral problems and their families, educators, and community members. While tuition and school contracts are our primary source of revenue, they do not cover the total cost of providing for the educational, social, and emotional needs of Wediko’s students. Every year, friends, alumni, and business community members contribute toward Wediko’s financial stability, growth and overall mission.

Condensed Statement of Financial Position
July 1, 2014 - June 30, 2015

Assets
Total Current Assets $3,406,571
Total Net Fixed Assets $9,572,821
Total Other Assets $65,176
Total Assets $13,044,568

Liabilities
Total Current Liabilities $1,397,496
Total Long Term Liabilities $4,168,618
Total Liabilities $5,566,114

Net Assets
Unrestricted Net Assets $7,211,409
Temporarily Restricted New Assets $267,045
Total Net Assets $7,478,454

Statement of Activities
July 1, 2014 - June 30, 2015

Revenue and Support
Program Service Fees $12,046,280
Contributions $187,875
Other Income $9,827
Investment income $768
Total Revenue and Support $12,264,750

Expenses
Program Services $11,524,193
Administration $969,449
Fundraising $68,375
Total Expenses
Net Assets at Beginning of Year $7,188,730
Net Assets at End of Year $7,211,409
Change in Net Assets $22,679
We gratefully recognize all of our donors who gave in FY15. Thank you for your generosity and vision on behalf of the children and families we serve. The following list reflects all gifts and pledges above $250 received between July 1, 2014 and June 30, 2015.

**Visionary ($25,000 and above)**
- Cummings Foundation
- George Harrington Trust

**Champion ($10,000 - $24,999)**
- Blue Hills Bank Charitable Foundation
- Campus Compact of NH

**Mentor ($2,500 - $4,999)**
- Arbella Insurance Foundation
- Robert and Pamela Hemming
- Richard and Michelle Holstein
- James A. Mosher

**Friend ($250 - $999)**
- Anonymous
- Au Bon Pain
- Chiofaro Company

We appreciate the generosity of all of our donors. This list is much longer, however due to space restrictions, we could not include all of our donors. If we have misspelled your name or omitted a name that should be here, we offer our sincere apology. Please notify us of the mistake so that we may correct it: donations@wediko.org or call 617-922-9200.
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