

## Annual Report 2009



### Sometimes, You Scale The Mountain...

This year, with the community's help, Youth Services reached the peak of a very tall mountain when we opened the new McLennan Center for Youth on the PotashCorp Campus - realizing a five-year dream of building a home for the children, teens, and families who utilize our services.

Those of us involved in the Building Campaign achieved something that at times felt out of reach - but we finally climbed our Mt. Everest with lots of help. And that striving has made all of us even more acutely aware of how much we need one another. We are most grateful to those who supported us - we pledge to continue returning the favor.

During our 2008-09 fiscal year, the dedicated staff of Youth Services assisted over 3,500 children, teens, and their parents through 36 diverse programs and services designed to meet a wide array of community needs from after-school programs for students to support groups for parents.

*Youth Services is devoted to the mental health, character development and physical well-being of children and families in our communities.*

# ... And Sometimes You Find A Way Around The Mountain

How do you change course when you know the dream you have for you child is no longer possible? The answer is: with lots of help.

## Dreaming for our children

All parents have dreams for their children. But sometimes those dreams have to be re-imagined. The hardest words for a parent to say are: "My child is mentally ill."

Yet these are the words of Chris Futia, whose son Peter suffers from bipolar disorder.



Peter is a 15-year-old high school freshman. He is also an ultra-rapid cyler, which means he moves through his moods from highs to lows very quickly and is frequently agitated and negative. In

addition, Peter has many learning deficits, and he struggles with crowds and noise. At just four feet six inches tall, he is one of the smallest students in his high school. In spite of all these challenges, his mother is not overly anxious for Peter when he is at school. That's due in part to the work Peter has been doing at Youth Services.

"Youth Services has helped to make Peter feel so much more comfortable with himself. He feels accepted, he feels warmth, and he feels appreciated," says Chris. And that has made all the difference; not just for Peter, but for his mom as well.

## Who Do You See? Someone like Me?

For over six years, Chris has participated in Youth Services' support group for parents of children with bipolar disorder. If it is the second Monday of the month, odds are you will find Chris and Peter at Youth Services - a habit they started when he was eight and have no intention of ending any time soon. While his mother meets with parents, Peter can be found socializing with the other young people, or playing games under the care of a youth worker.

"Peter adores the group and the other children," says his mom. "He loves when the other kids are there but he also loves working with the Youth Services staff. He doesn't really have outside friends because of his bipolar disorder, so the group gives him a chance to hang out with people like himself."

As for the parents, according to Chris, many take a long time coming to terms with the fact that the child they had such high hopes for academically, socially, and financially may not be capable of fulfilling those dreams due to his or her illness.



Parents often struggle with the fact that their child has special needs so they delay seeking a diagnosis. This delay can be costly. The younger a child is

when prescribed medication as part of his or her regimen, the more likely the child will be compliant.

"I talk a lot with parents who are new to bipolar disorder and one thing is certain: It is never the same for any two people," says Chris. "Many parents are really struggling with their child's diagnosis. But I had already accepted that Peter was bipolar when I started coming to the group. I came wanting to learn more, so it was thrilling to find a place where I could find answers."

After six years in the program, Chris considers herself a veteran but contends that it still does her good to listen to the newer parents and to share her experiences. She believes that most parents eventually come to terms with their child's disorder aided by the fact that they have one another for support.

"It's such a wonderful group," says Chris. "I'll stay active with it as long as I can." Because some habits, like dreams, just shouldn't be broken.

### Finding Their Way

Chris and her husband Carl live in Morton Grove with their three children; all of whom were adopted from India and have special needs.

"As adoptive parents we are on a different journey from most other parents," says Chris.

Their older son, Leo, is 22 and has ADHD and a right hemisphere dysfunction. But this did not stop him from earning a degree in travel and hospitality management. He is currently working at O'Hare Airport as a customer service agent.

Annie is 20 and has reading and language processing problems. With the help of early intervention, she graduated from Niles West High School and is now pursuing a degree in interior design at Robert Morris University.

Because of her experience with her older children, Chris began to sense that something was



amiss with Peter early on. When he was five, she took him to see a pediatric neurologist who prescribed a drug for depression that helped for a while. But as time went on, Peter

became increasingly irritable, so at six, Chris took him to Children's Memorial Hospital where the doctor's advice was to "watch him." In the meantime, Chris had been doing her own research and was becoming convinced that her son might be suffering from bipolar disorder. Eventually, with the help of an educational advocate in their school district, the Futias were put in touch with a doctor specializing in bipolar disorder. Peter was eight when he was diagnosed and shortly thereafter he began coming to Youth Services with his mother.

Even though the Futia's have had to re-align their parental expectations with their children's capabilities, they haven't given up on their dreams for them. After all, dreaming for their children is what parents do.

### From our clients...

"Thank you for everything you have done and are still doing for my family. ... I don't know how we would ever make it without you."

"Thank you for offering assistance to my family for the holidays. We have had a bad financial year and our holidays would be nothing without your help. ... We struggle daily. Thank you for giving hope and love to us."

## Q and A with the Executive Director, Nancy Bloom

*You often talk about Youth Services originating from within the community itself; how does that affect your relationship with the community today?*

I like to say that Youth Services is the community's response to the needs of its children - 38 years ago a handful of teens asked for help, and the community heard them and acted. Now let's jump forward three decades. There we were trying to operate programs and services out of a couple of trailers that we had outgrown. We voiced the need for a new home and the community heard us and rose to meet the need. That's the same response they had in the very beginning, which proves how much kids count in our community.

*Who uses Youth Services?*

All kinds of families use our services. While some of our clients may have severe financial need, a full 35 percent of our children and their families can afford to go anywhere for assistance. They choose Youth Services.

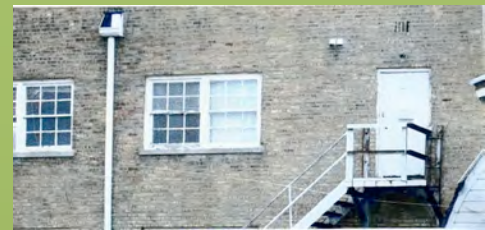
*What's so special about Youth Services?*

There is really no other organization like us in the area. We offer services that children and their families cannot get elsewhere. For example, we use recreation as a therapeutic tool which engages young people in a fun and non-threatening manner. This technique allows us to see kids in action and that gives us insights that we wouldn't get through traditional therapy.

(Cont'd...)

## How Kids Gave Us Our Start

Back in 1971, a group of 15 high school students, most from Glenbrook High School, decided they were bored - out of that boredom came something great.



The teens, who dubbed themselves "The Bored Board," asked the Village of Glenview for a place where they could meet to work out their problems and entertain themselves in a warm, creative, and educational environment.

Parents and clergy were quick to join the students' cause and shortly thereafter the group rechristened itself the Glenview Community Youth Council, Inc. and was given use of a building at 1215 Waukegan Rd.



Today Youth Services is under the direction of Nancy Bloom, Executive Director since 1989. Programs are staffed by 20 full- and part-time professional personnel, plus eight interns. And it has a very *non-bored* board of directors comprised of 21 local business people and community leaders.

(Q&A With Nancy Bloom...cont'd)

*What are the challenges facing Youth Services?*

Like almost any non profit, one of our biggest challenges is maintaining an adequate level of financial support so that we can continue to do our work. Because of the economic downturn, many former sources of government and corporate funding have been cut back. And individuals are feeling the pinch and giving less, too. More groups are competing for fewer dollars. It has been an effort to keep up the same level of service to the children on less money.

Another challenge is helping people understand that when a child is having a problem, it doesn't mean his or her parents are failures; sometimes they just need a little help. Growing up is like trying to follow a road with unclear markers; occasionally kids stray off the path. Because kids have so many pressures on them they can make bad choices, and this can eventually lead them to lose hope that things can change. Loss of hope is something we cannot allow. We want every child to have faith in the future.

*How do you determine what kids need?*

We listen - carefully. We listen to the children, their parents, the schools, and the police to determine where we need to focus our efforts. If there is a gap in services and we can fill it, we will step in.

*What is your goal going forward?*

It has always been our goal to meet the changing needs of the community. Our job is to assess those needs and, where appropriate, add or change our programs to address them. So our goal for the future is what it has been in the past - to be there for the kids, in every way possible.

From our clients...

"There are no cards to express how thankful I am that you came into my life. ... You have shown me that I am worth something and that I mean something to the people in my life. I can't tell you what that means to me."

"This has been a most stressful and trying time in my life. As you know, I have no family to turn to. Your sincere kindness and understanding meant so much to me."

"The bipolar support group for parents provided by Youth Services has been invaluable to my family. To my knowledge there is not another agency that provides these services that are so desperately needed. ... This is the first support group that my husband attended willingly."

"My son has come so far and is growing into a young man. The changes in him are just wonderful. ... Sometimes when times get rough you really feel alone. But you made us feel like we were somebody and you cared."

## The Need

According to the American Academy of Child and Adolescent Psychiatry, up to one-third of the 3.4 million children and adolescents with depression in the United States may actually be experiencing the early onset of bipolar disorder.



# Agency Financials

## BALANCE SHEET

(Unaudited)

ASSETS	<u>CAPITAL</u>	<u>GENERAL</u>
Cash	\$ 801,802	\$ 178,940
Certificates of Deposit	---	68,157
Accounts Receivable	---	15,355
Grants Receivable	---	5,000
Pledges Receivable	1,748,446	---
Prepaid Expenses	11,590	12,202
Property & Equipment	4,598,030	257,486
Restricted Cash	<u>245,500</u>	<u>102,297</u>
<b>TOTAL ASSETS</b>	<b><u>\$7,405,368</u></b>	<b><u>\$ 639,437</u></b>
<b>LIABILITIES &amp; NET ASSETS</b>		
Accounts Payable	\$ 814,816	\$ 21,071
Accrued Retirement	---	50,000
Accrued Payroll	---	21,044
Loans Payable	1,329,566	
Deferred Revenue	---	<u>1,670</u>
Total Liabilities	<u>\$2,144,382</u>	<u>\$ 93,785</u>
Unrestricted Assets	\$4,762,210	\$ 535,801
Temporarily Restricted Assets	<u>534,776</u>	<u>9,851</u>
Total Net Assets	<u>\$ 5,260,986</u>	<u>\$ 545,652</u>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b><u>\$7,405,368</u></b>	<b><u>\$ 639,437</u></b>

## FUNDING STATEMENT

(Unaudited)

### OPERATIONS:

<b>OPERATING REVENUES:</b>	
Government Grants	\$ 366,192
Fee Income	69,885
Non-Profit Donations	63,021
Corporate Donations	75,304
Individual Donations	70,704
Donated Facilities & Services	19,100
Holiday Gift Program	23,595
Fundraising	140,130
Auxiliary	78,435
Interest	<u>20,522</u>
<b>TOTAL OPERATING REVENUE</b>	<b><u>\$ 926,888</u></b>
<b>OPERATING EXPENSES:</b>	
Services/Programs	\$ 69,782
Personnel Expenses	618,826
General Expenses	141,234
Fundraising	42,550
Auxiliary	34,248
<b>TOTAL OPERATING EXPENSE</b>	<b><u>\$ 906,640</u></b>
<b>NET OPERATING INCOME</b>	<b><u>\$ 20,248</u></b>
<b>CAPITAL:</b>	
Revenue	\$ 521,285
Expenses	<u>111,130</u>
<b>NET CAPITAL INCOME</b>	<b><u>\$ 410,155</u></b>

Please consider a donation to Youth Services

Your support is critical to the kids and families of our community. Simply click the "Donate" button at <http://www.youthservices-gn.org/>

Help us save on postage...

Give us your email address and we'll communicate with you electronically rather than through the mail. Send your email address to: [mgarvey@youthservices-gn.org](mailto:mgarvey@youthservices-gn.org)