



ANNUAL REPORT : FISCAL YEAR 2016

Message from the CEO

The theme of growth stimulates a reflection of where we have been this past year. Growth is a necessity and with it comes change, challenge, creative thought and opportunity to learn.

The year's growth was guided by a dedicated team of professionals and a Board of Directors that is committed to the vision. This leadership helped us to create new opportunities this past year.

We have been active in a capital project this year, Soaring Beyond: The Campaign for the Children of Tanager Place. This campaign doubles the number of children we serve in our outpatient clinic. The growth and expansion of this program has increased our capacity to serve, increased job opportunities and positioned us to make a broader impact into the future.

This past year we were committed to the community through outreach and training. The first annual Suicide Symposium was offered during Mental Health Month to more than 200 community members. Youth Mental Health First Aid was provided throughout the year training more than 200. Increased awareness and growth in knowledge are both key to increased understanding and support of those in need.

Training through our school based mentoring program occurred with a pilot at Roosevelt Elementary School. This important project will continue this next year and growth in both numbers of children participating and in the need for volunteers will be seen. The school based mentoring program has grown to serve 11 schools and three school districts.

System changes occurring this year will lead to better care and operations. Electronic health records and new contracts with Managed Care Organizations were part of the growth and changes that Tanager Place experienced. This growth came with new expectations, new processes and new ways to evaluate and create opportunities for care.

The 2016 Annual Report reveals this growth. We want to thank you our donors for your support and continued confidence in our organization. Without you our ability to help thousands of children and their families each year would not be possible. Your support is a guiding light and one we do not take for granted.

Okpara Rice
CEO



Awarded the Best Non-Profit in the Corridor

Tanager Place is proud to announce we have been awarded the Gazette's Business 380 Excellence Award for best non-profit in the Corridor. Tanager Place joined 27 other Corridor businesses in accepting the prestigious award presented to the company or organization that has demonstrated impressive achievements in business growth and service to the community.
(Photo: Liz Martin/The Gazette)



Mental Health is as important as

Tanager Place believes a child's mental health is as important as their physical health. When children with social, emotional and behavioral challenges receive early intervention, they have happier childhoods, are less likely to fail academically, drop out of school or become involved in the juvenile justice system.

A Critical Community Resource

Tanager Place has strengthened Eastern Iowa communities for 137 years. Our compassionate child therapists help children develop the skills to be successful at home, in school and in the community. Tanager Place:

- Is a trained leader in childhood trauma
- Provides quality assessment and treatment of children that incorporates evidence based practices, promising therapies and new research — all to help children grow into healthy, productive adults

Who We Help

Tanager Place serves children from birth to age 18. Last year, we offered hope more to than 5,500 children and their families. In response to the community's growing need, Tanager Place initiated the Soaring Beyond Capital Campaign to help purchase and renovate the Estle Center; an outpatient treatment center in the MedQuarter. The response of the community has been outstanding and

today, the campaign has successfully met 98% of its \$6.5M goal. The outpatient treatment center has helped us to double the number of children we serve in the community.

Our Service Area

Tanager's geographical reach encompasses Eastern Iowa with a primary focus around Linn and Johnson counties. Last fiscal year, the organization served 43 of Iowa's 99 counties. Tanager Place has a three pillar approach offering: Prevention Services, Treatment and Research. The in patient program is located on our C Street campus. Tanager Place is proud of our long-term history of prevention programs at Camp Tanager and our collaboration between Young Parents Network and Boys & Girls Club through YouthPort.

Our Vision

With over 137 years of experience in assisting high risk children, Tanager Place is the region's only child-focused comprehensive mental health program. This year's annual report shares our program growth as we continue to strive to integrate innovative research into program practice, implement meaningful evaluation methods and provide effective training and consultation for agency staff and community collaborators.



Expressive Arts was made possible through generous donations from people like Lois Sconyers. Lois lived at Tanager Place as a child and her family shared a substantial contribution through her will. This beautiful legacy gift directly impacted hundreds of children. We thank the Sconyers family for their important support.



and their families struggling with mental and behavioral challenges.

Physical Health



We're Built Around A Story Of Hope

Looking inside hope we find thousands of stories that reflect the work we do. Here is Tonya's story.

Tonya, age 13

I'm a singer. I mean, I've always liked to sing, but this is something different.

For a long time I talked about singing, without actually doing it. I know. You can laugh. It's funny even to me now.

But I had this thing about control. Singing in private was controlled, a way of keeping myself private and not opening myself up to ridicule.

Then I came to the Music Room at Tanager Place and I slowly moved from talking about singing to actually doing it. It started small, and I liked it just as much as I thought I might. So I decided that I wanted to do more of it, that I wanted to perform in front of other people. But it had to be this one song, and only that song.

The song itself wasn't so hard, but it needed other singers in the background and that was a problem. After thinking about it, I got help from Carly, my Music Therapist and we began to pre-record the background vocals. It took days of work, but it was perfect.

Yet the day I was supposed to sing in front of people – much of it was just my voice a capella – I panicked. I wanted to run fast and hard away because the entire experience was forcing me to think about other times I'd tried and failed and how I'd promised myself that I would call the shots and keep myself safe. I was falling apart. I screamed and ran and hid and told everyone that I was not about to be on that stage. Not me. Not today.

The staff encouraged me. They shared that I had worked so hard. They reminded me that I was prepared. I was at a loss for words. I was trembling with fear. They saw the fear in my eyes and they supported me. I crumbled from the pressure.

When I didn't think I could stand by myself, the staff at Tanager Place propped me up. They helped me separate that moment from those that had come before; they gave me tools to overcome my fears. I sensed that it was important to try and they stood by me to see me through. Even though the background vocals we had worked so hard to create didn't work at first, I stayed in the moment. As much as I wanted to punch something or just run away, I did it, I stayed and I sang.

So, I am a singer.

To this day I can't tell you how that performance sounded to everyone else. But I think the music reflects what I heard and felt the day that I didn't give into fear, gave up some control and learned to become something more than what I was.

Opportunities to HEAL

Through Play Therapy

Play is the natural language of children. Under the professional direction of Tanager Place Registered Play Therapists, kids can find pathways to healing by engaging in positive play. Numerous studies have shown that play therapy can help children confront trauma, cope with anxiety, make academic progress, deal with emotional disorders, improve developmental delays, meet behavioral challenges and much more. Everything from puzzles and books to dolls and puppets create a safe and lighthearted environment where children find ways to build relationship skills, process internalized problems, learn coping mechanisms, and redirect disruptive behaviors.

Our Registered Play Therapists work in our outpatient Behavioral Health Clinic. Play therapy is just one of 11 specialties our clinicians use to help children express their thoughts and feelings. It's the way children learn, it's the way children communicate, play helps children to heal.

Through School Programs

Tanager Place therapists provide outreach services to children in area schools through the School Based Program. "The chance to share time with the kids in their school is a great way to build connections," shares Tonya Hotchkin. "Our team is able to witness the kids in a variety of settings, work with teachers and engage with their environment." The program helps children ages 4-19, the children who struggle with three or more behavioral challenges. New this past year were initiatives of expressive arts, mentoring and roundtables.

Now serving 11 sites across three school districts, the program has experienced significant growth this past year. Over 195 students were assisted in 2015, which is a 45% growth from 2014.. Two additional full-time positions were added to meet demands.

Through New Partnerships

Eating disorders are real and complex. With a high risk of life-long complications, these unhealthy behaviors impact children of all ages and backgrounds. The numbers are shocking.

Over 12% of adolescents are struggling with anorexia nervosa, binge eating, bulimia nervosa, or other atypical yet serious conditions. In Linn County alone, that represents approximately 2,850 adolescents and young adults who are battling these devastating disorders.

Eating disorders have the highest mortality rate of any psychiatric disorder. Yet, there is a lack of prevention or treatment options available in Iowa.

Together Cornell College, Dr. Melinda Green and Tanager Place have initiated the Center for Eating and Weight-Related Disorders. This program will soon offer a lab setting to help diagnose and treat individuals who are struggling with eating and weight-related disorders.

The research-based center will offer education and awareness preventive programming, outpatient therapy, nutrition counseling, and specialized treatments. Online resources are available which provide resources that promote positive body image and healthy food-related behaviors.

This program is reliant on donations. For more information and the opportunity to get involved contact: Teresa Kurtz; 319-365-9165 X 379.

Staff delivered over
3,140
therapeutic sessions.

98%
of students reported
improved functioning and
89%
felt more socially
connected.

Mental Health training
sessions were provided to
400
area teachers

Through Therapy

CENTER FOR PLAY THERAPY

Are you a professional who wants to learn more about play therapy? The Tanager Place Center for Play Therapy is an approved provider for training. Introductory and advanced sessions are offered in:

- **Animal Assisted Play Therapy** - December 9, 2016
- **Play Therapy Theories** - January 13, 2017
- **Adlerian Play Therapy** - February 3, 2017
- **Family Play Therapy** - March 10, 2017
- **Play Therapy and Court Testimony** - April 21, 2017
- **Play Therapy and Trauma** - May 12, 2017
- **Linking School and Play Therapy** - June 9, 2017

Health advocates, teachers, medical staff and all interested in these techniques can register on line at <http://www.tanagerplace.org>



“We were terrified of how our family was going to handle emergencies and keep our 12-year-old autistic daughter safe. We talked to Tanager Place and they listened,” explained one mother.



Are you looking for a career in the Human Services, Psychology or Social Work fields?

Do you have a passion for working with children at a pioneering organization that delivers high quality, comprehensive mental and behavioral health solutions for children and families?

Go to www.tanagerplace.org for more information on current openings.

Tanager Place Programs

Tanager Place comprehensive programming is based on research and best practice methods designed to meet a child's critical need and provide solutions to encourage a strong family structure and ensure future success. Each program is detailed below.

PMIC Program: Our Psychiatric Medical Institution houses 68 children who are dealing with severe psychiatric challenges and provides a healthy inpatient environment conducive to healing and restoration.

Mental Health Clinic: The clinic offers diagnosis, assessment and treatment to over 3,000 Eastern Iowa children for a variety of mental health issues and specializes in child psychiatry, play therapy, music therapy, and autism spectrum treatment.

Community Based Services: Our community based services program offer services to more than 600 families daily throughout Eastern Iowa, providing intervention assistance and family safety services in the family's home.

Behavioral Health Intervention Services: Skill building interventions that reduce or eliminate behaviors associated with a child's psychological disorder.

Pediatric Integrated Health: Offers a professional case management team for families with Medicaid eligible children. Support provides advocacy for behavioral and medical health needs.

Expressive Arts Program: The Expressive Arts Program is a key component to the treatment of children living on campus, as it gives children the opportunity to face challenges and confront mental and emotional obstacles through visual arts and music.

Camp Tanager: Camp offers a unique summer experience for children who are economically or medically disadvantaged, including those with Diabetes, Hemophilia and Tourette's syndrome, and is Iowa's only program to offer a free summer camp to at-risk children.



IN FISCAL YEAR 2016 :

The PMIC inpatient program was licensed with no deficiencies for the
7th year in a row.

Development and Implementation of the Electronic Health Record
builds integrated communication and service.

Completed agency wide implementation of
an evidenced based tool to measure client outcomes.

Assessed and revised agency wide risk management procedures to
**increase efficiency, improve communication,
and ensure optimal management of risk.**

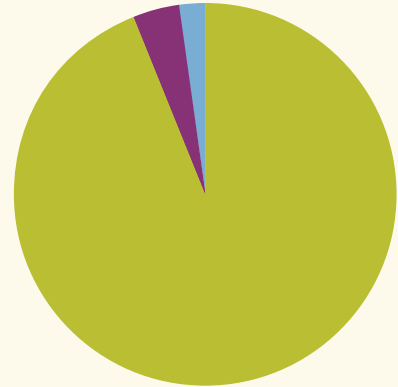
Re-aligned Quality Improvement Committees
in response to strategic plan and changing external environment.

Behavioral Intervention Services
expanded in the Johnson County area.

Pediatric Integrated Health program addressed
population health management through
**flu clinics, collaborating with area physicians,
and wellness activity programs.**

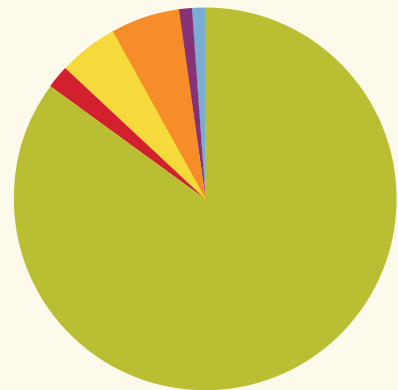
Camp Tanager completed their expansion with a new winterized
7,500 sq ft Gymnasium now available year round.
More than 630 at-risk campers
attended summer camp.
New Day Camp program provided.

Collaborative Problem Solving
has been a training focus for our inpatient staff with growth and training
opportunities to extend into FY 17.



Revenue

Service Fees	94%
Other	4%
Donations	2%



Expenses

Personnel	85%
Purchased Services	2%
Supplies/Equipment	5%
Occupancy	6%
Transportation	1%
Other	1%

Total Budget = \$13,199,805

Tanager Place Board Members

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Nestled among the trees on our beautiful 40 acre site, Camp Tanager's new winterized activities center is now available to rent year round.

Available now for:

Birthday Parties
Meetings and Retreats
Overnight Camp Programs
Indoor Basketball Court Rental

See all our rental options at
www.camptanager.org
or give us a call at
319.286.4510



NOW AVAILABLE ALL-YEAR

