



My, How We've Grown!



32045 Castle Court, Suite 100
Evergreen, CO 80439

RETURN SERVICE REQUESTED

Resilience1220.org

720.282.1164

Resilience1220 is a 501(c)(3) organization—your donations are tax deductible. Donate now at ColoradoGives.org or mail a check to the address listed above.

IN OUR FIRST YEAR ...

- ♥ We opened our doors with 6 therapists, and we now have 30 therapists involved.
- ♥ We initially began serving Evergreen, then expanded to Conifer, and we are now reaching Bailey, Fairplay, and Black Hawk—serving the mountain areas of Jefferson, Clear Creek, Gilpin, and Park counties.
- ♥ We started with the LGBTQ+ and grief groups and as we saw the need for groups to address other issues, we created them. By March 2020 we had 11 groups meeting in schools, libraries, and other public spaces. When COVID-19 began, we transitioned to offering virtual meetings for some of our groups.
- ♥ At first we asked therapists to volunteer their time, but with the tremendous outpouring of support from individual donors and foundations, we are now able to pay therapists at about 50% of their customary rate.
- ♥ Working in partnership with Rotary Club of Evergreen to address the impact that quarantine during the COVID-19 pandemic is having on families, we created a pilot program of crisis counseling for parents.
- ♥ Our therapists have quickly risen to the challenges presented by social-distancing requirements and are providing individual teletherapy appointments and group counseling via secure online platforms.



Our First Year

ANNUAL REPORT—MAY 2020

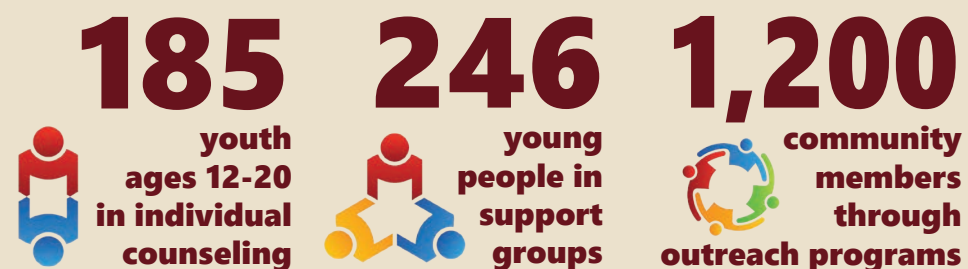
Resilience1220 was founded in 2019 after parents, mental health professionals, and business leaders came together to confront the mental health crisis in our community, evidenced by suicides and high numbers of mental health hospitalizations among teens in the mountain area. In just one year, the organization has become a trusted source for mental health services to young people and their families throughout the mountain area west of Denver, and garnered tremendous community support.

Resilience1220 embraced a model that

eliminates barriers to treatment for youth and offers mental health support and guidance to help young people build coping skills. We offer free, confidential counseling in locations convenient to our clients and guided support groups on a range of challenges young people are facing, enabling them to share experiences and discover solutions among peers.

In addition, we provide community education in order to reduce stigma and raise awareness of the social, emotional, and mental health issues impacting young people.

IN OUR FIRST YEAR, WE'VE REACHED ...



“The list of what is possible that I made with my therapist has been a great tool when I’m feeling hopeless.”

—High School Junior



Celebrating Our First Birthday ... With You!

When we are asked how Resilience1220 is doing, the answer is simple: the organization is thriving because of all of you. We are filled with humility and gratitude for the support from our community. We’ve had an amazing first year!

Our name and reputation have spread throughout the mountain area. We serve people of all ages and socioeconomic levels in our four-county service area. Young people are finding hope and telling their friends. We are smashing the stigma around getting support for anxiety, bullying, unhealthy relationships, and substance abuse. We are helping kids develop coping skills and deal with family issues. As COVID-19 has kept us at home, Resilience1220 has been serving parents and teens through telehealth, six-feet-apart walks, and virtual support groups.

We are proud that this organization has been able to help our community Connect, Grow, and Thrive in these challenging times. We appreciate the support we have received from each of you, and we look forward to continued collaboration in the coming year.

Thank you!

Heather Aberg, LCSW
Executive Director

Jennifer Pearson, LPC
Director of Therapy

OUR MISSION

Resilience1220's licensed therapists provide free counseling services to youth ages 12-20 in the mountain communities west of Denver. We work to raise awareness of the social, emotional, and mental-health issues young people face, and to provide the necessary life skills to create wellness and resiliency in their lives.

Community Outreach

Resilience1220 has offered a range of events to promote understanding of issues that impact the mental health of young people, including a screening of the film *Angst*, a day-long Transgender Panel Event, and Suicide-Prevention Training. Starting in March, Jim Fay invited parents to attend his Love and Logic group for free through Resilience1220. Recent community talks include a presentation about Grief and Loss, a discussion with mothers and daughters at the National Charity League about perfectionism and stress, and an event at Congregation Beth Evergreen, which included breakout sessions for teens and adults.



Community screening of *Angst*, a documentary about teen anxiety, with discussion led by Resilience1220 therapists.

Maximizing the Impact of Every Dollar Raised

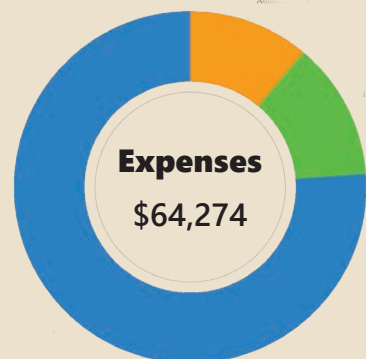


Executive Director Heather Aberg and some of her team at the Evergreen Chamber of Commerce ribbon-cutting for Resilience1220.

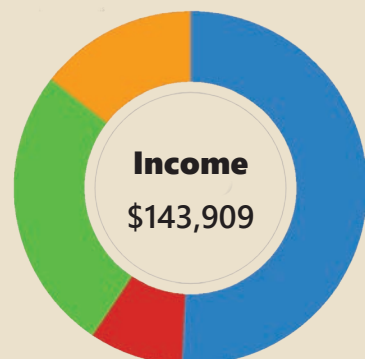
To eliminate financial barriers for those in need of counseling, all of the services we deliver are free of charge. We keep administrative costs to a minimum by engaging a corps of dedicated volunteers, who lend their expertise for administrative support, graphic and website design, grant writing, marketing and outreach, fundraising and other important tasks that we would otherwise need to hire staff to complete. The efforts of these dedicated volunteers enable us to use the majority of funds raised to provide therapy to our clients.

When we started in May 2019, all of our therapists provided counseling free of charge. In January 2020, we were able to begin paying therapists at a greatly-reduced rate of \$50 per session.

OUR FIRST YEAR: MAY 2019-APRIL 2020



■ Direct Services **\$48,001** 75%
 ■ Fundraising **\$8,955** 14%
 ■ Administrative **\$7,318** 11%



■ Individual Donations **\$73,133** 51%
 ■ Grants & Foundations **\$37,551** 26%
 ■ In-Kind Donations **\$20,875** 14.5%
 ■ Fundraising Events **\$12,350** 8.5%



■ Therapy & Case Mgmt. **1,100 hrs** 36%
 ■ Administrative **1,100 hrs** 36%
 ■ Outreach & Programs **450 hrs** 15%
 ■ Fundraising & Grants **400 hrs** 13%

Additional financial data and our 990 can be found by visiting our profile on ColoradoGives.org

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♥ Building a Resilient Community ... Together! ♥

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 The James Huntington Foundation

We are grateful for our partnerships with these community organizations:

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 Conifer Newcomers & Neighbors
 Conifer Public Schools
 Evergreen Christian Church
 Evergreen Library
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