



ANNUAL REPORT 2021

Respire Behavioral Health

Bel Air Office: 112 W. Pennsylvania Avenue,
Suite 100
Bel Air, MD 21014
Email: Inform@respirebh.com

Severna Park Office: 479 Jumpers
Hole Road, Suite 306
Severna Park, MD 21146
410.987.1036



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TO OUR PARTNERS, CLIENTS, AND FRIENDS

In 2021, **we thought, we planned, we executed.** Below is a snapshot our good work:

- We served over **300** clients this year
- We were able to increase our **low-cost service** offerings by 50%
- We added **tele-mental** health services
- We provided non-perishable food items to over **3,000** families
- We made **community connections** with other non-profit organizations
- And **we continue to expand** so that we can better serve you.

Strategic Highlights

Our Board and administrative team revised the bylaws, identified a media plan, contracted with a web developer, and revised and implemented fundraising timelines and ideas. We also implemented the Healthy Harvest Initiative and aligned ourselves with community partners to increase community engagement and partnerships.

Financial Highlights

Our budget remains balanced.

Operating Highlights

We maintained our active client roster, served 25% of the clients on the waitlist, and increased assessment revenue. We sustained partnerships with the Department of Social Services (DSS), Baltimore County Public School System (BCPS), and five court jurisdictions.

“ Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

Archbishop Desmond Tutu

Looking Ahead

There is still more work to be done to improve our service offerings. We are working with our electronic medical records provider to enhance the way we communicate with clients. In addition, the interface will allow us to send messages to primary care physicians and other providers to improve our ability to collaborate in care. In addition, we want to make sure you all stay connected to all the community work, fundraising, and service updates. That is why we are finalizing our website and integrating the platform with our social media to streamline the way donations and events are captured.

We also plan to increase our followership on social media and will be engaging a social media company to assist us with implementing our social media plan. Finally, we will continue to partner with community agencies and other nonprofits to meet our organizational goals. We are excited about the year ahead and hope you all will continue to support our efforts in the future. The best is yet to come.

Warmly,

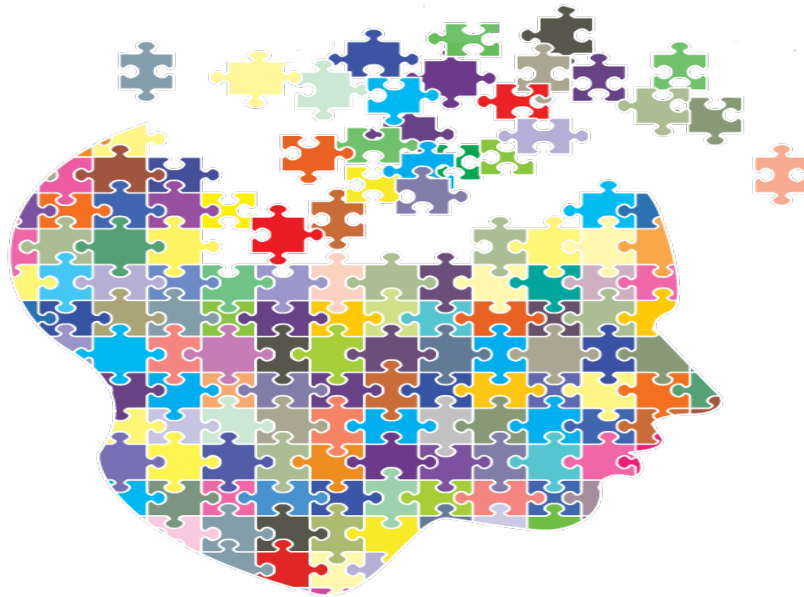
Syretta R. James, Ph.D., ABPP

Director of Business Development and Clinical Operations

December 2021



VISION AND MISSION RECAP



Our Vision:

Support children, individuals and families who have limited access to mental health services due to stigma, reduced knowledge of mental health services, and poor access to mental health resources.

Our Mission

To improve the entire family system by providing innovative client-centered mental health supports to individuals throughout the life span.

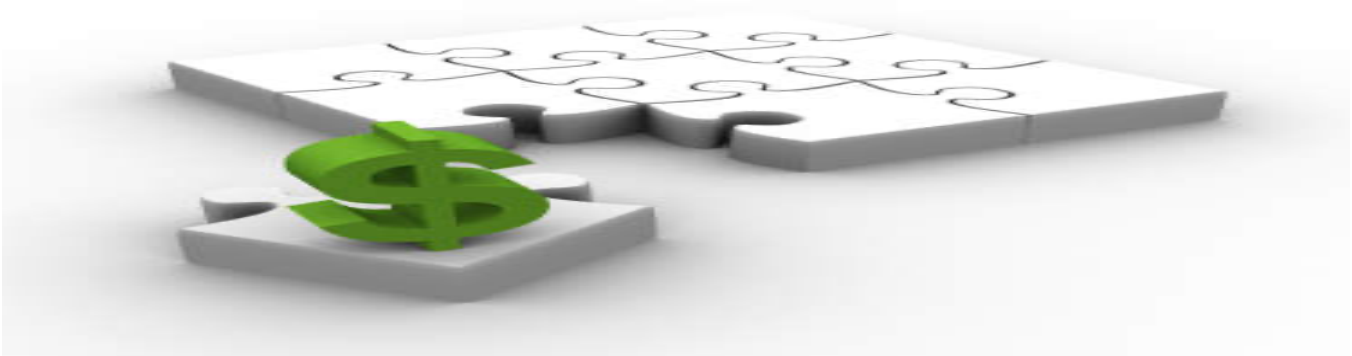
*I respect the
process of
all things.*

I honor endings, because they give birth to new beginnings. I embrace beginnings, because they are rich in hope and possibility. I respect the process of all things, and I place my faith in the unchanging essence of life that continues to breathe everything.

aimhappy.com

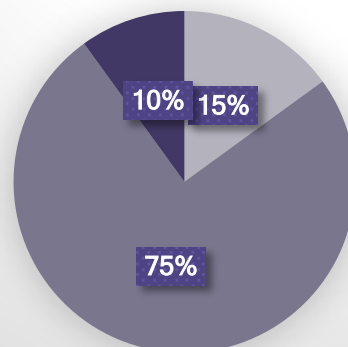
FINANCIAL SUMMARY

In 2021, our total operating budget exceeded \$150,000.00. However, our books remain balanced.



- The largest part of the budget is our operating costs including staff salaries, office rent and supplies, and administrative fees.
- We experienced additional technology costs as we had to expand our tele-mental health offerings to include HIPPA compliant tele-video platforms. In addition, we increased web-based security to prevent unauthorized access to client information.
- Staff costs also rose this year as we added three new staff members throughout the year.
- Staff retention continues to be a priority and we increased our recruitment and retention budget by 200%.

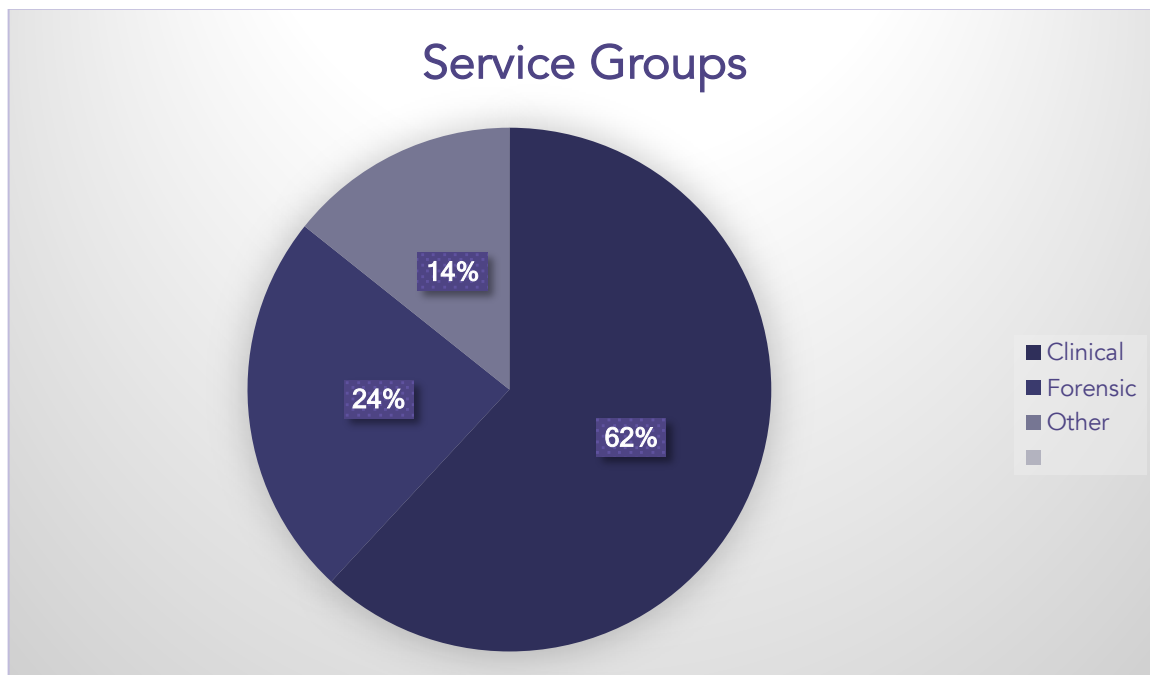
Service Totals By Group



CLIENT DEMOGRAPHIC SUMMARY

ACTIVE CLIENTS

- In 2021, over 300 active clients were identified in the roster
- 35% represented individuals from military backgrounds
- 45% represented children aged 5-15
- 20% were individuals aged 16 or older
- 25% of the clients served were individuals who came from the waitlist
- Clients were seen in both Bel Air and Severna Park offices



WHO WE SERVED

- 27.2% of clients were active duty service members or their dependents
- We increased our number of college-aged youth
- We sustained numbers of youth aged 11 and under
- We experienced a 14% increase in clients who live in and around Anne Arundel county

HEALTHY HARVEST INITIATIVE

We joined REACHH = (r)espond, (e)mpower, (a)dvance, (c)ommunity, (h)ope, and w(h)oleness to **RESPOND** to the needs of the most isolated and vulnerable children and families to **EMPOWER** them with access to resources that will **ADVANCE** the social welfare efforts of individuals and organizations in the **COMMUNITY** coalition of partners doing critical work to restore **HOPE** for a future where dignity, equality, and freedoms are a shared experience in the **WHOLENESS** of humanity.

Because of our efforts we:

- Established strategic partnerships with food banks and other food donor sources to supply high quality produce
- Participated in food access council subcommittees in the geographies we serve to understand the vulnerability indexes and food access services heat maps to identify the gaps
- Raised awareness about the hunger, food insecurity, and food waste issues and the impact it has on the community as a whole
- Provided over 3,000 families in the DC Metropolitan area with non-perishable food



FUNDRAISING

Our annual giving increased this year, but we continued to fall short of our fundraising goals. In 2021, we created a list of 3,000 possible donors and continue to add corporate sponsors to our list.

In addition, Dr. James collected honorariums to support the annual fund. These honorariums ranged in dollar amount from \$1,500 to \$3,000.

In addition, we planned a silent auction, adopted a family event, and conducted a coat drive.

Our grant dollars also increased and supported the technological advancements that occurred as the facility transitioned to a virtual environment.

