

COURAGE TO CAREGIVERS

# annual report

2020

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Our Accomplishments

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2020 By the Numbers

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Financial Year in Review

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Our Milestones

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Look at Us Grow!

*Illuminating*  
*HOPE*  
*in*  
**2020**



[WWW.COURAGETOCAREGIVERS.ORG](http://WWW.COURAGETOCAREGIVERS.ORG)

# COURAGE TO CAREGIVERS

## illuminating our accomplishments

2020 was extraordinary in many ways as the pandemic took its toll on everyone, including caregivers. As a result, the second year of Courage to Caregivers' programming was one to remember.

We focused on **Illuminating HOPE** for caregivers by focusing on **connectedness, self-care and empowerment**.

Due to the physical distancing of the pandemic, finding ways to stay **connected** has been essential to navigating these long uncertain days. Because caregivers need connections and support now more than ever, there has been an exponential increase in requests for our one-of-a-kind services.

In addition, before the pandemic, one in five Americans were living with mental illness. Then, due to the pandemic, incidences of mental illness in the general population doubled.

The health and well-being of caregivers

continues to be affected by the increased stress of the pandemic. Did you know that the stress of caregiving has been found to take **10 years** off of a caregiver's life?

We are in the **caregiver burnout prevention business**. We recognize we can't eliminate the stress of caregiving - yet we can **empower** caregivers to build their tools of resilience to better cope and manage the stress of caregiving.

In March, we moved all of our programs to a virtual platform. We are now serving more caregivers than ever.

We've added a third day of programming to meet this increase in demand and now support caregivers no matter where they live - we support caregivers from coast to coast, in every time zone.

**Thank YOU** - our participants, volunteers, donors and partners - we can't do this important work without **YOU!**



# COURAGE TO CAREGIVERS

## illuminating our 2020 numbers

1 → 12 → 52

Our weekly programs are guided by **ONE** innovative curriculum of our own design with **12** themes and **52** topics all focused on empowering caregivers in building tools of resilience.

3

Our **THREE** unique programs support mental illness caregivers now no matter where they live:

- One-to-One Caregiver Peer Support
- Breathing Meditation Classes
- Support Groups

117 → 2,511

**117** mental illness caregivers attended one (or more) of our three programs **2,511** times. That's an **86%** increase in participants and a **95%** increase in participation!

85 → 6,159

**85** volunteers devoted **6,159** volunteer hours. That's a **136%** increase in number of volunteers and an **86%** increase in volunteer hours.

187 → \$44,816

**187** individual donors contributed **\$44,816**. This is a **137%** increase in individual donors. **1** State funding partner, **3** private Foundation partners and corporate support contributed an additional **\$41,516** in operating revenue.

We are grateful for the support of our programs from the State and these private Foundations:



Anonymous Private Foundation



# COURAGE TO CAREGIVERS

## illuminating our year in review

### support & revenue

Our Support and Revenue grew by 13% in 2020 totaling \$180,197.

#### Contributions

Board and Individual - \$44,816

Corporate - \$7,995

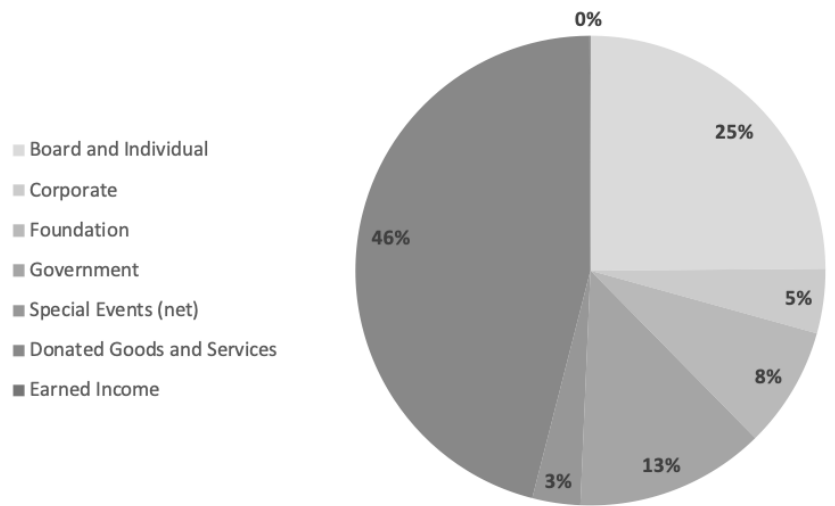
Foundation - \$15,000

Government Funding - \$23,521

Special Events (net) - \$5,953

Donated Goods and Services - \$82,787

Earned Income - \$125

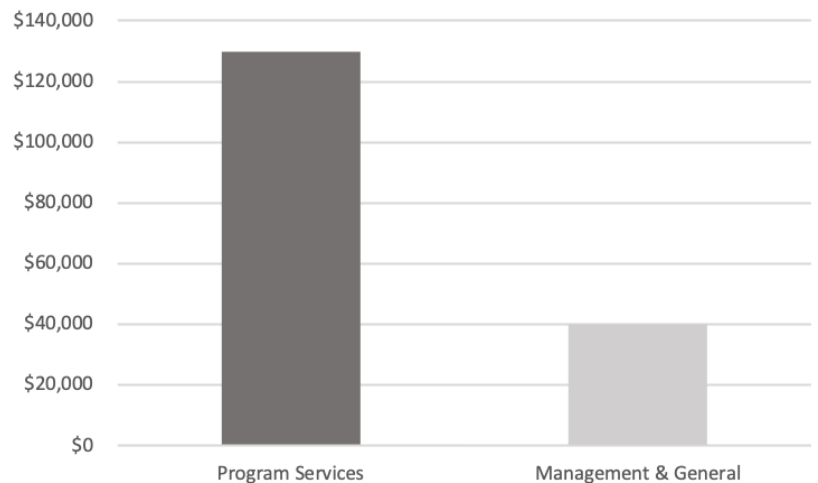


### operating expenses

Operating Expenses also grew in 2020 totaling \$169,823.

Program Services - \$129,703

Management & General - \$40,120



*Courage to Caregivers' review of our 2020 financial statements was completed by our accountant, Zinner & Associates, on March 16, 2021.*

# COURAGE TO CAREGIVERS

## illuminating our milestones FIRSTS



Celebrating National Family Caregivers Month in November, hosted a **virtual Caring for the Caregiver Summit - "Illuminating Hope in Uncertain Times"**. This 2-day Summit presented in partnership with the ADAMHS Board of Cuyahoga County offered workshops for family caregivers and offered CEUs for professional caregivers.



Launched our first **special event fundraiser - Illumination!** - a series of small intimate gatherings. **118** individuals participated in **7** Illumination! events with **87** donations raising **\$7,283**.



Kicked off the **Ripple Effect Special Project Team** focused on the many ripples of support a caregiver needs. Using a design thinking and empathy map approach, completed **7** unique caregiver personas to better understand the needs and unique support of caregivers.



Initiated a **year-round internship program** to assist with special projects. Hosted **6** interns - **3** undergraduate summer interns, **1** fall and **1** winter term undergraduate intern, and **1** high school intern.



Began **recording our weekly breathing meditations** and promoted on our YouTube channel.



**Selected to present our professional workshops** focused on preventing caregiver burnout through trauma-informed care at **4** professional conferences.



Presented an overview of our mission and programming as well as an introduction to our breathing meditation program for **14 behavioral health partners** in the community to **grow our Community Alliances**.



Using our strategic stakeholder engagement process, formalized our **Community Alliance process**. Introduced a Community Alliance Agreement. Proud of our partnerships with:



Julie Billiard Schools  
BEYOND EDUCATION. BEYOND EXPECTATIONS.



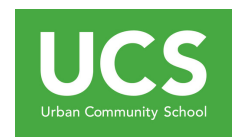
BENJAMIN ROSE  
INSTITUTE ON AGING  
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PARTNERSHIP  
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LAUREL



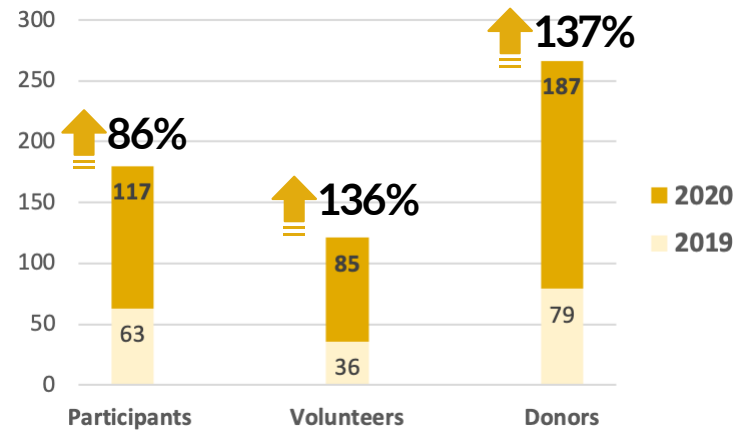
# COURAGE TO CAREGIVERS

## illuminating HOPE through growth

"Every single one of us has a story. We believe when you find the **courage** to share your story, you will bring **hope** and **healing** to both yourself and others."

- Kristi Horner, Founder and Executive Director

In addition to all of the traditional ways to capture growth over time - #participants, #volunteers, #donors - Courage to Caregivers is all about **personal growth**.



Stephanie, who lives in South Carolina, talks to her peer support volunteer on Mondays, attends breathing meditation and support group on Wednesdays and then looks forward to receiving her weekly inspirational email on Thursdays. **"I have more than one avenue for support. It's nice to know others have similar struggles."**

**"As a One-to-One Caregiver Peer Support Volunteer, my goal was to let my participant know they aren't alone and to help them not rewrite the caregiving book."**

- Debe

**"I had no one to talk to, other than my husband, and felt isolated. reached out to Kristi and she was incredible. She understood exactly what I was going through and provided me with the resources offered by Courage to Caregivers. It was a perfect fit for me! I didn't want to sit and tell everyone how bad I had it. I wanted to talk to people who could relate and understand. People who could offer support and help me learn ways to cope. I am extremely thankful for Courage to Caregivers and their wonderful team of caring people!!"** - Marie



# COURAGE TO CAREGIVERS

illuminating the power of connection

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## www.couragetocaregivers.org:



Subscribe to our weekly inspirational email



Additional information on our weekly programs



Register for our programs



Resources from our Community Alliances



## connect with our team:

Kristi Horner, Executive Director - [Kristi@CourageToCaregivers.org](mailto:Kristi@CourageToCaregivers.org)

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