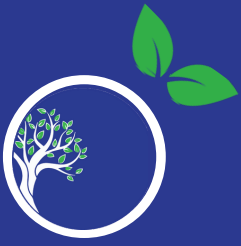


# COURAGE TO CAREGIVERS



## CULTIVATING PERSONAL GROWTH

### 2021 ANNUAL REPORT

Our Accomplishments

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2021 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!

The journey of providing care to someone else can be long, lonely, and hard. No one needs to navigate this journey alone. It takes a lot of courage to reach out and ask for help.



# THRIVING OUR ACCOMPLISHMENTS

The pandemic has been hard on everyone.  
Caregivers are in need of our essential services more than ever!

**"The journey of a thousand miles begins with the first step." ~ Lao-Tzu**

Courage to Caregivers remains committed to our mission, aimed at preventing caregiver burnout. Many caregivers who reach out to us are in crisis, and it takes a lot of courage for them to ask for help. We work to empower those caregivers with a variety of tools to enhance their resilience.

Who better to tell our story than the courageous caregivers we have had the privilege of supporting? May their stories provide hope and healing to other caregivers.

**"Support Group gives me permission to take this ONE HOUR - for ME - to be a better mom - a better ME." ~ Christa**

**"Courage to Caregivers offers a connection directly related to a part of my life that is a challenge and it is definitely helping." ~ Ed**

**"When I joined the group my stress level was extremely high and I was basically consumed by my efforts to help a family member with severe depression. The kindness of members, leaders and facilitators, the well-thought-out materials that are presented and discussed at meetings, weekly breathing meditation, and goal-setting activities have helped me rediscover personal interests like art and sewing that I'd forgotten I had. Participation in the group is helping me lower my overall anxiety level and reclaim a more balanced life." ~ Susan**

**"Support Group helps me be more hopeful and even though everyone is still struggling, my outlook towards the problem has changed. I feel more able to let go and let other things/people take over. I don't feel so responsible for outcomes in my life and the lives of my loved ones." ~ Cindy**

**"The details are always different. The stories are always different. We are all so different. Yet, the physical and emotional responses are the SAME. Courage to Caregivers offers the collective energy and compassion for the same stress and struggles." ~ Meg**



# GROWING IN 2021 OUR 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

**145 → 1,910**

The number of caregivers we serve grew to **145** in 2021, a **24%** increase since 2020. Those **145** mental illness caregivers attended a total of **1,910** service sessions in one or more of our three programs.

**31 = 55%**

**31** participants from 2020 continued to participate in one or more of our programs in 2021, a **55%** retention rate.

**63 → 5,729**

**63** volunteers devoted **5,729** volunteer hours.

**247 → \$68,751**

**128** individual donors contributed **\$51,905** in individual contributions. An additional **119** individual donors contributed **\$16,846** through participation in one of our **8** Illumination! events. This is a **32%** increase in individual donors. **1** State funding partner, **1** private Foundation partner and corporate support contributed an additional **\$41,064** in operating revenue.

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



**Anonymous  
Private Foundation**



# FLOURISHING OUR YEAR IN REVIEW

The review of Courage to Caregivers' 2021 financial statements was completed by our accountant, Zinner & Co., LLP, on March 23, 2022.

Our 2021 990 is available on our website and Guidestar.

## SUPPORT AND REVENUE

\$100,000

Our Support and Revenue grew by 7% in 2021 totaling \$193,463.

### Contributions

Board and Individual - \$51,905

Corporate - \$5,481

Foundation - \$10,000

Government Funding - \$22,079

Special Events (net) - \$15,818

Donated Goods/Services - \$84,676

Other Income - \$3,504

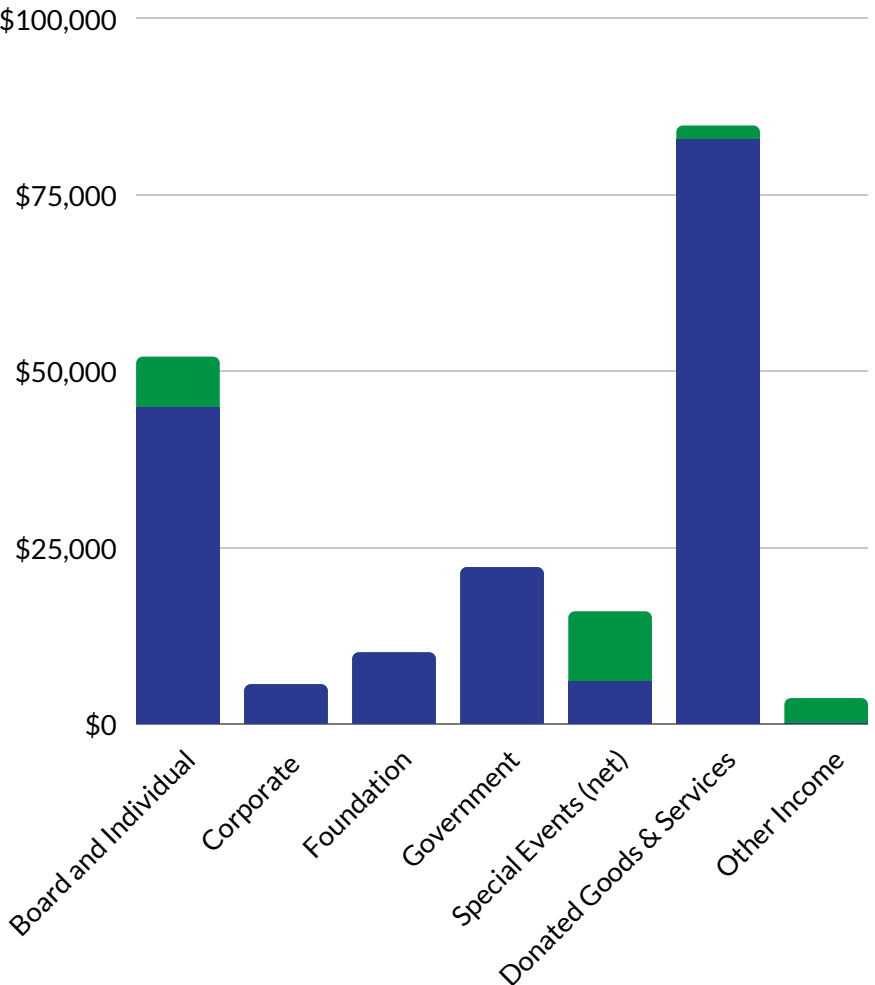
### KEY:



2020 Financials



2021 Financial Growth



## OPERATING EXPENSES

Operating Expenses increased over 2020 by 3%, totaling \$174,654.

Program Services - \$133,453

Management and General - \$41,201





# OUR GROWTH MILESTONES

Launched a new curriculum focused on the 6 Domains of Resilience and a caregiver's personal growth journey.

Launched our **Caregiver Essentials Fireside Chat series** to highlight our partnerships with our Community Alliances: Benjamin Rose Institute on Aging - Supporting Dementia Caregivers; and Families for Depression Awareness - Supporting Bipolar Caregivers. These were recorded and shared on our YouTube channel.

Created a custom journal "**Courage to Caregivers Resilience Guidebook**," to accompany our curriculum, available for sale on our website. Weekly entries include inspirational quotes, affirmations, breathing techniques (and descriptions), micro self-care, goals, and journal prompts.

Grew our **year-round internship program** to assist with special projects. Hosted **10** interns - 6 undergraduate interns, 4 graduate interns.

Initiated a **24-Day Self-Care Challenge**, driven by our summer intern group, culminating in our 2nd Annual Day of Giving on International Self-Care Day - July 24, 2021, sponsored by our bookkeeper, Kickstart Accounting. The 24-Day Self-Care Challenge is available on our website.

**Presented our professional workshops** focused on preventing caregiver burnout at 2 professional conferences: Ohio Mental Health and Addiction Services (OhioMHAS) Trauma Informed Care Summit "Creating Environments of Resilience"; and Cleveland Leadership Center's Conference "SPARK Grit to Great."

Expanded our **earned income opportunities** through 4 paid presentations to: Step Forward; Ohio Association of County Boards (OACB) for People with Developmental Disabilities Professional Development Series; and Ohio State University Behavioral Health Workforce Development Series.

Presented our programs, workshops and breathing meditation model to **14 behavioral health partners** in the community, including Akron Children's Hospital, Cleveland Clinic Children's Hospital for Rehabilitation, Cleveland Rape Crisis Center, National OCD Parent Groups, University Hospitals Grand Rounds and EAP, and Western Reserve Area on Aging to **grow our Community Alliances**.

Expanded our **special event fundraising model - Illumination!** - a series of individual gatherings. **166+** individuals participated in **8** Illumination! events with **168+** donations raising **\$16,846**. This represents a **41% increase in participation and donations** as well as a **131% increase in funds raised**.

Extended our strategic stakeholder engagement process, formalizing our **Community Alliances**. Proud of our partnerships with:



# NAVIGATING THE PANDEMIC

As we continue to navigate the pandemic, our Strategic Planning Committee focused their work on creating a Strategic Scenario Plan. They facilitated an agency-wide retreat for our team, including staff and volunteers. Guided by the vision of our Board of Directors, and supported by every Committee of the Board, Courage to Caregivers is well positioned for a variety of scenarios that may come our way in 2022 and beyond!



*The stress of caregiving has been found to take **TEN** years off of a caregiver's life.*



*We **empower** caregivers to build their tools of resilience to **better cope and manage** their stress.*

## WE SUPPORT FAMILY CAREGIVERS

Our **mission** is to provide hope, support, and courage to caregivers and loved ones of those living with mental illness.

*We're in the caregiver **burnout prevention business.***

We do this through our **three innovative programs:**  
One-to-One Caregiver Peer Support  
Breathing Meditation  
Support Groups

## WE ALSO PROVIDE:

Support for professional caregivers, community agencies, and corporations

Innovative programming through workshops, speakers, and presentations

Referrals and resources for those in need of additional support



## SHARE OUR WALLET CARD

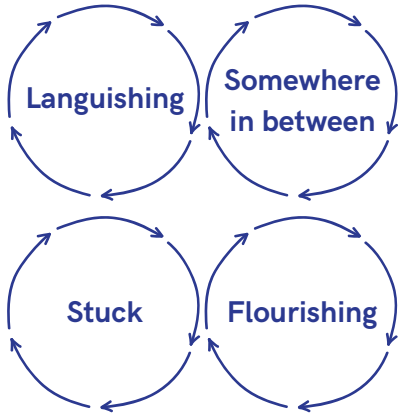
Our Community Outreach Committee created a wallet card to help spread the word about our programs and services. You can help us - download a copy on our website or request a printed copy online.

# PROGRAM IMPACT

When we launched the pilots of our three programs in 2019 we set about reducing the stress of caregiving. What we have quickly realized is that it's nearly impossible to reduce that stress. However, we **CAN** empower and support caregivers to better cope and manage the stress of caregiving. We remain committed to **preventing caregiver burnout.**



# PREVENTING CAREGIVER BURNOUT



Caregivers often feel **STUCK**. Stress and the culture of burnout takes its toll, and we want to be a resource to you. We support caregivers of all kinds - unpaid family caregivers and professional caregivers. We meet them where they are - at home and in the workplace. If you are interested in hosting us for a custom workshop or presentation focused on burnout or one of our many other topics, please reach out to [Kristi@CourageToCaregivers.org](mailto:Kristi@CourageToCaregivers.org) or 216-536-7699.

## SHARING OUR RESOURCES

Check out our website for these resources (and more): **Caregiver Information Resource Sheets** regarding diagnoses, substance use disorders, suicidal ideation, and essential caregiver skills including acceptance and letting go, active listening, and healthy boundaries. You can also find handouts for caregiver self-care tips and a caregiver courage tool kit.

**NAVIGATING THE JOURNEY AS A CAREGIVER**  
let's talk about **BOUNDARIES**

**Boundaries are Key**  
What are boundaries? Brené Brown defines boundaries as "what is okay and what is not okay." As caregivers, it is our responsibility to set and maintain healthy boundaries. A boundary can protect your physical person, your time, your energy, your peace of mind, your comfort, or your relationships with others. Emotional boundaries might look like separating your experience from that of someone else's. We all struggle with boundaries sometimes, but whether at work or at home, it's ALWAYS a good time to practice!

"Boundaries are invisible and symbolic fences with three purposes: one, to keep people from coming into our space and abusing us, two, to keep us from going into the space of others and abusing them, and three, to give us each a way to embody our sense of who we are." - Pia Mellody

**Tips on Setting Boundaries**  
**Investigate - Establish - Self-Soothe**

- Listen to your mind and your body to learn what feels right and wrong.
- Ask yourself: considering what I feel, what is my specific requirement?
- Consider specificity options like timeframe. These are your "if" and "when" words.
- Express your boundary directly, concisely, and clearly.
- Remember that receiving pushback does not mean it was wrong to set the boundary.
- Big reactions can even sometimes indicate that the boundary was needed.
- Avoid the urge to please-make after you set your boundary; discomfort is natural.
- Consider rewarding yourself for taking care of YOU with a soothing activity.

**Tips on Maintaining Boundaries**  
**Remind - Persist - Self-support**

- Be consistent with your requirements, even when it is challenging.
- Follow through on stated consequences. "If you raise your voice at me, I will walk away."
- Touch base with your support system if you start to doubt yourself on your boundary.
- Try to think of reinforcing boundaries as self-care or protecting your needs.
- Check in with your body when a boundary is respected or violated to observe how it feels.
- Remember that by setting boundaries, you are also modeling good boundaries for your loved one.

*See next page for more resources on boundaries!*  
If you are currently experiencing a crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.  
[courageforcaregivers.org](http://courageforcaregivers.org) @2021, Courage to Caregivers, Inc.

**CAREGIVER COURAGE TOOL KIT FROM COURAGE TO CAREGIVERS**

**COURAGE AFFIRMATIONS**  
Use affirmations to inspire you or reframe your thoughts.

- 1. **EMBRACE THIS DAY WITH CONFIDENCE AND COURAGE.**
- 2. **I AM DOING THE BEST I CAN AT THIS MOMENT.**
- 3. **I HAVE HOPE AND TRUST THAT THE LIGHT ALWAYS OUBLISHES THE DARKNESS.**
- 4. **I HAVE SURVIVED 100% OF MY WORST DAYS SO FAR. I AM STRONGER THAN I THINK.**
- 5. **INHALE COURAGE. EXHALE STRESS.**

**COURAGE TIPS**

1. **NOTICE** - what is causing you fear
2. **FACE IT** - acknowledge what is causing your fears - say them out loud - to yourself or family member or friend or professional
3. **FIND YOUR SANCTUARY** - a safe space
4. **REPELUS** - think about something else, picture yourself in your safe place
5. **BREATHE** - focusing on your breath drives out fear - practice 2-to-1 Ratio Breathing (instructions below)
6. **MEDITATE** - use an affirmation or guided meditation app to refocus your brain
7. **LET IT GO** - fear is a reaction - feel it, then let it go
8. **RECOGNIZE** - you possess **COURAGEOUS** behaviors to face your fears
9. **POSITIVITY** - focus your thoughts on what's going well - the silver linings of any situation
10. **GRATITUDE** - just one thing that you can be grateful for every day
11. **PLAN** - how will you continue to build your courage to let go and move on

**PODCASTS**  
**Unlocking Us** with Brené Brown - live, love, parent, and lead with more courage and heart  
**Being Well** with Rick Hanson and Forrest Hanson - explore how we can become happier, build inner strengths, and get the most out of life  
**The Mastin Kipp Podcast** - encouragement and inspiration to improve your mental and emotional wellbeing

**"Courage starts with showing up and letting ourselves be seen."**  
- Brené Brown

**"Courage is like a muscle; it is strengthened by use."**  
- Ruth Gordon

**BREATHING EXERCISE: 2-to-1 RATIO BREATHING**  
Exhalation at a duration twice as long as inhalation.  
2-to-1 breathing reduces stress and anxiety as well as improves sleep. Come to a comfortable position. Allow yourself a few minutes to relax and breathe deeply. Starting with 2-1 breathing, progressing to 4-2 breathing, then 6-3 breathing.  
• Exhale - Breathe out for 2 counts  
• Inhale - Breathe in for 1 count  
Do about 10-20 rounds or more depending on how you feel.

**COURAGE**  
bravery, daring, fearless; heart

**"Although the world is full of suffering, it is also full of the overcoming of it."**  
- Helen Keller

[WWW.COURAGETOCAREGIVERS.ORG](http://WWW.COURAGETOCAREGIVERS.ORG) 216-536-7699  
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## RIPPLES OF ENGAGEMENT



We love to talk about the **ripples of support** that a person living with mental illness needs to thrive. It starts with the primary caregiver and includes so many other circles of support, including family, friends, neighbors, colleagues and professionals. You, or someone you support, can register for our programs, subscribe to our weekly inspirational emails and monthly newsletters, purchase our Caregiver Resilience Guidebook Journal, follow us on social media, or watch our Breathing Meditation and Fireside Chat recordings on your YouTube channel.

**What do YOU need? How can we best support you?**






Courage to Caregivers  
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Chagrin Falls, Ohio 44022-3022  
www.CourageToCaregivers.org

The mission of Courage to Caregivers is to provide hope, support, and courage to caregivers and loved ones of those living with mental illness.

### follow us:

-  Instagram - @CourageToCaregivers
-  Facebook - @CourageToCaregivers
-  Twitter - @Courage2CareCLE
-  LinkedIn - Courage to Caregivers
-  YouTube - Courage to Caregivers

## Join our **Move With Courage Challenge** throughout July!

Courage to Caregivers is hosting its first nationwide virtual fundraising event - **MOVE WITH COURAGE** throughout July. We know that movement of ANY kind is beneficial to your health - not just to your physical health, your mental health as well! There are benefits for your muscles - bones - joints - heart - lungs AND your brain. As caregivers provide support to those they love, it's also important that they take care of their own health and well-being.

Throughout July we're encouraging you to MOVE - ANY way you want: walk - run -hike - bike - swim - paddle - dance - garden - yoga - meditate (movement for your mind). First, **set a movement challenge goal** - anything that feels like a challenge to YOU and track it. Next, **set a fundraising goal** - and invite your family and friends to join you. Join us via our social media accounts daily throughout the month of July for tips. If you live in or near Cleveland - JOIN US for our Move With Courage culminating event on **Wednesday, August 3 from 6-8 p.m.** at the Shaker Lakes Nature Center in Shaker Heights, OH. We'll have **Jazzercise with Mary Beth** and healthy food options with **Jamie from Heinen's Club FX**.

Every dollar you raise through MOVE WITH COURAGE makes an inspiring impact for caregivers in need of support to prevent caregiver burnout. Join us!

The challenge culminates on our **4th Annual Day of Giving - July 24 - International Self-Care Day**. Your donations make a significant difference for caregivers in need and support their overall health and well-being. We look forward to interacting with you in the month of July to promote movement and personal growth!

