



1994 Madison Road
Cincinnati, Ohio 45208
gladhouse.org

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GLAD House 2022 Annual Report

Breaking the cycle of addiction... One story at a time



“At any given moment, you have the power to say: This is not how the story is going to end.”

— Christine Mason Miller

You Can Write Your Own Story

At GLAD House we teach the kids about their higher risk of abusing drugs or alcohol since someone in their family is living with addiction. To decrease their level of risk, we teach them strategies to respond to peer pressure, coping skills to manage stress, and expose them to fun activities that they are passionate about to learn natural ways to light up their brains. **Due to their time at GLAD House, these kids have the necessary tools to say, "addiction is not how my story is going to end."**

No one embodies this mantra more than Isaiah! Isaiah constantly worried about his life turning out like his father's. He also struggled with feeling ashamed about loving someone who hurt so many people. He talked to his therapist about his father's ongoing abuse of drugs which led to abusive behaviors and his father experiencing multiple incarcerations. Isaiah thought it was in his genes to have the same future as his father—until he came to GLAD House.

When Isaiah first came to GH, he had difficulty being honest about his father with his

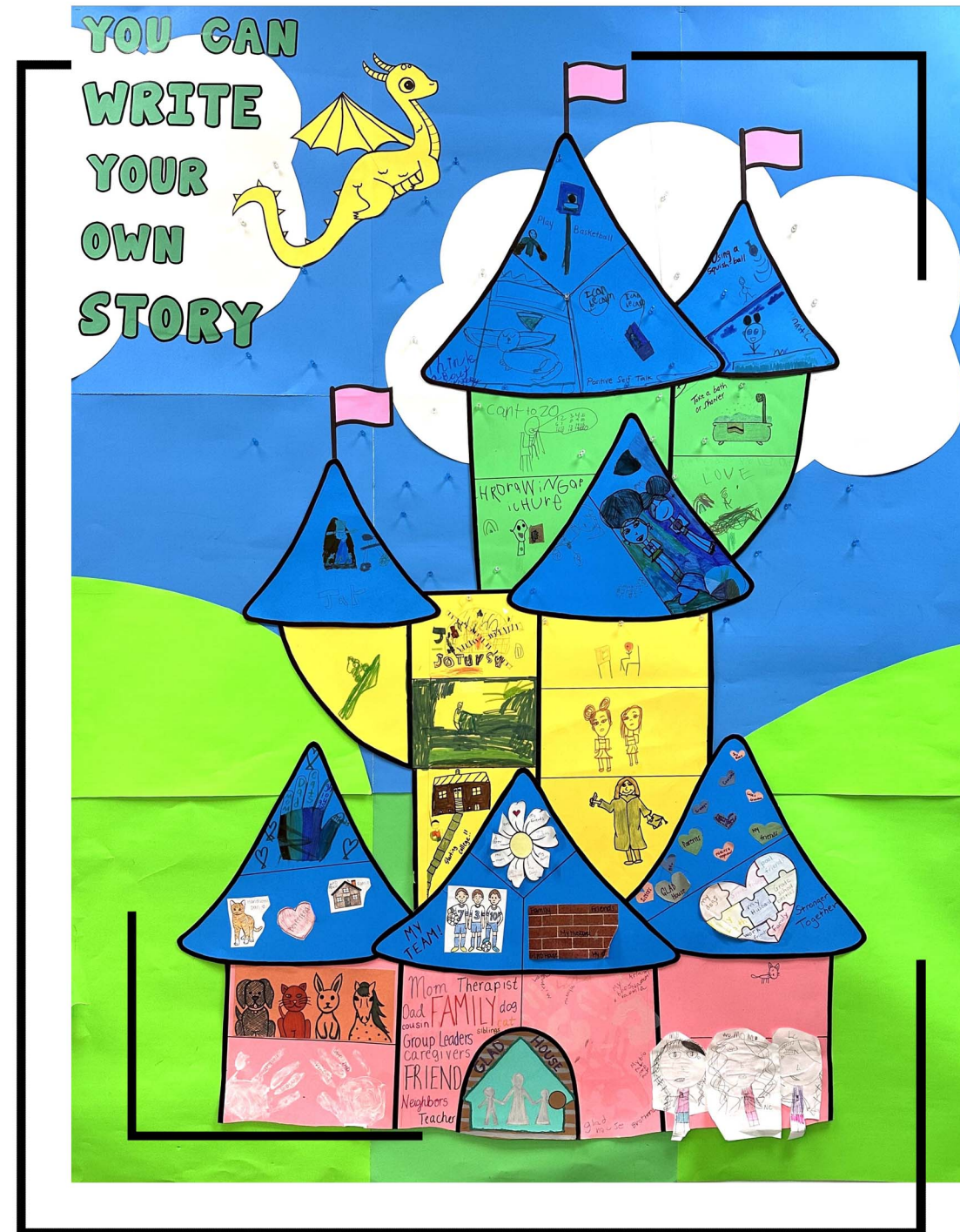
therapist. He was engaging in several trauma responses in his group, such as leaving the room, hiding behind doors, and roaming around the building. Once Isaiah received education about the impacts of trauma and had the support of several adults at GH, he realized **if he worked hard then he could change how his story was going to end.** Isaiah was motivated to earn positive reports to share with his caregiver, so he used his coping skills to manage his intense emotions and learned to control his impulses. And boy did his hard work pay off... he graduated from GLAD House in the spring of 2022!

Your support enables GH kids like Isaiah to write their own futures and follow their dreams. Thank you for supporting the GLAD House kids!

With gratitude,

Michelle Cox

Michelle Cox, MSW, LISW-S, OCPS
Executive Director



Our Mission:

The mission of GLAD House is providing a safe and therapeutic community to empower families to break the cycle of addiction.



“

GLAD House Board of Directors

- | | | |
|----------------------------------|----------------------------------|-------------------------|
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| Barb Boyne | Gretchen Ramstetter | Brigitte Riley |
| Michelle Cox, Executive Director | Dr. Beatrice C. Lampkin, Founder | |

”

Giving Life A Dream

The GLAD House kids have BIG dreams! For this year's collaborative art project, each child and staff member decorated a piece of our castle with the way they will write their own story in the future. Alyssa, age 11, wants to live on a farm and have a cat, dog, bunny, and horse. Tyler, age 7, wants to play basketball! Jace, age 12, doesn't know yet what he wants to be when he grows up, but he can't WAIT to start college!

GLAD House Tool Shed

Children who have experienced trauma at a young age often have trust issues, struggle with feeling safe, and have related behaviors such as defiance and emotional outbursts. Effective strategies to help a child feel safe and secure will create the connections they need to overcome their traumas.

The following are evidenced-based, therapeutic tools that we are teaching the GLAD House kids, that can be used with your own kids or in schools!

Emotional vs. Behavioral Outbursts

A behavioral outburst is when a child is testing limits by making poor choices. An adult should respond with a clear direction you want them to follow and praise them for listening, or give a consequence for not following the direction.

An emotional outburst is when a child is acting out because of the upset, sad, anxious, or angry feelings he/she is struggling to manage. An adult should connect and validate the feeling the child is having and then redirect the behavior. For example, "I see that you are upset because you had a bad day at school today. I would love to hear about it, but it is bedtime. Can you give me a 5 minute summary? Then I will think about how to help you and we can talk more tomorrow morning when we are both rested."

Mindfulness

Mindfulness is having present-moment awareness, an open and friendly willingness to understand what is going on in and around you. It means living in the present moment without judging or ignoring anything or getting carried away by the pressures of everyday life.

Try some of these simple activities with your children, staying mindful and present with them in the moment: coloring, nature walks, stretching and breathing exercises, guided meditation, journaling, etc.

Anything can be done mindfully, just remember to focus on the present moment and your five senses. Mindfulness is very beneficial to help with kids with transitions!

"Flipping your Lid," from *Whole Brain Child*

Many of the children at GLAD House have had scary experiences that are sometimes triggered by a noise, smell, or interaction with a peer/staff.

We teach them how these triggers may cause them to "flip their lids." Their upstairs and downstairs parts of the brain are supposed to work together: The upstairs part holds the positive coping and social skills they have learned, and it helps them to make good decisions, whereas the downstairs part is where the really big feelings come from.

When a child is really scared or anxious, the fear response part of the brain reacts telling them to FIGHT, FLIGHT or FREEZE, and it prevents the two parts of the brain from working together. When kids flip their lid, they have really big feelings, such as fear, anger, and anxiety, and they make bad choices based on these feelings because they can't get to the upstairs part of the brain.

We work with the kids on recognizing if they have flipped their lid, and to relax their mind and bodies so they can get the two parts of their brain working together again.

Gather yourself in a calm manner to respond to the child

Listen to child's words and validate feelings

Ask child for solutions to problem

Determine best solution and provide praise for working through the problem



Toy Drive



Lasting Support For Tomorrow's Children

Your charitable giving is a reflection of what matters most to you. You can continue your support of children affected by a loved one's addiction far into the future through your will, retirement assets, life insurance, or other resources. Together, we can make a generational impact in our community.

Protect what matters most... our children.

When you name GLAD House in your estate plan, your generosity provides critical and high quality support when and where it is needed most. Thank you for helping us break the cycle of addiction for local children and generations to come.

Already included us in your estate plan? Thank you! Please contact Cody Moran at 513-641-5530 x105 or cmoran@gladhouse.org so we can welcome you into our legacy donor family and to ensure that we fulfill your gift exactly as you intended. And even if you wish for your gift to remain anonymous, please let us know.

Legal name: GLAD House, Inc.
Address: 1994 Madison Road, Cincinnati, OH 45208
Federal tax ID number: 31-1399871

Not everyone wants to commit to making a gift in their wills or estates. Some prefer the increased flexibility that a beneficiary designation provides by using;

- IRAs and retirement plans
- Life insurance policies
- Donor advised funds
- Commercial annuities

It is very simple to name GLAD House as a beneficiary. Start by requesting a change-of-beneficiary form from your policy administrator or download the form from your provider's website. Make your desired changes and return the form to establish your gift.



“

Every year, each of our kids and their families come to Santa's Workshop at GLAD House, where they can choose presents for each of their family members. There is just as much joy in giving as receiving, and our kids are so happy to be able to choose special presents for their siblings and caregivers. And of course, they receive a gift of their own from you, our donors!

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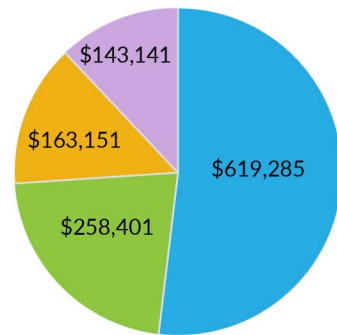
**November 28 -
December 12**

To donate gifts to Santa's Workshop, contact Alexandra Birr to arrange a drop off time at: 513-641-5530 x111 or abirr@gladhouse.org

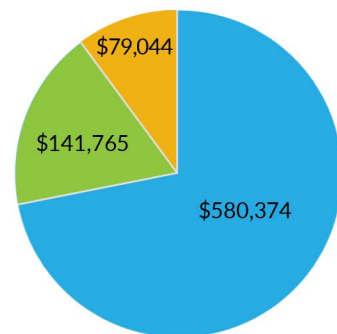
Or, make a donation today and we will do the shopping for you!



GLAD House Financials



- Contributions: 52%
- Foundations/Grants: 22%
- Medicaid Billings: 14%
- MHRS: 12%



- Program: 72%
- Management and General: 18%
- Fundraising: 10%

* Data Unaudited for Fiscal Year 2022 (July 1, 2021 - June 30, 2022)
 ** Net Assets: \$2,006,006



Donations, With Thanks

It is with sincere gratitude that we recognize the generous donors who made financial and in-kind contributions to GLAD House. This listing reflects gifts received from July 1, 2021 - June 30, 2022.

DONATIONS (\$1,000+)

- Jane Allen
- Eleanor Botts
- John Bowman
- Dr. Margaret Collins
- Dr. Pearl Compaan
- Gary and Jan Dunbar
- Elizabeth Elliott
- Lewis and Patricia French
- Eric Gordon
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- Janet Goldsberry Todd
- Todd and Mary Rita Washburn

DONATIONS (\$500-\$999)

- Dr. Denise and Christopher Adams
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- Jim Cahill
- Gaye and William Calhoun
- Christina Chow
- Dr. Alvin and Alva Crawford
- Mark Crowley
- Debbie Curl-Nagy

DONATIONS (\$100-\$499)

- James and Marjorie Anderson
- Kristy Anderson



YOU CAN CHANGE LIVES

CHARITABLE GIFTS to GLAD House provide support for the agency to fulfill its mission and help donors with important financial benefits and potential tax savings. There are many meaningful opportunities for you to change the lives of the children and families we serve. Please consider the following:

CHARITABLE CONTRIBUTIONS:

Gifts of cash and checks provide an important source of annual support for GLAD House.

GIFTS IN-KIND:

GLAD House is often in need of in-kind donations such as school and craft supplies, snacks, educational materials, or games. Please contact us to discuss current needs.

MEMORIALS AND TRIBUTES:

Donations may be made in memory of a loved one or to commemorate a special occasion. This is a wonderful way to recognize someone special who has touched your life in a meaningful way.

BEQUESTS:

Remember GLAD House in your will. Through estate planning provisions, you can leave a lasting legacy to support GLAD House and the work it does.

PLANNED GIFTS:

There are various planned giving options available offering opportunities for commitments that will have a major impact on GLAD House while providing numerous benefits for the donor. Examples include gifts of stock, real property, life insurance, retirement plan benefits, annuities, or trusts. Consult your attorney, accountant, and/or financial planner to discuss the best options for you.

DONATIONS, CONTINUED

John Dallman and
Kathleen Whelan
Cynthia Delaat
Dr. Terrence and Jenny
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James and Jennifer Wise

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City Club Of Cincinnati
Foundation

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Friedlander Family Fund
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Ohio
Spaulding Foundation
Summertime Kids
Sutphin Family Foundation
Trust Estate Of George B.
Riley

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Bank Of America
Belterra Park
Blackbaud Giving Fund
First Commonwealth Bank
GE Foundation
O'Bryon's Bar & Grill

CHURCHES

First Presbyterian Church
Of Glendale

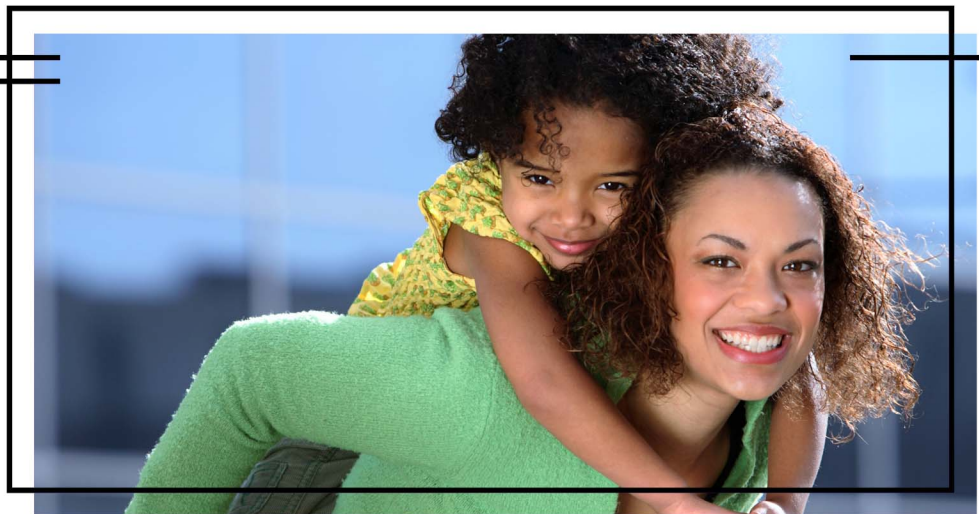
Greater Liberty Baptist
Church
Pleasant Ridge
Presbyterian Church
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Kearney
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Amanda Kranias
Beverly Lampkin



Thank you for
helping us break the
cycle of addiction!

