

ANNUAL REPORT | 2015



Improve the lives of children and their families by breaking the cycle of addiction.

THE GLAD HOUSE MISSION

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Mary Schwaderer, Georgine Getty, Dr. Bea Lampkin & Spencer Liles at the Spring Art Show. The children created original works of art to thank outgoing board members for all of their time and care. (Not pictured, outgoing board members William Brown & Lisa Vannis).

GLAD House founder Dr. Beatrice Lampkin retired on June 30, 2015 after spending 50 years at Cincinnati Children's Hospital Medical Center (CCHMC) in the Cancer and Blood Diseases Institute (previously known as the Hematology/Oncology Division). She was appointed as Director of the Hematology/Oncology Division in 1973.

Dr. Lampkin feels most gratified to have been one of the pioneers in the research and treatment of children with acute leukemia and solid cancers. Beginning in 1978, and until she initially retired in 1991, she was the first principal investigator from CCHMC in the Children's Cancer Study Group, a collaborative group of investigators from children's hospitals and pediatric units.

GLAD House began when a small mission committee from Pleasant Ridge Presbyterian Church started meeting at Dr. Lampkin's home. After initial research, the committee — including Nancy Forbriger, Anne Poehlman and Dr. Lampkin — concluded that the best way to help children living in poverty reach their full potential would be to provide a caring home to those whose mothers were addicted to drugs and/or alcohol while the mothers received treatment for their addiction. Dr. Lampkin served as the First President of GLAD House and continued to serve on its Board of Directors until October, 2014.

GLAD House has grown and changed in many ways since that initial conversation over 20 years ago. Even though Dr. Lampkin is no longer on the Board of Directors, she continues to support the mission of GLAD House in any way needed, including by serving on the Development Committee and acting as an advisor, researcher and advocate. It is Dr. Lampkin's dream that GLAD House will be a leader in forming a collaborative group, first in Cincinnati and then nationally, to evaluate and treat children impacted by the addiction of a parent or caregiver.

With your help, we can make Bea's dream a reality.



GEORGINE GETTY
Executive Director
GLAD House

Every afternoon, our children come to us with book bags on their backs. These bags are stuffed with pencils and notebooks, artwork and notes home. But our kids carry more than homework upon their backs. Our children's bags are also filled with fear. They carry with them the uncertainty that lives in their home along with their Mom or Dad's addiction. Their bags are packed full to bursting with guilt, with anxiety, with violence, and the memory of all the things that they have born witness to that no child should have to see. And their bags weigh heavy upon their tiny shoulders.

At the front door of GLAD House, Ms. Leanece greets each child by name. She helps them untangle from their heavy book bags and stow them away. Once free, the children begin to bubble over with stories from their day — what happened at school and at home — tales of new best friends, new favorite songs, tests, arguments with their brother or sister, the new shoes they love. Kid stuff. Important stuff. And we listen. We listen, and we ask questions. What was your favorite part? What do you think you could have done differently? How did that make you feel? Ms. Regina, Mr. Greg, Ms. Crys, Ms. Hayley, Ms. Heather, Mr. Carl, Ms. Kelly, Ms. Alexandra, Mr. Justin, Mr. J, Ms. Cayla, Ms. Taira. Each are sought out by name, and each are trusted with this little story in this little life. But the trust that is behind the telling of the story is no little thing at all. That trust, for this child, is the most important thing in the world.

This year has been a year of transformation for GLAD House. All change contains within it equal measures of excitement and anxiety. It requires a bit of bravery, a bit of bravado, a heart rooted in the past, and eyes able to see past the limitations of the now into all of the possibilities beyond the horizon. While the names and the faces of the staff may all be new, the most important thing still remains: our dedication to helping children transform and grow into all of the potential that they hold within.

We will continue to transform and to grow, because that is what our children need us to do. If they are to reach their dreams within our walls, we must transition our agency to fit their needs. I thank you for all of the support you have given to GLAD House and all of the support you will continue to give. You have helped us to build a safe cocoon in a chaotic world, and carve out the space that our children need to heal and to dream. Because it is only after the heavy bag is laid down that fragile wings can begin to stretch and grow strong.

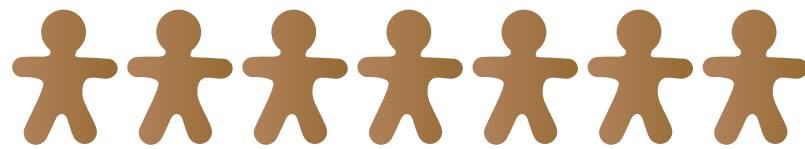


When GLAD House first opened its doors in 1998, alcohol and cocaine were the primary forms of addiction in our community. **Today, it's heroin.**

For the first time in history, there are **more people in our community in treatment for heroin than alcoholism.**

800-1000 babies are born each year in the Cincinnati area who were exposed to opiates in utero. Approximately 39% percent of these infants — or around 350 babies every year — develop neonatal abstinence syndrome (NAS), the painful withdrawal from opiates that requires intensive medical intervention.

The last seven children admitted to the GLAD House program in 2015 have mothers who are currently in treatment for heroin addiction.



GLAD House is pleased to participate in CAP (Children of Addicted Parents) Group, a collaborative group that began meeting in 2013 to address the negative effects (physical, mental and developmental) of children living in families impacted by parental addiction. In early 2016, CAP will conduct a community-wide survey to begin mapping the services available to babies born to addicted mothers. The goal of this survey is to analyze Cincinnati's strengths and gaps to better create a seamless continuum of services from birth until age 18 for these vulnerable children.



Children who experience either prenatal or postnatal drug exposure are at risk for a range of emotional, academic, and developmental problems. For example, they are more likely to:

- Experience symptoms of depression and anxiety
- Suffer from psychiatric disorders
- Exhibit behavior problems
- Score lower on school achievement tests
- Demonstrate other difficulties in school

Neglected children who are unable to form secure attachments with their primary caregivers may:

- Become more mistrustful of others and may be less willing to learn from adults
- Have difficulty understanding the emotions of others, regulating their own emotions, or forming and maintaining relationships with others
- Have a limited ability to feel remorse or empathy, which may mean that they could hurt others without feeling their actions were wrong
- Demonstrate a lack of confidence or social skills that could hinder them from being successful in school, work, and relationships
- Demonstrate impaired social cognition, which is awareness of oneself in relation to others as well as of others' emotions. Impaired social cognition can lead a person to view many social interactions as stressful

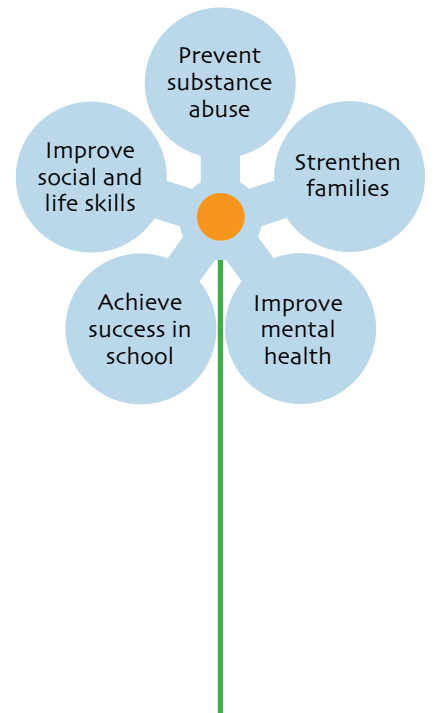
Excerpt from
Addiction & The Impact on Childhood Development
by Dr. Regina M. Baldwin

GLAD House Programs

Champs is our intensive, long-term program that serves children age 5 – 12 in an after-school and summer day program setting.

Champs Objectives

1. Prevent substance abuse
 - Evidence-based prevention education
 - Connect children to the activities that bring them joy without the use of substances
2. Strengthen families
 - Family therapy with the child and their caregiver
 - Groups specifically designed for caregivers
3. Improve mental health
 - Group, individual and family therapy
 - Cultural enrichment activities
 - Modeling healthy lifestyles
4. Achieve success in school
 - Help with homework
 - Academic continuation through summer months to prevent "summer slump"
 - Intensive case management which includes building a collaborative care model with schools
5. Improve social and life skills
 - Group and individual therapy
 - Enrichment activities
 - Skills-based reward system for good behavior



Maternal Opiate Medical Support (M.O.M.S.) program is provided in partnership with First Step Home, a local treatment agency, and is designed to meet the needs of pregnant women who are addicted to opiates. GLAD House offers support for the older children of the pregnant moms (children age 2-4).

- **Holistic Care.** We connect children to the additional services they need to be healthy, happy, and developmentally on track.
- **Parenting Education.** We provide weekly classes for moms implementing the evidence-based Incredible Years curriculum. We also provide monthly socialization groups where moms get to implement what they've learned in a play therapy setting.
- **Therapy.** Nothing is more crucial than the mother/child bond. We provide individual parent-child sessions to help coach moms through the difficult toddler years.

K:
I've learned a lot of things at GLAD House. Some things that I learned were coping skills, like how to be ready before something happens, how to deal with my problems, and how to make them into a solution. Also, how to make candy! I've learned new games like "capture the flag" and more.

J:
I've learned how to make bracelets and how to do different hair styles. I learned more words and meanings and the meaning of life how to deal with it. I've learned how to make new things and how to draw different pictures. One of the most important things I learned was "not to judge a book by its cover." Not to say mean "words," like dumb, stupid, ugly, mean.

K:
We learned dances and songs and yoga, poems and rhymes. But the most important thing that we learned in GLAD House was respect each other, yourself, other people's stuff, and your stuff. Not only me, but everyone learned that you have to take your time, when you're upset tell someone, and take a stand. Like when you see bullying, take a stand! Don't be a bystander.

J:
When you are a bully stop yourself, be careful not to hurt someone's feelings. And we learned how to work as a team. How to help people when they need help. To accept yourself for who you are and how you think and feel.

K:
And other people, to respect adults and to follow their directions. When you need help ask for help from an adult or other person around you.

J:
Be a good sport when playing a game, don't get mad when you lose, and don't be a sore loser.

K:
Accept your imperfections and to look at things you can do. Try new things, you want to know if you like them a lot.

J:
I learned about new places and new things.

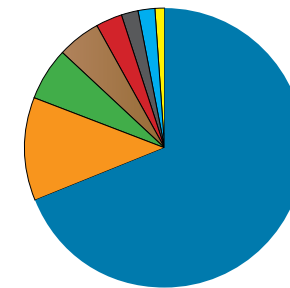
Both:
And that's what I learned at GLAD House.



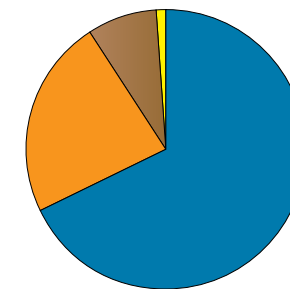
Two of our girls, identified here as "J" and "K", graduated from the Champs Program of GLAD House at the end of the summer program in 2015. At their farewell party from Champs, they shared what they had learned from the program with GLAD House staff and other Champs participants.



GLAD House Revenues* | 2015



- 69% Contributions
- 12% Foundations/Grants
- 6% Medicaid Billings
- 5% MOMS Grant
- 3% Donated Services
- 2% MHR SB
- 2% City of Cincinnati
- 1% Miscellaneous



GLAD House Expenses* | 2015

- 68% Champs Program
- 23% Operating
- 8% MOMS Program
- 1% Fundraising

* Unaudited numbers, close of 2015 Fiscal Year

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 numerous meaningful opportunities for you to change the lives of the children and families we serve. Please consider the following:

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.

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.

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

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

AmazonSmiles
GLAD House is pleased to participate in the Amazon Smiles program. If you designate GLAD House as a recipient, Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to us! It's easy to get started and really starts to add up. Please visit smile.amazon.com to get started in time for the holidays!

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During the past year, Mrs. Anne Poehlman, a founding member of GLAD House passed away. We are saddened by her passing but blessed to have known her and her enthusiasm and hard work in establishing GLAD House. She was instrumental in establishing the mission and program for the intended clients. She spent many hours in meetings and visiting with others dedicated to resolving the long-term effects of addiction to gather information to resolve the overwhelming effects of addiction. Once GLAD House opened on the campus of St. Aloysius, Ann spent many hours volunteering for the program – answering phones, shopping for groceries and anything else that could support the ongoing operation of the program. The many fond memories we hold of her are those of a most caring and dedicated life.

by MARY SCHWADERER and BEA LAMPKIN



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A special thanks to donor **Mary Schwaderer!**
 Mary is a long time friend and supporter of
 GLAD House and our kids. This year, she donated
 all the snacks for the after school and summer
 programs and often came to GLAD House to
 help serve lunch and dinner. To say thank you,
 the kids designed and decorated this giant card
 for her.



The GLAD House Quilt

Each GLAD House Kid (and staff member)
 was asked to reflect on what makes them
 happy and draw this on a small piece of
 white cloth. Some drew ice cream cones or
 candy, others drew family members and
 friends. Some drew aliens, trains, or just the
 creatures of their imagination. There are a
 million ways to be happy—and they don't
 depend on drugs or alcohol! The quilters
 then picked out their favorite fabric and
 sewed their squares. The **Mighty Girls Group**
 used their talent for color to lay the blocks
 out and our super-volunteer Ms. Molly led
 them in sewing the blocks together. Soon,
 we had a GLAD House Quilt, created out
 of joy. The GLAD House Quilt hangs in
 our office in Cincinnati, where we enjoy it
 every day.



ANNUAL REPORT | 2015



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gladhouse.org

Children impacted by addiction in their families will reach their personal wellness potential — mentally, emotionally, socially, and physically — and lead fulfilling and purposeful lives free from substance abuse.

THE GLAD HOUSE VISION