

Annual Report Fiscal Year 2022-2023

Hello!

OUR STAFF

Annie Wharton, Executive Director Lisa Andersson, Director of Development & Communications Molly Barth, Community Coordinator / Program Intern Miriam Bouley, Operations & Community Services Manager Angela Lancaster, Property Manager (Stepping Stone Cottage) Esha Pahwa ,Community Coordinator / Program Intern Dalia Rubenstein, Program Manager Sarah Scott, Alumni & Community Coordinator Jeff Wade, Facilities Manager

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A note from our Board President

Hello All,

The tides seem to be shifting with awareness and support for mental health. The discussion of self-care and wellness is beyond what I've ever seen.

BOARD OF DIRECTORS

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Drew Bonder, President Cynthia Grant, Vice President Kristin Gatto, Secretary Ronald Reeves, Treasurer Ben Brown Casimir Bemski Shaun Fischler De'Ron Jasper Dominique LaCroix Lucy Van Dusen We have an opportunity to capitalize on this new landscape, to build awareness around our mission and impact. We are a unique organization serving those healing from serious and persistent mental illness through community, hope, and wraparound support.

However, strengthening our foundation will be critical to our vision of growth and expansion in years to come. We will focus on this diligently at Karis over the next year.

Finally, diversity, equity, and inclusion (DEI) have become a core focus at Karis. We have made great progress with DEI over the last year and will continue challenging ourselves to advance our organization in this arena.

I feel grateful for and proud of this Board, staff, community, and organization, which changes lives every day. Cheers to a terrific year ahead!!

All the best, Drew Bonder, *Board President*



Our History & Summary

Karis Community is a community-model residential program serving individuals managing serious and persistent mental illness. Karis (the Greek word for grace) was founded in 1976 as a retreat center for those needing respite from life stressors. Following WWII, Great Britain discovered that veterans experiencing Post-Traumatic Stress Disorder could recover significantly in communal environments. This approach helped shape Karis' therapeutic community model. At Karis, our work lies at the intersection of mental health, trauma, and substance use. Recovery goals include managing and reducing symptoms, learning coping strategies, developing life skills, and restoring the capacity to engage in healthy relationships with others.

Karis serves over 100 adults each year, including current Community Members, residents at the Stepping Stone Cottage, applicants on the waiting list needing more immediate support, applicants who may not be ready for the program but require resources, and the Alumni Group. Our program and case management staff ensure that no one is left behind. Karis is located in the Metropolitan Denver area; however, we have established a local and national reputation for success. We receive referrals and requests for information daily, not only from the Denver area and throughout Colorado but also around the country.

People experiencing mental illness are often marginalized, stigmatized, and made to feel ashamed of their illnesses. They face societal abuses, such as barriers to health care, lack of employment, difficulty accessing and maintaining housing, and discrimination. Many Community Members have experienced homelessness; sexual, emotional, and physical abuse; dysfunctional relationships; suicidal ideation; alcohol and substance misuse; and isolation in institutions. There is an alarming lack of affordable mental health treatment options for individuals who may not require hospitalization but are not ready to live independently. Karis' program aids Community Members with the skills and tools to find employment, reduce costly and traumatic hospitalizations, and strengthen relationships with others.

Our Mission

To provide a community where people heal together.

Our Vision

To create a world where people with mental illness can connect with others who understand their experience and can support their growth.

Our Values

- **COMMUNITY:** We recognize the power of relationships and strive to offer a space where people across all identities can foster connection and be accepted.
- **ACCOUNTABILITY:** We accept a responsibility, to ourselves and to each other, for doing what we say we will do.
- HOPE: We maintain the belief that everyone has the potential to transform their lives.
- **GROWTH:** We view challenges as opportunities that can create possibilities and positive outcomes.
- **EMPATHY:** We strive to recognize and understand the perspectives, feelings, and lived experiences of others, including and especially those most different from ourselves.

Our Unique Empowerment Program

- We are the least restrictive environment for mental health programming.
- We offer a program for individuals with mental illness and substance use disorders, issues often treated separately.
- We provide low-income housing as a component of our program.
- We highlight that recovery is a continuous journey.
- We reiterate that you can live a happy, meaningful life while managing mental illness.
- We are available for support with a 24-hour Crisis Pager.
- We offer support upon completion of the program via our Alumni Group.
- We offer a peer-supported living opportunity for our program graduates by way of our Stepping Stone Cottage.
- We propose diverse therapeutic modalities, including support and psychoeducational programming.
- Community Members create monthly personal and therapeutic goals.
- We provide weekly check-ins and six evening support groups per week.
- We employ three Peer Support Specialists who live in apartments within our buildings.
- We facilitate open communication, respectful cooperation, mutual feedback, healthy self-awareness, personal responsibility, autonomy, and interdependence.
- We emphasize that you are far from alone!

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We ask for a commitment of six months, but Community Members can stay up to two years. This provides the much needed longevity to succeed.

Onsite Support Services

- - Cognitive Behavioral Therapy Group
 - Women's Group
 - Mindfulness Group
 - Socialization Group
 - Structure Support Group
 - **Recovery Support Group**
 - **Community Meeting**
- LIFE SKILL-BUILDING OPPORTUNITIES
 - Budgeting Meal Planning & Cooking House Jobs Socialization
- CASE MANAGEMENT
- CARE COORDINATION

Criteria for Admission

- 🥟 21+ years of age
- Manage a serious and persistent mental health diagnosis
- 90 days abstinence from substance use and self-harm behavior/ suicide attempts
- Able to pay monthly program fees (\$685 per month)
- Able to work, volunteer, attend school, or engage in outside treatment programming for at least 20 hours per week
- Working with a therapist
- Working with a psychiatrist (if prescribed psychiatric medication)
- Able to take medication(s) independently
- Able to complete Activities of Daily Living (ADLs) independently
- Able to attend the following:
 - Thursday evening Community Dinner & Meeting
 - At least three weekly Dinners (including Thursday)
 - At least one Community Support Group each week
- Able to complete House Job(s)
- Able to offer and receive support from the Community



01 To help Community Members develop skills for symptom management, healthy coping, and independent living.





02 To provide an environment that offers structure and safety while promoting self-worth and self-efficacy.



03 To support Community Members to live a meaningful, fulfilling life at Karis and beyond.



Karis' Program Manager carefully screens and assesses the applicant to determine the appropriateness for admission into the Empowerment Program.

If it is determined that the program at Karis is a good fit, then the applicant is invited to attend an Applicant Dinner.

3 Community Members engage in a heartfelt discussion of the applicant's motivation, experiences, and desire to be a part of the community.

4 A democratic group vote determines the applicant's entry into the program. This process ensures that all Community Members will commit to the recovery of others as well as their own.



01 Community Members will create a daily structure through a minimum of 20 hours per week of employment, volunteering, education, or treatment programming.





02 Reduce psychiatric hospitalizations by 80% for all Community Members during their time at Karis.



03 80% of all Community Members will complete the program and transition to independent living.

Evaluation & Results

Social Well-Being

Staff utilizes the Quality of Life Inventory (QOLI) to measure social well-being and quality of life. This tool helps Community Members set goals, track their progress, and evaluate the overall success of the Empowerment Program. The QOLI assesses Community Members' perception of their lives in the following areas: health, self-esteem, goals, values, money, work, play, learning, creativity, helping, love, friends, children, relatives, home, neighborhood, and community. The QOLI is an excellent tool for guiding and preparing our program staff in individual check-ins and group meetings.

Work and Life Skills

Staff tracks Community Members' living situations before joining the Community. In the fiscal year 2022-2023: 38.5% were managing homelessness, living in a group home, treatment facility, or sober living environment; 46.5% were living with family members; and 15% were living independently. Karis also tracks Community Members' daily structure before entering the program and the ability to create or maintain structure during the program. Upon arrival, less than 40% had any daily structure. During their participation at Karis, over 95% were employed, volunteering, attending school, or engaged in treatment programming.

Hospitalizations

In the fiscal year 2022-2023, Community Members experienced 202 hospitalizations throughout their lifetimes, 31 hospitalizations the year before their stay at Karis, and four hospitalizations during their stay. Beginning in January 2022, we increased the tracking of the 24-hour Crisis Pager use to assess when the pager prevents hospitalization versus when hospitalization is unavoidable. In the fiscal year 2022-2023, there were 11 pager calls, only one resulting in a need for a higher level of care.







Quotes From Our Community Members

"Karis represents the true meaning of Grace. Without the Grace that I have been shown by the staff and community at Karis, I would not be where I am today. Everyone involved with Karis has in some way had a hand in my well-being."

"At Karis I found hope. I found a place where people accept me as I am, care about me, and are glad to see me. It has been a home like I have never known."

"The beauty of Karis Community is that the relationships you develop with the staff and residents don't end when you move out. I have had many of my friends from Karis calling me to check in and see how I am doing, as well as to make plans to be together."

"For the first time in my entire life I am surrounded

by people, staff and Community Memberswho support me, encourage me, andhold me accountable for my actions.The staff and Community Members aresaving my life one day at a time."

"Karis has given me an avenue into a whole new world of personal hope."

"When I needed it, Karis was there to help me make the transition to living as a regular citizen, a whole person again. I hope Karis will always be there to help refurbish the lives of others who find themselves in a situation like that which I faced."

Profit & Loss

Statement of Activity: July 1, 2022 - June 30, 2023

		Total
REVENUE		
400.00 Resident Fees	\$	115,842.07
410.00 Public Support		
Total 410.20 Foundation Grants	\$	287,795.43
410.50 Corporate Donations		7,079.56
Total 410.70 Individual Donations	\$	214,505.53
Total 410.00 Public Support	\$	509,380.52
Total 420.00 Fundraising Events	\$	40,367.80
Total 470.00 Investment Income	\$	17.22
TOTAL REVENUE	\$	665,607.61
Gross Profit	\$	665,607.61
EXPENDITURES		
3000.00 S.S.C. Expenses		
Total 3100.00 S.S.C. General & Administrative	\$	3,915.11
Total 3200.00 S.S.C. Building Operations	\$	11,246.91
Total 3300.00 S.S.C. Communal Expenses	\$	7,878.43
Total 3000.00 S.S.C. Expenses	\$	23,040.45
Total 700.00 Salaries, Taxes & Benefits	\$	406,089.06
Total 750.00 General & Administrative	\$	50,943.20
Total 800.00 Building Operations	\$	62,958.16
Total 850.00 Resident Program & Activities	\$	35,278.14
Total 900.00 Development - Fundraising	\$	26,222.17
TOTAL EXPENDITURES	\$	604,531.18
Net Operating Revenue	\$	61,076.43
Other Expenditures		
757.00 Deprec & Amort Expense		41,616.56
757.10 Deprec & Amort Expense SSC		29,788.00
Total Other Expenditures	\$	71,404.56
Net Other Revenue	-\$	71,404.56
Net Revenue	-\$	10,328.13

Balance Sheet

Statement of Financial Position as of June 30, 2023

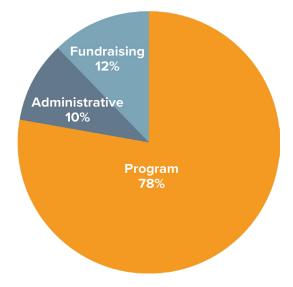
		Total
ASSETS		
Current Assets		
Total Bank Accounts	\$	188,257.43
Accounts Receivable		
Total 110.00 Resident Fees Receivable	\$	629.00
120.00 Contributions Receivable		30,000.00
Total Accounts Receivable	\$	30,629.00
Other Current Assets		
Total 161.00 Pre-Paid Expenses	\$	7,027.62
Total Other Current Assets	\$	7,027.62
Total Current Assets	\$	225,914.05
Fixed Assets		
Total 180.01 Fixed Assets	\$	2,529,226.92
Total 190.01 Accumulated Depreciation	-\$	786,425.35
Total Fixed Assets	\$	1,742,801.57
TOTAL ASSETS	\$	1,968,715.62
LIABILITIES AND EQUITY		
Liabilities		
Current Liabilities		
Total Accounts Payable	\$	1,976.88
Total Credit Cards	\$	7,023.16
Other Current Liabilities		
Total 230.00 Payroll Liabilities	\$	15,896.63
240.00 Security Deposits		3,200.00
241.00 Prepaid Rent		1,980.00
3002.00 Security Dep. SSC		800.00
Total Other Current Liabilities	\$	21,876.63
Total Current Liabilities	\$	30,876.67
Total Liabilities	\$	30,876.67
Equity		
305.00 Temp Restricted Net Assets		828,500.00
310.00 Unrestricted Net Assets		1,119,667.08
Net Revenue		-10,328.13
Total Equity	\$	1,937,838.95
TOTAL LIABILITIES AND EQUITY	\$	1,968,715.62

FY 22/23 Expense Breakdown

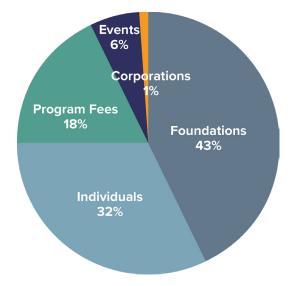
Financials

- Karis credits its sustainability and 47-year tenure of success to its meaningful mission and long-time supporters.
- Karis receives support from a diverse portfolio of sources such as foundations, corporations, indivdiduals, special events, and program fees.
- 100% of the Board of Directors and staff contribute financially each year.
- Karis charges a small monthly fee of \$685. This fee is considered extremely low-income housing in Denver and helps teach accountability, financial awareness, and realistic integration into the mainstream of life. Monthly fees include individual check-ins, support groups, community meals, household supplies, utilities, social and recreational activities, 24-hour staff availability, and more. Other therapeutic communities charge upwards of \$10,000 per month, making our commitment to accessibility and affordability unique among similar organizations.

Most of our Community Members have financial resources below the poverty line; many have managed homelessness at some point in their lifetime. Nearly all Members utilize public support, such as Medicaid and Social Security benefits, to assist in their recovery process. Contributions to Karis Community allow us to provide a place of hope and healing for individuals managing serious and persistent mental illness.



FY 22/23 Revenue Breakdown



Our Major Supporters (\$5,000+)

A.V. Hunter Trust Anonymous Anschutz Family Foundation The Anschutz Foundation Caring for Denver Foundation The Connie Burwell White and William W. White Foundation Anne Marie Currin The Denver Foundation Elevations Foundation Anne Garrett Alex and Jay Graves Sue and John Hancock Kettering Family Foundation Laurie Lucero The Melvin and Elaine Wolf Foundation, Inc. Rollie R. Kelley Family Foundation Fund Sidney R. Baer, Jr. Foundation The Virginia W. Hill Foundation Walter E. Lipe Charitable Trust Rosamond Warren

Our Supporters (\$50-\$4,499)

Ashley Adams **Barbie Adams Kristin Adkins** Nancy and Alan Bieber Amanda Alarcon AmazonSmile Foundation Steven M Anderson and Mary E Reyland Gary Anderson Kirsten Anderson Gunnar Andersson Lisa Andersson Anonymous Arapahoe Basin Dave Armstrong Tom Arrison Atomic Provisions, LLC Gloria Austin Crista Bailey Leslie Baldwin Michelle and Wade Balliet Dawn Banas Joan Bancroft Bank of the West Joy and E.J. Barklage Joanne Barnard Lisa Jo Barr Jessica and Brian Bartholomew Bastien's Restaurant Sarah and Thaddeus Batt Amv Becker Casimir Bemski Peter Bemski Erik Bernstein Connie and John Berry Patrice and Mark Berry Julie Berumen Sarah Best and Brian Robertson **Bethany Lutheran Church** Foundation Kathryn Bishop Esha Pahwa and Hans Bjerkan Leanna and Tim Boers Carol and Howard Boigon **Kirsten and Drew Bonder Bonnie Brae Liquor Miriam Bouley**

Kate and Becky Bowman Nita and John Bradford Thomas Bradlev Pamela Branham **Robert Bricmont** Joy Bronson Allison and Benjamin Brown Jane and Bob Brown Stephen Brown **Kelly Burch** Martha Burroughs Cynthia C and John S Butler **Butterfly Pavilion** Kristina Cafarella Mary Ellen Caiati Cameron Mitchell Restaurants Alton Campbell Linda Carlson James Carr Castle Rock Imports Catbird Julie and Scott Chandler Katherine Chang **Rebecca Chard** Brian Cicero and Vernon Hodgdon Kyle Clark Cindy Clover and Lee Clark Tarri and Douglas Cleveland Clyfford Still Museum Colorado Housing and Finance Authority Colorado Rapids Soccer Club The Colorado Trust **Comedy Works Commit Fitness Studio** Community Shares of Colorado Connect for Health Colorado Lorraine and Billy Cordova Corvus Coffee Roasters Connie Cory **Tatyana Cousins** Sarah Crabtree and Piete Janssen Collette Cressv **Crested Butte Nordic Cindy Criddle**

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Ronald Seylhouwer Nanette and Steve Shelley **David Shepard** Heidi and John Shott Mary Ann and Rick Shube Marsha Shuck Artis Silverman **Carol Silverman** Evan Silverman **Carol Silvestain** Susan Simone Carol and Michael Simpson Coleman Smith Katharine Smith **Taylor Smith Theresa Smith** Wendy and Martin Smith Shavleen Snyder Linda Spilka Jan Spitzer Charles Spratt Dotty Sprigg Sally Sprigg State Farm Companies Foundation State of Colorado **Marguerite Stewart** The Stewart Title Foundation Bruno Stoekl Mary Helen and Greg Stults **Edward Swibas** Mark Taht Rose Ann and Illar Taht Sandy and Robert Tan Lisa and Lynn Taussig Tavernetta Jennifer Taylor Barbara Tavon **TEGNA** Foundation **Darlene and Michael Thomas** Jody DiLeo and Chad Thomas Trudy Walsh-Thomas and George Thomas Catherine Thompson Topgolf-Thornton **Robert Tramaloni** Pam Gates and Mark Trubowitz Lucy and Peter Van Dusen Jeff Wade Aimee and Gary Wagner

Susan Wagner Ted Wagner Maurice Walker **Brenda Walters** Nancy and Brad Weiman Judy Weingarten Deb and Scott Wharton **Dale Whitaker** A. Lenore Whitmore Bryan Wilky Sue Williams Polly and Randy Wilson Wines for Humanity Scott Winfield Wings Over the Rockies Air & Space Museum Marilyn Winokur Donna and Stuart Wise Rebecca and Al Woehrle Margaret and William Wood Work & Class Allie Wren WTO Foundation **Xcel Energy Foundation** Matching Program Penelope Yerigan Kammy Young Adam and Tracy Zabel Mallory Zalla **Barbara and Steven** Zimmerman

We apologize for any omissions or misspellings that may have occurred.





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