



ANNUAL REPORT FY2022

Options & Advocacy for McHenry County

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Mission

Empowering individuals and their families through advocacy and education while creating a more inclusive community.

Guiding Values

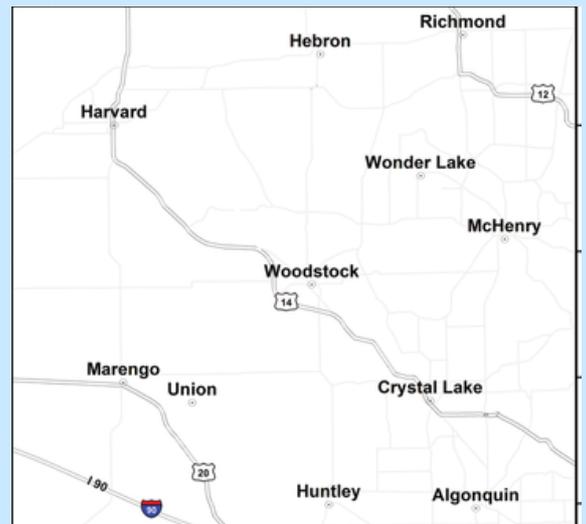
- Community-Centered
- Collaboration
- Resilience
- Empowerment

Vision

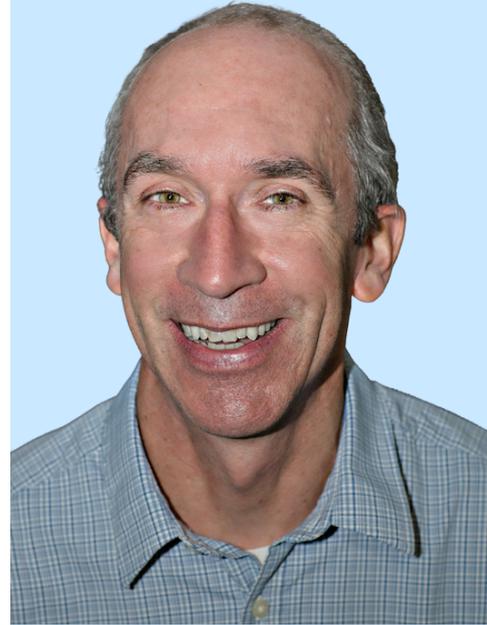
Creating an empowered and inclusive community.

Who we Serve

- McHenry County families
- Individuals with autism
- Families with children pre-natal to three years old
- Children with developmental delays up to age three



A Letter from Board of Director's President



Thank you for supporting Options & Advocacy in our 28th year of providing services to individuals and families in McHenry County. I've been a member of the Board of Directors for 9 years now, but I was first introduced to O&A 17 years ago when my daughter, Katie, was born with Down syndrome. My family needed help right away, and O&A was there for us. The Child and Family Connections Program worked with my family for three years and then helped us transition into the public schools. The therapy for Katie and the hours of conversations we had with the team members gave us the tools and confidence we needed. My family was definitely Empowered by O&A to meet Katie's needs when we needed them the most.

The staff at O&A are often arranging in-person therapy or consultations to the families we serve. I was amazed at the ability of our staff to make the adjustments needed to continue services during the pandemic. Although technology was a lifesaver, the staff and families who figured out how to work all that new technology deserve a standing ovation! Have you ever observed a speech therapy session on Zoom with a 1 year old?! There's a lot of wrangling, but our kiddos made progress, and they continue to do so as our services are moving back to in-person again.

I am so proud that we can provide support to over 1,500 unique individuals and their families, and we support them regardless of their ability to pay. Although we do receive funding from the state, almost one third of our budget comes from our County Government, local grants and fundraising. Our local funding is variable year to year, so we are completely dependent on fundraising to bridge our budget gaps. Please consider attending any of our fundraising events throughout the year, our website has the most up-to-date information about these events.

The dedication of our talented staff inspires me and my fellow board members to continue to work towards getting the resources needed to keep Options & Advocacy strong. We will continue to be there for the families that need us in McHenry County.

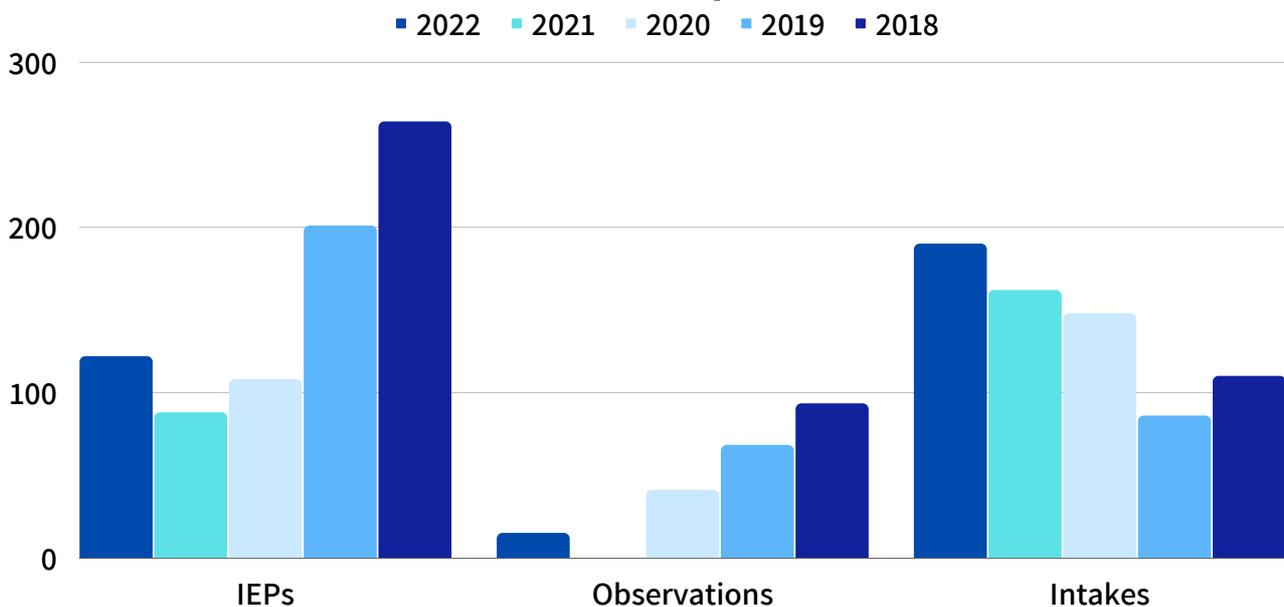
Respectfully,
Dr. Mike Thomas

A handwritten signature in dark ink, appearing to read "m w Thomas". The signature is written in a cursive, flowing style.

Autism Resource Center

PROGRESS FOR JULY 1, 2021-
JUNE 30, 2022

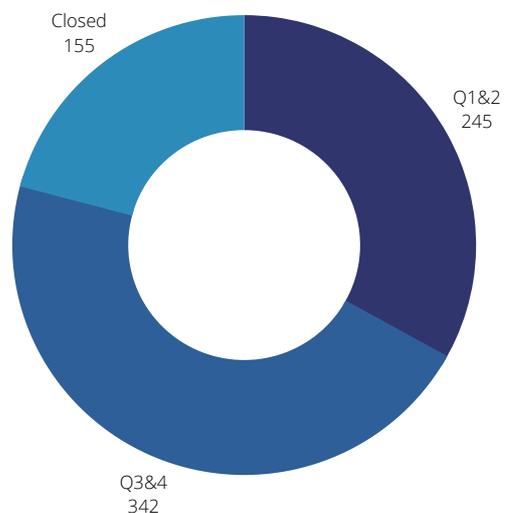
Annual Comparisons



In FY2022, the Autism Resource Center (ARC) completed 190 intakes, and a total of 432 clients were served.

Compared to previous years, FY2022's numbers in regards to intakes, observations, IEPs and screenings were higher due to the lessening of COVID restrictions allowing for more individuals to receive services. Observations were more difficult due to school permissions.

ARC conducted a variety of virtual support groups during FY2022. These included empowerment groups, hang-out groups, Regulating Together, and Buddy Break.

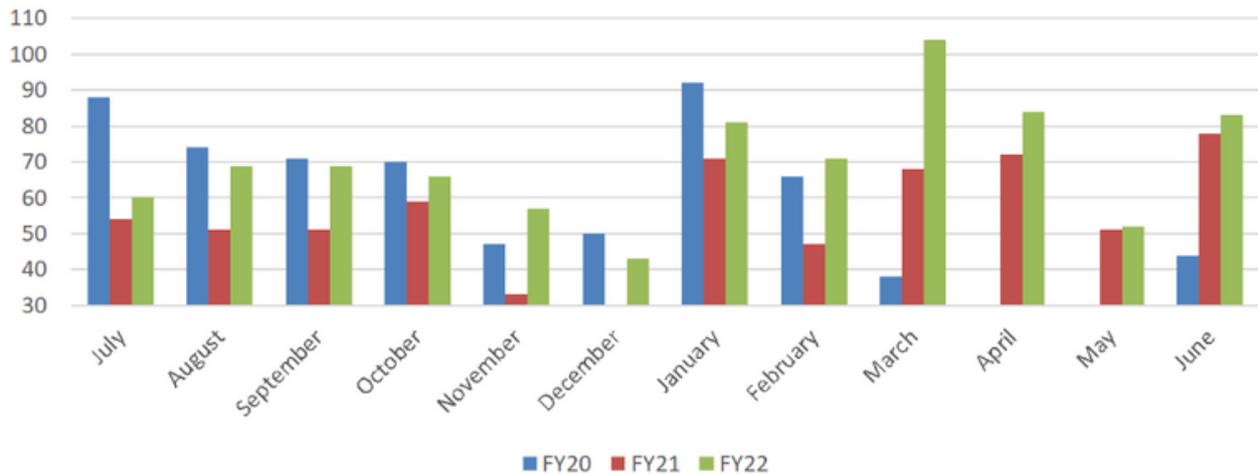


Child and Family Connections

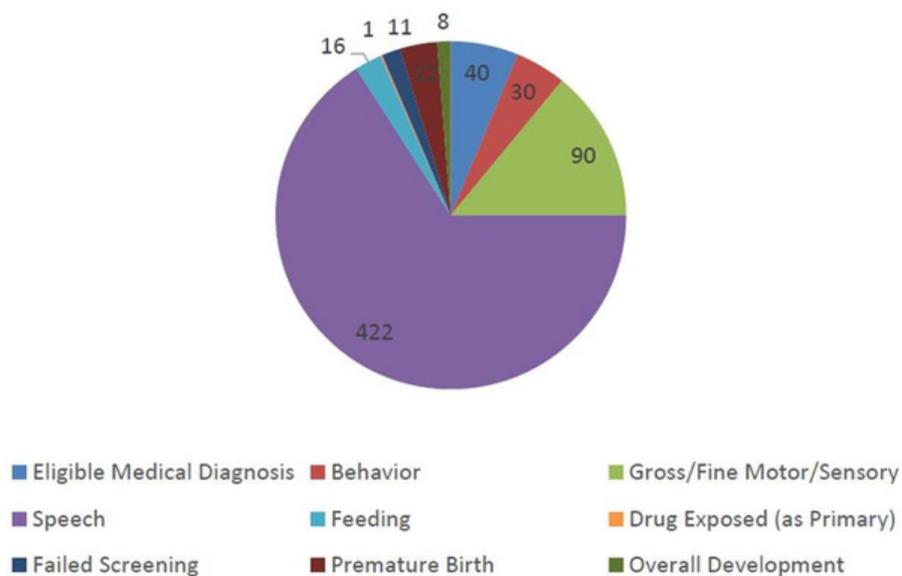
PROGRESS FOR JULY 1, 2021- JUNE 30, 2022

From July 1, 2021, through June 30, 2022, we received 839 new referrals, which is much higher than last year's referral rate of 640. Our referrals have been increasing dramatically over the past two quarters as some of the restrictions to provide in-home services have been lifted. Referrals continue to be primarily for speech concerns, though we are seeing more referrals for younger children with motor concerns. We are also seeing more children referred because of prematurity. We served 1,276 total children (unduplicated) in FY22.

Referrals by Month FY20-FY22



Primary Reason For Referral July 2020 -June 2021



Helping Us Grow

PROGRESS FOR JULY 1, 2021-
JUNE 30, 2022

In FY22, the Family Support Specialists conducted 1,564 personal visits which is more than DOUBLE the number of visits we conducted in FY21. The Helping Us Grow program served 81 families and 103 children. In comparison to last year, we served 20 more children and 12 more families.

93% of the families we served reported one or more high-risk family stressors with 32% of families having 2 stressors, 17% having three stressors, and 25% of families having four or more high-risk family stressors. These stressors categorized as high risk consist of current intimate partner violence, death in the immediate family, low birth weight or prematurity, housing instability, incarceration, reported child abuse or neglect, a child in foster care, current or past substance abuse, recent immigrant, low income, a parent without HSD or GED, parent with a mental health issue, parent or child with a disability or chronic health condition, and young parent under 21 years old. The Helping Us Grow program is utilizing the funding to serve the most vulnerable and at-risk families.



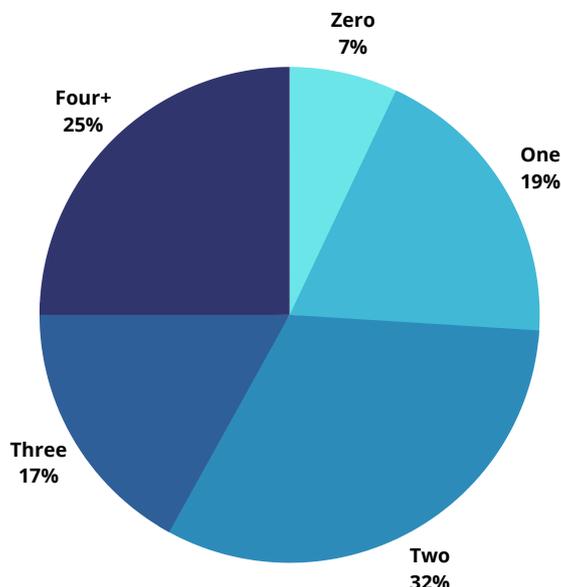
81 Families Served



103 Children Served



1,564 Personal Visits



Families with Stressors (%)

Who We Help

MCHENRY COUNTY, ILLINOIS



INDIVIDUALS WITH
AUTISM



CHILDREN WITH A
DEVELOPMENTAL DELAY
OF 30% OR MORE



FAMILIES WITH CHILDREN
UNDER 3 YEARS OLD WITH
A SIGNIFICANT STRESSOR



FAMILIES ACCESSING
PUBLIC ASSISTANCE



CHILDREN WITH A
MEDICAL DIAGNOSIS

Options and Advocacy is proud to support families of all backgrounds, abilities, and structures who live in McHenry County.

We serve families in need of Early Intervention service coordination, in-home support to pregnant women and young children, and individuals on the autism spectrum and their families.

O&A has been a part of the McHenry County community since 1994 and has provided support to thousands of families since then.

Supporting the Community

HOW WE'VE HELPED

Sibshops

Sibshops are workshops for siblings of children with special needs. These groups are held on the first Saturday of each month during the school year. Sibshops are engaging celebrations of the contributions made by siblings. By acknowledging that having a sibling with special needs can be a good thing, a not-so-good thing, or somewhere in between, Sibshops can be therapeutic for some children even though they are not therapy.

Parent Support Groups

Parent Support Groups are offered in both English and Spanish and take place once a month regardless of the child's age or ability. These groups provide safe spaces for open discussion between families and caregivers in accordance to the topic of the month.

Trainings

Options and Advocacy is here to support our community! Each of our specialized teams have regularly occurring trainings and opportunities to develop tailored learning experiences. These trainings can be found on the O&A website or our Facebook page that is updated regularly.

Group Connections

Group Connections are monthly groups conducted by the Helping Us Grow program to encourage parents' patterns of engagement with their child's education. They are also an opportunity to increase social connection between parents and children to develop friendships, new support networks, and discover new ideas for addressing day-to-day challenges of parenting.

The Stefanie Sullivan Joyful Arts program began with the hope of honoring her by providing opportunities for children and adults with unique needs to experience art the way that she did.

Stef was a long time part of the community and fabric of Options & Advocacy. She loved her work here and being part of the underlying desire of all O&A staff - to make life better for others.

Stefanie's art was very important to her. There was always a joyful component to her art and to her life. Her art enabled her to express herself in new and profound ways. Our hope is that the Joyful Arts program will make that possible for others.

We were able to bring together a group of artists and positive, compassionate people who knew Stef as our initial "staff members." Our first 5 week session which happened over the summer was very successful. We had a wide range of young adults participate. We had persons with deafness, autism, cognitive and mental health challenges. These unique young people had one thing in common. They grew in their confidence, their artistic abilities and they had fun. They were given an opportunity that was accessible in cost and in its approach. No one was turned away. All are welcome!

The program is funded by the amazing amount of donations given in Stefanie's honor. We purchased supplies and spent very little on staff. Most of them are volunteers. The pictures tell the story.

Our fall and winter sessions are planned and we have a family opportunity planned for February.

It is my joyful experience to create and support this program in her honor.

- Cindy Sullivan

Supporting the Community

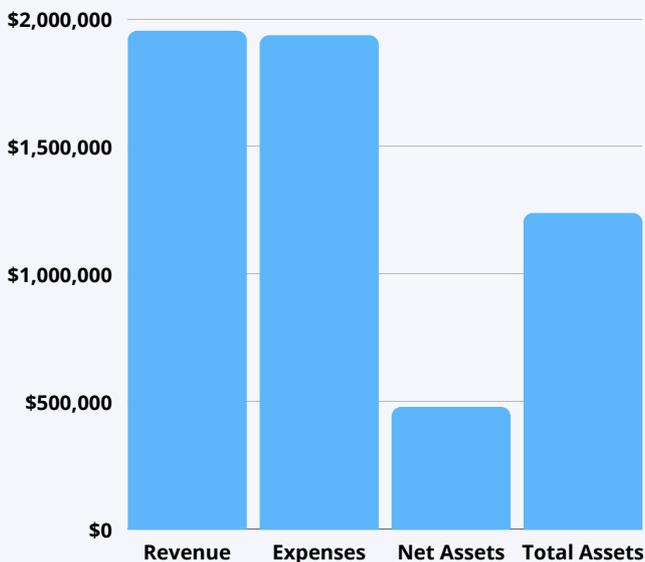
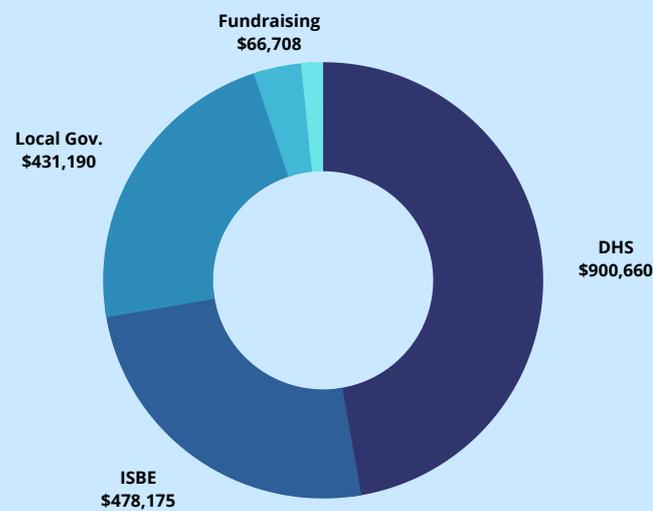
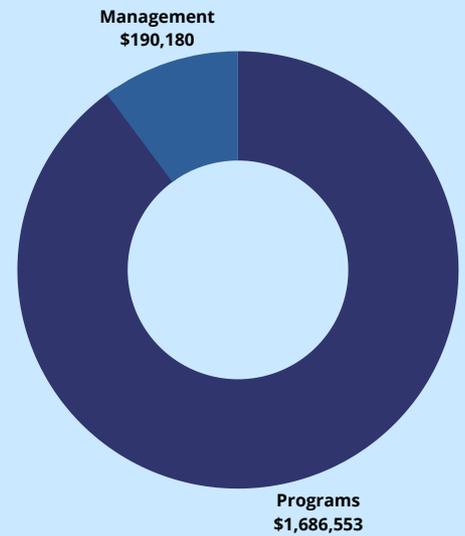


Financial Overview

During Fiscal Year 2022, Options and Advocacy received funding from a number of different sources.

The State of Illinois - Department of Human Resources (DHS), and Illinois State Board of Education (ISBE) - funded 73% of Options and Advocacy's total revenue. The other 27% originated from the local government, fundraisers, and other grants/miscellaneous funders.

Our three programs, ARC, CFC, and HUG, received 90% of our total revenue leaving the other 10% for management and other general expenses.



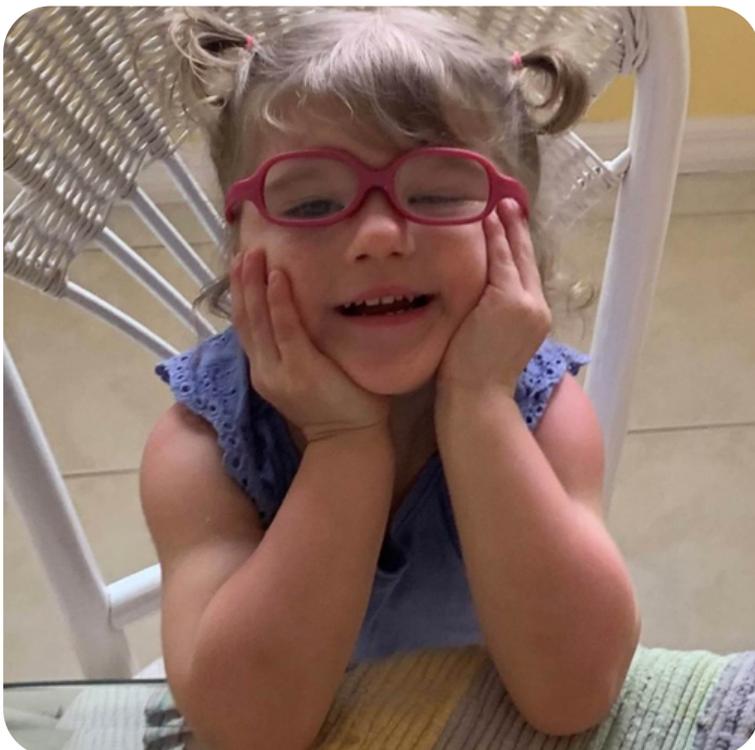
Options and Advocacy's total revenue from July 1, 2021-June 30, 2022 was \$1,952,056. From that, our expenses totaled \$1,934,453.

Our net assets came to \$479,800 leaving our total asset amount at \$1,238,700.

Family Stories

ARC STORY

Our son is sixteen years old and has autism... He spent three weeks in the emergency room at NW in Woodstock because the hospital could find no psychiatric hospital with the services to meet both his mental health and developmental disability needs... During and after his hospitalization, we received countless services provided by ARC... Their participation and feedback were critical in assisting our family in successfully placing our son... the services that we received from the ARC were essential to our son's academic, developmental, mental health, and safety needs.



CFC STORY

"Navigating and providing what is best for any child is difficult, even more so when a child requires and qualifies for the services provided by Child and Family Connections for Early Intervention, then throw in a global pandemic and well truthfully it was an emotional, overwhelming feared moments that as parents we wouldn't be able to continue to provide our child the weekly therapy sessions that were needed. Luckily, we have an amazing case worker, and a group of therapists that made it their goal to continue to provide their services by any means possible with Covid-19, along with the stay at home orders, via virtual sessions on zoom. Our EI team is our extended family, and through their strength, determination, and encouragement our child has continued to thrive and grow!"

Family Stories

HUG STORIES

-“Para mi ha sido un gran apoyo pues me ha ayudado a crecer como persona y así poder darle a mi hijo la misma oportunidad de aprender y desarrollarse con seguridad y confianza en si mismo” (For me it has been a great support because it has helped me grow as a person and thus be able to give my son the same opportunity to learn and develop with security and self-confidence.)

-“I love it! thanks so much for supporting families in all aspects of life, especially now when it is really needed!”



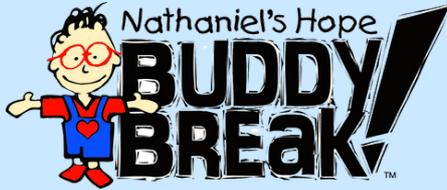
JOYFUL ARTS STORY

Kellen has been telling everyone about how much he loves the program while on vacation with his family. He is now doing art projects almost every day at home.

Community Partners



CASA
Court Appointed Special Advocates
FOR CHILDREN



rosecrance®

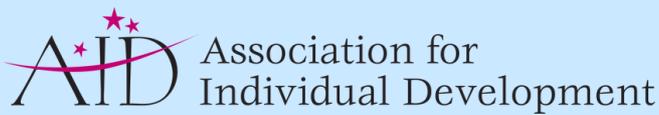


THE DIAPER BANK OF NORTHERN ILLINOIS



Division of Specialized Care
for Children

Community Partners Continued



Ways You Gave

WEBSITE

optionsandadvocacy.org

Donations through the "How Can I Help" tab on the O&A website

GIVE LIVELY

Giving Tuesday Fundraiser

Donations from generous community members in honor of Giving Tuesday 2020

RESTAURANT NIGHTS

Local restaurant fundraisers

Various local restaurant fundraisers who donate a portion back of proceeds to O&A.

DONATIONS/ VOLUNTEERS

On-Site

Friendly volunteers and donations of clothes, toys, diapers, and more help us assist families across the county.



Options & Advocacy is appreciative of everyone who has donated between July 1, 2021 and June 30, 2022.

Alison Sparks Johnson

Alison Thorton

Angela Krambeer

Annette Greaves

Annette Zeno

Audrina Lehman

Bernard Papp

Bob Meschewski

Bob Barnett

Bonnie Rotelli

Bozena Kreller

Andrew Jachowicz

Brian Schiller

Cara Demonte

Catherine Ripley

Chad Franzen

Cheryl Peake

Chris Cogburn

Chris Olson

Christina Keach Johnson

Christy Gilbertson

Cindy Sullivan

Cindy May

Claire Brown

Colleen Lyons

Darbi Carbone

David Kerr

David Evan

Deborah Warner

Denise Freund

Dennis Burns

Desiree Petermann

Dr. Jonathen Kaufman

Erin Sahlberg

Eustaquio Mercado

Fay Wilson

Gilbert High

Gina Carneseccchi

Ginger Helmied

Glenn Winkates

Gregory Lofgren

Heidi Erickson

Holly Wendt

Jamie Dix

Janine & Jim Weith

Jean Ann May

Jenni Kus

Jennifer Bradt

Jennifer Wollpart

Jerry Jones

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Joe Raducka	Dr. Mike Thomas
John Raki	Mike & Allison Fagerholm
Johna Sommer	Niki Hughes
Kara Rae	Nina Bolley
Karen Wilson	Noell Mach
Kate Tisdale	Pam Cutaia
Kathleen Bergan Schmidt	Patricia Miller
Kathy Korneley	Patrick Kerin
Kathy Naughton	Patrick Flanagann
Katie Hein-Mayberry	Positive Vibes
Kevin Lyons	Rachel Herndon
Kiera Parpart	Rachel McNerney
Kim Burke	Rachel Lazich
Kyle Franzen	Ray Flavin
Leslie Dwyer	Rebecca Munos Howard
Lisa Sizemore	Rich Voss
Lori Gerhardt	Richard & Louise Schmidt
Louise Kowalski	Ruth VanDuzer
Madison Friduss	Scott Carlson
Marc Price	Serena Nuccio
Marcy Chevalier	Sharon & Michael Lehman
Marge & Gary Dalbke	Shawna Egan
Maria Lyons	Shelby Johnston
Marie Humphrey	Shelly Carlson
Marylee Steinwehe	Sherri Schneider
Matt Wolter	Sofia Rose
Matt Kornely	Steve & Shawn Middaugh
Melba Ayer	Susan Snezana
Melissa Ann Bruett	Susan Ryan Pompa
Michael Gilliam	Tom Musick
Michelle Augustoustas	William Jackson
Michelle Kohlbacher	Winter Noe

THANK YOU DONORS

Community Sponsors

Aptargroup	Miller Verchota, Inc.
Behavioral Perspective, Inc.	Noodles & Company
Chipotle, Crystal Lake	O&P Innovations
Coordinated Benefits Co.	Panera Bread Co, Crystal Lake
Crystal Lake Bank & Trust-Wintrust	Pediatric Associates of Barrington
Culver's of Crystal Lake	Portillo's, Crystal Lake
Eder Casella & Co	Referral Partners 365, Inc.
Family Benefit Solutions	Stan's Office Machines
JA Frate	Streamwood Behavioral Health
K of C Tootsie Roll Campaign	The Freeze, Crystal Lake
Kishwaukee Brewing	Valley Auto Body & Frame
Matrix4	Whispering Meadows Wax
McAllister's, Crystal Lake	
Mental Health Resource League	



A special thank you to the Foglia Foundation for matching our Giving Tuesday dollar amount.

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Options & Advocacy

for McHenry County



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