

INDEPENDENCE HEALTH & THERAPY

ANNUAL REPORT 2023



Independence

HEALTH & THERAPY

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A WORD FROM THE EXECUTIVE DIRECTOR

I am happy to present to you Independence Health & Therapy's inaugural annual report. When we merged to become Independence Health & Therapy back in 2018, we spent time articulating the four values that drive how we respond to each other as staff and volunteers, our clients and our community.

In the following pages, you will read about some of our values: **going further**, **care for the family**, and **radical collaboration**. These are important examples of our vision and our mission in action. They all lead back to what I feel is our most important value – the one that sets the bar for all we do – **care for the whole person**.

The challenges we face – that our clients and communities face – are not singular or in isolation. Our clients don't only need physical therapy, or a day program, or mental health support. They need transportation to make their appointments. They need peer support to know they are not alone and that others share their challenges. They need regular nutritious meals. And they need to know that we care about them.

The past few years have presented unique challenges that will have lasting impacts on our community. But they also brought unique opportunities for us to serve – to go further, to care for the family, to pursue radical collaboration, and to care for the whole person.

Looking back on all we have accomplished together in 2023, I can't help but be optimistic about the years ahead. I hope that you, too, share in this enthusiasm.

JOHN P. BUCKLEY
EXECUTIVE DIRECTOR

2023 AT A GLANCE

10,913

Service hours provided to clients across three service lines.

535

Unique clients served.

27

Caregiver support group sessions facilitated by our mental health professionals at three locations.

46

Students in public schools within McHenry County that are receiving physical therapy services in the school setting from Independence Health & Therapy therapists.

100,687

Miles driven by our transportation team providing door to door service for our clients.

VALUE: CARE FOR THE FAMILY

We care for caregivers.

Joanie and Carter, a married couple of 68 years, have been cherished members of the Huntley community for the past 24 years. Joanie spent her career as a secretary for School District 54 in Schaumburg, while Carter was a skilled car mechanic. With two sons and four adoring grandchildren, they have led vibrant lives filled with travel and adventure.

However, in the spring of 2023, their world took an unexpected turn when Joanie was diagnosed with Parkinson's disease. She began experiencing uncontrollable tremors that disrupted her daily routines, preventing her from doing the simple things she once took for granted, like grocery shopping or enjoying her regular games of Bunco and Mexican Train with her girlfriends. The uncertainty of when these episodes would strike added an additional layer of stress to their lives.

Their doctor, seeing the challenges they faced, recommended they explore our caregiver support groups. These groups were designed to provide a lifeline for people like Carter, helping them navigate the complex challenges that come with being a caregiver for a loved one with a chronic condition. Intrigued and hopeful, they decided to attend two of our community caregiver support groups together.

These groups, led by our compassionate Community Support Specialist, Katie, became a source of solace and strength for Joanie and Carter. Joanie often describes Katie as an "absolute joy" and "a good listener," a sentiment shared by many in our community.

When they first joined the groups, they were unfamiliar with the diverse range of conditions experienced by others, but they quickly discovered a profound sense of kinship among the participants. "It's an eye-opener," Joanie reflects.

In these groups, they encountered fellow caregivers, each on their unique journey, and realized the incredible power of mutual support. Joanie beautifully encapsulates her experience, saying, "We always think we have it so bad, but there are people out there who have it a heck of a lot worse than us. Everyone has a different story to tell and things that we can help each other with. It's not a group where we sit and mope...we help each other. Sometimes just to listen can be the best medicine."

At the age of 86, Joanie's spirit remains unbreakable. She's grateful that she didn't face this challenging diagnosis earlier in life, during her years of raising children and working. Her optimism shines through as she shares her secret to resilience: "Keep your sense of humor. Make your life a life." As we reflect on the inspiring journey of Joanie and Carter, we are reminded of the essential role our caregiver support groups play in the lives of individuals facing challenging circumstances. Their story is just one of many within our community, and it illustrates the profound impact that your support can have on the lives of those in need.



Joanie and Carter

VALUE: RADICAL COLLABORATION

We work closely with our community partners to seek out new and innovative solutions to complex issues. We believe in breaking down barriers to achieve an environment of continuous improvement. As a result, our model is ever-evolving and client-centered.

Independence Health & Therapy is committed to fostering radical collaboration within our community, exemplified by our innovative partnerships with esteemed educational institutions. Notably, we have cultivated valuable relationships with Aurora University, McHenry Community College and Elgin Community College, reflecting our dedication to forging impactful alliances.

One example of our commitment to collaborative endeavors is our enduring partnership with Aurora University. In the past, Dr. Todd Tedrow, LCSW, a former Field Intake Coordinator at IHT, concurrently taught at George Williams College of Aurora University. Dr. Tedrow had a special interest in a unique form of treatment called narrative therapy. According to Dr. Tedrow, narrative therapy is “the process of inviting people to describe their lives in ways they have not yet imagined.” He was seeing tremendous success with this form of therapy and proposed we implement a program for our day program clients.

Overcoming initial funding challenges, the McHenry County Health Board stepped in to support the program, allowing Dr. Tedrow to engage talented social work interns from the University. These interns, working alongside

our staff, facilitated weekly groups, fostering positive outcomes such as increased social connection, fellowship, and social support for our clients.

The collaboration with Aurora University has consistently yielded positive client results while providing enriching learning experiences for the students involved. Former social work interns have gone on to pursue diverse career paths, becoming case workers, policy advocates, crisis response intake workers, and more. This partnership has also proven to be a stepping stone for some interns to establish careers at Independence Health & Therapy.

Our narrative therapy group is a testament to the enduring success of this collaboration, and continues to operate several times a week. The program remains a focal point for our social work interns and has evolved to welcome students not only from various Aurora University campuses but also from diverse programs within the institution.

Reflecting on the program's implementation, Dr. Tedrow expresses, “It was one of the most meaningful things I've ever done in my life.” This enduring collaboration underscores Independence Health & Therapy's commitment to radical collaboration, bringing together the expertise of higher learning institutions and our dedication to innovative therapeutic approaches for the benefit of our community.

“It's like a second family for everyone: Staff and clients.”
-Anthony, nursing student

VALUE: GOING FURTHER

Our culture is based on putting in the extra time, doing the extra step, and taking on the extra responsibility.

Our commitment to going further is demonstrated through our Bridge Program, a unique initiative aimed at providing crucial support to caregivers navigating the process of securing funding for our Day Program. Recognizing the considerable amount of time caregivers invest in this endeavor, we have created the Bridge Program to offer an additional layer of assistance.

Here's how it works: Caregivers can enroll their loved ones in our day program for up to two days a week, completely free of charge, while they actively pursue the necessary funding. The Bridge Program is our way of stepping up to the plate and offering immediate help to those caregivers who find themselves in challenging circumstances.

This program underscores our organization's commitment to going beyond expectations

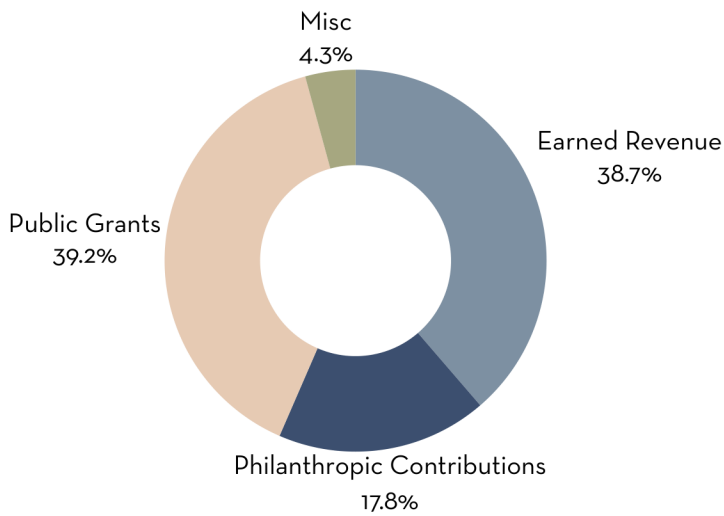
and taking on extra responsibilities, especially when it comes to supporting caregivers in their time of need. We understand the complexities of their responsibilities and the importance of timely access to our services. By providing this free service, we aim to alleviate the immediate pressures faced by caregivers, making it easier for them to access our programs without unnecessary delays.

The Bridge Program is more than just a service; it's a tangible expression of our commitment to going further, putting into action the values that define our organization's culture. We are proud to continue offering this vital support to caregivers, embodying the spirit of our mission.

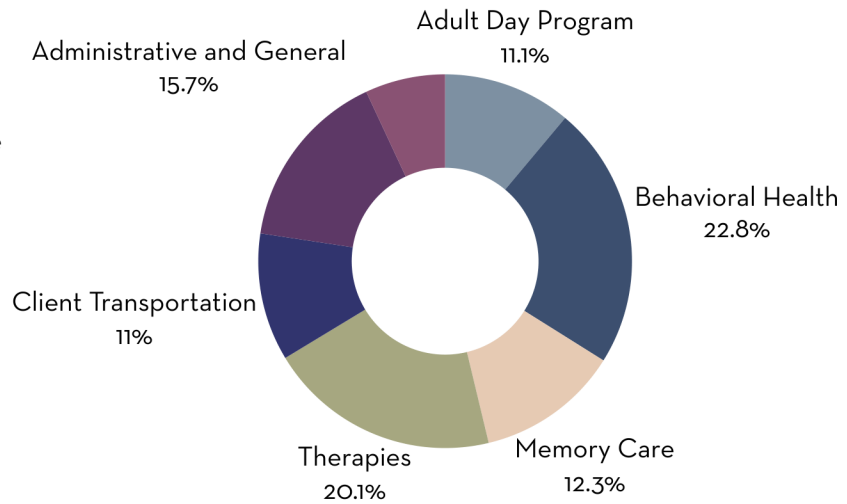


FY 2023 FINANCIALS

REVENUE

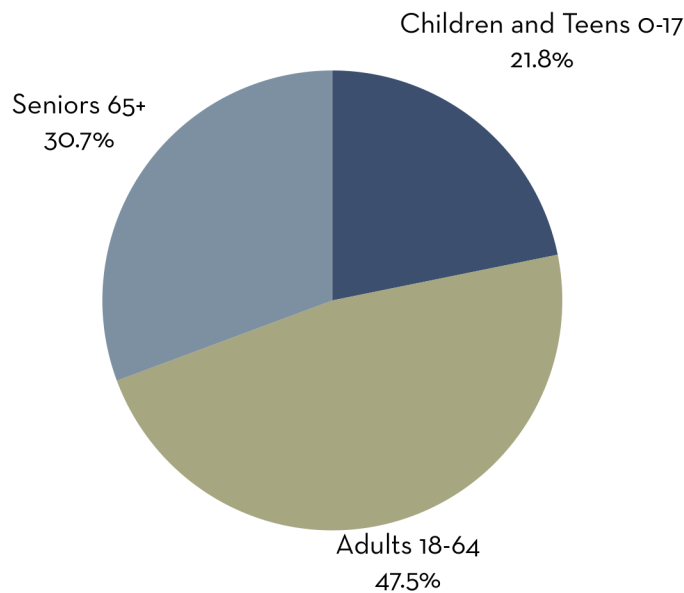


EXPENSES

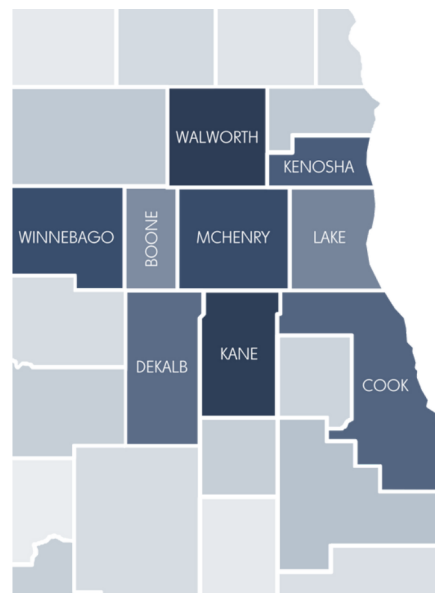


DEMOGRAPHICS

Populations Served by Age



Counties Served





FROM OUR ENTIRE TEAM

Reflecting on the past year, we extend heartfelt thanks to our donors, clients, volunteers, and community partners who have formed the bedrock of our success.

To our donors, your generous support has not only kept our programs running but also demonstrated the incredible power of community kindness. Your belief in our mission proves that, when united, communities can achieve extraordinary things.

Clients, your resilience and courage inspire us daily. Thank you for trusting our team with your care. Being part of your journeys is an honor.

Dedicated volunteers, you elevate our programs and expand our reach. Your commitment exemplifies the strength of community bonds and reinforces that

everyone plays a role in building a better future.

Community partners, together, we've accomplished more than we could individually. Your support has been pivotal in bridging gaps, fostering growth, and creating a united front for positive change.

In the spirit of unity and gratitude, we celebrate each contributor to our journey. Whether through financial support, personal commitment, or collaboration, your roles are vital to our success.

As we embark on the next chapter, we carry the spirit of community, collaboration, and compassion. Thank you for being the driving force behind our mission. With your continued support, we will continue to expand our reach.

LEADERSHIP

Board of Directors

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Board Chair

Kent Cooney

Vice Chair

Keith Hogan

Treasurer

Cindy Bock

Secretary

Melissa Adamson

Dave Byrnes

Sheldon Clark

Kim Keefe

Lisa Lohmeyer

Christopher Marrs

Scott McClain

Kevin Sanderson

Leadership

John Buckley

Executive Director

Lori Parrish

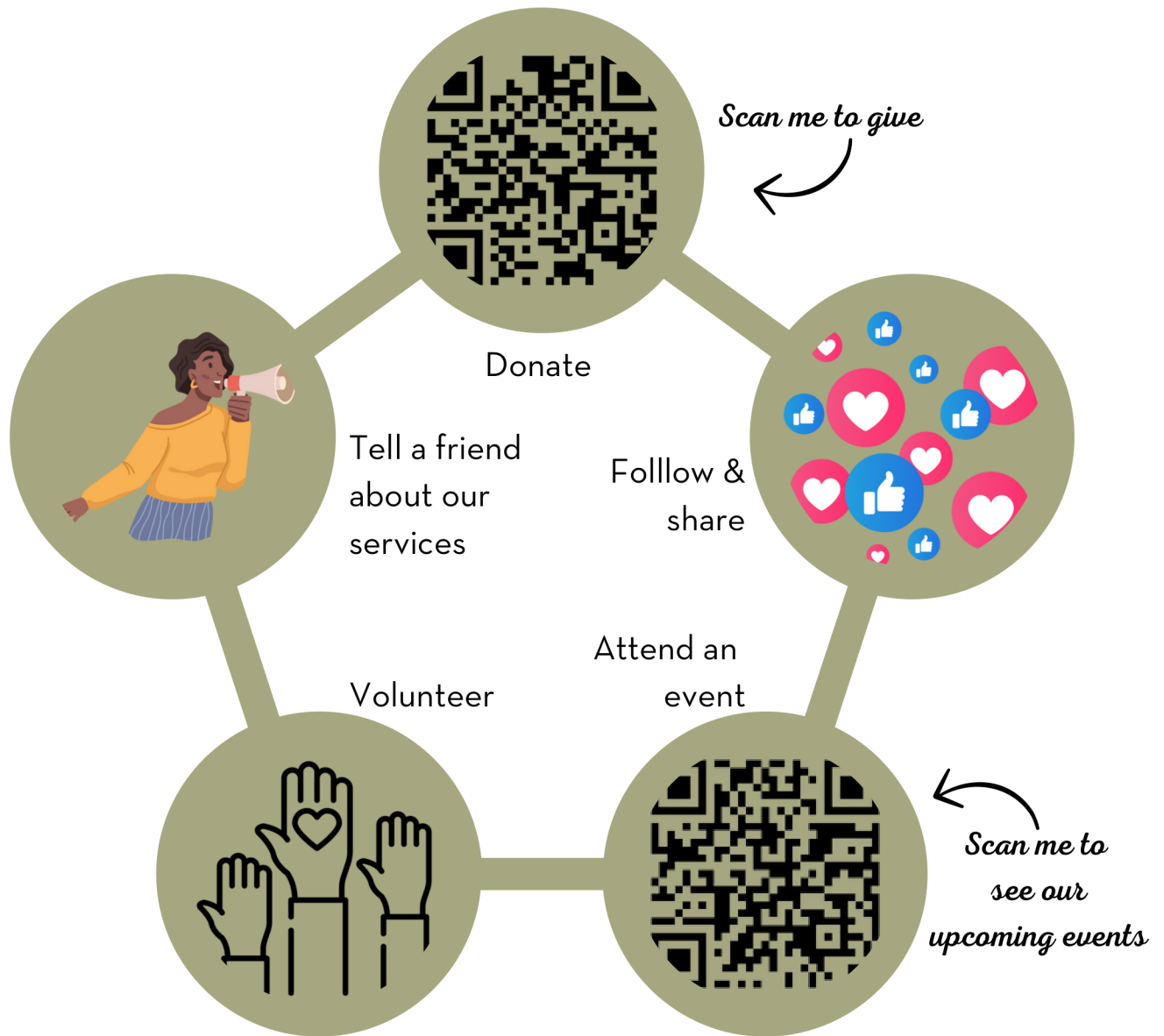
Director of Programs

Mary Fisher

Director of Finance

Gretchen Husted

*Director, Corporate
Compliance*



GET INVOLVED

Support comes in many forms. 17% of our revenue comes directly from philanthropic support, but there are other ways to show your support. Volunteering or attending our events, spreading the word about our services, and staying tuned in to our social media are a few ways you can get involved.



@IndependenceHT



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@independencelt

Physical Therapy

Speech and
Language Therapy



Adult Day
Program
Memory Care
Program



Psychiatry
Psychotherapy
PEARLS
Caregiver Support
Groups
Brain Injury
Support Groups