

In 2018, YOU helped your neighbors overcome trauma. **YOU** helped them heal – and thrive. **YOU** gave them hope. **YOU** changed lives, families & communities. **THANK YOU!**

 **1,565** mental health therapy clients
11,687 individual mental health therapy sessions
59% of our clients cannot afford the therapy they need

main clinic, schools & satellite clinics

11 therapists

5 therapists-in-training

3 foster care offices

 Green Bay
 Sheboygan
 Brookfield

9 satellite clinics embedded in social service organizations




3 locations


 Annual Ethics Program & Awards Luncheon recognizing and celebrating a culture of ethics in Northeast Wisconsin

"Being a foster parent will be one of the hardest things a person can do. But at the same time it is such a rewarding experience. Especially when those kiddos that come into your home start to blossom and change from something so broken into a child that is becoming whole again. It is a transformation that can be physically seen and I wouldn't change it for the world!"
 - Foundations Foster Parent



130 kids served in foster care

24,040 census days of foster care

Maybe stories are just data with a soul.
 BRENE BROWN



Member of **Transitions to Success** collaboration to help teens aging out of foster care



Mental health counseling at **3** schools



31 new foster homes



Key Partnerships to Support Children

- Trauma-informed Parenting classes
- Women & Infant Postpartum Depression Therapy Group
- Consulting for Oneida Nation Head Start
- Summer Social Skills Group for Teens in Foster Care
- Therapist Involved in Foster Parent Training

Over **500** hours

 serving on mental health task forces & committees

"When I first came in for counseling, it was like I had a bunch of puzzle pieces of my life that I could not figure out where they fit. But now when I come in for counseling I have someone who helps me figure out those pieces and helps me put the puzzle together."
 - Foundations Therapy Client

In 2012, a boy entered our foster program with significant needs due to trauma he endured as a young child. Growing up in foster homes, he struggled with attachment issues and the new structure and care that our foster parents worked to instill in him. He also received help in mental health therapy. As time went on, he learned to trust in his foster parents and the Foundations treatment team. There were still struggles as he matured, but these became less severe and less frequent as he connected with his foster parents. Last fall, his foster parents adopted him, and he had his forever home!

His parents shared this touching story* of his sunflower. One of his chores was to mow the lawn. Last fall, he noticed a late-blooming flower growing in their yard and he took great care not to mow over the flower that had started blooming late in the year. As the weather drew cooler, this flower continued to grow and, again, he took care to mow around the flower.

The foster parents saw the boy nurturing this special flower, and took pictures of it as it grew. On his adoption day, they gave him a framed photograph of the sunflower as a gift. They talked about how it symbolized their son's spirit, and how, like the sunflower, he also was late bloomer. He has blossomed into their son. Like the flower, the boy simply needed nurturing and attention to bloom.

Because of you, people bloom every day in mental health therapy and foster care.

Foundations Health & Wholeness is a nonprofit organization with a mission of innovating care to heal mind and spirit; changing lives, families & communities.

foundationsgb.org

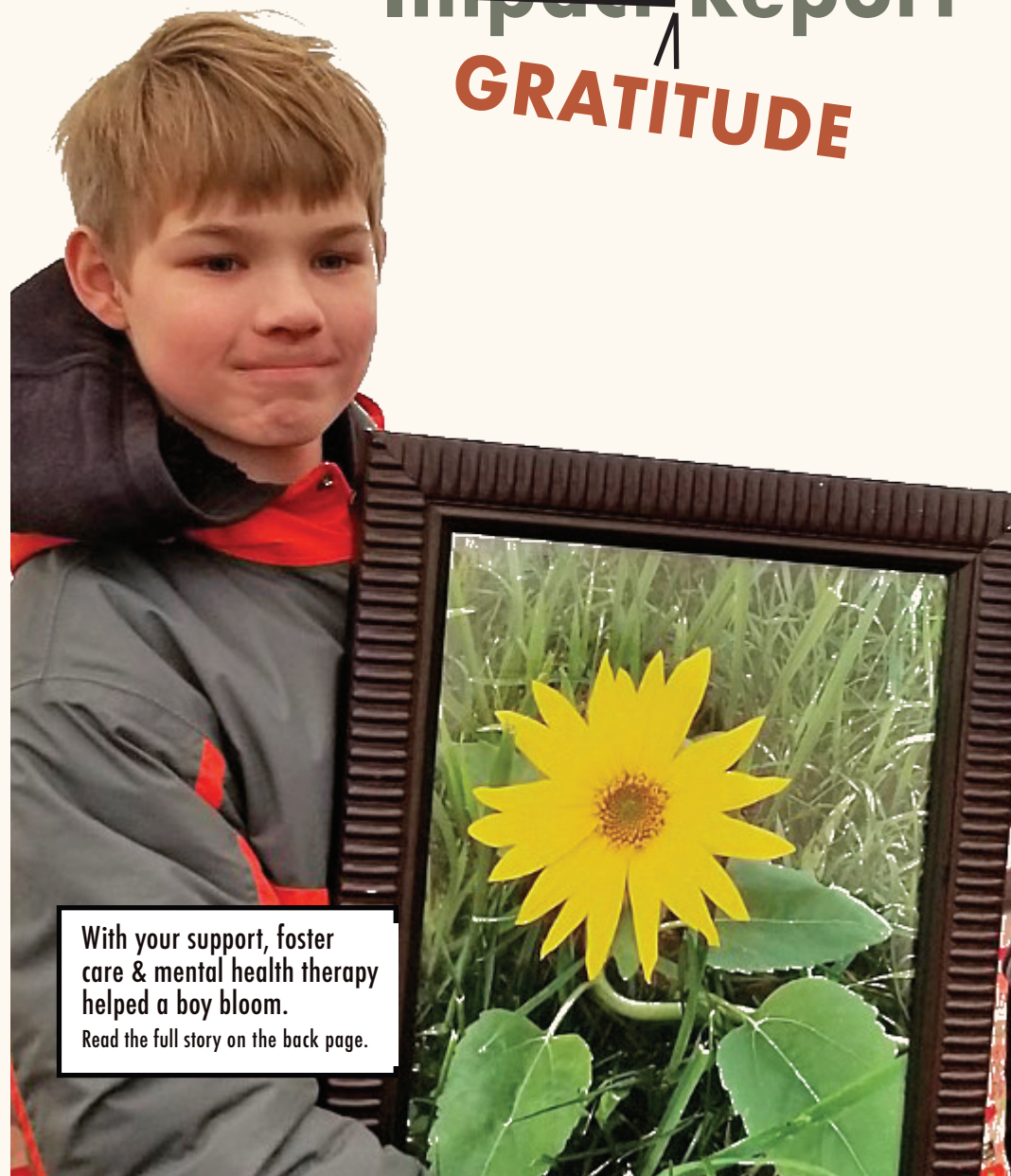


* story and photo shared with permission



2018 Impact Report

GRATITUDE



With your support, foster care & mental health therapy helped a boy bloom.
Read the full story on the back page.