

2023

ANNUAL REPORT

Your Impact Inside...



Family & Children's

SERVICE OF ITHACA

Rooting deeper to thrive together.

Last year proved to be both a challenging and fruitful year for the agency. We renewed and re-established the roots that support our mission. This year, we will nurture the seedlings and regrowth so we can more fully meet the community's mental health needs. Here's what that looks like:

Meeting Community Needs: Our clients overwhelmingly prefer in-person appointments with their therapists and so we have shifted more of our staff to onsite schedules. For us to meet our financial goals, we have also focused on ensuring we are fully compensated by insurance companies for the services we provide to our clients.

Staffing: Recruitment continues to be challenging throughout the organization. We have made a commitment to hire staff that represent the community we serve and to pay as competitive a wage as our budget allows. The encouraging news is that we were able to hire several leaders in the latter half of the year and that we were able to support several clinical interns in the spring and fall semesters.

Funding: We secured funding for two important initiatives – clinical staff professional development and new electronic medical records software. Investing in the professional development and licensing of our clinical staff ensures that we remain at the forefront of the mental health field and that we retain our staff to provide that care. Investing in new software will ensure greater operational efficiency and improved customer experience for the community.

As gardeners know, it's hard work preparing the soil and nurturing the seedlings but that hard work is crucial to strong healthy plants later in the season. The work ahead will be challenging, but an abundance akin to a well-tended garden is predicted by year's end, continuing the mission to provide mental health care to all who need it, regardless of their ability to pay. Thank you for your continued support – it will be crucial to our success in 2024 and in the years to come.

With gratitude,



Alicia Kenaley
President & CEO



Omar Stoute
Vice Chair

COMMITTED TO PROVIDING THE **highest quality mental health**
AND RELATED SOCIAL SERVICES TO OUR **entire community**



Our Financials

Family & Children's Service of Ithaca is a 501(c)3 nonprofit organization.

ASSETS

	2023	2022
Cash	249,486	2,157,966
Investments	2,121,678	567,299
Accounts Receivable, Net	320,945	565,086
Prepaid Expenses	30,824	26,033
Fixed Assets, Net	3,204,409	3,186,129
Unconditional Promises to Give	-	49,568
Cash Value - Charitable Life	70,426	69,025
Deposits	3,000	-
Total Assets	6,000,768	6,621,106

LIABILITIES

	2023	2022
Accounts Payable	43,810	20,367
Accrued Expenses & Withholdings	209,671	252,861
Contract Advances	25,981	163,605
Long-Term Debt, Current Portion	118,237	112,864
Notes & Leases Payable	1,385,850	1,603,140
Fund Balance	4,217,219	4,468,269
Total Liabilities and Net Assets	6,000,768	6,621,106

Who We Serve

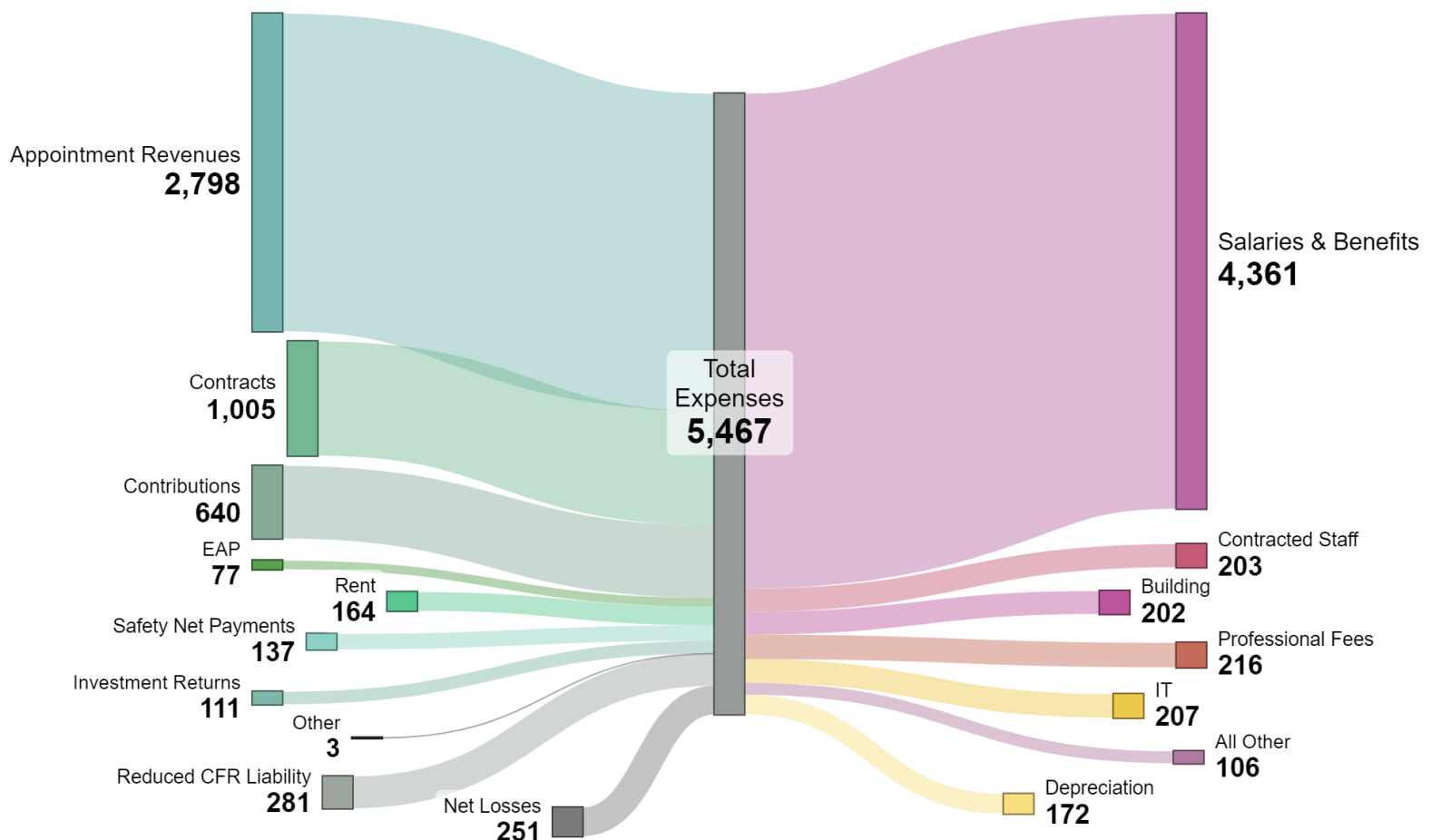
PROGRAM # OF CLIENTS IN 2023

Counseling	1,156
Psychiatry	405
Zero to Five Program	42
Geriatric Mental Health	102

Employment Assistance Program (EAP)	95
Dispositional Alternatives Program (DAP)	28
KINECT	19
Open Doors	62

Our operating revenue for 2023 was \$5,232,262. Our expenses were \$5,466,744. Full audited financials are available upon request.

REVENUES	2023	2022	EXPENSES	2023	2022
Government Agencies	1,142,476	1,049,165	Program Services	4,414,433	4,344,574
Program Fees	2,875,137	3,714,822	Supporting Services	1,052,311	984,124
United Way of Tompkins County	45,000	45,000			
Contributions	594,943	380,487	Increase/Decrease in Net Assets (251,050)	(101,457)	
Interest & Investments	111,464	(119,570)			
Miscellaneous	463,242	325,510			
Total Revenue	5,232,262	5,215,804	EXPENSES BY PROGRAM		
			Counseling	3,606,811	3,716,296
			Youth and Outreach Services	695,768	549,255
			Training and Consulting	111,854	79,023
			Development & Public Relations	246,784	194,083
			Property	138,789	134,010
			Management & General	666,738	656,031
			Total	5,466,744	5,328,698



Annual Numbers represented in the thousands

Your Impact, By The Numbers...



TOUCHPOINTS

Counseling appointments	21,375
Psychiatry appointments	2,648
Zero to Five appointments	609
Geriatric Mental Health appointments	1784
EAP appointments	382
DAP Youth Activities	120



COMMUNITY & CONTINUING EDUCATION PROGRAMS

Number of EAP programs	4
Number of Public & CCE workshops	11
Number of attendees of workshops	246



COMMUNITY EVENTS

Attendees of the 2023 Cardboard Boat Race	365
Boats in the 2023 Cardboard Boat Race	42
Amount Raised by 2023 Cardboard Boat Race	\$67,653
Organizations that participated in Better Together	52



Let's Connect



WORKFORCE DEVELOPMENT

New hires in 2023	18
Clinical Interns in 2023	9
Clinical Interns hired full-time	3

FOLLOW US



Family & Children's

SERVICE OF ITHACA

WWW.FCSITH.ORG

(607) 273-7494

DEVELOPMENT@FCSITH.ORG

Our Mission

Family & Children's Service of Ithaca supports, promotes and strengthens the well-being of individuals and families by providing high quality, accessible mental health care and related social services, with a particular sensitivity toward the needs of children.

Our Vision

Family & Children's Service of Ithaca envisions a community where all families, children, individuals and seniors have access to the social supports they need to lead fuller, more meaningful lives.

Diversity & Inclusion

F&CS is committed to fostering, cultivating and preserving a culture of diversity and inclusion, and advancing anti-oppressive practices throughout our programs and activities. We embrace differences in age, color, ethnicity, family or marital status, gender identity or expression, sex, language, national origin, physical and mental ability, political affiliation, race, religion, sexual orientation, socio-economic status, veteran status, and other characteristics that make our clients, our staff and the people in the larger community unique.



2023 BOARD OF DIRECTORS

Cate Hackett, *Board Chair*

Omar Stoute, *Vice Chair*

Anna Rosenblatt, *Secretary*

Scott Heyman, *Treasurer*

David Brown

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Phong Diep

Nina Drake

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Marian Mumford

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Carolann Saggese

Heather Swift

Monica Wellings

Kelly White



Save the Date



The Cardboard Boat Race

SUNDAY, SEPTEMBER 8, 2024

Join us for The Sixth Annual Cardboard Boat Race to support Family & Children's Service of Ithaca on Sunday, September 8, 2024, at the Ithaca Yacht Club.

Boat Registration and Spectator Tickets are on sale now! Visit <https://www.fcsith.org/events/2024-cbr> to learn more.

To become a sponsor of the 2024 Cardboard Boat Race, email development@fcsith.org for our full sponsorship package.