



2020-2021 Community Report

Randy
Life Skills Program

Dear Friends:

I'm excited to share with you our 2020-2021 Community Report, highlighting the successes your support brings to all of us here at Thresholds.

In these pages you'll read about who Thresholds serves, but more importantly, you'll get a glimpse of the people we help and the lives they live. It is a joy to share with you their stories of learning, growth and outright transformation!

Two individuals we highlight in this report are Lynn and Hannah, both of whom are happier, healthier and living fuller lives, thanks in large part to the services we provide at Thresholds. Families feel relieved knowing they can rely on us to provide professional care no matter their loved one's circumstances. And our dedicated staff feel hopeful and continue their important work because people like you make it all possible.

We could not have accomplished what we did this year without all of you: family members, the staff and board, community partners and supporters. You have entrusted us with this critical work and we thank you for standing with us this year.

Jacquie

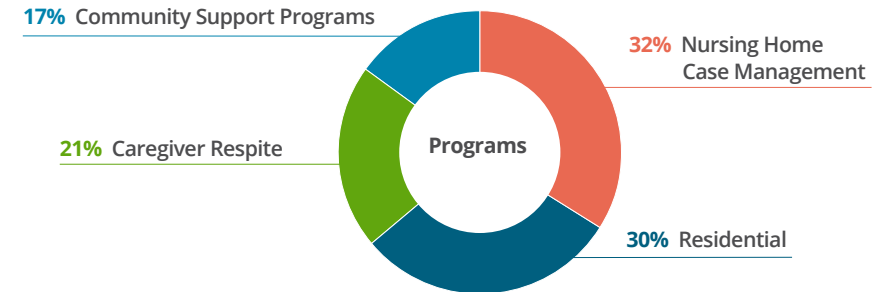
Jacquie Johnson
President/CEO, Thresholds



Take a Look at Who We Serve

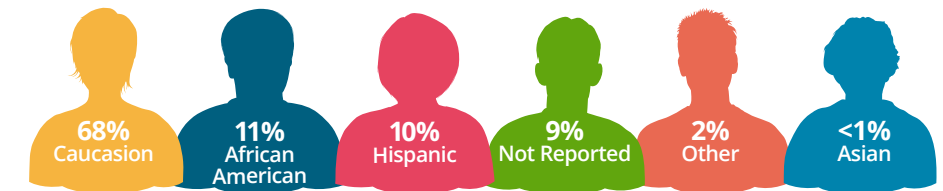
Programs & Individuals Served

Total Number of Individuals Served: 305

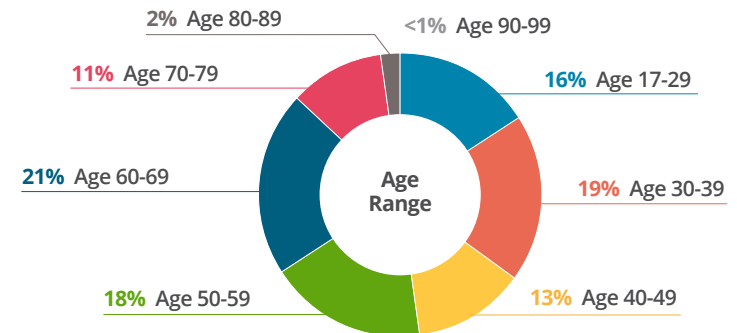


Ethnicity/Race

Some percentages reflect the total number of ethnicities served in Kent County.



Age Range



Gender



How Our Services Help Adults with Disabilities and Their Families

Our Homes and Our Residents

Nearly 100 adults with intellectual/developmental disabilities live in the 15 homes Thresholds owns and operates throughout the community. Nearly 50 years ago, we were among the first agencies to welcome people living in institutions back to the community. We moved them into homes in neighborhoods and actively connected them to the community through everyday activities.

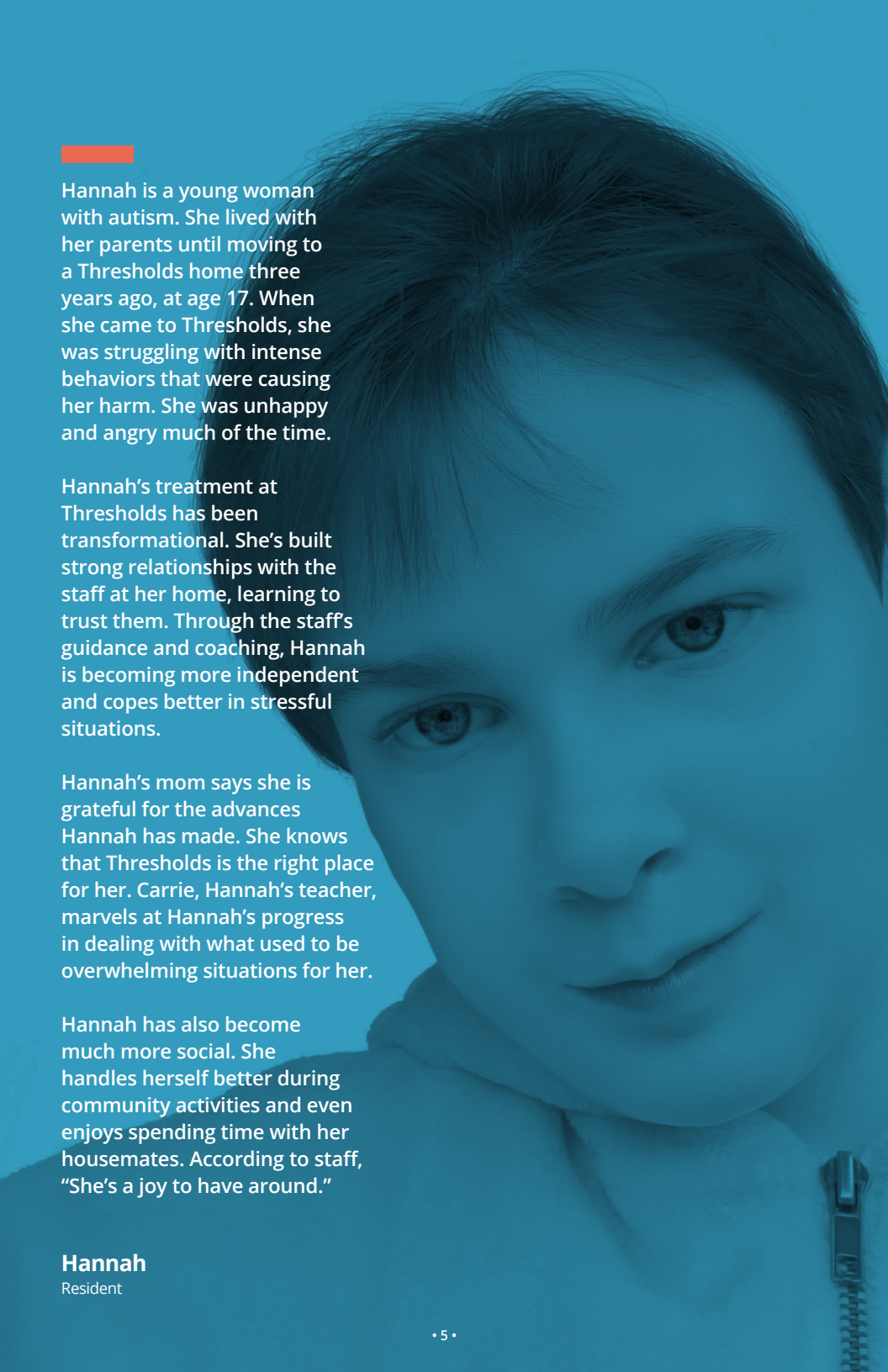
Though our residents' care is funded by Medicaid and other limited sources of public funding, we strive to make our programs as state-of-the-art as possible. We aren't content to just provide housing. We help each person learn and grow, encouraging them to live with dignity and as much independence as they are able. We maximize people's choices to live life the way they want, believing in everyone's potential for a fulfilled and meaningful life.

Last year, 92 adults were supported in our residential programs. Many of them have family, friends and loved ones who care deeply about their wellbeing. Thresholds staff see everyone involved in the resident's life as a part of the caring team, so we strive to involve them and value their input. In addition to ongoing communication and an "open door" policy, we formally poll them for their feedback on a regular basis and we consistently earn high marks. This year, overall satisfaction with our services was 96%!

Providing Help that Makes It Easier ... to live with family, friends or independently

We provide services to individuals wherever they live—in one of our homes, with family or friends, or independently. We go to the person's home and help them work on the skills they need to live on their own. Our Individual Community Living Services (ICLS) staff may help them with their finances, housecleaning and laundry, or even shopping and cooking, with a focus on learning the skills for themselves.

This service is especially vital because living independently can hinge on things like managing a budget and cooking healthy meals. Because Thresholds ICLS staff support people in their own homes, skills training can be tailored to specific needs at a given time, needs that might mean the difference between independence and continued reliance on others.




Hannah is a young woman with autism. She lived with her parents until moving to a Thresholds home three years ago, at age 17. When she came to Thresholds, she was struggling with intense behaviors that were causing her harm. She was unhappy and angry much of the time.

Hannah's treatment at Thresholds has been transformational. She's built strong relationships with the staff at her home, learning to trust them. Through the staff's guidance and coaching, Hannah is becoming more independent and copes better in stressful situations.

Hannah's mom says she is grateful for the advances Hannah has made. She knows that Thresholds is the right place for her. Carrie, Hannah's teacher, marvels at Hannah's progress in dealing with what used to be overwhelming situations for her.

Hannah has also become much more social. She handles herself better during community activities and even enjoys spending time with her housemates. According to staff, "She's a joy to have around."

Hannah
Resident



Lynn struggled with depression and loneliness for many years, oftentimes resorting to various crisis helplines to see her through. All that changed when she joined our Individual Community Living Services (ICLS) and Life Skills programs.

Through weekly visits and support from her ICLS worker, Beth, she began living healthier – replacing processed foods with more nutritional items, walking her dog more often, and venturing on her own for walks at the mall. Getting out and making friends in the Life Skills activities helped Lynn feel less lonely and isolated.

Beth's relationship with Lynn has also been transformative. Lynn says this about Beth, "She takes me shopping and on other outings into the community to try new things. She makes me feel safe and loved."

Lynn
Individual Community Living Services Program

This year, 46 people received ICLS supports and all of them maintained their current level of independence! In addition, 85% reported that they learned a new skill this year, such as online grocery shopping, making a nutritious meal, or using a smartphone. Though ICLS has limited funding, it clearly provides a vital support to people in our community—perhaps people you see in your local grocery store or coffee shop!

Easing into the Community

Even when making strides at living independently, some of the people we support need help learning specific skills or to make social connections. Our Life Skills programs help ensure that people are active members of our community. This program offers group activities, helping to build important social connections along with practical skills. Activities focus on engagement with the community, socialization, and developing health and safety skills.

We're Here to Give Caretakers a Break

Everyone needs a break now and then. This is especially true for those who care for a family member with a disability. They do everything they can to make sure their loved one is getting everything he or she needs to thrive. Unfortunately, that dedication often comes at the expense of their own needs. This year, 65 families received respite support services through Thresholds.

Lisa, is a mother and fulltime caregiver for her disabled son. She uses the In-Home Respite Program for a few hours to run errands, go to doctor's appointments and sometimes see a movie or visit friends.

Lisa says this about the In-Home Respite Program:

"What I love about the service is it allows me to do a lot of the things I need or want to do without having to ask my son to come with me. We both enjoy our time apart since we spend so much time together. This program is a blessing to me."

Our respite program allows caretakers to step away for a period of time with complete confidence and peace of mind knowing a Thresholds staff member is in their home taking care of their loved one. Our staff member will give their loved one the necessary care and supervision so that the caretakers can have a break and some precious time for themselves.

Supporting Individuals in a Nursing Home

Thresholds support of individuals span even into nursing homes. Our professional staff provide mental health services to nursing home residents with intellectual disabilities who need more supports than the facility can provide.

Thresholds is the only provider of this service for those with intellectual/developmental disabilities in Kent County. We can provide this service in any facility. This year we supported 96 individuals in 14 of the 23 nursing homes in Kent County.

Here's how one caregiver described the help we provided:

"I'm very happy with my nephew's progress since moving to the nursing home and receiving Thresholds' services. He has improved greatly and is a 'new person.' Before moving into the nursing home, he was much more of a loner."

Welcoming Volunteers

Volunteer support helps Thresholds bridge the gap between limited financial and staff resources and the need to upkeep our homes and maintain or even enhance programs.

Volunteerism at Thresholds increased significantly this year, providing much-needed support as well as important community connections among the staff, residents and supporters.

This year volunteers painted fences, built raised gardens and cleared brush in the landscaping at several of our homes. Other volunteers joined in at our Life Skills events meeting the individuals we serve and creating positive relationships.



Abigail really enjoys activities with her Respite staff. Her family appreciates not only the caregiving break but knowing that Abigail is getting out into the community!

Abigail
Respite Program



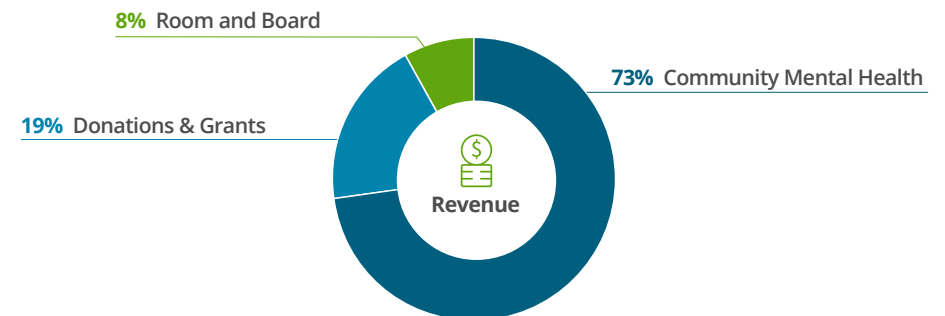
Brett
Life Skills Program

It's All in the Numbers

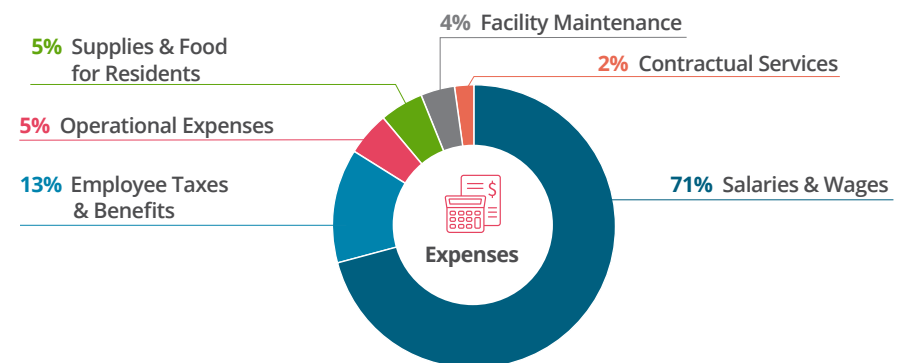
Financial Summary

	9/30/2021
Public Support and Revenue	\$10,562,226
Program Service Expenses	8,029,560
Management and General Expenses	1,540,044
Total Expenses	\$ 9,569,604
Increase (Decrease) in Net Assets	\$ 992,622

Revenue



Expenses



Program Expense Ratio






160 68th St SW, Suite 130
Grand Rapids, MI 49548

threshnet.org



Empowering people with disabilities to lead meaningful, connected lives.

A photograph of a man with a grey beard and mustache, smiling. He is wearing a dark t-shirt with a graphic of a football helmet. He is sitting in a chair. The background is a solid blue color.

"I bought my very own vacuum
and learned how to use it."

Bob
Individual Community Living Services Program