

2023

Year in Review



 **Touchstone** FOUNDATION | Youth Mental Wellness Partners

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touchstonefound.org

We elevate the mental well-being of youth and children in Lancaster County.



In 2023, Touchstone Foundation invested **\$326,695** in elevating the mental well-being of youth and children in Lancaster County.



\$166,125

Building the Talent Pipeline

We build the talent pipeline by increasing career pathways for students, promoting mental health careers, and retaining licensed professionals in our community.

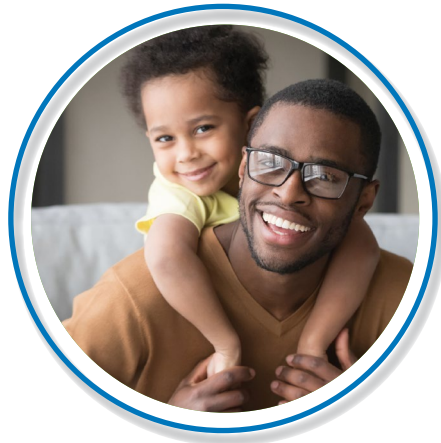
We invested \$166,125 across two programs that help increase the supply of trained mental health providers.



Mental Health Clinical Fellowship: 11 local agencies received \$125,300 for 21 clinical supervisors to support 30 fellows to earn their clinical license. Six fellows graduated from our program in 2023, completing the required 3,000 hours of clinical supervision for the licensing exam to become licensed mental health providers in our community, serving children, youth, and families.

Mental Health Careers Scholarships: We invested \$40,825 to support nine students in mental health careers.

“I am very grateful for Touchstone. You have helped me tremendously in working toward my goal of becoming a licensed clinician.”



\$152,563

Increasing Access

We increase access to mental healthcare, especially for the most vulnerable and at-risk populations, by removing financial barriers, promoting wellness activities, advocating for health policy changes, and addressing the need for diversity, equity, and inclusion across all settings.

We invested \$152,563 in removing barriers to access for youth and children’s mental well-being. These included:



Community Connections: We invested \$67,581 in funding 12 local organizations to increase access for youth and children’s mental health. An additional \$94,500 in grants funded in 2022 were active in 2023.

Mental Health Access Assistance: We supported 65 patients whose income was under 250% of the federal poverty level. \$48,944 in funds reimbursed 24 licensed mental health providers for 1,150 patient visits for therapy or counseling.

Access Programs: We invested \$32,316 in two programs that increase mental health access for youth and families in our community.

- **Rise Above Youth Summit:** We invested \$27,316 helping 48 high school students learn about mental wellness, how to express their emotions through art, and become advocates for mental wellness.
- **A Moment to Breathe:** A new initiative, this parent support group offers free childcare with Community Action Partnership (CAP) licensed staff, supper, and gas cards to promote parental mental wellness for the whole family.



\$11,728

Creating Awareness

We create awareness and education about identifying the warning signs of depression among children and youth to prevent suicide, especially among high-risk populations such as youth who identify as LGBTQIA+, early-childhood trauma, and youth with alcohol and substance use disorders.

We invested \$11,728 to build awareness for youth mental wellness in Lancaster County, conduct educational programs and training for students, families, and mental health providers, and advocacy for mental health policies.



What does mental wellness mean to you?



OUR MISSION

We elevate the mental well-being of youth and children in Lancaster County.

OUR VALUES

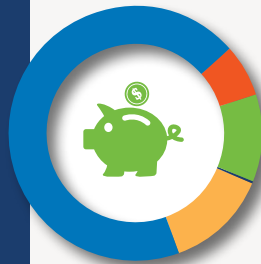
A Whole-person Approach
Caring • Collaboration
Advocacy • Visibility

OUR VISION

All youth in Lancaster County experience mental wellness

Financials

Year ended December 31, 2023



Revenues and Gains

- Investment return designated for operations
- Perpetual trust distribution
- Grants and contributions
- Special events, net of expenses
- Assets released from restrictions

\$911,200



Expenses

Program Services

- Foundation programs

Supporting Services

- Management and general
- Fundraising

\$734,523

Net Assets

Operating Activities \$ 176,677

Other Changes in Net Assets

Investment return, net of amounts designated for operations \$ 474,666

Change in Net Assets \$ 651,343

Net assets, beginning of year \$ 9,404,403

Net assets, end of year \$10,055,746



OUR NUMBERS

We are committed to financial integrity and have earned the GuideStar Platinum Seal of Transparency.

Our Program Outcomes

30

fellows received clinical supervision and 6 fellows graduated from the Mental Health Clinical Fellowship, earning their license as a therapist or counselor.



9

students received Mental Health Careers Scholarships toward their tuition.

1,150

therapy appointments covered for children and parents through Mental Health Access Assistance.



12

local organizations received Community Connections grants to increase access for youth mental health programs.

48

high school students completed our Rise Above Youth Summit to learn how to advocate for their own mental wellness.



15

parents and 45 children received childcare and mental health advocacy services in "A Moment to Breathe".

Our Impact

The Touchstone Foundation streamlines connections between caregivers, existing structures, and available resources for youth and children's behavioral health in Lancaster County. Click to learn more: <https://touchstonefound.org/our-impact/>



Board of Directors

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Committee Chair

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Phil Hess

Ramon Rivera

Sam Soliman

William Zee, JD

Chris Lesser *

Jacqueline Palm *

* Joined in 2024



Recent Board Members

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Sharee Livingston, DO

Shaun Murphy, MEd

Connell O'Brien



Staff

Anna Kennedy
Executive Director

Shanece Bowman
Programs Manager

Sobeida Rosa
*Communications &
Development Manager*

Amy Swanger
Operations Manager



We are a team
of volunteers and staff.

Donors & Supporters

Thank you to our donors and supporters who support our mission to elevate the mental well-being of youth and children in Lancaster County!

Feast of the Senses 2023 Sponsors

Alegre Events

Pat & Marian Anderson

Appel Yost & Zee, LLP

Adam & April Biuckians

CH&E Caldwell, Heckles,
and Egan Construction, Inc.

Community Services Group (CSG)

CompassMark

EHD Insurance

Excelsior Events

Green Meadow Farm

HACC, Central Pennsylvania's
Community College

HK Keller Auctioneers

K&K Youndt Excavating

Lancaster County Community Foundation

Lancaster Behavioral Health Hospital,
PennMedicine Lancaster General Health,
UHS

Mental Health America of Lancaster County

Mill Creek Capital Advisors

Move Forward Counseling

Natural Awakenings

Joanne Judge & Rick Oppenheimer

Penn State Health

PNC Bank

Sam Soliman Photography

Samaritan Center

Signature Catering on King

Spring House Brewing Company

The Steinman Foundation

TEAMCare Behavioral Health

Trout CPA

Truist Bank

UPMC

Woodstream Foundation

Grants

Ashland Foundation

City Limits Foundation

Lancaster County Community Foundation,
Baldwin Fellowship for Sam Soliman

Lancaster County Medical Foundation

Pennsylvania Care Partnership,
Youth Move PA

The Steinman Foundation

Bequests

Ada S. Royer Trust

Haverstick Family Trust

