



Youth Mental Wellness Grows Through Connection

Celebrating a year of access, mentorship,
and pathways to mental health careers
across Lancaster County.



2025
Annual Impact Report



Touchstone
FOUNDATION

Youth
Mental Wellness
Partners

Three goals.

One connected mission.



1. ACCESS PROGRAMS

Our Access Programs work to remove financial and systemic barriers, raise awareness of mental health needs, connect youth to positive networks, and families to support.

Mental Health Access Assistance

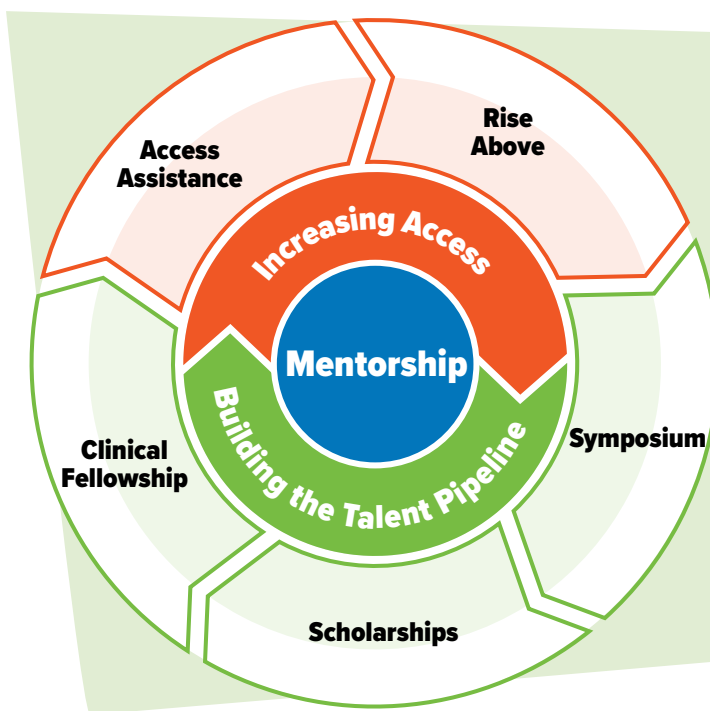
When copays and deductibles become barriers to counseling, Mental Health Access Assistance helps eligible Lancaster County youth and families afford sessions with licensed mental health providers.

- 857 therapy or counseling visits supported
- 81 patients supported
- 24 mental health providers participated

Rise Above Youth Summit

Rise Above allows teens to explore mental wellness, build confidence, strengthen advocacy skills, and connect with peers and caring adults.

- 10 high school students completed the summit
- 13 Rise Above youth summit sessions
- 3 student clubs launched in local high schools



We start with access assistance for kids, youth, and parents, then invite students to deepen their knowledge and confidence in Rise Above.

Some of those students may be interested in mental health careers so they join our Symposium – a pathway into the mental health field.

From there, we help undergrads with scholarships, partnering with the Steinman Foundation for graduate scholarships.

2. TALENT PIPELINE

Access to mental health care depends on having trained professionals available to provide it. Our Talent Pipeline Programs help to develop and retain the mental health workforce by supporting career exploration, reducing barriers for students, and strengthening the pathway from education to clinical practice.

Student Symposium

Our second annual Symposium brought students and early-career professionals together for peer connection, career-pathway learning, and direct exposure to community mental health agencies.

Mental Health Careers Scholarships

- 4 Lancaster County students
- 4 universities represented



Mental Health Clinical Fellowship

- 32 pre-license fellows supported
- 19 clinical supervisors
- 13 participating agencies and practices
- 6 clinicians completed clinical hours toward licensure in 2025
- 50+ clinicians completed clinical hours toward licensure since 2020

After grad school, we help recent graduates earn their clinical license with our clinical fellowship.

This helps create more licensed therapists and counselors who can provide mental health access assistance.

3. MENTORSHIP



Building Safe Relationships, Belonging, and Purpose

Youth told us they want to be heard, supported, and connected. Through Rise Above, mentorship helps build safe relationships, belonging, and purpose—connecting mental wellness education with trusted adults who can help young people navigate what comes next.

“Every student deserves to have their voice heard.”

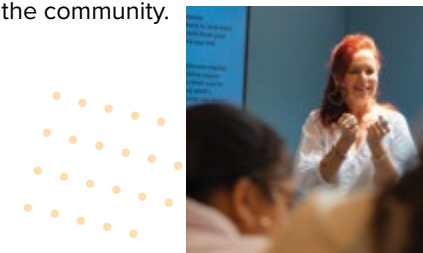


— Youth voice from Rise Above registration



Extending the Circle of Support with Safe Space Facilitator Mentor Training

We are preparing volunteer adults to mentor youth with consistency and care, alongside our advocacy and investment in Youth Mental Health First Aid throughout the community.



At the center is mentorship. It's not a separate program but a core value that we seek to embed into every program as a support – a touchstone.





You helped make this year possible.

Over the past year, Touchstone Foundation has seen the impact that comes when a community comes together for youth mental health. From helping families afford therapy, to creating spaces where young people can learn and belong, to supporting students and early-career professionals on the path to mental health careers, this work moved forward because people showed up.

To our donors, sponsors, volunteers, community partners, students, families, clinicians, supervisors, educators, and advocates: thank you. Your time, trust, expertise, and generosity helped turn programs into real opportunities for care, connection, and growth.



OUR MISSION

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

OUR VALUES

Caring • Collaboration
A Whole-person Approach
Advocacy • Visibility

OUR VISION

All youth in Lancaster County experience mental wellness



Thank You to Our Donors & Supporters!

Feast of the Senses 2025 Sponsors

AE Foundation
Alegre
Pat & Marian Anderson
Armstrong World Industries
Barley Snyder
CH&E Construction
City Limits Foundation
CSG
Compass Mark
EHD
Ephrata National Bank
Excelsior & Signature Catering on King
Fulton Bank (Fulton Forward Foundation)
Green Meadow Farm
HACC – Central Pennsylvania's Community College
Heartwell Therapy LLC
The Hershey Company
Harold & Nancy Nightwine
Lancaster Behavioral Health Hospital (UHS)/
Penn Medicine Lancaster General Health
Lancaster County Community Foundation
Tricia Landis
M&T Bank

Matters of the Heart
Mental Health America of Lancaster County
Move Forward Counseling
Dr. Clark McSparren
JP Morgan Chase Foundation
Natural Awakenings
Rick Oppenheimer & Joanne Judge
Penn State Health
PNC Bank
Redemption Wellness Services
Saritha and Michael Rothermel
Samaritan Center
Silantra Asian Kitchen
Simeral Construction
Sam Soliman
Shumaker PDT
The Steinman Foundation
Tait Weller
TEAMCare Behavioral Health
WellSpan Health
West End Yoga
UPMC
Friends of Bill Zee

Thank You!

Grants

City Limits Foundation
The Steinman Foundation

Bequests

Haverstick Family Trust
Ada S. Royer Trust

“I want to express my gratitude. This would not be possible if it wasn't for the Touchstone program. I am excited to be a part of a program that helps many people make a difference in the community.

— Shawna Dixon, Clinical Fellow



What young people want us to hear.

Registration responses give us a small window into what youth are seeking: practical skills, safe connection, confidence, career exploration, and adults who listen.

“Sit back, listen, treat me as a human... drop the pen and pencil and just listen.”
— Student participant

“Even if I do not end up pursuing a career that relates to mental health, the principles learned during this summit can be carried out throughout the rest of my life.”
— Rise Above applicant

“I’ve grown by making tough decisions, finding out what works for me and what doesn’t... I’ve learned to listen with intent and not to persuade people.”
— Student participant

“I want to learn how to help those closest to me, including myself.”
— Rise Above applicant

Board of Directors

- Patrick Anderson, DO, *Chair*
- Chris Lesser, *Vice Chair*
- Wayne Groff, CPA, *Treasurer*
- Valerie Minnich, *Secretary*
- Sam Soliman
- Jay Steller
- Angela Keen
- Joshua Schwartz
- Kathy Royce *
- Tracey Lavallias *
- Lakeesha Bair-Myers *

Recent Board Members

- Amanda Katchur
- Ramon Rivera
- Jackie Palm



Staff

- Anna Kennedy
Executive Director
- Madeline Mitchell, MSW, LSW
Programs Manager
- Casey Flores
Communications Manager
- Abby Swank
Operations Manager & Accountant
- Yakahiris Vazquez
- Lyndsey Nedrow



Investing in the mission.

We remain committed to responsible stewardship so resources can continue supporting youth mental wellness and the systems of care around them.

\$535,007 program services
\$827,054 total revenue and gains
\$773,952 total expenses
\$11,462,707 net assets at year end

2025 Operating Snapshot

Revenue & Gains	Amount
Investment return designated for operations	\$592,624
Perpetual trust distribution	\$61,908
Grants and contributions	\$49,429
Special events, net of expenses	\$23,093
Assets released from restrictions	\$100,000



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

Your support keeps the story moving.

We celebrate every student who showed up, every family that reached for support, every professional who invested in the next generation, and every donor, sponsor, volunteer, and partner who helped make this work possible.

As we move forward, we are building on a connected model of access, mentorship, and workforce development. Your gift helps create more opportunities for youth to find support, build purpose, and encounter caring people along the way.

Join the next chapter



The Touchstone Foundation streamlines connections between caregivers, existing structures, and available resources for youth and children’s behavioral health in Lancaster County. Scan to donate.



GIVE
VOLUNTEER
PARTNER
SHARE