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22

CH^{osen}
Impact Report



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A word from the CEO



For 20+ years, I've heard "the system is broken." I'm sure you've heard it too. And a broken record gets old.

That's why I want to tell you what's *working* — the stories you may not hear about in the news. The ones that feature strengthened families. Healing children. Forever homes.

As we move from child welfare to a greater focus on well-being, **families everywhere are being empowered to causing connections like never before**, and it's causing a fundamental shift in how we help people heal from trauma.

Have we continued to experience crisis? Yes. Some national trends are truly dismal. Group homes are closing. Foster families are scarce. And teens are being forced to live in hotels.

But change isn't just possible. It's happening. Scientific research has proven that strengthening relational connections improves well-being.

*But change isn't just possible.
It's happening.*

And at Chosen, we see this happen every day. It's why we've expanded our mission to include the full spectrum of care and fine-tuned our vision to focus on building connections.

I truly believe that, together, we can reverse the problems that plague our current system. I also know this wouldn't be possible without you. Your partnership isn't just impacting someone today – it's helping us create systematic change that will last for generations.

Take a few minutes and be encouraged by what we accomplished collectively in 2022.

And let's keep creating beauty together in 2023.

It's been an exciting year at Chosen. In 2022, we...



Updated Our Mission and Vision

To meet the needs of the current child welfare climate.



Welcomed New Board Members

Who joined our national board in 2022, making it stronger than ever.



Created a Program for At-Risk Youth

To serve vulnerable teens and young adults who are living without families, because of a generous gift from the Kronkosky Charitable Foundation.



Launched a New Foster Care Alumni Program

Tailored to meet the needs of youth who turn 18 while in foster care, thanks to our valuable partnership with For Others.



OUTREACH SPOTLIGHT

Arlene Veazey Scholarship Fund

What can a single gift do? Put simply, a lot. After receiving an anonymous \$80,000 legacy gift in honor of Arlene's life, we immediately put it to work as a scholarship fund. Arlene was a life-long champion for children and part of our Chosen community for a decade. Thanks to this generous contribution, we're now serving children who would otherwise not have access to the care they so desperately need.

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WHO WE SERVE



It's time to disrupt the cycle

When children experience abuse and neglect, the trauma stays with them. Depression and anxiety can last a lifetime — and unhealthy behaviors get passed down to the next generation. Cycles of unhealed trauma create broken families. And broken families lead to unhealthy communities.



80%

Up to 80% of foster children will be diagnosed with psychiatric disorders in their lifetimes.


5x

Youth who turn 18 while in foster care experience post-traumatic stress that's 5x higher than the general population.

66k

At least 66,000 adoptions in the U.S. failed between 2008 and 2020.

Sources: The American Academy of Pediatrics | The American Journal of Orthopsychiatry | National Data Archive On Child Abuse and Neglect



"No other professional has ever connected with my daughter like Chosen does. My goal every day is to be able to do what you do."

— Client Mom

The reality is, we're all wired for connections.

By helping victims create healthy relational connections, our programs interrupt the cycle of trauma-related behaviors.

While the child welfare system traditionally focuses on physical safety, we take a different approach. By shifting the focus to mental and behavioral well-being, Chosen puts families on the path of healing — together.

Connections help heal the heart.

Hurting children heal when they attach to a safe, loving caregiver. That's why Chosen provides behavioral health services to everyone impacted by child welfare. Our clinical programs help children and teens create lasting connections with their caregivers. And we empower caregivers with proven tools and strategies. Foster and adoptive parents, reunited birth families, at-risk older teens, and close relatives are all welcomed with open arms.



83%

of caregivers come to Chosen in state of crisis.

100%

of children and teens who come to Chosen have suffered abuse, neglect, grief, and loss.

25%

of youth are experiencing depression when they arrive at Chosen.

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WHAT WE DO



OUR MISSION

To help children, youth, and families prevent and heal trauma from maltreatment through healthy relational connections.

OUR VISION

To see trauma-responsive care and relational connection as the standard in the child and family well-being system.



Heart healing takes place when those who've experienced trauma intersect with Chosen.

Healthy relationships are essential. But when those connections are broken during a child's formative years, deep hurt follows. Chosen puts families on the path to healing by being:

Relational.

Our work is not transactional but truly transformational. By helping children form healthy connections, healing begins.

Relentless.

Our team does *whatever it takes* to equip families with the tools they need to overcome abuse, neglect, grief, and loss.

Restorative.

Our services help restore connections within healthy relationships. And connected families help shape healthy communities.



"Chosen gave me practical strategies to support our foster daughter's challenges. Because of this, I felt heard and supported."

- Client Dad

OUR CORE VALUES

Faith is the foundation of everything we do.



Service



Excellence



Compassion



Integrity



Stewardship



100%
**OF FAMILIES WHO CAME TO
CHOSEN IN 2022 STAYED TOGETHER**

Chosen is not just another nonprofit. We offer a clinically viable and proven product — one that creates true and lasting change. By empowering families with the right combination of resources, we've witnessed miraculous transformations.



1,823
**INDIVIDUALS
SERVED**



402
**FAMILIES
SERVED**



750
**YOUTH
SERVED**

3

THE HEALING PROCESS



Programs for caregivers

Chosen's programming guides caregivers on how to make connections that heal the heart. From 1:1 coaching and trauma education to clinical assessments and crisis support, we offer a full range of proven practices to provide exactly what each family needs to thrive. Our tailored programs include:



FOSTERING CONNECTION

for foster families



ADDY

for parents of adopted children



RISE

for parents who are reunified with birth children after they were removed



FAMILY TIES

for grandparents, aunts, uncles and other kin caregivers raising relative children

Chosen programs create connections so real healing can happen

89%

of youth who experienced a psychiatric stay did not return to the hospital after coming to Chosen.

62%

of children and teens had decreased levels of anxiety after participating in a Chosen program.



"Your program has changed my perspective on being a parent. I'm not the same person as I was a year ago."

- Client Mom



Emma's Story

Unexpected mood swings. Utter confusion. A strained marriage.

It's not what Jacky and Kyle expected when they decided to foster a baby girl named Emma.* But that's exactly what happened, and for a while it seemed like the challenges would never end.

The couple first agreed to take care of Emma when her birth parents entered rehab. What started as a temporary arrangement turned into two years of full-time care and, eventually, an adoption. The couple loved Emma deeply and were excited to have her in their lives. But they weren't prepared for what came next.

"Emma could go from completely calm to the next minute shaking," said Jacky.

Friends and family gave advice. "You're just not used to little girls," they said. "She's been through a lot," they offered.

None of it helped. And as the months sped by, things went from bad to worse.

That's when a friend mentioned Chosen. And everything changed.

During weekly meetings with their Chosen care manager, the couple began to understand that, even as a baby, Emma had suffered severe trauma. They learned life-changing tools to help Emma overcome her hurt and were given a custom plan with techniques to use when Emma's emotions began to spiral.

"Our care manager's real-life experiences were so human and relatable," Jacky says. "She knew exactly what we were feeling."

Today, Emma and her family are thriving. All because they received the right care at the right time.

*Names have been changed



20,000

youth left foster care in 2020
without a family to call home

Source: Annie E. Casey Foundation

Programs for teens and young adults

While the goal of foster care is for every child to have a home, that doesn't always happen. Thousands of teens are living in group settings, treatment centers, and even hotels. And they're at risk for becoming adults without healthy family ties. Chosen provides services specifically for this at-risk population. Our customized programs include:

ADAYA for at-risk teens who are displaced from their family

LAUNCH for foster care alumni who exit the system without family connections.

Programs for this vulnerable population are highly specialized and pull from a range of evidence-based practices such as:

Making Sense of Your Worth, an eight-week curriculum run by licensed professionals to help people replace shame with self-worth

TBRI®: Trust-Based Relational Intervention, designed to meet the complex needs of vulnerable teens

The Seven Life Domains Framework, which helps foster youth address significant challenges as they transition to adulthood

+ Clinical assessments, weekly coaching, and more.



50%

of the relative caregivers we serve have histories of significant childhood trauma in their past. Chosen's clinical programs help them heal, too.

Clinical offerings

Not all therapy is created equal. At Chosen, we've hand selected tools that are backed by science and focus on healing from grief and loss. Each one is rooted in attachment theory so our clinical staff can focus on creating healthy connections.

From trauma-focused cognitive behavioral therapy to dyadic developmental psychotherapy, our practitioners pull from a variety of evidence-based practices. Each service is tailored to help families heal and thrive together. And we'll do whatever it takes to achieve family restoration.

Here are some of the tools we offer:

- **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**
- **Cognitive Behavioral Therapy (CBT)**
- **Dyadic Developmental Psychotherapy (DDP)**
- **Dialectical Behavioral Therapy (DBT)**

Training programs

Creating connections between youth and the people who care for them is crucial. Which is why we're so passionate about sharing knowledge with other professionals.

Live Online Training

Our online programs give organizations the freedom to train at their preferred pace, wherever they are.

Continuing Education

We offer *Continuing Education Units* (CEUs) to providers looking to expand their knowledge and gain new skills.

Custom Training

Training programs can be tailored based on an organization's specific needs and challenges.



"I've been a foster parent for 15 years and this is the best training I've ever received."

- Client Mom

TRAINING SPOTLIGHT

Making trauma-informed care accessible to everyone.

TBRI®: Trust-Based Relational Intervention is widely considered the gold standard for parenting children who have experienced trauma. Our TBRI® practitioners are all eager to provide training to others who serve children and teens.

This highly-sought after training equips professionals, clinicians, and parents with techniques that help turn around challenging behaviors.

In 2022, Chosen provided more than **3,200 hours** of TBRI® Training.

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HOW FAR WE'VE COME





A look back...

The idea for Chosen was first conceived at the start line of a half marathon back in 2008. Our founder's burning question was "What if we had a race that benefitted children who needed homes and those who might never be adopted?" Thus, the Chosen Marathon was birthed. Over the next several years, one race became fifteen races across multiple states.

Through the races, more than \$1 million dollars were invested in 388 adoptions and 91 orphan care projects. This incredible work was done almost exclusively through the sacrificial service of volunteers.

While worthy of celebration, we recognized that "happily ever after" was often a fantasy once adoptions were completed. We witnessed the aftermath of trauma that was wreaking havoc on families to the point of utter breakdown. Children were

being returned to the system. Our hearts were burdened afresh, which led to an organizational evolution.

In 2015, we made a strategic move to shift programming towards the long term support necessary to preserve families and help children heal. What began as a pilot program for 25 clients has exploded over the past 7 years to now serving more than 1,800 clients with a full service array.

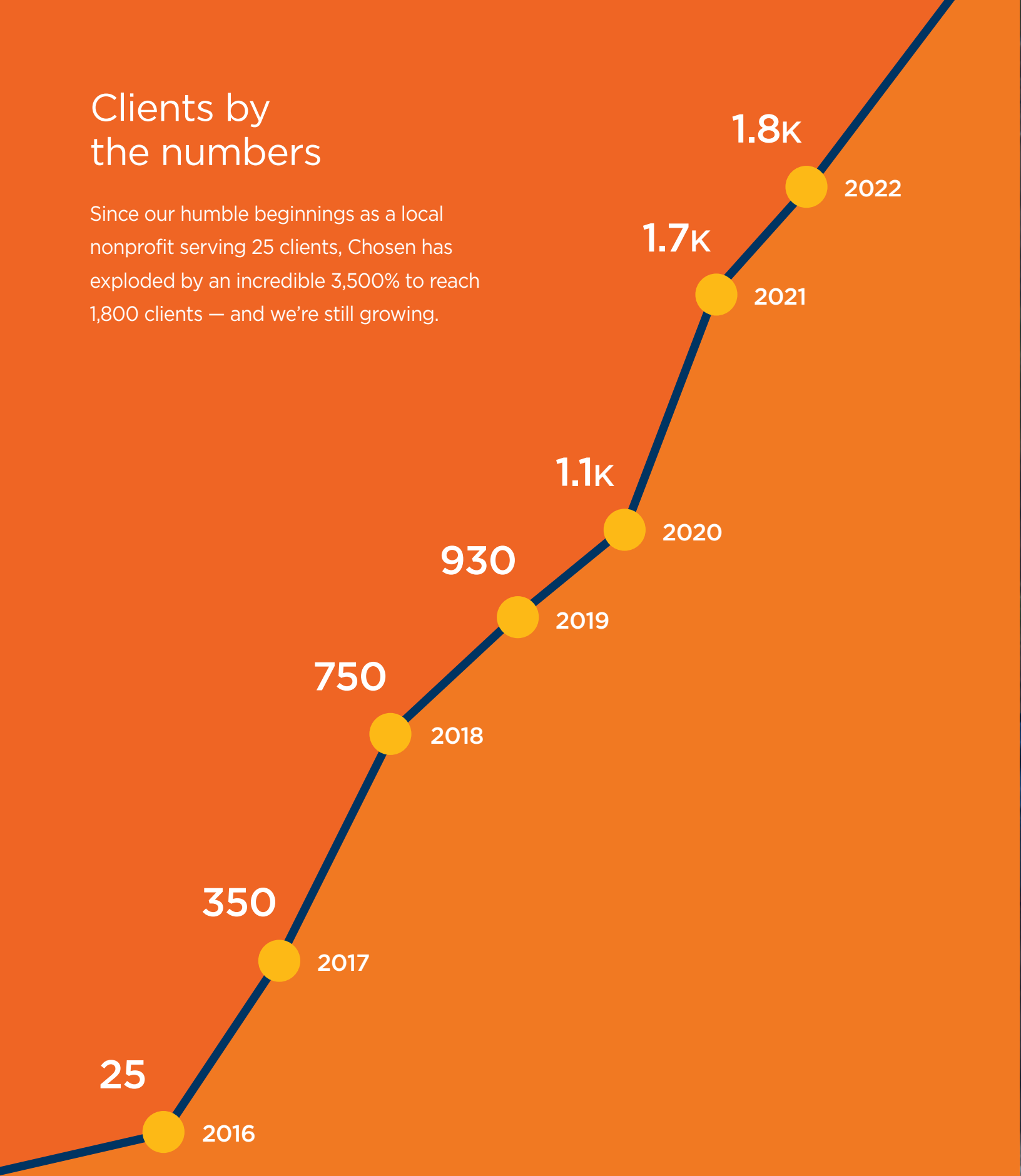
Now with both in-person and telehealth options available, our sprint to reach the hurting continues.

Thanks to the generous support of our partners and donors, Chosen continues to expand to provide care across the country.

*24 States
Served In 2022*

Clients by the numbers

Since our humble beginnings as a local nonprofit serving 25 clients, Chosen has exploded by an incredible 3,500% to reach 1,800 clients — and we're still growing.





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WHAT'S NEXT



On the horizon. What's ahead for 2023?



Intern Program

For the past 5 years, social work and counseling interns have been an important part of our work. To ensure even more professionals receive hands-on training, we're dedicating an entire program to interns in 2023. Our goal is simple: help the next generation learn best-in-class practices.



Training For Partners

This coming year will also include more trauma-informed education for our partners and professionals. We're focused specifically on residential treatment and hospital staff who work with vulnerable populations.



Culture Building

As we continue to grow, culture has never been more important. For this reason, we've created learning tracks to help our team and expand their biblical literacy and embody our core values. Tracks include leadership coaching and training for new managers.



Board and Staff Retreat

Our remote team will gather in person for a multi-day learning retreat. We're pouring into our team as we kick-off growth opportunities for the year ahead. Connection, fun and renewed vision is on tap.

A word from our Board President



At our core, we are wired for connection. We are made for family — after all, no one has ever been created apart from a family. Which is why the longing of our collective hearts is to help those who are disconnected. And the desire for a restored family is a part of our DNA.

After 30 years of Board service elsewhere, I joined the Chosen Board out of my deep love for children. I have a grown daughter who was adopted. Because of that, my wife, Martie, and I are committed to causes related to foster care and adoption. However, the compelling reason that I serve on this Board is that I have never seen results like those achieved by Chosen in helping to heal brokenness and, ultimately, redeem what once seemed lost.

The Chosen staff relentlessly pursues hearts that are often overwhelmed by pain, heartache and shame. They go into the messiest parts of people's lives and offer practical tools to transform lives.

Celebrate with me that 100% of families we served in 2022 have stayed together! National statistics show 50-60% of families in our population break down.

100% of families we served in 2022 have stayed together!

In the aftermath of the pandemic, the lives of hurting children and youth have never been more precarious. Sadly, the national emergency in youth mental health has impacted those we serve to an unprecedented degree by compounding their earlier trauma. Suicide ideation, self-harm and other serious clinical issues are at an all-time high.

But here is what I know. YOU have been a continual part of the family transformation we see every single day. Friends, partners, donors — mission fulfillment isn't possible without you.

Thank you for sharing in this commitment — we are truly changing the world, one heart at a time.

Meet our partners

AmazonSmile
Badger, CPA
Baptist Health Foundation
Betty Stieren Kelso Foundation
Bubba & Cindy Cathy Charitable Fund
Carl C. & Marie Jo Anderson Foundation
Chick-Fil-A
Christ Our King Anglican Church
Community Bible Church
Crockett National Bank
Downtown Rotary Club of New Braunfels
Fairway Independent Mortgage Corporation
Faith Alive Ministries
First Presbyterian Church
For Others
FORVIS
Give.Hope.Love
Greehey Family Foundation
Gruene Mansion Inn

H-E-B
Luminary Global
Madalene Cane Foundation
Mays Family Foundation
McKenna Foundation
Najim Charitable Foundation
National Christian Foundation
Network for Good
New Braunfels Area Community Foundation
Parker Foundation, Inc.
Rotary Club of New Braunfels
Saint Susie Charitable Foundation
San Antonio Area Foundation
Schertz Bank & Trust
Two Rivers Running
United Way of Comal County
Valero Energy Foundation
Very Good Coffee, LLC
Walmart Community Grants



FUNDER SPOTLIGHT

Kronkosky Charitable Foundation

The Kronkosky Charitable Foundation has been generously providing philanthropic support to San Antonio area nonprofits since 1991. With a focus that includes health and human services to improve quality of life and contribute to the social safety of children and youth, they have partnered with Chosen since 2016. Recently, Kronkosky made a \$350,000 investment to help launch our ADAYA program for at-risk youth in foster care.





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