



CHOSEN
2023
IMPACT REPORT



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I wish we could sit together over coffee so I could share stories of how your help is changing lives. Stories of sorrow turned to triumph, of resilient human spirits, and the courage of those who step in to guide, encourage, and empower the broken. Like me, you may be humbled at the role your care plays in changing the very lives of children and families.

We've all probably heard the phrase, "to whom much is given, much is required." As we start the new year, this phrase has been resonating loudly in my head. I see it as a beautiful reminder to stay the course.

The vision entrusted to us isn't just lofty ambition. It's a sacred call to care for the most vulnerable, as we work to create systemic change. The "norm" in child welfare is unacceptable. A shift to focus on child and family well-being, where relational connection becomes the standard, is critical to realize deep social change in our lifetime.

While our team prioritizes relationships with both our clients and stakeholders, we remain dedicated to keeping the vision top of mind as we work to disrupt "normal."

Changing the world is hard and holy work. Let's not relent.

Better together,

Stories of Change

The Johnson Family

It's hard to know what to expect when your family is presented with a child's need for permanency in the face of a birth parent's personal struggles. Julie and Sam Johnson adopted their granddaughters to offer them a safe and peaceful home after years of trauma in their young lives, which included termination of parental rights, domestic violence, and exposure to substance abuse. Julie and Sam thought this adoption would be the start of a bright new future for the girls, and life would go on as normal.

What they got was defiance, opposition, and constant fighting between the girls. Conflict to their once peaceful home every single day. Things reached a breaking point as traditional parenting proved ineffective and the stress in the home had the Johnson's considering hospital admittance and even dissolving the adoption.

As they desperately sought help for the crisis in their home, Julie and Sam were connected to Chosen. They began meeting with a parent coach where they learned about trauma and the impact of early-life stressors. They were given new tools to foster a healthy family environment, and a greater understanding of the "why" for the girls' behaviors. The girls

actively participated in therapy and soon things began to change. **Stress levels experienced by the parents and trauma behaviors exhibited by the girls decreased to almost normal ranges.**

Like a lighthouse guides a ship to safety in the middle of a storm, the team that surrounded the Johnson family brought them through to the

other side. With Chosen's guidance and support, a family once on the brink of destruction is now experiencing healthy relationships, and their hope for the future is restored. Julie and Sam both credit Chosen for helping to light the way and support them to implement restorative change in the life of their family.





HEALING TRAUMA THROUGH CONNECTION

Our **mission** is to help children, youth, and families prevent and heal trauma from maltreatment through healthy relational connections.

Our **vision** is to see trauma-responsive care and relational connection as the standard in the child and family well-being system.

RESULTS



99%

SUCCESS RATE

Annually more than 50% of children in care disrupt from their placements. After working with Chosen, 99% of families stay together.



1,580

INDIVIDUALS SERVED

We are proud to be expanding our outreach and connection to families and individuals across the nation.



87%

AVOID REHOSPITALIZATION

Our programs are highly effective in preventing rehospitalization.



72%

DECREASED ANGER

Our evidence-based programs are designed to reduce anger and promote emotional regulation among teenagers.



Crisis Point

The state of mental health around the world has garnered increasing attention, with particular concern for young people. Nearly 25% of the U.S. population has been diagnosed with a mental health disorder. Suicide is the 10th leading cause of death in the U.S. and the second leading cause of death among adolescents. The prevalence of social media, academic pressures, economic uncertainties, and the COVID-19 pandemic era have created a complex landscape that poses significant threats to the mental well-being of children and teens, leading the surgeon general to declare a mental health crisis in 2023.

Our nation's child welfare system aims to prevent abuse or neglect of children.

The system was built to ensure children have safe, permanent homes. According to the most recent federal data, there are more than 380,000 children in foster care in the United States and **all** of these children have experienced loss and some form of trauma.

Individuals in our current child welfare system are at an increased risk for mental health issues, indicated by these alarming statistics:

1 out of 4 families who adopt a child end up dissolving their adoption, resulting in the child placed back into foster care.

The average foster child spends almost 2 years in care.

35% of these youth experience more than 2 placements during their time in foster care.

More than half of children in foster care will be reunified with their parents or primary caregivers and nearly one quarter will be adopted.

Youth in foster care are diagnosed with a mental health disorder at 4 times the rate of typical youth.

35% of youth in foster care are prescribed at least one psychotropic medication compared to 9% of other Medicaid-enrolled youth.

Each year approximately 20,000 youth will age out of the foster care system when they turn 18 or 21. These children are at increased risk of poor educational outcomes, experiencing homelessness, and being unemployed.

Addressing the youth mental health crisis requires a comprehensive and multi-faceted approach. It is crucial for society to prioritize the mental well-being of its youth to ensure a healthier and more resilient future generation. At Chosen we step in to serve not only youth but their entire family system to help them create healthy relational connections. Our programs interrupt the cycle of trauma-related behaviors. Chosen shifts the focus from physical safety to mental and behavioral well-being, putting families on a path of healing - *together*.



What impact can one person have on another? Meet Emily and Quella...

Emily is 14 and has experienced the roughest of starts...5 placements in foster care and a stay in a residential treatment center. No family, no support. After being referred to Chosen's program for youth without a family placement, she was introduced to Quella.

Quella began to show up, not just as her Care Manager, but as a mentor and partner to help Emily build attachment and start a journey towards healing. When Emily ran away from her placement, Quella was there when she returned. When Emily ran away from the hotel she was placed in under state care, Quella was there, hotel after hotel. After running away from her last placement multiple times, Emily was moved to a residential facility for additional help, and Quella showed up once again. "When Emily saw me at the treatment center her eyes lit up," Quella shared. "Emily said, 'You're here for me? Just for me?' I said, 'Yes, just for you.'"

Through Chosen's approach, Emily and Quella explored Emily's past experiences and needs, helping her grow her sense of self-worth. Emily is now allowed to leave the treatment center campus, attend church, go out to eat, and go to movies. She has requested to meet with Quella once a week and continues her journey of hope and healing.

What impact can one person have on another? Read the note Emily sent Quella in Fall of 2023...

Dear Miss Quella,

I want to say that I will never forget you, and I'm mostly thankful for you. You came into my life when I was on a tight rope. You stuck out your hand and pulled me out of the deep water. You saved me. If it wasn't for you I would be in jail or probably dead. So thank you. You're like a mother to me, one I never had and because of you, I'm going to keep pushing no matter who cuts the rope I'm walking on. I will grab on and fight for me to keep going and living no matter what. Thank you Miss Q.

I love you.

Emily

Stories of Change

The Garcia Family

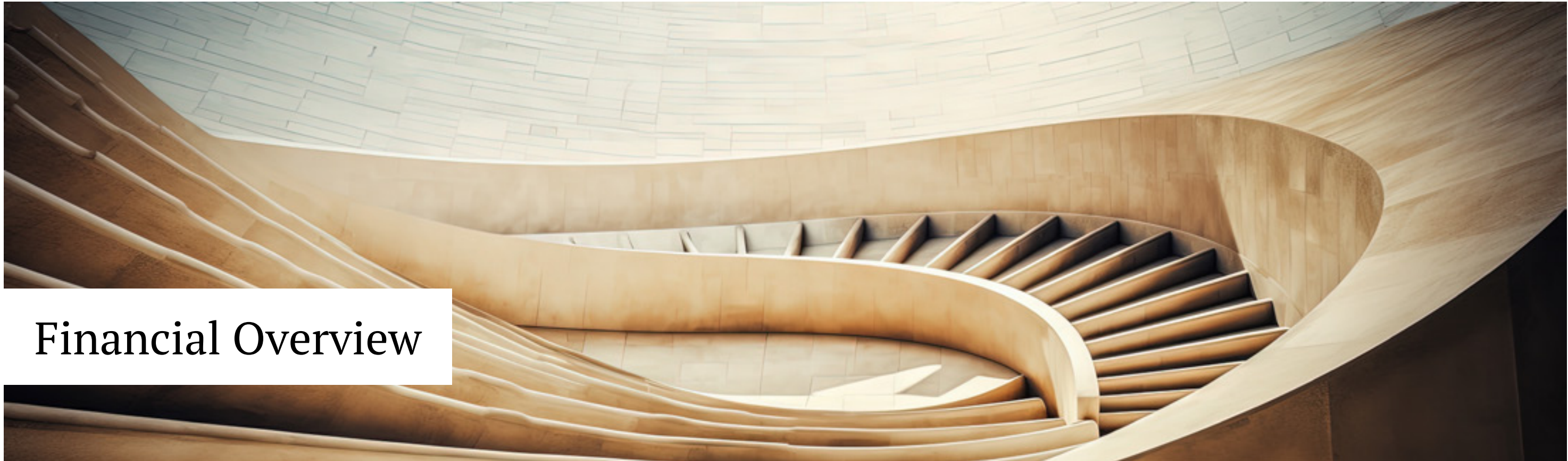


“Chosen really helped us look at our daughter’s behavior from a different perspective and certainly with much more compassion and patience. Before Chosen, we were lost...we would still be struggling without their help.”

- A. Garcia, client mom



SCAN TO WATCH
THE GARCIA'S STORY



Financial Overview

TOTAL INCOME



\$2,200,000

TOTAL EXPENSES



\$2,600,000

TOTAL INDIVIDUALS SERVED



1,580

OUR IN-HOME & TELEHEALTH MODEL SERVED IN THESE STATES



- Arkansas
- Colorado
- Florida
- Georgia
- Illinois
- Iowa
- Nebraska
- New Mexico
- North Carolina
- South Carolina
- Tennessee
- Texas
- Virginia
- Washington

At the start of each year, our team intentionally reflects on the previous 12 months. Recognizing the victories helps us pause to celebrate. Taking inventory of the barriers we have overcome, reminds us of how God faithfully carried us through.

While we share many wins with you here, 2023 also brought about a series of obstacles. We were not immune to the economic challenges seen in both business and nonprofit sectors—several key initiatives were underfunded, which led to a budget shortfall. We dipped into our reserves, made difficult cuts, and paused production of a new training.

Our eyes remain fixed on disrupting what is “normal” for children impacted by abuse and neglect. The demand for our services continues to increase, particularly for adolescents who are at risk of aging out of foster care without relational permanency. These youth are typically 14-17 and have extensive trauma histories, often moving multiple times a year. Entering the messiest parts of these young people’s stories obviously requires deep compassion. But for us, it also requires a persistent commitment to follow them wherever they go. The work is not easy and the system itself often prevents lasting connection. We want these teens to know they are seen and valued... they are worth the fight to keep showing up, despite the setbacks.

Our team finished the year strong and entered 2024 with renewed vigor to tackle obstacles together. The health and well-being of the children, youth and families in our country are essential to healthy communities, which is why we continue to press onward toward a brighter future.



Highs & Lows



Giving Spotlight

For more than 20 years now, Amy and I have had the privilege of bettering the lives of children who experience foster care. We established the Blavin Scholars Program in 2003 to provide wrap around, holistic support for youth who have experienced foster care to pursue a post-secondary education and the foundation for a better life. Since then, we have had the privilege of serving and graduating over 150 extraordinary young people. Our Blavin Scholars are among the grittest, most resilient, and inspiring people we know.

As we have gotten more familiar with the business of foster care, we have been deeply disturbed by the systemic dysfunction that results in outcomes that are, frankly, sinful. Amy and I were inspired to invest in Chosen because we view this as a unique opportunity to positively impact the lives of children and the courageous, loving families who choose to adopt and/or foster them. Chosen's proven interventions and support for families in crisis empowers them to overcome their immediate challenges and heal. This, in turn, keeps families intact. For the first time for many of these children, they are able to develop loving attachments to their parents and experience stability in their lives. This is a generational game-changer!

If adoption is going to play a significant role in solving our foster care crisis, the expert support provided by Chosen is essential. Without it, we will continue to have a revolving door of failed adoptions and foster care placements and continued traumatization and heartbreaking life outcomes for the children thrust into this broken system. We are so grateful to Chosen for leading the charge and allowing us to play a part in changing the future for these extraordinary kids.

Paul Blavin

Thank you

Andreano Family | Aranda Family | Arthur Family | Badger Family | Badger CPA | Bailey Family | Benevity
Bernier Family | Berton Family | Bethel Family | Billodeau Family | Blackmon Family | Blavin Family
Blumenthal Family | Bogus Family | Brown Family | Butters Family | Burttschell Family | Bush Family
Byron Family | Callahan Family | Carl C. Anderson & Marie Jo Anderson Foundation | Carrington Family
Chick Fil A | Chinn Family | Christ Our King Anglican Church | Collins Family | Community Bible Church
Correll Family | Crews Family | Cross Family | Crites Family | Dalton Family | Downtown Rotary Club
of New Braunfels | Draper Family | Duran Family | Durkin Family | Dugas Family | Durr Family | Earl
C. Sams Foundation | Edna Dean Proctor Irrevocable Trust | Edna W. Spinelli Charitable Foundation
Eden Farms LTD | Esposito Family | Everence Foundation | Fairway Independent Mortgage Corporation
Finsterwald Family | First Day Foundation | First Presbyterian Church | For Others | Franklin Family
Fullerton Family | Fulghum Family | Garcia Family | Garza Family | Gentry Family | Give Lively Foundation
Give.Hope.Love. | Goddard Family | Gonzales Family | Goldberg Family | Gorringer Family | Graber
Family | Greehey Family Foundation | Green Family | Grooms Family | Guess Family | Hawks Family
Hall Family | Harrison Family | Harris Family | HEB Tournament of Champions | Herring Family
Himmelwright Family | Hobbs Family | Hurt Family | Huber Family | Ito Family | J. Joseph Consulting
James Family | Jaacks Family | Jamail Family | Joel Blackmon | Johnson Family | Jankauskas Family
Jewitt Family | Keith Wing Custom Builders, LLC. | Kiser Family | Koenig Family | Koehler Family | Kuehn
Family | Leach Family | Lightfoot Family | Long Family | Lord Family | Lyons Family | Mays Family
Foundation | Martinez Family | Manford Family | Marcia and Otto Koehler Foundation | McGuire Family
McDonald Family | McKenna Foundation | Merrillat Family | Miller Family | Molitor Family | Nagle
Family | Nance Family | Najim Charitable Foundation | New Braunfels Area Community Foundation
New Hope Treatment Centers | Noll Family | Two Rivers Running | Oak Hills Church Crownridge
Ortiz Family | Orsinger Foundation | Otte Family | Page Family | Perry and Ruby Stevens
Charitable Foundation | Pinnacle Bank | Porrata Family | Potts Family | Prescott Family
Quintero Family | Replanted Ministry | Roberson Family | Rodriguez Family | Roseveare Family
Rosell Family | Salsman Family | Samuel Family | Saint Susie Charitable Foundation | Seif Family
Sellinger Family | Shutt Family | Sirakos Family | Simon Family | Smith Family | Snyder Family
Southwood Family | Speckman Family | Steinberg Family | Stevens Family | Stahlman Family
Sundt Foundation | Sumners Family | Swords Family | Thebeau Family | Teutsch Family | Toohey
Family | Tschoepe Family | Thomas Family | Torrez Family | Urban Family | U.S. Charitable Gift Trust
Vanessa Family | Vega Family | Vince Family | Wallace Family | Wallis Family | Walker Family
Warner Family | Welch Family | Wheat Family | Wing Family | Williams-Young Family | Yoder Family

A Note From Our Board Chair

My journey with Chosen began in 2019 when I met Jenni Lord, Chosen's Founder and CEO. I was immediately inspired by her enthusiasm, passion, and outcomes for keeping families together.

In my 28 years of supporting foster care communities, I have never seen an organization demonstrate the impact and positive outcomes that Chosen has. Not only are families who work with Chosen six months or more successfully staying together with zero adoption dissolutions and zero foster disruptions, but their overall well-being is significantly improved with decreased levels of depression, anxiety, PTSD symptoms, dissociation, anger, aggression, and parental stress.

Chosen is a radical innovator who offers tangible solutions that bring healing to children impacted by the child welfare system. This past year, Chosen celebrated the deployment of the Adaya program, which supports at-risk teens without a permanent placement. Through Adaya, teens work to build attachment and start a journey toward healing where they receive the trauma-responsive intervention they need and deserve. Chosen also started the development of a new training

resource called "Displacing Shame" that will help children heal from problematic sexualized behavior through connection. It will offer tools for caregivers, direct care workers, and administrators to support children in understanding their behaviors and guidance for helping to change them.

Lastly, under the direction of our amazing former Board Chair, Dennis Noll, the Board of Directors voted to take Chosen nationwide and expand our service impact to heal and preserve families. If you have ever considered helping a child in foster care but didn't know how, I invite you to connect with us to learn more about partnering with Chosen. There is power in numbers.

We want to disrupt our current foster care system to strengthen relationships between children and their caregivers so healing can begin.

Let's do this together,

Lorraine Martinez



Looking Ahead

2024 BUDGET: \$3,700,000



GOALS

1
Serve 2,033 individuals

2
Secure 10 collaborative partnerships

3
Expand content and training offerings

4
Build vision fund to scale reach and impact

5
Refine board, client, and donor engagement plan

6
Extend footprint in Houston, Tennessee, South Carolina, Georgia and Arkansas

7
Lay foundation for expansion into Southern California and North Carolina in 2025

Programs for Caregivers

ADDY

for parents of adopted children

RISE

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

FOSTERING CONNECTIONS

for foster families seeking help

FAMILY TIES

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

Program for Youth

ADAYA

for teens at-risk of exiting foster care
without relational permanency

*Let's Disrupt Normal
Together*



SCAN HERE TO GIVE

