





When mental health challenges disrupt the well being of children, Tanager provides the tools and support to face them with confidence.

Through a mix of prevention, treatment and outreach, we build understanding and hope within our community.

When caregivers have a strong network of support, children have the best chance to overcome these obstacles and build a brighter future.

Message from the CEO

I am thrilled to present our annual impact report, a testament to the incredible work we have accomplished together this fiscal year.



With immense pride, I share that we have provided our services to over 4,000 families, living up to our mission of empowering, inspiring, and healing. The statistics and figures in this report only scratch the surface of the profound impact we have made. Behind each number lies a story of resilience, hope, and transformation. We have witnessed smiles rekindled, dreams reignited and lives forever changed. Our programs and initiatives are not just statistics; they represent the essence of our shared mission, the tangible manifestation of the love and care we invest in each individual we serve.

None of this would have been possible without the unwavering support of our incredible community. Your belief in our mission and your generous investments have paved the way for countless success stories and empowered us to make a tangible difference. Your commitment to our cause has touched the lives of families and children, creating ripples of positive change that extend far beyond what we can quantify. As we delve into the contents of this report, I ask you to keep in mind that the true impact of our work cannot be confined to mere numbers and data. It is the intangible moments of growth, healing, and connection that define the essence of what we do. It is the renewed sense of selfworth, the newfound confidence, and the spark of inspiration that sets lives on a new trajectory.

On behalf of the entire Tanager team, I express my deepest appreciation to each and every one of you. Your support, whether through donations, volunteerism, or advocacy, is instrumental in helping us fulfill our mission. Together, we are a force for change, building a community where empowerment, inspiration, and healing thrive. As we move forward into the coming year, let us continue to join hands, hearts, and minds in service to our shared purpose. The impact we make together is immeasurable, and I am grateful beyond words for your ongoing support and belief in our mission.

With heartfelt gratitude,

Okpara Rice, CEO

Our People

Our Executive Team

Okpara Rice	Chief Executive Officer
Mike Hines	Deputy Chief Executive Officer
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Justin Allendorf **Brandon Besong**

By The Numbers

1,120

Camp Tanager Campers 32

Daily attendance at Freedom Schools

20,629

2,767

94

Behavioral Health Intervention Services Sessions Provided Mental Wellbeing Clinic clients served

Autism Spectrum Disorder Services Clients Served

755

Pediatric Integrated Health Clients Served 63

Psychiatric Medical Institute for Children Clients Served 4,399

Individual Clients Received Treatment Services

24

Intermediate Care Facility for the Intellectually Disabled Clients Served 1751

School Based Program Students Served in 63 Cedar Rapids Schools 3,049

Meraki Institute of Learning Participants



86% Service Fees
8% Donations
6% Foundations
\$19,041,407

Expenses

Revenue



Your Support

This past year, over 4,800 individuals and organizational donors participated in Tanager events including our Imagination Square, Annual Golf Tournament, the Resilience Wellbeing Summit, Song Writers in the Round Gala, our Holiday program, and Mental Health Month.

With the support from our friends in the community, we were able to raise over \$1,764,488! These funds were used to pay it forward, providing those in our community with scholarships to attend camp, unique services to improve the mental health of area youth, offer a safe space for all at our LGBTQ+ Center, and a support system for many more on their wellness journey.

THANK YOU!









Volunteer Spotlight

Tess Duckett

Tess Duckett, Principal Systems Engineer at General Mills in Cedar Rapids, IA, may not be a Tanager

employee, but she has been wearing many hats for Tanager for nearly 20 years. Tess' volunteer history with Tanager begins back in 2004, when she served on two event planning committees, using her skills, connections, and commitment to help Tanager's mission.

Tess currently leads a growing group of women from General Mills who volunteer their time with the residents of Van Vechten Cottage through our "Adopt-A-Cottage" program. Each month since May of 2019, Tess' group of 12 faithfully plans an activity ranging from art projects to self-care activities, indoor sports, and holiday celebrations.

Lastly, Tess has facilitated countless donations for Tanager including (but not limited to) food donations from General Mills for our Inpatient program, Camp Tanager, and Freedom Schools, donations of school supplies each fall and holiday gifts each winter, and thousands of boxes of cereal for General Mills' featured giveaway at Imagination Square.



Mental Wellbeing Clinic

A Success Story

Jake's background was painted with the complexities of his parents navigating divorce. At the age of four, he found himself caught in emotions, manifesting in challenging behaviors at home. Struggling to listen, follow rules, and



Name and photo changed to protect clients' privacy

plagued by hitting and yelling, Jake's parents sought a lifeline for their son through Tanager's Mental Wellbeing Clinic.

Using the unique and powerful tool of Parent-Child Interaction Therapy (PCIT), Jake and his parents learned to navigate the turbulent waters of emotions together. Their therapist provided real-time feedback to Jake's parents, offering them insights on how to engage when Jake faced difficulties in following rules or was exhibiting aggressive behavior. New pathways for communication and coping mechanisms allowed him to share his thoughts and feelings in a more constructive manner.

The holistic strategy used with Jake and his parents not only benefited Jake but also fostered a sense of safety in both of his new homes. As Jake was leaving a recent session, he was faced with the disappointment of discovering that there were no fruit snacks. Jake's mom stepped in, employing the skills they had practiced. The tantrum that might have once ensued was replaced with a calm navigation of disappointment, void of aggression or yelling.

In this demonstration of resilience, it became evident that this program had not only transformed Jake's behaviors but had also sown the seeds of healing within his family.





Leading the Charge in Mental Wellbeing Education

Tanager's outreach and education program, the Meraki Institute of Learning, believes there are no limits to the depth of Tanager's mission, passion, and expertise.

We strive to increase mental wellbeing and resilience for youth and families everywhere. In FY22-23, we engaged over 4800 parents, caretakers, professionals, and leaders in over 250 hours of learning to enhance their understanding of mental wellbeing and how they can actively support youth in their communities.



By sharing our expertise in over 30 countries, we helped clinicians increase excellence in providing high-quality care to youth and families and increased parents' confidence for helping their children navigate our challenging world. The Meraki Institute of Learning's impact ensures youth and families around the world are inspired, empowered and have opportunities to heal.



Volk Legacy Society



The Volk Legacy Society was created by Tanager as a way to recognize and honor those generous individuals providing for Tanager in their estate plans, donating to the Tanager Endowment Foundation, or through a planned gift arrangement. Mike and Jodie Hines joined The Volk Legacy Society in 2023. Over the years, Mike and Jodie's two daughters had opportunities to be involved in academic and athletic activities that other children did not have. This realization led them to their decision to include Tanager in their planned giving.



Mike and Jodie Hines

"After working at Tanager for 35 years in different roles and seeing the impact others can have on children and families, it was an easy decision to become a member of the Volk Legacy Society to enhance long-term giving to Tanager.

During my career at Tanager, I have been given opportunities in the inpatient setting to working in the community based programs in the Cedar Rapids and Ottumwa offices to expand programming and develop new programs.

Serving now on the Executive Team for the past 12 years, I get to see firsthand our impact and how important the staff are that provide services to children and families day to day. I understand how important it is to give all children, youth, and families the opportunities to become successful in their environments."

~ Mike Hines Deputy CEO of Tanager

Thank you for considering a planned gift to ensure the next generation of children have access to services that inspire, empower, and heal.

Please visit tanagerplacelegacy.org to learn more about planned giving.



Success Story

In the heart of a Cedar Rapids' high school, Lily embarked on a journey of resilience, hope, and transformation—made possible through the compassionate support of the Tanager School Based Treatment Program.

At the age of sixteen, Lily faced a world that seemed to echo with loneliness. The hallways of her high school became a maze of isolation, and the weight of her thoughts threatened to shroud any glimmer of self-worth. Lily, however, found her guiding light in the form of a Tanager school based therapist specifically trained for students like her.

When she first enrolled in school based therapy, Lily carried a heavy burden of despair. Individual therapy sessions with her therapist became a safe haven, a space where Lily could unravel the knots of her own self-doubt. The initial steps were small—navigating the fears that held her back, challenging negative thoughts, and learning to see the value she brought to potential friendships.

Her therapist introduced Lily to a supportive group of peers facing similar struggles. Initially hesitant, Lily stepped into this haven of understanding. Through shared experiences and collective healing, she began to rebuild not only her self-esteem but also a sense of connection she had long yearned for. The unique power of Lily's story lies in the ripple effect that emanated from these therapeutic sessions.



As she gained confidence within the group, Lily ventured beyond the structured support, reaching out to new faces and forming friendships that transcended the confines of the therapy room. It was a testament to the program's ability to foster not only individual growth but also the creation of a supportive community.

The true turning point, a moment that resonates with the magic of transformation, occurred during a routine therapy session. Lily, bubbling with excitement, shared stories about a new friend she had made. Her therapist, genuinely surprised, paused and asked, "Who is this person? I've never heard you mention them before." Lily's response, "We met at lunch last week. She's so cool!" encapsulated the triumph of our school based program—an organic, real-world extension of the healing that occurred within the structured sessions between Lily and her therapist.

Lily's journey is a living example of the effectiveness of Tanager's school based program. It's a narrative that captivates not only the struggles but also the triumphs of a young soul finding her way back to the light. As you consider supporting Tanager, remember that your contribution doesn't only fund therapy sessions, it also sponsors stories of transformation, resilience, and newfound hope. Lily's story is but one example of the countless lives touched and reshaped by your generosity—a legacy of healing, one donor at a time.



Honor Roll: Your Support Means Everything!

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Anonymous Anonymous

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*Includes soft credits from gifts received from donor-advised fund, stocks, bonds, or qualified charitable distribution of retirement assets.

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We are honored to have support for the following endowments:

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August 8, 2024 June 29, 2024 April 4, 2024

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