

We Are CR



2015 ANNUAL REPORT



Community Residences, Inc.

Serving Virginia, Maryland and the District of Columbia

www.comres.org



Message from the Chair



This year alone, CR's volunteers, community partners, donors and staff made a direct difference in the lives of over 1,200 people. Many left state institutions for community living.

Some found an apartment after life on the streets. Recovery continued, and for some found its start. Greater independence and ability was realized for people of all ages.

During each of CR's four decades, the community has shared in our success through advocacy, support, partnership and trust. As you read through these pages, I hope you will enjoy learning how this momentum continues to propel CR forward in our efforts on behalf of our friends, family and neighbors with mental health and intellectual disabilities.



As we celebrate 40 years of success, we move ahead under the leadership of Arthur M. Ginsberg, our newly appointed President and Chief Executive Officer. Arthur's wealth of leadership, management and strategic planning experience in both mental health and intellectual disability services make him an ideal person to lead our agency into the next 40 years.

Under Arthur's leadership, we look forward to focusing on strategic growth to meet our community's extensive need. We will continue providing highest quality services and supports that embrace each individual's greatest level of independence and well-being. This, while ensuring all individuals are contributing, valued and included members of the community.

We are grateful to the many staff, volunteers, partners, supporters and friends who make our work possible. With people still in institutions and even more in the community who need supports, we will continue to value your partnership and seek more supporters to ensure that people with disabilities have every resource required to live, work, learn and thrive in the community.

Please join me. Together, we can make a real difference.

A handwritten signature in blue ink that reads "Brian J. Winterhalter".

Brian J. Winterhalter, Esq.
Chair, CRI Board of Directors

Message from the President

I am honored and humbled by my appointment and for the warm welcome I received as a member of the CR team. I was immediately impressed by CR's history of excellence and its scope of supports and impact in the community. CR's foundation is strong, providing a full array of community-based day, employment and residential supports in Virginia and Maryland. With your support and that of our boards, staff, families, stakeholders and advocates, CR will continue to ensure that children, youth and adults with mental health and intellectual disabilities and their families thrive and have bright futures as full and contributing members of our community.

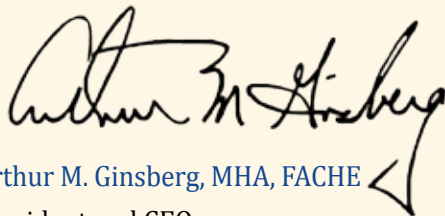


With vast unmet community need, CR's opportunities for growth are abundant. In support of the Commonwealth of Virginia's settlement agreement with the Department of Justice that mandates the closure of Virginia's State-run institutions, we continue to expand our apartment and home programming to ensure people with disabilities can enjoy living in the community. And nationally, new Medicaid rulings are encouraging providers to focus on more integrated, community-based supports, a philosophy on which CR was founded. Even more, CR is gaining attention for its demonstrated successes in providing recovery-oriented supports for people with mental health needs, a strategy that is becoming a standard throughout the country.

With so many opportunities, the next year will be an important one for CR. We will rely on our current and new friends to help us meet our goals. Together, we can advance the purpose and mission of CR and ensure continued excellence on behalf of individuals with disabilities.

As you read through the pages of this report, I invite you to think about how you can help. Our mission couldn't be more important. I look forward to working with you as CR continues its growth as a multi-state, fully-integrated, community-based mental health and intellectual disabilities provider.

Sincerely,



Arthur M. Ginsberg, MHA, FACHE
President and CEO



Mission

Community Residences offers individuals with disabilities supportive housing and the physical, mental and emotional services needed to facilitate independent and dignified living within the community.

Vision

To be a recognized leader in best practices for providing supports for individuals with disabilities. To be strongly committed to thoughtful expansion of our supports.

I Am Independent

With assistive technology and staff support, adults with intellectual disabilities are enjoying apartment living – many for the first time. Individuals are more independent than ever. They are enjoying greater personal choice, using public transportation, working, volunteering, shopping, cooking, and taking a leading role in their own finances.

Through a housing collaboration with APAH (Arlington Partnership for Affordable Housing) and a technology partnership with Always Best Care Arlington, CR is able to provide opportunities for independence.

CALL TO ACTION

You Can Support Independence and Choice

- Sponsor an experience - donate gifts cards to restaurants or tickets to events
- Let us volunteer for your community event
- Invite us to join your club
- Volunteer to be a social companion
- Connect us with opportunities to secure more assistive technology

In a bustling Arlington neighborhood, eight adults – including three who had been homeless – continue on a path of mental wellness and recovery. In a low-rise apartment owned by CR, individuals live among other families, and are provided with staff assistance as needed. Walkable amenities such as shopping, dining, a library, trails and public transportation, have provided individuals with attainable opportunity to pursue their full potential.

Tim is enjoying the independence offered by CR's apartment program. He previously lived in a group home where he learned to better manage his own health, developed skills like cooking and housekeeping, and learned to navigate public transportation. Today Tim is looking forward to finding a job in auto maintenance, and to someday getting his own place.



"CR is supporting me to be the best I can be." – Gail (right) with program manager Brittany



"I love the help button because it keeps me safe" – Chris



"I like the medication planner because it lets me take my meds on my own" – Cheryl



"Now I am setting bigger goals for myself." –Tim

I Am an Advocate

Advocacy is a CR Core Value. Self-advocacy means standing up for yourself, understanding your strengths and weaknesses, communicating your needs, making decisions and developing personal goals.

* * *

Self-advocacy was the theme as Kevin and his CR peers championed their rights at The Arc National Convention in New Orleans. Advocates from around the nation networked and learned about getting involved and erasing stigmas.

* * *

CR's Peer Counselors are some of our greatest advocates. Peer counselors continue to experience recovery first hand, ensuring their own mental health while supporting the recovery of others.

Breck Guise is a member of CR's mental health crisis team. She is also managing her own recovery. Breck's unique perspective provides hope to others.

Although diagnosed with mental illness at age 11, Breck was able to graduate from high school and subsequently earn her bachelor's degree. But soon after college, Breck experienced a severe mental health relapse. Recovery seemed impossible. For over a decade, illness left the now inspiring counselor unable to work. Then finally, "I didn't want to be my disease anymore," she reflects, "so I decided to get my masters."

By 2012, Breck had earned her masters and began job hunting. She was anxious about explaining her ten year employment lapse. But then she found the peer counselor job posting at CR. "This is perfect" she thought, "I don't need to worry about there being a stigma."

Today as a peer counselor for those experiencing a psychiatric crisis, Breck shares her story and her strategies for continued success. Each day she helps to erase stigmas and deliver hope to those she supports.



"I had a great time (at the conference)! I learned about people with different disabilities from all over (the country). I listened about advocacy and the rights of people with disabilities. I would go again if I could." – Kevin



"My biggest fear of going back to school was that I'd relapse . . . and I did . . . and the world didn't end. This taught me a huge lesson: You can back step, but that doesn't mean forever. I tell people that." – Breck providing one-on-one support

You need only Google his name to learn about Norman Hill's history of advocacy.

The Arlingtonian often says, "I've been with CR for 30 years," — at first receiving support, and for the past 17 years providing it. "I needed these services and now other people need them."

As a CR peer counselor, Norman helps people develop coping mechanisms and learn skills to manage daily life. He encourages people to stand up for their rights. Norman helps people manage changes in their Medicaid benefits and even keep their utilities on. He connects people to community resources: "There's so much there. You just need to tap into it."

But that's not where his work ends. Norman regularly speaks at County meetings. He expresses the need for affordable housing, access to transportation, vocational and employment services, and resources like libraries and parks. Norman understands that individual well-being is supported by healthy communities.

* * *

Advocates working as a team are ensuring life is lived to its fullest. Earlier this year, a medical episode left Patty hospitalized, wheelchair bound and in short-term nursing care. For Patty, the transition home to CR was stressful – medically and emotionally. Khadija and her team provided the comfort and reassurance Patty needed. Training and expertise helped the team recognize Patty's anxiety after taking medication. Khadija worked with Patty's doctors and soon dosages were corrected.

Five months since returning home, Patty is again confident and independent and has fully regained interest in participating in group and community activities. She is knitting again, and has regained her wonderful sense of humor.



"Advocacy is a matter of survival." – Norman



Patty with Khadija working out: "It is no coincidence that I'm in this field! I do what I love doing. Patty's success has been a team effort. Together, we are working toward Patty using only a walker."

CALL TO ACTION

You can be an advocate:

- Volunteer
- Join our staff
- Invite us to speak to your civic group or club

I Am a Volunteer

CR is not only on the receiving end of community service; the individuals CR supports are provided opportunities to give back through volunteerism.

After a 20 year career in food services, CR resident **Gail enjoys giving back through volunteerism.** Gail volunteers for APAH, the nonprofit that owns and manages her apartment complex. She distributes flyers, helps with mailings and advocates for affordable housing at community events. This spring, Gail helped organize over 100 volunteers by serving on the Earth Day Clean-up committee.

Volunteerism is fundamental at CR's day program. The daily schedule of community activities is filled with opportunities for individuals to give back. Volunteerism provides new and meaningful activities and opportunities for choice. It supports self-advocacy and enhances communication and social skills.



Gail, front row second from left, and other Earth Day volunteers break for a picture.



Jody sweeps up at the ReStore



Donald (with Honey) at Northern Virginia Therapeutic Riding Program's Horse Farm in Clifton



Wallace at Habitat for Humanity's Chantilly ReStore: "I like coming to work. That's my job."

CALL TO ACTION

Join our culture of volunteerism

- Visit www.communityresidences.org/volunteer
- Share your volunteer opportunities with us
- Help us develop a partnership with your company



CR continues to host home beautification projects, and with CR's focus of growing and enhancing the Volunteer Program, you can now work directly with individuals supporting community involvement and personal wellness. Community is all about cooperation and exchange. Not only do we seek volunteers to support our efforts, but we regularly give back to our community.

My journey in volunteerism started in middle school. Later, as a freshmen at George Mason University, I began volunteering for Mason LIFE – an academic and residential program for students with intellectual and developmental disabilities. Here I affirmed my passion for supporting individuals with disabilities and advocating for community integration.

Earlier this year when I became involved with CR, their Volunteer Program was at the onset of major growth. I was the first of many CR volunteers to go through a formal training program. For the first time, the program – which I helped develop – equips volunteers to work directly with the individuals CR supports. I have since enjoyed helping individuals embrace the natural supports of their own communities through group and one-on-one activities. And though I was also recently hired by CR as a part-time Direct Support Professional, I continue to volunteer.

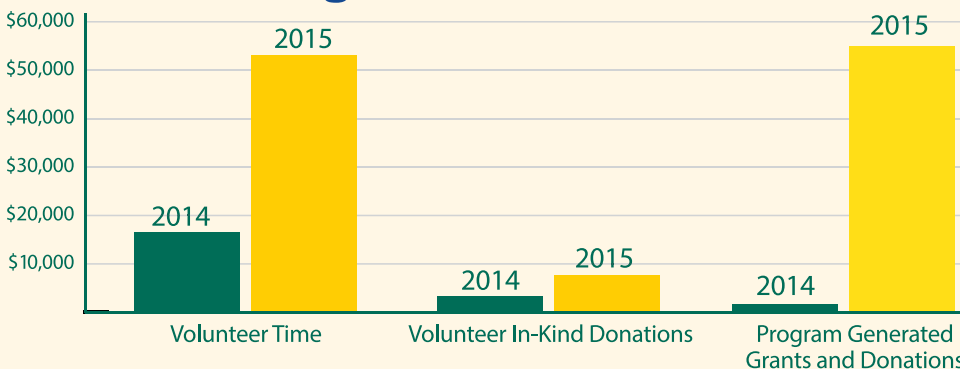
Major Bounds for CR Volunteer Program

We recognize the support of



and that of CR's volunteers for their hard work and dedication.

Volunteer Program Growth in 2015



*"I have enjoyed witnessing the impact on individuals."
– Rebecca (pictured below)*



Go online to see what we're up to –
Google #CRCares!

I Am an Achiever

CR helps young adults who are aging out of foster care or who are homeless gain emotional strength, learn new skills, and receive the support they need to become self-reliant adults.

In the fall of 2013, Jessica struggled with depression, experienced a drop in grades, and became homeless after losing her housing scholarship. Jessica's Arlington County case worker connected her with CR. We secured Jessica with a safe apartment. With some of the worry and anxiety behind her, she was able to begin focusing on her wellness.

With counseling and support, Jessica learned to manage her own health. Staff taught her how to access community resources, take charge of her own finances, use public transportation, and eat right. Soon, Jessica restarted her studies and even secured a part-time job.

A newly independent Jessica recently "graduated" from the youth program. With improved grades, she earned back the housing scholarship. With staff guidance, Jessica applied for and won additional education grants. Jessica is enjoying school, managing her life, and planning for her future.



By many accounts, Aly seemed like the average teen. But in high school when she was diagnosed with schizoaffective disorder, Aly was actually relieved. Finally, an explanation for the symptoms she had long kept to herself. Nonetheless, these years were extremely challenging.

After graduation, despite many obstacles, she and her family agreed that Aly's illness would not dictate her life path. So like her friends and peers, Aly went out on her own. She joined CR's transitional housing program where, "I had my best years of recovery," while learning how to better manage symptoms and live independently.

For two and a half years, counselors and staff helped Aly learn how to manage her health and develop a philosophy of being well. Aly faced her illness with courage and strength. "I realized that my choices impacted my well-being, so I began going to bed and getting up on a regular schedule. I began making better food choices and exercising. I focused on learning skills that would help me succeed on my own. I started attending church where I met people who respected me and helped keep me centered. I began accepting the right people into my life."

This past year CR cheered for Aly, who having made incredible progress in recovery, left our program for her own apartment. Today, her recovery continues as she pursues her associate's degree. And, Aly regularly speaks to incoming police cadets about understanding and interacting with citizens who may have mental illness.



"Now that I know that I can enjoy living, I want to enjoy living." – Aly

You are CR

Thank you for your support. With you as our partner we will continue to share stories of success.

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*CR Employee



80% of the men and women in our community living program maintain their own apartment or house

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Thank you for your support. With you as our partner we will continue to share stories of success.

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- Mr. David and Mrs. Jacqueline Brewer
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*CR Employee

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Mr. and Mrs. Clifford Gay

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56% of those in CR homes and apartments participate in advocacy or peer supported groups

60% engage in activities that help others

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Thank you for your support. With you as our partner we will continue to share stories of success.

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Ms. Allison Syphus

Ms. Maryyam Tallat

Ms. Uyen Tran

Mr. Ryan Travis

Ms. Emily Walker

*CR Employee



*94% of those in
our day program
participate in
daily community
activities*

*49% volunteer
their time to
local charities*

Community Residences is Comprised of Five Corporations



Community Residences, Inc. is CR's operational and governing body.

Community Residences Foundation, Inc. oversees CR's endowment and investments and awards grants to improve quality of life.

Community Havens, Inc. is CR's property holding and real estate management corporation.

Community Residences of Arlington, Inc. administers certain Arlington HUD properties.

Residential Youth Services, Inc. administers CR's independent living program for youth and manages a property utilized by CR.

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Arthur M. Ginsberg,
Community Residences, Inc.

You are CR

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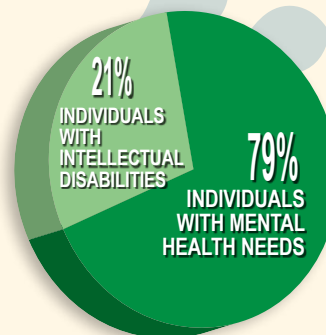
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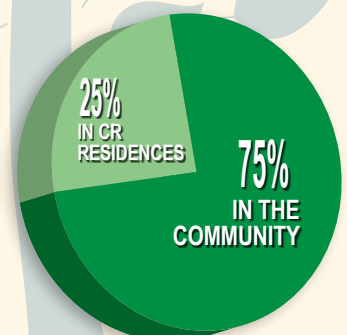
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WHO DID WE SUPPORT



WHERE DID WE SUPPORT

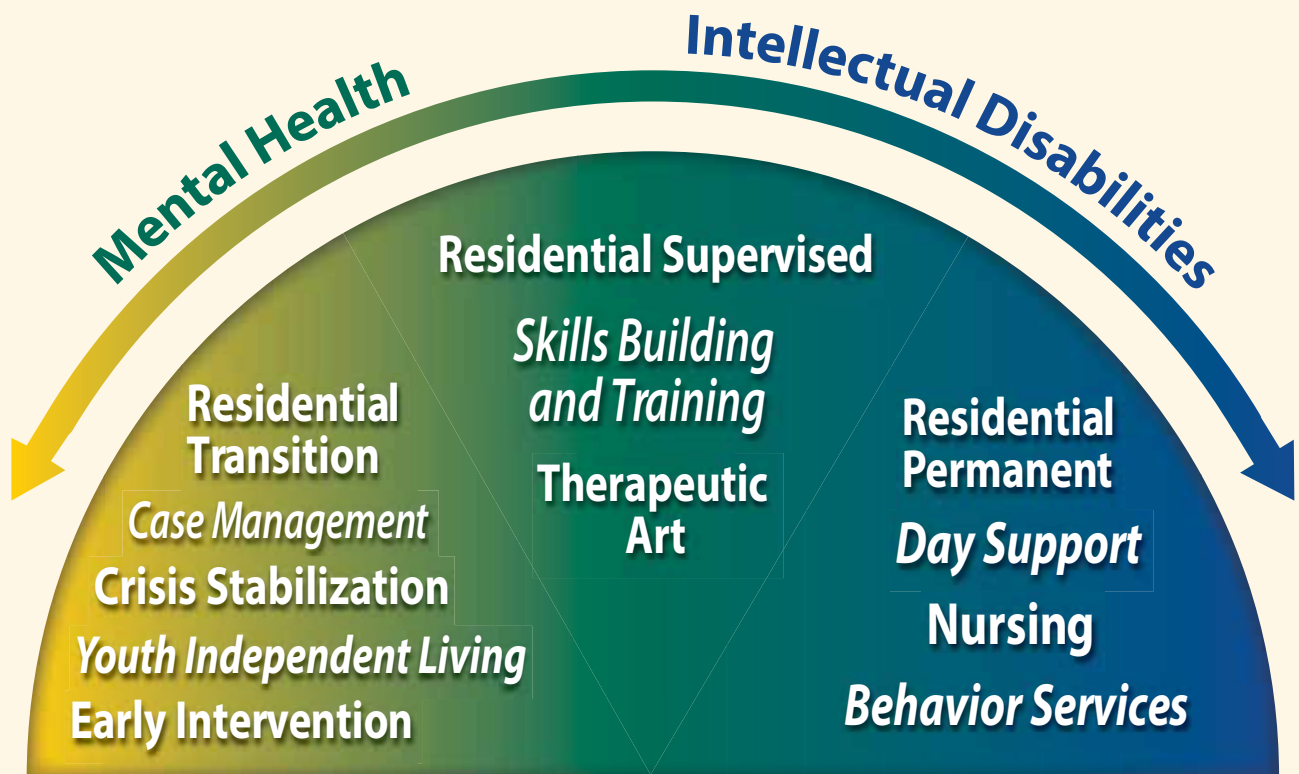


53% of CR residents are registered to vote

Individualized Supports Along a Continuum of Options

FOR 40 YEARS, CR HAS embraced a continuum of support options to accommodate increased independence, changes in medical, physical or behavioral needs, and/or to provide opportunities to age in place for individuals with mental health and/or intellectual disabilities. These supports range from permanent or transitional residential options to community-based supports like case management, counseling and skills training.

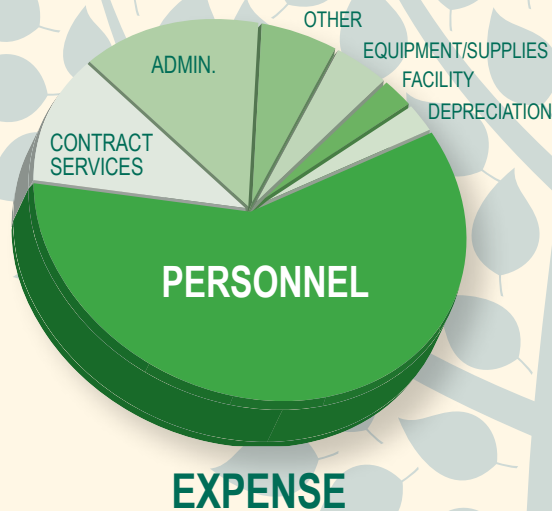
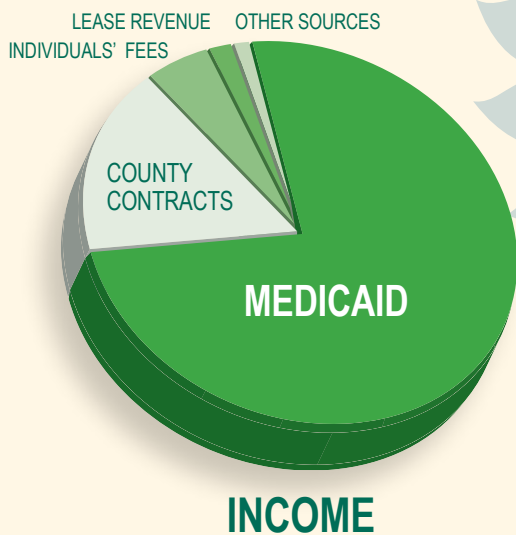
CR promotes a holistic person-centered approach. We invest in high quality staff, provide ongoing training and offer quality volunteer and internship opportunities. We engage evidence-based practices and engage appropriate medical supports. All the while, CR maintains ongoing focus to the agency's capacity, efficiency, and effectiveness.



Financials

Income (000)

Medicaid.....	\$ 22,864
County Contracts.....	5,048
Individuals' Fees.....	1,580
Lease Revenue.....	592
Other.....	413
Total Revenue.....	\$ 30,497



Expense (000)

Personnel.....	\$ 18,013
Contract Services.....	3,550
Administrative.....	4,268
Other.....	1,793
Equipment/Supplies.....	1,231
Facility.....	808
Depreciation.....	689
Total Expenses.....	\$ 30,351



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