

2023



CATCH

**Community Action Together
for Children's Health**

IMPACT REPORT



OUR MISSION

Empower families to foster resilience and prioritize mental health and emotional wellness in their children through educational programming, access to resources, and peer support.

-  **Prioritizing Mental Health in Parenting**
-  **Creating Community**
-  **Valuing Connections**



AMY AND RACHEL'S MESSAGE

We are grateful for a community that welcomes us, and we feel really good about the work we did to move our mission forward in 2023.

CATCH has organized two-day summer planning sessions since 2019. Last June, at the five-year mark, we wanted to question everything - be 100% sure that our mission was still on-target. We concluded that we are doing the right work and are investing our time and money into projects and programs that support families in meaningful ways. Moving forward, we identified four pillars of work that will drive our decisions: Direct Support, Education, Community Awareness and a commitment to Organizational Sustainability.

We want to take the opportunity to give you a glimpse into what this work *means* to us and *why* it's important.

Parenting is hard. Talking about mental health is hard and discussing our kids' challenges with it, even more difficult. But we find value and joy every day in doing those things when we:

- *share* our own journeys openly, enabling us all to feel understood, seen and supported
- *help* a desperate parent find professional support quickly when times are tough
- *see* a child's face soften, realizing they can help themselves feel less overwhelmed
- *talk* with educators about supporting our students at school and at home
- *empower* a community's resilience and well-being, one conversation at a time

Our community sustains CATCH. The CATCH team is very thankful for our tireless volunteers, collaborative partners and generous donors. We couldn't do what we do without you.

Wishing you a peace-filled 2024,


Amy Oberholtzer
Founder, Executive Director


Rachel Tzinberg
President

SUPPORT

Provide individuals with resources, referrals, conversations, and safe spaces.



Distributed 3,176 coping kits to third, sixth, and ninth grade students at eleven local schools to help build resiliency skills.



Served 45+ parents and caregivers through weekly *Parents Connect* peer groups facilitated by CATCH volunteers.



Delivered 600 comfort kits to 32 local schools, police departments, and community agencies to support youth in crisis.



Made 163 referrals to local professionals for families seeking mental health support, a 30% increase over 2022.

"I wanted to thank you so much for the Mental Health Coping Kits you provided to District 27 and my current 3rd grader. Your program is so inspiring and necessary."

D27 Professional Staff Member

EDUCATE

Design and deliver engaging educational opportunities to share knowledge and stories.



Educated 1,100+ attendees at monthly webinars on a wide variety of parenting and mental health topics.



Connected 810+ viewers to original CATCH video and blog content.



Hosted 2 documentary movie screenings and facilitated discussions.



Recorded 10 podcast episodes resulting in 1,000 downloads in 335 local households, 39 states, and 45 countries.

"Just got the latest CATCH newsletter in my email I loved it! Love what you guys are offering and teaching to the community!"

Former Northbrook Resident



AWARENESS

Understand the mental health and parenting needs of our community and respond appropriately.



Facilitated **3 roundtable discussions** with local professionals, parents, and students as an integral part of our programming planning strategy.



Created **2,250 “My Red Said” hearts** that encouraged community members and local junior and high school students to share mental health messages.



Participated in **15 community & school events** to share our services and programming with students and families.



Represented **CATCH on 10 school PTOs**, a 40% increase over 2022.

“I am encouraged when I see CATCH campaigns like My Red Said around town. You are truly changing the conversation around mental health and redefining what “success” looks like for our kiddos and it is wonderful!”

Parent and Event Attendee

SUSTAINABILITY

Grow an efficient and systematic board, with an engaged volunteer community, funding sources, and community partnerships.



Volunteered **4,660+ hours** to deliver on our mission by the leadership team and valued volunteers.

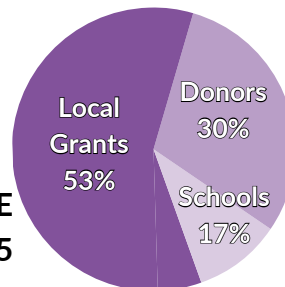


Facilitated or served on **3 mental health advisory councils**; GBN Community Mental Health Partnership, Together for Mental Health Alliance, and Glenbrook School Health Center Advisory Board.



Spent **\$45,164 on mission work** which represented 95% of our total expenses.

FY23 REVENUE
\$56,795



“Thank you for the psychologist referral. I can’t describe the relief I felt getting answers and knowing our kiddo was getting the support they needed.”

Parent



OUR GRATITUDE

CATCH FRIENDS

CATCH's growth is due in large part to the invaluable resources and expertise shared with us by mental health professionals, program directors, school leaders, local organizations, and community members. Thank you.

Crossroads Development Partners, LLC

Eating Recovery Center/Pathlight Mood & Anxiety Center

Glenbrook High School District 225

Glenview Public Library Foundation (*)

Lauterbach and Amen, LLP

Mando Consulting

Northbrook Civic Foundation (*)

Northbrook Public Library

Northbrook Rotary Club (*)

Northbrook School Districts 27, 28, 30, 31 and 34

(*) Grant awarded for CATCH 2023 programming

Northbrook United Methodist Church

Northbrook Woman's Club (*)

Northfield Township (*)

Providence Farm

Township School District 113

Village of Northbrook (*)

PLUS, over 50 individual financial donors

OUR LOOK AHEAD TO 2024

CATCH is excited about our 2024 programming that already includes:

Conversation with Michelle Icard, author of *Fourteen Talks by Age Fourteen*, in-person

Book discussion of *Good Inside, Becoming the Parent You Want to Be*, by Dr. Becky Kennedy.

Podcast - *Parenting the Mental Health Generation*, Season 3

Parent Groups - *Parents Connect* peer groups

Presentations - *Lunch and Learn* Zoom events, Season 3

Student Support - *mental health coping kits*, 3rd, 6th, and 9th grade

Newsletter - *monthly distribution*, resources, and local events

To register for programming and parent groups go to: www.catchiscommunity.org/events



Pictures: Front Cover: (L to R) United Against Hate Showcase- Julie Weinberg, Amy Oberholtzer; Northbrook July 4th Parade-CATCH Board and their family members; Ninth Grade Coping Kit Packing-Rachel Tzinberg; Page 1: (L to R) CATCH 2023 Board- Jane Ciancanelli, Julie Weinberg, Donna Collins, Amy Oberholtzer, Anne Neumann, Stacy Mautner, Dr. Lisa Novak, Rachel Tzinberg; Page 2: (L to R) Sixth Grade Coping Kit Packing- Rebecca Bennett, Becky Lee; Ninth Grade Coping Kits Packing; Lunch and Learn Program- Kristen Anderson, Dr. Lisa Novak; Podcast Guest-Tara LaCerra; Page 3: (L to R) Northbrook Farmer's Market - Heather Cole; My Red Said Campaign-Maple school; YMCA Fall Fest Trunk or Treat Community Event-Jane Ciancanelli, Noah Mautner, Karen Wells; Professional Roundtable Discussion-Dr. Lisa Novak, Jennifer Welbel, Jason Price



Executive Director

Amy Oberholtzer, Founder

Board of Directors

Rachel Tzinberg, President
Julie Weinberg, Vice President
Jane Ciancanelli, Treasurer
Donna Collins, Secretary
Heather Cole
Stacy Mautner
Anne Neumann
Dr. Lisa Novak

Donate

- Make a gift:
 - Online: www.catchiscommunity.org/donate
 - Zelle: accounting@catchiscommunity.org
 - Check: CATCH Inc., 2424 Maple Ave.
Northbrook IL 60062
- Create a Facebook Fundraiser to support CATCH



Volunteer

- Volunteer your talents here:
www.catchiscommunity.org/get-involved
- Participate in activities like:
 - Coping kit packing
 - School/community events
 - Committee role

Follow & Connect



@CATCHisCommunity

www.catchiscommunity.org

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