

2021 Annual Report

seasons 



Letter from Dan Ries, President & CEO of Seasons Center for Behavioral Health

What a year 2021 has been! Seasons Center has seen a lot of challenges and opportunities over this past year. In August I was appointed as the Interim President & CEO of Seasons Center and in November was officially offered the position. Kim Scorza, our former President & CEO, left the agency in August to pursue other career opportunities. While we hated to see Kim leave, we still get the opportunity to work and collaborate with Kim in her new endeavor. Kim has done a lot for Seasons in the past 10+ years and we can't thank her enough for her dedication and service to Northwest Iowa.

The year started off continuing to work through the ongoing pandemic. In March, 1 year after the pandemic started, many of our staff returned to working in the office, taking all the necessary precautions to keep our staff and clients safe. It was nice to return to some sense of pre-pandemic life. I am so proud of the staff at Seasons for how they've handled and persevered during this trying time! We continue to work on our strategic plan of Develop & Improve Clinical Services, Data Driven Decision Making, and Invest in our People. In 2022 we will review and update our strategic plan to set the direction of the agency for the next 3-5 years.

In 2021 we served 4,287 individuals; 46% or 1,969 of those were children. Access to services for children continue to expand due to additional relationships with area school districts. Seasons Center has agreements with 7 school districts to embed Seasons staff in the schools to provide services to youth that need a little extra attention for behavioral health needs. This allows students to get needed services while missing a minimal amount of learning time, and also provides additional supports to the teachers and staff at the school district. We are so appreciative of these partnerships.

Our successes over the past year would not be possible without the generous donors, organizations, and grants that have supported our mission of Guiding individuals and families towards a meaningful and fulfilling life. Seasons Center was awarded two federal grants in 2021. In May, we were awarded a four-year grant from the Health Resources and Services Administration (HRSA). Through this grant, we were able to open the Family Support Center in Sioux Center. The Family Support Center provides specialized services for foster and adoptive families in northwest Iowa. In September, we were awarded a 2-year grant from the Substance Abuse and Mental Health Services Administration (SAMSHA) that will allow Seasons to increase access to care by providing services in the clients' homes and communities, where they feel most comfortable. Numerous local grants and support has allowed Seasons to expand our food bank to residents in the area; in 2021 Seasons Center distributed more than 10,000 lbs. of food and supplies to individuals and families in northwest Iowa.

While the past couple of years have been difficult for our clients and staff, I am confident that the challenges we have overcome will make all of us better. We will continue to learn, adapt, and strive to be the Best in the Midwest in Behavioral Health. I can't thank our Board of Directors, Leadership team, staff, donors and funders enough for their dedication to behavioral health. Last but not least, thank you to all of our clients who have trusted us with their care. Here's to a successful and blessed 2022!

Mission

Guiding individuals and families towards a meaningful and fulfilling life.

Vision

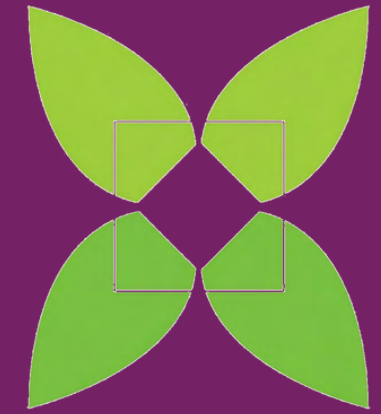
Best in the Midwest in Behavioral Health

Values

Innovation
Impact
Influence

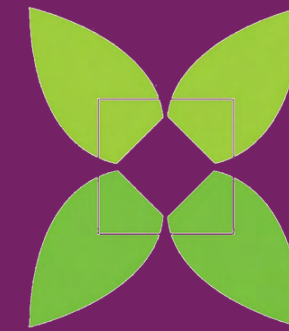


About Seasons Center

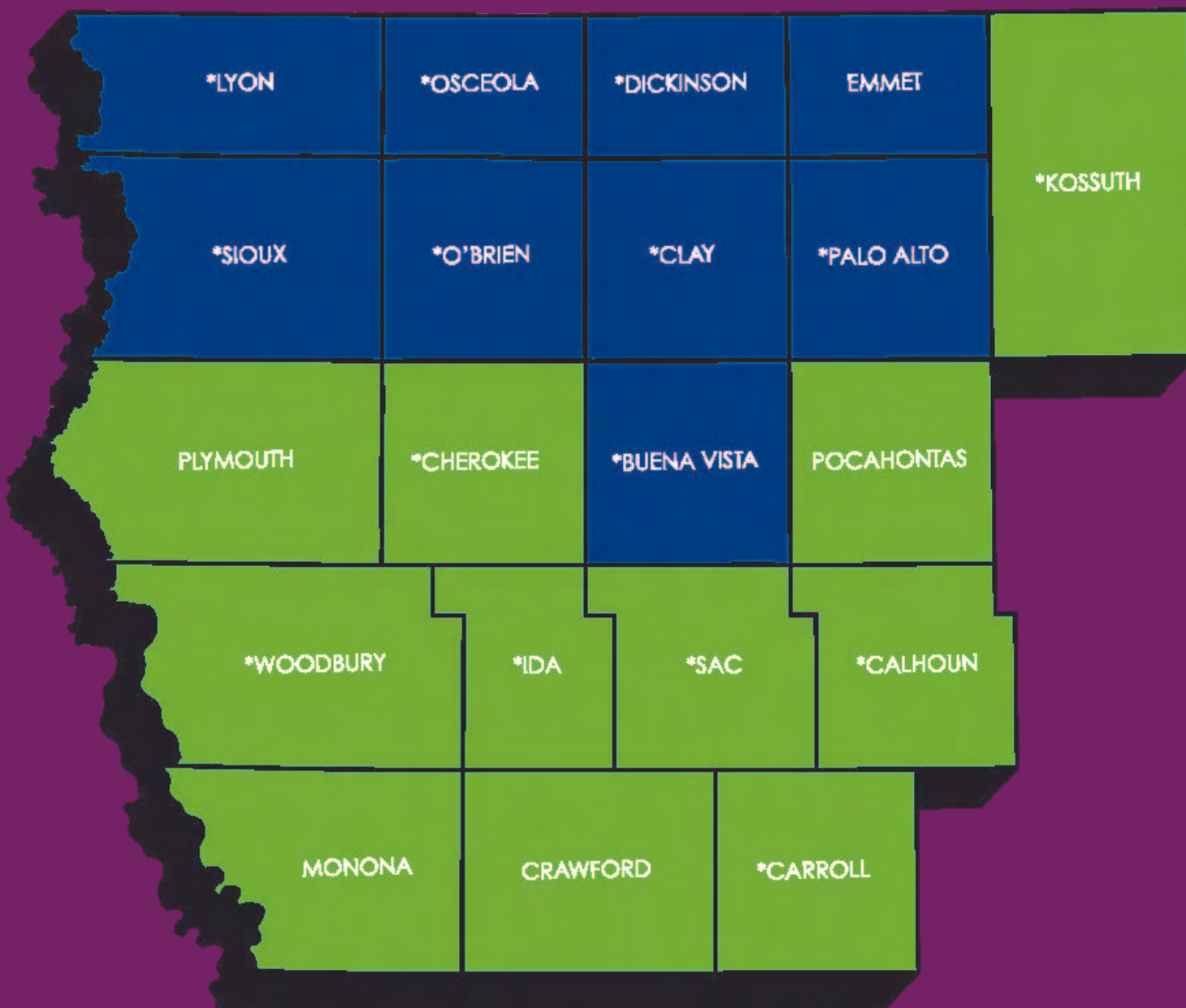


- Serving northwest Iowa since 1959
- Not-for-profit organization
- Safe, confidential settings
- Offers a broad range of psychiatric & behavioral health services
- Community Mental Health Center (CMHC)
- Certified Community Behavioral Health Clinic (CCBHC)

About Seasons Center



Serving 20 counties in Northwest Iowa



Buena Vista* Calhoun* Carroll*
Cherokee* Clay* Crawford
Dickinson* Emmet Ida*
Kossuth* Lyon* Monona
O'Brien* Osceola* Palo Alto*
Plymouth Pocahontas Sac*
Sioux* Woodbury*

*denotes counties with office locations and/or on-site school-based services

About Autumn's Center



- Regional children's center serving northwest Iowa
- Specialty care for children ages 0-21

- Comprehensive care using evidence based practices
- Located at 120 E. 5th Street in Spencer



About Camp Autumn



- Therapeutic day camp for children ages 4-21
- Provides a unique blend of therapy, skill development & fun – small group sessions, group activities, one-on-one
- Located at 4233 Yew Avenue in Sutherland, IA

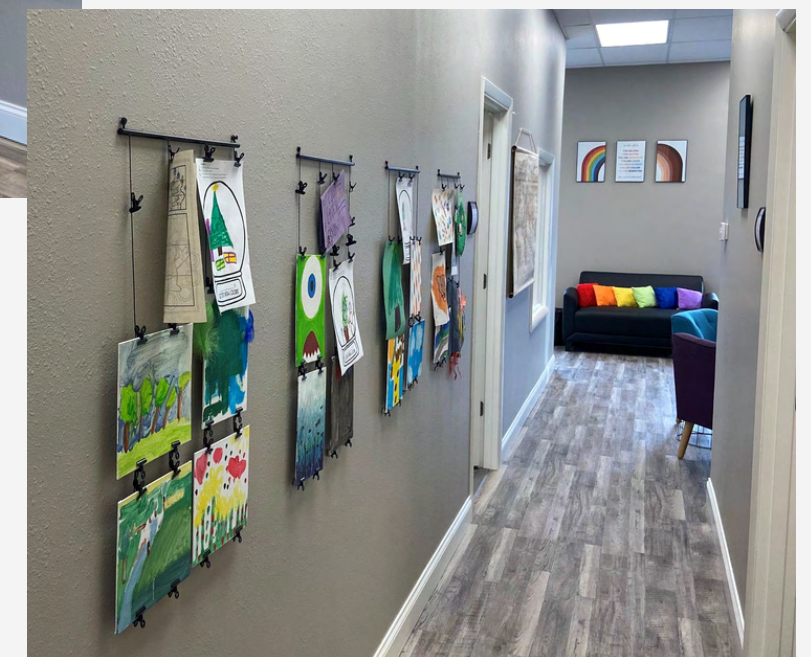


About Family Support Center



**FAMILY
SUPPORT
CENTER**

- Opened in October 2021
- Provides a wide variety of supports and education for families as they navigate challenges that may be associated with foster care and adoption
- Located at 147 South Main in Sioux Center, IA





Autumn's Center and Camp Autumn are named in honor and memory of Autumn Elgersma, of Orange City, Iowa who died on October 31, 2013 after being hospitalized for two days due to abuse she endured while in the care of her babysitter.

COVID-19 Response



- 17,192 Telehealth Appointments
- Seasons returned to providing in-office services on March 22, 2021



Seasons provided additional community support & education during this tumultuous time by enhancing:


- Virtual Trainings
- Radio Commercials
- Television Commercials
- Magazine Articles
- Social Media Posts
- Innovative Community Outreach

Seasons Center for Behavioral Health
February 15, 2021

Seasons Center's COVID Response Care Team was put in place to prevent suicide and suicide attempts in Northwest Iowa.

This Care Team serves individuals over the age of 25 who are struggling with their mental health as a result of the COVID-19 Pandemic.

If you know someone who is struggling, please call us today at 800-242-5101, or for immediate help - call our 24/7 Crisis Line at 844-345-4569.



SUICIDE PREVENTION

REFER TO THE COVID RESPONSE CARE TEAM PROGRAM

- Any client 25 and over
- Has had thoughts of self-harm or suicide ideation

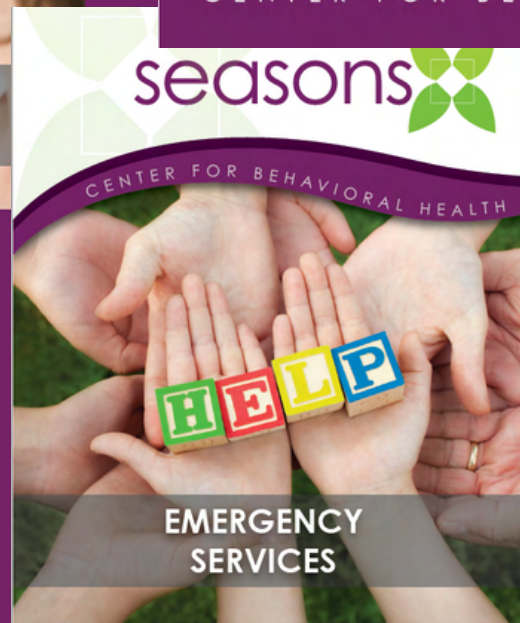
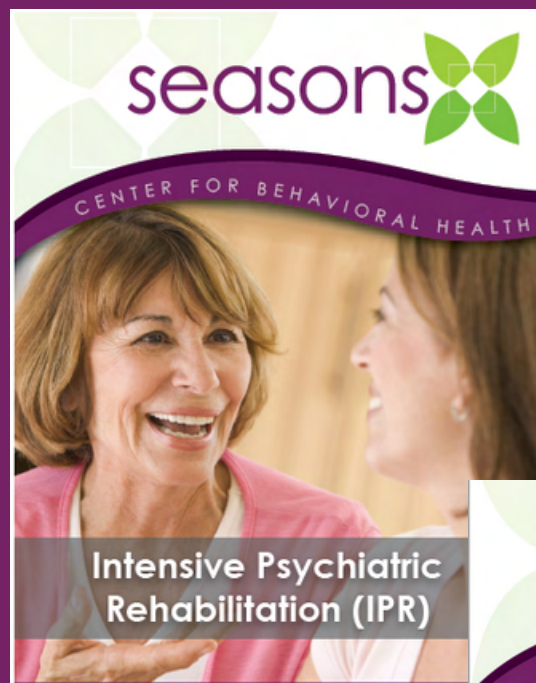
Please consider referring to this program if your client meets the above and one of the following criteria:

- Struggling with behavioral health challenges as a result of the COVID-19 pandemic
- Exiting a hospital or inpatient setting
- Known or suspected history of domestic violence

Please complete the referral form and email to erspseasonscenter.org.



Adult Services Provided



- Assertive Community Treatment (ACT) Services
- Care Coordination (CCBHC, ERSP, Veteran Services)
- Community Based Services
- Consultation & Education Services
- Emergency and Crisis Services
- Health & Wellness Coaching (CCBHC)
- Iowa Domestic Abuse Program (IDAP)
- Intensive Psychiatric Rehabilitation (IPR) Services
- Nursing Services (CCBHC, ERSP)
- Outpatient Counseling & Therapy Services
- Outpatient Psychiatric Services
- Peer Support (ACT, CCBHC, Family Treatment Court)
- Substance Use Disorder Services
- Targeted Case Management (CCBHC)
- Trauma Therapy Services
- Veteran Services

Child/Adolescent

Services Provided

Meet the Provider

Meet Anne Reiter, MA, LMHC School-Based Therapist



Anne has nearly 7 years of experience as a mental health therapist working with individuals, couples and families across the life span. In addition, she has 12 years of experience working with youth and families toward health and wholeness. Her areas of expertise are in trauma interventions and informed care, Theraplay style interventions, abuse & addictions recovery, mindfulness, family systems, Cognitive Behavioral Therapy, and Emotion Focused Therapy. She is passionate about seeing healthy, whole and strong families.

Contact Anne

Phone: 712-260-4014 | Email: areiter@seasonscenter.org

What does Anne do as a School-Based Therapist?



Provide mental health therapy during school hours or after school



Provide mental health evaluation and create an individualized treatment plan



Collaborate with parents and teachers to best meet the mental health needs of child



- Adolescent Substance Use Disorder Services
- Behavioral Health Intervention (BHIS) Services
- Camp and Therapeutic Respite Services
- Care Coordination (CCBHC)
- Consultation & Education Services
- Emergency and Crisis Services
- Nursing (CCBHC)
- Outpatient Counseling & Therapy Services
- Outpatient Psychiatric Services
- School-Based Services
- Specialized Trauma Services (RPG programs)
- Trauma Therapy Services

Family Services Provided

- Couples Therapy
- Family Counseling and Therapy Services
- Foster & Adoptive Services
- Specialized Trauma Services



Foster & Adoptive Services

Walking Alongside Families

Through Therapy and Permanency Support Services, Seasons is able to walk alongside families as they navigate challenges that may be associated with foster care and adoption by providing a wide variety of supports and education. Our desire for the Family Support Center is to be a place for families to come for both formal services as well as a place to come and visit, check out resources, attend support groups, and connect with each other in a family friendly environment that is open, inclusive to all yet respectful of the diverse and unique families that we hope to serve.

Our **Permanency Support Specialist** and **Family Support Therapist** provides services that are family-centered to best resolve the challenges your family is facing. *Services may include:*

- ▶ Adoption Specific Support & Education
- ▶ Referral Connections
- ▶ Community Resources
- ▶ Crisis Management
- ▶ Advocacy
- ▶ Education/School Services
- ▶ Respite Connections
- ▶ Support Groups
- ▶ Support for Parents in Understanding Child Behavior & Trauma
- ▶ Mental Health Therapy for Children, Youth, & Families



seasons  CENTER FOR BEHAVIORAL HEALTH
147 South Main, Sioux Center, IA | 800-242-5101 | seasonscenter.org

Fundraising & Grants

Fundraising

- Number of donors: 103

Federal Grants

- CCBHC
- CMHC
- ERSP
- HRSA
- MHAT
- RPG4
- RPG5

State Grants

- Victims of Crime Act (HEAL)
- IDPH Emergency COVID-19 Relief
- Mental Health Block Grant

Local Grants

- Telligen
- Corporate Foundations
- MHDS Regions
- Area CPPC/DCATs/Community Foundations
- Food Bank of Iowa

Strategic Plan 2018-2022 Primary Goals

We are so grateful for the work of the various Strategic Planning workgroups in 2021 and proud of all they have accomplished. As we enter 2022, we look forward to working on a new Strategic Plan that will carry Seasons into the future.

- 1. Develop & Improve Clinical Services**
- 2. Data Driven Decision Making**
- 3. Invest In Our People**

Strategic Goal #1: Develop & Improve Clinical Services

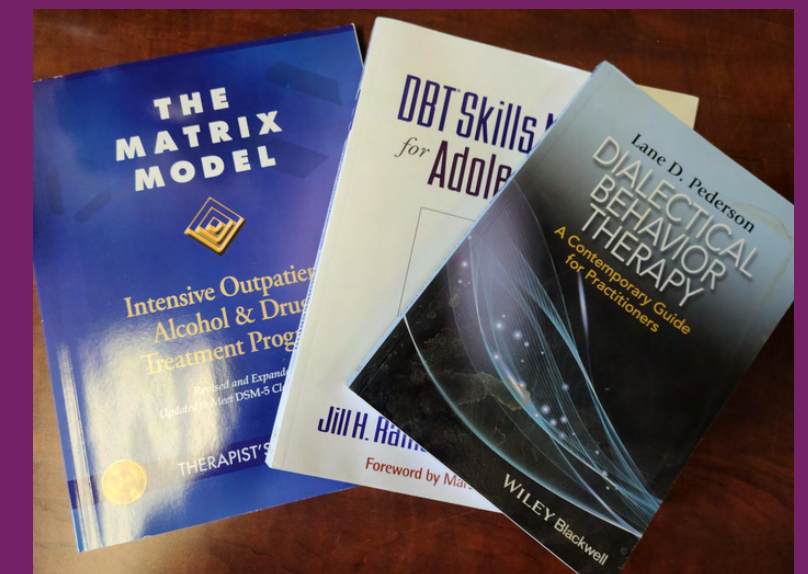
School-Based Services

- Increased school contracts to 7
 - added Emmetsburg, Algona, OABCIG, MMCR and Sioux Central to the list which already included Cherokee and South Central Calhoun
- Established intake process for schools and students for better access to services
- Retained all therapists from one school year to the next
- Retained 3 YSWs from one school year to the next; loss of YSWs was do to choice to advance education
 - currently have 1 YSW working towards Master's degree; 3 other YSWs looking to advance education and/or credentials



SUD Services

- Established/maintained at least two different groups (men's groups, women's group, and co-ed groups) in Spencer and Storm Lake.
- Hired and/or retained tCADC or CADC staff (9 of 10 staff retained)
- 4 staff advanced their certification/degree
 - 3 staff advanced from temporary to full license
 - 1 staff completed Master's program and is now providing co-occurring MH/SUD services
 - 2 staff currently obtaining Master's degree



Strategic Goal #2: Data Driven Decision Making

- Supported compliance and revisions within agency's new Electronic Medical Record to accurately document, capture, and report on client outcomes and successes
- Completed Mental Health Acceptability survey to assess stigma/willingness to access MH services across our 20 county service area: 391 respondents; implemented action steps including staff focus groups, innovative outreach opportunities such as Kids Carnivals and Community Connect, and additional trainings and social media campaigns addressing the need for HOPE during COVID-19

Please rate your comfort level for the below (1 = very uncomfortable, 2 = uncomfortable, 3 = hesitant, 4 = neutral, 5 = comfortable, 6 = very comfortable)								
	calling an anonymous crisis line.	calling a crisis line staffed by someone from a local community.	seeing a mental health professional in your community.	seeing a mental health professional outside of your community.	receiving mental health services via telehealth (an audio-visual or telephone call).	talking with your friend(s) or family about your mental health struggles.	talking with your friend(s) or family about their mental health struggles.	talking with another support system (i.e., faith leader).
AVERAGE	4.72	4.02	4.55	5.47	4.72	4.96	5.33	4.9

Strategic Goal #3: Invest In Our People

Recruitment

- Utilized Recruiting Firms to help fill PMHNP and Outpatient Therapy positions
- Hired a Training & Internship Specialist to work with new graduates to increase opportunity to fill Master level therapy positions
- Continued improvement efforts in reaching diverse candidates
- Offered a comprehensive benefit program adding a High Deductible Health Plan with an HSA

Comprehensive Training Program

- Implemented Relias Learning platform
- Monthly supervisor trainings

Annual Employee Picnic

- Recognized:
 - 14 employees who had 1 year of tenure
 - 9 employees who had 3 years of tenure
 - 3 employees who had 5 years of tenure
 - 2 employees who had 10 years of tenure
- Provided door prizes to all who attended
- Games including a Cornhole Tournament & a Pie Eating Contest

Retention

- Culture Change
- Employee satisfaction survey sent in November. The goal was a "4" or higher in each area (Trust, Job Expectation, Flexibility, Transparency, Communication) and 50% staff completion rate
 - Supervisor data scored over 4 in the five categories listed. Although Leadership did not score over 4 in four of the categories, there was marked improvement from 2020 to 2021.
 - Improved participation - went from 41.8% in 2020 to 57.4% in 2021
- Implemented Invest in Our People Days which includes a monthly National Celebration Day (i.e. Coffee Day, Muffin Day, etc.)
- Weekly communication from leadership including pertinent information surrounding the day to day decisions made that would affect employees.
- Weekly coworker trivia
- Secret Santa, pot lucks and Christmas spirit days

Public Relations

- Ice Fishing Tournament & Fundraiser
- **Foster/Adoptive Trainings**
- Community Presentations
- **Virtual Presentations**
- Cookie Deliveries
- **Social Media Posts: Facebook & Instagram**
- TV & Radio Interviews
- **Resource Bags**
- Food Givaways



Clients Served



Individuals Served in 2021

Substance Use
Services

800

Outpatient
Therapy

1,657

Psychiatric
Services

1,747



Program Highlights

School Based Services

A unique program that offers a team-oriented, comprehensive clinical model of therapy to children with emotional and behavioral difficulties in the school setting. Licensed therapists work with the child, family, and school personnel to meet the child's needs. Services are provided in the flexibility of the school setting, so the child will not have to be disrupted from their school schedule and the family from their work schedule, and the school team can help collaborate on services, problems, and strengths.

393

of Clients Served

IDEAL SPACE FOR CHILDREN TO ACCESS MENTAL HEALTH CARE

- SCHOOLS PROVIDE AN IDEAL SPACE FOR CHILDREN TO ACCESS MENTAL HEALTH CARE
- SCHOOL BASED THERAPY SERVICES ARE TIMELY, ACCESSIBLE & EFFICIENT: THEY REACH THE LARGEST NUMBER OF CHILDREN POSSIBLE

"We don't have to do it all alone. We were never meant to."
Bruce Brown

Testimonials

"As a school counselor, having Seasons means that I have more people to collaborate with and help make students, families, and staff understand the extreme need of mental health and how it impacts our kids everyday." - School Counselor

"Our students and families face many challenges. Seasons has added a great tool in our toolbox to build supports for students and families. Having those supports be available in the school setting has definitely served students and families well. Many times, it is the difference between a student receiving the support services or not receiving the support services they need." - Superintendent of Schools

"The social emotional needs of a child have never been higher and some students require a service most districts are unable to provide. At Emmetsburg we are fortunate to work with the Seasons staff so we can fill that growing social emotional void some of our children are encountering." - School Administration

"I have noticed that these students are doing a much better job of recognizing their feelings and are starting to learn how to calm themselves down (students in YSW groups). They are also becoming more aware of how their actions affect other children." - Teacher

JUST A FEW BENEFITS OF COUNSELING

- Greater self-confidence
- Better relationships
- Improved communication
- Increased self-esteem
- Stress relief
- Ability to set boundaries
- Less anxiety
- Improved problem-solving skills

NEARLY 60% OF SCHOOL AGED CHILDREN DO NOT RECEIVE ANY TREATMENT

OF THE CHILDREN THAT DID RECEIVE SERVICES, 2/3 DID SO IN A SCHOOL SETTING

50% OF MENTAL ILLNESS BEGINS BY AGE 14

APPROXIMATELY 50% OF CHILDREN AGE 14 & OVER, WITH A MENTAL HEALTH ILLNESS, DROP OUT OF HIGH SCHOOL

THERE IS AN AVERAGE DELAY OF 2-10 YEARS BETWEEN ONSET OF SYMPTOMS AND ACCESS OF SERVICES

1 out of 5 children has a diagnosable mental health disorder

Information from www.educateiowa.gov

seasons
School Based Therapy Services

Contact Us

Website: www.seasonscenter.org/school-based-services
Phone: 800.242.5101
Email: schoolbasedservices@seasonscenter.org

"Our students and families face many challenges. Seasons has added a great tool in our toolbox to build supports for students and families. Having those supports be available in the school setting has definitely served students and families well. Many times, it is the difference between a student receiving the support services or not receiving the support services they need." - Superintendent of Schools

Program Highlights

Certified Community Behavioral Health Clinic (CCBHC)

Provides wrap-around care and support to adults, adolescents, and children diagnosed with mental health or substance use disorders. CCBHC Supportive Services include, but are not limited to: care coordination, peer support, nursing support, and veteran services.



of Clients Served

Adults

454

Children

259



Hosted Senator Ernst at Autumn's Center

Program Highlights

Emergency and Mobile Crisis Services

Are provided 24 hours a day, 7 days a week to assist individuals, families, and partner agencies who have an emergent need. In addition to the Crisis Line, our team supports callers on our Talk Line.

of Crisis Calls

47

of Talk Line Calls

578

of Mobile Crisis Responses

135

of Referral Sources Worked With

36

WATCH NOW: Sioux County sees positive outcomes from behavioral health mobile crisis program

Dolly Butz Oct 26, 2021 1



Janelle and Captain VanVoorst discuss the Seasons Center Mobile Crisis program and the benefits of having a strong partnership between...

Program Highlights



COVID Care Response Team (ERSP)

Our Suicide Prevention grant began serving our communities in August of 2020. The program increases access to behavioral health services for adults ages 25+ during the COVID-19 pandemic and enhances efforts to prevent suicide within our core nine counties.



Program Accomplishments

- 6 ASIST trainings
- Suicide Prevention Summit
- Domestic Violence Summit
- Suicide Prevention Walk & Family Wellness Event

Focus Sub-Populations

- Farmers/Ag Populations
- Domestic Violence Victims
- Immigrants/Refugees



Program Highlights



Regional Partnership Grants (RPG4 & RPG5)

Offer **Specialized Trauma Services** to children and their families that have experienced trauma due to substance use and addiction by parents or caregivers.

RPG4 Highlights

of Referrals

25

of New Cases

18

of Cases Served

34*

RPG5 Highlights

of Referrals

74

of New Cases

50

of Cases Served

71*

*defined as number of cases which were part of RPG at any time in 2021

Program Highlights

VOCA (Victims of Crime Act)

Grant provides Trauma Therapy services designed to meet the unique needs of individuals, families, and communities who have been a victim of a crime.

of Clients

106

1,142

Hours of Therapy

Hours of Advocacy

321

Evidence-Based Programs

- Acceptance & Commitment Therapy
- Assertive Community Treatment (ACT)
- Crisis Prevention Institute (CPI)
- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Motivational Interviewing (MI)
- Parents and Children Together (PACT)
- Parent-Child Interaction Therapy (PCIT)
- Parenting Wisely
- Play Therapy (staff training in process)
- Seeking Safety
- Theraplay (staff training in process)
- Trauma-Focused-Cognitive Behavior Therapy (TF-CBT)
- WISE Up!



Internal Food Bank



Food Received & Distributed

- **10,875** pounds of food received from the **Food Bank of Iowa**
- Approximately **8,000** food and other hygiene/household items received as **donations** from grants, staff and other donors
- An average of **53** households per month **accessed** our Food Bank
- Completed **12** Mobile Community Food Giveaways, including one in conjunction with a Mobile COVID-19 Vaccine Clinic - utilizing both volunteers and external partnerships

Locations

- Accessed by clients from **12 counties**

Food-Related Grant Funding

- Received **\$33,658.56** in grant funding toward Food Giveaways, Food Bank Expansion and Food Bank related supplies and transportation

Community Trainings

- ASIST
- Mental Health First Aid
- QPR
- Suicide Prevention Summit
- Foster/Adoptive
- Which Way Summit
- Teaching the Developing Brain
- Domestic Violence Summit
- Behavior is Communication

of Attendees

758

of Trainings

30

CEUs Offered

168



Internal Trainings

- The Matrix Model Part 1 & 2
- EBP Trainings
- Leading Group Sessions
- HIPAA
- 42 CFR, Part 2
- DLA-20
- The Role of a Therapist
- Strategic Planning



of Attendees

171

of Trainings

11

CEU's Offered

24.5

Mental Health Awareness Trainings

QPR, ASIST & Mental Health First Aid

22

of Trainings Held

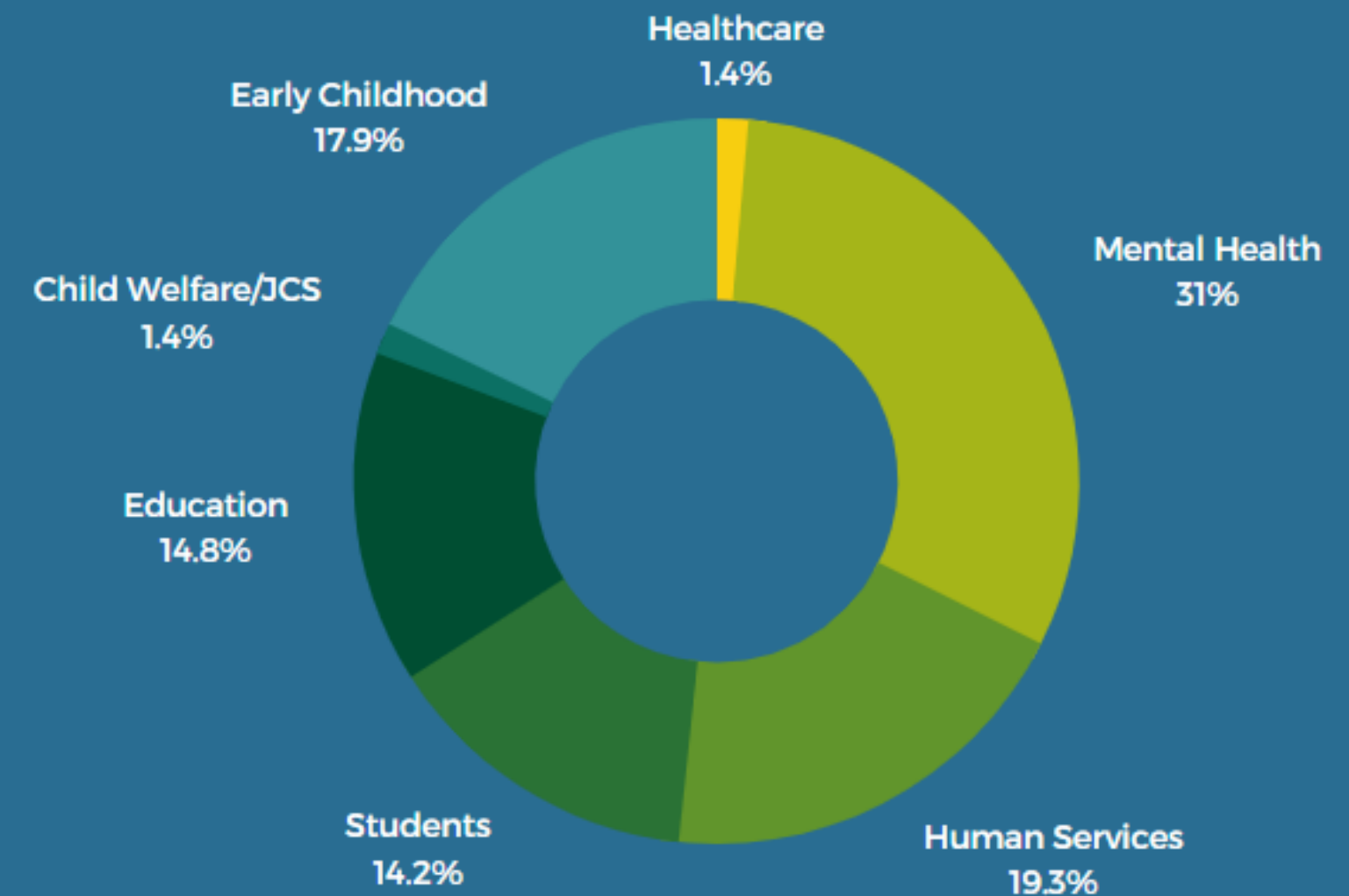
284

of Individuals Trained

38

of Veterans Trained

WHO DID WE TRAIN IN MENTAL HEALTH AWARENESS?



Of the 148 individual community members, we trained 111 individuals who reported working in the field of mental health, 69 who work in the human services field, 64 who work in early childhood, 53 who work in education (including secondary education), and 51 who are students.

Social Media

Guiding INDIVIDUALS and FAMILIES towards a *meaningful and fulfilling* life



Seasons Center for Behavioral Health

@SeasonsCenterForBehavioralHealth · 3.3 (7 reviews) · Mental Health Service

Edit Donate

Facebook Paid Reach: 14,748 people

- the number of people who saw our ads at least once

Facebook Page Reach: 340,530 people

- The number of people who saw any content including posts, stories, ads & more

Instagram Reach: 38,345 people

- The number of unique accounts that saw any posts or stories at least once



3,200 Facebook Likes

- 90.8% Women
- 9.2% Men



Top Locations

- Spencer
- Orange City
- Sioux Center
- Spirit Lake
- Sheldon

Accomplishments

- 38 New Employees Hired & Retained
- 20 Temporary Camp Staff Hired for 2021 Summer
- 16.31% of Employees Have Worked at Seasons 5+ Years
- Internal Staff Development
- Survived COVID with no layoffs

- Opened Family Support Center
- Telligen Grant
- CMHC Grant
- 5 years of serving children & families at Autumn's Center
- 5 seasons of summer camp at Camp Autumn

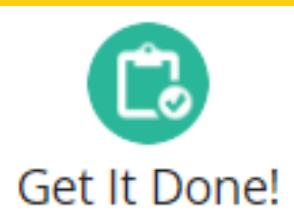
- Expanded School-Based Services
- Piloted Mobile Behavioral Health Services
- The American Camp Association (ACA) Great Rivers Local Council voted, once again, to continue Camp Autumn's classification as an ACA accredited camp



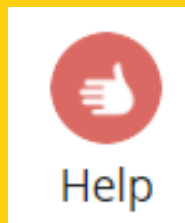
Our Employees

Impressions

Over 525 impressions were given amongst coworkers to express gratitude



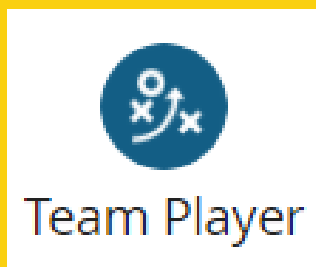
Get It Done!



Help



Mentor



Team Player

Staff Spotlights

Several times per year, Seasons highlights staff on social media to share resources, expertise and accomplishments

Employee Recognition



Meghan Sierck, BS
Psychiatric Medical Assistant



Abbie Van Schepen, RN
CCBHC Care Team Nurse



Jessica Rydell
Medical Records Technician



Karl Miller, LMHC
Outpatient Therapist

seasons CENTER FOR BEHAVIORAL HEALTH

Suicide Prevention Month 2021 Provider Q & A

How can you tell if someone is struggling with suicidal ideation?

"You may see **increased isolation, substance use, anger, and/or violent behavior** in someone who is struggling with suicidal ideation."

Lindsay Obbink, BSW
COVID Care Team | Project Director



seasons CENTER FOR BEHAVIORAL HEALTH

SELF CARE SUNDAY

presented by Seasons' FAMILY SUPPORT CENTER



PHYSICAL SELF-CARE

"When looking specifically at physical self-care, I recommend creating a routine around the physical activity or adding it to your existing routine."

ADVICE FROM FAMILY SUPPORT THERAPIST, JENN KOBIKER, LMSW



monthly self-care tips for families and parents

Staff Functions

Company Picnic



All Staff Meeting



Quotes from Clients, Employees & Partners

"We've never had a crisis service in the past and it's something we've found to be very valuable. Since we've partnered (with Seasons), it's made a difference in how calls have turned out."

- Captain Jamie Van Voorst
Sioux County Sheriff's Dept.

"This program is a big help to me right now. It is quite literally saving my life. I'm going through a bitter separation gearing up for divorce. I'm doing better than I thought I would be. I cannot express how much it means to me to have this kind of program exist. I hope that others may be able to get the same help, support and comfort as I do and it keeps going."

- Seasons ERSP Enrolled Client

" This is to serve as a commendation letter for the staff at Seasons in Sioux City, Iowa. The educational services I have received from the kind and professional staff have been of great value. This is knowledge that has aided me greatly while raising my granddaughter.

This organization is a great service to our community."

- RPG5 Grandparent
learning PACT

"This was the most educational, enjoyable workshop I have ever been to. I truly learned a lot that will be applicable in multiple areas of my life."

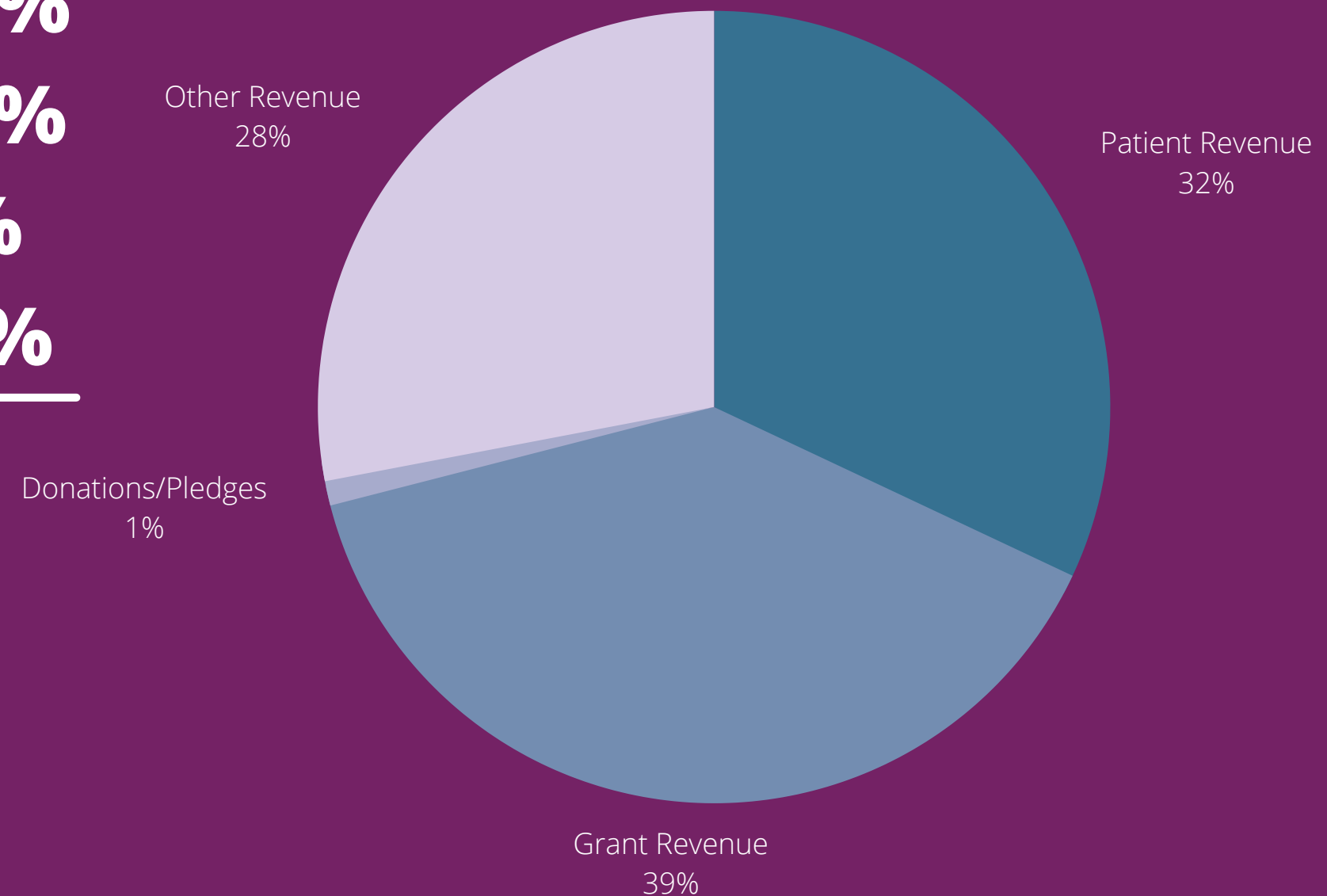
- Seasons Training
Participant

"I have worked with other agencies regarding my DV case and you guys have helped me out the most, by far. You don't preach to me or speak above my level, you listen and offer real world advice that I can actually use. I am so grateful I have found Seasons and look forward to working more with you as I work through my trauma."

- Seasons ERSP
Enrolled Client

2021 Financial Overview - Operating Revenue

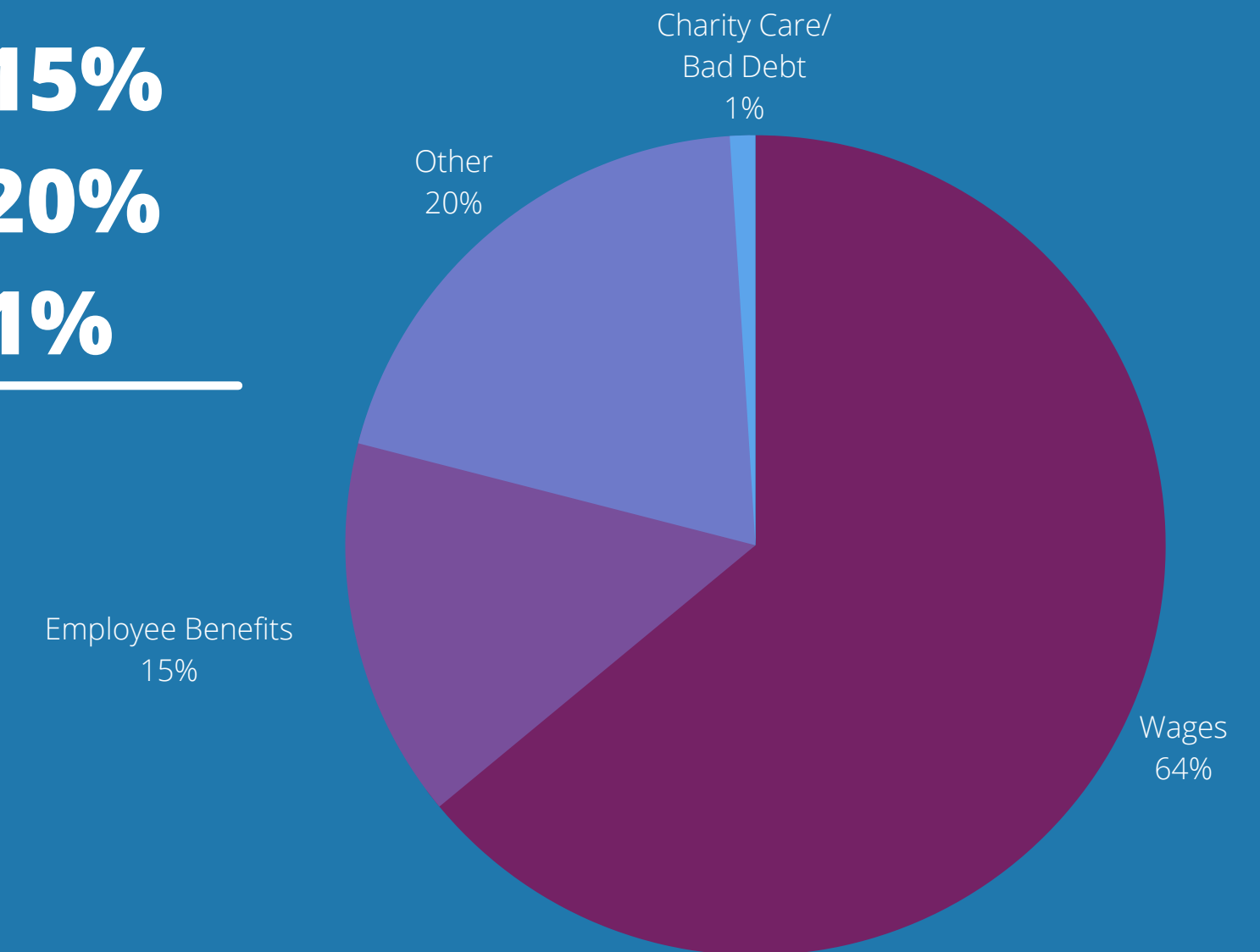
Patient Revenue	\$3,850,369	32%
Grant Revenue	\$4,649,818	39%
Donations/Pledges	\$66,449	1%
Other Revenue**	\$3,399,034	28%
Total	\$11,965,670	



**Includes restricted assets that were released and used for Autumn's Center & Camp Autumn as well as funds from 2 PPP forgivable loans

2021 Financial Overview - Expenses

Salaries and Wages	\$6,040,398	64%
Employee Benefits	\$1,398,544	15%
Supplies and Other	\$1,877,799	20%
Charity Care/Bad Debt	\$133,669	1%
Total	\$9,450,410	



Major Funding & Donors

Individuals	\$36,767	1%
Business/Corporations	\$29,682	1%
Grants/Foundations	\$4,649,818	98%
Total	\$4,716,267	



November 23, 2021

HAPPY HOLIDAYS!

As we watch the fall colors come into focus, and the warm weather turn to cold, we are reminded of the constant state of change we all experience. These past few years we have all dealt with an enormous amount of change. Seasons Center has experienced a recent change too. Allow me to introduce myself. I am the new President & CEO at Seasons Center. While that title is new, I've actually been at Seasons for over 11 years as the VP of Finance. I have witnessed many great things this organization has done and I am very excited to lead Seasons Center at being Best in the Midwest in behavioral health.

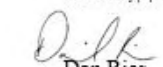
As I child growing up in rural northeast Iowa, I was lucky. I had a home where I was loved and supported by my parents. My parents worked hard to make sure we always had food to eat and clothes to wear. Made sure we went to church on Sunday. Taught me the importance of a good work ethic that has led me to where I am today. I met my wife Danielle at a church camp while in college at the University of Iowa. Without the upbringing we both had, where our faith was important to us, we might never have met, and my life would be totally different. We have 3 beautiful girls, Madison age 10, Ava age 8 and Allison age 5. I like to believe that our kids are lucky like we were, where they are loved and supported.

Unfortunately, many kids are not as lucky as I was. They grow up in a home where the next meal is not guaranteed. Many of the kids that our organization serves are bullied or deal with depression and anxiety. Kids that could use some of the extra love and support that we provide at Camp Autumn.

At Camp Autumn, kids just get to be kids. At Camp they can let their worries go. They can make new friends, learn new skills that help them cope with those bullies and overcome that depression and anxiety. They get to experience nature, enjoy nutritious snacks and meals, and just have fun being a kid. Your support can help make sure kids have the opportunity to experience Camp Autumn.

This year when you decide which request for support you want to give to, please think about these kids. Think about the kids that aren't as lucky as I was, who need some extra care and support to know they are loved and they can have a brighter future. Help us help these kids!

Wishing you and yours a Happy and Safe Holiday Season!


Dan Ries
President & CEO

CENTER FOR BEHAVIORAL HEALTH

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Leadership Team



Jean Drey
VP of Program Development



Christina Eggink-Postma
VP of Program Coordination & Compliance



Rebecca McCrackin, Psy.D.
VP of Clinical Services



Dan Ries
VP of Finance (January - August)
President & CEO (September - December)



Kim Scorza
President & CEO (January - August)



Barb Work, PHR, SHRM-CP
VP of Personnel & HR

Opportunities & Challenges

Opportunities:

- Increase Grant Revenue
- Expand School-Based Services
- Expand Telehealth Services

Challenges:

- COVID-19
- Workforce Shortages – Clinical
- MHDS Region/State Changes to Mental Health Funding

Board of Directors

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Hull

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Erin Vander Velde

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No governing board member has a family relationship with a staff member or a potential conflict of interest with the agency.

As a CMHC, Seasons is not owned or controlled by any individual, partnership, corporation body, or a subdivision of other bodies.

We Are Here to Help!

seasons

