

ANNUAL REPORT 2018



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"We were at our wits end. We had tried every type of therapy possible to deal with our daughter's anxiety and depression that made her hide in our apartment for days on end. It was not until we enrolled our daughter in a wilderness therapy program that we were able to finally get the right type of help. In this incredibly positive and supportive environment we could finally see a light at the end of the tunnel. As our daughter started understanding what she needed to do to deal with her anxiety and depression, she started developing into a completely new person. She exhibits such self confidence now that she walks with this new found swagger. She looks so healthy and happy, something we have not seen from her in years." ~ *Parents of young adult*

MESSAGE FROM OUR PRESIDENT

Sky's the Limit Fund continues to transform the lives of youth in crisis and their families with financial need.

As we enter our ninth year, Sky's the Limit Fund is expanding its Partner Program to include more wilderness therapy programs to support the growing needs of youth in crisis in the U.S. This year we will be adding new programs while continuing to expand our fundraising capabilities. We are also strengthening relationships with the entities that accredit wilderness therapy programs, such as Outdoor Behavioral Healthcare. One of their major goals is to make wilderness therapy available to more families in crisis by using medical insurance to help defer the cost. The number of youth in crisis continues to grow and a downturn in the number of teens who need this life saving therapy is not in sight.

Sky's the Limit Fund's focus is to make wilderness therapy treatment, an invaluable resource,

available to families of youth in crisis who are unable to afford it. The cost for this effective treatment can exceed \$500 per day. From 2010 through June 30, 2018, we have served over 437 families and provided over \$1.9 million in support, \$3.8 million with our partner program matching funds. Our Family Coaching Service has been in existence for 24 months and we have served over 45 families. This fiscal year 2019 we are raising the bar. Our goal is to help over 100 families and provide wilderness therapy funding of \$600,000. With our partner program match, this is \$1.2 million!

In an effort to spread the news of the efficacy of wilderness therapy programs to a larger geographic area, staff from Sky's the Limit Fund have been presenting to groups across the country and we will continue to do so. Please follow our progress on social media, our newsletters, and join us at an event near you.

On behalf of Sky's the Limit Fund's board, staff and families served, thank you for your support and belief in our mission.

Sincerely,

Christopher Keck

Christopher Keck
President, Board of Directors

Thanks to you,

96
families

participated in wilderness
therapy programs in 2018.





Our Mission

At Sky's the Limit Fund we transform the lives of youth in crisis and their families by providing access to wilderness therapy programs, coaching services to guide families during the transition home, and outreach programs to educate the community on the benefits of wilderness therapy.

Wilderness Therapy Support

Wilderness therapy is very expensive and cost prohibitive to low and moderate income families. Believing that cost should not be a barrier to anyone seeking wilderness therapy treatment for their child, Sky's the Limit Fund provides financial assistance to offset the high cost and enable youth in crisis to attend one of our Wilderness Therapy Partner Programs.

Our funding is matched dollar for dollar by a partner program, further reducing the financial burden for each family.

History

Founded in 2010 by a mother with a teen in crisis and her dear friend, Sky's the Limit Fund partners with wilderness therapy programs to connect youth in crisis to the funds they need for treatment. Growing from helping two youth in crisis the first year, Sky's the Limit Fund made it possible for 96 youth to attend a wilderness therapy program in 2018. Twenty-four families benefited in 2018 from our Family Coaching Service that was created in 2016.

Family Coaching

Following wilderness therapy, many youth transition to an aftercare program to reinforce and expand upon the gains made in the wilderness. Unfortunately, aftercare is also expensive and cost prohibitive to Sky's the Limit Fund (STLF) families. Realizing the importance of this aftercare component, Sky's the Limit Fund created the Family Coaching Service in 2016. We offer this direct service, lead by two experienced and licensed therapists, free of charge to STLF families and to non-STLF families for a nominal fee. This service solution is a vital family support component for youth's success in their transition home.

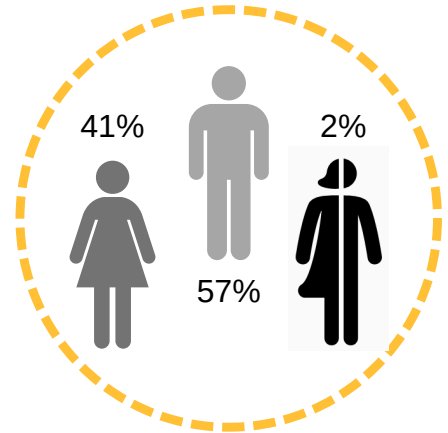
ABOUT OUR FAMILIES

96
Youth in
25
States

We served 96 youth and their families from 25 states* in fiscal year 2018. Participants are from diverse backgrounds including, but not limited to, Asian, Black/African American, Hispanic/Latino, American Indian/Alaskan Native and White.

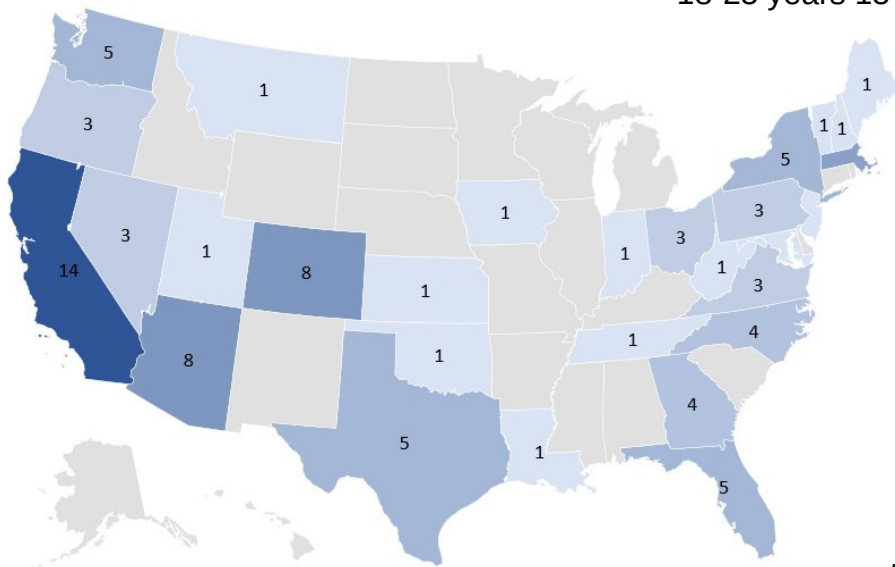
AGES

11-13 years 13%
14-17 years 73%
18-25 years 15%



GENDER

41% Female
57% Male
2% Gender non-conforming



24

families participated in our Family Coaching Service which provides transition support for the entire family.

*We accept applications from any youth whose primary residence is in the United States.



"Before I went to wilderness therapy I was paralyzed by anxiety and fear, I had trouble with even the simplest tasks- getting out of bed, eating, showering, not to mention attending classes and doing my assignments. I felt like I was living under a heavy cloud and I didn't see a future for myself anywhere. I had lost all confidence in myself and my dreams. I was pretty much hopeless. In a sentence, wilderness therapy saved my life. I might not have been suicidal when I left but I was headed in that direction and being at the program made me realize that there were so many things to see hope in and a million little things could be put together to create a happy moment. Everything that I learned at wilderness therapy is still with me."

~ Wilderness therapy participant

\$500

Average daily cost to attend a wilderness therapy program.

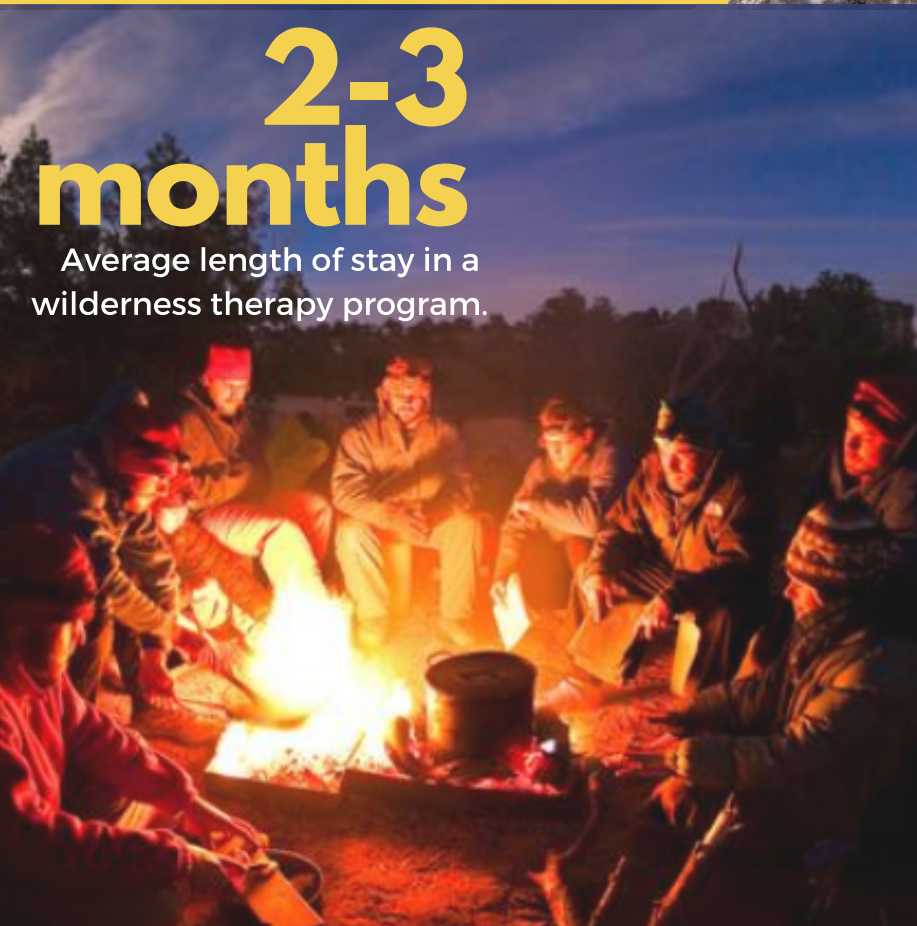
"My son was "off the rails" at age 16. He no longer went to school, smoked pot every day, and often stayed out all night doing who knows what. All wheels had left the track. His same-age cousin said to me one day, 'You have to do something BIG to help him.' Like what? I thought. No way is my son going to agree to therapy or to attend a new school, let alone go to a boarding school that I can't afford. Thankfully, one of the best referrals I received was for Sky's the Limit Fund. I could not wrap my mind around the cost of a wilderness program. But the financial support from Sky's the Limit Fund gave me the courage to pursue my son's need for "something BIG" to gain back his mental and physical health."

~ Parent of 16 year old



2-3 months

Average length of stay in a wilderness therapy program.



"There are more ways to lose your life than dying. I have found my life again, who I was meant to be, and who I want to become. I am grateful for every ounce of sadness, pain, suffering, and confusion because it is all mine to overcome. This experience is part of me and has been worth it in every way. I will continue trying to teach myself and others life's greatest lessons. I pray to myself and a higher power that I can maintain this mindset. I am kind, smart, honest, respectful, caring, and CAPABLE. Thank you for saving my life."

~ Wilderness therapy participant

WILDERNESS THERAPY PARTNERS

These are the nine Wilderness Therapy Programs that Sky's the Limit Fund partnered with in fiscal year 2018. We are inspired by the important work our partners do with families and youth. We are grateful for all of the matching funds from our partner programs that provide further financial assistance for families with a youth in crisis.

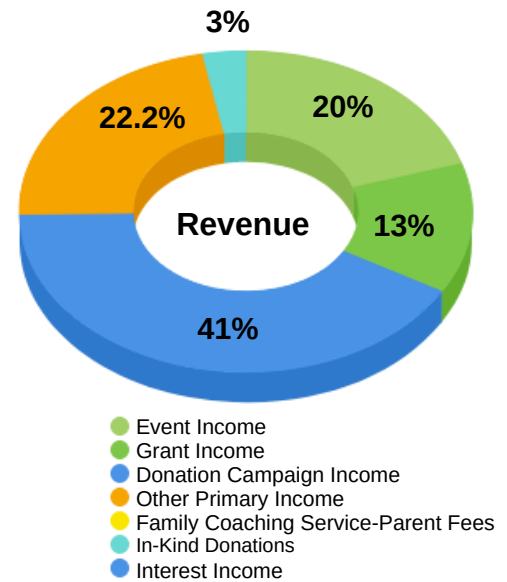


FISCAL YEAR 2018 FINANCIAL SUMMARY

We exceeded our FY2018 goal and provided \$518,000 of support to 96 youth in crisis and their families. With our Wilderness Therapy Partner Program match these families received over \$1 million in financial assistance, allowing the youth to attend a wilderness therapy program. As well, 24 of these families participated in our Family Coaching Service which provides transition support for the entire family.

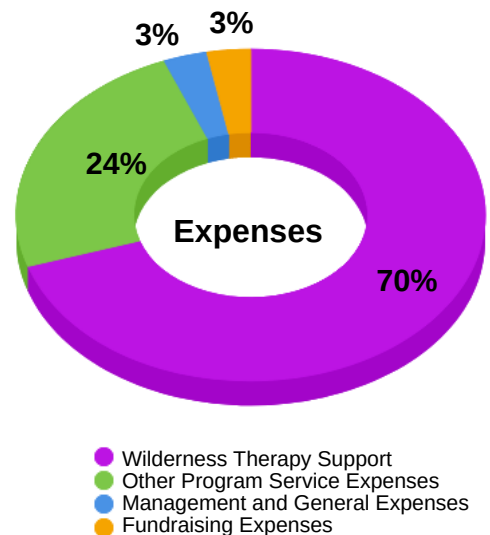
Revenue

Event Income	20%	\$206,346
Grant Income	13%	\$136,000
Donation Campaign Income	41%	\$420,409
Other Primary Income	22.2%	\$227,597
Family Coaching Program-Parent Fees	.5%	\$4,145
In-Kind Donations	3%	\$31,070
Interest Income	.3%	\$2,966
Total Income	100%	\$1,028,533



Expenses

Wilderness Therapy Support	70%	\$518,000
Other Program Service Expenses	24%	\$178,103
Management and General Expenses	3%	\$22,441
Fundraising Expenses	3%	\$25,162
Total Expenses	100%	\$743,706
Net Income		\$284,827



Assets

Cash: non interest bearing	\$774
Savings and temporary investments	\$460,915
Prepaid Expenses	\$3,000
Investments - other securities	\$360,621
Other Assets	\$778
Total Assets	\$826,088

Liabilities

Deferred Revenue	\$5,000
Unrestricted Net Assets	\$821,088
Total Liabilities	\$826,088

LEADERSHIP

Board of Directors

Christopher Keck, President
Lani Dorff, VP, Co-Founder
Jeff Deaton, Treasurer
Deanne Phillips, Secretary
Rochelle Bochner, Co-Founder
Kathy Bridgman
Naomi Chavez Peters
Chris Klayko
Barbara Krancer
Lisa O'Hearn-Keck
David Segri
Laura Strand
Shirley Wantland

Advisory Board

Jonathan Burton
Lynn Carteris
Deborah Eastburn
Mike Gass
Vania Matheus, MA, MS
Jay Silverman
Elizabeth Vereas-Semion

Staff (part-time)

Nancy Moore, Executive Director
Jill Lerner, Development & Fundraising Manager
Nina Chan, Development & Fundraising Manager
Debbie Roelands, Bookkeeper & Grant Writer
Andrea Hineman, Program Coordinator
Judy Leach, Program Coordinator
Jody Maruyama, Administrative Assistant

Family Coaches

Lauren Lollini, MA, LCPC
Heather Menzie May, LPC

"I am forever grateful for your decision to send me to wilderness therapy. Without you, this opportunity would never have been possible. Out in this desert I have made a change in my life that, weeks ago, I did not think I would see. Before I came out here, you were scared for me and questioned whether I would live to see the next 8 months. I was blinded by depression, anxiety, negative behaviors, cycles, and patterns and I was unable to see beyond the fog. I did not think that anything better than my sad thoughts would exist ever again. I looked beyond your love and care for me. I was lost, but not alone. I now see that. I have found my path, my light, the way out that I had so desperately been looking for. Now, however, the way out is no longer dark, instead it is brighter than ever." ~ *Excerpt from a wilderness therapy participant's letter*



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