

ANNUAL REPORT 2019



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◀ "The support STLF's Family Coaching Service offered to my family was priceless for us. We needed all the support we could get before, during, and after the transition back home from the wilderness program. I feel we wouldn't have had the success we've experienced without the Coach's guidance. She provided tools for both myself and my son that kept us on the right path. While there's been some bumps in the road, I'm confident we can move through them with the tools we've been given. I highly recommend using STLF's family coaching service for long term success."

~ Parent of 16-year old

MESSAGE FROM OUR PRESIDENT & CO-FOUNDERS

Dear Friends of Sky's the Limit Fund (STLF),

It is with great honor that I am serving as STLF's Board President during this milestone year. We are celebrating our 10-year anniversary in 2020! It really does seem like yesterday when Rochelle Bochner approached me, and a few others, about collaborating on an effort to help youth in crisis access wilderness therapy. In our wildest dreams we could not have imagined that 10 years later we would see such a successful nonprofit organization, dedicated to transforming lives, run by a tremendously talented staff and engaged Board of Directors and Advisory Board, and supported by a nationwide network of generous and impassioned donors.

The numbers are astounding. In 10 years, over 500 youth and their families have received over \$2.5 million in support, matched by our 10 partner programs, to reach a staggering \$5 million in financial relief.

We are celebrating our shared success this year, all the while being mindful of the tough road that lies

ahead for families we have yet to meet. STLF is more committed than ever to providing as much support as possible to youth in crisis and their families in need.

Please join us in celebrating our 10-year anniversary. Our NIGHTLIGHTS! Gala will be on May 9, 2020 ~ it will be one for the record books.

On behalf of our staff, Board, Wilderness Therapy Partner Programs, and especially those we support, we are most grateful.

Lani Dorf

FY2020 Board President & Co-Founder

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STLF's first decade is flying by in the blink of an eye. I reflect back on our early goal of helping six families the first year, and maybe doubling that the second year. I am deeply inspired and extremely proud of the work that STLF has done the past 10 years, and eagerly anticipate the next 10 years. As we step forward into the next decade, we have nowhere to go but UP. From the bottom of our hearts, THANK YOU for your belief in our mission and your ongoing support.

Rochelle Bochner

Co-Founder

Thanks to you,
112
families
participated in wilderness
therapy programs in 2019.





Our Mission

Sky's the Limit Fund transforms 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.

About Us

Sky's the Limit Fund (STLF) was co-founded by Rochelle Bochner and Lani Dorff in 2010 after Rochelle and her husband believed that the life-saving impact wilderness therapy had on their son should be available to ANY youth in crisis. Rochelle and Lani successfully raised funds and began supporting youth in crisis and their families with financial need. Unfortunately, wilderness therapy and transitional support are very expensive and rarely covered by health insurance companies. STLF makes wilderness therapy accessible to youth in crisis and their families who could otherwise not afford this effective treatment. STLF also provides critical transitional support to the family when the youth returns home from wilderness therapy or aftercare. Every year STLF supports more families as wilderness therapy becomes more widely accepted and recognized as an effective form of therapy.

STLF does not charge fees for its services and 100 percent of the agency's revenue is generated through donations. STLF's model is unique as no other nonprofit organization in the United States provides access to wilderness therapy as well as a transitional support service. In addition, our business model requires our Wilderness Therapy Partner Programs to match our funding, effectively doubling your donation.

Today

This fiscal year, 2020, we are celebrating our 10-year anniversary. We have come a long way since 2010, providing \$7,000 of support to two families our first year to providing \$579,435 of support to 112 families in fiscal year 2019. Our Family Coaching Service has benefited 67 families since its inception in 2016. We continue to grow and hope to raise over \$900,000 this year so that we can provide in excess of \$600,000 to over 115 youth in crisis and their families.

We thank you in advance for your continued support of youth in crisis.

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**"We can't help everyone,
but everyone
can help someone."**

.....

-Ronald Reagan



SUPPORT

Parent/Guardian Support

Sky's the Limit Fund provides families with guidance, mentors, and resources to give them the emotional and practical support and strength to successfully navigate the treatment process. We also host events and outreach activities to educate and bring awareness to the community on the efficacy and benefits of wilderness therapy and transitional support.



TRANSFORM

Access to Wilderness Therapy

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 youth, 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.



REUNITE

Family Coaching

We offer this comprehensive coaching service, to clinically approved families, to help the youth and family with the transition from wilderness therapy back into the home. Our service is led by two trained STLF Family Coaches. Our hands-on approach helps guide the family towards a healthier, functioning, family system by supporting and expanding on the new skills they acquired during wilderness therapy. This service is offered free of charge to all STLF families. We also offer this service to non-STLF families for a nominal fee.



"STLF literally saved our lives by allowing our daughter to participate in what she still calls the best experience of her life. Wilderness therapy allowed her the time and space to get to know herself and then open up about what she discovered and what she needed. It changed our dynamics when we got to hear what was on her mind and in her heart."

~ Parent of 15-year old

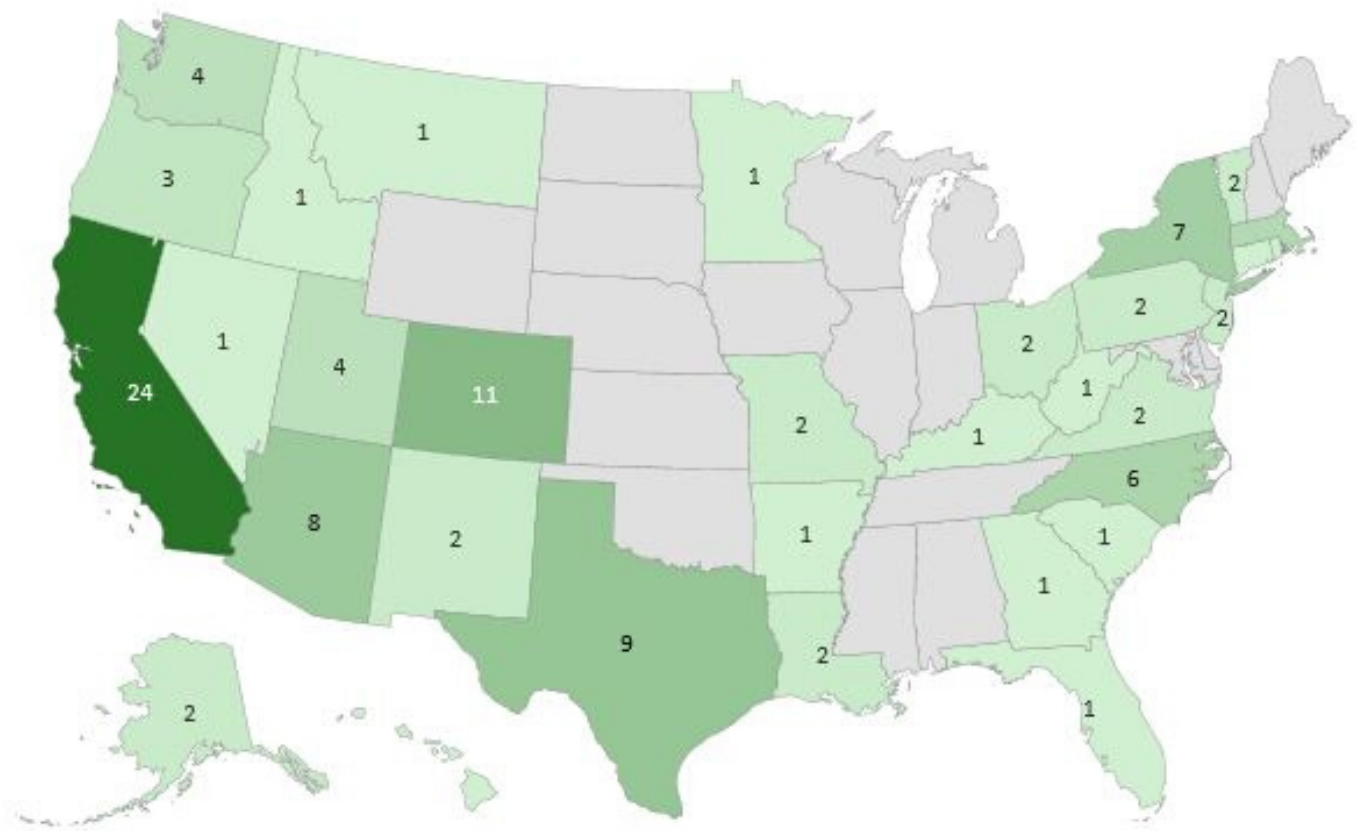
ABOUT OUR FAMILIES

112
Youth in
32
States

We served 112 youth and their families from 32 states* in fiscal year 2019. Participants are diverse and include, but are not limited to, Asian, Black/African American, Hispanic/Latino, American Indian/Alaskan Native and White.

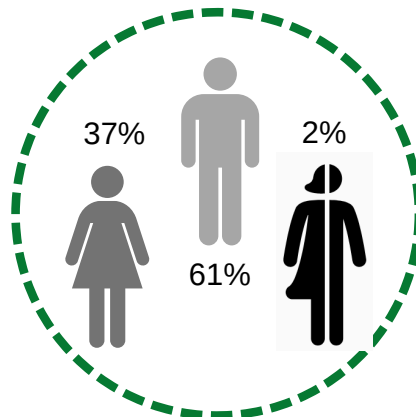
24

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



AGES

11-13 years 12%
14-17 years 78%
18-25 years 10%



GENDER

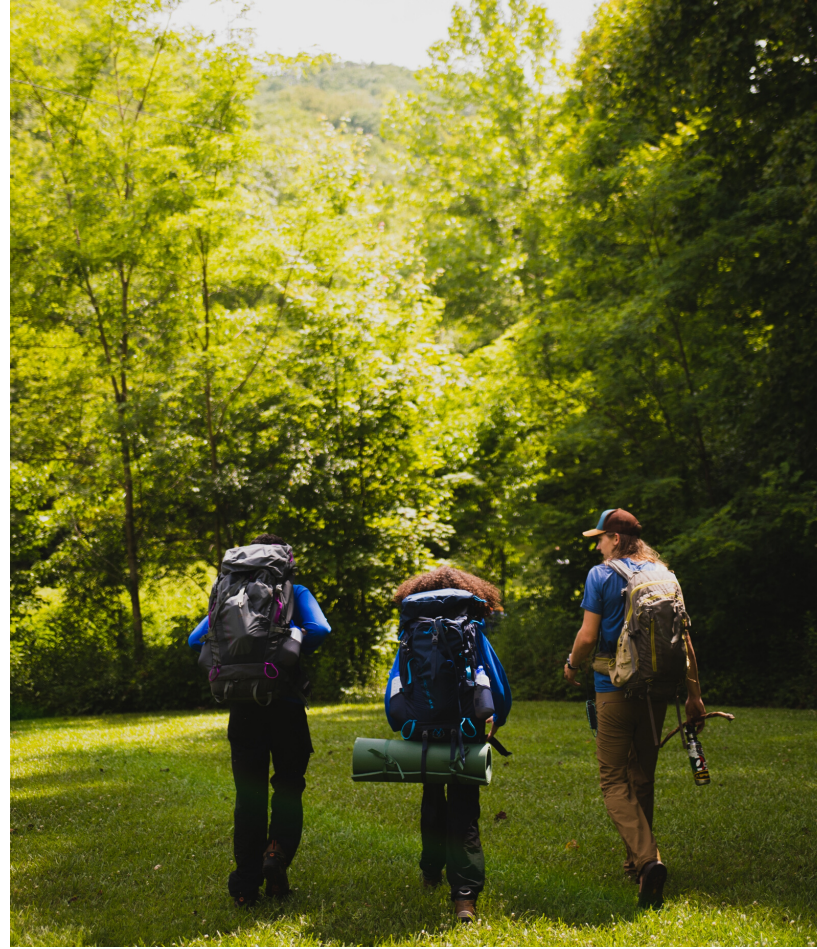
37% Female
61% Male
2% Gender non-conforming

*We accept applications from any youth whose primary residence is in the United States.
Gender, age and ethnicity as reported by families.

WHY WE GIVE

“I will always be eternally grateful for the support Sky’s the Limit Fund has been able to provide families in need of treatment. As an educational consultant, I often receive calls from parents in need of placement for their child and without funding the next step is very difficult. It’s comforting to know that Sky’s the Limit Fund can be an option when wilderness therapy is a fit for their child. I recently encouraged a few families to apply for funding through STLF and we are all grateful that STLF was able to provide the necessary funding the families needed in order to follow through with placement. It is a relief to know that the entire team at STLF is truly professional, caring, always available to listen and provide hope to families in need when possible. I look forward to continued collaboration with Sky’s the Limit Fund and will always be available to assist them with fundraising efforts.”

~ L. Vella, Vella Consulting, Inc.



\$550

Average daily cost to attend a wilderness therapy program.



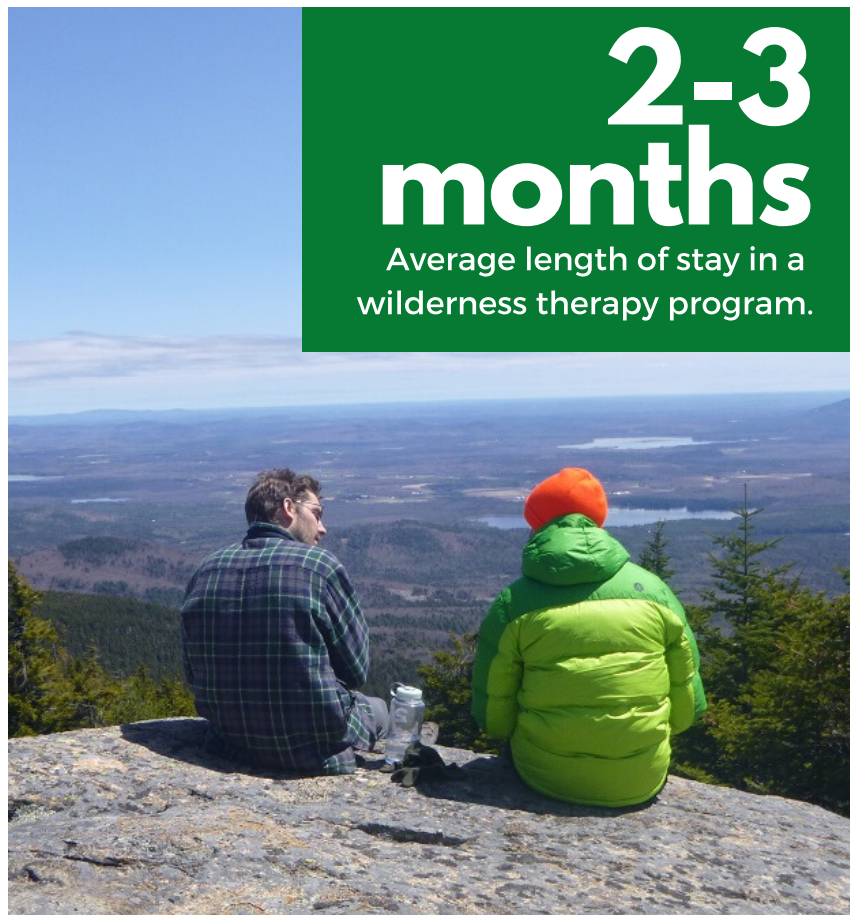
“As a parent with a struggling teen, I am fully aware of the multiple paths that can eventually lead to a wilderness therapy program. I understand, and have seen with my own eyes, how these programs save lives. We were fortunate enough to afford it. That said, no teen should ever be precluded from what many health professionals consider a “last resort” that can turn the teen's life around. I cannot even imagine being a parent who has tried everything and has nowhere else to turn. Truly heartbreaking. This is why I give to STLF. I can not imagine any other youth therapy having such a lasting effect and am forever grateful that we had the opportunity to send our son to a wilderness therapy program.”

~ Parent of 18-year old

MAKES IT POSSIBLE

“I heard a mother speak at a mental health initiative two years ago. Tears came to my eyes as I listened to her story of their family’s journey with their son who had gone to a wilderness program and on to aftercare and then to college. My tears flowed knowing this was the answer for my son too. But as a widow with two teenagers, I could not afford to send my son to an intensive program. It seemed like a pipe dream that was available only to the very wealthy. Ten months later in complete desperation, I contacted this woman. She told me about STLF, and I started to see a light in a time of great darkness...STLF made my son’s treatment and ultimately mental and physical well-being possible. I am proudly and gratefully sending my son to college to start his freshman year with tears now of joy and a full heart. He has grown into an amazing young man, who knows he can do and be whatever he dreams to be.”

~ Parent of 19-year old



2-3 months

Average length of stay in a wilderness therapy program.

\$42,000

Average total cost of a wilderness therapy program.



"When we sent our daughter to the wilderness therapy program, we were feeling hopeless. Our daughter’s life trajectory was disastrous. She would have ended up dead, in jail, or both. Now she approaches life with enthusiasm and joy and is taking charge of her future. What our family received was a miracle! She is now 100 percent engaged in life. The support we received from STLF was nothing short of a miracle."

~ Parent of 20-year old

WILDERNESS THERAPY PARTNERS

Sky's the Limit Fund partners with 10 wilderness therapy programs across the United States; Hawaii to Maine. In fiscal year 2019, Aspiro Adventures in Utah joined our Partner Program.

Our goal is to continue to expand in states where we do not have a partner, with programs that are AEE-OBH accredited and that offer unique treatment options and/or focus on a specific mental health issue. We have a very thorough and extensive vetting and interview process to ensure the programs meet our criteria standards such as maintaining a high level of accountability, transparency and safety, having a family component, and measuring outcomes.

Through our partnerships and funding, these wilderness therapy programs expand their reach to a culturally and economically diverse population of youth.

We are inspired by the important work our partners do with the youth and families. We are grateful for their matching funds that further reduce the financial burden on the families.

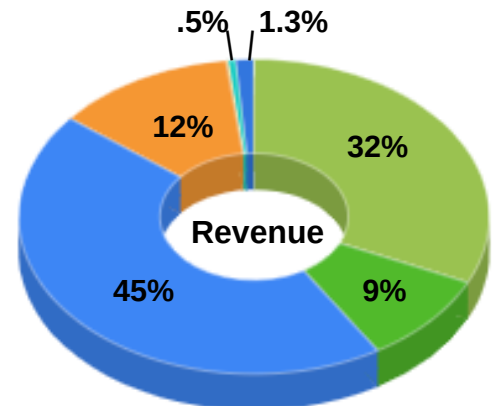


FISCAL YEAR 2019 FINANCIAL SUMMARY

In FY2019 we provided \$579,435 of support to 112 youth in crisis and their families. With our Wilderness Therapy Partner Program match these families received over \$1 million in support, allowing the youth to attend a wilderness therapy program. As well, 24 of these families participated in our Family Coaching Service which provides transitional support for the entire family.

Revenue

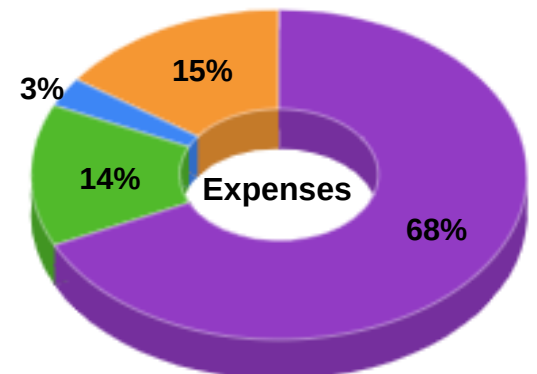
Event Revenue	\$250,095
Grant Revenue	\$73,200
Donation Campaign Revenue	\$349,120
Other Primary Revenue	\$97,160
Family Coaching Service-Parent Fees	\$1,000
In-Kind Donations	\$4,008
Interest Revenue	\$10,020
Total Revenue	\$784,603



- Event Revenue
- Grant Revenue
- Donation Campaign Revenue
- Other Primary Revenue
- Family Coaching Service-Parent Fees (.2%)
- In-Kind Donations
- Interest Revenue

Expenses

Wilderness Therapy Support Program	\$579,435
Other Program Service Expenses	\$118,861
Management and General Expenses	\$24,578
Fundraising Expenses	\$129,908
Total Expenses	\$852,782
Net Loss	(\$68,179)



- Wilderness Therapy Support Program
- Other Program Service Expenses
- Management and General Expenses
- Fundraising Expenses

Assets

Cash: non interest bearing	\$9,930
Savings and temporary investments	\$361,283
Prepaid Expenses	\$2,763
Investments - other securities	\$375,248
Other Assets	\$778
Total Assets	\$750,002

Liabilities

Unrestricted Net Assets	\$750,002
Total Liabilities	\$750,002

LEADERSHIP

Board of Directors

Chris Keck, President
Lani Dorff, Vice-President
Lisa O'Hearn Keck, Secretary
Jeff Deaton, Treasurer
Rochelle Bochner, Co-Founder
Naomi Chavez Peters
Sid Kapur
Barbara Krancer
Tara Saul
Dave Segre
Amanda Urquiza
Shirley Wantland

Advisory Board

Kathy Bridgman
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, Fundraising Manager
Nina Chan, Event 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 eight 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

TRANSFORMING LIVES



◀ "I pushed myself to the limits, both physically and mentally, and I'm proud of how much stronger I am because of it..."

"This experience gave me the tools that I needed so that I can succeed as an individual in the wilderness of the world."



◀ "Before I went to wilderness therapy I was paralyzed by anxiety and fear. In a sentence, wilderness therapy saved my life."

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We make a living by what we get,
but we **make a life** by what we **give**.

.....

Winston Churchill

STAY CONNECTED



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[@stlfgives](https://www.instagram.com/stlfgives)



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