

# IMPACT REPORT

2022



SKY'S THE LIMIT  
FUND

# MESSAGES FROM BOARD MEMBERS



As we move more hopefully beyond the challenges of the pandemic, communities and families across the country face economic challenges of inflation and a looming recession. These and other trends, including school and community safety concerns, have combined to adversely affect the emotional health of our youth and young adults. This can be seen in the rising incidence of anxiety and depression, and increasing levels of drug use and suicide. Sky's the Limit Fund seeks to bridge the emotional and psychological needs of youth and young adults with the financial support from our donors and our program partners, to provide wilderness therapy as part of the solution to youth struggling with emotional, behavioral, relational, and substance use health issues.

The expense of wilderness therapy is daunting for many families, all the more so in these difficult macroeconomic times. By providing financial support, made possible by our donors, we seek to bridge the financial gap many families face when looking for therapeutic solutions. Together with our supportive program partners, their mission-driven staff and therapists, and wonderful donors, we continue to make a difference for these families.

We know that providing this support takes a village and we are glad that you are part of this village. We are both proud of and humbled by our progress and look forward to continuing our journey and mission together with you in the years to come. Thank you for all you do for Sky's the Limit Fund.

All my best, *David Segre*

David Segre, Board Chair



Looking back over my nearly six years as a Board and Program Committee member, I'm struck by the growth Sky's the Limit Fund has experienced: not just in funding raised, but in the number of program partners and the scope of our assistance to families.

We've gone from partnering with our original one program in 2010 to fourteen of the most respected and trusted programs in the field, located throughout the United States and offering a range of diverse approaches to wilderness therapy. In 2022, STLF added Blue Ridge and Trails Carolina as well as Summit Traverse, our first transition program partner. This year we have also increased the amount of our Local Continuum of Care reimbursement to families, making our aftercare support more robust. As a wilderness parent myself, every visit I make to STLF's program partners impresses me with their commitment to helping our youth heal, and reminds me how grateful I am for the transformative experience of my own child in wilderness therapy.

Sincerely,

*Barbara Krancer*

Barbara Krancer, Program Committee Chair

# A PATHWAY TO HOPE THAT HEALS

## Mission

Our mission is to provide extensive support and financial assistance for wilderness therapy to adolescents and young adults in crisis and their families in need.

## FINANCIAL SUPPORT

Believing that cost should not be a barrier to anyone seeking wilderness therapy treatment for their child, Sky's the Limit Fund (STLF) provides financial assistance to offset the high cost and enable youth and young adults in crisis to attend one of our Program Partners. Our Partners also provide a reduction in tuition, further reducing the financial burden for the family.

## AFTERCARE ALLIANCE

Every young adult and family that receives financial support from Sky's the Limit Fund may apply to receive support through our Coaching Service. STLF coaches provide approximately 12 hours of coaching over the course several months to clinically approved families/young adults to help ease the transition home. Through weekly phone calls, the STLF coach supports and guides the family/young adult, expanding on the gains made in wilderness therapy.

## CORNERSTONE COMMUNITY

You Are Not Alone.

We walk with you until it's your idea to walk on your own by providing people with a shared experience; willing, available, and understanding. We make experienced staff, parent support, and resources available to families to give them the emotional and practical support to successfully navigate the treatment process. STLF hosts events to educate and bring awareness to the community on the benefits of wilderness therapy and transitional support.





# VITAL IMPACT & GROWTH

"We can't begin to thank everyone at Sky's the Limit Fund for your support -- not just financial, but emotional as well as the invaluable guidance of our coach too! Not only has it meant a great deal to us, it has all been such an important source of assistance at a time of incredible challenge. We are forever grateful to you all for being there for us when we've needed it most!"

In fiscal year 2022 (July 1, 2021 - June 30, 2022) STLF provided \$1.9M of support to 213 youth/young adults and their families as follows:

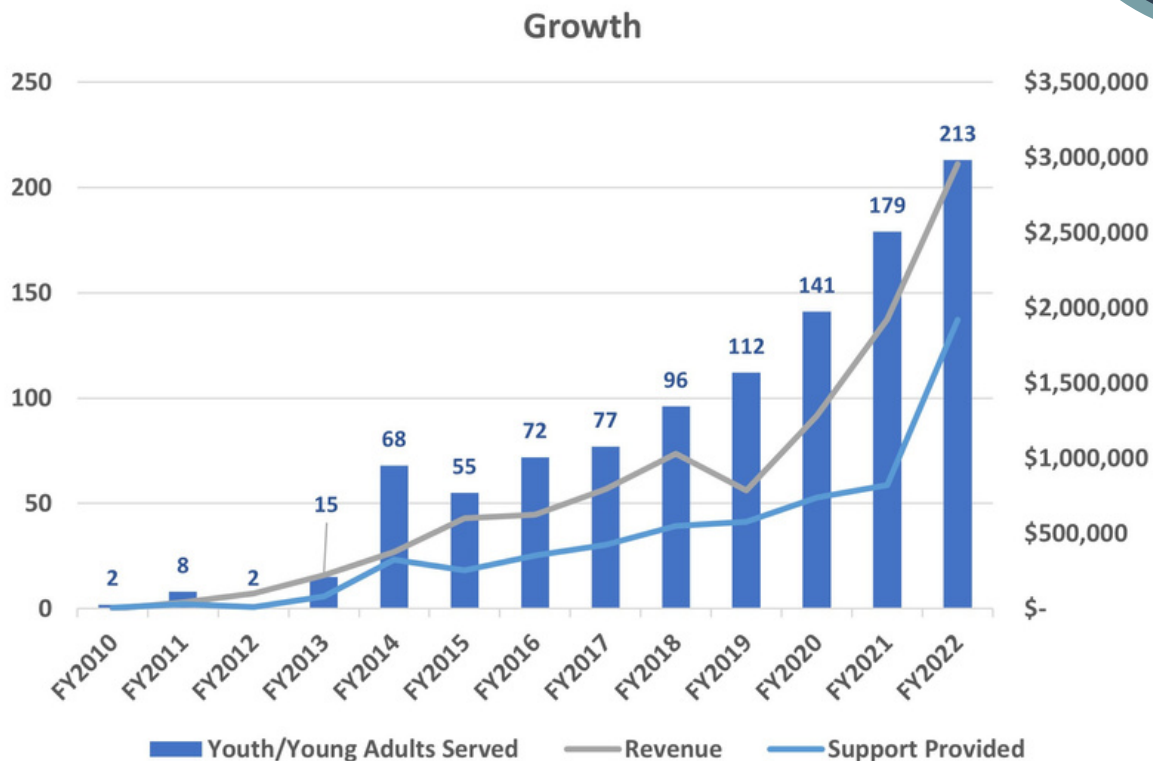
Financial Assistance for wilderness therapy: \$1,789,261

Coaching Services: \$101,794

Local Continuum of Care: \$30,297

Since inception in 2010, we have provided over \$6.6M of support to over 1113 youth/young adults and their families. The total support to families including our wilderness program partner's reduction in fees is over \$12M.

**1,113  
Families  
\$6.6M**





# FAMILIES WE SERVE

## 64

54 parent(s)/guardian(s) and 10 young adults participated in our Coaching Service which provides transitional support for the entire family.

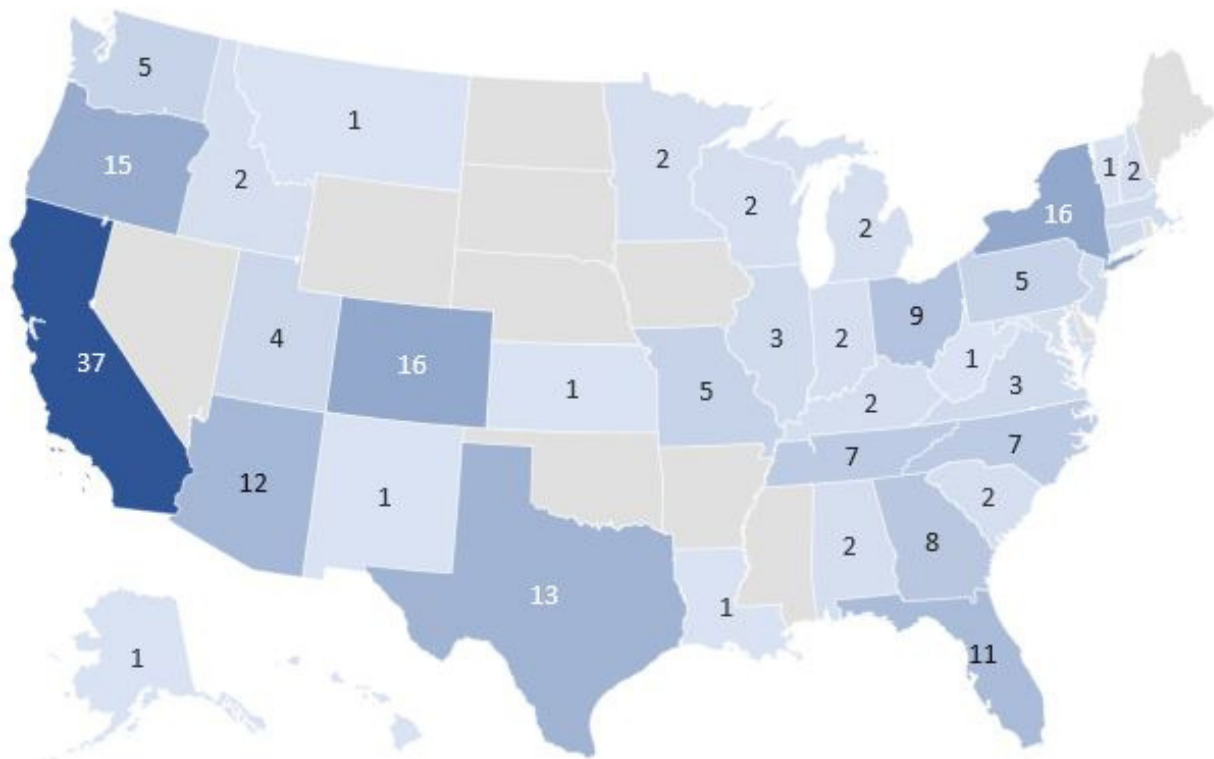
We served 213 youth/young adults and their families from 38 states\* in fiscal year 2022. Participants are diverse and include, but are not limited to, Asian, Black/African American, Hispanic/Latino, American Indian/Alaskan Native and White.

## 213

Youth in

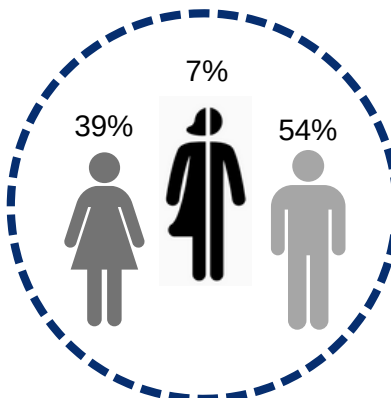
## 38

States



## AGES

10 - 13 years 13%  
14 - 17 years 76%  
18 - 26 years 11%



## GENDER

39% Female  
54% Male  
7% Non-Binary

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

# STORIES

Thank you to those who have provided testimonials supporting wilderness therapy, the STLF coaching service, our program partnership and the services we provide to those in need.



"Just want to update you! My son got into all of the colleges he applied to and merit money from each. He decided on Juniaata!...and we love it so much. They actually increased his merit by \$2000 after we visited...I think they liked him as much as he liked them! Two years ago, I was just hoping he'd get thru the day, the week. Here he is, happy, healthy and headed off to a wonderful place for him. He has goals and is really looking forward to the future.

I know I keep saying it but STLF made it possible. The idea that we might just be able to pull off wilderness therapy changed everything. Him, me, life in general. Thank you again and please don't ever stop doing what you guys do!!!!"

"Before I went into wilderness therapy, I was fragmented, lost, and completely disconnected from reality. I couldn't trust anyone and all options seemed bleak...Upon arrival, I knew I had found my safe haven and I finally got the help I needed. Being fully immersed in nature, guided by passionate and empowering staff, and presented with situations where I could learn and grow has given me the strength to keep moving forward. I've gained so many tools and resources to be my best self and have safe, mutually beneficial relationships. I can confidently say my life has completely changed because of wilderness therapy, and I'm eternally grateful to all who supported me. We were often reminded that "You get what you put in" and to "Trust the process". So if you are on the fence about going to the woods to heal, hold these words close to your heart, open your mind, step up, and get ready for change."





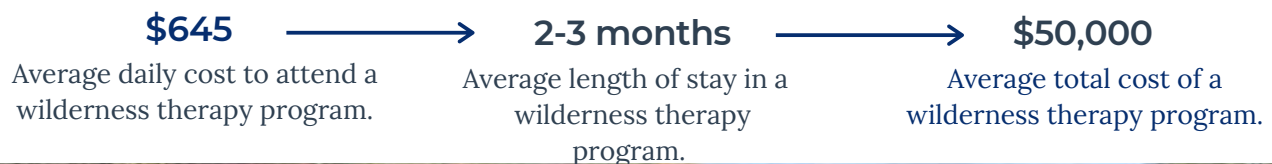
# PROGRAM PARTNERS



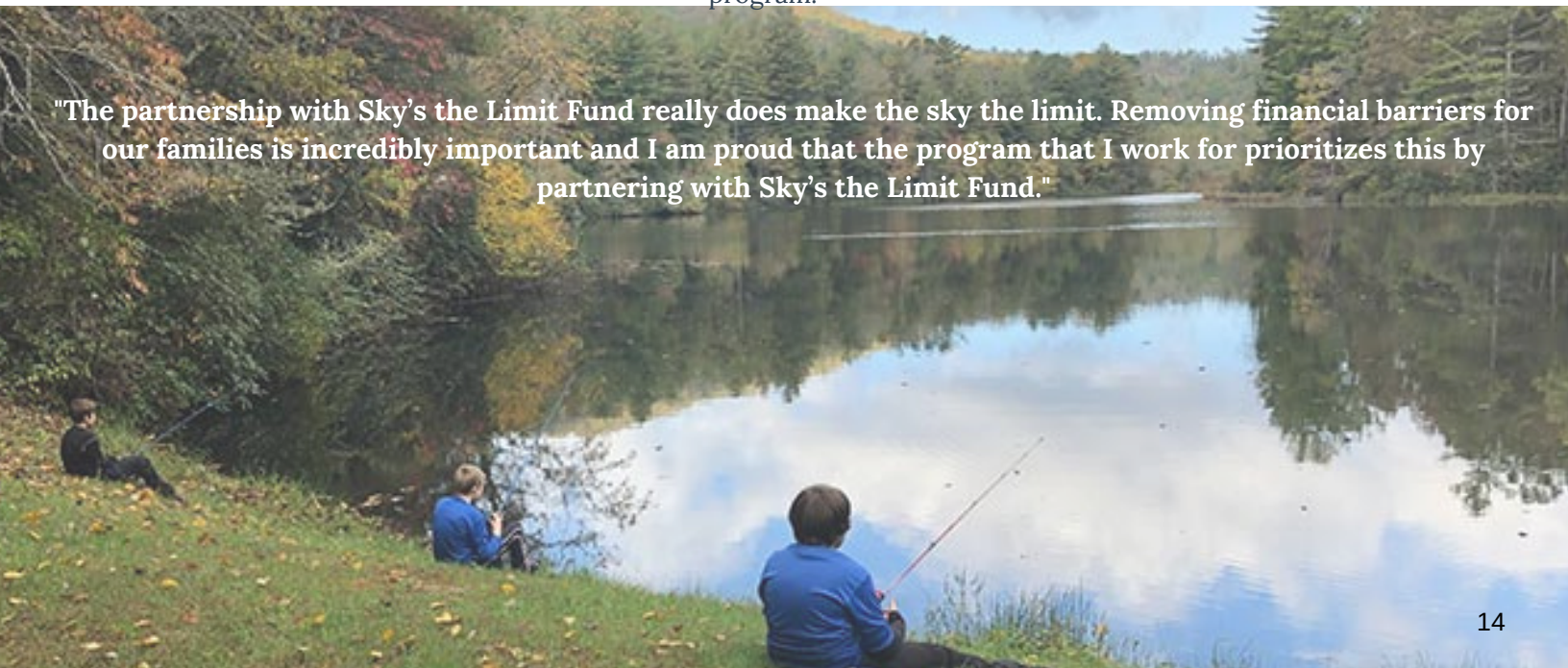
Sky's the Limit Fund partners with 14 wilderness therapy programs across the United States from Hawaii to Maine. In fiscal year 2022 we added Blue Ridge Therapeutic Wilderness and Trails Carolina to our program partners.

STLF's goal is to continue to partner with programs that are accredited and that offer unique treatment options and/or focus on a specific mental health issue. We have a very thorough vetting and interview process to ensure the programs meet our standards. These standards include: maintaining a high level of accountability, transparency and safety, having a family component, and measuring outcomes.

We are inspired by the important work our partners do with the youth and families. We are grateful that they provide a reduction in tuition, further reducing the financial burden on the families.



"The partnership with Sky's the Limit Fund really does make the sky the limit. Removing financial barriers for our families is incredibly important and I am proud that the program that I work for prioritizes this by partnering with Sky's the Limit Fund."





# COMMUNITY ENGAGEMENT

The collective impact of the community is vital to end the stigma of mental health illness, to raise awareness of the benefits of wilderness therapy, and to stress the importance of treatment accessibility. STLF's goal is to build reciprocal and sustainable relationships to guide our organization through these positive outcomes.

With travel restrictions and social distancing easing, our community engagement expanded from virtual meetings to in-person connections. STLF hosted our Nightlights! Gala, co-hosted events in Houston and Chicago, visited four program partners, and attended the NATSAP and OBH conferences.



# GRATEFUL

Thank you to the following corporations, private foundations, and individuals for their generous gifts, support and dedication.

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We apologize for any omissions and misspellings of donors' names.



# GRATEFUL



"I'm so glad we are addressing this financial barrier to attending wilderness therapy... the more awareness and funding we can raise through our partnership with STLF, the more inclusive we can be as a program, and that is really important to me and my staff team."

-STLF Program Partner

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"Words are inadequate to express how much we appreciate the support, both in the form of the grant and the follow-up care, that we received from STLF as we went through the experience of sending our granddaughter to the wilderness. We see the hoped-for changes happening over time as emotional healing has continued and is settling into her being. She is a joy to us. She continues to work hard on her healing. We are very grateful to Sky's the Limit Fund."





# GRATEFUL

## Private Donors

Up to \$999

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# GRATEFUL

"Wilderness therapy changed our son's life and the lives of everyone in our family. Everyone we worked with at STLF was so gracious and helpful and kind. We had no idea that STLF would continue to be a huge blessing in our lives for the next year. We honestly would not have been able to keep the momentum and hard work going after wilderness therapy without the guidance of our parent coach. She was a life-line for us those first few months home. STLF also provided our family with assistance paying for counseling and psychiatric appointments. This entire experience has given our son a fresh start. He is doing so well, and I truly believe that without wilderness therapy and all the support we have received from STLF, our son would likely be dead. Thank you for your generous support, and everything you have done for our family."



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"Because of my program's recent partnership with STLF, I feel even better about the work I'm doing every day with these adolescents and young adults. I'm excited to come to work for each shift knowing my company is dedicated to helping people afford wilderness therapy, and to sharing the magic that happens here at our wilderness therapy program."

# GRATEFUL

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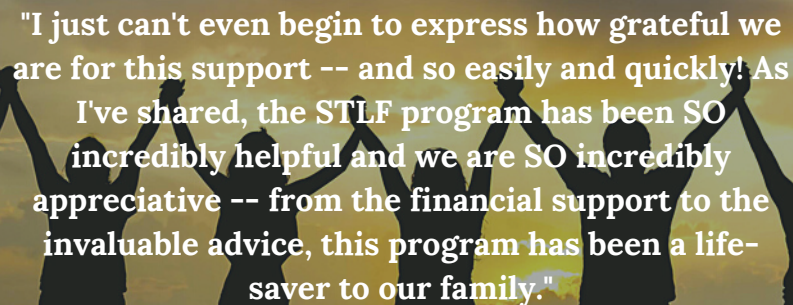
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"I just can't even begin to express how grateful we are for this support -- and so easily and quickly! As I've shared, the STLTF program has been SO incredibly helpful and we are SO incredibly appreciative -- from the financial support to the invaluable advice, this program has been a life-saver to our family."