

FOUNTAIN HUSE

2023 Annual Report

Rivky



I was an excruciatingly quiet kid, often mute and afraid of people. In retrospect, I needed mental health support from a very early age. I had experienced psychosis and brain processing issues that were ignored and disregarded.

By 21 years old, I lost complete touch with reality. I was in and out of psychotic states and lived with catatonic depression. Over a span of a few years, I was admitted to several psychiatric hospitals. Some of these admissions led to lifesaving support. But other times, these stays in the hospitals debilitated me.

I joined Fountain House in my mid-to-late 20's. Fountain House sparked a reflection and an awakening in me that was bold, brave, and confident. I submitted to their short film series, created and sold paintings, joined LGBTQ+ groups and the art gallery, and spent time in nature at the Farm. Suddenly, I was able to take the time to find out what I might be good at, rather than only homing in on all the ominous symptoms of a brain that operated differently. My writing, painting, composing, piano playing, and love for culinary arts, were all untapped for decades. I was scared, but those tools were my magic, and they were my doorway to an expansive world outside of Fountain House.

At this stage of my life, I was finally inspired to act on so many creative goals. I created and hosted an inclusion and accessibility project celebrating underserved performers living with schizophrenia, autism, and psychosis, and those who process the stage and world differently. I co-wrote a musical in development with playwright Jack Feldstein, released an album, and went on tour making music. While traveling, I met other music folks along the way and talked to them about stigma and accessibility.

Slowly — after gaining enough resources, coping tools, therapy, community, and friends — I became more secure in talking out loud about my symptoms. I still self-stigmatize, but like anyone else, I'm learning to do the best I can.

Fountain House disrupted my old trajectory of steadily living stagnant. I was finally being told that I had rights, and that my life was just as important as someone without mental illness. The fact that people cared about my safety and well-being was almost a shock to my system in the most profoundly moving way that I can't fully describe. I continue to be utterly grateful that I'm seen, and better understood. My journey could have turned out quite differently. But I think Fountain House was the missing puzzle piece that finally fit. I had been found.



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About Fountain House

Fountain House is a national mental health nonprofit fighting to improve health, increase opportunity, and end social and economic isolation for people living with serious mental illness. Founded in 1948 in New York City, Fountain House originated the clubhouse model of community mental health that has been replicated more than 300 times in nearly 40 U.S. states and in 30 countries around the world.



MISSION



To create the community, innovation, and social change needed for people most impacted by mental illness to lead connected and healthy lives.





Transforming the way the world sees and treats people most impacted by mental illness.





We believe that every person is capable of great things, deserves just and equitable treatment, and has the right to self-determination and community.





A Letter from the CEO and Board Chair

Dear friends,

We are honored to share Fountain House's 2023 Annual Report and reflect on our remarkable 75-year history. As we continue to champion our cause, we extend our gratitude to each member of the Fountain House community — our dedicated staff, compassionate supporters and advocates, and the resilient individuals living with serious mental illness who make up our membership. Together, we are building a future where community can and should be a therapeutic intervention for people living with serious mental illness.

Fountain House is in this once-in-a-generation moment for mental health, where we can further empower individuals to lead their paths to recovery and thriving and help create sustainable and transformative approaches for structural change. For far too long, our country has failed to recognize the value and dignity of people living with serious mental health conditions and, as a result, perpetuated cycles of harm to families and communities, wasted public resources, and undermined the systems intended to provide care and support. Fountain House has been, and remains, a viable solution to these issues for the past 75 years.

In these pages, you will discover the stories of advocacy, innovation, and hope that have shaped the Fountain House journey over the past year and build upon the groundwork we laid more than seven decades ago. Our collective efforts have not only navigated the complexities of mental health but have also illuminated pathways toward sustainable recovery, well-being, and opportunity for our members.

Our commitment to fostering growth, innovation, and community for people most impacted by mental illness has been, and continues to be, unwavering.

Fountain House has been a leader in expanding the practice of psychosocial rehabilitation to clubhouses around the nation, and is now leading the development of innovative programming that brings the model's core strategies into other settings in which people with serious mental illness live, work, and find care — such as homeless shelters, psychiatric hospitals, and criminal justice reentry housing. We hope to engage new clubhouse members in these settings so we can ensure more of the 15 million people living with a serious mental illness can lead healthy and connected lives.

Best wishes,

Ken Zimmerman Gregory Baecher

CEO, Fountain House Board Chair, Fountain House

Highlights



Fountain House announced **Greg Baecher** has been appointed
its new Board Chair, alongside **Reginald Williams II** as Vice Chair.

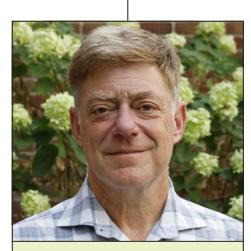


In a joint op-ed for the New York Daily News, Representative **Ritchie Torres** and **Arvind Sooknanan**, a Fountain House Bronx member who also serves on the Fountain House Board of Directors, highlight the devastating need for mental health services and support in the Bronx.

July 2022



Fountain House welcomed New York City Mayor **Eric Adams**; Health Commissioner **Dr. Ashwin Vasan**; Council Member **Linda Lee**, Chair of the City Council Committee on Mental Health; Council Member **Erik Bottcher**; Senior Advisor for Severe Mental Illness **Brian Stettin**; and New York State Assembly Member **Jenifer Rajkumar** to its Manhattan clubhouse to witness firsthand how its model of mental health care has helped thousands of New Yorkers to recover and thrive.



Noted civil rights attorney, public policymaker, and philanthropic leader **Ken Zimmerman** was appointed Chief Executive Officer of Fountain House.



Advocacy Academy

In April 2023, Fountain House proudly launched our Advocacy Academy. This transformative initiative kicked off with an inaugural cohort comprising seven dedicated members and staff hailing from various clubhouses across the Fountain House United network, including Hero House NW (WA) and Fresh Start (MI) clubhouses.

This program was crafted to empower participants with the essential tools, skills, resources, and knowledge needed to advocate at federal, state and local government levels.

While the Advocacy Academy primarily focuses on matters concerning individuals living with serious mental illness, the acquired skills are transferable to a broader spectrum of other policyrelated issues. This new initiative by Fountain House holds the potential for building advocacy and grassroots organizing power among a

marginalized population that reaches beyond the confines of the clubhouse community.

Our first cohort delved into an array of crucial topics, including "best practices for self-advocacy," "how to tell your story for advocacy," "lobbying do's and don'ts for members," "how to define targets and look up elected officials," and "power-mapping for issue advocacy." Each module paved the way for profound growth and impact with our members.

Set to commence next summer and extend until the year's end, the Advocacy Academy continues to be a beacon of transformative change, shaping the voices of people with lived experience so they feel empowered to be champions of mental health and broader societal issues, creating a future where advocacy is a central force in the clubhouse model and beyond.

Highlights (continued)



Fountain House welcomes two longtime clubhouse members **Arvind Sooknanan** and **Phillip Fleming** to its Board of Directors.



Members and staff joined the New York Association of Psychiatric Rehabilitation Services (NYAPRS) annual legislative day in Albany to push for mental health initiatives, including more funding for clubhouses.



Fountain House hosted New York state officials **Jihoon Kim**, Deputy Secretary for NY Human Services & Mental Hygiene; **Patrick Wildes**, Assistant Secretary to the Governor for NY Human Services & Mental Hygiene; **Ann Marie Sullivan**, Commissioner, Office of Mental Health, **Moira Tashjian**, Office of Mental Health's Executive Deputy Commissioner, and New York City Public Advocate **Jumaane Williams** so they could experience the power of our model.



Ken Zimmerman, CEO of Fountain House, was on NY1's Inside City Hall to discuss New York City's ongoing mental health crisis and how the clubhouse model can help people by focusing on social reintegration.



Fountain House releases new policy road map Rebuilding Mental Health Crisis Response in New York City, based on the insights and recommendations of more than 100 Fountain House members who have experience within the current New York crisis response systems.



Data Sharing Network

In research relating to clubhouses and serious mental illness, there is a lack of quality data and opportunities to capture the long-term outcomes.

Recognizing that void, Fountain House created the real-world evidence Data Sharing Network to address these needs.

To launch the Data Sharing Network, Fountain House laid a foundation for this work through an intensive 8-week fellowship in collaboration with network clubhouses, delving into the intricacies of data, direct service programs, and capturing member engagement. After completing this fellowship, we began implementing a baseline that will compare clubhouse data across the country.

The Data Sharing Network is vital for the future success of clubhouses and aims to showcase the effectiveness of the clubhouse model. Its mission is to amplify the voices of clubhouses and their members, create long-term quality control measures for data, foster research partnerships between clubhouses and external organizations, scale social practice, impact policy change, and maintain accessible data so clubhouses can enhance services.

Highlights (continued)



Fountain House Gallery unveiled YELL!, a multi-sensory installation spotlighting the experiences of Fountain House's member artists living with serious mental illness in Herald Square. Fountain House Gallery artists begin a prestigious residency on Governors Island.



The New York State Senate awarded Fountain House \$9 million to go towards building a larger Fountain House Bronx which will allow it to reach upwards of 1,000 people impacted by serious mental illness, in one of the areas of highest need in the country.



Members and staff welcomed **Senate Majority Leader Chuck Schumer** (D-NY) to our Manhattan clubhouse, offering an inside look at our innovative, community-based approach to community-focused recovery for serious mental illness.



Fountain House unveiled its new brand identity. Rooted in our rich 75year legacy, it reflects our community and celebrates our future, from conception to implementation.



Recharge Station

At the bustling intersection of 45th and Broadway, a blue kiosk boldly announces itself as the "Recharge Station." It is a collaboration between Fountain House, the Project for Public Spaces, the Center for Justice Innovation, Breaking Ground, and the Times Square Alliance, dedicated to providing resources for those in need.

Here, a team of peers with lived experience and mental health professionals (known as social practitioners), engage in meaningful conversations and share coffee with the local community amidst the cacophony and energy of Times Square.

This Recharge Station is a haven for everyone, breaking down barriers and fostering trust for

those who might be hesitant or afraid of the stigma of accessing social services and supports. The Recharge Station caters to people facing homelessness, mental health challenges, and loneliness. Among them, 86% are experiencing homelessness, 30% have a history of substance use, 22% have encountered the justice system, and 21% are young adults.

From helping obtain IDs and Social Security cards, to navigating benefits, scheduling doctor's appointments, filling out housing applications, and much more, the Recharge Station has been a lifeline for 400 individuals on their journey toward recovery this year.

Rene



Around 16 years ago, all in the same year, I developed a pinched nerve in my back from weightlifting and was involved in a car accident, which led to a serious back injury. These injuries caused a ripple effect. I lost my job and was unable to find work, which led to bankruptcy. Eventually, I couldn't make ends meet. I lost my apartment and found myself homeless.

It was rough living on the streets of New York, and even worse facing the stigma of homelessness.

I ended up going to Bellevue Hospital, then Wards Island and finally Kingsboro Psychiatric Men's Shelter where I received the help I needed and began my journey into rehabilitation. I was diagnosed with Depression and PTSD. Getting diagnosed, and getting treated, was the best thing I had ever done for myself and still is! It has made me a healthier person.

Getting mental health treatment was a milestone but I was also needing a community, and a place where I could be creative. Art is a big part of who I am, and it was something that I lost when I became homeless. I went to the Fashion Institute of Technology (F.I.T.) for Fine Arts and worked in the commercial arts field as an illustrator for Nickelodeon, designing children's toys and packaging and working on product development. Not having a creative outlet was a big loss and impacted my mental health.

I joined Fountain House in 2019 and immediately was introduced to the Fountain House Gallery. I found the joy of painting again and got to meet other artists at the Fountain House Studio. Fountain House Gallery and Studio was the closest thing to going back to school. I'm learning how to paint and have been encouraged to create pieces that are bigger in size than anything I've ever worked on. It's a great feeling, and I'm doing a lot better for myself because of it. Getting back into the art field is one of the best things I've done for myself.

I've made some solid friendships over the last three years at Fountain House – friendships that I hope will be long-term. Connecting to people and creating became even more important after recently losing both of my parents. I was never expecting to meet people who share in the same situation regarding mental health, or who understood where I was coming from. My parents were some of my biggest fans when it came to my artwork. Being around art again at Fountain House reminded me of that. Now, when I'm creating, I think about them. I hope it would make them proud.



Fountain House is Intersectional and Grounded in Lived Experience

Fountain House members who enroll in degree or certificate seeking programs have a

90%

average semester completion rate

Fountain House participation results in a

21%

reduction in Medicaid costs

(relative to the high-risk population) through reduced hospitalizations and other improvements in members' health care.

One year of clubhouse services is cheaper than a 2-week stay at a psychiatric hospital.

\$8,000

Average annual cost per member at Fountain House Bronx (fully loaded cost)



\$12,000

Cost per typical inpatient hospital stay (2 weeks)

\$438,000

Cost to detain someone for 1 year on Rikers Island

36%

of members join with a recent history of homelessness

26%

of members have a historical exposure or involvement with the criminal legal system

24%

of members are employed



15% general SMI population

Diona



At the age of 10, I began experiencing symptoms of obsessive compulsive disorder (OCD). In addition to struggling with OCD, I was also having suicidal thoughts, and experiencing depression. I didn't pursue getting help, because in my family, you don't really talk about mental health. I was told that if I tried to get help, I would be locked away forever. So, I never brought it up again.

After graduating high school, I was accepted into Binghamton University, and traveled to upstate New York to pursue a college education. It was there I began to feel very lonely and depressed.

After leaving school and moving back home, I attempted suicide on numerous occasions. At 18, I was admitted into a psychiatric hospital. It was very traumatizing. I've been to the psychiatric hospital a few times since then. But I'm still scared to go back. You don't necessarily get the help you need, and you may even leave with more trauma.

Two and a half years ago, I joined Fountain House. The staff have helped me move into Supportive Housing, and the other members inspired me to go back to college. Whenever I feel like giving up, my friends and supporters in the community provide me with motivation to keep going.

At Fountain House, I give IT (Information Technology) support to members and staff, and teach computer skills, including digital literacy, user awareness training, 3D printing, and how to use essential programs like Excel, PowerPoint, and Zoom. From a young age, I immersed myself in the world of technology. It not only brings me joy and purpose – offering an escape from times of extreme hardship – but I

seem to have a special talent for it.

Currently I am a student at the Borough of Manhattan Community
College (BMCC), majoring in Computer Information Systems and
was named one of eight winners of the 2023 Vanguard Award, which
recognizes outstanding post-secondary students enrolled in Career and
Technical Education (CTE) programs that are nontraditional for their
gender. I want to show that I can be successful in a career that is
nontraditional for a Black woman.

Although recovery from mental illness is not linear, I finally feel supported. It's good to be in a community, especially with people that are going through something similar. It makes me feel less alone.



Ways to Donate to Fountain House

Online

Donations can be made one-time or monthly at <u>fountainhouse.org/donate</u>. All donations can be made in someone's honor or memory, or potentially matched by an employer. For questions, email us at <u>give@fountainhouse.org</u>.

Check

Fountain House Office of Development 425 West 47th Street New York, NY 10036

Wire Transfer

Beneficiary: Fountain House Inc.

ABA: 026013673

Checking Acct: 437-4551880 Swift Code: NRTHUS33XXX

Stock Transfer

Name: Fountain House

DTC#: 0226/NFS

FBO/Account: NBJ020354

Please alert us of stock donations by emailing give@fountainhouse.org.

Planned Giving

One of the most powerful ways to support Fountain House is by creating your legacy in your will or Revocable Living Trust. It is a gift that costs nothing today while ensuring that our work can continue for generations to come. To start your legacy today, Fountain House invites you to use FreeWill – a free, online tool that guides you through the process of creating your will in just 20 minutes. It is free, no matter what, and can be used with an attorney to finalize your estate plans. Email us at <code>give@fountainhouse.org</code> and we can help you get started.

Beneficiary Designations

For additional assets not covered in your will, including (but not limited to): 401ks, IRAs, Life Insurance Policies, and Bank Accounts, you must designate a beneficiary. If you would like to name Fountain House as your beneficiary, email us at **give@fountainhouse.org** and we can help you get started.











HIGHLIGHT

Celebrating 75 Years

Fountain House held Moving Beyond the Margins, a national benefit celebrating its 75th anniversary and the innovations that are reshaping mental health in America, at The Glasshouse in New York City. The evening recognized two extraordinary leaders for their work advancing the dignity, rights, and social change necessary for people most impacted by serious mental illness to lead full, healthy lives.

Dr. Thomas Insel

Public Health Honoree

Dr. Thomas Insel is the Co-Founder and Executive Chairman of Vanna Health and serves as a Director on Fountain House's Board. He led the country's foremost mental health research group, the National Institute of Mental Health (NIMH), for 13 years. In his recent book, Healing: Our Path From Mental Illness to Mental Health, Dr. Insel explores why such extensive progress in the science of mental illness has had little impact on improving people's outcomes — highlighting that the most promising cures are not just medical but social.

Cynthia Harrison

Community Changemaker Award

Cynthia Harrison is an Ann Arbor City Council Member; serves on the National Alliance on Mental Illness' (NAMI) Advocacy Leadership Team; and is a Board member of Fresh Start Clubhouse, which is a crucial member of Fountain House United. For decades, Cynthia has worked as a community advocate and racial justice leader. But her efforts reached new heights when her son, Anthony, was diagnosed with a serious mental health condition. Since then, Cynthia has pushed to decriminalize mental illness, most notably leading to the passage of Senate Bill 637, which strives for a non-police response to mental health crises in Michigan.

In his keynote remarks, Congressman Ritchie Torres (NY-15), who has long been vocal about his mental health struggles, reflected on his personal journey "from the depths of depression to the halls of the United States Congress." What ultimately saved his life was the power of affordable, accessible mental health care, and Rep. Torres applauded Fountain House for "improving mental health for those who have been historically left behind by the traditional power structures of our society."

The evening, emceed by Fountain House Bronx member Arvind Sooknanan and social practitioner Marcus Williams, also honored 12 employment partners who have been working with Fountain House to provide members with meaningful job opportunities.

These organizations span across diverse industries — including finance, retail, food services, and law — and have demonstrated their commitment to reinforcing the dignity of people with mental illness, enabling them to work towards financial independence, all while breaking stigma.

- Alphabet Scoop
- Bee Well
- Bird & Branch
- Broadridge Financial Solutions
- Cleary Gottlieb Steen & Hamilton LLP
- Cravath, Swaine & Moore LLP

- Encore Community Services
- Fountain House + Body
- FOX 5 / WNYW
- Neuberger Berman
- Penguin Random House
- Times Square Alliance

Moving Beyond the Margins raised over \$525,000 for Fountain House and brought together a wide range of guests and supporters, including Deepa Avula, Executive Deputy Commissioner of New York City's Division of Mental Hygiene; Kathryn Wylde, President and CEO of Partnership for New York City; Josh Charles, noted actor best known for his roles on The Good Wife and Sports Night; Chatodd Floyd, Deputy Secretary for Legislative Affairs and Policy for the Office of Governor Kathy Hochul; Zoya Awan, Director of Public Affairs for Walmart, and Victor Calise, Director of Global Diversity, Equity, and Inclusion in Walmart's Accessibility Center of Excellence; Matt Kudish, CEO of NAMI-NYC; Lauren Curatolo, Deputy Division Chief for the Manhattan District Attorney's Office; Robert Waters, Founding Editor of MindSite News; Dr. Omar Fattal, System Chief of Behavioral Health and Deputy Chief Medical Officer for NYC Health + Hospitals and Barry Gosin, Chief Executive Officer, Newmark.

Dozens of Fountain House members and staff, as well as representatives from all eight clubhouse partners in Fountain House's national network were in attendance — a strong and symbolic reminder of Fountain House's co-led community that celebrates, advocates, and works together for change.

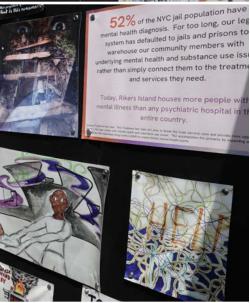
In his remarks, Fountain House's CEO Ken Zimmerman reflected on the promise and potential of this historic moment, not just in Fountain House's history but in transforming the movement for mental health. He especially thanked Fountain House's founding families and impactful supporters — including the Schermerhorns, Hinrichs, and van Ameringens — who have championed Fountain House for generations and ultimately improved the life trajectories of hundreds of thousands of members living with serious mental illness, both here and around the world.













нібнгібнт **Yell!**

In May, "YELL!", an immersive outdoor installation created by Fountain House artists was displayed in Herald Square, offering a unique window into navigating life with serious mental illness. The installation was funded by the Sozosei Foundation, whose key mission is to eliminate the use of jail and prisons for the diagnosis and treatment of mental illness.

The installation explored themes of trauma, stigma, identity, hospitalization, hope, and recovery. Viewers walked through a "maze," constructed from plywood and lumber. Throughout the experience, visitors saw provocative and gripping first-person stories told by Fountain House members.

"The whole concept of the maze came together at the studio, the metaphor being that navigating the system, and your own symptoms with mental health, is very confusing," said Karen Gormandy, Director of Fountain House Studio.

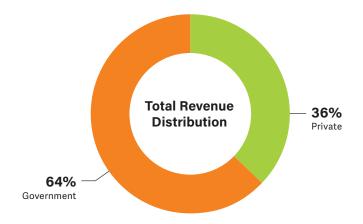
At Fountain House, our members are regularly creating work that challenges the stigma surrounding mental illness. As the country continues to face an unprecedented mental health crisis, our members are often on the front lines of social justice, examining mental illness and all its intersections, but also embracing and calling out the impact of community. In the installation, the final module focuses on community-based recovery options, emphasizing the need — and the promise — of clubhouses as a solution to our nation's broken mental health care system.

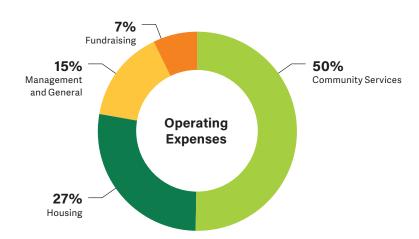
"I'm so used to hiding and keeping my problems to myself as best I can. Fountain House helped me to meet people who are going through struggles that are both similar and different from my own," said Madeleine Hope Arthurs, a Fountain House member who contributed art to the installation. "I hope others will see themselves and their own experiences in this installation, and that common ground can help conversations to happen."

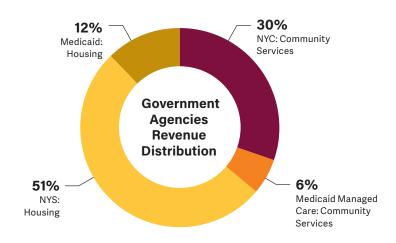
Financials

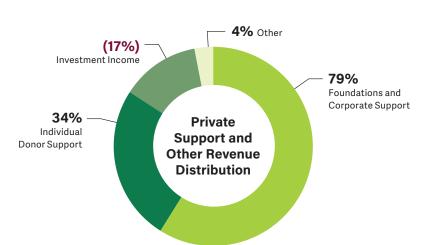
	Year Ended June 30, 2023	Year Ended June 30, 2022	Year Ended June 30, 2021
	Audited	Audited	Audited
Support and Revenue			
Private Support			
Foundations and Corporate Support	8,902,898	10,883,545	2,821,195
Individual Donor Support	3,792,877	15,790,688	3,562,525
Investment income	(1,867,245)	(1,848,081)	4,053,848
Total Private Support	\$10,828,530	\$24,826,152	\$10,437,568
Government Agencies Revenue	20,116,255	15,252,672	14,230,385
Earned Income: gallery art sales, tuition & other	453,498	957,593	1,821,508
Total Operating Support and Revenue	\$31,398,283	\$41,036,417	\$26,489,461
Oneveting Evenence			
Operating Expenses Program Services			
	18,163,059	11,980,885	9,200,963
Program Services	18,163,059 9,876,401	11,980,885 9,286,481	9,200,963 8,023,476
Program Services Community services			
Program Services Community services Housing	9,876,401	9,286,481	8,023,476
Program Services Community services Housing Total Program Services	9,876,401	9,286,481	8,023,476
Program Services Community services Housing Total Program Services Supporting Services	9,876,401 \$28,039,460	9,286,481 \$21,267,366	8,023,476 \$17,224,439
Program Services Community services Housing Total Program Services Supporting Services Management and general	9,876,401 \$28,039,460 5,590,271	9,286,481 \$21,267,366 6,201,625	8,023,476 \$17,224,439 5,609,428
Program Services Community services Housing Total Program Services Supporting Services Management and general Fundraising	9,876,401 \$28,039,460 5,590,271 2,505,112	9,286,481 \$21,267,366 6,201,625 2,321,876	8,023,476 \$17,224,439 5,609,428 1,794,214

^{*} FY22 includes a one-time gift of \$12 million to be used over multiple years, of which \$5 million was used in FY23 but is not represented in the FY23 figures. If this \$5 million amount were applied to revenue in FY23, it would show as a surplus of \$263,440.









Board of Directors

Gregory Baecher, Chair

Elected: 2016

Reginald D. Williams II, Vice Chair

Elected: 2016

Meghna R. Desai

Elected: 2021

Phillip Fleming

Elected: 2022

Alexandra Cawthorne Gaines

Elected: 2023

Alexandra A. Herzan

Elected: 1997

William S. Hilburn

Elected: 2015

Andrew Imparato

Elected: 2023

Thomas R. Insel, MD

Elected: 2021

Debra Irwin

Elected: 2023

Charles J. Marsden

Elected: 2002

Sonia Pérez

Elected: 2023

Arvind Sooknanan

Elected: 2022

Pervious Board Members

Alice Kim

Departure: September 2023

Frances G. Laserson

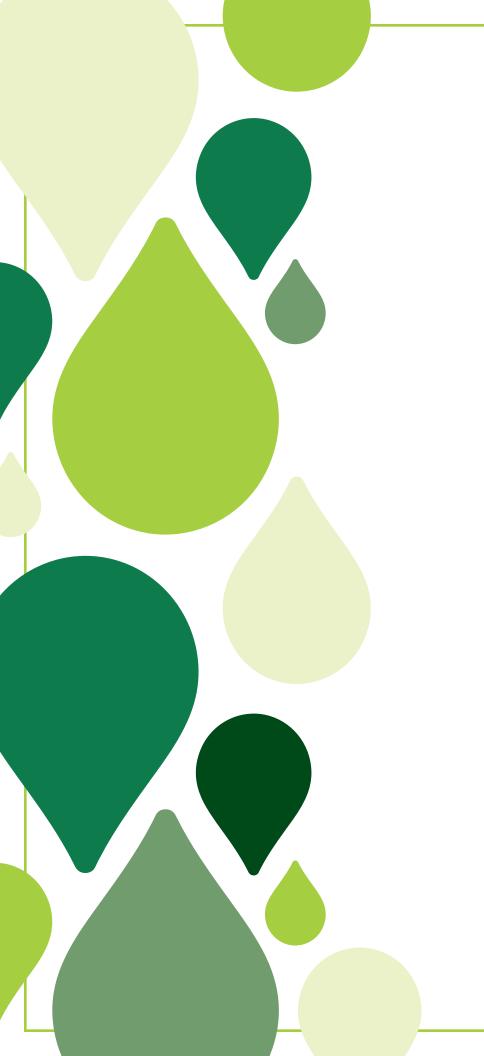
Departure: June 2023

Kathleen Shannon

Departure: June 2023

Guy Szeto

Departure: June 2023





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FountainHouse.org