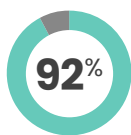


# 2022-23 Impact Report

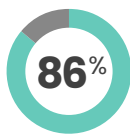


## Key Statistics | Families

### Improved Parent-Child Relationships

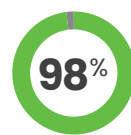


Reported improved communication and bonding with their children

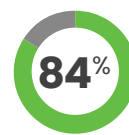


Observed reduced conflict and improved coping skills within their families

### Enhanced Mental Health Literacy

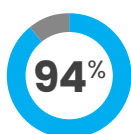


Reported increased knowledge and understanding of their child's mental health condition

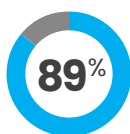


Demonstrated improved awareness of available resources and treatment options

### Increased Self-Care and Resilience

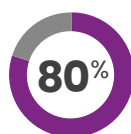


Reported practicing regular self-care activities to manage their own well-being

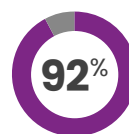


Reported feeling more resilient and capable of coping with challenges

### Community Engagement and Support



Actively participated in support groups, fostering a strong sense of community and belonging



Reported feeling supported and less isolated in their parenting journey

## Introduction

**Pinnacle Partnerships believes in empowering families to navigate the challenges of raising children with mental health diagnoses.** By providing comprehensive support and resources, we aim to enhance the well-being of both parents and their children, ultimately leading to healthier and happier families. We equip parents with the knowledge, skills, and tools necessary to foster positive mental health in their children, while simultaneously addressing their own well-being.

Pinnacle Partnerships' impact was made possible by your visionary support in advancing familial mental health services. Thus, we have empowered families to thrive amidst mental health needs. Your belief in our mission has fueled transformative change, nurturing resilience and growth. Here we share inspiring stories and statistical evidence of our impact, we extend our deepest appreciation for your unwavering commitment to creating a world where every family receives the support they deserve. Together, we forge pathways of innovation, compassion, and lasting change.



Meet  
**Jane**  
Age 20

**Pinnacle Partnerships strives to support families raising youth with mental health needs.** We often see how these needs impact families as a whole. In some circumstances, we see youth who have become the caregiver for their parent due to that parent's mental health needs. Often, in this scenario, families are separated or left in dire straits. **Mildred's Dream has allowed us the opportunity to support a family just like this.**

**When we met 20-year-old Jane** she was in desperate need of support for her family's ongoing mental health needs, but no agency would help them as Jane was over 18 and her mother was seemingly uncooperative. She was referred to us by MassHire Youth Works who knew her well but was out of options. Jane was overwhelmed but endearing and driven. She was enrolled at Massasoit Community College's nursing program, and worked a minimum wage job, forty-plus weekly to care for her mother and herself. Jane's mother was recently home from an inpatient care to treat her mental health. Her psychosis impacted her most; she was out of medication and refusing to leave home. Jane was worried about her mom and was considering leaving school to care for her. Previously, Jane left high school to care for her mother; she later successfully petitioned the school board to allow her back to graduate so she could get an education that would "help get our

family out of this position." She graduated, and sought a nursing degree to help provide better care for patients with mental illness.

She was enrolled at Massasoit Community College in the nursing program and working a minimum wage job, over forty hours every week, to care for her mother and herself. Jane's mother was recently released from an inpatient stay to treat her mental health. Her psychosis impacted her most and she was out of medication and refusing to leave the home. Jane was worried about her mom and was considering leaving school to care for her mother. This was something she didn't want to do. Jane left high school to care for her mother years before and she petitioned the school board to let her back in to graduate so she could get an education that would "help get our family out of this position." She won that petition, graduated, and sought a nursing degree to help provide better care for patients with mental illness.

**Pinnacle Partnerships assigned Jane a PERL (Psychological Enhanced Response Liaison) to work with her.** Her PERL, Maggie, encouraged her to stay in school and together they would figure this out. They made a deal... Jane would also address her own mental health needs as soon as they could find the time. 20-year-old, Jane agreed. They got to work! Jane identified the challenges: the rent was too high, and the utilities were in jeopardy of being disconnected. Jane's mother was not in treatment, not on medication but she was willing to participate in in-home or telehealth services. Jane's PERL told her there was hope. She didn't need to leave school and she would work around Jane's schedule.

**Jane and Maggie started meeting once a week- sometimes in person or by phone.** Maggie would bring resources to Jane and teach her how to complete applications and how to research resources. They made a list of documents Jane would need and she would bring them to their next meetings. Within a few weeks' time, Jane was on low-income plans for all of her utilities, she became a member at Catholic Charities to access their food pantry, and was on a list for rental assistance. They met with her Massasoit advisor to inquire about additional financial support available to offset her education costs.

**Jane and Maggie also worked on support for Jane's mom.** Jane found a new Primary Care doctor for her mother that would help support her needs. They are working on submitting an application to the Department of Mental Health, applying for benefits for her mother such as social security disability insurance (SSDI) and cash benefits from the Department of Transitional Assistance. They found a care coordinator through Tempest who is working to help Jane apply for reimbursement for the care she is giving her mother.

**Today, Jane is feeling less stressed, typically rating her stress level at a 3 down from 5. Now, with the right supports falling into place, Jane and Maggie have started the search for the right therapist for Jane.**