Essential

2020 REPORT ON GIVING
An Essential Response to Community Needs

A LETTER FROM OUR PRESIDENT

As I look back at 2020, there are many heroes to consider and thank; front line healthcare workers, first responders, and men and women like you who joined with us to make a difference during the most challenging of times. You are essential. You inspired me, our staff, and our Trustees to respond quickly and shift our focus to address the immediate and different community needs around us.

As you might expect due to the pandemic, our community outreach efforts moved from the in-person meetings and visits we would normally make to virtual visits. The time we put into connecting with our supporters, grantees, and Community Health Improvement Plan (CHIP) colleagues remained an integral part of our work. Each day, calendars were filled with Zooms as dozens of community, municipal, and healthcare representatives worked together to stay informed and respond quickly during all things COVID. By summer, Reliant Foundation had already awarded over $220,000 in emergency grants to area non-profits serving tens of thousands of children, families, and individuals in need of PPE, food, shelter, childcare, and virtual visits for mental health counseling, behavioral health counseling, and recovery coaching.

Like many charities struggling to raise funds during COVID-19, we had to greatly modify our signature fundraiser, the Drive for a Difference. We moved to a June date, scheduled a smaller group of sponsors with tee times, and held an online auction with no social gatherings. I would like to personally thank the players and volunteers who shared our determination to find a way to move forward and still raise emergency funds. Please save the date for Monday, May 24, 2021 for a more robust Drive for a Difference event, to be held at Pleasant Valley Country Club in Sutton, Massachusetts. I’m also excited to announce that due to popular demand, we will be bringing back the Reliant Foundation 5K on Saturday, October 2, 2021! Whether you are a sponsor, grantee, participant, or volunteer, your continued support is essential.

Understanding community health needs and challenges is essential to our decision making. Our Board and staff remained fully invested in the grant-making process, even joining together (from a distance) at the Hanover Theatre armed with masks and hand sanitizer to make our final round of grants for the year. By Thanksgiving, the continued generosity of our donors combined with our carefully invested funds allowed us to provide $737,415 in total grants during 2020. This report will share with you a summary of the emergency grants we made, in addition to our traditional Fall Community Grants. In total, we funded 57 separate charities in Central and MetroWest Massachusetts during 2020.

Looking forward, we will continue to take aim at substance use disorder and childhood and adolescent mental and behavioral health. Please join us in the effort to eliminate stigmas around these public health issues and expand access to services. Together, we will create a stronger support network for our diverse community that will provide better opportunities to achieve health and well-being in Massachusetts.

Be Well, and Stay Safe,

Kelsa Zereski
President
Community Grants Impact

GRANTS BY THE NUMBERS

107 CHARITIES
Funded in our service area, since 2008

$4.3 MILLION
Granted to health-focused community non-profit programs and resources to increase care and comfort of community members, since 2008

100,000 LIVES
Impacted in 2020

13 YEAR GRANTING TOTALS

$737K

COMMUNITIES WE SERVE

Reliant Foundation serves 70 towns in Central and MetroWest Massachusetts. Our geographic service area includes all of Worcester County and a selection of towns within Middlesex County, as shown on the map to the left.
COVID-19 EMERGENCY GRANTS UNDERSCORE FOUNDATIONS ABILITY TO MOVE QUICKLY

Pivot. A word that has taken on new meaning during the COVID-19 era. One that aptly defines the strategy that organizations of all shapes and sizes have embraced to better serve their constituencies. And survive.

The Reliant Foundation “pivoted” in March 2020 from a different perspective. Sensing during the early stages of the pandemic that many previous grant recipients may be struggling, the Foundation’s staff started a proactive outreach effort to assess need.

Said Reliant President Kelsa Zereski, “We felt it was critical to contact the non-profit organizations at the onset of the pandemic as things were changing so quickly. Once we validated the need, we turned to the Board for guidance.”

The Foundation Trustees also sensed the need for expedient action.

“We ‘mobilized’ on emergency grant solicitation reviews and developed a plan for grants within a week of the onset of events of March of 2020. We brought our Board of Trustees together by Zoom to discuss and vote on the emergency grants the following week. The unanimous agreement of our Trustees to make these grants and try to help was inspirational and meaningful,” said Elizabeth L. B. Greene, Esq., a partner in the Health Law Group at Mirick O’Connell, LLP, who serves as Chair, Reliant Foundation Board of Trustees and Co-Chair, Grants Committee. “We collectively recognized at that time, that we needed to meet the needs of our grantee organizations so that they could survive and continue to support the individuals who count on them for services and programming. We wanted to help ensure they would be able to keep their doors open.”

This resulted in the release of $224,324 in COVID-19-related emergency grants being disbursed to community organizations.

Challenges

As might be expected, the pandemic’s impact was widely felt within the non-profit world.

The Massachusetts Non-profit Network conducted a survey during spring 2020 that found that non-profits were immediately impacted by COVID-19.
The COVID-19 pandemic has had an immediate impact on non-profit operations, services, and jobs. Non-profits report an estimated initial revenue loss of $8.6 billion, and more than half have made reductions in their workforce,” the study reported.

There were three major areas of impact: disruptions of services to clients and communities (88%); decreases in revenues (78%); and increases in demand for services from clients and communities (44%).

The study found that the pandemic “derailed two types of non-profit revenue streams immediately:” fee income was negatively impacted as services had to be suspended, and donations were reduced as fundraising events had to be canceled, postponed, or changed. It was also learned that non-profit organizations such as healthcare providers, food pantries, and shelters experienced the highest increases in demand for their services.

**Response**

When the Worcester public schools made the decision to close in early March of 2020, the Boys & Girls Club of Worcester board and staff discussed how the organization could respond. As one of the largest youth development agencies in Central Massachusetts, the club normally provides mentoring programs and other critical services for the young people of the area. Some 80% of club members are living at or below the poverty line while 64% live in single-parent homes.

The first step that the club took was to team up with the YWCA Central Massachusetts, the Guild of St. Agnes, and Pakachoag Acres to become emergency childcare sites focusing on providing childcare to first responders, hospital workers, and other central workers. The organizations first worked with UMASS Memorial Healthcare and then also Saint Vincent Hospital to provide front-line workers with childcare options. The club changed from an after-school program serving children age 5 through 18, to being open from 6:30 AM to 6:00 PM for toddlers to 14 years old. The result was serving over 200 children, including potty training about 20 toddlers.

“Our mission is to serve the kids who need us the most,” said Liz Hamilton, Executive Director/CEO, Boys & Girls Club of Worcester. “If we don’t help first responders and hospital personnel by allowing them to be able to focus on their jobs…then we’re not helping the war effort.”

In order to change their operating model, funding was needed. Hamilton stated that the Reliant Foundation was there right away in March as one of the first funders. “We were amazed and so grateful they came together so quickly to support so many organizations during this rather scary time,” she said.

Hamilton explained that throughout the pandemic the club has continued to adjust to the changing needs of the community. As has Riverside Community Health.
Riverside is a community-based organization that provides behavioral healthcare and human services to over 40,000 people a year in Massachusetts. The non-profit offers a wide variety of services including mental health, developmental and brain injury, early childhood and youth programs, addiction treatment, and trauma response.

Riverside’s Vice President of Development, Melissa Kogut, explained that the organization had been discussing their plans for a few weeks prior to the pandemic-related closures. The organization was fortunate that a year prior it had started to institute a telehealth program and had put the infrastructure in place, but the program had not been widely used. “When we all did go home in March, we were able to move pretty quickly to telehealth,” said Kogut. However, there was still a lot to do.

She said that Riverside clinicians needed to be trained in how to use the technology and many needed to be equipped with laptops. They also needed to make sure that the people they serve had a means to connect, as many are low income and did not have laptops or smart phones, or in some cases no internet connectivity at home. “…so, there was a lot of one-on-one work with people we serve to help them get connected. In some cases, we provided devices to people we serve to use,” Kogut explained.

In addition, Riverside provides residential services for adults with mental illness, brain injuries, and autism. For the homes that they operate, there was an immediate need for personal protective equipment (PPE) and cleaning supplies that were hard to find. These were unbudgeted expenses, as were Zoom licenses for hundreds of clinicians, staff overtime costs, and the institution of “appreciation pay” to staff willing to provide care for residents who had contracted the virus.

Kogut said that when Reliant Foundation President Kelsa Zereski contacted her that “…we were blown away that they were reaching out to help at a time of great uncertainty...that was amazing.”
Katharine C. Barnard, MD, Member, Reliant Foundation Board of Trustees and Co-Chair, Grants Committee; Associate Professor of Family Medicine, Family Health Center of Worcester, explained that the emergency grant effort aligned with the spirit of the Reliant Foundation, which is a desire to maintain a close connection with the community.

“Recognizing and responding to an urgent need is consistent with the way that we’ve operated and is kind of the spirit of the Board,” said Dr. Barnard. “The Board members hold a great admiration for our community partners and the organizations in the community, which come to us seeking funding...there is some amazing work happening.”

She shared that: “Because of the nature of the pandemic, pretty much every organization providing direct services had to pivot to a different form of service or a different means of providing their services…that pivot happened ‘overnight.’”

Dr. Barnard feels that it will take a while to recover from the pandemic and thinks that the “…lingering effect other than economic is the mental health crisis.”

“I do worry that it is going to take years to recover from the mental health and substance abuse challenges, essentially like the dual pandemics of mental health crisis and the virus. I think it will take longer to bounce back from that, to recover from that, than even the recovery from the infectious pandemic.”

The Reliant Foundation will continue to provide support for those organizations that focus on preventing overdoses, recovery from substance abuse disorder, and mental health, particularly youth mental health, while concentrating on those hardest hit by the pandemic, such as youth of color and lower income families. Dr. Barnard underscored that these issues “…have been really amplified by the ripple effect of the pandemic.”

$224,324 in COVID-19-related emergency grants were disbursed to community organizations in 2020.
<table>
<thead>
<tr>
<th>Grant Amount</th>
<th>Non-Profit Organization</th>
<th>Grant Given in Support Of:</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20,000.00</td>
<td>Boys &amp; Girls Club of Worcester</td>
<td>Funding to meet the child care needs of families of first responders, essential city workers, and employees of UMass Memorial Health Care and St. Vincent’s Hospital</td>
</tr>
<tr>
<td>$15,000.00</td>
<td>Seven Hills Foundation</td>
<td>Help with the costs associated with purchasing personal protective equipment and other cleaning and sanitization supplies</td>
</tr>
<tr>
<td>$11,000.00</td>
<td>Open Sky</td>
<td>Funds to purchase 16 beds and provide food kits and activities for vulnerable individuals and teens through “Safe Homes” as well as Behavioral Health and Homeless programs</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>Becker College</td>
<td>Support of their Telemental Health Program, purchase an electronic health records software program, secure Zoom licenses, and publicize the availability of online counseling services</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>Children's Friend, Inc.</td>
<td>Children's Friend, Inc. will be collaborating with YOU, Inc and Family Services of Central MA to offer tele-health counseling from trauma and grief specialists for Healthcare professionals, individuals and families</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>Family Health Center of Worcester</td>
<td>Support for masks and respirators, along with an immediate infusion of unrestricted operating funds to maintain payroll and operations</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>South Middlesex Opportunity Council (SMOC)</td>
<td>Funds to provide boxed meals instead of hot meals, causing extra expenses due to more expensive meal prep and overtime staffing</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>YMCA of Central Massachusetts</td>
<td>Funding to meet the child care needs of families of first responders, essential city workers, and employees of UMass Memorial Health Care and St. Vincent’s Hospital</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>YWCA of Central Massachusetts</td>
<td>Support to purchase laptops and cell phones so they can provide remote capabilities to as many staff as possible to reach their program participants</td>
</tr>
<tr>
<td>$7,500.00</td>
<td>Boys &amp; Girls Club of MetroWest</td>
<td>Funds to compensate for closure of all the clubhouses and refund or credit to parents for the time they were closed</td>
</tr>
<tr>
<td>$7,500.00</td>
<td>Montachusett Opportunity Council</td>
<td>Funds to provide rental vehicles and staffing to keep their food and emergency supply deliveries going</td>
</tr>
<tr>
<td>$7,500.00</td>
<td>Veterans Inc.</td>
<td>Support to hire temporary staff, purchase food that was previously supplied by donations, as well as professional cleaning to ensure that all clients and staff are in a clean and safe environment</td>
</tr>
<tr>
<td>$5,324.00</td>
<td>Worcester Youth Center</td>
<td>Providing online programming to address WYC participants immediate needs, and establishing a system for acquiring and distributing tablets and/or laptops for these participants</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Abby's House</td>
<td>Funds to provide professional cleaning services for their four homeless shelter locations, boxed meals for participants, and payroll for staff</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Catholic Charities</td>
<td>Support to purchase large amounts of basic necessities such as: hygiene items, food, grocery gift cards, diapers and wipes, etc., for families and individuals in need</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Coalition for a Healthy Greater Worcester</td>
<td>Funds to keep their programs running so they can continue to support the COVID-19 response efforts</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Community Harvest Project</td>
<td>Funds to purchase a mechanical planter that will allow them to get their crops into the ground on time in lieu of mass volunteer support</td>
</tr>
</tbody>
</table>
Emergency COVID-19 Relief Grants

<table>
<thead>
<tr>
<th>Grant Amount</th>
<th>Non-Profit Organization</th>
<th>Grant Given in Support Of:</th>
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<tbody>
<tr>
<td>$5,000.00</td>
<td>Crossing Over</td>
<td>Provide operational support to assist men as they spend their first month in the Crossing Over Recovery Program</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Doc Wayne Youth Services, Inc.</td>
<td>Funds to start tele-health, virtual therapy sessions to youth and families whose anxiety levels are at an all time high</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Girls Inc. of Worcester</td>
<td>General operating support, and purchasing of hand sanitizers or gift cards to help the families they serve</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Legendary Legacies</td>
<td>Support of their &quot;Finding Cain&quot; fatherhood mentorship program, which targets disadvantaged youth of color who are current or soon to be fathers</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>LIFT/YWCA</td>
<td>Support for a collaborative effort to create an emergency backup shelter for homeless women in Worcester</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Pernet Family Health Services</td>
<td>Funds for their emergency assistance program which provides emergency infant supplies and emergency food through their food pantry</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Riverside Community Care</td>
<td>Support to cover additional staff and tele-health and tele-psychiatry programs for their clients</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Shrewsbury Youth and Family Services</td>
<td>General operating support as they are unable to provide any school based services and are working remotely</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Worcester State University</td>
<td>Support the expanded shelter and food needs for their most disadvantaged students</td>
</tr>
<tr>
<td>$4,000.00</td>
<td>Natick Service Council</td>
<td>Funds to purchase 20,000 pounds of food per month and staff to package and deliver food bags as individuals are no longer able to access the pantry</td>
</tr>
<tr>
<td>$3,500.00</td>
<td>Living in Freedom Together (LIFT)</td>
<td>Support of their mobile outreach program, which included delivering food, household supplies, and more to participants</td>
</tr>
<tr>
<td>$2,500.00</td>
<td>Boys &amp; Girls Club of Webster-Dudley</td>
<td>Emergency Support to keep the Webster-Dudley clubhouse open and operational for participants</td>
</tr>
<tr>
<td>$2,500.00</td>
<td>Crossing Over</td>
<td>Rent assistance for the men at the Crossing Over Recovery House to ensure they have a safe place to stay and continue their journey to recovery</td>
</tr>
<tr>
<td>$2,500.00</td>
<td>Dismas House</td>
<td>Funds to purchase groceries and support staff delivering dinners for 30 people in two homes on all weekdays</td>
</tr>
<tr>
<td>$2,500.00</td>
<td>Growing Places</td>
<td>Funding to bring their mobile farmers market, which can accept SNAP and other forms of payment, to food insecure communities</td>
</tr>
<tr>
<td>$2,500.00</td>
<td>Regional Environmental Council</td>
<td>Funds to support meal pickup programs and building an emergency food services program for youth and families</td>
</tr>
<tr>
<td>$2,500.00</td>
<td>Rise Above</td>
<td>Funds to purchase tablets, Chromebooks, laptops, board games, books and arts &amp; crafts supplies, bikes, skateboards, helmets, and access to Disney+ or Netflix for children in foster care</td>
</tr>
<tr>
<td>$1,500.00</td>
<td>Legendary Legacies</td>
<td>Funds to support their participants by purchasing items such as diapers, board games, gift cards to grocery stores, etc.</td>
</tr>
<tr>
<td>$1,000.00</td>
<td>Visitation House</td>
<td>Support to purchase a freezer to replace one that no longer works, and supplies to increase their food service capacity</td>
</tr>
<tr>
<td>$500.00</td>
<td>Restoration Recovery Center</td>
<td>Support in purchasing two portable wash sinks to provide sanitation for participants, and two wifi routers to provide internet accessibility</td>
</tr>
</tbody>
</table>

$224,324.00 TOTAL EMERGENCY COVID-19 RELIEF GRANTS
Your Gifts Make Community Grants Possible

TOGETHER, WE WILL CHANGE LIVES

Jeremiah’s Inn
Growing Places
Community Harvest Project
Crossing Over
Shrewsbury Youth and Family Services
Legendary Legacies
Abby’s House
South Middlesex Opportunity Council
## Fall Grants

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<tr>
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<th>Non-Profit Organization</th>
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<tr>
<td>$20,000.00</td>
<td>Anna Maria College</td>
<td>Continued support of the &quot;SOBER Project&quot;, a mental health first aid curriculum and recovery coach training, supporting education and workforce development</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>CASA Project</td>
<td>Expansion of the “Mental Health Services for Vulnerable Children” program to eliminate wait times for mental health services for children served by CASA (Court Appointed Special Advocates)</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>Jeremiah's Inn</td>
<td>Assisting with purchase and renovation costs of the new Jeremiah's House Recovery Residence, where individuals who have completed treatment can continue their journey towards recovery</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>Latin American Health Alliance (LAHA)</td>
<td>Funding to support the Café Reyes Capital Project to create accessibility for disabled persons, expand seating both inside and outside the cafe, and modify the restrooms</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>Shrewsbury Youth and Family Services</td>
<td>Continue to fund and expand the work of their &quot;Youth and Teen Mental Health First Aid USA&quot; programs, which focuses on mental health awareness, substance abuse prevention and education</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>UMass Medical School</td>
<td>Funding for the FaCES (Foster Children Evaluation Services) Clinic which provides medical evaluations for children entering foster care in Massachusetts</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>UMass Memorial Health Care</td>
<td>Worcester Addresses Childhood Trauma (Worcester ACTs) serves families with young children, ages 1 month to 10 years old, who have experienced community violence, domestic violence, or an opioid overdose</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>Veterans Inc.</td>
<td>Funding the startup of an Intensive Outpatient Program based in Worcester, MA, which will expand treatment options for those struggling with substance use disorder</td>
</tr>
<tr>
<td>$20,000.00</td>
<td>YOU, Inc.</td>
<td>Continuing support of “HOPE Mental Health Model,” which aims to reduce youth violence and substance use and promote positive mental health and youth voices in Worcester</td>
</tr>
<tr>
<td>$17,500.00</td>
<td>Boys and Girls Club of Worcester</td>
<td>The Learning Hub Program provides a safe place for children to access their virtual classrooms plus access to technology, homework help, food assistance, and counseling</td>
</tr>
<tr>
<td>$17,500.00</td>
<td>YWCA Central Massachusetts</td>
<td>Funding for their &quot;Transitional Housing Program&quot; at Salem Square Facility in Worcester including case management, substance abuse counseling, and renovations of the residential space</td>
</tr>
<tr>
<td>$15,000.00</td>
<td>Big Brothers Big Sisters of Central MA/MetroWest</td>
<td>Support for the &quot;Keeping Kids Connected Program,&quot; an enhanced mentoring program to provide mental/behavioral health and isolation support to at-risk children</td>
</tr>
<tr>
<td>$15,000.00</td>
<td>Perkins School</td>
<td>Perkins Behavioral Health Services to Children Project supports comprehensive behavioral health care to children under the age of 18</td>
</tr>
<tr>
<td>$15,000.00</td>
<td>SHINE Initiative</td>
<td>Supporting mental health awareness presentations and year-round student mental wellness clubs, called Mindmatter Teams in Worcester Public Schools and beyond</td>
</tr>
<tr>
<td>$15,000.00</td>
<td>Teen Challenge</td>
<td>Provide funding to renovate the 2nd floor shower room located in their Adult Men's Recovery Center based in Worcester, MA</td>
</tr>
<tr>
<td>$13,000.00</td>
<td>Advocates</td>
<td>Provide funding for their new program “Saving Lives by Reducing Overdoses” by supplying Narcan kits to all staff members</td>
</tr>
<tr>
<td>Grant Amount</td>
<td>Non-Profit Organization</td>
<td>Grant Given in Support Of</td>
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</tr>
<tr>
<td>$12,000.00</td>
<td>Revive of the USA</td>
<td>Startup funding for three new Revive USA Fitness and Recovery service locations to support individuals suffering from opioid and other addictions</td>
</tr>
<tr>
<td>$11,000.00</td>
<td>Growing Places</td>
<td>Supporting the &quot;Grow Your Own Way Youth Initiative,&quot; which focuses on substance use disorder prevention through education, awareness, and developmental opportunities</td>
</tr>
<tr>
<td>$11,000.00</td>
<td>Westborough Connects</td>
<td>Pilot funding and programmatic costs in support of their mission to build a more connected, stronger, and resilient community</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>Central MA Agency on Aging</td>
<td>Funding of a &quot;Grandparents Raising Grandchildren, Opioid, and Mental Health Initiative&quot; to ensure the health and well-being of both seniors and their children and youth</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>Family Health Center of Worcester</td>
<td>Support of the &quot;Screen Our Students” program through FHCW school-based health centers, utilizing the SBIRT method to address substance use among middle/high school students in the Worcester Public Schools</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>Genesis Club</td>
<td>Funding the &quot;Bridging the Gap&quot; program, which allows youth with mental health concerns to continue their education and careers while managing their mental health</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>Rise Above</td>
<td>Providing enriching activities, opportunities and experiences to youth in foster care to give them a sense of normalcy, help them heal from trauma and build self-esteem</td>
</tr>
<tr>
<td>$10,000.00</td>
<td>United Way of North Central MA</td>
<td>Supporting the United Way Youth Venture where students participate in a Healthy Minds workshop series that addresses anxiety, depression, self-esteem, substance use prevention, responsible social media use, and more</td>
</tr>
<tr>
<td>$9,000.00</td>
<td>Pernet Family Health Service</td>
<td>The &quot;Youth Service Program&quot; focusing on addressing the mental health needs of youth, while addressing the challenges of adolescence and preparing for adulthood</td>
</tr>
<tr>
<td>$9,000.00</td>
<td>South Middlesex Opportunity Council (SMOC)</td>
<td>Support in rebuilding the fire escape at their Young Adult Residential Case Management (YARCM) residence in downtown Framingham, MA</td>
</tr>
<tr>
<td>$8,000.00</td>
<td>Doc Wayne Youth Services, Inc.</td>
<td>Creation of a virtual activity/games library to support their coaches in session creation, and translation services to ensure documents can be shared properly with guardians/parents</td>
</tr>
<tr>
<td>$7,500.00</td>
<td>Adolescent Consultation Services</td>
<td>Funding provides direct behavioral and mental health services to children and youth who are involved in the Framingham juvenile court system</td>
</tr>
<tr>
<td>$7,500.00</td>
<td>Regional Environmental Council</td>
<td>Supporting the &quot;YouthGROW Initiative,&quot; which provides at-risk teenagers with summer jobs and mentoring programs based around urban farming, nutrition, mental-wellness and self-advocacy</td>
</tr>
<tr>
<td>$7,000.00</td>
<td>Boys and Girls Club of Webster-Dudley</td>
<td>The Learning Hub Program provides a safe place for children to access their virtual classrooms plus access to technology, homework help, food assistance, and counseling</td>
</tr>
<tr>
<td>$6,200.00</td>
<td>Rainbow Child Development Center</td>
<td>Implementation of the &quot;Harmony &amp; Healing - Music Restoring Health&quot; program, which will foster and increase children's mental health and decrease their anxiety and stress</td>
</tr>
</tbody>
</table>
## Fall Grants

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<tr>
<td>$5,000.00</td>
<td>Abby's House</td>
<td>Grant funds will support women struggling with substance abuse and mental health issues by creating dedicated program space to offer more effective advocacy, meetings and support services</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Children's Friend</td>
<td>Support of their Dialectical Behavior Therapy (DBT) Program to treat self-harming and suicidal youth at the Ellsworth Child and Family Counseling Center</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Coalition for a Healthy Greater Worcester</td>
<td>Continued funding to support the coordination and implementation of the 2021 Community Health Improvement Plan (C.H.I.P.) for Greater Worcester</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Dismas House</td>
<td>Funding to continue their Substance Abuse Prevention Initiative, working with homeless former offenders</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Edward M. Kennedy Community Health Center</td>
<td>Assistance in providing support to patients in their Medication-Assisted Treatment Program beyond the standard health center capabilities</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Girls Inc. of Worcester</td>
<td>The &quot;Resilience Through Relationships Initiative&quot; expands staff training in Youth Mental Health First Aid and provides increased access to therapeutic mentors</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Living in Freedom Together (LIFT)</td>
<td>Support the reopening of their temporary shelter for homeless women and provide supplies such as blankets, bedding, and other necessities</td>
</tr>
<tr>
<td>$5,000.00</td>
<td>Worcester Youth Center</td>
<td>Supporting their &quot;Opioid/Narcan Training Program,&quot; which will continue to educate at-risk Worcester youth regarding opioid overdose and interventions, as well as health concerns regarding vaping</td>
</tr>
<tr>
<td>$3,500.00</td>
<td>Bancroft School</td>
<td>Continued support for the “Worcester Partnership Program,” a summer enrichment program for low-income, at-risk youth, adding new components to address mental health issues and offer substance use prevention</td>
</tr>
<tr>
<td>$3,500.00</td>
<td>Community Harvest Project</td>
<td>Grant funds will support fresh produce distribution to three Worcester-based residential substance use recovery programs</td>
</tr>
<tr>
<td>$2,500.00</td>
<td>St. Peter Central Catholic Elementary School</td>
<td>Implementing their enhanced student health program which utilizes the traditional &quot;Gym class&quot; to introduce strategies to safeguard mental health and wellness, information on proper nutrition, and benefits of routine exercise</td>
</tr>
</tbody>
</table>

### $475,700.00 TOTAL FALL GRANTS

Reliant Foundation made a one-time grant to Reach Out and Read – Northeast, in December 2020. This restricted grant transferred a final amount of $37,391 to support the distribution of a diverse collection of new books to clinics most in need that reflect both the identities of vulnerable families in the community, as well as the diversity of languages represented throughout the geographic area we serve.
With challenges already abound, COVID-19 placed even greater pressure on mental health services to adapt and survive.

Long before anyone had a true grasp on the magnitude of COVID-19 and the global pandemic into which it would turn, the Centers for Disease Control and Prevention (CDC) was already beginning to understand the toll it might take on the mental health of Americans.

In what became a widely-reported survey on Americans’ mental health, the CDC unveiled that nearly 29% of the roughly 1,000 respondents reported experiencing depression, and more than 18% reported substance use increase or initiation in April 2020. To place those statistics into more relatable terms: think about yourself and four friends or family members – one of you would have begun using, or increased your use of, an addictive substance and more than one of you likely would have experienced depression. Those numbers would only grow more staggering as the pandemic carried on.

However, the pandemic has not been partial to individuals with mental health and substance use disorders. Organizations that deliver critical mental and behavioral health, and substance use disorder services – many of which are non-profits with already strained resources – have also felt the impact of COVID-19.
An Added Challenge

Shortly after the pandemic began, the Stanford Social Innovation Review (SSIR) at Stanford University conducted a survey of cross-sector non-profits across the United States. According to the survey titled, “COVID-19’s Impact on Nonprofits’ Revenues, Digitization, and Mergers,” more than 73% of the respondents reported a drop in revenue, with more than 18% reporting a drop of 51-100%.²

Many of the non-profits who receive support from Reliant Foundation echo the financial challenges brought on by COVID-19, including Worcester-based Children’s Friend (an affiliate of Seven Hills Foundation), as well as Adolescent Consultation Services, which operates sites throughout Reliant Foundation’s footprint.

“I don’t know if we could have kept our doors open as long as we have without the support from community partners like Reliant Foundation,” said Johanna Sagarin, Ph.D., a clinical and program director at Children’s Friend. “The grants we receive help us make up the difference in operating costs and insurance reimbursements, and they allow us to take on initiatives like new treatment modalities, which are critical to our ability to move forward.”
Leah Kelly, Psy.D., executive director at Adolescent Consultation Services, agrees.

“Each of our sites comes with different demographics and needs. In Framingham, one of the biggest challenges we face is accessibility to our services,” said Kelly. “With community support, not only are we able to continue providing critical services to our clients, but we can invest in places like Framingham to reduce barriers and be more responsive to the families we serve.”

Children’s Friend and Adolescent Consultation Services were just two of the 57 non-profits to receive more than $737,000 in funding from Reliant Foundation in 2020.

“Without funding from organizations like Reliant Foundation, most non-profits would not be able to help as many families and children without seriously impeding the quality of care,” said Allison Beckler, D.O., a Reliant Foundation Trustee, and the Medical Director for Y.O.U., Inc., an affiliate of Seven Hills Foundation. “If we are able to intervene in a child’s life early on, and give them the necessary tools, we can help them break the cycle of intergenerational trauma that so many of them face. With the proper support, those embers of hope will quickly spark and then soon ignite.”

Adapting in the Face of COVID-19

According to the “COVID-19 Nonprofit Impact Report” published by Common Impact, “mental health hotlines and support apps have seen demand surge into multiple times regular call volumes…cases of alcohol and substance use have increased across the country…and individuals across all age groups are experiencing feelings of loss, isolation, fear and uncertainty.”
The challenges brought on by COVID-19 were not strictly financial, however. The need to quickly adapt services to maintain adequate levels of care was equally important.

The Stanford survey found nearly 82% of the respondents reported digitalizing some, or all, of the programs and services they offered. Not all of the respondents were from the mental health services sector, but for those that were, the need to offer virtual services became critically important to their survival and the survival of their clients.

This was the reality for Children’s Friend, Adolescent Consultation Services, and many of the other non-profits providing mental and behavioral health services in Reliant Foundation’s service territory, as well.

“One of the biggest challenges brought on by COVID was the need to quickly pivot our services to teletherapy,” said Sagarin. “The technology was slowly being implemented before the pandemic struck, but the necessary rapid adaptation proved to be a difficult transition for some of the families we serve, and a significant strain on organizations everywhere.”

“The transition to primarily virtual services wasn’t seamless, but we have some really smart people who helped make the process a little smoother,” adds Kelly. “There are challenges on the family side, too, particularly in situations where there is a need to share devices.”

For Tara Rivera, a Reliant Foundation Trustee who also serves as a treatment advocate and recovery coach at Recovery Centers of America, the need to maintain connections and a consistent support system for those in recovery is of the utmost importance.

“The realities of COVID have severely interrupted critical connections for those in recovery, many of whom turn to isolation to hide their addictions from friends and family,” said Rivera. “However, the adoption of virtual platforms can actually make services more accessible during recovery, particularly for those who live in rural areas and have traditionally struggled to access in-person care.”

A Forced Hand Makes for a Stronger Future

While the need to quickly pivot services to counter the many restrictions brought on by COVID-19 posed significant challenges, the long-term implications for many non-profits may prove beneficial.

“With enhanced teletherapy services, we have seen a reduction in cancellations and no-shows because the virtual platform eliminates some of those accessibility barriers that exist with in-person services,” said Sagarin.

Adds Kelly, “We are able to see kids right away with far fewer obstacles. So, if we identify a need, we can be more responsive.”

For Beckler and Rivera, they will continue to worry about the growing depression and isolation as they wait for a return to more normal routines. The future is about remaining resourceful, resilient, and vigilant, while striking a balance between the important accessibility features afforded patients through virtual care and the critical option of returning to in-person services, and the inherent comfort that results from “live” interaction.

1 https://www.cdc.gov/mmwr/volumes/70/wr/pdfs/mm7005-H.pdf
2 https://ssir.org/articles/entry/covid_19s_impact_on_nonprofits_revenues_digitization_and_mergers#
In June 2020, Reliant Foundation celebrated its 22nd Annual Drive for a Difference Golf Classic and Online Auction. Despite the challenges presented by COVID-19, our team came together and held a successful tournament with a smaller number of players and scheduled tee times. The event raised $89,000 to support COVID-19 emergency grants and Reliant Foundations’ community health-focused grants program. Since its inception in 1999, Drive for a Difference has raised over $5.6 million and has earned the support of hundreds of sponsors, donors and volunteers.

Save the date for our 23rd Annual Drive for a Difference Golf Classic and Online Auction on Monday, May 24th, 2021 at Pleasant Valley Country Club in Sutton, MA.

CALLING ALL VOLUNTEERS!

We are sending a heartfelt THANK YOU to our amazing volunteers! Your dedication to our mission has impacted the lives and health of more than 100,000 people this year through our community grants program. If you are interested in volunteering at our Golf Classic on Monday, May 24th or our 5K Run on Saturday, October 2nd, 2021, please e-mail foundation@reliantfoundation.org.
This report includes donations of cash, pledge payments, auction gifts and in-kind contributions received between the dates of January 1, 2020 and December 31, 2020.

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Honor and Memorial gifts received between January 1, 2020 and December 31, 2020.

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Romana Ferrecchia

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Ms. Susan E. Golebiowski

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Elizabeth and James Greene

In Honor Of Elizabeth Bennett Greene
Belle and Harvey Cole

In Honor Of the Medical Team That Keeps Us Well
Anonymous

In Memory Of J. Harold Bennett
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In Memory Of John Bettencourt
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Lee (Sweeney) Hume and Jack Belmore

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Anonymous

In Memory Of Laurie C. Tinsley
David and Carolyn Tinsley

In Memory Of Linda Villani
Romana Ferrecchia

GRATITUDE.
As I reflect on my last year as Chair of the Reliant Foundation, I am inspired by the resilience of the communities we serve, our grantees, our volunteers, our donors, my fellow Trustees and the Foundation staff. The COVID-19 virus has challenged us all. Many of our grantees have been challenged to survive, to pivot, and to find new ways to do things. Others of us have been challenged to support those who survive, pivot, and find new ways. I am proud that in 2020 we were again able to award over $737,000 in meaningful grants to more than 50 charities in Central and MetroWest Massachusetts, to increase mental and behavioral health services, and support substance use disorder and recovery programs.

It has been a privilege to work alongside the amazing staff of the Foundation, led by Kelsa Zereski, who, despite the challenges of this year, has attended more Zoom meetings, introduced us Trustees to more people in need, and inspired our learning and giving. I am also grateful to the Trustees who completed their terms of service to the Foundation in March 2020, Thomas Sullivan of Sullivan, Garrity & Donnelly Insurance, our former Chair, and now Chair Emeritus; Michael Sleeper of Imperial Distributors, Inc.; Beth Helenius of Fallon Health; and Fran Madigan, of F.W. Madigan Company, all of whom served on our Executive Committee for many years. Thank you, Tom, Michael, Beth, and Fran, for your service, leadership, and dedication to the Foundation. I also want to recognize and welcome our newest Trustees, who joined us in 2020: Kris Bostek of Fallon Health; Andrew Madigan of F.W. Madigan Company; Kevin O’Brien of Peak Financial Services, Inc.; Dr. Allison Beckler of YOU, Inc.; and Tara Rivera of Recovery Centers of America. Our new Trustees bring a wealth of knowledge and expertise to support our mission of meeting the critical needs of the communities we serve. It has been a pleasure and honor to work with all of my fellow Trustees this year, most significantly on our granting efforts. I am proud to share with you that again this year, every one of our Trustees participated in our extensive granting process. They lent their time, knowledge and expertise to our emergency granting process at the outset of the COVID crisis, and did so again during our annual granting process in October and November 2020.

I am also thankful for each of you, our donors, for your generous and unfaltering support of our mission to address the childhood mental health crisis and the opioid/substance abuse crisis, both of which present more acute needs than ever before, due to COVID-19. I hope that you will continue to help the Reliant Foundation in supporting the great work being done by our grantee organizations. Your continued support, through this continuing challenging time, makes all the difference.

Thank you and best wishes to stay safe and well,

Elizabeth

Elizabeth L. B. Greene, Esq.
Chair, Board of Trustees
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DEDICATION.
Thank You

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