



RELIANT
FOUNDATION

2023 Annual Report on Giving

CONNECTING OUR COMMUNITIES



A LETTER FROM OUR LEADERSHIP

Dear Friends of Reliant Foundation,

It is with gratitude and excitement that we present to you Reliant Foundation's 2023 Report on Giving. Your unwavering support has been the cornerstone of our growth, and we are delighted to share the impact we have collectively made throughout the year.

In 2023, your generous contributions and volunteer time allowed Reliant Foundation to achieve its mission of fostering positive change in the health of individuals of all ages in our Central and MetroWest Massachusetts communities. We allocated \$850,000 in grants to 54 unique nonprofits with innovative projects that addressed critical mental health and behavioral health issues, making a tangible difference in the lives of those being served. From supporting mental health programs to advancing community-based wellness and recovery initiatives, each grant reflects the shared commitment we have to create a healthier and more resilient future.

The impact of our work extends beyond our grant making. In 2023, Reliant Foundation hosted two major events that brought together our sponsors, grantees, and community members. The Drive for a Difference Golf Classic and Auction celebrated its 25th Anniversary and you not only embraced our important message on reducing stigma around mental health and substance use, but you helped us exceed our goals. The fall Reliant Foundation 5K was our largest race in many years, filled with community and corporate walking and running teams and bringing together athletes of all abilities. Your participation in these events demonstrates the strength of our community and the collective power we share in creating positive, lasting change through philanthropy.

We are filled with pride for the shared accomplishments that our partnership has facilitated. The success stories, innovations, and advancements in mental health, wellness, and recovery programming are testaments to the transformative power of your time and generosity. Thank you for being the driving force behind our success and for standing with us in our commitment to building healthier communities.

Best Regards,



Kelsa Zereski
President



Marianne E. Felice, MD
Immediate Past Chair, Board of Trustees



Kelsa Zereski



Marianne E. Felice, MD

**YOU
CAN** | **Battle the Stigma
Boost Resources
Build Tools for Recovery**

128

Charities

Funded in our service area since 2008

\$6.8+

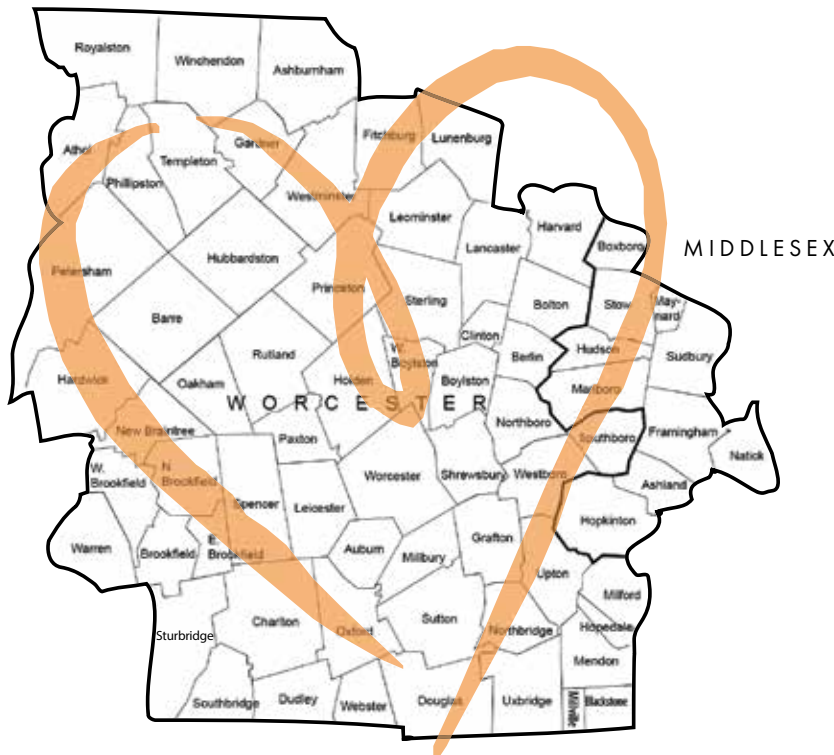
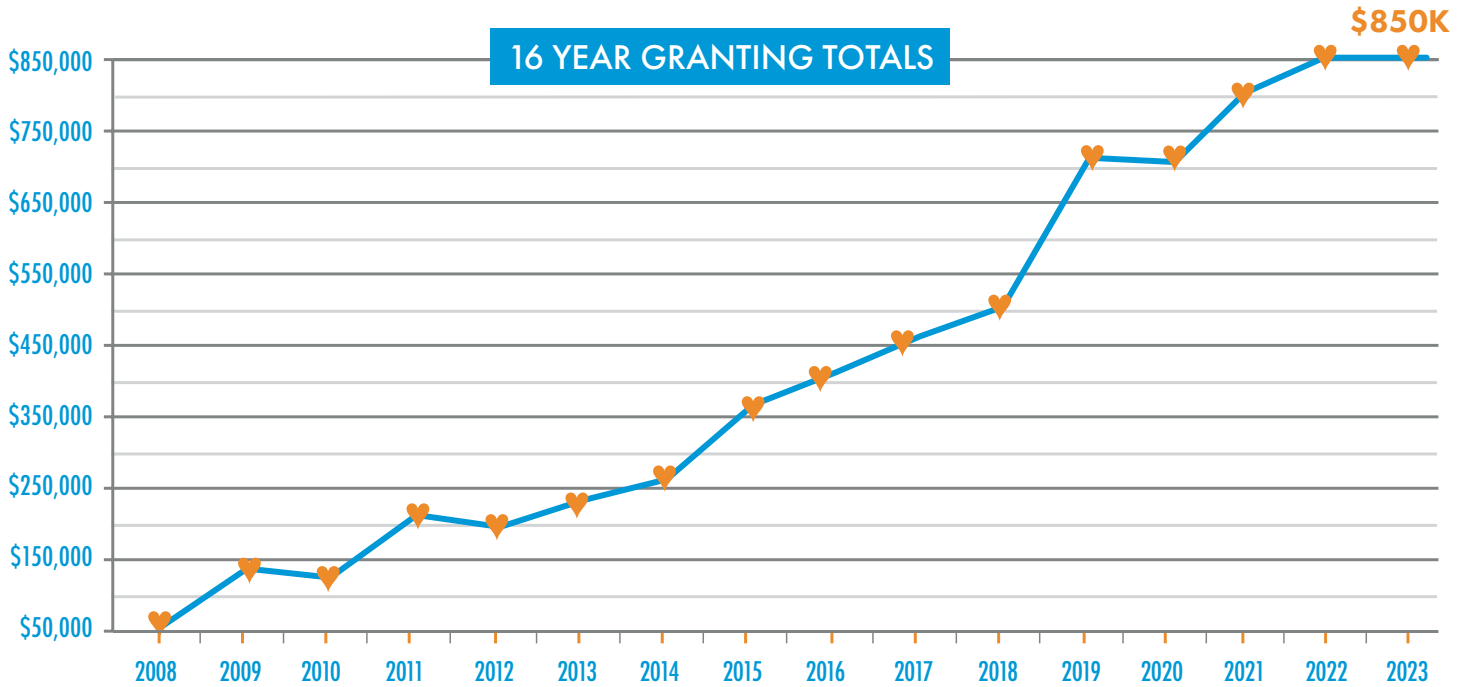
Million

Granted to health-focused community non-profit programs and resources in the Central and MetroWest regions of Massachusetts

100K+

Lives

Impacted since 2008



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.

MAKING A DIFFERENCE IN OUR COMMUNITY

As a community connector working closely with nonprofit organizations and leadership throughout our service area, we are focused on understanding the needs, and building the resources, to offer hope and change lives. Each year, we partner with change makers throughout the area by funding their innovative efforts to identify and address the critical health challenges faced by our neighbors.

Through your support of our Community Grants Program, these organizations are **boosting resources** and increasing access to mental health and behavioral health services for children and youth; **building tools for recovery** for individuals struggling to break free from substance use; and providing impactful education to **battle the stigma** and raise awareness surrounding these issues. **You are making a difference!**

The 2023 Grantees featured here are just a few examples of our community coming together to provide innovative programs and services that change—and save—lives!

LUK Inc.

LUK Inc. is dedicated to improving the lives of youth and families throughout Central MA. For more than 50 years, they have focused on programs and services addressing mental health; trauma; addiction and substance use prevention; homelessness, and other critical community health issues.

Reliant Foundation grant funds support LUK's Mental Health Awareness and Suicide Prevention Trainings throughout the North Central region. Course content is geared toward school administrative staff, guidance professionals, first responders, case workers, parents, and youth—anyone who might be first to recognize the warning signs of mental health distress. Programs are designed to raise awareness, prevent suicide, and empower bystanders to interrupt harm. *Suicide Prevention 101 with QPR (Question, Persuade, Refer)*, *LivingWorks safeTALK* (also suicide prevention), *Mental Health First Aid* (for both youth and adults) and *Training Active Bystanders* target under-resourced communities and youth service providers.



Mental Health First Aid training demonstrates how to offer help in a crisis and connect people to the appropriate resources. Both Suicide Prevention and Training Active Bystanders teach participants how to analyze a situation and interrupt harm responsibly when they see something troubling.

Beth Barto, CEO of LUK, Inc. shares "LUK is so grateful to Reliant Foundation for funding these lifesaving trainings. We are working to stop the stigma associated with living with mental health challenges. These trainings help everyone understand the importance of noticing changes in those we care about to intervene with empathy and care."

Given the limited availability of mental health and behavioral health services post-pandemic, it is important now more than ever to inform and educate the community. Regional Community Health Assessments all prioritize mental health, citing a number of barriers such as difficulty navigating mental health systems, language barriers, transportation barriers, and stigma. Empowering and educating members of the community can change—and save—lives.



MetroWest Care Connection



MetroWest Care Connection (MWCC) is a community-focused health hub addressing inequities in access to care and care delivery. They provide support to those in need of assistance, linking them to critical mental health, substance use, and social services. Reliant Foundation's grant helps to fund a multilingual Care Navigator and a Master's Level Clinician. This team provides culturally responsive care and support to help bridge the gap, regardless of insurance status or ability to pay.

MWCC's Navigation Line has served more than 4,100 callers, many of whom represent vulnerable populations that often get lost in our complex healthcare systems. More than half of those were

young people under the age of 19, and 30% spoke a primary language other than English.

MWCC is committed to preventing people from "falling through the cracks," particularly those facing racial health disparities. Their team ensures that clients get access to the critical services they need. "The MetroWest Care Connection is grateful for the support of Reliant Foundation," shared Robert Hallion, Executive Director of the Behavioral Health Partners of MetroWest. "The ability to support people in their preferred language is an integral part of providing culturally responsive care."

When someone finds themselves or a loved one in need of support services, they often do not know where or how to access them. This can be very overwhelming for a parent whose child might be struggling—especially if their primary language is not English.

A perfect example is Adriana,* a Brazilian, Portuguese-speaking woman who was advised by her child's school to call the Service Navigation Line for assistance in accessing mental health services for her child. During the call, other family needs came to light, including primary care, food insecurity and housing. Adriana was guided to the right resources and services for her family.

MWCC is operated by Behavioral Health Partners of MetroWest: a partnership among Advocates, South Middlesex Opportunity Council, Spectrum Health System, Wayside Youth and Family Support Network, and key community stakeholders.

Rainbow Child Development Center

Rainbow Child Development Center is focused on enhancing the lives of underserved children by providing quality educational and therapeutic programs and services. The Center serves a diverse population of over 400 children, ages 6 weeks to 13 years old. The Center's academic and enrichment programs focus on maximizing children's full potential academically, socially, and emotionally.

The increased need for children's access to mental health programs and services has never been greater. Recognition of mental health issues as early as possible assists in decreasing their emotional challenges at home and in school, and facilitates their ability to become better equipped to succeed in social and learning environments and to form healthy relationships.

To address the need for mental health services, Rainbow contracted with the Worcester Center for Expressive Therapies to implement a series of music and art therapy sessions to increase children's social/emotional mental health, engagement, and resilience. Reliant Foundation grant funds supported these therapies for preschool children and children in Rainbow's extended learning after-school programs.





Grant funds also supported therapists from Community Health Link to work in preschool classrooms weekly to observe and counsel teachers on effective strategies to work with children who exhibited aggression and sadness, or demonstrated stress or anxiety.

“The Music and Art Therapy sessions helped children to express their thoughts and decreased their anxiety or stress,” shared Nancy Thibault of Rainbow Child Development Center. “During the sessions, children developed a sense of cohesiveness, belonging, and acceptance.”

Therapeutic songwriting and playing live music together allowed children to process their emotions and conflicts, and increase their interpersonal skills. Art therapy allowed them to express their thoughts and feelings freely through their creations. During sessions, therapists

facilitated open discussions with children regarding their thoughts and emotions to help increase their self-esteem, confidence, and well-being and to reduce negative feelings.

Veterans Inc.

Since its modest beginnings in the early 90s, driven by a small group of volunteers focused on providing shelter and care for homeless veterans, Veterans Inc. has greatly expanded its capacity and scope—providing support services for more than 6,000 veterans and their family members. There are presently more than 38,000 veterans in Worcester County, with nearly 6,200 of those in the City of Worcester.* The organization prioritizes low-income and homeless veterans, many of whom are struggling with substance use.

Veterans were some of the hardest hit by the effects of social isolation and anxiety caused by the pandemic. The

re-traumatization for veterans, who have suffered more trauma than the general population, increased the already high substance use disorder and suicide rates. Veteran’s Inc. is focused on addressing these issues with high-quality care and supportive services.

Reliant Foundation provided funding for the expansion to Worcester of Veterans Inc.’s Residential Recovery Support Co-Occurring Enhanced Services (RRS-COE). The program has provided residential substance use assistance through their Independence Hall facility in Shrewsbury since 2017. Independence Hall prioritizes veterans struggling with substance use disorder and is a first-of-its-kind facility in the U.S. Grant funds contributed to construction of RRS-COE client living quarters and the purchase and installation of a medication containment and distribution safe.

The expansion of RRS-COE to Worcester will increase treatment capacity and support services for veterans suffering from prescription drug, opioid, alcohol, and other addictions, including case management, mental health, and recovery supports on a space-available basis for non-veterans.

“Veterans Inc.’s expanded Residential Rehabilitation Services (RRS) program at Grove Street in Worcester stands as a beacon of hope for veterans and their families who desperately need clinical intervention for their co-occurring mental health and substance use disorders,” said Veterans Inc. President & CEO Vincent Perrone. “We recognize the urgent need for comprehensive supportive behavioral healthcare in our communities and remain steadfast in our dedication to providing vital services and resources that nurture healing and resilience.”

**Estimate, based upon U.S. Census Data. Those who served in the Reserves or National Guard are often not included in census and point-in-time counts.*



COMMUNITY GRANTS

Reliant Foundation works throughout the year to raise funds in support of our mission and our Community Grants Program. These grants fund programs and services that strengthen mental health and behavioral health supports for children and youth; substance use prevention and recovery for individuals of all ages; initiatives to reduce stigma around mental health and substance use; and address the critical workforce shortages in these areas.

Non-Profit Organization	Grant Given in Support of	Grant Amount
Abby's House	Case management services for women at the shelter struggling with mental health and substance use issues	\$20,000.00
Addiction Referral Center	Project B.R.A.V.E. (Building Recovery Accessibility through Validation and Health Equity) providing recovery coaching, transportation to services, and care bags containing essential hygiene and mental wellness items	\$10,000.00
Adolescent Consultation Services (ACS)	Mental health prevention and intervention services to help court-involved youth and their families work toward a better future	\$15,000.00
Adult & Teen Challenge NE	Capital renovations to expand the capacity of residential services at the Chatham Street Adult Men's Recovery Center	\$25,000.00
African Community Education (ACE)	Saturday Think/Give Social-Emotional Learning Program to help African and Haitian refugee and immigrant youth successfully transition into the community	\$10,200.00
Advocates	Increased access to culturally competent care for Spanish-speaking children needing mental health services	\$10,000.00
Anna Maria College	Job Opportunities in Behavioral Services Program training initiative to increase career preparedness for students in the field of mental health studies	\$24,000.00
Bancroft School Worcester Partnership Program	Mindful Matters Program for underserved youth from the Elm Park Community School (grades 1-9) that addresses mental health and behavioral health needs of students	\$5,000.00
Behavioral Health Partners of Metrowest (BHPMW/Advocates)	MetroWest Care Connection community health hub providing navigation services for marginalized residents needing mental health, behavioral health or other social services, whose primary language is not English	\$20,000.00
Big Brothers Big Sisters of Central MA	Mind Matters Mentoring Program providing mental health support services for youth most at risk due to poverty, trauma, and other issues heightened by the pandemic	\$20,000.00



Non-Profit Organization	Grant Given in Support of	Grant Amount
Boys & Girls Club of Lunenburg	GROW SMART Initiative addressing youth mental health and resiliency including training for staff, programs for youth, and resources for families and caregivers	\$6,000.00
Boys & Girls Club of Metrowest	Teen Mental Health First Aid Program and workshops for both teens and staff at Clubhouses in Hudson, Marlborough and Framingham	\$20,000.00
Boys & Girls Club of Webster-Dudley	Mental Health and Behavioral Health Programs for youth age 5-14 including counseling, case management, mentoring, social-emotional learning, comfort supports and academic success programs	\$15,000.00
Boys & Girls Club of Worcester	Mental Health and Behavioral Health Programs including counseling, case management, social-emotional learning, and mentoring for underserved youth	\$20,000.00
CASA Project Worcester	Shine the Light Initiative providing counseling and services for youth removed from their homes due to parental substance use	\$30,000.00
Catholic Charities Worcester County	Refurbishment of common spaces in the Crozier House recovery home for men and the Leominster Women's Program to allow for increased capacity	\$17,000.00
Center for Family Connection	Family Connects Program providing trauma-informed, sensory-based therapy for children age 6-10 affected by trauma and chronic stress, including resources for families	\$10,000.00
Community Harvest Project	Providing fresh produce and volunteer programming for Jeremiah's Inn and Hector Reyes residential recovery homes	\$10,000.00
Community Healthlink	Women Enhancing Recovery through Fitness and Empowerment weekly fitness programming provided by Revive of the USA at three recovery homes in Worcester	\$24,300.00
Community Legal Aid	Family Preservation Project combining case management and supports to keep children from marginalized communities in their homes and out of Foster Care	\$17,500.00
Dismas House	Substance Use Prevention Initiative providing residential programming for men who are ex-offenders facing homelessness and drug and alcohol addiction	\$5,000.00
Doc Wayne	Chalk Talk® Group mobile outpatient therapy services utilizing mental health counselors as sports coaches for youth who are struggling with mental health issues	\$20,000.00



Non-Profit Organization	Grant Given in Support of	Grant Amount
GAAMHA	Part-time clinician to expand available services at R.O.O.T.S. at Evergreen Grove Program for youth and young adults age 12-24 struggling with substance use and mental health challenges	\$30,000.00
Genesis Club	Zero Stigma Project to increase awareness through outreach and education, and eliminate stigma associated with mental illness and mental health challenges	\$15,000.00
Girls Inc. of Worcester	Health and Family Services Initiative providing age-appropriate mental health support activities and counseling for underserved girls in the K-12 after-school program	\$13,000.00
Growing Places	Be Your Best Self Project focused on mental and behavioral health supports for underserved middle and high school youth in North Central communities through workshops and educational activities	\$12,000.00
Latin American Health Alliance	Café Reyes Workforce Development Program to increase job skills and educational opportunities for men in recovery	\$18,000.00
Legendary Legacies	Food Pantry Delivery System Workforce Initiative for at-risk young men of color age 17-24, and Mental Health Workforce Tuition Support for staff	\$26,000.00
Lovin' Spoonfuls	Food recovery and hunger relief support for MetroWest nonprofit recovery shelters and transitional housing	\$13,000.00
LUK Inc.	Community-based trainings to raise awareness of mental health issues, prevent suicide, and empower bystanders to interrupt harm	\$20,000.00
Massachusetts Adoption Resource Exchange (MARE)	Trust-Based Relational Intervention Caregiver Trainings to help prepare adoptive families to meet the complex mental health needs of vulnerable youth who have experienced trauma	\$7,000.00
Our Bright Future	Part-time social-emotional counselor to be embedded in Our Bright Future's programming for underserved youth	\$20,000.00
Pernet Family Health Services	Youth program to address mental health needs for low-income, at-risk children (grades 1-12) from BIPOC families experiencing instability and poverty	\$10,000.00



Non-Profit Organization	Grant Given in Support of	Grant Amount
Rainbow Child Development Center	Music and Art Therapy sessions to increase children's social-emotional mental health, engagement and resilience, and instructional services for teachers working with children exhibiting emotional distress	\$20,000.00
Recovery City	Series of Recovery City movie screenings across Worcester County featuring panel discussions around the stigma and systems that marginalize women in recovery	\$10,000.00
Regional Environmental Council	YouthGrow Program providing at-risk teens from Worcester's low income neighborhoods with mentoring and employment opportunities to educate and empower them to become community leaders	\$8,500.00
Revive of the USA	An additional Fitness Coach to provide Recovery Movement Therapy for women in Catholic Charities' Women's Services Program in Leominster	\$20,000.00
RFK Community Alliance	Behavioral Health Services for children and youth under 18 that utilizes clinicians who are completing their training, increasing the behavioral health workforce pipeline	\$20,000.00
RIA (Ready Inspire Act)	Sisters Leading Sisters Program addressing co-occurring issues, and reducing stigma around mental health and substance use for survivors of the sex trade through trauma-informed care	\$6,000.00
Rise Above	Providing children in foster care with enriching activities, opportunities and experiences that will give them a sense of normalcy, comfort, and build self-esteem	\$20,000.00
Riverside Community Care	Workforce Development & Diversity Project to support growing demand for behavioral health services for youth whose second language is English by recruiting Spanish and Portugese-speaking clinicians to reduce disparities in care	\$10,000.00
Shrewsbury Youth and Family Services	Screen Time Reduction Education Program youth workshops to reduce depression, anxiety, sleep problems and other concerns associated with over-exposure to digital technology	\$20,000.00
South Middlesex Opportunity Council (SMOC)	Licensed Mental Health Counselor (LMHC) career path program for diverse behavioral healthcare staff to increase the workforce pipeline	\$16,000.00



Non-Profit Organization	Grant Given in Support of	Grant Amount
SPARK Kindness	Addressing the Emotional Health and Resilience of Children and Youth educational programs promoting mental health, wellbeing and pro-social behaviors in children and families	\$15,000.00
The Torch Foundation	Social-Emotional Intelligence Training programs for teens age 13-18 in Worcester Public Schools	\$10,000.00
UMass Memorial Health	Education and Support for Clinicians New to Prescribing Buprenorphine for Opioid Use Disorder educational series	\$20,000.00
United Way of Central MA	Funding for a Fitness Court in the Main South neighborhood of Worcester to provide access to health and wellness activities for individuals in recovery	\$20,000.00
United Way Youth Venture of North Central MA	Healthy Minds Youth Conferences for elementary and middle school students including workshops and hands-on activities that address mental health, self-acceptance, healthy relationships, responsible social media use, substance use prevention and more	\$10,000.00
Veterans Inc.	Expansion of Residential Recovery Support Co-Occurring Enhanced Services (RRS-COE) to the Grove Street Headquarters facility	\$25,000.00
Westborough Connects	Community programming and initiatives to address mental health and behavioral health impacts of loneliness and social isolation	\$11,000.00
Worcester Addresses Childhood Trauma (Worcester ACTS)	Trauma Training Tuesday Series designed to reduce stigma around mental health and substance use by educating the community	\$11,000.00
Worcester Youth Center	Substance Use Education Program for youth providing mental wellness support and enrichment activities for at-risk youth	\$7,500.00
YOU Inc., an affiliate of Seven Hills Foundation	The Carriage House Grief Support Center for children and youth age 3-18 who are grieving the death of a parent, primary caregiver or sibling	\$15,000.00
YWCA of Central MA	Social-Emotional Health Program for young children to help advance the social, emotional and academic success of students in the child care center	\$17,000.00

Total Community Grants \$850,000.00



DRIVE FOR A DIFFERENCE

25th Anniversary Sell Out!

We celebrated the 25th anniversary of our annual *Drive for a Difference* Golf Classic on May 22, 2023, by selling out! Hosted once again at Pleasant Valley Country Club in Sutton, the event exceeded our fundraising goal by generating more than \$215,000 in gross revenue. Sponsors and golfers were treated to a great day on the links, and the event's auction offered supporters the opportunity to bid online throughout the day. Winning bidders took home exciting getaway packages, concert tickets, exclusive dining experiences, sporting events, and more. Golfers and guests enjoyed a social reception following the round, featuring music by local recording artist, Cara Brindisi, dinner, awards, and a Fund-a-Need featuring the Foundation's annual Impact Video highlighting the important work our grantees are doing in our communities.



Save the Date!

Our 26th annual *Drive for a Difference* will be held on **May 20, 2024**.

We hope you will join us! Golfers will tee off with a single shotgun at 11:30am at the beautiful Pleasant Valley Country Club. The day will feature lively golf competition, a delicious on-course lunch, complimentary beverages and snacks throughout the day, great auction items, followed by a social reception, seated dinner, and awards.

Watch Impact Video here



RELIANT FOUNDATION 5K

Run or Walk for a Healthier Community



The 2023 Reliant Foundation 5K, held on September 30, raised over \$31,000 and drew 225 registered participants—one of the largest turnouts since the Foundation began hosting the event in 2012. Presented in partnership with the Bancroft School and Greendale Family Branch YMCA, this certified, chip-timed race once again kicked off at Shore Park in Worcester. The scenic route around Indian Lake, returning to Shore Park, provides participants with a beautiful backdrop while they run or walk for a healthier community!

Save the Date!

We hope you'll join us: Saturday, **October 5, 2024**. Race start time 9:30am at Shore Park, Worcester.

For more information about Reliant Foundation events, please visit the Events Page on our website reliantfoundation.org



DONORS

This report includes donations of cash, pledges, auction gifts and in-kind contributions received between the dates of January 1, 2023 and December 31, 2023.

Chairman's Circle: \$10,000+

Aponi Aesthetics, LLC
Dr. Marianne E. Felice
Drs. Ivan and Noreen Green
Robert and Jane Klugman
North Bridge Wealth Management Group at Morgan Stanley



President's Circle: \$5,000+

Amazon.com Services LLC
Country Bank
Gene and Julianne DeFeudis
Epic Systems Corporation
George F. & Sybil H. Fuller Foundation
Dr. Joshua Greenberg and Atty. Maureen McGee
Hanover Insurance Group
Mass General Brigham Health Plan
Dr. and Mrs. Stephen M. Pezzella
Point32Health
Robert Half
Richard and Deborah Van Nostrand

Gold: \$2,500+

Accucon
Anna Maria College
Avidia Bank
Jane and Larry Barbash
Blue Cross Blue Shield of Massachusetts
Kristine and Scott Bostek
Bowditch & Dewey, LLP
C&S 311 Main Street Worcester LLC
Cornerstone Bank
Ned Dubilo
Mark and Jan Fuller
F.W. Madigan Company, Inc.
Fallon Health
J. Michael Grenon, Grimes & Company
Harmony Health Group
Imperial Distributors
Dan Mastrototaro
Maria Paul
Mark Paul & Chelsea Mackin
Saint Vincent Hospital
Dr. John R. and Susan W. Schneeweis
Seven Hills Foundation
Dr. and Mrs. Sanjay Shah
Stowe & Degon
Szeto Investments, LLC
UMass Memorial Health
Wattson Home Solutions
Worcester State University



Silver: \$1,000+

Bay State Savings Bank
Allison Beckler, DO
Anthony Bizzotto
Edward Chambers and Cheri Wesinger Chambers
Coghlin Companies
Creedon and Co., Inc.
Karen Eisenhower and Rachel Gerstein
Fred and Patty Eppinger
Fidelity Bank
Renee Franzosa
Jon Freve
FUJIFILM Healthcare Americas Corporation
Gallagher Basset Specialty
Elizabeth and James Greene
Grimes & Company, Inc.
Brendan Hicks
Jean A. Klugman
Kelleher & Sadowsky Associates, Inc.
Robert and Gretchen Kossack
Krush It Marketing



DONORS

Sean Lordan
Andrew and Sarah Madigan
Michael and Carol Sleeper Family
Fund of GWCF
Middlesex Savings Bank
Mirick O'Connell
Mountain, Dearborn and Whiting, LLP
Munq LLC
Tom and Kate Myshrall
Niche Hospitality Group
Open Sky Community Services
Reliant Medical Group, Part of
Optum
Revive of the USA
Scott Raymond Photography
Naomi Sleeper
Dr. and Mrs. Steven Solano
Bill Strohsnitter



Sullivan Insurance Group, Inc.
UniBank
Liz and Paul Vella
Volutorno Pizza Napoletana
Wagner Auto Group
Dustin Wirzburger
Worcester Red Sox Baseball Club
Kelsa and Don Zereski

Bronze: \$500+

Dr. Katharine Barnard
Wendy and Morris Bergman
David A. Camera
Brian A. Fielding
Francis Malbone House
Scott and Ashley Fuller
Great Wolf Lodge
Patricia Gates
The Hanover Theatre
Matthew Herndon
ISM Holdings, Inc.
James Hogan
Mr. and Mrs. Robert J. Kozubal
Peter and Elaine Lucas
Mount Wachusett Community
College Foundation
National Honor Society at Tahanto
Mr. and Mrs. Kevin O'Brien
John Person, MD
Gary and Ann Peters
Pleasant Valley Country Club
Donna-Drew Price
Tom Rafferty
Mary Lou Retelle
Riverside Community Care
Saint-Gobain Abrasives
SHINE Initiative
Mr. and Mrs. Michael D. Sleeper
Bill Stock
The Cape Club of Sharon
Wayside Youth & Family Support
Network
The Wetzel Group

Andrew Wheelock
Christine R. Whipple
Drs. Gregory T. and Alice A.S.
Williams
Worcester Regional Chamber of
Commerce



Patrons: \$250+

John and Karen Andreoli
Richard Archibald
Boston Celtics Shamrock
Foundation
Charlotte Bramley
Richard and Mary Beth Burke
David Cady
Sean Cutting
deadhorse hill
Elizabeth DeGrush, DO
Kathleen Driscoll
Chad and Bonnalee Finlay
Foxwoods Resort & Casino
Chuck and Leslie Gordon
Anthony Hatton
Julie Healy
Dean Hickey
Connor and Margaret Hicks
Hotel Viking
Kenneth and Susan Kronlund



DONORS

Jamie McNamara
Mr. and Mrs. Tim Murray
Scott Notargiacomo
Carl and Eirinn Paratore
Patriot Place/NPP Development LLC
Dick and Kathy Perry
SG&D Insurance Agencies
Barbara Anne Sullivan-Thiel
Jenn and Matt Terkanian



Supporters: \$100+

Patience Agyapong
Mr. and Mrs. Charles Aleksiewicz
Kyle Angelo
Linda Anish
Katie Bagdis
Mary Bartkiewicz
Beth Barto
Big Brothers Big Sisters of Central
Mass & Metrowest
Boston Crawling
Boston Harbor Distillery
Boys & Girls Club of MetroWest
Bryan Brown
Besa Bushati
Club Pilates
Jim Coghlin

Terry and Gail Condon
Jay and Donna Conway
Elizabeth Crowley
Jay Curran
Mr. and Mrs. David L. Delano
Frank C. D'Elia, Jr.
James A. Delsignore
Frank DeSantis
Mike DiCenzo
Dr. S. Patricia Dille
Ryan Donahue
Sandra Dowd
Jim Dupre
Elements Therapeutic Massage
Tom Fallon
Maria Farragher
FITCLUB Foundation
Eric Gaetz
Tim Gardell
Dave Garvin
Anthony and Jessica Genna
James and Catherine Glockling
Suzette Hachey
Shawn Hayden
Frank Hill
Matt Hollister
Bill Jenkins
Paul Kangas
Kirk Kanya
Cally Kenneway Nault
David Larrabee
Quang Le, MD/MPH
Ken L'Ecuyer
Gary Leonard

Kyle Macdonald
Craig Maddelena
Rob Malenfant
Kevin Martin, MD and Rosalind
Martin
Brenda McHugh and David
DeGrand
Tom McNamara
Robert Mezzadri
The Monahan Group, Inc.
Sean Murphy
NESN
Mark Nicholson
O'Connor's Restaurant & Bar
Brenda Oldak
Oli's Italian Eatery
Gary Olson
Perro's Flowers
Kelley Petralia
Tricia Pistone
Francis and Judith Polito
The Preservation Society of
Newport County
The Red Sox Foundation
Theresa Riel
Tara Rivera
Mike and Cathy Robbins
Steve Roche
Eliot Rush
Elizabeth Sabaj
Dan Sargent
Cashel Scanlon
Stephen Scannell
Barry Silver

DONORS



Silver Leaf Spa
Six Flags New England
Springfield Museums
Peter Staiti
Table Talk Pies
The House of the Seven Gables
Gordon Thomas
David and Carolyn Tinsley
TreeTop Adventures
Triple Crown Tack Shop
John W. Trudel, MD
Jessica Vigliotti
Walgreens
Willy's Steakhouse Grill & Sushi Bar
X-Golf Worcester
Kathy and Jim Hunter

Friends: gifts up to \$99

Anonymous (4)
Adore Boutique
Johanna Alcorn
Chris Alfonso
Alicante Mediterranean Grille
Sarah Amarin
AJ and Christina Andreoli
Armsby Abbey
Aysa Asia

Bill Barbara
Bayberry Bowling Center
Bean Counter Bakery
Andy Belanger
Francesca Bellizzi
Shel Benjamin
Cassandra Bergeron
Big Y Foods, Inc.
Boston Professional Hockey
Association, Inc.
Robert Bourgeois
Benjamin Brabbs
Grace Bromage
BT's Smokehouse
Donna Burford
Beth & Justin Campbell
Anthony Cappabianca
Julie & Peter Caputi
Sofia Caputo
Thomas Casiello
Kelsey Cass
Laura Cerniglia
Nina Cerviatti
Thutrang Chang
Shirley Chastain
Chick-Fil-A Worcester
Chipotle Mexican Grill
Patricia Chuplis
Michael Ciccolini
Robert Cohane
Joseph H. Cohen III, MD
Sydney Coleman
Kathleen Comer
Concord Museum

Haylie Corbett
Lyn Cosseboom
Jennifer Cote-Saunders
William Curtis
Melissa Cutroni
Rebecca Cyr
Betsy DeGrush
Yerina Diaz
Discovery Museum
Victoria Donarumo
Sheilah Dooley
Joel Dunbar
Darcy Durkee
Linda Dylewicz
EcoTarium
Romana Ferrecchia
Katie Follett



Ford's Hometown Services
Liz Foxwell
Jessica Frometa
Funky Murphy's Bar & Grill
Patrick Gallagher
Sai Abhilash Ghanta
Lisa & Raymond Gonzalez
William Grudzinski
Eric Grudzinski



DONORS



Ray Guilbault
Allison and Peter Hansen
Lynne Harms
Jerry Hastings
Mason Hendershott
Carlos Herrera
Oscar Herrera
Fran Horuzek
Robert Hutchinson
Shelby Hutchinson and
Scott Raymond
Nolan Ivers
Kathleen Jones
Jennifer Karagosian
Stephan Katinas
Mike Keating
Will and Kate Kelleher
Alison Kurkul
Lalajava Coffeehouse
Betsy and Richard Landry
Sandy Lashin-Curewitz
David Latino
DuyQuang Le
Robert Lenhardt
Noah Ligeti
Lincoln Crafted
Joe Lizotte and Molly
Dickinson

Alex London
Carlene Mabie
Jen MacDonald
Joseph Manna
Marathon Sports
Jason Marrero
Lorie Martiska
Mass Audubon
William Mayer
Susan Mcgowan
Jacob Miller
Angelo J. Mirabile
David Mitchell
Jack and Cindy
Monahan
Steve Moorehead
Tenley Mueller
Breanna Murphy
Ryan Murphy
Cathy Murray
Taylor Nawn
Pui Sheung Ng
Angela Niver
Gregory Noetscher
Nothing Bundt Cakes
Old Sturbridge Village
Kathleen I. Papineau
Amanda Parsons
Hetal Patel
Naveen Pathak
Hannah Patterson
Nick Pellegrino
Chelsea Perry
Scott and Denise Pilate

Sherri Pitcher
Esther Powell
The Queen's Cups
Radiant Waxing
Redemption Rock
Brewing Company
Jeff Rice
Ash Richardson
Ian Rifkin and Valerie
Smedile Rifkin
Sarah Roch
Richard Rosiello, MD
Ryan Rosiello
Salem Witch Museum
Darian Sanders
Diana Sandini
Jeffrey and Judy Scott
James Shaw
Mr. and Mrs. Orville
Sheldon
Joshua Soto
Joyce Southworth
Dominic Spinelli
MaryJane St. Francis
Ken and Diane St. Onge
Alex Stefani
Sean Stone
Kate Storm
Noah Sun
Tavolino Italian Gourmet
Miles Taylor
The Institute of
Contemporary Art Boston
The School Yahd

Eric Tidman
Tower Hill Botanic
Garden
Trader Joe's
Sonia Tran
Brian Trinque
Malory Truman
John Underhill
Vaillancourt Folk Art
Valentino's
Zayda Vallejo
Juan Velasco
McKinley Vrees
Zachary Wagman
Peter Welland
Dr. Jenny Weyler and
Mr. Jim Blais
Sandra White
Donald Wise
Woosta Pizzeria &
Ristorante
Worcester Bravehearts
Derek Xiang
XtremeCraze
Ayn Yeagle



TRIBUTES

Honor and Memorial gifts received between the dates of
January 1 and December 31, 2023

IN HONOR OF

John Berthiaume

Anonymous

Belle Bennett Cole and Harvey Cole

Elizabeth and James Greene

Dr. Elizabeth DeGrush

Sheldon Benjamin
Betsy DeGrush
Tenley Mueller
Brenda Oldak

Every Person In Recovery

Anonymous

Dr. Robert Klugman

Anonymous
Jean A. Klugman Giving Account

Kelsa Zereski

Anonymous

IN MEMORY OF

Lamar & Ruedene Best

Linda Dylewicz

M. Elizabeth Fetcher, M.D.

Barbara Anne Sullivan-Thiel

Dr. Nancy Frohloff

Dr. Bill Strohsnitter

Larissa Gamache

Tara Rivera

Richard Murphy

Cally Kenneway Nault

Hollie M. (Chastain) Reid

Shirley A. Chastain

Mary Sayles

Romana A. Ferrecchia



2023 BOARD OF TRUSTEES

At the Heart of Reliant Foundation

Our dedicated Board of Trustees works behind the scenes to drive our mission. This group of hardworking healthcare and business professionals devotes their time, talent, and resources in support of the Foundation.

Trustees meet regularly to discuss the critical health issues facing our communities. They volunteer their time and give generously to our fundraising efforts, engage with nonprofit organizations we support throughout the community, and make key decisions regarding the Community Grants we distribute each year. Their contributions are invaluable to our mission.

President

Kelsa L. Zereski

Elizabeth DeGrush, DO

Joshua Greenberg, MD

Board Chair

Marianne E. Felice, MD

Robert Klugman, MD

Andrew Madigan

Chair-Elect:

Maria T. Paul

Kristine Bostek

Tara Rivera

Trustees

John Andreoli

Sanjay Shah, Ph.D.

Naomi Sleeper

Katharine Barnard, MD

Allison Beckler, DO

Trustee Emeriti

Michael DiPierro

Rev. Dr. Paul D. Kennedy*

Thomas J. Sullivan

Elizabeth L.B. Greene, Esq.

*deceased



Trustees as of February 2024



A LETTER FROM OUR NEW BOARD CHAIR

Having served as a Trustee for nearly four years now, I am aware that as I step into the role of Chair, the important work Reliant Foundation does cannot skip a beat. Our mission and funding focus remain at the forefront of all that we do, and the task ahead of us is immense. Statewide statistics show that deaths from overdose continue to rise-and at a more significant rate in Worcester County. Nationwide, the numbers of children and teens needing mental health and behavioral health services continues to grow while the availability of counselors, programs, and services are in short supply.

What can we do?

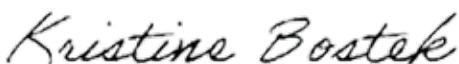
We will continue to seek out community partners that are providing innovative ways to address these challenges, because together we can make a difference. We will focus on boosting critical resources that strengthen youth mental health and behavioral health; build tools for recovery for individuals and their families who are struggling with substance use; and fund impactful education to battle the stigma around these issues and create a stronger pipeline of compassionate, caring professionals. Several of our community partners are highlighted in this report, and I encourage you to read their stories. They offer hope in the face of these continued challenges.

How are we making an impact?

Our Community Grants Program had a significant impact in 2023. We received a record number of requests for funding and were able to award 54 organizations a total of \$850,000. With your support, we celebrated the 25th Anniversary of our Drive for a Difference Golf Classic & Auction by exceeding our fundraising expectations, and the Reliant Foundation 5K saw its largest crowd of runners and walkers in more than 5 years. Both events raised awareness of our work - and significant funds to support it. We thank YOU for that!

I want to express our sincerest gratitude to Dr. Marianne Felice for her passionate leadership as Board Chair. Her dedication to the Foundation's mission and our community - and in particular to our children and youth for many decades - is an inspiration. We look forward to continuing the momentum she has established with our incredible Board of Trustees, and responding to the needs of our neighbors in the community.

With hope and gratitude,



Kristine Bostek
Reliant Foundation Board Chair



Kristine Bostek

CALLING ALL VOLUNTEERS

Volunteers make our events successful and keep our behind-the-scenes work moving efficiently. We couldn't do this without you!

How Do Our Volunteers Help?

Event Volunteers help with our Drive for a Difference Golf Classic in the spring, and our 5K Road Race in the fall. Opportunities are available to help with guest registration; monitoring the golf tournament or 5K race on course; selling raffle tickets; event set-up and break-down; and making sure our attendees have a fabulous time!

Behind-the-Scenes volunteers provide invaluable help with mailings and other light office duties during our busiest times of the year.

Let us know what you love to do, and we will help you find an opportunity to get involved!



**YOU
CAN**

**Battle the Stigma
Boost Resources
Build Tools for Recovery**



RELIANT
FOUNDATION



reliantfoundation.org



311 Main Street, Suite 202, Worcester, MA 01608



508-231-4663



foundation@reliantfoundation.org