



Helen Ross McNabb
FOUNDATION

ANNUAL REPORT

2019

LETTER FROM LEADERSHIP

We are excited to share the new Helen Ross McNabb Foundation annual report. The McNabb Foundation has grown tremendously since its creation in 1972 and 2019 was a banner year thanks to you all. The Foundation has enjoyed its most successful year to date as it embarked on several ambitious campaigns to meet community needs. Special events set records in both attendance and funds raised and, most importantly, we met new friends to support our cause.

The Foundation campaigns included East Tennessee Military Services, Mineral Springs Manor senior housing and Hamblen County Recovery Housing. Each campaign sought to meet a gap in the continuum of services offered by the Center.

Three years ago the Foundation raised funds to provide outpatient mental health and substance use treatment to veterans, active-duty military and/or their immediate family members. During this time approximately 400 individuals were served, families were preserved and others were reconciled. We have served veterans with highly trained military veteran mental health professionals; a formula for success that we want to perpetuate for years to come for those who have served our country.

Our Mineral Springs Manor senior housing campaign was also a tremendous success and will result in the development of 50, one-bedroom, affordable, permanent supportive housing rental units for low-income seniors in Knox County. This \$6 million project is a record fundraising campaign for the Foundation.

In Morristown, our very successful Jail to Work program, helping women with criminal involvement and substance use issues, identified safe, affordable, sober housing as a need. Our volunteers rallied to raise funds for a 4-unit, 20-bed apartment development

that is now providing critical housing to these women. The positive results are unprecedented with 86% success (securing employment, paying debts and not returning to jail). Investing in their lives is good for their families and the community.

The special events, including the Spirit Award Dinner, Scenic City Sporting Clays, Big BBQ Bash, Bob Kesling & Bert Bertelkamp Golf Tournament, Russell Biven Clayfest, Knoxville Challenger tennis tournament, the Beth Haynes 12 Days Auction and Dear Santa program, were all wildly successful. The ability to share our story through these events and raise needed funds is priceless.

The Helen Ross McNabb Foundation appreciates the importance of providing care for children who have faced traumatic experiences. The Foundation has supported a Therapeutic Preschool program in Knoxville since 2017 and anticipates completing a fundraising campaign in 2020 to provide a similar service in Chattanooga. A tremendous amount of education and training around Adverse Childhood Experiences has been completed and our staff have the expertise to treat children who have had bad childhood experiences.

These amazing fundraising initiatives and events are only possible because of our volunteers, supporters and donors. THANK YOU to each and every one of you for sharing your time, energy and resources to improve the lives of the people we serve.



Top: Jerry Vagnier, HRMC President & CEO; Bottom: Houston Smelcer, Vice President of Development & Government Relations

A handwritten signature in black ink, appearing to read "Jerry Vagnier".

Jerry Vagnier

A handwritten signature in black ink, appearing to read "Houston Smelcer".

Houston Smelcer

OUR TEAM



AT LEFT: (back row) Jason Lay, Leslie Blanton, Greg Gilbert, Col. Joe Sutter, Rosemary Wigington, Bob Joy, Debbie Jones, Mitch Steenrod, Wade Ewers, Lisa Blakley, Richard Montgomery; (front row) David Ownby, Ashley White, Jerry Vagnier, David Wedekind, Dr. Amy Cathey, Ford Little; (not pictured) Linda Gay Blanc, Lindsey Boyd, Jenny Brock, Susan Conway, Mark Kroeger, Fran Leonard, Jim Lloyd, Sylvia Peters, Don Rogers, Ross Schram
BELOW: (Chattanooga board members) Stefania Crowe, Keith Sanford



BOARD OF DIRECTORS 2019

Helen Ross McNabb Foundation

In order to encourage and maintain credibility, the Foundation is governed by a 23-member volunteer board of directors. Board members have the responsibility to create and evaluate policy and organizational goals regarding the Foundation's finances and services. Board members are elected to serve a three-year term and may serve two terms consecutively.

FOUNDATION TEAM

JERRY VAGNIER MSSW, LCSW
HRMC President & CEO

HOUSTON SMELCER MBA, CFP
Vice President of Development & Government Relations

HOWARD BLUM
Sponsorship Specialist

BETH FARROW MPA
Assistant Director of Development

JESSICA HILL JD
Director of Community Relations

LINDSAY HUGHES
Special Events Coordinator

REBECCA MCKNIGHT
Public Relations & Communications Coordinator

AMANDA THERRIAULT MS
Executive Assistant

SPECIAL THANKS

Special Thanks to our Marketing and Public Relations Committee

DR. AMY CATHEY

WADE EWERS

MIKE FISHMAN

BOB JOY CHAIR

ASHLEY WHITE

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OUR MISSION

Since its founding in 1972, the Helen Ross McNabb Foundation has worked diligently to support the Helen Ross McNabb Center. In addition to providing leadership and direction, the Foundation's staff and volunteer board actively raises, holds and invests funds on behalf of the Center. Funds raised by the Foundation over the years have contributed greatly toward the stability and growth of the Center.



ONGOING ANNUAL SUPPORT

Some of the Helen Ross McNabb Foundation initiatives are one-time allocations and some are ongoing. The Foundation provides ongoing support in order to ensure the Helen Ross McNabb Center can continue its mission of improving lives and serving those with the greatest need and fewest resources.



Helen Ross McNabb
FOUNDATION

CHILDNET EAST TENNESSEE

Support since 2010

Children with a diagnosable mental illness often have difficulty accessing treatment for a number of reasons, including lack of insurance, financial difficulties or lack of transportation to a mental health clinic. In addition, there are increasingly fewer resources available for children with behavioral disorders and for those who have experienced traumatic events. Through ChildNet, Helen Ross McNabb Center is seeking to break down barriers to treatment and give children the best possible start in life. The Helen Ross McNabb Foundation achieved its \$1.7 million fundraising goal and serves approximately 200 children each year by assessing, treating and following uninsured children who are experiencing trauma, mental illness and behavioral problems.

\$200,000

The Foundation provides \$200,000 each year to serve children through ChildNet East Tennessee.



THERAPEUTIC PRESCHOOL KNOXVILLE

Support since 2017

Helen Ross McNabb Center's Therapeutic Preschool program is the only remaining program of its kind in the state of Tennessee. Through Therapeutic Preschool, the Center provides 10 weeks of intensive group treatment to children ages 4-6 who have suffered abuse, neglect or other adverse childhood experiences. In 2017 the Helen Ross McNabb Foundation launched a campaign to endow the Knoxville Therapeutic Preschool program. The campaign raised \$1.5 million, and the Foundation has guaranteed the preschool sufficient funds to operate for 20 years at a rate of \$75,000 per year. In recent years, as the need continues to grow, the Therapeutic Preschool has begun serving children through both morning and afternoon classes.

\$75,000

Therapeutic Preschool can serve 140 children each year. Ensuring its continuation is a Foundation priority.



ONGOING SUPPORT

SEXUAL ASSAULT CENTER OF EAST TENNESSEE

Support since 2015

The Sexual Assault Center of East Tennessee (SACET) was founded in 1973 as the Knoxville Rape Crisis Center and remains one of two comprehensive, community sexual assault agencies in the state of Tennessee; serving 16 counties. SACET provides victims of sexual assault with the support, information and resources needed throughout the recovery process. Advocates work to ensure that survivors' legal rights are protected, while also empowering them. Clients of SACET receive support every step of the way from the time of crisis to their journey of healing.

The Helen Ross McNabb Foundation raised \$1 million to support the needs of survivors during their time of healing. Often, when a survivor arrives at SACET, they have fled their residence unexpectedly and have no additional clothing or supplies for daily living. SACET will ensure that the basic, daily needs of survivors are being met. Campaign funds will ensure a victims support fund for at least 20 years with a rate of approximately \$50,000 per year.

\$50,000

The Foundation has committed annual funding of \$50,000 to SACET for a minimum of 20 years.

DOMESTIC VIOLENCE SHELTER

Support since 2015

The Kent C. Withers Family Crisis Center is the area's only shelter dedicated solely to serving victims of domestic violence. By providing a crisis hotline, emergency shelter care, transitional housing, advocacy and outreach to women and families experiencing domestic violence, Helen Ross McNabb Center is improving lives in the community. In 2013, Helen Ross McNabb Center merged with Child & Family Tennessee and took over operations of the shelter. The Helen Ross McNabb Foundation kicked off a \$1.5 million campaign to build a new and expanded domestic violence shelter, which opened in 2016.

In addition to financial support by the Knox County government, this program receives strong community support. Jason Witten's SCORE Foundation provides annual funding for positive male mentors to children living in the shelter. The Junior League of Knoxville, which established the shelter's Personal Development Center, also continues to support the shelter through financial and volunteer contributions.

\$20,000

The Foundation funds the Score Keeper program at \$20,000 annually to provide positive male role models for children in shelter.



CURRENT CAMPAIGNS

The Helen Ross McNabb Foundation advocates for the Center's needs on a state and local level. The Foundation participates in the efforts of the Tennessee Association of Mental Health Organizations (TAMHO) and Tennessee Association of Alcohol, Drug and other Addiction Services (TAADAS) to ensure our clients across 29 counties receive the care they need.



MILITARY SERVICES

Support since 2016 • Campaign goal: \$3 million

More than 100,000 military veterans call East Tennessee home. Oftentimes, veterans suffer from post-traumatic stress disorder (PTSD), major depression or traumatic brain injury (TBI), all of which may impact the veteran's daily life. The Helen Ross McNabb Center believes it is especially important for all those who have courageously served their country to have access to the resources and support they need to continue healthy and purposeful living. The program is available to anyone who has served in the military and/or their family members, without a fee. Members of all branches of service, regardless of discharge status and length of service, are eligible.

The Helen Ross McNabb Foundation is launching a capital campaign in support of expanding the Center's Military Services program in Knox County. In 2019 the Foundation secured funding through the Elizabeth Dole Foundation's Hidden Heroes grant. This contribution allows the Center to continue serving the caregivers of our military veterans. Funds raised for this program expansion will be used to hire a third Masters Level mental health clinician to serve veterans throughout East Tennessee. The goal of the campaign is to raise \$3 million, which will fund 10 years of serving East Tennessee veterans in need at \$300,000 annually.



MINERAL SPRINGS MANOR

Coming 2020 • Campaign goal: \$6 million

Mineral Springs Manor will offer 50 one-bedroom units of much-needed low-income housing to senior citizens in the Knoxville area. This unique housing program will offer independent living to seniors experiencing issues with the aging process. It can offer supportive services that help seniors retain their independence and maintain their safety. This nearly \$6 million project is possible because of the financial support of the City of Knoxville, Knox County, Federal Home Loan Bank-Cincinnati, the Tennessee Housing Development Agency and numerous private donors.



Mineral Springs Manor architectural rendering



CURRENT CAMPAIGNS

HAMBLEN COUNTY RECOVERY HOUSING

Launched 2018 • Campaign goal: \$750,000

Through a partnership with the Hamblen County Sheriff's Department, the Center is able to rehabilitate incarcerated women by housing them on Helen Ross McNabb Center's Hamblen County campus and providing therapy, substance abuse treatment and life skills. After eight to twelve weeks, the women in this program graduate and move back into the community. The Center recognizes, however, that not all women are ready to move back into the community after this period of time.

The Helen Ross McNabb Foundation launched a campaign to raise funds to purchase transitional, supportive housing for women who are participating in the Center's Jail to Work program. The goal of this campaign is to secure \$750,000 to implement Recovery Housing, which will house up to 20 women at a time, for a period of six to nine months. This will provide them with the extended care they need to successfully transition back into their community. The extension of the continuum of care is a necessity for the long-term success of these women. The funds from this campaign will also allow the Foundation to subsidize the program for its first three years.

\$750,000

Through this campaign, women in Hamblen County will receive extended care following their completion of the Jail to Work program.

VOLUNTEERS

Volunteers are a core part of the Foundation. We strongly rely on volunteers to make each fundraising event possible. Last year, 1,172 volunteers gave 32,894 hours of service to Foundation events and Center programs. Knoxville Challenger is the largest fundraising event hosted by the Foundation and relies on the most volunteers. The 2019 event was made possible by the efforts of nearly 400 volunteers giving more than 3,000 hours. Volunteers assisted with the Challenger committee, ball kids, score keepers and numerous other event positions, which helped create a wonderful experience for everyone attending the tournament.



A large number of youth volunteer at the Knoxville Challenger tennis tournament

FUNDRAISING EVENTS

The Helen Ross McNabb Foundation greatly appreciates its media partners. Because of the support of the local news organization the Foundation is able to raise funds that improve lives in the community.



Bob Kesling and Bert Bertelkamp Golf Tournament



Helen Ross McNabb
FOUNDATION

SPIRIT AWARD DINNER

Funds raised in 2019: more than \$185,000

Excitement filled the air for the Helen Ross McNabb Foundation's 2019 Spirit Award Dinner honoring Adam & Jenny Brock and Wes & Liz Stowers. More than 700 people attended the event. The Spirit Award Dinner was established in 2004 to honor individuals who have carried for the Center's simple yet powerful mission of "improving the lives of the people we serve."



BOB KESLING & BERT BERTELKAMP GOLF TOURNAMENT

Funds raised in 2019: more than \$80,000

The Bob Kesling and Bert Bertelkamp Golf Tournament is a tradition lasting more than 20 years. Kesling and Bertelkamp, hosts of the Vol Network, cheer on golf foursomes and promote awareness of the Helen Ross McNabb Center. The 2019 event raised more than \$80,000 to provide mental health, addiction, social and victim services to individuals in need.



AN EVENING OF HOPE

Funds raised in 2019: nearly \$30,000

For the second year, An Evening of Hope honored an individual in the Morristown area who has greatly supported the work of the Helen Ross McNabb Center. The 2019 honoree, Doyle Wallace, co-chaired the Foundation's Recovery Housing campaign, which raised \$750,000 to provide extended care for women transitioning from the Center's Jail to Work program back into their community. Nearly \$30,000 was raised at this dinner to support the Center's Hamblen County services.



SCENIC CITY SPORTING CLAYS

Funds raised in 2019: more than \$12,000

The Scenic City Sporting Clays tournament brings awareness of Helen Ross McNabb Center services to the Greater Chattanooga Area. This event, in its third year, continues to grow and bring in more community participation.



FUNDRAISING EVENTS

KNOXVILLE CHALLENGER

Funds raised in 2019: nearly \$180,000

In the 11 years since the Knoxville Challenger began, it has raised more than \$1.2 million to support the Center's services. The 2019 Knoxville Challenger raised nearly \$180,000, while bringing professional tennis stars to Knoxville to compete for \$50,000 in prize money.



BIG BBQ BASH

Funds raised in 2019: more than \$30,000

In 2019 more than 25 teams competed for the grand prize in the Big BBQ Bash, a Kansas City Barbecue Society sanctioned competition. The \$30,000 raised at this tournament will directly benefit the Center's Military Services Campaign.



RUSSELL BIVEN SUMMER CLAYFEST TOURNAMENT

Funds raised in 2019: nearly \$65,000

More than 250 people participated in the 2019 Russell Biven Summer Clayfest Tournament, raising nearly \$65,000. WBIR's Russell Biven hosts the tournament and spends two days partaking in activities with the teams.



BETH HAYNES 12 DAYS OF CHRISTMAS ONLINE AUCTION/DEAR SANTA

Funds raised in 2019: nearly \$90,000

The Beth Haynes 12 Days of Christmas Online Auction benefits the Center's Dear Santa program, which provides holiday gifts and experiences to child clients. Nearly 400 items were donated to the auction and nearly 2,300 children and families were served through Dear Santa.



INNOVATIVE PILOT PROGRAMS

THE HELEN ROSS McNABB FOUNDATION WORKS WITH THE CENTER TO DEVELOP CUTTING-EDGE WAYS TO ADDRESS SERVICE GAPS AND NEEDS IN THE COMMUNITY

EMBEDDED PSYCHIATRY

When a patient in the emergency department requires care in a behavioral health facility, but an inpatient bed is not immediately available, the patient is “boarded” in the emergency department. During this time, patients are not seen by a mental health provider and, generally, do not receive the needed behavioral health care during a time of crisis. Helen Ross McNabb Center collaborated with the University of Tennessee Medical Center and East Tennessee Children’s Hospital to address this problem. Through a grant provided by the Trinity Health Foundation of East Tennessee, the Center was able to implement a pilot embedded psychiatry program which has reduced wait times and allowed individuals to return to their community as an alternative to inpatient hospitalization.



HOPE UNITED

Helen Ross McNabb Center’s Hope United program is a unique program that connects individuals struggling with substance use disorders, who have been revived by Narcan following an overdose, with community recovery resources. Hope United is a partnership between Helen Ross McNabb Center and the University of Tennessee Medical Center and is funded by a three-year \$1 million grant from the United Health Foundation. In the first six months of the program, staff have seen more than 500 individuals in the hospital facing an addiction issue. Of those, nearly 20 percent came to the emergency department following an overdose. Because of this program, the Center is able to connect these individuals with recovery resources.



SHOT AT LIFE

Helen Ross McNabb Center received a grant from the Trinity Health Foundation of East Tennessee to develop a pilot program to provide Medication Assisted Treatment for repeat, non-violent offenders in Knox County. Alkermes, the pharmaceutical company that manufactures Vivitrol donated the medication throughout the course of the pilot program. Vivitrol, a brand of naltrexone, is used to prevent relapse to opioid dependence after detoxification. The Center partnered with the District Attorney General’s Office and the Knox County Sheriff’s Office to identify 30 offenders to participate in the program over the course of 18 months. Throughout the program, 67 percent of participants achieved sobriety and maintained recovery at the 6-month mark. In addition, 73 percent of participants gained employment.

MILITARY SERVICES

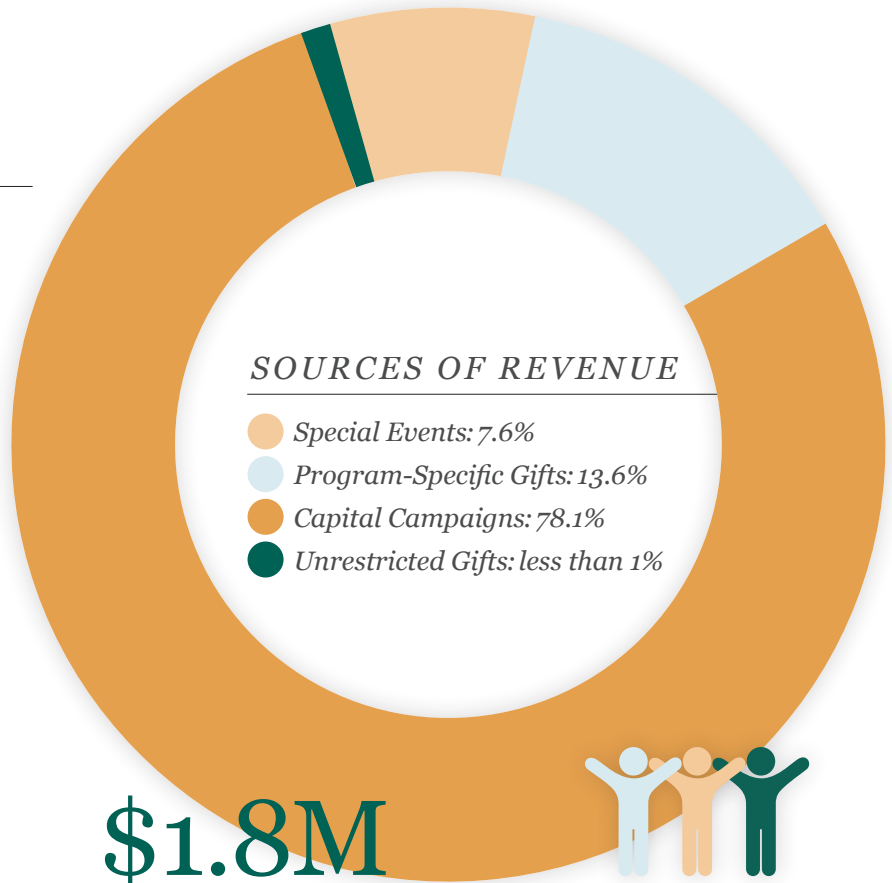
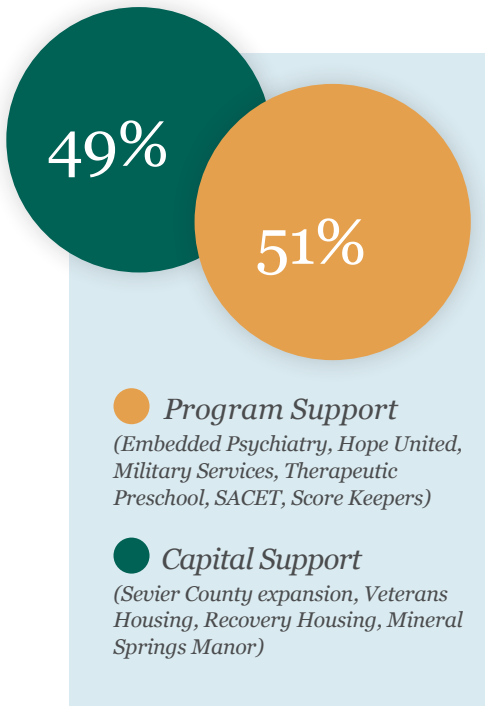
Military veterans often suffer from post-traumatic stress disorder, major depression or traumatic brain injury, all of which may impact the veteran’s daily life. Veterans are also at higher risk of suicide and are at an increased risk of homelessness compared to the general population. Helen Ross McNabb Center believes it is especially important for all those who have courageously served their country to have access to the resources and support they need to continue healthy and purposeful living. The Center launched an innovative program for military veterans, their families and their caregivers to provide evidence-based care to individuals facing invisible wounds incurred from service. Since the program launched in April 2016, specially trained clinicians have provided care to hundreds of military veterans and the Foundation is working to expand the program beyond Knox County.



FINANCIALS

HELEN ROSS MCNABB FOUNDATION

In 2019, the Foundation's assets surpassed \$30 million for the first time, growing by \$5.6 million.



\$1.8M
Annual support from the Foundation to the Helen Ross McNabb Center in FY19 was more than \$1.8 million.

29,000
Due, in part, to the support of the Foundation, the Helen Ross McNabb Center is able to serve 29,000 individuals each year.

HOW TO GIVE

There are many ways to make a gift to the Helen Ross McNabb Foundation. You can participate in special events, contribute to an ongoing campaign, make a donation in honor or memory of a loved one or make a bequest in your will. To learn more about the range of charitable giving options, please contact us at 865-541-6684 or hrmcnabbfoundation@mcnabb.org.





Helen Ross McNabb
FOUNDATION

www.mcnabbfoundation.org

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