



Annual Report
2022



**a chance
to grow**

Changing lives through brain-centered programs & services since 1983

OUR MISSION

To promote the maximum development of the whole child and adult through innovative, individualized and comprehensive brain-centered programs and services.



OUR VISION AND APPROACH

A Chance To Grow is a place where children and adults can receive the support and guidance they need to achieve their highest possible potential.

Based on an understanding of brain development, we provide an array of clinical & educational programs all under one roof, as well as services to partner clinics, charter and public schools.

Special thanks to the staff of
A Chance To Grow for helping to compile
the information in this report.

A Chance To Grow is a 501(c)(3) non-profit organization.
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2022 BOARD OF DIRECTORS

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A MESSAGE FROM OUR DIRECTOR

Erica has been with A Chance To Grow for the past 22 years, previously serving as Director of Clinical and Home-Based Services.



Erica Dickerson
Executive Director

Dear Friends,

2022 is the year we came back from the challenges presented by the pandemic. During that time, thanks to our amazing team of professionals, we were able to continue providing our unique services. This year, we returned our focus to two of ACTG's most cherished traditions: finding innovative approaches to improve brain and body function, and providing resources for the families who come to us for care. Here's what we've been up to:

Despite a lot of staff turnover, The Turnquist Child Enrichment Center continued its drive toward excellence in early childhood education. With the Sauer Family Foundation's support, we introduced the Conscious Discipline program, a brain-based intervention that helps children identify emotions and regulate behavior at home and in school. Also, a grant from Second Harvest Heartland helped us create a Food Pantry for our families, giving them access to fresh produce and meats in addition to non-perishable food and other necessities. Continued support from the Schulze Family Foundation helped us provide transportation and other services to Teen Parents, letting them continue their work or schooling knowing their children are receiving the very best care.

Our Vision and Auditory Clinics increased their diagnostic capabilities with the purchase of additional state-of-the-art equipment. That helps us better address the developmental vision and hearing needs of children as young as infancy, allowing us to address deficits faster and provide intervention earlier.

The latest addition to our S.M.A.R.T. family of approaches, S.M.A.R.T. Steps, grew in leaps and bounds. S.M.A.R.T. Steps adapts our approach for the very youngest learners – infants and children up to age 5 – who are in Family Child Care. S.M.A.R.T. Steps ensures they are building the neural pathways critical to learning when they are experiencing

the greatest brain development. In 2021, while developing the program, we trained 6 providers in Southern Minnesota. In 2022, with the support of the Southern Minnesota, Northland and Central Initiative Foundations, and the Fred & Katherine Andersen, Mardag, and Otto Bremer Trust Foundations, the program has expanded state-wide and is now training 100 providers.

I want to take a moment to acknowledge the contributions to ACTG made by two people:

Jon Liss, the owner of National Camera Exchange, stepped down from ACTG's Board of Directors in September, after 30 years of service. Jon embraced ACTG's mission entirely, created our golf tournament and donated artwork from his incredible private collection, all of which helped us raise many thousands of dollars. His humor and business acumen are sorely missed.

Edith Lockhart left ACTG in December after 18 years of leadership of our Home-Based Services. Beloved by our clients and employees for her personal touch, her expertise at dealing with state bureaucracies, she helped make our PCA program one of the best in the Twin Cities. We miss her, and we wish her all the best in her new endeavor.

When I look back on 2022, as the rebuilding post COVID-19 continues, I could not be more impressed with our staff, our community partners and the families we serve. Working together, we were able to continue our mission of helping our clients to be successful in their everyday lives.

Gratefully yours,

Erica Dickerson

CLINICAL SERVICES

Below are brief descriptions about each of our Clinical Services, including the in-person sessions our practitioners performed at our ACTG and Partner Clinics in 2022.



OCCUPATIONAL THERAPY

Pediatric Occupational Therapy (OT) services that empower children to develop the skills they need to grow into healthy, independent adults.

OT Sessions: 4,623



SPEECH-LANGUAGE PATHOLOGY

Speech and Language Therapy (SLP) for children and adults of all ages experiencing communication or speech challenges.

SLP Sessions: 2,059



THE NEURO INTEGRATIVE CLINIC

Combines several interventions that promote brain growth and development by strengthening neurological connections through purposeful movement.

NI Clinic Sessions: 506



CONTRACT SCHOOL-BASED SERVICES

On-site OT and SLP services to charter schools, providing student-centered therapies by licensed practitioners for students on IEPs.

Hours of OT & SLP: 8,298
Schools Receiving Services: 13



In 2022, A Chance To Grow provided its specialized Occupational and Speech Therapy services to four off-site partner clinics in the Twin Cities, reaching new populations that experience a more difficult time accessing these types of healthcare services.

PARTNER CLINICS



ISKA, Inc.
OT Sessions: 1,023
SLP Sessions: 79

Smart Therapy Center, LLC
OT Sessions: 271

Minnesota Therapy Center, Inc.
OT Sessions: 74
SLP Sessions: 1



R'Future Wellbeing & Autism Center
OT Sessions: 75

CLINICAL SERVICES

A Chance To Grow's Occupational and Speech Therapy services are also made available to every child enrolled in the Turnquist Child Enrichment Center.



VISION CLINIC

Whole family vision care providing vision exams, developmental visual testing, preventative eye care, and glasses prescriptions.

Vision Exams: 297



OPTOMEYES VISION THERAPY

Optimizing the conversation between the brain, eyes and body. Custom therapies for all ages to improve functional vision & visual processing skills.

Vision Therapy Sessions: 314



AUDIOLOGY CLINIC

Diagnostic assessments of hearing & auditory processing skills for all ages, as well as interventions and referral recommendations.

Auditory Evaluations: 79

SERVICES FOR ALL

Partner sites serve children, who for multiple reasons, experience health inequity. From unreliable transportation to uncertainty navigating the healthcare system, to language and cultural differences, there are many challenges these families face.

Our collaboration with partner clinics allows us to address these barriers, serving as advocates for these children and families, which ultimately increases the effectiveness of the treatments.



NEUROFEEDBACK BRAIN TRAINING

A holistic, computer-based brain-training program that turns brainwave signals into information that invites the brain to balance its rhythms.

Neurofeedback Sessions: 293



AUDIO-VISUAL ENTRAINMENT

A holistic brain-training program that uses lights and sounds at pre-programmed frequencies to guide the brain into a meditative state.

AVE Trainings & Sales: 22

EDUCATIONAL SERVICES

A Chance To Grow's Educational Services strive to promote academic readiness by addressing barriers to academic success. Below are brief descriptions about our Educational Services and highlights from 2022.



MINNESOTA LEARNING RESOURCE CENTER

The MLRC provides workshops and mentoring services for educators on how to implement ACTG's S.M.A.R.T. program (*Stimulating Maturity through Accelerated Readiness Training*) in preschool and elementary classrooms, as well as for in-home child care providers.

376 Educators Trained in 6 States

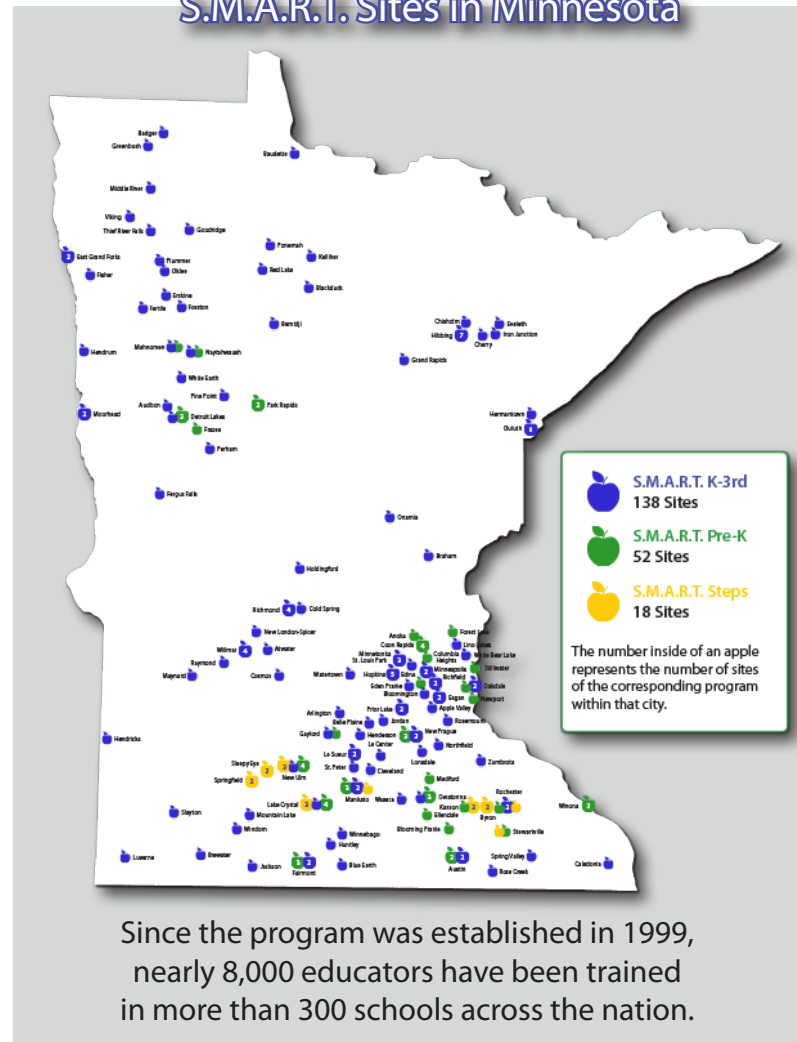
S.M.A.R.T. Workshops: 8 / Pre-K Workshops: 8

Mentoring Visits: 110

S.M.A.R.T. Steps: 18 Child Care Providers Trained

S.M.A.R.T. Steps Mentoring Visits: 121

S.M.A.R.T. Sites in Minnesota



Since the program was established in 1999, nearly 8,000 educators have been trained in more than 300 schools across the nation.

TURNQUIST CHILD ENRICHMENT CENTER



Turnquist Child Enrichment Center is an NAEYC-accredited, Strong Beginnings site, and a 4-star Parent Aware Certified child care center for children ages six weeks to five-years-old. We emphasize cognitive development to help each child reach his or her full potential. Additionally, teen parents are provided with transportation services to help foster a stable home environment and serve as a stepping-stone on their path to self-sufficiency.

Children Served: 46 / Parents Served: 32

93% of Teen Parents continued education or entered workforce

6,381 lbs. of food provided to Turnquist families

HOME-BASED SERVICES

A Chance To Grow's Home-Based Services provide support to families who are caring for loved ones with special needs. Below are brief descriptions of our Home-Based Services and highlights from 2022.



PERSONAL CARE ASSISTANTS

ACTG's Home-Based Services provide families with Personal Care Assistant (PCA) services for children and adults with a variety of physical, mental, behavioral and emotional needs. Our program pairs a client with a PCA and, with our staff of Registered Nurses, creates a custom care plan tailored to the client's situation.

PCA's Provided: 133
Hours of Care: 120,142
Clients/Households Served: 91



WAIVER SERVICES

Home-Based Services provides two waiver programs, Respite Care and Homemaking, to homebound individuals. Respite Care gives caregivers a break from taking care of their disabled child(ren) or adult. Homemaking helps individuals manage a variety of daily tasks to enhance their quality of life.

Respite Care Hours: 1,275
Homemaking Hours: 649
Nurse Visits: 965

"Throughout my 35 years in nursing, I have worked in other health care settings and never had an environment as wonderful as A Chance To Grow. I always feel valued, respected, and appreciated as part of the Home-Based team. Everyone is so willing to do whatever is necessary to help others." - Nurse / Mother of Client

COMING IN 2023

The Vision Clinic and OptomEYES Vision Therapy are moving rooms to better accommodate the services they provide. They can now be found on the 2nd floor of our facility, in suite 217.

ACTG is launching *The Garden of Hope*, a monthly givers program, to help us sustain our essential programs and services. Please visit our website at ACTG.org/Donate to learn more about becoming a monthly giver.

We have a new welcome desk in the main lobby and are seeking new volunteers to staff it. Contact us at (612) 789-1236 to learn more!



WHAT MAKES US SO SPECIAL?

A Chance To Grow is a special place for many reasons, not the least of which is our Turnquist Child Enrichment Center, that primarily serves young families that require county assistance to receive childcare services.

These parents, many of whom are still teenagers, are faced with countless obstacles that prevent them, and their children, from reaching their full potential. We understand their struggle and have implemented initiatives like our Teen Parent Transportation Program and free food pantry to help them establish a solid foundation on which to build their lives. But our services extend even further, beyond any other childcare program in the Twin Cities, by providing our integrated Clinical Services to each child in our Turnquist family.

Turnquist consists of age-specific rooms for infants, toddlers and on up to preschool age. In addition to implementing a developmentally appropriate curriculum, Turnquist teachers are responsible for completing developmental assessments for each child every two months.



Larico, a Turnquist student, in an Occupational Therapy session.

"Most times, we [the teachers] are the first to notice any social, verbal or motor skill issues," says Sami, an infant room teacher of three years. "If a child isn't meeting certain developmental milestones, we notify the parents that we've identified an issue and recommend they be referred to our Clinics team. Parents are almost always OK with an observation, and quite often say that they've seen the same issues at home, but didn't know how to address them."

Depending on the nature of the referral, an Occupational Therapist (OT) or Speech-Language Pathologist (SLP) will observe the child in their classroom, alongside the Turnquist teacher. This provides a safe, familiar space for the child, and allows our therapists and teachers the opportunity to discuss whether evaluation and treatment would best address the child's needs. Once an evaluation is complete and a care plan is established, a child will receive 1-3 therapy sessions per week, with the teacher available to receive additional instructions from the therapist about ways to continue the treatment. The teacher also serves as the intermediary between therapist and parent, providing progress reports and suggestions for therapy at home.

"Working with the therapists is really nice," says Sami, "especially when they show us how to do certain techniques. It makes a big difference that the teachers know how to help them, not just the therapists, because that means the child is getting the therapies they need all day, not just during one or two sessions. Parents really appreciate the convenience, they don't have to take time out of their work days and it makes their lives a lot easier."

Michelle Koyama, MA OTR/L, ACTG's Assistant Director of Clinical Services, knows that this process is only possible with great communication from everyone involved. "Normally, these families wouldn't have access to additional therapies, but we're able to take that barrier away because we are able to fluidly communicate with the teachers in Turnquist," she says. "We have a shared philosophy and see things through a developmental and trauma-informed model. We're on the same page so it makes our communication very easy."

Presently, 20 out of 32 children at Turnquist are receiving OT or SLP services. The need for these services has grown substantially in the wake of the COVID pandemic, and has often led to other areas of concern, including

BRIDGING THE ACHIEVEMENT GAP

"My kids wouldn't be where they are today without the Turnquist teachers and the other services. It's great that everything and everyone is in one building. You can't find a place like this anywhere else."



Turnquist Child Enrichment Center
Call (612) 706-5590 to learn about
enrollment opportunities!

vision and auditory issues. Luckily, we offer vision and hearing screenings as well, and give parents the option to allow their child's Turnquist teacher to represent their child in the exam room. Not only does this allow for the most optimal treatment schedule for the child (and parent), it provides our doctors with additional insight into their development, because they're hearing it directly from the person that interacts with them in the early learning setting.

"During the pandemic, seeing became flat," says A Chance To Grow's Optometrist, Dr. Shelby May, OD. "The world got small and children of all ages stayed in the same loop. They didn't go to the grocery store, take vacations or have other novel experiences. The world wasn't big enough for these children to grow properly, and we've seen milestone delays amplify."

From infants unable to hold their heads up (motor skills), to toddlers throwing tantrums (self-regulation), and preschoolers unwilling to give up screen time (attention), the effects of COVID are everywhere. The therapists and teachers at ACTG, however, are uniquely prepared to help these children. "Early intervention is so important," says Sophie Reynolds, MS, OTR/L. "It's really cool that our clinic is able to intervene at such early ages, where change can be made quickly because we can get to them so soon."

Dr. May sees several Turnquist children in her clinic, and despite the difficult environmental factors, she says that she's now starting to see a rebound effect. "Kids are picking back up really fast. If we give them the right tools, all those skills come back. Their brains didn't change, they always had the capability, they were just missing the experience - we have to give them the right stimulus to grow."

Shania, a parent with two children at Turnquist, has seen how transformational the clinical services can be. Her oldest son, Larico (4), had behavioral and social issues that concerned his teachers. "He was having a rough time, he was hitting, so I had to come in for meetings with the teachers," says Shania. "They recommended he receive OT to help him learn to be more gentle with his brother and peers. It's been a lot better since he started OT, and now more recently speech. He's saying please, and thank you, not hitting, big boy stuff!"

Shania said that Larico had been to other daycares, but they didn't provide the type of communication, support or sense of community that she wanted. "Now when they wake up, they're both excited to go to school and to see their teachers and therapists. They really love it here, and I do too."

The Turnquist Child Enrichment Center and Clinical Services are amazing resources for young parents striving to provide the best foundation for their children. But more importantly, the community that our teachers and therapists cultivate is what sets A Chance To Grow apart from any other daycare, school or clinic in the Twin Cities.

"My kids wouldn't be where they are today without the Turnquist teachers and the other services. It's great that everything and everyone is in one building," says Shania. "You can't find a place like this anywhere else."

FINANCIAL STATEMENT

Below you will find A Chance To Grow's 2022 Financial Statement, including revenues, expenses, assets, and liabilities. This statement is also available at www.ACTG.org.

Operations

Revenues	2022	2021
Contributions	140,652	776,294
Foundations	107,000	136,024
Program Service Revenues	5,189,587	4,857,991
Special Events	29,125	21,749
Rent & Other Income	971,750	748,232
Total Operating Revenue	6,438,114	6,540,290

Expenses

Program Services	5,373,526	5,072,372
Administrative Services	123,346	199,320
Fundraising	193,033	182,999
Building Operations	486,027	404,213
Total Operating Expenses	6,175,931	5,858,904
CHANGE IN NET ASSETS	262,183	681,386

Assets

Current Assets	2022	2021
Cash & Investments	1,661,220	1,112,574
Receivables	418,464	284,575
Inventories & Prepaid Expenses	240,068	405,583
Total Current Assets	2,319,752	1,802,732

Long-Term Assets

Net Land, Buildings, Equipment	2,395,883	3,100,507
Other Assets	46,858	21,862
TOTAL ASSETS	4,762,493	4,925,101

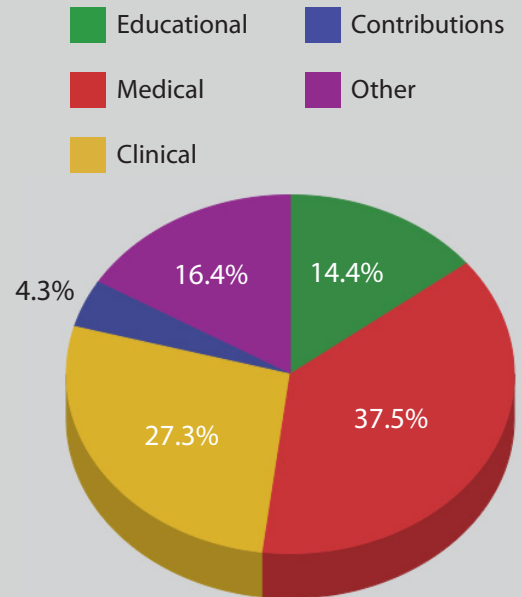
Liabilities & Net Assets

Current Liabilities	2022	2021
Current Portion of Long-Term Debt	172,200	198,856
Accounts Payable	50,487	76,371
Accrued Expenses	275,682	432,465
Deferred Revenues	135,093	167,974
Total Current Liabilities	633,462	875,666
Long-Term Debt	615,125	797,711
Total Liabilities	1,248,587	1,673,377

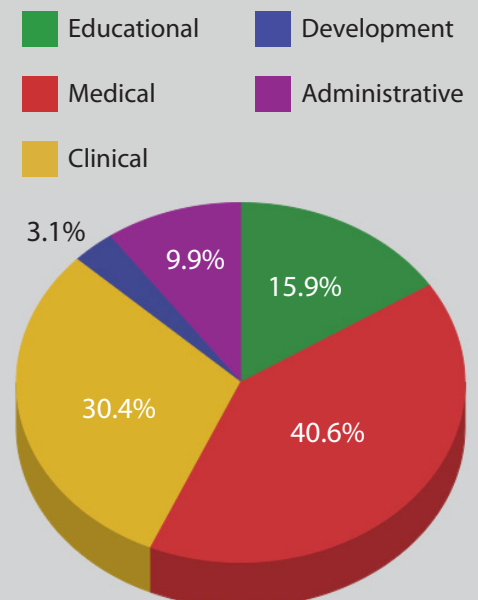
Net Assets

Unrestricted Net Assets	3,513,906	3,251,724
TOTAL LIABILITIES & NET ASSETS	4,762,493	4,925,101

2022 Revenues = \$6,438,114



2022 Expenses = \$6,175,931



SUPPORTERS

Our sincerest thank you to all the individuals and organizations who supported A Chance To Grow in 2022. We are very grateful for friends like you.

Foundations

The Fred C. & Katherine B. Andersen Foundation
 The Initiative Foundation
 The Mardag Foundation
 The Northland Foundation
 The Otto Bremer Trust
 The Richard M. Schulze Family Foundation
 The Sauer Family Foundation
 The Southern Minnesota Initiative Foundation

Community Partners

Lions Club of Northeast
 NE Minneapolis Kiwanis Club
 East Minneapolis Exchange Club
 Minnesota Visiting Nurse Association
 Second Harvest Heartland
 The Society of St. Vincent de Paul

Government

Hennepin County
 Minnesota Department of Health
 Minnesota Department of Human Services

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 Jacky Tucker
 Vicky Stein
 Will Koerner

SUPPORT A CHANCE TO GROW

For families that are fortunate to have access to good health care and medical insurance, many of the services we offer are easily accessible. But for those who don't -- who are the ones most likely to have undiagnosed neurological or developmental issues -- our services can seem out of reach.

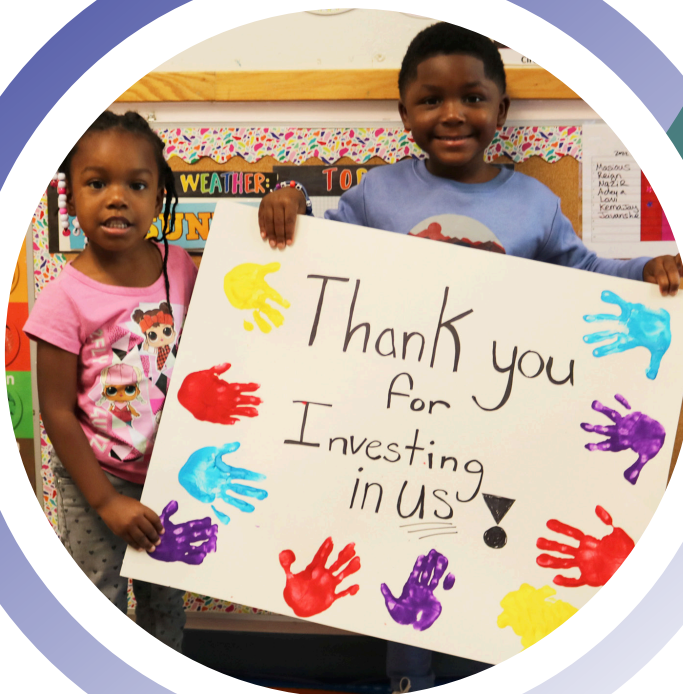
You can ensure that **EVERY INDIVIDUAL** can get the assessments and services needed to provide pathways to success

To give a child or adult a chance to grow by making a one-time donation, please visit www.actg.org/donate or scan the QR code below. Your gift will ensure that children get interventions that build foundational capacities, safe supportive child care, and services designed to improve learning readiness.

Coming on July 1, 2023, you can become a monthly donor by joining *The Garden of Hope*. For as little as **\$5 a month**, you can ensure that A Chance To Grow has the resources to sustain operations and continue our legacy of innovation. Look for more information soon!

**ANY AMOUNT YOU GIVE WILL HAVE A
HUGE IMPACT ON A CHILD'S LIFE.**

Scan to Give!



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Learn more at ACTG.org!