

2021-2023 Annual Report

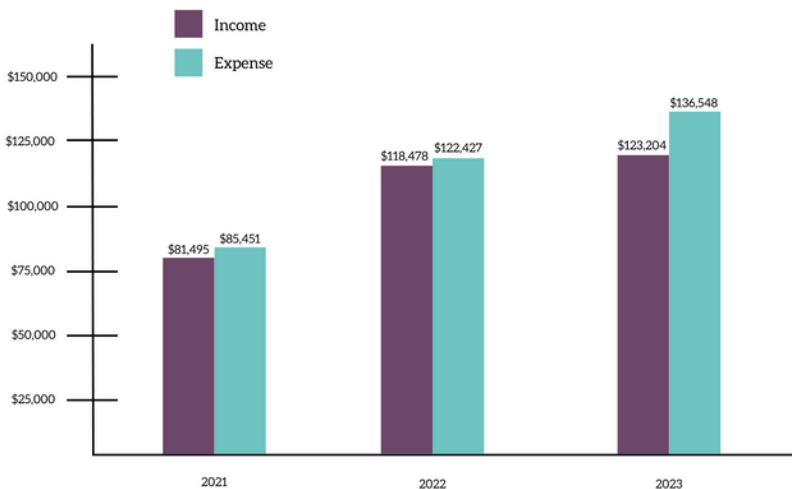
Mission, Values, Governance, and Staff

MISSION AND VALUES: The Center for Chronic Illness (CCI) promotes well-being and decreases isolation for those impacted by ongoing health challenges through support and education. CCI offers free, virtual support groups facilitated by licensed mental health professionals. Our values are: compassion, respect, empowerment, inclusion, community

GOVERNANCE: CCI has brought on a number of new board members since 2020. Our board directors in 2023 were: Alison Ryan, Jake Johnston, Caroline Kasman, and Nichole Leibov. Geera James, Emily Woitas, Terry Jordon, Sarah Johannson, and Aditi Agarwal.

STAFF: Allison Fine, MSW, LICSW serves as CCI's executive director. During 2021-2023, CCI had 14 contracted masters level licensed mental health professionals and MSW and MA counseling students facilitating support group programs: Carrie Pope, Bartja Wachtel, Angela Farrar-Small, Alicia Sloan, Natalie Hopkins, Kerry Heckman, Annie Moon, Zoe Freeman, Alice Allen Redfern, Kylie Brief, Chloe Fritz, Alison Kennedy, Carissa Singh, Claudia Tedoni, Skye White, Riley Rheta. CCI continues to partner with the University of Washington School of Social Work to offer practicum placements for MSW students each year. Many of our students transition to contracted facilitators post-graduation.

2021-2023 Financial Report and Growth




Income and Expense Comparison for 2021-2023

Over the past few years, CCI continued to experience steady financial growth, while still operating with limited staff. In 2022, CCI's board of directors voted to bring contracted executive director, Allison Fine on as a part-time salaried employee three days a week. At the end of 2023, the board voted again to bring the executive director to four days a week in 2024. In 2023, CCI worked on capacity building, expanding our grants program and receiving funding from three new foundations: Premera, the Norcliffe Foundation, and the Norman Archibald Foundation. Additionally, CCI continues to be supported by corporate donations, and event sponsors, such as Horizon Therapeutics and We Work for Health WA, and individual contributions from our community members.

In 2023, we also worked to solidify our two yearly fundraiser events, the Supporting Women with Chronic Illness luncheon each spring and the Drag Queen Bingo Fundraiser and Auction each fall.

2021-2023 Support Group Programs



Free, Ongoing, Virtual Support Groups

- Living with Chronic Illness
- Living Mindfully with Chronic Illness
- Rare Chronic Illness
- Parenting Chronic Illness
- Teens Living with Chronic Illness
- Supporting African Americans Living with Chronic Illness
- Supporting Latino/a/x Individuals Living with Chronic Illness
- LGBTQIA+ & Living with Chronic Illness
- Supporting Loved Ones
- COVID Long-Haulers
- Creativity and Chronic Illness
- Breath and Movement
- Body Image and Chronic Illness
- Postpartum Chronic Illness
- Living with Migraine
- Living with Cystinosis
- Parenting Cystinosis
- Living with Thyroid Eye Disease (TED)
- Supporting Loved Ones with Thyroid Eye Disease (TED)

To sign up, visit www.thecenterforchronicillness.org/groups

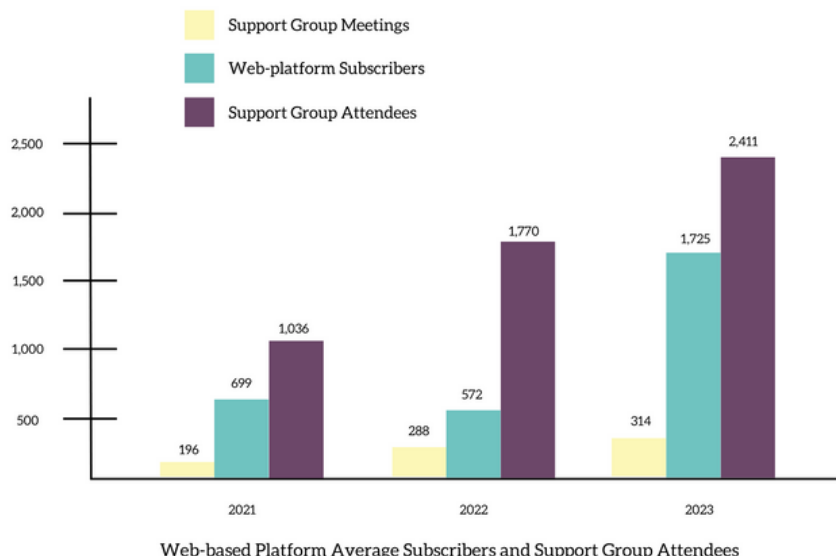


Six in ten adults live with at least one chronic health condition. The pandemic brought new chronic illnesses, such as long-COVID as well as increased isolation for so many in our community. Despite much of our world returning to normal in 2023, many in our community who are immuno-compromised or live with diagnoses leaving them more vulnerable to severe illness, have had to continue to live cautiously. Our web-based support groups continue to provide an important resource to help these individuals and their loved ones connect with others who understand what they are going through.

In 2021, we transitioned from our Support Groups Central platform to HeyPeers, as the two companies merged. Our support group numbers grew from 10 meetings per month in 2020 to 22 meetings per month in 2023. We worked to make our programs more inclusive by beginning a group Supporting African Americans Living with Chronic Illness, a group Supporting Latinx Individuals Living with Chronic Illness, and a group for those who identify as LGBTQIA+ and live with chronic illness. We also continued our support of the rare disease community by adding groups for thyroid eye disease patients and loved ones. As the need for our programs grows, we plan to continue to expand current offerings by increasing groups from monthly to twice a month meetings for groups that are at full capacity and begin new groups as needs arise.

"My support group is invaluable. I have made new friends, learned about new doctors, and been able to help others. I feel so much less alone since starting group."
- CCI Support Group Attendee

Number of Support Group Meetings, Attendees, and New Web-platform Subscribers





The Impact of Mental Health on Chronic Illness & Coping during the COVID-19 Pandemic

Join us for a virtual health education program on the intersection of chronic illness and mental health and strategies for coping during the COVID-19 pandemic.

Presented by: Kerry Heckman, MSW, LICSW and Natalie Hopkins, MSW

Saturday, April 10th
1-3pm
via Zoom

Please contact us for more information and to sign up at
425-296-2705 or info@theCenterforChronicIllness.org
www.theCenterforChronicIllness.org



Center for
Chronic Illness

2021-2023

Health Education Programs

In addition to our peer support group programs, over the past three years, CCI offered health education programs to provide information on various topics related to living with ongoing health challenges. In 2021, CCI provided a webinar on the Impact of Mental Health on Chronic Illness & Coping During the COVID-19 Pandemic. In 2022, CCI explored the challenges of navigating insurance with a presentation from board member and lawyer, Stacy Monahan Tucker. And finally, in 2023, CCI offered two workshops on Advanced Care Planning to give our community members a space to talk about end of life planning. These learning opportunities give our community a chance to learn about specific topics related to chronic illness, ask questions, and access resources for living as well as possible despite ongoing illness.

"What an open and accessible learning environment. Bartja is both expert and approachable. The content was a good balance of theoretical and practical. I learned quite a bit that will enhance my professional work. Thank you!" - CEU program participant / mental health provider

Continuing Education for Healthcare Professionals

Working with chronic illness patients is a niche area of mental health for which training programs are far and few between. In spring of 2022, CCI was approved as a continuing education provider for Masters level mental health professionals. Since this time, CCI has facilitated three CEU programs. In the coming years, CCI will apply for approval to offer continuing education for nurses, doctors, and additional allied health professionals to expand our continuing education efforts.





Thank You to Our 2021-2023 Supporters!

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A special thanks to our anonymous donors, monthly supporters,
corporate sponsors, grant funders, and community partners!

"It was nice to know that even though the others didn't have my disease, they still had to go through all the same stuff I did so I wasn't alone."

- CCI Support Group Attendee



Supporting Women with Chronic Illness Luncheon on May 31, 2023, at the Washington State Arboretum Visitors Center

Top 5 Successes of 2023

- | | |
|-----------------------------|--|
| Numbers Served | Successfully facilitated 20+ monthly support group meetings for 2,411 attendees |
| Global Reach | Served support group attendees from all 50 states as well as Canada, Austria, Columbia, United Kingdom, Spain, Hungary, Germany, France, Japan, Switzerland, New Zealand, India, and more! |
| Value and Commitment | 98.9% of individuals stay on as subscribers on our web-based platform once joining CCI |
| Capacity Growth | Secured \$27,500 in grant funding and developed relationships with three new foundations |
| Personal Impact | Transitioned back to hosting some in-person, outdoor fundraiser events, hosted our first hybrid fundraiser event and our second author night |