



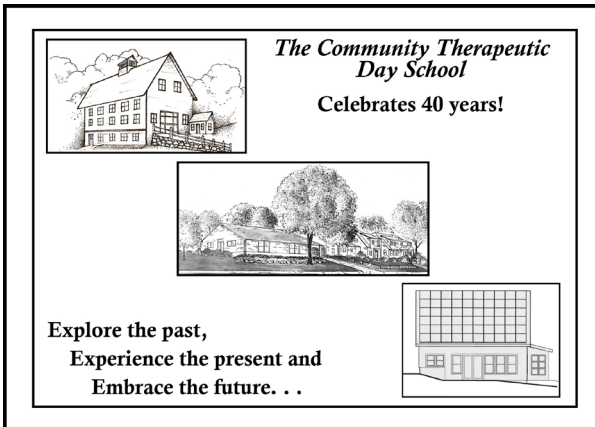
SPECIAL TIMES

COMMUNITY THERAPEUTIC DAY SCHOOL

187 Spring Street, Lexington, MA 02421 781/861-7081

Volume 27 #1

2015 ANNUAL REPORT



I have been a child and adolescent psychiatrist for 50 years. I have taught at Harvard Medical School and led psychiatric organizations and done International Human Rights work. I have known Nancy and Bruce for over 40 years and Alan Shapiro a bit less. I joined the board 10 years ago and have been the chair for the past few years. CTDS began 40 years ago...



40 years ago. A school was founded... a therapeutic school. What is a school? What is a therapeutic school? What is a good therapeutic school? In addition to education there has to be safety, nurturing and what Winnicott called a Holding Environment – the fostering of growth and development. And work with the parents and other family members and other health professionals and with surrounding communities and sometimes difficult group care to allow growth. It should be good diagnosis and good treatment of the whole child... over time. How do you know enough and learn enough and have enough energy to put all this together? How do you find colleagues and make friends, find buildings and maintain buildings and a campus? How do you figure out and find funding and stability over time? How do you train, develop and keep talented staff? How do you know enough to help and keep trying to learn more? Can you afford to be playful and have fun and experiment? CTDS seems to me something of a model and something of a beacon. How remarkable to be able to create and build and solidify and sustain such a complex and useful structure for 40 years - and to plan for the future. Thank you, all of you, young and old, students and staff, family and friends and others.

Larry Hartmann, MD, CTDS Board Chairman

To begin I would like to welcome all of you and I wish to thank our extraordinary staff, devoted board of directors, our loyal donors and families who entrust their children in our care. You have made it possible for us to bring our organization to this point. For those who do not know we follow about 200 children a year through our school program, consultation to the community, child guidance and therapy, neuropsychological evaluations and sibling groups. Today we celebrate 40 years. We stand firmly in the present and explore the past and embrace the future. These 40 years and these buildings today represent a place for the important work of teaching and learning. This is a place of giving and receiving. These buildings are a metaphor for caring, safety, love and understanding - A place where, through relationship there is a promise for change. A place of welcoming and holding the human condition - A place of questioning, curiosity, understanding and devotion.

My own earlier life was not easy and demanded either retreat and giving up or fighting for self-reliance and integrity. I chose the latter. Mending the torn fabric of our lives is not simple. I had a model in my own mother for strength, kindness, acceptance of others, resilience and grace. Life gives us an opportunity. What we do with this opportunity is often of our own choosing. This work is delicate and requires strong, gentle hands, hearts and minds to hold the path and the spirit of each child and family. We continue together to create a place of hope and gratitude for ourselves and for others. We will learn together how to live in this world. Thank you.

Nancy Fuller, Executive Director



I am going to talk about Past, Present and Future and 40 years by putting it in the context of two ancient civilizations- one is Chinese – the frame around that is about past, present, future. So we in the west consider that we are in the present, spacially and that the future is in front of us, that's what we are going towards and the past is behind us. The Chinese consider that they are in the present and the past is in

front because it is the only thing you can see. That is what you can look at, however imperfect it may be, trying to figure out what just happened. Which is a question most parents come here thinking. What happened? How did I get here? This isn't what I signed on for. And the future is actually behind us. It is completely unknowable....

Bruce says 40 is a karmic number and we are at 40. So looking forward into our past. We need to learn from these 40 years, from our successes, our failures, from our mistakes, from our right guesses of what it is that lies before us which is the past, so we can go forward into the future. This new building symbolizes, as a structure, what that will look like. But what it is is a foundation and an over arching structure of, to me, the motivating and central force of this school and that is Hope. Hope for our children, hope for our families, hope for this world. Thank you all for coming.

Alan Shapiro, CTDS Program Director

This property has a history of 300 years. The Parker family farmed here beginning in 1715. John Parker, Captain of the Lexington Minutemen, lived and fought here in the American Revolution starting in 1776. His home burned down around 1790. His grandson, Theodore Parker, an abolitionist minister with a parish in Roxbury, built our current farmhouse around 1832. His passionate sermons and teachings were often controversial. He moved to Florence, Italy where he died. Families lived here and farmed and raised children. We bought the 4 acre remnant of the farm with its 1832 farmhouse and 1890's red barn in 1985, refurbished it, built a classroom building and this year added a building for the 21st century, self-sufficient in electricity, heat and air conditioning- a thoroughly modern building. At CTDS the architecture is focused on the needs of our children and their families, to provide a comprehensive academic and therapeutic program for those with very complex needs that we strive to diagnose and treat and educate in the manner of our new building, in the most knowledgeable and comprehensive way. The basis of our interest is our driving love of knowledge. I think the word is philosophy. But it is pursuing knowledge as a passionate endeavor. Knowledge from the past is incorporated into our current new knowledge. It is not as if we take something from the past that has no relationship to the present. We strive to take the past and bring the past to inform us into the future. This is true of architecture as we see here with this building and true of medicine and education. Applications of increasingly complex and informed ideas are essential in understanding the needs of children and families here to better create healthier futures. It is forty years now. The future for this unique school lies with our stewardship of property and program into the future.

Bruce Hauptman, MD, CTDS Psychiatrist

REFLECTION

As I stare into a mirror

I see

I see a girl who wants to be free
courage and hope fills her eyes
questions float through her mind
wisdom and beauty is what she sees

Power and determination

is what she needs

strength she knows she has

determination gets her far

a change in time

changes everything

a girl she couldn't see

before the change in time

used to see her reflection

as a girl with no dignity

shyness and fear was what she saw

now she can see her for her

her past brought her down

her future shines with in the stars

her reflection shows it all

her dreams and imagination

are a creation

a girl who says hello to freedom

a clearer reflection

I now see

I see my power and determination

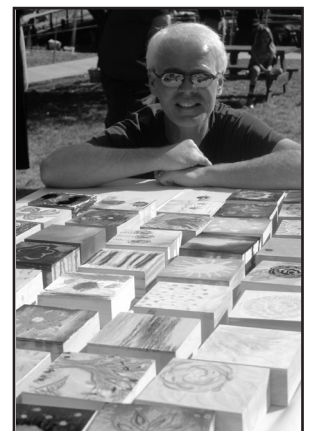
I see me for who I am

a reflection of a girl

who can accomplish anything

that reflection is me.

Jesse Riley, CTDS Alumni Student





I feel very, very new here but I have been circling since 2009. I don't have too much to add but what is incredible about CTDS is the way every single person who is part of this organization, whether as a student or a staff member are nurtured by the community. It took me awhile to realize that The Community Therapeutic Day School was a community unto itself and what makes the work possible here is that everyone supports everyone else in a kind of loving honesty. And sometimes honesty is not easy to take but it makes us all better, kinder, more compassionate caring people. That is why many of us land here and never want to leave. Thank you Bruce, Nancy, Alan and everyone who has kept this place afloat for the past 40 years and here's to the next 40 years and 40 after that.

Jen Neuwalder, MD, CTDS Psychiatrist

First of all I would like to thank everyone for coming here on this beautiful day. It means a lot to me. The theme is the past, present and future. A lot of people say do not dwell in the past and I agree with that but I also think it is good to look at the past so you can succeed and learn from your mistakes. Personally for me, I think of the past and my time at CTDS. *Wow* I was like that! I had all these challenges and I still do but it seems they were so much more than they are today. How did I get better? How is this possible? It was CTDS. They were the first school I came to after I left public school. It was a very helpful school. It really took a different approach.

Here they would help you, and teach you, and nurture you and care for you. Each kid has a challenge whether they go to public school, private school, therapeutic school, tech school. Every kid, every adult, every person in this world has a specific challenge that they are working on. CTDS helped me with all of my challenges. I think every person who went to CTDS can 100% agree with that. CTDS also taught me some leadership. When I came here I had a hard time. Of course it was a new school and everyone has a hard time, going to a new school but it taught me how to be a leader and to act mature and when I am upset and frustrated how to take a step back and say you're frustrated and you can get through it, just step back and take some deep breaths, take a walk and cool your mind and get it together. I have used that knowledge and I am now the captain of my basketball team at my school. I am also part of a special needs track program called Rolling Thunder for children with multiple special needs. It gives them an opportunity to feel they can still race and go to events where they may not have felt so safe and comforted or accepted in other track programs.... I sometimes see a teacher who was st CTDS and was an extremely strong influence on my life. Getting exercise helps me as well.

In the present right now I am doing really well. It is my last year at my school – I am graduating. It wouldn't be possible for me to be where I am without CTDS. I am planning to go ahead with my education. My favorite subject is history. I like to know what went on in the past and what is happening in the present. History happens every day, every second, every minute of the day. Now I am making history, the staff at CTDS made history in the past. Our next speaker will make history in the future. The future is limitless. I want to thank CTDS and my family, my grandma – hi nana. And thank you everyone else for sticking with me. When I had hard times they stuck with me and didn't push me away. CTDS changed my life as well as the friends and family who supported me. Thank you.

Makai Yerkes, CTDS Alumni Student

Hello everybody and Happy 40th Anniversary to this school. I came to this school in 2008 as a boy who had Way, Way too much energy and who couldn't control any of his social situations. When I came here I felt that for the first time in a school I was accepted. I was... I fit in... and I got the help I needed to get into another better school after I graduated here. And if it wasn't for this place I wouldn't be who I am today. I wouldn't have been a good person if I hadn't gone here, actually. This place has helped me so much I can't explain. I can't explain how much I thank everyone for helping me. Thank you to all the staff and all the friends I have had over the years who came here and helped me, helped me to be a better person. Thank you to everyone.

CTDS Alumni Student



Special Times Editors and photography:

Nancy Fuller
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I was moved to speak because of a refrigerator magnet. The refrigerator magnet says “Every blade of grass has an angel bending over it that whispers grow, grow, grow.” And we know, certainly, every staff member here stands behind each child and whispers, “grow, grow, grow”. But there is someone who is an archangel that stands beside each staff member, who nurtures our gifts and respects us as individuals and not only tolerates our quirks but celebrates them and helps us to grow, and that person is Nancy. And Nancy, with the rest of the triumvirate of Nancy, Bruce and Alan stands behind each of us as a staff and helps us grow. Literally she stands behind each blade of grass because the beauty and the aesthetic of this beautiful place is much Nancy’s doing. And I just wanted to say Thank you.

Linda Butler, CTDS Learning Specialist

COMMUNITY THERAPEUTIC DAY SCHOOL
Statement of Activities
For the Year Ended June 30, 2015

	<u>2015</u>	<u>2014</u>
	Total	Total
REVENUES, GAINS AND OTHER SUPPORT:		
Tuition and fees	\$2,702,873	\$2,531,492
Contributions	685,288	216,011
Grants	42,000	22,000
Investment income	103,142	96,187
Net unrealized and realized gains (losses) on investments	(33,586)	613,777
Other Income	1,514	12,746
Net assets released from restrictions: Satisfaction of program restrictions	-	-
Total revenues, gains and other support	<u>3,501,231</u>	<u>3,492,213</u>
EXPENSES:		
Program services:		
Day	1,794,133	1,745,334
Summer	129,785	123,002
After School program	38,929	34,084
Inclusion program	<u>277,306</u>	<u>227,003</u>
Total program services	<u>2,240,153</u>	<u>2,129,423</u>
Supporting services:		
Management and general	410,974	397,443
Fundraising	<u>175</u>	<u>260</u>
Total supporting services	<u>411,149</u>	<u>397,703</u>
Total expenses	<u>2,651,302</u>	<u>2,527,126</u>
Change in net assets	<u>849,929</u>	<u>965,087</u>
Net assets at beginning of year	<u>6,703,554</u>	<u>5,738,467</u>
Net assets at end of year	<u>7,553,483</u>	<u>6,703,554</u>

Hello Everyone. I have been coming to CTDS for therapy sessions since I was in 3rd grade until my senior year in high school. I attended the Arlington Public Schools with whom CTDS worked with and I was in their program. I attended therapy sessions at CTDS with Emily Sequeria, Olivia von Ferstel and Daniel Reinstein and I met with Bruce Hauptman. Due to all my successes throughout school I have to give a good amount of credit to this program because I wouldn't have gotten that far if it wasn't for them. I ended up graduating from high school and I spent a year at Thames Academy and Mitchell College and did 5 years at Salem State where I was a 3 times Dean's list student, part of the 1% student leaders and I was a recipient of Who's Who Among Colleges and Universities. I graduated from College and I am a licensed driver. I remember working at Ottison Middle School with Mr. Mike Murray as well. Thank you and happy 40 years and more to come.

Alumnus of CTDS Community Inclusion



Five years ago, our family arrived at CTDS, met in the front hall by Nancy. I still remember feeling the warmth of her hands clasping mine, her steady gaze, and her words, "Welcome, come in. You are finally here". Those words were the beginning of a new chapter of support, growth and, most importantly hope, for our very fragile family. As our older son began his time here, we saw a true collaboration between home and school at work. Many families dream of a place where teachers and parents can really communicate and parents' opinions and observations are trusted and taken seriously. CTDS is such a place. There was daily written communication and weekly phone calls that gave us a window into our son's day and enabled us to support his emerging skills at home. In parent group with Bridget and Alan we could express our profound relief that our son was getting the help he needed while at the same time, feeling the intense grief that comes from knowing your child needs this kind of support. In monthly sibling group, our younger son received exquisite attention from Bridget and Olivia who helped him process his complicated feelings and realize his own gifts and strengths. In sibling work our sons slowly began to find some common ground. The support of our family had multiple layers and yet, there is so much more. The talent of other teachers and staff, the beautiful grounds, the most tender care and support of children's talents, as well as their challenges, all serve to help families grow stronger. When the time came for him to move to a new school, our family talked about how we could express our gratitude for the gift of our time at CTDS. Our son came up with the perfect idea: the gift of a tree. He wanted to leave behind something of importance to him that expresses his love of nature. The tree is a symbol of growth and life, reaching high for the sky while spreading its roots. Today, we are here celebrating the 40th anniversary of CTDS as it continues to support children and help them reach out and spread their own roots. This beautiful new building is further evidence of that commitment. Nancy's words reverberate today as they did 5 years ago. "Come in. You are finally here." These words express the strong commitment of CTDS to cherish and support not only the students, but also the families who love and struggle with challenging, complicated children. We feel so fortunate that such a place exists for families like ours.

Emily Bruell, CTDS Alumni Parent



I want to say thank you to CTDS for helping me to become the person I am today. I came to CTDS in 1992 and I had a lot of social problems and I was stuck in my fantasy world all the time until they helped me a lot. I graduated from CTDS in 1997. I went to other schools and continued working. And today I am a certified nursing assistant at Personal Touch Homecare doing homecare and I am doing respite care and next month I am going to school for sign language.

CTDS Alumni Student

ANNUAL FUND GIVING JULY 1, 2014-JUNE 30, 2015

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