

2025 COMMUNITY REPORT



ASCEND

MENTAL WELLNESS



Connecting
Supporting
Growing

Where Our Work Happens

Our work is not confined to a single space, moment, or service. It happens across communities, within relationships, and through everyday interactions where support, care, and connection come together.

It is here that our values take shape in practice. Through our programs and services, we see how mental health, substance use and addiction recovery, housing stability, and peer support intersect in real time, reflecting the complexity and resilience of the individuals and communities we serve.

We recognize that no single service or moment stands alone. Each interaction is one part of a larger system of care, where mental health, substance use and addiction recovery, housing stability, and peer support are deeply interconnected. Through our programs and services, we strive not only to respond to needs but to understand the broader context in which those needs exist, including the social determinants of health that shape everyday experience.

This is where presence matters. Where meeting people where they are becomes more than language; it becomes action, consistency, and shared commitment.

Voices of our Executive Leadership Team

"Every day, we see how meaningful relationships among businesses, neighbors, partners, staff, and those we serve create hope, opportunity, and support for mental health and wellness. We are proud to be part of a community that believes in caring for one another, meeting people where they are at, and ensuring that everyone has access to the resources they need to live with dignity, purpose, and well-being."

- Andrea Deepe, Chief Executive Officer



"With stepping into my role as COO earlier this year, I am looking forward to continuing the commitment to growth and support of our internal operations. To continue to promote, encourage and strengthen our alignment with our mission and vision, guided by our agency core values. As a team, we will continue to drive initiatives that foster collaboration both within our organization and within our communities to ensure our programs and services evolve to meet the needs of those we serve."

- Amber Beaudet, Chief Operating Officer

Every moment, every step, every action carries impact.

Caleo Counseling

Expanding Opportunities for Connection

Caleo Counseling continues to serve as a core part of our clinical support system, providing accessible, person-centered care across our communities. Our clinical services are grounded in meeting individuals where they are, offering support that is responsive, collaborative, and rooted in the realities of everyday life.

As part of Caleo Counseling's continued growth, our clinicians have expanded opportunities for clients to build skills, strengthen relationships, and find support through therapeutic groups. What began in 2025 with the launch of a youth-focused group has continued to grow, with additional group offerings developed and introduced this year.



Building on this foundation, our Caleo clinicians are expanding group programming with the development of **Women's Connection**, a therapeutic support group focused on connection and shared experience, and **Tune In Together**, a weekly therapeutic group offered in partnership with our Restorative Residential Community Residences to support emotional regulation, coping skills, and overall wellness.

1,084

Individuals of all
ages served

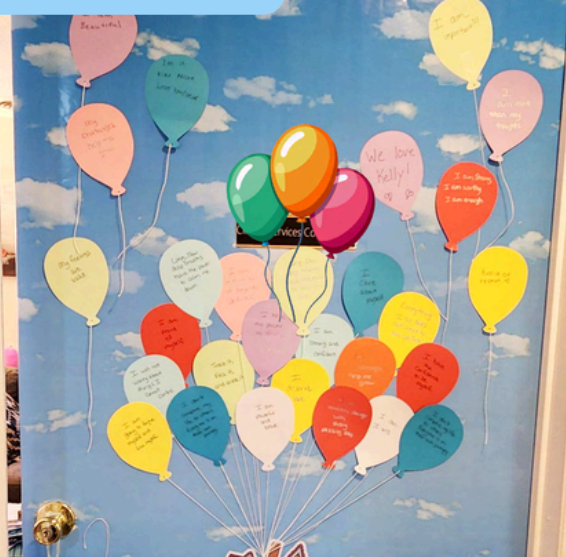
380

New admissions in
2025

Youth Social Skills Group

Launched in March 2025, this eight-week series was developed for children ages 5–10 to build confidence and strengthen essential social skills in a supportive, engaging environment. Through interactive activities and guided discussion, children learn to understand social norms, develop meaningful relationships, and create a strong foundation for positive social interactions.

Last year our clinicians decorated their doors for February as we celebrate choosing kindness with positive affirmations.



School-Based Impact

Reducing Barriers to Access to Care

Our clinical team continued to provide both onsite and offsite support, including partnerships with local school districts in Bolton, Whitehall, and Fort Ann. These school-based services remain a vital part of our approach to care, bringing clinical support directly into the environments where individuals are already present and engaged.



To ensure continuity of care, our counseling services remain fully available to students during the summer months. This year-round presence at the elementary school during summer recess provides essential continuity of care when students need it most.



"What Reducing Barriers Looks Like"

Transportation accessibility

Immediate response and support

Flexible scheduling during the school day

Familiar and trusted environment

Reduced stigma around seeking support

Increased continuity of care

Earlier intervention opportunities

Having clinical services embedded within school settings helps reduce barriers that often impact access to care. This includes challenges such as transportation, scheduling conflicts, stigma, limited availability of local providers, and difficulty navigating traditional office-based services. Clinicians who are assigned to the school sites, manage rotating caseloads of 10 to 20 students throughout the year. By meeting students where they are, we are able to support early intervention, strengthen continuity of care, and create more consistent pathways to mental health support.

"Mornings are spent at the high school, where we develop coordinated care plans with students, families, and school staff. In the afternoons, services shift to the elementary school to support younger students' development and strengthen communication with parents and teachers."

- Monica Morris- MHC-LP, Caleo Counseling Clinician

Health Home Care Management

113

Adults actively served in 2025

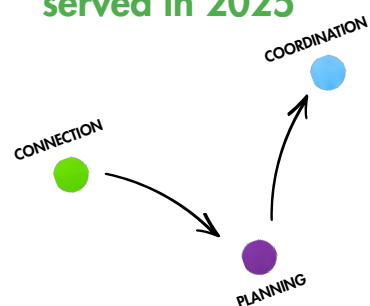
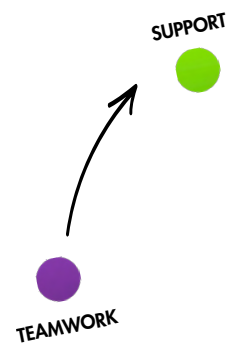
68

Youth actively served in 2025

Supporting Youth and Families Beyond Care Coordination

While Health Home Care Management services are supported through traditional funding sources, community partnerships and grant opportunities provide the flexibility to address needs that extend beyond traditional service coverage and further support the overall well-being of the youth and families we serve.

Each year, our Youth Health Home Care Management Program applies for the Stewart's Holiday Match Program to help meet the unique needs of the youth and families we serve. 95% of those we served come from low-income households.



Over the past three years, support through the Stewart's Holiday Match Program has provided more than \$4,550 in assistance, helping youth and families overcome barriers and access opportunities that promote health, stability, and well-being.

“

A Moment That Mattered

"During the winter months, our team was able to assist families facing unexpected hardships, including helping two families who had run out of propane/oil and supporting another family at risk of losing their home by helping address past-due rent. This support provided stability during critical moments and allowed families to focus on moving forward."

Every family's needs are unique. These funds have helped provide transportation support to medical and mental health appointments through gas cards, easing the financial burden of accessing essential care. They have also helped youth participate in summer camps and community activities, while supporting essential needs such as clothing, back-to-school supplies, and personal hygiene items. When unexpected challenges arise, these resources allow us to respond quickly and provide support when it is needed.



Staying Informed

Through collaboration with Catholic Charities' Domestic Violence Project, our Health Home Care Management team strengthened its trauma-informed approach by attending the 2025 National Conference on Domestic Violence and participating in monthly DVCCC meetings. This partnership helps strengthen education, collaboration, and coordinated support for individuals and families.

Meeting People Where They Are

Supporting an individual should begin long before someone walks through the door of a provider. Outreach | LEAMHRS works throughout our communities and within the justice system to help individuals navigate barriers, strengthen connections, and build pathways toward stability.



530
Referrals

876
Connections

Linking individuals to care management, mental health, healthcare, housing, benefits assistance, substance use services, and other essential community resources.



Beyond direct connection with individuals, our work also includes strengthening the systems around them. By providing education, resources, and collaboration with law enforcement agencies, probation and parole, correctional facilities, and community organizations, we help support a more informed community response when individuals are experiencing challenges with social determinants of health.



What began as an idea in 2024 became an active resource in 2025. Outreach staff carry Hygiene Care Kits stocked with essential items that are adapted throughout the year to meet changing community needs and seasons.

COMMUNITY PARTNERSHIPS



Law
Enforcement



Healthcare
Providers



Community
Organizations

Strong partnerships help identify needs earlier, strengthen referral pathways, and ensure individuals are connected to appropriate supports when they need them most.

Meaningful outreach doesn't happen alone.

Restorative Residential Services

Adults who received an array of services in our Restorative Housing Programs:

28

at Community
Residences
(Genesis & Pearl)

39

within Community
Living Apartments

During 2025, our Restorative Residential Program continued to grow, creating new opportunities and strengthening the supports available to the individuals we serve.



Recognizing Steps Forward

Within our Community Residences - Genesis and Pearl Street, we developed a new engagement initiative designed to encourage and empower individuals to take a proactive role in activities that support personal goals, build life skills, and strengthen social connections.

Through participation, individuals have opportunities to work toward personal milestones while having their progress recognized and celebrated along the way. This approach encourages confidence, independence, and continued personal growth by supporting individuals in taking meaningful steps toward their goals.

Building Skills Through Everyday Opportunities

Within our Restorative Residential Programs at Community Living Apartments and our Community Residences, Pearl and Genesis, we continue to focus on creating opportunities for individuals to actively engage in activities that build confidence, independence, and daily living skills. Through participation in household responsibilities, such as cooking and chores, as well as available groups and community-based activities, individuals are supported in developing skills that promote greater independence and personal growth. These opportunities encourage individuals to take an active role in their daily lives while building connections, confidence, and a stronger sense of accomplishment.



Rep Payee

Financial planning and budgeting remain a key focus for Rep Payee Services, helping individuals build confidence in managing their finances.

Through proactive 1:1 budgeting sessions that are person-centered, our Rep Payee helps individuals create personalized spending plans several months in advance, preparing for essential expenses while intentionally setting aside funds for personal spending and savings. This collaborative, forward-thinking approach encouraged thoughtful financial decision-making, strengthened healthy spending habits, and reinforced financial stability.

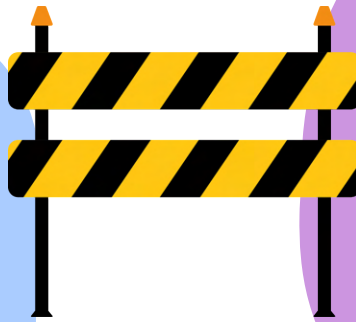
In 2025, we expanded our Rep Payee Services by adding a Benefits Specialist to our Restorative Residential department to help individuals navigate benefits, manage financial responsibilities, and connect with resources that support their individual goals.

94

Individuals actively served

Navigating Housing Challenges

Finding safe, affordable housing remains one of the biggest barriers many individuals face. Rep Payee staff work alongside clients and community partners to support housing stability while helping individuals prepare financially for future housing opportunities.



Building Financial Stability

Rep Payee services help individuals create realistic budgets, manage essential expenses, and work toward personal financial goals by developing savings plans that support long-term stability.

Overcoming Transportation Barriers

Limited transportation can make it difficult to access healthcare, employment, grocery stores, and other essential services. Rep Payee staff help individuals identify transportation resources and plan financially for transportation needs whenever possible.

Learn how you can get involved today! www.ascendmw.org

Every step forward matters!



Activities throughout our Restorative Residential Program

Supportive Residential Services

For individuals experiencing homelessness, chronic homelessness, mental health challenges, or other significant life transitions, having a safe and stable place to call home can be a critical step toward wellness. Supportive Residential Services provides individualized housing supports that help individuals access and maintain safe, affordable, permanent housing while building stability within their communities.

Adults who received an array of services in our Supportive Housing Programs:

20
at Housing First

35
at Cooper Street

76
within Scattered-Site
Supported Housing



Scattered-Site Supported Housing staff preparing for a move, helping individuals transition into their new homes.



Expanding Access in Rural Communities

Through new landlord partnerships established across Washington County, our Scattered-Site Supported Housing Program expanded housing opportunities into Cambridge and surrounding rural communities. Increasing the availability of supportive housing in underserved areas helped remove geographic barriers, allowing more individuals to access safe, stable housing without leaving the communities where they have established connections and support systems.

Creating Opportunities to Thrive

Housing First expanded opportunities for residents to engage in more independent activities by adding two accessible raised garden beds through a local in-kind donation. Designed to accommodate individuals with limited mobility, the standing beds helped remove physical barriers while increasing access to activity within residents' own living environment. This opportunity helped support residents' well-being and quality of life.



Interim Room Impact

Our Interim Rooms provide temporary housing options for individuals experiencing homelessness while they navigate their next steps. Located within our Cooper Street Apartments and Housing First Apartment Program, these spaces offer a safe and supportive environment while staff help connect individuals with resources and housing opportunities.

Cooper Street Interim Room



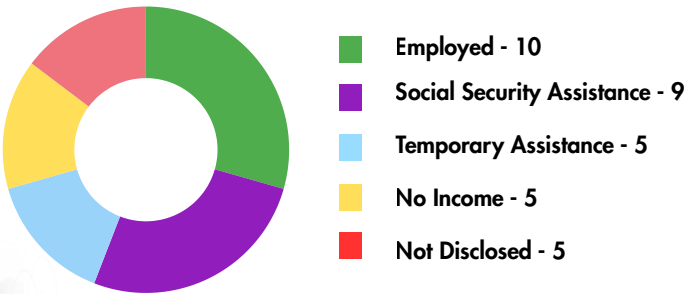
Nearly one-third of all our Cooper Street Interim Room Housing intakes (10 of 34) came through referrals from our Outreach Program, demonstrating the program's success in connecting individuals experiencing housing instability with services.

Where People Came From By County



This reflects the 34 individuals for the Interim Room placement of adult men at Cooper Street.

Understanding the Individuals We Served



Women's Interim Room | Housing First Program

- 4 Beds designed for Adult Women
- 7 Women received an array of services from the Interim Room Program

Our Interim Rooms serve as a bridge toward housing stability, providing individuals with the opportunity to address barriers, strengthen supports, and build a foundation for long-term independence.

Support Services

East Side Center

For many individuals, East Side Center is more than just a program, it is a place to build friendships, develop skills, explore new interests, and stay connected in the community while supporting their mental health and wellness.



Community in Action

90 Individuals participated in our East Side Center Psychosocial Day Program.

- 21** Different Groups throughout the year
- 6** Large Community Activity Days
- 5** Community Partnerships

Focused on wellness, learning, creativity, and connection. Community partners helped expand opportunities through educational workshops, wellness sessions, financial education, performances, and food access resources.

Learning Beyond Our Walls

22 Recreational & Community Outings

Learning happens everywhere. Members explored new experiences and stayed connected to the community. From visiting local parks, farms, gardens, and museums to bowling and seasonal activities like apple and blueberry picking, these experiences provided opportunities for recreation, connection, and building confidence.



Creativity Leaves a Mark

The East Side Center Mural Project continues to grow in its second year, transforming the shared spaces into vibrant works of art created with member participation.

Each mural reflects creativity, collaboration, and the voices of those walk our halls every day.



East Side Center Lunch Program - More than a Meal



2,533

Healthy, accessible meals served in 2025.

Offering low- or no-cost meals to adults ages 18 and older experiencing food insecurity, social isolation, or other life challenges, the program helps address essential needs while creating opportunities for community connection.

Over the past four years, East Side Center has served **9,437 meals** through the support of community partners, grants, donations, and produce grown in our Wellness Garden.

**Support
makes this
Possible.**



Building Skills Through Work

Our Work Program through East Side Center gives participants meaningful opportunities to develop workplace skills, build confidence, and gain employment experience.

- **20** individuals enrolled in the work program
- **2,144** jobs completed
- **4,936** hours worked

Removing Barriers

Reliable transportation opens the door to healthcare, employment, and community participation.

494

Provided transportation services to individuals across Warren and Washington Counties.



This accessible resource helps to ensure people have access to the services and supports they need.



Dual Recovery & Peer Support Services

While Dual Recovery & Peer Support Services provides direct support to individuals navigating mental health and substance use recovery, the program continues to expand its reach throughout the community by creating opportunities for connection, education, and engagement.

422

Dual Recovery Contacts

Community Peer Support

71

Peers received 1:1 support

335

Number of times Peers met with individuals for 1:1 support

Hold's one community facing dual recovery group with Hope and Healing Recovery Community Outreach Center



13

Dual Recovery Groups were held in 9 different locations for 2025.

Building Relationships

Building relationships with other community organizations and participating in community events allows us to introduce the value of peer support early, promote wellness, and create awareness around recovery, resilience, and seeking support. Through community partnerships, educational opportunities, and outreach events,



Connecting with Youth Through Wellness & Peer Support

Our Dual Recovery Coordinator, Ginger Miller, joined the Girls in STEAM event at the Family YMCA of the Glens Falls Area to explore the connection between self-care, mental wellness, and personal growth. Through guided journaling and self-care activities, students discovered how confidence, creativity, and emotional wellness support future success.

Dual Recovery helps demonstrate that peer support is a resource for individuals at all ages and stages of life.

Peer Perspective Podcast

As the Peer Perspective Podcast continues to grow, so does the way we share stories and connect with our communities. What began as a platform for conversations around recovery and mental wellness has evolved to include special guests through roundtable discussions, personal conversations, and Q&A episodes that foster meaningful dialogue and reduce stigma.



18

Episodes recorded for (Season 2 and part of season 3)

16

Guests between season 2 and 3

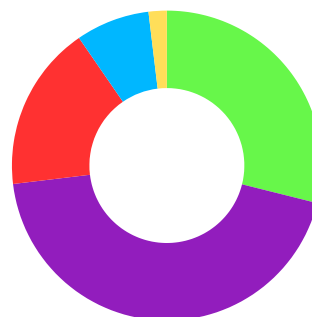
6+

Listening | Streaming Platforms



In 2025, we expanded our programming with new mini-series, including "Devil's Advocate: Own Your Feelings," which explores the complexity of emotions by examining both the challenges and strengths that come with the feelings we experience every day. Our "How Recovery Changed My Life" series also continues to create meaningful engagement by providing individuals with a platform to share their lived experiences, offering hope, encouragement, and insight into the many pathways to recovery.

Where Listeners Tune In



Spotify	28.9%
Web Browser	44.2%
iHeartRadio	7.7%
Apple Podcasts	17.3%
Other Sources	1.9%

Global Reach - Listeners connected with episodes from communities around the world.

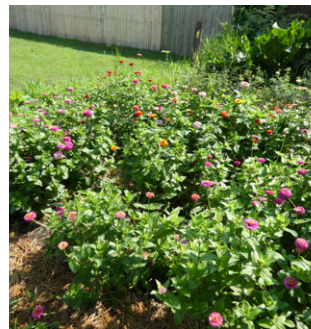
The podcast has also expanded beyond local conversations to feature guests from across the country through virtual platforms such as Zoom and Microsoft Teams. With a mobile recording setup, we are able to meet guests where they are, creating a comfortable and accessible environment that makes sharing their stories more personal and authentic.

As we look ahead, we are excited to introduce video recordings, adding a visual element that will further expand the podcast's reach and create new opportunities to connect with audiences while continuing to amplify the voices of individuals with lived experience.

Through sharing stories, experiences, and perspectives, the Peer Perspective Podcast continues to create connections, reduce stigma, and highlight the many pathways to recovery.

Wellness Garden

The Wellness Garden continues to be a green space where wellness, sustainability, and community come together. Throughout the growing season, fresh produce, herbs, flowers, and pollinator plants support our therapeutic programming, East Side Center Lunch Program, fundraising efforts, and community partnerships while creating opportunities for learning, connection, and stewardship.



WHAT WE GREW



30+

Varieties of Produce

20+

Flower varieties

10+

Different Herbs

SUSTAINABILITY



393.3 lbs

of food waste diverted from landfill through composting made EZ and returned back to the garden as nutrient-rich compost.

COMMUNITY SUPPORT



\$30,845

invested back into the Wellness Garden through grants, partnerships, fundraising, and community donations.



Growing for the Future

One of the biggest improvements to the Wellness Garden this year was the installation of galvanized steel raised beds made possible through the generous support of the Cutshall-King Trust.

Using four modular garden systems, we created ten new growing beds that expand production, improve accessibility, and provide a durable growing space designed to last for decades. With an estimated 20-year lifespan, these beds represent a long-term investment in both sustainability and community wellness.

Water Responsibility in Action: Supporting Sustainable Water Use



This year, we began transitioning from hand watering and traditional drip irrigation to a Neversink emitter irrigation system throughout the Wellness Garden.

By utilizing two frost-free hydrants and efficient emitter technology, the system helps deliver water directly where it's needed while reducing evaporation, runoff, and human error. The upgrade supports responsible water stewardship and creates a more sustainable way to care for nearly half an acre of growing space, including our high tunnel, raised beds, and perennial gardens.



Earthworks at the Garden

Through a partnership with The Hyde Collection's Summer Youth Earthworks program, students explored the Wellness Garden before creating nature-inspired art installations using flowers, sticks, and other natural materials. Their finished artwork celebrated creativity while highlighting the beauty and biodiversity found throughout the garden.

**Cultivating through
seeds of hope**

Growing Together

Expanding Opportunities Across the Agency

In 2025, we revamped our agency-wide internship program to provide robust, hands-on learning experiences for students and emerging professionals across both clinical and non-clinical areas. Our goal: to cultivate the next generation of mental health, substance use, and community support professionals while providing meaningful contributions to those we serve.

Through our revitalized internship program, students are able to engage with our programs across the agency. Interns gain valuable real-world experience while learning from professionals working in clinical care, residential, peer support, and administrative operations.

As our commitment to workforce development continues to grow, we are expanding these opportunities in multiple ways, through a strengthened internship program and partnerships that introduce students to careers in mental health and nursing.



Internships we offer

Clinical Internships/Practicums

- Caleo Counseling Services

Non-Clinical Internships

- Restorative Residential Care
- Supportive Residential Care
- East Side Center & Support Services
- Horticulture & Wellness Garden
- Peer - Dual Recovery
- Care Management

For the 2025 year we had 1 non-clinical intern and our Caleo Counseling hosted 4 interns.



"Interning at Caleo has been a very meaningful part of my training as a Social Worker. From the beginning, I was welcomed into the clinic with open arms from the clinicians who continued to support me and encouraged growth. My supervisor provided thoughtful feedback and allowed me to use my clinical judgement to build my own clinical skills and for that, I will always be grateful. I feel more prepared to enter the field with all the knowledge and wisdom gained from this experience."

– Yatzari Allen, Caleo Counseling Clinical Intern – 2025 - 2026

"I am so grateful that I've gotten the opportunity to do my MSW advanced-year field internship at Caleo Counseling. Everyone is so welcoming and willing to offer support, advice, and information. I appreciate the team atmosphere, from discussions at the weekly staff meeting to just walking down the hall. I've been able to observe different clinicians, and now have my own small caseload. I have an office, an assigned supervisor, and was able to pick which days I would attend. Having a predictable schedule has allowed me to continue working, which is important for me as a graduate student. I have access to trainings during times when I don't have a client scheduled, and have been encouraged to attend outside trainings when possible. Caleo has a process and infrastructure already set up for interns, which makes it an ideal setting for someone pursuing a career in therapy/counseling seeking an internship."

– Jennifer Frigolette, Caleo Counseling Clinical Intern – 2025



Building on our 2025 successes, we are introducing new opportunities in 2026.

Learning in Action

Our commitment towards helping to support and guide the next generation of healthcare professionals is further expanding student learning opportunities through our partnership with the WSWHE BOCES New Visions program. Students participating in the program have the opportunity to shadow our nursing staff, gaining firsthand exposure to the vital role mental health plays in the broader healthcare system.



Connecting Learning to Care

During the 2026 spring school year, our nursing program welcomed 14 students who participated in job shadowing across our agency.



This experience offered students a closer look at the important role nursing plays within a community-based care setting. Students were able to observe how our LPNs and RNs support residential services and care management through clinical insight, care coordination, and collaboration with the broader care team. They also gained a deeper understanding of how wraparound services and person-centered care comes together to support individuals on their path to wellness.

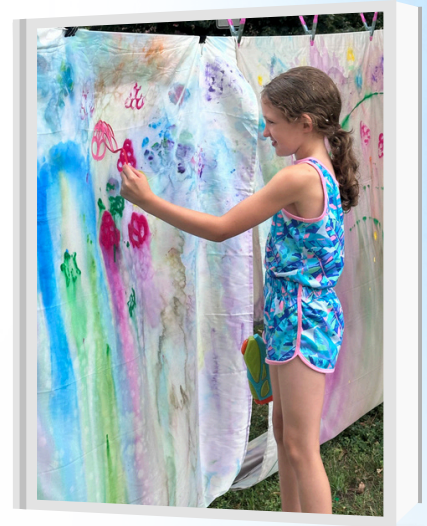
"By experiencing community-based care firsthand, students learned how to support individuals where they live, work, and spend their daily lives, not just within traditional clinical settings. They came in with open minds and a willingness to learn, leaving with a deeper understanding that while every person's story is unique, we all share more similarities than differences."

- ASCEND's Nursing Team

Collaborations

Together with the Warren Washington CARE Center, we hosted Color Outside the Lines, a youth-focused mental wellness event centered on creativity, connection, and emotional expression.

Through movement-based art experiences, open conversation, and a welcoming environment, the event provided youth and families with an opportunity to explore the therapeutic power of creativity while strengthening connections and supporting youth mental wellness.



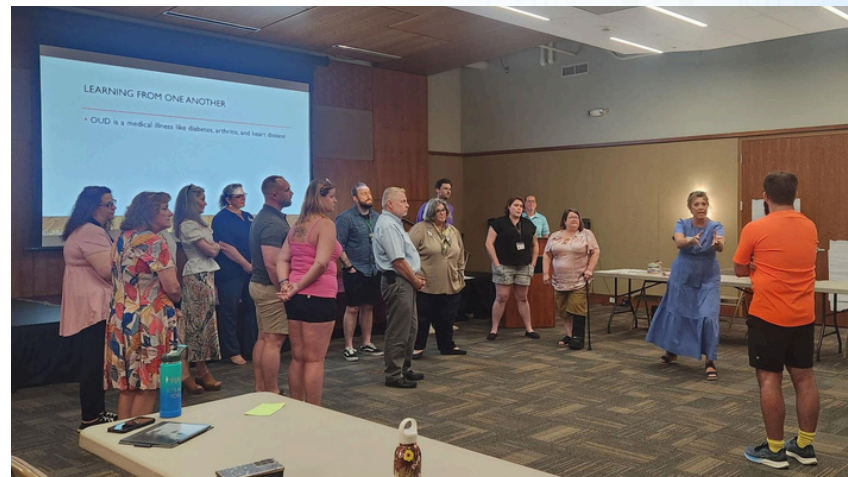
In 2025, we were honored to participate in several AFSP events, including the Out of the Darkness Walk at SUNY Adirondack, Hike for Hope: Cody's Climb, and International Survivors of Suicide Loss Day.

During Survivors of Suicide Loss Day, our Dual Recovery Coordinator, Ginger Miller, had the honor of serving as keynote speaker, sharing reflections on healing, resilience, and the journey of those impacted by suicide loss. These collaborations help strengthen community connections and create spaces of support, understanding, and hope.



We partnered with UR Medicine Recovery Center of Excellence and Youth Voices Matter NY to bring together community members, advocates, and professionals to engage in open dialogue about how we can better support those impacted by opioid use disorder.

This event highlights our commitment to fostering open conversations within our communities to strengthen understanding, reduce stigma, and build stronger support systems for individuals and families impacted by substance use.



Comfort Food Community continues to be a valued partner in helping address food insecurity and support the individuals we serve. Through food education, cooking demonstrations, mobile food pantry access, meal-ready kits, and their Summer Free Food Run program at Cooper Street Apartments, this collaboration helps expand access to nutritious resources while strengthening connections throughout our community.

Let's work together to expand access, raise awareness, and create lasting impact.

Volunteering

Throughout 2025, volunteers from Travelers, Cornell Cooperative Extension of Warren County Master Gardeners, and Pine Knolls Alliance helped bring projects across our agency to life.

Travelers continues to show up for us year after year, helping complete a variety of projects across our programs. Their support was especially impactful during our Wellness Garden raised bed project, where their team helped bring the vision of expanding our growing space to life.



Earlier in the summer, Pine Knolls Alliance brought their "Genuine Love" Campaign to our programs, helping complete several projects. Volunteers refreshed gardens and outdoor spaces at our Housing First and Pearl Street residences, deep cleaned shared spaces at our Community Living Apartments, brightened the grounds at Caleo Counseling Services with fresh mulch and perennials, and made significant progress at the Wellness Garden through composting, trellises, irrigation improvements, and more.



We were grateful to have members of the Cornell Cooperative Extension of Warren County Master Gardener Program join us during our large-scale Wellness Garden project. Their knowledge, experience, and hands-on support helped guide the construction and installation of several galvanized raised garden beds.

There are countless ways to get involved!



Advocacy in Action

Advocacy looks different for everyone. It can be found in how we get involved, how we get inspired, and how we stay connected to the people and communities around us.

For us, advocacy is woven into the work we do every day, from empowering our staff to use their voices to creating opportunities for our communities to come together in support of mental health and wellness.

Warren Washington CARE Center - Dorothea Dix Community Service Award (2025) for unwavering commitment to supporting children who have experienced trauma.



Each May, we recognize Mental Health Awareness Month through our Annual Community Awards Fundraiser, an event dedicated to uplifting voices, celebrating community impact, and recognizing the individuals and organizations working to break down stigma and create pathways to wellness.



Brenna Lyons, MS a Behavioral Health Clinician at Glens Falls Hospital's Inpatient Behavioral Health Unit - Walter P. Reichert Award (2025).

Our Tree of Hope continues to stand as a visible reminder that mental health matters every day. Each May, green ribbons fill the tree with messages of hope, kindness, empowerment, and support from individuals throughout our community. In 2025, more than 100 community members, partners, and supporters participated by adding their own messages of encouragement and solidarity.

To expand this effort beyond our own walls, we introduced ribbon bags that were shared with local businesses, partner organizations, and community members who wanted to take part. This new approach created more opportunities for connection and conversation while helping transform the Tree of Hope into a collective expression of support, awareness, and advocacy across our communities.



Mental Health & Wellness: Perspectives That Matter

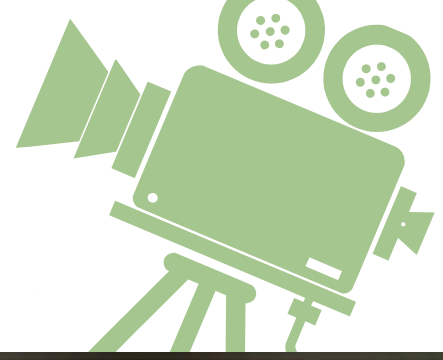
As part of our ongoing commitment to advocacy and raising awareness, last year we launched “Mental Health & Wellness: Perspectives That Matter”, a special video project centered around one simple yet powerful question:

“What does mental health and wellness mean to you?”

Through this project, we connected with individuals from different backgrounds, experiences, and walks of life to share their personal perspectives on mental health and wellness. Their stories highlighted an important reminder, mental health impacts everyone, and each person’s journey, challenges, and definition of wellness can look different.



By creating space for real conversations and sharing voices from across our community that help challenge stigma, encourage connection, and reinforce a message we carry throughout our day: no one is alone in their mental health journey.



Mental Health in Rural Communities

We had the opportunity to partner with Spectrum News 1 Capital Region to bring greater awareness to the challenges of accessing mental health care in rural communities.

Reporter Arin Cotel-Altman sat down with with our Chief Executive Officer, Andrea Deepe and Dual Recovery Coordinator, Ginger Miller to discuss the realities many individuals face when seeking care, including provider shortages and barriers that can make timely access to support difficult.

Platforms like this play an important role in amplifying community needs, increasing awareness, and helping connect individuals with resources.

We start the conversations that need to happen by creating opportunities for them to be heard.

Stewardship

Every moment, every step, every action carries impact and stewardship is how we transform acts of support into lasting change.

From community donations, in-kind donations, fundraising events, grants, sponsorships, and strategic partnerships, each contribution strengthens our ability to provide meaningful programs and services. These collective efforts help us respond to evolving needs, invest in our communities, and continue creating opportunities for growth, wellness, and sustainability.



Through our Get Involved Campaign, we are creating space for our community to get inspired and get connected with us and discover the many ways they can support our mission. Whether it is showing up at an event, sharing a message of support, handing someone information about available resources, or advocating for mental health awareness in everyday conversations, every effort contributes to creating a stronger, more connected community.

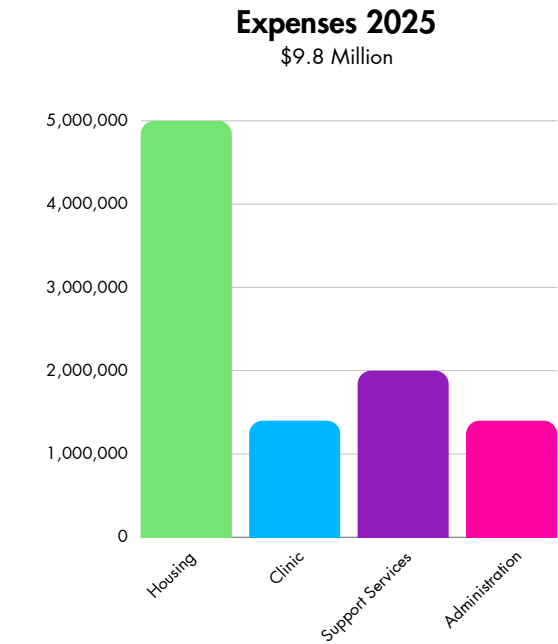


Our leadership team brought the Get Involved sign to life as a reminder that collaboration and teamwork are essential to moving our mission forward. This effort reflects the collective commitment of our agency and our community, because when we all get involved, we create greater opportunities for connection, support, and wellness.

Our Financial Foundation

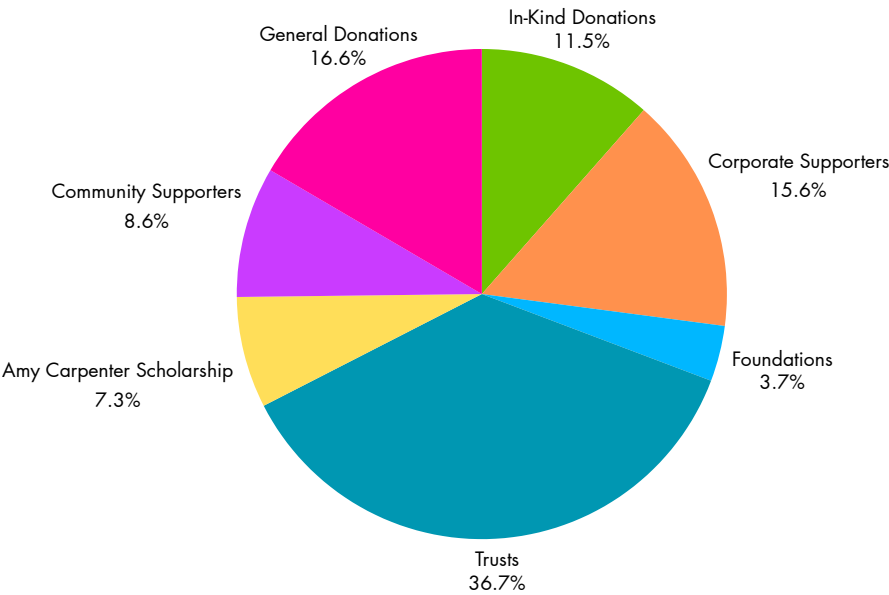
While our services are delivered almost entirely within Warren and Washington Counties, much of our operational funding is determined through state and federal investments. As we look to the future, building a stronger, more diversified financial foundation remains a key priority to ensure our services continue to grow alongside the growing needs of our community.

In 2025, 112 individuals, businesses, community organizations, and grant partners contributed \$68,095.12 in support of our mission—a 46% increase over the previous year. This growth reflects the success of expanding beyond traditional donations through grants, trusts, fundraising initiatives, and strategic partnerships, creating more sustainable revenue streams for the future.

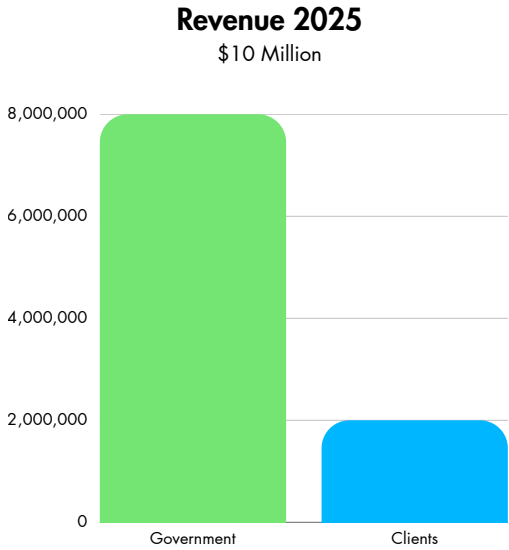


This growth also reflects the dedication of our growing workforce of professionals who make a meaningful difference every day by meeting people where they are and helping them discover pathways to mental health and wellness.

Fundraising 2025



As we move through 2026, we remain focused on expanding fundraising efforts, cultivating annual sponsorship partnerships, and pursuing community grant opportunities to strengthen our long-term sustainability. While government funding and client contributions continue to support much of our work, philanthropic investment helps bridge critical funding gaps, allowing us to enhance existing services, respond to emerging community needs, and invest in innovative programs.



Fundraising



Veterans & First Responders Suicide Awareness & Prevention Walk

We were honored to be selected as the beneficiary of the 5th Annual Walk for Veterans & First Responders Suicide Awareness & Prevention, hosted by the Adirondack Regional Chamber of Commerce, Veterans Business Network, and Chris Thomas of Elite 9 Talent Solutions. With more than 150 Veterans, First Responders, and community members coming together, the event raised over \$1,500 in support of our programs and services to help drive our mission forward. It is partnerships and continued efforts like that help reduce stigma and strengthen mental health support for those we serve.

Cultivating Community: Supporting the Wellness Garden

For our Cultivating Community Fundraiser Dinner, we partnered with Seasoned, SUNY Adirondack's Culinary Arts Program. Guests enjoyed a four-course meal featuring fresh produce from the Wellness Garden, highlighting the power of community collaboration.

The event brought together community members, volunteers, staff, board members, and donors, raising \$3,690 through ticket sales and our CSA (Community Support Agriculture) raffle baskets to support Wellness Garden programming and its continued growth.



Every Can Counts: Supporting Recovery

Our "Every Can Counts" Can & Bottle Drive is an ongoing community-powered fundraiser that turns everyday recycling into support for recovery and peer support services. Funds raised through donated cans and bottles support our Dual Recovery Program, helping strengthen peer-led recovery activities and group programming, including social events and materials needed for ongoing support groups.

Donations can be made at Nickelback Can & Bottle Retrieval Center in South Glens Falls.

Every can Counts!



Our Community of Support

General Donations:

Allison Reynolds
Amber Beaudet
Amber Bergman
Amy Wood
Andrea Deepe
Ann Sullivan
Ava Kanninen
Barbara Jones
Ben Driscoll
Bobbi Nelson-
Collette
Brendan Norton
Catherine
MacIntosh
Catherine Pink
Chris Barden
Colleen Wise
Crystal Lawrence
Dan Durkee
Dan Soresen
Dana Osborne
Danielle Signor
Daniel Reynolds
Dillon Swertner
Elizabeth Osborne
Francine Tyler
F. Raymond Agnew
Jaden Nelson
Jake Weiss
Jared Race
Jason Mclaughlin
Jignasha Shah
Jonathan Crouch
Jonathan Wood
J. Lawrence
Paltrowitz
Karen Carey
Kassandra Stolis
Kate Bullard
Katherine Roos
Kathleen Daly

Kathleen Traver
Kimberly Cote
Kim Heunemann
Kim Winne
Kyle Kennedy
Lauren Gomes
Atwood
Linda Wright
Lorrie Smith
Mary Visscher
Marylin Benware
Melissa Chenier
Michele Scherer
Missy Stolfi
Morgan
Archambult
Peter Groff
Peter Welch
Phyllis Cavanaugh
Richard Cipperly
Robert Thomas
Robert York
Rosemarie Smith
Steven Bacas
Steve Ross
Stephanie Raney
Susan McManus
Tammy Breen
Taylor Kelly
Tony Jordan
Tracey Stadel
Tracy Terry
Tricia Rogers
Vicky Wager
Victoria Biesterveld

In Memory of Jack Potvin:

Gary & Donna Ryan
Kathy & Gary LeBarron
Elaine Heckman
Margaret Hoopes
Michele A. Barlow
Russell & Irene Kiggins
Tim & Sandi Ryan
William Seeley

Foundations:

Adirondack Trust Community Fund:
Lend A Hand Grant

Trusts:

Cutshall-King Family Trust

Community Supporters:

American Foundation for
Suicide Prevention of the
Capital Region, NY
Adirondack Regional
Chamber of Commerce,
Veterans Business Network
Family Services Association
Glens Falls Hospital
Lions Club of Glens Falls
WAIT House
Water & Soil Conservation
District Warren County

Amy Carpenter Scholarship Fund:

PAL's Alliance, LTD

Corporate Supporters:

Arrow Bank
Chicago Trading Company
Fidelis Care
Hannaford Supermarkets
(Kingsbury)
Hannaford Bloomin' 4 Good
MMB + Co.
Seeley Office Systems
Stewarts Shop - Holiday Match
StoredTech
Travelers
Wal-Mart

In-Kind Donations:

Colorize Inc.
Erin Sipowicz - Real Estate
Team
Family Footwear
Hannaford - Ballston Spa
Heather Jones
Jared Race
Kelly Preston
Laine Foster
Mandy's Pizza & Subs
Marc & Mary Dean - M & M
Hay Supply
Marissa Whiting
Oscar's Smokehouse
Our Lady of the Annunciation -
Queensbury
Shayna Espinal
Toadflax Nursery
Uncommon Grounds of
Queensbury

\$68,095.92

Donations Received

112

Number of Donors/Supporters for 2025

Encourage and assist individuals in discovering pathways to their optimal mental health and wellness, while supporting hope and awareness of well-being in our community.



Our Core Values

Advocacy:

Supporting individuals through empowerment and systemic change.

Solution-Focused:

Guiding individuals forward with practical, strengths-based, person-centered approaches.

Compassionate:

Caring with empathy, dignity, and respect at the center.

Ethical:

Committed to integrity, professionalism, and doing what's right.

Navigate:

Collaborating with community partners to guide and support.

Dignity:

Exhibiting and ensuring the value of human life.



Find us on socials!

@ASCENDMentalWellness



Learn more today!

www.ascendmw.org

Boards of Directors

Officers

Mary McLaughlin
Board President

Bill Moon
Board Vice President

Catherine Pink
Board Treasurer

Kerri-Zappala-Piemme
Board Secretary

Board Directors

Amber Bergman
Andy Cruikshank

Anthony Muller
Cathleen Traver

Kim Heunemann
Lawrence Paltrowitz

Linda Spokane
Michele Scherer

Tricia Rogers

Agency Leadership

Andrea Deepe, *Chief Executive Officer*

Amber Beaudet, *Chief Operating Officer*

Lorrie Smith, *Director of Finance*

Melissa Chenier, *Director of Corporate Compliance and Quality Assurance*

Wendy Berry, RN, CARN, *Director of Clinical Services*

Brandy Richards, *Director of Care Management*

Danielle Weiss, *Director of Support Services*

Ashley McCarthy, *Director of Supportive Residential Services | Outreach & LEAMHRS*

John B. Farrell, *Director of Facilities*

For Public Relations, Fundraising, Donations, Volunteering and Agency Communications contact:

Michele Morehouse, Communications Coordinator
mmorehouse@ascendmw.org



Contact

Phone: 518.747.2284

Fax: 518.747.2253



Address:

3043 State Route 4
Hudson Falls, New York 12839



ASCEND Mental Wellness
3043 State Route 4
Hudson Falls, NY 12839



2025

MENTAL

HEALTH

MATTERS