



## A Lifetime of Support

*Empowering people with intellectual and developmental disabilities and their families to lead better lives by providing a lifetime of high-quality services, family support, and advocacy.*



## The Arc Impact

Since 1950, people with disabilities and their families have been placing their trust with the St. Louis Arc. Today, the St. Louis Arc serves more than 4,000 children, teens, and adults with autism spectrum disorders, Down syndrome, intellectual and other developmental disabilities. We are proud of the impact we've made in the lives of so many individuals and families and are excited to share their impact with the community.



**Meet Tanner and Dominic** Growing Together

When first meeting the Seger family, most people will be immediately drawn to the energetic, smiling young brothers. These boys are typical brothers – they argue, are competitive, they play fight, and they watch out for each other.

The Seger family has been part of the St. Louis Arc since 2013. Both Tanner and Dominic have developmental disabilities and physical disabilities that require therapies, including physical, occupational, and music therapies. Mom and dad, Kim and Chris, reached out to the St. Louis Arc for support. The day the family began the Capable Kids and Family® (CKF) program was the day that changed the trajectory of the boys' lives.

The CKF program is designed to promote early intervention activities by providing children (ages 0-6) and families with developmentally appropriate toys and therapeutic equipment free-of-charge; and facilitating network building and supportive friendships among parents.

With the help of their loving parents, and the St. Louis Arc, these two brothers have both overcome their different challenges. The CKF program provided the boys with various toys and equipment to help develop their gross motor skills, build strength in their core, arms and legs, and develop their speech. The boys gained more confidence in their abilities, and Kim felt relief in being able to send them to school more prepared and able to communicate with their teachers and peers. The CKF program also helped the Segers gain access to community resources, including other organizations that could provide additional activities for Tanner and Dominic. The support specialist also helped find grant money for bicycles and wheelchair ramps to make their home more accessible.

Even through the brothers have 'aged out' of the CKF program, the family is still connected with the Arc through the respite care program. Respite care provides reimbursement for in-home support by a qualified care provider, so parents can take time to re-energize, engage in hobbies, or network and reconnect with friends while knowing their loved ones are being cared for and are safe. As Tanner and Dominic get older, they are excited to begin participating in R&R Camp and other upcoming St. Louis Arc family activities and programs. The St. Louis Arc looks forward to being a part of the Seger family for many more years.



**Meet Chakeeta**



**Living Independently**

Chakeeta Thomas grew up in north St. Louis County. She loved to learn new things, however she recognized early on that learning was a challenge. She struggled at home, sharing a small space with her grandmother and two brothers. In spite of her obstacles, Chakeeta made it a goal to live independently. Through hard work and fierce determination, and with the help of teachers, her caseworker and staff from St. Louis Arc – Chakeeta has achieved more than she ever dreamed possible.

Chakeeta's involvement with the St. Louis Arc began when her caseworker reached out to Beth Moeller, Director of Community Living and the Arc's CONNECT program. CONNECT empowers people to lead independent lives by using individualized and community supports. The Arc helps young people transition to their next step in life by building networks within their community while also expanding their life skills. As part of the CONNECT program, Beth was supporting another young woman with the same goals as Chakeeta. The two made a connection and became roommates.

After completing the St. Louis County Summer Work Experience Program (SWEP), Chakeeta began exploring employment opportunities with the St. Louis Arc Employment team. Partnering with the Arc's staff to explore next steps on her pathway to success, Chakeeta found a job with the DoubleTree Hotel St. Louis – Chesterfield. Her commitment to success ensured that Chakeeta found more than a job at DoubleTree, she found a career. In addition to benefits, flexible hours, and friendly co-workers,

Chakeeta had the opportunity to advance within the company. Her love of learning allowed her to become a certified trainer. Supported by her job coach, Chakeeta studied and passed her certification test. In March 2018, DoubleTree named Chakeeta Associate of the Month.

And Chakeeta's story doesn't end there. After four years of living together, Chakeeta and her roommate decided to find their own places. The stars aligned once again and through her work with Beth Moeller, she found a house for rent in Chesterfield... directly across the street from DoubleTree.

Chakeeta is quick to tell us that she couldn't be happier. "Since I've moved out," Chakeeta shared, "I've learned how to pay the bills and stay organized. The Arc supports me in grocery shopping and going to doctor appointments. I'm very happy that they do hands-on training including learning how to get to the doctor and making the appointments. They've also helped me with job coaching and employment skills."

Additionally, through the CONNECT program, Chakeeta has attended Meetup events to meet new people. "I love hanging with my friends, going to the movies, and enjoying life to the fullest." Chakeeta truly is living her best life. She's excelling at her job, living independently, and building her social network.



# A Lifetime of Support



## Childgarden Early Childhood Education

Inclusive care and education at Central West End-based early childhood center.  
**130 CHILDREN**

## Therapy Supports

Developmental, occupational, speech/language, and ABA therapies performed at the child's home, school, or through community partnerships.  
**320 CHILDREN**

## Early Start Denver Model

Intensive early intervention program that provides 1:1 therapy for children diagnosed with an autism spectrum disorder.  
**24 CHILDREN**

## Embedded Early Education

Embedded supports for teachers, children, and families in North County early childhood centers.  
**250 CHILDREN**



## Capable Kids and Families<sup>®</sup>

A lending library of therapeutic toys and equipment for children, and support services and resources for parents.  
**120 CHILDREN**

## Parents Learning Together

Parenting support and education for people who have disabilities and are raising children.  
**55 PARENTS AND 110 CHILDREN**

## Prevention

Education and awareness aimed at reducing the incidence of fetal alcohol syndrome.  
**DIRECT EDUCATION TO 3,113 PEOPLE;  
BROADER REACH THROUGH MEDIA 7,333,552**

## FAMILY SUPPORT

### Support and Counseling

Counseling and targeted support for moms, dads, siblings, transition-ages, and caregivers of older adults.  
**425 PARTICIPANTS**

### Family Education and Advocacy

Workshop series, networking opportunities, advocacy support, and other educational activities for families and participants.  
**480 PEOPLE**

### In-home Residential Support (Respite)

Short-term relief for families caring for a child or adult with a disability. Arc provides reimbursement services.  
**1,379 FAMILIES**

### Resources and Referrals

Information connecting families to resources, including phone calls, email inquiries, and in-person meetings.  
**3,710**

## COMMUNITY SUPPORT

### Community Living

Helping individuals live independently with minimal support.  
**70 PEOPLE**

### Supported Employment

Support to find and maintain paid employment; includes assessment, job coaching, job placement, and retention.  
**330 PARTICIPANTS**

### Employment Training

Support in attaining employment skills. Includes collaborating with school districts and summer programs to help students gain work experience through training programs in the community.  
**250 PARTICIPANTS**

### Recreation

Sports Leagues, weekend camp, and active living programs for older adults.  
**969 PARTICIPANTS**

### Socialization

Social activities such as dances, Book Club, art and cooking classes, Family Fun Nights, music therapy, and Community Meetups.  
**1,207 PARTICIPANTS**

## DAY SUPPORT

### Community Engagement

Day program for adults to participate in their communities through volunteerism and recreation.  
**194 PARTICIPANTS**

### Aging With Empowerment

Program for aging adults that allows choice of daily activities, common community space, and options for socialization.  
**40 PARTICIPANTS**

## RESIDENTIAL SUPPORT

### Campus-Based

Support for people to live in homes located on a campus-like environment in west St. Louis County with 24-hour staffing.  
**71 RESIDENTS**

### Community-Based

Support for people to live in apartments and homes in the community with 24-hour staffing if needed.  
**55 RESIDENTS**

## In FY2018, The Arc...

- had 658 full- and part-time staff
- benefited from the services of 1,047 volunteers
- offered interactive learning opportunities for staff and volunteers including over 228 classroom training sessions

*Participant numbers based on the fiscal year ended June 30, 2018.*

# Arc Highlights

## Aging Services

As people with developmental disabilities are living longer the Arc is committed to providing services to help keep our senior population active and connected to their communities. We recently launched the new Aging With Empowerment (AWE) program and undertook a major renovation of our Dautel Circle campus. One key enhancement is a new Tech Café room, which was made possible through the generosity of Charter Communications Spectrum Digital Education Grant.

**FUN FACT:** THE OLDEST RESIDENT LIVING AT DAUTEL CIRCLE IS **93**

## Focus on Autism

Over the past year the Arc has taken major steps to increase our support for children and adults with autism. We hired our first ever Vice President of Autism and Clinical Services, Dr. Michael Quinn. One of Dr. Quinn's first initiatives has been to expand the early intervention program Early Start Denver Model (ESDM) at Childgarden.

**FUN FACT:** THE ARC SUPPORTED MORE THAN **1,400** INDIVIDUALS WITH AUTISM LAST YEAR

## Superior Staff

The high quality of the Arc's services is a direct result of the commitment and professionalism of our 658 staff members. While most of our staff's work goes unheralded, we are always pleased when the community recognizes their excellence. Last year Kate Hannon, Senior Director of Belle Children's Services, and Joni Resides, coordinator of Employment Services, receive statewide recognition for their extraordinary work.

**FUN FACT:** THE ARC HAS **46** EMPLOYEES WITH 20 OR MORE YEARS OF SERVICE WITH US

## Valued Volunteers

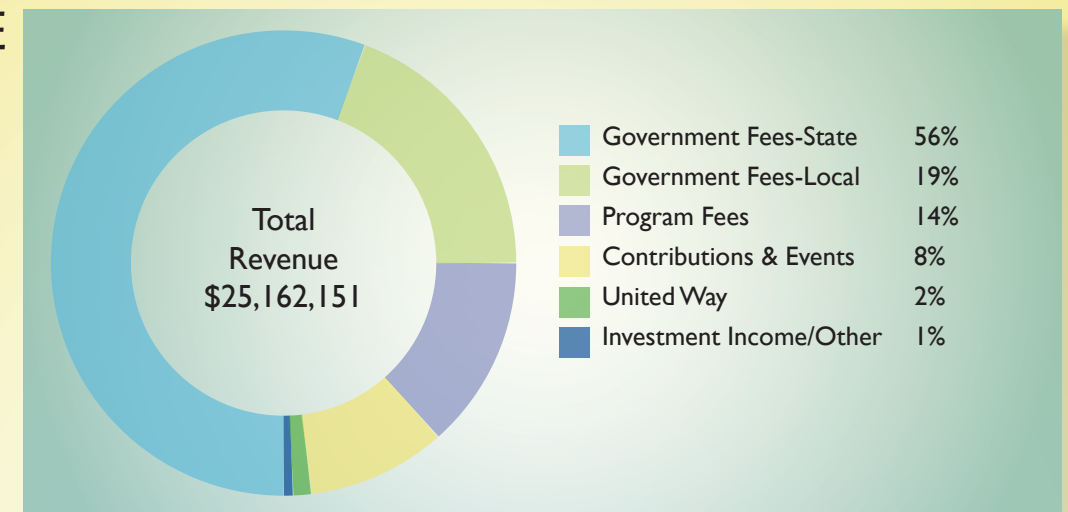
Volunteers are essential to the quality of Arc programs, serving as an extension of our paid staff. The Arc is lucky to have a volunteer corps whose longevity and commitment to our mission are unparalleled. Our longest tenured volunteers, Glenn Smith and John Russell, recently celebrated 38 years of volunteer service as coaches in our sports programs!

**FUN FACT:** LAST YEAR **5,800** VOLUNTEER HOURS SUPPORTED OUR LEISURE PROGRAMS

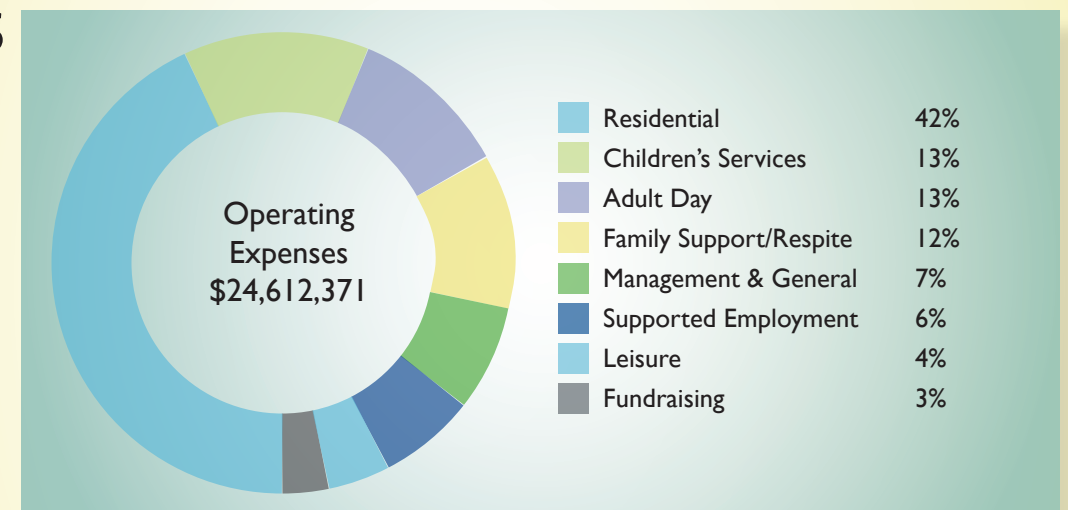
# Financial Information

Year ending June 30, 2018

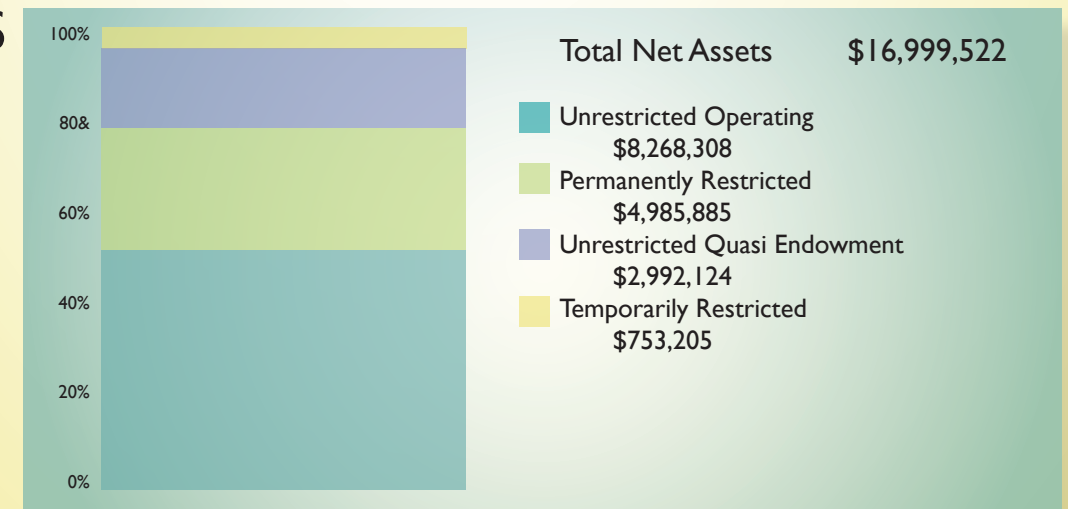
## REVENUE



## EXPENSES



## NET ASSETS



Thank you to the following partners for their continued financial support of Arc programs: ARCHS, Developmental Disabilities Resource Board of St. Charles County, Division of Vocational Rehab, Missouri Department of Mental Health, Productive Living Board for St. Louis County, St. Louis Office for DD Resources, United Way of Greater St. Louis.



## Join Us In Our Mission

In addition to providing a lifetime of high-quality services, family support, and advocacy, the Arc provides opportunities for community members to become engaged in our mission.



Volunteer through a variety of social and recreational activities.



Join our team and become a part of the Arc Advantage. Staff members make a difference in the lives of others.



Donate a gift, large or small, to help us provide valuable services to individuals and families who need them.



Hire a qualified, capable Arc participant to join your company's team.

## Get Involved Today!

VISIT  
[www.slarc.org](http://www.slarc.org)  
 OR CALL US AT  
**314-569-2211**

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