



FROM SURVIVING TO THRIVING

*Standing in the gap for
children's mental health
during the COVID-19 crisis*

2020 has been a year full of uncertainty, isolation, abrupt disruptions, grief and loss in the face of the worst pandemic in recent history. No one could have predicted how the world would change – **especially for our children**. As a result of the generous and critical support of our partners, donors and community members, Lucy Daniels Center helped more than 700 children and families survive and thrive through the COVID-19 crisis and find resilience, courage and meaning in the most trying of times. And we continue to be amazed by the perseverance of our community, the generosity of our supporters and the hope that has shone through even during an extremely difficult year. *Thank you for your part in that!*



Lucy Daniels Center

Helping children live emotionally healthy lives

There's no guidebook for helping your child through a pandemic.

The State of Mental Health in 2020*

30%

of parents say their child's emotional, mental health is suffering right now

1 in 3

Americans are currently struggling with mental health right now

7%

of children aged 3-17 years have a diagnosed behavior problem

10%

of children aged 3-17 years have diagnosed anxiety and/or depression

What Lucy Daniels Center is Doing About It

180

hours of Lucy Listens telehealth therapy, assisting parents and children in overcoming educational, emotional and mental health challenges related to the COVID-19 crisis

538

children and families connected with vital support and services through Lucy Daniels Center outreach programs, specifically targeted to low-income and underserved children

119

children served through SecurePath, providing mental health assessments, interventions and therapies for children ages birth to five

920

hours of Circle of Security Parenting Program, building strong attachment relationships between parents and caregivers and their children

37,950

education hours and 8,247 enrichment hours of engaging instruction in art, music, STEAM and outdoor learning and play in an emotionally safe and supportive, therapeutic elementary school environment at Lucy Daniels School

456

children and families participated in our Farley-Manning Family Guidance Service, helping families understand their children's emotional and behavioral difficulties and guiding them toward sustainable solutions

*2020 www.cdc.gov and news.gallup.com



Founded in 1989, Lucy Daniels Center is the largest nonprofit provider of social, emotional, behavioral and mental health services exclusively for children in the Greater Triangle area. We serve more than 700 children and their families yearly and provide more than 20,000 hours of direct social, emotional and mental health services to children from birth to age 12, the time of life when the most effective interventions are possible.



It Takes a Village to Support Mental Health

And We're Grateful for Ours.

“Lucy Daniels Center fills a gap in making sure families have expert guidance in ensuring their child remains emotionally healthy throughout the disruptions and stressors of recent months. We are so grateful to our partners for recognizing the need for this service and for prioritizing the mental health needs of children in our community.”

— JOSIE SAWYER, Executive Director of Lucy Daniels Center

Remote learning, social isolation and anxiety about a parent or caregiver's health are just a few of the things that are negatively impacting our children's mental health – and our own. Unfortunately, Lily's story is not unique. There are thousands of children in the Greater Triangle area that need the special attention and care of a counselor who can help them get back on track. **Today and every day, Lucy Daniels Center understands that the emotional and mental health of our children must be a priority.**

MEET LILY

This summer, one of our licensed therapists worked with Lily,* an elementary school child who had been a healthy, developing and well-adjusted child prior to the pandemic. After the quarantine began, Lily developed sleep problems, began to isolate and lost interest in soccer and painting, two hobbies she formerly enjoyed. She started acting out and developing new and extreme fears. **That's when Lily's family found Lucy Daniels Center.**

Lily and her family requested a consultation through our free Lucy Listens program. Our licensed therapist worked with Lily and her parents to validate her fears related to COVID-19, supported the family in identifying strategies for healthy sleep routines, and empowered Lily to express her emotions to parents and safe adults. After just four sessions, Lily returned to a healthy sleep pattern and began reengaging in

normal activities, including her schoolwork. Her family continues to use the tools they discovered in their sessions to navigate the emotional ups and downs that come up as a result of this crisis.

Thank you for allowing us to support parents and serve children like Lily in a time when they needed it most.

*pseudonym used to protect privacy

LOOKING BACK

In 2020, Lucy Daniels Center responded to the urgent call to action for affordable and accessible mental health options for children and families, helping them move from surviving to thriving during unusual circumstances. Some of our highlights include:

- 1 Lucy Daniels Center launched a COVID-19 children's mental health response, **Lucy Listens**, providing educational, emotional and mental health support for parents and their children in overcoming the challenges of the pandemic.
- 2 Farley-Manning Family Guidance Center successfully transitioned to **telehealth therapy** and provided continuous care to children and families while also maintaining safety.
- 3 Lucy Daniels School was able to move to **remote learning**, in compliance with stay-at-home orders, and then shifted to a **hybrid learning environment** to ensure emotionally supportive and uninterrupted educational services to students.

LOOKING AHEAD

While much of 2021 remains uncertain, one thing is sure – we will continue to stand in the mental health gap for children and families in the Triangle. A few things we're looking forward to include:

- 1 Renovating our **outdoor learning environment**, which will allow more opportunities to have children on site for school and therapy in a socially-distanced, outdoor space.
- 2 Integrating our new full-time Medical Director and board-certified child psychiatrist **Dr. Sindhura Kunaparaju** into our community as she provides consultation, therapy and psychiatric management of the children in our care.
- 3 Offering mental health consultation to child-care providers and educators through an exciting **new software platform** that allows us to provide remote support and coaching.
- 4 Collaborating with agencies across the state to bring **Circle of Security Parenting Programs** to underserved populations and families of children with special needs.

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360 donated up to \$1,000

19 donated between \$1k and \$4,999

4 donated above \$5,000

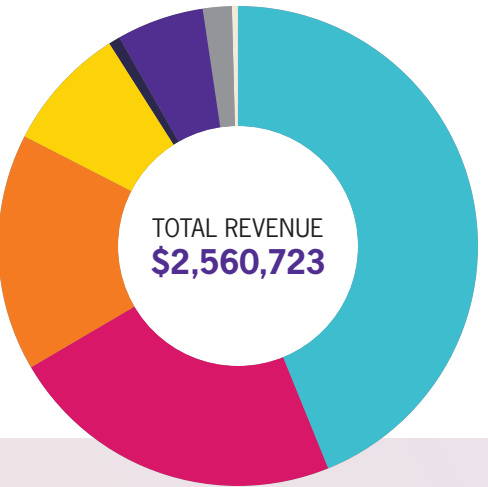
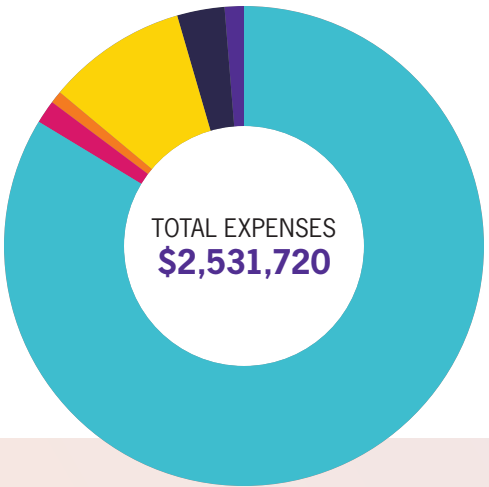
382 individual donors gave \$49,882

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43 Corporate & Foundation Donors gave \$386,792

“As a divorced, single mom with two special sons adopted at birth, I personally know the value of a therapeutic school and one-on-one therapy. Lucy Daniels Center is a long-term investment in the future of our children. — LDC PARENT”





For more than 30 years, Lucy Daniels Center has been there to provide life-transforming care to children and families in the Triangle. Even though 2020 was not what we expected, we never wavered in our commitment to help children and families live emotionally healthy lives – a mission that perhaps has never been more critical than it is today. Our upcoming year will look very different as we take necessary precautions to ensure the health and safety of our community, but the need for our services is still great.

We rely on the support of our dedicated community to help us continue this vital work so that no family who comes to us for help will be turned away.

Thank you for your continued support of Lucy Daniels Center.

Gratefully,

Josie Sawyer, LCSW
Executive and Clinical Director



HELP OUR CHILDREN AND
FAMILIES THRIVE IN 2021!

lucydanielscenter.org/2020impact

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Lucy Daniels Center

Helping children live emotionally healthy lives

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