

GROWING From Strength TO STRENGTH

Alexander JFS Annual Report 2022

FROM THE CEO

The year 2022 will forever be a milestone at The Joan and Stanford Alexander Jewish Family Service. With the support and leadership of our board, we successfully navigated a CEO transition "Going from Strength to Strength." We celebrated that our staff emerged as leaders on the national scene. We set our sights on preparing for – and responding to – the emerging needs of our community. We are grateful to our outgoing CEO, Linda L. Burger, who created the solid foundation that continues to support our growth and success.

This year has been very exciting. We innovated and implemented a new model of Career and Employment Services and created our first partnership to offer an affordable residential option for adults with disabilities. We launched the process to open a second location of Celebration Company to meet the growing demand for these services and to bring our programs to new neighborhoods and communities. Youth mental health first aid training was expanded to reach across the city in schools struggling to respond to suicide and mental health crises among their students. In this annual report, you will see many other ways in which we moved forward and are "Growing from Strength to Strength."

We are proud to showcase our agency's accomplishments and offer you the opportunity to hear directly from those impacted by our work in their own words. We know you will agree that Alexander JFS has planted new seeds in the community that have taken root and are bearing fruit.

We are especially proud of building new relationships that allow us to build on our core strengths and expand our reach through leveraging trusted partnerships across the community to address large-scale issues our clients face.

In January 2023, we proudly added Joan and Stanford Alexander's name to ours to honor their transformational role as strategic partners in growing our programs and services. Through their steadfast commitment to our work, together we created a premier social service agency and established a community of compassion and expertise. While we took this step to honor their impact on our agency, adding their name to ours has brought the added blessing of opening new doors and new opportunities for partnership and support.

Every season has yielded new growth because our agency is strong and resilient, our staff is expert and dedicated, and we steward our financial resources to maximize our impact in the community. In every season, however, we have experienced challenges. Your partnership helps us remain hopeful that we can provide for our clients' needs in the coming 12 months and beyond.

We all know **it takes a village** to provide the funding for the infrastructure, staff and services needed to meet the needs of our clients. In this report, you will see grants and support from foundations, individuals and families that fund targeted programs and services. We also want to acknowledge and offer a special thank you to those who support our need for annual unrestricted funds that allow us the flexibility to fill gaps and respond to unanticipated needs so that all who turn to us can be served. Our **village** is made up of hundreds of donors who, together, ensure that we can continue to provide compassionate, professional care that enables our clients not only to survive, but, more importantly, to thrive.

Thank you for your support and confidence in our work. Our tradition teaches us that one act of kindness starts a chain that leads to many more. Your investment in our work is that catalyst that leads to all of the wonderful outcomes that we will share with you. Your support and confidence in our work is a blessing. That blessing is passed along through us to the individuals whose lives we transform every day.

Because of you, we are here for all who turn to us for light, hope, and help.





The Mission of Alexander Jewish Family Service is to transform lives by empowering individuals, families and communities—driven by compassion, leading through innovation, guided by Jewish values.

HOW WE SERVE THE COMMUNITY

Below are some examples of how we provided light, hope, and help in 2022:

1,369

ACCESS: Behavioral and Mental Health Services provided 1,369 counseling services through 140 group support sessions in 17 different support groups.

286

EMPLOYMENT: The Career & Employment Center assisted 283 individuals with job searches and individualized career counseling.

1,100+

RELIEF: Coaching & Case Management provided more than 1,100 individuals with financial assistance for housing, utilities, medical transportation, and food through a fund supported by United Way.

400+

SUPPORT: Volunteer Services' 400+ volunteers supported the mission of Alexander JFS with personal community connections and involvement.

75

DIGNITY: Holocaust survivors were provided with specialized case management providing compassion, homecare, medical care and critical assistance.



We are proud to be a top-rated charity:

Charity Navigator: 1009

100% FOUR STAR RATING

Guidestar: PLATINUM RATING



1,932
Households Served



11,844

Case Management Sessions



8,321
Individual Therapy
Sessions



5,826
Chaplaincy Touches



FROM GOOD TO GREAT - IN NAME AND DEED

In December of 2022, we finalized the decision to add Joan and Stanford Alexander's name to ours to honor their transformational role in growing our programs and services, in creating a premiere social service agency and establishing a community of compassion and expertise. The formal announcement was made at our Annual Meeting in January 2023





I know Stanford would join me in saying that the best way that anyone can acknowledge the new Alexander JFS name is to continue to support the work of the agency. Knowing that our affiliation has inspired others to join in this sacred work honors our dream that JFS will remain an asset to the community for generations to come.

JOAN ALEXANDER

BEHAVIORAL AND MENTAL HEALTH SERVICES

Providing Counseling, Community Intervention and Professional Development

Children | Teens | Adults | Couples | Families | Seniors



Reduce Anxiety and Depression

Increase Psychosocial Functioning Foster Healthy Relationships

MEET TIM



Alexander JFS provides access to counseling to hundreds of people each year. In addition to the types of cases that address depression, anxiety, stress, self-harming, suicide ideation and difficult relationships, 2022 was a year in which clients' experience with COVID was paramount for many. Most of us have experienced the "fear of the unknown".

Returning to work towards the end of the COVID pandemic induced social anxiety in Tim. As requested by his employer, Tim returned to an in-person work environment. Once there, he experienced a mental health crisis. He was allowed to take time off and he turned to therapists at Alexander JFS. With the help of regular therapy, he returned to work little by little, until it was once a week, and then daily. His successful journey allowed him to stabilize emotionally and retain his employment.

BMHS/CMH SUPPORT GROUPS IN 2022

Men's Group (55+)
Women's Group (Adults)
Mindfulness Group
Grief Support Group
LGBTQIA Support Group (Adults)
Emerging Adults Support Group
LGBTQIA Support Group (Teens)
Love and Limits

Managing Depression and Anxiety
Self-Compassion Skills Group
Intensive Outpatient Program (IOP)
Elementary Support Group
Middle School Support Group
High School Support Group
DBT Skills Group for Adolescents
The Tulip Group
PAX Tools for Parents & Caregivers



ADULTS

503

adult clients were provided with individual counseling

8.9%

increase in number of sessions provided

31%

average increase in number of sessions per client

32%

of adults in counseling age 66 or older

CHILDREN

128

children and teens directly served

87%

children who receive counseling maintain or improve levels of psychological wellbeing

8%

of the children are seen age 2 - 6

PROFESSIONAL DEVELOPMENT

- Provides internship and fellowship opportunities to practice skills.
- Provides Continuing Education and Association Play Therapy approved Play Therapy training designed for mental health providers.
- 20 higher education affiliations

BEHAVIORAL AND MENTAL HEALTH SERVICES

Community Intervention
K-12 Students | College Students | Young Professionals | Adults

GOALS

Prevent Suicide and Substance Misuse Lower Barriers to Seeking Help Serve as Local and National Resource on Trauma and Recovery

PREVENTION



154

Participants in resilience training for high-risk teens

Sources of Strength—a peer led suicide prevention program in schools.

27

Community outreach trainings

П

My son's friend in school felt isolated and talked about suicide. Because my son had gone through the Sources of Strength Program, he knew to report his friend's feeling to a trusted adult. His friend got the help he needed. I am so proud of my son and grateful for this program.

PARTICIPANT'S PARENT



Touching the Heart—A text based connection program for students, young adults and parents.

230 High School, College, Young Professional, and Parents participated

II

Partnering with Alexander JFS allows the Eric M. Suhl Foundation to erase stigma and increase suicide prevention awareness with an innovative texting program, Touching the Heart.

DEBRA SUHL



Mental Health

from NATIONAL COUNCIL FOR MENTAL WELLBEING Teaches a fivestep action plan to offer initial help to anyone showing signs of mental health distress, severe illness or mental health crisis, and then connect them with the appropriate professional peer, social or self-help care.

Mental

Health

First Aid

275 People attended 16 Mental Health First Aid Trainings

391 People attended 21 Community Trainings

POSTVENTION

JFS provides support and visit for families who have lost loved ones from suicide, substance misuse or other tragedies.

71 Community consultations—helped families and organizations experiencing death by suicide and traumatic loss

64 Participants—Bright Stars Memorial Service is a ceremony at which family members celebrate the lives of loved ones.

Mental health conditions like depression and anxiety are easier to understand and empathize with due to their familiarity with feelings of sadness and worry. Psychosis is often harder to understand. Through an activity in the Mental Health First Aid training, participants experience something like an auditory hallucination.

A participant reached out, following a zoom training in 2022, to thank Alexander JFS Houston for making the training available.

H

I have a cousin who lives with Schizophrenia, and our family treats him very poorly.

During the training, I gained a slight idea of what it may be like to live with auditory hallucinations. This training changed my perspective and judgment towards people living with mental health conditions.

TRAINING PARTICIPANT

COACHING AND CASE MANAGEMENT

Providing clients with resources to resolve difficult situations. Provide support for senior adults to remain as independent as possible.

Individuals with Disabilities, Seniors and their Families | Individuals and Families Experiencing Financial Stress or Recovering from Disaster



Provide resources to help individuals stabilize their situations Support individuals to identify barriers and obstacles and define goals Provide tools and resources to help clients create a plan to achieve their goals

MEET RENEE



I have been a longtime friend, admirer, and supporter of Alexander JFS... I never imagined that I would need to walk through their doors. It took strength and courage, but I had no choice. My husband's health was deteriorating at home, and I needed emotional, some financial support while we figured out a long-term plan. I was always greeted with respect, dignity and

care from every person I encountered within the Alexander JFS walls. When I lost my job, employment worked with me tirelessly; my therapist provided unwavering support as I dealt with the realities of my husband's eventual transition to a nursing home, and then untimely death. And finally, I was so grateful to my case manager for literally holding my hand as I navigated through every step of this process from beginning to end ensuring that I received the varied services needed to move forward. She provided guidance to me as I've reduced my expenses and has been there for me every step of the way. I have regained my life and stability while adjusting to my new reality. I will forever be indebted to Alexander JFS for walking by my side in every possible way.

Financial Assistance Top Categories:

- · Rent, Mortgage and Utilities
- Food
- · Medicine and Medical Insurance
- Basic Resources for Children's Daily and School Needs
- · Transportation and Car Repair

Coaching and Case Management | Major Coaching and Case Management Program Underwriters 2022

Jewish Federation of Greater Houston • Martha and Donald Freedman • Harry A. and Rose Getz Fund • Houston Jewish Family Foundation • Jake and Nina Kamin Fund • Social services for Jewish Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany • Jewish Federation of Greater Houston • Jewish Federation Promise of Hope Fund • Proceeds from JFS LiVEI 2022 Gala • Kavod Shef • Estate of Hannelore Wittner • Nathan J. Klein Fund • The Lloyd & Morissa Parkans Scholarship Fund of HJCF • Samuel W. & Goldye Marian Spain Passover Assistance Program of HJCF • Lillie and Dan Sterling Foundation • United Way of Greater Houston • Pauline Sterne Wolff Memorial Foundation • Donna and Prila Fenenbaum • Gloria L Sharney Memorial Fund of HJCF • Jewish Federations of North America • Eileen and Steve Lee • Sam Roosth Foundation • Margaret Sasaki • Shannon and Brian Small • Leslie and Sid Weiss

Helping People of All Faiths and Backgrounds Who Face Challenges

1,035

Unduplicated clients served

11,844

Total services provided

111

Households served through United Way Financial Assitance Fund

HONORING THE J IN JFS

100+

Households with seniors provided kosher holiday meals for Passover and the High Holidays

345

Families provided with Passover Assistance

300

Low income children provided with Chanukah presents

75

Holocaust Survivors provided services

SERVING SENIORS

Alexander JFS directly serves seniors with Coaching and Case Management and also provides outreach programs to provide food security, disaster preparedness, and to reduce the risks associated with isolation. 459 home visits for senior safety assessments and client updates

CAREER & EMPLOYMENT CENTER

Assisting individuals to find and maintain employment

Young Adults | Adults | Seniors | Individuals with Disabilities

GOALS

Prepare for Successful Job Search Support Employment Journey

Secure Financial Future



MEET JIMMY



Mental health wellbeing is tied to successful employment.

Jimmy decided it was time to move back to Houston after COVID put his employer in Denver out of business. After living away for 15 years, his network was not strong. A freind recommended he speak to the Alexander Career and

Employment Center. Through career coaching and over 15 networking introductions, he secured employment as a Marketing Manager.

SERVICES

- · Provide client-centered services to each client individually.
- Assist clients to find the right job. We stay with clients throughout their job search and employment years.
- We partner with Texas Workforce Commission, Vocational Rehabilitation (TWC, VR) to provide services to clients with all types of disabilities.
- All Employment staff is certified by TWC to provide disability services.
- Provide training to employers about hiring employees with disabilities including accommodations, confidentiality, types of disabilities.
- Main Street Opportunities (MSO) assists adults with disabilities, who have barriers to finding and maintaining employment, with: prevocational skills, job coaching, job placement, supported employment and career exploration.
- Comprehensive career counseling services assisting clients in obtaining productive careers. Assistance in developing job search strategy and social media strategy.
- Scientifically validated aptitude, personality, emotional intelligence, and skills tests administered by Career Coaches

Career and Employment Center | Major Employment Services Program Underwriters 2021

Jewish Federation of Greater Houston • May and Stanley Smith Charitable Foundation Trust • Baxter Trust • Houston Jewish Family Foundation • Proceeds from JFS LiVE! 2022 Gala and Paddles Up \$10,000 • • Martha and Donald Freedman • Elaine Helfman • Sonie Schepps Robinson Foundation • Barbara and Mark Brookner • Joy and Joe Kaplan • Jean and Saul Mintz Foundation • Linda and Alan Rosen • Sandi and Steven Wolf

286

Unduplicated Career and Employment Clients

75%

Served were at the 200% Poverty Level or Less

76% Ages 27-67



Auctioneer Stephen Lewis leads "Paddles Up" at JFS LiVE!

PADDLES-UP RAISES LEVEL OF SERVICES IN CAREER AND EMPLOYMENT CENTER



At the annual Alexander JFS gala, JFS LiVE! 2022, the crowd responded to the emerging employment

needs in the community by investing in new staff and services at the agency. Show photo of the new sign on the wall.

DISABILITY SERVICES

Empowering individuals with disabilities, their families and caregivers through affordable, high-quality professional services, education, advocacy and opportunities.

Transition-Aged Youth | Young Adults | Adults | Individuals with Disabilities

GOALS

Gain Self-Sufficiency Ability to Self-Advocate Enhance Quality of Life

Support for Families/Caregivers

MEET JAYNIE



One of our new Celebration Company employees started by attending our summer transitions program. As she was getting ready to graduate high school, she looked for accessible programs near her home, but was turned away from two of them because they were not completely wheelchair accessible. She and her parents were so grateful that Celebration Company was

perfect for her needs, and even more excited to learn that we made the decision to open a second Celebration Company location in west Houston, closer to her home which would be ready in 2023.



Disability Services Includes:

- · Celebration Company
- · Transition Age Program
- · Self Advocacy Training
- PACT (Parents and Caregivers Support Group)
- · Social Group

- JFS Houston
 Alexander Institute
 for Inclusion
- Disability Case Manager/ Navigator
- Transition Audits
- Information and Referrals







CELEBRATION COMPANY ENTERS ARTISTIC PARTNERSHIP WITH VILLAGE MD

Celebration Company artists were chosen as the resource for artwork at the new Village MD primary clinics. 120 Unduplicated clients and family members served

1,893 Service hours provided for individuals with Disability Services

31,086 Hours of respite and ability to maintain employment for caregivers



store.celebrationcompany.org THIRTEENTH ANNIVERSARY OF CELEBRATION COMPANY CELEBRATED

Celebration Company enjoyed its 13th year with a meaningful and inclusive Bar Mitzvah celebration for its participants, their families, and CC staff, volunteers and supporters. It was a year worth celebrating with the amazing partnership with Village Medical.

JFS HOUSTON ALEXANDER INSTITUTE FOR INCLUSION

Fostering a community that includes all individuals; advocates for disability services that advance inclusion; strives to eliminate the stigma associated with disabilities; and encourages community support and participation to create and sustain new and existing disability services. Everyone in Greater Houston and the Local Disability Community

GOALS

Promote Inclusion

Embrace Diversity Convenes Policy Makers and Stakeholders Collaborates
Locally, Nationally,
and Internationally



Working with community partners to provide programs and strategies for the inclusion of people with disabilities.

Disability Etiquette Seminars

Event Accessibility Consultation

Technology Accessibility Strategies

Self and Community
Advocacy

ReelAbilities Film &

Arts Festival



- ReelAbilities Houston is a FREE citywide film and arts festival that
 promotes inclusion and celebrates the lives, stories and talents of
 people with disabilities—making an impact that lasts far beyond the
 week of the Festival.
- In collaboration with the Mayor's Office for People with Disabilities.
- The 2022 Film Festival was held virtually, while the Art and Music portions were held in person, allowing for interaction across the alobe.
- 2022 Leadership: Eve Lapin Chair, Marcy Margolis Chair, Diana Codispoti and Michael McCulloch Co-Chairs

11

There is nothing like the arts to celebrate
ALL people with ALL disabilities and to
promote inclusion.

FESTIVAL

FESTIVAL ATTENDEE



HOUSTON

ReelAbilities Houston Film & Arts Festival

showcases and leverages the unique contributions of people with disabilities in an effort to foster inclusion, erase stigmas, change perceptions and create pathways to employment across Houston.

360%

Increase in ReelArt sales over 2021

16

Award Winning Films

96%

of attendees rated films as good or very good.

10%

increase in accessibility ratings

22,800,000

media impressions (111% increase over previous year)

36

Sponsors

50+

Collaborating Partners

The sense of community at ReelMusic was unmatched.

REELMUSIC ATTENDEE

THE VELVA G. AND H. FRED LEVINE JEWISH CHAPLAINCY PROGRAM

Providing spiritual comfort and guidance, hospital visits and community resources

Jewish Hospital Patients and Their Families | Jewish Hospice Patients |

Those Who Are Homebound

GOALS

Jewish Community Connection Spiritual Support Ease Patient and Family Stress



Since 1965, the Houston Jewish Chaplaincy Program has served thousands of Jewish patients, their families and caregivers who come to the Texas Medical Center from all over the world. We deliver Shabbat boxes and holiday packages to those who are ill.

Participating hospitals include: MD Anderson Cancer Center, The Methodist Hospital—Texas Medical Center, The Methodist Hospital—Sugar Land, CHI St. Luke's Health, Texas Children's Hospital, Memorial Hermann—Texas Medical Center, Ben Taub Hospital and Memorial Hermann—Southwest.

Special requests are honored whenever possible by sending volunteers to other hospitals.

3,110 Chaplain Visits

127%

sits Increase over 2021

1,973
Volunteer Visits



the community.

Chaplaincy Program | Major Chaplaincy Program Underwriters 2022

Velva G. and H. Fred Levine Jewish Chaplaincy Program Endowment Fund of Houston Jewish Family Foundation • Velva G. and H. Fred Levine Shabbat Box Endowment Fund of Houston Jewish Family Foundation • Dolores Wilkenfeld Chaplaincy Fund and the Velva G. and H. Fred Levine Jewish Chaplaincy Fund of the Houston Jewish Community Foundation • The Maurice Amado Foundation Music and Spirit Program \$10,000+ --Ira B and Myra Brown Fund, Norelle and Brian Becker, Alana Spiwak and Sam Stolbun

VOLUNTEER SERVICES

Providing structure, training and recognition for 400+ volunteers

Children | Teens | Adults | Seniors

GOALS

Expand Agency Services

Provide Opportunities for Meaninigful Volunteer Service

Volunteer Recognition

2021 Highlights:

- Volunteers helped deliver kosher holiday meals to 100 isolated seniors at Passover and Rosh Hashana.
- Volunteers decorated hundreds of Shabbat boxes and holiday gifts for hospital patients.
- Volunteers provided hand-made greeting cards for isolated members of the community.
- Volunteer groups of teens and adults increased participation by 50% over 2021

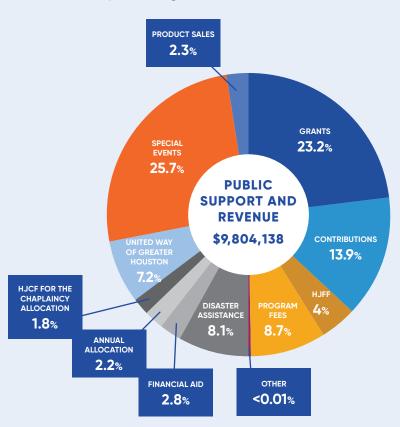
11,133 Hours of service by Alexander JFS Volunteers

\$354,029 Combined value of professional and nonprofessional volunteer time. This time has added immense benefits for the organization.

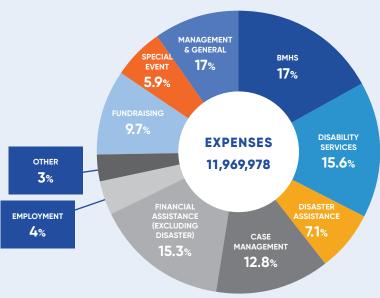
Volunteer Program | Major Volunteer Services Program Underwriters 2022 Gretchen Gemeinhardt and Becky Proler

ALEXANDER JFS 2022 ANNUAL REPORT FINANCIALS

January 1 through December 31, 2022



GRANTS	\$2,275,136
CONTRIBUTIONS	\$1,365,594
HOUSTON JEWISH FAMILY FOUNDATION	\$401,897
PROGRAM FEES	\$854,889
JEWISH FEDERATION OF GREATER HOUSTON	
Disaster Assistance	\$789,896
Financial Aid	\$270,282
Annual Allocation	\$218,445
HOUSTON JEWISH COMMUNITY FOUNDATION ALLOCATION FOR CHAPLAINCY PROGRAM	\$175,903
UNITED WAY OF GREATER HOUSTON	\$703,569
SPECIAL EVENTS	\$2,516,046
PRODUCT SALES	\$229,195
OTHER	\$3,668
INVESTMENT INCOME	(\$382)



The difference between revenue and expenses were budgeted to be covered by \$1,342,000 in prior year fund balances and multi year grant commitments. The remaining amount represents transfers from Alexander JFS to the Houston Jewish Family Foundation of assets temporarily held at Alexander JFS pending transfer to HJFF per donor intent and the remainder of a capital campaign endowment fund intended for the long-term support of building maintenance and repairs.

BMHS	\$2,035,279
DISABILITY SERVICES	\$1,865,188
DISASTER ASSISTANCE	\$852,438
CASE MANAGEMENT	\$1,533,507
FINANCIAL ASSISTANCE (EXCLUDING DISASTER)	\$1,828,232
EMPLOYMENT	\$482,130
OTHER	\$354,382
FUNDRAISING	\$1,165,133
SPECIAL EVENT	\$706,101
MANAGEMENT & GENERAL	\$1,147,588













2022 ALEXANDER JFS LEADERSHIP BOARD OF DIRECTORS

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Thank you to those who remembered the agency with a gift in their will or as a beneficiary.

2022 High-Impact endowment gifts to Houston Jewish Family Foundation

PLATINUM

Joan and Stanford Alexander
Mireille and Harvey Katz
David Leon and Jacob Leon/
Leon Family Fund
Velva G. and H. Fred Levine
Estate of Dr. Matilda Melnick
Bruce Stein/
Triple S Steel Supply
Shirley Toomim/
Ellen and Steve Robinson
Estate of Grace Weiss
Estate of Hannelore Wittner
Robert and Edith Zinn

DIAMOND

Alisha Wagner and Jonathan Risch

GOLD

Melvyn and Cyvia Wolff Family Fund

Nathan J. and Ameilai Klein Endowment

Nathan J. Klein Building Fund Sue and Greg Lewis/ Millicent Lewis

Paula and Irving Pozmantier/ Janet and Jeff Pozmantier

Regina Rogers Erla and Harry Zuber

HIGH IMPACT FUNDERS

CORPORATE FUNDERS

Chair King Backyard Store

H-E-B

Helfman Dealerships
TIRR Memorial Hermann

FOUNDATION FUNDERS

Harry A. and Rose Getz Foundation Fund Albert and Ethel Herzstein Charitable Foundation

Ivanhoe Foundation

Lewis and Joan Lowenstein Foundation

Marc and Jeri Shapiro Family Foundation

Sonnie Schepps Robinson Foundation

May and Stanley Smith Charitable Trust

Lillie and Dan Sterlina Foundation

Eric M. Suhl Foundation

Pauline Sterne Wolff Memorial Foundation

M.B. and Edna Zale Foundation

ORGANIZATIONS

Conference on Jewish Material Claims Against Germany

Houston Jewish Community Foundation

Houston Jewish Family Foundation

Jewish Federation of Greater Houston

Kavod Shef

United Way of Greater Houston

- * JFS Bridge Fund Family
- ** Program Support

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Partner Agency of







Social services for Jewish Nazi victims have been supported by a grant from the Conference on Jewish Material Claims Against Germany.

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