

# 2024 Annual Report

Cultivating a Northeast Kingdom where all people thrive free from abuse and oppression.





# Dear friends

Thank you for your incredible support of Umbrella and our mission. This past year, we made a deeper impact in the community; expanding Kingdom Child Care Connection, reaching more schools in the NEK than ever before, and implementing our innovative domestic violence accountability programs.

These achievements are made possible by the exceptional leadership of our Board of Directors, the dedication of our hardworking staff, and the unwavering support of our generous donors and community members.

Our Advocacy program supported approximately 509 survivors of domestic and sexual violence, while the Kingdom Child Care Connection program **served over 740 families**. The Family Room facilitated safe, **supervised visits for more than 90 children**. Our Economic Empowerment program, Cornucopia, **provided nearly 39,509 meals** to homebound seniors. Our Social Change programs saw extraordinary growth, doubling their reach to local schools to provide prevention education and **support to 2,670 youth** and conducting multiple **training sessions and workshops for 1,369 adults**. In the inaugural year of our Accountability Programs and Spark Warmline, **we served 88 individuals**.

We hope you find this report insightful as it highlights the significant impact Umbrella has made in our community over the past year.

With immense gratitude,

Amanda Cochrane, Executive Director



### LEADERSHIP TEAM

- Kristen Bartlett  
*Director of Advocacy South*
- Kimberlie Buxton  
*Director of Kingdom Childcare Connection*
- Amanda Cochrane  
*Executive Director*
- Tracey Doore  
*Finance Director*
- Olivia Plunket  
*Director of Innovation and Accountability Programs*
- Henekis Stoddard  
*Associate Director*
- Savannah Williams  
*Director of Operations North*

### BOARD OF DIRECTORS

- Marc Bouchard
- Martha Cavanaugh  
*Secretary*
- Mary Cote
- Owen Davie
- Ilene Dickinson
- Carol Lyon  
*Treasurer*
- Alex MacLean  
*Vice President*
- Chris Manges
- Erin Narey
- Monica Pineda Etter
- Liz Prohaska  
*President*
- Dale Steen
- Lona Stuart

Umbrella Staff attend a 3-day Healing Focused Care training in June



## Kingdom Childcare Connection Meeting Community Need

Thanks to Vermont's groundbreaking Act 76 legislation, more families are now eligible for childcare financial assistance. As the community partner responsible for administering this program in the Newport and St. Johnsbury districts, we are scaling up to meet the increased demand. We've welcomed new staff members and are working diligently to connect families with financial assistance. Additionally, our team is engaging with childcare providers to address questions about the new funding structure and offer support to new programs.

**This year, we assisted approximately 740 families in the NEK with subsidies, an increase of 234 from the previous year.** Many caregivers had previously found childcare too expensive, but with Act 76, they can now afford to re-enter the workforce. We look forward to continuing our support for community members and childcare programs as our system evolves in the coming years.

## Capital Campaign update

We are excited to announce that we have entered the public phase of our Cultivating Healing Spaces: Root, Nurture, Grow capital campaign. After a successful launch party in July, **we are now on the verge of reaching our ambitious \$600,000 goal!** To learn more about our campaign or to offer your support, please visit our website at [umbrellanek.org/capitalcampaign](http://umbrellanek.org/capitalcampaign).



## Supporting Families Through Safe Visitation

Umbrella's Family Room program provides supervised visitation for parents who require supportive, safe third-party supervision to maintain contact with their child(ren). This need often arises in cases involving substance misuse or domestic violence, with visits mandated to be supervised by the Department of Children and Families or the court system.

Our program offers the consistency essential for children who have experienced difficulties due to their parents' challenges. **This year, 11 of the 49 families we supported have been with us for over two years.** While consistent support is crucial, our goal is to help families reach a point where they can eventually transition to unsupervised visitations. Last year, fifteen families successfully achieved this transition.





## Integrating Trauma and Recovery

There is a critical connection between domestic and sexual violence, sex trafficking, and substance use. Research indicates that individuals who experience intimate partner violence are more likely to engage in substance use, while those who misuse substances face a heightened risk of abuse. A 2020 literature review by the National Center on Domestic Violence, Trauma, and Mental Health underscores that experiencing multiple forms of violence or trauma increases the likelihood of developing substance use-related issues. Dr. Gabor Maté, a respected physician and author, notes, “Don’t ask why the addiction, ask why the pain.” Additionally, many survivors face substance use coercion, often accompanied by threats of violence, a situation further complicated by societal stigma and systemic barriers.

In recent years, Umbrella has actively engaged with the community to address these interconnected issues. As leaders of

Amanda Cochran, Executive Director, attended the Northeast Vermont Prevention Consortium conference in June.

the Orleans and Northern Essex Prevention Coalition, we have fostered collaboration among diverse stakeholders to drive meaningful change. A needs assessment conducted in early 2024 revealed a strong demand for in-house substance use services, including support groups and counseling for alcohol addiction. Clients expressed satisfaction with our existing services and supported expanding our offerings, reflecting a community commitment to addressing the intersection of intimate partner violence and substance misuse. Looking ahead, we are excited to announce that Umbrella has secured funding to launch an evidence-based support group in partnership with Kingdom Recovery Center. We also plan to enhance cross-training among our partners to ensure comprehensive recovery support for everyone in our shelter. Additionally, we have added a Shelter and Substance Misuse Prevention Advocate to our staff who brings extensive experience in the recovery field.



## Stories of Hope & Healing

Last October, community members gathered to share stories of Hope and Healing as part of Umbrella’s observation of October Domestic Violence Awareness month.

## Eclipse Celebration in St. Johnsbury

On April 8, 2024, St. Johnsbury served as an ideal viewing location for the eclipse, experiencing complete totality for 1 minute and 35 seconds. Main Street was bustling with spectators, and with Umbrella’s office located at the heart of the festivities, we took the opportunity to engage the community.

We offered face painting, eclipse-themed sensory crafts for children, and delicious homemade chocolate chip cookie ice cream sandwiches. It was a joy to celebrate this cosmic event with our community!



## Domestic Violence Accountability First Year Update

We are pleased to report the successful completion of our first year operating the Accountability Programs, Ignite Change and The Spark Violence Prevention Warmline.

During this inaugural year, **68 men participated in our Ignite Change classes, with 23 graduating from the program.** Umbrella’s Ignite Change is the most intensive offering of its kind in the state. Participants, whether convicted of a domestic violence charge or self-referred, engage in a comprehensive process that includes a 2-3 hour intake, an 8-hour orientation, and 26 weeks of group sessions that meet twice a week for two hours. Currently, we offer three groups: one in Newport, one in St. Johnsbury, and a third that meets virtually.

Our Violence Prevention Warmline, The Spark, has also launched and is actively receiving calls from individuals who have or are at risk of causing harm in their relationship—whether physical, emotional or verbal.

Our goal with both of these offerings is to break the cycle of violence and inspire positive change in the lives of residents in the Northeast Kingdom.



Chelsea Corrow, our Social Change Coordinator, presented to the students at St. Johnsbury Academy on the importance of stewardship during Sophomore Stewardship Day.



## Advancing Prevention Education

Our Social Change programs are dedicated to prevention education and initiatives that address gender-based violence in schools and the broader community. Umbrella recognizes the vital importance of empowering youth and prioritizing prevention. As our reputation for quality prevention work grows, more schools, childcare centers, and community partners seek to collaborate with us, inviting our prevention educators and curricula into their environments.

This year, our Social Change programs provided **prevention education and support to 2,670 youth and conducted training sessions and workshops for 1,369 adults.** We increased the number of schools where we provide prevention education **from 18 to 30!** In addition, we expanded our

reach by offering office hours at St. Johnsbury Academy and the Community Youth Space, as well as a three-week “J-Term” course at Lyndon Institute.

A central component of our prevention education is the 12-week Youth In Power Program, designed to educate and empower female-identifying, gender fluid, and non-binary youth in the Northeast Kingdom. This initiative helps participants recognize and harness their strengths. We observed a significant increase in youth leaders this year, who collaborated with two summer school programs. We believe that empowering youth involves creating spaces where they can take charge of their lives and providing the resources necessary for building self-confidence, self-reliance, and mutual support.

FREE | CONFIDENTIAL | ANONYMOUS

Do fights with your partner go too far?

It can be difficult to call. Your safety matters to us. We get it.

Call today for support. 802-613-0375 10am-10pm, 7 days a week Or email info@TheSparkVT.org

FREE | CONFIDENTIAL | ANONYMOUS

Do you lose your cool in your relationship?

It can be difficult to call. Your safety matters to us. We get it.

Call today for support. 802-613-0375 10am-10pm, 7 days a week Or email info@TheSparkVT.org



# Thank you!

Umbrella is honored to recognize those individuals, families, corporations, and foundations whose generous donations help to make our work possible. The following lists reflect all gifts and pledges received between July 1, 2023 and June 30, 2024.

**Note:** Capital Campaign gifts and pledges are not included. Our gratitude for those gifts were recognized in our Capital Campaign special issue; Cultivating Healing Spaces, Root, Nurture, and Grow back in July 2024.

<b>\$20,000 +</b> Forward Philanthropy Northeastern Vermont Regional Hospital The Rona Jaffe Foundation	Vermont Network Against Domestic and Sexual Violence	Phoebe Courtot Anne Cramer Creative Counters LLC Paige & Peter Crosby Jacqueline Dadourian Judy Daloz Dana Young Construction Danville Congregational Church, UCC Danville Woman's Club Bonnie Dasher-Andersen Owen Davie Mary Dawson Dead River Company Caroline & Sal DeMaio Denise Deschenes Linda & Robert Desrochers Ilene & Casey Dickinson Tracey Doore Ellen Doyle Downs Rachlin Martin PLLC Marie Dumas East Haven Veterinary Service Jan Eastman Eiler Financial Services Inc Wendy Lippmann Diane Elliott Martha Elliott Gay Ellis & Rob Brown Mary Etter Brynn & David Evans Perkins Family Robert Farlice Robert Farlice-Rubio Stephen & Martha Feltus Kristina Fitts- Hoppe First Congregational Church of Lyndonville-Women's Fellowship Virginia Flanders Nicholas Flanders Rita Fortin Priscilla Foster Joseph Fox Kay Freedy
<b>\$15,000 +</b> Lawson's Finest Liquids LLC	<b>Up to \$999</b> Anonymous Lisa Adler Esther Agnew Frances & Fred Alger Nicolas Anzalone & Heather Alger Jane & Joe Alper Marion Anastasia Jeanne Desrochers & John Miller Jodi Anthes David Askren Darci Bailey Kathy Bales Robert Balivet Barton Chamber of Commerce Barrett Insurance Agency LLC Mary Bassett Janina Beach-Ward Kendyl Bell Miriam & Cyrus Benson Andrew Berley Kate & Martin Bertolini Marilyn Bisson Debra Bixby Marc Bouchard Eileen Boland & Don Bredes John & Zenaida Bongaarts Naomi Bossom Kendra Brazeau Taylor & Billy Brink Catharine & Richard Browne Mallory Buck Karen Buddde Susy Bunanta Winterset Henry Butler Kimberlie Buxton Tammi and Dave Cady	
<b>\$10,000 +</b> Marion & Bill Mohri Vermont Community Foundation		
<b>\$5,000 +</b> Ed Vilandrie & Marty Cavanaugh Lynn Eikenberry Susan Gresser & Stanley Baker M&T Charitable Foundation NEK Fund of the Vermont Community Foundation Sunflower Fund		
<b>\$2,500 +</b> Anonymous Friends of Umbrella Community National Bank Lona and Peter Stuart St. Johnsbury Academy Thom Goodwin		
<b>\$1,000 +</b> ABC & LOL Child Care & Preschool Center Mary & Paul Berlejung Amanda Cochrane & John Raser Janice & Jack Cummings Paul Decelles & Neila Anderson-Decelles Gail Flynn Richard & Laura Gagnon Hill Farmstead Brewery Libby Hillhouse		

Jill Hurst Paula Kitchel Maple Grove Farms of Vermont Inc. Martha Macphail Kathleen Manns Marilyn McEnery Ryan Moore (Taylor-Moore Agency) Deby Morgan Morgan Stanley North Country Hospital Orleans County Sheriff's Department Robert & Ellie Primeau Elizabeth & Matthew Prohaska The Patno Holladay Giving Trust The Presbyterian Church of Barnet St. Johnsbury School District Town Fair Tire Association Foundation TSRE, INC. Union Mutual Charitable Gift Fund via Vermont Community Foundation Vermont Foodbank	Jordan Cady & Brendan Hughes Angela Cai Laura Cannon Lili Cargill Wendy & Stephen Carpenter-Israel Barb Zander & Dennis Casey Diane Chadderdon Barbara Chapman Chase Concrete Stephanie and Jay Churchill Kenneth Clark Debbie Clark Catherine Clark Disa & Douglas Clarner Jennifer Cochrane-Bell Geoffrey Commons Fran Cone Andrew Conway Angel Corrow Ally Corrow Mary Cote Kathryn Cote Crosby Coughlin Deirdre Coughlin	Richard & Laura Gagnon Linda Garey Leslie Gensburg Amy Gerhardt Grace Gershuny Joel & Rachel Gilbert Chandler Gilman Mary Gleason Miles Goff Laura Goldberg Laura Goldshein Steven Goldstein Rachel Goodspeed & Nate Nichols Goodwin Mountain Mechanical Catherine Grant Ellen Graveline Jeanine & Michael Greenleaf Maryellen & Peter Griffin Andi Handy Angel Hantman Beverly Harper Emily Hazard Sharon & Werner Heideman Mariel Hess
---	---	---

Lucy & Chad Hickey Kathy & Terry Hoffer Jesse Holden Martin Holliday Sharon & Thomas Howell Dan & Mary Hughes James & Deborah Hunt Jeness Ide Imaginations In Metal Barb & Joe Inskeep Karin & David Isles Robyn Jacob Lauren Jarvi & Lenny Gerardi Eric Jensen Hannah & Michael Johnson David Johnston JRH Building Construction LLC Joshua Kantrowitz Jeffrey Kay Carl Powden & Dorigen Keeney Lorraine & Dave Keir Julie & Sam Kempton Matt Kirby Martha (Jane) Kitchel Alice Kitchel Rita Kitchel Kingdom County Productions Rhonda Korol & Omar Johnsin Brittany & Jeremy Korsh Richard S. Kozlowski General Dentistry Dana Kraus & Tom Forster Mildred Labelur Cathy & Ray LaBounty Melissa LaCoy Lake Morey Resort Steven & Wendi Larrabee Gail Lavigne Sarah Lawrence Sydney Lea Jacob Leach Reeve Lindbergh Wendy Lippmann Cathlin Lord & Kevin Driscoll Jennifer Lorrain Penny Lowe & Greg MacDonald Laura Lucas The Lyndonville Methodist Women Carol & Rich Lyon Denny & Carolyn Lyster Alexandra MacLean & Tim Scott Patrick Malaney Chris Manges Lori and Michael Marcus Donna & William Marshall Jill Mathers Megan Matthers	Constance Nixon Courtney & Jennifer Noonan North Country Union High School Northeast Lock & Key LLC Carol Novick & Larry Stahler Judith & Dennis O'Brien Evan Oleson Onehope Wine Alexia Ostrout Mackenna Palmer Bruce and Dee Palmer Catherine Palmer Mary Parent & Ben Copans Penny Patch Karyn Patno M.D. Susan and Stan Pekala Erica Perkins Goodwin Mountain Mechanical PayPal Civing Fund Susan Pierce Brooke and Darren Pierce Monica Pineda Etter Beth Piper Gregory Piper Sarah Piper Elaine & Emil Pollak Anita Price & David Roth Kim Prior Jill & Matti Pylkkanen East Haven Veterinary Service Nicki & Matt Reimert Leslie Renfro Linda Reyes Nancy & David Reynolds David Reynolds Shirley Richardson Carolyn & John Ritter Anita Rosenkrantz Robin Rothman Rotary Club of Newport Ellen & Mel Rowe Stephanie & Alan Rowe Alan and Heather Ruggles David and Linda Sargent James & Nancy Scherer Sally Schlueter Jerry & Diana Senturia Geoffrey & Gillian Sewake Shippee Family Eye Care, PC Karen & Sam Shippee Rachel Siegel Miriam Simon & John Ajamie Sara Simpson Katherine Siner Jeremy & Martha Smith Sydney Smith Laura & Walter Sophrin Cindy Spring Burak Stephanie Srowe
---	--

Waterford School Patricia Webster Lisa Werchow Gerald West West Barnet Women's Fellowship Karen Westover Wes Ward Auto James & Catherine Wheeler Cathie Wheeler Amy W. Wheeler Wildflower Inn Beth Williams Robert Wilson Winterset Joan Wollrath & Christine Frost Richie & Viki Woodworth Amanda Young Tracy & Kurt Zschau
--

**In Honor of**  
Sue Blaisdel  
Jordan Cady  
Amelia Clark  
Amanda Cochrane  
God  
Lisa MacDowell  
Susan Parker  
Dale and Ron Steen  
Lona Stuart & Peter Stuart MD  
Victims of sexual abuse by Shambhala "leaders"

**In Memory of**  
Emily Higgins  
Marilyn Jewett  
Marie Manning  
Kathryn A. Piper  
Michelle Renee  
William Gordon Stowe  
Thea Swartz  
Joan Tucker

Umbrella would like to thank all in-kind donors who gave their talents and resources to help us meet our mission this year. This included local artists, businesses and individuals. Thank you!

We regret any errors on our recognition list.



Umbrella's 2024 Annual Spring Gala was held on May 17, 2024, at the Inn at Mountain View Farm. **We exceeded our fundraising goal, raising over \$90,000**—setting a new record for the Spring Gala! A heartfelt thank you to our incredible donors and sponsors for their generous support.



## Day of Caring

In February, on Valentine's Day, we celebrated our very first virtual giving day, aptly named our Day of Caring. This special event was dedicated to spreading love and compassion within our community. **We successfully raised \$5,800, with over 20 dedications and more than 15 heartfelt stories** of love and care shared throughout the day.



**Thank you to these sponsors of Stories of Hope and Healing,** part of Umbrella's observation of October Domestic Violence Awareness month.

## In Honor of Kate Piper

Kathryn “Kate” Aring Piper passed away on March 6, 2024, after bravely facing an untreatable, degenerative neurological disease. In honor of her memory, Kate's friends and family have made generous donations, reflecting her unwavering commitment to justice.

As a dedicated lawyer, Kate devoted her career to advocating for children in abuse and neglect cases, extending her compassion and support to many in our community. She was deeply involved with Umbrella's development over the years, and her warmth, passion, and beautiful smile touched everyone around her.

On behalf of the Umbrella staff and Board, we express our heartfelt gratitude for your thoughtful gifts in memory of this remarkable woman. Kate's spirit will continue to inspire us all.

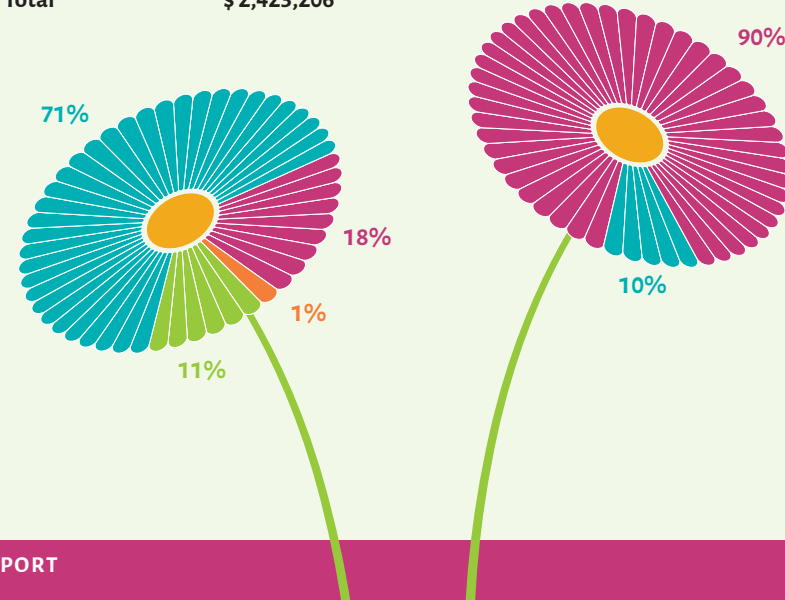


## Revenue by Source

Government	\$ 1,710,487
Program Income	425,776
Private Fundraising	270,210
Miscellaneous	16,733
<b>Total</b>	<b>\$ 2,423,206</b>

## Operating Expenses

Programs	\$ 2,158,008
Administration and Fundraising	237,429
<b>Total</b>	<b>\$ 2,395,437</b>



## Umbrella's Statement of Activities\*

FOR YEARS ENDED  
JUNE 30, 2024 AND 2023

# Financial Statements

\*unaudited

SUPPORT AND REVENUE	2024	2023
Program Revenue and Grant Income	\$ 2,136,263	\$ 1,965,751
Fundraising	270,210	271,460
Interest and Misc.	16,733	13,130
Subtotal Support and Revenue	\$ 2,423,206	\$ 2,250,341
Net Assets Released from Restrictions	128,946	199,904
Total Support and Revenue	\$ 2,552,152	\$ 2,450,245
EXPENSES		
Programs	\$ 2,158,008	\$ 2,062,974
Administration and General	174,831	283,819
Fundraising	62,598	77,985
Total Expenses	\$ 2,395,437	\$ 2,424,778
Change in Net Assets Without Donor Restrictions	\$ 156,715	\$ 25,467
Change in Net Assets With Donor Restrictions	84,804	251,096
Total Change in Net Assets	\$ 241,519	\$ 276,563





1330 Main Street  
St. Johnsbury, Vermont 05819  
802.748.1992

[umbrellanek.org](http://umbrellanek.org)

Nonprofit Org.  
U.S. Postage  
**PAID**  
Permit No. 183  
St. Johnsbury, VT

## Your support makes our work possible.



**Umbrella had a remarkable year filled with so much growth, and we look forward to continuing this success in 2025.**

If you would like to support our efforts for the coming year, you can do so by scanning the QR code or by mailing a check using the envelope provided inside the annual report.

Thank you for your continued support of our dynamic work in the community!

