Millhill
CHILD & FAMILY DEVELOPMENT
Educate. Empower. Transform.

ANNUAL REPORT 2022

Supporting Our Community Through Partnerships

OUR VISION

At Millhill, we envision a thriving community where everyone has access to limitless possibilities.

OUR MISSION

Millhill empowers children, youth, and families through individualized and culturally-sensitive educational and behavioral health services.

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A Message from the Board Chair

Dear Friends,

One of the greatest joys of being a board member at Millhill is witnessing the grace and resiliency of a community united. This grace and resiliency is reflected through the tireless service of our volunteers, generosity of our donors, the extraordinary commitment of the staff, as well as the unwavering dedication of Millhill's Board of Trustees, of both the Corporation and Foundation boards.

This past year has once again called upon all of us to extend our hearts and our hands to identify what truly unites us – a thriving community where everyone is able to flourish and prosper. Strong communities are active, not static. They develop and transform, bidding farewell to some and embracing others. They adapt to changing conditions and opportunities. Most importantly, they work together to take special care of people who are struggling.

We believe that partnerships go a long way toward building a strong community. While all organizations have distinct missions, our partnerships are based on mutual benefit and trust in order to build capacity in our organization and strengthen the resilience of our community. We are honored to share with you some of these stories in this year's report.

Our dedication to establishing partnerships and collaborations extends beyond our organization. Last year alone, our Trenton Area Stakeholders initiative, which has over 1300 members, continued to provide a collaborative space and networking opportunity to diverse organizations and individuals, allowing them to share and nurture ideas that can bring about a positive societal change.

As 2022 came to a close, we said goodbye to Millhill's Executive Director of 12 years, Cynthia Oberkofler, while the board initiated the search for new leadership. During her tenure at Millhill, Cynthia created new programs, such as the Behavioral Health Outpatient Clinic, which now serves over 1900 individuals annually with a robust team of dynamic therapists and talented staff. During the COVID-19 pandemic, when the world changed before our eyes, the needs of our community multiplied, and hope waned. Throughout this tumultuous time, Cynthia's steadfast leadership and steadfast dedication to our mission created a port in the storm. Her legacy will be felt in Millhill, and our community for years to come.

We're still here 50 years on because we want to help build a more equitable, inclusive, and empowered community. As we look forward to the future under new leadership, the Board and the staff will continue to advance Millhill's work by building on our strengths and impact. Thank you for being part of our relentless, collective force for good, and joining us on this journey.

Sincerely,

Susan Mullin, Board Chair

"While all organizations have distinct missions, our partnerships are based on mutual benefit and trust in order to build capacity in our organization and strengthen the resilience of our community. "

– Susan Mullin

Millhill Child and Family Development Corporate and Foundation Board. Front from left to right: Steven Rosen, John Cassimatis, Kim Lehman, Anne Skalka, Joseph LaRosa, Roberta Kaplan. Back from left to right: Johan Resare, Andrew Frank, Linda Coles, Susan Mullin, Allen Silk, August Leming. Missing: Carolyn Sanderson, Jaime Escarpeta, Richard Coyne, Jonathan Levy, Sergio Lacovitti, Stephen Galletto, Joyce Trotman-Jordan.

Millhill Celebrates 50th Anniversary

On October 20, 2022, we celebrated our 50 years of service to the greater Trenton community.

Honoring Bank of America

While this was a time to reflect on Millhill's accomplishments over the past half-century, it was also a time to honor those who have helped to make those accomplishments possible.

This year's event honored Bank of America for their generous investment in Millhill and for their philanthropic commitment to those in need in the greater Trenton area and beyond. Bank of America has been an outstanding partner to Millhill. We are grateful for their support which provides us resources so that we may continue to advance our mission.

Partnership Highlights

In response to the COVID-19 pandemic, Bank of America provided bridge funding to support Millhill's tele-therapy services in 2020, ensuring uninterrupted access to critical behavioral health services for our community. Millhill was honored as one of the Bank of America Neighborhood Builders® awardees that same year.

The guests had a wonderful time while raising critical funds for our programs.

"Millhill has a demonstrated record of empowering children and families across Mercer County through multi-faceted educational and behavioral health services. We are proud to support Millhill in their tireless work to improve quality of life in greater Trenton."

– Alberto Garofalo, President, Bank of America New Jersey

Millhill Says Farewell to Cynthia Oberkofler

Cynthia Oberkofler, the Executive Director of Millhill, announced her retirement at the end of 2022, bringing an end to her extraordinary 20-year of service to Millhill. Cynthia joined Millhill in 2002 as Chief Financial Officer. In 2012, she assumed the role of Executive Director.

"My time at Millhill has been the most fulfilling of my career. I have been surrounded by people who prioritize the diverse needs of the children, youth, and families in our care. To have that shared commitment and connection for all these years is an incredible gift that I will forever cherish," said Oberkofler. "Throughout the pandemic, Millhill has faced unchartered territory with an unwavering commitment to serving our community and is well positioned to continue to thrive."

Under Cynthia's stewardship, Millhill has built a solid financial base, attracted talented staff, and strategically expanded programs in Millhill's areas of expertise which includes education, counseling, family support, youth engagement, and community collaborations. These efforts are all designed to promote Millhill's vision of a community where everyone has access to limitless possibilities.

"Cynthia has a 20-year history of service to Millhill. First as CFO and then as Executive Director. It is this combined perspective that has helped her lead with compassion and leverage meaningful community partnerships that have helped fulfill Millhill's mission of meeting the needs of the community where they are," said Susan Mullin, Chair, Millhill Child and Family Development, Corporate Board of Directors.

"Cynthia has directed Millhill with astute leadership and strategic direction ensuring that both long-term and short-term goals were realized. We sincerely thank her for her dedication and wish her continued success. We will miss her dearly."

The Millhill Board of Directors has formed a transition committee and is working with Cynthia to ensure a seamless transition for the organization.

Meet Luis Gasca, our Trenton PEERS Alumni

Luis Gasca, Trenton PEERS class of 2017, and a Rutgers graduate of 2021 has continued to return to Millhill and the Trenton PEERS program supporting the program as an alumni. After graduating from TCHS, he attended Rutgers as a first-generation student. With the encouragement and support of PEERS staff he was able to secure a $40,000 Educational Testing Services scholarship towards his education.

Luis's positive experience and the support provided to him as a PEER has influenced him to continue to give back to the Trenton community. He now works for Bank of America and attended Millhill's 50th Celebration on behalf of BoA, as well as a PEER alum. Check out more of Luis's story on our website by scanning the QR code here ▶

Trenton PEERS

Teaming Up For Impact

Trenton PEERS (Performing, Educating, and Engaging about Responsible Strategies) is our year-round leadership program that provides mentorship and support so that highly motivated, at-risk youth can act as peer educators, and role models to other youth, while advancing their own goals towards higher education.

The 2022 "PEERS", as the youth proudly refer to themselves, were a formidable force. By teaming up with Trenton's elementary and middle schools, the youth spearheaded 1400 interactive, engaging, and thought-provoking workshops on critical issues such as the risks of gangs, violence, drugs, and bullying in classrooms.

In 2022, Millhill was thrilled to partner with WISE UP, a non-profit organization that provided strategic guidance and hands-on support so that our college-bound PEERS could successfully navigate the complexities of college admissions, scholarship opportunities, and financial aid.

Lesli Suarez, 2022 PEERS Graduate

Leslie, a graduate of Trenton Central High School (2022), began taking part with PEERS in her Junior year. Millhill's partnership with WiseUP made it possible for Leslie to successfully meet her goal of being accepted into The College of New Jersey. Leslie has proven that investing in our youth is crucial for their future success. Learn more about Leslie's story on our website by scanning the ◀ QR code here.

Building STEM Identities

Our STEM programs aim to enrich STEM education, promote fair access to STEM learning opportunities, and foster the development of a strong STEM identity* among low-income middle school students in Trenton. In 2022, we empowered 85+ youth develop their own STEM Identities through our year long and summer programs. The youth honed their cognitive, behavioral, social, and emotional skills, which are vital for STEM-related learning skills. These skills prepared students to grasp design processes, planning, testing, problem solving, teamwork, developing a scientific mind, perseverance, and most importantly to learn from failure.

Partners in STEM

- Rutgers Cooperative Extension of Mercer County
- Watershed Institute
- TCNJ School of Engineering
- Dr. MLK Jr. Middle School
- Foundation Academy
- Trenton K-12 Public Charter School
- Rutgers University

"The thing I found the most interesting was that there was so much science under the tip of our noses. I found it the most interesting because it has shown me that I was underestimating our nature."

– Tionna, Summer STEM Explorers Watershed Institute trip participant

* **STEM identity** refers to an individual's perception of themselves as a scientist, engineer, or mathematician. By cultivating a positive STEM identity, students are empowered in these subjects to pursue academic and career paths in STEM.

2022 Program Stats

100% of PEERS graduating high school accepted into colleges

5 out of 6 PEERS were first generation college students

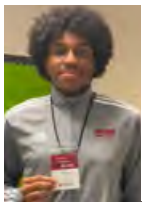
$130,000: Total Financial Aid Award

GRADUATING PEERS

Jendry Nunez
CRIMINOLOGY
KEAN

Princess Cuá
PHOTOGRAPHY
MERCER COUNTY COMMUNITY COLLEGE

Asita Sylla
THEATER
MONTCLAIR STATE UNIVERSITY



Chris Whyte
BIOLOGY
RIDER UNIVERSITY

Brianna Walker
PSYCHOLOGY
RUTGERS

Leslie Suarez
GRAPHIC DESIGN
TCNJ THE COLLEGE OF NEW JERSEY

Mayor's Summer Youth Employment Program

Developing future-proof life skills

Conversations about the future of work are complicated because the issue of employment is not isolated; rather, it is connected with other complex themes such as technology, civic engagement, and gender. And young people are at the center of this discussion.

With the employment market changing at breakneck speeds, it is getting harder to predict which cutting-edge skills will become obsolete, and which ones will become indispensable. No one knows exactly what the future of employment will hold, but one thing is clear, youth can, must, and will be at the center of it all.

Although in the knowledge economy, technical skills have expiration dates, and smart machines perform job functions that once required human hands and minds. Critical thinking, creative problem-solving, and the ability to adapt to new situations are a few of the life skills that are timeless, transferable, and future proof.

Since its inception in 2016, through our public-private partnerships, and the support of our donors, Millhill's Mayor's Summer Youth Employment Program has provided over 600 Trenton youth with these future-proof life skills through summer jobs.

This year, we served 42 young people and through partnerships with ten organizations. Employer partnerships, mentors, trainers, and staff support allowed the youth to investigate career options, discover personal interests and strengths, learn about work culture, build professional networks, acquire new skills, and earn a wage.

2022 Employer partners

- Salvation Army Trenton
- The Latin American Legal Defense and Education Fund
- Grounds for Sculpture
- Homeworks Trenton
- Mount Carmel Guild
- Help Self CDC
- James R Halsey Foundation
- The Father Center of New Jersey
- Artworks
- Princeton University

Mental Health Matters

Millhill continues its commitment to providing vital mental health and counseling services to all those in need. Built on the values of hope, inclusion, empowerment and compassion, this year our program served over 1900 children, youth, and adults through 25,401 counseling sessions.

Involving local program partners

Mental health can affect anyone. However, people who are homeless are at an elevated risk for experiencing mental health illness, and substance use disorders (SUD).

Person-centered prevention and trauma-informed treatment practices are essential when working with people experiencing homelessness and help prioritize the complex issues these individuals face – this is something, we at Millhill, understand well.

Through a partnership with Rescue Mission, a nonprofit organization that provides social and housing services to those who are affected by homelessness, we provide essential psychiatric services to these individuals so that they are able to cope with the trauma of homelessness, and build a secure, fulfilling life.

Youth focused care

Our long-term collaboration with Mercer Street Friends, a local nonprofit organization, continued to thrive in 2022. Through this collaboration we worked with younger group of individuals by providing counseling for mental health through both in-school and after-school programs and make a lasting change in their lives.

Understanding and caring for our children's mental health while they are young can help them realize their potential and reduce the risk of developing mental health problems.

(Above) The National Alliance on Mental Illness (NAMI) walk is an annual event that brings communities together to fight the stigma surrounding mental health and promote understanding. Thank you to Rebecca, Brittany, Kathryn, and Nicole who attended the NAMI walk in Robbinsville and are fantastic representatives of Millhill and for standing up for mental health.

(Above) This winter, our Rising Stars began our Health & Wellness series by learning Tai Chi from Mr. Tony Jackson, a West Point Graduate, Author, and Businessman. Mr. Jackson taught controlled movements which, if done regularly, helps to improve flexibility, increase muscle strength, and reduce stress. The youth loved this session!

Success Story

Because of the partnership with Mercer Street Friends, we were able to provide counseling and anger managment therapy to a youth impacted by trauma, affecting his performance at school. After years of sustained, and accessible medical and counseling through Millhill, today the youth is an honor roll student with goals to pursue a higher education!

Expanding Our Capacity to Assist

Our future includes developing additional partnerships and expanding our capacity to assist the most vulnerable individuals. These goals will continue to rely heavily on strategic partnerships. We are extremely appreciative of all those who have and continue to support our mission.

Collaborations

Rescue Mission:

The behavioral health department provides counseling and psychiatric/medication management services to adults referred from Rescue Mission who receive substance abuse/residential treatment from "Vince's Program." A Case Manager is dedicated to this collaboration, where bi-weekly communication is had to discuss client cases and their needs.

Trenton HealthCare:

Similarly, the behavioral health department provides counseling and medication management services to adults referred from Trenton HealthCare's Methadone Clinic. A Case Manager is also dedicated to this program/ collaboration.

Mercer Street Friends:

The Behavioral Health Department has provided several group cycles over the last year to ensure middle school/elementary students are received mental health services, therefore, receiving services immediately and avoiding a lengthy waitlist for counseling.

It Takes a Village

The goal of our Family Support Services programs is to enrich and strengthen the lives of children and families. We serve our families in a safe and supportive environment and offer programs and workshops designed to strengthen the family unit and build enduring relationships.

Our dedicated and well-trained staff provide trauma-informed care to those who needed our services. This year was an especially special year for our staff. Our Family Assessment and Support (FAS) program staff had been supporting a young girl who was experiencing trauma and disruption in her home life which had to separation from her sibling and moving to the care of an aunt.

When things were no longer manageable with her extended family, she was placed into a foster home. However, in 2020 when the pandemic hit, her foster family was unable to provide her with care as they had to relocate to another state. Once again, her life was disrupted as she was placed in another foster home.

During this difficult transition, our FAS provided her with the support and resources she desperately needed in order safeguard her emotional and mental health, avoid any disruption in her education, and navigate the complexities of adjusting to a new foster home that were worsened due to pandemic.

Our staff worked closely with her new foster family to make sure that they had the tools and resources necessary to provide a stable and nurturing environment for her. They aided the family in navigating the complexities of the foster care system by connecting them with various community resources, such as counseling services, educational programs, and support

groups, and ultimately helped her find a permanent home!

This was one of the most rewarding events in the lives of Millhill's extraordinary and devoted personnel. It takes a village to raise a child, and we are fortunate to have the unwavering support of our donors, colleagues, volunteers, personnel, and partners as part of our village.

Family Assessment and Support (FAS) program is a hands-on, therapeutic system that is focused on helping families meet their goals and objectives through a strengths-based Family Development Plan and ongoing in-home and out-of-home support.

Trenton Area Stakeholders

IN-PERSON MEETINGS RESTARTED IN 2022

Trenton Area Stakeholders (TAS) has reignited its dedication to fostering connections, collaboration, and community engagement in Greater Trenton by resuming in-person meetings in 2022. Founded with the mission of empowering and uplifting the community, TAS offers innovative solutions and resources to address the needs of local youth and families.

In-person meetings, which are critical to TAS's programming, enable community stakeholders to come together and share their knowledge, experiences, and ideas on a wide array of topics and serve as a platform for individuals to engage in meaningful discussions, brainstorm creative strategies, and forge lasting partnerships with like-minded people who are equally committed to making a real difference in the lives of those they serve.

Learn more about TAS and sign up for our next meeting online at **millhillcenter.org/trenton-area-stakeholders** or by scanning the QR code.▶

Preparing the Youngest Residents of Trenton for a Lifetime of Success

Millhill's free preschool program is open to all residents of Trenton, with a research-based curriculum that emphasizes inquiry, exploration, and discovery as the cornerstone of all learning, so that children may transition successfully into kindergarten and continue to thrive.

This year we served 105 children filling all our seven clasrooms to capacity!

Children who take part in an early education program like Millhill's preschool can acquire stronger early language, reading, and math abilities and have a better likelihood of graduating from high school, attending college, and achieving professional success.

However, participation in a program for early childhood education alone is not sufficient, the quality of the program counts. For a program to be impactful it must be of high quality and that requires a collaborative approach.

Collaborations Lead to Exciting Opportunities

Sixteen years of close partnership between Millhill and Rider University's Westminster Conservatory of Music was celebrated this year. In addition, for the past ten years, the Altas Brass Trio has brought Holiday cheer to our preschoolers through the PNC Grow Up Great Grant and visiting musicians.

This year also marked the beginning of an exciting cooperation with Grounds for Sculpture (GFS). As part of joint

"Our relationship with Millhill has developed over 6 years. We are excited to expand this relationship this year. We are proud to collaborate with the team at Millhill and continue to support our goal and theirs of providing greater exposure to the arts for the community of Trenton."

– ***Julio Badel**, GFS' Director of Education & Community Engagement*

programming, GFS Museum Educators provided workshops on the arts, wildlife, and wellness in our classrooms.

Millhill's comprehensive early childhood education program is designed to support the entire family, educating parents on child development, parenting techniques, and ensuring that children are healthy, safe, and ready to learn. To offer nutritional assistance to our preschoolers and their families on the weekends, we implemented a weekend meal program in collaboration with the food pantry program of Mercer Street Friends. In 2022, we distributed a total of 4,020 food bags to preschool families.

Through our collaboration with Henry J Austin Health Center, Trenton, The New Jersey Department of Health and Human Services, KinderSmile Community Oral Health Center, Trenton, Isles Healthy Home Assessments, Millhill's Behavioral Health Services, and Family Support Services, our families were linked to medical, dental, social, and mental health services to ensure that children receive the necessary care.

Our heartfelt gratitute to all our partners, colunteer,s, and donors for supporting our goal of cultivating a love for learning in our children!

Millhill's high-quality Preschool Program is NAEYC accredited and has a 4-star rating from Grow NJ Kids.

Thank You to All of Our Supporters

At Millhill, we recognize the power of collaboration in building a strong, thriving community. We believe that by working together, we can achieve much more than what we could accomplish individually.

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- United Way of Greater Mercer County

Thank You for Your Support!

If we have made an error or omission, please accept our apologies and notify us at info@millhillcenter.org.

Supported by Community to Empower a Community

Trenton needs us – and Millhill needs YOU. Please support us by making a donation today!

At Millhill Child & Family Development, we believe in the power of community and the importance of building relationships with our partners. As we look to the future, we are committed to continuing to evolve and adapt our programs and services to meet the ever-changing needs of our community. We will always strive to be a beacon of hope and support.

Please donate today! ▶

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Our Core Values

Teamwork	We achieve more when we work together
Adaptability & Flexibility	We respond to the needs and realities of those we serve
Dignity & Respect	We believe everyone should be met with compassion and treated with dignity and respect
Diversity & Inclusion	We embrace our differences and celebrate the strength of all voices
Professional Excellence	We hold ourselves to the highest standard of service
Ethics & Trust	We build relationships based on trust and integrity