



ANNUAL REPORT

2023 - 2024



BOARD OF DIRECTORS

Meet the people who help carry out our mission to provide hope and relief to caregivers of persons in mental health crisis.



From top left to right: Ed Glaser, President; Marilyn Glaser, Vice President; Christie Numan, Secretary and Executive Director; Anthony Vinci, Treasurer; Susanne O'Callaghan; John Walker; Kara Nielsen; Anne Taylor; Cade Kirkhart; Jennifer Medina; Margaret Devaney; Tricia Ryan.

DEAR SUPPORTERS

We cannot say it enough: family caregivers are the hidden workforce and unsung heroes in the battle against mental illness. Recent studies reveal that approximately 8 million people in the U.S. provide care to a family member with mental or emotional health issues. Unlike professional caregivers, these family members juggle caregiving duties with regular full-time jobs, often dedicating an average of 32 additional hours per week to unpaid care. Their responsibilities range from managing medications and therapy appointments to offering emotional support and assistance with daily living.

Despite their vital role, family caregivers face numerous challenges that can leave them feeling isolated, overwhelmed, and financially strained. Mental health disorders like depression, anxiety, PTSD, bipolar disorder, and dementia require intensive and continuous care, leading to significant emotional and physical exhaustion. The stigma surrounding mental illness often means that these caregivers do not receive the support and recognition they desperately need.

One of the most pressing issues is the lack of accessible resources and support. Unlike caregivers for those with physical disabilities or terminal illnesses, mental health caregivers often struggle to find appropriate services and support networks. Many lack experience, coping strategies, and access to external support due to stigma. Many struggle to afford therapy, medications, and other necessary expenses for their loved ones. The unpredictable nature of mental illness often hinders their loved ones from maintaining their own employment, adding to the household's financial strain. Inadequate workplace policies, such as the absence of paid leave for caregiving, further exacerbates their financial burden.

At AMCF, we are making a Call to Action to recognize and address the needs of the growing number of families caring for loved ones with mental health challenges. We believe that more must be done at a systemic level to ensure these caregivers are not left to navigate this journey alone. Our approach includes:

- **Increased Awareness and Recognition:** Society must acknowledge the essential role of family caregivers and work to reduce the stigma associated with mental health disorders.
- **Access to Resources:** Governments and healthcare providers should ensure caregivers have direct and easy access to necessary resources, including financial aid, support groups, and educational materials.
- **Workplace Policies:** Employers should implement supportive policies, such as flexible work schedules and paid leave, to help caregivers balance their responsibilities.
- **Community Support:** Building strong community networks can help caregivers feel less isolated and provide practical and emotional support.

We know family caregivers are the backbone of the mental health support system. As the number of individuals experiencing mental health disorders continues to grow, so does the need to support these dedicated caregivers. By raising awareness, increasing resources, and fostering a supportive community, we can ensure that no caregiver has to face this journey alone. Together, we can make a significant difference in the lives of those who care for our most vulnerable populations. Thank you for your unwavering support.

Christie Nunan
Executive Director

PROJECTS

DETAILS

OUTCOME

CAREGIVER GRANTS

Provide direct funding to help pay for therapy, medication, rent, transportation, etc

- Provided 53 financial grants to caregivers in need
- Provided 4 financial grants to NAMI programs

COLLEGE SCHOLARSHIPS

Provide \$500 scholarships to students who live in a home and assist in the care of a sibling, parent, grandparent

- Awarded 9 scholarships to qualifying students
- Established the ongoing Mac O'Callaghan Scholarship Fund at Curtis HS, Staten Island, NY

INFORMATION AND OUTREACH

Provide resources including support groups, free classes and publications, advocacy and awareness

- Participated in 8 mental health awareness events throughout the country reaching 7,000 people
- Gave out 45 books on navigating mental illnesses, alzheimer's and autism

FOR EVERY \$1.00 WE SPENT DURING THIS FISCAL YEAR, \$0.82 WENT DIRECTLY TO SOMEONE IN NEED

23-24 Program Expenses

82%

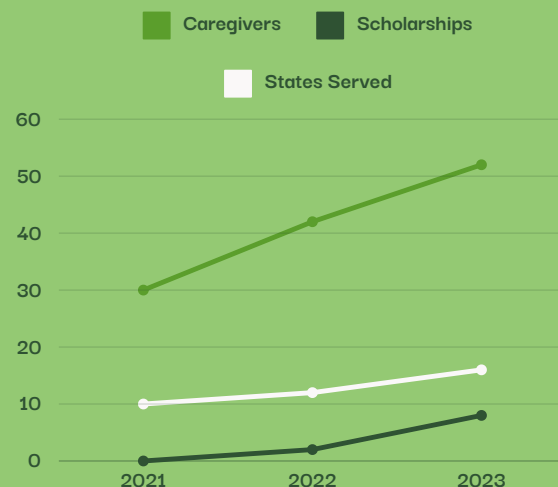
FY22-23 Program Expenses

80%

FY21-22 Program Expenses

70%

This year we gave 53 Caregiver Grants and 9 College Scholarships to individuals throughout 16 different states.



CONDENSED FINANCIAL STATEMENT

STATEMENT OF ACTIVITIES

Changes in Activities reflect increase in Expenses by giving grants to 53 individuals this year, compared to 41 individuals last year.

Donations

\$76,423

Expenses

\$88,785

Change In Activities

(\$12,362)

BALANCE SHEET

The Balance Sheet presents our Assets minus our Liabilities. Net Assets Restricted represents pledges due in 2025.

Assets

\$41,280

Liabilities

(\$3,000)

Net Assets
Unrestricted

\$32,976

Restricted

\$5,304

CASH FLOW STATEMENT

All Cash Flow transactions are related to Operating Activities. There were no Investing or Financing Activities.

Beginning Cash Balance

\$45,996

Reduction In Cash Balance

(\$10,116)

Ending Cash Balance

\$35,880

CAREGIVER STORY

Andria

Meet Andria, the devoted mother of 35-year-old Wynn, who experiences autism, bipolar disorder, and occasionally, features of psychosis. Wynn's journey has been far from easy. Over the years, he has been asked to leave multiple special education schools, hospitalized for mental health crises more than 30 times, and even faced legal challenges during a manic episode that led to a court case. Despite these hurdles, Wynn strives for independence—a goal that Andria is determined to help him achieve, even though he struggles with the necessary skills. His adulthood has been marked by incidents of anger outbursts with occasional damage to primarily his own property, while Wynn is often too sleepy to work many hours, and Andria has been there every step of the way, repairing both the physical damages and the emotional toll it has taken.

"Wynn's dual diagnosis of autism and bipolar disorder is a huge double whammy," Andria explains. "Often, the developmental disability services say they can't help because of his mental illness, while the mental health services say they can't assist due to his developmental disability. We haven't yet found many supports where he truly fits in. The Regional Center has been helpful at times, but they really can't meet his needs. I worry for the long term, especially for when I'm no longer here. Other family members seem reluctant to step in."

Wynn has been fortunate to have had a very part-time job but relies primarily on SSI, which keeps him well below the poverty line. When he turned 20, Andria mortgaged her house to purchase separate housing for Wynn. She sees him several times a week, talks to him multiple times a day, and takes him on outings around town. Despite the challenges, Wynn is a bright and handsome young man with a good sense of humor. He has a high school diploma, attended college, possesses artistic talent, drives a car, and even enjoys singing karaoke with friends.

Andria's story is just one among many we've encountered at AMCF. Over the past three years, we have met numerous families facing similar struggles and concerns for their loved ones' futures. The question remains: Who will support these individuals when their primary caregivers are no longer able to do so?



SCHOLARSHIP SPOTLIGHT

Ava

“I am so grateful to know that the struggles that burdened me before never faulted how successful I could be attending college.”



Hi, I'm Ava, and I'd like to share a bit about my journey over the past year—a journey marked by both incredible growth and profound loss. I embarked on an exciting adventure at the University of Southern California, driven by a deep commitment to building a better future for myself. Looking back, I'm proud to say that I've accomplished just that.

At USC, I've had the privilege of meeting some of the most amazing friends and forming strong bonds with academic mentors who've guided me along the way. Despite the challenges I faced before coming here, particularly as a caregiver for my mother, I've realized that those struggles didn't diminish my potential—they made me stronger. Through this experience, I learned patience, empathy, and the importance of kindness. These lessons have deeply influenced how I connect with others, allowing me to advocate for my peers in Undergraduate Student Government and serve as an intern at the USC Dornsife College Office of Undergraduate Admission. I was also honored to be initiated into the Tri Delta sorority chapter at USC, where I found a supportive community that shares my passion for making a difference.

My goal is to become a lawyer, and I'm grateful to have been accepted into the Women's Pre-Law Society, which has connected me with so many inspiring women who are eager to make an impact. However, amidst all these positive experiences, I faced a tremendous personal loss. In late February, while continuing my studies, I lost my mother. Her passing was sudden and unexpected, and it brought to light how much strength and grace she possessed despite her battle with mental illness. I grieve her loss every day, and there's so much I wish I could have shared with her—especially how transformative this past year has been for me.

Healing has been difficult, but I've come to understand that my motivation to build a better life stems from her. While she may not be here to witness my achievements, I find comfort in knowing that she would want the best for me. Despite the heartache, I finished the year strong with a 4.0 GPA, and I'm proud of the person I'm becoming. My experience as a caregiver taught me that I can endure difficult situations, and each day, I acknowledge what I've been through and trust that with time, I will continue to heal. I'm truly grateful for the life I have now and remain committed to striving for success. I am thankful for AMCF's continued support in doing so.

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Anne Taylor
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We thank you for your continued support in providing hope and relief to family caregivers.

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