



20 | Annual 23 | REPORT



Providing free weekend respite retreats & community events for families of children with disabilities since 2004



Basketball, pickleball, shuffleboard, tennis—our Retreat Center has it all!



Guests getting ready for an accessible retreat tractor ride

“Our favorite thing about our retreat was honestly just seeing our kids so incredibly loved on and seeing how much fun they were able to have.”
—Family Retreat Guest Parent



Fun face paint from Ice Cream at the Park 2023



Guests hiking at our 2023 Men's Retreat



All smiles at our Couple's Cooking Class Date Night

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One in four families in the US is affected by disabilities, and yet they are often overlooked, unconsidered, and misunderstood in society. Since hosting our first retreat in 2004, we have sought to create welcoming spaces of love, acceptance, and safety for families of children with disabilities through volunteer-led family retreats at our beautiful Retreat Center in Scottsville, KY. In 2015, we multiplied our efforts by opening our Community Center to promote sustained community opportunities in the Louisville area. Through generous donor and volunteer support, we are able to offer opportunities for respite and life-changing community at no charge to special needs families—regardless of age and disability.

WHO WE ARE



*Our Sensory-Friendly Christmas
Party is fun for all ages!*

OUR MISSION

is simply to love and encourage families. We do this primarily by providing free weekend retreats and hosting community outreach events for families who have children with physical or developmental disabilities.

OUR VISION

is to create more compassionate communities through families serving families with the love of Christ, led by the Holy Spirit, to further the Kingdom of God.

OUR VALUES

- honoring and glorifying God with our service
- keeping our actions above reproach
- doing all things in love
- being wise stewards of God's provisions
- striving for excellence
- bathing our mission in prayer
- keeping God's Word as our foundation

OUR TEAM

Abbi Rose, *Executive Director*

Lori Nelson, *Director of Development*

Maeghan Adams, *Marketing & Operations*

Kelly Greenwell, *Programming & Admin*

Brooke Fishback, *'23-'24 Intern*

OUR BOARD

Mindy Terrell, *President*

Courtney Wittsell, *Secretary*

Fritz Busch, *Treasurer*

Tim Hill • Doug Wood • Mark Lindeman

Vern Scheiter • Dan Pierce • Debbie Hunt

Michael & Anastasia Cummins

Mike & Melissa Howell

We Aim to Meet a Great Need Through Community

Families of children with disabilities often find themselves isolated and strained relationally, financially, and emotionally. It may be hard to feel understood and seen in their everyday lives, which can make finding community feel next to impossible. At Barren Heights, we aim to create opportunities that may never be possible otherwise by creating relational space for our families.

A Snapshot of Disability in the US



1 in 4
families in US
are affected by
disabilities



Of affected families,
**11.4% fall below
the poverty line**



Families affected by
disabilities are
19% less likely
to attend a church



Single mothers are
16% more likely
to have a child with
disabilities

Our Twofold Approach to Building Community

Respite Retreats

We host weekend retreats for the whole family eight months out of the year at our beautiful and nature-filled Retreat Center. Our two to three day retreats offer families time to relax and refresh with their particular needs in mind. We strive to accommodate mobility, dietary, and sensory issues to make experiences that are often inaccessible fully accessible! Our uniqueness lies in our ability to serve the entire family, offer all of our services for free, and welcome all disabilities of all ages. From meals to accommodations to activities, the entire weekend is considered—and free!

Community Events

One weekend of fun and relaxation is so valuable, but what about the rest of the year? The community events we host play a vital role in creating year-round and consistent opportunities for building relationships. All of our events are a combination of support, respite, and inclusion and encourage families to connect with other families who understand their experience. We host events for the whole family, caregivers, siblings, and more around twice a month at our Community Center and throughout the Louisville area. And as always, all of our events are free!

WHAT WE DO



At Barren Heights, everyone is loved, accepted, welcomed, & safe.

Adult VBS
June 13-15, 2023



LOOKING
BACK AT
2023

Serving & Giving in 2023

In 2023, **355** donors invested in our mission and created more compassionate communities. What an incredible blessing! Because of that generosity, we hosted **3** specialty retreats, **17** family retreats, and **39** community events, impacting over **1,500** individuals. Overall, we served **368** families who have children with disabilities in 2023. Additionally, **424** volunteers joined in our mission to make each guest feel loved, accepted, welcomed, and safe.



424
volunteers served our community



39
community events hosted



355
donors supported financially



20
weekend retreats hosted



1,038
individuals participated in community



368
families with disabilities served



>1,400
Christmas gifts given to families



95
scoops of ice cream served



13
Adult VBS attendees had fun!



1
minivan given to a veteran





EVENTS

We hosted a total of 39 inclusive, in-person community events.



FULL CAPACITY RETREATS

We hosted 17 summer and three specialty retreats, serving a total of 228 guests—a 5% increase from 2022.



PLAYGROUND RESURFACING

We replaced the surface on our Retreat Center playground to enhance safety and usability.



ORGANIZATION PARTNERSHIPS

We partnered with 16 different organizations to support our monthly community events.



SEASONED STAFF

Our staff members have worked through at least two years of retreats and events and are now a well-oiled machine ready to keep going in 2024!



SUCCESSES

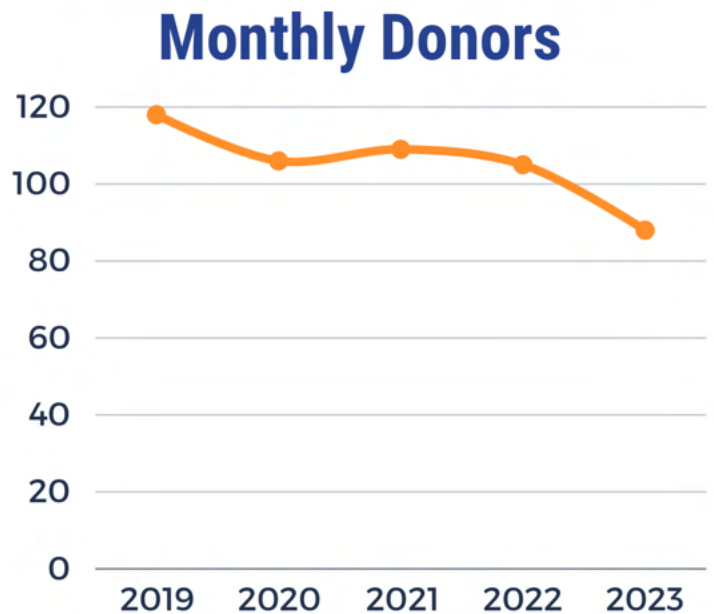
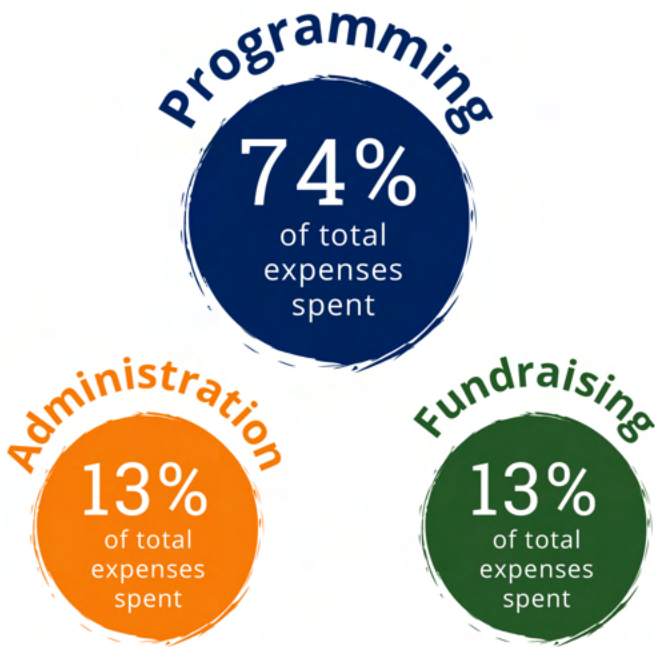
Archery is just one of our many available retreat activities

2023 FINANCIAL REPORT

We are committed to sharing our financial status and planning with full truth and transparency. The following numbers and reports are for your review.

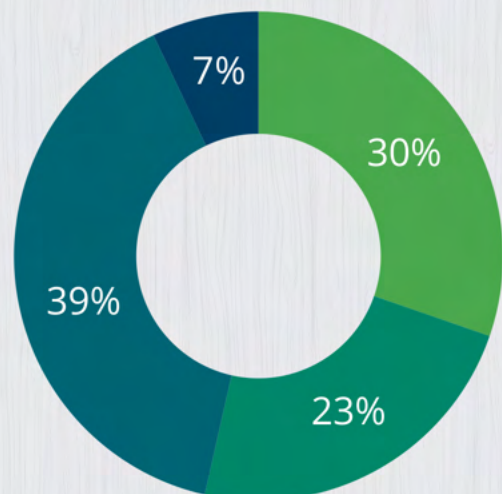
1,409
Total Number of Donations

355
Total Number of Donors



Percent of Income by Source

- 30% Monthly Donations & Individual Gifts
- 23% Benefit Dinner
- 39% Grants
- 7% Businesses



2023 STRATEGIC *Focus Areas*

In 2022, we had a strong volunteer recruitment focus early in the year that led to a volunteer family increase of almost 36%. In 2023, we continued to recruit and of the 60 volunteer families who served at our summer retreats, 18 were brand new to Barren Heights and 12 were from 2022 recruiting. After two years of unprecedented challenges and creative problem solving, our hard work and perseverance were rewarded with a full and successful retreat season with a strong direction towards sustainability.

Grant and family foundation support allowed us to offer creative, monthly community events to our special needs families throughout 2023 as well as perform essential maintenance like resurfacing the playground surface at our Retreat Center to enhance safety and usability. We also broke ground on a new multipurpose building—a long-time board vision that will increase seasonal capacity at our Retreat Center and provide much needed sensory space for our guests.

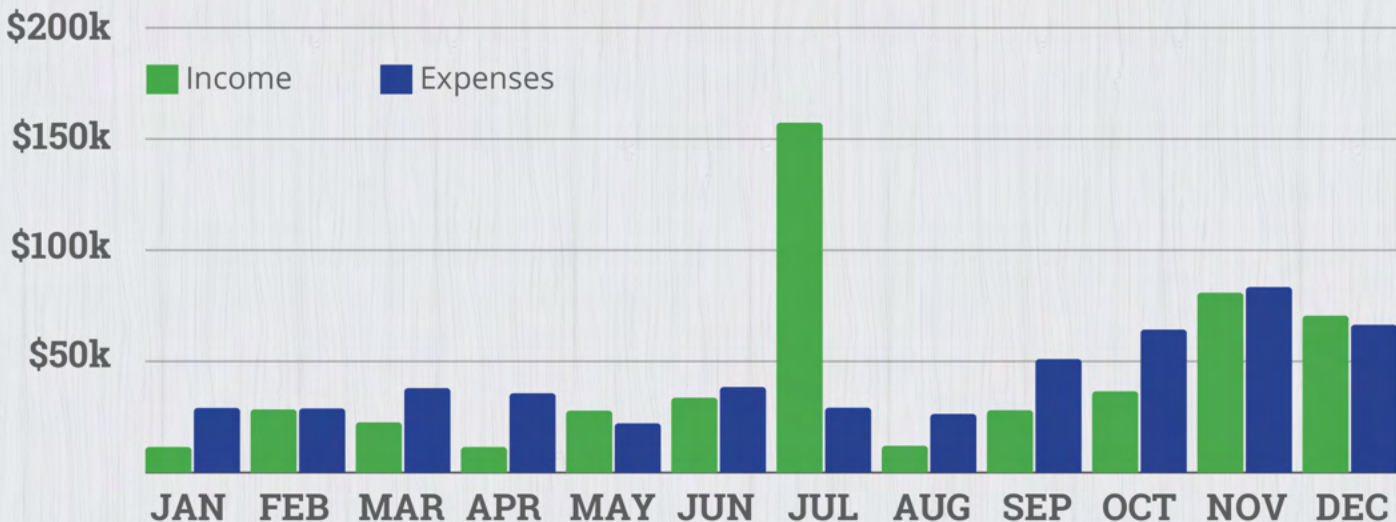
FY2023 Balance Sheet

\$525,278	Total Revenue
\$512,866	Expenses
\$12,412	Excess/Deficit
\$1,197,944	Net Assets - End of Year

Annual Income *Growth*



2023 Monthly Income vs Expenses





Create **partnerships** outside of the Louisville area



Maintain & recruit more **volunteers**



Increase **monthly support**



Launch a **capital campaign**

2024 AND BEYOND

In 2024—our 20th year of service—we will continue much of the work we started in 2023 by maintaining relationships, building new relationships, and continuing important projects. Our goals will be to:

- **seek partnerships outside Louisville** in areas like Owensboro, Bowling Green, Shelbyville, and Nashville, TN.
- **train leaders & retain volunteers** while continuing recruitment efforts.
- **increase monthly support** through our monthly donor Booster program.
- **launch a capital campaign** to finish and furnish **The Lodge**—our new Retreat Center multipurpose building that began construction in 2023.

The Lodge is a MUCH needed multipurpose building at our Retreat Center in Scottsville, KY. This new building will provide additional living quarters for volunteers, a sensory room, indoor playroom, and a large open space for indoor activities and lounging. The Lodge will offer gathering space when the weather gets messy and open opportunities for us to host more activities year-round at our Retreat Center—possibly even extending our family retreat season. We hope to begin using The Lodge in the summer of 2024.

OUR GOALS

*The Lodge under construction
early January 2024*





The Goliath Challenge is a favorite retreat tradition



Guest families—and beloved service animals—stay in their own private cabin

“The weekend I served on was amazing! I enjoyed participating and meeting all the wonderful hosts and guests. It really solidified my support of Barren Heights!”
—BH Volunteer & Monthly Donor



A guest child enjoying the marimba in our music park



We welcome families with children of all ages



S'mores around the bonfire bring all the smiles!

Barren Heights

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