



2015
IMPACT REPORT



BEDS FOR KIDS

Ending Child Bedlessness

One House at a Time (OHAAT)
Beds for Kids Program

411 Susquehanna Road · Ambler, PA 19002
215-346-6427 · www.ohaat.org

At OHAAT we believe in the importance of home. We believe in its ability to provide physical and emotional comfort. And we believe that the more comfortable you feel in your home, the better equipped you are to face challenges and opportunities outside of your home. By providing beds for children, we hope to give them the kind of comfort they need to thrive.

Becky Sedmak
Executive Director



The Beds for Kids program provides beds, bedding, and tools that encourage healthy bedtime habits, **so children can get the quality sleep they need to thrive.**

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Beds for Kids Program

Many organizations help low-income families obtain and retain housing, but only a few help them turn their housing into functional homes. The result is a phenomenon that we've termed *child bedlessness*. Thousands of children in Greater Philadelphia have a bedroom but no bed. They sleep on the floor, on makeshift beds (sofas, air mattresses, etc.), or with their parents. Uncomfortable sleeping arrangements like these often cause poor sleep, which puts children at risk of developing a wide range of health problems as well as cognitive and social-emotional impairments. Quite simply, children who don't sleep well don't function well.

OHAAT is working to end child bedlessness through a program called Beds for Kids. The program provides beds, bedding, and tools that encourage healthy bedtime habits, so children can get the quality sleep they need to prevent disease and illness and to perform well in school.

BEDDING PACKAGE ILLUSTRATION

Contents of a Beds for Kids Bedding Package



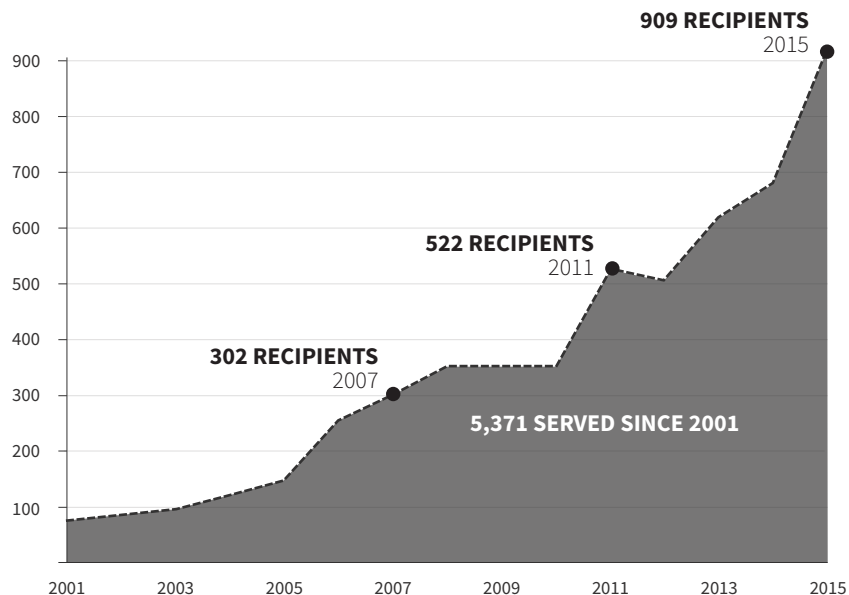
Families are referred to the Beds for Kids program by over 90 social service agencies located throughout Greater Philadelphia. These referral partners are essential to the program's success because they provide targeted outreach through interviews and home visits. In order to qualify for the program, recipients must be 2 to 20 years old and living below the poverty line (for a family of four, this was \$2,020 per month in 2015).

OHAAT purchases beds and bedding in bulk from various manufacturers and collects donations of bedding and bedtime items from individuals and partner organizations. Once a family is approved for the program, all of the items are delivered directly to their home with the help of OHAAT's 16-foot box truck and growing body of volunteers.

Since the program began in 2001, OHAAT has helped more than 5,000 children get the sleep they need to thrive.

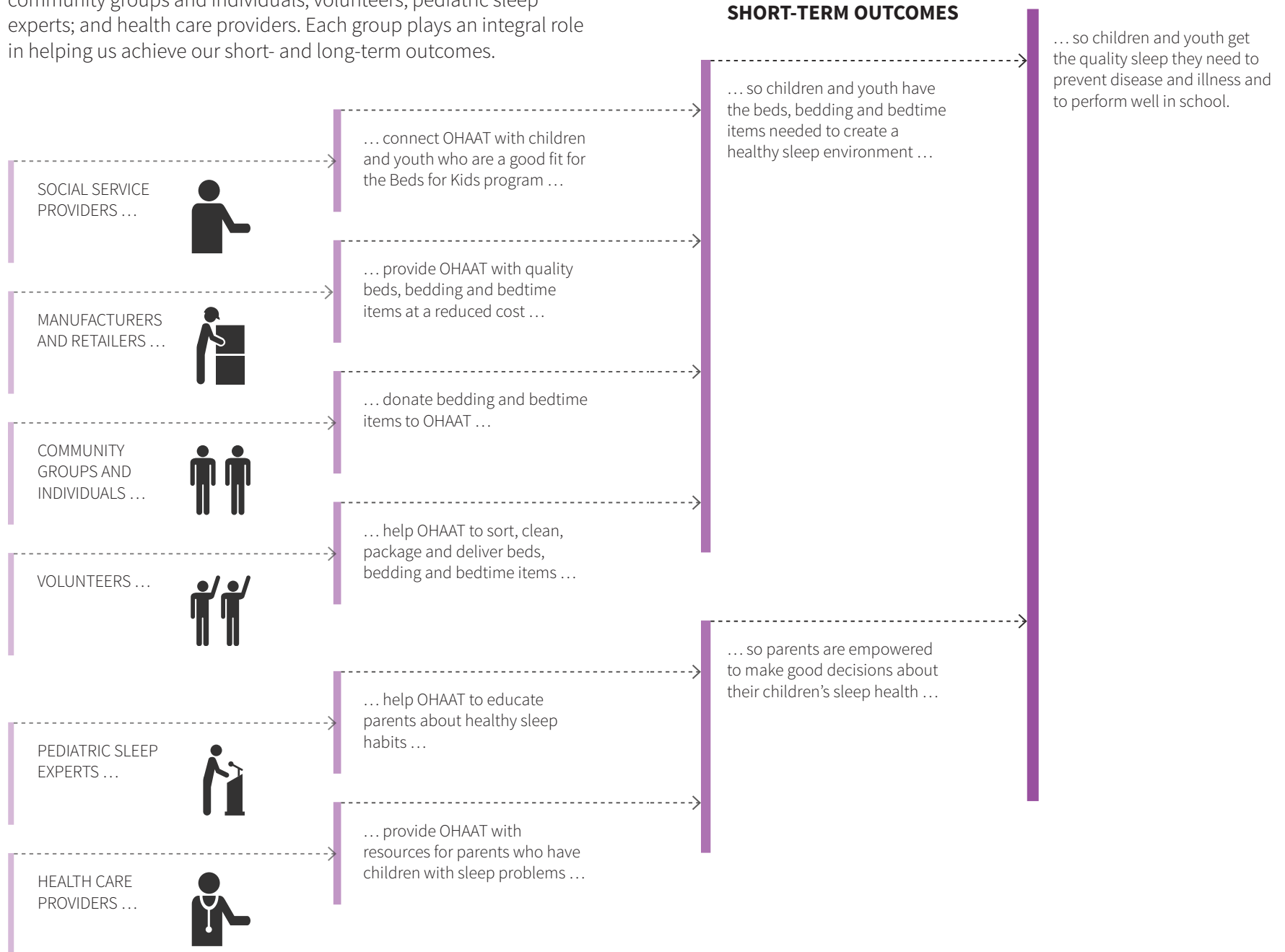
BEDS FOR KIDS PROGRAM GROWTH

Number of Program Recipients by Year



Theory of Change

The success of OHAAT's Beds for Kids program depends on many partners: Social service providers; manufacturers and retailers; community groups and individuals; volunteers; pediatric sleep experts; and health care providers. Each group plays an integral role in helping us achieve our short- and long-term outcomes.



2015 Accomplishments

In 2015 the Beds for Kids program served 909 individuals, including 901 children and youth. This is 176 more than our goal and 230 more than we served in 2014. The 909 recipients came from 465 families living in 61 different zip codes. About 77 percent resided in Philadelphia County, 13 percent in Montgomery County, 7 percent in Bucks County, 2 percent in Delaware County, and 1 percent in Chester County. The beds were delivered with OHAAT's 16-foot box truck and 243 volunteers who donated 3,321 hours during 88 delivery events.

VOLUNTEER STATISTICS

243

VOLUNTEERS

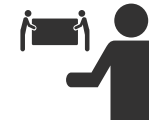
2014-2015
CHANGE
+51%



3321

HOURS DONATED

2014-2015
CHANGE
+123%



88

DELIVERY EVENTS

2014-2015
CHANGE
+21%



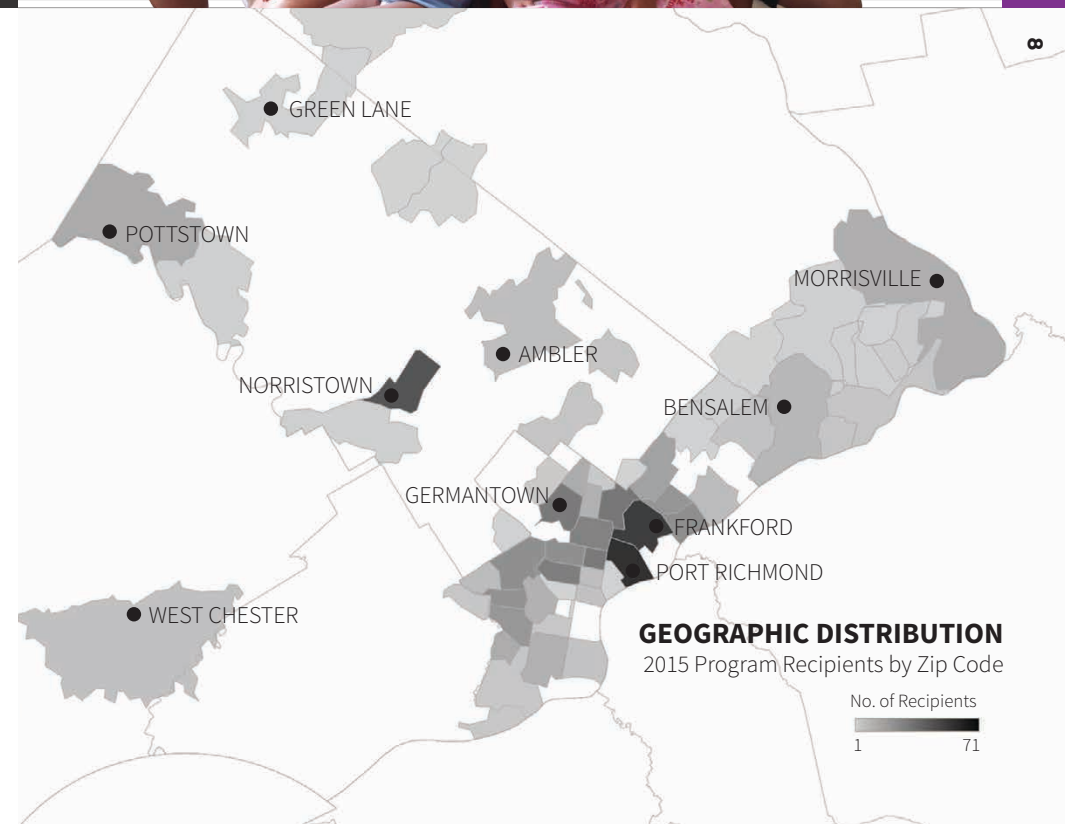
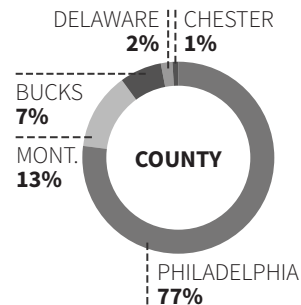
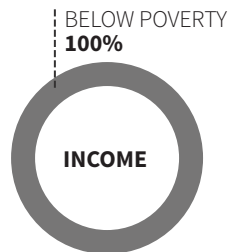
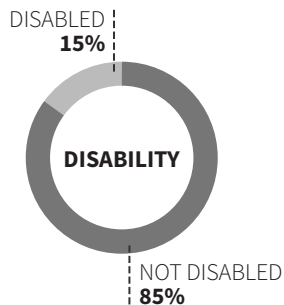
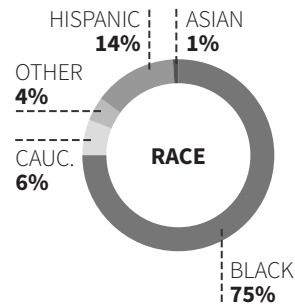
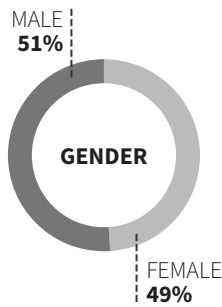
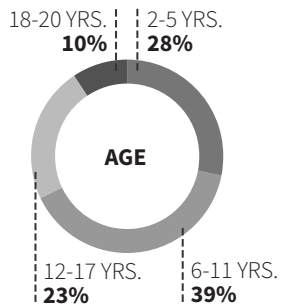
The Beds for Kids program grew significantly in 2015. We served 901 children and youth—**24 percent more** than our goal and **34 percent more** than in 2014.

909
RECIPIENTS



465
FAMILIES

RECIPIENT DEMOGRAPHICS



Recipient Spotlight

About two years ago, Renee made the difficult decision to leave an abusive relationship. She took her two children, her purse, as much as she could squeeze into her small grocery cart, and moved into a motel. After a month they had no choice but to move into a shelter. And then into another shelter. And then into another. Renee dropped out of school where she had been studying law and began focusing all of her energy on finding a home. With the help of a domestic violence support program, Renee and her two children finally moved into a new home, but she couldn't afford to purchase beds for her children, just an air mattress.

Thanks to our generous supporters, the Beds for Kids program was able to replace their air mattress with two comfortable beds. OHAAT volunteers delivered two beds along with sheets, blankets, pillows, stuffed animals, and toothbrushes—directly to their new home.

On delivery day, the family was ecstatic. Renee turned to her daughter and said, "Look! You've finally got your own bed. No more cots! No more blow-up mattresses!" They high-fived and then embraced as excitement gave way to tearful relief. "I never thought we would be able to pick up the pieces," Renee told us. "Now, with a house to call home and comfortable beds to fall asleep in, my children will be able to reach their full potential and succeed in life. We can't thank you enough."



"Now with a house to call home and comfortable beds to fall asleep in, **my children will be able to reach their full potential** and succeed in life."

BEFORE & AFTER PHOTOS



The air mattress that Renee's two children were sharing before our delivery



Renee making the bed for her son after our delivery



Partner Spotlights

KENCREST SERVICES

Referral Partner

OHAAT is a proud partner of KenCrest Services, a nonprofit that supports people with intellectual disabilities and autism. OHAAT works specifically with the Early Intervention team at KenCrest. Their dedicated staff helps young children who have developmental, neurological, orthopedic, behavioral and learning difficulties. Using a family-centered model, they make regular home visits and provide a wide-range of services, including education, social work, speech and language therapy, behavior supports, occupational therapy, and physical therapy.



All of the children in the Early Intervention program are facing difficulties that can be easily exacerbated by bedlessness. Over the past 3 years, KenCrest has referred 72 children to the Beds for Kids program. All of the children received OHAAT's full services as well as special instruction from KenCrest staff on the importance of sleep and healthy bedtime habits. This instruction further increases the impact of the Beds for Kids program, making KenCrest an ideal referral partner.

ST. JOSEPH'S UNIVERSITY PSYCHOLOGY DEPARTMENT

Supporting Partner

In 2015 OHAAT completed a research study in partnership with St. Joseph's University Psychology Department and Dr. Jodi Mindell, an internationally-recognized leader in pediatric sleep medicine. The study quantified the impact of the Beds for Kids program on children's sleep and tested the effectiveness of an educational component that provides timely information on small changes that parents can make to improve their children's sleep, like going to bed before 9PM and keeping electronics out of the bedroom.



Preliminary results were presented at the 2015 Sleep Meeting in June, and the final results were presented at the American Academy

of Pediatrics National Conference and Exhibition in October. The study found that children who received beds from OHAAT slept an average of 20 more minutes each night and had a significant reduction of electronics in their bedroom. Furthermore, children who received beds from OHAAT as well as the sleep education component slept an average of 30 more minutes each night and had even fewer electronics in their bedroom. Since completing the study, OHAAT has made the educational component a permanent part of the Beds for Kids program. It includes a bookmark, magnet, and informational sheet emphasizing two messages: Go to bed before 9AM and keep electronics out of the bedroom.

Over the years OHAAT has received an abundance of qualitative feedback about the positive impact of our program. This study, however, allows us to quantify the impact and prove that it is in fact significant.

GILMORE & ASSOCIATES

Supporting Partner

In each of the past two years, OHAAT held a large volunteer event



for Gilmore & Associates, a local engineering firm that encourages their employees to give back to the community. During both events, more than 20 volunteers delivered beds, sorted and packaged books, and made no sew blankets and pillows.



Volunteers unloading beds at a recipient's home in Ambler



Volunteers making no sew fleece blankets

2015 Financials

OHAAT generated \$228,063 of revenue in 2015, 24 percent more than in 2014. Approximately 5 percent came from donated occupancy (office and storage space), 6 percent came from supporting organizations, 12 percent came from individuals, 36 percent came from foundations, and 41 percent came from the Beds for Kids Reimbursement Program. The Reimbursement Program allows OHAAT's referral partners to refer an unlimited number of clients to the Beds for Kids program as long as they reimburse OHAAT for its costs, currently \$161 per recipient.

2015 Supporters

STANDOUT VOLUNTEERS

Individuals who volunteered a significant amount of their time

15+ Hours

Dave Barber
Rick Beyerle
Eddie Brace
Jack Freeston
Rick Graber
Tim Joyce
Al Kellenbenz

Bill Kelso

JoAnne Monahan
Dylan Odhner
Mike Servey
Ron Smith
Walt Unterberger
Bob Weisser

35+ Hours

Ray Donachie

55+ Hours

Terry Kelso
John Monahan

75+ Hours

Ken Barber
Emily Jeske
Dave Miller
Barry Muth
Rich Sedmak

VOLUNTEER ORGANIZATIONS

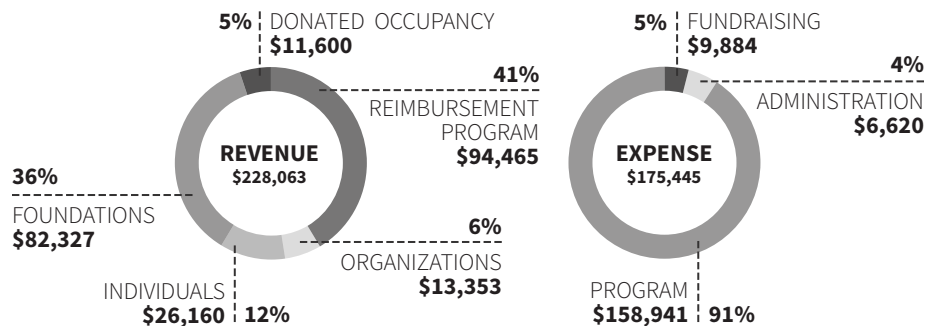
Organizations that provided a significant number of volunteers

Bryn Athyn College
Gilmore & Associates
Gloria Dei Church
Harcum Association for the Education of Young Children
Jarrettown United Methodist Church
Johnson & Johnson Consumer
Kohl's Center Square

Philadelphia College of Osteopathic Medicine
Presbyterian Church of Chestnut Hill
St. Alphonsus Church
St. Cyril of Jerusalem Church
Upper Dublin Lutheran Church
Willow Grove Baptist Church
World Mission Society Church of God

The Beds for Kids program provides **significant value** with **minimum expense** because of volunteers, in kind donors, and strategic partners.

REVENUE AND EXPENSE



About 91 percent of OHAAT's \$175,445 expense went directly to the Beds for Kids program, 5 percent went to fundraising, and 4 percent went to administration. There was a \$52,618 surplus, which includes \$23,793 of restricted grants and reimbursements for beds delivered in 2016. The remainder of the surplus will be used in 2016 for much-needed capacity building, including additional staff and storage space.

DONOR ORGANIZATIONS & FOUNDATIONS

Organizations and foundations that provided significant financial and/or in kind donations (**bold** = major donor)

Ambler YMCA
AMETEK
Blair Mill Elementary School
George Apeldorn Landscaping
Carmel Presbyterian Church
Caroline Fredricka Holdship Trust through the PNC Charitable Trust Grant Review Committee
Chalfont United Methodist Church
Clarence J. Venne Foundation Trust
Cradles to Crayons
Doc Bresler's Cavity Busters
Foundations Community Partnership
Fox Chase Bank
From My Hand
Gilmore & Associates
Gloria Dei Church
Henrietta Tower Wurts Memorial Impact Thrift Stores

Jarrettown United Methodist Church
Johnson & Johnson Consumer
Kohl's Center Square
Kiwanis Club of Ambler
Lower Gwynedd Elementary
Moore's Auto Repair
Nelson Foundation
PNC Charitable Trust
Quaker Chemical
St. Matthew's Evangelical Lutheran Church
St. Peter's Church
Tompkins VIST Bank
Thrivent Financial
Upper Dublin Lutheran Church
Wawa
Willow Foundation
Wissahickon High School
W. W. Smith Charitable Trust



BEDS FOR KIDS

One House at a Time (OHAAT) is a 501(c)(3) nonprofit organization. OHAAT is working to end child bedlessness through a program called Beds for Kids. The program provides beds, bedding, and tools that encourage healthy bedtime habits, so children can get the quality sleep they need to thrive. For more information about OHAAT or to find out how you can get involved, visit us on the web at to www.ohaat.org or call 215-346-6427.