Our Mission

Spring Lake Ranch Therapeutic Community supports and empowers people with mental health and substance abuse issues by providing opportunities to grow and thrive. Through shared experience, meaningful work and active participation in an accepting, diverse community, we help each person develop the confidence and skills to recover.
Dear Friends:

We are pleased and proud to bring you this year’s Annual Report of the Spring Lake Ranch Therapeutic Community. In these pages, you’ll notice a new look: charts, graphs, and pictures which highlight the year in retrospect. It’s been a year of significant change and not without its challenges: the start-up and closure of a new, licensed, dual-diagnosis program in Rutland, the departure of an Executive Director in January and the hiring of a new Executive Director in June, and challenges around census and financials. What’s remarkable about the Ranch is its resilience. The strength of the organization is in its people and the relationships we have with each other, our clients, and our families. We’re pleased to report that these relationships, with their focus on healing and recovery, are strong and intact.

In these pages you will note significant accomplishments and impressive figures; what’s nearly impossible to capture is the experience of someone who tells you her life was transformed because she came to Spring Lake Ranch. The stories of transformation, of acceptance, of hope are what inspire us every day. We hope that our newly designed Annual Report captures these stories and demonstrates our commitment to the important work begun by Wayne and Elizabeth Sarcka in 1932—creating opportunities to recover and instilling hope—one life at a time.

Sincerely,

Lynn J. Pilcher
Executive Director

Kathy Ford
Board Chair
On a beautiful, late-summer day a launching was held at Spring Lake. It had been a long time coming. Hard work had been done and now The Kea, a small sail/row boat was ready to launch…and so was I.

I came to the Ranch after I had been forced to take a disability retirement from my job due to depression. I had resisted the retirement for a long time, not wanting to accept that it was that bad, that I was that ill. But I was that ill, having not been to work or rarely out of my home in over a year. With the decision to accept the retirement came the realization that, if I wanted a life, any kind of life other than the seemingly unending darkness, I had to do something drastically different. That something turned out to be Spring Lake Ranch.

In my first meeting with Dr. FauntLeRoy, she recognized the symptoms of adult children of alcoholics in me and so accurately described events in my life that I was shocked. I knew I was somewhere different. Though Dr. FauntLeRoy planted the seeds that would eventually lead to healing, it would be a long time before they grew. I spent six months on The Hill, stopping the downward spiral of depression and finding some equilibrium and fledgling confidence through the work program and my ability to contribute to the community. I spent the whole six months out in the woods. I never entered the Wood Shop.

One of the reasons I chose the Ranch was because it offered an aftercare program. I knew from experience that going right back to the same environment I had been living in would not work. Change takes time, a long time, and I was committed to finding a better way of living. So I moved to Rutland and continued as a client in the Ranch’s Rutland Program. Still, it would be another two years before I found the courage to face the issues that I had been hiding from all of my life. But finally, after realizing that I was continuing in the same behaviors that had only made me miserable all of my life, I hit bottom and was able to ask for and accept help.

And help was there in the form of Jane, my case manager, Debbie, my therapist through Dr. Faunt LeRoy’s office, and the women’s group they facilitated. With their encouragement I found an ACA (Adult Children of Alcoholics) meeting and started reading about the disease. At Jane’s suggestions (which I was finally open to), I started trying things I never would have been willing to do before. I began building things, dog agility course elements, and a small palace for the rabbits she asked me to care for. I went to drumming and discovered and found I loved the sense of community it creates, the peace it gives me and the friends I made there. And I got involved in the boat building with Andy in the Townhouse barn. All of this,
gradually, over time, in my own time, changed my life.

Through ACA, I learned about the disease that has affected my family for generations, and I’ve found support as I go about slowly changing the ineffective behaviors I’ve developed since childhood to cope with the family dysfunction created by the disease of alcoholism.

Through boat building, I have discovered work that gives me joy, work that I can do even on dark days and find peace. When I went to Andy with the proposal to build a small boat for the lake, I had no idea how much I would love doing it. Over the next year and a half we all worked on finishing up a strip canoe and then on building The Kea, as I named her, after Andy’s dog. During that time, I took a summer course at Wooden Boat School and the instructor there told me about The Carpenter’s Boat Shop in Maine. It is an apprenticeship-school and community for people who are in a life transition. “While considering goals and directions, apprentices live in community and learn boatbuilding, carpentry, furniture making, sailing, seamanship, and perform community service. They also explore personal faith through reading, study, and discussion.” I felt like it was meant for me, the next step after the work I’d done at the Ranch. As I went through the application process, I worked as the Wood Shop intern on The Hill to develop my woodworking skills, building beds for the Ranch and one for me as well.

On August 29th, The Kea was launched at Spring Lake. On September 7th, I began my apprenticeship at The Carpenter’s Boat Shop. The depression I have experienced all of my life is not gone. But now, when it comes around, I know it will also leave, and I know what will get me through it. I have discovered a tremendous gift through the supportive environment of the Ranch and the people who work there…me.
A YEAR AT THE RANCH IN NUMBERS

282 gallons of cider were made
1,095 – the Number of times the Dining Room floor was mopped
770 was the High score for the card game “Wizard”
365 – the Number of days that someone played guitar in the Living Room
50,000 - the Number of pieces in the jigsaw puzzles we did this year

2.1 million light-years away – the Andromeda Galaxy was the most distant object viewed by Ranchers during a stargazing event
21,900 minutes of AA/NA meetings were attended by Ranchers

61 individuals were newly admitted to Spring Lake Ranch

Wood Crew

415 gallons of syrup made in a short yet impressive 4-week season with nearly 2,500 taps
12 cords of wood were sold to local Vermonters (and some Ranch staff)

Shop Crew

5 beds were made
3 desks were made
8 chairs were made
11 dining room chairs were repaired
14 signs were painted

Rutland Program

14 clients successfully discharged from the Rutland Program
26.5% of Rutland Clients worked in the Maintenance Program
416 meals were prepared in the Rutland Program Cooking Class
4,048 hours were worked by Clients in the Rutland Maintenance Program
Farm Crew

8,911 eggs collected
3,517 hay bales yielded
10 calves were born
9 lambs were born
9 – the number of times the cows were moved up or down Spring Lake Road
14 – the number of times the cows got out

Gardens Crew

3 lbs. of dried anise hyssop were harvested
2 lbs. of dried tulsi holy basil were harvested for Ranch loose leaf tea
1 lb. mix of calendula, yarrow, and comfrey were used to make Ranch salve
10 sage plants, 15 thyme plants, and 20 lemon balm plants were added to the kitchen herb garden
799,580 blueberries were picked
5,206 cups of the World’s Best Granola were baked
3,217 garlic cloves were peeled
131 cakes were made

Dollars & Cents

2,672 checks were written by the Ranch Business Office
25 families received financial aid totaling over $193,000
467 charitable gifts were made to the Ranch from 322 generous donors
$25,000 was raised for the Sarcka Scholarship Fund through the sale of Ranch wood and syrup
TOGETHER AS A COMMUNITY WE...

* Cut all the firewood we could use and more to sell
* Recycled the Recycling Shed
* Sat together by a campfire
* Built 3 beautiful gazebos
* Beautified the flower gardens
* Worked late nights in the Sugar House
* Talked about the meaning of life
* Had fun at our first annual Paddle Battle fundraiser
* Played many games of Ranch ball

* Harvested blueberries
* Raised twin calves born out of season (oops!) and nursed one of them back to health
* Built and installed a new compost system
* Made woven pocketbooks
* Rebuilt the tedder
* Played cards in the dining room
* Harvested vegetables
Highlights & Accomplishments

* Participated in organized activities including…a cooking class, a weekly drumming group, artistic therapy, boxing, boat building, Hearing Voices Group, Coping Skills Group, Dual Diagnosis, maintenance program, AA and NA Groups, and pottery
* Pioneered a new Thursday Morning Meeting format, sitting in a circle, singing a song together, and speaking our appreciations of each other
* Rebuilt the Matless stone wall
* Made an awesome patchwork quilt, with each person designing his or her own square
* Had ping-pong tournaments
* Rebuilt the magic truck
* Had an Art Show/Open Mike Night in the Game room during a wild storm
* Played guitar in the Living Room

Had mandatory fun on the frozen lake

Celebrated the holidays
**Hospitals with Highest Referral Volume**

- McLean: 16
- Silver Hill: 14
- NY Presbyterian: 11
- Brattleboro Retreat: 10
- Menninger: 8
- Roland Regional: 5
- Autism Ridge: 3
- Fletcher Allen: 2

**Where Prospective Residents Come From**

- Hospital: 42%
- Home: 32%
- ARTA or Web Search: 41%
- Addiction treatment: 12%
- Addiction Programs: 9%
- ARTA or Web Search: 9%
- Hospital Social Workers: 8%
- Wilderness Program: 2%

**Where Families Find Out About Spring Lake Ranch**

- ARTA or Web Search: 41%
- Hospital Social Workers: 23%
- Other: 9%
- Addiction Programs: 9%
- Therapists: 3%
- Educational Consultants: 3%
- Psychiatrists: 5%
- Other: 9%
We are saddened to report that Joan Sibley died suddenly at her home in Shrewsbury on December 15, 2013.

Joan spent time with us at the Ranch in the late nineteen sixties and settled in town in a lovely log cabin, a home that expressed so much of her personality. Joan loved nature and especially hiking. She hiked in Vermont and other Eastern states, and in the West. She was shy and retiring, but also reveled in the beauty of nature which she fearlessly embraced and enjoyed more than anything else, right up until the time of her death.

Joan was also an avid reader and wrote beautiful, and sometimes very funny, poetry. She was a much loved and appreciated member of a writing group in Shrewsbury. They are working on collecting her poems and prose into a small book which we look forward to seeing.

Joan’s Trust from her mother has been passed on to the Ranch and will be used entirely to provide Sarcka Scholarship aid in perpetuity.
Anne Sarcka, daughter of Ranch founders Wayne and Elizabeth Sarcka, generously donated two beautiful parcels of lakeshore property on the southeast side of Spring Lake to Spring Lake Ranch Therapeutic Community last year. This map depicts the new Ranch property.

“It is good to know that the property will be enjoyed by Ranchers and others for many decades to come. This was a win-win for all concerned. I am sure that the forest and land will be much loved and well cared for. Enjoy! “

-Anne Sarcka
From the BUSINESS & DEVELOPMENT Offices

Operating Fund - Expenses

- Physical Plant: $183,061 (4%)
- Cap X: $65,993 (2%)
- Program: $672,448 (15%)
- Administration: $451,102 (10%)
- Compensation: $3,024,947 (69%)

Operating Fund - Revenues

- Fees: $4,062,637 (91%)
- Financial Aid: $202,145 (5%)
- Other: $92,362 (2%)
- Development Grant: $50,000 (1%)
- Endowment Grant: $66,000 (1%)

2013-14 Annual Contributed Income

- Individual, Corporate & Foundation Gifts: $250,000
- Special Anonymous Gift from a Grateful Family: $31,177
- Program Income (Syrup, Farmers Market, etc.): $1,099
- Other: $235,649

Thank you to each of our 322 donors!

Fun was had by all at our first Paddle Battle fundraiser!
## Thank You to Our 2013-14 Donors – We Appreciate Your Support

### $5,000+

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$1 - 99
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Stonewall Kitchen
Summer Kitchen Bake House
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Vermont Symphony Orchestra
The Victorian Inn
Harry & Betsy Welch
Weston Playhouse Theatre Company

Spring Lake Ranch is grateful for these gifts received between September 1, 2013 and August 31, 2014.

If your name does not appear, is misspelled or listed incorrectly, please accept our apologies and bring the error to our attention by calling Heather Brown at 802-492-3322, ext.242.
# Who’s Who in the Spring Lake Ranch Community

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- Bruce Allen, Shop Manager
- Chris Colm, Rutland Program Case Manager
- Courtney Ianni, Substitute
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- Dory Overable, House Advisor Coordinator
- Doug Patton, Woods Manager
- Dr. Jennifer FauntLeRoy, Psychiatrist
- Emily Nicholas, House Advisor
- Heather Brown, Director of Development
- Isabel Elliott, House Advisor
- Janet Stocker, Receptionist/Administrative Assistant
- Jenna Rosenwasser, Substitute
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- John Freeman, Physical Plant Manager
- Johnna Bruno, Royce Street Living Skills Coordinator
- Justine Farrow, Cook
- Katherine Keniston, Kitchen Assistant
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