

THE CENTER FOR
DISCOVERY®



OUR CASE
FOR SUPPORT

OUR STORY

We don't
just make
lives better,
we
transform
them.

Our story began more than 70 years ago with a few determined families and a small plot of land. Today, **The Center for Discovery®** is internationally recognized for its leadership in caring for people with complex disabilities and medical frailties, including autism.

Set on 1,500 acres of protected land in New York's Sullivan County, The Center for Discovery is a place where hundreds of children and adults reside, attend school, or receive clinical day services paired with immersive educational, nutritional, social, recreational and creative arts experiences. **We are grounded in the belief that every person deserves the opportunity to live life to its fullest potential.**

One day, our story may become part of your story.

The increasing need for complex care is all but certain as we age. The Center for Discovery is setting the standard of care for aging populations, enabling individuals to lead more active, enriching lives, and making discoveries that will enhance future quality of life. Our most impactful therapeutic and research programs are only possible because of outside philanthropic funding.

The Center for Discovery's \$100 million endowment campaign promises to be our most important chapter yet, and we'd be honored if you'd be part of it.



OUR IMPACT

We add value and opportunity
for all our communities.



\$1.7 Billion

Economic impact on the state of New York
over a nine year period



1200

Children and adults we serve each year



300

Number of residential and community students



350

Number of children and adults, living in 52 independent residences
—located on our farms and on Main Street in Hurleyville, NY.



700

Number of people in the local community treated at
our health clinic per year



1700

Number of employees
*The largest employer in Sullivan County



1500

Acres of sustainably managed property, including
protected land in partnership with Open Space Institute



100

Percent of our energy from renewable sources

OUR PARTNERSHIPS AND RESEARCH

RESEARCH PROGRAM:



The Center for Discovery's research program was founded in 2004 with the purpose of understanding how the environment affects functioning in people with complex conditions. Today, this research program has evolved into the Research Institute for Bio-Behavioral and Environmental Health, with the understanding that biology, lifestyle behavior, and the environment are explicitly interconnected, and profoundly impact brain and body health in individuals with multifactorial, multisystem conditions.

ACADEMIC AND RESEARCH PARTNERS:

- **The Mild Cognitive Impairment (MCI) Empowerment Program** at Emory University and Georgia Tech
- **The Center for Integrated Global Biomedical Sciences (CIGBS)** at the University of Buffalo (UB)
- **David Beversdorf, M.D.**, Professor of Radiology, Neurology, and Psychological Science, University of Missouri
- **Gari Clifford, Ph.D.**, Biomedical Informatics at Emory University and Biomedical Engineering, Georgia Institute of Technology
- **Sridevi Devaraj, Ph.D., DABCC, FAACC, FRSC, CCRP**, Director, Clinical Chemistry and Point of Care Testing, Texas Children's Hospital
- **Orrin Devinsky, M.D.**, Director of the NYU Comprehensive Epilepsy Center and the Saint Barnabas Institute of Neurology and Neurosurgery (INN)
- **Juergen Hahn, Ph.D.**, Professor & Department Head, Biomedical Engineering, Rensselaer Polytechnic Institute
- **Terry Katz, Ph.D.**, Department of Pediatrics, University of Colorado School of Medicine
- **Jeffrey Lombardo, PharmD, BCOP**, Associate Director of the Empire State Patient Safety Assurance Network, Research Assistant Professor at the University at Buffalo
- **Ruth Ann Luna, Ph.D.**, Assistant Professor, Pathology and Immunology, Baylor College of Medicine and Director of Medical Metagenomics, Texas Children's Hospital
- **Kara Gross Margolis, M.D.**, Associate Professor of Pediatrics, Columbia University; Pediatric Gastroenterologist, New York-Presbyterian/Columbia
- **John Ratey, M.D.**, Associate Clinical Professor of Psychiatry, Harvard Medical School
- **Stephan Rechtschaffen, M.D.**, Co-founder, OMEGA Institute; CEO, Blue Spirit
- **Tor Savidge, Ph.D.**, Associate Professor, Pathology & Immunology and Pediatrics, Baylor College of Medicine and Principal Investigator, Neuroimmune-Microbe Interactions, Texas Children's Hospital
- **Rune Simeonsson, Ph.D., MS.PH.**, Professor and Chair of Psychology Department, University of North Carolina Chapel Hill
- **Nicole Withrow, Ph.D., MS, RD**, Nutrition and Dietetics, University of Northern Colorado

THE CENTER FOR DISCOVERY AND NORTHWELL HEALTH AFFILIATION:



The affiliation agreement between The Center for Discovery and Northwell Health, NY's largest healthcare provider, identifies ways that the two organizations can work together to better meet the needs of individuals with developmental disabilities and medical complexities, including autism.

OUR APPROACH

We think outside the **box** by thinking outside the disability.

The Center's success stems from its innovative therapies and immersive environments.

Caring for people with complex needs, such as cerebral palsy, Down syndrome, and autism, as well as other rare conditions, includes deep consideration of how the air they breathe, the food they consume, the surroundings they see, and the sounds they hear impact their health and ultimately our health, too.

We have created a unique therapeutic ecosystem in which every space, activity, technology, and service is designed to work together, creating spaces that encourage each person to be and do their best.

- The individuals we care for don't just eat healthily—we nourish their bodies and minds as well with nutrient-rich food **harvested from our certified organic and Biodynamic farm.**
- Children and adults with autism don't just receive medical care—we build social skills and emotional connection through our **Animal-Assisted Intervention and Education Therapy Program (AAIE).**
- Family members and caregivers don't just observe—we provide hands-on **training and counseling for them both online and on-site at our Carrus Institute.**
- Staff and faculty don't just follow established treatments—we have become a **leading hub for research on, and new evidence-based interventions for, individuals who require complex care.**

The results? We believe in metrics that reflect whole-person outcomes, measured in sounder sleep, wholesome appetites, and other health and wellness measures.

The Center is continually innovating and advancing new models of care to better support individuals with complex health and social needs.

The magic comes when we focus less on what a disability tells us someone can't do, and instead focus our energy, and theirs, on all of the things we can do—together.



“The Center for Discovery takes the entire individual into perspective. It’s about the overall health and social and emotional wellness of the individual. Our family has experienced many organizations, but only The Center has this approach.”

MAURA ROBINSON
Center for Discovery Parent



We're developing a groundbreaking new assessment hospital, and with it, exciting new models of care.

Precision medicine that treats the whole person.

Individuals with complex disabilities usually have co-occurring medical and mental-health conditions, such as sleep disorders, anxiety, or digestive issues. Most treatments for autism, for example, focus on behavior without first conducting comprehensive biomedical assessments, which often expose underlying problems that exacerbate behavioral and learning challenges.

We are building a first-of-its-kind hospital to bring our innovative models of care to hundreds of young people every year.

New York State does not have any short-term, inpatient assessment programs for children with complex developmental disabilities, including autism. As these children transition into adolescents, their care becomes more challenging, both at home and in the classroom.

Recognizing these challenges, The Center is building New York's first Children's Specialty Hospital—set to open in 2022—to provide intensive, short-term care for children with complex disabilities and medical frailties, along with support and training for their families, caregivers, and school districts.

- Comprehensive biomedical evaluation and treatment will include a multidisciplinary team of physicians; registered dietitians; doctoral - or master-level special educators; physical, occupational, speech, and behavioral therapists; and other specialists, as needed.
- This statewide resource will allow children to successfully transition back into their homes and into their communities, reducing the need for long-term residential care.
- We believe it's important for schools and communities to learn how to accommodate and integrate individuals with complex conditions. Our case management team will ensure that families have the tools to stay together longer, and that school districts have a more comprehensive plan to educate and build a range of functional skills in these students.

Our innovative approach to caring for people with complex disabilities, and our extensive research into the underlying factors influencing their health, will have implications for people of all ages with a number of conditions, including dementia, diabetes, and ambulatory impairment.



By supporting The Center's endowment, you are advancing exciting, innovative models of care as well as critical research replicable throughout the country.

“

“The new Children's Specialty Hospital in Rock Hill is the organization's dream and a dream of mine. New York needs a short-term, in-patient assessment program for children with complex developmental disabilities. We also need to be at the forefront of groundbreaking research and treatment and there can't be any better group to do this than The Center.”

”

NEW YORK SENATOR CHUCK SCHUMER



By supporting The Center's endowment, you are championing Biodynamic farming; organic, whole foods; and the human right to a healthy, nutritious diet.



“

For me, there is immense satisfaction in growing food that is very clean and fresh, and harvested at peak ripeness within eyesight of where it is served to some of the most medically vulnerable children and adults. ”

GREG YORK

Farm Services Director
The Center for Discovery





We nourish the gut to feed the brain.

Food is more than a meal.

Our Department of Nourishment Arts® (DNA) believes in the science of nutrition, and has turned food into medicine. For individuals with developmental disabilities, we've demonstrated that even small changes in diet can produce outsize changes in behavior, cognition, and mobility.

DNA brings together farmers, chefs, and nutritionists to create a plant-based, whole-foods diet, ensuring that optimal nutrition is maintained at every point along the food chain—a **philosophy we refer to as Seed to Belly®**. The result is nourishment that supports good brain health, combats oxidative stress, and reduces inflammation.

- **Sustainable Food Production**

We source nutrient-rich food from our own 300-acre, certified organic and Biodynamic Thanksgiving Farm®. Each year, the Farm grows over 60 different kinds of vegetables, flowers, and herbs, and is home to three orchards. In addition, we raise several species of livestock including beef cattle, laying hens, pigs, as well as bees for honey.

- **A Community-Based Model**

The children and adults who live and attend The Center have the opportunity to participate in the planting and harvesting processes. The Center also operates a Community-Supported Agriculture (CSA) program, which provides fresh seasonal vegetables, fruit, and herbs to its 400 members, many of whom are staff and their families.

- **Groundbreaking Brain-Gut Research**

Increasingly, we've come to understand the intricate relationship between the gut, the brain, and the immune system. As many as 50 percent of children with autism present with gastrointestinal problems. We have learned first-hand that when we heal the gut, we can calm the brain.

At The Center, we monitor our residential population closely, and have compiled years of data. In one study, we are evaluating how the microbiome is different in people with autism and if it correlates with other related medical issues like sleep disturbances and seizures.

We also analyze our vast data set in real-time, allowing us to create the potential for rapid and effective outcomes in treatment. Through preliminary data compiled at The Center, we have seen a correlation between elopement behaviors and severe gastrointestinal issues. We've learned that individuals may be running away from pain, like that of constipation, rather than running toward something that attracts them.



**We create
inventive
experiences**
that open doors
to personal
growth.

An experience is not just an activity.

The spirit of perseverance and ingenuity that originally led to the creation of The Center for Discovery seven decades ago still defines us today. We challenge our staff to devise imaginative, multi-disciplinary interventions to support the emotional, physical, and mental health of those we serve, and to inspire personal accomplishment within them.



Adaptive Physical Education



Animal Assisted
and Ed



Art Education



Drama



Music Therapy



Recreation Therapy



Technology a



ed Intervention
ducation



Aquatic Therapy

By supporting The Center's endowment, you are aiding programs that enable all people to partake in the experiences that bring joy and meaning to our lives.



tic Arts



Fiber Arts



Food Exploration and Discovery®



and Innovation



Therapeutic Dance



Therapeutic Horticulture

We're all products of our environment, so we take great care when we create ours.

At The Center for Discovery a building isn't just a structure.

Design has the power to affect a person's health and happiness. In fact, our daily quality of life is shaped by the environments—natural and created—around us. We know that children and adults with autism and other complex conditions are disproportionately affected by factors in their physical, temporal, and social environments.



Creating Cleaner, More Sustainable Environments

For people with severe disabilities, improvements in environmental quality – such as removing toxins and enhancing green space, can profoundly affect their quality of life.

Our Discovery Health Center, pictured above, was the first U.S. healthcare facility to be registered with the U.S. Green Building Council, and the second such facility to receive the organization's Leadership in Energy and Environment (LEED) certification. The Center's Michael Ritchie Big Barn Center for Environmental Health and Education is also Platinum LEED certified. And 100% of our energy is from renewable resources.



Constructing Around

The Center has worked to create a... reduces stress and anxiety. This includes... light, wooden floors, cross-ventilation... spaces where individuals may feel

The Center's Ridge Campus was designed to reduce stress and anxiety and improve fun

By supporting The Center's endowment, you are advocating conservation, sustainability, and the value of open spaces for all.



Creating Calm and Us

A built and natural environment that includes the use of color, natural light, reduced noise, and even small spaces can be safer and more protected.

Designed specifically to decrease anxiety and stress for children with autism.



Exporting Our Knowledge

The Center has a long history in convening groundbreaking conferences that identify emerging ideas that help shape healthcare, education, and research. Building on these conferences and our highly regarded training programs, we are advancing efforts to share our best practices across the State and the nation.

When the award-winning Michael Singer Studio embarked on a project to create housing for adults with autism, it engaged The Center for its expertise with autism and the built environment.

THE ROAD AHEAD

We must meet the challenges of our time.

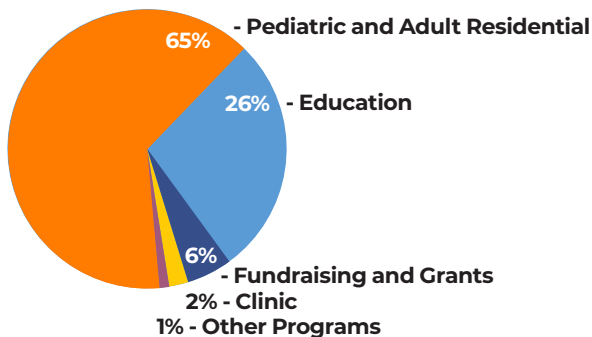
The Center must adapt to care for individuals earlier and later in life.

As the number of people with complex medical needs and disabilities grows, **government funding is not keeping pace, forcing nonprofit organizations to provide more services with less funding.** These problems are more acute in rural areas that typically have poorer health indicators and higher percentages of people with developmental disabilities. As we face government cuts, reliance on an endowment is imperative.

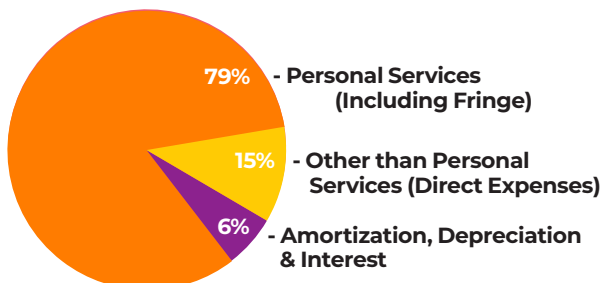
The future of The Center depends on our ability to meet the outside needs we know are on the horizon.

The Center for Discovery's \$121M operating budget is funded by a combination of public and private funding, with approximately 6% of revenue coming from fundraising and grants annually. The funds raised for the endowment are in addition to these totals.

2020 REVENUE*



2020 EXPENSES*



*2020 unaudited numbers.

Our people are our best resource, but new employees are in short supply.

No building, technology, or therapy can replace compassionate, dedicated, and experienced caregivers; they are the pillars of our community. By 2025, the U.S. is expected to face a shortage of 446,000 direct care staff and 125,000 registered nurses. The national health care worker shortage is most acute in rural communities like ours, where poor infrastructure and struggling economies compound the impact of an aging population. Sullivan County is ranked 61 out of 62 for poorest health outcomes in New York State and while we have helped to expand job opportunities and revitalize neighboring communities, we project the workforce deficit will grow by 18% in the next 10 years.

The future of The Center depends on our ability to attract and maintain a qualified workforce.

We can't treat the whole person with a fraction of the funds.

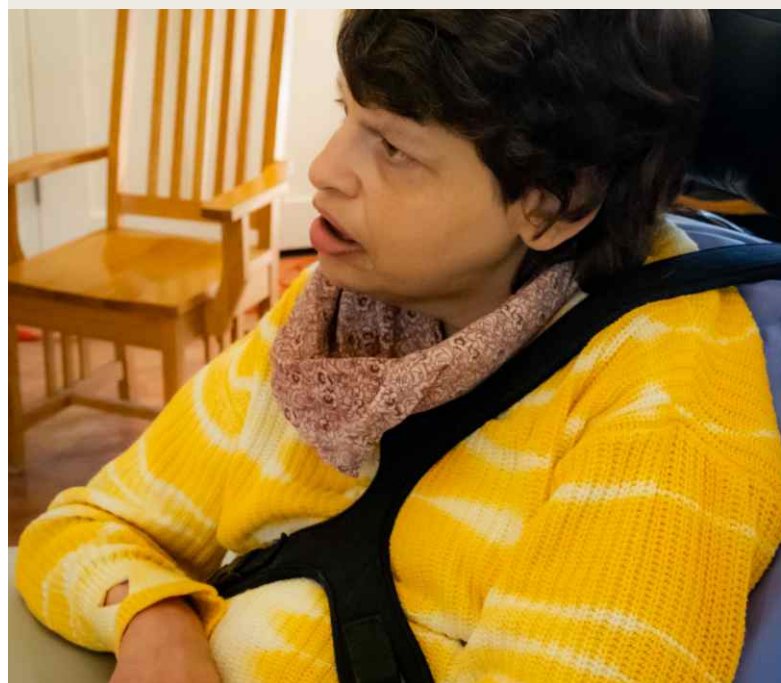
Thanksgiving Farm®. The Integrated Arts. Animal Assisted Intervention and Education: the experiences that transform the quality of life for the individuals in our care receive little or no government support. Medicaid and New York State reimburse only basic health and educational needs—the gap is filled by grants and the philanthropic support of individuals, families, corporations, and foundations.

The future of The Center depends on our ability to fund the most impactful programs.

We don't have yearly, flexible funding to weather unforeseen challenges.

As a healthcare provider for vulnerable populations, we have a responsibility to protect their health and safety, as well as that of our staff on the front lines. The financial impact of the COVID-19 pandemic - providing a constant supply of personal protective equipment, overtime and added benefits for our frontline workers, emergency childcare for essential staff and a continuous three month inventory of food, cleaning products and basic need items - put in sharp relief the need for emergency funding.

The future of The Center depends on our ability to secure consistent, flexible funding.



OUR CASE

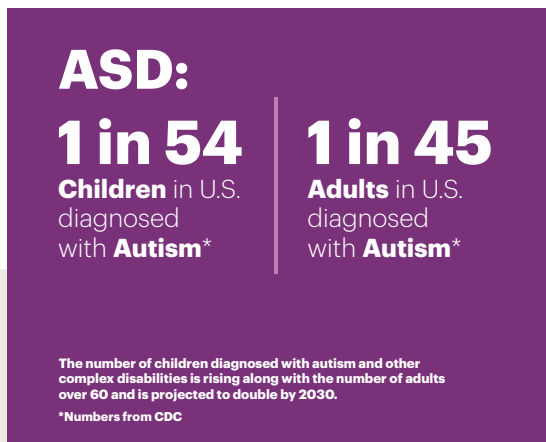
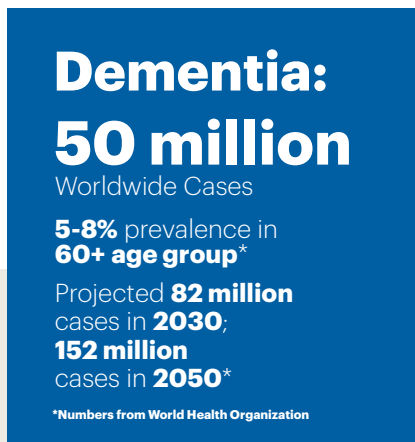
What Happens Here Matters Everywhere

- ▶ **The Center for Discovery has always strived to create an inclusive world where everyone can lead a full productive—and joyous—life. In doing so, we have set the standard of care for children and adults with a wide range of complex conditions and medical frailties.**

We have created replicable models of care that aspires not to just keep people alive but to help them feel alive. And we are doing it in a cost-effective, integrated approach that connects residences, farms, and clinics to local businesses, cultural activities, educational centers, and open spaces. Our practices are sustainable for us and for the land and air around us.

- ▶ **Most urgently, we are revolutionizing how society lives with and prepares for the growing number of people impacted by disabilities and medical complexities.**

This is critical because we are on the precipice of a public-health crisis, which means the work we do at The Center is more vital now than ever before.



Despite staggering numbers, dementia services remain poorly understood and woefully underfunded. Emerging research suggests that a significant portion of dementia is attributable to a combination of risk factors, many of which we are studying closely.

The Center systematically collects and maintains one of the largest collections of longitudinal data for individuals with highly complex developmental disabilities in the world, and we have research scientists, physicians, clinicians, and educators, working collaboratively to better understand and improve brain health.



“The first time I toured The Center, I felt like I just stepped onto the Google campus. It’s the same spirit of innovation and possibilities.”

BOB WRIGHT,
Former President, CEO & Chairman of NBCUniversal
Co-Founder, Autism Speaks

▶ **The passage of time results in physical and mental decline in all of us, making what happens here at The Center vital to people everywhere.**

Our investigations into brain and gut health, assistive technologies, and innovative therapeutic techniques have implications for anyone with deteriorating cognitive function, age-related physical impairment, or any number of chronic diseases. And although no single organization, individual, or program can address these challenges alone, we aim to build a community of partners, including you, who will work collaboratively to solve them.

YOUR OPPORTUNITY

We can turn adversity into opportunity but we need partners like you to do it.

An investment in The Center's \$100 million endowment campaign supports:



Our People

Complex care requires a diverse workforce with knowledge, skills, and abilities to support various complex needs. In order to attract and retain talent we are investing in our team, providing incentives and supportive services to bring—and keep—qualified workers, including:

- Tuition Reimbursement
- Student Loan Relief
- Childcare
- Housing and Transportation
- Financial Counseling
- Employee Wellness

Our Extended Community

We are the bedrock of the local economy and the communities around us. The Center is the largest employer in Sullivan County, where we also provide services to the community at large and school districts across the state. The Center for Discovery generated more than \$1.7 billion dollars of economic activity for the local community and the state of New York, in the last nine years.

At its core, the endowment is about The Center's financial security. A \$100M endowment will insulate The Center's community from external crises, government funding cuts, and more. Most importantly, this campaign is about sustaining the heart of The Center—the staff, the houses and farms, the organic food, science and research, arts therapies and life experiences.



Our Most Transformative Programs

The care we provide beyond basic health and educational programs is thanks to the support we receive from individuals, corporations, and foundations. Theater, art, dance, camping, even skiing: these are the programs and experiences that enrich lives in crucial and often priceless ways. A healthy endowment will help fund the special, life-changing programs that government funding does not.



Our Groundbreaking Research and Thought Leadership

The Center for Discovery has the resources and environmental conditions to study the interconnectedness of autism, complex medical frailties, and related health issues. But that research is almost entirely funded by outside philanthropic sources. We rely on dedicated research funding to continue making impactful discoveries with potentially universal applications that can be shared with researchers worldwide.

WHY WE SUPPORT THE CENTER



RESEARCH AND GLOBAL IMPACT

“

The Center for Discovery is our family's philanthropic priority. The organization's comprehensive vision for complex care has been transformative for my brother and our family. What is more, through initiatives like its research partnerships and the Children's Specialty Hospital, The Center has the potential to powerfully improve the lives of so many others. What happens here truly does matter everywhere. ”

NELLY BLY-AROUGHETI

Board Member and Co-chair,
Board Development & Endowment Committee



INCLUSIVITY & SOCIAL JUSTICE

“

We give to The Center because our son benefits from the extraordinary care and attention given to him as a whole person. And as businesspeople, we recognize that The Center is a uniquely impactful philanthropic investment, addressing ableism, equity and justice, the environment, brain and behavior research, and so much more. ”

EILEEN NAUGHTON

Board Member and Co-chair,
Board Development & Endowment Committee



COMMUNITY DEVELOPMENT

“

I invested in Hurleyville because of The Center's vision of an inclusive and forward-thinking town for all people. Main Street will create social experiences and a strong economic foundation where a cross section of people gather to live, work, play and shop. ”

JEFFREY STEVENSON

Member,
Board Development & Endowment Committee



ENVIRONMENT & SUSTAINABILITY

“

Our partnership with The Center for Discovery comes from a shared, passionate commitment to preserving farmlands and open spaces and maximizing what the environment and the organic food supply can mean for people to live healthy, fulfilling, and joyful lives. ”

JOHN ADAMS

Chairman, Board of Trustees
Open Space Institute



INNOVATIVE PROGRAMS

“

We are honored to support the innovative programs and mission of The Center for Discovery. Their groundbreaking work is truly changing lives and we couldn't be prouder to be their partners. ”

BETTINA ALONSO

Executive Director,
Alfred E. Smith Memorial Foundation

TCFD'S GLOBAL IMPACT



CBSN on World Autism Awareness Day



WABC: Up Close with Bill Ritter



World Autism Awareness Day: GMA



TCFD Feature on GMA



TCFD in Times Square



TCFD Featured on ABC'S Good Morning America



TCFD on CNN

THE VISION FOR TOMORROW



THE CHILDREN'S SPECIALTY HOSPITAL



AT THE CENTER FOR DISCOVERY





THE CENTER FOR
DISCOVERY®

SUPPORT US ON OUR ROAD AHEAD

Find out more by
contacting:

The Office of Strategic
Outreach & Partnerships

✉ mrosen@tcfd.org

☎ 845.707.8509



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