



**JPH**  
ORGANIZATION

# 2024 IMPACT



*Cohasset High School  
Teen Wellness Retreat*



**JAMES P HARRINGTON ORGANIZATION**

*A Community On A Mission*

[jphcommunity.org](http://jphcommunity.org)



# A Letter from our Director



*Dear Friends and Supporters,  
As I reflect on the past year, I am overwhelmed with gratitude and pride for the strides we have made together as a community. Thanks to your unwavering support, JPH has had one of its most impactful years to date, advancing our mission of providing equitable and accessible mental health and wellness services to families on the South Shore.*



*This year, we were honored to launch our Philanthropy Team, headed by Karen McArdle of The Emilson Family Foundation. Karen's leadership has been instrumental in announcing an ambitious five-year, \$5 million capital campaign that will ensure JPH's growth and sustainability for years to come. With the advocacy of State Senator Patrick O'Connor, we secured critical earmarks from the State of Massachusetts, enabling us to expand programs and enhance our facilities to better serve families in need. Additionally, our Men's Wellness Program was seed-funded by Centurion Therapeutics and successfully launched through the incredible support of our community—an initiative that is already fostering healing and connection.*



*I am thrilled to share that, thanks to your generosity, we not only met but exceeded our year-end fundraising goals. We achieved a \$100,000 matching challenge and ultimately raised over \$490,000 to support our programs and operations. This milestone underscores the power of collective action and the shared commitment of our supporters and volunteers in addressing critical gaps in mental health services.*



*To everyone who has contributed their time, resources, and passion, I extend my heartfelt gratitude. Together, we are creating a community of healing and transformation. We remain steadfast in our vision and look forward to continuing this vital work with you in the year ahead.*



**With Gratitude,  
Diana Harrington Scolponeti  
Executive Director  
JPH Organization**







## WHO WE ARE

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**The James P Harrington Organization (JPH) is a nurturing and inclusive community of wellness, healing, and transformation. We offer free and low-cost alternative holistic programs and resources to better community well-being.**

Located on the pristine riverbank of the South River marsh, JPH's center at Ferry Hill is situated on 9.3 acres that includes a historic barn and an attached building with an adjacent cottage. This peaceful retreat property has been in service to the community for over 60 years with a history of providing support for families through wellness programming, robust youth-based summer programming, and as a respite location to connect with nature. The JPH Organization was formed to continue this critical work and is dedicated to improving the well-being of adults and children.

## WHAT WE DO

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Our free and low-cost community programming aims to provide equity and dignity for those who need mental health support. A supportive community can transform an individual's trajectory of healing and growth. Programs include:

- Mindfulness Programs
- Stress Reduction Programs
- Women's Wellness
- Child Wellness
- Men's Wellness
- Women's Workforce
- Trauma Programs
- Grief Programs
- Retreat Programs
- Community Gatherings

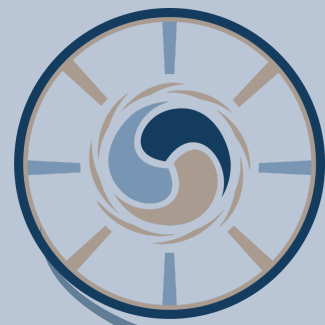
## WHY WE ARE DIFFERENT

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JPH has a non-clinical, holistic approach to community wellness with over 40 wellness and mental health professionals contributing to program design, content and delivery.

*“JPH helped restore my peace that I had worked so hard to achieve. It has been a very tough year for my family.”*

# OUR WHEEL IN MOTION



**3400**

SEATS IN MENTAL HEALTH PROGRAMS



**200**

CRISIS AND RESOURCE REFERRALS



**\$65,000**

UPGRADES TO PROPERTY



**17,000**

VOLUNTEER HOURS COMMITTED TO FAMILY WELLNESS



**350**

COMMUNITY VOLUNTEERS



**300**

TEAM AND COMMUNITY MEETINGS DEDICATED TO BUILDING A NETWORK TO SUPPORT MENTAL HEALTH





# Child Mental Health & Well-being

In 2024, JPH made a profound impact on children's well-being through innovative programs and essential support. We successfully piloted teen field trips and educated middle schoolers on substance use prevention and mindfulness strategies, empowering youth with knowledge and tools to make healthier choices.

Our child well-being summer camp at Ferry Hill expanded to include new mental health themes, integrating therapeutic art, mindfulness practices, and team-building in a safe, enriching environment. Additionally, we provided crucial referrals and support to parents navigating their children's mental health crises. These efforts highlight our steadfast commitment to fostering healing, resilience, and growth for children and families.



**Provided 475 children with nature-based experiential programs**



**Taught 425 children water safety skills**



**Gave 400 children exposure to music and sound for anxiety reduction**



**Hosted 400 children for an unplugged well-being summer camp experience**



**Educated 100 children on substance use prevention**



**Hosted 75 children for pilot mental health school field trips**



# Child Mental Health Matters

## Child Mental Health Matters



1 in 5 children experience  
a mental health disorder each year



Over 50% of children with mental  
health disorders do not receive any  
treatment or support



ER visits related to substance use  
disorders among teens increased  
by 40%



Suicide was the second leading  
cause of death among children  
between the ages of 10-14

*"During my child's mental health crisis, when we were frightened and unsure where to turn, JPH gave us the support and resources we needed, and we are so deeply grateful."*

*~JPH Community Parent*



The child mental health crisis is escalating, with rising anxiety, depression, and behavioral challenges among youth. Parents often struggle to find therapists and timely support as services are overwhelmed. Community programs like JPH bridge this gap by offering resources for families, mindfulness education, therapeutic art and sound, and nature-based programs, providing a holistic well-being experience that helps children heal and thrive. Teaching mental health coping strategies early on is crucial, equipping children with the tools to navigate emotions, build resilience, and develop lifelong habits for emotional well-being.



# Child Wellness Programs



## Teen Mental Health Field Trips

JPH's pilot teen school field trip retreats raised awareness about mental health and substance use prevention through an immersive self-care experience. Students engaged in mindfulness, art therapy, breathwork, and guided meditation, gaining tools to manage stress and build emotional resilience. These retreats empowered teens to prioritize their mental health and navigate life's challenges.

## Therapeutic Art for Children

Therapeutic art is a core component of JPH's child wellness summer camp and school field trips, offering a creative outlet for self-expression and emotional growth. Through guided art activities, children explore their feelings, build confidence, and develop healthy coping skills. This holistic approach nurtures mental well-being, fostering resilience and creativity in a supportive environment.



## Child Water Safety

JPH's swimming safety program combines swim lessons with drowning prevention education, promoting both physical and emotional well-being in children. Swimming builds confidence, reduces anxiety, fosters a sense of accomplishment, and equips kids with essential water safety skills. Drowning is a leading cause of unintentional injury-related deaths worldwide. This program ensures children stay safe and supports their mental health and resilience.

## Nature-based Education

JPH's nature-based learning program immerses children in the South Shore's natural resources, integrating sustainability, farming, beekeeping, and environmental stewardship. Hands-on experiences like exploring ecosystems, gardening, and caring for bees foster responsibility for the planet while supporting mental health by reducing stress and enhancing focus. This program inspires a lifelong appreciation for nature and empowers children to become mindful, environmentally conscious leaders.



## Sound and Music for Growth

Our Child Sound for Growth program supports children's emotional, mental, and physical well-being through the power of sound healing and music. Using therapeutic instruments, guided meditation, and mindful movement, this program fosters relaxation, emotional regulation, and self-awareness. Led by experienced sound healers and peer youth musicians, it encourages self-expression, creativity, and a deep connection to personal well-being.





# Adult Mental Health & Well-being

**T**his year, JPH strengthened its role as a safety net for families and individuals seeking support. We launched men's mental health programming, offering spaces for connection and support.

Our women's trauma and recovery programs expanded to include trauma retreats and trainings, sound meditations, more mother's programs, and discussions focused on healing from loss and addiction.

Mindfulness programs remained central to fostering balance and resilience, while crisis referrals ensured immediate support for those in need. Through our culinary workforce training, we empowered women with skills to rebuild their lives. Together, these programs create a network of support, helping individuals and families thrive.



**Provided 650 adults with trauma programs**



**Provided 625 women with recovery programs**



**Provided 450 adults with stress reduction programs**



**Provided 120 mothers with respite programs**



**Provided 130 adults with grief programs**



**Provided 90 adults with culinary workforce training**



# Adult Mental Health Matters

## Adult Mental Health Matters



**1 in 5 Americans suffers from a mental illness**



**Mental health crises account for 60 million visits to primary care and 6 million ER visits annually**



**The rate of unemployment is higher among U.S. adults who have mental illness, highlighting the need for mental health programs that promote workforce readiness.**



**33.5% of U.S. adults with mental illness also experience a substance use disorder**



**The adult mental health crisis is escalating, with increasing rates of anxiety, depression, and substance use disorders. Many individuals and families struggle to find timely support, as existing services are often overwhelmed. The lack of accessible programs leaves too many without the care they need to heal and thrive. At JPH, we provide a safety net for those in need, offering resources and holistic services such as mindfulness, therapeutic art, sound programs, and wellness initiatives. By fostering connection and support, we help individuals and families navigate their mental health journey and build a foundation for lasting well-being.**

*“JPH destigmatizes mental health needs and offers opportunities for it in a supportive, beautiful environment and often at no cost!”*

*~JPH Community Member*



# Adult Wellness Programs



## Mother's Exhaustion & Decompression

This program provides mothers with essential mental health support, offering rest and rejuvenation in a peaceful setting. Through Yoga Nidra ("Yoga Sleep") and Reiki, mothers can reduce anxiety, alleviate stress, and improve sleep, helping to ease symptoms of postpartum depression. These practices calm the body's stress response, relieve muscle tension, and promote emotional well-being, allowing mothers to restore balance and prioritize self-care.

## Balance Through Mindful Practices

JPH's mindfulness, yoga, meditation, and sound programs provide essential tools for stress relief and emotional resilience, helping to bridge the gap in mental health services. In the midst of a growing mental health crisis, these programs offer a peaceful space for individuals to unwind, reset, and find balance, fostering a healthier and more connected community. By making these practices accessible to all, we empower individuals to take charge of their well-being and healing journey.



## Men's Wellness

JPH's Men's Wellness programs provide a crucial space for men to prioritize their mental health and well-being, especially in a society where many struggle to ask for help. Men often face societal pressures to remain stoic, contributing to higher rates of isolation and a significant suicide rate. Our programs offer a supportive environment where men can connect with others, share experiences, and engage in holistic wellness. By fostering emotional resilience and encouraging self-care, we empower men to break the silence and take proactive steps toward mental wellness.

## Women's Workforce

JPH's Women's Workforce program focuses on culinary and event planning skills, creating a pathway for both personal and professional growth. By integrating mental health support, mindfulness, and self-care practices, we help women build emotional resilience and confidence, improving overall well-being. As mental health improves, so do employment opportunities, empowering women to excel in their careers, enhance their skill sets, and create fulfilling lives. This program fosters a supportive community where women thrive both personally and professionally.



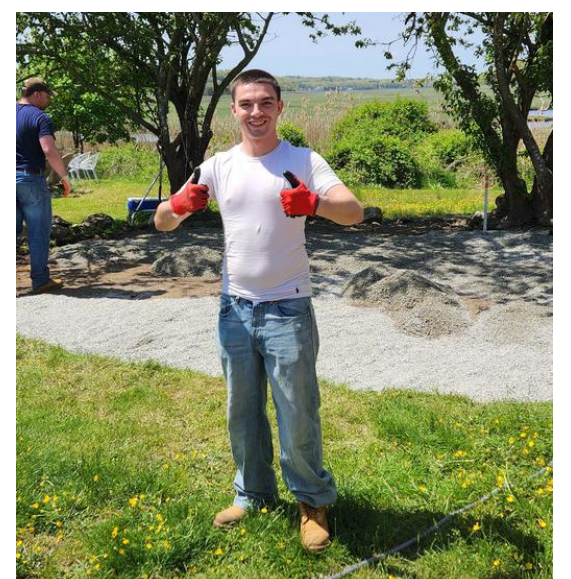
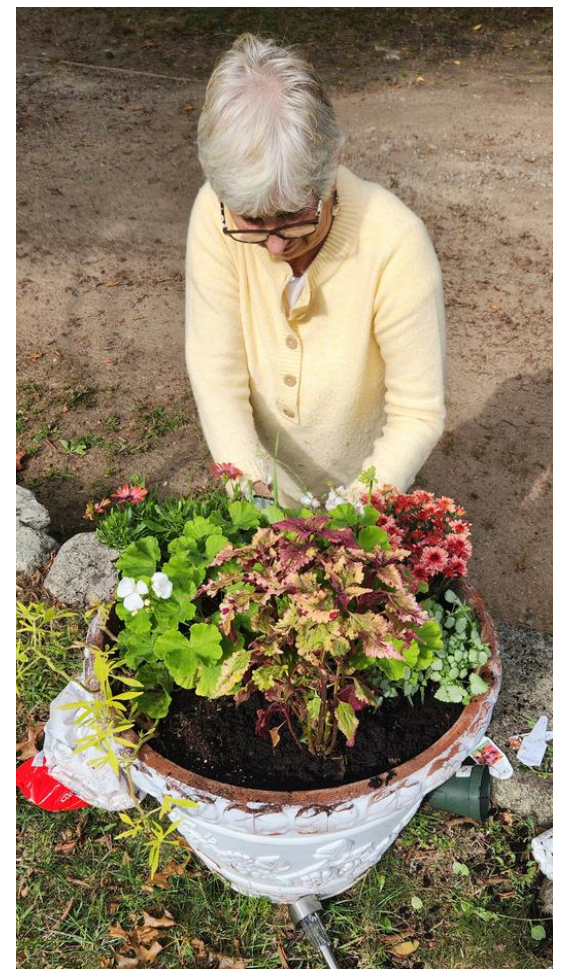
## Holistic Trauma Support Programs

JPH offers a range of trauma-informed programs specifically designed to support caregivers, healthcare workers, individuals in recovery, those grieving loss, and survivors of trauma. Our holistic wellness approach includes education, mindfulness, sound healing, and other therapeutic practices to address the unique challenges faced by each group. These programs promote healing, resilience, and emotional well-being, empowering individuals to regain balance and move forward in their journey toward recovery and personal growth.





**At JPH, we believe that both people and places are ever-evolving works in progress. Our community thrives as a working community, united in revitalizing JPH at Ferry Hill—a stunning 9.3-acre property on pristine marshland with a historic late-1800s barn. This shared purpose not only connects us but fuels our collective energy, keeping everyone engaged, active, and moving forward through life's challenges. Together, we turn vision into transformation.**







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None of our 2024 accomplishments would be possible without support from our incredible community. We are deeply grateful!

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## Ways to give the gift of support:

**Paypal**



**Venmo**



**By Check**

Made out to:  
**JPH Organization**  
**76 Ferry Hill Road**  
**Marshfield MA 02050**

EIN #: 83-0617495  
jphcommunity.org