



1in6 Support

Year-End Report



2025

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LETTER FROM THE CO-EXECUTIVE DIRECTORS

DEAR FRIENDS,

This past year has marked a profound moment of growth and maturity for 1in6 Support. What began as a grassroots effort to help parents breathe, connect, and find one another has grown into a strong, structured, and increasingly influential nonprofit working across two states and preparing for continued expansion.

With the guidance of a committed Board of Directors, the dedication of hundreds of volunteers, and the trust of families who invite us into their lives, 1in6 Support entered its first full year as a nonprofit with clarity, purpose, and momentum. Together, we reached milestones that reflect not only our expanding reach but also our deepening impact.

This year we celebrated our first gala, a beautiful community-centered event that brought together supporters, partners, and families who believe in our mission to ensure that parents of children with disabilities never feel invisible. We were honored to receive several local and national grants. Each grant signaled confidence in our work and helped us remain completely free for the families we serve.

Our work now spans New Jersey and Michigan. We have thriving support groups, growing equipment exchange efforts, meaningful community events, and a rapidly expanding online forum. But the most powerful transformation we witness is within the parents themselves.

Families often arrive feeling overwhelmed, isolated, and helpless. Through community, support, and shared experience, they begin to find their voice. This year we watched parents shift from simply surviving each day to advocating for their children, their schools, their communities, and the systems they rely on. Many are taking leadership roles, speaking at events, joining committees, and bringing their lived experience into important conversations.

Our advocacy work has grown as well. Through our seats on state councils, community coalitions, education committees, and disability policy groups, we help ensure that the voices and realities of parents of children with disabilities shape decisions, reforms, and inclusion efforts that affect their daily lives. This year, 1in6 Support offered more than emotional support. We helped shift conversations, inform policy, and elevate parent leadership in meaningful ways.

None of this would have been possible without you. Your belief in this work, in our board, and most importantly in the families we serve, allowed a small home-grown initiative to become a trusted and growing resource for parents of children with disabilities.

Thank you for investing in a future where parents feel connected, empowered, and equipped to lead, where they can put the oxygen mask on themselves first so they can continue to show up for their families with strength and hope. With deep gratitude,

Iris Mehler, MS, CRC

Alma Schneider, LCSW

Co-Executive Directors, 1in6 Support

WHAT 1in6 SUPPORT DOES

1in6 Support provides **free programs, advocacy, training, and community-building** for families of children with disabilities. Our work strengthens families by offering emotional support, practical guidance, and direct access to community resources in both New Jersey and Michigan. Every program is grounded in our belief that when parents receive the support they need, entire families thrive.



SUPPORT GROUPS AND COUNSELING

- Weekly in-person parent support groups in New Jersey and Michigan
- Online support groups for parents in remote communities
- Fathers' support groups in New Jersey
- Individual parent support and counseling
- Creating safe, confidential spaces for honest conversations, emotional relief, and shared wisdom

ONLINE COMMUNITY FORUM

- A growing, moderated, 24/7 online community
- A space for parents to ask questions, share insights, and connect anytime
- Support for families who are unable to attend in person

COMMUNITY EVENTS AND CONNECTION

- Mother's Day Celebrations, with 100 mothers celebrated this year
- Abilities Parades in collaboration with 40 community organizations
- Dozens of educational, social, and inclusive gatherings throughout the year
- "2 Moms No Fluff" Podcast, releasing two episodes every month
- Monthly newsletter to keep families and supporters informed
- Monthly guest speakers across both states

TRAINING AND LEADERSHIP DEVELOPMENT

- Coaching for parents who want to build advocacy skills and confidence
- Training on school advocacy, IEP navigation, and emotional well-being
- Accessibility and inclusion consulting for organizations and communities
- Training for employers on caregiver-inclusive workplace practices

ADVOCACY

We advocate at local, regional, and statewide levels. Our leadership has a voice in:

- statewide disability policy
- inclusive community planning
- access to community initiatives
- cultural awareness and belonging work
- education committees
- self-direction advocacy
- parent-led policy conversations
- workplace inclusion efforts

MICHIGAN EQUIPMENT EXCHANGE

- Doubled the amount of durable medical equipment available to families
- Doubled the number of items gifted or loaned this year

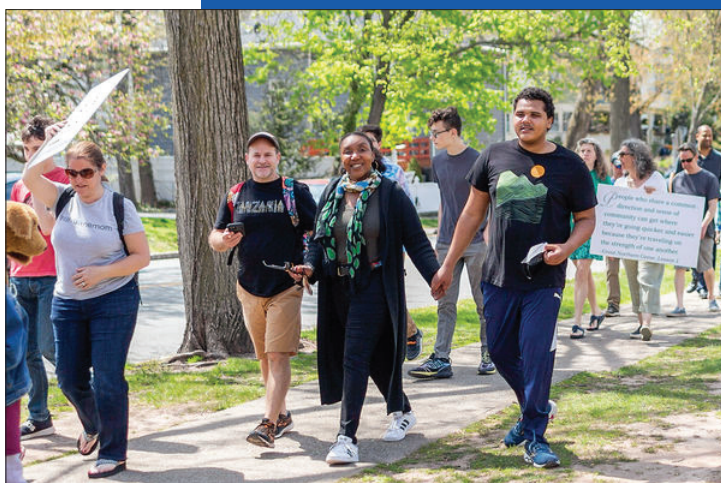
WHO WE SERVE

We serve more than 1,450 families of children with disabilities across New Jersey and Michigan. We serve families of children of all ages. Many of our families have adult children who still seek out support, advice, and resources.

Families come to us navigating a wide range of disabilities and medical complexities, including:

- Autism
- Cerebral palsy
- Down syndrome
- Vision and hearing impairments
- Mobility impairments
- Rare diseases
- Developmental disabilities
- Complex medical needs
- Behavioral disabilities
- Intellectual disabilities
- Communication differences
- Medically fragile conditions
- Genetic syndromes
- Mental health needs

We support families of children of all ages, as well as siblings, grandparents, and caregivers.



MEET OUR LEADERSHIP TEAM

IRIS MEHLER MS, CRC, CO-EXECUTIVE DIRECTOR



Iris Mehler holds a Master of Science in Rehabilitation Counseling and a postgraduate certification in Assistive Technologies. She brings nearly three decades of experience supporting children and adults with disabilities and their families, as well as helping

organizations and communities become more inclusive and accessible.

Iris serves on the Michigan Developmental Disabilities Council, the Midland Community Foundation Access to Community Committee, the Midland Cultural Awareness Coalition, the Developmental Disabilities Council Public Policy and Internal Policy Committees, and the Parents Advocating for Self-Direction (PAS) group. She is the recipient of the City of Midland's 2024 Citizenship Award.

Iris is the mother of two children, one of whom has quadriplegic cerebral palsy and communicates using eye gaze technology.

ALMA SCHNEIDER LCSW, CO-EXECUTIVE DIRECTOR



Alma Schneider is a Licensed Clinical Social Worker with more than thirty years of experience supporting families of children with disabilities. Since 2008, she has facilitated weekly support groups for more than six hundred parents. Alma is

the founder of the Montclair Disability Pride Parade and serves on Montclair's People with Disabilities advisory committee to the Town Council, bringing the voices of parents of children with disabilities into discussions around community accessibility and inclusion. Lastly, Alma facilitates support groups for fathers of children with disabilities. She is the recipient of the ALL IN Honors Award for her outstanding advocacy promoting inclusive education across New Jersey, and has been recognized by Governor-elect Mikie Sherrill as a Community Hero for her extraordinary social leadership.

Alma is the mother of four children, one of whom has Prader-Willi Syndrome, autism, and ADHD.

OUR BOARD OF DIRECTORS

KEN WAITZ BOARD CHAIR



Ken Waitz is the Chairman of the Board of 1in6 Support. He is the founder of The Happy to Chat Project, which installs free benches in communities looking to foster social connection, and was selected to serve as Ambassador at

the Foundation for Social Connection, the nation's leading organization addressing the isolation epidemic. He also is the founder of the LC Initiative, which provides pro bono life coaching to individuals in need. Ken was a Senior Portfolio Manager at Millennium Asset Management and is a professor at Montclair State University's Feliciano School of Business. He holds a J.D. from George Washington University and a B.A. from Cornell University.

SATYA SCAINETTI BOARD TREASURER



Satya is the founder and CEO of Satya Jewelry and the Satya Foundation. A philanthropist, yoga teacher, and Reiki healer, Satya lives a lifestyle dedicated to giving back to the world community.

Satya has built a devoted global following as she creates beautiful, inspiring and meaningful jewelry that resonates with each customer's own personal journey. Satya's background in social work and passion for early childhood education sparked the creation of the Satya Foundation, a non-profit organization that provides children all over the world with opportunities to live a safe and happy life and fulfill their dreams of education and more. Satya is a certified Sivananda Yoga teacher, Certified Kundalini yoga teacher and Reiki master.

MICHAEL DE LEEUW BOARD MEMBER



Michael de Leeuw is vice-chair of Cozen O'Connor's national Business Litigation Group and a highly skilled litigator. He has led high-profile, complex cases in federal, state, and appellate courts nationwide, including briefing, arguing, and

OUR BOARD OF DIRECTORS (continued)

winning a major First Amendment case at the U.S. Supreme Court. Michael holds a bachelor's degree in philosophy from Montclair State University and pursued graduate studies at Rutgers University before earning his law degree from Rutgers University School of Law, graduating with honors. His expertise in law and advocacy strengthens 1in6 Support's mission and impact.

ALEXANDRA LEWIN BOARD MEMBER



Alexandra Lewin is passionate about building supportive and inclusive communities. As an associate at Sleeping Bear

Capital, she works closely with businesses on strategy, branding, and operations. Outside of work, she loves planning and executing community events and has previously volunteered with art therapy programs in Chicago and the Dutchess County Pride Center. With experience in project management and outreach, she is excited to bring her skills to 1in6 Support and help to create spaces where families can feel empowered and supported. In her free time, you can find her at a concert, spending time outdoors, or on a mission to find the best coffee around.

TYLER MATHISEN BOARD VICE CHAIR



Tyler Mathisen is one of the nation's most respected business news journalists and interviewers. For more than 27 years,

he was a news anchor and co-anchor for CNBC, the world's top business news television channel. In that time he hosted or co-hosted virtually every program on the CNBC schedule, most recently "Power Lunch," one of the network's longest running program franchises. His coverage credits include: the bursting of the so-called "tech bubble" in 2000; the 9-11 terror attacks; the financial crisis of 2007-2009; and the Covid-19 pandemic and its profound business impact. Additionally, he was CNBC's Vice President of Events Strategy. In that role, he helped map the company's initiatives in the live events business, virtual and in person.

KAREN MURPHY BOARD MEMBER



With over 25 years of dedicated service in municipal government, Karen has been a driving force behind projects that

strengthen communities and prioritize inclusion. A passionate leader and visionary, Karen brings deep expertise in grant writing, fundraising, and overseeing major capital improvement projects from concept to completion. Every initiative she leads is driven by Universal Design principles, ensuring that spaces and services are accessible to all. Karen is a proud member of the Midland Community Foundation's Access to Community group, where she helps advance the mission of creating a thriving, inclusive environment for every member of the community.

Her work has made a lasting

mark — most notably through her instrumental role in bringing a Miracle Field to Midland, creating a space where athletes of all abilities can play baseball. She also championed the construction of the city's first Changing Places restroom in Grove Park, ensuring greater dignity and access for community members with complex needs. Karen holds a Master of Public Administration from Central Michigan University. Outside of her professional life, she is the proud mother of two teenage sons who inspire her daily to build a better, more inclusive future.

SUMANA RANGACHAR BOARD SECRETARY



Sumana Rangachar is excited to join the Board of 1in6 Support this year. She has been a member of Alma's Friday group for

over 10 years and benefited from the camaraderie, support and invaluable information received at the weekly meetings. She recognizes firsthand the enormous value parent support networks bring to a community. She is also a board member of Aiding Children Together, a nonprofit that supports children's education in Sri Lanka. Sumana is a staff attorney at Legal Services of the Hudson Valley and supervises pro bono attorneys in representing indigent people at risk of eviction and deportation. Sumana has taught Constitutional Law and the Criminal Justice System at John Jay College or Criminal Justice for many years. Sumana earned her bachelor's from Wesleyan University and her JD from NY Law School.

PARENT TESTIMONIALS

"1in6 Support helped me stop feeling like I was parenting in the dark."

"I didn't feel alone anymore."

"Once I joined and asked my first question, a community emerged... there were people to talk to, learn from and to share advice, and just to care."



"Despite being encouraged to join support groups, I had found them to be unhelpful. However, since discovering the 1in6 Support group, I have gained access to invaluable knowledge, support, and resources. This has been a transformative experience, and I am grateful to have found the 1in6 Support group."

"It was sort of like the spruce up scene from the Wizard of Oz... We all left feeling lucky to know each other and feeling quite blessed to have our lives touched by each other."

"After so long going it alone, when I found 1in6 Support, it felt like someone finally understood our VERY unique journey."

"This is the only place I feel truly understood as a parent of a child with disabilities."

"The Abilities Parade made my child feel seen and celebrated."

"The Friday group saved my sanity."

"...with this community, I know that I have new friends, resources and an understanding of a greater community than I could have imagined."

"I didn't realize how much I needed this until I walked in and exhaled for the first time."



IMPACT & VISION AT A GLANCE



IMPACT THIS YEAR

- 1,450 families supported across NJ and MI
- More than 100 mothers celebrated at our Mother's Day events
- Over 100 volunteers supporting operations across both states
- 40 collaborating community organizations for Abilities Parades
- Monthly guest speakers across both states
- Two podcast episodes every month
- Monthly newsletter
- Michigan Equipment Exchange doubled in size
- Weekly support groups in two states
- Growing online forum with national participation
- Advocacy at committees, councils, coalitions, and IEP meetings.

VISION FOR 2026

- Expanding to New York City!
 - In 2026, we plan to establish a presence in New York City, partnering with local organizations, hospitals, and parent groups.
- Additional goals include:
- Expanding the online forum nationally
 - Growing subgroup offerings
 - Increasing Equipment Exchange capacity
 - Strengthening collaborations with schools and municipalities
 - Enhancing advocacy work
 - Keeping all programs free for families

CALL TO ACTION

Families of children with disabilities face rising medical bills, therapy costs, and caregiving demands. 1in6 Support exists to ensure community and emotional support never become one more financial burden.

Your support allows us to:

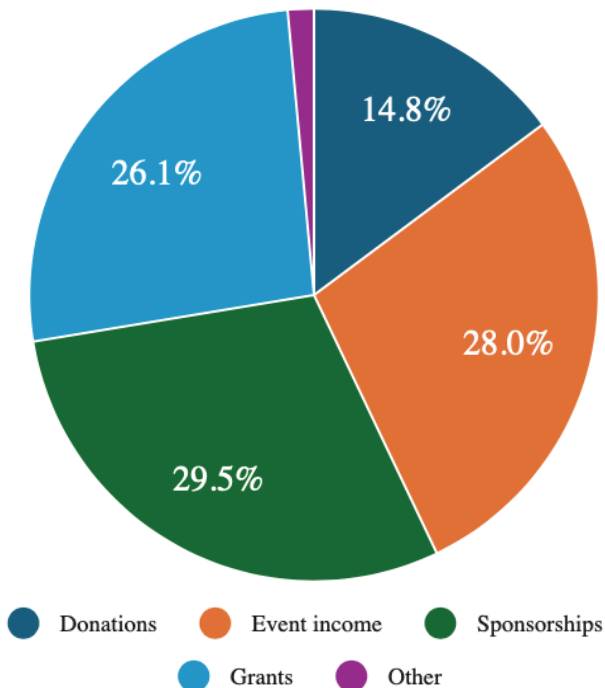
- Keep every support group and event free
- Expand to new communities
- Strengthen advocacy work
- Reduce isolation and loneliness
- Provide essential equipment through the Exchange
- Support families online nationwide

2025 PROJECTED OVERVIEW AND WAYS TO SUPPORT

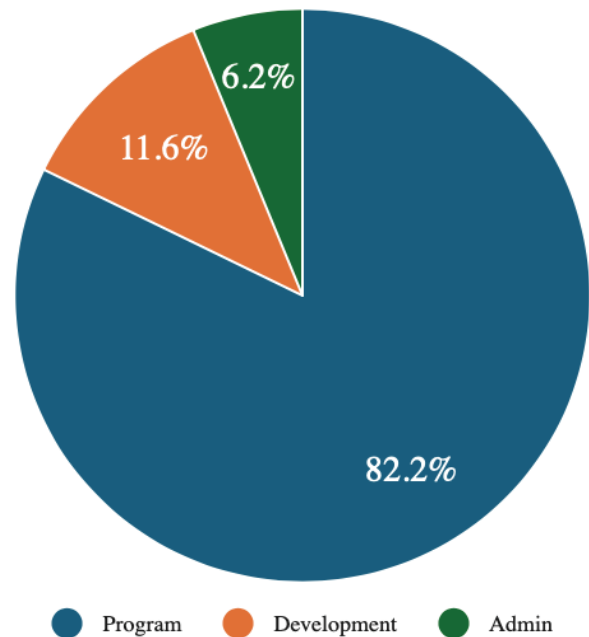
We invite you to make a tax-deductible donation today to help us keep every support group, event, training, and resource free for families of children with disabilities. Your gift directly strengthens parents who are navigating complex challenges, often with very limited support. With your generosity, we can continue expanding our programs in New Jersey, Michigan, and beyond, ensuring that no parent ever has to walk this journey alone. Many employers also offer matching gift programs, which can double or even triple your contribution at no additional cost to you. After making your gift, please consider asking your employer if they match charitable donations. Please use this link (Link for donations) to make a secure donation. Every contribution, no matter the size, truly makes a difference. Thank you for your ongoing support!



INCOME BREAKDOWN



EXPENSE ALLOCATION



WAYS TO HELP

- Donate or become a monthly supporter
- Sponsor a program or event
- Connect us with community partners
- Introduce us to individuals and organizations aligned with our mission
- Volunteer your time or skills

- Share our work with families who need us

Together, we can build a world where families of children with disabilities are supported, respected, and never alone.

[1IN6SUPPORT.ORG/DONATE](https://1in6support.org/donate)

THANK YOU, SPONSORS!

We greatly appreciate the support and generosity of our sponsors and donors for this fundraiser benefiting our entire community.

NORTH STAR



Anonymous
Grateful Allies

CONSTELLATION



Anonymous
Thank you from an Ally



COMET

Lily Yip
Grateful Member of The Friday Group

SHOOTING STAR

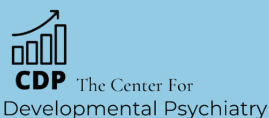


The Mattenson / Kinsella Family
Grateful Members of
The Friday Group

Kathy Dolan
A Proud Member of the
Michigan 1in6 Support Branch



The Hadley Family
Grateful Members of The Friday
Group



Lily Vakili & Robert Ellis
In Honor of their Son, Nicholas
Ellis

RISING STAR

Gannett Creative



1in6 Support
72 High Street
Montclair, NJ 07042
www.1in6support.org
EIN: 99-1658819