Breaktime was proud to collaborate with dozens of incredible partners in 2023 to make our programs more accessible, equitable, and impactful for young adults experiencing homelessness.
Dear Breaktime community,

Thanks to your incredible support, Breaktime has launched a more equitable future for young adults experiencing housing insecurity throughout Massachusetts. I have never been more proud of our team, our young adult Associates, and our amazing community of partners and supporters. The work we have done collectively this year has not only transformed hundreds of lives, but it has also set the foundation for a more equitable and sustainable growth path for our impact moving forward.

This year, we strengthened geographic equity by launching a Virtual Launchpad program and satellite in-person sites. We also reinforced equitable access to our program by offering nighttime programming for those who are unavailable during the day (some parents, students, etc.). In addition, we expanded both our program space and our program staff, leading to a better quality of experience for everyone we served. Resultantly, Breaktime served a record number of young adult Associates (over 200!) while also achieving record-level outcomes for these individuals.

Moving forward, equity will continue to be at the heart of how we grow and evolve. In 2024, thanks to our expanded base of donors and catalytic multi-year funding, we will be scaling our reach while continuing to deepen our impact on each individual Associate. Young adult homelessness exists because of systemic inequities that unjustly threaten our Associates’ success. With your support, we will continue to systemically dismantle these inequities while enhancing both access to and the quality of our programming.

With tremendous gratitude,

Connor Schoen
Executive Director & Co-Founder
Breaktime
we expanded

PROGRAM

ACCESS

in 2023

WHAT'S NEW?

1. Virtual Launchpad takes off
2. Metro North/Chelsea expansion begins
3. Fifth floor office expansion
4. Paid Pathway Coaching
Breaktime’s Programs team successfully carried out our first virtual Launchpad cohort! The new program module was created to accommodate young adults experiencing homelessness with non-traditional schedules.

The virtual cohort met online, twice a week during the evening for six weeks, and worked to ensure equitable access to our program for young adults experiencing homelessness while attending school, working day-time jobs, or facing transportation challenges.
In response to rising rent costs pushing people experiencing homelessness further away from Boston, Breaktime began piloting satellite Launchpad training sessions in the Metro North region in 2023. Cambridge and Chelsea marked the first steps taken in our long-term statewide expansion plan to ensure young people experiencing homelessness from across Massachusetts can access the resources they need to break out of the cycle of homelessness.
This year, Breaktime launched an addition to our office: a new fifth-floor space! In the same building as our current office, the fifth floor is uniquely designed and equipped for young adults. Our new office is intended to be a safer space for our young adult Associates, and it is now the home of Breaktime’s Launchpad Training site. The space also secures various offices for staff and Associate meetings and leisure.
PAID PATHWAY COACHES

Since the organization’s inception in 2018, Breaktime has employed MSW student interns to work directly as case managers with our young adults experiencing homelessness. Historically, it’s been common for full-time MSW students across the social work industry to complete their 900 to 1,200 required hours through unpaid field work. In 2023, Breaktime became one of the first organizations to challenge this structure and begin to pay MSW student interns, making the social work space more accessible, equitable, and diverse.

Breaktime’s 2023 Pathway Coaches celebrate their tenure (right).
BREAKTIME BY THE NUMBERS

236 young adults experiencing homelessness served

25% increase in median hourly wage for Breaktime Alumni

$3,000 average amount in savings one year after Breaktime's program

79% of Breaktime Alumni are in medium- to long-term stable housing

HOUSING STATUS AT INTAKE
For Associates Entering Breaktime's Program in 2023

- Stable: 56%
- Medium-Stable: 31%
- Unstable: 13%

CURRENT HOUSING STATUS
For Associates Who Entered Breaktime's Program in 2023

- Stable: 41%
- Medium-Stable: 31%
- Unstable: 28%
Mari’s journey with homelessness

2023 policy wins and advocacy

“Breaking” news
MARI BROOKS
MY JOURNEY WITH HOMELESSNESS

When I first became “homeless,” I was 16 years old, and it was because I was having a lot of issues at home. The situation was very abusive, so I made the decision to leave and call DCF on myself. For a little while, I was in an emergency foster home; from there, I got an opportunity to transfer to a foster home. I was living with a friend, and DCF worked with us to make it so that her mom could become my foster parent. And that worked out until I was 18. That’s when my story of homelessness kind of got worse.

My friend and her mom didn’t really want me with them anymore. A week before my 18th birthday, they kicked me out and brought all my stuff to the DCF headquarters. I was kind of just left to figure everything out. And because I wasn’t really a minor anymore, they couldn’t just put me into another foster home. At that point, I had to figure something else out.

I lived in shelters for a little while, but that felt really dangerous. It was a little bit after COVID, so I didn’t feel comfortable being in and out of shelters all the time. I got sick once, and it was really bad. After that, I was just like, ‘I need to try something safer.’ Thankfully, I got to stay with friends for a couple of days at a time. I was kind of couch-hopping, just trying to figure something out while being on waitlists for group homes.

I eventually got into a group home, and that worked out for six months. It was a really good group home for LGBTQ youth, but the way that they did the roommate system was confusing. Living there got uncomfortable after a while because they kept putting me in rooms with boys. It was uncomfortable. I would’ve rather been in a room with somebody who identified as a girl.

After a while, I ran away from the group home because of that, on top of other things.

Mari Brooks
has been a Breaktime Associate since 2023.

Like, they liked to lock the kitchen at certain times. I stayed after school a lot, and so sometimes I would get home after they locked the kitchen. There would be days when I wouldn’t eat at all when I was at home. That was really difficult.

After I left the group home, I started couch-hopping again. I wanted to feel more comfortable. I felt like if I was going to have to share a room with somebody, I’d rather them be my friend. I just wanted to feel more comfortable, especially with everything that I was going through. More stress just wasn’t really what I was looking for. After couch hopping for a while, I ended up being able to rent a room in a house that one of my friends was living in. I just wanted to feel more comfortable, especially with everything that I was going through. More stress just wasn’t really what I was looking for.

Since I was desperately trying to find a place to live and find resources, I was signing up for everything. Somewhere along the line, I signed up for Breaktime. It kind of just popped up at the right time in my life, honestly.

When I came to Breaktime, I immediately felt very welcome here because our facilitator was trans and was always wearing prideful swag. There would be times when we would accidentally use the wrong pronouns, and he was very kind and educational in the way that he corrected us. I felt like this was a safe place. If it wasn’t, I don’t think he’d be working here.

Breaktime gave me a really good foundation of knowledge when it comes to being prepared to show up in workplaces as a professional. My Liftoff placement is at the Daily Table, which is a grocery store-run nonprofit whose goal is to bring fresh food to low-income areas. I’m hoping that I can move up within that organization and learn more about how it works.

I feel like Breaktime really prepared me for a positive future in terms of employment and housing.

I really appreciate [Breaktime] for taking the time to educate us on how to act in a workplace and how to know if the workplace isn’t doing the right thing, as well as what to do about it. One of the things I was hoping to gain from Breaktime is more confidence in workplaces. I’ve definitely gained that skill, and because of that, I can feel more comfortable when working. Being a good worker can lead to a good, stable job, and a good, stable job can lead to stable living. Because of that, I feel like Breaktime really prepared me for a positive future in terms of employment and housing.
Breaktime believes that substantive policy change is an essential tool to dismantling the systemic causes of young adult homelessness and elevates the impact of our work to a new scale. This year, our Policy team worked with public officials to bolster funding, increase resources, and safeguard protections for young adults experiencing homelessness across the city of Boston. Specifically, Breaktime’s policy solutions to young adult homelessness were concentrated in Housing First, Youth Employment, and Health(care).

BILLS & PRIORITIES

- Chapter 257
- An Act providing upstream homelessness prevention assistance to families, youth, and adults (RAFT)
- An Act Ensuring Integrity in Juvenile Interrogations
- "An Act to provide identification to youth and adults experiencing homelessness (Appleseed Consent Bill)"
- An Act to provide identification to youth and adults experiencing homelessness
- An Act establishing a bill of rights for individuals experiencing homelessness
- Protect "Right to Shelter" letter
- Amendment 942 (bagly earmark)
For over 20 years, Citizens Bank has supported nonprofits across Massachusetts through their “Champions in Action” program – and Breaktime was honored to be named a 2023 “Champion” this summer! The recognition included a feature on NBC10 Boston, and a partnership with Citizens, which provide tangible support to Breaktime’s programs and mission.

NBC10 BOSTON
CHAMPIONS IN ACTION

COMCAST NEWSMAKERS
Breaktime Executive Director, Connor Schoen, was featured on Comcast Newsmakers earlier this year, bringing our work to a national audience in 2023. Thank you to Comcast for shining a light on the employment resources available to young adults experiencing homelessness.

WCVB 5FORGOOD
Breaktime was highlighted on WCVB Channel 5’s 5forGood! During the summer, Breaktime joined Cityscapes for a pop-up fundraiser with their Transplanted Truck to raise awareness for young adult homelessness and the work Breaktime is doing to end it.
BREAKTIME RECEIVES COMMUNITY ADVOCACY AWARD

In 2023, Breaktime was also awarded a distinguished Community Advocacy Award, hosted by Eastern Bank Foundation! The award and roundtable ceremony convened passionate leaders in housing security initiatives for the most vulnerable communities around the region. We are honored that Connor was a part of this critical conversation with other safe and affordable housing peers and thought leaders!

BREAKTIME NAMED 2023 CHAMPION IN ACTION

Breaktime was named as Citizens Bank’s Champion in Action for 2023! The CIA recognition included a $35,000 grant, a feature on NBC10 Boston, and a partnership with Citizens Bank, which tangibly catalyzed the scope of Breaktime impact in the lives of our young adult Associates.
Patrick J. McGovern renews historic gift

Employment & educational partners

Fiscal year 2023 supporters

WHAT'S NEW?

1. Patrick J. McGovern renews historic gift
2. Employment & educational partners
3. Fiscal year 2023 supporters
4. Fiscal year 2023 financials

we strengthened
COMMUNITY PARTNERSHIPS
in 2023

COMMUNITY PARTNERSHIPS
we strengthened
In fall of 2023, Breaktime was honored to announce that the Patrick J. McGovern Foundation would be renewing its historic $1 million grant in honor of National Youth Homelessness Awareness Month. This generous gift matches the foundation’s $1 million gift from last year, which remains the largest single donation ever received by Breaktime. Funds from the grant will support Breaktime’s efforts to increase the accessibility of its programs, which include continued expansion statewide and the introduction of virtual programming.

“We are so grateful to the Patrick J. McGovern Foundation for their continued support and this transformational gift, which is a testament to the sustainability of our programs and the growing need for these services across Massachusetts,” said Connor Schoen, Co-Founder and Executive Director of Breaktime. “We’re especially excited that this news arrives as we observe National Youth Homelessness Awareness Month. Working alongside incredible partners like the Patrick J. McGovern Foundation is crucial to changing the narrative around young adult homelessness and the outcomes for our young people.”

Founded in 2018, Breaktime and its innovative program helps young adults struggling with housing insecurity achieve stable employment and financial stability — two fundamental building blocks to maintaining housing in the long term. The program’s model involves “purposeful transitional employment,” which matches young people, or Associates, with employers at small businesses and nonprofits. In partnership with the Patrick J. McGovern Foundation, Breaktime launched the first phase of its statewide expansion to bring this model to communities in Metro North and Chelsea this past year.

“Addressing systemic inequity requires transformational approaches that innovate rather than iterate. Breaktime’s pioneering program serves as a beacon of hope in the Boston community—and for the nation—modeling how to center human dignity and agency while creating pathways to economic self-sufficiency,” said Vilas Dhar, President of the Patrick J. McGovern Foundation. “We are proud to support Connor Schoen’s visionary leadership and the collective efforts of the team at Breaktime to empower young people and disrupt the cycle of homelessness.”
Every year, Breaktime partners with local nonprofits and small businesses that can equip our young adult Associates with the professional skills needed to jumpstart their careers. To better serve the needs and interests of our young adults, Breaktime prioritizes cultivating relationships in a variety of fields and industries.

In 2023, our Workforce Partnerships team also worked to develop partnerships within higher education and vocational training for Associates who are interested in exploring these avenues. Thank you to our new educational partners (below) and our loyal employment partners (right) who make our work in the community possible!
OUR 2023 SUPPORTERS

$1,000,000+
- Patrick J. McGovern Foundation

$250,000-$999,999
- Bancel Philanthropies
- The Crimson Lion / Lavine Family Foundation

$100,000-$249,999
- The Devonshire Foundation
- Massachusetts Department of Public Health (DPH) Executive Office of Health and Human Services
- Eastern Bank Charitable Foundation
- The JAKET Foundation
- Linda Hammell Ory and Andy Ory Highland Partners Charitable Fund
- Barbara and Amos Hostetter
- Debbie Johnston

$25,000-$99,999
- Endeavor Education
- Wagner Foundation
- Barclays
- Frieze Family Foundation
- Ludoke Foundation
- Neighborhood Jobs Trust
- Citizens
- James B. Roskey Memorial Foundation
- Champions of Love; Rev. John Finley
- Frank Reed & Margaret Jane Peters Memorial Fund
- Audax Charitable Foundation
- Paul and Catherine Buttenwieser
- Real Estate Finance Association (REFA)
- Ellen and Steve Segal
- The TJX Companies, Inc.
- Yawkey Foundation

$2,500-9,999
- New England Biolabs
- Rinaldi Foundation
- City of Boston
- Youth Development Fund
- Department of Transitional Assistance
- M&T Bank
- Bushrod H. Campbell and Adah F. Hall Charity Fund
- Larry and Beth Greenberg
- Paul & Edith Babson Foundation
- Webster Bank
- Trustees of the Adelard A. and Valeda Lea Roy Foundation
- Jim Stoman and Nora Devlin
- Mentor Charitable Fund
- Trinity Church in the City of Boston
- Born This Way Foundation
- Catherine D’Amato
- Health Resources in Action/MA CHAA
- John Chary Trust, Bank of America, N.A., Trustee
- Michael Preiner
- The Henry E. Niles Foundation

$1,000-$2,499
- Alexander Schults
- William B. and Anngene C. Tyler Charitable Fund
- Pam and Steve Rosenberg
- Jill Stansky
- Mike Dillon
- Bill Asher
- Ed Belove
- Cambridge Trust
- Jim Canales and Jim McCann
- Connor Schoen
- Steve and Barbara Grossman
- Anonymous
- Dan Levin
- Matt McIntyre
- Neal Minahan
- Roman and Sarah Gold
- Anonymous

$250-$999
- Anonymous
- Cityscapes Plant Care
- Jan and Chris Goodman
- Mary Lou and John Domino
- East End House
- Anonymous
- Arthur Cafasso
- Philip Frattaroli
- Harvard University
- Fred and Jack Shonkoff
- Joseph Barretto
- Kevin Brotman
- David Gertler Rand
- Elizabeth and Dan Jick
- Rob McBride
- Norman Stein and Mindy Lubber

$10,000-$24,999
- Massachusetts Charitable Society
- John H. and H. Naomi Tomfohrde Foundation

*Please contact development@breaktime.org about any errors or omissions.*
2023 SUPPORTERS CONT.

Sue and Bernie Pucker
Anonymous
Rev. John Finley and Stan McGee
Julia Vestberg
Joseph Benavidez
Andrea McGrath
Margaret Cai
Josh Chalmers
Lisa Rubinstein
Marty Fridson
Dean Hara
Anonymous
Jim O’Connell
Anonymous
Earl Hinton
Anonymous
Julia Toffoli
Phillip Mason
Abby McLucas
Michael Brown and Charlotte Mao
Peter Bryant
Anuja Mathew
Lynn and Kevin Schoen

$100-$249
Rashmi Ramaswamy
Givinga Foundation
Oz Mondejar and John Verlinden
Jeremy Nute
Elana Wood
Tony Shu
Gary Bailey
Anonymous
Carolyn Casey
Jim Collins
Maureen Lira
Anonymous
Jason Bromberg
Richard Tranfaglia
The Wilichowski Family
Colleen and Matthew Brightman
Anthony Britt
Emilee Cocuzzo
Brianna Correira
Stephen Engler
Luis Chavez Rodas

*Cordelia Erickson-Davis
Mina Makarious
Paul MarcAurele
Nancy Kellogg
Susan Plume
Grant Williams

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Anonymous
Anonymous
Shelby Marshall
Anonymous
Anonymous
Anonymous
Steven Landau
Jonathan Belt-Aharon
Susan Musinsky
Dennis McLough
Anika Munroe
William R. Cohen
Lisa Herman
Joanne Rich
Brad Washburn
Anonymous
Ed Morata
Kate Bean
Gail Williams
Jude Hoag
Anonymous
Olubiyi Ojo
Leo Wells
Anonymous

*$100-$249
Rashmi Ramaswamy
Givinga Foundation
Oz Mondejar and John Verlinden
Jeremy Nute
Elana Wood
Tony Shu
Gary Bailey
Anonymous
Carolyn Casey
Jim Collins
Maureen Lira
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Joanne Rich
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Kate Bean
Gail Williams
Jude Hoag
Anonymous
Olubiyi Ojo
Leo Wells
Anonymous

*$Please contact development@breaktime.org about any errors or omissions.
2023 FINANCIALS

FY23 Revenue

- Foundations – 65%
- Individual Donations – 22%
- Government Grants – 11%
- In-Kind & Other – 2%

Total Revenue: $4,926,223

FY23 Expenses

- Programs – 66%
- Admin – 20%
- Fundraising – 14%
- Net Revenue – 16%

Total Expenses: $4,127,390

*Please note that the 2023 financial estimates above are subject to change as we finalize our audit.
thank you
FOR JOINING BREAKTIME
in 2023

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