

A young boy is ziplining through a lush green forest. He is wearing a blue helmet, a yellow t-shirt, blue shorts, and a green safety harness. He is smiling and looking towards the camera. The background is filled with dense green foliage and trees.

Instilling Hope

'15 – '16 ANNUAL REPORT



PENN FOUNDATION

BEHAVIORAL HEALTH SERVICES

Instilling hope. Inspiring change. Building community.



Wayne A. Mugrauer
& Margaret K. Zook

“As we look toward the future, we will continue to think creatively about the services we provide and the most effective ways to reach our clients.”

Message from the Board Chair and the President & CEO

Each year, people of all ages seek support, compassion, and guidance at Penn Foundation. Although each is prompted by different life circumstances to seek our services, Penn Foundation is committed to ensuring they are all instilled with the same powerful tool – HOPE.

This belief in the healing power of hope is what makes Penn Foundation unique in an industry that continues to experience tremendous changes as it shifts toward a more competitive and efficient marketplace. Consumers now have more choices and are playing a larger role in their healthcare coverage and treatment decisions. To thrive in this environment, Penn Foundation is continuously challenged to find new and innovative ways to provide effective and efficient care.

Penn Foundation spent the past year addressing the pressures of increased competition and a greater demand for service. Our organization has focused

on finding ways to enhance access to affordable, quality care; creating new and innovative partnerships to provide coordinated care for our clients; and developing recruiting and retention strategies that will help us support the extraordinary and capable staff that has always been our hallmark.

In late April, the Board of Directors and senior leadership team discussed the most important strategic issues our organization faces at their annual retreat. Stephen Klasko, MD, MBA, President and CEO of Thomas Jefferson University and Jefferson Health, gave an insightful and timely keynote presentation about rapidly occurring



Penn Foundation was honored to host Gov. Tom Wolf in early August for a press conference about Pennsylvania's efforts to combat the state's heroin epidemic. Legislators from both parties are working together to address this growing problem. Pictured are (left to right) state Reps. Craig Staats and Robert Godshall, Gov. Wolf, Penn Foundation President and CEO Wayne A. Mugrauer, and state Rep. Marcy Toepel.

changes in healthcare and how Jefferson Health plans to respond. You will see a graphic representation of this conversation on Pages 8 and 9.

This summer, we learned that Penn Foundation was named one of the first 20 opioid treatment Centers of Excellence in Pennsylvania, and we were honored to host Gov. Tom Wolf and Secretary of the Pennsylvania Department of Human Services Ted Dallas for a press conference celebrating this exciting news. During the next fiscal year, we will begin implementing our plans to provide the integrated care necessary to ensure a holistic approach to treatment that promotes recovery from opioid addiction.

As we look toward the future, we will continue to think creatively about the services we provide and the most effective ways to reach our clients. We will forge new partnerships that challenge traditional service delivery, and we will continue to provide the accessible, high-quality, innovative care our community expects.

Above all, we are committed to our mission of instilling hope, inspiring change, and building community for the 10,000 children, adolescents, and adults who trust us to share in their recovery journeys each year.

Wayne A. Mugrauer | President & CEO

Margaret K. Zook | Board Chair



John's Story

Initially, John didn't realize he was struggling with depression. He was frustrated by his physical health challenges, like the neuropathy in his hands and feet, and experiencing stress at home dealing with his mother's alcoholism, his own marital discord, and financial issues while raising three daughters. It wasn't until he underwent a depression screening at his doctor's office that he realized his feelings of sadness and anger were symptoms of a more serious mental health issue.

"My doctor recommended Penn Foundation," says John. "I began outpatient counseling about six months ago."

Through counseling, John learned to adjust his expectations regarding living with pain and chronic illness. He also began to understand how his mental and physical health impact one another. This new understanding helped him improve communication and strengthen relationships within his family.

"I have learned to control my anger, accept what I can't change, and let things go. I can now communicate more openly with my wife, which has dramatically improved our relationship."

Calling himself a "work in progress," John is determined to continue making strides and enjoying life despite the challenges. ♦

Creating Integrated, Accessible Care

As we strive to become a fully integrated, holistic healthcare organization, Penn Foundation has established new, innovative partnerships to fundamentally change the way we provide care.

With Tandigm Health, Penn Foundation developed a primary care depression screening with clear guidelines for when to refer a patient for mental health services. Penn Foundation piloted this screening with physicians at the Pennridge and Franconia TriValley Primary Care offices with encouraging results.

"The physician can call Penn Foundation to set up an appointment on the spot. This rapid referral provides the patient with immediate access to care and increases the likelihood that he or she will follow through with treatment," says Angela Hackman, MSW, LCSW,

Penn Foundation Director of Integrated Health Services.

Penn Foundation has also partnered with Bucks County Children and Youth Social Services Agency to place a Mobile Engagement Services (MES) worker at the agency's office to help families struggling with addiction.

"Working with Bucks County Children and Youth Social Services Agency, we can connect with children and families who don't know where to turn and guide them in the direction of hope and healing," says Gordon Hornig, MSW, LSW, Director of the MES program.

Rapid referral provides the patient with immediate access to care and increases the likelihood that he or she will follow through with treatment.

Creative Opportunities for Healing and Growth

Since our founding in 1955, Penn Foundation has consistently emphasized a creative approach to the services we provide.

Our REACH program now partners with Ivy Hill Therapeutic Equestrian Center in Perkasié, which offers a curriculum in conjunction with REACH's Readiness Development classes. Participants visit Ivy Hill once a month to work directly with the horses. This provides participants an opportunity to apply the concepts they learned in class, such as combating negative self-talk, using supports, staying motivated, and overcoming barriers.

"Through experiences with the horses, we highlight self-esteem, insight into verbal and nonverbal communication, mindfulness, and more," explains Sara Dobson, CPRP, a REACH Practitioner.

"Participants must communicate with the horse while demonstrating confidence and leadership in order to make the horse feel comfortable and willing to trust them," says Sara.

Penn Foundation has also added Art Therapy to our array of group offerings.

"Art Therapy provides an opportunity to explore, understand, and resolve issues in a person's life that he or she may not feel comfortable talking about," says Jessica Hauser, MA, an Art Therapist at Penn Foundation. "Art Therapy highlights the need to trust in the creative process and embrace the value in the journey rather than focus on the product."

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April's Story

April first learned about the REACH program while attending a trauma support group at Penn Foundation. As someone living with bipolar disorder, she was excited about how the program could help her, and she soon enrolled in the program.

April particularly values her experience at Ivy Hill Therapeutic Equestrian Center, which is part of the REACH curriculum. "You have to build trust with the horses, but they feed off your emotions," she says. "Initially, the horses would run away from me. But I was able to work through my feelings, and the horses stopped running away and allowed me to brush them."

Thanks to the support of REACH, April began the POWER program at Montgomery County Community College this fall. Through this program, she is participating in college campus life and furthering her education. She hopes to pursue a degree in human services.

***"My mental illness does not define me. It may have held me back, but now, thanks to REACH, I have learned that I am capable, I can try new things, and I can dream."** ♦*





Blase's Story

For nearly three decades, Blase lived an out-of-control life. He abused cocaine and alcohol every day, and he was in and out of rehab, psychiatric hospitals, and prison. He abstained from cocaine for a short time, but a traumatic experience led him back to the drug. Within four months, Blase had lost his contractor business and was living in his car. This was his wake-up call. He sought inpatient treatment at Penn Foundation.

For the first time, Blase felt like someone genuinely cared about him.

“The staff was incredible. Showing me such compassion was the glimpse of hope I needed.”

That glimpse of hope sustained Blase as he served time in jail following his inpatient stay. After his release, Blase returned to Penn Foundation for further treatment through the Partial Hospital program and then Intensive Outpatient Services.

“My world had become so small,” says Blase, “but during treatment, a window to creative outlets like writing and journaling was opened to me.”

Blase celebrated one year of sobriety in September and continues to receive support through weekly counseling and 12-step meetings. ❖

Addiction Treatments for a Changing Population

Penn Foundation's drug and alcohol treatment services are continuously evolving to meet the needs of those we serve.

We have implemented three evidence-based practices to address the needs of a changing population: Living in Balance helps individuals address areas of their lives that may have been neglected during addiction; Integrated Dual Disorders Treatment addresses mental health and substance use simultaneously with the same team of clinicians; and Moral Reconciliation Therapy offers a cognitive-behavioral program to support the moral development of individuals with a history of substance use or criminal offenses.

In conjunction with counseling, Penn Foundation offers medications to assist with recovery from specific forms

of chemical dependence, including addiction to opioids and alcohol. Penn Foundation has also implemented Open Access so individuals can receive an assessment within one business day, and we have added an Addictionologist and an Aftercare Specialist to our team.

"We want our clients to have access to quality services that will form a strong foundation for sustained recovery," says Christopher Squillaro, DO, Penn Foundation Medical Director. "That is why we offer immediate access to care and a holistic approach to treatment that addresses the distinctive biological, behavioral, social, and spiritual needs of our clients."

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Illustrating the Impetus for Integrated Healthcare

The following graphic recordings, created by Chrissie Bonner of Illustrating Progress, represent the issues and solutions discussed at our 2016 Board Retreat.

These drawings reflect the essence of our group discussion, which encouraged deeper listening and open communication to strengthen our continuing mission of instilling hope, inspiring change, and building community as we transform to meet the needs of the current healthcare environment.







Inspiring Hope in Children as Camp Mariposa® Counselors

Children who attend Camp Mariposa®, a national addiction prevention and mentoring program founded by The Moyer Foundation and hosted by Penn Foundation for youths impacted by family substance abuse, often have a life-changing experience.

For some, it's so transformational they return as Junior Counselors to mentor other children and give back to the camp that has given them so much.

"Camp Mariposa came into my life at a time when I needed it most. My dad had relapsed again, and I was extremely confused," says Shawn, a Junior Counselor (on left). "Connecting with kids who understood what I was going through has been the best part for me."

Sierra, another Junior Counselor (on right), says, "Going to Camp Mariposa was like coming up for air for the first time in years."

"Camp taught me how to understand my feelings and showed me I wasn't alone," says Sierra.

As Junior Counselors, Shawn and Sierra hope to share what they've learned with other kids dealing with family addiction. "We help kids realize they aren't their family member and they can make different choices," says Sierra.

Grants in Action

During Fiscal Year 2016, Penn Foundation was the beneficiary of several grants that helped to continue our tradition of piloting innovative approaches to care. They include:

- A two-year grant from the **HealthSpark Foundation** for a program focused on hospital discharge planning and care coordination. This collaboration with Grand View Health will support older adults dually eligible for Medicare and Medicaid who have both behavioral and chronic health conditions. The goal is to prevent hospital readmissions and increase patients' health knowledge and condition management capabilities.
- A multiyear grant from **The Moyer Foundation** for Camp Mariposa®. Established by former Major League Baseball pitcher Jamie Moyer and his wife Karen, Camp Mariposa is a national addiction prevention and mentoring program for youths impacted by family substance abuse. Grants from **The Deaconess Community of the ELCA/ELCIC**, the **Longacre Family Charitable Fund**, and the **Enterprise Holdings Foundation** also support Camp Mariposa.
- A grant from the **Bucks County Drug & Alcohol Commission Inc.** to provide substance abuse education to school districts, clergy, physicians, and the community. This grant has also helped create a Youth Advisory Committee, made up of students from Bucks County high schools, that collaborates with Penn Foundation's substance abuse team to develop ways to empower youths to make healthy choices.
- A generous family foundation that chooses to remain anonymous supported the development of the programming and staffing for the new Family Autism Center. A grant from **The Clemens Family Corporation** provided funds to renovate a building for the Family Autism Center located on Washington Avenue in Sellersville. The full launch of services for children and adolescents on the autism spectrum, and their parents and siblings, is planned for early 2017.
- The final installment of a three-year grant from **The Pew Charitable Trusts** that enables Wellspring Clubhouse to provide mobile psychiatric rehabilitation services and several Penn Foundation rehabilitation programs to provide cognitive remediation services.
- Ivy Hill Therapeutic Equestrian Center received a grant from the **Foundations Community Partnership** to establish a transitional employment position for Wellspring Clubhouse members.



Penn Foundation's first Leadership Academy

Learning and Connecting at Penn Foundation's First Leadership Academy

Participants in Penn Foundation's inaugural Leadership Academy say the program offered valuable professional and personal learning opportunities.

Debra Springer, Director of Wrap Around Services and the Family Autism Center, says the Academy exceeded her expectations. "I was able to understand more about my personal leadership style, learn new leadership skills that I could apply to my role at Penn Foundation, and participate in thought-provoking discussions that allowed me to broaden my perspective on leadership," she explains.

Peter Stolz, Assistant IT Administrator, especially appreciated getting to know his colleagues better. "I enjoyed the chance to learn from and bond with my classmates in a new way."

Springer and Stolz say they are grateful for the opportunity to participate in this program. They hope to see the Leadership Academy continue in order to support the education of other Penn Foundation leaders.

Developing Tomorrow's Leaders

This year, Penn Foundation introduced our Leadership Academy to develop the organizational and mentorship skills of our team. The Academy is designed to teach leadership concepts and foster teamwork among our multidisciplinary staff. Penn Foundation worked with Nancy Aronson, PhD, a faculty member of the Philadelphia College of Osteopathic Medicine, to develop the program.

"We wanted to create a program that was personalized to Penn Foundation, incorporating who we are as an agency and where we want to go," says Karen Kern, MSW, LCSW, Penn Foundation Vice President.

Twelve Penn Foundation staff members, representing various departments and roles, took part in the inaugural class. Through group activities, participants learned about their personal leadership

strengths and styles while gaining experience in coaching, job shadowing, and designing meetings. The seven-session program took place from March through September.

"Looking to the future, we are hopeful that a successful Leadership Academy will serve as an important source of emerging clinical, administrative, and financial leaders for our organization," says Kern.

We are hopeful that a successful Leadership Academy will serve as an important source of emerging clinical, administrative, and financial leaders for our organization.



Keynote speaker Dan Harris and event emcee and fellow ABC News Correspondent Eva Pilgrim (formerly of 6abc Action News) talk before the start of Autumn Event 2015.

"I think, in the not-too-distant future, we're going to look at mental exercise the way we now look at physical exercise."

– Dan Harris, ABC News Co-Anchor

Emphasizing the Importance of Mental Health Hygiene

ABC News Co-Anchor Dan Harris delivered a thought-provoking presentation at Penn Foundation's 13th annual Autumn Event, during which he spoke candidly about the effects reporting from war zones had on his mental health, resulting in an on-air panic attack in 2004. Harris discussed his recovery journey, which included mindfulness and meditation.

"I think, in the not-too-distant future, we're going to look at mental exercise the way we now look at physical exercise," he said to the audience in 2015.

Harris' talk resonated with the audience and echoed Penn Foundation's mission to provide integrated, holistic healthcare.

During the event, Thomas K. Leidy, retired President and CEO of Leidy's Inc. and Vice Chair of Penn Foundation's Board of Directors, received the Adventures in Excellence Award in recognition of his outstanding personal and community leadership. Karen Kern, MSW, LCSW, Penn Foundation Vice President, received the second annual Vernon H. Kratz, MD, Penn Foundation Service Award, celebrating her 44 years of service to Penn Foundation.

The Autumn Event raised more than \$130,000 to support Penn Foundation's high-quality clinical and care programs. Of that, the silent auction brought in more than \$11,000 for Camp Courage 2016, Penn Foundation's summer camp for children with emotional and developmental disorders.

Providing Trauma-Sensitive Care

As part of Penn Foundation's Dr. Michael A. Peters Lecture Series, Sandra Bloom, MD, a board-certified Psychiatrist and Associate Professor at Drexel University Dornsife School of Public Health, spoke about the impact of traumatic experiences and the paradigm shift from asking, "What's wrong with you?" to "What happened to you?"

In 1991, Dr. Bloom developed The Sanctuary Model®, a theory-based, evidence-supported, whole-culture approach to creating a trauma-informed organizational culture.

Dr. Bloom met with Penn Foundation's Trauma Care Champions to discuss their efforts to become a trauma-specific organization, which recognizes trauma symptoms and offers supportive services to avoid retraumatization.

"Penn Foundation's Trauma Care Champions meet regularly to discuss how we can strengthen trauma treatment interventions," says Julie Williams, LPC, Director of Clinical Services. "We have incorporated a trauma screening into our mental health outpatient assessment and offer several trauma-informed treatments. We want to ensure people feel safe when they come for care at Penn Foundation."





Transforming Mental Healthcare to Meet Ever-Changing Needs

For more than 60 years, Penn Foundation has upheld its mission to instill hope, inspire change, and build community for our clients.

As the healthcare landscape changes and we welcome clients with more complex needs, we are committed to continuously learning and applying new strategies.

Through a broad range of diverse mental health and substance abuse programs that can be tailored to meet individual needs, Penn Foundation provides compassionate, responsive,

innovative care to more than 10,000 children, adolescents, and adults each year.

Our tradition of compassionate care combined with a strong belief in the healing power of hope and the possibility of recovery enables us to help individuals and families grow, develop, and recover to their fullest mental, emotional, and spiritual health.

Statement of Activities

For the Year Ended June 30, 2016

REVENUE, GAINS, AND OTHER SUPPORT:

Managed Medical Assistance	\$	12,952,237
Fees from Counties	\$	4,676,140
Client Billing & Commercial Insurance	\$	2,295,231
Medical Assistance	\$	1,425,945
Other Income	\$	774,469
Medicare	\$	333,345
Grants and the United Way	\$	305,919
Contributions	\$	285,232
TOTAL	\$	23,048,518

EXPENDITURES AND LOSSES:

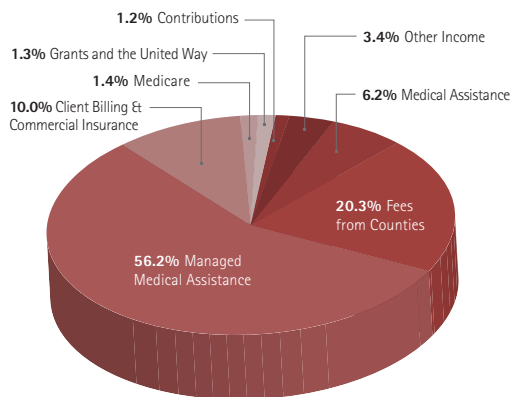
Program Services	\$	19,821,971
Support Services	\$	3,016,849
TOTAL	\$	22,838,820

Change in Net Assets \$ 209,698

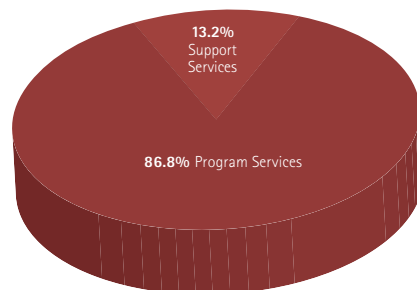
Unaudited Statement

The information included in this statement is unaudited.

REVENUE, GAINS, AND OTHER SUPPORT



EXPENDITURES AND LOSSES



LICENSURE

Pennsylvania Department of Human Services

ACCREDITATIONS

Association for Clinical Pastoral Education Inc.

Commission on Accreditation
of Rehabilitation Facilities*

International Center for Clubhouse Development

MEMBERSHIPS

American Psychiatric Association

Bucks-Mont Collaborative

Franconia Mennonite Conference

Mennonite Health Services

National Alliance on Mental Illness

National Association of Addiction
Treatment Providers

National Council for Behavioral Health

Pennsylvania Association of Psychiatric
Rehabilitation Services

Rehabilitation and Community Providers Association

*Alcohol and Other Drug Addiction Detoxification
Program and Inpatient Treatment Program



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