

*Caring  
for the  
Community:  
Our Response  
to an Epidemic*

2017 ANNUAL REPORT



**PENN FOUNDATION**  
BEHAVIORAL HEALTH SERVICES



# Message from the Board Chair and the President & CEO

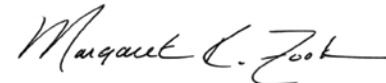
As a provider of mental health and substance use treatment services for more than 60 years, Penn Foundation sees firsthand the devastating impact of substance use on individuals, families, and our community. And for the past seven years, we have had a front row seat as opioids and heroin have gripped – and continue to devastate – our country, our state, and our community.

But Penn Foundation has refused to be a silent bystander. Since 2010, when we began to see a shift in the individuals coming to us for drug and alcohol treatment, we started to think creatively about our services and adapt and enhance our programs to address the special needs of the opioid use population. Our priority was to foster immediate access to care and to provide a holistic approach to treatment that addressed the distinctive biological, behavioral, social, and spiritual needs of our clients.

Once we strengthened our infrastructure, we turned our focus to the community, providing education about the disease of addiction and engaging the community in prevention efforts. We also formed partnerships with providers such as hospital emergency departments to target overdose survivors. We recognize that it will take all of us working together and supporting those who struggle with addiction to preserve the health and well-being of our community.

Penn Foundation is committed to providing high-quality, innovative, evidence-based addiction medicine and prevention programs for our community. We will continue to adapt our services to meet the need, and we will continue to advocate, educate, and support those struggling with addiction and their loved ones. While the heroin epidemic has a strong hold right now, we are poised to work with our community to dismantle it.

Fighting this epidemic – and helping people overcome their addictions – has been a major focus, but it's not our only focus. Our goal is to help everyone who partners with us to grow, develop, and recover to their fullest mental, emotional, and spiritual health. We are committed to our mission of instilling hope, inspiring change, and building community for every one of the 10,000 children, adolescents, and adults who depend on us each year.



**Margaret Zook**

Chair, Board of Directors



**Wayne Mugrauer**

President & CEO





# The Worst Drug Crisis in American History

The opioid epidemic has been called the worst drug crisis in American history.<sup>1</sup>

Over the course of more than a decade, it has grown into a problem destroying lives across the country, regardless of age, race, wealth, or geographic location.

Every day, **91** Americans die from an opioid overdose. It is the leading cause of accidental deaths in the United States, killing more than **33,000** people in 2015. Since 1999, the number of overdose deaths involving opioids has more than quadrupled.

In 2016, the number of drug-related deaths in Pennsylvania totaled more than **4,600**, an increase of **37%** from 2015. This translates into **13** people dying every day. Locally, Bucks and Montgomery counties both rank in the top eight of Pennsylvania counties for drug-related deaths, with **168** and **249** respectively in 2016.

Young adults ages 18-26 have been the most affected, with heroin use doubling among this vulnerable age group within the past decade. This alarming increase has been attributed

to heroin being cheaper and more easily accessible than opioid painkillers and other substances.

In November 2016, the Surgeon General's Report on Alcohol, Drugs, and Health was the first Surgeon General's Report to address substance use disorders and the resulting health issues and societal impact of drug and alcohol abuse. The 430-page report details the serious problem of substance use gripping our country, including the impact that substance misuse has on individuals and communities and the need for integrated, evidence-based care and community-based prevention programs.

"We are losing a generation," says Julie Williams, MA, LPC, CCDP-D, Penn Foundation's Director of Clinical Services. "Many of our clients began using drugs right out of high school and never learned how to live independently. Their addiction has inhibited their development, resulting in long-term health, economic, and social implications." ●

"We are losing a generation."



In 2015, opioids caused

**33,000**

overdose deaths in the U.S.

There is a cross-over use between heroin and opioid use in overdoses.

**31%**

Benzodiazepine sedatives were also cited as contributing causes.



More people die from drug overdoses than car accidents.



Pennsylvania has the highest overdose death rate in white males.

**18-26**

Ages that have been the most affected.



Enough prescription painkillers were prescribed in 2010 to medicate every American adult around-the-clock for one month.

**4,642**

Deaths in Pennsylvania as a result of drug overdoses in 2016.





**“Pam made me realize  
that my children  
are worth my daily  
struggle to stay clean.  
They are so worth it.”**

Image not of Briana

## Briana

**Briana, 28, has been using drugs since she was 12 years old, starting with prescribed pain medication and moving on to heroin and cocaine.**

She is a single mom of three boys – ages 12, 9, and 7. She has another son who died at two weeks old due to health complications resulting from Briana's drug use while she was pregnant. Two years ago, she lost custody of her three surviving sons as a result of her drug addiction.

Losing custody of her children wasn't motivation enough for Briana to get clean. In fact, it spurred her addiction even more. Stuck in a repetitive cycle of drugs, jail, and rehab, Briana felt hopeless and resistant to treatment. But thanks to an innovative partnership between Penn Foundation and Bucks County Children and Youth, Briana was put in contact with Pam Blackburn, one of two Penn Foundation Mobile Engagement Specialists embedded at Children and Youth.

“My connection with Pam changed everything. Pam never gave up on me. She always asked me what I needed and how she could help,” says Briana.

In June 2017, Briana overdosed, but because of her close relationship with Pam, she reached out to Pam immediately, and Pam arrived within 15 minutes to take Briana for an assessment and to get her into treatment. Briana was admitted to Penn Foundation's inpatient rehab program, which she completed in July. She now lives in a recovery house and continues with outpatient treatment.

“I don't know what I would do without Pam,” says Briana. “I needed someone like her, someone that was there for me, that I could be completely honest with, without judgment, that would help me stay in treatment, and that would not let me take the easy way out. Pam made me realize that my children are worth my daily struggle to stay clean. They are so worth it.” ●



# 2010– 2014

## As early as 2010, Penn Foundation began to experience a shift in the population seeking drug and alcohol treatment in terms of age (population is younger), substances used, and physical health conditions.

This shift required us to restructure our clinical programming and provide extra support to our staff as they worked to meet the changing needs of our clients.

As heroin use escalated into an epidemic, Penn Foundation separated its inpatient and outpatient drug and alcohol programs, thus enabling expansion of both programs. Philanthropic support allowed us to increase our inpatient capacity to 55 beds, 90% of which are filled by individuals with an opioid use disorder.

We moved to a three-phase approach to treatment, which includes Motivational Enhancement, Skill Building/Building Positive Interpersonal Relationships, and Relapse Prevention. This approach is personalized to each individual based on their age, substances they used, and their readiness to change. We also implemented

three evidence-based practices including Living in Balance, which helps individuals address issues in lifestyle areas that may have been neglected during addiction; Integrated Dual Disorders Treatment, which helps individuals address both their mental health and substance use disorders at the same time by the same team of clinicians; and Moral Reconation Therapy, a cognitive-behavioral program designed to foster moral development in those seeking substance abuse treatment and in criminal justice offenders.

To support these new models of providing care, we enhanced our treatment team to include an addictionologist, Gibson George, MD, and two clinical supervisors for our evening and weekend programming. We also redesigned our Family Education program to help educate families about the opioid epidemic, treatment options, and supports available.

Additionally, Penn Foundation became The Moyer Foundation's Pennsylvania partner for Camp Mariposa®, a national addiction prevention and mentoring program for youth who have been impacted by substance abuse in their families. Children ages 9-12 attend transformational weekend camps multiple times a year and participate in fun traditional

camp activities combined with education and support exercises that build knowledge, coping skills, confidence, and an opportunity to connect with one another. Led by mental health professionals and trained volunteers, Camp Mariposa provides a safe, fun, and supportive environment critical to help break the cycle of addiction.

Penn Foundation also hosted a series of community conversations about the use of heroin and other drugs in our community. The standing room-only attendance at these events affirmed our community's desire to be part of the solution. ●



**“At the Recovery Center, I’m surrounded by ‘real’ people who take their recovery seriously. Penn Foundation has changed my life.”**



# 2015

## As the heroin epidemic intensified in 2015, Penn Foundation continued to restructure its programs and services to increase access to care and to provide a more holistic approach to treatment.

In January 2015, Penn Foundation initiated an enhanced collaboration between our Emergency Services program, within the Department of Emergency Medicine at Grand View Hospital, and Penn Foundation's Recovery Center. This project aimed to create a seamless direct admission to inpatient drug and/or alcohol treatment for community members presenting with addiction symptoms in Grand View Hospital's Emergency Department. The goal was to decrease the wait time in the emergency room and improve the patient experience by providing timely access to critical care. In the first six months, more patients were referred to the Recovery Center than in the entire previous year.

Another way that we worked to increase access to care was to offer Open Access, a model of same-day service that more immediately and efficiently meets a person's need in the critical moment when they reach

out for help. It has enabled individuals to receive an assessment within one business day. In February 2014, one month after full implementation, 75 individuals received a drug and alcohol evaluation; in February 2015, that number had doubled, with 150 people seeking an evaluation. Open Access also dramatically reduced the no-show rate for appointments from 50% to 0%.

Analysis of data demonstrated that the restructuring of our clinical programming was having a positive effect on 30-day readmission rates. However, 90-day readmission rates were much higher. Concerned by this outcome, Penn Foundation initiated further changes to its Partial Hospital and Intensive Outpatient programs in the fall of 2015. Art therapy was added as an intervention in the Partial Hospital program, and the evidence-based practice of Living in Balance was implemented in the Intensive Outpatient program.



**“Before I came to Penn Foundation, I thought no one cared about me. Now I have a team of people to call when I need help, and I have hope. Thanks to Penn Foundation, I no longer feel alone.”**

Nina Drinnan, CRNP, educates a client about some of the medications available to him.

Penn Foundation also turned its focus to the community, partnering with Bucks County Children and Youth Social Services to place a Mobile Engagement Specialist (MES) at the Children and Youth office to help families struggling with addiction issues with the goal of preventing children being placed outside the home. Mobile Engagement Specialists Pam Blackburn and Tony Pierce currently work with a combined total of 70 families, with approximately 73% of them having received a drug and alcohol evaluation. In 2017, Blackburn and Pierce were recognized for their work with the Bucks County Children and Youth's John Thomas Bevinovino Award.

Additionally, Penn Foundation received a three-year substance abuse prevention grant from the Bucks County Drug and Alcohol Commission, Inc. to provide awareness and education to local school districts, clergy, physicians, and the general community. The grant also fostered the formation of a Youth Advisory Committee composed of students from Bucks County high schools. This dynamic group of youth has helped to educate Penn Foundation's substance abuse team on ways in which it can empower the youth in the community to make healthy choices. ●



# 2016

In an effort to accommodate the growing number of individuals seeking treatment, Penn Foundation increased its licensing capacity with the Pennsylvania Department of Drug and Alcohol Programs in 2016.

We can now serve up to **300** individuals in our Outpatient program, **100** in our Intensive Outpatient program, and **15** in our Partial Hospital program.

We also increased our licensing for Medication-Assisted Treatment, as we introduced a second medication option, Vivitrol, in the spring. We also placed Narcan (Naloxone) in buildings around our campus and trained staff on how to administer it.

In the summer of 2016, Penn Foundation was named one of the first **20** Opioid Treatment Centers of Excellence in Pennsylvania. Governor Tom Wolf came to Penn Foundation in early August for a press conference to announce the news and to share Pennsylvania's efforts to combat the heroin epidemic. In response to this designation, Penn Foundation immediately began putting together a care management team that would provide integrated substance

abuse, mental health, and physical health care to ensure individuals receive holistic treatment that promotes recovery.

The team currently serves **105** individuals. Of those, **72%** connected to the next recommended level of care. And although **9%** of individuals were readmitted for inpatient care, all of them re-engaged in treatment and followed through to the next level of care. These numbers are consistent with state trends. As of July 2017, **73%** of the **4,243** individuals who became involved with one of the **45** Centers of Excellence in Pennsylvania have been admitted to treatment programs. ●

“For the first time,  
I didn’t feel alone,  
and I really felt  
like I was strong  
enough to deal  
with my problems.”

## Colt

Colt nearly lost his life when he experienced a stroke and traumatic brain injury as a result of a drug overdose.

He had to relearn basic skills like reading and tying his shoes. But this traumatic experience wasn’t enough to keep Colt from picking up drugs again, and he overdosed a second time.

Through the Recovery Center’s Intensive Outpatient program, Colt found a self-awareness he had not had in a long time. “For the first time, I didn’t feel alone, and I really felt like I was strong enough to deal with my problems,” he says. “Penn Foundation gave me tremendous support and helped guide me with new ideas, new ways of thinking, and most importantly, hope for a new, exciting, drug-free future.”

A former health and physical education teacher, Colt also enrolled in the REACH (Intensive Psychiatric Rehabilitation) program to help him learn the skills needed to return to the workplace. As he works to rebuild his life, Colt’s message for other people working on their recovery is one of hope: “Be present. Be an asset to your friends and family. Put as much energy into your recovery as you did into using. And be grateful for the little things.” ●



# 2017 & Beyond

After spending the previous few years focusing on staffing, program infrastructure, and access to care, Penn Foundation turned its attention outward in 2017, increasing collaborations with community organizations and providers to address the worsening heroin epidemic.

Knowing that individuals are at most risk when they are discharged after being treated for an overdose, Penn Foundation has or will have embedded staff in the emergency departments of Grand View Hospital, St. Luke's Hospital, and Abington-Lansdale Hospital to target overdose survivors who come into the emergency room. This program is designed to directly connect opioid overdose survivors in hospital ERs to drug treatment providers. Our staff will meet with the individual to conduct an assessment and connect the person to appropriate treatment and resources. Our staff will also meet with the individual's family to help connect them to resources and education.

Penn Foundation is also scheduled to begin an Aetna Member Care Coordination Project in the fall of 2017. Through this

innovative partnership with Aetna, Penn Foundation's Peer Support Team Leader will provide engagement and peer support for inpatient clients with Aetna insurance for six months. The Peer Support Team Leader and our inpatient addiction counselors will work closely with an Aetna member advocate to coordinate aftercare and provide resources to individuals and their families.

In 2018, we intend to incorporate technology into our programs through the use of myStrength, a web and mobile self-help resource that includes interactive applications delivering evidence-based psychotherapy models, individualized behavioral health programs, personalized inspirational, wellness, and spiritual tips, and community applications to connect people so that they don't feel alone.

In partnership with the Quakertown Police Department, we also plan to replicate the Bensalem Police Department's Bensalem Police Assisting in Recovery (BPAIR) program, which aims to help connect people struggling with addiction to treatment providers. Community residents can come into the police department 24/7 seeking help. They will be paired with a "Navigator" who will accompany them to a treatment provider for an assessment and provide support during the assessment.

As Penn Foundation looks toward 2018 and beyond, we are committed to working with our community to address the opioid epidemic and to providing the most up-to-date, innovative, and evidence-based addiction medicine available. ●

Dear Addiction,

*You don't know what pain you caused me and many other families. I have had to deal with you through my whole life and it wasn't fun. It was hard for me at that age to understand what was happening. I had to go to a foster home because of you. I wasn't able to see my mom or dad for awhile because of you. I am just very thankful that I didn't lose a family member like other kids have. I am very happy now with my family. We always laugh and are happy. I'm over you now and will never hear of you again. Camp always helps me share my feelings and I feel safe and secure when I'm there. I know that every time I go to camp I will always have fun and be able to talk to any counselor or friend there because they will all understand how I feel because they all know what I've been through. We all have different stories or backgrounds but one thing we have in common is we have dealt with addiction but fought it off and it's all okay now. So to conclude, addiction you should go away and leave these innocent families alone.*

Letter written by a Camp Mariposa® Participant



# Grants in Action

- Penn Foundation continued to provide substance abuse awareness and education to local school districts, clergy, physicians, and the general community through a grant from the **Bucks County Drug and Alcohol Commission, Inc.** This year, Penn Foundation expanded its reach to include Bucks County Realtors, providing education and awareness about the safe storage of medications during open houses.
- Penn Foundation is in the second year of a two-year grant from the **HealthSpark Foundation**. This care transition project has been expanded from the initial partnership with Grand View Hospital to also include Abington-Lansdale Hospital. This program supports older adults who are dually eligible for Medicare and Medicaid and who have both behavioral health and chronic health conditions. The goal of the project is to prevent hospital readmissions and increase patient knowledge of their health and how to manage their conditions.
- **La-Mel Garden Foundation**, through the **Bucks County Foundation**, provided a grant for Penn Foundation's Leadership Institute, which provides training and development for the next generation of leaders at Penn Foundation and Grand View Hospital.
- Wellspring Clubhouse received a renewal of its grant from **The Pew Charitable Trusts**. This grant enables the Clubhouse to provide mobile outreach, and along with several of Penn Foundation's other rehabilitation programs, to offer cognitive remediation to program participants.
- Penn Foundation received a grant from the **VNA Foundation of Greater North Penn** in support of the Greater North Penn Prevention Partnerships project. This grant allows Penn Foundation to provide education and community awareness around substance abuse disorder prevention, autism, and community mental health.
- **The Moyer Foundation** has given Penn Foundation a multi-year grant for Camp Mariposa®. Established by former Major League Baseball pitcher Jamie Moyer and child advocate Karen Phelps Moyer, Camp Mariposa is a national addiction prevention and mentoring program for youth who have been impacted by substance abuse in their families. Additional grants to support Camp Mariposa have been awarded from: **Enterprise Holdings Foundation, Foundations Community Partnerships, Inc., Telford Community Aid Foundation, and Today, Inc.** The Autumn Event Silent Auction and donations made to Penn Foundation on Giving Tuesday and throughout the year are also key contributions to Camp Mariposa.
- Generous gifts from two family foundations and one individual that have chosen to remain anonymous have allowed Penn Foundation to establish a Family Autism Center that has begun to provide the multidisciplinary, integrated approach to care needed by individuals with autism and their families.

# Creative Ways to Give

Knowing that Camp Mariposa® still had a funding gap despite generous grants from several organizations, Penn Foundation Board member Dorothy Weik-Hange and her new husband, Phillip Hange, felt inspired to help make a difference for the young campers.

"Phil and I had decided early on that we would suggest a charitable gift in lieu of wedding gifts. For me, it was an easy choice – Camp Mariposa holds a special place in my heart," says Dorothy. "Phil was a youth pastor for six years and has a great depth of compassion for kids and the increasing challenges associated with just being a kid. When he learned about the mission of Camp Mariposa, he enthusiastically endorsed the idea of contributions to Mariposa in lieu of wedding gifts."

"I will never forget my visit to Camp Mariposa," adds Dorothy. "To see these young kids, all with an unfortunate commonality, trying desperately to just be kids and have a good time – it was moving. I could see the importance of the understanding and support of their peers as well as guidance and support from staff to work through feelings and issues and learn to handle them appropriately. These kids didn't have a choice about the facts of their lives, but they do have a choice as to how they will live their lives. If we can help, then we should."

Dorothy and Phillip's friends and family did help, giving generously and raising over \$5,000 for Camp Mariposa. ●

**Others have also sought creative ways to give to Penn Foundation this year.**

- The local conference committee for the 2017 American Occupational Therapy Association Conference and Centennial Celebration, which was held in Philadelphia in the spring of 2017, chose Wellspring Clubhouse as its designated charity.
- In May, Zion Mennonite Church hosted a performance of Ted Swartz's "Laughter is Sacred Space" and donated the free-will offering proceeds to Penn Foundation.
- Similarly, students in the Theater Group at Dock Mennonite Academy donated the proceeds of their concession stand to Penn Foundation; and Michelle Handy, one of our Camp Mariposa volunteers, organized her fellow students at Arcadia University to hold a bake sale benefiting that program.





# Statement of Activities

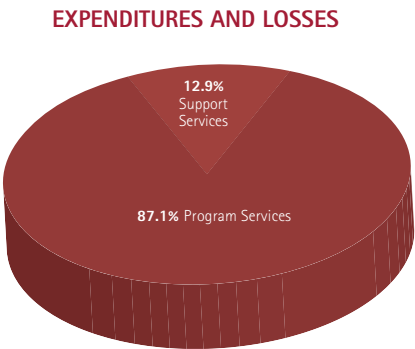
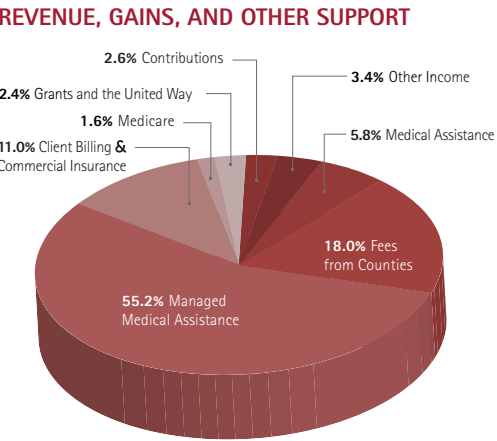
For the Year Ended June 30, 2017

REVENUE, GAINS, AND OTHER SUPPORT:		
Managed Medical Assistance	\$	13,912,173
Fees from Counties	\$	4,537,007
Client Billing & Commercial Insurance	\$	2,763,519
Medical Assistance	\$	1,473,994
Other Income	\$	847,931
Medicare	\$	398,781
Grants and the United Way	\$	615,256
Contributions	\$	670,385
<b>TOTAL</b>	<b>\$</b>	<b>25,219,046</b>

EXPENDITURES AND LOSSES:		
Program Services	\$	21,720,101
Support Services	\$	3,206,159
<b>TOTAL</b>	<b>\$</b>	<b>24,926,260</b>

Change in Net Assets	\$	292,786
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**Unaudited Statement**  
*The information included in this statement is unaudited.*



**LICENSURE**  
Pennsylvania Department of Human Services

**ACCREDITATIONS**  
Association for Clinical Pastoral Education Inc.  
Commission on Accreditation of Rehabilitation Facilities\*  
Clubhouse International

**MEMBERSHIPS**  
American Psychiatric Association  
Bucks-Mont Collaborative  
Franconia Mennonite Conference – Conference Related Ministry  
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*

“Penn Foundation is committed to providing high-quality, innovative, evidence-based addiction medicine and prevention programs for our community.”

– Wayne Mugrauer, President & CEO





# PENN FOUNDATION

BEHAVIORAL HEALTH SERVICES

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