

## Looking Ahead: Vision for 2009

After a year of considerable expansion in 2008, Penn Foundation's focus in 2009 is on improving and enhancing existing services to create a more efficient, seamless experience for clients. To accomplish this, Penn Foundation plans to break ground on a renovation and expansion of its main building, which currently houses the Outpatient Mental Health and Forensic Assertive Community Treatment programs. The agency also intends to explore the feasibility of providing on-site pharmaceutical services for clients.

Additionally, Penn Foundation is looking to further enhance its collaborations with the Pennridge School District, the Bucks County Intermediate Unit and Upper Bucks County Area Vocational Technical School, and Indian Creek Foundation.

Finally, Penn Foundation hopes to conduct several research studies under the leadership and guidance of psychiatrist Dr. Diana Koziupa.

### Main Building Renovation/Expansion

Originally constructed in 1962 and last renovated in 1978, Penn Foundation's main building currently houses the Outpatient Mental Health and Forensic Assertive Community Treatment (FACT) programs. To meet the community's continually-growing need for behavioral health services and to alleviate overcrowded conditions, the agency plans to renovate its current 22,000 square foot facility and add an additional 40,000 square feet.

The additional space will allow for the expansion of both the Adult and Children's Outpatient Mental Health programs as well as Children's Community Based Services and Dayspring Counseling Center. The renovated building will afford private entrances for each program and more comfortable, spacious waiting rooms. It will also enable Penn Foundation to centralize many of its programs and administrative functions, ultimately resulting in a more efficient, seamless delivery system for clients.

As part of the plans for this renovation and expansion, Penn Foundation is investigating the feasibility of offering a pharmacy for clients, thus enabling clients to have their prescriptions filled on-site.

The main building construction is the final phase in a three-part capital expansion venture by Penn Foundation. To date, the agency has raised \$8.5 million of the needed \$17.5 million. Careful evaluation of economic trends, available foundation grants, our donor's other community commitments, and available state grants has promoted us to separate the main building project into two segments. "We will need to raise \$4 million in our first segment to build the new wing and an additional \$5.2 to complete the renovation of the existing building," says John Goshow, President & CEO.

### The Power of Collaboration

Recognizing the power of collaboration, Penn Foundation expects to further enhance its partnerships with

two area educational institutions and one fellow non-profit organization.

#### 1. Pennridge School District

Through its Children's Community Based Services program, Penn Foundation has been working with the Pennridge School District to provide school personnel with behavioral consultation and education.

Additionally, Children's Community Based Services conducts weekly sessions, both one-on-one and in groups, for students at the district's four secondary and seven elementary schools who demonstrate at-risk behaviors or emotional issues. Clinicians have run a myriad of groups including a school anxiety group, pro-social group, and a group for children who are bullied, among others.

Referral to other needed resources for children and/or families has also been provided. Service delivery by Children's Community Based Services clinicians also includes student functional assessments as well as outcome evaluations regarding the work that is being provided.

#### 2. Bucks County Intermediate Unit #22 and Upper Bucks County Area Vo-tech School

Jack Clark, Supervisor of Autism, Alternative Education, and Life Skills for the Bucks County Intermediate Unit, invited Penn Foundation to participate in a grant the Unit received from the Pennsylvania Department of Education to provide consultative and clinical support services to students at the Upper Bucks County Area Vocational Technical School. Depending on the success of this program, it could expand to satellite locations within the participating school districts (Quakertown, Pennridge, and Palisades).

continued on page 4...



807 Lawn Avenue | P.O. Box 32 | Sellersville, PA 18960  
[www.PennFoundation.org](http://www.PennFoundation.org)

## Annual Appeal Thank You

A special THANK YOU to all who responded to our recent Annual Giving Appeal. All of the funds raised through our Annual Appeal, like those raised through Autumn Event, support Penn Foundation's Commonwealth Fund, which subsidizes services for those who cannot pay or can only partially pay for the services they receive at Penn Foundation. Our Annual Giving Goal is \$350,000 by the end of our fiscal year on June 30, 2009. If you have not yet made a contribution, please consider a gift today to help bring hope, healing and compassion to others.

*Carol Detweiler Washko*



## DID YOU KNOW

- ❖ Penn Foundation served 9,236 individuals during the 2007 – 2008 fiscal year.
- ❖ The first research study conducted at Penn Foundation took place in 2002 and involved the medication Abilify.
- ❖ Penn Foundation's new Board member, Donald Kraybill, Ph.D., is the son-in-law of the agency's founder, Dr. Norman Loux, and had previously worked at Penn Foundation from 1982 – 1988.

*Best wishes for 2009!*

continued on page 4...

### IN THIS ISSUE:

- Penn Foundation Dedicates New Wellspring Clubhouse
- Penn Foundation Conducting Research Studies
- Looking Ahead: Vision for 2009
- Passionate About Poetry: One Man's Path to Recovery
- Autumn Event 2008 Celebrates Power of Hope



Winter 2009 \_ Volume 8 \_ Issue 1

## Penn Foundation Conducting Research Studies

After conducting its first research study six years ago, a trial that involved the medicine Abilify, and having dabbled lightly in other studies since then, Penn Foundation is once again embarking on a journey through the field of medication research. Under the leadership and guidance of principal investigator Dr. Diana Koziupa, the agency recently completed an eight-week study on a new antidepressant compound to determine efficacy and effects on sexual functioning.

Currently, Penn Foundation is conducting two more studies, one involving a cognitive medicine for schizophrenia and the other involving a maintenance medicine for ADHD (Attention Deficit Hyperactivity Disorder). In February 2009, the organization will begin a quality of life study for an antidepressant presently on the market.

"I have always been interested in research," says Dr. Koziupa. "And I am lucky to work for an organization that fully supports my efforts. I see research becoming another area of excellence for Penn Foundation."

In addition to Dr. Koziupa, the research team includes Study Coordinator Christine Bookheimer; Director of Mental Health Services Karen Kern, and psychologists Donna Martin and Karen Rosenberger as blinded evaluators.

"Clinical trials, such as the ones that we are conducting at Penn Foundation, are a way to positively contribute to the development of...

## Penn Foundation Dedicates New Wellspring Clubhouse

As chilly winds gave flight to colorful autumn leaves, approximately 300 people huddled together under a large white tent to celebrate the completion and dedication of Penn Foundation's new Wellspring Clubhouse on October 30, 2008. Attendees were impervious to the cool weather as the tangible excitement and energy of the day provided much needed warmth. After 14 years in a crowded white farmhouse on Lawn Avenue, generously loaned by Grand View Hospital, Wellspring Clubhouse finally has a home it can call its own. As one member said, "It was a long time coming, but it was definitely worth the wait."

### Highlights of the dedication included:

- ❖ Testimonials by Melissa Levine and John French, Wellspring Clubhouse members; and Don Cooper, father of a Clubhouse member and Wellspring Clubhouse Advisory Board member
- ❖ Original poem by Dan Flore, Wellspring Clubhouse member
- ❖ Four songs performed by the Wellspring Clubhouse Chorus
- ❖ Tours of the new facility

Penn Foundation began the search for a larger, more modern facility to house the blossoming program when an anonymous donor gifted \$250,000 to the Clubhouse. John Goshow, President and CEO, looked to fellow Franconia Mennonite Conference ministry Rockhill Mennonite Community for help.

"Penn Foundation is proud to have a strong, long-standing relationship with Rockhill Mennonite Community," says John. "We both share common

values, including the desire to serve our local community in the best way possible. We both strive to provide, in an atmosphere of Christian love, a wide range of holistic services that encompass each person's individualized needs. Because of Rockhill's generosity and support, we are able to better serve those in need of hope, healing, and compassion. This will ultimately result in a higher quality of service for a greater number of people. Our partnership is a brilliant demonstration of the power of collaboration."

"I feel an incredible sense of personal satisfaction and happiness to be a part of something that I hope and expect will have a lasting positive impact long after I am gone," says Lu Mauro, Director of Wellspring Clubhouse. "I say this with the full knowledge that it is not actually buildings that make programs and services but the people inside, relating to each other, that create the healing and recovering community. This facility, this investment, is a huge statement of this community's caring and generosity. I know that when people from other communities see our clubhouse, they will be inspired to create similar things in their own communities. I love the fact that Wellspring can be inspiring to others." 🌸

*Thomas Leidy, Chair, Penn Foundation Board of Directors; Lu Conser, Executive Assistant to the Deputy Secretary of the Pennsylvania Office of Mental Health and Substance Abuse; and John Goshow, President & CEO, Penn Foundation.*





## Penn Foundation Further Expands Board of Directors

### Penn Foundation Founder Dr. Norman Loux Retires From Board

Penn Foundation's founding father, Dr. Norman Loux, has retired from the Board of Directors with Emeritus status after serving as a Director for 25 years. At the agency's annual Christmas Tea on December 9, 2008, Dr. Loux was presented with citations from Pennsylvania Governor Edward G. Rendell, the Pennsylvania House of Representatives, and the Pennsylvania Senate. He also received a digital picture frame complete with pictures of Penn Foundation throughout its 53-year history. 🌸



Tom Leidy, Chair of Penn Foundation's Board of Directors, presents a citation to Dr. Loux in honor of his retirement from the Board. Dr. Loux's daughter, Elizabeth Kraybill, looks on.



Donald E. Kraybill, Ph.D., M.S.W.

*“As a board member, I anticipate providing the unique perspective of a psychologist but also from the vantage point of wanting to assure “evidence based approaches” and measurable outcomes. It is also incumbent upon the board, in this era of shrinking resources, to support provider staff in functioning at the highest level of competency and to support research initiatives. It is an extraordinary privilege to be associated with Penn Foundation's talented staff and leadership at this time in the organization's history.”*

Donald E. Kraybill, Ph.D., M.S.W. has joined Penn Foundation's Board of Directors, bringing the total number of Directors to 12.

A psychologist practicing at the Centre for Family Consultation in North Wales, Dr. Kraybill earned his Doctorate in Psychology from Alliant University/ California School of Professional Psychology. He received his Master's Degree in Social Work from California State University-Fresno and his Bachelor's Degree in Psychology from Goshen College (Indiana).

Upon completion of his graduate training, Dr. Kraybill was employed as a Behavioral Scientist for the University of California-affiliated Family Medicine residency program in Merced, California. He then joined the staff of Penn Foundation, working with children and adolescents as an outpatient psychotherapist. “This was an exhilarating time to provide mental health services for children,” recalls Dr. Kraybill. “I was surrounded by talented mentors and ancillary staff.”

In 1985, Dr. Kraybill became the Director of Behavioral Science at the Montgomery Hospital Medical Center in Norristown. In this role, he provided Temple University-affiliated Family Medicine residents with clinical training and experience in behavioral medicine. Additionally, he served on the Graduate Medical Education Committee, published research, and coordinated the curriculum for the Psychiatry rotation.

Three years later, Dr. Kraybill took a position as the Region II Mental Health Consultant (serving six states) for the United States Department of Labor, Youth Services/Job Corps Program in Philadelphia. He was responsible for performing site reviews and providing technical assistance to evaluate the overall medical, dental, mental health, and substance abuse programs for 20 job corps centers.

In February 2002, Dr. Kraybill joined the Accreditation Council for Graduate Medical Education field staff. Since then, he travels every other week and has conducted more than 400 site visits of residency training programs across the United States.

Dr. Kraybill is the father of three college-age children and resides with his wife, Elizabeth, in Harleysville. He is also the son-in-law of Dr. Norman Loux, Penn Foundation's founder. 🌸

Dedication Poem  
By: Dan Flore

the new wellspring clubhouse

A treasury of us  
slimmering kites  
with guidance  
yet with no strings

here indifference  
is turned into an abyss

here the music of regal dreams  
echoes through our hall

here we have been granted  
through glorious generosity  
A PLACE  
to remember and forget  
the depths of ourselves  
so blurred in the  
sketch of mental illness  
A PLACE  
to see through the soft knowing  
eyes of others,  
ourselves of the future

A PLACE where the lion  
within us roars towards that  
future  
while pawing at the present

A PLACE to call home  
we, who are shattered  
yet still standing glass

#### Brief Explanation from the Author

I chose the metaphor “shimmering kites” to capture the idea that the Clubhouse staff guides us, but it's really up to each of us individually to make our dreams come true.

“To remember and to forget depths” means that although we may be consumed by our illnesses, it is just a part of who we are, and we need to accept that rather than fight it.

The last line of my poem – “yet still standing glass” – represents the empathy we feel towards others with mental health issues. We may have been broken, but the pieces can be put back together again.

## Passionate about Poetry: One Man's Path to Recovery



Dan Flore is passionate about poetry. He began writing poems in the fourth grade, and in high school, “I wrote really bad poems about girls in geometry class,” he says with a sly smile. Now 30, Dan has had seven of his poems published and writes almost every day. These days, however, his poetry is about much more than girls.

#### Music and Marijuana

Dan came to Penn Foundation 10 years ago after a psychotic break due to his marijuana use. “I began using marijuana when I was 20, not because of peer pressure, but as an escape from the stress of work. Even more so, I used it because of my admiration for musicians like Paul McCartney and John Lennon who had also used marijuana,” Dan explains. “I wanted to explore my own mind but ended up destroying it.”

Dan was hospitalized and describes this time as the scariest thing he has ever experienced. “I would have delusions about needing to jump out of a moving car,” he remembers. “I would cater to these delusions; I was delusional about my delusions.” Dan was diagnosed with schizoaffective disorder.

He began using the Partial Hospital program and especially appreciated the art therapy component which allowed him to creatively express his feelings.

#### Poetry and Promise

In 2004, Dan began coming to the Wellspring Clubhouse. “I was initially scared of the Clubhouse,” he recalls. “I feared getting back into a work-ordered day. But I immediately felt welcomed, and the staff became like family.”

Dan comes to the Clubhouse Monday through Friday, working in the Career Development Unit. But he particularly enjoys running a monthly poetry club where members examine the works of famous poets (Dan's favorites are Bob Dylan and Jack Kerouac), share their own work, and complete various writing exercises. Dan also runs a weekly poetry group for the Intensive Psychiatric Rehabilitation program and another weekly poetry group in conjunction with Penn Foundation's art therapist.

“We don't focus on whether a poem is good or not,” says Dan. “We focus on the process of using poetry as a tool for recovery. I know that when I reread poems I've written, I can again feel what was going on in my life at that particular moment in my recovery. The idea is to create something positive to which others can relate and from which they can draw strength.”

For Dan, the Clubhouse has been a place of opportunity and renewed hope. “The Clubhouse has provided me with so many opportunities,” he says. “The biggest change I've seen since coming to the Clubhouse is that I truly believe I can excel again.” At the time that Dan had his psychotic break, he had been set to attend Penn State University. He still clings to this dream, now feeling confident that he can do it. His ultimate goal is to study poetry and eventually become a poetry therapist.

“My experience with the Clubhouse and Penn Foundation has been incredible,” reflects Dan. “There were so many people who reached out to me, so many caring voices, so many people who genuinely wanted to help me succeed.” 🌸

## Looking Ahead: Vision for 2009

continued from page 5...

#### 3. Indian Creek Foundation

Penn Foundation is also pursuing a collaborative venture with Indian Creek Foundation (a Souderton-based organization serving children and adults with Autism and developmental disabilities) to provide psychiatric, outpatient services to individuals with both developmental disabilities and mental health issues. A satellite outpatient office will be established in an old school house on Indian Creek's property in the early months of 2009. “I see this as a win-win situation for both of our agencies,” says Karen Kern, Director of Mental Health Services. “Indian Creek possesses the expertise and experience working with individuals with developmental disabilities while Penn Foundation is strong on the mental health side. We've always had a good relationship, and this partnership will enhance the quality of service that our mutual clients are receiving.”

#### Research Studies

Psychiatrist Dr. Diana Koziupa is currently the primary investigator for two drug trials at Penn Foundation. The new medications are formulated for the treatment of depression and the treatment of schizophrenia. The drug study team includes Karen Kern, Director of Mental Health Services; Christine Bookheimer, Study Coordinator; and Psychologists Donna Martin and Karen Rosenberger as blinded evaluators. “I am delighted that Dr. Koziupa has an interest in research, and she has Penn Foundation's full support,” says John Goshow. “We want her to take research as far as she can. The outcomes of the studies that she conducts will forever impact the entire field of mental health.” The drug trials conducted at Penn Foundation are profiled in *Penn Foundation Conducting Research Studies*, in this issue. 🌸

## Autumn Event 2008 Celebrates Power of Hope

The healing power of hope was evident as Penn Foundation once again presented an Autumn Event to remember. Featured speaker, former *Good Morning America* host Joan Lunden, entertained and informed with her presentation *A Bend in the Road is Not the End of the Road*, encouraging us to face the changes life hands us with grace, creativity, and humor.

Bob and Joyce Byers, founders of Byers' Choice Ltd., were honored with the *Adventures in Excellence Award*, receiving recognition for their outreach and generosity in our community and beyond. Accepting the award on behalf of his wife and himself, Bob's comments from the heart were incredibly moving and inspirational.

Pre-event music was provided by the talented Quakertown Christian School Bell Choir. At the Celebrity Reception, guests enjoyed music from Christopher Dock Mennonite High School's String Ensemble while they tasted delicious fare from Jesslemler Caterers.

This year's Autumn Event raised \$212,000 for Penn Foundation's Commonwealth Fund. We are so grateful to our sponsors, Associates, and supporters for helping make this Penn Foundation event spectacular! 🌸



At the Autumn Event Reception, Bob Byers (on left) is joined by our emcee for the evening, Senator Rob Wonderling; Penn Foundation CEO John Goshow; Joan Lunden; and Penn Foundation Board Chair Tom Leidy.

## Penn Foundation Conducting Research Studies

continued from page 1...

... new treatments for individuals with mental illness,” explains Dr. Koziupa. “They afford study participants the opportunity to try, and potentially benefit from, medications before they're available on the market. Furthermore, these trials put Penn Foundation on the leading-edge of therapeutics.”

Dr. Koziupa hopes that research will flourish at Penn Foundation. She says, “I would like to see

us conduct up to six studies at one time, and I would love for us to eventually initiate our own studies.” 🌸

Penn Foundation is still accepting research study participants for both the schizophrenia and Adult ADHD studies.

For more information about research being done at Penn Foundation or to learn more about becoming a study participant, please contact Dr. Koziupa at (215) 257.6551, ext. 295.