

In memoriam:
Ken Longacre



Ken Longacre was a member of the Penn Foundation Board Development Committee for the last six years. His wisdom, leadership, and commitment to his fellow man gave each of us the challenge we always needed to reach higher and further in our efforts to raise funds for our many projects.

In 2006, he received the Penn Foundation *Adventures in Excellence Award* for his creative leadership, commitment to community, and advocacy for behavioral healthcare and Penn Foundation.

He loved his family, his church, his charities, his employees, his business associates, and his friends. We were all fortunate to have known him.

We thank his family for lending him to us. 🌸

MARK YOUR CALENDAR

Plan now to attend our Autumn Event

WHEN: Tuesday, October 27, 2009

WHERE: Calvary Church
820 Route 113 | Souderton, PA

FEATURING:

1. Silent Auction and Prize Drawings – 6:30 PM
2. *Adventures in Excellence Award* presentation to William S. Aichele, Chairman, Univest Corporation – 7:30 PM
3. Main Event – 8:00 PM



Quartetto Gelato

TICKETS ARE COMPLIMENTARY. Your gift that evening supports the work of Penn Foundation.

RESERVATIONS ARE A MUST! Go online to www.pennfoundation.org or call 215.453.5182

Acclaimed around the world for their thrilling musical mastery, Quartetto Gelato delivers an energetic and exciting concert experience. Their dazzling theatrics and professional musical delivery of a range of offerings have enchanted audiences around the world. Now it's your opportunity to experience these unforgettable artists. Learn more at www.quartettogelato.ca.

This is the first in a three-year series where Penn Foundation brings incredible up-and-coming talent to you at Autumn Event. This magical evening includes a Silent Auction and amazing prizes. You won't want to miss a minute!

We will also honor William S. Aichele, the sixth recipient of the annual *Adventures in Excellence Award*. Penn Foundation is pleased to honor Bill for his unwavering support of the community and his generosity in sharing his time and talents to benefit the well-being of so many.

Penn Foundation's Autumn Event has become the organization's signature fundraiser. Proceeds from the event help cover the charitable care we provide to individuals who cannot pay or can only partially pay for the services they receive.

More Information/Sponsorship Opportunities: 215.257.6551 x 383. 🌸

Volunteers needed for **UNIVEST**
GRAND PRIX | 2009

Get an inside look at one of North America's top cycling events. Volunteer opportunities include course marshals, banner set up, feed zone staffing, and parking guides. Penn Foundation is the event beneficiary this year, so your and your group's volunteer efforts benefit two great causes. 🌸

LEARN MORE

📄 http://univestgrandprix.com/univestgp/volunteer_application_09.pdf

💻 jking@pennfoundation.org

☎ 215.257.6551 x 383



807 Lawn Avenue | P.O. Box 32 | Sellersville, PA 18960

www.PennFoundation.org

If you do not wish to receive future Public Relations materials, please contact Jennifer Smith at (215) 257-6551 x278.



❖ More than 2 million people between the ages of 15 and 64 in the United States are addicted to opiates.

❖ **Peer Support** is a unique program that partners individuals currently receiving behavioral health services with individuals who have or who are currently also receiving such services (Peer Specialists).

❖ Psychiatrist Dr. Vernon Kratz, who has been working at Penn Foundation for 35 years, formerly served as Medical Director and CEO of Penn Foundation from 1988-2000.



Psychiatrist Dr. Vernon Kratz (center) at the employee luncheon, with John Goshorn (President & CEO) and Sandy Landis (Director of Human Resources).

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Mark Your Calendar

Penn Foundation
Employees Honored

In February 2009, during a luncheon at the Washington House, Penn Foundation honored employees who have provided 35, 20, 15, 10, and 5 years of service.

Dr. Vernon Kratz, senior staff psychiatrist, was honored for 35 years of service. Kratz formerly served as Medical Director and CEO of Penn Foundation from 1988-2000.



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Peer Support Approaches First Anniversary

As Penn Foundation's Peer Support program approaches its first anniversary, Walter Wright can't help but be enthusiastic about his very important role in what he deems the next "up and coming thing" in recovery. As a Peer Specialist, Walter is able to interact with individuals who are currently in the same situation in which he once found himself. And because of this shared experience, he is able to provide them with the kind of support that only someone who is also traveling the road of recovery can offer.

What is Peer Support?

Peer Support is a unique program that partners individuals currently receiving behavioral health services with individuals who have or who are currently also receiving such services (Peer Specialists). Using their shared life experiences as a foundation for their relationship, the Peer Specialist works with the individual in achieving his/her personal goals and community integration. The Peer Specialist can assist with such things as:

- ❖ Self-advocacy (for example, speaking to the individual's doctor about medications and side effects)
- ❖ Getting out into the community and doing tasks that feel difficult (for example, visiting the library or supermarket)
- ❖ Socialization opportunities (for example, finding a place to worship)
- ❖ Finding a job (will help with resume writing) or going back to school (will accompany the individual to school orientation)
- ❖ Moving if individual is having a housing problem or thinks he/she might want/need to move

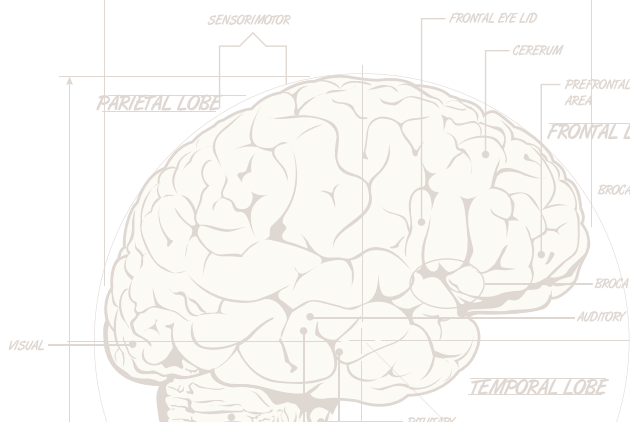
Individuals eligible for Peer Support must be 18 or older, a resident of Bucks or Montgomery counties, and have a diagnosis of major mental illness or co-occurring major mental illness and substance use disorder.



My biggest goal is to provide hope and be a role model for these individuals as they navigate their own recovery paths," Walter says. "I don't like to think of recovery in terms of time. It's not the length of your recovery path, but what you did along the way that truly matters."

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Recovery Center Receives License to Offer Suboxone



Board Member Presents Personal Story

Wanda Lindsay, a seven-year member of Penn Foundation's Board of Directors, took time in November to present her personal story of recovery to the Board of Trustees of Bucks County Community College, where she is a student. In 1996, Wanda started her own public speaking project called "Together We Strive," which she uses as a platform to speak to community groups about her recovery from schizo-affective disorder. Through these public speaking opportunities, Wanda explains the positive influences in her life, describes her experience in recovery, and illustrates the positive outcomes that can be achieved in treatment for mental illness. 🌸

Wanda Lindsay and Rodney Altemose, Executive Director of the Upper Bucks campus of Bucks County Community College.



Staff Food Drive a Success

Food and hygiene items are basic necessities, but are often scarce for those in need in our communities. Penn Foundation staff's two-week food drive in November collected enough items to support two groups: the agency's Mental Health Case Management program and the Pennridge FISH program, a volunteer service providing for the needy in the Pennridge School District. 🌸



first photo: Village of Hope resident Jen Murphy helps organize over 545 donated food drive items.

second photo: Village of Hope residents and staff (kneeling) Brenda Shaw, (standing L-R) Jen Murphy, Sandra Black, Helene Berry, Don Detweiler, John Ruppert, and Rick Mauro collected food baskets throughout Penn Foundation.

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20 years of service – Recognized for 20 years of employment with Penn Foundation were (left to right) Rita Riley (Village of Hope), Mark Shipman (Recovery Center), Barbara Poust (Mental Health Case Management), & Janice Dupper (Employee Assistance Program).



Penn Foundation Employees Honored



15 years of service – Recognized for 15 years of employment with Penn Foundation were (left to right) Janet Schmitz (Employee Assistance Program) & Heather Davis (Mental Retardation Supports Coordination). Also pictured is John Goshow (President & CEO). Not pictured are Lois Dodson (Student Assistance Program) & Lu Mauro (Wellspring Clubhouse).

10 years of service – Recognized for 10 years of employment with Penn Foundation were (left to right) Christine Garvey (Business Office), Ted Herman (Recovery Center), Angela Bedford (Recovery Center), Roger Bernd (Recovery Center), Joyce Monico (Business Office), & Jim See (Village of Hope). Not pictured is Michelle Worman-Stengel (Recovery Center).

5 years of service – Recognized for 5 years of employment with Penn Foundation were (left to right) Donna Massey (Pastoral Services/ Dayspring Counseling Center), Jennifer Smith (Public Relations), Deborah Strouse (Forensic Assertive Community Treatment), George Ehrhorn (Mental Health Outpatient and Inpatient Services), Francine Mellott (Chief Financial Officer), & Erika Jones (Mental Retardation Supports Coordination). Not pictured are Eric Arnwine (Wrap Around), Stephen Donabue (Wrap Around), Bryan Hamby (Mental Health Case Management), Richard Kurtz (Maintenance), Kelly McClennen (Emergency Services), Heather Phillips (Mental Health Outpatient Services), April Tinneny (Mental Health Case Management), Susan Wilson (Wrap Around), & Wally Wolff (Mental Health Outpatient Services). 🌸

Peer Support Approaches First Anniversary

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Becoming a Peer Specialist

Becoming a Peer Specialist is an intensive process with several requirements. To be eligible, the prospective individual must have a serious mental illness and/or co-occurring substance use disorder; a high school diploma or GED; two letters of recommendation; and a work or volunteer (paid or non-paid) history.

Once these conditions have been met, the individual must then complete two trainings: Wellness Recovery Action Plan (WRAP) (three days) and Peer Specialist Training, offered through Bucks and Montgomery counties (two weeks and includes homework, a midterm, and a final). A Peer Specialist can also take an additional five-day WRAP training to become a facilitator of the WRAP process.

Two additional trainings are optional: **Peer-to-Peer** (nine weeks and offered through NAMI – National Alliance for Mentally Ill) and **Recovery Innovations** (two weeks in Arizona).

Walter's Recovery Journey

First diagnosed with mental illness when he was 12, Walter has spent 25 of his 49 years in therapy. He has faced major depression, anxiety, borderline personality disorder, and obsessive compulsive disorder at various points throughout his recovery. When, as a teenager, Walter stopped receiving mental health services, he began experimenting with drugs and alcohol. "I felt pressure from others and fell in love with the socialization opportunity the drugs presented me," he recalls. "I thought that drugs and alcohol would solve my social anxieties. I was wrong." Walter has now been clean and sober for many years and is managing his mental illness.



"My biggest goal is to provide hope and be a role model for these individuals as they navigate their own recovery paths," Walter says. "I don't like to think of recovery in terms of time. It's not the length of your recovery path but what you did along the way that truly matters." 🌸