

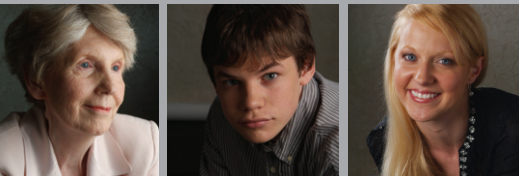


PENN  
FOUNDATION  
BEHAVIORAL HEALTH SERVICES

## A Year of Change

2007 – 2008 **annual report**





## About Penn Foundation

Since its founding in 1955, Penn Foundation has continually pioneered innovative approaches to behavioral healthcare for those in need of hope, healing, and compassion.

With its main 30-acre campus located in Sellersville and satellite offices in Perkasie and Pottstown, the not-for-profit organization provides mental health, mental retardation, and addiction treatment services to more than 9,200 children, adolescents, adults, and seniors each year.

Penn Foundation strongly believes in the resiliency of the human spirit and strives to provide the necessary opportunities, skills, tools, and supports to make recovery possible for all.

### Penn Foundation Board of Directors

Thomas K. Leidy, Chair  
Margaret Zook, Vice Chair  
David G. Landis, Treasurer  
Marvin Anders, Secretary  
  
H. Bruce Detweiler  
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Wanda Lindsay  
Norman L. Loux, M.D. — Emeritus  
Drew Moyer  
J. Phillip Moyer, M.D.  
Steve Nelson  
Ronald Souder, M.D.

### Penn Foundation Directors & Coordinators

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<b>James Showalter</b> , M.D., Medical Director	<b>Heather Mumbauer</b> , Associate Director, <i>Mental Retardation Supports Coordination</i>
<b>Charis Alderfer-Mumma</b> , Coordinator, <i>Transitional Outpatient Program</i>	<b>Karen Rosenberger</b> , Coordinator, <i>Geriatric Services</i>
<b>Eugenia Allen</b> , Director, <i>Rehab at Home®</i>	<b>Debra Ryan</b> , Coordinator, <i>Emergency Services</i>
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<b>Lisa Dembrosky</b> , Operations Coordinator, <i>Wellspring Clubhouse</i>	<b>Jennifer Smith</b> , Coordinator, <i>Public Relations</i>
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<b>Donna Duffy-Bell</b> , Director, <i>Rehabilitation Services</i>	<b>Deborah Stevenson</b> , Director, <i>Mental Retardation Supports Coordination</i>
<b>Jessica Farkas</b> , Coordinator, <i>Residential Services</i>	<b>Jane Straw</b> , Supervisor, <i>Targeted Mental Health Case Management</i>
<b>Christine Garvey</b> , Fiscal Coordinator	<b>Stephanie Surch</b> , Career Development Coordinator, <i>Wellspring Clubhouse</i>
<b>Philip Good</b> , Coordinator, <i>Maintenance</i>	<b>Janice Todic</b> , Supervisor, <i>Targeted Mental Health Case Management</i>
<b>Marianne Gilson</b> , Director, <i>Quality Improvement</i>	<b>Angela Tomlin</b> , Director, <i>Recovery Center Inpatient Services</i>
<b>Michele Grida</b> , Director, <i>Client Registration</i>	<b>Sandy Vereneck</b> , Coordinator, <i>Medical Records</i>
<b>Cheryl Guy</b> , Coordinator, <i>Family Based Services</i>	<b>Lynn Ward</b> , Supervisor, <i>Billing</i>
<b>Stacey Herreid-Halstead</b> , Lead Practitioner, <i>Intensive Psychiatric Rehabilitation</i>	<b>Julie Williams</b> , Team Leader, <i>(Forensic) Assertive Community Treatment</i>
<b>Lois Halsel</b> , Coordinator, <i>Dayspring Counseling Center</i>	<b>Carol Washko</b> , Director, <i>Advancement</i>
<b>Gale Hewitt</b> , Director, <i>Inpatient Mental Health Services</i>	<b>Karen Williamson</b> , Director, <i>Employee Assistance Program</i>
<b>Karen Kern</b> , Director, <i>Mental Health Services</i>	<b>Carl Yusavitz</b> , Director, <i>Pastoral Services</i>
<b>Jennifer King</b> , Coordinator, <i>Special Events and Annual Campaigns</i>	
<b>Sandy Landis</b> , Director, <i>Human Resources</i>	
<b>Lucille Mauro</b> , Director, <i>Wellspring Clubhouse</i>	
<b>Francine Mellott</b> , Chief Financial Officer	

### LETTER FROM THE PRESIDENT & CEO

## A Year of Change

What do these two items have in common: *the election of America's first African-American president and the Philadelphia Phillies winning the World Series?*

*They both resulted in change, a powerful change that renewed people's optimism and hope for the future.*

This is the type of change that drives Penn Foundation on a daily basis. We are in the business of helping people cultivate positive life changes that ultimately restore their sense of hope and purpose for the future. We may not inspire an entire city, let alone an entire country, but we aspire to make a difference where we can by providing compassionate, innovative opportunities, skills, tools, and supports to make recovery possible for those in need.

This year, we worked diligently to better position ourselves to meet the increasing and evolving demand for mental health, mental retardation, and substance use services. Through the completion of two building expansion projects — the John W. and Emily Clemens Recovery Center and the Wellspring Clubhouse — we are able to better meet the needs of the more than 1500 clients served annually through these programs and ensure that state-of-the-art services are easily accessible in a comfortable and safe environment.

To help guide us through changing times, we have also expanded our visionary Board of Directors to twelve members, adding four incredibly dynamic individuals who possess much passion, talent, and leadership. Additionally, we hired two new psychiatrists, bringing the total number of psychiatrists on staff to nine. Programmatically, we expanded our Assertive Community Treatment program to include a second team of professionals with specialty in forensics. We also embarked on two new drug trials for medications formulated to treat depression and schizophrenia.

As we look forward to next year and the years to come, I am reminded of a story.

*Once, a man was walking along a beach. Off in the distance, he could see a person going back and forth between the surf's edge and the beach. As the man approached, he could see that there were hundreds of starfish stranded on the sand. He watched as the person picked up starfish one by one and threw them back into the surf. As he came up to the person, he said, "There are thousands of miles of beach covered with starfish. You can't possibly make a difference." The person then stooped down and picked up one more starfish and threw it back into the ocean. He turned back to the man and said, "It sure made a difference to that one!"*

Penn Foundation is much like the person in this story. Every day, we do all we can to make a positive difference in the lives of those who walk through our doors. Although we may never clear the beach, we pledge to continue picking up those in need and offering hope... one starfish at a time.

**John Goshow** | President & CEO





## New Wellspring Clubhouse Dedicated

On October 30, 2008, approximately 300 people came together to celebrate the completion and dedication of Penn Foundation's Wellspring Clubhouse.

### 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

Originally located in a 2,000 square foot white farmhouse owned by Grand View Hospital (915 Lawn Avenue, Sellersville), the Clubhouse partnered with Rockhill Mennonite Community to build its larger and more modern facility on the Community's property. The new Clubhouse is 5,500 square feet, and offers modern amenities such as a restaurant-style kitchen. It will enable the program to double its daily attendance capacity and increase overall membership by 50 – 75%.

Penn Foundation received generous financial support for the new Clubhouse from area legislators including Senator Robert Wonderling and Representatives Robert Godshall and Paul Clymer, Bucks and Montgomery Counties, and Bucks County and Connelly Foundations. ❖



*Clubhouse member Dan Flore shared an original poem he wrote specifically for the dedication.*

## HIGHLIGHTS

## John W. & Emily Clemens Recovery Center Dedicated



*(Left) John Goshow, President & CEO and Todd Barlow (right), Director of Drug and Alcohol Services pose with Emily Clemens by the newly unveiled sign bearing her and her late husband's names.*

On July 11, 2008, more than 200 people came together to celebrate the completion and dedication of Penn Foundation's *John W. and Emily Clemens Recovery Center*.

### Highlights of the Dedication included:

- ❖ A testimonial given by Lynn Martinsen, a mother who knows first hand, through her son's addiction, the painful and destructive nature of the disease
- ❖ A flower procession of former Recovery Center clients honoring selected individuals who have been instrumental in making services and opportunities available to those struggling with addiction issues
- ❖ A tribute to John W. and Emily Clemens, long-time friends and advocates of Penn Foundation
- ❖ Tours of the new facility that enabled attendees to experience the recovery journey of real-life clients

The new 24,250 square foot facility incorporates many "green" elements such as large windows for natural lighting, a geothermal heating system, and high-insulation, low-heat-loss walls and foundation materials. Additionally, it offers:

- ❖ Additional and larger meeting and waiting rooms
- ❖ Expanded inpatient living quarters (increasing the number of inpatient beds from 33 to 39)
- ❖ Permanent space for community-based and outpatient services
- ❖ A recovery-oriented store

Named in honor of John W. & Emily Clemens, this new building reflects the Clemens' long-term commitment to ensuring that drug and alcohol services are available in this community. Both husband and wife were actively engaged with Penn Foundation — John served on the Board of Directors from 1981-1997, and Emily was a member of the Auxiliary. They were instrumental in the creation of the original Recovery Center in 1987, and their passionate support for the Center and Penn Foundation has only grown stronger over the years. ❖

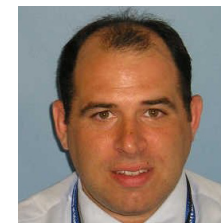
## NEW FACES

## Staff Additions and Awards

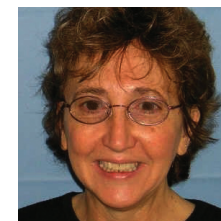
Psychiatrists Ranjan Sinha, M.D. and Christopher Squillaro, D.O. joined Penn Foundation's staff, bringing the agency's total number of psychiatrists to nine.



**Dr. Sinha** joined Penn Foundation's staff in February 2008 and is working in both the Inpatient Mental Health (located at Grand View Hospital) and Outpatient Mental Health programs. A member of the American Psychiatric Association and the American Association of Geriatric Psychiatry, Dr. Sinha holds special interest in the areas of inpatient, geriatric, long-term care, and nursing home psychiatry. He earned his medical degree from Patna Medical College (Patna, India) and completed his residency in Internal Medicine at Darbhanga Medical College and Hospital (Laheriasarai, India). After immigrating to the United States in 1994, he completed a residency in Psychiatry at Medical College of Ohio Hospital (Toledo, OH) and a fellowship in Geriatric Psychiatry at the Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center.



**Dr. Squillaro** joined Penn Foundation's staff in July 2008 and provides psychiatric assessments and medication management for the outpatient mental health program as well as evaluations, consultations, admissions, and medication management for the emergency department at Grand View Hospital. He is a member of the American Psychiatric Association, American Osteopathic Association, and Maryland Psychiatric Society. Dr. Squillaro earned his medical degree from Philadelphia College of Osteopathic Medicine in 2004 and completed his residency at the University of Maryland/Sheppard Pratt in 2008. Prior to medical school, Dr. Squillaro earned his undergraduate degree in English Literature from Ithaca College (NY) in 1994 and completed pre-medicine post baccalaureate courses at Arcadia University.



Lu Mauro, Director of Penn Foundation's Wellspring Clubhouse, was recognized by both the Pennsylvania Association of Psychosocial Rehabilitation Services (PAPSRS) and the National Alliance for the Mentally Ill — Bucks County Chapter (NAMI) for her 24 years of dedicated service to the mental health field.

Lu received the **Distinguished Practitioner Award** from PAPSRS in recognition of her commitment to the principles and ethics of psychiatric rehabilitation. She also received a **Community Leadership Award** from NAMI of Bucks County to recognize her 14 years of dedicated service to Wellspring Clubhouse and for helping so many individuals live in recovery through the clubhouse model.

Lu has spent 20 years practicing the clubhouse model. She became Director of Penn Foundation's Wellspring Clubhouse when it opened in 1994. Lu is a member of the Pennsylvania Clubhouse Coalition and the Pennsylvania Chapter of Psychosocial Rehabilitation Services. ❖

## New to the Board of Directors

Penn Foundation added four new faces to its Board of Directors, bringing the Board's membership to 12 Directors.

### The new Board members include:

**Bruce Detweiler** — Appointed October 24, '06  
*President, Detweiler, Hershey & Associates (Souderton)*



**Donald Kraybill, Ph.D.**  
Appointed February 26, '08  
*Psychologist, Centre for Family Consultation (North Wales)*

**Drew Moyer** — Appointed June 26, '07  
*Senior Vice President and Chief Financial Officer, Technitrol (Trevose)*

**Stephen Nelson** — Appointed June 26, '07  
*Chief Financial Officer, The H & K Group (Skipack)*

*Penn Foundation's Board of Directors (left to right): Bruce Detweiler, Wanda Lindsay, Dr. Vernon Kratz, Dave Landis, Dr. J. Phillip Moyer, Marvin Anders, Tom Leidy (Chair), Margaret Zook, Dr. Norman Loux, Dr. Ronald Souder, Drew Moyer, and Steve Nelson*





# Bucks County Art and Poetry for Recovery Show Hosted

On October 3, 4 and 5, 2007, Penn Foundation hosted its first Bucks County Art and Poetry for Recovery Show.

Approximately 19 poems and 30 pieces of artwork were entered in the show, all written and created by residents of Bucks County who are recovering from a mental illness and/or substance abuse. The winners were announced at a special reception and had the opportunity to either read their poems or speak about their artwork.

## The winners were:

### POETRY

1st prize - Dan Flore

2nd prize - John Karalis

3rd prize - Michele Wampole

### ART

1st prize - John Graham

2nd prize - Debra McDonald

3rd prize - Doug Teague

## CONGRATULATIONS!

# Three-Year CARF Accreditation for Inpatient Drug and Alcohol Programs Awarded

Penn Foundation has been awarded a Three-Year Accreditation by CARF International (Commission on Accreditation of Rehabilitation Facilities) for its inpatient drug and alcohol programs:

- ❖ Detoxification: Alcohol and Other Drugs/Addictions (Adults)
- ❖ Detoxification: Integrated Alcohol and Other Drugs/Addictions & Mental Health (Adults)
- ❖ Inpatient Treatment: Alcohol and Other Drugs/Addictions (Adults)
- ❖ Inpatient Treatment: Alcohol and Other Drugs/Addictions & Mental Health (Adults)

The latest accreditation is the second consecutive Three-Year Accreditation that the international accrediting body has awarded to Penn Foundation.

This accreditation decision represents the highest level of accreditation that can be awarded to an organization and shows Penn Foundation's substantial conformance to the CARF standards. An organization receiving a Three-Year Accreditation has put itself through a rigorous peer review process and demonstrated to a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable and accountable. ✿

# Penn Foundation Named Co-Occurring Disorder Competent Facility by Department of Public Welfare and Department of Health

In early 2008, Penn Foundation was named a Co-occurring Disorder Competent Facility by Pennsylvania's Department of Welfare and Department of Health. This designation emphasizes Penn Foundation's ability to screen and assess individuals who suffer from co-occurring mental health and substance use disorders. "Being named a Co-occurring Disorder Competent Facility reinforces our commitment to serving people with both disorders," says Karen Kern, Director

of Mental Health Services. "It demonstrates our intimate knowledge of these issues and shows our compassion for people with both mental health and substance use issues. These individuals can find the comforting, comprehensive, holistic care that they need by coming to one safe location – Penn Foundation." ✿

# Two Drug Trials Conducted

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. Dr. Koziupa and Karen Kern are currently discussing two additional drug trials with other pharmaceutical companies. ✿

## OTHER ACHIEVEMENTS

# Recovery Center Featured in National Documentary

Penn Foundation's Recovery Center was featured in *Finding Hope in Recovery: Families Living with Addiction*, a Mennonite Media-produced documentary that takes an in-depth look at chemical dependency, the challenging recovery process, and the emotional impact it has on families.

The documentary features commentary and interviews with Recovery Center Director Todd Barlow and two area families - Terry and Linda D. whose daughter was addicted to pain medication and Lynn M. whose son's addiction to drugs and alcohol destroyed her marriage and alienated her other children. "The hardest thing is loving and hating someone at the same time," says Lynn. "When my son uses this stuff, he is not my son any more."

The film also takes a special look at the Recovery Center's pioneering program Rehab at Home®, a

unique professional coaching program for families and individuals struggling with addiction. Drawing on the strength of the family in the recovery process, families are taught how to reach a common goal by working together as a team.

For more information about the documentary, including additional commentary from addiction professionals and interviews with families struggling with addiction, visit [www.findinghopeinrecovery.com](http://www.findinghopeinrecovery.com). ✿

*"The most destructive thing for family systems is the disease of addiction. It destroys not only the economy of the family, but also the fiber of the family, the trust, the faith, the honesty".*

- Shirley Beckett Mikell, NAADAC

# Second ACT Team with Specialty in Forensics Introduced

Penn Foundation has expanded its ACT (Assertive Community Treatment) program to include a second team of professionals with specialty in forensics. This new 13-member team, located in Sellersville, will serve residents of Lansdale, Souderton, and Telford as well as qualifying individuals released from Bucks County prisons (a new endeavor for Penn Foundation). The team includes a psychiatrist, team leader, clinician, three nurses, case manager, mental health specialist, addictions specialist, vocational specialist, forensic specialist, and two peer specialists.

(F)ACT provides 24/7 community-based psychiatric treatment, outreach, rehabilitation, and support to individuals with mental illness and/or co-occurring mental health and substance use issues as well as a forensic component for those in Bucks County leaving the criminal justice system. Often times, these individuals have been hospitalized multiple times for their psychiatric and/or addiction problems. The goal of ACT is to lessen or eliminate symptoms of mental illness and/or substance use, prevent hospitalization, and increase community involvement. ✿

# Career Fair Hosted

On October 14, 2007, Penn Foundation hosted its first Community Career Fair. Twenty-one employers were on hand to describe employment opportunities to the approximately 70 people who attended. The Career Fair was one outcome of a \$10,000 grant received from the Bucks County Department of Mental Health/Mental Retardation to bring heightened and ongoing awareness of the value and expectation of taking on meaningful roles as part of the recovery process.

Participating exhibitors included Crowley Foods; Delaware Valley Concrete Co., Inc.; Dock Woods Community; Draper - DBS, Inc.; First Savings Bank; The H & K Group; Indian Creek Foundation; Joel Bryant, L.M.T. (Hair Apropos); Landis Supermarkets; LifePath; Life Quest Nursing Home; Longaberger Baskets; North American Specialty Glass; Penn Foundation, Inc.; Rockhill Mennonite Community; Universal Electric Service; Univest; Upper Bucks YMCA; Wehrung's Lumber and Home Center; and Worth and Company. Congressman Patrick Murphy's office was also represented.

Penn Foundation hosted the fair in conjunction with several area organizations and businesses: Bucks County Department of MH/MR, Bucks County Opportunity Council, Employment Technology, Inc., Goodwill Employment Services, Landis Supermarkets, PA CareerLink – Upper Bucks, Penn Foundation, Inc., Pennridge Chamber of Commerce, and Upper Bucks Vocational Technical School. ✿





# PENN FOUNDATION

BEHAVIORAL HEALTH SERVICES

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

[www.PennFoundation.org](http://www.PennFoundation.org)



## Statement of Activities

For the Year Ended June 30, 2008

### CLINICAL STATISTICS

**TOTAL CLIENTS SERVED** **9,236**

	ADMISSIONS	DISCHARGES	ENROLLMENTS
Assertive Community Treatment	22	16	
Community Residential Rehabilitation	6	5	
Drug & Alcohol Inpatient	567	570	
Intensive Psychiatric Rehabilitation	28	26	
Mental Health Inpatient Services	1,074	1,072	
Village of Hope (Dual Diagnosis)	14	14	
Wellspring Clubhouse	23		272

	PATIENT DAYS
Community Residential Rehabilitation	7,082
Drug & Alcohol Inpatient	11,347
Partial Hospitalization	1,068
Village of Hope (Dual Diagnosis)	4,744
Wellspring Clubhouse	23

	BEHAVIORAL SPECIALIST HOURS	MOBILE THERAPIST HOURS	THERAPEUTIC STAFF SUPPORT HOURS
Wrap Around	7,851	3,357	6,687

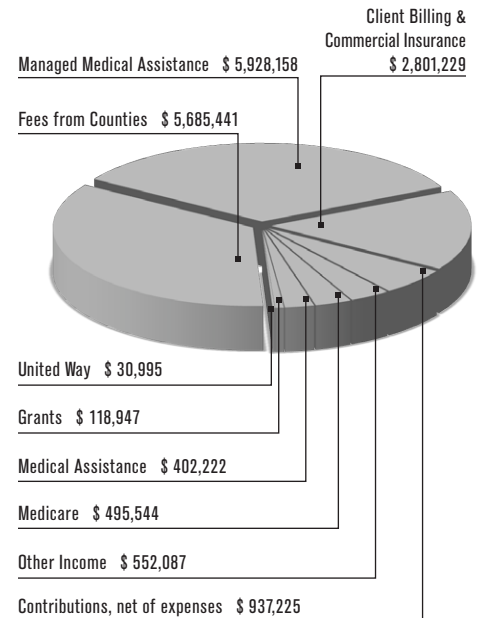
	FACE-TO-FACE INTERACTION	TELEPHONE CALLS
Emergency Services	1,238	2,691

	SERVICE HOURS	UNITS OF SERVICE
Family Based Services	5,268.5	
MR Supports Coordination		11,092

	CLIENTS	CHILDREN	ADULTS	MONT. CO.	BUCKS CO.
Drug & Alcohol Rehab at Home®	37				
Mental Health Case Mgt – ICM		2,613	10,764		
Mental Health Case Mgt – RC				781	1,968

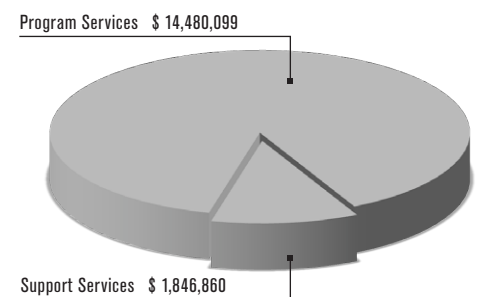
	PSYCHIATRIC EVALUATIONS	MEDICATION CHECKS	THERAPY SESSIONS	INITIAL EVALUATIONS
Drug & Alcohol Outpatient	119.75	710	4,881	710
Mental Health Outpatient	418.75	10,636	9,922.75	1,398.25

### REVENUE, GAINS & OTHER SUPPORT



**TOTAL** **\$ 16,951,848**

### EXPENDITURES & LOSSES



**TOTAL** **\$ 16,326,959**

**CHANGE IN NET ASSETS\*** **\$ 624,889**

\*The change in net assets includes \$600,000 in revenues pertaining to funding for the Wellspring Clubhouse building project.

### Unaudited Statement

The information included in this statement is unaudited and is not consolidated with any related parties.