

A confident journey.

'08 - '09 | *annual report*



PENN FOUNDATION
BEHAVIORAL HEALTH SERVICES

Penn Foundation – Instilling Hope, Inspiring Change

Founded in 1955, Penn Foundation is a not-for-profit organization providing mental health, mental retardation, and substance abuse services for children, adolescents, adults, seniors, couples, families, businesses, churches, and schools located primarily in Bucks and Montgomery counties.

Penn Foundation offers a comprehensive continuum of distinct programs designed to meet all levels of mental, emotional, behavioral, and spiritual healthcare needs.

Guided by a strong belief in the healing power of hope and the possibility of recovery, Penn Foundation delivers innovative, compassionate, holistic services, opportunities, tools, and supports to help individuals face life transitions with confidence, conviction, and courage.

Penn Foundation Board of Directors

Thomas K. Leidy *Chair*

Steve Nelson *Treasurer*

H. Bruce Detweiler

David G. Landis

Wanda Lindsay

Norman L. Loux, M.D.*

Vernon H. Kratz, M.D.

Margaret Zook *Vice Chair*

Marvin Anders *Secretary*

Donald E. Kraybill, Ph.D.

Drew Moyer

J. Phillip Moyer, M.D.

Ronald Souder, M.D.

**emeritus status*

It's the Journey, Not the Destination

This Chinese proverb seems like such a simple concept on paper – the idea that it doesn't matter how long it takes you to arrive at your destination as long as you keep traveling toward it. But what if you aren't quite sure where you want to go? Or what if you know where you want to go but don't know how to get there? What if, along the way, you feel lost, tired, or discouraged? What if fear is preventing you from taking that first step?

At Penn Foundation, we're here to help people navigate the bumpy road of life. We are passionate about seeing our clients achieve their life aspirations, whether those are finding a job, returning to school, obtaining a driver's license, living independently, or something else.

We partner with individuals to create their own personal recovery map, outlining goals and strategizing ways to reach them. We meet people wherever they are on their journey. Along the way, we move road-blocks, provide encouragement and support, and offer advice. And if the direction needs to change, we are there to help in charting a new course. We believe that every person deserves the support to make their dreams come true.

Walter Wright, a Peer Specialist at Penn Foundation, poignantly 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."

Each year, our hope is that we can provide our clients with the necessary skills, tools, and supports to confidently travel the road of recovery and to courageously take advantage of opportunities along the way while also making the time to savor the journey.

"To get through the hardest journey, we need take only one step at a time... but we must keep on stepping."

— Chinese proverb



John Goshaw | *President & CEO*

Penn Foundation Directors & Coordinators

John Goshow, *President & CEO*

Eugenia Allen, *Director*, Rehab at Home®

Todd Barlow, *Director*, Drug and Alcohol Services

Lisa Dembrosky, *Operations Coordinator*, Wellspring Clubhouse

Donald Detweiler, *Director*, Village of Hope

Lois Dodson, *Coordinator*, Student Assistance Program

Donna Duffy-Bell, *Director*, Rehabilitation Services

Jessica Farkas, *Coordinator*, Residential Services

Cathryn Fowler, *Director*, Recovery Center Outpatient Services

Christine Garvey, *Fiscal Coordinator*

Philip Good, *Coordinator*, Maintenance

Marianne Gilson, *Director*, Quality Improvement

Michele Grida, *Director*, Client Registration

Cheryl Guy, *Coordinator*, Family Based Services

Stacey Herreid-Halstead, *Lead Practitioner*, Intensive Psychiatric Rehabilitation

Lois Halsei, *Coordinator*, Dayspring Counseling Center

Karen Kern, *Director*, Mental Health Services

Jennifer King, *Coordinator*, Special Events and Annual Campaigns

Sandra Landis, *Director*, Human Resources

Lucille Mauro, *Director*, Wellspring Clubhouse

Francine Mellott, *Chief Financial Officer*

James McGrath, *Program Coordinator*, Village of Hope

Heather Mumbauer, *Associate Director*, Mental Retardation Supports Coordination

Craig Oliver, *Team Leader*, Assertive Community Treatment (Pottstown)

Karen Rosenberger, *Coordinator*, Geriatric Services

Debra Ryan, *Coordinator*, Emergency Services

Patricia Schaffer, *IT Administrator*

Christine Shannon, *Director*, Residential Services

Jennifer Smith, *Coordinator*, Public Relations

Debra Springer, *Coordinator*, Wrap Around and Autism Support Center

Gail Stasiw, *Director*, Early Intervention Services

Deborah Stevenson, *Director*, Mental Retardation Supports Coordination

Jane Straw, *Supervisor*, Targeted Mental Health Case Management

Deborah Strouse, *Team Leader*, Assertive Community Treatment (Sellersville)

Janice Todic, *Supervisor*, Targeted Mental Health Case Management

Angela Tomlin, *Director*, Recovery Center Inpatient Services

Sandy Vereneck, *Coordinator*, Medical Records

Lynn Ward, *Supervisor*, Billing

Julie Williams, *Director*, Assertive Community Treatment

Carol Washko, *Director*, Advancement

Karen Williamson, *Director*, Employee Assistance Program

Carl Yusavitz, *Director*, Pastoral Services



Miss Lehigh Valley 2009, Rachel Marlowe, volunteered to be a face painter at Penn Foundation's Family Day event at Camp Men-o-lan.



Patrick Glivoski, pictured here with his mom and brother, was the lucky winner of K'nex at Penn Foundation's Family Day.

PEN
IN THE
COMMUNITY

First Family Community Day a Success

Miss Lehigh Valley was there. So was a hedgehog from the Philadelphia Zoo, and approximately 1,200 community residents who attended Penn Foundation's first community Family Day on Saturday, June 6, 2009 at Camp Men-O-Lan in Quakertown. Everyone enjoyed presentations by the Philadelphia Zoo on Wheels and Bucks County Conservation Department's Environscape, as well as entertainment including magicians, crafts, canoeing, paddle boating, face painting and prizes drawings.

"Penn Foundation has always been a community-minded organization," says John Goshow, Penn Foundation President & CEO. **"We were thrilled to host this fun family-oriented event for the same community that has continued to support and inspire us over the past 54 years."**

Wellspring Clubhouse Hosts Improv Comedy Night

Penn Foundation's Wellspring Clubhouse hosted the Philadelphia-based improv comedy troupe *Angry People Building Things* in August. Comprised of two women and three men, *Angry People Building Things* finds inspiration in the things that make you angry and channels your emotions and theirs into hilarious improv comedy.

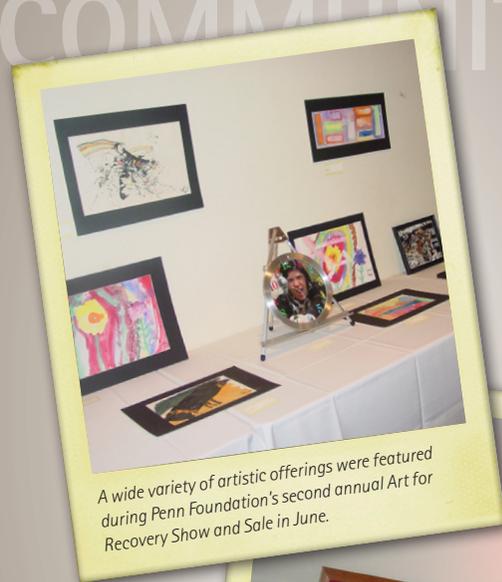


Penn Foundation Hosts Week-Long Recovery Event

In celebration of Mental Health Awareness Month in May, Penn Foundation hosted a week of recovery-focused events, highlighted by two events open to the public – *The Second Step Players* and *Bucks County Art for Recovery Show and Sale*.

A theater troupe based in Norwich, CT, *The Second Step Players* are comprised of actors, writers, artists, production personnel, musicians, poets, and comedians who have mental illnesses such as schizophrenia, depression (including bipolar disorder), obsessive-compulsive disorder, and disassociative identity disorder. More than 50 mental health consumers and 25 volunteers participate with the troupe. The Second Step Players perform original comedy and drama about the experience of being labeled with a mental illness.

Penn Foundation hosted its second annual Art for Recovery Show and Sale, which featured art and poetry created by Bucks County residents recovering from mental illness and substance use disorders. In June, *Studio 116*, a local art gallery in Quakertown, exhibited some of the artwork.



A wide variety of artistic offerings were featured during Penn Foundation's second annual Art for Recovery Show and Sale in June.



A wide variety of artistic offerings were featured during Penn Foundation's second annual Art for Recovery Show and Sale in June.



The Second Step Players of Norwich, CT performed original comedy & drama about the experience of being labeled with a mental illness as part of Penn Foundation's week-long recovery event in May.



The Second Step Players of Norwich, CT performed original comedy & drama about the experience of being labeled with a mental illness as part of Penn Foundation's week-long recovery event in May.

BEHIND THE SCENES AT PENN FOUNDATION

Two Child Psychiatrists Join the Staff

Psychiatrists Robin Pattin, M.D. and Ariel Vitali, M.D. joined the staff of Penn Foundation in July. Both Dr. Pattin and Dr. Vitali are mainly working with children and adolescents, providing psychiatric assessments and medication management for the outpatient mental health department as well as evaluations, consultations, admissions, and medication management for the emergency department at Grand View Hospital.

A Texas native, Dr. Pattin earned her medical degree from Albert Einstein College of Medicine in Bronx, NY. She completed her training at Montefiore Hospital, Bronx State Hospital, and Bronx Children's Psychiatric Center (all in Bronx, NY).

Born in Puerto Rico but raised in southern California, Dr. Vitali earned his medical degree from Dartmouth Medical School (Hanover, NH) and his undergraduate degree in Psychology from University of California at Riverside. He completed a pediatric internship at University of Connecticut Medical Center (Farmington, CT); a Child and Adolescent Psychiatric Fellowship at the University of Connecticut; and a general psychiatric residency at Texas Tech University Health Sciences Center (Lubbock, TX). Dr. Vitali holds special interest in psychopharmacology and working with children and adolescents with mood disorders. He belongs to the American Psychiatric Association, American Academy of Child and Adolescent Psychiatry, and Pennsylvania Psychiatry Society.



Robin Pattin, M.D. joined the Penn Foundation staff as a Child Psychiatrist. She holds special interest in the areas of Autism, chronically mentally ill adults, and medically ill children.



Ariel Vitali, M.D. joined the Penn Foundation staff as a Child Psychiatrist. He holds special interest in psychopharmacology and working with children and adolescents with mood disorders.

WELCOME



Programs Implemented to Promote Community Involvement and Independent Living

In recent years, Penn Foundation has implemented several innovative programs, such as ACT (Assertive Community Treatment), FACT (Forensic Assertive Community Treatment), and IPR (Intensive Psychiatric Rehabilitation) specifically designed to prevent hospitalization and to promote independent living and community involvement. These comprehensive services, combined with significant strides made by the pharmaceutical industry to provide effective medication for mental illness, have resulted in a decline in the number of individuals requiring inpatient care and an increase in the number of individuals remaining and thriving in their own communities.

License Enhances Addiction Treatment at The Recovery Center

The Recovery Center is now licensed to offer Suboxone (Buprenorphine), an opioid medicine used to treat opiate addiction. While it targets the same areas of the brain that other opiates do, Suboxone can suppress symptoms of opioid withdrawal and relieve and even prevent cravings for opioids.

"We decided to pursue a license for Suboxone after seeing too many kids die from addictions to opiates," says Todd Barlow, Director of the Recovery Center. "It is important to keep in mind, however, that Suboxone is not a cure all. But when partnered with counseling and family involvement, it can be very effective in treating opiate addiction."

The FDA (Food and Drug Administration) approved Suboxone in 2002 to manage opioid dependence. Prior to 2002, methadone had been the primary treatment for opiate addicts. A synthetic opioid medication that suppresses withdrawal symptoms, methadone is one of the most regulated and monitored medical treatments in the United States.

The Family Based Services Program now serves Montgomery County families, providing intensive community and home-based therapy and support for children and adolescents with emotional and behavioral problems, and their families.



Family Based Services Now Serves Montgomery County Families

Family Based Services Program, which provides 32 weeks of intensive community and home-based therapy and support for children and adolescents (up to age 21) with emotional and behavioral problems and their families, is now serving the families of Montgomery County.

Emotional and behavioral problems can include Adjustment Disorders, Anxiety Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Conduct Disorders, Grief Reactions, Mood Disorders, Physical Abuse, and Sexual Abuse. Children and adolescents accessing Family Based Services are typically at risk for out-of-home placement; therefore, focus is placed on working with the family to successfully maintain the child/adolescent in the home.

"The ultimate goal is to enhance the families' feelings of empowerment and effectiveness through family support and cultivation of community resources," explains Cheryl Guy MSW, LSW, Coordinator of Family Based Services.

From January 1, 2006 through December 31, 2008, Guy conducted an Outcome Study to measure the effectiveness of family-based treatment services. The study sought to assess two categories: Children and parents will have strengthened family relationships and parents of at-risk children will improve their parenting skills. Over the three-year time period, results showed that 92% of the families exhibited improvement in family relationship skills, and 80% of parents showed improvement in their parenting skills.

"Since Penn Foundation began collecting data in 2006, Family Based Services has had a significant positive impact on the overall quality of life of families served," concludes Guy. "The overall pattern of success has remained consistent during the years of the study. The data confirms that the majority of families will communicate more effectively at the end of service and will demonstrate an improved ability to appropriately take authority in situations where needed. Additionally, the child will demonstrate better impulse control."

Penn Foundation Launches Public Phase of Capital Campaign



Posing by a sign announcing the coming of Penn Foundation's new state-of-the-art outpatient facility are architect Phil Lederach, Lederach Associates; Tom Leidy, Chair, Penn Foundation Board of Directors; John Goshow, President & CEO, Penn Foundation; Carol Washko, Director of Advancement, Penn Foundation; and Bruce Detweiler, Member, Penn Foundation Board of Directors.

When Penn Foundation's Mental Health Outpatient building was constructed in 1962, the agency served 148 people a year. Today, that number is 10,000.

To meet the growing behavioral health and wellness needs of the community, Penn Foundation has launched the public phase of its Power of Hope Capital Campaign, a crusade to renovate and expand the Main Building. Of the \$13.8 million necessary to complete this project, Penn Foundation has raised \$7 million and is seeking community support in raising the remaining \$6.8 million.

Construction will take place in two phases. Phase I will include a 32,546 square foot addition while Phase II will be a renovation of the current structure. Construction of Phase I, which will cost \$9.1 million, will not begin until another \$2 million is raised.

Expansion and renovation will enable Penn Foundation to enhance its variety and delivery of mental health services. Additional space will allow the agency to bring many of its outpatient programs and administrative functions under one roof, making these services more easily accessible for clients. There will also be room to evolve programming as community needs change. Additionally, private entrances and waiting areas, modern training rooms, and a pharmacy will all add to the warm, comforting, and safe environment that Penn Foundation strives to provide.

To learn more or make a contribution to The Power of Hope Campaign, contact Carol Washko at 215.453.5197 or visit www.ThePowerofHope.org.

Unaudited Statement

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

Statement of Activities

For the Year Ended June 30, 2009

REVENUE, GAINS, & OTHER SUPPORT

Managed Medical Assistance	\$ 7,254,209
Fees from Counties	\$ 5,598,444
Client Billing and Commercial Insurance	\$ 2,983,420
Contributions, net of expenses	\$ 1,951,316
Medical Assistance	\$ 829,093
Other Income	\$ 586,995
Medicare	\$ 532,010
Grants	\$ 79,719
United Way	\$ 30,686
TOTAL	\$ 19,845,892

EXPENDITURES & LOSSES

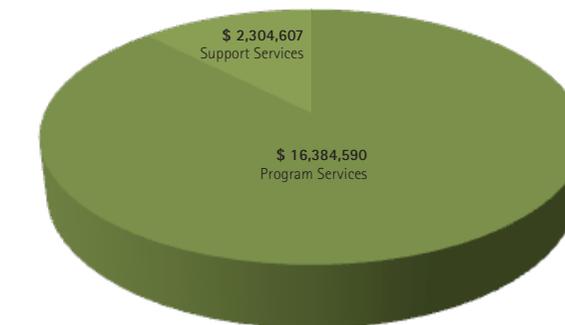
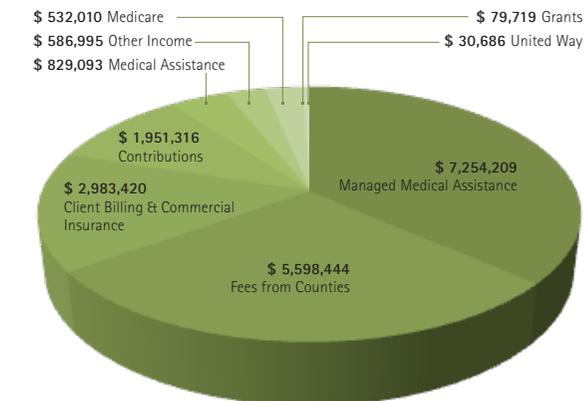
Program Services	\$ 16,384,590
Support Services	\$ 2,304,607
TOTAL	\$ 18,689,197

CHANGE IN NET ASSETS \$ 1,156,695**

* Approximately one-quarter of our clients receive ongoing services.

** The change in net assets includes \$1,020,512 in restricted contributions for building projects capitalized in 2008-2009.

TOTAL CLIENTS SERVED*
9,545





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

P 215.257.6551 F 215.257.9347

www.PennFoundation.org