



# PENN FOUNDATION

BEHAVIORAL HEALTH SERVICES

*Instilling hope. Inspiring change. Building community.*



*There is help available for those dealing with mental health issues, and there is hope. Every day the sun comes up, it's a new day."*

—Judy Collins, During her address at the 2014 Autumn Event

## SPOTLIGHT

### Renovated Recovery Center Rededicated

Renovations to the John W. and Emily Clemens Recovery Center have allowed us to add 12 inpatient beds, bringing the total inpatient capacity to 55 beds. The addition of beds has led to restructuring of the clinical program, allowing the detoxification program to be separate from the rehabilitation program. Because of this, clients will now receive enhanced service and increased personal attention. Renovations were made possible, in part, by a grant from the Clemens Family Corporation. [Read More »](#)

### Thank You

Special thanks go out to the following organizations for making the second year of Camp Mariposa® possible:

- ☑ The Moyer Foundation
- ☑ The Deaconess Community
- ☑ Enterprise Foundation
- ☑ Camp Men-O-Lan

We are also grateful to the Clemens Family Corporation for its generous \$50,000 grant for a new truck and snow plow.



### MARK YOUR CALENDAR

#### FAMILY EDUCATION

Every Sunday, 12:00–1:30 p.m.

Free program offering education about the disease of addiction. For information, call **215.257.9999**.

#### CO-OCCURRING DISORDERS CONTINUING EDUCATION SESSIONS

December 9 and January 28, 8:00–11:00 a.m.  
For information, call **267.404.5865**.



*Eva Pilgrim, 6abc Action News Anchor (left), and keynote speaker Judy Collins talk before the start of Autumn Event 2014.*

### Singer/Author Judy Collins Headlines 12<sup>th</sup> Autumn Event

The 12<sup>th</sup> annual Autumn Event featured an evening of conversation and song with legendary singer and author Judy Collins and raised \$148,000 for Penn Foundation. The event, which was emceed by 6abc Action News Anchor Eva Pilgrim, included a Silent

Auction that raised \$12,000 for Camp Courage 2015; recognition of Sanford A. Alderfer, founder of The Sanford Alderfer Companies, with the 2014 Adventures in Excellence Award; and presentation of the inaugural Penn Foundation Service Award to Vernon Kratz, MD, senior psychiatrist at Penn Foundation.

Proceeds from Autumn Event benefit Penn Foundation's Commonwealth Fund, which supports our ability to provide the clinical programs and care upon which our community depends. View an album of pictures from Autumn Event on our Facebook page at [www.facebook.com/pennfoundation.org](http://www.facebook.com/pennfoundation.org). [Read More »](#)

### A SEASON OF GIVING

Penn Foundation is always appreciative of the incredible support provided by our caring community of donors and volunteers, especially during this season of giving. Your support helps us provide the clinical programs and care upon which our community depends. This holiday season, we have multiple opportunities for you to join in supporting Penn Foundation:

**HOLIDAY GIVING TREES** – We are deeply grateful to The Perk restaurant and Uninvest for hosting Giving Trees, with tags that benefit child, adolescent, and adult participants in Penn Foundation's Rehabilitation programs and Community-Based Services. [Read More »](#)

**ANNUAL APPEAL** – Annual Appeal is a great way to make thoughtful, generous, and tax-wise gifts by the end of the year. Contact Jennifer King, Director of Advancement, at **215.453.5190** for ideas about completing your giving before the end of the year to receive maximum benefits. Look for your mailing that shows how you can make a contribution or to make a gift online visit [www.PennFoundation.org](http://www.PennFoundation.org). [Read More »](#)

**#GIVINGTUESDAY** – #GivingTuesday, the Tuesday after Thanksgiving, is an initiative to inspire people to give back in better, smarter ways to the charities and causes they support. This year, Penn Foundation made a goal for #GivingTuesday to raise \$2,000 for Camp Courage – doubling what was raised in 2013. You can still support this initiative and make a gift to Camp Courage: go online or send it to the Advancement Department, Penn Foundation, P.O. Box 32, Sellersville, PA 18960. To read more about regional #GivingTuesday collaborations, go to [www.GivingTuesdayBucks.org](http://www.GivingTuesdayBucks.org) or [www.GivingTuesdayMontCo.org](http://www.GivingTuesdayMontCo.org). [Read More »](#)

## Wellspring Clubhouse Awarded \$180,000 Grant

The Pew Charitable Trusts have awarded Wellspring Clubhouse a three-year, \$180,000 grant to add a mobile outreach component to its services and to offer cognitive remediation to program participants. The mobile component will provide one-on-one support to clients in their homes. The cognitive remediation portion of the project includes the purchase of Brain HQ, software that is used to work with people individually to improve their abilities to think, understand, and remember. [Read More »](#)



*In the picture from left: Marianne Gilson, Senior Vice President and COO; Wayne Mugrauer, President and CEO; Dr. Jeffrey Brenner; Dr. Christopher Squillaro, Medical Director; and Margaret Zook, Chair, Penn Foundation Board of Directors.*

## National Expert on Behavioral Health Speaks at Penn Foundation

Jeffrey Brenner, MD, Founder and Executive Director of the Camden Coalition of Healthcare Providers and 2013 MacArthur Fellow, presented an educational program in October as part of the Dr. Michael A. Peters Lecture Series. Dr. Brenner's model of healthcare delivery has proven to lower healthcare costs, integrate care, and improve access. He is currently working with 14 communities across the country, including Allentown, to develop sustainable and accountable care systems based on the Camden model. [Read More »](#)



## Dayspring Still Strong!

For more than 11 years, Dayspring has offered clients a safe place to explore their issues from a faith-based or Christian counseling perspective. As part of Mental Health Outpatient Services, Dayspring provides individual, couples, family, and group counseling as well as pre-marital assessments and counseling. Additionally, Dayspring counselors can provide psychological testing for ministerial candidates. We now have six theologically trained and therapeutically competent counselors and one seminary intern available to help our faith-based clients realize their emotional, physical, and spiritual potential. For more information, or to make an appointment, please call **215.257.6551** and ask to speak with a Dayspring counselor.

[Read More »](#)

NEARLY *1 in 3* high school seniors  
say **HEROIN** is easy to obtain.

Source: bestdrugrehabilitation.com

## Partnering with Communities to Promote Substance Abuse Prevention and Awareness

In June, Penn Foundation partnered with Perkasié Borough to present a town hall-style meeting about the use of heroin and other drugs in our community. Since then, we have participated in several other meetings throughout Bucks County.

If you or someone you know would like to speak with a trained substance abuse professional, please call our Recovery Center at **215.257.9999** or e-mail us at [rhhelp@pennfoundation.org](mailto:rhhelp@pennfoundation.org).

[Read More »](#)



## STAFF NEWS

Penn Foundation is pleased to recognize the following employees:



**Marianne Gilson, MCAT**, has been named Senior Vice President and Chief Operating Officer. She has been with Penn Foundation for 25 years, most recently serving as Executive Director of Quality and Operations. [Read More »](#)



**Jennifer Sokol, DO**, Child Psychiatrist, will provide psychiatric evaluations and medication checks for children and adolescents accessing Penn Foundation's Mental Health Outpatient Services. [Read More »](#)



**Ryan Schweiger**, Certified Peer Specialist, (left, with his peer Matthew) received a 2014 Recovery and Resiliency Award from the Montgomery County Department of Behavioral Health/Developmental Disabilities for acknowledging his exemplary recovery and resiliency principles. He works with community members and facilitates peer support groups for residents in Penn Foundation's Village of Hope program. [Read More »](#)



**Lu Mauro, MEd, CPRP**, Director of Wellspring Clubhouse, has been named a 2014 Dincin Fellow by the Psychiatric Rehabilitation Association (PRA). She was awarded the fellowship for her educational achievement, research, and advocacy in psychiatric rehabilitation. She has served as Director of Penn Foundation's Wellspring Clubhouse for more than 20 years and was instrumental in the program's inception. [Read More »](#)

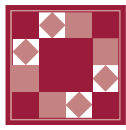


*Penn Foundation Board member, Dr. Ronald Souder (right), presented Dr. Vernon Kratz with the inaugural Penn Foundation Service Award.*

## Inaugural Service Award Presented to Vernon Kratz, MD

**Vernon Kratz, MD**, Senior Psychiatrist at Penn Foundation, was awarded Penn Foundation's inaugural Service Award at the 2014 Autumn Event. Dr. Kratz has dedicated more than 40 years to Penn Foundation, having served as Medical Director from 1980-1988 and then as Medical Director and President/CEO from 1988-2000. His professional expertise and willingness to lead with a servant's heart has had a positive impact on those whom Penn Foundation serves.

Going forward, the award will be named the Vernon H. Kratz, MD, Penn Foundation Service Award.



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



## Meet Celine

Celine, a college sophomore, discovered her love of music three years ago after convincing her mom to buy her a guitar for Christmas. At the time, she had no idea just how profoundly music – and, specifically, playing the guitar – would impact her life.

"I think the guitar is the most beautiful instrument, and being able to play it makes me feel like I'm creating something extraordinary," says Celine.

With encouragement from her outpatient therapist, Celine has pursued her passion for music, taking lessons and playing in public venues when she can. It has helped her deal with difficult situations in her life, lifting her spirits and giving her hope.

"Music means the whole world to me," she says. "It amazes me that someone can take words and make a sentence that perfectly describes the way I'm feeling, like the song was written for me specifically. Sometimes, music is the only thing that can make me feel hope, especially on the days when I feel like giving up. Music is magic, and it saves my life every day."

*As Penn Foundation celebrates its 60<sup>th</sup> anniversary in 2015, visit our Facebook page each month to view photos and stories about how our programs are impacting the lives of those in our community.*

*To read the full stories in this issue, please go online to [pennfoundation.org/newsletters](http://pennfoundation.org/newsletters). If you do not have computer access and would like a hard copy of these stories, please call Jennifer Smith, Public Relations Coordinator, at 267.404.5728.*

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