

“ I think in the not-too-distant future, we’re going to look at mental exercise the way we now look at physical exercise.”

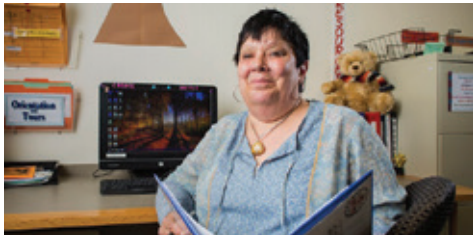
—ABC News Anchor **Dan Harris** said at this year’s Autumn Event

**SPOTLIGHT**

## Celebrating Meaningful Life Achievements

Penn Foundation recently celebrated more than 80 Wellspring Clubhouse members for their employment, educational, and volunteer pursuits. While these may be typical activities for most people, they can be remarkable accomplishments for those living with mental illness.

Penn Foundation offers programs that prepare individuals to work on their chosen goals, guide them through the process of achieving those goals, and support them in maintaining their successes. [Read More »](#)



*Wellspring Clubhouse empowered member Judy to find a job in food service and mentor a teenager battling his own addiction issues.*

## Connecting Children to Hope and Healing

In November, Penn Foundation partnered with Bucks County Children and Youth Services to place a Mobile Engagement Services (MES) worker at the Children and Youth office.

“Our MES professional works with children and their families to develop strategies to motivate the child to engage in and stay in substance abuse treatment,” says Gordon Hornig, MSW, LSW, Director of the MES program. “By working with Bucks County Children and Youth Services, we are able to guide families who don’t know where to turn.”



*Keynote speaker Dan Harris and fellow ABC News Anchor Eva Pilgrim (formerly of 6abc Action News) talk before the start of Autumn Event 2015.*

## ABC News Anchor Dan Harris Headlines Autumn Event

The 13<sup>th</sup> annual Autumn Event, featuring ABC News Anchor Dan Harris, raised more than \$130,000 for Penn Foundation’s

Commonwealth Fund, which supports our ability to provide the clinical programs and care upon which our community depends. Harris spoke candidly about the effects reporting from war zones had on his mental health and discussed his journey of recovery.

The event, emceed again by ABC News Anchor Eva Pilgrim, included a Silent Auction that raised more than \$11,000 for Camp Courage 2016; honored Thomas K. Leidy, retired President and CEO of Leidy’s Inc. and Vice Chair of Penn Foundation’s Board of Directors, with the 12th annual Adventures in Excellence Award; and recognized Karen Kern, MSW, LCSW, Penn Foundation Vice President, with the 2nd annual Vernon H. Kratz, MD, Penn Foundation Service Award. [Read More »](#)

View an album of pictures from Autumn Event on our Facebook page at [www.facebook.com/pennfoundation.org](http://www.facebook.com/pennfoundation.org).

## A SEASON OF GENEROSITY [Click here to Read More on this section »](#)

**#GIVINGTUESDAY** – On the Tuesday after Thanksgiving, Penn Foundation joined #GivingTuesdayBucks for the third year and #GivingTuesdayMontCo for the first time to inspire people to improve their communities and give back to charities and causes.

With your help, Penn Foundation exceeded our goal on #GivingTuesday by raising \$2,700 for Camp Courage 2016. Though #GivingTuesday is over, it’s not too late to help children with emotional and developmental disorders attend summer camp. Donate online at [www.PennFoundation.org](http://www.PennFoundation.org) or call Jennifer King, Director of Advancement, at **215.453.5190**.

**ANNUAL APPEAL** – Many individuals and families chose to support Penn Foundation through our Annual Appeal, which helped us raise more than \$82,000.

Contact Jennifer King, Director of Advancement, at **215.453.5190** to learn more about the thoughtful, generous, and tax-wise ways you can make a difference for people living with mental illness and recovering from addiction.

To learn how you can now make a Sustaining Gift, visit [www.PennFoundation.org](http://www.PennFoundation.org).

**SHOPPING NIGHT AT TEN THOUSAND VILLAGES** – We are deeply grateful to everyone who shopped at Ten Thousand Villages in November, which raised \$390 for Wellspring Clubhouse. The funds will provide members with warm meals; social programs; assistance with clothing and other items needed for work or school; transportation; memberships to the YMCA; and partial scholarships to attend community classes. For more information about Wellspring Clubhouse, visit [www.PennFoundation.org](http://www.PennFoundation.org).

## Village of Hope Residents Take Part in Watercolor Workshop

In January, residents of Penn Foundation's Village of Hope traveled to Philadelphia's Magic Gardens on South Street to take part in a watercolor workshop with a professional artist. Their artwork will be on display from May to August in the Center City office of The Philadelphia Foundation. The program was offered through Art-Reach, a Philadelphia-based nonprofit devoted to providing access to arts and cultural opportunities for individuals who otherwise would not have them. [Read More »](#)

For more information about Art-Reach, visit [www.art-reach.org](http://www.art-reach.org).



## Art Therapy Aids in Recovery

Penn Foundation recently added art therapy to its array of group offerings at the John W. and Emily Clemens Recovery Center. The program is studio-based with emphasis on the client's interaction with art materials, such as clay, paint, and fabric.

Much of the art therapy is geared toward fostering a sense of identity, exploring the individual's emotional self, and forming meaningful connections with others.

"This therapy is especially helpful for people who have underlying psychological issues related to their addiction, such as a history of abuse," explains Jessica Hauser, MA, an Art Therapist at the Recovery Center. [Read More »](#)



## Penn Foundation Welcomes Trauma Expert Sandra Bloom, MD

In October, as part of the annual Dr. Michael A. Peters Lecture Series, Penn Foundation welcomed Sandra Bloom, MD, a Board-Certified Psychiatrist and an Associate Professor at Drexel University's School of Public Health. She is also the Founder of the Sanctuary Model®, which is a pioneering approach to trauma-informed care.

Dr. Bloom spoke about the impact of traumatic experiences on individuals, families, organizations, and communities, and the paradigm shift from asking, "What's wrong with you?" to "What happened to you?" She also met with Penn Foundation's "Trauma Champions" to discuss their efforts to become a trauma-specific organization that recognizes trauma symptoms and offers supportive services to clients. [Read More »](#)

## Campers Learn Coping Skills Through Drumming

Attendees of Camp Mariposa's January session enjoyed an inspiring drumming and drum-making session with Josh Robinson.

"Drumming can be used as a tool to teach many life and coping skills and provides a positive, creative outlet while acting as a vehicle for self-expression and emotional release in a safe space," says Robinson.



Since 2012, Penn Foundation has been The Moyer Foundation's Pennsylvania partner for Camp Mariposa, which offers children who live with addiction in their families a secure, caring place to break the cycle and learn their strengths. [Read More »](#)

To learn more about Josh Robinson, visit [www.joshrobinsondrums.com](http://www.joshrobinsondrums.com).

To find out more about Camp Mariposa, visit <http://tinyurl.com/CampMariposa2016>.

To make a donation to Camp Mariposa, visit <http://weblink.donorperfect.com/CampMariposa>.

## PENN FOUNDATION WELCOMES NEW STAFF



**Amy Maurizio, MS, MBA**, is Director of Inpatient Drug and Alcohol Services. In this role, Amy will oversee the clinical and administrative functions of the agency's 16-bed detoxification and 39-bed rehabilitation programs. Certified as both an Alcohol and Drug Counselor and a Co-Occurring Disorders Professional – Diplomate, she has worked in the behavioral health field for more than 15 years. She earned her Master's Degree from Arcadia University and her MBA from Strayer University.



**Tobey Schilling, CRNP, RN, LPC**, Psychiatric Mental Health-Certified Registered Nurse Practitioner, provides medication management services for individuals accessing outpatient mental health services. Tobey has worked in nursing since earning her degree from Harcum College in Bryn Mawr in 2004. She is a Certified Holistic Health Counselor and a Certified Forensic Nurse Practitioner in Mental Health. She also holds a Master's of Creative Arts Therapies Degree from Hahnemann University.



**Lori Huey, MA, LPC, BCPC**, is Forensic Assertive Community Treatment (FACT) Team Leader and will oversee the clinical and administrative functions of the 16-member team. She has worked in the behavioral health field for more than 15 years. Lori is a Board-Certified Professional Counselor and earned her Master's Degree in Counseling Psychology from Kutztown University.

## Honors



*Karen Kern, left, recipient of the 2nd annual Vernon H. Kratz, MD, Penn Foundation Service Award, with Ronald Souder, MD.*

*"I strongly believe in the mission and values of Penn Foundation. It's been an incredible experience to work with so many dedicated and compassionate employees and Board members who share this same belief," Kern says.*

## Thank You

Special thanks go out to the following people who responded swiftly and have helped us rebuild following a burst sprinkler pipe in the Loux Healthcare Center:

- ❑ Fire Chief Kurt J. Wagner and the Sellersville Fire Department
- ❑ Eastern Diversified Services Inc.
- ❑ Penridge Regional Police Department
- ❑ Halteman's Cleaning Service
- ❑ H. Mininger & Son Inc. Community Builders

During this time of transition, our dedicated team is working hard to ensure our clients continue to receive the quality, seamless care they've come to expect from Penn Foundation.

[Read More »](#)

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

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



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## Meet Dana

For Dana, creating art is much more about the process than the finished product. Telling a story through art allows her to stay in the moment and work through her emotions in a positive, constructive way. This is key to her healing as she recovers from heroin addiction.

As a client, first in the Partial Hospital Program and now the Intensive Outpatient Program at Penn Foundation's Recovery Center, Dana was initially skeptical that art could aid in her recovery. A self-proclaimed "over-analyzer," she tended to focus on creating the "perfect" piece, but one particular project opened her eyes.

"We were told to create two mandalas, one representing our strengths and the other, our weaknesses," explains Dana. "We were then told to deconstruct them and incorporate them into one. At first, I was upset because I liked my separate mandalas. But as I worked to combine them, I learned a lot about myself and created one of my most meaningful works of art."

Dana says the process encouraged her to embrace both sides of her personality as elements of her unique self.

"My strengths may seem like the more positive aspects of my life, but my weaknesses help me develop those strengths," she explains. "The mandala reminds me to accept that I am perfectly imperfect."

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*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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