

ADVENTURES IN EXCELLENCE AWARD

William S. Aichele
Chairman, President & CEO – Univest Corporation

William S. Aichele is 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.



The Autumn Event is a fundraiser that benefits Penn Foundation, which has been providing innovative, compassionate behavioral health service to the community since 1955. Your participation helps us bring hope and healing to others.

HELPING • HOPE • HEALING

For information: www.pennfoundation.org
or call 215.257.6551 x 383.

MARK YOUR CALENDAR



Join us for an evening with



Quartetto Gelato

TUESDAY, OCTOBER 27, 2009

Spectacular Silent Auction – 5:30 PM | Main Event – 7:30 PM

Calvary Church Auditorium | 820 Route 113, Souderton, PA 18964

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.quartettofelato.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!

TICKETS ARE COMPLIMENTARY.

Your gift that evening supports the work of Penn Foundation.

RESERVATIONS ARE A MUST!

Call 215.453.5182 or go online to www.pennfoundation.org.



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 1,200 community residents attended Penn Foundation's first Family Day in June.
- ❖ In recent years, Penn Foundation has piloted several programs designed to prevent hospitalization and to promote independent living and community involvement.
- ❖ Internationally-acclaimed musical artist Quartetto Gelato will be the featured entertainment at Penn Foundation's seventh annual Autumn Event on October 27, 2009.

IN THIS ISSUE:

From Fearful to Flourishing

Penn Foundation Aims to Promote Independent Living and Community Involvement

Mark Your Calendar: Autumn Event

Penn Foundation's First Family Community Day a Success

Penn Foundation Adds Two Child Psychiatrists to Staff

Penn Foundation Aims to Promote Independent Living and Community Involvement

In recent years, Penn Foundation has piloted several innovative programs, such as ACT (Assertive Community Treatment) and FACT (Forensic Assertive Community Treatment) specifically designed to prevent hospitalization and to promote independent living and community involvement.

ACT & FACT provide community-based psychiatric treatment, outreach, rehabilitation, and support for individuals with mental illness or co-occurring mental health and substance use issues. FACT also offers a component for individuals in the criminal justice system. Typically, ACT & FACT clients have been hospitalized multiple times.

IPR assists adults with mental illness and co-occurring substance use disorders in setting and achieving personal goals. There are five phases to the process: Readiness Assessment, Readiness Development, Goal Choosing, Goal Achievement, and Goal Keeping.

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.

To learn more about our expanded outpatient services, visit www.PennFoundation.org.



Fall 2009 _ Volume 9 _ Issue 3



From Fearful to Flourishing

Like other boys his age, 16-year-old high school student Tyler Smith enjoys computers, soccer, basketball, and wrestling. His two younger sisters fondly look up to him. He lives with them, and his loving grandmother, in a comfortable house snuggled on a quiet corner in a nearby community. It's hard to believe that Tyler was born with Fetal Alcohol Syndrome, suffered from post-traumatic stress disorder, and has been treated for Bipolar Disorder since he was in fourth grade.



Despite the outward appearance of happy, healthy children, Tyler and his sisters grew up in a violent, addictive, crime-ridden home. Their grandmother describes how Tyler, neglected and abused, was withdrawn and secretive. Her first clue that there was a serious problem was when she caught him hoarding food the first time he came to stay with her after school. The children were never physically beaten, but Tyler and his sisters survived in fear as they witnessed their father severely beat their mother and later a girlfriend. The implied threat was "watch your step or you're next."

A team of Penn Foundation staff – psychiatrist, family therapist, behavioral specialist, and case

worker – taught Tyler how to manage his feelings and reactions to stress and fear. With the right medication, diagnoses, and therapy, Tyler's life has changed for the better. Grandma says, "It does take a village to raise a child." Support and love have been prolific from friends, school, church, and Penn Foundation.

Tyler wants to be a construction manager one day and have a house and a nice car. And in addition to his prized laptop, which was a generous gift from his mentor at church, he'd like to have an iPod.

Penn Foundation's 1st Family Community Day a Success

Approximately 1200 community residents attended Penn Foundation's first community Family Day on Saturday, June 6, 2009 at Camp Men-o-lan in Quakertown. This free event, made possible by the generosity of an anonymous donor, featured the Philadelphia Zoo on Wheels, Bucks County Conservation Department's Environscape, magicians, crafts, canoeing, paddle boating, face painting, prizes, and more.

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."

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



Charlie King (1) of Sellersville, Sara Noll (3) of Perkasio, and Grace King (4) of Sellersville show off their painted faces at Penn Foundation's Family Day event at Camp Men-o-lan. Kids of all ages enjoyed face painting, magic, crafts, and canoe and paddle boat rides.



Bucks County's Department of Conservation brought their interactive Environscape Model to engage kids in learning about a healthy water system and a healthy environment.



Jeannine Trauger (back center) of Perkasio and her daughters Madison and Reese were the lucky winners of a Wii at Penn Foundation's Family Day. Carol Washko, Penn Foundation's Director of Advancement, presented the happy family with their prize.

Patrick Gliwoski of Telford was the lucky winner of K'nex at Penn Foundation's Family Day at Camp Men-o-lan on Saturday, June 6, 2009.



Ashleen Strickland of Perkasio (second from right) was the lucky winner of the Basket of Summer Fun, generously donated by Univest Corporation, at Penn Foundation's Family Day at Camp Men-o-lan on Saturday, June 6, 2009. Pictured with Ashleen are son Aidan and Tom. Also pictured are (left to right) Carol Washko, Director of Advancement, Penn Foundation and Kim Detwiler, Vice President, Director of Corporate Communications, Univest Corporation.



Michael Gleicher, an employee of the Conservation & Education Department of the Philadelphia Zoo, shows a hedgehog to attendees of Penn Foundation's Family Day at Camp Men-o-lan.

Approximately 1200 community residents ventured out to see the Philadelphia Zoo on Wheels and to experience the many other fun activities the day offered.

Penn Foundation President & CEO John Goshow (right) shared a special day with his wife Janet (left) and two of their grandchildren at Penn Foundation's first-ever Family Day at Camp Men-o-lan.



Goshow family visits the Philadelphia Zoo on Wheels to learn about doves and to touch snake skins, tiger furs, and an elephant ear.



Wanda Lindsay

In May 2009, Penn Foundation Board Member Wanda Lindsay earned a scholarship to attend Bucks County Community College. She is studying journalism.

Penn Foundation Adds Two Child Psychiatrists to Staff

Psychiatrists Robin Pattin, M.D. and Ariel Vitali, M.D. have joined the staff of Penn Foundation. Both Dr. Pattin and Dr. Vitali will work mainly 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.



About Dr. Pattin

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. She earned her undergraduate degree in History (concentration in Medieval History and History of Medicine) from Yale University (New Haven, CT).

Dr. Robin Pattin, M.D.

Prior to joining the staff of Penn Foundation, Dr. Pattin worked as a Psychiatrist in the mental health outpatient and inpatient programs at St. Luke's Hospital for two years. In addition to child psychiatry, she holds special interest in the areas of Autism, chronically mentally ill adults, and medically ill children. Dr. Pattin belongs to the American Psychiatric Association and American Academy of Child and Adolescent Psychiatry.

Dr. Pattin resides in Coopersburg with her husband Nebuo Kitagawa (a Japanese native) and their two sons – Luke (12) and Eric (5). In her spare time, she enjoys watching DVDs with her sons, decorating for holidays, crocheting, reading, and spending time with friends.



About Dr. Vitali

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. Ariel Vitali, M.D.

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 Children and Adolescent Psychiatry, and Pennsylvania Psychiatry Society.

Dr. Vitali currently resides in Lansdale with his wife Terry Bingham and his two daughters – Anya and Sarah. He enjoys snowboarding, baseball, volleyball, computer gaming, reading, going to the theater, and science fiction fandom.