Supporting

Creating Mental Wellness

Sculpting

Hoping

Believing

Cultivating

Encouraging

Motivating

Fostering

Strengthening

2018 Annual Report
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## Contents

1. Leadership Message
2. Beacon Light Behavioral Health System
3. Beacon Light Adult Residential Services
4. Stairways Behavioral Health
5. Dickinson Center, Inc.
6. Forest Warren Mental Wellness Association
7. BLOOM Collaborative
8. Highlighting Penelope Champan, M.D.
There are many metaphors used to describe the path an individual takes while fighting to overcome mental illness.

For this year’s annual report we have chosen to emphasize “sculpting” as the act of reshaping one’s mental health.

If we imagine each of us as proverbial clay, molded over the years by our genetics, upbringing, and experiences, it is not hard to imagine how effects such as trauma or abuse can leave major indents in the shape of our life’s “clay”. Some of us may be born with these challenges or the predilection toward them, and some of us develop them over time due to life circumstances.

But regardless of the cause, or the severity, for the five agencies that currently comprise Journey Health System, and the more than 1,200 employees who work within its services, the goal of treating mental illness is viewed as part of the sculpting process that turns imperfect lumps of clay into happy, healthy, productive people who can remain important parts of society.

We do not see mental illness as defining a person, but rather as a part of us that can be smoothed and sculpted through treatment and support to help us overcome.

It often takes vision, creativity, commitment and time, but the breadth and width of the mental health services provided at Stairways Behavioral Health, Beacon Light Behavioral Health System, Beacon Light Adult Residential Services, Dickinson Center, and Forest Warren Mental Wellness Association, can help any individual wishing to continue their journey of recovery.

We encourage you to review the pages of this annual report to learn more about Journey Health System and its affiliates, both through what we do, and how we do it.

Together we can help each and every individual and family convert mental illness into mental wellness.
Specialized Residential Programs
Continue Beacon Light Growth Strategy
In the ever-changing field of human services, if there has been one constant over the past several years, it has been the ongoing growth and expansion of Beacon Light Behavioral Health System Services.

Part of the strategic plan for the largest of Journey Health System’s affiliates has been the ongoing evaluation of the mental health needs of the people they serve. The goal has either been to develop new service lines or to adjust current ones to help meet these needs.

After adding a specialized residential program for dually-diagnosed children in Youngsville last year and a unique residential program in Bradford focused on treating young women with behavioral health needs, BLBHS has focused on expanding into new territories this year.

School-based services continue to be a focal point for Community Care Behavioral Health, one of the largest insurance providers in Pennsylvania, and Beacon Light has been positioned to provide clinical teams in school districts wherever the need arises.

BLBHS has opened school-based programs in Centre and Cameron counties, and added additional teams in McKean County.

The Dual-Diagnosis Treatment Team (DDTT) program has also been approved to begin working with clients in Sullivan, Tioga, and Bradford counties, bringing the total number of counties served to ten.

Beacon Light was also awarded a new program opportunity through Value Behavioral Health of Pennsylvania to open a Psychiatric Residential Treatment Facility (PRTF) in Armstrong and Indiana counties.

According to the Medicaid definition, “A PRTF provides comprehensive mental health treatment to children and adolescents (youth) who, due to mental illness, substance abuse, or severe emotional disturbance, need treatment that can most effectively be provided in a residential treatment facility.”
Providing adult residential care for individuals with mental illness and/or intellectual or developmental disabilities has been the core mission of Beacon Light Adult Residential Services (BLARS) for many years.

These services are provided at many locations in Bradford, Warren, and McClure, Pa.

In Bradford, BLARS operates three cottages that house adults with mental illness and intellectual disabilities. Many of these individuals have been in the care of BLARS since they were children.

Many of the residents of the BLARS cottages attend an Adult Day Services (ADS) program that offers learning activities, exercise and one-on-one therapy each day. The ADS program is located in a building in downtown Bradford.

Additionally, there are three waiver homes in the Bradford area that house individuals capable of living mostly independently, with limited therapeutic support.

In Warren, Beacon Light Adult Residential Services runs two Community Residential Rehabilitation homes (CRRs). CRR homes are residences within the community that offer 24-hour housing and behavioral health treatment for adults whose psychiatric and/or mental health needs are such that they cannot live alone within their own home, but can benefit from treatment while living semi-independently with other individuals in a group home environment.

BLARS also runs a Community Stabilization and Reintegration Unit (CSRU) in McClure, Pa. The CSRU is a short-term residential treatment for adults over 18 years old who are dually diagnosed with mental illness and an intellectual and/or developmental disability.

The goal of the CSRU program is to increase independence in personal skills, home skills, community skills, and social skills, while managing challenging behaviors that result from the intellectual developmental disability or other behavioral health conditions.

Looking forward, BLARS will continue to evaluate opportunities for assisting adults with mental health challenges in need of residential-level treatment. The growing trend is to move away from facility-type care, and more toward home-based care, where the individual is supported and encouraged to live a happy, productive life in the community.
Providing A Full Spectrum Of Recovery-Based Services

Stairways Behavioral Health assists persons with mental illness throughout their entire journey of recovery. More than 400 dedicated employees provide comprehensive rehabilitation, treatment and supports that are essential for individuals to live, work, learn and participate fully in their communities through Erie and Venango counties.

At the core of Stairways’ recovery-based services is a continuum of care that relies on clinically-proven results.

Clinical services at Stairways are run by skilled and caring teams of professionals. Each individual receiving care is treated with a customized approach that is designed to best help them in their recovery. Although statistics show that one-in-four Americans struggle with mental illness, there are an additional 5.6 million Americans afflicted with co-occurring mental health and substance abuse disorders.

Stairways utilizes an integrated treatment model backed by research, and ensures treatment by addressing the multiple needs of people with co-occurring disorders. Clinical services include Erie and Crawford County-based Outpatient clinics, Dual Diagnosis Outpatient Drug and Alcohol treatment, Forensic Specialized Outpatient Clinic and Crawford County Crisis Services.

The aim of Stairways’ Recovery and Rehabilitation programs is to create an environment in which persons with mental illness have an opportunity to succeed at work, school, and in the home. Programs such as Psychiatric Rehabilitation, Certified Peer Specialists, Blended Case Management, Mobile Medication Monitoring, and Fairweather Lodge focus on helping individuals develop and pursue recovery goals.

As a provider of Comprehensive Psychiatric and Rehabilitative Care, Stairways’ Assertive Community Treatment (ACT) program uses a highly effective team-based approach to deliver intensive services where and when customers need them.

A wide range of residential treatment and housing support programs are devoted to helping individuals in a structured and home-like environment, such as the Residential Treatment Facility for Adults (RTFA), Long-Term Structured Residence (LTSR), Personal Care Homes (PCH), and Gage House Dual Diagnosis Residential Treatment programs. Residents of these programs receive therapeutic support by trained professionals in state-licensed settings.

Additionally, Stairways also boasts a stable of affiliated programs that deliver on its mission as a leader in recovery. BLOOM Collaborative uses the healing power of art, creativity, and nature to help clients and community members achieve recovery. New Opportunities Employee Assistance Program (EAP) assists companies, their employees, and family members by providing access to behavioral health services.

Opportunities Unlimited of Erie offers supported employment as well as quality, affordable custodial, laundry, and floor care services to owners and residents.
2018 marked a year of growth for Dickinson Center, Inc. (DCI), both in its primary service area of Elk County, as well as new expansion into Clearfield County.

The past year started with the opening of a Decision Support Center (DSC) at the Ridgway outpatient clinic. The DSC is founded on the principals of its creator Pat Deegan, whose software helps those in recovery take greater control over their recovery journey. The DSC empowers clients with greater medication management and educational tools to maximize their time with their doctor.

Also in Elk County, DCI expanded its mental health specialist program into all county school districts.

As part of an effort to ensure continued high levels of outpatient care in Clearfield, DCI took over the operation of the existing Drop-in Center in Clearfield. This not only ensured that the center could continue running, but that clients could benefit from the expertise of DCI clinical staff.

Work is also underway to consolidate the broad services offered in St. Marys, PA by identifying the location for a new building project in the city. The new building will bring all of DCI’s St. Marys services into one building, making access for clients much easier.

An important component of DCI’s legitimacy as a mental health service provider, is its accreditation by a third-party objective entity. For many years DCI has maintained accreditation through the Pennsylvania Association of Nonprofit Organizations (PANO). PANO is the statewide membership organization serving and advancing the nonprofit sector through advocacy, collaboration, education and other services in order to improve the overall quality of life in Pennsylvania. PANO exists to support the incredible work of the nonprofit sector and highlight the critical role nonprofits serve. In 2018 DCI achieved re-accreditation through PANO, one of only 69 members in the 12 counties comprising northwestern PA.

Compassionate employees are the key to success across DCI’s three service divisions: mental health, intellectual and developmental disabilities, and children’s services. The organization’s largest mental health programs include Outpatient, Psychiatric Rehabilitation, and Family Based Services. DCI was started as a rural outpatient clinic by Dr. Robert Dickinson in 1958.
This past year has seen tremendous growth and change at Forest Warren Mental Wellness Association (FWMWA). The client-run organization officially opened its Wellspring Home’s Garden (WHG) programs under the broad arches of the Fairweather Lodge.

A Fairweather Lodge offers supportive housing for individuals with mental illness. This can be both short and long term depending on the needs of the individual. The members of the lodge are active men and women sharing common bonds of companionship and responsibility. These Lodges are managed by its member and staff serves as advisor and are available in emergencies with onsite staffing being very limited.

The Lodge Program is interdependent in that it utilizes the skills and strengths of each individual to create a family style living. The Lodge functions as a group which can lead to the member’s potential standard of living being greatly improved by adding companionship, shared expenses and mutual support for recovery.

The Wellspring Home’s Garden program is actually a series of businesses designed to provide Lodge residents with meaningful jobs and opportunities to be productive members of the Warren area.

One of the Wellspring Home’s Garden businesses is a landscaping and lawn care service, that also includes winter snow-plowing. FWMWA has procured a truck and snowplow, along with a trailer, zero-turn riding mower, multiple push mowers, and a roto-tiller. Through Wellspring Home’s Garden, Lodge residents can be hired by the program to perform all of the lawncare functions.

The second WHG program involves a greenhouse available at the 110 East St. Clair Street headquarters. The greenhouse will be used to grow a variety of vegetables in early spring that can be transferred to the large outdoor gardens when summer temperatures allow. The vegetables will be sold at local farmers market, and the Wellspring team is hopeful that sauces and salsas can be canned as additional items for sale.

The third main business that WHG provides is a retail store space, also at 110 East St. Clair Street, designed to sell artwork and crafts from local artisans. Additionally, clients will work on repurposing and refinishing wooden furniture to sell. The plan is to ultimately feature artwork from as many as 20 local creators.

Also at the Clair Street campus is another Fairweather Lodge, this one specifically for women. The hope is to have it filled with clients within a year.

In addition to the WHG programs and Fairweather Lodge, FWMWA also oversees four other programs: Representative Payee, House Support, a Drop-In Center, and the Decision Support Center.
For Penelope Chapman, M.D., Medical Director for Stairways Behavioral Health, treating individuals with serious mental illness has always been a passion of hers.

According to Dr. Chapman, “Being able to help bring some people back to having happy, normal, productive lives,” is what her professional mission is all about.

As medical director, she enjoys having full access to every Stairways program, which allows her to utilize the full range of services when treating a client.

“For example, we have an LTSR (Long-Term Structured Residence) for those individuals not quite ready to return home,” she says. “Or our RTFA (Residential Treatment Facility for Adults) that can provide a 30-day stay for a client rather than placing them in an inpatient unit. We also have outpatient services for serious mental illnesses, drug and alcohol programs, blended cases management, mobile medication, healing arts through our art and clay studios, Bloom and Blossom, along with a comprehensive psychiatric rehabilitation program and an ACT team.”

With her amiable, approachable personality, deep knowledge of both mental and physical health, and her precise British accent unmarred by years of living in the United States, Dr. Chapman seems equally at home teaching Fellows at her weekly Clozaril Medication Clinic as she does sitting one-on-one with a young man diagnosed with schizophrenia who is struggling to understand who he is.

“I have been able to make a difference,” she explains when asked why she has stayed in Erie, Pennsylvania to treat clients. Her husband has found an excellent opportunity as a retinal surgeon in the area, so they made the lifestyle choice to put down roots in the city and she has been treating mental illness here ever since.

“There is a strong correlation between mental illness and greater physical health issues,” she says. “But we still have so much work to do in getting primary care physicians and specialists to integrate their care with mental health specialists for the overall treatment of an individual. Part of what we do here at Stairways is help physical health physicians know how to access mental health services and where to refer their patients.”

Dr. Chapman characterizes the difference between physical illnesses and mental illnesses in a unique way.

“Normally, when you are sick or injured you know exactly what doesn’t feel well and can point toward the areas of concern,” she says. “But with mental illness, the brain itself is to blame. The very organ you rely on to tell you what is wrong is letting you down.”

She says the sooner that individuals seek treatment, the better the outcomes can be. But she adds that sadly, many people suffering from mental illness have burned so many bridges with their family members or loved ones that having a support structure or help in place is much harder to achieve by the time they are finally in treatment.

“Part of what I try to do is to reach out to family and friends of clients, to help explain to them as well, what this individual is going through,” she says. “Inclusivity is an important aspect of successful treatment. We are on the journey of recovery together. I will advise and guide, but its not just my decision on what to do. With both the client, and hopefully their family and friends, we will work on their goals together.”
Penelope Chapman, M.D.,
Stairways Behavioral Health
Medical Director
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The Client Assistance Fund was established to meet emergency needs of clients and/or their families. Monies may be used to pay for personal care items such as clothing, eyeglasses, school or vocational supplies, or household items such as appliances or furniture. You can join Stairways Behavioral Health employees and community members by designating contributions to meet the critical needs of Stairways’ clients.

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Journey Health System: $10,095,154
Dickinson Center Inc.: $10,252,799
Forest Warren Mental Wellness: $643,577
LOCUS Solutions: $396,799
Deerfield Behavioral Health: $3,944,098
Gage House: $1,391,130
Stairways Behavioral Health: $25,874,605
Beacon Light Behavioral Health System: $23,857,221
Beacon Light Adult Residential Services: $7,927,141
Forest Warren Mental Wellness: $643,339
Deerfield Behavioral Health: $3,958,288
Total Revenue: $84,174,479
2017-2018 Revenues/Expenses

Total Expenses: $83,647,299

Total Revenue: $84,174,479

Stairways Behavioral Health $24,881,864
Beacon Light Behavioral Health System $24,212,041
Beacon Light Adult Residential Services $8,357,017
Forest Warren Mental Wellness $643,577
Deerfield Behavioral Health $3,944,098
Gage House $1,391,130
Dickinson Center Inc. $9,580,402
Journey Health System $10,024,447
Beacon Light Adult Residential Services $7,927,141
Forest Warren Mental Wellness $643,339
Deerfield Behavioral Health $3,958,288
LOCUS Solutions $390,727
Gage House $1,391,129
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