# 185 Years of Stronger Families.

2017 Annual Report





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### President's Message

Dear Friends,

In 1832, the Protestant Orphan Asylum was established on the Northside of Pittsburgh to care for children who had been orphaned by the cholera epidemic. Nearly 30 years later, the Pittsburgh and Allegheny Home for the Friendless opened nearby. Both institutions continued to serve similar populations of children within the same community for the next century until they merged in 1969.

185 years after the doors to the orphanage first opened, the name has changed and services have evolved, but the mission remains the same. Pressley Ridge still offers relief, support and instruction just as the original documentation described, though we have greatly expanded our impact.

Our commitment to do whatever it takes for children and families has made Pressley Ridge a pioneer in social services. We are constantly developing our programs to meet the needs of the communities and those we serve — always with the ultimate goal of creating stronger families.

All of our programs and services are centered on Family Engagement — a concentrated effort to provide family therapy by ensuring that every family member is informed about and active in overcoming his or her distinct challenges. We believe that treatment should be a family endeavor and every family member plays an important role in helping a child mend.

Just one example of this is the Fiore Family. After three years of trying to get help for her son Michael's behavioral issues, Alicia found Pressley Ridge. The treatment staff provided guidance and resources. Alicia felt, for the first time, that she could trust them to make a real difference not only for Michael but for her, as well. She said, "They were there for me, too. I could go in and talk to somebody about what's going on with me. It didn't just have to be for my son...and I really appreciate that." Whether through education, foster care or mental health services, our families are given the tools and confidence they need to grow stronger and stay together. From our beginnings as an orphanage to now operating nearly 60 different programs across six states, our focus has remained on providing individuals with a stable, positive family experience for 185 years.

Pressley Ridge's longevity and ability to continue serving our communities would not be possible without those who provide the resources to fuel our progress. This year, support from foundations, companies (both big and small), our own employees and board members, individuals and families allowed us to make costly repairs to our residential and education facilities, start four new programs and to serve twice as many transition age youth with autism through the Community Integration Program. These are just a few of the past year's accomplishments that were made possible through the tremendous support of our community.

On behalf of the 7,300 individuals who succeeded in the past year, thank you for your contribution to Pressley Ridge. We look forward to many more decades of creating stronger families and communities with you.



SUSAILLE Susanne L. Cole President and CEO



Sandra R. Tomlinson

Chairperson, Board of Directors

### Vision

### "All Kids Thrive"

All of us at Pressley Ridge share a dream that one day all kids may thrive. All of our efforts every day are directed at creating a world in which our vision can become a reality.

### Mission

### "Whatever it takes to create success for children and families"

Our mission statement speaks to our complete and unequivocal commitment to do all in our power to improve the lives of children and families everywhere and especially those whose lives we touch. There is no challenge too big or barrier too strong to keep us from doing our utmost on their behalf. We succeed when they succeed.

## **Our Services**

### (\*)

#### Community-Based

Individualized mental health services designed to strengthen, preserve and keep families together so that children can remain at home and in their own schools and communities.

### () F

### Foster Care

Placing children and youth in a stable home with specially-trained foster parents, while working to reunite them with their biological families or find an adoptive family.

### Re Re

Residential

Individualized, trauma-sensitive care in small group homes and campus-based facilities emphasizing psychological safety, trusting relationships, competency development and family involvement.

### Education

Intensive, individualized education for children with mental and behavioral issues with a goal of returning the student to the public school setting; as well as specialized education for children with autism and deafness.

# Success Stories

(\*

# Robert

Last year, 60,000 people in America died as a result of drug abuse, and Robert could have been one of them. Drugs had taken over his life, and it took almost losing his son to make him realize it.

Robert's son Dakota spent more than a year in foster care when his father was unable to care for him. At first, Robert was hesitant to accept help, just as most people in his situation are. The staff at Pressley Ridge gave him a push in the right direction. As he fought to stay clean and to maintain a relationship with Dakota, they provided mentoring and advice on how to be there for his son in the way he needed him.

Throughout his recovery, his goal was always to be a father again, and Dakota was his driving force. Robert was working a full-time job and going to counseling five times a week, in addition to attending regular meetings, court dates and appointments. When juggling everything felt like an insurmountable task, the Pressley Ridge staff gave him encouragement and support. They made sure he kept his visitations so that he and Dakota had time together to retain a bond, even providing transportation when necessary.

Robert admits that Pressley Ridge made a huge impact on his life. "Before Pressley Ridge, I wasn't sure what direction I needed to take, the people I needed to associate with to really meet my goals and to do the things I needed to do to get on the right path again. If it wasn't for them, I would probably still be in a bad place. Even when there were bumps in the road — like relapse — they didn't give up on me."

Dakota now lives with his father full time. He is an adventurous seven-year-old who loves video games, playing outside and accompanying his father, a professional photographer, on photo shoots.

Robert is happy to be able to take care of Dakota when he's sick or even just make him breakfast in the mornings. He wants his son to look back fondly on time spent with his father. Last summer, the pair vacationed in Maine, just as Robert and his parents did when he was a child. Now that he has a second chance, Robert is grateful for the opportunity to make up for lost time and to create new memories with his son.

Watch Robert's story at PressleyRidge.org/Robert.

"If it wasn't for them, I would probably still be in a bad place. Even when there were bumps in the road — like relapse they didn't give up on me."



# The Ebron Family

Linda Ebron has dedicated much of her life to serving youth in challenging situations. A career in social work eventually led her to foster care. "Aunt Cookie," as the kids call her, and her husband Donnell (Uncle Don) have been providing therapeutic foster care for teenagers for 20 years. They enjoyed the opportunity to provide a loving, supportive home to teens and to help them succeed.

Recently, Linda and Donnell got a call from Pressley Ridge asking them to consider taking in a young set of twins. They knew it would be different than parenting teens, but they never hesitated. Then a year later, another call came. The twins' younger siblings, also twins, needed a home and wanted to come live with the Ebrons, as well. They had a chance to reunite this family, and they couldn't turn them away knowing that these children's lives could be changed forever.

Linda is an avid recruiter for fostering with Pressley Ridge. "I have been with other agencies before when I first started out. I can say the education, support and understanding you get [from Pressley Ridge] is remarkable. They know that everything is not just written in a book all the time. This is real life. The children come into your home and everything changes."

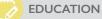
### "This is real life. The children come into your home and everything changes."

Having fostered countless teenagers, Linda and Donnell have plenty of advice to share and wish more people would consider the benefits of helping teens. Raising teens, especially those in treatment foster care, takes a lot of understanding, but Donnell believes it's all worth it. "Some of these kids come from a real troubled past, and they don't know what to expect. They've been let down a lot, so you have to be there for them. That's the most important thing. Once you see the difference you make in a child's life, you can't help but to continue." Their kids have gone on to graduate from high school and college and are now raising families of their own. Even so, they still come back to Aunt Cookie and Uncle Don, who will always be their family.

Linda and Donnell, who have two grown children of their own, as well as two grandchildren, are now in the process of adopting the siblings. After two years, they are used to the busyness of raising four kids who are only eleven months apart. The twins couldn't be happier to officially become part of the Ebron family, saying "It's a great experience to have another chance to have a great family."

Watch the Ebron's story at **PressleyRidge.org/Ebron**.





# What are some of your favorite memories at Pressley Ridge?

There is not one memory that stands out but far more than just one. The reason why I say this is because I literally "grew up" in Pressley Ridge.

When I started in the Day School program at Pressley Ridge they put up with everything that I did but they didn't have to. But they had the patience to deal with me. The kids before and after me who had the chance to come to Pressley Ridge are lucky to have this opportunity.

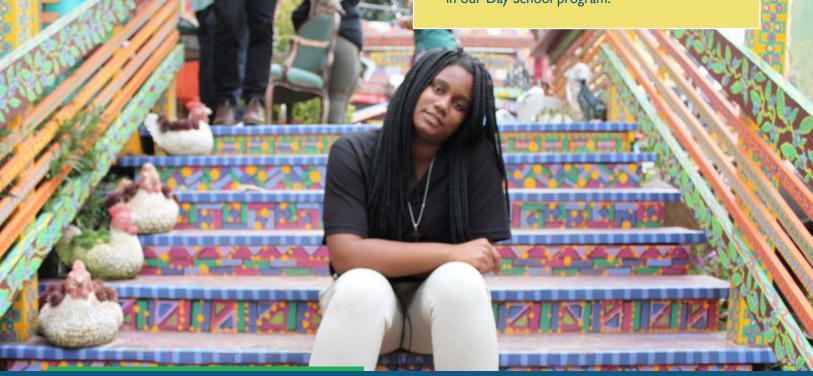
My best memory is the day I came to Pressley Ridge. I felt accepted for once in my life. No one judged me. I wasn't left out for my behavior. They treated me with respect, even though I showed none to them. They never quit on me no matter how hard it got. There were two teachers that I had for three years. They were two female staff that I respected. I can say that no matter how much I tore up the room or messed stuff up, they never gave up on me. In these moments, they didn't do anything to make me angrier, they just supported me.After I had been there I got better somewhat with my behavior. I was not as bad and I learned a lot from them.They taught me what I should be doing rather than what I shouldn't be doing.

Overall, the staff at Pressley Ridge are important because they have the chance to change a child's life. They have drastically changed my life around.

Jameisha Brockman September 12, 2017

Watch Jameisha's story at **PressleyRidge.org/Jameisha**.

**Update:** Jameisha recently transitioned back to public school, which is the mark of success in our Day School program.





# Katherine

In her 18 years, Katherine has seen more than her fair share of struggles. At a young age, she lost her youngest brother to a rare disease — a loss that strongly impacted her family and ultimately resulted in her parents' divorce.

Middle school was particularly traumatic for Katherine, as she was bullied and began to experience depression and suicidal thoughts. It was also during this time that her older brother suffered a leg injury that led to a dependence on pain killers and eventually a heroin addiction. Katherine once saved her brother's life after finding him unresponsive in his bedroom and performing CPR. Sadly, the next time he overdosed, he could not be saved.



Her grandfather also passed away during this time. Following these losses, Katherine's Bipolar Disorder escalated, and she spent a summer engaging in reckless and dangerous behaviors, including an abusive relationship. She was spiraling out of control, and her family, who had already lost two children, had no idea how to help their daughter. After an attempted overdose on prescription medications, Katherine cycled in and out of inpatient treatment and was eventually placed in residential treatment. Finally after several months in treatment, Katherine began to address the loss and self-destruction she had experienced and was eventually discharged into family-based services with Pressley Ridge in May 2017. Family-based services are delivered in the family's home by a team of mental health workers and are designed to engage the entire family in treatment. The family-based team provides 24/7 crisis response, thereby reducing the need for hospitalization, and can accompany the family to medication management appointments, collaborate with other agencies and services, and link the family to resources, including mental health, education, finance, and socialization.

Through Structural Family Therapy, the team worked to ensure that Katherine understood that she was home and safe, and she was there to stay. They led conversations between mother and daughter to help them bond and to help Katherine develop a sense of security that she could stay in the home with her family.

In addition, Katherine was still dealing with grief and loss relating to her older brother. The family-based team helped her progress by utilizing her talent for writing, and she expressed her grief through letters to her brother.

Katherine was also overwhelmed with nearly crippling anxiety and depression. The family-based team worked with Katherine on finding self-acceptance, mindfulness of her value and place in the world, and internal validation. She joined a church youth group and made new, positive peer relationships.

Over time, Katherine's team helped her to transition back into her home and school environments, reconnect with her mother, and most importantly, remain mentally stable and free from self-harm. Katherine flourished during her treatment and transformed from a young girl with little self-esteem, a fear of the world, and a yearning for acceptance to a brilliant, well-adjusted, and vibrant young woman. Katherine will soon graduate from high school and plans to attend La Roche College with a major in English and Creative Writing.

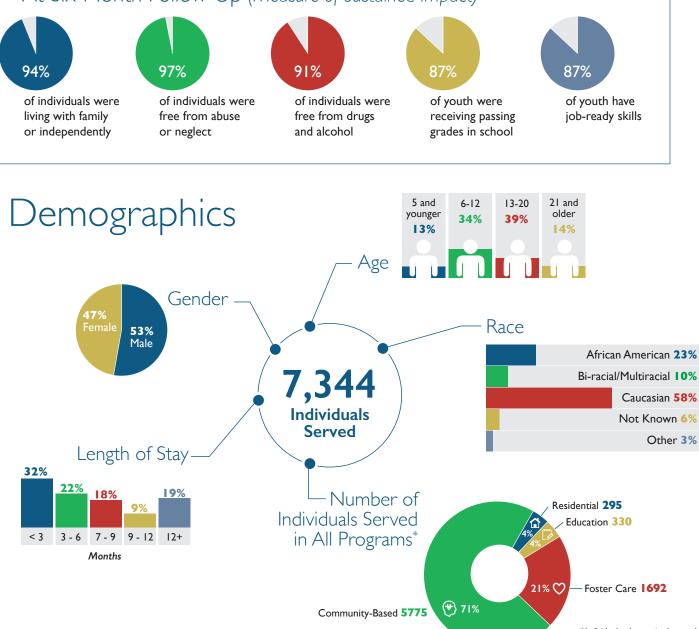
# 2017 Fiscal Year

# Outcomes



88%	of individuals reported feeling that they were enjoying a close family
<b>79%</b>	of individuals experienced an increase in functioning on standardized scale
83%	of individuals were living independently or with family

### At Six-Month Follow-Up (Measure of Sustained Impact)



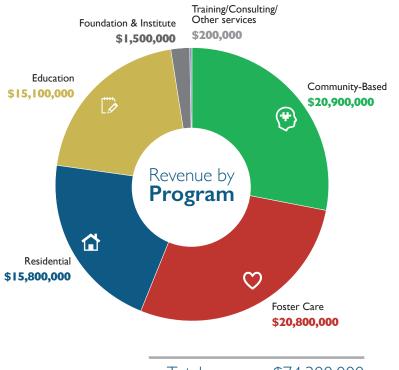
<sup>\*</sup>Individuals who received more than one service are counted multiple times.

### 2017 Fiscal Year Financial Performance

### Revenue by **State**

	PA	\$43,000,000
	WV	\$15,500,000
	OH	\$5,800,000
69.	MD	\$4,800,000
	DE	\$2,400,000
	VA	\$1,100,000
	Foundation	\$1,500,000
Training/ Oth	\$200,000	

### Total revenue: \$74,300,000



Total revenue: \$74,300,000

### 2017 Leadership

#### **Executive Leadership**

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July 1, 2016 - June 30, 2017

Thanks to the following individuals, foundations, corporations and organizations that have supported our work with children and families.

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#### \$99 and under

We would like to express our appreciation to the more than 225 individuals who made gifts at this level. "They gave support at very trying times, and kept our family together."

Every effort has been made to ensure the accuracy of these listings. If your name is incorrect or omitted, we sincerely apologize. Please let us know so we can correct our records.

July 1, 2016 - June 30, 2017

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"It is nice to talk to someone and feel like they are not here to judge me and just listen."

#### \$1,000-4,999

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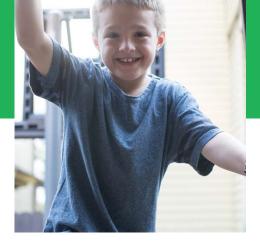
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#### \$500-999

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July 1, 2016 - June 30, 2017

### The Hobbs Society

Nicholas Hobbs was a visionary leader. As the architect of Re-Education, he is recognized as a pioneer in the treatment of troubled kids and families. At Pressley Ridge, his vision continues to give meaning to our work, just as Re-ED continues to be our foundation of excellence. The Hobbs Society recognizes the Pressley Ridge employees who give 1% or more of their salary in the annual employee giving campaign.

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"They are respectful, kind, and care about our needs."

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In addition to their priceless dedication of time and talent, our employees contributed more than \$58,000 to our organization.

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'They make you feel like you have someone to talk to who you truly believe cares about your well-being.''

July 1, 2016 - June 30, 2017

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### "Pressley Ridge has been a true blessing to our family."

July 1, 2016 - June 30, 2017

### Employee Contributors (continued)

Ms. Danielle Whitebread Ms. Marnie L. Williams Mr. Jeff Winters Mr. John Wojcik II Mr. Paul Wolfe Ms. Kaitlyn Wolfe Ms. Michele L. Woodward Mr. Mark Yohe Mr. Jason Zellem Ms. Lori Zinsser



"They gave us constant support and were able to bring us back together and help us communicate."

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"The impact [Pressley Ridge] had was bigger than I can ever really put into words. If it wasn't for them, I would be in a really bad place still."

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Operations Center | 5500 Corporate Drive, Suite 400 | Pittsburgh, PA 15237 www.PressleyRidge.org