

Strong Families. Strong Communities.

2018 Annual Report



R PRESSLEY
RIDGE

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A photograph of a young man with short brown hair, wearing a dark shirt, sitting in a brown leather chair. He is looking off to the side with a thoughtful expression. A hand is visible resting on his shoulder from behind.

President's Message

Dear Friends,

2018 was a year of celebration for Pressley Ridge in many ways. More than 1,500 youth found loving, stable foster families. 5,700 children, youth and adults received critical mental health care. We welcomed the addition of workforce development, independent living and other support services for transition-age youth in Maryland through the acquisition of New Pathways, Inc., another successful organization helping disconnected youth reach their full potential.

In total, close to 8,000 individuals in six states were enrolled in our programs in 2018. However, the actual number of people served far exceeds the individuals because at Pressley Ridge, treatment is not only about the child or person. Treatment is a family endeavor and includes biological parents, foster parents, guardians, grandparents, siblings, teachers and any others who play a critical role in the individual's outcome. Each of our 72 programs focuses on building strong families and communities for those we serve.

As families complete their treatment, we don't have to sit back and wonder if we made a difference in their lives. From the time they enter into our programs until one year after they leave our services, our Organizational Performance department is collecting and analyzing data to evaluate the effectiveness of our programs and determine how we can improve.

This year, we are proud to say that 92% of individuals feel they have a strong support system in place when our services end. This is evident through the stories of success you will read in this report, including:

- Lisa, who was able to reconnect with her children through Family-Based Therapy after fighting addiction
- Jessica, who struggled with homelessness and debt before entering the New Pathways program
- Linda, who was dealing with grief and extreme depression when she came to the Family Counseling Center

Each of these stories of strength are made possible by those who invest in our critical mission. This year, donations from foundations, companies, individuals, families and our own employees and board members allowed us to finally begin construction on the long-awaited new facility for the Pressley Ridge School for Autism and School for the Deaf on our Pittsburgh campus. Community support also enabled our staff to invest in innovative training that will position Pressley Ridge as a leader in the Neurosequential Model of Therapeutics (NMT). We could go on and on listing accomplishments from the past year, all of which were achieved thanks to donors like you.

On behalf of all of the families who found the strength to succeed in the past year, thank you for choosing to support Pressley Ridge.



Susanne

Susanne L. Cole
President and CEO



Sandra

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.



Foster Care and Adoption

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



Education

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



Residential

Short-term treatment programs in a supportive environment help youth and their families learn the skills that will enable them to make family connections and become stronger community citizens.

Pressley Ridge provides a multitude of other services aimed at strengthening the individuals, families and communities we serve, including workforce development, independent living and support services for transition-age youth; and outpatient mental health treatment and counseling for all ages.

Determined to Become a Family Again

After witnessing the near-fatal overdose of both their mother and father, Ava and Nicholas were sent to live with their grandparents and began receiving Enhanced Family-Based Treatment Services through Pressley Ridge.

Finding their parents, Lisa and Jason, in such a state caused a great deal of trauma for the two young children, as you can imagine. It was difficult for the grandparents to determine how to best support Ava and Nicholas, and the therapists helped them understand and manage the multitude of feelings and causes for some of their behaviors. At the suggestion of the therapists, the grandparents also began attending Alanon, a support group for family members of those who struggle with addiction, which helped them determine how they could effectively support Lisa and Jason in their recovery.

As Lisa successfully continued her recovery, the family-based therapists began to work toward reuniting her with her children. They helped Lisa make amends with her kids and prepared both she and her children for visitation and learning to become a family again. They also helped the grandparents with the transition from parenting the kids, which they had been doing for over a year, back to just being their grandparents.

At the conclusion of family-based treatment services, the kids were reunited with their mom and living in supportive housing. Understandably, Lisa experienced challenges with maintaining her sobriety and parenting full time, but she was committed and consistently leaned on the therapists to help them continue to move forward as a family. After 18 months, Lisa is still clean, working a full-time job and living in an apartment with Ava and Nicholas.



Hello. My name is Lisa and I am a recovering addict. My clean date is June 28th, 2017. In the last year and a half my life has changed in so many ways, and not one of them is a bad change...

I overdosed on June 27, 2017 and lost everything. My children were taken from me and my husband and placed with my in-laws, and if it wasn't for Narcan, they wouldn't have parents at all. I wouldn't be able to tell you how I overcame the hardest part of my life. I was told that I needed to go into rehab by a judge and get clean and stay clean if I ever wanted to get my children back. So I did just that...

I successfully completed that program and on November 5th, I moved into my own apartment with my children. I love life. I'm a mom today. I'm also a daughter, a sister, an aunt, and a friend. I can help other people and be there for others. I fall short every single day, but I don't pick up under any and all conditions. I put the work in to be a good person, to follow a program, and to love other people no matter what. I don't hold grudges anymore. I refuse to turn my back on anyone because I know what that feels like. I try to be the best version of me that I can be. Anyone can stay clean, you just have to be willing and put the work in. I hope whoever is reading this knows that someone loves you. Keep the faith and always remember that it's just for today.

Seeing Into the Future

“Where do you see yourself at 21?” was one of the first questions Jessica was asked during her intake interview for the New Pathways program. At eighteen, she didn’t have an answer. She had no idea where her life would take her next and, in fact, she had never thought about it before. *“I couldn’t see beyond the next day,”* she reflected.

After becoming homeless and deep in debt, Jessica was referred to the New Pathways program by a social worker who believed she could benefit from their services.

“The staff saw more potential in me than I knew I had,” said Jessica, who at 21 years old is now living independently and working two jobs as she pursues her undergraduate degree in psychology.

“Jessica took advantage of all the services that we offered, did everything that we asked of her and was determined to succeed,” noted counselor Tina Cooper. The program offers youth, who for one reason or another, lack the essential education, life skills, job training, family support and social networks necessary to make their way in the world. Services include community outreach, career and workforce development, education and counseling.

As she reflected on her experiences, Jessica repeatedly praised the staff and spoke about the level of support she received from them. *“Anything I wanted to do for myself, they supported me. Focused on my plan, they guided me through it,”* she added. *“The whole team is amazing; they are like family to me. They helped me through the biggest problems, and the smallest, even assisting me when I had car problems!”*

Recalling the many times when obstacles got in her way: trying to find an apartment when she didn’t have the required longevity in employment to sign a lease; issues with a roommate; a car accident; and finding alternate transportation to keep multiple jobs. These were all challenges that would have thrown her off track prior to her involvement with New Pathways, but Jessica was able to navigate through them with staff support.

Today, Jessica juggles a busy schedule that includes working two jobs and taking five classes at Morgan State University, where she is on track to graduate in December 2020. As a clinical assistant in a neuro-behavioral lab at the Kennedy Krieger Institute, a medical institution for children with developmental disabilities and disorders of the brain, Jessica works with severely autistic children and assists them with their daily activities. She also works a part-time job in retail.

Upon graduation, Jessica dreams of gaining full-time employment at the Kennedy Krieger Institute, using her psychology degree to help children. *“The work is so challenging but is also so rewarding,”* Jessica said. *“I see possibilities for growth there and look forward to finding a job in my field.”*

“Before, I was short-changing myself, not thinking of my future. When you don’t know what is out there, you can’t know what you want. New Pathways helped me achieve more than I could have ever imagined. I didn’t know how strong I was, and they helped me learn a lot about myself. I am happier now than I have ever been, and I live with purpose and with my future in mind. I always think about my future.”



Overcoming Grief

Linda began seeking treatment at the Pressley Ridge Family Counseling Center in February 2015, shortly after the clinic opened.

She was dealing with extreme guilt over the death of her mother and unable to move on from the feeling that she could have done more to help her. Her son Sammy was already receiving service coordination through Pressley Ridge, and his coordinator convinced Linda that she could benefit from talking with a counselor.

Therapy was difficult for Linda, but after many tears and several weeks of meeting with her therapist Jessica, she came to understand that she shouldn't blame herself for her mother's death – she had done everything she could and needed to let the past be in the past. Linda recalls, "I worked through those hard memories, and put them on a shelf where I can reach them when I need to, without crying. Therapy gave me the tools to do this in my daily life."

Linda also worked with the psychiatrists at the Family Counseling Center, who were kind and understanding. They made her feel like she had a team in her corner giving her tools to work through her extreme anxiety and depression.

Linda experienced a setback when her brother, with whom she was extremely close, was unexpectedly diagnosed with an aggressive form of cancer. She became his primary caregiver throughout his sickness until his death. Jessica was, and continues to be, a big support to Linda as she works through his death.

"I worked through those hard memories, and put them on a shelf where I can reach them when I need to, without crying."

"Therapy helps me to put things into perspective and keep moving forward. I recognize that I could have the same guilt I felt with my mom, but I am constantly reminded that my guilt is a weight I don't need to carry," Linda said. "I feel very comfortable and protected in therapy. It's a place where I know I can say whatever I need to say and will not be judged. Jessica understands me."





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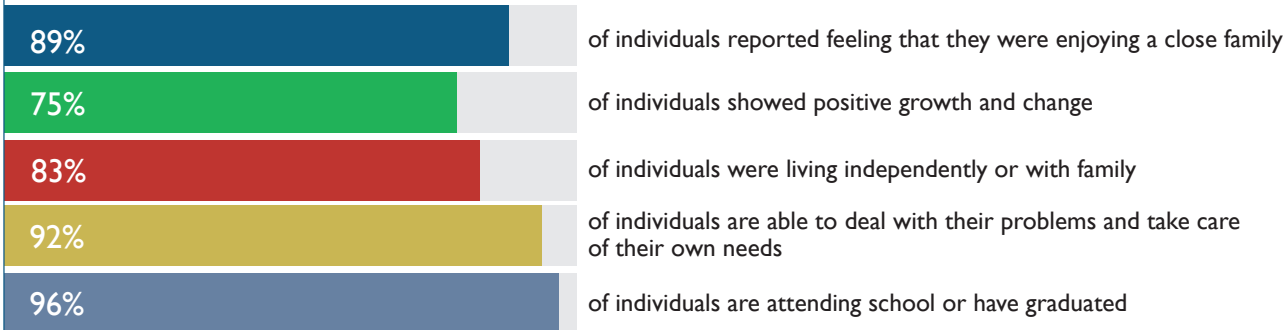
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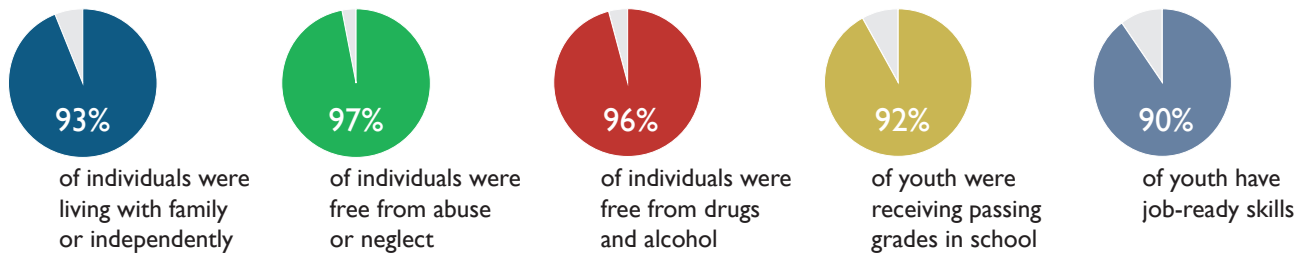
Sandra R. Tomlinson

Outcomes

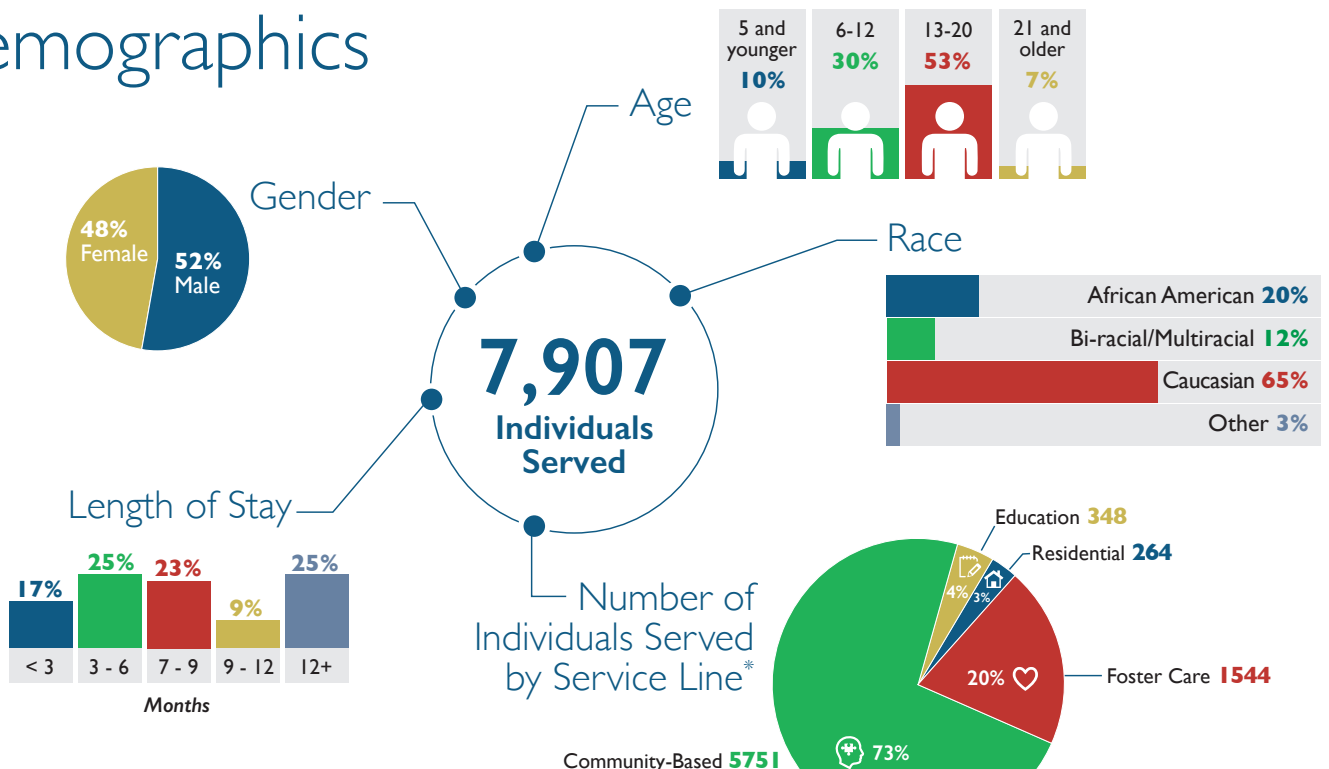
Upon Completion of Services (Measure of Impact Achieved)



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

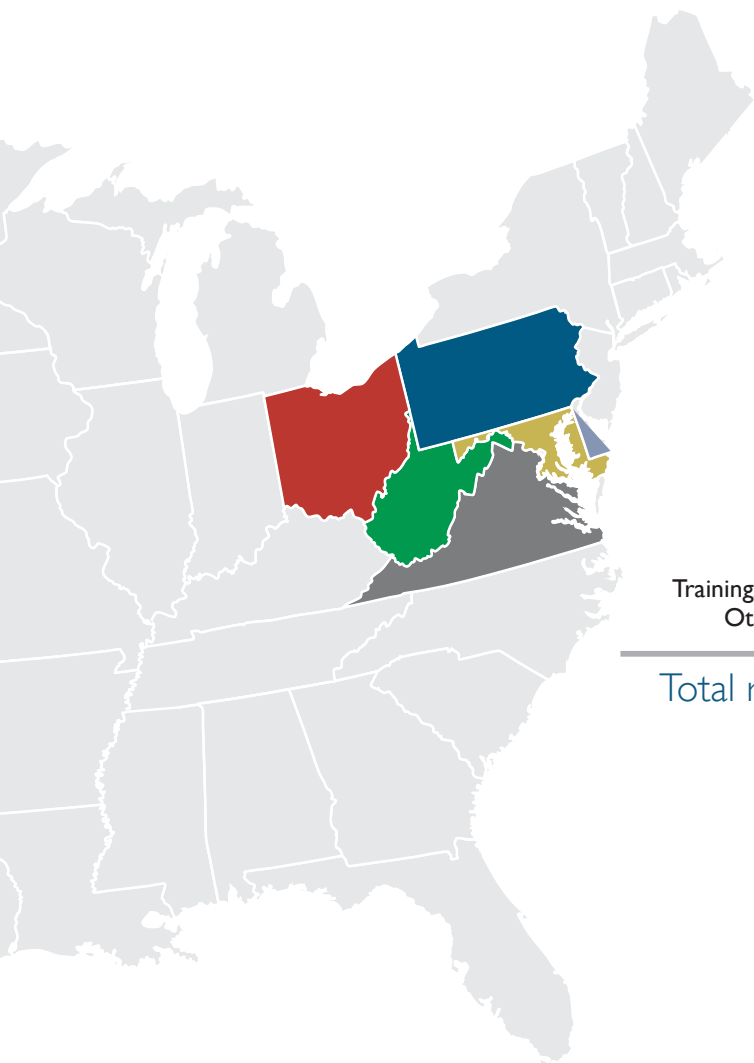


Demographics



*Individuals who received more than one service are counted multiple times.

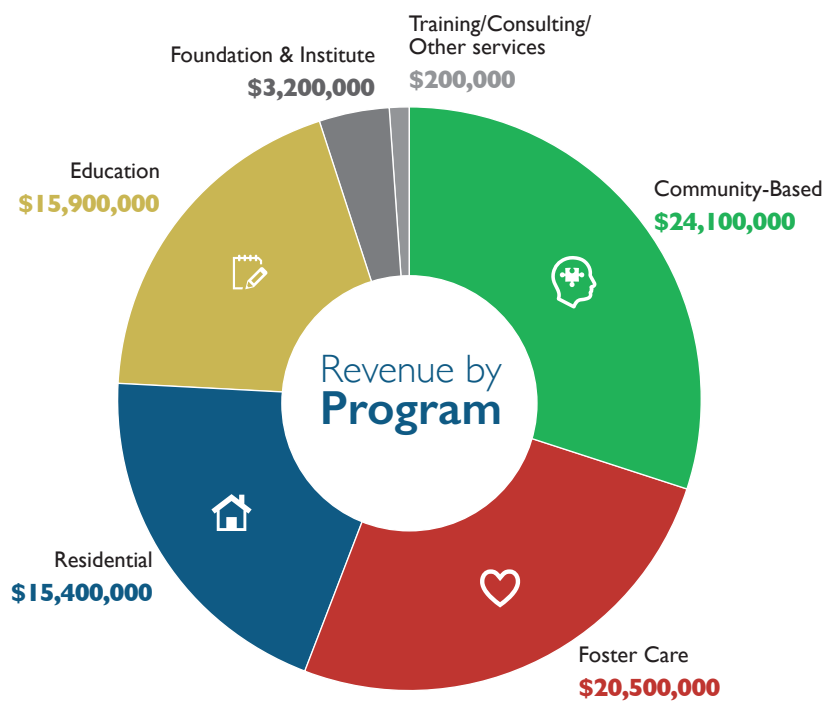
2018 Fiscal Year Financial Performance



Revenue by State

PA.....	\$45,100,000
WV.....	\$17,200,000
OH.....	\$5,900,000
MD.....	\$3,800,000
DE.....	\$2,700,000
VA.....	\$1,200,000
Foundation.....	\$3,200,000
Training/Consulting/ Other services	\$200,000

Total revenue: \$79,300,000



Total revenue: \$79,300,000

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July 1, 2017 – June 30, 2018

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

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We would like to express our appreciation to the more than 286 individuals who made gifts at this level.

“Everyone truly cares about my son. They treat him as their own, encourage him and always want to see him succeed.”

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.

Donor Honor Roll

July 1, 2017 – June 30, 2018

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\$50,000+

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“Everyone is nice and patient. No matter what happens, someone helps me and is nice to me.”

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\$1-99

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Donor Honor Roll

July 1, 2017 – June 30, 2018

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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"I have dealt with different therapists for the past seven years. This is by far the most professional team I have encountered."



"My son doesn't give us a hard time to go to school in the morning like in the beginning. He loves to go to Pressley Ridge and he loves the teachers."

Employee Contributors

In addition to their priceless dedication of time and talent, our employees contributed more than \$71,000 to our organization.

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Mrs. Lisa Allomong
Ms. Kaylyn Andress
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July 1, 2017 – June 30, 2018

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“Pressley Ridge encouraged my family to communicate and taught us how to be closer with each other. They helped us get us back on schedule and helped us deal with our emotions.”

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"Our team helped us learn how to be a family again. They have always been kind, helpful and supportive. Any family that is able to work with this team is very, very fortunate. They are awesome!"

"Our caseworker, her supervisor and other support staff are clearly dedicated to helping us in any way they can, constantly offering additional services if needed."





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