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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 though 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 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.

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.
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.”
2018 Leadership

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2018 Fiscal Year

Outcomes

Upon Completion of Services (Measure of Impact Achieved)

- 89% of individuals reported feeling that they were enjoying a close family
- 75% of individuals showed positive growth and change
- 83% of individuals were living independently or with family
- 92% of individuals are able to deal with their problems and take care of their own needs
- 96% of individuals are attending school or have graduated

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

- 93% of individuals were living with family or independently
- 97% of individuals were free from abuse or neglect
- 96% of individuals were free from drugs and alcohol
- 92% of youth were receiving passing grades in school
- 90% of youth have job-ready skills

Demographics

- Gender:
  - 48% Female
  - 52% Male

- Age:
  - 5 and younger: 10%
  - 6-12: 30%
  - 13-20: 53%
  - 21 and older: 7%

- Race:
  - African American: 20%
  - Bi-racial/Multiracial: 12%
  - Caucasian: 65%
  - Other: 3%

- Length of Stay:
  - <3: 17%
  - 3-6: 25%
  - 7-9: 23%
  - 9-12: 9%
  - 12+: 25%

- Number of Individuals Served by Service Line*
  - Foster Care: 1544 (20%)
  - Residential: 264
  - Education: 348
  - Community-Based: 5751 (73%)

*Individuals who received more than one service are counted multiple times.
Total revenue: $79,300,000

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

Revenue by Program

- **Foster Care**: $20,500,000
- **Community-Based**: $24,100,000
- **Medical & Residential**: $15,400,000
- **Education**: $15,900,000
- **Foundation & Institute**: $3,200,000
- **Training/Consulting/Other services**: $200,000

Total revenue: $79,300,000
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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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- FedEx Ground Package System, Inc.
- Huntington National Bank
- Massey Charitable Trust
- R.K. Mellon Family Foundation
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- BBL Fleet
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- Lancaster County Community Foundation
- McCarli's Services, Inc.
- Michael Baker International
- Optimal Wellness for Life Chiropractic Center, LLC
- Orbital Engineering, Inc.
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- The Foundation for Enhancing Communities
- The K Foundation
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- Trust
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- Charles Schwab
- Financial Advocates, Inc.
- Hefren-Tillotson, Inc.
- Kiwanis Club of Lititz Area
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- Matthew 25 Thrift Shop
- Peoples Natural Gas
- Rotary Club of Turtle Creek, PA
- Santa's Goody Bag
- The Cafaro Foundation
- The Carey Group LLC
- Ultimate Software

$100-499
- Aces Retail LLC
- AmazonSmile Foundation
- American Back Center
- American Legion Riders Post 13
- Apples for the Students
- Art's Wireless LLC
- Black Hawk Tribe 131
- Capital School District
- CBS Radio
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$100-499
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- C & M Construction and Renovations LLC
- Chessie Federal Credit Union
- Duckworth Insurance Service
- E-Z Money LLC
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- The Kula Foundation
- The Law Office of Donald R. Jarrell
- The Rapp Funeral Home Inc.
- United Way of Carlisle & Cumberland County

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

The Ann and Frank Cahouet Foundation
Ticket to Dream Foundation
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$1,000-4,999
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- Ancom Office Systems
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- Sun Life Financial
- The Kula Foundation
- The Law Office of Donald R. Jarrell
- The Rapp Funeral Home Inc.
- United Way of Carlisle & Cumberland County
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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Mr. David Bowers
Ms. Serena Bridges
Ms. Ellen Bryant
Mr. Alexander Cameron
Ms. Cassandra Campbell
Ms. Erin Carlson
Ms. Karen Cledonia
Ms. Teresa Clark
Ms. Catherine Clark
Ms. Victoria L. Cole
Mr. James Collins
Ms. Erica M. Crisp
Ms. Traci L. Croker
Ms. Jennifer L. Cropper
Ms. Britany Czaplicki
Ms. Leila M. D’Amico
Ms. Melissa Davis
Ms. Amanda DeBar
Ms. Denise Demus
Mr. Dan Denillo
Mr. Steven B. Denlinger
Mr. Kevin Depew
Ms. Ashley Digan
Ms. Corrie Dixie
Ms. Tiffany Donovan
Ms. Amy Drotar
Mr. Henry Dunker Jr.
Ms. Rachel Duvall
Ms. Kirsten Evans
Ms. Katherine Fink
Ms. Jennifer Fritz
Ms. Kristina Gibson
Ms. Gina Gordon
Ms. Samantha Gregg
Mr. Michael Griffith
Ms. Kathleen Grin
Ms. Alicia J. Hall
Ms. Raynesha Hall
Ms. Lauren Hamrick
Ms. Kelly Harrah
Ms. Sarah A. Hartzell
Ms. Melissa Hathaway
Ms. Susie Haught
Mr. Harry Hawk
Mr. Richard Heidenreich
Ms. Jennifer Heil
Ms. Jessica Henry
Ms. Fani Hertzberg
Ms. Jennifer Horner
Ms. Melissa Houser
Ms. Kizziah Howard
Ms. Sarah Hughes
Ms. Tiffany Hulse
Ms. Nancy Humes
Mr. Harold James
Ms. Stephanie Jack
Mr. Aaron James
Mr. Herlode Joseph
Mr. Samer Kazour

“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.”

“I have dealt with different therapists for the past seven years. This is by far the most professional team I have encountered.”
Employee Contributors (continued)

Mr. Paul Keller
Ms. Danielle Keller
Ms. Shirley A. Kernicky
Ms. Michelle Keys
Ms. Sherri A. KlingenSmith
Ms. Kathleen Knell
Ms. Lora Kost
The Kozak Family
Ms. Stacy Krajewski
Mr. Derrick Kreider
Ms. Mary KuHar
Ms. Traci C. Kuntz
Ms. Angela Kutz
Ms. Jill E. Kyle
Ms. Caitlin Laffey
Ms. Danielle Landy
Ms. Malinda Leonard
Mr. John Lilley
Mr. Chris Lloyd
Ms. Bridget Long
Ms. Debra Lucas
Mr. Neil Macgill
Ms. Dorothy Marek
Ms. Jennifer J. Maslunas
Mr. Steve Matanzo
Ms. Kathleen Mauldin
Ms. Lauren Mayer
Mr. Luke McDonough
Ms. Diane McNash
Ms. Jamie Mehok
Ms. Genine Menefield
Ms. Jennifer Mihalo
Ms. Lori Milicic
Mr. James Miller
Ms. Patricia Miller
Ms. Mary H. Miller
Mr. James T. Miller
Ms. Ann M. Mitchell
Mr. Mark W. Mitchell
Ms. Tina Myles
Ms. Joy Nix
Ms. Erin Obeldobel
Mr. Robert O’Palka
Ms. Brianna Owens
Ms. Tiffany Penn
Ms. Tonya M. Pinkney
Ms. Lacenda E. Plunkert
Ms. Courtnay Powell
Ms. Joanne Pracht
Ms. Jessica Ravis
Ms. Robin R. Renquest
Ms. Erica Rich
Ms. Andrea Roberts
Ms. Anna M. Robinson
Ms. Krystin Rodack
Ms. Rachel Rose
Mr. Ryan Ross
Ms. Tiffany Scheide
Ms. Sharon L. Schmitt
Ms. Helen M. Schoss
Ms. Eden H. Schutzer
Mrs. Leslie Scott
Ms. Natasha Seasoltz
Ms. Jill M. Shaffer
Ms. Rachelle L. Shea
Ms. Sharon Sidhu
Mrs. Donna F. Smith
Ms. Allison Snyder
Ms. Janelle L. Spiller
Ms. Mark Stahler
Ms. Tobie L. Stewart
Ms. Deane Stuckey
Ms. Steven Sturgill
Ms. Danielle Sullivan
Mr. Matthew Talbot
Mr. Shane Tappe
Ms. Jennifer S. Thompson
Ms. Lisa Thrasher
Ms. Robin Thurston
Ms. Nancy Timko
Ms. Tanya Tinley
Dr. Anneke C. Trunzo
Ms. Lauren Upson
Ms. Marcy Vaughan
Ms. Jessica Vineyard
Ms. Dana Wachter
Ms. Caitlin Warner
Mr. Cody Webb
Ms. Theresa Welsh
Ms. Danielle Whitebread
Ms. Marnie L. Williams
Mr. Paul Wolfe
Ms. Michele L. Woodward
Ms. Lori Zinsser
Ms. Summer Zueger

“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.”

Ms. Amy L. Adkins
Airheads Balloon Art
Ms. Rhonda Alkire
Amcom Office Systems
American Water
Ms. Amanda C. Ash
Ms. Misty Goldstein
Big Y Group
Carnegie Museums of Pittsburgh
Comcast
Mr. Rick Corwin
Ms. Anease Corona
Mr. & Mrs. James and Melanie Crockard
Dave DiCello Photography
Eat’n Park Hospitality Group, Inc.
FedEx Ground Package System, Inc.
Gateway Clipper Fleet
GGS Information Services
Gordon Food Service
Graeter’s Ice Cream
Greenbrier Resort
Mr. Hillary M. Harvey
Hershey Entertainment & Resorts Company
Ms. Celeste Hicks
Hurricane 1st Church of the Nazarene
Indian Echo Caverns
J.V. Chujko Incorporated
Ms. Teresa Caverns
Mr. & Mrs. Brian and Lisa Kahle
KDC Printing
Lamar Advertising
Lancaster Outlaws
Larrimor’s
LettUsKnow
Lincolnway Flower Shop
Linton’s Managed Services
Lion’s Pride Restaurant
Gift In-Kind Partners (continued)

- Ms. Katherine Lockhart
- LOLA Energy Resources
- Lower Dauphin Middle School
- Ms. Kerri Lozano
- Ms. Heather Miahiques
- Ms. Claire Massey
- MassMutual Pittsburgh
- Mrs. Janet Medvedo
- MetLife
- Michael Baker International
- Mike’s Carwash
- Mrs. Susan L. Miller
- Mission West Virginia, Inc.
- Mrs. Frances O. Mosle
- Mr. & Mrs. Jeffrey and Jennifer Mulrooney
- Nothing Bundt Cakes
- Omni William Penn Hotel
- Optimal Wellness for Life Chiropractic Center, LLC
- Kristie Patton
- Pitt Chemical and Sanitary Supply
- Pittsburgh Ballet Theatre
- Pittsburgh CLO
- Pittsburgh Glass Center
- Pittsburgh Zoo & PPG Aquarium
- Mr. Derek Powell
- Quaker Steak and Lube
- Red Lion Controls
- Mr. Kyle Relken
- Ms. Danielle Riley
- Ms. Ellen Roth
- Ms. Sharon Rutherford
- Ms. Kelly Sabo
- Saints John & Paul Catholic Church
- Scene 75 Cincinnati
- Ms. Kristine Scott
- Seven Springs Mountain Resort
- Simplified Merchant Processing
- Smithology Custom Jewelry
- Sokolin
- Spoonwood Brewing
- Springmill Sewing Group of Middletown
- Stephanie’s Catering
- Stevens Engineers and Constructors
- The Andy Warhol Museum
- The Courtyard by Marriott
- The Great American Saloon
- The Hampton Inn
- The Heinz History Center
- The Hershey Company
- The Melting Pot
- Trib Total Media
- Tucker Arensberg, P.C.
- Mrs. Amanda Viars & Ms. Christine Dargusch
- Vorys, Sater, Seymour and Pease, LLP
- Walnut Grill
- Walsh Group
- Whole Foods Markets Incorporated-Wexford
- Wyndham Grand
- YMCA of Greater Pittsburgh
- York Revolution
- Yuengling’s Ice Cream

“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.”