

ANNUAL REPORT 2012-2013

RECOVERY • RESPECT • RENEWAL

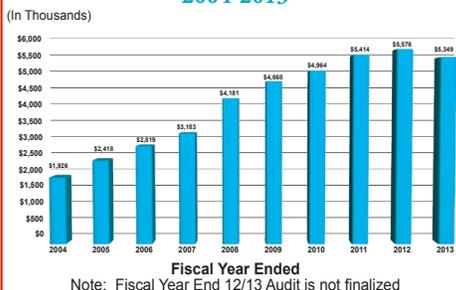


Chartiers Community
Mental Health and
Retardation Center, Inc.

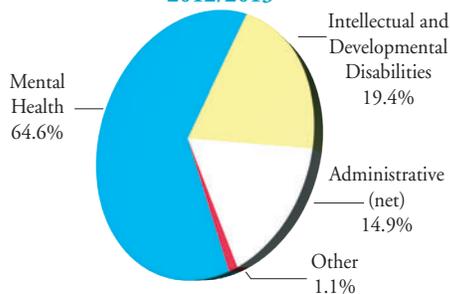
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FINANCIAL REVIEW 2012-2013

10 Year Summary of Ending Net Assets 2004-2013



Distribution of Expenditures Fiscal Year 2012/2013



Susan Coyle, Chief Executive Officer

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

“ To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear. ”

- Buddha

Most days, coming to work at Chartiers is not work at all. Having the opportunity to participate in any way toward the recovery and wellness of those people we serve is an honor. In the wise words of Buddha, we've become much more aware of our responsibility to assist those we serve in promoting physical wellness as well as mental health wellness. After all, we cannot disconnect the mind from the body or visa versa. This year, each of our service lines has taken assertive steps to focus on the promotion of physical wellness. As a staff, we have enjoyed sharing and celebrating the progress made by our consumers as they pass on eating a cookie to try a fruit smoothy or learn about portion control. From planting a simple seed to watching a garden flourish, Chartiers' staff have partnered with our clients to create an atmosphere of learning about healthy food choices, increasing physical activity, meeting basic needs and finding everyday opportunities for choosing a healthier lifestyle. Each is very different and serves to illustrate that there are so many, many steps that can be taken toward a life of wellness and happiness. In this Annual Report we are happy to share our progress as we continue to expand our vision of wellness and work towards integrated healthcare.

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MESSAGE FROM THE PRESIDENT

It has been a pleasure to serve as the President of Chartiers Center's Board of Directors over the past two years. I thank the members of the Executive Committee, the members of the Board, the Administration, and all Staff and Volunteers for their dedication and hard work. I highly encourage all of you to maintain your enthusiasm in facing the challenges of the future to move Chartiers Center ahead.



Justine Perhosky
Board President

IN MEMORY

It is with deep sadness that we mourn the loss of Board Member Judith Burek. Judy passed away in February 2013, during her term as 1st Vice-President. Judy was very dedicated to the mission of Chartiers Center and served as a Board Member and Board Officer since 2003. Judy was proud to be associated with Chartiers Center which was apparent in her compassion for our consumers and the time she spent in support of our staff. Thank you to an ever faithful friend.

Susan Coyle, CEO



Webster's definition of wellness is, "the quality or state of being healthy in body and mind, especially as the result of deliberate effort." The Mental Health America website describes wellness as, "A state of being in which an individual is able to participate in all areas of their life. It encompasses the notion of balance in one's life among the mental, physical, and spiritual elements of wellness." Balance comes from a healthy diet, regular exercise and sleep, a sense of self-worth and social connections to family, friends and the community. This past year, Chartiers' staff incorporated wellness goals and activities into all of their programming. While this was the first phase of the agencies expanded vision of wellness, incorporating the physical and mental needs of the consumer, staff welcomed the opportunity to explore creative ways to implement a healthy lifestyle for their consumers.

GETTING PHYSICAL

The individuals in Chartiers' Adult Training Center made their own weights to use during their weekly exercise class. They recycled water bottles and removed the labels. Then, each person was able to personalize their "weights" by filling the bottle with food coloring, beads and glitter. While making the weights, staff built into the experience a craft project using recycled material and a lesson on the value of exercise. Overall, the project had everyone involved and the personalized weights bring out a sense of pride as the exercise group keeps one step ahead of the instructor. Another Chartiers' program that serves individuals with intellectual disabilities decided to try something new in their healthy option cooking class. One of the staff



brought in a juicer to teach the group how to use everyday kitchen ingredients to make a healthy snack. Everyone was encouraged to create, and taste, their own concoction using apples, carrots, celery etc. Once a week the juicer creations replace making cookies and have taught the individuals about a simple and healthy food alternative. Finally, in our program that serves individuals with intellectual and physical challenges, they combined their exercise equipment that is adaptable for wheelchairs, with other classroom "equipment" that had been lying on shelves, to create "Sitness Frenzy!" The circuit training obstacle course was designed by staff who repurposed buckets; stretch bands and balls and set the activity to heart pumping music. Everyone participated in the exercise extravaganza.

A COMMUNITY OF GREEN THUMBS

This past year, all the consumers came together in support of Chartiers' Garden Patch. The idea is similar to the popular "community gardens" which are popping up in many neighborhoods. Staff and consumers are experimenting with growing



vegetables in raised garden beds. With the support of a master gardener (who works in the accounting department at Chartiers), a blueprint was devised, materials were purchased and the raised gardens were built! Our master gardener suggested planting a themed gardens such as: salsa garden, salad garden, herb garden, vegetable soup garden, flower bed or potato patch! After the program staff consulted with their consumers, they decided to cultivate 3 raised garden beds and the 4 program sites took turns planting,



watering and weeding. For clients who could not participate at the garden location, they were encouraged to contribute by making garden markers to identify the plants. Every month our resident (master) gardener provides timely tips on planting and pruning and now we are preparing for a fall garden.

When the lettuce, tomatoes and zucchini are picked, the staff and consumers are using their fresh vegetables in a variety of recipes. One program site only has access to a microwave, and so they are teaching their folks about preparing salads using different fruits like mangos, papayas and cactus pears. In the T&SR program they received an anonymous donation to resume their cooking classes which had been curtailed by the funding cuts. Now, with the help of staff, the group creates meal plans for healthier eating, using common ingredients, in easy to make recipes! The goal in all the programs is to make consumers aware of how life choices impact their physical health and wellness opportunities. Consumers in the T&SR, LTSR, and the 3 Adult Training Programs are happy to share photos of their prosperous green garden that has resulted from their hard work and Mother Nature's rainy summer!!

BACK TO BASICS

The wellness goals and activities that have been implemented this year promote a healthy lifestyle which is unique to each of our consumers because of their abilities and circumstances. People with mental illness are more likely to have risk factors related to smoking and obesity, which puts them at a greater risk for other chronic health conditions such as diabetes and hypertension. When consumers struggle to satisfy their basic needs, healthcare needs are not being met. For the consumers in Chartiers' Hestia Program, their immediate goal is to secure housing. As a housing first model, they work to satisfy their basic needs of food, clothing and shelter. Only then, can consumers work on receiving treatment for their physical and mental health needs, secure income and connect with family and friends.

One consumer in the Hestia Program wrote to tell us about the case manager who visited her and her boyfriend in their homeless camp under the bridge on the North Shore. The state and city officials had just given the people in the homeless encampment 5 days to move. PennDOT was clearing the camp under Interstate 579 on the North Shore citing safety and construction reasons. Her boyfriend, Dennis, a 50 year old resident of

the encampment, has been homeless for 3 years and Dianna, who is 40, has been homeless for 2 years. In her letter Dianna said, "I remember this wonderful lady coming to our tent one morning. She came to see how we weathered the horrible storm that had come through and flooded the area. Jamie was like a mother hen checking on her baby chicks. She has been a wonderful person to work with. She has provided us with a lot of useful tools to work with in life. I would like to think you will be able to help other potential clients." She and her boyfriend were thankful for the help of the Hestia Program and their Blended Supports Coordinator, who moved them into a new apartment they can call home. Now that they are off the street, and have a mailing address, they can begin to work on their wellness including access to medical benefits, securing healthcare to provide for their physical and mental health, and seeking employment opportunities.



Dennis and Dianna



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MISSION

We, the staff and leadership of Chartiers Center, are committed to providing compassionate support to those in need who face behavioral health, co-occurring disorders, or IDD challenges as they transform their lives.

VISION

Chartiers Center will be a person centered and recovery oriented center of excellence in the delivery of innovative IDD and behavioral health services in a multi-county area.

Special thanks to those who have supported our work this past year, including the anonymous donors.

Listed donations were made from July 1, 2012 to June 30, 2013.

Please consider making a donation this year. To Donate, call (412)221-3302 extension 118.

On October 3, 2013 donate to Chartiers through Pittsburgh Gives. Enter Agency CODE 201 on your United Way Campaign pledge form.

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