



# 2021-2022 *Annual Report* FSCAS

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## Individual & Family Counseling 8

Individual Adult, Adolescent, and Child Counseling • Family Counseling • Marital, Grief, and Other Life Adjustment Problems • Trauma-Focused Cognitive-Behavioral Therapy • Alternatives To Violence Groups • Anger Management • Supervised Visitation

## Family Foundations Program 10

Family Based In-Home Mental Health Service • Evidence-Based Ecosystemic Structural Family Therapy • Strength-Based, and Trauma-Informed Intensive Family Therapy Model • Live Supervision and Consultation • 24-Hour Crisis On-Call Availability

## Youth Connection 11

Developing positive relationships that have a direct and lasting effect on the lives of young people through meaningful, monitored matches between adult volunteers (Mentors), and youth (Mentees) between the ages of 6-18 throughout Venango, Forest, Clarion & Eastern Crawford Counties. Youth Connection is a partner of the Mentoring Partnership of Southwest Pennsylvania.

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### H.E.I.G.H.T.S.

A school-based behavioral health building-wide model that will provide support for students with multiple challenges through an eco-systemic therapy approach. The model is provided to identified students in grades K-8 at Hasson Heights Elementary and Oil City Middle School.

### O.C. P.R.E.P.

An integrated classroom model which provides school-based behavioral health interventions that promote strength-based therapy to support students with multiple challenges through an eco-systemic therapy approach. This model is provided to identified students in grades 9-12 who attend Oil City Senior High School.

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Emergency Shelter for Victims of Domestic & Sexual Violence and Other Serious Crimes • 24-Hour Hotline • Advocacy and Accompaniment • Community and School Based Prevention and Education Programs • First Response Team • Protection From Abuse Orders (PFA's) • Psychoeducational Groups • Relocation Program • Sexual Assault Response Team Member • Short-Term Supportive Counseling

## Venango Fatherhood Initiative 21

24/7 Dad: Fatherhood Program & Family Groups • Donuts With Dad • Inside Out Dad (Jail Groups) • Evidence-Based curriculums Families In Recovery and Relationship Smarts Plus 3.0 • Events & Outings: Fun with Father Day, Family Fishing Picnic, Family Movie Nights, Winterfest Family Sled Riding Party



# Mission, Vision, Values

## MISSION STATEMENT

Family Service & Children's Aid Society will be a leader in the provision of comprehensive human services for our community through our commitment to excellence, accountability, and adaptability.

*Governing Board Approved April 25, 2006*

## VISION STATEMENT

To provide individuals and families opportunities to reach their full potential in a community that embraces differences.

## VALUES

- Service - We help people achieve their goals and improve their lives by providing a variety of human services to meet their needs and those of our community.
- Respect - We provide an environment where open communication is supported, diversity is appreciated, and positive regard is displayed towards everyone.
- Confidentiality - We hold an individual's right to privacy in the highest regard, protecting this right in accordance with applicable laws, regulations, and ethical standards.
- Integrity - We are committed to the highest standards of ethical, legal, and moral conduct. We believe integrity is the basis for community trust.
- Leadership - We recognize our responsibility to provide information, guidance, and direction. We will make informed decisions, creating an atmosphere that inspires effective communication, fosters partnerships, and models dynamic leadership.
- Teamwork - We work together in a cooperative effort toward common goals to produce outcomes stronger than could be achieved by individuals.



GOVERNING BOARD  
OF DIRECTORS

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**VICE PRESIDENT**

Courtney Cox

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**PPC Representative**

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Robert Carone

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David Heinzer

Gregory Merkel

Major Smith

Tammy Varsek

**D&A Medical Director,**

Dr. Savita Joneja

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PPC Violence Free Network

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Mary Lee Riley

Youth Connection

**PRESIDENT**

David Wagner

Josh Botts

Vicky London

Linda Mackintosh

Christine McFarland

Misty Palmer

Amariliz Sanchez

Regis Senko

As of June 30, 2022

## *A Message from our Executive Director*

For 135 years, the emphasis of the staff of Family Service & Children's Aid Society has been to listen, to assist, to support, and to provide treatment for individuals and families who are struggling with the many challenges they have faced throughout these years. The past two years were no different in presenting challenges, however, the past two years dealing with the onset and outcomes of the COVID pandemic has forever changed our lives, our families, and the way we do business.

Even with the many challenges that we all continue to face and the uncertainty that follows, our staff remains committed to focusing on moving forward together in a number of ways:

- In the interest of those individuals and families we serve, we continued to deliver high quality service, many times outside of the ordinary in an environment that allows staff and all individuals to feel safe and protected.
- In the interest of staff, we surveyed them to learn of their needs and have spent this fiscal year addressing wages/compensation, flexibility in schedules, program procedures, and the overall culture of the Agency with an increased focus on work/life balance and personal well-being. We also have contracted with Credible Behavioral Health, Inc. to implement an Electronic Health Records System in the early months of 2023.
- In the interest of board members and volunteers, we continue to assure that we are including a diversity of individuals who support our mission and values and that we are building strong relationships and valuing the contributions of those who dedicate their time and knowledge to enhance our services.
- In the interest of our revenue sources: i.e., donors, County entities, and supporters, we continue to responsibly utilize their contributions/grants in the manner for which they were given and in the best interest of the Agency to improve the services we provide for the benefit of all.
- In the interest of our community at large, we continue to provide individuals and families with the support to make better choices, raise healthy and competent children, and have the confidence to be a contributing member of our community.

My sincerest thanks to staff, board members, volunteers, and our community partners who have persevered the past couple of years and who have committed to be a continuing member of our team.



*Mary K. Serafin*

# Annual Meeting Minutes

September 28, 2021 — 4:00 p.m.

Second Presbyterian Church, Oil City, PA

*(Due to COVID-19 the 2021 Annual Meeting was not open to staff or guests.)*

In attendance were Governing Board Members: Laura Blake, Bob Carone, George Cavanaugh, Courtney Cox, David Heinzer, Denise Jones, Gregory Merkel, and Debra Sobina.

Also in attendance were staff: Mary K Serafin, Executive Director, Dale Power, Accountant, and Jenny Swartz, Office Manager.

The meeting began with a light meal. Denise Jones called the meeting to order at 4:35 p.m.

## **ANNUAL MEETING**

### **Slate of Renewals (3-year term) and Officers (1-year term) – presented by Courtney Cox:**

- The slate of renewals for a 3-year term include Denise Jones (9<sup>th</sup> term), Bob Carone (6<sup>th</sup> term), Major Smith (4<sup>th</sup> term), David Heinzer (2<sup>nd</sup> term), and Debbie Sobina (2<sup>nd</sup> term).
- The slate of officers for a 1-year term include Denise Jones, President, Courtney Cox, Vice President, and Debbie Sobina, Secretary/Treasurer.
- The slate of renewals and officers was accepted with a motion from Courtney Cox, seconded by Greg Merkel. All others were in favor, none opposed. Motion carried.

### **Resolutions for Advisory Committee Representatives (1-year term) – presented by Denise Jones:**

- Advisory Committee Resolutions include Marie T. Veon, Youth Connection, and Stew Armstrong, PPC Violence Free Network. The resolutions were accepted with a motion from Debbie Sobina, seconded by Bob Carone. All others were in favor, none opposed. Motion carried.

The regular monthly Governing Board meeting followed and a preview of the new Agency website was presented to the Governing Board.

The meeting was adjourned at 5:35 pm.

Respectfully submitted by:

Jennifer M. Swartz, Office Manager

# Financial Statements

## STATEMENT OF FINANCIAL POSITION

June 30, 2022

<b>ASSETS</b>	
<b>CURRENT ASSETS</b>	
Cash & Checking	1,868,873
Accounts Receivable	902,078
Prepaid Expense	17,640
<b>Total Current Assets</b>	<b>2,788,590</b>
<b>FIXED ASSETS</b>	
Real Estate	2,338,012
Renovations	436,354
Furniture & Equipment	947,925
Accumulated Depreciation	(1,629,150)
<b>Total Fixed Assets</b>	<b>2,093,141</b>
<b>OTHER ASSETS</b>	
Investments - Mutual Funds, Stocks & Bonds	3,008,411
Investments - CD's	169,096
Assets Held In Trust By Others	372,317
<b>Total Other Assets</b>	<b>3,549,824</b>
<b>TOTAL ASSETS</b>	<b>8,431,556</b>
<b>LIABILITIES &amp; NET ASSETS</b>	
<b>CURRENT LIABILITIES</b>	
Accounts Payable	28,280
Accrued Payroll	102,914
Accrued Compensated Absences	35,886
Unemployment Compensation Reserve	160,474
Deferred Revenue	-
<b>Total Current Liabilities</b>	<b>327,554</b>
<b>LONG-TERM LIABILITIES</b>	
Loan - Bldgs & Grounds	110,653
Loan - CARES Act PPP Loan	-
<b>Total Long-Term Liabilities</b>	<b>110,653</b>
<b>NET ASSETS</b>	
Retained Earnings	7,925,499
Net Profit/(Loss)	67,851
<b>Total Net Assets</b>	<b>7,993,349</b>
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>8,431,556</b>
Footnote: Figures Are Not Final	

## STATEMENT OF REVENUE & EXPENSE

Fiscal Year ending June 30, 2022

	2021- 2022	2020- 2021	\$ Inc/Dec
<b>REVENUES</b>			
Contributions	96,523	26,003	70,520
Annual Giving Campaign	8,035	6,845	1,190
Special Events (Gross)	51,665	56,385	(4,720)
Trusts and Bequests	294,766	297,281	(2,515)
Capital Contributions	1,005	907	98
United Way Allocations	44,666	45,464	(799)
Program Income	3,607,322	3,563,330	43,993
Operating Grants	461,667	474,639	(12,972)
Realized & Unrealized gains/(losses)	(268,594)	288,922	(557,516)
Interest/Dividend Income	44,808	45,225	(416)
Miscellaneous	13,106	39,777	(26,671)
<b>TOTAL REVENUES</b>	<b>4,354,968</b>	<b>4,844,776</b>	<b>(489,808)</b>
<b>EXPENSES</b>			
Salaries	2,931,413	2,759,651	171,762
Payroll Taxes	237,792	222,243	15,549
Employee Benefits	468,720	482,993	(14,274)
Conferences/Trainings	47,121	23,294	23,827
Professional Fees	48,124	46,939	1,185
Family Support Services	10,795	7,435	3,360
Rent/Mortgage	69,323	69,798	(475)
Utilities	24,402	22,245	2,157
Corporate Insurances	30,909	46,622	(6,713)
Building Maintenance	33,403	46,193	(12,790)
Telephone/Cells & Pagers	35,981	39,090	(3,108)
Internet Services	11,325	10,981	345
Printing	5,277	6,170	(893)
Postage	5,416	7,352	(1,936)
PR/Advertising	18,049	4,816	13,233
Office Supplies	30,735	37,360	(6,624)
Consumables/Vol Training Supplies	2,520	1,978	542
Rehab Supplies/Activities	52,039	47,624	4,414
Travel/Consumer Transportation	22,673	13,298	9,375
Subscription/Library	1,423	1,692	(269)
Agency Dues/Memberships	9,535	10,415	(879)
Fund Raising Expenses	13,124	13,740	(616)
Miscellaneous	420	2,424	(2,004)
Equip Rental/Maintenance	49,648	51,599	(1,951)
Equipment Purchases	7,323	-	7,323
Capital Improvements	-	6,207	(6,207)
Depreciation	110,626	117,503	(6,877)
<b>TOTAL EXPENSES</b>	<b>4,287,118</b>	<b>4,099,662</b>	<b>187,456</b>
<b>NET PROFIT/(LOSS)</b>	<b>67,851</b>	<b>745,114</b>	<b>(677,264)</b>
Footnote: 2021-22 Figures Are Not Final 2020-21 Figures Are Audited & Final			

# Agency & Administration

## STAFF ACCOMPLISHMENTS

### July 2021

Jessica Walters transitioned into her new role as Program Director for Family Foundations.

### September 2021

Beth Hazlett was promoted to Program Director for Youth Connection.

### December 2021

Nicole Englert obtained certification as a Mental Health Professional.

### June 2022

Glenda Fulmer obtained her license as a Clinical Social Worker.

Elijah Daubenspeck was promoted to Clinical Supervisor for the Drug & Alcohol Program.

## ANNUAL GIVING CAMPAIGN

The Annual Giving Campaign was held in December 2021 with 649 letters mailed to various corporations, businesses, and individuals. The appeal generated a response of **\$7,535!** These monies were used to assist with providing services in the following programs:

*Individual & Family Counseling*  
*PPC Violence Free Network*  
*Youth Connection*  
*Venango Fatherhood Initiative*

## STAFF MEETING IN-SERVICES

- ◆ Lynne Everett & Rick Orlowski, FSCAS—Motivational Interviewing
- ◆ Alynn Cervone, the djv group—Aflac overview
- ◆ Nichole Sloss, FSCAS—Sexual Assault Training (via ZOOM)
- ◆ Ashley Nichols & Jenny Swartz, FSCAS—Social Determinants of Health, and new Agency website reveal
- ◆ Ashley Nichols & Lynne Everett, FSCAS—Trauma 101
- ◆ Becky Seigworth, Bethany Christian Services—Post Permanency and Pregnancy Counseling
- ◆ Ashley Nichols, FSCAS—HIPAA Privacy Security
- ◆ David Delvaux, Clarion Psychiatric Center—Suicide Prevention (via ZOOM)
- ◆ Ashley Nichols, FSCAS—Reportable Events
- ◆ Jeremy Tidd, Venango County Human Services—the SHARE Program



### FISCAL & ADMIN STAFF:

Tashana Downing, BA, HR Manager  
Cheryl Faulk, AB, Fiscal Tech  
Susan Kase, AB, Administrative Assistant  
Ashley Nichols, MS, MHFBP, Compliance Director  
Kayla Paszkowski, Fiscal Assistant  
Dale Power, AS, Accountant  
Mary K Serafin, AB, Executive Director  
Jonelle Sloss, Clerk Receptionist  
Jenny Swartz, Office Manager  
Tisha Urey, AB, Fiscal Tech



# Individual & Family Counseling

The COVID-19 pandemic, increased workloads, and increasing tension all seem to collectively be adding more stress on Americans. It is important to recognize that we have all experienced a shared trauma over the past two and a half years. The impact that the pandemic has had on everyone's mental health will take time to fully comprehend. The lasting impacts of COVID have certainly contributed to a decline in mental health.

There have been high burnout and stress levels for many professions, including health care workers, teachers, and mental health treatment providers. Because of the widespread isolation that the pandemic brought to our society people had fewer coping mechanisms. Substance use increased during the pandemic; women were typically more negatively impacted by the pandemic than men due to the need to take on multiple roles in the family and/or at their place of employment. Single mothers had to leave the workforce due to lack of availability of childcare.

Social media has bombarded us with information about situations over which we have no control nor the power to change. Those feelings of powerlessness and helplessness have negatively impacted mental health and the ability to cope. Much of the information on social media and news sources is linked to negative outcomes. Social media has influenced unrest within our communities and country, which has led to political conflicts with friends and family members. The divisions create additional isolation and distress.

Stigma continues to exist with regard to mental health concerns. Our culture views mental health issues as problems that "sick" people have rather than recognizing that we all have mental health and it exists on a continuum. All of us will struggle with mental health issues at various points in time. One of the most important things that we can do is to work to educate and advocate for individuals who are dealing with mental health issues. How can we do this? First of all, examine our own biases; normalize mental health as something that we all work toward; and create opportunities to challenge the biases that society has placed on mental health.

The staff in our program continue to promote mental health wellness through a variety of clinical, therapeutic interventions. We have definitely seen an increase in requests for services and are proud that we have been able to respond to requests in a timely manner. Although we had to implement a waiting list in March of this year we have moved everyone off the waiting list and are able to provide services at the frequency that is required for each individual.

Crawford County approached us earlier this year to discuss the possibility of contracting for the Student Assistance Program (SAP) liaisons for Titusville and Penncrest School Districts. We researched the SAP model, developed a service description, and submitted it for consideration. The contract was awarded to us in May with a start date of July 1, 2022.

## ***One Individual's Story***

*The high school guidance department at Titusville had provided a referral for a student who had a terrible family life and whose parent had told the student to leave the house. The parent wanted nothing more to do with the child. Staff was able to assist in applying for important documents (i.e., birth certificate, social security card, etc.) and also completed applications for housing and employment. Things appeared to be moving in a positive direction until the individual began to struggle with mental health issues. Not only being "evicted" from the family home but was also separated from a sibling and had lost a grandparent. This individual had a history of mental health and substance abuse issues. We were able to find a more suitable environment and also some services for the mental health issues. This individual graduated from high school, found employment, and is now learning to budget with a goal of finding an apartment.*

### ***View from a Mental Health Clinician***

*Success is a tricky word in this field. What constitutes success in the practice of psychotherapy? The subject of this narrative is a good example to illustrate my answer. Early in treatment, this individual said to me, “My mental problems have been ‘years in the making’”. This person recognized that chronic childhood abuse and neglect had left multiple scars, and that it could take years to fully recover. But he is on his way.*

*I’m a holistic practitioner, which means I take a holistic approach to mental health recovery, by paying attention to all major dimensions of a person’s health. The individual and I look closely at their physical health behaviors; we look closely at their relationships with individuals and with groups; we examine their thinking and emotional patterns; and last but not least, we check into the spiritual dimension of life, of which people are often unaware. This area is about making meaning, having purpose and living by our values; a critical dimension of mental well-being.*

*After educating this individual on this perspective, we took a close look at everyday life, and quickly discovered that there was absolutely no routine or structure; chaos was the norm. Days and nights were often mixed up; sleep was terrible; rarely was anything done that really mattered to this person; overindulging in alcohol was his coping skill. But the willingness to change was there. A routine was identified that allowed structure to everyday life and this person’s mental health improved dramatically. There was a gradual reduction in the use of alcohol and summer projects around the house provided plenty of exercise (and purpose).*

*Do I call this success? Yes. Is the recovery process complete? No. There is a long journey ahead and we are still working together. But I’m finding that success comes in small incremental changes, and once a person has learned a healthy skill that becomes a habit, they will not likely return to the level of suffering they were at before we met. Sometimes that’s all I can ask for.*



#### STATS

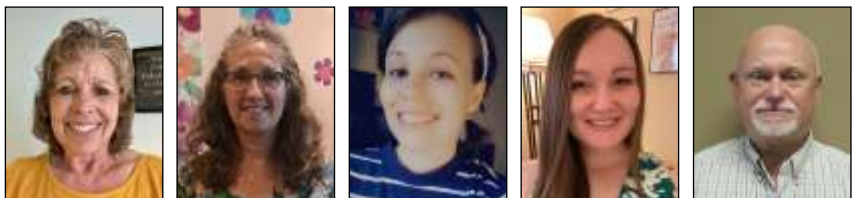
Individual & Family Counseling  
**78** Individuals/families Venango Cty  
**134** Individuals/families Crawford Cty  
**1582** Total appointments

Community Resource Coord.  
**265** Individuals served  
**82** Group sessions held  
**1311** Total appointments

Supervised Visitation  
**11** Families served  
**104** Total appointments

Alternatives to Violence  
**38** Individuals served  
**268** Total appointments

Anger Management  
**21** Individuals served  
**108** Total appointments



**INDIVIDUAL & FAMILY COUNSELING STAFF:**  
Cindy Curran, MSSA, LCSW, Program Director  
Glenda Fulmer, MSW, LCSW, Therapist  
Courtney Master, BSW, Community Resource Coordinator  
Rachael Rubaker, MSW, LSW, Therapist  
Jeff Storm, BA, Offender Services Caseworker



# Family Foundations

Family Based Mental Health Services utilizes a unique approach to family systems therapy. The Eco-Systemic Structural Family Therapy model promotes caregiver engagement to develop four pillars of treatment that include attachment, self-regulation, co-caregiver alliance, and executive functioning to reduce children's severe emotional disturbances, reduce out of home placements and keep families intact.

On any given day, the therapists perform a variety of clinical interventions that support families in keeping their children in the home, stabilizing the home environment, and providing love and attachment. The therapists meet families where they are to help create second order change within the family's system to change the generational pattern of "hurt people... hurt other people" to allow caregivers to be a lighthouse guiding their child throughout adolescent into adulthood.

Family Foundations and VARHA have partnered again for another year to allow program youth and their siblings to participate in a 5-week summer riding class. This allows the youth to learn assertiveness, self-confidence and connecting with others through working with the horses.

Enjoying time at VARHA!



## CLIENT TESTAMONIALS

**Helping families grow closer.** "I was nervous when we first were recommended for Family-Based Services, however after meeting the therapists assigned to our family I knew it was the right fit. They were just real people who wanted to help support our family. The team supported us to become closer as a family and for my husband and I to spend time together as a couple. The team was available anytime we needed anything and really helped us to find a new way forward." -Family testimonial

**Meeting families where they are.** "Our experience with the Family Based Services has been wonderful! We were not sure that we wanted Family-Based services in our home. However, we quickly found out this service was different than any other service we have had. The therapists are committed to our family and to the work they do. We can tell how much they really care. They continued to show up and support us to do something different and make a change. To listen and to tell each other that we care." -Family testimonial

**Communication is Key.** "When our family began with services we were really struggling to communicate and be on the same page. The team saw this and they quickly supported us in working on our communication skills through activities and standing by us when we needed to have difficult conversations. They really helped us see that if we worked to communicate with each other then we could be a stronger family" -Family testimonial



### FAMILY FOUNDATIONS STAFF:

Elizabeth Bayne, BA, Mental Health Worker

Brittany Donato, BA, Mental Health Worker

Nicole Englert, BS, Mental Health Professional

Leah Fox, BSW, Mental Health Worker

Deborah Letke, Administrative Secretary

Jennifer Lytle, MSW, Mental Health Professional

Ryan Koontz, BS, MHFBP, Mental Health Professional

Jessica Walters, MA, Program Director

Sarah Young, MSW, Mental Health Professional

### STATS

Family Foundations

56 Families served

2538 Total appointments

# Youth Connection

## Youth Connection named Three Mentors “Mentor of the Year”

All of the youth were asked to submit nominations with reasons why their mentor should be honored as “Mentor of the Year.” Youth Connection is very fortunate to have several stellar candidates, along with having Mentees’ who truly appreciate their Mentors! Therefore, we decided to honor three very special Volunteers: Lynette Buzzanca, Amy Coe, and Melvin Coe.

### **Lynette & Alize**

Lynette has been involved as a mentor with the program since 2018. She and Alize celebrated their three-year anniversary in December.

Lynette is a third-grade teacher at Main Street Elementary in Titusville and loves to work with children. Lynette, without hesitation, answered the call when the agency expressed an immediate need for a mentor for a very special girl. Lynette and Alize both lost their mothers at a very young age and this has strengthened their relationship and provided Alize with a strong, female role model. Alize appreciates the time she spends with Lynette, as does her father Greg. Greg appreciates Lynette and all of the experiences and help she is providing for his daughter.

Alize and her dad are always excited to share how much she cares for Lynette. Alize wrote of her mentor: *“I love Lynette as my mentor because wherever we go she makes it fun, especially the time when we went to the haunted hay ride and we didn’t ever get on the hay ride. I learn lots of girl stuff from her more than my dad as he knows nothing. I loved it when we went to the bowling alley and her teacher friends were good and we were bad.”*



Lynette & Alize

### **Amy & Ava and Melvin & Kayden**

Youth Connection is honored to have Amy and Melvin as our only husband and wife mentors. The couple decided to become mentors because they saw a need in their community. Amy and Melvin are matched with sister and brother Ava and Kayden. This foursome always has a great time when they get together and they have shared many wonderful experiences. In August of this year they will have been matched for five years.

When Ava was asked what makes Amy so special she replied, *“Amy is great. She is so funny, crazy and silly and I always have so much fun with her. Amy takes me to water parks, hiking and we get to do my favorite things, like sledding, skating and swimming. Amy talks to me and always asks how I am doing and how school is going. I like to spend time with her.”*

Kayden feels Melvin is great because, *“he takes me out to the places I like to go. He takes me to do my favorite things like skating, sledding and going through the Coolspring Corn Maze. He always talks to me and makes sure I am doing good. I like to spend time with him and we always have fun.”*

We are so grateful for the commitments of time and dedication that Lynette, Amy, and Melvin give to their Mentees and the Youth Connection Program!



Amy & Ava  
Melvin & Kayden



**Fundraising & Activities**

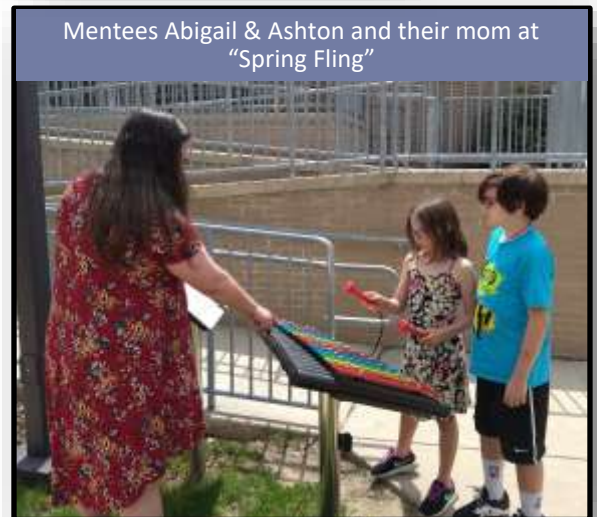
Youth Connection embarked on a new fundraising endeavor this year. We said farewell to the Bowls and held our Inaugural Cornhole Fundraiser Event on April 23, 2022 at the Oil City Moose Lodge, which benefited the participants in Venango, Forest, and Clarion Counties. We are very excited for our next Cornhole Fundraiser on September 17, 2022 at the Titusville VFW, to benefit the Eastern Crawford County programming.

We continue to offer the Youth Connection Lottery Calendars as well. We nearly sold every available 2022 calendar and feel that is a testament to the community of dedicated supporters of our youth mentoring program! The Lottery Calendars weave a beautiful story of our matched Mentors and Mentees, as well as highlight youth who are still waiting to be matched.

Youth Connection holds activities and provides activity kits and gift certificates to our participants throughout the year to provide opportunities for engagement in prosocial activities, relationship-building, and to foster increased involvement in our communities. In the past year, YC has provided Back-to-School supplies, roller skating passes, movie theatre gift cards, craft kits, Christmas gifts, a Spring Fling party, and Summer Kick-Off yard games. All of this would not be possible without the generous support from sponsorships and donations from dedicated businesses and individuals in our communities!



1st place winners of the Inaugural Cornhole fundraiser



Mentees Abigail & Ashton and their mom at "Spring Fling"



Shawgo Real Estate donation helps to support Eastern Crawford County programming



**YOUTH CONNECTION STAFF:**  
Beth Hazlett, BA, Program Director  
Chana Hopkins, BS, Match Support Specialist

STATS	
Matches	
<b>18</b> Venango-Forest	
<b>7</b> Clarion	
<b>9</b> Eastern Crawford	
Children on Wait List	
<b>9</b> Venango-Forest	
<b>3</b> Clarion	
<b>3</b> Eastern Crawford	
<b>Activities &amp; Events</b>	
<b>10</b> Events held	
<b>456</b> Total attendance	
<b>Community Presentations</b>	
<b>5</b> Presentations held	
<b>144</b> Total attendance	

# Drug & Alcohol Program

Family Service & Children's Aid Society's Drug & Alcohol Program provides educational, treatment, and supportive services to individuals and families in the Venango and Southwest Crawford Counties. We currently have 17 full-time employees that include clerical, counselors, Certified Recovery Specialists, and a Clinical Supervisor, and Program Director.

## **Outpatient/Intensive Outpatient Services.**

Our Drug & Alcohol programming consists of individual and group outpatient and intensive outpatient services at our Oil City, Franklin, and Titusville offices. We provide services for individuals from the age of 12 and older. We also provide outpatient treatment services to the adolescents at Pathways Adolescent Center residential program in Oil City.

The Outpatient/Intensive Outpatient mission is strengthening the lives of families and individuals, building on existing personal and family strengths, and reducing emotional and environmental stressors through treatment and education. Our Outpatient programming provides weekly individual sessions and our Intensive Outpatient programming provides between 9-19 hours of individual and group sessions per week.

Substance Use Disorder is considered by our professional staff as a disease that impacts the individual biologically, psychologically, and socially. This disease is progressive in nature and can be interrupted through professional treatment, but not cured. A primary goal of our treatment for the individuals with a Substance Use Disorder is to remain abstinent from mood altering drugs. Medicated Assistant Therapy such as Vivitrol and Suboxone is a component individuals utilize in conjunction with Outpatient or Intensive Outpatient services.

In the past year we continued to treat individuals with Alcohol, Marijuana, Methamphetamine, and Fentanyl use disorders as primary chemicals of choice. Our primary goals are for the individuals to identify having a substance use disorder and be willing to make positive holistic lifestyle changes to become productive individuals. We encourage involvement in supportive programs to help the individuals enhance their recovery program.

## **Relapse Prevention Therapy**

The Relapse Prevention Therapy (RPT) is a 12-week evidence-based treatment program designed for individuals suffering from Substance Use Disorder. RPT continued to operate via telehealth and transitioned back to in-person during the 2021-22 fiscal year. To participate in the Relapse Prevention Therapy group the individual must be diagnosed with a Substance Use Disorder and has remained clean and sober. We have a maximum of 10 individuals participating in Relapse Prevention Therapy at any one time. The RPT Program is a step down after completing higher levels of programming such as Inpatient and/or Intensive Outpatient program. The RPT program is a Topic - Focused group that covers addiction as a learned behavior, coping with cravings, urges, triggers, high-risk behaviors, refusal skills, managing painful and difficult emotions, developing a recovery network, and development of an individualized aftercare plan. We want the group participants to increase their motivation to abstain from alcohol and/or drug use, to develop effective coping skills and to enhance the creation of their individual recovery network.



## **Pathways Adolescent Center Program**

Outpatient programming at Pathways Adolescent Center has increased in the 2021-22 year. The youth are referred to our Outpatient program by the Juvenile Court system after being adjudicated to be placed at Pathways.

Currently, two Drug & Alcohol counselors provide individual counseling utilizing the Bloomington Adolescent evidence-based program. The primary chemical of choice in the adolescent population in the past year are alcohol, marijuana, methamphetamine, and fentanyl. The main focus in working with the adolescents is to educate them on the effects of alcohol and other drugs, how to treat the disease, and involvement in support programming to develop coping and life skills. This is a very diverse and challenging population to work with. The counselors at Pathways use various modalities such as Motivational Interviewing, strength-based techniques, Cognitive Behavioral Therapy. They utilize a lot of positive encouragement to enhance self-esteem to this population of vulnerable individuals.

### **Family Recovery Program and Effective Safe Parenting Program**

The 2021-2022 fiscal year has been rewarding and one of change for the Family Recovery Program (FRP) and the Effective Safe Parenting Program (ESP). The FRP and ESP referrals originate from Venango County Children, Youth & Family Services (CYFS). Both programs incurred challenges but was resilient in providing services to the individuals with Substance Use Disorder and their families.

The FRP team consists of both a Masters level and a Bachelors level therapist, and they deliver a systemic family-based approach to recovery by meeting in the home setting or community.

The FRP Team can have 8 families maximum and total family participation is emphasized in an effort to increase the individual and family's ability to support and maintain a recovery-based atmosphere within the home. Working with both the identified individual and their family members provides them with a level of treatment intensity by addressing how substance use affects the whole family system and often can cause the breakdown of a family's functioning.

The Family Recovery Program's Goal is *"to promote family unity & decrease out of home placements."* This goal is supported by the program's mission *"to promote the well-being & healthy development of the family and to keep children safe by helping parents achieve a substance free lifestyle."*

The second in-home program is the Effective Safe Parenting program (ESP) that utilizes a team that consists of a Social Worker, a Parent Educator, a nurse, and a Clinical Supervisor. They provide services that include clinical and case management, substance abuse, family and nursing assessments and monitoring, relapse prevention, parent education, and court advocacy. The Effective Safe Parenting Program can provide services to a maximum of 12 families. They continued through this challenging year to provide individual and family sessions along with peer education. They would also provide various activities with the families and conducted an aftercare group for families who had completed the 18-24-month program.

Both the FRP & ESP programs are vital to providing services to individuals and their families as addiction is a family disease that impacts them all.

Effective July 1, 2022 after 8 years of providing Effective Safe Parenting services with families in Venango County, the ESP program will be overseen by Venango County Children, Youth & Family Services (CYFS) where it originated. We here at Family Service & Children's Aid Society's Drug & Alcohol Program appreciates the opportunity to provide services to the families of Venango County and thank all who were a part of the program.

### **Certified Recovery Specialist**

Family Service & Children's Aid Society's Drug & Alcohol Program has three Certified Recovery Specialists who provides support, guidance and non-clinical assistance to help the individual in their recovery needs. They provide services with adults in the treatment centers, problem solving court, hospitals, and through Children, Youth and

*A financial statement of the Drug & Alcohol Program's income and expenses is available at Family Service & Children's Aid Society to any interested parties. Please call (814) 432-3466 for further information.*

## Family Services.

The first Certified Recovery Specialist (CRS) assists individuals in the community early in recovery and connects them to various pathways to recovery. This CRS carried a caseload of 25-30 individuals during the 2021-2022 fiscal year. She receives referrals from a wide variety of referral sources such as treatment providers, problem solving court, case management, and others. This is a strength-based program, which directs the individual to develop their own plan that will ultimately work for him/her with the assistance of the CRS.

The second Certified Recovery Specialist will work with individuals specifically referred by Venango County Children, Youth & Family Services (CYFS) and helps them engage individual and families to explore substance use treatment options and help identify natural supports. This CRS has a caseload of 15-18 individuals. The Certified Recovery Specialist works not only with CYFS case managers but also with any other type of in-home services such as New Beginnings, Early Head Start, and Child Development Center. The Certified Recovery Specialist will make weekly visits to the Birthing Center to help as needed and focuses on women with children.

The Third Certified Recovery Specialist is a Warm Handoff CRS who serves as a liaison to connect individuals **who may have a substance use concern who are admitted to UPMC hospital via the emergency room, or due to the birth of a child** to detoxification, treatment programs, or Medicated Assistant Therapy (MAT) outpatient treatment services. The CRS provides support and education to patients as well as providing encouragement, coaching, and recovery information to them. Primary clients will be opiate overdose survivors; secondary clients will be opiate withdrawal; tertiary population served will be any patient presenting with a substance abuse disorder. This is a peer support role, with staff also regularly interfacing with the medical and social work team.

Each Certified Recovery Specialist provides a vital supportive service to engage and enhance an opportunity for treatment and recovery. They carry the message of hope with the individuals they come into contact and/or work with. The Certified Recovery Specialists are involved in different committees within the community to help educate others on how addiction is impacting others. Like all the other employees of the Drug & Alcohol Program, the Certified Recovery Specialists are an important component to help and support individuals in our community.

### D&A STATS

#### Outpatient (OP)

**440** Individuals served (Venango Cty)  
**4077** Total appointments (Venango Cty)  
**148** Individuals served (Crawford Cty)  
**1236** Total appointments (Crawford Cty)

#### Intensive Outpatient (IOP)

**179** Individuals served  
**145** Group sessions held  
**2052** Total appointments

#### Relapse Prevention Therapy (RPT)

**31** Individuals served  
**50** Group sessions held  
**500** Total appointments

#### Family Recovery Program (FRP)

**20** Families served  
**537** Total appointments (visits)

#### Effective Safe Parenting (ESP)

**19** Families served  
**471** Total appointments

#### Pathways Adolescent Center

**131** Individuals served  
**1263** Total appointments

#### Certified Recovery Specialist (CRS)

**20** Individuals served  
**777** Total appointments

#### CRS - County Warm Hand Off

**27** Contact with Individuals  
**33** Contact with Medical Staff

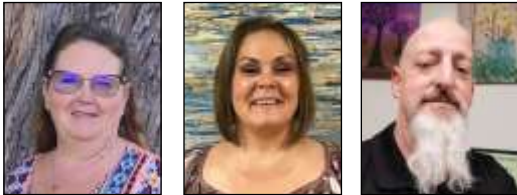
#### CRS - County CYFS

**810** Contact with Individuals

#### Student Assistance Program (SAP)

**41** Individuals served (Venango Cty)  
**303** Total appointments (Venango Cty)  
**7** Individuals served (Crawford Cty)  
**40** Total appointments (Crawford Cty)





**DRUG & ALCOHOL STAFF:**

- Tracie Albaugh, Warm Hand Off CRS
- Jenell Chapman, AS, Clerk Receptionist
- Elijah Daubenspeck, MA, CAADC, Therapist
- Trish Dilbone, BA, CRS, CADC, Therapist
- Debra Fales-Gralewski, BA, Therapist Assistant
- Bruce Fox, BS, CADC, Therapist
- Brenda Gilmore, Clerk Receptionist
- Liberty Goodman, BS, Family Therapist
- James Grove, M.Ed, CAADC, Therapist
- Lana Jolley, BA, Certified Recovery Specialist (CRS)
- Corrienne Lawson, BS, Therapist Assistant
- Rick Orłowski, BA, CADC, Program Director
- Valentyna Parutina, MS, Family Therapist
- Rebecca Schrecengost, ASN, CRS, CYFS CRS
- Susan Scott, MMT, CADC, Therapist
- Melanie Sparks, MS, CAADC, MHFBP, Lead Family Therapist
- Ed Stephenson, BS, CADC, Therapist
- Brittini Willyoung, BS, Therapist
- Jayne Wolbert, BA, CADC, Therapist (*Pathways*)

**Not pictured:**

- Beryl Flickner, Transportation
- Kalla Quigley, BS, CADC, Clinical Supervisor

# School-Based Programs

## OIL CITY P.R.E.P. INTEGRATED CLASSROOM

The theme for the 21-22 school year in OC PREP was sports. Students in the program worked hard all year on their goals. Staff restructured the reward system this past year and added daily classroom points into the token economy. Students had the opportunity to earn several new types of rewards, including lunch from local restaurants, movie days, and field trips.

The PREP team welcomed a new teacher this year, Shannon Witmer. Shannon has a lot of experience teaching in the Oil City district, and we were pleased to have the opportunity to work alongside her.

## THE H.E.I.G.H.T.S. PROGRAM

### Hasson Elementary

The theme for the 21-22 school year for the Hasson site was Carnival.

Students contributed to a building-wide project called the Crayon Initiative. All year, Hasson students in all grades brought in broken crayons. HEIGHTS students helped to collect and sort them, then they were sent into the Crayon Initiative to be recycled into new crayons and donated to children's hospital. The project collected forty-three pounds of crayons!



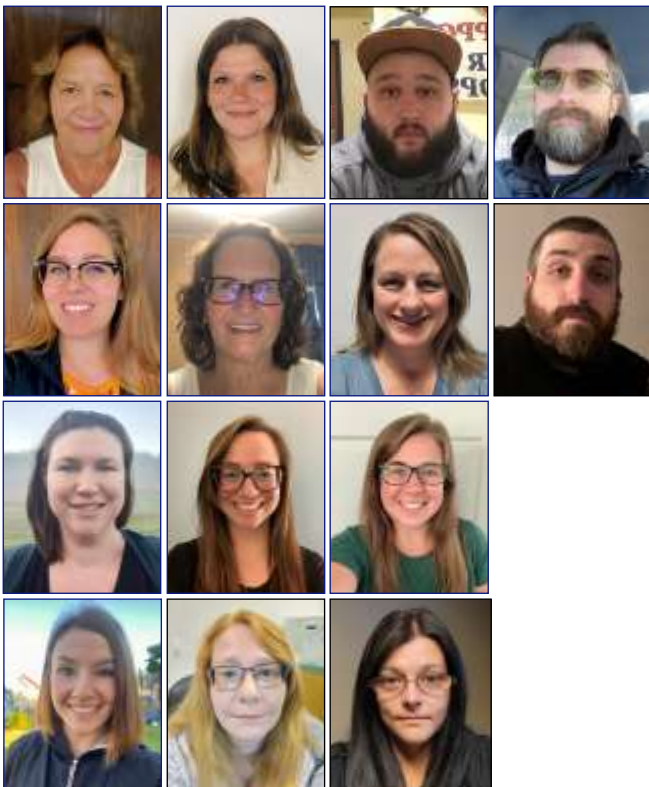
H.E.I.G.H.T.S. projects  
at Hasson



### Oil City Middle School

The theme for the 21-22 school year at the middle school site was World Travelers. Staff use the theme of the room to help create variety and interest in the activities throughout the year.

The middle school HEIGHTS site had three students who graduated from services, based on hard work and achieving their goals. We're so proud of them!



#### SCHOOL-BASED STAFF:

Mary Baker, BSW, BIS  
 Nicole Byham, BS, BIS  
 Kevin Cartney, BA, BIS  
 Dale Colford, BS, BIS  
 Jaylee Hricsina, MA, BIS  
 Frann Lantz, BS, BIS  
 Stephanie Lee, MA, Clinical Manager  
 Edward McDonald, BA, BIS  
 Nicole Pearson, BS, BIS  
 Amanda Pica, MS, Program Director  
 Kayla Sherman, BS, BIS  
 Hope Taneyhill, BSW, BIS  
 Carol Woods, BA, Family Liaison  
 Shana Young, MS, BIS

#### STATS

##### O.C. P.R.E.P.

**11** Total students  
**1173** Total times students served

##### H.E.I.G.H.T.S.

##### Hasson:

**12** Total students  
**1528** Total times students served

##### Middle School:

**16** Total students  
**1427** Total times students served

# Home & Community Services

James first had supports through Home & Community Services (H&CS) from June 2021 through October 2021. During this time his son had been removed from the home and was living with his maternal grandmother. James sought support in decluttering and cleaning his home as well as getting to court and court related meetings. During this time, James was involved with FSCAS's Drug & Alcohol program as well. Unfortunately, James's struggles with addiction impacted his ability to work with H&CS on a regular basis and ultimately his case was closed.

James was referred again in December 2021 along with his girlfriend Angela and their newly born daughter. This time both James and Angela are engaged in their sobriety and really wanted supports through H&CS. One of our Direct Service Workers (DSW) was re-assigned to James who, along with Angela, showed a real desire to make their house a safe home for themselves and their family.

James and Angela have been the proverbial poster family for H&CS. They can see what needs done and, along with their DSW, work on completing tasks as well as work between sessions. They openly discuss their sobriety and desire to maintain it for themselves and their family. Their home had some major trouble areas in the kitchen and bath. Their DSW assisted them in seeking assistance through Mustard Seed Ministries. With the generous help from Mustard Seed, James and Angela's kitchen and bath have been renovated. Although this time was difficult, no water at times, dust, disruption to the family routine, etc., the family worked through it maintaining a safe home for themselves and their daughter Meliea.

The construction is now completed and James and Angela are focusing on the more mundane life of maintaining their home. This should be less exciting than the past few months, but something the family understands is needed to keep their recovery and family steady. Oh, and case you cannot see it in the picture, they are expecting another family member soon.



#### H&CS STAFF:

Stanley Benvin, BS, Program Director  
Michelle Burris, AS, DSW  
Deborah Smalley, DSW  
Mary Wilson, ASB, DSW

#### STATS

Home & Community Services

7 MH Individuals served  
15 ID Individuals served  
7 OAS Individuals served  
24 CYFS Individuals served  
1413 Total appointments

# PPC Violence Free Network

**Adapt and Adjust** — this has been the motto of PPC during the 2021-2022 fiscal year and staff has done just that! With life beginning to return to some semblance of “normal”, PPC worked on trying to expand group services by implementing a men’s group at Oil Region Recovery and continued to offer and provide Prevention programming within our community. Staff had the fulfilling experience of watching shelter residents go from being dependent on their abuser to obtaining safe, permanent housing, free from abuse! Like all FSCAS programs, PPC exhibited such resiliency which helped provide them the skills they needed to help move individuals from victim to SURVIVOR!

## DVAM (Domestic Violence Awareness Month)—October 2021

- ◆ The Center Street Bridge in Oil City was shining brightly in PURPLE the week of October 17, 2021.
- ◆ October 21, 2021 was Purple Thursday. FSCAS staff and community members participated by wearing purple.
- ◆ Coffee Sleeves were handed out with each coffee purchase at Karma Coffee in Oil City.

This year’s DVAM theme was **#Every1KnowsSome1** to highlight the fact that domestic violence can happen to anyone and is more prevalent than people realize. PPC Violence Free Network shared social content on Facebook throughout the month that focused on getting back to basics in raising awareness about what domestic violence is, who it impacts, and why we all need to care. PPC asked community members to print one of the attached signs and take a picture of yourself and/or a few co-workers

holding the sign. Some of the signs already had messages on them, others were blank to share a message of their own.

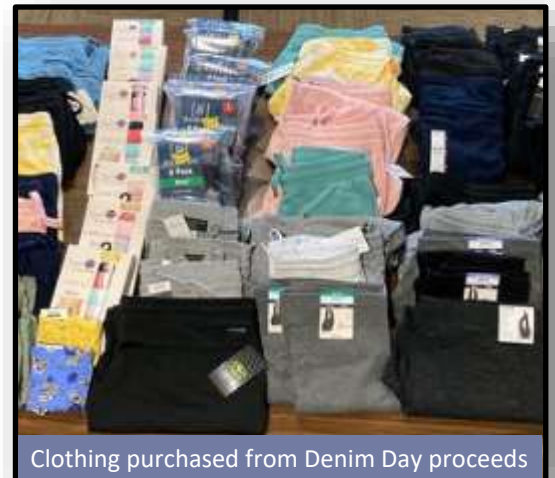


## SAAM (Sexual Assault Awareness Month)—April 2022

- ◆ The Oil City Center Street Bridge was shining brightly in TEAL for the week of April 3—April 9, 2022.
- ◆ PPC organized “Survivor Book Displays” at the libraries in Oil City, Franklin, and Cooperstown. These displays included titles authored by sexual assault survivors, as well as empowering and uplifting works.
- ◆ A resource table was provided for the Venango Campus students to access information about PPC services.
- ◆ PPC partnered with local law enforcement for the display of teal awareness ribbons on the police cruisers during the month of April.

## NEW THIS YEAR!!! DENIM DAY—April 27, 2022:

Denim Day was originally started in 1999 when a ruling by the Italian Supreme Court was made, overturning a rape conviction due to the belief that since the victim was wearing tight jeans, she must have helped her attacker take them off...thereby implying consent. The following day, the women of the Italian Parliament came to work wearing jeans, in solidarity with the victim. Even now all



around the world wearing denim on Denim Day has become a symbol against the misconceptions about sexual violence. PPC collected monetary donations to purchase replacement clothing for sexual assault survivors when they seek emergency medical attention after experiencing a sexual assault.

**PREVENTION:**

With the majority of things returning to normal following COVID-19 the prevention department was able to mostly return to in-person programming.

During the school year they were able to partner with OCASD to provide 4 lessons each to all students in grades 3-8. Lessons consisted of topics like relationships and self-esteem, support systems and understanding feelings, responding to emotions, personal boundaries and asking for permission, sexual harassment, and consent. Staff also was able to provide 5 lessons to all students in grade 9; these topics included defining relationships, defining dating abuse and why people abuse, gender stereotyping, consent and sexual violence, how we feel/how we deal, and how to help friends in abusive relationships.

They were able to return to in-person professional trainings for Venango County Human Services employees as well as provide a training, "Telling Amy's Story", to local law enforcement through the STOP Grant. "Telling Amy's Story" centers around Amy, a Domestic Violence victim, who is tragically killed by her abuser. The film and discussion address the cycle of violence, why victims stay in abusive relationships, protection orders, and how our community can come together to support survivors.

Prevention staff were again able to partner with The Pointe, Arbor Circle, Pin Oak, Miller Sibley Pool and Pathways to offer educational programming and activities throughout the summer.

Staff again co-hosted Santa's Toyland and participated in other community activities including Fun Fair and The Penny Carnival.

**GOLF SCRAMBLE:**

PPC held its 22nd Annual Golf Scramble on Saturday, August 21, 2021 at Hi-Level Golf Course in Kossuth. This is PPC's major fundraiser each year which raised \$22,974.66! There were 29 teams that golfed, and 14 volunteers and staff that helped with the event.



PPC STATS	
Shelter	
	<b>46</b> Individuals served
	<b>1494</b> Days of shelter provided
	<b>4608</b> Meals Served
Victims of Serious Crime	
	<b>139</b> Individuals served
	<b>155</b> Total appointments
Sexual Assault Services	
	<b>117</b> Individuals served
	<b>40</b> Group sessions held
	<b>305</b> Total appointments
Protection Orders	
	<b>106</b> Individuals served
	<b>165</b> PFA's granted
Domestic Violence Services	
	<b>447</b> Individuals served
	<b>71</b> Group sessions held
	<b>1295</b> Total appointments
First Response Team	
	<b>38</b> Individuals served
	<b>263</b> Crisis hotline calls
	<b>47</b> First Response calls
Prevention/Education	
	<b>26</b> Community programs
	<b>363</b> Total attendance
	<b>197</b> Youth programs
	<b>1377</b> Total attendance



*PPC STAFF:*

- Melissa Gibson, Shelter Advocate
- Steven Hamilton, Law Enforcement Liaison
- Briana Johnson, BS, Prevention/Community Education
- Courtney Lake, BS, Legal Advocate
- Megan O'Neil, BA, Program Director
- Julie Smith, Clerk Receptionist

*Not pictured:*

- Nichole Sloss, AS, Prevention/Community Education



# Venango Fatherhood Initiative

The Venango Fatherhood Initiative (VFI) program has been actively providing different monthly activities for parents and their children to enjoy. The most recent events were that of a fishing day in Cooperstown and a Fun With Father picnic at Two Mile Run County Park.

VFI has also facilitated several movie nights at the local movie theater, inviting all elementary school kids to attend as they desired, resulting in about 360 people coming to watch *Encanto* on the big screen. Dozens of kids could be heard singing along with the songs as the movie played. We also very recently partnered with the Venango County Human Services to provide crafts for the outdoor movie night showing of *Raya the Last Dragon*, where kids could design their own kite or simply color pictures with all the supplies being provided.

In addition to providing events, the VFI program takes an active role in providing insights to new approaches to parenting, co-parenting, as well as communication as a whole. This includes, but is not limited to, stress management, dealing with trauma, couples counseling, and anger management. The VFI program is currently flexible enough to personalize the care that each family needs so they can individualize the focus areas that they want to address.



Family Fishing Day  
Cooperstown Pond



Fun With Father Picnic  
Two Mile Run



*“Lynne has been a rock solid support to me during this very trying time of my life. He has been available even on his off hours which has been a life saver. He goes above and beyond the call of duty. He cares a lot for people and is very helpful.” ~John*

*“Ps. He is a person I actually look forward to seeing.”*



VFI STAFF:  
Lynne Everett, BS, CADAC  
Program Director

## STATS

24/7 Dad & Family Groups	Davis Archway
<b>84</b> Individual participants	<b>80</b> Individual participants
<b>134</b> Group sessions held	<b>13</b> Group sessions held
<b>13</b> Number graduated	Donuts With Dad
Coaching	<b>0</b> Programs Held
<b>38</b> Individual participants	Activities & Events
Inside Out Dad	<b>8</b> Events held
<b>4</b> Individual participants	<b>1049</b> Total attendance
<b>8</b> Group sessions held	Agency Presentations
Oil Region Recovery	<b>4</b> Community presentations
<b>187</b> Individual participants	<b>111</b> Total attendance
<b>91</b> Group sessions held	

*“Lynne has inspired me to become a better human being all around and has helped my family more than most of my own family members would, and continues to show me ways to better myself and my family’s quality of life, there are truly not enough words to describe how much this program means to me and my family!” ~William*

# Our Service Locations



**Main Office:** 716 East Second Street  
Oil City, PA 16301 • Ph: (814) 677-4005

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*Alternatives To Violence Groups  
Drug & Alcohol Program  
Fiscal & Administration  
Individual & Family Counseling*



**Titusville Office:** 119 E. Mechanic Street Ste. A  
Titusville, PA 16354 • Ph: (814) 827-3472

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*Drug & Alcohol Program  
Individual & Family Counseling  
Student Assistance Program  
Youth Connection*



**PPC Shelter:** Ph: (814) 676-5476  
**Hotline: 1-800-243-4944**

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*PPC Violence Free Network*



**Franklin Office:** Professional Bldg.  
150 Prospect Avenue • Suites 301 & 304  
Franklin, PA 16323 • Ph: (814) 432-3466

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*Suite 301:  
Drug & Alcohol Program*

*Suite 304:  
Family Recovery Program*



**Carone Center:** 29 Pearl Avenue  
Oil City, PA 16301 • Ph: (814) 676-9940

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*Drug & Alcohol Recovery Support  
Family Foundations Program  
Home & Community Services  
Supervised Visitation  
Venango Fatherhood Initiative  
Youth Connection*



716 East Second St., Oil City, PA 16301 (814) 677-4005 Fax: (814) 677-6159  
Website: [www.fscas.org](http://www.fscas.org) E-mail: [familyservices@fscas.org](mailto:familyservices@fscas.org)



**Member Agency of:**  
United Way of the Titusville Region  
United Way of Venango County

