

Skills of Central Pennsylvania

Annual Report 2018-<u>2019</u>





DEAR FRIEND OF SKILLS

After nearly 60 years in existence, I feel proud that today Skills of Central Pennsylvania remains one of the region's largest providers of intellectual disability, behavioral, and mental health services. From our humble beginnings in 1960 in Bellefonte, Pennsylvania, we have grown to more than 1,100 employees across seventeen counties.

In 2019, Skills continues to set the standard for excellence in human services. During the past year, we expanded our Peer Support services into Centre County. In addition, we began to operate several additional Drop-In Centers in Lewistown and Mifflintown. We also expanded the license at our outpatient drug and alcohol treatment program in Portage, Pennsylvania, to include outpatient behavioral health services. Most recently, we completed construction of our four-bedroom Respite Home in Altoona, Pennsylvania.

What defined our work over the past several years, and what will define it for decades to come, is our person-centered approach. Our staff works diligently with the people we support to ensure that not only are they safe and healthy, but that they also realize and accomplish personal goals, form meaningful social connections, and live full, self-determined lives. With our focus centered on the people we support, I am inspired each day by the work our team does to change people's lives and ensure that our work supports what they need and want in order to feel fulfilled.

As we approach 2020, Skills' 60th anniversary, I look to the future with much optimism. I have confidence that Skills' employees and donors will continue supporting our mission with integrity and compassion. I hope that in the following pages you will see the value of our employees' effort and the results of your ongoing support.

Rebecca Aungst

President & CEO

FROM OUR BOARD CHAIR

In 2018 - 2019, the Skills of Central Pennsylvania Board of Directors continued to learn and grow from our rich history while guiding Skills to a sustainable future.

Our board recently approved several new members, including three individuals whose experience in advocacy, marketing, and finance have bolstered and diversified our capacity. I look forward to working with them in the years to come.

We have also focused on recruiting board members who have a personal connection to the scope of services we offer. We find that board members who have loved ones living with disabilities take a deeply rooted interest in the quality of our services and supports, which helps us continue to improve.

I'm also grateful for the years of service provided by the board members who recently concluded their terms: Glenn Fisher, William Hoover, Robert Donlan, and Dr. Patricia Serotkin. Skills has been fortunate to have hardworking, visionary board members leading its direction during the past fiscal year.

Looking to the future, I feel confident that the Skills Board of Directors will provide the necessary wisdom and drive to ensure Skills' continued success and guide our organization to a continued legacy of excellence.

Dr. Billie S. Willits Chairperson



2018 - 2019
Skills of Central
Pennsylvania
Board of Directors

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RESIDENTIAL PROGRAMS

Skills provides a variety of supportive living options for people with intellectual and developmental disabilities. We provide choices so the people we support can live everyday lives in the best setting for them.

In our **Community Homes**, Skills' staff supports from one to four people, often around the clock, in one- to four-bedroom homes that Skills owns or rents throughout central Pennsylvania. People who live in these homes have access to support staff to best meet their needs so they can live as independently as possible.

Our **Lifesharing** families open their homes to adults and children age fourteen and older with disabilities, inviting them to become a part of the family. Lifesharing providers are paid a stipend and receive support from our staff to meet each person's unique needs.

Our new **Respite Home** in Altoona provides a place where we can support people with disabilities if their primary caregiver needs to travel, seek medical care, take care of personal tasks, or simply relax and rejuvenate.

Skills owns and operates three **supportive housing apartment complexes** in Blair County. Two of them provide affordable living options for people with chronic mental illnesses, while the third supports people with intellectual and developmental disabilities.



OTHER SUPPORTS

Skills provides a variety of supports for people living in our facilities, with family members, or independently.

In-Home & Community Supports address self-care, health maintenance, decision making, home management, mobility and transportation, and relationship development so people can participate in community life.

Companion Services focus on the health and safety of the person (age eighteen and older) in the home, community, or place of employment. Companions may supervise and provide assistance with daily living activities such as grooming, health care, household care, meal preparation and planning, and socialization.

Behavior Support Services help people who experience challenging and complex behaviors. We teach families and support staff strategies and techniques they can use to address these behavioral challenges and ensure the best possible outcome for everyone involved.

People Who Received...

In-Home & Community Support 173

Companion Services 35 Behavior Support Services 110



The Skills Respite Home in Altoona was newly constructed specifically for Skills and incorporates many design features to best support people living with intellectual and/or developmental disabilities



Skills owns and operates three supportive housing apartment complexes in Blair County. Two of them provide affordable living options for people with chronic mental illnesses, while the third supports people with intellectual and developmental disabilities.





Our Lifesharing families open up their homes to support adults and children with intellectual and developmental disabilities. We celebrate them annually at our Lifesharing Dinner, which is full of smiles, fun, food...and karaoke!

COMMUNITY SERVICES

We offer a variety of community-based programs that allow the people we support to live an everyday life and fully experience all the community has to offer.

Our **Adult Day Programs** (and **Older Adult Programs** for those age sixty and over) provide a variety of activities built upon people's individual interests, preferences, gifts, and strengths while reflecting their desired outcomes.

All of our Adult Day Programs involve a **Community Participation Support** component that provides opportunities and support for people to experience all the community has to offer. We help people find activities that focus on their goals related to employment, community involvement, and membership. Participants also have access to volunteer opportunities.

Skills maintains an extensive fleet of vehicles used to provide **transportation services** for people to and from day programs, community activities, vacations, family visits, and their places of employment.

9 Adult Day Programs Supported 160 People

460,000 Hours of Community Participation Support

> 267 Fleet Vehicles Driven 2,950,000 Miles



Many activities at our Adult Training facilities are related to helping program participants explore employment opportunities...but there's no shortage of fun and games!



Visiting local farms and volunteering at local therapeutic riding facilities are some of our favorite activities.

EMPLOYMENT SERVICES

Our Employment Services team works closely with people to achieve their goal of securing a competitive, paying job by providing: career assessments, job shadowing opportunities, job readiness courses, pre-employment assistance with resumes and interviewing skills, job searching and placement, on-the-job training and support, and transportation to and from work.



We're always looking for businesses to welcome us for visits where we can learn about various types of jobs that are available.



VOCATIONAL TRAINING

Our Vocational Training services enable people to develop the skills needed to find and maintain employment. Local businesses contract with Skills for tasks like packaging, labeling, and boxing items for sale. Program participants earn a paycheck for the work they complete while learning job skills that can ultimately lead to competitive, integrated employment in the community.



Earlier this year, our Vocational Training Center in Lewistown was honored to host a visit by PA State Representative John Hershey.

4 Vocational Training Centers

37 Businesses Served 248
Program
Participants
Supported

RECOVERY SERVICES

We offer a wide variety of recovery services that help lead to community integration and improved quality of life for people diagnosed with mental health disorders that seriously impair their ability to lead a meaningful life.

Mobile Psychiatric Rehabilitation works with participants one-on-one in the environment in which they need education and support to achieve their goals. **Site-based** services occur in a facility set up as a learning community. Participants work on individualized goals through creative and engaging classes and community participation.

Our four **Drop-In Centers** provide access to a community support network, while our **Peer Support** programs pair people with trained specialists who have experienced their own recovery journey.

The **Opportunity Centre Clubhouse** in State College is a social and vocational rehabilitation program organized to support people whose lives have been drastically disrupted by mental illness. It offers support in working, learning, socialization, wellness, and education.

87 Site-**Based Participants** 277 Mobile **Participants** 150 **Drop-In** Center **Participants** 151 Peer **Support** Recipients 74 **Clubhouse Members**

SUBSTANCE USE DISORDERS

We provide outpatient mental health counseling and treatment for substance use disorders and problem gambling at our facility in Portage, Pennsylvania. Because treatment is most effective when easily accessible and immediately available, anyone in need of mental health and/or substance use treatment can access services by coming to the office during walk-in hours to be seen on a first-come, first-served basis.

91 People Served 1,626 Treatment Sessions Conducted



At our Portage outpatient clinic, clinicians and the people we support collaborate to develop plans to address treatment and achieve goals. This facility is licensed through the Office of Mental Health & Substance Abuse Services (OMHSAS) and the Department of Drug and Alcohol Programs (DDAP) to provide outpatient mental health and substance use treatment services.

SERVICES BY REGION

Skills provides services in seventeen counties throughout central Pennsylvania. Our services fall into several major categories, including: Intellectual and Developmental Disability Support, Community Programs, Behavioral and Mental Healthcare, Transportation, Housing, and Addiction Services. The matrix below shows how our services are distributed throughout the regions we serve.

| Region | Community Homes | Lifesharing | Companion Services | In-Home Supports | Respite Home | Behavioral Supports | Older Adult Programs | Adult Day Programs | Community Participation Support | Employment Services | Vocational Training Services | Site-Based Psychiatric Rehab | Mobile Psychiatric Rehab | Peer Support | Drop-In Centers | Opportunity Centre Gubhouse | Outpatient Mental Health | Transportation | HUD Housing | Addiction Services |
|----------------------------|-----------------|-------------|--------------------|------------------|--------------|---------------------|----------------------|--------------------|---------------------------------|---------------------|------------------------------|------------------------------|--------------------------|--------------|-----------------|-----------------------------|--------------------------|----------------|-------------|--------------------|
| Bedford-Somerset | | V | V | 1 | | 1 | 1 | × | 1 | | | | | | | | | | | |
| Blair | J. | 1 | V | 1 | 1 | Z | 1 | 1 | 1 | 1 | V | | 1 | | | | | 1 | V | |
| Cambria | ✓. | V | V | 1 | | 1 | 1 | V | 1 | 1 | | | | | 1 | | 1 | | | 1 |
| Centre | I | 1 | V | 1 | | y. | | V | 1 | 1 | J | J | 1 | 1 | | J | | | | |
| Clearfield-Jefferson | J | 1 | V | 1 | | 1 | | | | | | | 1 | | | | | | | |
| Cumberland-Perry | 1 | 1 | | | | 1 | | | | | | | | | | | | | | |
| Huntingdon-Mifflin-Juniata | 1 | 1 | | 1 | | 1 | 1 | ~ | 1 | 1 | 1 | | | | ¥ | | | 1 | | |
| Lycoming-Clinton | 4 | 1 | | 1 | | 1 | | | 1 | 1 | | 1 | 1 | 1 | 1 | | | | | |
| York-Adams | 4 | 1 | | | | 1 | | 1 | 1 | | | | | | | | | | | |
| Westmoreland | | 1 | | | | | | | | 1 | | | | | | | | | | |

What Are Families Saying?

The results from our most recent Family Satisfaction Survey are in, and we have reason to celebrate! Of all the respondents, more than 95% said they agree or strongly agree that overall they are satisfied with Skills as a service provider for their family member. Here are just a few of the hundreds of positive comments we received.

- "All of the staff that support my son while he is at Skills provide him with exceptional service which include his supervisor, program coordinator, and behavioral support staff."
- "All the staff are very supportive and kind. They genuinely care about their clients."
- "I wouldn't change a thing. Never change a winning combination!"

ABOUT THE SKILLS TEAM

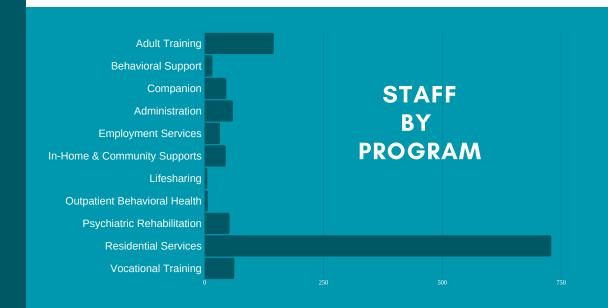
At Skills, people are our priority! We are able to support people in the community because of the dedication of our staff. It takes many people with unique skills to support a single individual. The work we do is challenging, but it is also rewarding. It is more than a job; many of our staff explain it as a "calling."

For people with intellectual and developmental disabilities, our front-line staff, referred to as Direct Support Professionals, are critical. These dedicated individuals work incredibly hard to meet the unique needs of the people they support. They, in turn, are supported by Skills' Program Specialists, Team Leaders, Behavioral Support Specialists, Nurses, Transportation Coordinators, and a variety of administrative and supervisory staff.

In our Behavioral Health programs, we support people as they recover from mental health challenges and substance use disorders. Peer Support Specialists and Psychiatric Rehabilitation Specialists work directly on the front lines with the people they support. They, in turn, are supported by a dedicated supervisory and administrative team.

If you have a heart for helping others, believe that all people should be treated with compassion and respect, and an ability to understand the needs of others, Skills offers a culture in which you can thrive.

Interested in joining our team?
Visit our career page!



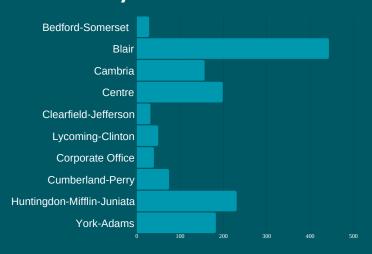


Sandra Ortiz was this year's overall T.O.P.S. winner. Congratulations, Sandra!

Here are a few comments shared by Sandra's peers on her T.O.P.S. award nomination:

- "With her actions, Sandy demonstrates what we should all strive to be in our jobs and in our personal life...a person with a loving and caring heart..."
- "One gentleman demonstrated an interest in horses, and she made it possible for him to not only see the animals, but to assist with the care of brushing, feeding, combing their tails as well as being able to walk a horse out to pasture."

STAFF BY COUNTY/REGION



THE "T.O.P.S."

At Skills, we love to celebrate our staff, those people who profoundly touch the lives of others and best represent the spirit and values upon which Skills was founded. Twice each year, we put out a call for nominations from any staff member who has experienced a co-worker's compassion and unwavering commitment to helping others in various areas including:

- Team Work/Team Player: Helpfulness, Leadership, Optimism and/or Positive Attitude
- **Opportunity:** Advocacy, Extra Effort, Initiative and/or Vision
- **Performance:** Creativity, Motivation, Quality and/or Safety
- **Support:** Compassion, Commitment, Helpfulness and/or Professionalism

Honorees are chosen in the spring and fall from each region, and from these, one overall T.O.P.S. winner is chosen for the year. This year's regional T.O.P.S. honorees included:

- **Tariq Batte:** Direct Support Professional, Residential Services
- Christine Ensor: Team Leader, Residential Services
- **Janet Kirsch:** Direct Support Professional, Residential Services
- **Bobbi Mays:** LPN, Residential Services
- **Sandra Ortiz:** Direct Support Professional, Adult Training Services
- **John Piatiak:** Direct Support Professional, Residential Services
- Nicole Wray: Direct Support Professional, Residential Services



FROM THE FOUNDATION

The work of the Skills Foundation is a key aspect of advancing Skills' mission. From providing funds for medical equipment to supporting the integration of innovative therapy projects, philanthropy remains an essential activity of our organization.

Our Foundation hopes to grow its support of Skills in the coming years, providing hope and assistance to our staff and people in services whenever possible. We will continue to fund new solutions to persistent problems, relieve financial burdens for the people we support, and always strive to give back to our community and industry.

In 2018 and 2019, the Skills Foundation received gifts from individual donors, people seeking to memorialize and honor their loved ones, grant-making organizations, corporate sponsors and business partners of our annual golf tournament, and our dedicated employees through payroll deductions.

If you've never made a financial contribution to the Skills Foundation, now is a great time to start. There are many ways to give, from gifts to our annual appeal, to gifts in memory or honor of a loved one, to gifts of life insurance or Qualified Charitable Distributions. And gifts need not be large to be impactful; every gift makes a difference!

To all of our supporters, I extend a sincere thank you for your generosity and trust in us. We are honored that you consistently choose the Skills Foundation when deciding which local human services organization to support. Your gifts are helping us changes lives.

Robert E. DonlanSkills Foundation Chairperson

2018 - 2019 Skills Foundation Board of Directors

Robert E. Donlan Chairperson

Becky Aungst

Laura Biggs

Todd Dieffenbach

Joe Hurd

Ann Leiner

Dr. Billie S. Willits

2019 Golf Tournament

This year marked Skills' 14th annual E.F. "Pat" Houser Golf Tournament. Held in memory of Pat Houser, one of Skills founding members, proceeds from the annual event are used to provide "extras" such as equipment, dental care, and programming for the people we support. This year's event was a huge success. All together, 116 golfers participated and 60 different sponsors supported the event, which raised more than \$42,000 for the Skills Foundation. We'd like to say a big "Thank you!" to all of the golfers, sponsors, staff, and participants who supported the event!

Next year's golf tournament is scheduled for July 6, 2020. Be sure to mark your calendar!

Special thanks to the following supporters for their in-kind contributions:

- Paula Binus
- Bill & Juls Bratton
- DuBois Country Club
- Hoss's Family Steak & Sea House Toftrees Golf Resort
- Iron Masters Country Club
- Ray Kauffman Photography
- Schuylkill Country Club
- Sinking Valley Country Club

Discovery Garden Plant Sale

Each year, we hold a spring plant sale at the Hollidaysburg, Pennsylvania, Discovery Garden, which is dedicated to the memory of Courtney Leigh Claton. Courtney was a young woman from Hollidaysburg who worked at Skills and passed away suddenly in 1997.

Skills staff and the Clayton family worked together to create the garden which was dedicated in 2000 and has since become a focal point for activities which bring different community groups together. Providing a cornerstone for intergenerational programs, outdoor ecology education, and inclusive activities for everyone in Blair County, the Discovery Garden is an ongoing celebration of Courtney's life.

Good weather, a beautiful selection of plants, and lots of community support for Skills made this year's Discovery Garden Plant Sale a huge success! Proceeds from the event totaled \$2,500, and we nearly sold out of plants by noon!

2020 marks the 20th Anniversary of the Discovery Garden, and hopefully our biggest Plant Sale yet!







2019 Skills Supporters

Golf Tournament Sponsors

Allan Hancock Agency Allegheny Lutheran Social Ministries Allegheny Supply & Maintenance Co.

Amerisery Financial

Arlington Heritage Group

Blackburns Physicians Pharmacy

Bob Perks Fund

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PSECII

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Safelite Auto Glass

Sheetz

Skills Senior Management Team

Stewart Realty, LLC

Supelco

Thompson Pharmacy Inc.

UPMC

UPMC Workpartners

USI Insurance

Wagner & Finn Robin Weirich

Wessel & Company

Annual Appeal Gifts

Ms. Debra Anderson

Mr. and Mrs. Robert Ash

Ms. Rebecca Aungst

Nancy and Ronald Bailey

Ms. Val Barner

Mr. and Mrs. Scott Basom

Mr. and Mrs. Frederick Behe

Mr. and Mrs. David Berry

Mr. and Mrs. Manuel Casado

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Ms. Barbara Hoffman and Mr. Stanley

Mr. and Mrs. James Hooper

Rose of Sharon Home Inc.

The HR Office Inc.

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Mr. and Mrs. Julius Knorr

Mr. Edward Kolson

Ms. Jane Kolson and Mr. Edward

Kolson

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Ms. Hazel Wilt and Ms. Glenda Snyder

Matt & Tiff Stuckey Foundation

The Village of Nanty Glo

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Mr. William Lantzy and Ms. Joanne Whiting

Dr. Billie S. Willits & Teague Willits-

Mr. and Mrs. William Wright

Ms. Margaret Zook

Memorial Gifts

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Penns Valley Area Health & Welfare Assn.

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Dennis & Connie Price

Jerelene & Barry Reish

Harriet Rishel

Norbert & Helen Robb

Iohn & Blanche Shvlo Sean Snyder

Marion & Shirlee Taulbee

Jane Taylor

Hazel Wilt & Glenda Ellis Snyder

Victor & Jodie Zeeman

Shirley Zimmerman Margaret Zook

Skills of Central PA respectfully acknowledges the following people in whose memory we received

contributions. **Bob Anderson**

Joanne Blazer Richard Conrad

Kandi Davis

Janet Dilling

Stanley Goldman Carl Katish

Rita Mannino

Lenore Ott Robert Pavlosky

Charles Risoldi **Dwight Robb**

B. Claton Tauber **Courtney Taulbee**

Other Gifts

1st Summit Bank

Altoona Curve

Amazon Smiles Bath Fitter

The Benevity Community Impact

Fund

lason Brown The Bruno & Lena DeGol Family

Foundation

Todd Dieffenbach

Susan Dunsmore-Kennedy

Fraternal Order of Eagles The Heckendorn Family Fund

Bill & Deb Hoover

The HR Office Inc.

Huntingdon Rotary Club

Frederick J Kissinger Fund in

Memory of Jack Kissinger

Knights of Columbus

Jeffrey & Patricia Krauss

Melanie Lee Harold & Ruth Miller

Network for Good

Lawrence O'Connor & Gail Lawrence Brenda Parks

Patrick & Lisa Sherren William Lantzy & Joanne Whiting

Skills Employee Gifts

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Karry Carr James Cimino

Kelly R. Coldren

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Marie Kauffman

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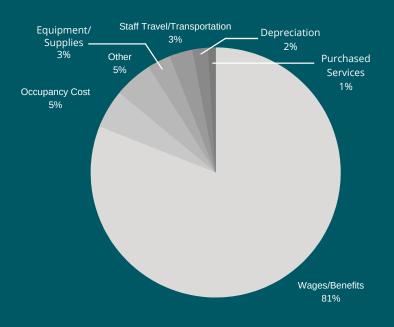
FINANCIAL SUMMARY

JULY 1, 2018 - JUNE 30, 2019*

REVENUE: \$61,387,992

TOTAL WAGES & BENEFITS: \$48,138,739

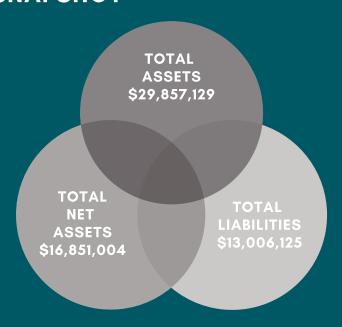
EXPENSES BY CATEGORY



REVENUE BY SOURCE

| Office of Developmental Programs | \$53,510,553 |
|-------------------------------------|--------------|
| Managed Care Operations | \$2,440,667 |
| County Revenue | \$1,114,691 |
| Client Fees | \$1,768,755 |
| Sales - Industrial | \$586,567 |
| Intraprogram Revenue | \$564,712 |
| Office of Vocational Rehabilitation | \$471,007 |
| Other | \$401,585 |
| Tenant Assistance Payouts | \$160,614 |
| Interest | \$130,555 |
| Apartment Rental Income | \$112,127 |
| Fundraising | \$52,885 |
| Gain on Sale of Fixed Assets | \$41,569 |
| Contributions | \$31,705 |
| Total Revenue | \$61,387,992 |

BALANCE SHEET SNAPSHOT





Corporate Office

341 Science Park Road, Suite 6, State College, PA 16803 814.238.3245

Regional Offices

Bedford-Somerset Counties

415 Georgian Place, Somerset, PA 15501 814.701.2912

Blair County

805 Chestnut Avenue, Altoona, PA 16601 814.949.4800

Cambria County

957 Rowena Drive, Ebensburg, PA 15931 814.472.1031

Centre-Lycoming-Clinton Counties

1225 Benner Pike, State College, PA 16801 814.272.0341

Clearfield-Jefferson Counties

1214 South 2nd Street, Suite B, Clearfield, PA 16830 814.205.4008

Huntingdon-Mifflin-Juniata Counties

MCIDC Industrial Park 6395 S.R. 103 North, Building 35, Lewistown, PA 17044 717.242.0313

York-Adams-Cumberland-Perry Counties

600 Linden Avenue, Hanover, PA 17331 717.630.2455

www.skillsofcentralpa.org info@skillsgroup.org