ANNUAL REPORT

2016-2017

SELF HELP MOVEMENT INC.
SELF HELP MOVEMENT

ESTABLISHED
1967
Self Help Movement, Inc. was founded in 1967 by Dr. Joseph F. Ruggiero, who at that time was a probation officer with the Philadelphia Adult Probation Department, as an outpatient drug rehabilitation program for probationers/parolees.

By the early 1970s the need for an inpatient program became apparent. A search led to a small building at Byberry State Hospital called the “Farmhouse”. Many hundreds of hours of volunteer labor transformed the old, dilapidated building into “Self Help”. The facility then housed 16 residents who received intense substance abuse counseling and rehabilitation.

In 1975 we petitioned the state to lease a small residential center for drug abusers on the grounds of the Philadelphia State Hospital at Byberry. A large, three-story building was secured on the Byberry grounds with a capacity for 40 residents.

In addition to the residential treatment program, the new building housed a halfway house program for graduates and administrative services for the newly incorporated Non-Profit. In 1982, negotiations were initiated with the State Hospital for a long-term lease in a newer and more efficient building on the hospital grounds. On July 29, 1983, the Self Help Movement, Inc. leased the Daniel Blane Complex, which included three buildings.
On May 18, 1988 the deed transferring the five acre complex with buildings from the state to Self Help Movement, Inc. was completed. Led by Executive Director, Dr. Ruggiero and Judge’s James Cavanaugh, Edward Blake and Jerome Zaleski, as Chairmen of the Board, guided Self Help to continue to grow and serve the needs of clients. Thousands of individuals have passed through our doors and successfully graduated our program to become productive members of society.

In January 2010, Dr. Ruggiero’s retirement was official. His years of service as founder, inspirational and spiritual servant to the men who walked through the doors of Self Help will never be forgotten. Robert N. Dellavella, J.D. assumed his duties as CEO with a seamless transition for both staff and clients. His ideas for growth and development at Self Help have been well received and implemented with a seemingly effortless style. This is due in part to an almost lifetime involvement Bob has had with Self Help, starting in the 1980’s as he worked alongside his father, Nicholas Dellavella. Nicholas Dellavella played a major role in the growth of Self Help in the 1980’s and 1990’s through his position as Administrator and Director of Maintenance of the property and advisor to Dr. Ruggiero.
Following the early years, Bob worked diligently as a member of the Board of Directors becoming Chairman of the Board and then progressing to his current position as Chief Executive Officer. Furthering our goal of helping those with substance addiction’s help themselves to conquer their disease and become productive members of society.

Bob’s goals are to expand the facility by rehabbing unused building space in need of renovation. This will hopefully be accomplished with grants, fundraising efforts and the will and dedication of all of the people who care about Self Help. The expansion will provide the clients we serve with additional bed space, counseling support, educational and vocational programs and other auxiliary services.

Our Board Chairman, the Honorable Joseph C. Waters, continues in the tradition of guiding the program through its new challenges, goals and expectations. After 5 years of avid commitment to Self Help Movement, Joe stepped down from his position as Board Chairman. In October, 2014 Milton Sutton was unanimously elected to fill the position of Chairman of the Board.
Without Self Help
I do not know where
I would be today.
- N.D.

Self Help gave me the
ability to get back into
the main stream of
society
- Rick W.

“Hands down, Self Help
saved my life!”
- Mike C.
In my years of service to Self help Movement I am exceptionally proud of our accomplishments. We have improved many aspects of our building; however our greatest achievements are the enhancements to the programs that serve our clients. The educational, vocational, nutritional, and recreational programs and program expansions will hopefully translate into a higher success rate and better prepare our clients’ transition into productive members of society. A special thank you to my staff both old and new who have guided me to the successes we enjoy.

- Robert N. Dellavella, JD.
Since being elected Chairman of the Board at SelfHelp, I have had a chance to have a front row seat to see how Bob Dellavella and his staff run the organization. Simply put, I have been blown away by the job all of the counselors and the other employees are doing. The competence, hard work and dedication of the staff is nothing short of amazing. Words cannot express how excited I am about the future of Self Help and I am proud and honored to be part of that future.

-Milt Sutton
The Eagle represents our journey from addiction to sobriety. Our flight may be interrupted by setbacks and failings, but the journey must continue and we must strive to soar high and far. Our vision at Self Help is to continue to provide the necessary tools for that journey. Some of the tools provided that will sustain our flight are done so through spirituality, counseling and education, as well as job and life skills training.

An Intense commitment to our client’s entire well being is the center of our mission here at Self Help Movement. Not only do we treat substance related addictions of our clients, we provide individualized and flexible treatment programs geared towards each individual’s needs. We actively involve each client in an evolving treatment of care. This is done by providing the potential and ability to move forward and progress while becoming productive and giving members of society. Our hope is that our clients will learn to appreciate and share in the gift of life that each of us has been given.
Clinical:

- The Clinical Program’s renovation of the physical fitness center and well being programs.

- Hosted a Volunteer Day: Self Help employees worked with clients/resident to plant flowers and landscape the property.

- Continuation of a Grow Garden to cultivate plants from seeds for our outdoor garden.

Fiscal:

- Hosted our Third Annual Dinner to raise the awareness of Alcohol & Drug Addiction.
Projects, Programs & Events

- **Adjunctive Therapy:**
  Additional or secondary therapy combined with a primary treatment that increases the effectiveness in treating a condition.

- **Culinary Arts:** Teaches basic skills in food preparation, nutrition and healthy & proper sanitation procedures.

- **Gardening:** Teaches fundamental skills in organic gardening techniques such as: Soil Preparation and Planting Harvesting

- **Landscaping:** Basic operations of grounds keeping & equipment

- **Fulfillment:** Teaches basic work skills, while providing temporary employment opportunities to residents at a 2B level of care.
Continuing our tradition of client centered events throughout the year we celebrate the change of seasons: Spring blooms with a client party where we encourage their families to join them for an afternoon of food and fun with a visit from a magician that is enjoyed by all. Summer follows with an array of cookouts where we encourage interaction between the staff and clients with activities such as horseshoes, volley ball and client centered activities outside in the courtyard. Autumn rolls in with pumpkin pie, apples and afternoons where our talented staff and clientele participate in a talent show. With the start of winter we celebrate family and friends with food, gifts and entertainment. During nice weather we hold weekly softball games and basketball tournaments to further encourage a healthy lifestyle.
Clinical:

- Goal: Ongoing compliance with all funding agencies for the treatment of clients.
- Goal: To increase Evidence Based Innovation Programs including Spirituality and Wellness.
- Goal: To conduct internal research to determine the effectiveness of programming.

Building:

- Goal: Initiate the renovation of the Southampton Road Building - ongoing
- Goal: The installation of air conditioning on all client phases as well the Transitional Living Facility - ongoing
- Goal: Renovate parking areas - ongoing
### SELF-HELP MOVEMENT, INC.

**STATEMENT OF ACTIVITIES**

**YEARS ENDED JUNE 30, 2015 AND 2014**

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2014</th>
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<tbody>
<tr>
<td><strong>REVENUES:</strong></td>
<td></td>
<td></td>
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<tr>
<td>Fee-for-Service</td>
<td>6,304,460.</td>
<td>6,248,362.</td>
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<td>Grants</td>
<td>1,000.</td>
<td>503,000.</td>
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<tr>
<td>Rent from Residents</td>
<td>341,614.</td>
<td>328,846.</td>
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<td>Net Store Proceeds</td>
<td>25,203.</td>
<td>23,842.</td>
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<td>Contributions</td>
<td>1,203.</td>
<td>17,868.</td>
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<td>Interest</td>
<td>53,101.</td>
<td>65,518.</td>
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<td>Special Events</td>
<td>53,224.</td>
<td>26,947.</td>
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<td>Income from unconsolidated investee</td>
<td>55,878.</td>
<td>32,732.</td>
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<td>Miscellaneous</td>
<td>4,364.</td>
<td>4,219.</td>
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<td><strong>Total</strong></td>
<td>6,840,047.</td>
<td>7,251,334.</td>
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<td><strong>EXPENSES:</strong></td>
<td></td>
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<td>Program</td>
<td>5,556,698.</td>
<td>5,298,877.</td>
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<td>Management and General</td>
<td>1,769,451.</td>
<td>1,526,295.</td>
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<td>Fundraising</td>
<td>14,759.</td>
<td>16,399.</td>
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<td><strong>Total</strong></td>
<td>7,340,908.</td>
<td>6,841,571.</td>
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<tr>
<td><strong>EXCESS (DEFICIT) REVENUES OVER EXPENSES</strong></td>
<td>(500,861.)</td>
<td>409,763.</td>
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<tr>
<td><strong>TRANSFERS:</strong></td>
<td></td>
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<td>Depreciation to permanently restricted net assets</td>
<td>321,968.</td>
<td>265,391.</td>
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<td>Capital improvements to permanently restricted net assets</td>
<td>(10,962.)</td>
<td>(1,447,028.)</td>
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<tr>
<td><strong>INCREASE IN UNRESTRICTED NET ASSETS</strong></td>
<td>(189,855.)</td>
<td>(771,874.)</td>
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See notes to financial statements.
Fiscal:

Goal: Secure additional funding to start the renovation process of the Southampton Road Building.

Goal: Plan and host fourth annual fundraiser to increase awareness of Alcohol and drug addiction.

Goal: Research Additional Funding sources to increase the number of clients served.

Goal: Work towards getting private insurance now that we are CARF accredited.
Executive Director/CEO
Founder/CEO Emeritus
Chief Operating Officer
Director of Intake/Community Relations
Director of House Supervision
Director of Food Services
Director of Administrative Services
Director of Building & Maintenance/TLF
Clinical Director
Director of Finances
Human Resources Manager
Administrative Assistant
Administrative Assistant
Lead Counselor
Counselor Counselor
Counselor Counselor
Counselor Assistant
Counselor
Counselor
Counselor
Utilization Reviewer
Spiritual Advisor
TLF Supervisor
Intake
Intake
Intake
Intake
Case Management - Supervisor
Kitchen Supervisor
Resident Monitor
Resident Monitor
Case Manager
Kitchen Assistant
Resident Monitor
Resident Monitor
Resident Monitor
Knee Assistant
Case Manager
Resident Monitor
Resident Monitor
Resident Monitor
Resident Monitor
Resident Monitor
Kitchen Assistant
Resident Monitor
Kitchen Assistant
Resident Monitor
Case Manager
Resident Monitor
- Robert N. DellaVella, Esquire
- Dr. Joseph F. Ruggiero
- Leo E. Medwed
- Carmelo Benjamin
- John Cooper
- Jeffrey Gump
- Cheri Lare
- Joseph Patricelli
- Diana Piperata
- Maria Schneider
- Nancy McLaughlin
- Patricia Hopkins
- Linda Kilkenny
- Maurice Williams
- Michael Bril
- Vernestine Douglas
- Robert Holley
- Evelyn Luciano
- Abdurrahayb Muslim
- Jeanette Sonnhalter
- Stephen Steinberger
- Heather Shaw
- April Williams
- Heather Fleisch
- Adarrell Fischer
- Michael Costa
- Erik Brennan
- Gary Carnation
- Kamal Harris
- Zoilo Torres
- Lorenzo Arnold
- Dennis Richardson
- Kevin Aikens
- Wendell Alston
- Michael Bee
- Christopher Blaser
- Kenneth Bradford
- Joseph Brewington
- William Brooks
- David Burkhart
- Stephen Byrne
- Nelson Chaulisant
- Jonathan Clay
- Leo Coady
- Vincent Cosenza
- Thomas Davis
- Brandon Derstine
- Nicholas DeSALIS
- Rodney Ford
- Murray Frasier
- Gary Gregory
- John Griffin