

Annual Report 2020-2021

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 larger, 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 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

In October, 2014 Millard (Milt) Sutton was unanimously elected to fill the position of Chairman of the Board. Milt continues to serve, and guide the Board in an exemplary manner as we continue to expand, and serve those in need of treatment.

Without Self Help
I do not know where
I would be today.

-H.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.

TESTIMONIALS



From the CEO

In my 11th year 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.



From the Board Chairman

Since being elected Chairman of the Board at Self Help, 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 wellbeing 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.

OUR MISSION

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CLIENT ACTIVITIES



CLINICAL:

- Counselors polished their clinical skills with ASAM and the ASAM Realignment.
- We kept up with CARF policies and procedures.
- DEA and SAMHSA Licensed for MAT.
- A new Clinical Director, Colleen Brubaker, was hired. Ms. Brubaker served as a counselor prior to her promotion to Clinical Director. In addition to Ms. Brubaker's promotion to Clinical Director, our Clinical Department was re-structured, and now includes a Clinical Team of leadership that work together to support the counselors and the members served.
- Treatment Outcomes 7/1/2020-6/30/2021. See chart attached, which notes 163 successful completions; 153 ASA (left treatment against staff advice); 32 AD (Administrative Discharge), 1 (Other); 349 total clients served.
- DDAP inspection was successfully completed.

Building:

- The goal of Renovating the Southampton Road Building is still an ongoing process, however, much has been achieved over the past year. A new roof, windows and doors have been installed throughout the building. Additionally, demolition of the entire building has been completed. We are now in the process of commencing the outfitting of the building with an architect for the final design of the building.
- Upon the completion of our electrical upgrades all rooms were secured with air-conditioning units. We are all feeling “cool” during the hot summer months.
- We put a new floor in our kitchen, and upgraded our dining room with new tables and chairs.

Fiscal:

- Due to Covid-19, we were unable to host our Annual Reception, which raises awareness of substance abuse, and provides funds to enhance and expand our many programs. We hope to host another successful event in Spring, 2022.
- We were successful in obtaining a PPP Loan, which we anticipate will turn into a grant in excess of \$1,000,000.00, and will be used to offset some of the Covid-19 expenses, and lost revenue.

IT Department:

- Over the past year there have been many changes

to the way we implement treatment for our clients, and how technology impacts treatment. With the Covid-19 Pandemic we have been following through with new ways to stay socially distanced, but still able to provide the necessary levels of care. Our IT Department has put in place and achieved many of the goals it set for dealing with Covid-19, and the new plans for the year to come.

- Our IT Department diligently works to upgrade our technology systems to keep pace and meet the ever-growing needs of today's technology driven world.
- The IT Department implemented a guest Wi-Fi for our administrative offices, which allowed individuals to have access to the internet, but not directly on Self Help Movement's network. An upgrade of our firewall and protection of our new server with a new firewall and a redundant web filter was also implemented that helps our network security.
- The IT Department continued progress with guest Wi-Fi opening-up more of our building to wireless connection.
- Our camera system was upgraded. There were 10 cameras that were replaced, and 20 cameras that were added to increase our physical security. Our Network attached storage was upgraded from a 4-drive to an 8-drive system which allows for our continued growth.
- The IT Department upgraded our payroll system with a fingerprint scanner.
- In March, 2020, we were all faced with the challenges of the Covid-19 Pandemic. Our IT Department prioritized

and has continued to prioritize the tasks for telecommunication, and the need to work from home for many of our employees, which included the ability for counselors to telecommunicate with their clients. A room was set up for the clients to telecommunicate with their counselors and our staff psychiatrist. Our Audio-Visual Room was upgraded to allow clients to zoom, and be able to attend AA and NA meetings as well as have our counselors conduct groups in a safe manner. Laptops were provided for administrative staff to work from home remotely, and be able to work on our network securely. A virtual private network was installed that allowed for all of our data to be secure, and allowed our staff to have access to our network safely and securely. Seven group rooms were outfitted with computers and I-pads in order that clients could meet with their counselors safely through telecommunication.

- The IT Department upgraded of all computers to Windows 10. They installed eighty-eight cameras to cover stairwells, and some additional areas of the outside of our buildings.
- We are moving to Electronic Health Records (EHR) through KIPU. We interviewed and were provided presentations by varying EHR companies and decided that KIPU was the best fit for our organization. Our Admissions Department, Clinical Department, Billing Department and Case Management Department are currently in training, and we anticipate the EHR system will be up and running by Fall, 2021.
- We provided our MAT program with an electronic prescribing program for our staff and doctor's use.

Plans for the upcoming year are to continue prioritizing the safety of our clients, staff and building as we continue to navigate the Covid-19 Pandemic. We are in the beginning stages of planning what the new Southampton Road Building will require of the IT Department so when the time comes our IT Department will be prepared to act. Due to Covid-19 the new Southampton Road Building had been put on hold, but progress is beginning to be made to move forward.

SELF-HELP MOVEMENT. INC.
STATEMENTS OF ACTIVITIES
YEARS ENDED JUNE 30, 2020 AND 2019

CHANGES IN NET ASSETS WITHOUT DONOR RESTRICTION

REVENUES:

<i>Fee-for-Service</i>	\$8,619,591.	\$8,142,964.
<i>Grants</i>	0.	347,975.
<i>Rent from Residents</i>	339,095.	361,575.
<i>Net Store Proceeds</i>	21,598.	22,837.
<i>Contributions</i>	805.	12,628.
<i>Interest</i>	51,139.	66,890.
<i>Special, / Events</i>	3,718.	51,030.
<i>Income from Unconsolidated Investee</i>	13,154.	88,018.
<i>Miscellaneous</i>	39,741.	26,637.

EXPENSES.

<u>EXENSES</u>		
<i>Program</i>	6,572,415.	6,195,176.
<i>Management and General</i>	2,208,947.	2,101,341.
<i>Fundraising</i>	500.	15,849.
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	8,781,862.	8,312,366.

EXCESS (DEFICIT) REVENUES OVER EXPENSES

TRANSFERS:

Depreciation to net assets with donor restriction	270,129.	347,790.
Capital improvements to net assets with donor restriction	(589,141.)	(1,241,761.)

**INCREASE (DECREASE) IN NET ASSETS
WITHOUT DONOR RESTRICTION**

WITHOUT DONOR RESTRICTION (12,033.) (85,783.)

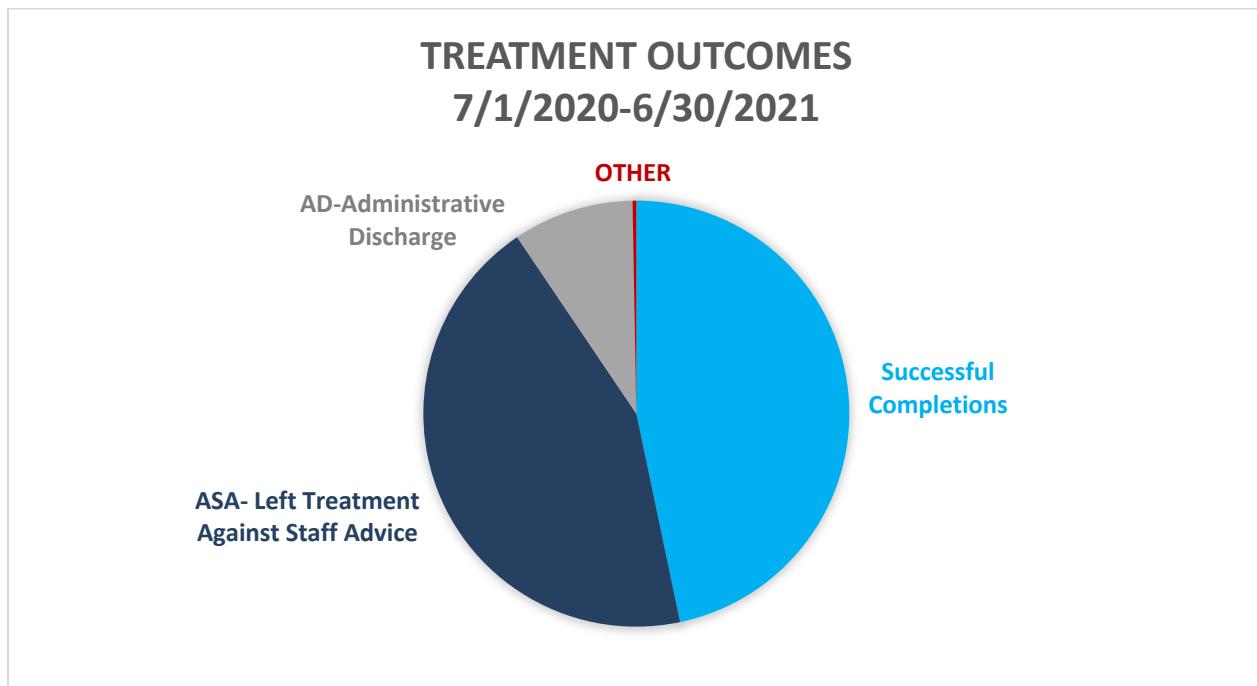
See notes to financial statements.

TREATMENT OUTCOMES
7/1/2020-6/30/2021

Successful Completions	163
ASA- Left Treatment Against Staff Advice	153
AD-Administrative Discharge	32
OTHER	1
TOTAL CLIENTS SERVED:	349

*PLEASE NOTE:

- AD's include those administratively discharged by the Clinical Director due to significant program violations or inappropriate level of care (AOD use in or outside of the facility; remanded into custody; transfer to dual diagnosis facility/lateral transfer)
- Other indicates death of member



- A total of **349 men** passed through the doors of SHM from July 1, 2020 thru June 30, 2021
- Of these men, **163 (46.7%)** successfully completed/graduated the treatment program.
- Of those 163, **82 (50.3%)** moved into our Transitional Living Facility to continue their recovery efforts.
- The remaining **81 (49.7%)** graduates either returned to their homes/families or transitioned to recovery houses/sober living in the community
- Of the remaining 186 men, **153 (43.8%)** left treatment against staff advice (ASA) and **32 (9.2%)** were administratively discharged (AD) by the Clinical Director due to significant program violations or inappropriate level of care (AOD use in or outside of the facility; remanded into custody; transfer to dual diagnosis facility/lateral transfer). There was **1 (0.3%)** discharge deemed as Other due to the death of member.

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

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.

Fiscal:

- Goal: Host our Annual Dinner to raise the awareness of Alcohol & Drug Addiction in Spring, 2022. Tentatively scheduled for 5/12/2022 at Knowlton Mansion.
- Goal: Secure additional funding to continue the renovation process of the Southampton Road Building.
- Goal: Continue to obtain grants available to offset Covid-19 expenses and lost revenue.

Clinical:

- Goal: Ongoing compliance with all funding agencies for the treatment of clients.
- Goal: To work with private insurance companies to place clients in our program.
- Goal: With the addition of MAT look to increase individuals in treatment on both MAT and Drug Free.



Building:

- Goal: Complete the renovation of the Southampton Road Building. Plans for the introduction of a possible out-patient program, detox program to include new offices, common spaces, and treatment rooms.
- Goal: Revitalization of the adjoining field for future use for sports and health/wellness programs.

PREA ANNUAL REPORT

STATISTICAL DATA FOR LAST 3 YEARS:

Reentrant on Reentrant: Sexual Abuse – 1 NON-Founded, Sexual Harassment-0

Staff on Reentrant: Sexual Abuse – 0, Sexual Harassment- 0

We are currently awaiting a confirmation from Women Organized Against Rape (WOAR) to provide services for a Sexual Violence Crisis Center.

We assure the safety of Reentrants and staff through a comprehensive approach to prevention, detection and response to sexual abuse and sexual harassment.

A Zero-Tolerance philosophy and culture permeates the entire organization from the highest levels to the front-line staff in our facility.

EMPLOYEE TRAINING:

Employees attend yearly training and refresher courses as needed for PREA Sexual Abuse and Sexual Harassment prevention, detection and response to sexual abuse and harassment.

Staff-on-Reentrant Sexual Abuse	2019	2020	2021
Total Allegations	0	0	0
Substantiated			
Unsubstantiated			
Unfounded			
Investigations Ongoing			

Reentrant-on-Reentrant Sexual Abuse	2019	2020	2021
Total Allegations	0	0	1
Substantiated			
Unsubstantiated			
Unfounded			x
Investigations Ongoing			

Staff-on-Reentrant Sexual Harassment	2019	2020	2021
Total Allegations	0	0	0
Substantiated			
Unsubstantiated			
Unfounded			
Investigations Ongoing			

Reentrant-on-Reentrant Sexual Abuse	2019	2020	2021
Total Allegations	0	0	0
Substantiated			
Unsubstantiated			
Unfounded			
Investigations Ongoing			