

Together



Annual Report
2021-2022

Message from Lisa

DEAR FRIENDS,

As our world continues to find its footing in this post-pandemic environment, I am encouraged by the attention and urgency of our lawmakers to make mental health needs a priority. Working together with our state and local leaders to ensure that children receive the help they need, MHY's care has never been more critical. Guided by MHY's 144-year legacy of evolving to respond to community needs, I am proud to share that MHY is at the forefront of advancing mental health care and educational programming in Pennsylvania.

In this report, you will read about MHY's groundbreaking launch of the **Multisystemic Therapy-Psychiatric program**, the first in Pennsylvania, and transforming care as we know it. This clinically proven treatment addresses the needs of the entire family in crisis. Children with severe mental illness and specialized needs can now remain together *with their family, in their home and in their community.*

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You will learn how MHY Family Services is responding to the increasing mental health needs among our students by now providing **School-Based Therapy services** in three school districts. MHY's School Based Therapists provide students, teachers and administrators the therapeutic support they need to cope and manage their mental wellness challenges.

You will also read about the expansion of Longmore Academy classrooms throughout our campus to meet the growing educational, behavioral health and life skill needs, including the **launch of a specialized and individualized learning environment for students with autism**. Because of Longmore Academy's trauma-informed approach, individualized curriculum and dedicated faculty, students from over 35 community school districts can achieve academic and social success.

I am grateful for your many expressions of support as MHY transitions away from providing care through residential treatment to prioritizing treatment in the home. **Keeping children and families together** is a significant evolution of our delivery of care. Although change can create uncertainties, our success comes from leading, not following. And your encouragement and steadfast support of our mission affirmed our decisions.

We continue to rely on your help in the year ahead. As our programs grow, so do the needs of the children we serve. Every gift, of any size or type, will help. Your donations of back-to-school supplies better prepare our students to succeed; your time as a volunteer can help paint a classroom or organize clothing donations;



your donation of gift cards can wipe out food insecurity; and your financial contributions can change the direction of a child's life.

Together with your support, MHY Family Services will continue to help children and families heal and succeed.

Sincerely,

Lisa M. Schiller
Executive Director

MHY Family Services

As an essential behavioral health and education provider in Western Pennsylvania for 144 years, **MHY Family Services** has offered comprehensive treatment, education and trauma-informed care that helps at-risk youth and their families stay together.

The world around us has evolved in countless ways over the past century and a half, and we are no different. What began as an orphans' home, where children and their families were kept apart, has grown into an organization committed to keeping youth and families together in their homes and communities. We're accomplishing this through a licensed private school for grades 1-12, in-home treatment programs, community services and more.



“A wonderful organization. MHY is bringing the best evidence-based practices to the community.

If you want your child at home, in school or working, and out of trouble, MHY has the resources and caring staff to help your family.”

– Diane Kooser
(Google review)

Our Impact

MHY served a total of

657

youth in 2021-22 through community services, in-home and school-based treatment programs and Longmore Academy.

40

clients
**High-Fidelity
Wraparound**

14

clients
**Intensive
Aftercare
Monitoring**

172

students
**Longmore
Academy**

153

students in
two schools –
**School-Based
Therapy**

230

clients
**Multisystemic
Therapy –
Standard**

30

youth
**Juvenile
Community
Monitoring**

18

clients
**Multisystemic
Therapy –
Psychiatric Care**



Leading the Way

NEW

Multisystemic Therapy: Psychiatric Care (MST-Psych)

In 2022, mental health care is vital – and the growing need for it is overwhelming our health-care system. Luckily, MHY is bringing a revolutionary solution to the table: Multisystemic Therapy: Psychiatric Care, or MST-Psych.

MHY is the first provider to bring this visionary program to Pennsylvania, and the first provider in the country to receive approval to use Medicaid funding. This groundbreaking program for children ages 9-17 **yields scientifically proven results** that transform lives, restore family stability and heal our youth – right in the comfort of home. And with highly trained therapists available 24/7, MHY is at the forefront of this **fast, effective and groundbreaking treatment phenomenon**.

MST-Psych is producing life-changing outcomes:

- Decreasing suicide attempts
- Improving family relations
- Increasing caregiver empowerment
- Improving community health
- Reducing the need for costlier services

“Access to evidence-based services is more critical than ever, especially in rural areas. Staunton Farm Foundation is happy to partner with MHY to bring MST-Psychiatric Care to Butler County.”

– Joni Schwager, Executive Director,
Staunton Farm Foundation



The MST team

“As families seek care for their child today, they may face long waiting lists, insufficient care and treatment available only outside of the home. Through our partnerships with MST Services, Butler County Department of Human Services, and Staunton Farm Foundation of Pittsburgh, MHY launched the first Multisystemic Therapy: Psychiatric Care program in Butler and Beaver counties.”

– Lisa Schiller,
Executive Director, MHY



Back on Track

Two suicide attempts. Four hospitalizations. Overdosed on antidepressants. This was Angie's life from ages 6 to 16. Nothing was working, and her parents felt paralyzed.

When Mom called MHY for help, she learned of a new in-home treatment called Multisystemic Therapy: Psychiatric Care. As the first program of its kind in Pennsylvania, MST-Psych yields scientifically proven results that address serious behavioral problems, mental health symptoms and suicidal behavior.

After just three months of in-home treatment, Mom began to see noticeable results. "This program gave us our daughter back," she said. "Our daughter has been drug-free, has not been hospitalized and is attending school again. She is looking like a happy and healthy teen."

When asked about her progress in MST-Psych, Angie said,

“I really do think
it saved my life.”

(Names have been changed to protect client identity.)



Transforming Lives

Multisystemic Therapy Programs

At MHY, we never stop working toward our mission of keeping youth and families together in their homes and communities. We are the only organization in the world implementing all three MST programs: Standard, Psychiatric Care and Problem Sexual Behavior. As a 20-year provider of MST, MHY has changed the game of in-home care and transformed countless lives.

All MST programs:



Target influences that contribute to growing antisocial or illegal behavior.



Are intensive and evidence based.



Provide 24/7 support from highly trained therapists.

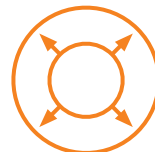


Offer caregivers the tools they need to help troubled youth.

Our groundbreaking MST programs are just getting started.



MHY has **expanded to seven** comprehensive MST teams.



Our team has **grown by 140%** since last year.

MHY exceeded the national MST targets again this year.



93% of youth completing MST are living at home (**target is 90%**).



97% of youth completing MST have no new arrests (**target is 90%**).

100%

All MHY MST teams are scoring above adherence thresholds.



The Power of Family

Jessie was struggling. Increasingly frustrated and angry, she became threatening to her family and peers. Jessie had received mental health services, but nothing was working.

When Jessie was referred to MHY's MST program, she and her family knew something was different. Abigaile Rosen, Jessie's MST therapist, equipped Jessie and her family with new communication strategies and de-escalation techniques designed to reduce conflict.

Abigaile said,

“I helped Jessie identify coping skills to reduce her anxiety, which was found to be at the root of her anger.”

Through the determination and commitment of the entire family, Jessie successfully completed her treatment and is on the path to returning to school and developing healthier friendships.

(Names have been changed to protect client identity.)



Supporting Success

Longmore Academy

MHY Family Services' **Longmore Academy** is a private academic school on a therapeutic campus setting licensed by the Pennsylvania Department of Education for students in grades 1-12. By providing support both educationally and emotionally, Longmore teachers and staff help students reduce stress and feel more at peace in school. Through individualized instruction and small class sizes, Longmore students feel a sense of belonging while developing impactful relationships with fellow students, teachers and staff.

Longmore is growing in response to students' educational needs:

172/34

172 students from **34 school districts** during the 2021-22 school year.



92% of students received special education services.



Over 32% of students achieved Honor Roll.



NEW IN 2021-22 SCHOOL YEAR

Life Skills Classroom: Offers a dedicated learning environment for students with intellectual disabilities. Using evidence-based practices, students engage in social and emotional learning combined with a comprehensive life skills curriculum that addresses managing finances, maintaining personal needs, growing self-confidence and exploring occupations.

Extended School Year (ESY): Available for students who meet eligibility criteria, ESY provides students with the opportunity to maintain their academic and social/emotional progress during the summer.

Through the support of the **Howard E. and Nell E. Miller Foundation**, Longmore introduced an **Independent Living and Career Readiness (ILCR)** program, providing critical life skills instruction through an evidence-based curriculum for all students in grades 1-12.

Additional Longmore Academy programs and services include:

- Emotional Support Classroom
- General Education
- Special Education
- Credit Recovery
- 504 Service Agreements
- Short-Term Therapeutic Placement
- Electives, including STEAM, Career Readiness, Independent Living, Music, Art and PE
- Summer School



“It was amazing to have a person for students to confide in and receive communication on how to best meet the student’s needs from inside the classroom.”

– Teacher



Blazing a Trail

School-Based Therapy Program

MHY now provides School-Based Behavior Health (SBBH) services for **Lakeview, Slippery Rock Area, and Sto-Rox school districts**. Through SBBH, MHY clinicians provide individual and group interventions to strengthen the student and their overall environment, including:

- Enhancing interpersonal skills
- Building coping options
- Conflict resolution
- Decision making
- Other wellness-related elements



86% of students either met or showed progress toward their mental health goals during the 2021-22 academic year.

NEW FOR 2022-23 SCHOOL YEAR

Autistic Support Classroom

Through the generous support of **Lincoln Learning Solutions** (LLS), Longmore Academy now offers a classroom for students with autism. The classroom features a balance between active and direct instruction, student-centered discipline, teacher language and responsibility and choice, all while maintaining a warm and supporting learning environment.



JUST LAUNCHED

MST: Problem Sexual Behavior

New in Beaver and Lawrence counties, Multisystemic Therapy: Problem Sexual Behavior (MST-PSB) is a clinical adaption of MST that focuses on the aspects of the youth’s life where problematic sexual behavior exists. MST-PSB is family driven and delivered in a youth’s home, school and community by clinically trained therapists.

“This classroom is designed to promote an environment with predictability and stability to enhance student skill acquisition and facilitate participation in activities based on the needs of students with autism. By providing an environment that increases engagement, we foster student independence in navigating the classroom routine and everyday activities.”

– Mary Myers, Longmore Academy
Special Education Teacher



Nurturing Talents

Eric, 15, rarely attended school. With his father in and out of jail, this student was quickly following the same path. When his home school district offered Eric enrollment at Longmore Academy, he was hesitant but willing to try.

Eric's Longmore teaching team immediately recognized his love of music and adapted his individualized curriculum to nurture his talents, creating a learning schedule paced just for him. And when Eric's teacher took note of his morning anxiety, she suggested giving Eric a 10-minute delayed start after his fellow students were in their classrooms and the halls were calm.

In May, Eric earned his high school diploma at Longmore Academy's graduation ceremony. Despite his best efforts to look cool, he could not conceal his grin as his mother cheered from the front row!

“Making small, individualized adaptations for our students can make all the difference.”

— Joy Pfaff,
Longmore Academy School Counselor

(Names have been changed to protect client identity.)



Helping our Communities

I remember passing the MHY campus frequently as a child and hearing about how they assist children in the surrounding communities. I am proud to now work for FedEx Ground, a company that is committed to doing good not only on a global scale but in our local neighborhoods, too. Our station is so pleased that our donation items are being received by such a worthwhile organization as MHY.

— Meghan Hurd,
FedEx Ground, Zelienople/O150



The end-of-year field day was an amazing day! The team loved it, and it turned out so great. The kids were awesome. Great to see smiling faces and hear the laughter!

— Jodi Brennan,
Infinity Custom Homes



Like MHY, we share a desire to lead with kindness. We are pleased to continue our partnership with MHY to join in their efforts to make a lasting impact in the lives of the youth and families they serve.

— Robin Kupec, Senior Manager Management,
Customer Invoicing & Incentive Accounting,
Global Business Finance Support Corporate, PPG

CESO's culture includes giving back to the communities that we live and work in. We support organizations that align with our company values and where our staff has a passion or interest. Supporting children and families is a strong interest to our Pittsburgh team. We are humbled by the work MHY does and honored to be a partner to support their efforts!

— Sara Krampe,
Environmental Manager,
CESO

Donor Report

July 1, 2021 - June 30, 2022

Thanks to the generosity of donors like you, MHY Family Services is helping youth and families grow and heal together. Your support is transforming lives, each and every day.

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When Lincoln Learning Solutions invests in MHY, we're giving them funding, resources and our personal support to be certain that each of us fulfills a key part of our mission: assuring that no students are left behind.

Each year, LLS gives our employees time off to devote a day of service to a cause of their choice. I'm so proud that we have a team from LLS that chooses to use their day of service at MHY, working directly with the teachers and staff to leave a positive impact on their students. They get so much satisfaction from the personal experience.

When our executive team visited the new autism classroom, we were very impressed. This facility, designed by MHY staff, provides a safe and engaging space for students to learn and grow. At MHY, they'll get the care, attention and education they need to improve their life skills.

These are the kinds of partnerships Lincoln holds sacred. We're so proud to call MHY a partner.

— Robert Clements,
CEO, Lincoln Learning Solutions

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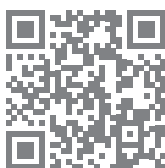
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MHY Family Services is a 501(c)3 nonprofit organization. A copy of the official registration and financial information may be obtained by calling 800.732.0999. Registration does not imply endorsement.



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Suite 101
Meadville, PA 16335
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F: 814-337-8080

MISSION STATEMENT: For 144 years, MHY Family Services has promoted the safety, health, education and spiritual well-being of youth and families.

To protect the confidentiality of our youth and families, MHY does not use client names or identifying photos. Some of the children depicted in this report are representative of those we serve.

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