



Jewish Family Service

of Greater Harrisburg

ANNUAL
REPORT
2016-2017





JFS helps individuals and families meet life's challenges; we are a forward-thinking mental health and social service agency dedicated to helping people achieve their full potential while honoring choice, diversity, and Jewish values through every stage of life.

As an organization, we are committed to:

- The physical, spiritual, and psychological well-being of our entire community.
- Helping families, in whatever form, through periods of challenge and difficulty.
- Bringing parents and children, of all ages, together.
- Supporting people with physical, emotional or psychological needs to cope effectively.
- Respecting the dignity and value of all our clients, staff and volunteers.
- Making a difference in people's lives, for Jews and non-Jews alike.

Our Staff

Shelley Adler - Permanency Coordinator
Allissa J. Brandt, MSW, LCSW - Therapist
Valerie Broody - Permanency Coordinator
Kelly Christ - Special Project Coordinator
Michael DeCristofaro, FBMHP, LMFT - Family Based
 Mental Health Therapist
Denise Haas, MSW, LCSW - Permanency Coordinator
Faye Hall, FBMHP - Family Based
 Mental Health Therapist
Brad Hollinger - Bookkeeper
Marjorie Koch, MSW, LCSW, GCM - SeniorLinks
 Director & Therapist
Rachel Kuhr, MSW, LCSW - Director of AdoptionLinks and
 Family Based Mental Health Services
Chudney Lewis - Business Office Manager
Jeffrey Merkert, FBMHP - Family Based
 Mental Health Therapist

Stephen Mowe, Jr., FBMHP - Family Based
 Mental Health Therapist
Malinda Myers, LCSW - Director of Myndworks Counseling
Karyn Rosenberg - Permanency Coordinator
Nichole Rosendahl, MSW - Permanency Coordinator
Leslie Rutter, MS - Resource Family Coordinator
Judy Schreiber - Billing Specialist
Bryna Sherr, MSW, LCSW, ACSW - AdoptionLinks
 Coordinator; Outpatient Therapist
Eva Siegel, LCSW, MSW - Outpatient Therapist
Barry Stein, MSW, ACSW, MPA - Executive Director
Elaine Strokoff - Mental Health Liason and Case Manager
Mary Tarbell, LPC, RPT-S - Licensed Professional Counselor,
 Registered Play Therapist (Supervisor)
Lori Weitzman - Coordinator of Kosher Meals on Wheels,
 SeniorLinks Case Manager

Message from our Leadership

When you open the pages of this Annual Report, you will find a variety of stories that capture the important work that we do at Jewish Family Service. You will read about real lives, real people in our community that have been impacted in a positive way through our programs, individuals and families who have benefitted greatly from their association with JFS.



Marty Rogoff,
JFS Board President

With the support of our staff, volunteers, and donors, we have attained several key accomplishments over the past year. Our enhanced website has improved our messaging to the community, allowing us to connect with those who benefit from our services. We have increased our focus on the underexposed subject of mental health. We have seen growth in our Myndworks Counseling and foster placement services, and have done all this while keeping our administrative costs lower than ever before.

Without a doubt, JFS has played an instrumental role in improving the general sense of well-being and self-confidence in not just these individuals and families, but our entire community. We at JFS take great pride in what we have been able to accomplish over this past year. We strengthened our reputation as a provider of quality social services, we made important strides to solidify our position for the future, and we established ourselves as a cornerstone in an important sector of our community's well-being.

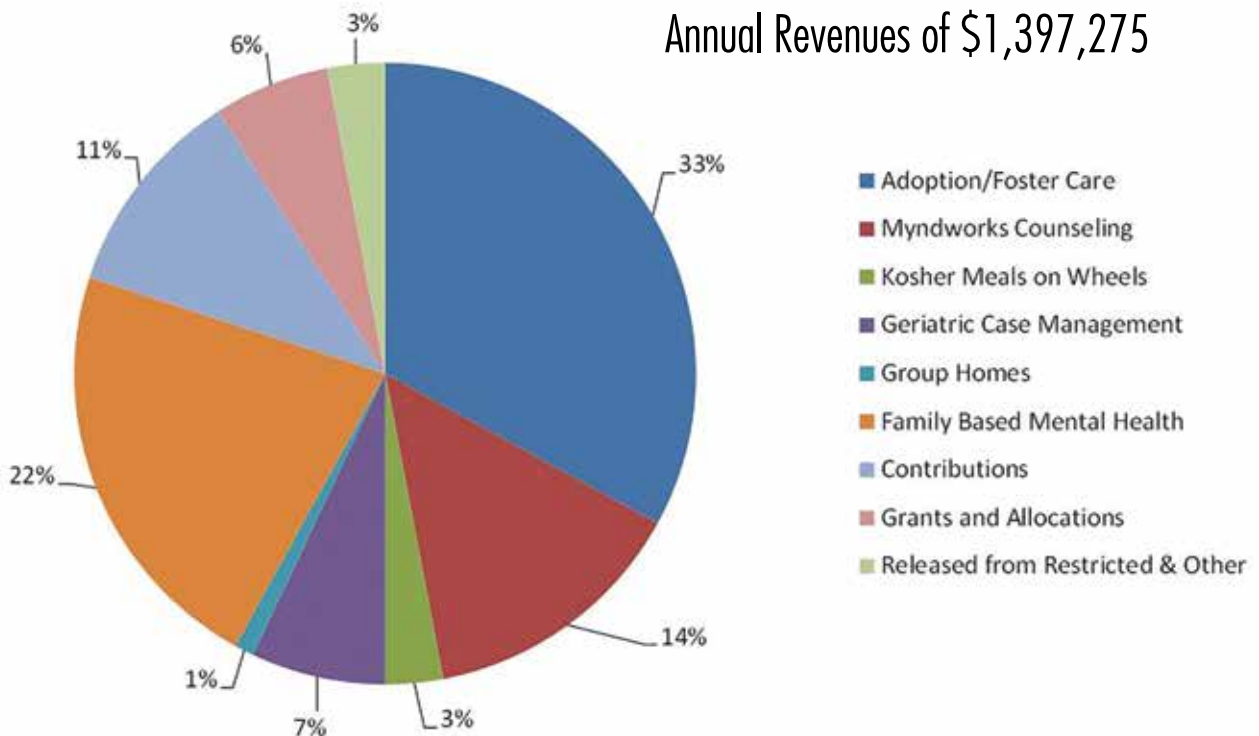


Barry Stein,
JFS Executive Director

Of course, we could not have had the success that we have experienced without you. Our community inspires us to continue the work that we do and is always here to lend a helping hand. Thank you.

To paraphrase Isaac Newton, "We can see so far because we are standing on the shoulders of those who surround us."

WHERE OUR REVENUES COME FROM



On Her Own Terms: Navigating the Challenges of Aging



Eve is a vibrant 81 year old woman living independently in the community. She has been a widow for 6 years and although she has some family in the area, does not have any living children. Things were going along well for Eve until she had an unexpected serious health issue last year which resulted in her spending some time in a rehabilitation facility. Her family contacted JFS as they were not sure what direction to go in to make sure Eve was safe when it was time for her discharge. In addition to her healing from her health issues, she was also dealing with some memory loss issues. After determining Eve's desires and conducting an assessment, we started on a plan to return her to her home, where she wanted to be.

By the time Eve was discharged, we had a plan in place to manage all of her needs. The care manager coordinated with a personal chef to stock her freezer full of healthy delicious meals, prescriptions were filled, organized, and labeled, follow up medical appointments were scheduled, and transportation was arranged. Frequent check-in phone calls over the first week, weaning down to once a week, helped Eve feel secure and also served as a safety check-in.

Eve has come a long way over the past year and now we see her on average twice a month just to check-in and attend key medical appointments to help manage her chronic condition. Her care manager was able to get her seen early by her doctors when she started reporting symptoms, and ultimately helped to stave off more serious medical issues. JFS is helping Eve to live the life that she wants, as independently and safely as possible, on her own terms.

It's Never Too Late to Learn and to Change: Reflections of a MyndWorks Counseling Client

“When you live life a certain way for 58 years, you think you have it more or less figured out. But then you get surprised.

My first surprise was coffee. I have always hated it. And I had tried to like it many times. I would load it up with milk and sugar, only to be disappointed when it tasted like – yuk – coffee! I didn't get the rest of the world's love affair with it. Then one day two years ago, I acquiesced and had a cup with friends. I dumped a couple packets of Splenda in there, took a sip and couldn't have been more surprised. It tasted good – really good! Eureka! I hadn't hated coffee- I was just doing it wrong! Nobody had told me! I hadn't known, and now I did!

The coffee thing is small in the grand scheme of things. The other thing that happened though – I learned a different, better way of living my life. Really. For most of my life, I have had a problem, a BIG problem, with my weight. I have been successful in my career, had a good marriage, but spent every day afraid and ashamed. I was overeating because I was ashamed, eating because I felt guilty, eating, eating, eating. I ended up in counseling after I had a bad knee injury and was referred to a weight loss center to lose weight (again). In my adult life, I've lost and gained back hundreds of pounds. Lose 100 pounds, gain it all back and more. Maybe six times in the last 30 years. Each time, I would jump into a program in earnest, lose lots of weight, hang on for months or a year, and eventually derail and gain it all back and more. By the time of the knee injury, I was so tired of failing; I realized that if I wanted to make a permanent change to my relationship with food, I needed help in finding out why I needed it so badly, why I used food for comfort and why, despite a true desire to lose weight, my desire/need for food had always won in the end.

So I asked to be referred to a counselor. I wanted to learn to control my food issue, but what I have gotten is so much more. Through therapy, I've been given tools to help me navigate my life in ways that aren't harmful to me. While there is no magic that completely takes away the fear I experience in my daily life, I have been taught how to look at my fear, understand it, and not let it control me. I have also learned to be kind to myself, how to live happily and without shame. What a gift. Losing weight was the original goal, and yes I'm doing that. It's great, but it's only a part of it. I'm 60 and I now have an understanding of myself and a set of tools that are helping me to live my life wholeheartedly and happily. It's never too late to learn and to change. How wonderful. I'm so grateful. I have a different and better life. And coffee.”

A Wake-Up Call



Healing Hearts Family Based Service is a state regulated, specialized program that began in 2010. The intent of the service is to prevent children from intensive out of home treatment. Thus, two 2-person teams work with families in trying circumstances. To ensure progress, safety, stabilization, and support, the teams provide families with therapy, resources and training. They also collaborate with extended family, friends and professionals.

The Jones family had a wake-up call when their daughter was hospitalized for threats of harm. They knew they had work to do to get their family back on track. With a recommendation for family based, they willingly accepted the service. Week after week, the team and family worked on emotional communication and management, boundaries, attunement, self-regulation, and ways to rebuild the parent/child relationship. The parents learned to prioritize their relationship, arranged bi-weekly date nights, and utilized more self-care skills.

At discharge, their daughter willingly attended school, enjoyed family activities, and returned to her love for art. She learned to talk to her parents about her emotional distress which reduced threats of harm to self and others.

Mrs. Jones reported, “JFS’s outstanding family therapists guided us through, completely changing the dynamics in our home. Our daughter went from the brink of institutional placement to being a contributing member of our family. We all learned so much about how to function better together, and we are forever grateful to JFS for that.”

Stories of Impact

Impacted by Action

Jewish Family Service was contacted in January 2010 by Amy and Melissa, a couple who were interested in adopting from the foster care system. The couple had contemplated doing a domestic infant adoption but that fell through, and the couple decided that other options were too expensive. Amy and Melissa attended training at JFS in February and March 2010, and were approved as both foster and adoptive parents in May 2010. In February 2011, they were asked to do an overnight respite for a nine year old boy who was in another pre-adoptive family. The couple enjoyed having this child in their home, and felt that they had connected with him. After finding out this boy’s placement had disrupted, the couple was anxious to have him come live with them. In August 2011, Amy and Melissa eagerly accepted Joey into their home and finalized his adoption in February 2012.

After a year had passed, Amy and Melissa once again contacted JFS because they were thinking about adopting another child. After figuring out the type of child who would get along well with them and Joey, the couple welcomed home ten-year old Deshawn in August 2014. His adoption finalized in June 2015. The couple said, we are done, our family is complete, but they kept in touch. The boys are now both fifteen years of age and have different strengths and challenges.

Amy and Melissa subsequently approached JFS in December 2017 because they were considering becoming foster and adoptive parents once again. They chose to work with JFS because of their positive experience the first two times. Now they are open to accepting a younger boy or girl. Their paperwork was updated to reflect changes in the household, and the parenting skills they use with the boys. Amy and Melissa recognize the characteristics in children that they are comfortable with after the previous two adoptions, and are looking forward to adding another child to their family. They feel that JFS is the best agency to help them reach their family goals.

*With Your Support,
We Made an Impact in 2016-2017*

Helped **55** children find their forever home through the Statewide Adoption Network (SWAN)

160 community members trained in understanding how faith communities can help address mental illness

over **500** individuals and families served in the 2016-2017 fiscal year

3x increase in referrals of clients who could benefit from JFS services

kept administrative & fundraising costs

at **15%**, below average for an organization of our type and size

2 new therapists joined the JFS team this year

5190 meals delivered and served to Kosher Meals on Wheels participants

85% of clients presenting with financial difficulty and/or mental illness were helped in accessing needed resources

Completed **13** home studies for foster care and adoption families

Supporting Organizations, Foundations, and Gifts, 2016/17

Capital BlueCross - My Hero Brother

Highmark - Stephen Fried Event

Community Services Group - Stephen Fried Event

Rehabilitation and Community Providers Association -
Stephen Fried Event

Burton Morris & Marian Frankston - in support of the
Stephen Fried Event & Capital Project

Geisinger - Stephen Fried Event

The Larry Adler Fund of The Foundation for Enhancing
Communities

Jewish Family Service of Greater Harrisburg Edward
Cohen Endowment Fund

Libby Urie Philanthropic Fund for
Jewish Financial Assistance of The Foundation for
Enhancing Communities

The Jacobs Family Fund of the Jewish Community
Foundation of Central PA

The Jewish Federation of Greater Harrisburg

Louis & Betty (Koons) Katz Endowment Fund of The
Foundation for Enhancing Communities

S. Lawrence & Dorothy B. Koplovitz Foundation

Albert & Lee Kovner KMOW Endowment Fund of the
Jewish Community Foundation of Central PA

The Lois Lehrman Grass Foundation

The Leisher Fund of the Foundation for Enhancing
Communities

Joe & Ruth Marcus Elderly Nutrition Fund of the
Jewish Community Foundation of Central PA

Louis Reis Family Fund of the Foundation for
Enhancing Communities

Mary & Phillip Markovitz Endowment Fund of
The Foundation for Enhancing Communities

Tiby Spector Pindar Endowment Fund of
The Foundation for Enhancing Communities

Jack, Janet & Harren Pitnick Fund of the Jewish
Community Foundation of Central PA

Maurice & Leona Rapoport, Sr. Citizens Fund of the
Jewish Community Foundation of Central PA

Martin M. Sacks Memorial Fund of
The Foundation for Enhancing Communities

United Way of the Capital Region

Harold & Kitty Ruttenberg Fund of the Foundation for
Enhancing Communities

Alan & Caren Schein Family Fund of the Jewish
Community Foundation of Central PA

The Second Anonymous In & Out Fund of The
Foundation for Enhancing Communities on behalf of
Mr. & Mrs. Conrad M. Siegel

Morton & Alyce Spector Philanthropic Fund of The
Foundation for Enhancing Communities

Michael & Ellen Geduldig - for establishing the
Financial Assistance Operating Fund

President's Club Members

Chai Circle - \$5,400 or above

Lois Lehrman Grass /
Lois Lehrman Grass Foundation

Pacesetter - \$2,500 to \$5,399

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Melvin Brownold
Edward Finkelstein
Jonathan and Oleasa Salkin

Ambassador - \$1,500 to \$2,499

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Barbara and Harvey Danowitz
Larry and Leslie Freedman
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Martin and Jane Gross
Peggy Grove
Sandy Leopold
Stan and Ruth Lewin
Marjorie Sherman
Barry and Susie Stein

Benefactor - \$1,000 to \$1,499

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Michael Brenner
Marcia Bryant
Robert and Gail Gaynes
Florence Isaacman
Josh and Debby Millman
Nevin Mindlin
Marty Rogoff and Julie Sherman
David and Susan Rosenberg
Jennifer and Michael Ross
Alan and Caren Schein
Conrad and Gail Siegel
Stephen and Susan Symons
Michael and Miriam Weinstock

2016-2017

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Marty and Jo Margolis
Eunice Press
Harold Rabin
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Andrew and Lynne Shapiro
Howard and Bryna Sherr
Michael and Lisa Silver

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Patricia Goldband
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Herman and Lois Gordon
Daniel and Gloria Grabenstein
Jeri Greenberg

*Thank
Don*

Thank You
Friends!

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Ronald Memmi

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Kenneth and Mary Tarbell
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Robert and Lisa Wolff
Howard and Fern Zlotoff

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Neil and Renee Bernstein
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Lois Brenner

Louis and Flora Brenner
Marcy and Alan Brenner

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Heskel Burnstein

Warren and Diana Butvinik
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Brian and Glenda Dechowitz
Faye Doctrow

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Arthur and Carol Hoffman
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Marilyn Klein

Iosif and Zhanna Korsunsky
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Barbara Lock

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Jay and Shirley Maisel

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Paul and Suzanne Michelson

Michael and Marla Mogill
Carol Nechemias

Herbert and Donna Nurick
Larry and Theresa Pepper

Larry and Janet Robertson

2016-2017 Friends Campaign

*Thank
Don*

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Alex and Joyce Schamroth
Arnold and Susan Shienvold
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Sanford and Elaine Silverstein
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Contributor - \$1 to \$99

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Michael and Paula Heiman
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Thank You
Friends!

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