

Faith in the *Journey*

Annual Report 2018-2019

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Mission Statement

In the rich tradition of Catholic social teaching and rooted in the heritage of the Sisters of the Holy Family of Nazareth, we empower children and families to lead responsible lives and develop healthy and meaningful relationships built on faith, hope and love.



Sister Linda Yankoski (left) and Holy Family Institute board chair Staci Brogan

Dear Friends,

We often hear the saying, ‘it’s about the journey, not the destination,’ suggesting that the experiences along the road of life can be more enjoyable than what comes at the end of the journey. For most of us the reminder to enjoy the ride is nothing more than a gentle nudge to take in God’s beauty and good graces as we go about our daily lives.

But what if the journey is unpleasant? What if everyday life presents new challenges and unforeseen setbacks that make the journey nearly impossible to continue, and the destination—which may be nothing more than relief from the journey—seem unattainable?

There are countless people in our communities who are on a journey we simply cannot comprehend: the addict who has lost everything to drugs, the teen suffering from depression and loneliness, the single parent who can’t afford basic necessities, or the child who finds herself alone in a foreign country.

There is a poem that tells of a man who comes to the end of his life and looks back. He sees two sets of footprints except at the most difficult times. The man questions what he sees and learns that God walked with him his entire life but carried him during the difficult times.

In this story, the man’s faith was reinforced in hindsight—by looking back and learning that God was with him, and that God carried him when he needed it most. But when despair or desperation is your first thought in the morning, having faith in your personal journey may be the furthest thing from your mind, but the most important thing in your life.

At Holy Family Institute, our staff members are the hands and feet of God’s love and goodness. During this past year we have hired more than 100 new team members. We are expanding our programs to meet needs in the greater Pittsburgh community: The need for more addiction counselors, Spanish-speaking caseworkers, and teachers; the need for more people with a head and a heart for helping others; and the need to encourage others to have faith in their journey, whether it is leading to family reunification, a life free from addiction, or high school graduation.

We hope that when those whom we serve look back, they will see countless footsteps reminding them that they were not alone on their journey. Thank you to all who supported Holy Family Institute and our many programs this past year, giving us reason to have faith in our own journey.

Yours in faith and service,

Sister Linda Yankoski

Sister Linda Yankoski, CSFN, EdD
President and CEO
Holy Family Institute

Executive Summary

Holy Family Institute provides a wide range of programs to improve the lives of children and families, from helping youth succeed in school and in the workplace to supporting families dealing with trauma, isolation and poverty. These life-changing services are provided where they are needed most—in homes, in schools and in the community—and serve approximately 40,000 individuals and families per year.

Our Programs



IN HOMES

In-Home Family Services
Family Focused Solution Based Services
Visit Coaching
Home-based Family Recovery



ON CAMPUS

Nazareth Prep
International College Preparatory Program
Journey of Hope



IN SCHOOLS

HFI Specialized Learning School
Stop Now and Plan (SNAP®)
Student Assistance Program



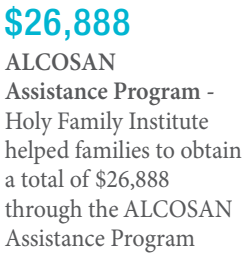
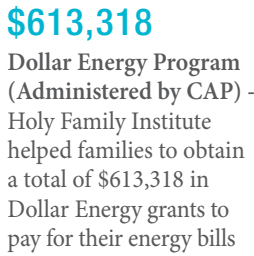
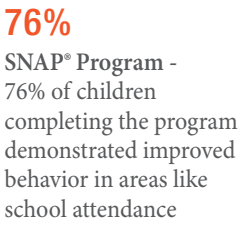
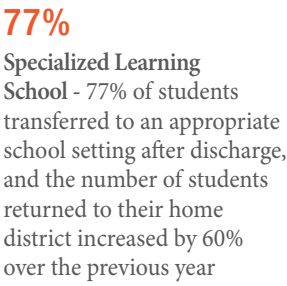
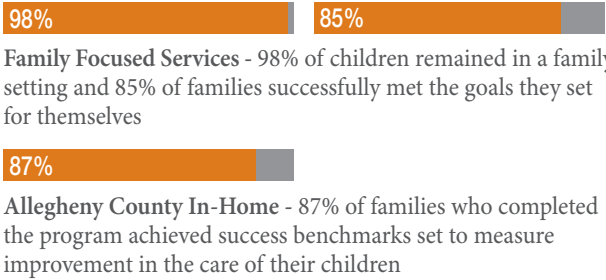
IN THE COMMUNITY

Drug and Alcohol Counseling (SHORES)
Energy Assistance Programs
Mental Health Counseling
Mental Health First Aid
Parents and Children Together (PACT)

Community Impact at a Glance

PROGRAM NAME	INDIVIDUALS SERVED THIS FISCAL YEAR	FAMILIES SERVED THIS FISCAL YEAR	
Holy Family Service Corps	4		
International College Preparatory Program	39		
Journey of Hope	286		
Nazareth Prep	138		
Outpatient Mental Health	532		
SHORES Substance Use Counseling	613		
Specialized Learning School	126		
SNAP® (Stop Now And Plan)	27		
SNAP® in Schools	355		
Student Assistance Program (SAP)	499		
Allegheny County In-Home Family Services		162	
Armstrong County In-Home		137	
Family Focused Solution-Based Services		162	
Family Group Decision Making		9	
Home-Based Family Recovery		50	
Parents and Children Together (PACT)		72	
Visit Coaching		75	
Universal Services		36,436	
Dollar Energy Grant Recipients		1,750	
ALCOSAN Water Assistance Grants		232	
TOTAL INDIVIDUALS AND FAMILIES SERVED	2,619	39,085	

Outcomes and Positive Community Impact





HFI Specialized Learning

Journey to Independence



One day last winter, the nurse at HFI's Specialized Learning School was on a special mission: picking up new sneakers for three students who had come to school in tattered shoes.

The Specialized Learning School, newly relocated to Ross Township, helps elementary and secondary students overcome academic and behavioral challenges so that they can successfully return to their home school districts. Teachers and specialists at the school guide students through individualized learning plans and counseling.

But the staff also know that it's hard to learn when your feet are cold, or you're hungry, or you're struggling with substance use, or you feel like you don't matter. Seeing not just the challenges but the child, staff here go the extra mile to support each student as a whole human being, working with them at school and connecting them to outside opportunities and resources.

In addition to academic courses, the curriculum includes empowering training like workforce development, which offers a variety of job-exploration and career readiness activities with partners including Construction Junction and Listen, Lucy. It was through this offering that things really clicked for one particular student who had arrived as an eighth-grader having already traversed the juvenile detention system. Discovering his own capability and potential to support himself in the future, he began to excel and became a leader among his peers.



Just like the school nurse, who eventually found a new pair of shoes for every kid who needed them, staff at the Specialized Learning School go above and beyond daily to help their students. Although every young person's journey to independence is unique, these students have caring adults beside them every step of the way.

PROGRAM SPOTLIGHT Student Assistance Program (SAP)

When a student is having trouble at school, it may be a sign of deeper struggles. SAP coordinates with local school districts to help students facing challenges such as the loss of a loved one, family conflict, abuse, financial insecurity, serious mental illness, and suicide risk—support that can be literally life-saving. SAP liaisons work with students to identify challenges and connect them to resources that will enable them to thrive in school and in life.

Journey to Empowerment

SNAP®

In late August, families, students and the staff of HFI's Stop Now And Plan (SNAP®) program gathered at Fairhaven Park to celebrate the start of a new school year.

This event has become a beloved tradition for the children and families who enroll in the program. As staff raffled off board games and treats, students and their siblings enjoyed snacks, a sack race and a visit from the Armstrong Fire Department.

Designed specifically for young students, SNAP® is a behavioral therapy program that teaches kids to pause unhealthy behaviors, identify negative feelings and make smarter choices. These strategies help students avoid school suspensions — which can lead to interactions with the justice system — and successfully advance to the next grade.

“One of my students was a very shy kid with a stuttering problem,” said Draper, an experienced SNAP® counselor. “After using what he learned in SNAP®, his behavioral struggles have decreased. Now he shows a great ability to think positively, focus on his schoolwork, and make healthier choices.”

SNAP® counselors work directly in the classroom, listening carefully to teacher concerns and showing students how to interact with kindness and respect. Parents, teachers and students collaborate to find a solution that works for everyone. Currently operating in six schools and three districts, the SNAP® program hopes to spread its message of empowerment to more locations soon.

At the park, SNAP® counselor Ann remembered a student whose outbursts made it difficult for classmates to focus. “We listened to her concerns, developed plans that worked for her, and taught her ways to calm down when she started to become upset,” she shares. “Soon, her teacher noticed an improvement in her classroom behavior. The biggest difference I noticed when I next walked into her classroom was the smile on her face!”

The parents and grandparents gathered at the park were also happy to share how the program had helped their families. *“I’m so thankful for SNAP®,” shared one parent. “The people made this experience fun, informative and stress-free. It’s a safe environment to grow and learn. It has helped me improve my self-awareness and focus around areas where we could both be doing things differently.”*

Said another parent, “This program has been amazing for [my son]. It’s helped him get control of himself and do better in class. He ‘uses his SNAP®’ a lot, even when he’s at home or with friends.” When students share SNAP® with their friends and siblings, they achieve the program’s ultimate goal: supporting not only the individual, but also the family, school and community.



SNAP® in Action

“My son learned coping skills that enabled him to handle stressful situations more appropriately.”

~ SNAP® parent



Journey to Community

Holy Family Service Corps.

Andrea Waclawek, Holy Family Service Corps Member (above)



Holy Family Institute and the Sisters of the Holy Family of Nazareth created the Holy Family Service Corps to further its mission of spreading love and care to families.

Through two separate tracks—Nazareth Year and Holy Family Teaching Fellows—participants can pursue 11-month or 2-year opportunities that include education, service projects, academic mentorship, and job coaching. One member of the 2018 Holy Family Service Corps, Andrea Waclawek, will continue her work with HFI now that her service has ended. She completed her masters degree in theology and campus ministry at the University of Notre Dame and has secured a full-time position in the Journey of Hope program. In 2019, Andrea will continue work as a Youth Care Worker while continuing to build her Spanish-language skills.



Luz Blandon's Path to

Journey of Hope

Inspired by faith, Holy Family Institute's Journey of Hope program aims to provide a safe, loving, and nurturing environment for unaccompanied minors awaiting sponsorship in the United States.

In 2010, the program welcomed orphaned Haitian children following an earthquake and flood. As HFI recognized an unprecedented number of unaccompanied children arriving at our southern border, the Journey of Hope program was reorganized to meet those needs.

Vital to the program's success is its excellent staff, including Lead Case Manager Luz Blandon, a native of Colombia who has traveled the globe advocating for children's education and moved to Pittsburgh with her family in 2014 to continue her work through Journey of Hope.

Luz is responsible for ensuring that the children in HFI's care feel comfortable and safe. She hires staff, procures proper documentation, and works closely with legal teams and federal field specialists at the Office of Refugee Resettlement to ensure that children receive proper services as they pursue their ultimate goal of reunification with their families.

In addition to the work she does for HFI, Luz supports new and existing members of the Latinx community in the region by participating in events sponsored by Casa San Jose, partnering with other organizations that serve the community, and frequenting Latinx-owned businesses such as The Colombian Spot restaurant in the South Side.

Mural created by Journey of Hope students in an art class taught by Heidi Monterrubio, displayed at Sweetwater Center for the Arts in Sewickley (above); Lead Case Manager Luz Blandon (below)."



The Journey Continues

Update on Nick and Jesse



Last year, after struggling with opioid use for years and losing custody of their young daughter, couple Nick and Jesse enrolled in Holy Family Institute's Home-Based Family Recovery (HFR) program, which aims to enable families to remain together while parents recover from substance use disorder.

The two have since completed the program, with Nick finding a good job and the couple regaining custody of their two-year-old during the process. They credit the HFR team for reuniting their family and supporting their sobriety journey.

Both emphasized the important role that keeping their family together played during recovery. "Staying at home and keeping custody of our daughter was my number one priority," Jesse says. "You have to do this for yourself, but our sobriety also directly affects the little girl upstairs."



Nick immediately agrees. "It wasn't easy, but we were determined to get our daughter back," he says. "I was passing my tests, because I didn't want to disappoint myself, and I didn't want her to leave again."

While many programs give parents an intimidating list of demands and requirements, HFR favors a more holistic approach. Clinicians and support specialists help families set realistic goals, find coping strategies, and build healthy habits.

"You didn't say: 'This is how stuff needs to be.' Instead, you worked with us," says Nick. "You were flexible and professional, but you also felt like family. We felt comfortable letting you not only into our home but also into our lives."

That feeling of support and acceptance is crucial for anyone recovering from substance use. "Our caseworker always came out here, met us, and talked to us," Jesse says. "She made it a point to gain our trust. She always went above and beyond." She adds, "We felt like we weren't alone, because you supported us and had our back."

"We come from a background where people in the system are out to get you and don't want to see you succeed. But we all actually bonded as a team," notes Nick. "We even went for walks in the park together! You became a part of our family, and we'll always be grateful for that."

One unexpected motivator during the recovery process? Giant Eagle gift cards. Last year, HFR clinicians began distributing grocery and gas cards for each passed drug test. "He lived for those cards!" Jesse exclaims.

"It was motivational," Nick explains. "I would get ten bucks to buy diapers or fishing gear for us or fun things for our daughter. It was a fun reward, but now we do it without the reward. The reward is waking up every morning and seeing her smile."

Finding this joy has inspired both Nick and Jesse not only to pursue their own happy future but also to encourage others who are coping with the stresses of parenting and the challenges of substance use disorder. "Anytime something changes, it's a new adventure and a new journey," says Jesse. "It's got me thinking that maybe, when our daughter goes to school, I'll go back as well and become a drug and alcohol counselor."

PROGRAM SPOTLIGHT Families Reunited: In-Home Family Services

In-Home Family Services counselor Anjel recalls one of her proudest moments: when parents she was assisting were reunited with their children after several years. "They transitioned their lifestyle in a positive direction," she says. "Now the mother wants to be a mentor to help other parents."

HFI's In-Home Family Services program helps families whose children are at risk of being removed — or have been removed already — due to an unsafe home environment. Through counseling and education, as well as organizational and community resources, the program empowers families to handle a wide array of challenges related to abuse, substance use, attachment disorders, grief, mental illness, and relationship conflicts. The goal: creating a safe, healthy home environment where a family's children can thrive.



Journey to a 21st-century Career

Nazareth Prep



Congratulations to Nazareth Prep's class of 2019! The success of each of these students means the world to us — and to many others as well. The graduation ceremony for the school's 36 seniors was attended by more than 500 people.

Nazareth Prep was founded in 2014 to bridge the education-to-employment skills gap, ensuring that young people of all backgrounds would be prepared for fulfilling careers in Pittsburgh's evolving job market. The school's rigorous, STEM-focused curriculum incorporates a wealth of real-world learning, from internships at top local employers, to project-based courses that engage area communities, to hands-on exploration at organizations across the city. The class of 2019 was ready to hit the ground running, and their post-secondary schools took note. Grads were offered over \$500,000 in institutional scholarships, including, for one student, the full-tuition Thea Bowman Scholarship to Duquesne University.

Making the Journey Possible



HOLY FAMILY FOUNDATION: Established in 1992, Holy Family Foundation is a nonprofit organization that solicits donations from corporations, foundations, and individuals to support Holy Family Institute and Nazareth Prep. The Foundation also secures government funds to meet community needs and holds a variety of special events—including the Courage House Luncheon and the Annual Golf Classic—to support its fundraising efforts. Donations to Holy Family Foundation become scholarships for Nazareth Prep students, support for critical in-home and school-based programs, and funding for essential services that strengthen children and families.



26TH ANNUAL COURAGE HOUSE LUNCHEON AND ED BLOCK COURAGE AWARDS: On November 13, 2018, HFI and the Pittsburgh Steelers hosted the 26th Annual Courage House Luncheon and Ed Block Courage Awards, which recognize an HFI alumnus and a current Pittsburgh Steeler who have demonstrated extraordinary courage in overcoming challenges in their lives. The 2018 honorees were Heather Cratsenberg and Steelers linebacker Ryan Shazier. The event raised \$192,000.



32ND ANNUAL GOLF CLASSIC: On July 30, 2018, HFI held its 32nd Annual Golf Classic at Montour Heights Country Club. Hosted by title sponsor Jim Shorkey Auto Group and new event chair, former Pittsburgh Penguin and two-time Stanley Cup champion Pierre Larouche, the outing raised more than \$80,000 to support children and families.





Next on the Journey

“I am grateful for Holy Family’s help in getting me on the right path; I honestly don’t know where my family would be if I hadn’t met them.”

~ HFI Client

- Since 2011, the Holy Family International College Preparatory Program has helped hundreds of international students grow into independent, resilient young adults. We’ll say goodbye to the program next year as we renovate our campus to meet new community needs.
- In 2018, the Journey of Hope program housed more than 250 unaccompanied minors in response to the crisis of family separation at the U.S.-Mexico border. This year, as the demand for these services increases, HFI will make room for 40 additional children.
- The Home-Based Family Recovery program, implemented alongside the Allegheny Department of Human Services, is projected to double in size this year.
- Holy Family Institute’s Student Assistance Program (SAP) recently expanded to South Fayette School District, which includes the Moon and Northgate Elementary Schools. See page 5 for more on essential this program.

Financials

2018/’19



REVENUE

48.74%	Government	\$10,792,559
33.42%	3rd Party Reimbursement	\$7,399,744
17.35%	Grants & Contributions	\$3,841,546
0.50%	Other	\$111,002

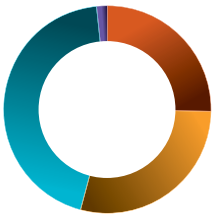
TOTAL \$22,144,851



EXPENSES

12.73%	Administration	\$2,871,941
65.88%	Holy Family Institute	\$14,856,966
5.30%	International College Preparatory Program	\$1,194,547
16.09%	Nazareth Prep	\$3,628,598

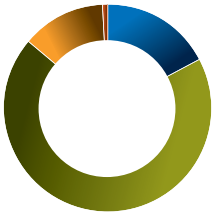
TOTAL \$22,552,052



ASSETS

25.43%	Accounts Receivable	\$2,900,506
28.85%	Cash & Cash Equivalents	\$3,290,530
44.27%	Property & Equipment (net)	\$5,049,282
1.45%	Prepaid Expenses & Other	\$164,850

TOTAL \$11,405,168



LIABILITIES

17.33%	Loans	\$433,464
69.05%	Accrued Expenses	\$1,726,742
13.01%	Accounts Payable	\$325,284
0.60%	Refundable Deposits	\$15,082

TOTAL \$2,500,572



HOLY FAMILY FOUNDATION NET ASSETS

54.89%	Total Unrestricted	\$4,540,967
4.59%	Temporarily Restricted	\$379,623
40.52%	Permanently Restricted	\$3,352,364

TOTAL \$8,272,954

Sponsors & Friends

FOUNDATIONS AND OTHER FUNDERS

PRIVATE FOUNDATIONS

Adele & Thomas Keaney Charitable Foundation
Child Health Association of Sewickley
Diocese of Pittsburgh, The Church Alive Campaign, Inc.
The Heinz Endowments
The Hillman Family Foundations
Irene C. Shea Charitable Foundation
Opioid Crisis Impact Giving Circle
Partner4Work
The Pittsburgh Foundation
Pittsburgh Penguins Foundation
PwC Foundation
Nazareth Family Foundation
POISE Foundation
Richard King Mellon Foundation
UPMC Health Plan
United Way of Southwest Pennsylvania

COMMONWEALTH OF PENNSYLVANIA

Commonwealth of Pennsylvania
Department of Community and Economic Development
Department of Education

COUNTY GOVERNMENTS

County Governments
Allegheny County Department of Economic Development
Allegheny County Department of Human Services, Behavioral Health
Allegheny County Department of Human Services, Bureau of Drug & Alcohol Services
Allegheny County Department of Human Services, Children, Youth, and Families
Allegheny County Department of Human Services, Juvenile Probation Office

32ND ANNUAL GOLF CLASSIC SPONSORS

TITLE SPONSOR

Jim Shorkey Auto Group

GOLD

Mascaro Construction Company, L.P.

SILVER

UPMC Health Plan
Highmark Blue Cross Blue Shield
Federated Investors, Inc.

BRONZE

Shields Asphalt Paving, Inc.
The Wilson Group
The TVS Fund

TEE SPONSORS

Gateway Health Plan
Hefren-Tillotson, Inc.
International Brotherhood of Electrical Workers Local Union #5 IBEW
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International Brotherhood of Electrical Workers Local Union #5 IBEW
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BRONZE

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Duquesne University Spiritan Division
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Community Care Behavioral Health
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The Wilson Group
Apogee IT Services
Quest Diagnostics
Jones Lang LaSalle
First National Bank Corporation

ADDITIONAL SUPPORT

Brown & Brown Insurance
Huddle Up for Kids Foundation
The Louis & Sandra Berkman Foundation

NAZARETH PREP INTERNSHIP SPONSORS 2018-2019

412 Food Rescue
Allegheny General Hospital
Alcosan
Allegheny County
Allegheny YMCA
Apogee IT Services
Best of the Batch Foundation
Bible Center Church
Boy Scouts of America
Buchanan Ingersoll & Rooney PC
Carnegie Library
Carnegie Science Center
Center That Cares

Children's Museum of Pittsburgh
Citizen Science Lab
City of Asylum
City of Pittsburgh
Cohen & Grigsby PC
Concordia at Villa St. Joseph
Countywide Petroleum
Deloitte
Dollar Bank
Duquesne University
Eaton Corporation
FedEx
First National Bank
Giant Eagle
Highmark Blue Cross Blue Shield
Holy Family Manor
Homeless Children's Education Fund
Homewood/Brushton YMCA
Homewood Children's Village
Hussey Copper
IntergraCare
Jim Shorkey Auto Group
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Just Harvest
K&L Gates
Kane Regional Hospital
Koppers
The KRUNK Movement Center of Life
Limitless Chiropractic
Manchester Academic Charter School
Manchester Craftsman Guild
Manheim/Cox Automotive
Marian Hall Home
Massaro Construction Group
MSA Safety
New Hope Personal Care
Northside Catholic School

Partner4Work
Penn Hills Charter School of Entrepreneurship
Peoples Gas
Pittsburgh Steelers
Pittsburgh Spice
Pittsburgh Tech Council
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Red House Communications
Robert Morris University
Ronald McDonald House
Sweetwater Center for the Arts
TeleTracking Technologies
Terra by Terra
The Ward Home
Greater Valley Community Service
The Tull Family Theater
Uncommon Grounds Cafe
United Steelworkers Union
UPMC
UPMC Children's Hospital
UPMC Mercy
Urban Academy of Greater Pittsburgh
Urban Impact
Western PA Conservancy
Whirl Magazine
The Wilson Group
Wright Childcare Solutions

COMMONWEALTH OF PENNSYLVANIA

Department of Community and Economic Development
Department of Education

COUNTY GOVERNMENTS

Allegheny County Department of Economic Development
Allegheny County Department of Human Services, Behavioral Health
Allegheny County Department of Human Services, Bureau of Drug & Alcohol Services
Allegheny County Department of Human Services, Children, Youth, and Families
Allegheny County Department of Human Services, Juvenile Probation Office

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Mark V. Matera

Independent Legal Counsel

Morgan K. O'Brien

President & CEO
Peoples Natural Gas

Michael Sexauer (ex-officio)

Executive Vice President & COO
Holy Family Foundation

Phillip R. Ulrich

Senior Vice President, Human Resources
Electrical Sector
Eaton Corporation

Nicholas P. Vari

Partner
K&L Gates

**Sister Linda Yankoski, CSFN, EdD
(ex-officio)**

President & CEO
Holy Family Institute

OFFICERS

Morgan O'Brien, Chair

Peter Germain, Vice Chair

Elisa Cavalier, Treasurer

Ralph Fischer, Secretary

Sister Linda Yankoski, President

(ex-officio, with vote)

Michael Sexauer, EVP & COO

(ex-officio, non-voting)

Awards & Recognitions



MICHAEL SEXAUER

In early 2019, HFI named Michael Sexauer as its new Executive Vice President and Chief Operating Officer. Sexauer brings more than 25 years of marketing and communications experience to the role and served as the executive director of Holy Family Foundation for the previous four years.



ELIZABETH STEPHENSON

In 2018, Elizabeth Stephenson was promoted from Director of Mental Health Services to Senior Vice President of Residential and Mental Health Programs. Stephenson supervises all outpatient mental health and substance use treatment programs, as well as Journey of Hope and Holy Family Specialized Learning School.



ANTONIA WHITEHEAD

In March 2019, Senior Vice President of Family Support Programs Antonia Whitehead was honored at the Cribs 4 Kids' 2019 Women of Achievement Awards, which recognize the outstanding accomplishments of successful, prominent women in the Pittsburgh region.



PAIS ACCREDITATION

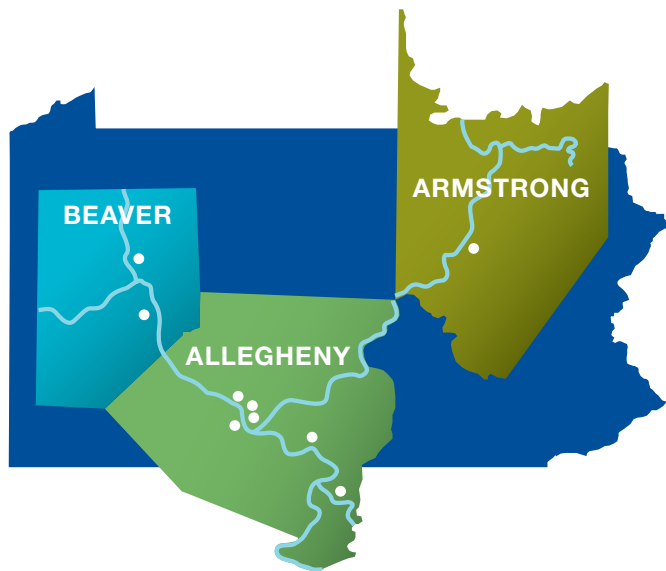
Nazareth Prep thrives on self-examination and continuous growth. This attitude drives not only students but also faculty, administration, and the institution itself. In 2019, the school reached a benchmark on its path to excellence when it received its first accreditation from the Pennsylvania Association of Independent Schools (PAIS).



COA ACCREDITATION

In February 2019, HFI was re-accredited by the Council on Accreditation (COA). Since 1990, HFI has undergone this comprehensive evaluation process every four years, ensuring that each of its programs meets COA's internationally recognized standards of excellence.

Where We Serve



Allegheny County

Emsworth
8235 Ohio River Blvd.
Pittsburgh, PA 15202

McKeesport
4313 Walnut St.
McKeesport, PA 15132

McKees Rocks
19 May Avenue
McKees Rocks, PA 15136

500 Chartiers Ave.
McKees Rocks, PA 15136

North Hills
100 Enger Ave.
Pittsburgh, PA 15214

Northside
1601 Brighton Rd.
Pittsburgh, PA 15212

Swissvale
Edgewood Towne Center
1789 S. Braddock Ave.
Pittsburgh, PA 15218

Beaver County

2020 Main St.
Aliquippa, PA 15001

600 6th St.
Beaver Falls, PA 15010

Armstrong County

422 3rd Ave.
Ford City, PA 16226

Note: The pattern used throughout the annual report was created by a Holy Family Institute Specialized Learning student using a pendulum painting technique in art class this fall.





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