HOLY FAMILY INSTITUTE



ANNUAL REPORT 2021–2022

OUR MISSION

Rooted in the rich tradition of Catholic social teaching and 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.

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OUR PROGRAMS

Holy Family Institute administers programs to meet the ever-changing needs of children and families in our community. In the 2021-2022 fiscal year, we operated two schools and thirteen social service programs in the Greater Pittsburgh area, serving nearly 40,000 individuals and families.

SUCCESS BY THE NUMBERS



93% of Journey of Hope residents remained safely in sponsor care 30 days after discharge.

91%

91% of families participating in In-Home Family Services improved child safety.

89%

89% of those screened through the Student Assistance Program accessed at lease one service.

86%

86% of students enrolled in Holy Family Specialized Learning demonstrated improved academic performance.

84%

84% of Shores clients demonstrated improved overall wellness.



CLINICAL SERVICES

Family and Recovery Services Home-Based Family Recovery Intervention Services Outpatient Mental Health Counseling Shores Drug and Alcohol Counseling



EDUCATION

Holy Family Specialized Learning Nazareth Prep



FAMILY ASSISTANCE PROGRAMS

Energy Assistance Program Family Focused Solutions-Based Services In-Home Family Services Parents and Children Together Student Assistance Program SNAP[®] (Stop Now and Plan) Visit Coaching



IMMIGRANT CHILDREN SERVICES Journey of Hope (Shelter Services) Home Study & Post-Release Services Long-Term Foster Care

DEAR FRIENDS,

We are proud of the work being done by our staff, volunteers, and board members, particularly as we all strive to navigate the new challenges of a post-COVID world. Our talented team continues to innovate and find ways to effectively serve our community.

As we review our impact for the last fiscal year (July 1, 2021 – June 30, 2022), it is remarkable how many issues linger from two years of COVID-19. The impact of the pandemic on children, families, and educators exposes long-term concerns that require our support now more than ever. Many families report social and emotional struggles like loneliness, anger, stress, and anxiety. Young people have experienced hurdles to academic learning and are working to catch up from lost classroom time.

This year, in spite of these difficulties, we reaffirmed our commitment to giving children and families what we would give to our own: love, belonging, respect, justice, and access to opportunity.

Holy Family Institute envisions a world where every child, youth, and family are safe, connected, and loved. In 2021-22, we served 38,971 children, youth, and families. This number represents families that stayed together, teens who graduated high school and are stepping into independence, young people who conquered their addiction, and migrant children who were reunited with their families.

We are pleased to highlight in this report three significant areas of our work from this past year:

- Migrant children in need of long-term care find a safe and comfortable place with a new Journey of Hope program;
- A family works together to successfully implement our Stop Now And Plan program and improve their son's behavior in school;
- Nazareth Prep's internship program provides a gateway to a transformative post-secondary opportunity.

We can't do this without you. Thank you for your partnership with Holy Family Institute — your prayers, your advocacy, your volunteer hours, and your financial support. Together, we can change the world for children and families.

Yours in faith and service,

Sister Linda Jankoski

Sister Linda Yankoski, CSFN, EdD Chief Executive Officer Holy Family Institute

Staci J Brogan

Staci L. Brogan Chair, Board of Directors Holy Family Institute



Since 2014, Holy Family Institute's Journey of Hope program has provided shelter, counseling, recreation, and education to unaccompanied minors arriving in the United States, with the goal of reuniting each child with their parents or relatives. This year, building on the shelter program's eight years of success, we began a new initiative to serve even more children at a vulnerable point in their young lives.

The Long-Term Foster Care (LTFC) program, launched in January 2022, provides a safe, stable environment for young people who require a longer stay than those served by our shelter program. Through LTFC, Holy Family provides care for up to 12 teenage boys in a home-like environment, including comfortable housing, group meals, and dedicated case managers, clinicians, youth care workers, and interpreters. Fifteen-year-old Sayed* came to the LTFC program from Afghanistan, where his family still lives. "I'm very happy to be here, I can't express how happy I am. I am comfortable and safe here," says Sayed, "I am only concerned about my family, I hope that some day they can come to America, too."

In a warm, family-like environment, the children in LTFC are given a chance to work through any emotional or behavioral difficulties and are also provided with opportunities to explore their interests and grow as young men. As often as possible, the LTFC staff seek out additional enrichment opportunities for the kids, from summer camps specifically for ESL (English as a Second Language) students to group ceramics classes at local arts centers.









"Success hinges on the staff," said Caitlin Davis, LTFC Program Manager, "no one is there 'just to be there.' There are structure, activities, rules, and expectations — but also a lot of fun."

The children in the program often come from traumatic and unstable situations but have shown resilience in the environment of the LTFC home. Once they enter the program, each child is enrolled in the local school district, where they are accompanied by translators to help them succeed in school. Many of the young men participate in school activities, playing for the junior varsity soccer team, attending school dances, and building relationships with their peers.

Sayed, who plays striker on the Avonworth junior varsity soccer team, dreams of one day playing soccer for an international team. "My dream is to play for an international soccer team, to raise the Afghan flag, so that Afghans can see me and have pride in Afghanistan and in America."

Sayed and the other young men living in the LTFC house consistently show their resiliency and strength of character, enriching the lives of everyone they meet. Each child makes their mark on the program and leaves a reminder in the form of a painted handprint, many of which adorn the living room walls of the house. The LTFC program, as an expansion of our Journey of Hope program, gives Holy Family Institute the opportunity to bring help, healing, and hope to a new population of children. With our dedicated team of caring individuals, we are glad to be able to offer a safe and comfortable environment.

*Not his real name.

COMMUNITY IMPACT AT-A-GLANCE

Program Name	Individuals Served	Families Served
Allegheny County In-Home Family Services		151
Allegheny County Visit Coaching		37
Armstrong County Programs		52
Family Focused Solutions-Based Services		83
Home-Based Family Recovery		54
Journey of Hope	432	
Home Study & Post-Release Services		160
Long-Term Foster Care	16	
Nazareth Prep	180	
Outpatient Mental Health Services	332	
Parents and Children Together		35
Student Assistance Program	923	
Shores Drug and Alcohol Counseling	325	
Stop Now and Plan	70	
Holy Family Specialized Learning	121	
Universal Services		36,000
Total Individuals and Families Served	2,399	36,572

FINANCIALS

	REVENUE	Ξ	
	58.97% • 18.67% • 12.5% •	Government Third Party Reimbursement Grants and Contributions	\$20,109,311 \$6,368,371 \$4,261,103
	9.86% 😑	Other	\$3,362,472
		Total	\$34,101,257
	EXPENSES	5	
	12.08%	Administration	\$3,603,062
	75.67% 🔵	Holy Family Institute	\$22,563,913
	12.25%	Nazareth Prep	\$3,651,874
		Total	\$29,818,849
	ASSETS		
	14.59%	Accounts Receivable	\$2,738,071
	36.53% 🔵	Cash and Cash Equivalents	\$6,856,996
	47.81%	Property and Equipment (net)	\$8,974,369
	1.07% 😑	Prepaid Expenses and Other	\$202,064
		Total	\$18,771,500
	LIABILITI	ES	
	12.51%	Loans	\$394,947
	66.82% 🔵	Accrued Expenses	\$2,109,765
	20.17%	Accounts Payable	\$636,902
	0.5% 🔴	Refundable Deposits	\$16,004
		Total	\$3,157,618
HOLY FAMILY FOUNDATION NET ASSETS			
	57.66%	Without Donor Restrictions	\$7,253,527
	42.34%	With Donor Restrictions	\$5,325,548
		Total	\$12,579,075

WORKING TOGETHER, THINGS "SNAP" INTO PLACE

Nine-year-old Jaden Sponseller struggled with controlling his emotions and was becoming disruptive in class. His parents, Brandi and Clint, did their best to address Jaden's behaviors, but soon realized they needed help. After meeting with the school counselor, Jaden and his family were referred to Holy Family Institute's SNAP (Stop Now And Plan) program.

SNAP has been helping children and families for more than fifteen years. Created for children ages 6 to 11 by the Child Development Institute in Toronto, SNAP employs cognitive behavior techniques to help children deal with emotions that can cause problems in the classroom and at home. The program teaches strategies to deal with emotions like anger, frustration, sadness, and disappointment but can also be used to address more complex issues such as lying, fighting, and impulsive behaviors that could warrant detention or suspension.

Utilizing a holistic approach, SNAP counselors provide individualized support through school advocacy, homework clubs, and specific interventions based on the needs of the child and family. In addition, counselors meet weekly with parents to model child management techniques and connect parents with other families facing similar issues.

Through group sessions, Jaden learned coping skills to help calm down and communicate his needs. His mom, Brandi, shared that the strategies helped her understand Jaden's needs better and shed light on her own interactions with him.

"It helped me see some of his behaviors that triggered me and made me overreact. I learned to be more responsive instead of reactive. I also learned that walking



away from an escalated situation was more helpful than staying and escalating it more."

One of the more impactful lessons Brandi said she learned was understanding what would trigger Jaden to overreact in the classroom. "Jaden used to have a really hard time when things were changed up in school." Something as benign as a lesson being moved from students sitting in their seats to sitting in a circle on the carpet could result in Jaden acting up. Working with Jaden's teachers and sharing what they had learned through SNAP allowed all parties involved to have a better understanding of him. "Since learning the SNAP calming down strategies, he [Jaden] is better equipped to handle transitions and changes without a bad reaction."

Family participation is pivotal to the success of SNAP. Through shared learning, families gain common verbiage and understanding of coping skills. This was one of the aspects Brandi liked best about SNAP. She appreciated that she and Jaden's dad had to put in the work as well, instead of putting all the responsibility on Jaden.



The Sponseller family with their SNAP certificates of completion.

Jaden and his parents never missed a group session. Jaden's younger sister also participated. Though not in the SNAP group sessions, seven-year-old Pria came with her family and attended a kids club where she, too, learned SNAP strategies. The entire family has completed the program together and, according to their counselors, have a great outlook.

2021-22 SUPPORTERS

PUBLIC FUNDING

Federal Government Administration for Children and Families, Office of Refugee Resettlement

Commonwealth of Pennsylvania

Department of Community and Economic Development Department of Drug and Alcohol Programs Department of Education Commission on Crime and Delinquency Pennsylvania Emergency Management Agency

Allegheny County Department of Human Services Office of Behavioral Health Bureau of Drug and Alcohol Programs Office of Children, Youth and Families Juvenile Probation Office Office of Mental Health and Substance Abuse Services

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SPECIAL THANKS

Holy Family Institute and Nazareth Prep are grateful to **Jim Shorkey Auto Group** for their generous support as the Title Sponsor of our **Golf Classic** and as the Presenting Sponsor of our **Arthur J. Rooney, Sr. Courage House Award Luncheon**.



PATHWAYS OF PROMISE: PHASE 1 COMPLETE!

Holy Family Institute and Nazareth Prep embarked on a multi-phase Pathways of Promise Capital Campaign with the goal of expanding our facilities where students can tap into their unlimited potential. The first phase – repairs and renovations to the original 1905 main building costing approximately \$2.5 million – was fully completed in late 2021. Renovations included creating nine new classrooms for Nazareth Prep, doubling the previous cafeteria and food service space, constructing a state-ofthe-art culinary classroom, and completing improvements to the exterior plaza connecting our two buildings.

The 2021-22 school year was the first full year that Nazareth Prep held classes in this newly renovated space, and it has been exciting to watch the school grow. With Phase 1 successfully completed, we are now working toward Phase 2 – building a brand-new Science and Activities Center!

NAZARETH PREP CONNECTS STUDENTS TO THEIR FUTURES

Shayonia Johnson, Class of 2022, is the first Nazareth Prep student to participate in Highmark Health's Straight to Business Program, which launched in June of 2021. Straight to Business is an earlycareer program for recent high school graduates from diverse backgrounds. It offers participants the opportunity to work in different rotations at Highmark Health enterprise while receiving a debtfree college education online at Purdue University Global.

Highmark Health has been a Nazareth Prep internship partner since 2016 and a major supporter of Holy Family Institute for over thirty years, recently committing \$500,000 to support Nazareth Prep and the Pathways of Promise Campaign. Shayonia first heard about Highmark Health's Straight to Business program through the school's internship team at the end of her junior year, leading her to advocate for an internship at Highmark Health for her senior year. According to Malissa Seman, Straight to Business Program Manager, Shayonia voiced her interest in the program very early on and was able to meet with staff members at Highmark to make an informed decision about applying.

Shayonia's senior year internship at Highmark Health gave her the skills and connections needed to pursue this transformative opportunity. As she reached the end of her internship, Shayonia began the rigorous Straight



Shayonia Johnson celebrating her graduation from Nazareth Prep.

to Business application process, first submitting a resume, essay, and at least one letter of nomination. Next, she participated in two one-on-one interviews with Highmark Health leadership, followed by a group case study. The goal of this rigorous process is to attract candidates who have a willingness to learn and explore, demonstrate good time management, and exhibit drive and perseverance.

When Shayonia received the news that she had been accepted into the second cohort of Straight to Business, she couldn't wait to get started. She began the program in early August 2022, starting with her first rotation in Customer Contracts and Benefit Services. On a day-to-day basis, her work includes sorting insurance books, quality checking client summaries, and training and team-building activities with her cohort.

"Shayonia has been thriving at Highmark Health," says Malissa. "She is driven and ambitious and she demonstrates an eagerness to learn. She has been a joy to work with." Shayonia agrees that the experience has been great, saying,



Malissa Seman accepting the 2022 Nazareth Prep Internship Program Outstanding Mentor award from HFI President Mike Sexauer.

"To see my hard work repaid with an opportunity like this has created a sense of certainty that I am just touching the surface of my potential."

In addition to developing professional skills, Nazareth Prep's internship program gives our students direct connections to opportunities like this one that can dramatically change their futures. If you would like to donate or become an internship partner, please contact Randy Lheureau, Director of Workforce Development, at lheureau.randall@nazarethprep.org.

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A MILESTONE FOR SISTER LINDA

In 1972, Linda Yankoski took her vows as a Sister of the Holy Family of Nazareth. Six years later, Sister Linda joined the staff at Holy Family Institute and has been a familiar face on campus ever since. Her commitment to HFI's mission and vision was communicated not through words, but actions. In her 45 years with the organization, Sister Linda has served in leadership roles across Holy Family's broad spectrum of programming. As CEO, Sister Linda has led the organization to develop bold new programming and services to meet the changing needs of children and families in our community and beyond.

In 2022, as Sister Linda celebrates her Golden Jubilee, we are reminded of the important milestones in the evolution of Holy Family. In 2014, she oversaw the creation of the Journey of Hope program to care for immigrant children awaiting reunification with their families. In the same year, Nazareth Prep was founded to provide an innovative private school education for every student, regardless of race, religion, or economic status. And she recently led the organization through the tumultuous COVID-19 pandemic, adapting programming to continue meeting the needs of those we serve in the face of unprecedented obstacles.

We congratulate Sister Linda on her achievements and express our deep gratitude for her years of dedicated service and visionary leadership at Holy Family Institute.



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