RHD's Morris Home celebrates five years

Alonda is seeking treatment for drug abuse, but as a transgender woman, she struggled to find a recovery center sensitive to her unique health needs. Fortunately, she discovered RHD's Morris Home, where Alonda said she's gaining "the confidence to live in my true self."

This year Morris Home celebrates five years as the first residential recovery program in the country to offer comprehensive services specifically for trans- and gender-variant individuals. Today the pioneering facility continues to navigate new territory in trans-affirming care.

"We are the only inpatient rehab specifically for the trans community, and now more than ever it's important that people have a space they can define as their own and know that they are safe," Morris Home Director Laura Sorensen said.

This year Morris Home was honored by the Mayor's Drug and Alcohol Executive Commission with the Treatment Provider Award, and Morris Home clients raised the Pride flag over City Hall to kick off LGBTQ history month.

These experiences "really help our members reintegrate back into the community with a little support by their side," said Sorensen.

For more on Morris Home, please visit: www.rhd.org/morrishome



Morris Home: (*Left to right*) Lead Therapist Andrew Spiers, Director Laura Sorensen, and Office Manager Carla Wood with the 2017 Treatment Provider Award, honoring Morris Home's work in the community.

THE QUARTERLY NEWSLETTER OF THE NONPROFIT RESOURCES FOR HUMAN DEVELOPMENT

WHO WE ARE: Resources for Human Development is a national human services nonprofit founded in 1970 that specializes in creating innovative, quality services that support people of all abilities wherever the need exists. In partnership with government and those we serve, RHD builds better communities through more than 160 caring and effective programs in 14 states.

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MyRHD is published quarterly, mailed to supporters, donors and government officials. It is meant to inform about RHD's activities, innovations and successes in the more than 160 human-services programs it operates throughout the country. If you wish to unsubscribe to MyRHD, please email info@rhd.org or write us at the address above

How you can help

More than 50,000 people each year gain the support and encouragement they need to build better lives for themselves, their families, and their communities through RHD's many human-services programs. Their milestones and successes, large and small, are made possible through the generosity of people like you.

Your support helps provide the resources people of all abilities need as they work to build their most successful lives. You can help support caring, effective and innovative programs that emphasize the person in the service, with a belief that each human being, no matter what their challenges, should be treated with dignity and respect. You can help give people the opportunity to develop to their full potential, improving the quality of life and creating brighter futures for all RHD clients.

Please use the enclosed envelope to send a check or visit us at www. rhd.org to donate online.



RHD Children's Services: Kim Sciulli said her daughter, Angel, has made tremendous strides working with RHD's Children's Outreach Services Program.

Kim walked into a classroom and saw her daughter, Angel, sitting quietly in a chair, engaging in activities alongside other children at RHD's Children's Outreach Services Program. This simple act, achieved with intensive support from COSP staff, was so dramatic that Kim was moved to tears.

"I cried tears of joy," Kim said. "That was something she was never able to do. I actually cried tears of joy because I never thought that would happen."

Angel was diagnosed with Cri-du-chat syndrome, a rare genetic chromosomal condition characterized by cognitive, speech and motor delays, hyperactivity and aggression, as well as poor growth development. Angel is nine years old, and Kim said her condition was placing a toll on the family — and that COSP had made a tremendous difference.

"It was very difficult trying to figure out what to do," Kim said. "Angel's behavioral issues made things so hectic for our family. Angel had a lot of head banging. She was doing a lot of kicking, hair-pulling and spitting. We were just trying to love her and get past the denial, hurt and pain."

When Angel's family found COSP, things turned around. Angel has been working with a team led by Behavioral Specialist Consultant Gbolo Kowou and Therapeutic Staff Support Crystal Bachan-Swain.

"Angel was unable to effectively communicate when she first started with us," said COSP Project Director Chevaughn Satchell. "Since then, Gbolo and the team have introduced sign language with her. They've helped her eliminate eloping and Angel can withstand being in social situations. Her mom is also more aware of Angel's triggers and how to address them. I'm proud of the progress Angel has made thanks to the hard work of the COSP team, especially Crystal and Gbolo."

Angel's story is an example of how the right support can make a huge difference for families of children with behavioral health needs. At RHD's Children's Services, thousands of families have found the support they needed through RHD's unique, effective children's programs. RHD has a diverse continuum of services, with a solid network of resources and the ability to provide different services based on the needs of different populations.

COSP provides intensive community-based services to children and adolescents (birth to age 21) who are emotionally or developmentally challenged. Service needs and treatment recommendations are based on team decisions to ensure that all clinical, educational, and social

issues are identified. Master's Level and Bachelor's Level Professionals provide intensive support to children and adolescents with psychological, behavioral, and emotional needs in the home, school, and community.

COSP's multi-disciplinary approach to mental and behavioral health services includes psychological evaluations, case management, behavioral specialist consultations, mobile therapy and therapeutic staff support. Services are delivered to clients in a comprehensive way — after an initial psychological evaluation to assess the child's mental and behavioral health needs, treatment recommendations are determined.

The case manager then develops and implements a service coordination plan. The service plan is implemented by a mobile therapist who works with children and their families in a range of settings, and by a behavioral consultant who provides clinical direction and planning. The behavioral consultant also monitors the child's progress, assesses the success of interventions, and if needed, modifies the child's treatment plan. Finally, the therapeutic staff support person provides behavioral reinforcement and emotional support, along with time-structuring activities.

In every program in RHD's Children's Services, a premium is placed on parent involvement. RHD believes that when a child is in crisis, the family is in crisis. Many RHD programs have parent workshops that teach how to de-escalate, and self-soothe. RHD's approach is to move the children and their families from crisis together.

"We work to make sure families are aware of the service through ongoing meetings so that when a need arises, they are already familiar with the program," RHD regional director Sebrina Harrison said. "We want families to be part of the process from the start."

COSP currently supports 250 families, including Kim and Gregory, whose daughter Angel has been a long-time participant in the program. COSP participants are re-evaluated every six months to determine what kind of ongoing care they need, if any. As with most clients, the goal for Angel is to slowly transition out of the program, allowing her and her parents to use the skills they've been taught.

"I think about just having her walk beside me like any other child out there," said Kim, talking about her future hopes for Angel. "It's going to take a little work, but I believe it can happen."



Making a difference at RHD

Genuardi Foundation is one of the generous donors impacting their community with support of RHD programs like CHOC

Larry Genuardi, President of the Genuardi Family Foundation, visited RHD's Coordinated Homeless Outreach Center to see firsthand the impact of the foundation's support for the program. Genuardi found himself in the community room at a round table talking with residents of CHOC. Genuardi leaned into the circle and asked the assembled group, "How long have you been here?" As he listened to their answers, additional residents trickled in and took seats. They were all eager to share their stories — and to say thank you.

"I appreciate everything you do," said John, a current CHOC resident. "I thank God for this program and the meaningful contributions the Foundation has made."

Housed on the old Norristown State Hospital grounds, CHOC is the only year-round emergency housing service in Montgomery County for single adults experiencing homelessness. The goal for residents of this 50-bed, co-ed shelter is to stay for three to four months until permanent housing is acquired. CHOC provides additional services, including street outreach, service counseling, transportation, rapid rehousing, meals, clothing, life skills, and benefits counseling.

The Genuardi family owned Norristown-based Genuardi's Family Markets until it was purchased by Safeway in 2001. With earnings from the Safeway sale, the Genuardi Family Foundation was created with a mission to give back to the communities that it served within a broad range of human service areas. In 17 years, the Genuardi Family Foundation has donated more than 17 million dollars to more than 400 charities.

The Genuardi Family Foundation has been a dedicated and consistent supporter of CHOC over several years.

"It's been very important to get to know the organizations that you're gifting to," said Genuardi. "Supporting CHOC is important because it deals with daily needs within our community, to support people who need a little assistance so they are able to get on with their lives."

The Genuardi Family Foundation's contributions to CHOC have had a tremendous impact, said CHOC director Genny O'Donnell.

"One of the things that helps people that lose housing is having stability," O'Donnell said. "And knowing that there is some stability is strengthening. The Genuardi Foundation has contributed to creating a stable base for CHOC throughout the years.

"The support of the Genuardi Foundation has helped provide people with a safe place, where connections and healing can happen, where relationships can build and where lives can be rebuilt."

After the open forum with the residents concluded, O'Donnell spent time with Genuardi touring the newly renovated space. He listened intently as she described how CHOC hopes to expand services and complete additional renovations. The Genuardi Family Foundation's support of the many improvements at CHOC has given the program a brighter future, O'Donnell said.

"Genny has done a phenomenal job of taking care of the residents and running this program," said Genuardi. "But like anything else, they have to keep looking at themselves to make sure they are achieving their goals and meeting the needs of the community as well as they can."

The people RHD serves rely on the generosity of those who believe that every person, despite their challenges, should be treated with dignity and have the opportunity to develop their full potential. Donors who support RHD programs like CHOC have a lasting impact on their communities, and allow RHD to continue developing caring, effective and innovative programs that help people in need build better lives for themselves.

Genuardi hopes the Genuardi Family Foundation's donations to CHOC will inspire additional supporters, as even the smallest donations can make a huge difference.

"Local programs that are more grass roots are very important to the community," Genuardi said. "They need people to be able to step up and donate."

RHD staff, programs honored for award-winning service

RHD prides itself on delivering the highest-quality services in programs across the country. Recently several RHD staff were recognized for award-winning service, locally and nationally.

Tyeshia Williams, Therapeutic Residential Specialist for RHD Mainstay Philadelphia, was honored as the 2017 "We Are Worth It" Pennsylvania Advocacy and Resources for Autism and Intellectual Disability Southeast Region Direct Support Professional of the Year.

Mainstay Philadelphia provides supervised communitybased residential program designed to provide a range of established and innovative rehabilitation strategies for adults with developmental disabilities.

"Tyeshia has been an incredible asset to Mainstay Philadelphia; her consistent nature and calm demeanor provides those she supports with an undeniable sense of safety, qualities that allow people to grow and learn," said Jeffrey Prince, Mainstay Philadelphia Director.

Two members of the Family Practice & Counseling Network in Philadelphia, the largest nurse-managed health care network in the country, were honored for their work in providing health care to vulnerable populations with the APEX awards (Awards for Primary Care Excellence) from the Pennsylvania Association of Community Health Centers.

Dr. Carolyn Truesdale was presented the Outstanding Primary Care Clinician Award in recognition of her significant contributions in the delivery of primary care to vulnerable populations, improving quality, accessibility and outcomes of care.

Melissa Morton was presented the Customer Service Excellence Award in recognition of her significant contributions providing exemplary customer service to health center patients and colleagues. Morton also received the Patient Choice Award – the only award given based solely on nominations from patients.

FPCN patients described Morton as "the ultimate in customer service," as "honest, responsible and straightforward," and as "a happy person who makes other people happy." Another FPCN patient said: "Miss Melissa greets people every day in a cheerful and respectful way. She's the sunshine you can't get on a rainy day."

Lauren Spelman, Resource Coordinator at RHD's CORE, received an XCEL Award for Case Management and Service Coordination from the National Association of Case Management. CORE (Capitalizing On a Recovery Environment) is a long-term community residential program for individuals with mental health and substance abuse issues who are returning from prison.

"Lauren has shown herself to be adept at effectively engaging community stakeholders and the person in recovery, into planning and carrying out the plans to access resources for physical health, basic living needs, financial resources and housing," CORE Director Kevin Kordzi said.



Award-winning service: Tyeshia Williams, Therapeutic Residential Specialist for RHD Mainstay Philadelphia, accepted her 2017 "We Are Worth It" PAR Award as the Southeast Region Direct Support





When Michael was house-hunting for the home he'd move into with Son and Tony, two RHD clients who would join him in the Extended Family Home program at RHD Nebraska, he brought them with him to help make the choice.

"I wanted Son and Tony to see if it would work for them, to see where their rooms would be, because we want to be inclusive and make sure people have a choice," Michael said. "It's not so much they're moving in with me; we're moving in together. This is their home as much as it is my home.

"One of the benefits that they both enjoy is a sense of consistency. They don't have to worry about which staff is coming here tomorrow, which staff is coming for the overnight. It's all one. And that allows them to function as a family unit. It's a good thing for them, and makes them comfortable."

"Michael helps me, and I help him," Son said. "He's really my family. He's in my heart."

RHD's Extended Family Home (EFH) model in Nebraska develops housing and communitybased support services for individuals with intellectual and developmental disabilities. RHD combines housing and a full array of community supports to help individuals achieve stability and live successfully in the community. The RHD Extended Family Home program offers individuals the opportunity to live with a caregiver of their choice within the community, placing a premium on their quality

Individuals supported in RHD's Extended Family Home program gain the stability and independence that comes with living in the community in a family-oriented model, and receive support in expanding their circle of friendships, pursuing community interests, and becoming active, full members of their communities.

"I'm glad that I'm here, it works for me," said Tony. "I get treated with respect. I really like all the people that I live with, and I trust them."

"This dynamic, the way we've developed it and run with it, empowers Son and Tony," Michael said. "It makes them comfortable and at ease. Even when Son and Tony have bad days which we all do — they are able to get through it very easily in this living arrangement.

"It's a great job, a great thing to do."

The EFH provider is a community-based, family-oriented home that offers people the ability to participate and contribute to the household, while promoting personal growth and independence. EFH providers receive

Tony, a client at RHD Nebraska

I'M GLAD THAT I'M HERE.

I GET TREATED WITH RESPECT.

extensive support, training, and ongoing oversight in order to support and assist the individual in service.

EFH program," said Chandra Beauford, an RHD EFH provider. "It has been so great for my family — and also for me, being part of the RHD family. We work as a team at RHD.

experience. I am receiving so much as well; this is a program that works for not only him but for myself."

and now lives with RHD EFH provider Rafietou Tchatchasse-Ali. Zoey attends school, goes shopping, swims at the local public pool and is active in the community.

look out for each other, and we support each other."

staff in a group home, but said she appreciated the freedom that working in the EFH model afforded her.

"I'm really grateful for this opportunity," Tchatchasse-Ali. "In the EFH program, Zoey has freedom in a home environment. This is her home; she doesn't have a roommate.

For more on RHD Nebraska's services, please visit www.rhd.org/nebraska

"I love working with Matthew and with the

"It's been such an eye opener and a learning

Zoey has been an RHD client since 2013,

"Life is really great together," Zoey said. "We

Tchatchasse-Ali had previously worked as

"It's perfect for us. We're a good fit."

'RHD saved our family'

Billy and his family find a supportive, caring community at RHD Nebraska

Billy is autistic and nonverbal, and his behaviors can be very challenging. His parents, Dianne and Bill, went through a number of different providers before coming to RHD.

"RHD saved our family," Dianne said.

"We were at the end of our rope," Bill said. "RHD stepped in at a very difficult time and picked up the load. It was a big weight off our shoulders, that we knew he was somewhere that was safe and where people were looking out for his interests."

Most important, they said, is the support the family has gotten at RHD. "Last year Billy suffered a severe seizure and ended up in intensive care on a ventilator, and we didn't know if he was going to make it or not," Dianne said. "And one by one, all of his staff showed up. They all came and stayed with us, just quietly hung out and kept vigil. We just realized we had this army for Billy, this army of loving caregivers."

With support from staff at RHD's Valiant Studios, a creative arts day program in Omaha, Billy now creates art that he's sold at local shows much to the delight of his family, many of whom are artists as well.

"I keep chiding my family — Billy has been the most successful artist of the bunch," Bill said. "Everybody is amazed at what he does. I can't emphasize how much his mood had changed; you see the joyfulness back."

At Valiant Studios, the staff introduced Billy to music classes, theater class and painting to see where his interests might lie. When Billy walks around the studio, every staff member reaches out for a high five. "At our studio, every 10 steps, it's a different environment," said studio director Jason Ackland. "He's constantly changing his environment."

RHD Nebraska is home to two of RHD's creative art-based day programs: Live Yes Studios in Lincoln, and Valiant Studios. RHD creative arts studios broaden the horizons of people with intellectual disabilities and offer them the tools to define themselves as artists.

In these programs, RHD staff works to create an environment where people are safe and cared for, but also engaged and energized. At RHD, people can take ownership of their work and their place in the community while being celebrated for their own unique style of outsider art.

"We teach every kind of art that you can think of — pottery, oil painting, acrylic painting, woodworking, sculpture — and the vast majority of our staff has degrees in art," said Craig Casados, director of RHD's Live Yes Studio. "We open up people's eyes to what's possible, to see the beauty in the world around them and in themselves — and how they can show that to other people through shows or in galleries, where they can be successful, earn income and be a thriving part of their community.

"It's not just our staff coming up with classes and things to teach — it's sitting down with the clients and saying: What do you want to learn? And how can we help you?"

The work of RHD Nebraska artists is featured in local and national shows and galleries, where they earn income through the sale of their work and gain an outlet for creativity and self-expression through visual arts, music, and community involvement.

"When we first heard about a day program that emphasized art and music, I thought: That sounds wonderful and amazing, but I don't see how it would fit Billy," Dianne said. "But it's been such an incredible blessing. We've been amazed and pleasantly surprised at what RHD and Valiant has

"Billy isn't verbal, but we can tell how he feels, and we can see that things are going well. We can tell that he likes being there."

"We'll always be thankful for RHD, and mainly the people who are part of RHD and Valiant Studios and their willingness to make a place for Billy that meets his needs," Bill said. "It's the people here; they're special."



THE QUARTERLY NEWSLETTER OF THE NONPROFIT RESOURCES FOR HUMAN DEVELOPMENT **SPRING 2017 5**



Thank you for your support of RHD's services to people in your community

When Larry Genuardi, President of the Genuardi Family Foundation, came to RHD's Coordinated Homeless Outreach Center to see firsthand the impact the foundation's support is having, he met a number of the people we support, who shared their stories and thanked him personally (see story, page 3).

"It's been very important to get to know the organizations that you're gifting to," Genuardi said.

We're honored to have the support of the Genuardi Family Foundation, as well as so many donors of all kinds who are making an impact in their community by supporting RHD. RHD's broad service mission and diverse array of programs are designed to have the maximum impact on our communities. That only happens with the support of so many people like you.

We're always proud to share the stories of the people who we serve; their successes are made possible through the hard work of an amazing group of people who work at RHD — and also through the generosity of our donors and supporters. When people get to know us, and see the work we do and the difference we make in our communities by working together, they usually find a place, and people, they want to support.

In Philadelphia a man named Abraham got out of a shelter and into his own housing (and landed a job with the Philadelphia Phillies), with support from RHD. He said: "I got a lot of help ... they were behind me."

In Nebraska, a man named Tony is living independently in his community, and said: "I get treated with respect."

In Iowa a woman named Jamie was talking about the support she received at RHD. She said: "It makes me feel good to know there's somebody who cares, who thinks that I matter."

Each year, RHD serves tens of thousands of adults, children and families with services that address health care, housing, veterans issues, education, employment, community development, and much more.

Legendary Eagles coach Dick Vermeil worked with us this year, hosting an event with celebrity chef Sylva Senat that benefited RHD's Children's Services (see photo, back page). Vermeil said he learned a lot about RHD in the process, and said: "I didn't know how much RHD does."

In this issue, we're taking a moment to thank those who've helped us create brighter futures for thousands of people with

Donations received from friends, foundations, and business partners directly improve the quality of life for all RHD clients, and allow RHD to continue developing caring, effective and innovative programs that help people in need build better lives for themselves.

The people we serve rely on the generosity of supporters who believe that every person, despite their challenges, should have the opportunity to develop their full potential.

THANK YOU TO OUR SUPPORTERS

Gifts to RHD and its programs from July 1, 2014 to June 30, 2015

Every effort is made to include all gifts. If we have inadvertently omitted yours, please contact RHD Development Director Rita Brouwer-Ancher at rita.brouwer-ancher@rhd.org, or call 215.951.0327 (ext. 3907). To donate online, please visit www.rhd.org.

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