



*Rapids churn and slow to
calm currents.*

*I'm contained and content,
yet wildly free.*

A destiny of sincere serenity.

*A sober mind of a girl who
has found herself.*

Chloe

*I'm come a long
way can't turn
back now.*

*Full of love
and peace.*

Full of smiles

Roxanne

*I came to POWER wilted
and broken*

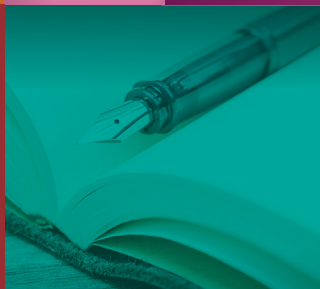
like a dead flower.

...when a woman chooses

To come to POWER,

*She will leave here a new
sunflower.*

Angie



ANNUAL REPORT 2016



They are finding themselves.

They are finding a purpose.

They are finding peace.

They are unbreakable.

Corrie

*"Now
the sky
is the
limit."*

*I came here to
clear my mind.*

*I didn't know it
was myself that
I would find.*

Caleigh



Dear Friends...

As we reflect on the past year, many thoughts and images come to mind.

It was a year in which we celebrated POWER's 25th anniversary. We watched proudly and tearfully as 25 POWER graduates appeared onstage to accept the standing ovation and cheers of the nearly 500 attendees at our annual event, POWER Promises.

It was a year during which the opioid epidemic continued to devastate families and communities and Pennsylvania Governor Tom Wolf worked with the state legislature to respond purposefully and compassionately.

It was a year in which we collaborated on new and expanded programs, which we hope you will read about in the Program Highlights section of our Annual Report.

It was a year that ended with a financial surplus, thanks to generous donors and major foundation and corporate support.

It was a year during which we thought about whether to remain independent or consider a merger. Our thoughtful and spirited deliberations concluded with a decision to remain independent and continue to grow.

Finally, it was a year in which POWER clients saw their poetry published in *Volume 5 of Stand Tall and Face the Sun: Poetry by the Women of POWER House*, thanks to our poet volunteer, a mother, who lost a child to addiction.

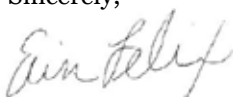
One of our favorite poems from the most recent volume is *Reflection in the Mirror*. Composed by Robin, it expresses the lovely view of the life that recovery offers. We share it with you along with our heartfelt thanks for your enduring support of Robin and the nearly 1,300 women who came to POWER in the past year looking for help, hope, and a better tomorrow.

Reflection in the Mirror

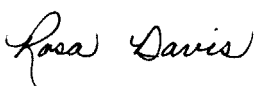
*I wake up at 6 a.m.
It feels like a new me.
I make my bed; then I shower.
I put on clothes. I look in the mirror.
The reflection I see is a new me.
My skin is clear, eyes are bright.
There is no red in them.
You can see they are brown and white.
My mind is clear, my thoughts make sense.
Could this really be me?
Just a few months ago I was lost on the streets,
drinking and getting high, not caring at all.
My reflection in the mirror
is smart, beautiful, and standing tall.
Off to start this beautiful day.
I'll see you later reflection, have a great day.*

Robin

Sincerely,



Erin Felix
Board President

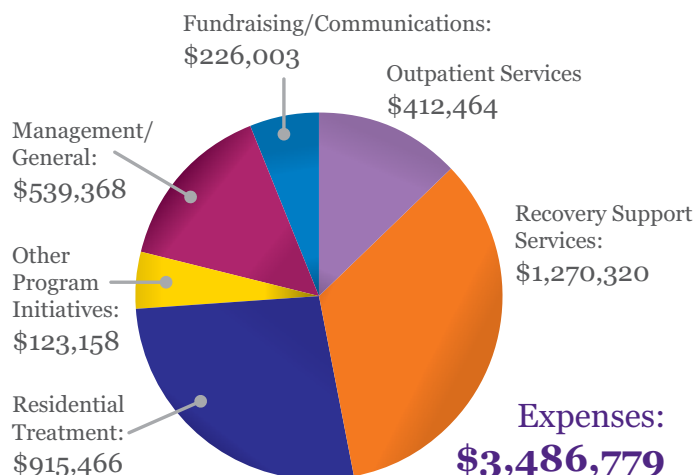
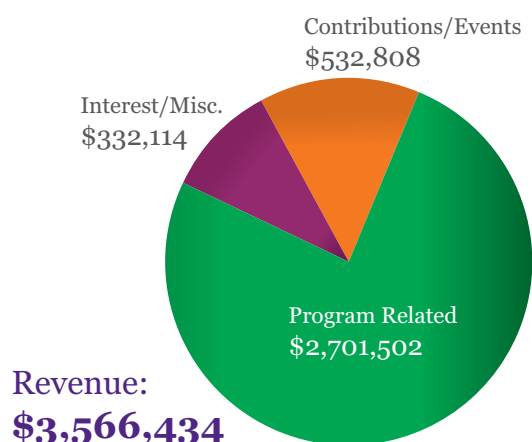


Rosa Davis, MSW, ACSW
Executive Director



Financials

Unaudited



Development & Communications

POWER celebrated its 25th anniversary throughout Fiscal Year 2016!

We kicked off our 25-year celebration at Sunflower POWER in September 2015, held at PerLora Furniture on the South Side. Artist and former Steeler Baron Batch was the Honorary Chair for the event, with *Art Outside the Box* as the evening's theme. Area artists created works inspired by the women of POWER and raised over \$11,000.

We raised nearly \$32,000 in our Annual Appeal and for the second year, our Board of Directors matched 25% of all donations, up to \$25,000.

Our annual fundraising event, POWER Promises, was a major success that raised over \$170,000 exceeding our goal and with a record level of sponsorships at \$109,000. We moved to a new venue to allow for greater attendance; we recruited a host committee of influential individuals; and, we worked with a professional art curator who featured the works of 25 area artists in the *POWER of Art Sale*, a new and exciting part of POWER Promises. In honor of our 25th anniversary, we highlighted one graduate's story and then introduced 24 other POWER alums to the stage. It was a truly inspiring evening, emceed by KDKA anchor Brenda Waters and featuring speaker David Hickton, US Attorney for Southwest Pennsylvania. Leslie C. Davis, Senior Vice President of UPMC, was POWER Promises Honorary Chair. In what has become a popular tradition, former Mayor Tom Murphy served as the evening's auctioneer. It was a gala celebration befitting POWER's silver anniversary!

In addition to this record-setting event, we exceeded our goal for operating grants, reaching \$230,450.

POWER clients were feeling strong after a self-defense class at Shaolin Studios led by volunteer Lisa Nakamura.



Cheryl Werber, Menna Abaye, & McKenzie Sauder assisted with registration at Sunflower Power.



Pitt's Campus Women's Organization members visited with House clients at the holidays.

Fiscal year 2016 was a time of reflection and growth for POWER and our programs.

POWER was approached by a large behavioral health organization that asked us to consider a formal affiliation. The exploration and deliberations were extensive and spirited, leading us to a decision to remain independent and pursue a course of growth. We will continue to explore the best way to meet the needs of our clients.

The year began with the release of a Request for Proposal (RFP) by the County's Department of Human Services to integrate drug and alcohol services with child welfare, services already provided by POWER for 13 years through POWER Connection. In collaboration with Pittsburgh Mercy Health System and Holy Family Institute, POWER submitted a proposal in September. The partner agencies were included in order to meet the needs of men involved with Allegheny County's Office of Children Youth and Families (CYF) who are in need of assessment and mentoring. In early 2016, POWER was awarded the contract.

POWER also spent a considerable amount of time meeting and planning with representatives of Allegheny Health Network (AHN) to develop services for pregnant women addicted to opioids who agree to receive medication assisted therapy. The Perinatal Hope Program has requested that POWER's outpatient staff implement client assessment, group therapy, and mentoring services at West Penn Hospital. Plans include expanding the program to three other hospitals within the AHN system. POWER is looking forward to taking our outpatient treatment and services directly to clients where their physical health needs are being met.

As we seek to improve our ability to serve our clients, POWER applied for and was selected to participate in a LEAN Manufacturing Cohort established and sponsored by the Forbes Funds. Three members of our leadership team have completed half of the six-month program, designed to help non-profits work more efficiently in order to spend more time on value-added activities that enhance services they provide. We look forward to completing the program and applying what we learn.

We continue to value and offer a variety of staff training opportunities that enhance professional growth and leadership skills that are vital to a growing organization.

Client satisfaction and outcomes reports continue to inform our work. Clients report high satisfaction with POWER's programs, services, and staff. A high majority of clients indicate that they would recommend POWER to friends and family members in need of drug and alcohol services. Our outcomes findings show that POWER's clients are enjoying positive improvements in major areas, including reduction in drug and alcohol usage, lower CYF involvement, reduced criminal justice involvement, better health ratings, improved employment status, personal growth, better housing conditions, and restored personal and family relationships.

Program Highlights

Number of women served:
1,229

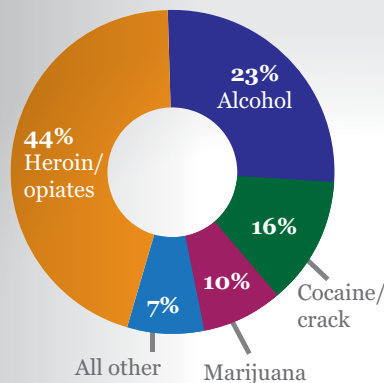
Demographics:
61% white
30% African-American
9% other

Total number of drug and alcohol assessments: **817**

Average age:
35 years old

Number of admissions:
487

Drug of choice:



A recent survey in which residential (POWER House) and outpatient (POWER New Day) clients were asked their drug of choice reinforces what we are hearing and reading about the epidemic of opiates.

Average length of stay:

POWER House — 116 days/3-4 months

Outpatient — 143 days/4-5 months

Evidence has shown that a minimum 90 days of treatment increases a client's chances for long term sobriety. We are encouraged that women are staying at POWER well beyond that time to receive the care they need.

Trauma:

88% reported to their therapists a history of trauma:

- 70% physical trauma
- 68% sexual trauma
- 84% emotional trauma

Women with children:

87% of POWER clients had at least one child under the age of 18.

Involvement with the criminal justice system:

No **87%** Yes **26%**

Corporate/Foundation Connections

We thank the following foundations and POWER Promises corporate sponsors for their generous support. A complete list of donors can be found on our website at power-recovery.com.

Allegheny Health Network	Mary Hillman Jennings Foundation
Amcom Office Systems	Massey Charitable Trust
BNY Mellon	McCune Foundation
The Burke Family Foundation	The Pittsburgh Foundation
Campos Inc	PNC Charitable Trust
Citizens Bank	Point Legal LLC
Cochenour Law Offices PC	Richard King Mellon Foundation
Duquesne University	Roy A. Hunt Foundation
Elsie H. Hillman Foundation	The Sarah Kristin Owen Fund
FISA Foundation	Shadyside Presbyterian Church
Gateway Rehab	The David S. and Karen A. Shapira Foundation
Giant Eagle, Inc.	Sitko Bruno, LLC
GlaxoSmithKline	Square Café
Gymkhana Gymnastics	Thomas Marshall Foundation
Highmark Blue Cross Blue Shield	University of Pittsburgh
Huntington National Bank	UPMC, UPMC Health Plan, & Magee Women's Hospital of UPMC
Jody R. Schurman Fund of the Cornell University Foundation	The Wilson Group, LLC
John R. McCune Charitable Trust	
Levin Furniture	

Board of Directors

Erin M. Felix, *President*
Sherree R. Goldstein, *Vice President*
Tina Flowers, *Secretary*
Eileen Simmons, *Treasurer*

Steven Alschuler
Emmie Calland
Susan S. Everingham
Judith Griggs, PhD
Christine Hoover
Nancy Kurdyla
Judi Owen
Mary Prezioso
Margaret Sitko
Virginia Volponi
John Wilds, PhD

Advisory Council

Arthur M. Scully, III, *Chair*
Jan Bleier
Paul E. Block
Candi Castleberry Singleton
Darieth Chisolm
Christopher Dunn
Dr. Andrea Fox
Judge Livingstone M. Johnson
Gayle Manning
Grant McLaughlin
Terry Miller
Tom Murphy
Boyd Murray
Raj Narendran
Jan Pagliari
Norma Raiff
Kristi Rogers
Cindy Shapira
Mindy Shreve
Lora Sigesmund
Joy Starzl
Jim Turner
Dr. Abraham Twerski
Mike Walsh, PhD
Sheila Washington
Brenda Joyce Waters
Karen Farmer White
Lois R. O'Connor, *Emeritus*

Administration

Rosa Davis, MSW, ACSW
Executive Director
Makesha West, BS
Director of Programs & Clinical Operations
Madelon Edelstone, MEd
Associate & Development Director
Debra Raubenstrauch, MPM
Director of Finance & Operations
Olivia Zitelli, MSW, SPHR
Director of Human Resources, HR-C

POWER Line:
412.243.8755

United Way Contributor Choice:
#3511



3 Rivers Combined Federal Campaign:
#85191



BNY Mellon Volunteers Harriet King and Holly Palumbo helped staff POWER Promises.



Valerie Bacharach invited slam poetry writer Erin Dansevicus to her weekly workshop at POWER House.

"People at POWER loved me when I didn't know how to love myself."



Linda Perkins, Marcia Smith, Ernestine Myrick, Gaye Fifer, & Carolyn Burgh led House residents on their early morning walks.



*So one more time
I'll open up my heart,
Hoping and praying
you won't tear it apart.*

Fasmine

Our Volunteers

Volunteers walked with House residents on **170 mornings**.

Volunteer receptionists spent **779 hours staffing the front desk** at our administrative and outpatient office.

Members of Discovery Christian Church provided POWER House residents with **nine game nights, one dinner, and one "high tea."**



Discovery Christian Church volunteers held a High Tea for House residents.

65 volunteers helped plan and staff POWER fundraising events.

15 churches, organizations, and individuals donated holiday gifts for POWER clients and their children. Volunteer Rosemary Hulsman organized 19 volunteers to wrap presents she collected in her 24th annual gift-giving project.

Volunteers treated clients to **eight special events**, including an afternoon of baking cookies, a sing-along, a clothing give-away, and a make-over and spa session.

Clients received **175 hours of educational sessions** from individual volunteers on topics such as poetry, self-defense, parenting, legal information, exercise, cooking, budgeting, computer skills, and job search/career development.

142 hours of office work were donated to help POWER operations continue to run smoothly and efficiently.

25 POWER graduates — with recovery times ranging from three to 24 years — celebrated POWER's 25th anniversary and received recognition at POWER Promises.

Shadyside Presbyterian Church held a **week-long art show** in the church's atrium featuring artwork created by POWER clients.



Shadyside Presbyterian Church member Eileen Flaherty and POWER's Brandi Gurcak at the church's art show featuring the work of POWER clients.



power-recovery.com

7501 Penn Avenue - Suite 8 • Pittsburgh, PA 15208 | Phone 412.243.7535

A copy of the official registration and financial information of Pennsylvania Organization for Women in Early Recovery may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 800-732-0999. Registration does not imply endorsement.