



“When I found
POWER, my
life changed
forever.”

ANNUAL REPORT

2018





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Dear Friends...

POWER has been saving lives since 1991. Established to provide drug and alcohol treatment designed specifically for women, last year the organization began offering support services to men via peer recovery support, also known as mentoring. In total, through our licensed treatment programs and support services, POWER provided care to more than 1,700 individuals — women and men all engaged in the fight of their lives.

Our 2018 Annual Report reflects the wide range of services POWER offers and the impact we're making. And, as much as we're doing, it's simply not enough. It won't ever be enough until we've eradicated addiction and the havoc it wreaks on families and communities. To that end, POWER has been working to develop a long-range strategy for creating a POWER Campus where women and families can benefit from a continuum of care that includes both treatment and support services offered by POWER and community partners.

Thanks to foundation support, we've been working with Palo Alto Partners and Lab 8 Designs to study the benefits and possibility of a campus model. Our vision is to create an environment through collaboration that leverages our independent and collective experience, expertise, and commitment to strengthen and empower those hoping to reclaim their lives from the devastation of addiction.

As we look forward to another year, we're hopeful that our vision and plan for a POWER Campus will continue to come together, moving us one step closer to expanding our capacity to reach more people and increasing the breadth of services we offer them. By expanding our care and creating systems that improve access to vital services and facilitate engagement, the community will be better served—one life at a time.

With at least one story every day of another needless death due to addiction, the news has been grim, locally and nationally. But let's remember that more than 23 million Americans are living in recovery—proof that quality treatment sustained over time and the support of a caring community can make a difference. POWER is committed to continuing to make a difference.

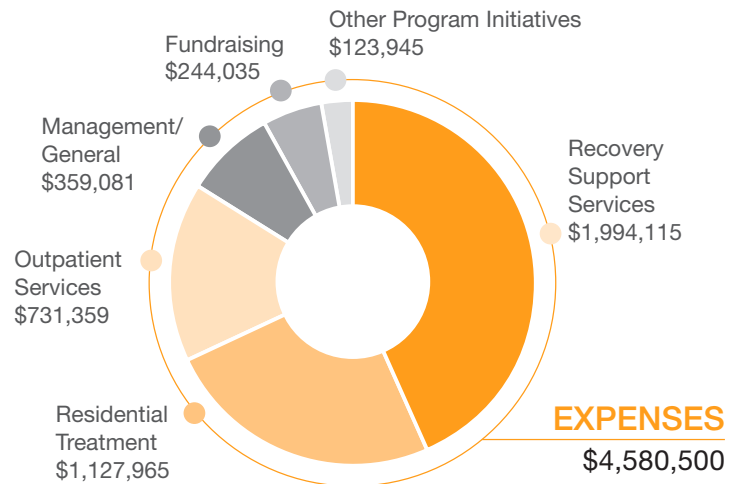
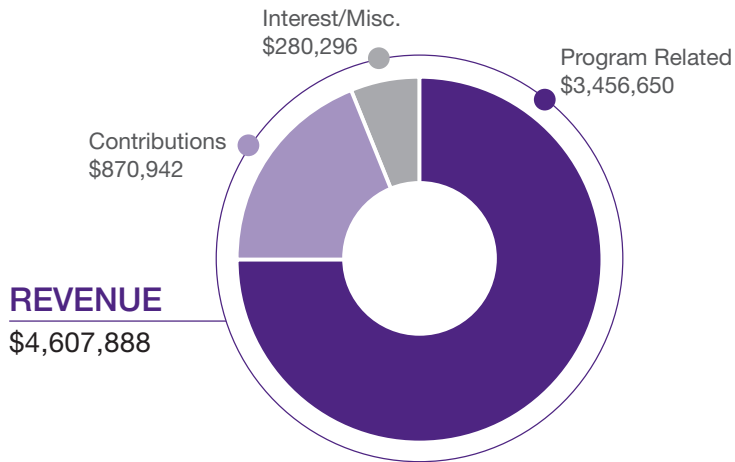
This work is only possible thanks to the dedicated and compassionate staff and volunteers at POWER. Under especially difficult circumstances as the death toll from overdoses continues to rise in our region, our amazing staff shows up—day in and day out, with a goal of nothing short of helping women and families transform their lives. They are supported by an equally amazing board and advisory council and hundreds of other volunteers and donors who, by their support, have demonstrated their value for and commitment to healing the body, mind, and spirit.

Thank you for all you do to support our mission so that the promises of recovery continue to be realized every day.

Erin Felix
Board President

Rosa Davis, MSW
Executive Director

Financials



POWER in the Community



Executive Director **Rosa Davis** was invited to present her views about legislation proposed by **State Senator Jay Costa** allowing family members to petition the county for mandated treatment for loved ones suffering from addiction in specific circumstances.



Residents of POWER created a banner and participated in the annual **Recovery Walk**.



Huntington Bank Senior V. P. and POWER Board Member **Steve Carpenter** held a team meeting with bank employees at POWER House.



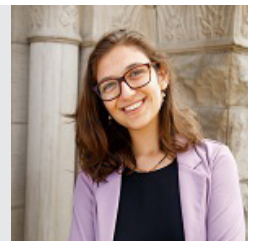
POWER welcomed **Notre Dame** students participating in **Urban Plunge**, a program that introduces undergraduates to the work of area nonprofits.



Clinical Director **Dr. Leslie Slagel** and Executive Director **Rosa Davis** addressed a leadership group from the **North American Federation of Temple Youth**.



POWER hosted medical students from across the county, part of **IRETA's** (Institute for Research, Education & Training in Addiction) immersion fellowship to provide addiction training for future doctors.



Our partnership with **PULSE Pittsburgh** brings university students to POWER for a year of service. Since the partnership began, several former participants were hired as staff including **Heather Marra**, POWER's Outcome Specialist.

Program Highlights

- POWER explored the feasibility of creating a **POWER Campus** to consolidate and expand all of our programs and services in one location. Funding for the study was provided by the **McCune Foundation**.
- Through a grant from the **Pittsburgh Foundation's Giving Circle**, POWER began to streamline our intake and referral process to respond more quickly and effectively to callers seeking help.
- Thanks to a grant from the **Eden Hall Foundation**, major renovations and updates were completed at POWER House including new lighting and flooring, upgrades to the heating system, new security cameras, and new dining room furniture.
- POWER began working with **Case Western Reserve University** to better enhance and integrate mental health care with addiction treatment for women with co-occurring disorders. Funding for this training was made possible through a grant from the **Staunton Farm Foundation**.



- POWER Drug and Alcohol Specialist Madeline Sample provided consultation and education to staff and families in two **Family Support Centers** located on the North Side.

- With funding from the **Heinz Endowments**, POWER continued to provide services through our partnership with **Allegheny Health Network's (AHN) Perinatal Hope Program** in four AHN-based hospitals.
- Through a new contract with **Community Care** to continue expansion of our mentoring services, the new team became fully integrated in our POWER Connection program.

“My POWER Mentor is someone I can talk to and not feel alone.”

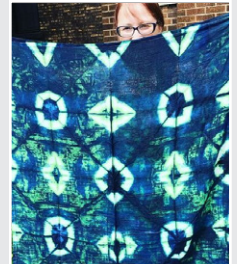
POWER welcomed Dr. Leslie Slagel in the role of Clinical Director. Dr. Slagel is a trauma expert with extensive experience in the mental health and drug and alcohol addiction fields.



“Enhancing and maintaining POWER’s commitment to providing trauma-informed care and training staff to better serve those

with both addiction and mental health issues are our top priorities as we move forward,” said Dr. Slagel.

Artist in Residency **Amber Coppins** works with POWER House residents through our partnership with the **Pittsburgh Center for the Arts** with funding provided by the



PA Council on the Arts and Shadyside Presbyterian Church. This creative initiative introduces clients to a variety of art techniques with an entrepreneurial component. Some of the artwork is being sold online through the **POWER Collection**.

Help is just a phone call away.

POWER Line: 412.243.8755

By the Numbers

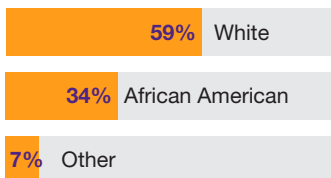


• **1,367**
Total number of women

• **417**
Total number of men

Demographics:

38 Average age of clients



Dr. Hide Yamatani, Professor of Social Work at the University of Pittsburgh and President, Excellence Research, Inc., provides evaluation and analysis of POWER's services.

Some notable outcomes include:

95%

POWER was highly rated by more than 95% of clients.

96%

Approximately 96% of clients would recommend POWER to others.



In its second year, POWER counseled **31 expectant mothers** through our partnership with **Allegheny Health Network's Perinatal Hope Program**.

POWERLine Helpline

3,273
referrals

2,680
screenings

1,421
assessments

Music Therapist Maria Carlini provides expressive arts therapy for POWER New Day clients as a form of self-expression and healing.



65%

of women have children under the age of 18 years old.

70%

of women reported a history of sexual, physical or emotional trauma.

Leading Cause for Seeking Treatment:

- 1 Opiates/narcotics
- 2 Alcohol
- 3 Cocaine/crack
- 4 Other

Opiates remain the leading reason for seeking treatment at POWER.

POWER House graduates are reunited with their families, find employment, secure housing, and contribute to their communities.

POWER House Residential Treatment

100 Number of women served

119 days Average length of stay

POWER New Day Outpatient Counseling

179 Number of women served

96 days Average length of treatment

POWER Connection Mentoring

408 Number of women served

99 Number of men served

Development & Communications

In FY18, **POWER raised more than \$460,000** from individuals, corporations, and foundation sources. The year got off to a great start as Board Members Sherree Goldstein and Maggi Sitko, and Advisory Council Member Jan Bamford, hosted a POWER Brunch Party, raising nearly \$5,000.

Our **Annual Appeal Campaign** included a personal appeal from a mother and POWER supporter who lost her daughter to addiction, bringing in more than \$55,000 and exceeding our targeted goal by 63%. In addition, POWER's Board of Directors made a partial match for the first \$25,000 raised. We ended the year with nearly \$220,000 in operating grants and an additional \$358,000 in restricted grants.

POWER Promises—A Night of Hope on June 13, 2018, raised more than \$147,000! Honorary Chair Diane P. Holder, President and CEO, UPMC Health Plan and Executive Vice President, UPMC was joined by Emcee Brenda Waters of KDKA-TV, Guest Auctioneer Tom Murphy and Special Presenters Cara Sapida of WPXI-TV and Sally Wiggin of WTAE-TV. POWER Executive Director Rosa Davis presented Dr. Wesley Sowers, Director, Center for Public Service Psychiatry at Western Psychiatric Institute and Clinic, with the *Seeds of Hope Award* for his contribution to our clients and staff. The evening's highlight was a special tribute to three POWER graduates!



POWER in the News

POWER was featured in numerous news media in FY18 including the Post Gazette's *SEEN* column, KDKA-TV's *Pittsburgh Today Live*, the *Jewish Chronicle*, *Pitt News*, *NEXTPittsburgh*, and *Public Source's "The Fix"* series.



Former Mayor Tom Murphy, Rosa Davis, and Brenda Waters, KDKA-TV



Seeds of Hope Honoree
Dr. Wesley Sowers with Honorary
Chair Diane P. Holder of UPMC

Pittsburgh turned out
to celebrate POWER
Promises 2018!

Corporate & Foundation Partners

Thank you to the following foundations and corporate sponsors for their generous support in 2018:

Allegheny Health Network
Amcom Office Systems
Avon Club Foundation
BNY Mellon Community Partnership
Babst Calland
Bird-Townley Charitable Foundation
The Burke Family Foundation
Charles R. Burke, Jr. Foundation
Duquesne University
Eat n' Park Hospitality Group Inc.
Eden Hall Foundation
The Fine Foundation
FISA Foundation
Fitness Essentials, LLC
Fragasso Financial Advisors
Gateway Rehab
Giant Eagle, Inc.
Gordon Food Service
Gymkhana Gymnastics
Highmark Blue Cross Blue Shield
Horn Corp
Howard Levin Memorial Fund
Huntington National Bank
ICON Development
Jody R. Schurman Fund of the Cornell University Foundation
Massey Charitable Trust
McCune Foundation
PNC Foundation Matching Gift Program

Pittsburgh Penguins Foundation
The Pittsburgh Foundation
C.H. Synder Fund
The Catz Family Fund
John R. and Margaret S. McCartan Charitable Fund
The Landry Family Fund
The Millar Family Fund
The Sarah Kristin Owen Fund
Point Legal LLC
Richard King Mellon Foundation
Roy A. Hunt Foundation
Shadyside Presbyterian Church
Sitko Bruno, LLC
Sorooptimist International of Pittsburgh Inc.
Square Cafe
Staunton Farm Foundation
UPMC & UPMC Health Plan
University of Pittsburgh



Pittsburgh Penguins Foundation President Dave Soltesz presented a check to POWER Associate & Development Dir. Madelon Edelstone and Exec. Dir. Rosa Davis.

“I didn’t think there was another way to live, but there is.”

Our Mission

Helping women reclaim their lives from the disease of addiction to alcohol and other drugs, and reducing the incidence of addiction in future generations.



#3511

Volunteers

153 volunteers donated their time and talents to POWER including:

- **124** early morning walks with House residents
- **215 hours** of educational and enhancement activities including self-defense, improvisational acting, poetry, contemporary dance, parenting, dealing with grief, legal issues, make-overs, and exercise.
- **723 hours** of greeting clients, answering phones, and other clerical projects.

Among other activities:

- **34 volunteers** helped with our annual fundraising event, POWER Promises.
- **17 groups** donated gifts and holiday events, including dinner, crafting, gingerbread-house making, a pampering session, and a drum circle.

POWER volunteers also hosted picnics, social hours, and game nights, organized an art exhibit featuring clients' work, served as personal shoppers, and drove clients to outside activities. In addition, area artists spoke to clients as part of our *Artist in Residency* program and POWER alums hosted two holiday parties for house residents.



Actress Emily Askin leads clients in improv acting exercises and helps staff the reception desk.



Mindy Shreve was a personal shopper for a client at Treasure House's "Girls Night Out" shopping event.



A group organized by Liz Uhler brought desserts to share with POWER House women.



Members of Shadyside Presbyterian Church organized an exhibit in the church atrium of POWER clients' artwork.



Yvonne Matthews, Danel Payne, Diane Joyce, Ella Scales, & Beth Ann Nash ran the silent auction at POWER Promises.

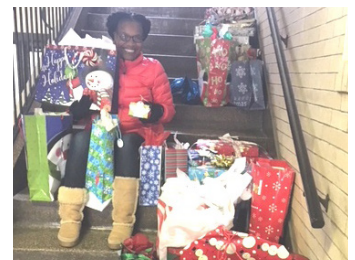


Wedding & portrait photographer Levana Melamed (center) took portraits of House clients with the help of make-up artist Clare Lozano and hair stylist Lauren Malanosky

Yvonne Miller staffed the outpatient reception desk and handled clerical projects.



Sarah Russell leads grief support groups at POWER House.



Jamie Grimes delivered holiday gifts for clients' children from Holy Wisdom Parish.



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.