

Nettie's Story

A tragic accident took the life of Nettie's little girl, Daisy, when she was just 2-years-old. A doctor at the hospital gave Nettie a Valium to help her cope with the overwhelming loss. It was the beginning of 20 years of addiction.

Nettie moved from prescription drugs to cheaper and more easily-accessible street drugs. For 15 years, she used heroin daily. She spent almost 10 cumulative years in jail for crimes such as theft and drug sales. Her son was put into foster care. Nettie tried many times to stop using. She went through several programs but was never successful — until, that is, she went to POWER.

"For the first time in 20 years," Nettie says, "there were people who truly believed I could recover from addiction. Everyone on the POWER House staff seemed to believe in me — even the maintenance man."

Other women in the House who were making progress in their recovery inspired Nettie. "There was one woman there — I really looked up to her, and I wanted that happiness. I wanted to have that level of serenity and calm. So I started mimicking her behavior, and as I did, wonderful things began to happen."

"I did big things," Nettie says of her time at POWER House. "I thought I was going to lose my son. CYF [Children, Youth and Families] was in the process of changing the goal to adoption." With POWER supporting her, she worked very hard and retained custody.

"POWER gave me the tools to be able to look outward from the House to the things that I needed," including additional therapy for trauma, and treatment for health issues. "I loved it at POWER," she says. She worked very hard to complete all four phases of the House's treatment program and graduated a month early.

That was three years ago, and Nettie has been in recovery ever since. She lives with her boyfriend and son and goes to community college part time. She works full-time helping women who are leaving prison, and she volunteers to take POWER House residents to 12-step meetings. "I can't emphasize enough," Nettie says, "how important it is to me to work with women in recovery."

She's also taking classes to be a Certified Recovery Specialist, "so I can be a Miss Kathy," a POWER staff person who had a big influence on Nettie. "She can relate to me; she's been there, she's lived the life, and she pulled herself out. I want to be that person for another woman."

"I never thought I could get three years clean after losing my daughter. I've re-built connections with my family that I'd lost completely. I spend every day trying to better myself. I learned to do all that at POWER."

"I can't emphasize enough how important it is to me to work with women in recovery."

2020 ANNUAL REPORT



Temperature checks are part of new safety protocols

Dr Leslie Slagel serves dinner at POWER House



Staff and Board President at Recovery Walk 2019

WE'RE HIRING!

POWER is growing to meet the urgent needs of women in our community struggling with substance use and co-occurring disorders. Join our staff of skilled and dedicated professionals who served over 2,000 people last year!

Find out about all of our current openings at power-recovery.com

POWER is committed to providing an environment of mutual respect where equal employment opportunities are available to all applicants and staff without regard to race, color, religion, sex, pregnancy, national origin, age, physical and mental disability, marital status, sexual orientation, gender identity, gender expression, genetic information, military and veteran status, and any other characteristic protected by applicable Federal, State and local law.

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POWER welcomes comments and suggestions from our readers. Please send inquiries to:

Britt Reints
Communications Manager
breints@power-recovery.com

Design: sjh-design.com

Dear Friends,

What a year it has been. A pandemic in the middle of an opioid epidemic. Like many non-profits, POWER spent a good portion of the 2020 fiscal year redesigning our service delivery system to meet the needs of those who turn to us for help. In the process, we learned a great deal about ourselves, our organization, the individuals we serve, and the community that supports us.

We learned that we're resilient and flexible. We're passionate about this work, and we're brave. We're creative, dedicated, and generous.

Because isolation is a hallmark of addiction, our greatest challenge has been to keep our clients connected while keeping them, and staff, safe. We put new safety protocols into place throughout the agency. With these precautions, we made the decision to keep POWER House, our 26-bed residential treatment program, open and accepting new clients.

The Governor's Emergency Declaration loosened restrictions on telehealth services, and we began delivering outpatient and recovery support services by telephone and video. Telehealth provided a vehicle for continuing the therapy and support so necessary in recovery. Virtual "attendance" for individual counseling increased as technology diminished barriers like lack of childcare or transportation. Our hope is that telehealth becomes a permanent option in the treatment of substance use and co-occurring disorders.

We learned many positions are well-suited for working remotely. There are cost savings to telecommuting, and the option of working from home may be an excellent recruitment tool. This will have long-term business implications as we plan and design the future POWER Campus.

We also learned that we miss each other. Sustaining a team culture can be tricky when relying primarily on Zoom and conference calls. But we have no doubt that the creativity, determination, and passion we've witnessed over these months will drive the extra efforts we make to stay a connected and cohesive team.

This year has highlighted the support of our community. As individuals and businesses were dealing with their own challenges, you came through for us. We asked and you responded! When we didn't ask, you offered! We received calls and notes and felt the love of friends and supporters.

The Payroll Protection Program (PPP) enabled POWER to retain all staff. Because we met all of the criteria for forgiveness of the loan, POWER ended the 2020 year in the black.

As we move into the new fiscal year, there are many uncertainties, but we'll face the challenges with confidence. We remain committed to providing quality care to those who need us most so that one day, all who suffer from substance use and related mental health disorders will realize the promises of recovery.

Warmly,



Emmie Calland
Board President



Rosa Davis, MSW
Chief Executive Officer

"You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."

— Maya Angelou



POWER's mission is to help women reclaim their lives from addiction and related emotional health issues and improve the well-being of future generations.



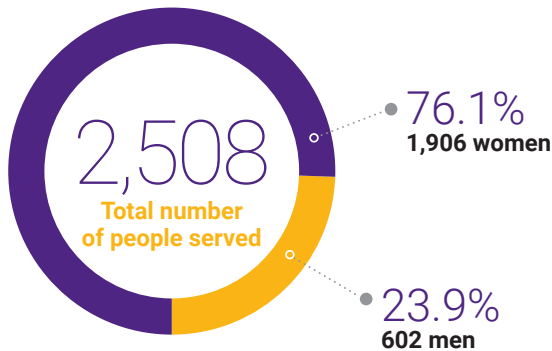
power-recovery.com



Giving Tuesday
is December 1

Visit power-recovery.com
to #GiveBigPittsburgh

By the Numbers



POWER House Residential Treatment

98 Women served

POWER New Day Outpatient Counseling

204 Women served

of those, **53** pregnant or postpartum women were served by our collaboration with AHN's Perinatal Hope program

POWER Connection Mentoring

448 Women served

107 Men served



2,929
referrals

2,368
screenings

2,048
assessments

34
Average age of clients

92%

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

93%

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

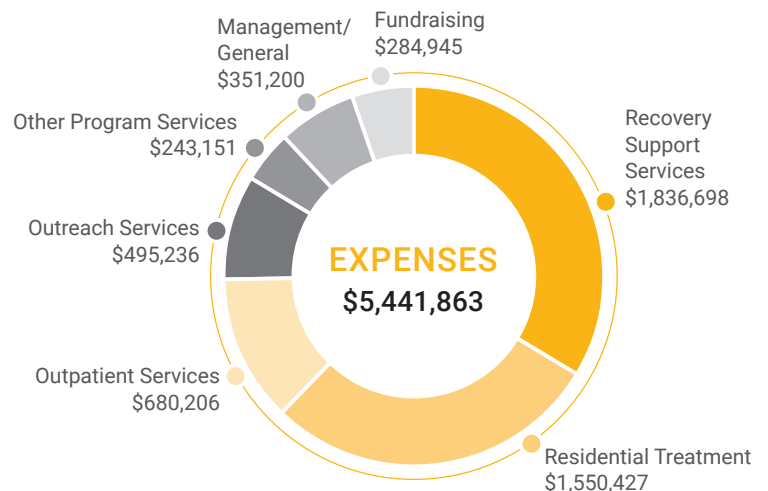
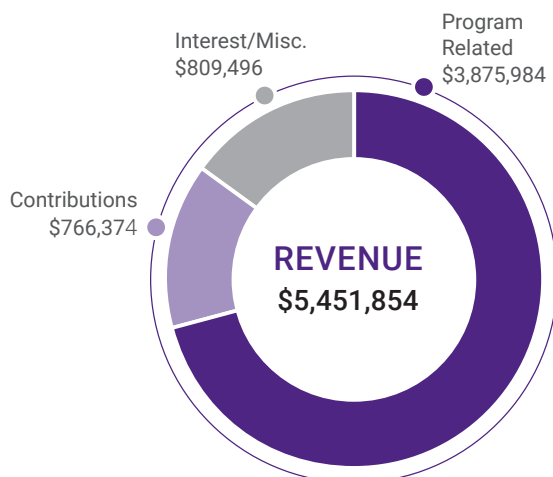
58% White

36% African American

6% Other

Financial Summary

Based on unaudited totals for July 1, 2019 to June 30, 2020.



Volunteers

Thank you to the volunteers who generously gave their time to support POWER between June 30, 2019 to July 1, 2020.

Former POWER HR Director Olivia Zitelli returned to help pack for the move from the Factory to Penn West.



Dana Abraham
Elisa-Marie Alaio
Marsha Albright
Steven Alschuler
Viviana Altieri
Adrianna Amodei
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Jessica Williams
Olivia Zitelli



Volunteers delivered easter baskets to children of power residents



Artist Katy Demon teaches papermaking at POWER House

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Jody Glance
Karen Goldbach
Sherree Goldstein
Liz Gonda
Marianne Graczyk
Judith Griggs
Hans Gruenert
Virginia Gruenert
Karen Grzesiak
Marie Guerra
Maureen Guroff
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Susan Caro
Steve Carpenter
Antoinette Carver
Beth Cefaratti
Gloria Christofano
Debbie Cincala
Fred Cincala
Vicky Clancy
Glenna Clark
Rose Ann Colosimo
Peggy Crossey



Debbie and Fred Cincala bring volunteers to play games with House residents once a month; in December they brought cookies to decorate.

"I volunteered for Power ages ago when I was just sober a few years. It was a great experience.
I Am now 22 years sober."



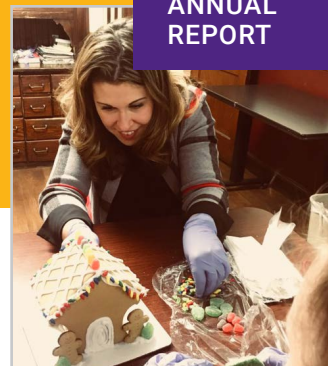
POWER Board member Steve Carpenter and POWER House Resource Coordinator Darlene Bivins talked to the women about job hunting skills.



Former POWER reception volunteer Velouise Bell returned to help spruce up the POWER House yard.



Aviva Altieri of Instituto Monda Italiano taught POWER House residents to make pasta from scratch.



Jessica Shoben and other volunteers from Giant Eagle made gingerbread houses with POWER women at the holidays.

VOLUNTEER IMPACT

This year, POWER volunteers hosted lunches, picnics, social hours, clothing give-aways, game nights, Italian cooking sessions, makeovers, and portrait sessions for women in recovery. They drove House residents to medical appointments, took clients to volunteer at the Greater Pittsburgh Community Food Bank, filled welcome bags for new clients and backpacks for their children, and helped pack up our administrative offices when

we moved in November. They also invited clients to free theatrical performances, including a dance event held exclusively for POWER women. Alums brought their special gifts by sharing their stories with clients and holding parties for them on the holidays.

In response to COVID-19, POWER facilities closed to outside visitors in March and all volunteer activities were canceled. It didn't take long, though, for volunteers to re-group. They found ways to continue supporting women in recovery through a combination of virtual and outside activities.

During quarantine, volunteers were able to offer general meditation, recovery-oriented meditation, Reiki, self-defense, GED tutoring, Big Book Study, 12-step style meetings, and Game Night. Easter baskets were delivered to clients' children, a support group was begun for women raising children while in recovery, a beautiful glass mosaic mural was created for the Great Hall, and 25 volunteers helped put together the first on-line POWER Promises fund raising event.



Corinne Branquet organized a fund raiser for POWER at her house on Halloween.



First Unitarian Church Women's Alliance members Denice Galpern and Rebecca Studer made crafts with POWER House residents.



Shawnel Calloway of Rodman Street Missionary Baptist Church gets a thank-you hug from a POWER House resident for the lunch and treats provided by the church.

OTHER VOLUNTEER ACTIVITIES THIS YEAR INCLUDED:

90
HOURS

of educational and enhancement activities such as classes in job interviewing skills, parenting, AA's Big Book study, voter registration, dental care, legal information, crafts, GED tutoring, self-defense

383
HOURS

of greeting clients, answering phones, and other clerical projects

26
HOURS

of gardening in the POWER House yard

24
GROUPS

donated holiday gifts and events, including two Thanksgiving dinners, lunch, a choral concert, a chamber music concert, a holiday musical, crafts, pampering, gingerbread house making, an ice cream social, a hot chocolate bar, and a class in making pizzelles.

Program Highlights

Based on findings from a re-evaluation by Case Western Reserve University's Center for Evidence-Based Practices, **POWER created a robust Co-Occurring Disorder workplan** and built additional mental health screening tools into our screening and assessment processes.



Allegheny County approved POWER's plans to move forward with women's **Detox and Rehab programs, slated to open in 2021 in Wilkinsburg.**



Squirrel Hill Health Center staff is ready to provide primary care on-site at POWER offices



POWER was officially named a Certified Assessment Center for Allegheny County.

We are one of four providers located within Allegheny County answering calls made to the state helpline: PA Get Help Now.



POWER partnered with the Squirrel Hill Health Center to begin providing onsite primary care to clients at the POWER offices. This collaboration makes it easier for a woman coming to POWER for addiction treatment to get complete care. She'll feel safe to talk to her doctor about addiction, mental health, and the physical signs and symptoms of trauma and long-term substance use. Evidence shows that holistic care leads to better overall outcomes for women in recovery.



Chef Nissa'a Stallworth joined the POWER House staff and launched **Culinary Classes** for residents to teach cooking and food basics. The classes also cover food safety and help the women explore and understand their relationships with food. Chef Nissa'a uses her creativity in the kitchen to make the most of food donations and the POWER House budget.



Chef Nissa'a making an apple tart.

In June, POWER staff launched an **Anti-Racism Task Force**. The group aims to be an action-oriented and supportive body that helps its leadership develop and live out an antiracist identity in all aspects of the organization.



DONATIONS WERE MADE TO POWER THIS YEAR IN MEMORY OF:

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Marsha Bingler	Ellen Golonski
Abbie Brynda	Laurel Hanson
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Aaron Dorfzaun	Amber Murphy
Spenser Flowers	Thelma and Victor Novak
Claire Geraghty	Lois Petrarca



We want to thank everyone who donated to POWER this year. You made sure women in recovery continued to receive lifesaving treatment and support when they were most vulnerable.

You went above and beyond this year to:

- Bring primary care to POWER clients
- Purchase a telehealth platform so we could continue providing essential services during quarantine
- Provide additional technology to keep women connected to their support systems during the pandemic
- Donate masks, hand sanitizers, yoga mats, art supplies, and so many other items that have helped us navigate unexpected changes.


Telehealth

606

individual therapy sessions

401

assessments

Thank you for your generosity and your commitment to women in recovery. A full list of this year's donors can be seen at power-recovery.com/annualreport2020. 



Tutor Elise Villella continued to volunteer in spite of the COVID quarantine. She helped the women study for their GEDs.



Development Director Samantha Dye and CEO Rosa Davis tour POWER House with Sen Jay Costa



POWER Connection Supervisor Ramona Davis staffed a table at Addiction Open House

 **Yes! I support women recovering from addiction.**



Enclosed is my gift of: ☐ \$500 ☐ \$250 ☐ \$100 ☐ Other \$_____ ☐ Make it monthly ☐ One time gift

☐ My employer, _____, will match my contribution.

List my name as: _____

In ☐ memory ☐ honor of: _____

Email: _____


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☐ Check enclosed, payable to **POWER** or:

Card Number _____

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 Visit power-recovery.com to make a secure online donation.

Donor Honor Roll

The gifts listed here include all contributions to POWER between July 1, 2019 and June 30, 2020, including gifts through United Way. This listing is complete to the best of our knowledge. If there are any corrections, please accept our sincere apologies and contact Kathleen Lambert at 412-243-7535, ext. 223. Thank you!

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Olivia Zitelli

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