

2017



SOJOURNER  
HOUSE

THE YEAR IN REVIEW

# 2017 STATISTICS

## Sojourner House:

64	women received family-centered treatment
47%	stayed longer than 90 days
82	days was the average length of stay
17	adults graduated
28	children were served
7	children were reunited with their mothers
100%	screening & assessment for children under 5

## Drug of Choice:

72%	Opiates (46)
6%	Alcohol (4)
19%	Crack Cocaine (12)
3%	Marijuana (2)

## Race of Women:

22%	African American (14)
75%	Caucasian (48)
3%	Biracial (2)

## Sojourner House MOMS:

59	adults receiving housing and supportive services
86	children received service
29	parents attended school or worked
100%	parents maintained legal custody

## Children's Programs:

3	children were reunified with their parents
16	children participated in academic programming
16	youth enjoyed MOMS camp
21	children made honor roll



**Joann Cyganovich**  
**Executive Director**



**Now in its 27th** year, Sojourner House continues to provide a safe, supportive atmosphere for recovery for mothers and their children. Facing recovery as a mother is always a challenge. They fear losing their children and the stigma often associated with mothers who abuse drugs. All of us have heard the phrase, "She's such a good mother." That's a lot to live up to.

In 2015, 2.5 million women were addicted to alcohol or another drug. Sadly, a majority of them do not receive treatment for the reasons mentioned above.

Sojourner House offers the opportunity for mothers and children to stay together in their own apartment for up to six months while receiving family-centered treatment. With opiate addiction in full swing, a baby is born suffering from Opioid withdrawal every 25 minutes in the United States. Untreated opioid addiction during pregnancy can have devastating effects on the fetus.

During the course of the last year, 17 mothers entered the Sojourner House treatment program

who were pregnant (27%). These mothers were given the opportunity to obtain pre-natal care, learn about "parenting sober," and to deliver a more healthy baby.

The Sojourner House MOMS permanent housing program, provides housing and recovery services to families committed to re-building their lives for themselves and their children. Last year, 59 families entered the MOMS program and almost 65% remained clean and sober.

These services have been made possible through the support of many people in the Pittsburgh Community. The organization is guided by an active, invested Board of Directors who understand the impact of addiction on families. They work hard to insure the resources necessary to help families recover, are provided.

Most important, is the time and dedication provided through the volunteers and donors like you. It is you that give the families a chance to recover. Thank you.

*Joann Cyganovich*

# 2017

Sojourner House opened its doors to Chatham University's **Words Without Walls** program in 2012. MFA students visit residents each week, every semester, to teach creative writing. At the end of each semester, residents present their work to the public during readings at local art galleries. The program has proven to be a god-send for our residents as a creative outlet, and has been transformative and cathartic.

Writing on Identity and Memory  
Words Without Walls / Fall, 2017

## A Piece of Me



## Sunflowers & Angels

I Am Content.

Sunflowers growing towards the sun. Two angels whom I see as my baby girls, frolicking in its rays, trying to spin it around. There's roots of the sunflower, I feel they symbolize my recovery. It started from the bottom and is growing into a beautiful sunflower.

— Jessica Aluisse

# JANUARY

Sojourner House was named **Champion in Action** for the second time in 11 years, and received promotional and volunteer support throughout the year. In addition, SoHo Executive Director **Joann Cyganovich** had the honor of presenting Citizens Bank with a 2017 Pittsburgh Business Times Corporate Citizenship Award at PBT's awards ceremony in October.



Also, former staff member and board member **Susan Orr** returned to Sojourner House as its Director of Development.

# FEBRUARY



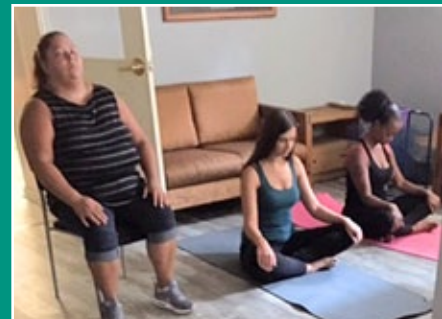
## Beverly's Birthdays

Sojourner House MOMS:  
The very first Beverly's  
Birthdays recipient in 2011  
*continued celebrating  
birthdays for all MOMS  
children, in 2017!*

North Hills-based **Treasure House** Consignment Store hosted two shopping evenings for our residents in 2017. Treasure House gifted the women with a \$50 voucher for each of them to shop for clothes, shoes, and accessories. Each resident had her own personal shopper to help them. After shopping was done Treasure House treated our ladies to food and drinks.



Thanks to local yoga instructor **Stefanie Zito** spearheading the recruitment of multiple local volunteer instructors, Sojourner House and MOMS residents had the opportunity to regularly practice yoga, starting in March.



# MARCH

**Kholsen D. Hightower**  
joined Sojourner House as a  
Human Resources Generalist /  
Finance Assistant.





## Sojourner House's 13th Annual Victorian Tea

at Pittsburgh's Grand Hall at the Priory Hotel proved to once again be a memorable event for a capacity crowd of 350 supporters. **Dr. Vonda Wright** was the 2017 honorary chair. Long-time volunteer **Ann Brooks** was the Pearl of Hope recipient. Tea chair was current board president Liz Harrington.

Thanks to Presenting Sponsor UPMC/UPMC Health Plan; Gold Sponsor Highmark; Silver Sponsors Hefren-Tillotson, Eat'n Park, HBK CPA & Consultants, Sitko Bruno, PNC Bank, and Post Script Productions, LLC; Supporting Sponsors Chatham University, JFS Wealth Advisors, Sisterson & Co., Sherrard, German and Kelly, and Shift Collaborative; and Media Sponsor Pittsburgh Magazine.

# APRIL

Volunteers are part of the backbone of **Sojourner House** and **Sojourner House MOMS**.

As a matter of fact, hundreds of volunteers support Sojourner House and MOMS throughout the year, every year. That's why Sojourner House makes a point of celebrating and recognizing its volunteers each spring. **Liz Wasel**, Childcare Development and Volunteer Coordinator, coordinated the 2017 dinner which took place April 12.

*"We at Sojourner House could not do what we do without our volunteers. There is never a job that's too little, and our volunteers do the job because they care about us."*

— Liz Wasel





# MAY

Alex and Ani hosted not one, not two, but three **"Charmed by Charity"** parties for Sojourner House in 2017 at its Shadyside and Ross Park Mall locations, raising nearly \$900!

## ALEX AND ANI

**Citizens Bank** volunteers helped to build the Sojourner House Sankofa garden with residents.

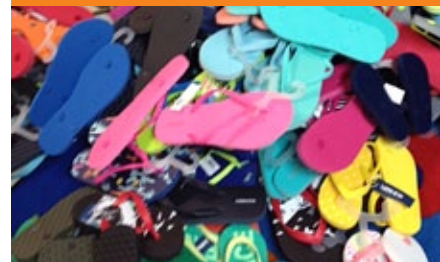


The skies cleared in time for Shadyside Presbyterian Church's **24th Annual Strawberry Festival** the evening of June 9. Hundreds of attendees, including Sojourner House and Sojourner House MOMS families, enjoyed each other's company while playing games and eating "everything strawberry" ... and all the while, supporting Sojourner House MOMS.



# JUNE

Old Navy hosted a **"Flip-Flop Day"** at Sojourner House! Each resident was able to choose two pairs of flip-flops from a large assortment, in Sojourner House's play room. Afterward, families played a word game about flip-flops, ate chocolate cake, then colored artwork to hang in Sojourner House's conference room.





# JULY

Sojourner House has experienced a stellar past decade of growth, and an increasingly well-regarded reputation. Much of that can be attributed to **Joann Cyganovich**, who celebrated her 10th anniversary as Sojourner House's Executive Director in July. Joann has dedicated the majority of her career to helping thousands of people throughout the Pittsburgh-region—namely, women and children—improve their lives. Her reputation has been built on competence, compassion, knowledge, and commitment. Joann's influence reaches far and wide, not only to residents, but staff, board members, volunteers, colleagues, and other supporters outside of Sojourner House's walls.

University of Pittsburgh Graduate School of Public Health doctoral student **Sara Baumann, MPH** visited Pittsburgh's 20th anniversary video. **Bridging the Gaps Pittsburgh** has focused on promoting health in underserved communities while training future health and social service professionals.

A crowd of 75 people enjoyed great company, a delicious potluck picnic and cool jazz on a summer afternoon when **Sojourner House MOMS** residents and their neighbors celebrated 27 years of community-building, at its Community Day on July 30. Sojourner House MOMS has been a part of its neighborhood community since it opened in 2004.





Cool temperatures didn't keep the Sojourner House and Sojourner House MOMS family from celebrating in a big way at its annual **Sista to Sista** Picnic on August 24, 2017, in Highland Park. Lots of fun and lots of food was had by all. The afternoon also included a heartfelt memorial service remembering loved ones of the **Sojourner House MOMS** family of the previous year. A highlight of MOMS kids' summer vacations includes the opportunity to attend camp!



# AUGUST



# SEPTEMBER

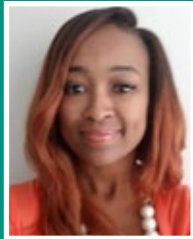
The beginning of the school year means After-school program support from organizations such as long-time supporters **Homeless Children's Education Fund** and **Delta Sigma Theta** sorority.

# OCTOBER



Several students from **Carnegie Mellon University** volunteered at Sojourner House during CMU's annual **1000Plus Day of Service**, on Oct. 7. During the event, the volunteers performed yard work and cleaned the property surrounding Sojourner House's East Liberty residence. Lending a helping hand were CMU president **Farnam Jahanian** and **Jim Rohr**, Chairman of the Board.

**Matt Lewis** was hired as Sojourner House's Director of Finance and Operations.



**Kyona White** was promoted to Program Manager of Sojourner House MOMS in November. White has worked for MOMS for seven years.

NOVEMBER



Nearly 50 people attended **Inside Out: Mothers Who Have Survived Overdose** on Nov. 9 at East End Cooperative Ministry. The panel discussion focused on the national opiate epidemic and its local impact, specifically on mothers and their children. **POWER Executive Director Rosa Davis** served as moderator. Panel participants included: Sojourner House Executive Director **Joann Cyganovich**; State representative **Ed Gainey** (D-Allegheny); Prevention Point Pittsburgh Harm Reduction Coordinator **Sarah Danforth**; City of Pittsburgh EMS District Chief **Jennifer McDermott-Grubb**; and two mothers who have received support from Sojourner House and POWER.

Richard  
King  
Mellon  
Foundation



Sojourner House received a \$200,000 grant from **R.K. Mellon Foundation** for general operating support.

Sojourner House's holiday season started on Dec. 2, 2017, when a group of 18 lawyers from the **ACBA Young Lawyers Division** volunteered at Sojourner House and Sojourner House MOMS. The volunteers delivered gifts and provided a holiday party for the families. Santa was there to give the children gifts from their wish lists and to take pictures with the children.



DECEMBER



**Charlie Batch, Tasha Batch** and other **Best of the Batch Foundation** staff surprised all Sojourner House and MOMS families by dropping off Santa bags filled with gifts, on Dec. 22, 2017.

Robinson-based **Sabika Jewelry** generously brought a Santa Workshop store to Sojourner House on Dec. 9. During the event, children chose up to two pieces of jewelry for their moms. Sabika staff, including founder and president **Karin Mayr** (the 2018 Victorian Tea honorary chair), helped the children wrap their presents, and brought Christmas treats for the children.

Women's organizations such as **Cranberry Women's Club** and **Murrys ville Bible Study Group** partnered with Sojourner House bringing Christmas dinners to our families in December.

As part of their holiday celebration on Dec. 18, **Chatham University's** University Advancement department hosted a gift exchange—*with a twist!*—to support Sojourner House. Similar to a Secret Santa exchange, staff picked a colleague's name, then bought and wrapped a toy that they thought their colleague would have liked as a child! After Chatham's celebration, the toys were delivered to Sojourner House.

**sabika**   
By women for women.



The following board officers and board members were voted into office at the June board meeting of residential rehabilitation program Sojourner House and Sojourner House MOMS:



**The Hon. Cheryl Allen** joined the Sojourner House board. She became the first African-American woman to be elected to the Pennsylvania Superior Court, in 2007.



**Sarah Mayer** is serving as President emeritus. This is her sixth year serving on the board. She is founder and Partner of East Liberty-based Shift Collaborative.



**Dr. Staci Flint** joined the Sojourner House MOMS board. Dr. Flint is owner of Kyle's Hope.



**Chad Restori** is now board treasurer. This is his second year on the board. He is a Financial Advisor for Hefren-Tillotson, Inc.



**Liz Harrington** is now Sojourner House board president. Harrington is Assistant Vice President, Wellness and Work-Life Strategy Manager for The PNC Financial Services Group



**Jacqueline Keiner-Szwarc, Ph.D.** joined the Sojourner House board. She previously served on the board from 2007 until 2011.



**Lisa Iadicco** joined the Sojourner House board. A member of long-time supporter Shadyside Presbyterian Church, Lisa is Senior Management Consultant & Marketing Director for the University of Pittsburgh Innovation Institute.



**Tammy Thompson** joined the Sojourner House MOMS board. She owns Thompson Real Estate Consulting, and is Circles Site Coordinator/Family Development Coordinator for Open-Hand Ministries. She also is serving as board secretary



## Board of Directors

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Sarah Mayer, Vice President  
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Reverend Jeff Tindall, Secretary  
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Dawn Nicholas, Clinical Supervisor  
Susan Orr, Director of Development  
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Matt Lewis, CPA, Director of Finance & Operations  
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## Sojourner House Team

Cydney Anderson, Child Care Assistant  
Shanee Chambers, Program Aide  
Stephanie Eisel, Life Skills Worker  
Nicole Fulmore, Program Aide  
Tina Hippler, Family Support Specialist  
Latina Jenkins, Family Support Specialist  
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Janice Lovey, Program Aide  
Dolores Mitchell, Operations Coordinator  
Mylee Moyher, Program Aide  
Ciera Powe, Program Aide Supervisor  
Erin Ramsey, Counselor  
India Reed, Counselor  
Sylenthia Siebenlist, Life Skills Worker  
Stacey Taylor, Program Aide  
Elizabeth Wasel, Child Development Specialist & Volunteer Coordinator  
Tracey White, Program Aide

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Dr. Staci Flint  
Donna Jackson  
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## Sojourner House MOMS Team

Nicole Allison, Family Support Specialist  
Gregory Armstrong, Family Support Specialist  
Rochelle Gaines, Data Entry Specialist  
Rita Hill, Lead Family Support Specialist  
Stephenia Leavy, Family Support Specialist  
Karen Upsher, Mobile Addictions Counselor  
Kyona White, Program Manager  
Gwendolyn Williams, Family Support Specialist

**FY17**

**FY16**

### REVENUE:

Government grants	\$ 1,195,665	\$ 1,186,427
Program income	1,233,942	1,246,503
Other grants/ public support	209,563	473,653
Special events & investment income	141,664	80,614

### EXPENSES:

Program	\$ 2,557,959	\$ 2,063,253
General and administrative	527,923	559,041
Fundraising	94,769	81,696



## Foundations & Community Organizations

### \$50,000 or more

Richard King Mellon Foundation

### \$20,000-\$49,999

FISA Foundation

### \$10,000-\$19,999

PNC Charitable Trust  
UPMC Health Plan

### \$5,000-\$9,999

Fox Chapel Presbyterian Church  
Pittsburgh Foundation  
Shadyside Presbyterian Church

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