## Holistic Care, Transformed Lives.





## Contents

- 03 Thoughts from the Executive Director
- 04 Volunteer & Staff Partnerships Create a Community
- 06 Our Commitment to Holistic Care
- 08 Sojourner House MOMS Continues Holistic Care
- **10** A Moment of Hope
- **12** 2022–2023 Impact
- 14 Thoughts from our Board Presidents
- **15** Audited Financials
- 16 Board of Directors & Staff
- 18 Our Donors, Sponsors, & Partners

## **Sojourner House Mission**

Offering compassionate, faith-based recovery services to women and their children.

## **Sojourner House MOMS Mission**

Sheltering people in recovery and their children to confidently transition into the community.



## Thoughts from the Executive Director

I am delighted to share with you the annual report for the fiscal year 2022-2023, representing the impactful work of Sojourner House and Sojourner House MOMS. Reflecting on the past year, I am grateful for all of the staff, community partners, and volunteers who work tirelessly to ensure Sojourner House and Sojourner House MOMS remain places for mothers to find strength, hope, and empathy as they work toward a brighter life with their family.

Our commitment to empowering women on their journey to recovery remains steadfast. We continue to create a safe and supportive environment where mothers can find solace and healing. By grounding our approach in trauma-informed care, we recognize the myriad of factors that may lead the women we serve to substance use. Through a holistic treatment plan, we help them learn not only how to manage substance use disorder, but also the skills and resiliency to overcome other challenges they may face after treatment is complete.

The highlights in the pages ahead reflect our dedication to healing and transforming lives through the services and programs we provide, our community partnerships, and our generous volunteers who give their treasured time and talent. All of these elements come together to create a community that shows the families we serve that substance use is just one part of their story, not the entire story.

As mental health diagnoses, homelessness, and synthetic opioids like fentanyl continue to present challenges for many across the country and right here at home in Allegheny County, I know our unwavering commitment to complete well-being, individual resilience, and family support will continue to shine as a beacon of hope for the mothers and children we serve at Sojourner House and Sojourner House MOMS.

Warmly,

Dinetta Benjam Miller

**De'netta Benjamin-Miller, LCSW** Executive Director, Sojourner House & Sojourner House MOMS

**OUR STAFF** 

# Volunteer & Staff Partnerships Create a Community

This year we made a critical change in staff to further our mission. To help more people, the Volunteer Coordinator position was reshaped into an Outreach Manager position. The Outreach Manager creates a vital link between Sojourner House, Sojourner House MOMS, our volunteers, and the families we serve.

**924** hours were given by

**421** *volunteers in 2022-23* 

\$31.80 is the current estimated national value of each volunteer hour, according to Independent Sector



When making this change, it was important to find the right person for this new position. Luckily, we didn't have to look far. In 2022, Liz Wasel—a longtime staff member—was tasked with taking on this important role, which serves as a spokesperson for the organization at outreach events throughout the community and recruiting volunteers to help support our mission.

Wasel recently celebrated her 15th anniversary with Sojourner House, and in her time here, she has come to know the impact and value volunteers bring to our organization and the families we serve. For her, working with volunteers and sharing the mission of Sojourner House with the community are the best parts of her role.

"Our volunteers come with enthusiasm. They want to work any way they can to help our families," she said. "Every volunteer has something to teach me."

As Wasel recruits and looks for ways to connect volunteers to Sojourner House, she is looking to create a community to support the families served at Sojourner House and Sojourner House MOMS. Our volunteer community embodies our dedication to transforming lives.

Bible studies, life skills classes, fellowship, supply donations, and cleanup projects all work to help care for the whole person and the whole family. The kindness and generosity of our volunteers remind our residents that they are more than their substance use disorder.

Caring for moms and kids keeps Wasel motivated and inspired in her work. It helps her to continue to recruit volunteers and share the mission of Sojourner House with the community.

"The success stories of the moms and their children. Seeing how we help families get a new start keeps me motivated," she said. **CARE & SERVICES** 

# Our Commitment to Holistic Care



In 2022–23, Sojourner House focused on ensuring our treatment programs aligned with the most recent American Society of Addiction Medicine (ASAM) standards. ASAM published the fourth edition of its treatment criteria earlier this year, with one of the key changes being the inclusion of person-first standards and language.



As a part of this process, we've prioritized providing trauma-informed care that looks at the complete picture of an individual, and not solely at the presentation of substance use disorder. Through this approach to treatment, we help our mothers address not only their substance use but also the factors in their lives that may have contributed to substance use.

Trauma-informed care at Sojourner House includes providing a safe place to share feelings and obtain support, information, reassurance, and encouragement. This approach to care helps our residents recognize that they are not defined by substance use and helps them find a sense of identity and the words to tell their own stories.

This year, we received grant funding to expand our trauma-informed care services by adding onsite psychiatric services to our treatment program. By having these vital services on campus, our mothers can continue to process their trauma in a safe environment, which helps to break down the barriers that might otherwise prevent them from receiving the help and care they need to foster long-term recovery and stability. Previously, residents had to seek psychiatric services offsite, which often added additional challenges to coordinating their care.

To provide psychiatric services at our facility, we are proud to be partnering with Familylinks. Leveraging our community partnerships reminds our residents that there is a community surrounding and supporting them as they take these steps toward recovery and stability. This reinforces that they are more than their substance use, and they can overcome the challenges they face.

Trauma-informed care also extends beyond the clinical aspects of treatment and values the importance of the mind-body connection to healing. This year, we were able to offer weekly trauma-informed yoga classes. The classes provided an outlet for our residents to work through their trauma in a physical way, helping to heal the mind and body as they work toward recovery. **CARE & SERVICES** 

# Sojourner House MOMS Continues Holistic Care

Holistic Care at Sojourner House MOMS this year included a focus on our Aftercare program, which provides support and services for each family as they transition back into the community. Through our work at MOMS, we saw the need to provide additional support and services to help our families maintain stability and further their recovery journey.





While care is taken to help families prepare for life after Sojourner House and Sojourner House MOMS through life skills classes, relapse prevention, and counseling, navigating the realities of life outside of the programs can be more challenging than families anticipate. Stability and consistency are crucial elements of the recovery process, and unexpected events can threaten that stability.

For instance, a mother of five found herself displaced after a fire. While community resources helped her find a temporary place to stay, it was much further from the children's school and her place of work. Transporting her children to school became an unexpected financial burden as she was forced to choose between using her limited resources to either pay for gas for transportation or for groceries to keep her family fed.

With hopes of a much wider scope and reach in the future, our Aftercare program expansion at Sojourner House MOMS started small by providing an easy-toaccess resource list for each family. Each household receives a magnet with phone numbers for mental health, medical assistance, recovery, and utility services. Having the list all in one place makes it easy to find the information when needed.

While the magnet is just a small step, the goal is to continue expanding our Aftercare services, including the addition of an Aftercare program manager to our staff to help families navigate the challenges that impede long-term recovery and stability. Ongoing support to families in recovery prevents relapse and reminds them that they have a warm and supportive place to turn to as they continue their journey. Remembering that they are not alone helps them maintain a stable environment to build a brighter future. **VICTORIAN TEA** 

# A Moment of Hope

Sojourner House returned to familiar traditions in 2022–23 as the 19th annual Victorian Tea returned in full force. This year's honorary chair, Gisele Fetterman, took on a role beyond the Victorian Tea itself and brought the tea experience to the women and children of Sojourner House.





For Fetterman, who has worked closely with underserved and low-income populations through her work with Braddock Free Store and 412 Food Rescue, providing hope and a day of pampering for the families at Sojourner House was a wonderful way to demonstrate hope and healing. She wanted to remind the mothers that even though they are going through a difficult time right now, this moment will not last forever.

"It's these women right now. Life comes in waves and there will be a point where you or someone you love needs some extra support, too," Fetterman said in an interview in advance of the Victorian Tea. "What a wonderful cause to pour resources into when you know you're making families whole again."

To make the tea experience complete, Fetterman brought in hair and makeup services as well as clothing donations. A professional photographer and photo shoot provided visual proof to the mothers of the changes in their lives. These efforts created a memorable day full of self-care and pampering for the women in attendance. Fetterman reminded the women that they are more than their current situation and their hope for a different future is real.



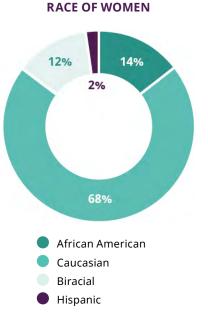
# Our Impact Sojourner House

**51** Total number of women served

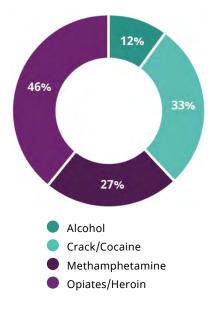
**32.5** Average age of women served (a large increase from last year's average age of 25.4)

**88.5** Average length of stay (in days)

**102** Number of children impacted by services



**DRUG OF CHOICE** 



## **Our Impact**

## Sojourner House MOMS

## **Supportive Housing**

<b>19</b> Adults who recieved housing and supportive services	<b>30</b> Average age of adults served	<b>250</b> Average length of stay (in days)	<b>17</b> Parents who preserved family relationships
<b>21</b> Children who recieved services provided	<b>1</b> Children who reunified with their parents	<b>2</b> Children who participated in academic programming and attended school regularly	<b>1</b> Children achieving honor roll
RACE OF WOMEN	African American Caucasian	DRUG OF CHOICE	Marijuana Methamphetamine
84%	Biracial	84%	Opiates/Heroin

## **Permanent Housing**

## 42

Total number of adults served

### **42**

Adults who received supportive services provided by outside sources

### 21

Number of children imapcted by services

## 42

Children who participated in academic programming and attended school regularly

## 30

Average age of adults served

### 250

Average length of stay (in days)

### 57

Children who received services provided by MOMS

## 3

Children who made honor roll and were promoted to the next grade

## 42

Adults who received housing and supportive services provided by MOMS

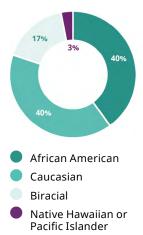
## 40

Parents who maintained legal custody

#### 57 Children

*Children who received services provided by outside sources* 

#### **RACE OF WOMEN**





## Thoughts from the Sojourner House Board President

Sojourner House has always been a respite for mothers seeking hope, empathy, and strength as they work toward recovery from substance use disorder. This past year, Sojourner House renewed its focus and commitment to supporting individuals and families on their recovery journey. I am so grateful for the generosity and dedication to our mission that the Sojourner House community has demonstrated.

The partnerships among staff, volunteers, donors, and community partners are at the heart of the Sojourner House mission. Whether it's a volunteer giving their time to facilitate a life skills class, a staff member facilitating a trauma-informed group, or a community partner donating much-needed household supplies, there truly is an entire community ready to support mothers and their families when they arrive at our doors.

I am so proud of the community and legacy created by Sojourner House. Thank you again for your continued support of our mission to serve mothers and their children facing substance use disorder. I am excited to see what the future holds for our organization.

Warmly, Lauren Marzullo Board President, Sojourner House



## *Thoughts from the Sojourner House MOMS Board President*

Families come to Sojourner House MOMS seeking a safe place and structured support. We all know recovery is not an easy journey, and I am so grateful for the volunteers, donors, and staff members who make our program a reality. You are the key to creating a community where families can focus on their recovery and find stability.

This year, we planted some small seeds to begin expanding the Aftercare services we provide through MOMS so our mothers and families continue to have the support and resources they need after they leave. Our vision and hope for the expansion are to create services and resources that help families facing substance use disorder and homelessness navigate barriers and challenges that may threaten the stability they've worked so hard to attain.

Thank you for your continued support of Sojourner House MOMS. Working together, I know that we can continue to transform the lives of families facing substance use disorder and homelessness in our community.

Warmly, Dr. Staci Ford Board President, Sojourner House MOMS

## **Audited Financials**

## **Fiscal Year 2022–2023**

July 1, 2022 – June 30, 2023

REVENUE	
Program	

\$3,119,716

**Contributions & Grants** 

\$632,227

## **EXPENSES**

Program	\$2,957,705
General & Administrative	\$603,793
Development	\$216,558

## **Board of Directors & Staff**

## De'netta Benjamin-Miller, LCSW

**Executive Director, Sojourner House** 

## Sojourner House

In addition to these individuals, Sojourner House relies on a team of Recovery Support Specialists who provide 24/7, round-the-clock care to our families.

#### ADMINISTRATION

Matt Lewis, CPA Director of Finance + Operations

Laura McCurdy Director of Advancement

Kristen Nuss Advancement Communications Manager

**Steven Renfro** Property Maintenance Manager

**Jon Shiner** Human Resources Generalist

Elizabeth Wasel Community Outreach Manager

**Dominic Zappa** Assistant Director of Finance + Operations

### TEAM

**Charlene Anderson** Drug & Alcohol Therapist

**Cydney Anderson** Childcare Specialist

Allyson Ferrell, MS Lead Clinical Therapist

George Jones, MA, LPC Senior Clinical Manager

Holly Simpson Direct Care Manager

Susan Moore Service Coordinator

**Ciera Powe** Service Coordinator

**Chasity Siplin** Family Development Specialist

### **BOARD**

**PRESIDENT** Lauren E. Marzullo

**VICE PRESIDENT** Nishauna Ball, LSW

**TREASURER** Kimberley A. Miller, CPA

Jacqueline C. Brown, J.D. Dr. Staci Ford Serina Green Tom Klemmer Lauren Kreps Natasha Lightner Olivia Martin, MSN, CCM Charmaine McCall, MBA Tammi McMillan Marshall, Ed.D Donna Sloan Ret. Col. Ronald Szwarc



## **Sojourner House MOMS**

### TEAM

**Enjolique Garland** Family Support Specialist

**Rita Hill, M.Ed.** Permanent Supportive Housing Manager

**Stephenia Leavy** Family Support Specialist

Dena Naughton Certified Recovery Specialist

Karen Upsher-Williams, MSW Family Housing Manager

### BOARD

**PRESIDENT** Dr. Staci Ford

**VICE PRESIDENT** Gary J. Cirrincione, RA

**TREASURER** Christie Smith Nishauna Ball, LSW Karla Barham Gloria M. Brown, MPPM Demi Kolke Norma Raiff, Ph.D., LSW Evaine K. Sing, RLA

#### Sojourner House Pearl \$25,000+

Anonymous Eden Hall Foundation FISA Foundation Staunton Farm Foundation

#### Sojourner House Diamond \$10,000-24,999

Massey Charitable Trust Opportunity Fund UPMC and UPMC Health Plan

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

Carolyn Fallert Duolingo Fox Chapel Presbyterian Church Macedonia Baptist Church Pittsburgh Child Guidance Foundation Pittsburgh Foundation Rotary Club of Pittsburgh Shadyside Presbyterian Church

#### Patron \$2,500-4,999

Ann Brooks Bethany Presbyterian Church Clifton and Patircia Callaway Diana Roth First Presbyterian Church John and Lauren Marzullo Lauren Narbey Mary Jane Seipler Michele and Todd Domnick PNC Foundation Sewickley Presbyterian Church Subaru of Moon Township The John Marzullo Group

#### Supporters \$500-2,499

Alan and Karen Waggoner Alice and Mark Myers AnnMarie and Dennis Popovec Archie and Gloria Brown Barry and Sarah Mayer Bob and Robert Golier Brinton Motherall Camille Clark-Smith Charmaine McCall Christine Gulati **Christine Smith** Christine Wu Craig and Ludovina Marcus Cynthia and Michael Donahoe Cynthia Auld Cynthia Haines Deb Desjardins Donna Sloan East Liberty Presbyterian Church Elizabeth Harrington **Fidelity Charitable** Forest Hills Presbyterian Church Geradine Maurer Hamilton Presbyterian Church Heather and S. Bryan Lawrence Highmark Blue Cross Blue Shield Jean Miewald IFS Wealth Advisors John McMillan Presbyterian Church John Miclot Karen Safran Kathleen and Stephen Gunn **Kimberly Taylor** Louis Nayovitz Foundation Margaret and Peter Watt-Morse Margaret Reding McDonald United Methodist Church Michele Rice-Kirkwood Morgan Lewis & Bockius, LLP Natasha Lightner Newlonsburg Presbyterian Church Noreen Begg Pittsburgh Presbytery Sabika Jewelry Schwab Charitable Serina Green Shift Collaborative, LLC Sisterson & Co. LLP Southminster Presbyterian Church Susan Panos Suzanne Robinson The Robert D. Flickinger Foundation Thomas Klemmer

Toni Sacco United Way of Southwestern Pennsylvania Women of Calvary

#### Contributors \$250-\$499

Aaron Kolko Annette Arrigucci Anthony Nakley Barbara and Lester Gray Beth Duch **Bradley Maurer** Candy Smith Vasquez Chris Hendrickson David Kerr Deanna Matthews **Donald Brophy Emily Wilmore** Gary Cirrincione Grace Tan Hunter Ficke Ieremiah's Place Joanne LaRose ludith Bellin Kate Lennen Ken Mawr United Presbyterian Church Larry and Maude Slagle Linda Himber Mark Colgan Mary Katherine Marshall Michelle Broskovich Mt. Lebanon High School Parkwood Presbyterian Church Paul and Tracey Sirney Robert O'Gara **Ronald Szwarc** Sebco, Inc Sharon Grivna The Pittsburgh Foundation Toni Sulkowski Tritek Networks Yodit Betru

### Friends up to \$249

Abbey Jean Cercone Alan and Ruth Garfinkel Alice May Burger Allison Carr Alyah Sablan Amber Foy Amy Baschnagel Amy Herlich

Amy Pardo Amy Savatt Amy Van Horn Andrea Geraghty Andrew Arnt Angela Daniele Anthony Musmanno Funeral Home Ardana Jefferson Barbara and Jeffery Anderson Barbara Miller Becky and Dean Rhodes **Beth Henry Betsey Karras Betsey Martinelli** Brigitte Barren Williams Cara Todhunter Carol and Dale Kirkpatrick Carol Swift Cassandra Mosier **Channing Moreland** Christia Hollinshead **Christine Crytzer** Cindi Miller Crystal St. Omer Roy Cynthia and Dorsey Wheeler Daniel Worst Daniel Zearley **Denise Prochiwnik** Dennis and Susan Fair Diane Giannetti Doris Orr Dr. Dwight and Mary Hanna **Elizabeth Barlow** Elizabeth Donovan Elizabeth McKenna Ella and Hugh Given Ellen Campbell Ellen Mazo **Emily Fuchs Emily Wallace** Eunice Nasri Eydie Kolko Gamma Alpha Tau Zeta Gaye Hockenberry Gerald and Kathleen Lucci **Gisele Fetterman** Glenn and Suzanne Salo Gwendolyn Safran Harry Back Heather Athanas Heidi Fiorentini Helen Zwikl Hope Wilson lanet lai Jaqueline Brandt Jay and Karen Barrett

This list reflects gifts received during Fiscal Year 2022-2023 from July 1, 2022 though June 30, 2023. If a correction or update is needed, please contact us at info@sphpa.org or call 412-441-7783, ext. 104.

Jayne McDonald Jean and Robert Simmonds Jean Colgan Jean FitzGibbons Jean Novak Jenifer Abraham Jenna Tishler Jessica Bruce **Jill Simmons** Jim Delbianco lo Olson Joan Heckel Joann and Michael Cyganovich Jordan Johnson Judie McCue Judith Sutton Juliann Savatt Julie Banks Kaitlyn Nykwest Karen Rossi Karen Shastri Karen Upsher-Williams Karl Wurtzbacher Kathleen Dixon Donnelly Kathryn Krause Kelly Radocay Kendra Ross Keri Burgwin Keri Cronin Khadicha Kosimjonova **Kim Siddons Kimberly Puffer** Kimberly Safran Kris Rust Kristen Brown **Kylee Headland** Larry Leahy Lauren Charles Lea Fosbenner Lea Smith Leah Goldman Leslie Reimer Lisa Pinney Liz Wasel and Douglas Teamor Lois O'Connor Luke Stamper Lynn Desmone Lynne Chadwick Madeline Henderson Magdalen Lucci Marco Cardamone Margaret Epley Margaret Westbrook Maria Grinko Maribea Crosby Marilyn Koch

Marla Turnbull Martha and Phillip Smith Martha Federowicz Mary Ann Walsh Mary Collette OLeary Mary Harwick Matt Lewis and Ashley Farrelli Matthew Siegler Melanie Rinchetti Melissa Pishko Michael Cwenar Michael Puma **Michelle Beckwith Michelle Browne Michelle Heck** Michelle Kienholz Monica Antoun Nancy Hazlett Nancy Heastings Nancy Shea Nicole Miller Nishauna Ball Norma and Richard Raiff **Oakland Outreach** Patricia Uhlman Raymond Gausman **Rebecca Smith** Regina Ryan Renee Georgi Rev. Carol Divens Roth and Mark Roth Rev. Carolyn Jones Rev. Dana Gold **Ricky LaVaughn** Roberta Green **Rosemarie Sweeney** Sara Diener Sarah Datt Shari Ramirez Stacey Freeman-Pistella Stephany Hartstirn Susan Hoehl Susan Johnson Susan Orr and Reed McManigle Suzanne Curran Trina Walker **Trinity Tower United** Methodist Church Valentina Vavasis Valerie Wilson Vernetta Byrd Veronica Harris Viginia Peet Wendy Magaro William Pardee

#### **IN-KIND DONORS**

Adda Coffee House Ann Brooks Another Chance for Casey ASCEND Aspinwall Beans n Cream **Baldwin Community** United Methodist Church Barry and Sarah Mayer Be Pure Salon Braddock Free Store Carnegie Mellon University **Channing Moreland Charmaine McCall** Chipotle Mexican Grill **Christ Episcopal Church Christine Smith City Theatre** Commonplace Coffee **Connie Confelt** Corey Ochi Cornerstone Restaurant & Bar Crust Worthy Dana Cornelius Dawn Gordon **Deb Desjardins Deborah Dorsey Deborah Holland** Demi Kolke Diana Kovacs Dovecote Dr. Lidia Turzai Dr. Robert Breit, MD Dr. Staci Ford Duolingo East Liberty Family Health Care Center Forest Hills Presbyterian Church Fox Chapel Presbyterian Church Franklin Regional SD Interact Club Fun Fore All Gamma Alpha Tau Zeta Gordon Mann Hard Rock Café Pittsburgh Hotel Indigo Pittsburgh East Liberty I Am Whole Supporters Janet Postupac John and Lauren Marzullo Johno Prascak Lamar Advertising Company Level Red Boxing Liz Wasel and Douglas Teamor Lynne Chadwick Margaux Pittsburgh

Mark Anthony Hair Salon

Marlene Banks Matt Lews and Ashley Farrelli Millie's Ice Cream Works, LLC Morgan, Lewis & Bockius, LLP Nancy Thomas Natasha Lightner New Hazlett Theater Omni William Penn Hotel One Brilliant Boutique Pennsylvania Women Work Phillip and Colleen Anthony Phipps Conservatory and Botanical Gardens Pittsburgh Ballet Theatre Pittsburgh Glass Center Pittsburgh Penguins Foundation Pittsburgh Won't Forget U Pittsburgh Zoo & Aquarium Project Linus Pure Barre Racers For Tots Renee Mack Sabika Jewelry Serina Green Shadyside Presbyterian Church Southminster Presbyterian Church Spark Books Square Café Susan Orr and Reed McManigle The Arbor Church Trader loe's **Treasure House Fashions** Trinity Tower United Methodist Church Unity Presbyterian Church University of Pittsburgh School of Law Veronica Harris Voluntots Walnut Grill White Realty Advisors Young Lawyers Division of the Allegheny

County Bar Association



## 5907 Penn Avenue, Suite 220Pittsburgh, PA 15206412-441-7783 • SojournerHousePA.org