

**REPORT  
TO THE  
COMMUNITY**

**2015**

**2016**



*Healthy People*  
**HEALTHY COMMUNITIES**



# Dear Friends,

*“Healthy people, healthy communities” nicely sums up our philosophy at Horizon House.*

We believe that everyone should have the opportunity to live and thrive in the community. This belief has guided us since our beginnings in 1952. We have long recognized the need to focus on the whole person so that everyone can be the best version of him/herself and live the best life possible.

When assisting the men and women we serve, Horizon House connects them to clinical care, rehabilitation services, primary health care, housing, education, and employment services based on the needs of the individual. We have found the best outcomes occur when identifying and focusing on the multiple needs of the individual and integrating our services.

One of the major shifts we have made over the years is to increase our focus on prevention and promotion of wellness as part of healthcare because, unfortunately, the individuals we serve have a higher percentage of chronic diseases. As part of our wellness services we offer smoking cessation, nutrition basics and healthy eating, cooking classes, exercise programs, blood pressure management, and diabetes education to name but a few.

The impact of the wellness services can be seen through the eyes of Christina, Frank, and Yanira. Because of the dedication, commitment, and hard work of those we serve in these programs, they are now leading healthier, happier lives. Improving physical health produces improved self-confidence and increased energy. This allows those we serve to engage with the world by being able to participate in job training, hold a meaningful job, or

attend college and community activities depending on their unique abilities and circumstances.

Moving forward, we are committed to continuing to build our healthy community and provide opportunities for integrated services and supports to the individuals we serve.



A handwritten signature in dark ink, appearing to read 'Jeffrey W. Wilush'.

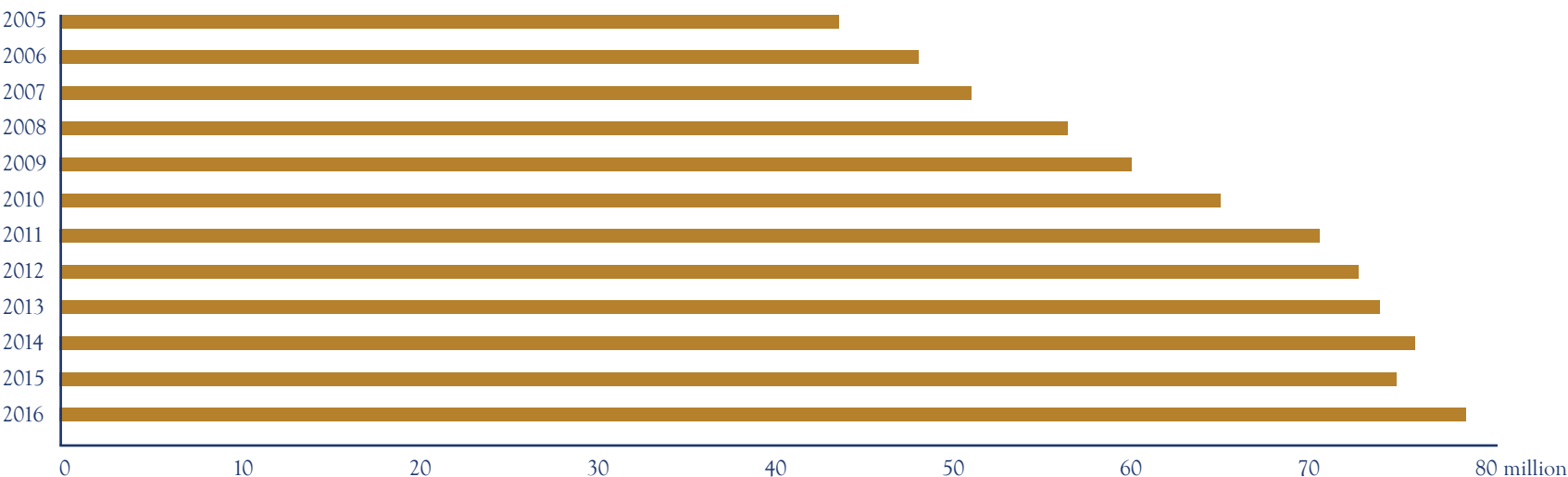
**Jeffrey W.J. Wilush**  
*President and CEO*



A handwritten signature in dark ink, appearing to read 'John F. Hunt'.

**John F. Hunt**  
*Chairperson, Board of Directors*

# *Total Revenue By Year*







# Christina

## BLOSSOMING INTO HER POTENTIAL: FIT & STRONG

*“There were times when I didn’t know what was ahead.  
I now realize nothing is impossible.”*

As a young girl, Christina enjoyed a caring relationship with her mom in a home full of love and laughter. At sixteen, her mother died, and her life changed forever. Her world crumbled, and her future felt empty and bleak.

Christina was shuffled from house to house, yet still managed to graduate from high school. Shortly after, she was hospitalized for a major mental health crisis. She was diagnosed with bipolar disorder and discharged to Horizon House Homeless Services. She participated in the Partial Hospital Program, transitioned to the Outpatient Program, and is currently with the Permanent Housing Initiative.

Living with asthma and diabetes, she was referred to InSHAPE and works with a health mentor. Together, they review her food diary, including her 1800-calorie meal plan. He supports her fitness goals, which include working out at the fitness center, walking, and sit-ups. “This program gave me life! I’m motivated and want to succeed.”





In 2016 Christina was diagnosed with kidney disease, a side effect of the medication she was taking to treat her bipolar disorder. Having adjusted to her new medication, she continues to be monitored by Project HEALTH at Horizon House and Fairmount Primary Care Center for her kidney function, diabetes, and asthma. Project Health provides Health Promotion and Wellness Activities to enhance people's quality of the life and integration of care to reduce the disparities which often arise from lack of access to welcoming primary health care.

Today Christina is full of grace, gratitude, and exudes positive energy. She lives independently and meets regularly with her therapist to work on her wellness goals. She credits her acceptance and treatment of her bipolar disorder as a step forward. Currently, Christina is enrolled in the early childhood education and creative writing programs at the Community College of Philadelphia. She works as a home health aide and licensed public notary to pay for college.

"My journey hasn't been easy. Everyone's life has worth. No matter what comes your way, don't be defined by your situation; it can change like mine did. I'm grateful for all Horizon House offers because, now, my life is full."

Christina's house manager shared, "When I first met Christina, I knew she was special. She was a rose - at first a bud, now in full bloom."



*"I've lost 30 pounds and  
I'm getting closer to my  
target weight. I have more  
self-confidence, energy, and  
feel great!"*

# Contributors

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Colleen Zane  
Tim Zeigler

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Karen L. Hamilton

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Susan Raczkowski

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Casandra Sistrun-Clarke

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Theresa Murphy

*In Memory of Bernadette Yanak*  
William McMullen

## IN KIND GIVING

Amish Farm & House Tour  
Charlotte Andrews  
Applebees  
Arden Theatre  
Arnold's Family Fun Center  
Pamela Follo Badolato  
Ellen Barsky  
Ben Franklin Yacht  
Best Western Eden Resort  
Bird in Hand Family Restaurant & Stage  
Bonefish Grille  
Mary Broach  
Beth Burrell  
CB Cleaning  
Chaddsford Winery  
Cherry Crest



# *Contributors*

Chester County Food Bank  
Choo Choo Barn Lancaster  
Christmas Tree Shop  
Closets by Design  
Conner Strong & Buckelew  
Corner Bakery Cafe  
Costco  
Culinary Creations  
Dave & Buster's  
D'Avico Auto Repair  
Lawrence Diehl  
Dutch Haven Restaraunt  
Tammy Eason  
Eastern State Penitentiary  
E & D Landscaping  
Electric Factory Theatre  
Farmer's Daughter  
Fiber Clean  
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Giant Foods  
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Northbrook Canoe Trips  
Outback Steakhouse  
Pacifico Marple Ford  
Panera Bread  
Paper Source  
Penns Landing Playhouse  
Pennsbury Chaddsford Winery  
Philadelphia Rock Gym  
Philmont Country Club  
Pub 36  
R & R Voice and Data  
Reading Philllies  
Richard & Anne Rosenberg  
Eileen Scardina  
Shake Shack  
Shofuso Japanese House & Garden

Sight & Sound Theater  
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Jerry Skillings & Abby Spector  
Sol Feinstone Elementary School  
Sonesta Hotel Philadelphia  
Starbucks  
Stephen Starr Restaurants  
Stick & Stones  
Sweet Note Bagels  
United Floral Services  
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Vesta Vending  
Verizon  
WB Mason  
Monique Weaver  
Norman Weber  
West Chester Food Cupboard  
Patrick Wolodko  
Martina Woodard  
Woodmere  
World Cafe Live



# Frank

## TAKING PRIDE IN RECOVERY AND WELLNESS

*“Life is good. But it hasn’t  
always been that way.”*

Frank came to this country from Africa as a teenager. He knew something was wrong in his early twenties when he struggled with voices telling him others were out to get him. “Disheveled and depressed, I struggled to find food and shelter. I was in and out of hospitals as a homeless person with mental illness.”

One cold night when temperatures were below freezing, a Horizon House Outreach Team approached him huddled on a steam grate. “For some reason, I said, ‘Yes’ when they offered me shelter. Not sure why, maybe I was tired of the pain, anger, and those voices.”

Diagnosed with paranoid schizophrenia, Frank then participated in Horizon House’s Outpatient and Wellness Alliance services. As a result of his improvement, he was hired as an Outreach Assistant, supporting the team that rescued him. “I was proud of what I was doing; I got to make a difference in the lives of others. Then I had a setback; the voices in head my got worse, and I ended up back in the hospital.”





“After my hospitalization, I went back to work at Horizon House in a different position. Horizon House was always there for me. They helped me get back to living.” Determined to recover, he attends classes supporting his wellness goals. He credits the Wellness Alliance for helping him achieve his physical, emotional, social, and vocational goals. Frank’s diabetes is monitored by Project HEALTH and Fairmount Primary Care Center, which have provided services to empower him to make healthier lifestyle choices.

Frank now works part-time on the weekends at the Navigation Center, an overnight respite café, making breakfast for 50-75 homeless adults served by Horizon House. “Doing this gives me purpose and lets me help others. I now take responsibility for my life. I’m physically and mentally healthier...I look better and I feel better. I realize that asking for help is really a step forward.”

Frank’s smile radiates joy. He’s at peace with the voices and has found the support and structure he needed to recover. “I want others to see me for who I am, not my mental illness. Once I got that, I could appreciate me, and now I have a future.”



*Frank has worked hard to modify his previously sedentary lifestyle. He now eats healthier food and exercises. As a result of losing 20 pounds, his diabetes is better controlled, and his self-confidence is soaring*

# Healthy People HEALTHY COMMUNITIES

## INTEGRATED CARE AT WORK

### The Problem

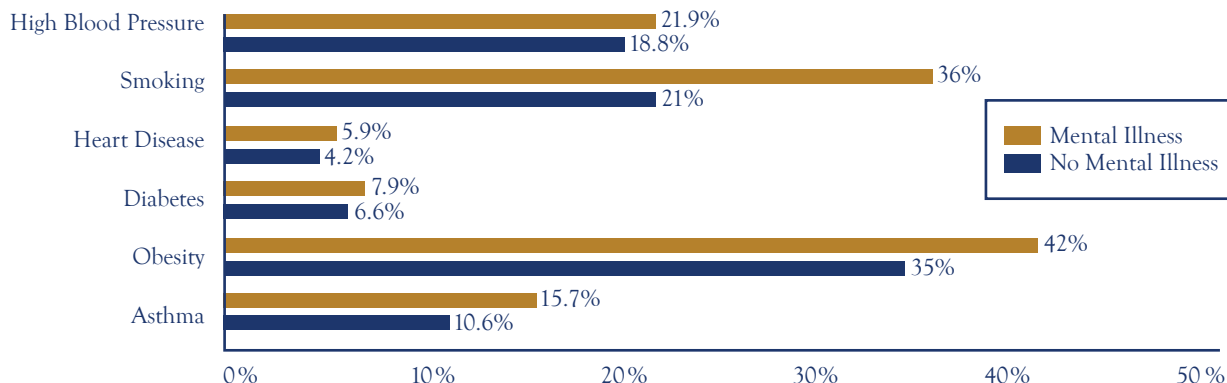
- PEOPLE WITH **MENTAL ILLNESS** DIE EARLIER THAN THE GENERAL POPULATION AND HAVE MORE CO-OCCURRING HEALTH CONDITIONS
- LIFE EXPECTANCY RATES OF SOMEONE WITH **INTELLECTUAL AND DEVELOPMENTAL DISABILITIES** ARE EQUAL TO THAT OF THE GENERAL POPULATION. FOR THOSE WITH SEVERE OR PROFOUND DISABILITIES, HOWEVER, THE LIFE EXPECTANCY RATES ARE REDUCED BY 25% ON AVERAGE

**68%** Of adults with a Mental Illness have one or more chronic physical conditions

Adults with Intellectual and Developmental Disabilities are more likely to have:

- Unhealthy Weight
- Epilepsy
- Mental Illness
- Overall Poor Health

### CO-OCCURRENCE BETWEEN MENTAL ILLNESS AND OTHER CHRONIC HEALTH CONDITIONS



### PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

**50%**

HAVE CHRONICALLY HIGH BLOOD PRESSURE

**33%**

REPORT THEY HAVEN'T HAD ANY KIND OF EXERCISE IN THE PAST 30 DAYS

**38%**

HAVE A HIGHER PREVALENCE OF OBESITY

# The Solution

## INTEGRATED CARE

Integrated care is the coordination of mental health, substance abuse, and primary care services. It produces the best outcomes and is the most effective approach to caring for people with complex healthcare needs.

REDUCE RISK → REDUCE HEART DISEASE

(For people with Mental Illnesses)

maintenance of ideal body weight and active lifestyle



35%-55% decrease in risk of cardiovascular disease

quit smoking



50% decrease in risk of cardiovascular disease

170 PEOPLE WITH MENTAL ILLNESS AFTER 1 MONTH IN INTEGRATED CARE

**86**  
**FEWER**

spent nights  
homeless

**50**  
**FEWER**

hospitalizations  
for mental health  
reasons

**17**  
**FEWER**

nights in detox

**17**  
**FEWER**

ER visits

**THIS IS: \$2,500,000 IN SAVINGS OVER THE YEAR**

**INTEGRATION  
WORKS.**

**IT IMPROVES  
LIVES.**

**IT SAVES LIVES.**

**& IT REDUCES  
HEALTHCARE COSTS.**

### SOURCES

SAMHSA-HRSA Center for Integrated Health Solutions. Weisner C. Cost Studies at Northern California Kaiser Permanente. Presentation to County Alcohol & Drug Administrators Association of California Sacramento, California Jan 28, 2010.

Hsieh, K., J. H. Rimmer, and T. Heller. "Obesity and Associated Factors in Adults with Intellectual Disability." *Journal of Intellectual Disability Research* 58.9 (2013): 851-63. Print.

Wpadmin. "39 Incredible Developmentally Disabled Statistics." *HRFnd*. N.p., Mar. 2015. Web. 18 July 2017.

Wpadmin. "Health and Wellness Blog Magazine." *HRFnd*. : *Disability and Health Journal* 165-173 Research Paper "National Health Surveillance of Adults with Disabilities, Adults with Intellectual and Developmental Disabilities, and Adults with No Disabilities", Susan M. Haverkamp, Ph.D., and Haleight M. Scott, M.A., 02 Feb. 2016. Web. 18 July 2017.





# Yanira

## HEALTHY LIVING RESTORED MY JOY

*‘Activity is good for my body  
and my attitude!’*

Yanira’s existence was dark and lonely. Easily angered, she found herself fearful, depressed and withdrawn. She rarely socialized and typically sought refuge alone in her room.

Born with a developmental disability and living with a mild explosive disorder, asthma, and obesity, Yanira needed support and encouragement to manage her life and develop her full potential. Her transformation began in 2014 when she became a member of Horizon House’s InSHAPE program where members work to improve their quality of life through exercise, nutrition, and socialization.

She was assigned a health mentor, and together they created health and wellness goals. “I couldn’t walk around the mall; I stopped every few stores; I was short of breath, tired, and didn’t care about much.”

Her health mentor inspired her to be the best version of herself, and she began a weekly exercise program



at her local gym. Because of her routine visits to Project HEALTH and Fairmount Primary Care Center to manage her asthma, she can now use the treadmill and butterfly machine. “My arms and legs are stronger, and I can walk the mall and not stop to catch my breath.”

As a result of her regular therapy visits she realizes, “When I get depressed, if I change what I’m doing, get myself moving, my mood improves!” According to her home manager, “The combination of services has improved her sense of well-being, increased her independence, and decreased her emotional outbursts.”

Yanira’s wellness has positively affected her total being. She is proud to be recognized by the Wellness Alliance Fitness Initiative for her dedication in attendance and weight loss. Improvements in her physical strength, stamina, and socialization skills have resulted in working part time at a local packaging company.

As a bubbly twenty-seven year old who enjoys music, painting, and dancing her smile depicts her newfound joy for living. She has made new friends at work and is determined to stay healthy. “I get to use my paycheck to shop at the mall for the things I like!”

Her journey has been challenging. “I was scared and lonely. I came here thinking I didn’t have a future; now I have one. I’m happy and thankful for Horizon House.”



*“I smile more.  
I’m less tense and  
handle stress better.  
I can finally relax  
my mind. I’m more  
confident, and I’m  
willing to try new  
things. I want to  
take up boxing!”*



# FINANCIALS

YEAR ENDED JUNE 30, 2015 & 2016

HORIZON HOUSE, INC. AND AFFILIATES COMBINED  
STATEMENTS OF ACTIVITIES

## REVENUE

### Current Assets:

	2016	2015
Program Revenue	\$75,378,370	\$72,127,430
Grants and Contributions	\$2,551,066	\$2,894,446
Other	\$946,147	\$590,788
<b>Total Revenue</b>	<b>\$78,875,583</b>	<b>\$75,612,664</b>

## EXPENSES:

### Program Services:

Mental Health, Drug and Alcohol	\$46,395,762	\$46,153,799
Intellectual Disabilities	\$22,941,241	\$21,417,994
Administration	\$9,360,356	\$8,753,844
<b>Total Expenses</b>	<b>\$78,697,359</b>	<b>\$76,325,637</b>

## NET ASSESTS:

Net Assets Beginning of Year	\$3,361,683	\$3,802,082
Changes in Unrestricted Net Assets	\$752,072	(\$380,399)
Changes in Temporarily Restricted Net Assets	(\$60,000)	(\$60,000)
<b>Total Changes in Net Assets</b>	<b>\$692,072</b>	<b>(\$440,399)</b>
<b>Net Assets Year End</b>	<b>\$4,053,755</b>	<b>\$3,361,683</b>

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*Director, Real Estate*

## OUR MISSION

Horizon House, in partnership with individuals with disabilities and their families, advocates and provides comprehensive, community-based services. We create opportunities for those served to manage their lives through environments that emphasize individual strength and choice.

### Program Services

120 South 30th Street  
Philadelphia, PA 19104-3403

### Administrative Services

3275 Stokley Street  
Philadelphia, PA 19129-1128

(215) 386-3838 *Main Phone*

[www.hhinc.org](http://www.hhinc.org)

## OUR VALUES

### We Value PEOPLE

We believe people should be treated with dignity, respect, fairness, and consideration in environments that are safe and comfortable and that support individual advancement.

### We Value GROWTH

We believe that personal growth is promoted through attention to present strengths and not past weaknesses. The development of community supports and resources enhances the quality of life.

### We Value DIVERSITY

We believe that an atmosphere of mutual respect for each other's differences adds quality to our services and is essential to the rehabilitation process.

### We Value SHARED IDEAS

We believe that listening is a crucial part of effective communication and that people served should actively participate in their service planning.

### We Value ADVOCACY

We believe that everyone is responsible for bringing about the change necessary to benefit those we serve to the fullest extent.

**...and believe services must be available as long as they are needed.**

Horizon House, Inc. is a registered 501(c) (3) charitable organization. A copy of the official registration and financial information can be obtained from the Pennsylvania Department of State by calling (toll-free within Pennsylvania) 1.800.732.0999. Registration does not imply endorsement.

Horizon House, Inc. provides social, vocational, residential and employment opportunities without regard to a person's age, sex, pregnancy, race, color, religion, creed, national origin, citizenship, Limited English proficiency (LEP), psychiatric disability, physical disability, genetic information, sexual orientation, gender identity, marital status, veteran status, military status, or membership in any other protected group.

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