



*Sisters of St. Joseph  
Health & Wellness Foundation*

**ANNUAL REPORT  
2015-2016**



P E N D L E T O N  
**Community Care**



WEST VIRGINIA  
WOMEN WORK



## ***Pendleton Community Care***

**By: Jennifer Taylor-Ide**

**HISTORY:** The Sisters of St. Joseph Health and Wellness Foundation (SSJHWF) has funded school-based behavioral health services in Pendleton County for over fourteen years. **Pendleton Community Care (PCC)**, a Federally Qualified Health Center, received funding from the SSJHWF in 2002 for a behavioral health counselor and the following year for a behavioral health educator. PCC operates the oldest School-Based Health Centers (SBHC) in West Virginia, started in 1991 by pediatrician Dr. King Seegar, who still serves presently in the SBHCs as well as at PCC. From their beginning, these centers provided services to students from kindergarten through high school. Dr. Seegar has always sought to incorporate behavioral health services into medical care. For a time, this took the form of inviting psychology graduate students from West Virginia University to do rotations under the supervision of a Ph.D. clinical psychologist associated with PCC. The situation changed dramatically when the SSJHWF decided to focus attention on school-based behavioral health in 2002, providing sustained and consistent funding for these services in SBHCs at PCC and in many other West Virginia counties.



**SETTING:** Pendleton County is the second most rural county in West Virginia. School-based programming is particularly important for overcoming the problems of isolation experienced by county residents and transportation costs of traveling to medical and behavioral health providers. As in much of West Virginia, the population in Pendleton County is diminishing and aging. SBH staff members face high rates of childhood obesity in school children and witness the effects of alcohol and prescription and street drug use. Many parents commute out-of-state for work further reducing the human capital available to the children. Pendleton County residents have been spared the boom and bust of mining but recently lost a valuable resource and many members of the community with the closing of the Sugar Grove Naval Station that had operated in the county for 50 years. Despite these drawbacks, community members recognize that the small size of county towns and cities enhances the ability of residents to establish and maintain longstanding relationships with each other for life.

**PROGRAM:** Key features of PCC's School-Based Behavioral Health program include:

- ◇ Collaboration and integration with health and school systems.
- ◇ Ability to seek, discover, and implement new programs to meet students' needs.
- ◇ Engagement with students and families in seeking hands-on, skill-building, participatory, and high interest methods to operate programs.
- ◇ Promotion of resilience and wellness (versus a treatment-centered approach).

This program philosophy has led the PCC Behavioral Health Practitioners to utilize many different methodologies to engage students.

**BAVX®:** Both the Behavioral Health Counselor (BHC) and Behavioral Health Educator (BHE) are trained in a movement-based method of promoting sensory integration and concentration. The acronym stands for Balance Audio-Visual Exercises. It is a challenging, skill-building process that can be likened to upside-down juggling. It has been used individually and in small groups to promote self-regulation, attention, coordination, and cooperation which are

essential skills for resilience and well-being.

**Guided Mindfulness:** The BHC has offered an array of guided imagery exercises in upper elementary classes promoting relaxation, self-awareness, and self-regulation.

**Kapa:** The BHE employs Kapa Blocks to promote a variety of social skills and self-regulation. Exercises using the blocks can require teamwork, physical coordination, eye-hand coordination, and good communication skills. Students are typically highly engaged with these activities. (See photo)



**Instructional Dolls:** The BHC has offered classes at the high school level related to the effects of drugs, alcohol, and shaking on babies. The curriculum and instructional dolls were provided by a discretionary grant from the SSJHWF.

**Healthy Lifestyles:** The BHE has provided extensive instruction in grades two to six on healthy behaviors ranging from quitting soda to planning for daily exercise. His lessons have been designed to address some of the curricular requirements, thus strengthening the collaborative connection between the SBHC program and the school's agenda.

**Neurofeedback:** Many years ago, Sister Helen Skormisley, of the SSJHWF, urged the BHC to gain familiarity with the Adverse Childhood Experiences (ACE) Study. This study has enlightened



and educated SBH staff regarding the degree to which school children are likely to be affected by

## **Recommendations:**

The years of behavioral health service provision sustained by the SSJHWF have led PCC SBHC staff to the following accumulation of Best Practices they would recommend to those interested in developing a School-Based Behavioral Health Program:

**Continuity** - Not only has the service provided by PCC been steady, but the providers are known to the students, and the histories of students are known to the providers. As far as anyone knows, the present PCC School Based Counselor is the longest-serving behavioral health provider in WV's school-based health center world. She has watched many colleagues come and go because continuity is not the norm. She recommends it as a prized value worthy of the effort it takes to achieve it.

**Continuum of service** across ages and stages, elementary through high school. Along with this, provide congruent care no matter the setting, whether in school sites or at the health care clinics.

**Collaboration** - Actively build collaboration into the model. Dedicate time to do this. Don't just leave it to chance or personality. Recognize that this takes time, not just in the beginning, but always.

**Remember that mental health providers are guests in the schools** - As guests, they should make themselves helpful so they will be welcome. They should not assume they have a right to be there or to take a student away from a school task without prior notification.

(Continued next page)

traumatic experiences and what interventions may be needed in treating them. Presenting symptoms may in part account for high rates of diagnosed anxiety, depression, and ADHD. Now gaining acceptance as a treatment for all three is neurofeedback, enjoying a comeback since there is now a greater awareness of the downside of pharmaceutical treatment.

PCC SBH staff philosophy has also kept them involved in local community committees and activities that promote the well-being of children and families, most notably providing leadership for many years to the local Family Resources Council of the Eastern Regional Family Resource Network.

**Timeline:**  
2002 - SSJHWF Funding for Behavioral Health Counselor and hiring of Jennifer Taylor-Ide, LPC, who still serves in the SBH Centers.  
2003 - SSJHWF Funding for Behavioral Health Educator (BHE)  
2005 - Hiring of Chris Roberson as the first BHE in the SBH Centers  
2005 - Training in BAVX  
2009 - Expansion to two additional schools  
2009 - Start of Healthy Lifestyles Program  
2015 - Launch of Neurofeedback Program

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***West Virginia Women Work, Inc.***

***Step Up for Women Construction Pre-Apprenticeship***

**By: Kristina Szczyrbak, Deputy Director**

**HIGH WAGES ARE GOOD FOR THE WHOLE FAMILY**

This year the SSJHWF selected the Step Up for Women Construction Pre-Apprenticeship program of West Virginia Women Work, Inc. as the recipient of a \$25,000 grant.

Founded in 2000, West Virginia Women Work (WVWW) is a statewide non-profit organization that supports and advocates for education, employment, and economic equity for all women. In that same year, WVWW began offering a tuition-free skilled trades training program called Step Up for Women. Step Up for Women is an employment-based, 11-week construction training program specifically designed for women to obtain entry-level jobs in residential, commercial, and highway construction, as well as acceptance into registered apprenticeship programs. Specifically, graduates are employed as laborers, carpenter helpers, electrician helpers/apprentices, sheet metal workers, ironworkers, painters, glaziers, highway maintenance workers, drywall finishers, millwrights, roofers, plumber helpers, building maintenance workers, engineering technicians, and registered apprentices.

The organization operates through the headquarters in Morgantown, West Virginia. Today, WVWW has expanded to three geographically divergent training sites across the state - North Central West Virginia (Morgantown), Kanawha Valley (Charleston), and their third and newest location in Huntington. Both of the sites in Morgantown and Charleston offer the Step Up for Women Construction Pre-Apprenticeship while the site in Huntington is launching a Step Up for Women Advanced Manufacturing Pre-Apprenticeship.

A publication by the Appalachian Regional Commission, *The Child Poverty Report*, demonstrates the pathways which affect child development and outcomes. The pathways are home environment, family stability, health and mental health, and community norms and conditions.

Each pathway is positively impacted by the attainment of high-wage employment by parents. In short, that is the goal of the Step Up for Women training program.

By training and placing women in non-traditional occupations in the construction industry, WWWW is able to move women from unemployment or underemployment to a living wage in a short period of time. A substantial increase in earnings can have a tremendous impact on a woman's family as well. A fact sheet published by the National Partnership for Women and Families shows that if the wage gap were eliminated, on average, a working woman in West Virginia would have enough money for approximately: 111 more weeks of food, 14 more months of mortgage and utilities payments, nearly 21 more months of rent, or 5,805 additional gallons of gas.

Women working in construction make considerably higher wages than women working in traditional jobs. The US Department of Labor published statistics showing that the women that make up the 4% of females working in the construction industry earn a median weekly wage of \$756 versus the women that make up the 57% of female workers in the service industry that take home a median weekly wage of \$505. Over the past four program years, employed Step Up graduates began their entry-level positions earning an average of \$12.07 an hour to start, not including other benefits provided by employers in addition to take home pay.



**Chelsea Henderson**  
2016 KV Step Up Graduate

An example of one such graduate is Chelsea Henderson. Chelsea attended the Step Up for Women class in the fall of 2016 at the Kanawha Valley training site. Chelsea is 22 years old and a single mother of a 2-year old daughter. Chelsea was on full public assistance at the start of the class. She had no work experience and did not want to work in an office environment. The course taught Chelsea the most effective way to write a resume, proper interviewing techniques, job search techniques, and physical conditioning along with the hands-on training in carpentry, plumbing, and electrical work.

Chelsea graduated class early and is now working at GeStamp as a Production Worker. She is making \$11.00 an hour on her first job. Chelsea stated, "Before I was accepted into this program, I was struggling to find a decent job that I could maintain a life for myself and my daughter with. I was just another statistic of a

young person without a lot of education. But now I'm employed and that wouldn't have been possible without the help of WWWW!"

Shannon Cooper is another recent graduate. Shannon came to the Step Up for Women Construction Pre-Apprenticeship Program after working multiple serving jobs for years with nothing to show for her hard work. She had two part-time jobs as a waitress and was only making \$5 an hour plus tips. Working a combined 40 hours a week, Shannon still wasn't able to make ends meet. She had to move in with a friend. That was when she decided she needed to learn a marketable skill. She wanted a career that could pay the bills and that she could be proud of. A career in the construction industry would meet those requirements,

but Shannon had no experience or skills in any area of construction. Knowing this, Shannon reached out to the WV Women Work, Inc. North Central office.

*“Step Up is literally a life changing program. It can, if the person is willing to make the effort, help someone make a complete 180 in not only their career but in their life. The program and the people running it are great!”*



**Shannon Cooper**  
2016 KV Step Up Graduate

Carpenters Local Union 476.

Shannon began the Step Up for Women class in the spring of 2016. Through the program, she earned several industry licenses and certifications including her Carpenter Helper Certificate. The WWWW staff helped Shannon assemble an employment portfolio, and she used it to land a job with West Virginia University as a Laborer in the Roads and Grounds Department earning \$10.75 an hour. She knew it was a great starting point but continued applying to registered apprenticeship programs. Shannon had excelled in the carpentry portion of the Step Up program and was most interested in an apprenticeship in the United Brotherhood of Carpenters and Joiners. She was called in to the Carpenters Union to take a physical test and to interview in July of 2016 along with all of the other qualified applicants. She passed both the test and the interview, and she earned a spot in the competitive apprenticeship program. Shannon began work in September 2016 with a compensation and benefit package totaling just over \$42.00 an hour. She is well on her way to complete financial independence in her bright, new career as a Carpenter Apprentice with the

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## Sisters of St. Joseph Health and Wellness Foundation Grants Awarded FY 2015-2016

Since its creation in 2001, the Sisters of St. Joseph Health and Wellness Foundation has awarded more than \$12 million in grants. In fiscal year 2015-2016, the Foundation awarded \$884,244.69 for grant funding for the following selected projects:

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### School-Based Health Initiative (SBH):

**E.A. Hawse Health Center - \$42,355.00**  
Supports Mental Health Services in Hardy County

**E.A. Hawse Health Center - \$35,161.00**  
Supports expansion of Mental Health Services into Grant County

**FamilyCare Health Center - \$32,000.00**  
Mobile Unit to provide SBH services to Putnam County Schools

**McDowell County Board of Education - \$25,000.00** - Capital Grant for Southside K-8 SBHC

**New River Health Association, Inc. - \$27,930.00**  
Supports the Mental Health Educator serving Mt. Hope Elementary, Collins Middle, Oak Hill High, and Ss. Peter and Paul Catholic Schools

**New River Health Association, Inc. - \$36,000.00**  
Supports the Mental Health Educator serving Summersville County

**Pendleton Community Care - \$34,916.86**  
Supports a school-based Mental Health Counselor

**Pendleton Community Care - \$37,721.83**  
Supports a school-based Mental Health Educator

**Rainelle Medical Center - \$28,500.00**  
Supports a school-based Mental Health Educator

**Rainelle Medical Center - \$36,010.00** - Supports a school-based Mental Health Counselor serving seven schools in Greenbrier, Fayette, and Summers Counties

**Ritchie Regional Health Center - \$45,000.00**  
Supports Mental Health Services in Doddridge County Schools

**The West Virginia Catholic Foundation \$139,900.00** - Supports the SBH programs serving the Catholic Schools of Hancock, Brooke, Ohio, and Marshall Counties

**WV Primary Care Association - \$30,000.00**  
Supports the position of the Executive Director of the West Virginia School-Based Health Assembly

### **Child Advocacy Programs (CAC):**

**Burlington United Methodist Family Service \$10,000.00** - Supports Trauma-Focused Cognitive Behavioral Therapist

**Child Protect of Mercer County, Inc. \$15,000.00** - Ensures quality advocacy and support services

**Children's Home Society of WV - \$16,650.00**  
Supports Safe Haven CAC

**Comfort House CAC - \$10,000.00** - Supports Child and Family Advocate

**Logan County Child Advocacy Center \$22,500.00** - Supports the CAC poly-victimization project in Mingo County

**Monongalia County Child Advocacy Center \$25,000.00** - Supports SBH Therapist

**Mountain CAP of WV, Inc. - \$30,000.00**  
Supports Child Advocate

**Randolph and Tucker CAC - \$20,000.00**  
Supports CAC program presence in Tucker County

**The Children's Listening Place - \$25,000.00**  
Supports Family Advocate

**West Virginia Child Advocacy Network \$21,392.00** - Helps fund a risk assessment and quality assurance project for CACs in WV

### **Children and Families**

**Wellspring of Greenbrier Co., Inc. - \$25,000.00**  
Funding was reallocated as a capital grant for Fruits of Labor for assistance following flooding

**WV Coalition Against Domestic Violence \$22,200.00** - Supports the hiring of statewide human trafficking coordinator

**West Virginia Women Work - \$25,000.00**  
Supports Step Up for Women Program

### **Parents as Teachers (PAT):**

**TEAM for West Virginia Children - \$22,400.00**  
Mental health support to managers, supervisors, home visitors, and support staff

**Sisters of St. Joseph  
Health & Wellness Foundation, Inc.  
Statements of Financial Position  
As of June 30, 2016**

**ASSETS**

**Current assets**

Cash and cash equivalents	\$	20,031
Total current assets	\$	20,031

**Property and equipment**

Furniture and fixtures	\$	8,081
Less: accumulated depreciation	\$	7,440
Total property and equipment	\$	641

**Other assets**

Investments at fair market value	\$21,831,257
Total assets	\$21,851,929

**LIABILITIES AND NET ASSETS**

**Net assets**

Unrestricted	\$21,851,929
Total liabilities and net assets	\$21,851,929

# Sisters of St. Joseph Health and Wellness Foundation



## VISION STATEMENT

The children of West Virginia have resources available to assist them in living to their fullest potential.

## MISSION

The Foundation will make optimal use of its resources in order to promote and support collaboration and partnership among various local, state, and national groups working to strengthen the holistic health of children and families in West Virginia.

### Board of Directors of the SSJ Health and Wellness Foundation

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James Gordon - Treasurer  
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Health and Wellness Foundation**

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