

“When we strive to become better than we are, everything around us becomes better too.” — Paulo Coelho, *The Alchemist*

“Ann” was sexually abused by her stepfather from the age of three through 14. Intensifying her trauma were the physical, verbal and emotional cruelties inflicted on Ann by her mother. By the time she entered high school, Ann relied on alcohol to kill the pain. In adulthood, she married and divorced twice, suffering physical violence at the hands of both husbands. Ann was 42 when the debilitating effects of trauma convinced her that suicide was the only way out. But, clinging to a thin strand of hope, Ann chose to check herself into the mental health unit of a hospital. Ultimately, she recovered from her alcohol addiction and sought the faith-based counseling she needed to transform her life.

Ann shared: “I was deeply traumatized by the events in my life. But with counseling I achieved healing and inner strength; I no longer think of myself as a victim. When you have hope, you can change.”

Providing a safe, non-judgmental venue...

Our fast-paced, ever-changing world impacts all of our lives. As adults, we can find it hard at times to cope, adapt, and effectively make our way through a chaotic society. In that context, consider all of the things to which our children are exposed and how these influences affect their young lives.

“Providing a safe, non-judgmental venue is one of the best means therapists have to ensure children feel encouraged to open up, to freely express what’s going on inside. Children need a space where they can talk about the confusing messages received daily at home, school and in the media,” said **Lynda Bradley**, Licensed Professional Counselor, who works extensively with children. (Cont’d on bottom of next page)



Lori Cangilla, PhD, is a Licensed Psychologist whose specialties include trauma. She provides clients tools to cope with difficult emotions as well as interpersonal issues such as mistrust, the need for control, setting boundaries and powerlessness.

“Even for those who have experienced traumatic losses,” explains Lori, “it is possible to connect with a sense of hope in the ability to change. And by changing ourselves, we can change the world around us.” ■

Couples Counseling: Q’s & A’s with Howard Irwin

Licensed Clinical Social Worker and ordained pastor, **Howard Irwin** shared his insight on couples’ issues.

What is the most commonly identified problem faced by the couples you see?

Lack of communication! Couples lose their ability to honestly share their thoughts and feelings with each other without conflict. However, the conflict is often a manifestation of the problem, not

the root cause. Underlying issues include lack of respect and lack of trust.

What is the greatest threat to a marriage or relationship?

When one party has an affair—the ultimate breach of trust. One change that was not prevalent years ago is the effect of the internet upon relationships. Social media has made it possible for people to develop illicit relationships more freely than in the past. An emotional affair via the internet can have the same devastating effects on a marriage as a physical affair.

What are your greatest hopes for couples when they leave your office?

They will feel each party had their concerns heard. I want them to understand that together we can explore the significant issues that caused their problems and feel safe to express themselves. Also, they will leave with a sense of hope. Hope is a spiritual value that inspires us to persevere. Hope encourages us to do the difficult work necessary to make changes. Hope says, *my life and my marriage can be better.* ■



Our 2016 Good Samaritans

Foundations \$15,000-\$100,000
Anonymous Foundation
Ann & Frank Cahouet Foundation
Hansen Foundation

\$5,000
A.J. & Sigismunda Palumbo Charitable Trust
Ann & George Clapp Charitable & Educational Trust
Thomas Marshall Foundation

Churches \$10,000+
Sewickley Presbyterian Church
Westminster Presbyterian Church, Upper St. Clair

Top 12 Individuals/Couples \$25,000
Fr. Jay Donahue
\$1,000+
Kelly Barber
William & Carole Battisti
Matthew & Leslie Braksick
Filomena Coxon
Bobby & Shadley Gordon
Kevin & Donna Flannery
Don Kortlandt & Anna Singer
Ralph Linarelli
Hugh & Eliza Nevin
Mary Pontzer, MD
Tom & Elizabeth Szuba

Businesses \$1,000
Dollar Bank
Pittsburgh Air Systems
(Donor list cont’d. on next page)



Fabulous Men Cook Up a Storm Raising Funds for Client Aid

In 2016, Samaritan set a new standard for fundraising events. Not only did our *Fabulous Men Who Cook* raise over \$53,000, but they also attracted 300+ guests (tripling attendance from past galas) to taste their delectable fare! *50 Fabulous Men Who Cook* took place on November 5th at the Sewickley Heights Golf Club. Our cooking team was comprised of local business professionals and community leaders who traded their suits for aprons, competing for awards based on the amount of tips they raised. Many exceeded their \$1,000 fundraising goal. Bobby Gordon, VP of Gordon Terminal Service and former Samaritan board member, won the top spot, raising over \$2,600. Samaritan extends a huge *thank you* to our Fabulous Men:

John Barber
Bill Battisti*
Jeff Bennett*
Art Bomberger*
Christopher Ceraso
Gino Chiodo and Cesare Ulrich
Scott Cunningham
Ross Decal
Jonathan Eaton
Rick Enscoe*
Kevin Flannery*
Chris Fletcher
Brian Franks
Jeff Getty
Adam Gill
Bobby Gordon*
Michael Havelka
Fred Jezzi*
Courtney Jones
Donald Kortlandt
Gabe Krug
Dustin Kuhlman*
Brad Leeman
Ralph Linarelli*
Dan Makuch
Alex Megrey

*Indicates men who exceeded their \$1,000 fundraising goal.



LEFT: Sewickley Borough Manager, Kevin Flannery, serves his irresistible dates wrapped in bacon and raises over \$2,500.



ABOVE: Bobby Gordon receives his award from board member Cynthia Corsetti, whom we recognize for her tremendous efforts in making this event happen.



(Providing a safe, non-judgmental venue...cont’d)

“The most prevalent disorder today in kids is Adjustment Disorder mixed with Depressed Moods and Anxiety. This dis-order stems from living in a world with confusing messages.”

Ways that parents can help children cope with the inevitable changes and stressors they face in their daily lives include:

- Establishing routines
- Role-modeling optimism, humor, and healthy ways to handle stress
- Providing advance information about any upcoming major change (such as moving)

“Kids want someone to tell them they are safe. They want to know their limits. They want adults to be protectors, leaders, providers—not friends.” ■

2016 Good Samaritans (cont’d.)

Individuals
David Adams
Chris Allison & Jane France
Dena Alario
Betsy Allyn
David Aloe
Margaret Anderson
Jan Andree
Elizabeth Andrews
Marcy Andrews
Tamara Ann Andrus
Steffler & Douglas Balsley
John & Dolores Smith Barber
R. W. Barbour
Neill & Shirley Barker
Carl Baskind
Amanda Bates
Mary Bates
Carl & Karen Baughman
Ronald & Linda Beachley
Philip Beard
Adele Beaves
Joseph & Charlene Beck
David & Gail Becker
Christopher Behning
J. Michael Bell
Andrew Bennett
James Bennett
Jeff Bennett
Kenneth & Diane Bennett
Ti Beri
Judy Beswick
Timothy & Jeanne Bingman
Don & Jane Birnie
Bonnie Blackstone
Pamela Blaker
Daniel & Karen Blough
Jane Boice
Gene & Georgia Bokor
Arthur Bomberger
Harold & Bobbi Bonnett
Joyce Bonzo
Candace Bove
Dorothy Bower
Christopher Brackney
David Bramer
John Bratton
Michael & Kathy Bryson
John Buchanan
Dana Bufalo
Terri Bumbera
John & Nancy Bunce
Bob & Gretchen Burnham
Charles & Lisa Burrows
Stacey Burrows
Christy Busatto
Dawn Butler
Frank & Ann Cahouet
Gordon Campbell
James & Marie Campbell
Dan & Lori Cangilla
Barbara Castro
Carolyn Castrucci
Rick Celender
Michelle Celletti
Robert Cervi
Gary Chace
Ronald Charles
Marie Cipko
Marcella Cirigliano
Christy Clark
Michael & Lois Clark
Ed & Kitty Clarke
John & Jean Cleary
Andrew Clem
Lisa Clifford
Kelly Close
Lynn Cochran
Susan Cockrell
Kathleen Coder
Jonathan Colussy
Timothy Colussy
William & Melissa Cook
Sandra Cooper
John Cotis
Frank & Donna Courtney
Nancy Courtney
Jere & Sharon Cowden
Hanley Cox
Zachary Coy
Sara Cozzens
Jamie Craft
George & Susan Craig
Carol Craige
George Crawford
Kent & Merle Culley
Janice Cunningham

Sylvia Dallas
Christine Damon
Mary Dattilo
George & Ada Davidson
James & Gail Decker
Tom & Jeanne DeFazio
Lauren DeJulio
Louis & Kathleen Dell’Aquila
Frank Deluca
Gregory Demadis
Edward & Gail Denton
Daniel Dingus
David Dix
Matthew Doebler
Robert Doebler
Jessi Donahue
Henry Dorley
Tom & Kris Drucis
Robert Dutcher
Deborah Eckenrode
Lisa Edelman
Jason & Amanda Edmiston
Don Edson
Paul Elliott
Sandra Ellis
Susan Elste
Jim English
Ken Enscoe
Enscoe Family: Rick, Leslie, Mark & Megan
Frances Eskra
Cheryl Eustis
Laurie Evans
Lynn Evans
Mary Jane Evans
Greg Farrell
Susan Feeney
Stephen Feller
Carroll Ferguson
Melissa Ferrainolo
Elizabeth Fey
Dana Fields
Trudy File
Mary Fink
Ian Finnegan
Tina Fisher
Marylou Flach
Gary Fleming
Nicole Flynn
David Ford
Nancy Foster
Robert Fragasso
Brian Franks
Danielle Cervi Franks
Suzanne Franks
Stephanie Frazier
Mary French
Dana Friedman
Linda Froehlich
Anne Fruelhauf
Eric & Patricia Fulmer
Bob Gabel
Rod & Lannie Gartner
Shelley Garvey
Vicki Gass
Tara Gatto
Wilma Gaughan
Patrick Geary
C.A. Gebhardt
Peter Geissler
Mark & Anne Gensheimer
Jeffrey Getty
Arthur Giesen
Dennis Gilfoyle
Adam Gill
David Gill
Rachel Gill
Eugene & Jennifer Giotto
Nicole Givan
Maria Cindy Gogola
Scott Goldman
Brad & Kimberly Leeman
Bruce Leeman
Sharon LeJeune
Mario & Nathalie Lemieux
Ronald Lerario
Gwen Lewis
Charles Lin
Elizabeth Linge
Travis List
Libby Lloyd
Christopher Lochner
Daniel Long
William Lopatin
Brian Lorence
Claudia Luz
Michael Lynch

Nancy Hansen
Mark Hanson
Katharine Harbison
Thomas & Nell Hartley
Robert Hasak
Stephen Hay
Tom & Jenny Hay
Natalasha Hazelwood
Beth Healey
Linda Hedin
Paul Heffernan
David Heidenreich
Ed Heist
Craig Held
David & Jean Henderson
Derick Henshaw
Henry Herchenroether, Jr.
Mary Hertz
Gail Hicks
Cindy Higgins
Joci McCune
Michael McDonagh
Mary McFarland
Thomas McGinley
Janet McGuire
Jodi McKeever
Marian McKenna
Megan McKenzie
Timothy McLaughlin
Glen & Diane Meakem
Jeanne Megrey
Simon & Hazel Merrills
Anne Metcalf
Marsha Miles
Paula Miles
Helen Miller
Jerome Miller
Patrick Miller
William Milligan
Prakash Mirchandani
David Mitchell
Tony Monaco
William Moski
Susan Monteverde
Thomas Moore
John Moraca
Paul Morack
Shaun Morris
Steven Morus
Cindy Muders
Joan Murdoch
Mara Murphy
Wayne & Mary Murphy
James Muse
Swamikkann Nallathambi
Rick Nawocznski
Keith Nazak
Fred Neumeyer
William & Ann Newlin
Marilyn Newton
Bob Niklewicz
David Nimick
Marcia Nisenbaum
Robert & Susan Nitzberg
Connie Norwood
Somaj Ny
Susan O’Connor
Catherine O’Hara
Serena Olden
Leo Olshinsky
Gideon Orbach
John Ormordiff, Jr.
Mark and Lori Otto
Shari Paglia
Paluso Family
Marie Diane Panek
Daniel & Elaine Park
Brian Parker
Lauren Parker
Alicia Passerin
Mary Beth Pastorius
Agnes Peebles
Robert & Joan Peirce
Peter & Stephanie Perry
Todd & Jennifer Petrie
Lynnee Phelps
Tina Philips
Terrence Phillips
Stephen & Mary Jo Pokris
Kirstin Poling
Frank Polito
Frank Pollack
Kelly Prokop
Raymond Pronto
Kathi Proulx
Peter Pryor
Barb Pugh

Rob Lynch
Ravi Madhavan
Lisa Mahoney
Michael Majcher
Randy & Luci Ramsey
William Ratcliff
Ronald Razette
James Reed
Robert Mancuso
Jacquelynn Marie
Jay Markey
William Marks
Jennifer Markus
David & Gwendolyn Martin
James Mastroianni
John Matera
Marguerite Matera
Roy McCarthy
Thomas & Eileen McConomy
Julie McCormick
Levi McCrady
David Hilliard
Katharine Hilliard
Don Himber
Joseph & Rita Hoepp
Michael & Melanie Ruten
Velma Saire
Vanessa Samay
David & Marty Sandberg
Alison Sanford
Nancy Sansom
Micaiah Sayles
Bethany Saylor
John Scanlon
Sheila Scanlon
Margaret Scherbel
Scott and Linda Schober
Carol Schurman
Claire Schwarz
Craig Schweiger
Walter Scott
Gary Sekinger
Dave & Martha Selleck
Horton Semple
Heather Semple
William & Jane Shadle
Dian Shandick
Herbert Shear
Ned & Judy Sherry
Judith Sherwood
Gregory Shipley
Gregory Shuey
David Silverman
Tamara Skroupa
Jane Slagter
Bronson Smith
Bud & Carolyn Smith
Jennifer Smith
Lindsey Smith
Thomas Smith
Ben Snowden
Erik Snowden
Jeffrey Snyder
Jennifer Solt
Furman South
Donna Sprandle
Thomas & Sally St. Clair
Peggy Standish
Lori Stearns
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Cynthia Steinhauser
Kathy Stephan
Ted & Jenna Stevenson
Bohdan Stone
Gail Stoner
Richard & Thea Stover
Katie Stringent
Lori Suess
Marian Sutton
Gene Svrcek
David & Barbara Swan
Matthew Swanson
Paul Szabolcs
Andy & Missy Szefi
Elizabeth Tarvyd
Dragon Partners
Linda Taylor
Marcia Taylor
Brian Tedeschi
Barbara Thaw
Shannon Thieroff
Russell & Barbara Thomas
Beth Thomasmeyer
Robin Thompson
Bernadette Thomson
Vacuum Research
Scott Timm

Cricket Pylman
Leslie Quatini
Gerald Raith
Randy & Luci Ramsey
Mark Trumbull
Stephen & Terry Tunic
Todd Tusick
Susanne Udvari
John & Ellen Urda
William Vandivier
Jane VanKirk
Diane Vermeire
Steven Victor
Michael Voyten
Craig Waller
James Walrath
Lawrence Walsh
Gwynn Wardell
Jeffrey Warren
David & Carole Weicht
Kendall Weir
William Weir
Jodie Weige
Jonathan Whiteman
David Whitney
Beth Wiernan
Paul & Lee Wierman
Deral Wiley
Chris Williams
Robert Winter
Mary Witul
Tim Wolcott
Adrienne Wood
Janise Yarbrough
David Yasko
Benjamin Yocca
Carol Young
Joel & Susan Young
Mary Zahn
David & Kathleen Zamperini
Joseph Zanelia
Yvonne Zier
John & Margaret Zimmerman
Richard & Heidi Zomnir
Amy Zulka
Paulina Zunino

Foundations & Trusts
Bill Slivka & Lisa Citron Charitable Fund
Forbes Fund
Gerald Feldman Revocable Trust
Robert Charitable Trust
Glenn & the Late Christine Rath Charitable Trust
The Pittsburgh Foundation
Thomas Hornstein Charitable Fund
Churches
Calvin Presbyterian Church
Community Presbyterian Church
Crestview Community Presbyterian Church
First Church of God, Punxsutawney
Ken-Mawr United Presbyterian Church
New Sewickley Presbyterian Church
Old Union Presbyterian Church
Plains Presbyterian Church
Saxonburg Memorial Church
Sharon Community Church, Moon
Smithfield United Church of Christ
St. Andrew’s United Presbyterian Church, Butler
St. Luke’s Evangelical Lutheran Church Saxonburg
Summit United Presbyterian Church
Women of the First Presbyterian Church of Bakerstown
W. Sunbury Presbyterian Church
Businesses
Bookminders
Chang Eye Group
Coastal Covers
Cynthia Corsetti Coaching
Cranberry Psychological Center
Dragon Partners
Enscoe Long
Guyasuta Investment Advisors
Hudson Physicians
Medica...The Healing Arts
North Pittsburgh Music
P.J. Dick
Savy In
Steel Nation
The Manning House
Vacuum Research
Wayno.com

Fiscal Health

2016 Operating Budget – Jan. 1 – Dec. 31, 2016

INCOME

Fees for Service	526,335
Fundraising/Grants	283,300
Endowment Income	1,223
Investments/Other	9,046
Direct Expenses	(12,525)
Total Income	\$807,379

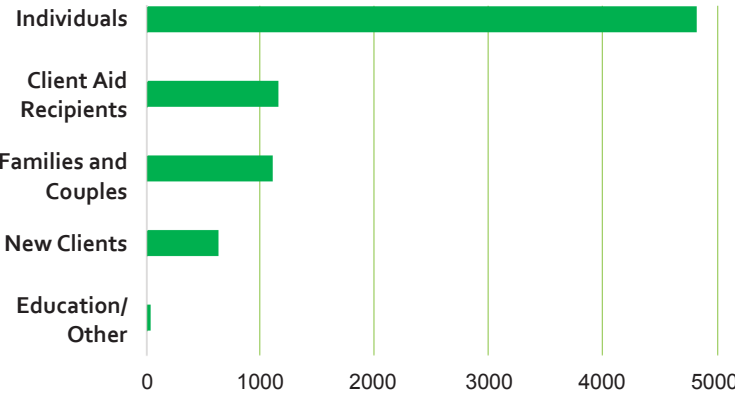
EXPENSE

Personnel	613,359
Advertising	17,492
Renter’s Insurance	2,319
Office/Phone/Internet	43,917
Billing Services	32,064
Utilities and Rent	12,179
Professional Fees	58,893
Bank/Merchant Fees	6,537
Other	6,930
Total Expense	\$793,690
Total Income	\$807,379

Net Income \$ 13,689

NOTE: Transfers of the Client Aid, Silent Samaritans and Youth Funds are not included. The operating budget is cash based; fee subsidies are based on accrual, reconciled at year's end.

Breakdown of Counseling Sessions



The Samaritan Counseling Center Staff

Clinical Team

Carl Baughman, MDiv, MS, LMFT
Licensed Marriage and Family Therapist

Elizabeth Bennett, MEd
Licensed Professional Counselor

Karen Blough, MA
Professional Counselor

Lynda Bradley, MA, NCC, LPC
Licensed Professional Counselor

John Brookman, MSW, LCSW, CEAP
Licensed Clinical Social Worker

Lori Cangilla, PhD
Licensed Psychologist

Scott Cunningham, MEd, NCC, LPC
Licensed Professional Counselor

Kristin Drucis, MS, LMFT
Licensed Marriage and Family Therapist

Jennifer Edmonds, MA, NCC, LPC
Licensed Professional Counselor

Sister Susan English, EdD
Master Certified Coach, Life Coach

Robert Fisher, MS, LCSW
Licensed Clinical Social Worker

Howard Irwin, MDiv, MS, LCSW
Licensed Clinical Social Worker

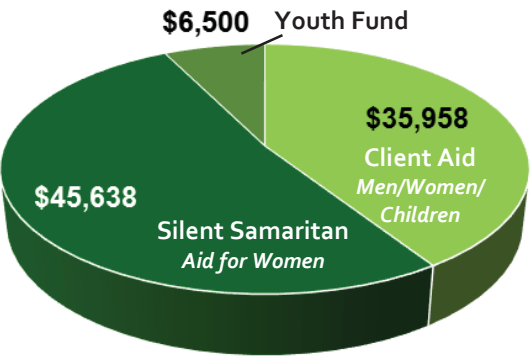
Ellen Knox, MA, NCC
National Certified Counselor

Kimberly Latta, MSW, LSW, PhD
Licensed Social Worker

Client Aid

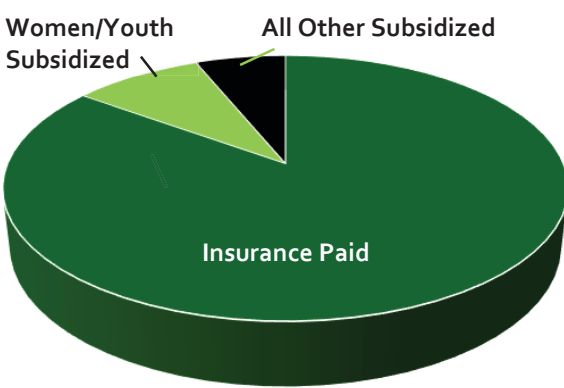
Providing counseling that is affordable for all people seeking help at Samaritan is one of our top priorities. Our *Client Aid Program*—comprised of three different funds—subsidizes counseling fees for those who lack the resources to pay. At least 25% of Samaritan’s clients are uninsured, under-insured or insured but cannot afford the cost of high deductibles. The amount of financial aid provided to a client is based on income and family size. Our Client Aid Program and other operating costs not covered by fees for services are funded by generous individuals, churches, foundations and businesses.

Distribution of Client Aid Funds



Total Client Aid Subsidies: \$88,096

Insurance vs. Subsidized Sessions



SAMARITAN
COUNSELING CENTER of WESTERN PA

414 Grant St., Sewickley, PA 15143

Locations

Admin/Main
Sewickley Presbyterian Church
414 Grant St., Sewickley, PA 15143

Grace Lutheran Church
393 Adams St., Rochester, PA 15074

First Christian Church of Beaver
370 Iroquois Place, Beaver, PA 15009

First Church of God
23 Skyview Dr., Punxsutawney, PA 15767

First Presbyterian Church of Bakerstown
5875 Heckert Rd., Bakerstown, PA 15007

North Main St. Church of God
1201 N. Main St., Butler, PA 16001

Osborne Plaza
1106 Ohio River Blvd., Sewickley, PA 15143

Westminster Presbyterian Church
2040 Washington Rd., Pittsburgh, PA 15241

Mission

To help individuals, families and communities achieve emotional, spiritual and physical wellbeing through professional psychological counseling and educational programs using the resources of faith.

The Samaritan Counseling Center of Western PA is one of 450 Samaritan Centers in 300 cities throughout the U.S. and Japan. The Centers are recognized by the American Medical Association, the President’s Commission on Mental Health, the American Association for Marriage and Family Therapy and major religious denominations. Samaritan meets the rigorous accreditation standards of the Samaritan Institute in Denver, CO.

Ph 412.741.7430 Fax 412.741.5171

info@samaritancounseling.net
www.samaritancounseling.net



Annual Report to the Community

Jan. 1 – Dec. 31, 2016



SAMARITAN
COUNSELING CENTER

Hope and healing through faith resources

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” – Mother Teresa

Dear Good Samaritans:

The quote above conveys a powerful message by which all of us can live. As Samaritan donors, you choose to make a difference by uplifting those who are desperate for healing and hope. With your gifts, advocacy and prayers, you create many ripples that impact lives and effect change in the world. We are grateful for you and for the opportunity to carry out the work God gives us to do—made possible by your partnership. *Thank you* for bringing *professional, affordable, holistic care* to your Western Pennsylvania neighbors.

Last year, your gifts elevated Samaritan to new heights, allowing us to increase our outreach to faith communities, gain new strategies for capacity building and empower more people to make Western Pennsylvania communities safer and healthier by...

- Training 11 churches in the *SafeChurch* program, empowering congregations to recognize, address and prevent childhood sexual abuse and integrate supportive services for survivors into their ministries
- Providing *Pastor Breakfast Trainings* to 60 pastors of diverse denominations
- Presenting a program to church Youth Directors, equipping them to handle behavioral issues for the children in their care (Rochester, Beaver County)
- Embarking on succession and strategic planning organization-wide
- Completing a facilities/space analysis of all of our satellite offices
- Increasing revenue by 40% at our annual fundraising event
- Facilitating a support group for female pastors (Butler)
- Leading four continuing education trainings which addressed ethics and process additions (gambling, internet) to external clinicians as well as Samaritan staff
- Certifying three of our therapists in *SoulShop*, a program in suicide awareness and prevention which qualified them to train others
- Developing and implementing a series on parenting founded on Biblical principles to Saints Simon and Jude parish at the request of their pastor

Board of Directors
Carolyn Smith, President
Jim English, Vice President
Kelly Prokop, Secretary
John Kelly, Treasurer
Filomena Coxon
Jeanne DeFazio
Mark Hudson
Elizabeth Szuba

Thank you, Brian Rosinski, Cynthia Corsetti and Mary Wrenshall for your faithful service in 2016.

Advisory Board
Edwin Clarke, Jr.
Carroll Ferguson
Bobby Gordon
Jean Henderson


Jack Isherwood
Eliza Nevin
Brian Rosinski




Carl Baughman, Executive Director
Carolyn Smith, President,
Board of Directors

You blessed the recipients of all of these impactful services, plus another 1,125 men, women and children who reached out to Samaritan for counseling. You also subsidized 1,144 therapy sessions for those experiencing financial hardship. To you, dear friends, we extend our deeply felt thankfulness and prayers. *God bless you and keep you, Good Samaritans!*

Yours truly,


Carolyn Smith
President
Board of Directors

Samaritan Counseling Center of Western Pennsylvania


Carl Baughman, MDiv, MS
Licensed Marriage and Family Therapist
Executive Director

P.S. We extend special thanks to our friends, *Nancy Hansen, The Hansen Foundation, The Sewickley Presbyterian Church, Bobby Gordon/the Gordon Family* and *Frank and Ann Cahouet*.



SAMARITAN
COUNSELING CENTER

Annual Report to the Community
Jan. 1-Dec. 31, 2016