The journey starts here...
Recovery from mental illness is often described as a journey, and that is the primary reason we chose the name Journey Health System for our affiliated group of health care providers.

Over the past year, the formal affiliation between Beacon Light Behavioral Health Systems and Stairways Behavioral Health has solidified and grown to involve additional companies and expanded areas of expertise.

Through our partnership with Deerfield Professional Associates and LOCUS Management Solutions, we now have cooperative agreements with a robust group of psychiatrists and other mental health clinical professionals, as well as sales and support for an industry-leading mental health provider management software package.

The creation of the Forest Warren Mental Wellness Association (FWMWA) allows us to truly live the mission of recovery even more thoroughly through this consumer-led service provider.

Meanwhile, we still continue to provide the full spectrum of children and adult mental health services through the Beacon Light and Stairways companies.

The goal of an affiliated system has always remained simple: to leverage best practices and a large pool of talent to provide the greatest range and depth of services to the community. We have grown from small, volunteer-led programs in the early 20th century to diverse, robust agencies that are both strong and flexible in the face of a changing marketplace. Diversity and strategic growth allow any system to more effectively survive changes in any one funding stream, to swiftly identify new community needs for services, and to have the knowledge and skills to develop programs that meet those needs.

I invite you to review this publication and see the variety of programs and services that Journey Health System supports. We have divided the publication by Agency to provide an overview of each company in the health system and a brief description of the services each provides.

Respectfully,

Richard B. Seager
President & CEO
Journey Health System
After more than eleven years on the board of directors for the Beacon Light companies, I am honored to have spent the past two as the first Chairman of the new Journey Health System.

Working alongside my peers to lead the inaugural affiliation for both Stairways Behavioral Health and Beacon Light, I was able to participate in what we hope will be the blueprint for future growth for both of our agencies.

Through affiliation, we have not only established a stronger financial footprint in behavioral health services in Pennsylvania, but we have created a framework for sharing best practices across all member agencies, centralizing support services such as maintenance, human resources, information technology, quality, and communications.

Furthermore, our goal was to create a framework that would be appealing to other similar-minded agencies throughout the region, giving them an easy and appealing way to join our affiliation and grow the overall health system. The name Journey Health System was chosen because it captures both the process of recovering from mental illness, while reflecting the broader notion of health itself, giving us the flexibility to provide services for treating physical and mental illness.

As I prepare to step away from the Board, I do so with complete faith in the strength and vision of those ready to take my place. We are stronger than we have ever been, and I could not be more proud or confident in the journey we have embarked upon.

Respectfully,

[Signature]
Core Services

Short-Term Adolescent Recovery Program (STAR) - A licensed children and adolescent Residential Treatment Facility that focuses on intense treatment with a strong family therapy component. Lengths of stay set at 90 days or less.

Emergency Shelter - RTF designed to accept children in crisis situations, or in immediate need of removal from the home.

Sexually Aggressive Youth Program (SAY) - Licensed RTF for males between ages of 8 and 18 adjudicated for a sexual offense.

Specialized Therapeutic Residence for Intellectual and Developmental Empowerment (STRIDE) - Licensed RTF with locations in Bradford and Towanda, PA for children dually diagnosed with a mental illness and a developmental or intellectual disability.

Residential Treatment - Licensed home or facilities in Bradford, Youngsville and Towanda, PA that provide treatment for children diagnosed with mental and behavioral health challenges and who have been referred for placement outside the home by the court system.

Enhanced Foster Care - Treatment-based foster families work with children who are often transitioning from residential treatment programs, but are not yet ready to return home.

Education - With schools in Custer City, Port Allegany and Towanda, PA, Beacon Light offers AEDY, Life-Skills classes, and full curriculums for students in residential programs, as well as local residents who have been removed from their public school due to behavioral challenges.

Community and School-Based Behavioral Health - Team-based therapy that works directly with children in their school environment.

Multisystemic Therapy - Evidence-based community program for children dealing with truancy or other family and home/life issues.

Family Based Mental Health - Team-based community program that treats children by working with the entire family unit in their home.

Mobile Medication Management - Community-based program for adults. Nurses visit clients in their homes to help them understand their medications and to ensure they are taken as prescribed.

Peer Support - Community-based program for adults that matches individuals working to recover from mental illness with a peer who has experienced similar challenges. Peer Specialists are certified in their area of expertise.

Psych Rehab - Adult program in Warren, PA that provides classes and social interaction opportunities to help individuals with mental illness remain active and integrated in their community.

Behavioral Health Rehabilitative Services (BHRS) - Community-based program for children that provides therapy and activities that help clients remain in their home setting while providing skills for coping with behavioral challenges.

Decision Support Center - Evidence-based program for adults that provides nationally-recognized software for clients to track their own recovery process and take notes to maximize the value of their therapy.

Outpatient Therapy - Office-based therapy for adults and children.
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Esch, Richard
McDowell, Dr. Richard
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Zembryki, Cindy

Denise Bean, Ph.D.
Executive Director
Services

CLINICAL SERVICES

Crawford County Crisis Services - Crawford County residents in mental health crisis may walk-in during business hours or call for immediate, 24-hour mobile intervention.

Erie and Crawford County Outpatient Mental Health Clinics - Residents of Erie and Crawford counties with mental illness obtain outpatient services, including psychiatric consultation, medication monitoring, and therapy.

Dual Diagnosis Outpatient Drug and Alcohol Treatment - Adults in Erie County with concurrent substance abuse and mental illness benefit from this comprehensive treatment program.

Forensic Specialized Outpatient Clinic - Northwestern Pennsylvania’s exclusive forensic outpatient program works in collaboration with the county forensic systems to provide an innovative and structured, clinically-driven team approach to mental health recovery by understanding the unique needs of the forensics population.

COMPREHENSIVE PSYCHIATRIC & REHABILITATIVE CARE

Assertive Community Treatment (ACT) - This nationally recognized program provides a highly effective team-based approach to provide intensive services where and when consumers need them. ACT provides all aspects of treatment, including psychiatric care, case management, mental health nursing, skills development, vocational training and therapy.

RECOVERY & REHABILITATION

Blended Case Management - Children, transitional youth and adults with mental illness receive help coordinating and accessing community resources and support programs.

Certified Peer Specialists - Staffed by trained certified self-identified users of mental health services, this program focuses on assisting adults diagnosed with mental illness to develop and pursue individual recovery goals and to integrate into the community.
Mobile Medication Monitoring - This program assists with building skills toward the goal of taking medications consistently, safely, as prescribed and independently.

Psychiatric Rehabilitative Services (PRS) - PRS staff members work collaboratively with adults to identify and meet recovery goals related to living, working, learning, socializing, and wellness. Services are offered both individually (in or outside the home) and in groups to help people develop skills for the lives they want.

Fairweather Lodge - Persons with mental illness desiring to live and work in a community of support, accountability, and recovery benefit from this residential program.

RESIDENTIAL PROGRAMS

Residential Treatment Facility for Adults (RTFA) - RTFA is a voluntary, 24/7 treatment program for persons with serious mental illness in a structured, fully staffed and home-like environment for up to 30 days. Mental health professionals provide treatment, therapy, skill-building, and support to each individual.

Long Term Structured Residence (LTSR) - A safe, highly structured therapeutic environment for people who need a higher level of residential psychiatric care with a course of treatment that is more than six months on average. LTSR provides longer-term stabilization services to prevent re-hospitalization and promote transition to less-restrictive community programs.

Gage House Dual Diagnosis Residential Treatment - A 24-hour residential program provided through a partnership between Stairways and Millcreek Community Hospital, providing treatment and support to persons struggling with both substance abuse and mental illness.

Personal Care Homes - Persons with mental health care needs receive therapeutic support, as well as recreational and social opportunities in these 24-hour supervised, state-licensed homes.

AFFILIATED PROGRAMS

BLOOM Collaborative™ - BLOOM provides a pressure-free arts, yoga, and wellness experience for persons recovering from mental illness and anyone interested in participating, regardless of age and ability.

New Opportunities Employee Assistance Program (EAP) - A benefit for companies, their employees, and members of their households, this regional EAP program provides quick, confidential access to behavioral health services.

Opportunities Unlimited of Erie - This Stairways affiliate provides clients with meaningful work and supported employment, while offering quality, affordable services to business owners and residents, including custodial, laundry, specialty floor care, and more.
BLOOM Collaborative
In December, 2013, BLOOM Collaborative was launched as an expansion of the former Center City Arts into a wellness initiative to engage creativity and growth in all of life’s many domains. We are working hard at designing new and exciting experiences on our beautiful, five-acre campus in the heart of the Erie, PA community.

BLOOM Collaborative provides a holistic approach to wellness, recognizing the healing power of creativity, mindfulness, and environment. Through art classes, gardening, yoga, and community collaborations, we offer a creative wellness campus focused on well-being.

For some, BLOOM’s programs may be a supportive and understanding first step in cultivating new habits, new skills, and connecting with the world in new ways. For others, BLOOM may be a great place to express and further develop an existing sense of well-being, while developing new experiences that deepen that richness.

The potential for growth and flourishing exists within everyone. BLOOM Collaborative is a regional effort to infuse personal lives, professional endeavors, and our neighborhoods with energy, joy, inspiration, and the nourishment needed to BLOOM!

“Our mission is to offer a supportive and dynamic set of programs and environments that foster growth, creativity and learning, making the lives of participants, their families and their communities more vibrant, meaningful and self sustaining.”
Beacon Light’s Adult Residential Services division was formerly known as Ramsbottom Inc. The new name more effectively captures the core services provided by this division.

The three Ramsbottom Cottages on the main campus in Bradford house 22 adult individuals with intellectual or developmental disabilities. These cottages are named after the generous donor who made their construction possible. They have a 24-hour complement of staff to work with clients on life skills and basic necessities, while providing a broad social living environment as well as jobs for some clients.

In the communities of Bradford and Warren, PA, the Adult Residential Services division maintains homes for individuals coping with serious mental illness. These residents are sometimes discharged to these homes from a state hospital facility. Staff assist with more complex life skills such as finances, shopping, and personal care so clients feel empowered to continue working and contributing in their local area.

The Beacon Light Adult Residential Services division also runs a Community Stabilization and Reintegration Unit (CSRU) in McClure, PA. The CSRU is a short-term inpatient unit that helps individuals dually diagnosed with a mental illness and a developmental or intellectual disability transition from a long-term state hospital stay back to their home. Intense therapy and transitional skills form the core of the CSRU stay.
Beacon Light Adult Residential Services
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Dryden, Richard
Esch, Richard
Hvizdzak, Jean
Rogers, John
Satterwhite, John

James Wiseman,
Executive Director
Deerfield Behavioral Health of Warren is a unique group medical practice that provides a range of outpatient and inpatient professional services to multiple audiences.

Psychiatrists, nurse practitioners, physician assistants and other licensed clinicians serve individuals, social service agencies, and other health organizations on a direct or contracted basis in diverse settings - medical offices, outpatient clinics, inpatient hospital behavioral health units and substance abuse or dual diagnosis treatment centers.

Psychiatric inpatient services are also provided through Deerfield Behavioral Health of Warren at Warren General Hospital.

Formed in 1993 to fill a growing community psychiatric need in the Warren area, Deerfield Behavioral Health of Warren became a rural psychiatric group of clinicians whose time is contracted out to provide local community health agencies with needed psychiatric resources. This group has grown into a practice of 10 psychiatrists, four psychiatric nurse practitioners, and three physician assistants. This group provides approximately 80% of all psychiatric services to the Journey Health System affiliated group.

In addition to providing time to Journey Health System, Deerfield doctors provide care for the Area Agency on Aging in Warren, Bradford Ecumenical Home, Erie County Human Services, Harborcreek Youth Services, Millcreek Hospital, Milestone NCQU Northwest, Northwest Tri County Intermediate Unit, Perseus House, Warren County Rouse Home, Sarah Reed Children’s Center, Snyder Memorial Home, and Warren State Hospital.
“The FWMWA is dedicated to providing support for people in recovery from serious mental illness, reducing stigma that is commonly attached to mental illness and to be a leader for community integration and education on mental illness.”
The Forest Warren Mental Wellness Association (FWMWA) was established on January 2, 2015. The FWMWA is a Journey Health System affiliated 501(c)(3) company, with its own tax ID number and board of directors. This organization is comprised of four nonclinical programs previously provided by Beacon Light. The mission of this organization is to provide support and resources for individuals and families who are receiving mental health treatment, as well as to reduce stigma in the surrounding community.

The agency coordinates the development of program services with the input from consumers, professionals in the region, and with representatives from both the counties served, as well as with input from payers.

**Representative Payee** - The Representative Payee program provides financial management for individuals who need assistance to manage their Social Security and SSI payments.

**Drop-In Center** - The Drop-In Center is a service available to consumers from the community and Warren State Hospital. The Drop-In Center is staffed by a full-time worker who facilitates socialization, therapeutic recreation and some structured community activities.

**House Support Program** - This program provides transportation for consumers who are engaged in mental health services in Forest or Warren counties. The program is staffed by consumers who themselves are working on their personal recovery from mental illness.

**CommonGround** - This is the name of the software used in the Decision Support Center. It was designed by Pat Deegan, one of the country’s foremost experts on adult mental health recovery. This initiative seeks to support consumer self-determination, increase access to resources and peer support, empower individuals in their use of Personal Medicine as a tool in the recovery process, and develop truly collaborative relationships between practitioners and consumers.
2014-2015 Financial Dashboard

2014-2015 Revenues/Expenses

Revenues

- Journey Health: 39%
- Beacon Light Behavioral Health System: 34%
- Beacon Light Adult Residential Services: 9%
- Deerfield Behavioral Health: 9%
- LOCUS Solutions: 9%
- Stairways Behavioral Health: 9%
- Opportunities Unlimited: 2%
- Total: 0.6%

* Numbers rounded up to next highest percent

2014-2015 Revenues

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### Expenses

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*Numbers rounded up to next highest percent*
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