

Resilience & Grit



SAMARITAN
COUNSELING CENTER

Healthy Minds. Strong Communities.

2021 Annual Impact Report

"Grit. I see it every day! And it is inspiring. This keeps me going, keeps me focused, inspires me for the journey, and calls me to face each new day as it comes."



Grit

From the Executive Director

Why do you get up in the morning? Why do you keep going in the face of great challenges? You may have noticed that we are two years into a global pandemic! Why do some people just “keep on keeping on”, no matter what happens, no matter what uncertainty there is in life? And some don’t just get by but embrace life with joy and passion. How is this even possible?

Psychologist and researcher Angela Duckworth has focused her career on answering this question. Dr. Duckworth has identified a factor that differentiates individuals and how they respond to life and work. Her research has distinguished a factor more significant than intelligence and talent and it is called grit.

Duckworth defines grit as passion and perseverance for long-term and meaningful goals. Perseverance in the face of obstacles. Persistence in something you feel passionate about. Stick-to-itiveness.

The characteristics of grit can vary by person to person and over time. The good news is that the dynamic aspects of grit can be developed. We can help foster them in our children and in ourselves. Sometimes the journey starts with an internal seeking, a clarification of one’s passion which can then evolve into a deeper sense of purpose.

At Samaritan, our passion and purpose are framed by our vision to build healthy minds and strong communities. I am continually encouraged by our team and their ability to adapt, persevere and thrive in the face of challenges.

With a passion for our vision and a deep sense of purpose in our work, I continually see a grittiness that is inspiring. TeenHope continues to serve local kids and schools during yet another Covid-stressed year. Our Consulting team is constantly considering ways to serve businesses in this dynamically changing environment. Clergy and Congregation Care thoughtfully offers services of support to diverse faith communities. Our counselors meet clients where they are, literally and figuratively, in person or on-line. Meanwhile, our administrative team members provide unending support and service behind the scenes, making everything we do possible.

And you, our loyal supporters and friends! Your dedication to Samaritan is humbling. Through gifts, prayers, and sacrifices of time and talent, you continue to partner in this shared work. That is sacred and only reinforces our steadfast commitment and drive to serve.

Grit. I see it every day! And it is inspiring. This keeps me going, keeps me focused, inspires me for the journey, and calls me to face each new day as it comes. Why do you get up in the morning?

Steven Schedler, MSW, LCSW, CAADC, CCS
Executive Director

Letter from the Board Chair



I've long found it useful at the end of one year in the life of an organization and the beginning of another to take stock of where you have been and where you hope to go. And as I have done this for the Samaritan Counseling Center this year, I am heartened and grateful for what I have seen.

2021 was Steve Schedler's first full year as our Executive Director and he has proved to be what we thought he would be when we hired him – a knowledgeable, experienced and skilled professional who has and will continue to serve the Center well. Under his leadership, Samaritan has enhanced its ability to recruit new counselors, made great progress in transitioning to an electronic client record keeping system and modernized its website. And with the assistance of Board members, we were able to develop a new strategic plan for Samaritan's Business Consulting program.

The most significant accomplishments in the past year though are seen in the numbers of people served as Samaritan worked to fulfill its mission in our community. Samaritan's therapists conducted 11,473 sessions with clients. TeenHope screened 2,620 middle and high school students in 15 local school districts for anxiety, depression and suicidal thoughts. Fifty four members of the community participated in programs provided through Change Through Compassion, Business Consulting assisted 33 businesses and non-profits through its organizational development service and Clergy Congregation Care provided services to several churches and 24 clergy. The numbers of individuals and organizations participating in these programs are testaments to the impact Samaritan has in the lives of so many and what a critically important resource it is in our community.

Finally, at the end of 2021, Dr. James Spicher completed six years of faithful and valued service as a member of Samaritan's Board of Directors. At the same time, we welcomed to the Board Rev. Karen Horsey, Minister of Congregation Care and Church Administrator at Brightside Baptist Church; Steve Welch, Office Manager at Landstudies, Inc; and Dr. Nick Hernandez, a neurosurgeon and Dr. Melissa Tribuzzio, a pediatrician, both with Penn Medicine Lancaster General Health.

In short, 2021 was a year of important achievements for the Center and we look forward with confidence to more in 2022.

So much of what has been accomplished in the past year and plans for the new one could not be realized without the generous and faithful support of our many friends. Please know how much we appreciate and value the vital role you play in Samaritan's success.

Robert Thomas

Robert Thomas
Chair, Board of Directors



2021 Board of Directors and Staff

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2021 Clinical Staff

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Renée Kurz, LPC, R-DMT, Therapist
Andrea Martin, MSW, LCSW, Therapist
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Britany Miley Anderson, MA, LPC, Therapist
Deborah Miller, MA, LPC, Therapist
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Lynn Sommer, MEd, LPC, Therapist
Wendy Stivers, MA, LPC, Therapist
Samantha VanBuskirk, MSW, LSW, Therapist

2021 Program Staff

Bethany Burton, LPC, TeenHope Screening Specialist
Rebecca Felegy, MS, TeenHope Research Assistant
Bethany Georgia, Interim Coordinator, Business Consulting
Jeffrey Klunk, MS, Licensed Psychologist, Business Consultant
David Miron, Clergy & Congregation Care Coordinator
Valerie Minnich, MS, LPC, NCC, CAADC, TeenHope Director/Clinical Director
David L. Wauls, CCE, Business/Trainer Consultant
Geraldine VanDame, BA, TeenHope Program Operations Specialist

2021 Administrative Staff

David Bruce, Financial Manager
Kristine L. Campion, Administrative Manager
Susan Eshelman, Client Service Coordinator
Anita J. Hanna, Director of Development
Nicole Hoshour, Financial Manager
Belinda LeFever, Client Service Coordinator
Laura Lindt, Financial Assistant
Stefanie Martin, Event Coordinator/Development Assistant
Michelle Martinez, Client Service Coordinator
Dianna Thomas, Partner Church Administrator/Development Assistant

Samaritan Welcomes New Staff and Therapists

Staff

Bethany Burton, Screening Specialist for TeenHope



Bethany is a graduate of Liberty University and a licensed professional counselor. In her role as a screening specialist, Bethany will assist the TeenHope program on-site during its mental health screenings for depression, anxiety and suicide risk. She is especially passionate about working with at-risk adolescents who have experienced trauma. In her free time, Bethany enjoys spending time with family and friends, attending live music events, and finding any excuse to go to the beach.

Nicole Hoshour, Financial Manager

Nicole joins the Samaritan team as current Finance Manager Dave Bruce begins his transition to retirement. She has a background in finance and business administration with experience in both corporate and nonprofit accounting. Her recent experience includes work in office management, accounts receivable, accounts payable, payroll, and human resources. When not at work, Nicole enjoys reading, making music, learning about the world and, most importantly, spending time with her husband and twin daughters.



Michelle Martinez, Client Service Coordinator



Michelle helps to schedule clients and connect clients to counselors, as well as assisting with other administrative tasks. Her passion for the mental health field is what led her to Samaritan Counseling Center. Currently, Michelle is pursuing her bachelor's degree in psychology with plans to continue on to her master's degree. Her goal is to one day be a licensed professional counselor. In her free time, she enjoys reading, painting and spending time with her family.



Scott Snyder, Director of Consulting

Scott has thirty plus years of success leading multi-million-dollar health care and other organizations by designing growth strategies, mentorship and teammate engagement/retention programs to deliver outstanding services for the organization's long term success.

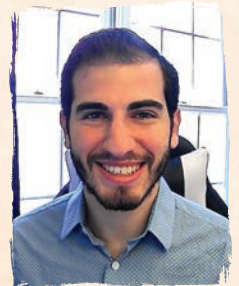
He has a talent for launching innovative programs and services that generate multiple revenue streams while meeting needs of clients and providers. Expert collaborator and negotiator for executive searches as well as developing mentorship and corporate culture programs to forge solid relationships with stakeholders and employees while implementing visionary programs and strategies across organizations, communities and government agencies.

The ability to attract, mentor and retain employees in an organization while developing a defined workplace culture is especially important to Scott in his role in leading the Samaritan Business Consulting team as well as for the clients he provides the leadership growth, organizational development and executive search services as a consultant.

Therapists

Daniel Jensen, MA, LPC, Doctoral Candidate

Daniel Jensen is a licensed professional counselor who graduated from Capital Seminary & Graduate School with a Master of Arts in professional counseling. He has spent more than five years working with clients in Lancaster and Berks counties. Recognizing the great need for mental health professionals and specific needs in the field of psychology, he is currently a doctoral candidate at Widener University.



Daniel strives to meet the unique needs of each client through an integrative approach that uses an evidence-based practice attuned to clients' strengths and abilities. With the complexity of physical, mental, emotional, and spiritual needs, Daniel believes clients must be cared for holistically to be the healthiest version of themselves. He especially enjoys helping adolescents and adults increase functionality as they work through challenges such as depression, anxiety, compulsive behaviors, anger management, personal growth, communication and life-adjustment difficulties.

Elizabeth Jones, LPC, NCC, CCATP, CGCS, Licensed Professional Counselor



Elizabeth is a licensed professional counselor with a master's degree in clinical mental health counseling from Messiah College and a master's degree in intercultural studies from Wheaton College. She is a National Certified Counselor, a Certified Clinical Anxiety Treatment Professional, and a Certified Grief Counseling Specialist. She has experience counseling adolescents and adults, including college students, people from international backgrounds, people experiencing homelessness and those recovering from addiction.

Elizabeth enjoys working with teens and adults on issues such as anxiety, depression, grief and loss, communication skills, relational issues, self-esteem, stress management, multicultural issues, spiritual struggles, women's issues, and career challenges. She uses person-centered, strengths-based and cognitive behavioral orientations while incorporating techniques from narrative, solution-focused, internal family systems and mindfulness approaches as needed. Elizabeth seeks to create a safe and comfortable space for collaboration, exploration and growth while helping clients develop hope, expand their capacity to make positive changes, and gain courage and confidence to take steps toward their goals.

Renée Kurz, LPC, R-DMT, Licensed Professional Counselor, Registered Dance/Movement Therapist

Renée is a licensed professional counselor and registered dance/movement therapist. She received her master's in dance/movement therapy and counseling from Drexel University, and her bachelor's in dance performance from Missouri State University. She has experience with individual and group therapy for adults, teens and children in a variety of settings, including schools, inpatient, outpatient and residential programs. Renée specializes in working with women with a history of trauma, substance abuse and other co-occurring issues. She also has a passion to support women and couples who are suffering from grief and trauma due to a pregnancy loss or perinatal death, and she is a published author on this topic in the American Journal of Dance Therapy.



Grounded in theory and traditional counseling models, Renée utilizes an improvisational and creative process that emphasizes the body-mind-spirit connection. She is passionate about helping individuals feel at home in their bodies and exploring a range of self-expressions to help clients experience purpose, hope and healing in their daily relational, cultural and spiritual lives. Renée's work is informed by early childhood relational theories of attachment and bonding, as well as neuroscience and neurodevelopmental approaches. From a trauma-informed lens, she nurtures a safe and collaborative space through an attuned, compassionate presence. Her use

of movement and body-based interventions are always an invitation and proposed with clinical intuition, and Renée integrates movement, music, play, and prayer only as it suits and as it is desired by the client.

Britany Miley Anderson, MA, LPC, Licensed Professional Counselor



Britany is a licensed professional counselor who received her master's in Counseling with concentrations in Trauma Recovery and Child/Family Counseling from Arcadia University. She received her bachelor's in psychology from McDaniel College. Britany holds a state certification in Eco-Systemic Family Therapy and has worked extensively with children and families for the past ten years. She enjoys supporting families in their process of healing through relational repair and drives treatment with a focus on strengthening relationships. She has experience working with all age groups, but specializes in working with children ages 6-18 in a family context. She also enjoys working with couples and individual adults. Additionally, Britany has training in trauma and specializes in PTSD, attachment difficulties, anxiety, depression, relationship issues, grief/bereavement, Attention Deficit/Hyperactivity Disorder, and Oppositional Defiant Disorder. Britany's approach to therapy is flexible and eclectic, and is focused on meeting clients where they are. She utilizes a variety of techniques from Cognitive Behavior Therapy, Dialectical Behavior Therapy, Emotion Focused Therapy, Parent-Child Interaction therapy, and a variety of family systems approaches.

In her free time, Britany enjoys writing, baking, and taking trips to the beach. She is the mother of a young son and enjoys spending time with her family outdoors.

Rebecca Sanstead, MSW, LSW, Licensed Social Worker

Becky is a licensed social worker who earned her master's degree from the University of Pennsylvania. She provides a non-judgmental and accepting environment in which people can freely explore personal and relational challenges while increasing self awareness to create lasting and meaningful changes. She incorporates various therapeutic techniques to foster insight into behavioral and thinking patterns to support acceptance and healing. Becky works with children, adolescents and adults.

Becky is also a Registered Yoga Teacher with specialized trainings in incorporating yoga into trauma recovery/integration. She is training to be a Mindfulness Based Stress Reduction (MBSR) educator.



Welcome!



Grace Among the Grit

By Renée Kurz, LPC, R-DMT

“Once there was a night in the desert when nobody was afraid and everybody danced.”

Madeleine L'Engle, Dance in the Desert

Being a dancer my whole life, I am very familiar with the physicality of rebounding after falling to the floor or bouncing back out of a partner's hold or using momentum to launch out of gravity's pull. I was taught how to bend and not break and how to stretch, but not injure. I discovered how to harness grace, and flail with abandon. And for a time, I tried to run away from the dance, but the dance chased after me. For it knew, I could not live, or survive, without it.

Imagine a desert: endless horizon of rolling sand, parching hot wind, no shade from the sun's blaze, treading gritty sand, wild animals... exhaustion, hunger, thirst... loneliness and fear. The vulnerabilities in the physical desert are numerous, and just so in the deserts of our lives.

Thus my gratitude for the gift of the dance catching up to me has not waned, as it has accompanied me now through deserts of my own, and carried me along the desert journeys of many... casting out fear to receive the grace among the grit, and dance.

Dance has been my mentor of resilience. Learning how to rebound from loss into connection; bounce back from defeat into new growth; gain momentum out of despair into hope. But the main lesson dance has taught me about resilience is that it is formed out of love. For many, their wells of love have run dry due to the deserts caused by traumas, abuses, betrayals, sickness and pain. Treading the gritty sand of daily life becomes unbearable, and they begin to give into temptations caused by hunger, thirst and fear.



And here, in the nights of deserts, we meet them... and they meet Love. “There is no fear in love, but perfect love drives out all fear” (1 John 4:18). Giving them a sip of life-giving love, we help them become not afraid to move, dance, sing, shout! In grace upon the grit, we are no longer hot with fear or frozen in despair, but able to pause and take a sip in communion with another... And then continue to dance!

The Grit and Resilience of Loving and Listening to our “Enemies”

By Judith A Kennedy, LPC

There is a popular saying that it is almost impossible to hate someone when you know their story. Or, as my great grandfather writes in his Civil War Memoir, “There was no rejoicing when we heard of his death, by all accounts he was our enemy; but so often had we encountered them in battle, we almost began to love them as brothers and friends.” And then there is poet William Stafford, “If I don't know the kind of person you are and you don't know the kind of person I am, a pattern others made may prevail in the world and following the wrong god home we may miss our star.”

I think of my almost 94-year-old aunt who is always curious about everyone she meets, asks questions, shows genuine affection and can also tell it the way she sees it. Somehow,

she does this in a way that is endearing. It takes a certain grit and resilience to listen. Grit and resilience grow with having experienced “the hard knocks of life” that rattle the heart, to enlarge it enough to let in the unlikely other (unless, of course, it is unsafe to do so).

I must commend the efforts of Braver Angels (braverangels.org) and the Center for Building a Culture of Empathy (cultureofempathy.com) for their efforts to set up structures to bring together apparent “enemies” or people of different life experiences and points of view. Tears and laughter come around during such encounters with strangers who don't remain so after a few of these sessions. Better yet, let us all take the time to be curious and cultivate the grit to listen and reflect in the presence of a friend, family member and even a stranger. Let us have the courage to be vulnerable about how it is we have arrived at our way of being in the world, our views and our values. Perhaps in this way, there is hope in our culture for kindness, respect and humility. Otherwise, we just perpetuate what has been going on among human beings since the days of Babylon.



Resilience and Grit

By Carol Glover, LCSW



Through the past two years, we have collectively experienced multiple challenges in our personal lives, our communities, our nation and our world. With no clear end in sight, many of us are feeling worn out and emotionally uneasy. We could use an infusion of something positive to recharge ourselves. We need to build up our ability to bounce

back from difficulties in order to regain a sense of stability. What we need is resilience.

Resilience is developed incrementally as we succeed in meeting and overcoming problems and challenges. With increased resilience, we are able to see opportunity amid hardship. Our confidence and courage increase, giving us the skills to meet the next challenge with a stronger sense of competency.

The key element to resilience is something we might consider as grit, or the tenacity to continue addressing a problem until it is resolved. As with sandpaper, grit applied repeatedly to an area of concern results in smoothing the challenging bumps and obstacles.

How do we increase our grit so we are ready to face challenges when they arise? Through small daily actions that grow our empathy and sense of connection to others. When we feel connected, our overall sense of wellbeing improves. These actions increase psychological flexibility and creativity, which help us to approach challenges from a more positive perspective:

Commit to performing one random act of kindness each day

- Look for the bright moments in each day and write them down
- Create bright moments for someone else
- Say "Hello" to a stranger
- Send a "thinking of you" message to someone
- Flip negative thoughts to the positive opposites
- Seek the blessings or silver linings in each disruption or disappointment
- Each day, write a list of 10 things for which you are grateful
- Spend time with nature
- Breathe deeply from your core



The world may feel chaotic and uncertain right now. We cannot control the events, but we can fortify our responses to them. Resilience and grit are the keys to facing the coming challenges with courage, competency, connectedness and confidence.



grit

*We have come over a way that with tears has been watered.
(Johnson)*

the single mother
abused as a Girl
caring for other peoples' children
runs a marathon

the Recovering young man
confessing his relapse
hearing welcome back in a meeting
gets phone numbers to call

the snow shoveling Immigrant
waiting for papers
longing for home
learns a new language

the playground mulch covered Toddler
gets back up
to go down the steep slide
one more time

the silent crying
the weary drying

pajama pants on the bottom
the lipstick on top

the sidewalk crack dandelion

by Deborah Miller, MA, LPC



We have a new name!

Over the years, we've received feedback from clients and industry leaders that the name "Samaritan Business Consulting," could be confusing or misleading in regards to our services.

So after some deep thought and consideration by our leadership team, we are starting 2022 by changing our name to Samaritan Consulting Group, and our tag line to Organizational Development and Executive Search to better define who we are.

We continue to provide the same training, coaching and consulting services, and we have hopes of expanding our offerings even further in the next year!

Thank you for your support as we continue to build healthy minds and strong communities within our workplaces and businesses!

-The Samaritan Consulting Group team



Introducing Scott Snyder, our new Director of Consulting!



Meet Scott Snyder, who started as our new Director of Consulting in January 2022. He came to Samaritan with an extensive background in health care practice and administration, as well as in developing mentorship and organizational development programs for small businesses to Fortune 500 companies.

In his 30-plus years of experience, Scott has excelled at designing growth strategies, and developing mentorship and teammate engagement/retention programs that deliver long-term success. The ability to attract, mentor and retain employees in an organization while developing a defined workplace culture is especially important to Scott in his role as director of consulting at Samaritan.

As part of his role as director, he provides consulting services for leadership growth, organizational development and executive searches. To help get to know him better, Marketing & Administrative Coordinator Bethany Georgia interviewed him about his background, his experience and some advice he would give to businesses today.

Q. Looking at your resume, which includes years as a doctor, the Director of Consulting role could seem like a career shift. What inspired you to pursue this position at Samaritan?

I can see how it might look like that on paper, but actually, this role is an extension of my 30 years in practice and administration. Over the years I've worked on starting businesses, reorganizing struggling teams, growth strategizing, and teammate professional growth. Really, this role allows me to use the skill sets that were developed in those years, and to share my experiences with clients and teams to help them succeed.

Q. What would you say is the biggest challenge facing businesses and organizations today?

Recruitment and retention of strong talent in the ever-changing work climate. In this atmosphere, innovative and proactive organizations will be the most successful with their ability to adapt.

Q. What are some practical ways organizations can invest in their employees?

Well, obviously, proper compensation is a factor. But that is only one piece. The training and growth opportunities extended to employees are important for their success, as well as not only building, but practicing, a culture where employees want to come to work and engage with the organization. That culture being defined and upheld is key.

Q. What is one of the biggest mistakes you've seen organizations make over the years?

Growth for the sake of profits, with no strategy or consideration of the team and culture. If the organization focuses on the people, the culture and a shared mission, and plans for success based on that, profits will follow. If it focuses only on profits and revenue, a revolving door of talent and resources will occur.

Q. If you could give one piece of advice to a business owner or a leader within a company, what would it be?

Actively listen. Hear what your employees are telling you and the ideas they bring to the table. This environment allows for strategic growth while also encouraging teammate engagement and increasing their stake in the outcome. Plus, it helps your employees feel truly valued and not just like they are collecting a paycheck, which will improve the health and success of the organization.

A Look at 2021 for Samaritan Business Consulting



Like many organizations, the past few years have been a challenge for Samaritan Business Consulting, the organizational development branch of Samaritan Counseling Center.

However, it has been heartening to see how even in the midst of difficulty, our consultants continue to help individuals, businesses and organizations become healthier and stronger.

In 2021 alone, our team was able to:

- Provide 60 hours of career coaching services to 10 people through individual career coaching and outplacement agreements with businesses and organizations.
- Offer 20 hours of human resource and organizational development consulting to address critical issues, provide support, and recommend ways to improve workplaces across a variety of industries.
- Deliver 120 hours of executive coaching to business owners, executives and supervisors in companies across industries.
- Discover ideal job candidates for a number of Lancaster County businesses looking to fill key leadership positions through our executive search process.
- Provide 115 hours of training, including the 12-session Human Resource Management Academy and 7-session Professional Development Seminar at ABC Keystone, a chapter of the national associated builders and contractors.
- Administer 129 assessments, including the 16 Personality Factor (16pf), Activity Vector Analysis, and Myers-Briggs Type Indicator report to better position companies during the hiring process, and assist organizations and individuals in leadership development, career transitions, and personal growth.
- Honor Bomberger's, Graham Packaging, HairDirect, LancasterWorks and Longview Structures for their commitment to ethical business practices as Final Nominees in the 2021 Ethics In Business Award, with Graham Packaging selected as the award recipient, and 20-plus volunteers serving on the event steering committee and as site visitors for the ethics review process.
- Receive \$4,000 in funding from the Silent Samaritans' Endowment to help fund career coaching and support for women in need of services with limited or no financial resources.

But most importantly, the resilience and grit of Samaritan Business Consulting led to us being able to support the center through profits that could subsidize 87 counseling sessions for individuals in the community who have little or no financial resources or provide 191 screenings for depression, anxiety and suicide risk at our local middle and high schools.

It has been a dynamic and interesting year for Samaritan Business Consulting and frankly, we can't wait to see what's ahead for us and the Samaritan Counseling Center as a whole.



All classes are held at ABC Keystone in Manheim. You do not have to be a member of the association to attend, and you can sign up for individual classes or the full series. Learn more at abckeystone.org/calendar or contact Marketing & Administrative Coordinator Bethany Georgia at bgeorgia@scclanc.org or 717-560-2805.

Professional Development Series

A 7-session series for business owners, managers and field leaders, as well as anyone looking to grow into a leadership position with training in delegation, time management, conflict management, positive assertiveness and more.

Human Resource Management Academy

A comprehensive, 12-session course with specialized information and skills training on the key issues, basic laws, and best practices necessary for successful human resource management. This class is ideal for people who are responsible for any aspect of human resources management or individuals who desire a deeper understanding of human resources.

Testimonial

It [Professional Development Series] allowed me insight into how to differentiate aggressiveness and assertiveness. I plan to reference what topics and points made the most sense to me when I face office conflict.

-Greg Robbins, Mowery Construction



2021 Ethics in Business Sponsors

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Ethics in Business

Join us to honor 4 local organizations for their commitment to ethics and receive practical advice from their leaders at our annual Ethics in Business event on Thursday, July 21, 2022 at Lancaster Country Club.

Diane Dayton of LCTV 66 will serve as the evening's emcee and facilitate a panel with a representative from each of our Final Nominees. During the panel discussion, nominees will respond to questions such as how they have implemented ethical practices, common challenges they have faced and practical tips on creating an ethical workplace. They will also engage with the audience during a question-and-answer session.

After the panel, all nominees will be honored and the award recipient will be announced.

The Ethics in Business Process

Prior to the selection of the award recipient, each Final Nominee undergoes a comprehensive ethics audit which includes three steps.

First, each nominee must provide policy manuals, mission and value statements, financial statements and other procedural documents to Samaritan. Second, each final nominee must administer an employee survey focused on ethical conduct within the company. Third, nominees must participate in a virtual or in-person visit from trained site visitors.

An anonymous selection committee comprised of members of the Lancaster County business community then selects the award recipient based on the previous steps and a comprehensive report from the site visitor team.

To learn more about the program or sponsorship opportunities, go to scclanc.org/ethics-in-business or contact Bethany Georgia at 717-560-2805.

Congratulations to this year's 2022 Ethics in Business Award Final Nominees:

EGStoltzfus
Evolution Power Yoga
Joyland Roofing
Zoetropolis



Providing Hope to our Community with Resilience & Grit

By Valerie Minnich, MS, LPC, NCC, CAADC
TeenHope Clinical Director/Director



The world can be a tough place, especially in the middle of a pandemic where businesses and families struggle to maintain a sense of normalcy and political and ethnic community cultures (among others) collide. To overcome the hardships we all face, resiliency and grit are needed. An excerpt from the American Psychological Association (2020) stated, “We tend to idealize childhood as a carefree time, but youth alone offers no shield against the emotional hurts, challenges and traumas many children face. Children are asked to deal with problems ranging from adapting to a new classroom or online schooling to bullying by peers or even struggles at home. Add to that the uncertainties that are a part of growing up in a complex world, and childhood can be anything but carefree. The ability to thrive despite these challenges arises from the skills of resilience.”

The current climates of our local communities and schools are unsettling. TeenHope continues to offer our support to the community by partnering with donors and schools to provide mental and emotional wellness education and screenings. We aim to help students feel heard and connected with trusting adults in their lives and community organizations/resources around them in times of need. By providing education to our students, we are encouraging and empowering our community to connect. Connection builds resilience. TeenHope staff and donors care deeply about our youth. Each experience matters to us.

TeenHope continues to nurture normalizing mental health conversations and to provide resources on how and where to start. Included in the APA article quoted above are 10 tips for building resilience in children and teens. This is done by “making connections, helping your child by having them help others, maintain a daily routine, take a break, teach your child self-care, move toward your goals, nurture a positive self-view, keep things in perspective and maintain a hopeful outlook, look for opportunities for self-discovery, and accept change” (APA, 2020). The full article link can be found below.

Resilience guide for parents and teachers
<https://www.apa.org/topics/resilience/guide-parents-teachers>

American Psychological Association. (2020). *Resilience guide for parents and teachers*. Apa.org

Starting again this school year, TeenHope is going into schools to give mental and emotional wellness presentations to students outside of screening days. We stay within our “frame” and focus on sharing information regarding anxiety, depression and suicidality. One thing we have recently added to this conversation is how the pandemic continues to impact these areas in the United States and the teen population. The response to this service has been positive. One local guidance counselor said, “Thank you so much for sharing yesterday. I heard incredibly positive feedback from a number of people. Thank you, again, for taking time from your busy schedule to speak to these important issues and for the important work you all do at TeenHope/Samaritan Counseling. We as a school have benefited greatly from this partnership and look forward to continuing to work together.” Jeremiah Denlinger, Lancaster Mennonite Guidance Counselor and Chapel Coordinator; January 2022.

During the 2021-2022 school year, TeenHope has been collecting survey feedback from school personnel and students. All of the survey feedback is anonymous, and we also get direct feedback through open conversations with schools and families. Overall, we have had positive feedback of the screening year noting areas for continued growth in the future. As of January 2022, over 100 students in Lancaster County during the 2021-2022 school year have participated in the TeenHope survey sharing their TeenHope experience. The responses have been overwhelming and helpful to get a better understanding of how students see our program, if it is a valued experience for them, and where we can improve our student experience for future screenings. 78% of students said that the TeenHope presentation holds valuable information, 99% of the students felt respected during their one-on-one meeting with our staff, and 80% of students would recommend TeenHope to others.

Some anonymous student feedback from January 2022 was:

“It helped me realize that I needed to talk to someone.”

“They were very kind and polite.”

“They took time to guarantee I was safe.”

“The members from TeenHope that came to my high school were very sweet. They gave us their ears and were willing to listen.”

“I dunno I don’t have any real explanation (for my positive experience), it just didn’t suck.” (*We’ll take it!*)

As we continue to wade through the waters of the seemingly never-ending Covid-19 pandemic, TeenHope continues to provide support and an overall positive experience for our community. We will continue to provide our best efforts to normalize mental and emotional wellness through education and help build community resilience and grit during the trying times of living in a pandemic. With an amazingly dedicated team, I believe we are reaching our goal.



Living Resiliently: Returning to the Past or Embracing Responsibility to Live Out New Possibilities?

By Andrew Bland, PhD



When many Americans are asked to define “resilience”, they think of the ability to return to a previous level

of equilibrium following a crisis—that is, when things were somehow better. However, as noted by psychologist Froma Walsh, while such a conceptualization has pleasant connotations, it does not account for the fact that something has happened that involves a call to action. Often that “something” involves tragedy, and other times it involves being forced by circumstances to change our customary outlook or behavior. Either way, both tragedy and change are inevitable in life, and both entail degrees of necessary suffering—and attempts to evade suffering only create more suffering for ourselves and others. On the other hand, at their best, both tragedy and change can beget miraculous levels of personal growth that reciprocally inspire growth in others. Therein lies the more genuine meaning of resilience, which refers to the ability “to suffer well” and courageously, and thus to progress toward a more inclusive worldview, to be able to forgive, to be able to say, “I had to go through that to get to where I am now.” Living resiliently entails living responsibly—embracing the courage to respond effectively to new possibilities that emerge moment by moment out of the demands of difficult situations and to approach crises not only as danger but also as opportunity.

To be fair, the hard work that genuine forgiveness and growth entail is not always supported in mainstream American

“both tragedy and change can beget miraculous levels of personal growth that reciprocally inspire growth in others.”



culture. Some regard it as too airy-fairy, others as unmanly, and still others as bad for business. We live in a society where distractions abound to keep our focus away from that hard work and to reinforce our avoidance of more difficult emotions like boredom, emptiness, and loneliness as well as of developing the courage to be wrong.

Accordingly, resilience as part of healthy living necessarily involves reevaluating how we approach emotions. Whereas the conventional American view of emotions is to dichotomously categorize them as positive and negative, an arguably more realistic perspective is to view *all* emotions as inherently encompassing constructive and destructive qualities, as well as being interdependent. For instance, we all know the problematic consequences of uncontrolled fear or anger. On the other hand, fear also can cue our awareness to make necessary changes in our lives, and without righteous anger Martin Luther King, Jr. could not have improvised his seminal “I Have a Dream” speech. Likewise, while it certainly would be convenient to live out the illusory reverie of a stress-free, happy life, as the 2015 film

Inside Out depicts, without sadness, joy cannot exist.

One of the most fulfilling questions we can ask ourselves to spark resilience is, “What does the [insert negative emotion here] want?” It is not an easy process, but the more we allow ourselves to sit with suffering, the more we can identify how much we squander energy and time in our attempts to distract ourselves from inconvenient or uncomfortable emotional experiences and the truths they can reveal. This enables a sense of clarity that is conducive to realizations that we are simply worrying or doubting or judging. When the process goes well, this results in an improved ability to simplify our lives, and in turn, the ability to creatively transform that suffering into something worthwhile. Thus, resilience involves pulling ourselves out of our routines, pausing and reflecting on our habitual patterns, calling into question what we take for granted, and sparking a sense of revitalizing intentionality. It provides opportunities for *existential learning*, in which, as described by psychologist Eugene DeRobertis, “something about a person’s life circumstances [is] changed such that [one] cannot go on as before.”

Silent Samaritan Celebration



Our 26th **Silent Samaritan Celebration and Thanks Giving Luncheon** was held on Thursday, November 11, 2021, at Calvary Church in Lancaster. We are very thankful for the **more than 300 Silent Samaritans**

who raised over \$75,000 in 2021. Thank you so much for your support of the **Silent Samaritan Fund**!

We are also thankful for all of our sponsors who helped to make the luncheon a success! Because of the support of these sponsors, the donations we received will go further to help women who are seeking counseling or other mental health and wellness services. We are grateful to our Leadership Sponsor NCR/Digital Insight for their support. We also thank Tiger's Eye; Everence Financial; Fulton Bank; Atwater Malick; Bertz Hess & Co. LLP; Lancaster Physical Therapy & Sports Medicine; Listrak, Inc. and Matthew 25 Thrift Shops.

This year's luncheon program, "Ripples of Hope and Healing: The Many Colors of Creativity", was so inspirational and moving. We began with poetry by Samaritan therapist, Judith Kennedy. This was followed by a musical performance by Douglas Smith & Lauren Slessor. Our keynote speaker, Diane Brandt, shared her testimony on the value of counseling, and then led us through a journey to discover and explore our own unique creativity. We were

challenged and inspired to quiet the internal voice that tells us we can't and to know that WE CAN! We were honored to have Board member and past Silent Samaritan Planning Committee Chair, Cathy Gelatka, emcee this year.

We have so many reasons to celebrate! We thank all the women who invited their friends to join the Silent Samaritans this year. These women have joined a remarkable group who are focused on helping women who seek counseling and other mental health services at a time and place in their lives when they cannot afford it. Your gifts to the Silent Samaritan Fund will be carefully directed to provide counseling, consultation and education services for women in our community.

Thank you to all who have donated to the Silent Samaritan Endowment. So far this year 34 donors have contributed over \$5,000 bringing the total to over \$85,000. At the luncheon we announced that this year's Endowment grant was awarded to Samaritan Business Consulting's **Career Coaching** program. On behalf of Samaritan's Board of Directors, the Silent Samaritan Planning Committee, Samaritan staff and all the women who are helped because of your generosity, **thank you!**

Anita J. Hanna

Silent Samaritan and Director of Development

Silent Samaritan Endowment

The Silent Samaritan Endowment is a fund that is set aside for the long-term benefit of the Silent Samaritan mission – Women Helping Women. While the principal of the fund remains invested, we can use a portion each year to support new and expanded ways to support women.

In 2021, we could designate approximately \$4,000 to be distributed in 2022. Endowment donors were asked to vote for the program they would like to support. We are thrilled to announce that the program receiving the proceeds of the Endowment this year is **Career Coaching for Women**.

Samaritan Business Consulting provides career coaching services to ease the process of finding a new job after a job loss or to help individuals navigate a desired career change. These services are provided through one-on-one coaching sessions that can include resume development, training to improve interview skills, assessments to discover your natural skills, guidance in the job search, and more. Funds from the Silent Samaritan Endowment will subsidize career coaching costs for women who are facing a job loss, looking for a new career or a promotion in order to better support themselves, or exploring what positions best fit their skills and personality. These funds are greatly needed. Since the funds were awarded they have already been used to subsidize 10 coaching sessions for a woman struggling in her career and considering a transition and 2 coaching sessions to help a business owner strategically plan for growth and develop as a leader.

We are also excited to announce we were able to release some unused Endowment monies from a previous year and were able to partially fund two other programs too! These programs were Support for Women Clergy and Change Through Compassion – YWCA. The Support for Women Clergy is a Clergy and Congregation Care program that actively supports women leaders in the congregations in our area. Two specific means of support are through clergy groups and spiritual direction. The Change Through Compassion – YWCA is a Change through Compassion program supporting the work of the staff at the YWCA by helping them to integrate self-care through the practices of mindfulness and self-compassion.



Silent SAMARITANS
Empowering Lives. Inspiring Hope.



Finding Meaning and Connection in Our World

By Lesley Huff, PsyD



When asked what helps someone become resilient, psychiatrist Dr. Bruce Perry identified 2 elements – 1) the meaning we make of our experience and 2) feeling a part of something larger than ourselves. At Samaritan Counseling Center, these two elements

are consistently emphasized in the work we do with our clients. Given the impact of COVID on our world, many of us may feel confused about how to make meaning of our experiences, especially given how many different perspectives exist on what is real or true. We also may feel untethered from something larger due to social distancing, our inability to access activities that used to bring us connection, and the need to adjust to new ways of connecting via technology.

Dr. Perry provided an example of the importance of making meaning through the story of a young girl who was being driven to violin practice by her teenage brother. Another driver went through a red light and hit their car, resulting in her older brother being killed. When asked her understanding of this event, the young girl connected her brother's death to her desire to play violin. Therefore, she decided, her brother would still be alive if she had not wanted to play. Although we may think this interpretation reflects the perspective of a child, it is important to recognize that this misconstruing of reality happens at all ages. It is the result of our brain wanting to quickly resolve ambiguity, which our survival system experiences as dangerous. Our brain would rather have a complete but false story than a real story with loose ends. The danger of this non-ambiguous story is that our brain jumps to black and white, extreme thinking with little nuance, and reflects the worst case scenarios. This makes sense given that it is driven by the part of our brain that wants to help us survive.

In our work with clients, we invite them to step into the grey that lies between the black and white, to consider perspectives and possibilities outside of this initial story of false certainty. We use gentle reflecting, paraphrasing, and even occasional humor. The practices of mindfulness and self-compassion are also very powerful tools to help clients



deepen their curiosity and hold the tension of not knowing. Mindfulness invites us to try and see with clear eyes. It invites us to take stock of what we actually know and lean into the certainty of that knowing. Mindfulness also helps us to recognize what uncomfortable feelings and experiences are arising within ourselves and our body – our fear, resentment, sadness, guilt, tightness in our chest, pulsing in our stomach. The practice of self-compassion helps us to hold these experiences with more space. In addition to our survival brain wanting to resolve ambiguity at all costs, it also wants us to get away from anything painful as quickly as possible, usually by distraction, numbing, finding someone to blame, or focusing on the false story. Self-compassion practices help us to acknowledge our experience and hold it tenderly. We can acknowledge and validate our own feelings, “I am feeling afraid.” Staying with and tending to the emotion and the way in which it is showing up in our bodies, gives us a place to focus and be curious, and also to recognize that it will slowly fade. Most emotions if allowed to run their course last 90 seconds. When we enlist the self-compassion practices, we can place a soothing hand on the spot where the emotions are impacting our body. We then do not need to seek certainty in the false story. This can give our survival brain time to settle down and allow access again to the parts of our brain that are more thoughtful and more comfortable with the grey.

When making meaning of our experiences in this way, one of the first questions we can ask ourselves is, “If I did not make this about me, or a reaction to me, what other possibilities might I consider?” This opens up the option that we might have just been in the vicinity, a bystander, or that the other person's actions reflect something they are struggling with, rather than based on something that we need to defend against. If we do not need to defend against something, we have more capacity to consider the experiences and perspectives of others, as well as to extend some grace and compassion to them. I recently read the quote, “When you finally learn that a person's behavior has more to do with their internal struggle than it ever did with you, you learn grace.”



"When you finally learn that a person's behavior has more to do with their internal struggle than it ever did with you, you learn grace."

Now, sometimes the feeling or experience we are having is because of something we actually have done. We have hurt someone's feelings. We have made a choice not in line with our values. We have caused others pain. In these circumstances, there can be a misinterpretation that self-compassion practices are about "letting oneself off the hook," or "having a pity party". Research actually shows that people who are higher in self-compassion are more likely to recognize when they have made a mistake and to make amends. The attribute of self-compassion that helps with this is Common Humanity. We understand that we are "perfectly imperfect" humans, just like every other human. If we can recognize that our intention was not to cause harm, that perhaps we were reacting from our overwhelm, and that mistakes and errors will occur, it supports us in looking less defensively at our actions. We can then take the next steps to repair harm we have done or leverage the wisdom gained from the mistake or error to get back on track.

A few years ago, I was late arriving to a presentation at one of Samaritan's partner churches. It had been a rough night with my child and the babysitter was late the next morning. As I rushed to the church, I enlisted the practices of mindfulness and self-compassion to keep myself from spiraling into self-judgement and recrimination, reminding myself that I was not likely to be the only person at the presentation who had ever had a rough time because of things outside of one's control or had been late to something important. At the end of my presentation, I was shown incredible grace by the participants. One even said, "We all thought since you were late that you must have children." Indeed.

Common Humanity also helps to provide the second element that Dr. Perry identifies as necessary for resilience: feeling a part of something larger than ourselves. As humans, we are created for connection. When we feel isolated or uniquely flawed in some way, it is not only painful, but also cuts at our deep instinct for being part of something. This sense of connection to something larger than ourselves may be found in religion, spirituality, nature, as well as our own communities



and families. Common Humanity invites us to consider that we are connected to all other beings simply by being alive. In the poem "Just for Me," by Anna Villalobos, she writes, "What if she were not distinct from all others/But instead connected to others in her sense of being distinct, of being alone,/Of being uniquely isolated, the one piece removed from the picture."

One of the mindful self-compassion practices that we teach in the Change Through Compassion program is called the Self-Compassion Break. It is enlisted when we notice we are experiencing discomfort or pain. The first step is simply to acknowledge what is happening (Mindfulness). We notice the sensations in our bodies and try to label the emotions that are arising. We do not jump in to try to explain it away or avoid it. Because we do not need to take action on what is happening in a reactive way, we do not need to judge the "acceptability" of whatever is arising within us. We can simply notice that it is there. This helps us in our meaning making.

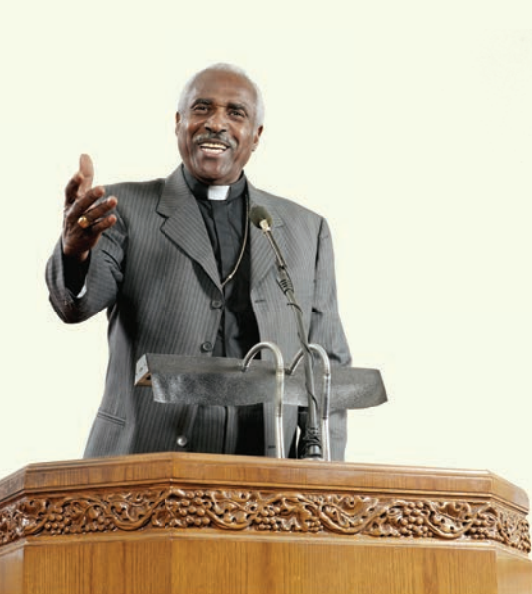
The second step is to recognize that whatever we are undergoing is a part of the human experience (Common Humanity). It is not likely that we are the first nor the last person who has ever had this kind of reaction to whatever is happening. This helps to remind us that we are part of something beyond ourselves.

Lastly, we can offer ourselves some words of kindness (Self-Kindness). We do this because it is hard to sit with pain without trying to get rid of it. This does not mean we jump into "fix-it mode". To the contrary, we just affirm our experience. We can place a gentle hand on our heart (or wherever the emotion is showing up) and just say, "This is hard," or "This hurts." So often we really long for someone else to give us this validation and affirmation. It is helpful to remember we can do that for ourselves. Some may find this "selfish", but on the contrary, it shows great responsibility. This takes the expectation and pressure off needing someone else to read our minds regarding what we need to hear. We already know what we need.

The past two years have shown us that life is full of uncertainty and many things are beyond our control. At the same time, how we make meaning of this, and reminding ourselves that we are not alone in this experience, can provide us with some certainty on which to find our footing. I am grateful to be part of an organization that is dedicated to walking alongside our clients, students and community to help foster this resilience.

Lesley Huff, PsyD, is a licensed psychologist and certified teacher in Mindful Self-Compassion. She runs the Change Through Compassion program.





Support for Pastors

Are you finding it especially challenging to lead your church amid COVID-19 concerns, demographic shifts within the church and an overall change in religion within America?

Consider joining an ecumenical group of colleagues facilitated by a leader who has served within congregations and who has training in organizational systems and dynamics.

Current groups being offered include a multiple staff group, women clergy groups and a deacon group. We also offer specialized groups, such as our online Clergy Spouse & Partner group being offered through our partnership with Artos Retreats.

For more information or to sign up, contact David Miron, Clergy & Congregation Care Coordinator, at dmiron@sccclanc.org or 717-560-1949.

"Joining my SCC Clergy Group was one of the best decisions I made more than ten years ago. The gift of conversation with colleagues in similar sized congregations, who represent a diversity of denominational traditions, offers the blessing of wisdom coupled with support, in a confidential setting. Commit to a couple of months, and you'll see for yourself."

Craig Ross, Senior Pastor



Resilience

By David Miron, Clergy & Congregation Care Coordinator

On Thanksgiving Day morning, 2014, my wife, who is an ordained deacon at St. Thomas Episcopal Church, received a phone call from the rector's wife. "I need you to come in to the ICU with me. Please come." Three days before, our rector was hit by a car while riding his bicycle. That Thanksgiving morning, things did not look good. On December 10, the rector breathed his last breath.

The following two years were difficult. The much loved associate rector, who was permitted to continue with the congregation, had to leave after eight months due to a prior contract with the diocese. After four months with supply preachers an interim rector was appointed who was difficult from the start and with whom the congregation struggled for a year. Then a priest with a young family accepted the Bishop's recommendation and Vestry's welcome to serve as Priest in Charge.

How did this congregation keep going and why would a priest accept a charge to come to this congregation? According to an online dictionary, the first definition of resilience is "the capacity to recover quickly from difficulties; toughness."

It was the people, and more to the point, the relationships that had developed among the congregants over the years, that allowed this congregation to persist and bounce back from a difficult time. And there was more.

1. **Consistent Leadership.** Consistent throughout the two years was the deacon whose presence and ministry held things together and helped maintain a sense of hope and mutuality.
2. **Reaching out for help.** A month or two after the rector's death, the leaders in the congregation invited Samaritan's Clergy and Congregation Care to facilitate an evening meeting with any congregants who wanted to come to share about what was happening for them as congregants. Later on in the process of getting ready to call their next rector, Samaritan was again contacted to facilitate an assessment process to help in the development of a congregational profile.
3. **Prayer and Determination:** Congregants dedicated themselves to prayer for the congregation and for one another and they were determined to see this through.
4. **The people were mutually supportive of one another.** Members called one another and stayed in touch; when needs arose they were made known and others responded. People pitched in to do what was necessary to run services. Financial contributions continued.
5. **Each was allowed to respond in their own way.** Two or three months after the rector's death some congregants were ready to move on and talk about what is next. Others were not and, for some, it was difficult to think of what is next even after a year had passed. And those differences were okay.
6. **No one took themselves too seriously.** There was a sense of freedom to be. The experience with the interim rector could have created disharmony. Instead, congregants were able to take things lightly and developed an even stronger sense of being together.
7. **Openness to God's Grace.** In the midst of everything, the congregants stayed open to the movement of the Spirit among them and trusted that God would lead them forward.

There are no magic bullets in life – no guarantees of an outcome. One of the most difficult lessons to learn is that the wind of the Spirit blows where it will and no one can be certain of what will be stirred up by it or what fire quenched. When we determine to be together with others, when we are willing to live with uncertainty, when we choose to draw upon each other's strength and when we acknowledge God's presence with us, we can and will bounce back and keep on. We are resilient.



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Samaritan Legacy Circle

Samaritan Counseling Center has been blessed with a generous community and family of supporters. Many of these supporters now want to sustain the mission of Samaritan well into the future. The Samaritan Legacy Circle is a way for Samaritan to honor those generous people who have established planned gifts and to encourage others to provide the same type of long term support.

How can you become part of Samaritan's Legacy Circle?

You can become part of the Legacy Circle by making any form of a planned gift to Samaritan. A planned gift is a gift that is part of an estate plan. A planned gift can be made during a donor's lifetime or it can be given upon the donor's death. A planned gift may be unrestricted for Samaritan's use where the need is greatest or designated for a particular purpose. It can also be made in honor or memory of a loved one.

There are many ways to create a planned gift. Some of these options include:

- A bequest through a will
- A beneficiary designation for an IRA contribution or retirement plan
- An allocation of life insurance benefits

All gifts, large or small, will be greatly valued by Samaritan. There are many ways to create a legacy and benefit Samaritan Counseling Center, while also meeting your financial needs. For more information, please contact Anita Hanna, Director of Development at (717) 560-9969, extension 244, or by email at ahanna@scclanc.org. As always, we strongly encourage you to consult your own financial advisor to determine which gift vehicle is right for you.



Becoming a Samaritan Champion means you are supporting healthy minds and strong communities in Lancaster County. Your generous monthly gift makes it possible for individuals, families and children with little financial resources receive the mental health care they need. To learn more go to www.scclanc.org/donate.

Here is the impact that your monthly gift can have:

\$10/month	Helps women in crisis receive the help they need but are otherwise unable to afford.
\$25/month	Funds 12 screenings for depression, anxiety and suicide risk at local middle and high schools.
\$50/month	Provides counseling for 12 people who need services but are unable to pay the full fee.

Become a Samaritan Champion

<http://weblink.donorperfect.com/SamaritanChampion>

For more information or any questions, please contact Anita Hanna at 717-560-9969, extension 244, or at ahanna@scclanc.org.



Jim & Ginny Kleppinger

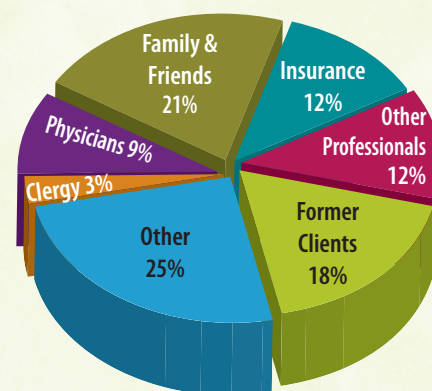
As members of Highland Presbyterian Church, we have been aware of the Samaritan Counseling Center and its mission since its inception, but our commitment really began when Ginny became a member of the Board of Directors and we became fully aware of the diverse programs and their impact on the Lancaster community. As a Charter Silent Samaritan and a volunteer for TeenHope screenings, Ginny has witnessed the impact of the center on supporting healthy minds and strong communities. We chose to become Legacy donors because we are committed to supporting mental health, and are proud of the dedication of the staff and initiatives of Samaritan. It is our hope that our Legacy gift will help to sustain the important work of Samaritan Counseling Center for future generations.

2021 Financial

Income

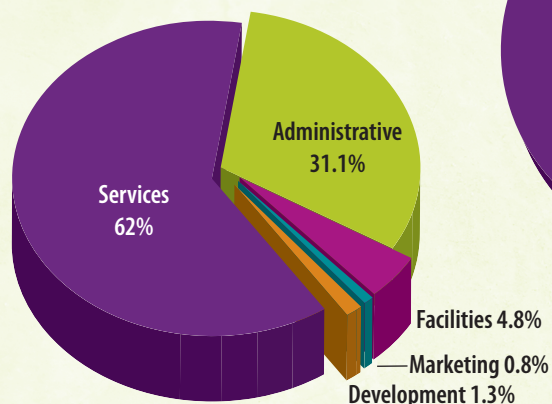
\$1,964,156

Referral Sources

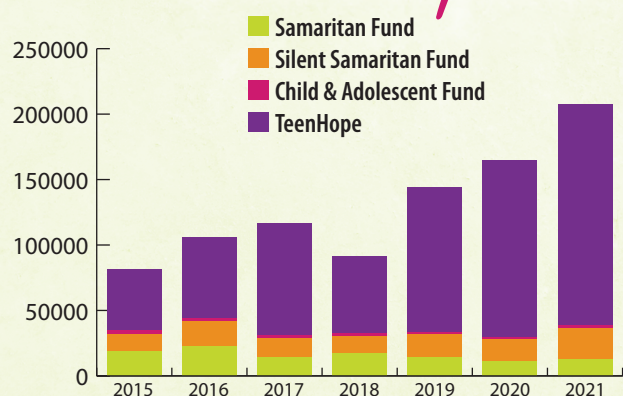


Expenses

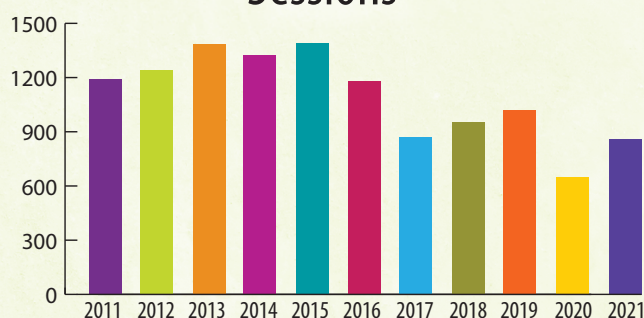
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Subsidy Usage

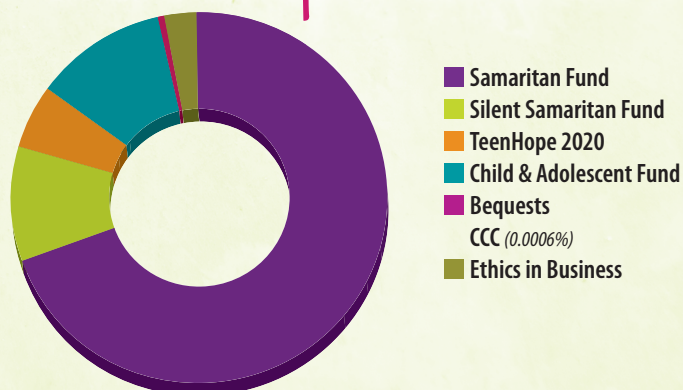


New Client Sessions



For Samaritan Counseling Center, 2021 was a year of recovery from the Covid-19 virus. Clinical services were dominated by virtual sessions, although in-house sessions began to recover. All other service areas continued to be adversely affected. The center was blessed to receive an additional Payroll Protection Plan loan (which was forgiven). And we continue to be blessed by the generous support of our donors. We were able to hire several new therapists and feel that the center is well positioned to continue to prosper in 2022. We also hired a new director of consulting to expand the Business Consulting and Clergy and Congregational Care areas of the center. Thank you for your continued support of Samaritan!

Development \$687,014



Special Thanks to The following...

The Samaritan Counseling Center and our programs and services are supported by the generous contributions of individuals, businesses, churches, corporations and foundations. Your gift makes it possible for us to subsidize fees for individuals, families and children who have little or no financial resources, as well as provide quality programming on mental health issues to members of our community.



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The Samaritan Center is
 a place where I feel safe
 to share my feelings, cry,
 unload and feel refreshed
 when I leave.



Everyone is very kind and friendly at Samaritan Counseling Center. Thank you for providing a counseling center where I can come every week to be listened to, guided and refreshed. My therapist has been a blessing to my life.



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It's hard for me to open up with my feelings and issues with people, but with my therapist I am very comfortable and can talk about anything and everything. I feel blessed!



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At a recent TeenHope mental health screening at a local high school, screenings revealed more than 26% of students were at-risk, and a student in crisis was picked up by their mother and taken straight to the hospital. The mother was very thankful for TeenHope and the school.

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Thank you for the many sessions in your warm, welcoming office. I felt relaxed and peaceful, as I worked on my issues. Many thanks for your encouragement!



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Thank you for speaking to these important issues and for the important work you all do at TeenHope and the Samaritan Counseling Center. We as a school have benefited greatly from this partnership and look forward to continuing to work together.



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Laura L. Lindt
Barbara Mable
Linda MacDougall
Sue McCarty
Connie Paisley
Wylie Raab
Diane Rapisardo
Mary Alice Ressler
Linda Rice
Judi Rineer
Madelyn Ritz
Sally Robbins
Eudora K. Roseman
Beth Shewski
Katharine Shoff
Pat Stockwell
Nancy G. Tate
Donna Thomason
Barbara J. Tolbert
Mary (Gin) Veitch
Paul W. & Judy S. Ware

Volunteers

Mailing Volunteers

There were very limited opportunities for volunteer involvement again this year but we thank them for their years of dedication.

Dena Ament
Michelle F. Atwater
Emy Belser
Anne Besterman
Jeanette Bontrager
Fredonna Branstetter
Lucie Brown
Nina Brown
Linda Hollingshead Bruce
Valerie Clark
Marilyn Ebel
Karen L. Eby
Teresa Engle
Sydney Fredrickson
Sheila Gardner
Averril Good

Nancy Grimm
Shelly Gunzenhauser
Annabelle Hargreaves
Victoria Harsh
Patti Hassler
BJ Haverstick
Frances Hayward
Cricket Hile
Elizabeth Hornberger
Kay Houghton
Jacqueline Huber
Judith Hudelson
Bertha Hurst
Kathy Johnston
Ginny Kleppinger
Mrguerite Kull
Kathleen Kuzmiak
Carol Maurer
Ellen McCabe
Barbara Miller
Linda Miller
Judith M. Miller
Ann Musser
Linda Neumann
Ann Ober
Linda Rice
Judith Rineer
Patricia A. Rohrer
Mary Rost
Judy Sandt
Barb Schuler
Katharine Shoff
Linda Shugarts
Fay Shultz
Suzanne B. Sigman
Mary Ellen Smallwood
Joni Soost
Kathy Spangler
Fran Stadel
Luci Steele



My therapist accepts me where I am and is ok with both my laughter and tears. She is open to me sharing my spiritual beliefs which I appreciate. I have been blessed to receive funds from the Silent Samaritans. I appreciate that these financial blessings make my counseling affordable.

Nancy Stewart
Pat Stockwell
Nancy Tate
Donna D. Thomason
Prue Thomason
Barbara Tolbert
Angela Wanner
Barbara Weaver
Marji Worrell

Donor Appreciation Volunteers

Dan Falvey
Cathy Gelatka
Averril Good
Shelly Guzenhauser
Ginny Kleppinger
Jodi Kreider
Barb Miller
Judy Miller
Jeremy Nesmith
Linda Peacock
Jodie Reinhart
Kathy Shoff
Fay Shultz
Louise Sitler
Don Stewart
Pat Stockwell
Barbara Tolbert
Mary Young

Silent Samaritan Committee

Michelle Atwater
Diane Brandt
Beth Crosby
Linda MacDougall
Ann Musser
Mary Young

Sea Glass Gala Committee

Cheryl Deaven
Barb Kellam
Becky Paulukow
Fay Shultz

Sue Thomas

Ethics in Business Site Visitors

Heidi Bianco
Beth Ebersole
Dan Falvey
Danielle Figueroa
Sherry Harry
Emily Hertzler
Lauren Kaelin
Carron Ozari
Joy McFerren
Andrew Mead
David Mulrine
Jamie Rowley
James Senft
Karen Snyder
William Stratton

Ethics in Business Steering

Committee

Laura Gallagher - Harmon & Davies PA
Emily Hertzler -Community Services Group
Martha Lawrence - CHARIS Insurance Group
Joye Smith -ATOS North America Inc.
Todd Reinhart - Nxtbook Media
Bill Young - Murray Insurance

Executive Committee

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Jamie Rowley, Board Vice-Chair
Sarah Teichmann, Secretary
Robert Thomas, Board Chair

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Cathy Gelatka
R. Nick Hernandez
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 Charis Insurance Group
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 RLPS Architects
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 Tiger's Eye
 Trout, Ebersole & Groff, LLP
 Two Dudes Painting Company
 VisionCorps
 Warfel Construction Co.
 Zephyr Counseling and Wellness LLC

Foundations Organizations

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 Benevity
 Everence Foundation, Inc.
 Fulton Family Foundation
 High Foundation
 Lancaster Alumnae Club
 Lancaster County Community Foundation

Lancaster Osteopathic Health Foundation
 Matthew 25 Thrift Shop
 Penn Medicine Lancaster General Health
 Steinman Foundation
 The Anne L. & Robert K. Bowman Family Foundation
 The Blackbaud Giving Fund
 Willis & Elsie Shenk Foundation

Partner Churches

Akron Church of the Brethren
 Akron Mennonite Church
 Annunciation Greek Orthodox Church
 Blossom Hill Mennonite Church
 Church of the Apostles UCC
 Community Mennonite Church
 East Chestnut Street Mennonite Church
 Elizabethtown Church of the Brethren
 Faith Journey Church
 First Baptist Church of Lancaster
 First Presbyterian Church of Lancaster
 Hempfield Church of the Brethren
 Highland Presbyterian Church
 Holy Trinity Lutheran Church
 Lampeter Church of the Brethren
 Lancaster Church of the Brethren
 Lancaster Moravian Church
 Laurel Street Mennonite Church
 Lutheran Church of the Good Shepherd

Mountville Church of the Brethren
 Pilgrims Mennonite Church
 Richland Church of the Brethren
 Rossmere Mennonite Church
 St. James Episcopal Church
 St. John Neumann Catholic Church
 St. John's Episcopal Church of Lancaster
 St. John's Episcopal Church of Marietta
 St. John's Lutheran Church
 St. Paul Evangelical Lutheran Church
 St. Paul's Episcopal Church
 St. Peter's Evangelical Lutheran Church
 St. Thomas Episcopal Church
 Sunnyside Mennonite Church
 Swamp Lutheran Church
 Trinity Lutheran Church of New Holland
 Trinity United Church of Christ
 Willow Street United Church of Christ
 Witmer Heights Mennonite Church
 Zion Lutheran Church of Landisville

Supporting Churches

Florin Church of the Brethren
 Millersville Mennonite Church

Can I make a difference?
 We might ask ourselves this question from time to time.
 Can I make difference in my community? If you are reading this note then the answer was "yes"! Thank you for partnering with us in our vision of building healthy minds and strong communities. We can't wait to continue the journey in 2022 and we simply cannot do it without you. Thank you for your support!





Healthy Minds. Strong Communities.

1803 Oregon Pike, Lancaster, PA 17601
(717) 560-9969

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JOIN US - MAY 5, 2022!

We welcome back the *Sea Glass Gala!* at a new location, Bent Creek Country Club! We will have outstanding food, Fire in the Glen Irish Band, new raffle items, live appeal and all the fun you remember.

To register - <http://weblink.donorperfect.com/2022SeaGlassGala>

