

2023 Annual Impact Report

Growth and Transformation



SAMARITAN
CENTER

Empowering People & Organizations

2023 Board of Directors and Staff Listing

2023 Officers

James Rowley, Chair
Dan Falvey, Vice Chair

Steve Welch, Treasurer
Sarah Teichmann, Secretary

2023 Board of Directors

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Dan Falvey, Vice Chair
Steve Welch, Treasurer
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Melissa A. Tribuzio
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Kristen Bascelli, MS, LPC, Licensed Professional Counselor
Andrew Bland, PhD, Licensed Psychologist
Mary Frey, MS, LPC, Licensed Professional Counselor
Karen Gray, MA, LPC, Licensed Professional Counselor
Shelby Hardy, PhD, Licensed Psychologist
Lesley Huff, PsyD, Licensed Psychologist
Judy Jakubowicz, MA, LPC, Licensed Professional Counselor
Elizabeth Jones, MA, LPC, Licensed Professional Counselor
Ellen Kanagy, LCSW, Licensed Clinical Social Worker
Heidi Kanagy, MSW, LSW, Licensed Social Worker
Judith Kennedy, MS, MA, NCC, LPC, Licensed Professional Counselor
Renee Kurz, LPC, BC-DMT, Licensed Professional Counselor
Kathryn Landis, MSW, LSW, Licensed Social Worker
Britany Miley-Anderson, MA, LPC, Licensed Professional Counselor
Deborah Miller, MA, LPC, Licensed Professional Counselor
Joanne Rohrer Morton, LSW, Licensed Social Worker
Beth Mull, PsyD, Licensed Psychologist
Rebecca Sanstead, LSW, Licensed Social Worker
Dustin Sauder, LSW, Licensed Social Worker
Steven Schedler, LCSW, CAADC, CCS, Executive Director
Michael Shook, MA, LPC, Licensed Professional Counselor
Wendy Stivers, MA, LPC, Licensed Professional Counselor
Josh Tonkay, Masters Candidate Therapist
Samantha VanBuskirk, LSW, Licensed Social Worker

2023 Administrative & Program Staff

Jeannie Bartlett, Development Officer
Kristine Campion, Administrative Manager
Jimmy Elsner, Operations Manager
Anita Hanna, Director of Development
Nicole Hoshour, Finance Manager
Jaime Luethy, TeenHope Screening Team Member
Michelle Martinez, Client Service Coordinator
Dr. Valerie Minnich, PhD, LPC, NCC, CAADC, Director of TeenHope & Training
Aventina Russel, Client Service Coordinator
Dr. Scott Snyder, Director of Consulting

2023 Independent Contractors

Samaritan Consulting Group

Charlotte Anderson, Partnering Consultant
Beth Beam, Partnering Consultant
Sarah Bedsaul, Partnering Consultant
Lori Berquist, Partnering Consultant
Mindi Burke, Partnering Consultant
David King, Partnering Consultant
E Joy McFerren, Business Consulting
David Miron, Partnering Consultant
Karen Sheehe, Partnering Consultant
Karen Snyder, Partnering Consultant
Jim Weischedel, Partnering Consultant

Congregation and Clergy Consulting

Beverly Andrews, Clergy Group Leader
Carolene Brubaker, Spiritual Director
David Harris, Partnering Consultant
Jon Heinly, Partnering Consultant
Jen Leiter, Spiritual Director
David Lovelace, Partnering Consultant
Jonathan Matias, Partnering Consultant
David Miron, Partnering Consultant
Dr. Doug Ockrymiek, Spiritual Director
Jonathan Woodall, Partnering Consultant

A Letter from our Board Chair



As Samaritan Center Board Chair, I am pleased to share that 2023 was certainly a year of Growth and Transformation. Steve Schedler, our Executive Director, will share more information about initiatives that were implemented which will position the Center to greater serve the needs of the Lancaster community. The new location will enable us to extend our services to a diverse community.

2023 was also a very good year in regards to the financial strength of the Samaritan Center. Without the financial support the programs initiated this past year may not have been possible.

There are many to thank. Let me begin with the donors. Your generous giving is truly appreciated and vital to the ongoing growth and success of the Center.

Secondly, to the volunteers who help with the many programs Samaritan Center initiates throughout the year, a huge thank you. To those that work at the Center, successful Growth and Transformation would not be possible without a strong team. I've had the privilege of meeting with the team that comprises the Center. Beyond a doubt they are dedicated, compassionate and committed to serving the needs of our community.

Finally, I wish to thank my fellow board members for their support to the Center through time, expertise and funding. Without a strong involved board Growth and Transformation would be more difficult. In 2023 three very active board members completed their terms - Andrew Mead, Bob Thomas and Sarah Teichmann. All three held leadership positions in various capacities helping make the Center a success.

It is my belief that 2024 will be as successful as this past year. The initiatives started in 2023 will be further developed and implemented, thus playing a significant role in our Growth and Transformation.

Sincerely,

Jamie H. Rowley
Board Chair



**SAMARITAN
CENTER**
Empowering People & Organizations

Samaritan's **RIGHT** Core Values

Respect

We believe people have inherent dignity and through compassionate interactions honor their thoughts and perspectives.

Integrity

We pursue excellence and do the right thing even when no one is looking.

Growth

We understand building healthy minds and strong communities is a journey, and pursue growth rather than perfection in a collaborative spirit.

Hope

We believe hope exists even in the most challenging situation.

Trust

We provide a safe and confidential space to ask for and receive help.



Transformation... One client's journey

Throughout my life I have heard countless times that it is surprisingly difficult to tell if someone is drowning. I can say beyond the shadow of a doubt that this observation applies to life on land as well.

My world was forever changed when I became a mom in 2010. By the time my daughter was a few months old, it was clear to me that her development was delayed. My concerns were usually met with a well-meaning quip- 'You are just letting your anxiety get the best of you. Everything is fine.' I wanted so badly for that to be true. I would try to convince myself that things were fine, yet every fiber of my being knew otherwise. This is when a war within myself began.

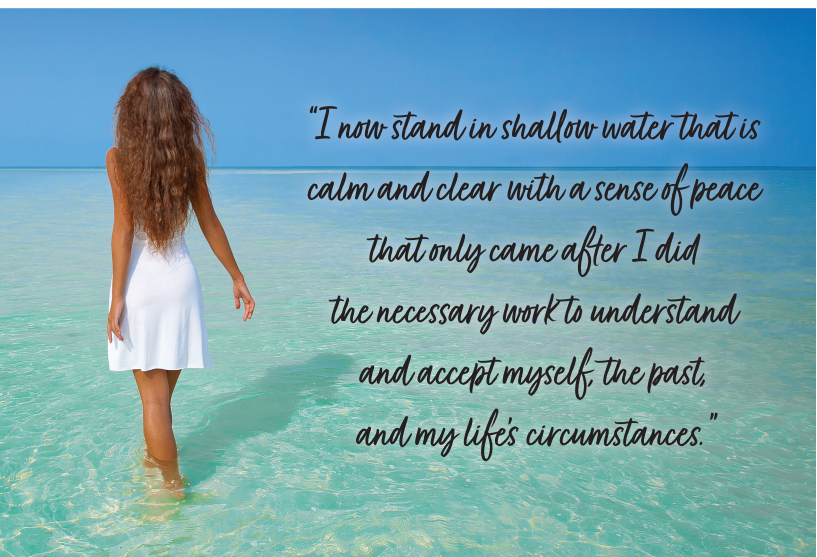
Living in a fairly constant state of cognitive and emotional dissonance is not only mentally exhausting, it is also physically exhausting. The fatigue came on slowly. I would have moments where I could pop my head out of the water and get a breath before I would get pulled back under by an incredibly strong undertow - the current began by expressing a trickle of concern and having it be dismissed, minimized, invalidated, or acknowledged just ever so slightly, only to be compounded with an intense, unjustified self-assigned guilt-ridden narrative that was on repeat at full volume. I wanted to understand why this was happening, and it became all consuming. This cycle of treading, getting pulled under, and fighting for a breath went on for years.

As a result, I was unable to be present in relationships and this ultimately caused unintended fractures and hurt within those bonds. I began to isolate myself because I felt guilty that I couldn't be who I used to be, let alone be who others needed me to be. When isolation wasn't an option, I would dissociate; and that made it even more difficult, if not impossible, to reconnect with myself and others. I didn't want to die, but I couldn't remember what it was like to feel alive either. Having a job where the needs constantly outweighed the resources and managing my daughter's needs and appointments while also trying to simply exist had become more than I could handle. Unable to speak or yell for help, I slipped under the water, and I knew that I was drowning. Something needed to change. I made one more attempt to swim to the surface, take a big breath, and fight to keep my head above water. I called Samaritan and set up an intake. That was a little over three years ago.

Counseling has essentially been a life raft for me. My counselor has been willing to meet me at whatever emotional level I am at and has helped me process and understand how I got to where I was without wallowing in the sadness of the struggle. Over time, I found that I no longer felt angry that I had gotten tossed around in the water and lost at sea, and instead developed a newfound appreciation for not only my strength but also for the trying life experiences that once felt devastating.

By attending sessions regularly, sharing honestly, and implementing various strategies that were recommended by my counselor and were aligned with her solutions-based approach, I have been brought closer to the shore. I now stand in shallow water that is calm and clear with a sense of peace that only came after I did the necessary work to understand and accept myself, the past, and my life's circumstances. Only then would I learn the truth - I am strong enough to endure the current and ever-changing tides of life.

~ Melissa Z.
Client at Samaritan Counseling Center



"I now stand in shallow water that is calm and clear with a sense of peace that only came after I did the necessary work to understand and accept myself, the past, and my life's circumstances."



A Letter from Our Executive Director



At Samaritan Center, our non-profit mission to create access to mental health care has endured for over 35 years. This is no small accomplishment and deserves to be celebrated. Those decades of impact occurred in the context of an ever-changing cultural landscape. In response to those changes, Samaritan has sought to adapt, adjust, and innovate.

We have started programs, some of which of became their own non-profit organizations. We have served in new locations. We have sought ways to accomplish our vision of healthy minds and strong communities in unique ways.

This legacy of growth and transformation will express itself in new ways in 2024. We are excited to announce that we will be opening a Lancaster City location adjacent to the historic Central Market. An easy walk from anywhere in the city, we are thrilled to expand our access and connect with new

neighbors. In addition to creating access with a new physical space, we are thrilled to announce that we are now accepting PerformCare. PerformCare is the mental health insurance coverage available to those eligible for Pennsylvania Medical Assistance (Medicaid).

And I have even more news to share! Stay tuned for further announcements as we progress through the year. We have multiple other projects percolating that will expand our reach into new areas and serve the underserved in new and creative ways. We can't wait to share these updates with you.

I hope to see many of you at one of our upcoming open houses to celebrate our new location! I would love to connect and personally share our plans for 2024. Together our impact will be transformative.

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




SAMARITAN IS EXCITED TO SHARE THAT SOME BIG OPPORTUNITIES ARE COMING TO THE INTERNSHIP AND RESIDENCY PROGRAM IN 2024 AND 2025.

STAY TUNED FOR UPDATES THROUGHOUT 2024.

Samaritan Center Welcomes New Staff



Anne Beecher – TeenHope Screening Team Member

Anne has a strong desire to help adolescents and will be working as a Screening Team Member for the Teen Hope Program. Anne holds a degree in psychology from Indiana University South Bend and obtained her master's degree in social work from Temple University. She is currently pursuing a master's degree in clinical psychology from Millersville

University. Anne has worked within the child welfare system in residential treatment programs, foster care, and adoption. She also volunteered as a Court Appointed Special Advocate (CASA) for children in the foster care system. Anne also helped to expand the psychosocial programs offered to pediatric cancer families at Penn State Health, including a parent support group and the creation of a parent mentor program.



Ben Faro – Program Operations Coordinator

Ben is originally from Rochester, NY. He attended Eastern University, where he earned a bachelor's degree in communication studies and also played on the soccer team. Prior to coming to the Samaritan Center, Ben worked in the senior living industry for 11 years where he was the Director of a Secured Memory Support Neighborhood and holds a Personal Care Home Administrator License through

the state. Outside of work, Ben enjoys cheering on his beloved Buffalo Bills, going to the sauna, and listening to audio books. He currently lives in Manheim with his wife Lindsay and three boys, Ellis, Coleman and Maxwell.



Becky Felegy – TeenHope Screening Specialist & Staff Therapist

Becky is a licensed professional counselor and credentialed as a nationally certified counselor. She received both her master's degree in clinical psychology and her bachelor's degree in psychology from Millersville University. Becky is experienced in providing mental health services in outpatient, community-based, and school settings as well as specialized forensic

therapy and assessment for those involved in the criminal justice system. Becky enjoys working primarily with adolescents and adults on issues including depression, anxiety, domestic violence, sexual abuse, sexually problematic behaviors, anger management, and life transitions, amongst others. She utilizes an integrative approach to treatment involving cognitive behavioral therapy, existential-humanistic therapy, mindfulness techniques, and dialectical behavioral therapy. Becky believes that, first and foremost, clients are human beings, and authentic connection along with unconditional acceptance allows people to grow. She enjoys being present with clients as they begin walking their own path towards healing.



Lizzie Grosh – Practicum Student

Lizzie is joining the Samaritan/TeenHope team as a Practicum student. She is currently working towards a master's in counseling at Messiah University. She holds a bachelor's degree in psychology from Grove City College. Besides her schooling, Lizzie also works in youth ministry. In her free time, she enjoys spending time with friends and family, making music, and being outside.



Sarah Jones – Staff Therapist

Sarah has over 20 years of experience working in mental health, higher education, and K-12 schools. Sarah earned a Ph.D. in Counseling and Student Personnel Services from the University of Georgia and has clinical experience with children, adolescents, college students, adults, and families. Sarah approaches counseling

from a constructivist perspective and values the therapeutic relationship above all else. She uses person-centered techniques to build trust and neutralize traditional relational hierarchies in clinical settings. In session, Sarah works with clients to identify and utilize their strengths as the foundation for positive change. She is skilled at identifying complex cycles and co-discovering ways clients can disrupt negative patterns while increasing positive interactions. Sarah believes that sustainable change is created within community and incorporates strategies like eco-mapping and cultural wealth inventories to assist clients as they recognize and build support systems.

Sarah is a reflective practitioner who examines her biases to strengthen her understanding of the human experience. She is an LGBTQIA +affirming counselor and is open to working with all people as they navigate expected and unexpected transitions, such as beginning a new career, relocating, and changing family structures or dynamics (divorce, adoption, empty nesting, caregiving). Outside of Samaritan Center, Sarah is an instructor of counselor education and student affairs at Kutztown University.



Erika Snitzer – Practicum Student

Erika is a master's level counseling student in her final year of study at Adler University. As an undergraduate, she attended the honors program at Meredith College in Raleigh, North Carolina, graduating summa cum laude with a bachelor's degree in psychology and art therapy. Erika has filled her toolbox with a varied work history, developing a flexible approach to counseling

and a unique perspective on life. Erika is interested in working with adolescents and adults at every stage of life. She engages through non-judgmental, genuine curiosity for each individual's lived experience. Erika uses a holistic, collaborative approach that encourages clients to explore counseling in an active, self-determined way. Her counseling philosophy fosters self-awareness, personal growth, and resiliency as she helps clients navigate relationships, life transitions, self-esteem, grief and loss, and the business of living a meaningful life.

Welcome!



The Dragonfly

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple and comfortable life in the pond with few disturbances and interruptions.

Once in a while, sadness would come to the community when one of their fellow beetles would climb the stem of a lily pad and would never be seen again. They knew when this happened; their friend was dead, gone forever.

Then, one day, one little water beetle felt an irresistible urge to climb up that stem. However, he was determined that he would not leave forever. He would come back and tell his friends what he had found at the top.

When he reached the top and climbed out of the water onto the surface of the lily pad, he was so tired, and the sun felt so warm, that he decided he must take a nap. As he slept, his body changed and when he woke up, he had turned into a beautiful blue-tailed dragonfly with broad wings and a slender body designed for flying.

So, fly he did! And, as he soared he saw the beauty of a whole new world and a far superior way of life to what he had never known existed.

Then he remembered his beetle friends and how they were thinking by now he was dead. He wanted to go back to tell them, and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body would not go down into the water. He could not get back to tell his friends the good news. Then he understood that their time would come, when they, too, would know what he now knew. So, he raised his wings and flew off into his joyous new life!

~Author Unknown~



All Roads Lead Home

By Beth A. Mull, PsyD - Licensed Psychologist

We have a family joke that “all roads lead home,” which is intended to relieve anxiety about being lost when we are traveling. I also think of that phrase as it relates to the various roads that lead to the relief of psychological or emotional pain. Situations can be straightforward where individual therapy to develop strategies can accomplish the client’s goals. Other situations can be more complicated and can be best resolved with multiple approaches.

There are times when, in addition to individual therapy, issues can best be resolved with family members joining a few sessions to provide additional support and input. Having parent input when working with children is an integral component to treatment. Other situations may benefit from a consistent inclusion of a spouse or family members who can play important roles in addressing the problems within a marriage or family. Samaritan Counseling Center’s therapists do an amazing job working within these parameters.

In addition to working within our counseling services, our therapists frequently refer clients to our in-house groups for meditation training, which can be invaluable in calming the mind to allow for improved coping. We also recognize the benefits of referring clients to services in the community as needed, such as pastoral counseling, medication evaluations, support groups, coaching, and skills groups.

So, while there are times a direct route is the fastest way home, slowing down and following detour signs can be just what you need to get there. I’m proud to be part of an incredible team of therapists with expert maps who recommend the best routes home.

“I always felt like you truly listened to me and understood what I was dealing with in my life.”

“Thank you so much for your kindness and skill in helping me manage...me!”





"all couples step on one another's toes all the time, emotions flare up, we speculate intent, one person pursues while the other withdraws, it's a "negative cycle" dance we all do as couples." "The key ingredient to breaking this chain of events, the secret sauce, is found in the muscle we call REPAIR"

REPAIR

By Dustin Sauder, LSW – Therapist



Most memorable quote recently in a couple's session: "Well Dustin, I'm certain we don't have that muscle!"

I had just described the secret sauce in Emotionally

Focused Therapy (EFT) for couples. "Hey, listen, all couples step on one another's toes all the time, emotions flare up, we speculate intent, one person pursues while the other withdraws, it's a "negative cycle" dance we all do as couples." "The key ingredient to breaking this chain of events, the secret sauce, is found in the muscle we call REPAIR."

This muscle, the same one this couple feels they are missing, moves two people back into their attachment bond, to look out for one another, to find one another again. The building blocks of this muscle include identifying both the bodily feelings when emotionally threatened, and the stories we tell ourselves about our situation. This muscle allows the couple to HOVER in the big icky feelings instead of running away, flinging insults or making dismissive jokes.

This muscle starts with questions of curiosity in order to learn more and open

up the conversation. When I'm curious I move beyond my rigid conclusions. This muscle invites connection after a short time of disconnection. Creating safe and secure space for one another becomes the new focus. As a result, I emotionally go looking for my partner, and if we are all honest, it feels amazing to be LOOKED FOR.

Fortunately for the couple I was working with on this day, it was their first session. After several sessions, we began to celebrate together when we found new ways to flex this muscle called REPAIR. I currently have an active caseload of 8 couples, and I'm so proud of all their hard work as they practice flexing this muscle both in session and throughout their week. I often hear statements like "well 3 months ago we would have handled that completely differently and not talked for a week." One person recently said "I don't know if I can trust this change, it feels amazing, I wonder if this is our future together, I hope so."

As a therapist, I often get asked "How do people change?" I often reply by saying "My answer may surprise you." Most people assume it's knowledge or what you believe, but if that was all it takes to change then I would have a ripped six-pack for abs, and a 6-minute mile. PRACTICE! It's practice. It's muscle

memory. Practice leads to real long-term change.

Couples therapy is just plain difficult. Imagine how many individuals give up on their own therapy, now imagine needing two people to both be fully committed at the same time with similar intensity. It's a tall task for everyone in the room. But the amazing results that we are getting from this modality we call EFT have been worth it to those that have stuck with the grind of finding and building the muscle we call REPAIR. I have the utmost respect for every couple that crosses the therapy office threshold and sticks with it.

When two people so unfamiliar with REPAIR experience it for the first time, it always brings me a grin of satisfaction. For 2024, I'm looking forward to a new year of satisfying grins.





Crawling Before We Can Run

By Deborah Miller, MA, LPC – Therapist



Recently, following a discussion regarding changes needing to be made and feeling slightly overwhelmed by the responsibilities we faced, a colleague said, “We have to crawl before we can run.” I immediately chimed in, “And before we can crawl, we have to rollover.” And I thought about my 4-month-old grandson and the many moments of growth in his short life! Not unlike the growth I have seen in the lives of my clients...

Sometimes it is reaching 40 weeks of gestation...or calling the office at Samaritan and saying, “I need to talk to someone.” Then after 50 minutes in an office behind a closed-door with a stranger, my client feels heard and seen in a safe space. And returns 2 weeks later.

Sometimes it is a baby lifting their head...or a client tearing up with me despite their tough exterior and sitting in silence as the sadness bubbles to the surface that had long been kept down.

Sometimes it is the pain of teething and drooling all over everything you’re wearing! Or the client who says to me, “I think I need to break up with him.” And realizing they hadn’t allowed themselves to think of that option despite knowing it would be best for her. And finally having the strength to do so.

Sometimes it is seeing a toy and being able to send the message from the brain to the hand and grabbing ahold of it. Sometimes what we grab is a rattle that makes us smile and sometimes it is our grandmother’s dangling earring, and she pries our hand off it. My clients pick up healthy and unhealthy coping mechanisms too, and as they GROW they begin to know the difference.

Sometimes it is rolling over...or the client who says, “I just got my 90-day chip and I feel really good.”

Sometimes it is crawling...or the client notices they are beginning to trust their spouse more.

“Last year at this time...,” they say. And they realize how far they have come and how much less stress they are carrying.

Sometimes it is walking and falling and getting up and walking again. And crying each time.

Sometimes we right ourselves on our own, sometimes we need another’s help. For a client it can mean they have been cancelling several sessions and are willing to return recognizing this is their “ground zero” and they’re back!

Sometimes it is running and making snow angels and going down the slide by yourself. Or it’s getting a promotion at work, the offer on the house being accepted, getting engaged.

Sometimes it’s connecting with a therapist after finding it hard to trust anyone—even themselves.

Fortunately, labor and delivery, teething, even potty training are often done in community with others. I hold my granddaughters’ hands when we cross the street. I tie their shoes and zip up their coats. And the 4-month-old needs the adults in his life for all his needs right now.

May I suggest we may need others too? Sometimes that’s your grandma. Sometimes it’s a good therapist. No matter who we are!



“Sometimes we right ourselves on our own, sometimes we need another’s help.”

Growth and Recovery

By Josh Tonkay – Masters Candidate Therapist



As an interning therapist studying at Kutztown University, I receive specialized training in addictions and co-occurring disorders. Because of this, I view the mental health concerns of my clients through a theoretical lens of addictive patterns. I use this framework for all my clients, regardless of diagnosis, because I embrace a broad understanding of addiction, one that views growth as a type of recovery.

My work is strongly influenced by Gabor Maté, who defines addiction as a complex psycho-physiological process manifested in *any behavior* in which a person finds relief - and therefore

craves - but suffers negative consequences without being able to give it up. The emphasis here is *any behavior*. Addiction is not a process exclusive to the alcoholic or the heroin user. In the same way, I don't believe that the process of recovery is exclusively available to the addict.

The linguistic roots of the word *recovery* come from the Anglo-Norman verb *recover*, meaning to *get back*. But what is it that we can get back through the process of recovery? I have seen individuals receive incredible gifts from their recovery work. But I believe these gifts are the consequence of recovery, not the recovery itself. I believe that what we get back on this healing journey - what we recover - is our divinity. We become acquainted once again with the spark of the divine that dances within us.

The work of recovery is miraculous. It is a process that radiates outward, like light from a candle. The divine spark that is at the core of who we are is not meant to be hidden underneath the proverbial basket. And yet, for many of my clients, a dense weave of trauma, neglect, fear, and self-loathing has hidden their light, even from themselves.

This is why I believe the growth that comes from recovery is not additive. It is subtractive. In recovery work, I peel away the beliefs and behaviors that no longer serve the best interests of the client. Together, we expose the vulnerable and sublime flicker of self that dances within. For a client that enters my office believing that they are fundamentally broken, worthless, or sinful, coming to the realization that they are *enough* is radical work.

The growth of recovery is fostered in safe spaces, spaces where someone can simply *be*. This is the kind of space I work diligently to create for my clients.

My internship experience at Samaritan Center has allowed me to explore this type of work in a way that no other counseling agency could. Over the last year at the Center, I have not only been able to develop my counseling skills, but also a greater understanding of the sacred work of growth and recovery.

It is these transformative journeys in life that help us recognize our strengths and weaknesses, and achieve lasting and significant personal growth.



"I think it is providential that I found my way to the Samaritan Center through a friend, and that you understood me and helped me so much."

Staying Social with Samaritan Center

By Annie Zimmerman – Content Manager



As we consider our goals for 2024, one of our priorities is to expand our reach, not only with the addition of our new location in downtown

Lancaster, but also

across social media. This will allow us to reach younger demographics, as well as people who may not be familiar with our organization or the wide array of services we provide.

The Samaritan Center is in a rapid growth mode, from the multitude of fresh faces joining us to exciting new programs and events ahead! Social media makes it easy for you to stay connected to the latest at Samaritan.

Increasing our social media presence starts with boosting our engagement and creating relevant content for our followers. At the beginning of the year, we added a weekly series on our Facebook Page called "Wednesday Wisdom" which we have rebranded to focus on quotes and advice from our very own staff and therapists. We look forward to introducing you to other new series in the coming months.

We also recently launched our Instagram page, in alignment with our primary goal to expand our social media presence and reach. As we gain new followers, we are focusing on connecting with other mental health and wellness organizations in and around Lancaster County, so that we can continue to build relationships. We invite you to follow along on Instagram: search @samaritanlancaster.

It is our hope that you will join us on social media to not only stay apprised of the latest updates, but also to be part of our growing community!



The Lightning Bolt Symbol for the Journey Toward Growth

By Andrew Bland, Ph.D. -
Licensed Psychologist



In the U.S., most people tend to think of growth and progress as a straight line. One begins with a goal, sets and implements some objectives to attain it, and then reaches it. This perspective has its roots in American values of pragmatism and efficiency; what is the shortest distance between two points? While there is nothing inherently incorrect about this view, it also can be both disappointing and disheartening when one inevitably hits a setback—leading to helplessness, hopelessness, and unrealistic perfectionism. With only one place to go (back to the beginning), during such moments, giving up can be a tempting option.

An alternative vision of and symbol for growth and progress is shaped like a lightning bolt. In pursuing a goal, especially one that involves a challenge that necessitates changing one's usual view of the world and/or way of doing things, one takes two steps forward. Along the way, new perspectives and skills are cultivated. Then, when one encounters a barrier (be it external, internal, or usually a little of both), one slips back into the familiar, no matter how limited or disappointing or precarious the outcome. Such a model may seem counterintuitive on the surface. After all, Americans are taught to fear regression. On the other hand, from a big picture angle, this perspective has a safety net, and a substantial degree of hope, built into it. Yes, there is a step taken backward, but not nearly as far and, typically, there is healthy tension. One has learned too much and come too far to fall all the way back to square one. Thus, with new outlook and capabilities under one's belt and recent successes as motivation to propel oneself forward again, one has a better chance of acting on the courage to pick up the pieces and take on the demands of the current situation. Accordingly, one takes another two steps forward in a more sustainable direction.

This point of view also is conducive to a greater degree of compassion for both oneself and others. Applied to the former, accepting that more setbacks are going to occur at some point can help one to more gracefully roll with the punches. Rather than dread and avoid those steps backward, one comes to appreciate them as learning opportunities and healthy challenges to keep moving forward. When the process goes well, the journey toward growth therefore becomes not only

more hopeful but also more fulfilling. And when interacting with others, the more one can validate the other's inclination to cling to the familiar (it is only human to do so) at the same time as cautioning the other against getting stuck there, the more the other may feel empowered to begin creating new adaptive strategies.

In my view, the lightning bolt symbol applies not only to individuals but also at the interpersonal, community, national, and international levels. How have you seen it in action? How might you apply it to seeing the growth potential in and making meaning from situations that bring you despair?



GIVE %20

Dine with us on **Tuesday 4/9/24** and we'll donate
20% of your food purchase to the Samaritan Center



**SAMARITAN
CENTER**

Show this digital flyer to your server or bartender to participate

* excluding alcoholic beverages, gratuity & taxes

Redeem only at Iron Hill Brewery in Lancaster, PA

781 Harrisburg Pike, Lancaster, PA 17603 ** Offer valid 4/9/24 only**

“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

(James Baldwin, *No Name In The Street*, 1972)

By Heidi M. Kanagy, MSW, LSW – Therapist



Growth through change is hard but rewarding. Even changes we are looking forward to, such as the birth of a new baby, a job promotion, or a marriage, causes us to lose something in order to gain what we are looking forward to. But what about the changes we don't want? What about the changes to our bodies--emotional, mental, physical, or spiritual? These may be related to stages of life transitions such as the death of a loved one, divorce, or a serious medical diagnosis. Therapy provides a space of safety to process change and to facilitate growth. But it takes time to adjust

and that's hard for us. We want to feel better, have less emotional pain, and desire to have bodies that don't deceive us.

The change for growth brings stress because it causes us to flex, adapt, and practice new skills. This is like going to the gym and beginning a new workout regimen. Initially we could lift only lighter weights. In the beginning our muscles feel sore following the workout. With time we get physically stronger, and our body becomes increasingly able to lift heavier weights and the soreness lessens.

So indeed, change growth is possible. In my work as a therapist, I have seen a variety of responses to change. One client comes to mind. In the first visit they identified a problem in a relationship. Their initial desire was to change the other person's behavior. But within a few sessions, the client began taking steps toward significant personal growth including how they saw and related to the other individual. The client was motivated for change. As they started enlisting skills from therapy, they began to recognize the benefit. They began to feel hopeful about their ability to grow. Their efforts were reinforced by the other's eventual responses. They experienced the rewards of doing the work of change.

As Baldwin notes in the opening quote, change requires facing what needs to be changed. Therapy is the vehicle that provides the space or the opportunity to face our necessary changes for growth.



"I feel so much more capable...I feel stronger...and I am enjoying life more."

"You helped me when I most needed it and I will never forget, how when everyone else abandoned me, you were there."

"Samaritan is helping me take new steps in my personal and emotional growth."

New People, New Perspectives

By Jimmy Elsner – Operations Manager

I love meeting new people. In my role here at Samaritan Center, I get to follow our new hires from the initial interview through the onboarding process. At the start of 2024, we've welcomed a cohort of individuals who will be making a significant impact on many areas of the organization. Working with people just joining us means there are usually a lot of questions to answer. Having served in similar roles in the past, this is routine and expected. However, I'm learning something new this time.

Every question someone asks doesn't just tell me what they want to know, it tells me how we can grow.

If people are asking the same questions, it means that I can better explain a specific process or area of Samaritan Center to them. It's easy to spend most of my time trying to be as helpful as possible and answer every question – but I'm learning that if I use some of that energy to understand *why* a question is raised, I can begin working on the root issues.

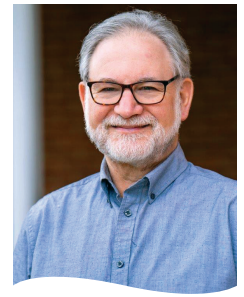
Take some time to read about our newest staff members here at Samaritan Center. Each of them has valuable experience we can learn from as an organization and ultimately, help us to grow!





The Dynamic Dance Between Boundaries and Growth

By Lesley Huff, PsyD – Licensed Psychologist and David Miron – Partnering Consultant & Educator



“Boundaries help us identify and accept our limitations, leading to personal growth and self-acceptance.” – Brené Brown, *The Gifts of Imperfection* (2010)

Although boundaries and growth might seem to be in contradiction, we feel they, together, are part of a dynamic dance that is needed to foster healthy growth and transformation. Without boundaries, growth can become chaotic and unwise. It can lead to expansion without discernment, causing unintentional and unexpected harm within and outside of us. At the same time, boundaries without growth can lead to stagnation and fear of change.

For several years, we have collaborated to offer trainings on boundaries through Samaritan’s Congregation and Clergy Consulting program. David calls the trainings “Intersections” because, as the late Frank Stalfa noted, what we refer to as boundaries mark “the places the various threads of our lives intersect individually and collectively.”

In Level 1 training, which David facilitates, participants explore nine areas of congregational life while emphasizing two important points. The first is that responsibility for how people in the community relate together is on everyone, not just community leaders. The second focuses on how self-awareness is an essential part of interacting with others and our environment in life giving ways.

With the foundation provided in Level 1, participants in Level 2 are invited into a deeper dive into self-awareness and discernment. The deeper dive into self-awareness allows participants to explore with curiosity how the fulfillment of our conscious and unconscious needs either supports or hinders how we navigate life’s intersections. The goal of this training is to offer an invitation along with guidance on how to develop a process by which one can enter the dynamic dance

of boundaries and growth with wisdom, while staying connected to one’s values. What we do not provide is a right and wrong dogmatic guide on what boundaries to set and how to maintain them. We recognize that reality, life itself, is experienced as more of a paradox. A constant balancing between two apparent polarities where we weave in and out, back and forth, as in a dynamic dance. Static rules are just not sufficient to help us navigate life. However, it is important to note that through discernment, we can navigate this dynamic dance while understanding the need to refrain from certain behaviors and ways of being that cause harm.

Recently, we were asked to provide facilitation for a program entitled “Boundaries, Mental Health and Self-Care in a Time of Exhaustion,” for a group of clergy in the central PA region. The intent of the program was to provide a full day event combining both the Level 1 and Level 2 trainings with a focus on self-care. Given that this was the first time we were to combine the two levels of training into one event with a new format, we underwent our own experience of balancing boundaries and growth. We met several times to explore how to stay true to the core lessons of the training, even taking time to reflect on the best words to convey these messages. At the same time, we looked for ways to expand the presentation by integrating wisdom from other resources and developing activities to help deepen the participants’ understanding. Even after so many planning sessions, we still found ourselves engaged in the dynamic dance

between boundaries and growth during the presentation itself by checking in and making changes where necessary.

At the full day training, participants were provided opportunities to reflect on the material presented through handouts, with time to consider their own private thoughts as well. Given that we see boundaries not only as a way to contain but also a way to support, we asked the participants to reflect on the relationships they had around them that allowed them to feel held. Initial feedback from participants noted that unlike some boundary programs they attended, this one kept them engaged and provided useful and thought-provoking material. One activity that was well received by the participants was being asked to write a letter to their future selves at the end of the day. In the letter they were asked to consider what they would like to remember. The letters were then mailed to participants one month after the training. Several weeks later, we heard from two participants who shared how helpful receiving their letters was for them.

For us it was an honor to be able to walk with the participants at the training while they try to figure out how to move forward in new and wiser ways. Our hope is that having a deeper understanding of the dynamic dance between boundaries and growth helps us all have more self-awareness and self-acceptance, as part of our commitment to allow ourselves to be transformed into the people we want to be.





Samaritan Center has been a beacon of support for individuals navigating the challenges of life, and in the past year, the Center’s Congregation and Clergy Consulting (CCC) services have experienced remarkable growth and transformation. At the forefront of this expansion is the Ministry Assessment Program (MAP), a comprehensive initiative designed to assist association and denomination leaders, ministry committees, and individuals in ministry contemplating career changes.

The MAP offered at Samaritan Center has proven to be a valuable resource, assisting in three crucial areas. First, it aids association and denomination leaders in assessing candidates for leadership roles, ensuring that congregations find leaders who align with their values and vision. Second, MAP provides detailed evaluations of candidates’ ministry readiness, offering insights to association and denomination leaders, as well as ministry committees. Last, MAP supports individuals in ministry who are exploring the possibility of a career change, guiding them through a thoughtful and introspective process.

To continue growth and transformation, the CCC team welcomes expert staff to its ranks, strengthening its ability to serve the growing needs of congregations and clergy members. The robust team includes psychologist Dr. Shelby Hardy,

MAP Coordinator Jimmy Elsner, coordinator David Miron, psychologist Dr. Lesley Huff, and Jim Weischedel, assessment analyst.

One of the standout features of the Samaritan Center’s approach is its commitment to reaching beyond local boundaries. While rooted in Lancaster, the Center has expanded its influence nationally, emphasizing values of integrity, thoroughness, and service orientation. This outreach ensures the Center can benefit congregations and ministry candidates across the country, fostering a broader sense of community and shared growth.

As we reflect on the past year, the Samaritan Center’s Congregation and Clergy Consulting services not only met the needs of those in transition within the ministry, but have also forged meaningful partnerships with churches, associations, and denominations. The dedication of the MAP team is a testament to the Center’s commitment to fostering growth and transformation within the realm of congregational and clergy support. As the journey continues, the Samaritan Center’s Congregation and Clergy group remains steadfast in its mission to provide invaluable guidance to those navigating the ever-evolving landscape of ministry.

**Meet the
Ministry
Assessment
Program
(MAP)
staff**



**CONGREGATION
& CLERGY CONSULTING**

 Scott Snyder	 Shelby Hardy, PhD	 Lesley Huff, PsyD
 David Miron	 Jim Weischedel	 Jimmy Elsner

THE 2023
**ETHICS
IN BUSINESS
AWARDS**

Thank you to our sponsors



In 2023, Samaritan Center took significant strides in a commitment to ethics through the revitalization of its Ethics in Business program. The Center re-envisioned the program, seeking to deepen the understanding of ethical principles and corporate responsibility among professionals, as well as students at our partner Franklin and Marshall College.

Samaritan Center hosted two distinguished speakers, Andy Fastow and Sherron Watkins, in an insightful discussion about the Enron collapse. Both Fastow, the former CFO of Enron, and Watkins, the company's whistleblower, provided unique perspectives on the ethical violations that led to the downfall of one of the largest corporations in history. This free, community-wide event aimed to foster a culture of integrity and transparency in the community, reinforcing the Samaritan Center's commitment to ethical conduct in all spheres of professional life.

As Samaritan Center reflects on the success of its Ethics in Business program in 2023, we continue to look for ways to improve. The Samaritan Center is dedicated to maintaining the momentum of this vital initiative and is already in the process of securing another distinguished speaker for the next program. Stay tuned for more information!

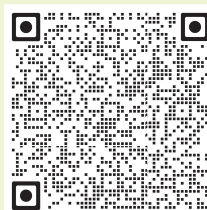
The commitment to ethics remains a vital part of the Center's mission, contributing to the cultivation of an environment where integrity and ethical decision-making thrive to ensure healthy minds and strong communities.



EuroFins announced as the Samaritan Center's 2023 Ethics In Business award recipient.

To nominate a local company you admire, go to samaritanlanaster.org/ethics-in-business-nomination.

- The award is based on five criteria:
- integrity
 - fairness and justice
 - life-enhancing
 - sustainability
 - transparency





SAMARITAN CONSULTING GROUP

Organizational Development & Executive Search

Samaritan Consulting Group's Trajectory of Growth

Dr. Scott Snyder – Director of Consulting



In the dynamic landscape of consulting, the Samaritan Consulting Group has undergone a remarkable journey of growth and transformation as we reflect over the past three years. Stepping boldly into a new direction, we have set our sights on serving both non-profits and private industries, placing a particular emphasis on executive searches. This strategy reflects our commitment to expanding impact and delivering expert talent management that aligns seamlessly with the organization's mission and the goals of our clients. With a keen understanding of the evolving needs in today's complex business landscape, we

can offer a personalized service to our clients.

We have honed our executive search services to deliver top-tier professionals who embody integrity, innovation, and a commitment to excellence. The Samaritan Consulting Group embodies a steadfast commitment to integrity. This principle is not just a buzzword, but a guiding force that shapes every aspect of our operations. Our clients can trust in the transparency and honesty that underpin each interaction, fostering a collaborative and trustworthy relationship between us and our partners.

The Samaritan Consulting Group makes client satisfaction a priority. And as we continue to grow, we remain focused on being a catalyst for positive transformation, whether our client is local, regional, or national. We remain committed to our role in humbly serving non-profits, private industries, and public authorities. And we stand as a testament to the power of empathy-driven consulting in fostering positive change. As Samaritan Consulting Group continues to grow, the story we share becomes not just a local success, but a narrative of transformation in the consulting marketplace.



What People Are Saying About the Samaritan Center's Executive Search

"I received a very generous offer this morning that exceeded my expectations."

"Your process was fair, transparent and honestly – a pleasure to go through."

"My experience during the screening and interview process was the best I have ever experienced. I felt informed, respected, valued and cared about during the process which was refreshing!"

Executive Search

Do you want to save your company or nonprofit organization time, energy, and resources in your next executive search? Every step of the way, our team of experienced consultants is there to make the process as simple and painless as possible.

- **Recruiting & Sourcing:** The first thing we do is interview your leadership and tour the facility of your company to better understand your organization's history, goals, values, and culture.
- **Screening of Candidates:** In the next step, we manually screen the resumes sent in for your position and conduct initial phone screenings and in-person or online first interviews.
- **References & Assessments:** After determining the final candidates to be interviewed, all references are contacted and screened by our team. We also administer and interpret assessments that reveal a candidate's natural tendencies at work.
- **Client Support & Recommendations:** The last step of the executive search process includes the final interview process, support during the decision-making phase, and more.

For more information about Samaritan Consulting Group's Executive Search process, please contact Dr. Scott Snyder, Director of Consulting, at ssnyder@samaritanlanaster.org

TeenHope Statistics
2023-2024 school year (to date)

977

Number of students screened

33.1%

Students identified as at-risk

1 in 3

at-risk for experiencing depression, anxiety, or suicidal ideation

Wishes for 2024



Thank you
to the High Foundation's
ongoing partnership with TeenHope!



TeenHope Celebrates 10 years!

By Becky Felegy, MS, LPC – TeenHope Screening Specialist and
Ben Faro – Program Operations Coordinator

The Samaritan Center is excited to celebrate ten years since the initial implementation of the TeenHope program! The TeenHope program originally started in 2013 when the Samaritan Center launched a pilot program to screen students for mental health and well-being based off the Columbia University's screening program, Teen Screen. The TeenHope program was launched to address the growing mental health needs of youth and teenagers in Lancaster County by identifying those who were at-risk for depression, anxiety, or suicidal ideation and provide targeted education and resource information.



Ten years later, the TeenHope team at Samaritan continues to provide mental and emotional health education and wellness screening to middle and high school students. In its inaugural year of 2013, TeenHope screened 261 students at one school, Edward Hand Middle School, in the School District of Lancaster. During the first screening, 10.7% of the students screened were considered at-risk for experiencing either depression, anxiety, or suicidal ideation.



In every subsequent year, the number of students TeenHope screened has increased in addition to the number of individuals considered at-risk by the program's standards. For the 2022-2023 school year, TeenHope screened a total of 2,724 students, and 679 (25%) of the students were identified as at-risk.

For the 2023-2024 school year so far, TeenHope has screened a total of 977 students, and 323 (33.1) of those students were identified as at-risk. Previously, 1 in 4 students were identified as at-risk for experiencing depression, anxiety, or suicidal ideation; however, now approximately 1 in 3 students are being identified as at-risk.

TeenHope utilizes an educational presentation to help provide general information on anxiety, depression, and suicidal ideation to students and schools. Additionally, a resource guide is reviewed with every student who is screened through TeenHope in an effort to educate individuals and connect them with local, state, and national resources related to mental health. And any student who indicates experiencing suicidal thoughts meets with a licensed mental health professional in the community for further evaluation and follow-up.

Throughout the last decade, the results of the TeenHope screenings have shown that addressing the mental health and wellness of youth and adolescents is paramount. Some may consider the growing mental health concerns of adolescents as an insurmountable public health problem; however, at the Samaritan Center, we choose to have hope.

Hope that we can make a difference, one student at a time.

TeenHope has endured in the past ten years as an advocate for students and the mental wellbeing of our community. The TeenHope team is sincerely grateful for all the community support we have received in the past ten years, and with great hope and enthusiasm, we are dedicated to pursuing its mission in the next decade ahead.

"Thank you for calling and helping support (our child) through a difficult moment."

Becoming Dr. Minnich

By Valerie Minnich, PhD, LPC, NCC, CAADC – Clinical Director of TeenHope

Transformation takes time, energy, and commitment.

My professional journey started in 2007 when I graduated from Hershey High School and headed to Shippensburg University. I was a fourth-generation student at Shippensburg, my great-grandmother stayed in the original dorms in the Old Main building! It was during my time at Ship that I fell in love with Psychology. I took the required courses like Research and Design, Statistics, and Clinical capstone, but I was not committed to my work, not yet. Fun fact about my undergraduate experience, I ended up keeping 3 rats from our behavior course!

After completing my undergraduate, I applied for a master's degree in research at Shippensburg. I was not accepted into the program. The professors reviewing the application were all my professors during my undergraduate work. They felt I would be better suited to clinical work, rather than be in a lab or running statistics. At the time, I firmly believed I did not want to be a therapist or do any clinical work, even research, and so I went on my way.

I found a Naturopathic medical school in Arizona and fell in love with the program. I spent the next two years studying pre-medicine and building my medical foundation. In 2013, I was accepted to medical school, got married, and moved to Arizona to start a new career. Shortly after the doctoral program started, I found out I was pregnant with my first child. My daughter was born right before my second year, and I left medicine to be a stay-at-home mom.



This was a hard transition for me. So many transitions had already occurred. While at home, I needed to either get a job or go back to school, so I found Grand Canyon University and applied for a graduate program in professional counseling program. I got to work learning how to be a therapist. I doubled up on coursework and enjoyed time with my daughter. Shortly after starting the program, we found out our home was not fit for living. We became homeless with an infant and pets, managing life and a graduate program. We moved quickly across the country to North Carolina to a family member's home and I stayed in graduate school.

Right before starting the clinical internship experience, I found out I was pregnant with our second daughter. Our family decided they wanted us even closer, so we moved back to Pennsylvania. Once my second daughter was born, I took a short break from school and started my internship at a local non-profit drug and alcohol facility. At this point in my career, drug and alcohol clients were not on my radar. Working with drug and alcohol clients taught me so much about working with people, active listening, and meeting people where they are. On the last day of my internship, we found out about our third daughter. The following spring, I started another doctoral program in psychology with an emphasis on human cognition and instruction. Our third daughter was born early and had a week's stay in the NICU. I spent the next few years working and building licensing hours for the state and managing our three girls full-time.

Right before I finished my licensing hours, I connected with Samaritan and started working part-time for the TeenHope program. As life would have it, the week after I accepted the Research Coordinator position with the Center, we found out about baby number four. I was still in the doctoral program and was committed to my new roles with Samaritan. The dissertation process was very difficult. I had our son at home on the first day I got my initial dissertation committee. Just over a year later, I defended my dissertation and I officially became Dr. Minnich in 2022, and published my dissertation in February 2023. Through all this my husband also completed his Master of Business degree (MBA). Now in 2024, I am excited to continue my work supervising master's level students and pre-licensed clinical professionals at Samaritan Center.

Becoming Dr. Minnich has opened up many opportunities. I love being a mom, I love being Dr. Minnich, and I am grateful for all the love and support that continues to surround me. The transitions were not easy, and there were times I felt broken. But through it all, each endeavor created more opportunities.



"I love being a mom, I love being Dr. Minnich, and I am grateful for all the love and support that continues to surround me. The transitions were not easy... But through it all, each endeavor created more opportunities."



Thank you to our 2023
Silent Samaritan
Luncheon Sponsors



WILLOW VALLEY



Walking This Journey Together

For over 28 years, the Silent Samaritans have been steadfast in their mission of Women Helping Women.

Friendships can enrich our lives in so many ways. Good friends teach you about yourself and challenge you to be better. They encourage you to keep going when times get tough and celebrate successes with you. Friends help see you through the good and the bad. They walk this journey of life with you.

But sometimes we need more than a friend to help us cope with serious life events or traumas, like break-ups, illness, or losing a job; to boost our feeling of belonging; and to encourage us to make changes when we struggle. Sometimes, we need professional help to guide us in finding lasting change and the tools for long term success. In an ideal world, everyone would have access to mental health therapy, however this is just not the case.

Women often experience special circumstances that prevent them from getting the help they need, and the quality counseling services they seek.

The Silent Samaritans were created to help raise funds to support the needs of women in our community who seek counseling services at the Center, but are unable to afford the full fee for professional therapy. Each year, the Samaritan Counseling Center provides hundreds of hours of counseling services for women who cannot pay full fee.

Over 220 amazing women gathered for the 2023 Silent Samaritan Luncheon on November 3, raising over \$57,000 for the Silent Samaritan Fund which enables women, lacking income or insurance, to receive services from the Samaritan Counseling Center. We would like to again extend our sincerest gratitude to 2023 keynote speaker Timbrel Chyatee, founder of CHYATEE in Lancaster, and Cathy Gelatka, our Emcee and Silent Samaritan Committee and former Board Member.

The 2024 Silent Samaritan Luncheon will be held on Friday, November 8, 2024. If you are interested in more information about becoming a Silent Samaritan, please contact Jeannie Bartlett at jbartlett@samaritanlancaster.org or call (717) 560-9969 x 257.



Partnership in Ministry Program



In September 1985, a group from Highland Presbyterian Church in Lancaster began to explore the possibility of establishing an accredited, interfaith counseling center that would make its services available to all individuals, regardless of their ability to pay the full fee. The group soon expanded to represent several faith communities, as well as individuals with professional and personal interest in such a counseling center.

In September 1988, a 16-member ecumenical board of directors was formed to oversee the center. The board represented local churches and a broad spectrum of professional expertise. Through more than 35 years of growth and development, the mission of the Samaritan Center remains as always – a place of hope and healing that serves all ages and people with many different financial capacities.

The Congregation & Clergy Consulting program, which provides consulting, coaching and support for faith leaders and communities, became a part of the Center in 1999. Our Partnership in Ministry program is a partnership between local churches and the Samaritan Center. Churches contribute \$1.50 per church member, up to a maximum of \$1,200 annually. **The Partnership in Ministry Program** makes counseling, education, consultation, and coaching services accessible to all church members, clergy, and staff.



Once a partner, the church receives vouchers that may be used at their discretion for counseling sessions, educational presentations, consultation, and coaching services for their clergy and their congregation at the Samaritan Center.

A church's partnership encompasses more than just the benefits a congregation receives, it also extends into the community. The annual church contribution is directed to the Samaritan Fund, which helps provide outreach ministry in the local community by helping pay counseling for people who have little or no financial resources. It also provides funding for outreach programs, such as mental health screenings for depression, anxiety, and suicide risk for local middle and high schools, and older adult mental health care.

So, is your church a Partner in Ministry for 2024?

If you would like more information about the Samaritan Center's Partnership for Ministry Program, please contact Jeannie Bartlett at 717-560-9969 x 257 or jbartlett@samaritanlanaster.org

A Letter from Development

Dear Friends of Samaritan,

Thinking about growth and transformation as our theme for this year's report, I am excited for the continued evolution of Samaritan Center, starting with the name change to better reflect the breadth of the Center's mission to empower people and organizations. Our development committee, event steering groups and dedicated in-house team are continually exploring opportunities to strengthen connections with current friends of Samaritan while finding new ways to reach more people and organizations.

We have been intentional about building a more diverse board and staff to support an increasingly diverse community. And we must be intentional about sharing the important work of Samaritan Center with future generations and fostering sustained resources to continue growing our mission. Our soon-to-open location in downtown Lancaster will support new opportunities for reaching these goals.

As we celebrate the growth and transformation of the past year and continue this evolution moving forward,

THANK YOU to the dedicated staff members doing the important work of Samaritan every day.

THANK YOU to our development committee members, several of whom also serve on Samaritan's board of directors.

THANK YOU to the many volunteers who support our donor outreach, communications and events coordination.

THANK YOU to the leadership and board members for your vision and commitment to maintain a steady course forward.

And THANK YOU to our supporters; your generosity makes the mission possible.

We couldn't do any of this without each of you doing your part!

Along the lines of transformation, the Gala Committee has retooled this popular annual event to supplement the raffle drawings with trivia and a DJ this year. Mark your calendars for May 2nd and bring a friend to introduce them to Samaritan Center. We hope to see you there!

Jodi Kreider, Development Committee Chairperson

Committee Members: Jeannie Bartlett, Lauren Bovard, Dan Falvey, Anita Hanna, Todd Reinhart, Steven Schedler and Melissa Tribuzio.

Please reach out to Anita if you might be interested in joining our committee; we meet monthly on Tuesday afternoons at 4 p.m. We'd love to have you join us!



Gifts that help now

By Elyse Kauffman – Everence's Charitable Consultant



There are many giving strategies that can help you to increase your impact on Samaritan Center's important initiatives while also building charitable tax advantages.

Charitable IRA Rollover

If you have an Individual Retirement Arrangement (IRA), you're likely familiar with the requirement that you must withdraw a certain percentage from your account beginning at age 73. Supporters aged 70 ½ and better may consider an IRA charitable rollover (up to \$105,000 in 2024; an increase from \$100,000 in 2023) to a qualified charity and not have that transfer count towards their taxable income in the same year that they made the charitable gift. Charitable rollover amounts could count toward the client's required minimum distribution.

Making a Distribution from your Donor Advised Fund

A smart way to extend your generosity is to establish a Donor Advised Fund (DAF) through Everence®. A DAF is the equivalent of a charitable investment account. After you make an initial tax-deductible contribution to the account, you can recommend distributions to Samaritan Counseling Center now or in future years. Any funds that remain in the account are invested tax-free in order to grow your charitable impact over time. If you have a donor advised fund with another Foundation, now is a great time to consider a gift to Samaritan Center from your fund.

Giving an Appreciated Asset

You can make more of an impact than you thought possible when you make a charitable gift of appreciated assets like stock, bonds, retirement assets and real estate. In addition to receiving an immediate charitable income tax deduction, your gift of appreciated assets may allow you to also reduce capital gains taxes.

We'd love to talk more with you about smart giving options and the ways they can benefit Samaritan Center in 2024. For more information, please reach out to Anita Hanna, Samaritan Center's Director of Development, at ahanna@scclanc.org or 717-560-9969 or Elyse Kauffman, Everence's Charitable Consultant, at elyse.kauffman@everence.com or 717-653-6662.

Please consult with your accountant or financial consultant for specific information about and potential strategies for your personal situation.

Advisory services and securities may be offered through a third-party registered investment advisor or registered broker-dealer that is not affiliated with Everence Trust Company. Investments and other investment-related and/or securities products are not NCUA or otherwise federally insured, may involve loss of principal and have no credit union guarantee.



One of Samaritan's generous Legacy Circle members, Robert F. Groff, Jr., passed away in November 2023.



A remembrance from Samaritan Founder, Jim Hanna:

"It is a privilege to honor the life and memory of Bob Groff, a community leader and friend. Quoting the words of Eleanor Roosevelt: "Many people will walk in and out of our life, but only true friends will leave 'footprints on your heart'." Bob Groff was one of those for me. He left footprints on my heart and on the hearts of many in the community. There are few people who enjoyed being with people as much as Bob Groff. He looked for the joy in living and was always open for conversations about life and faith, religion, and spirituality ... family and friendship. Bob's contribution to the lives of many will always be remembered."

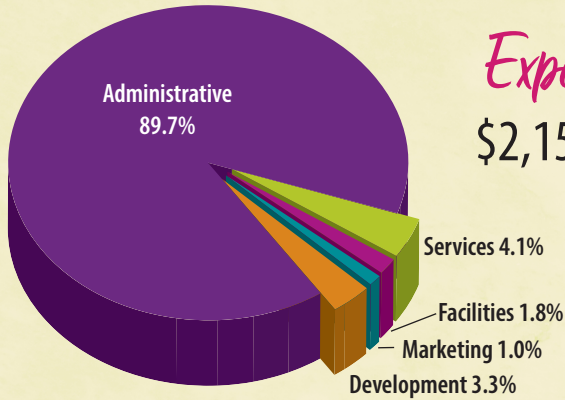
As is true with many not-for-profit organizations in Lancaster County, Bob left the Samaritan Center a generous gift to be used where it is needed the most. His care for the mental health and well-being of others will live on and many lives will continue to be changed because of his generosity.

If you are interested in learning more about Samaritan's Legacy Circle and how you might become a member, please contact Anita Hanna, Director of Development, at 717-560-9969, extension 244, or by email at ahanna@samaritanlancaster.org.

2023 Financial

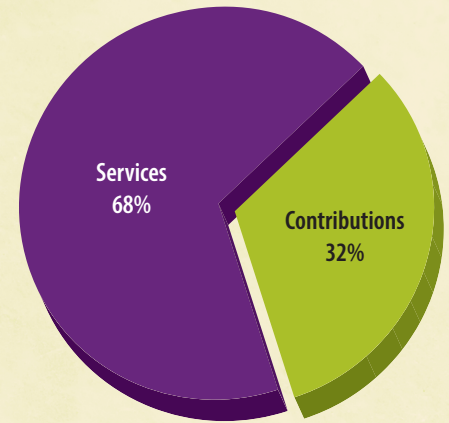
Expenses

\$2,157,196



Income

\$2,546,693



2023 was a year of continued advancement, built on the foundation of growth that began in 2022. With the addition of four new part-time clinicians, Samaritan's monthly clinical sessions hit an all-time high for the second year in a row, increasing over last year by more than 35 sessions per month.

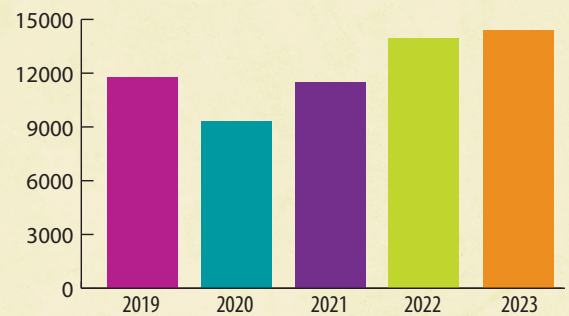
The restructuring that took place in our consulting departments in 2022 came to fruition in 2023, leading to the best year in consulting in over 5 years. We expect further growth from our executive searches in 2024. Funds from consulting feed directly back into the mission of the center... providing much needed subsidized counseling and screening services to the community.

Once again, Samaritan was blessed with a large legacy gift in the third quarter of the year. Combined with the operating gains from our increased clinical sessions and our increases in consulting, our personnel committee was able to make some needed improvements to our benefits package and management was able to take the first steps in setting up our next stage of growth.

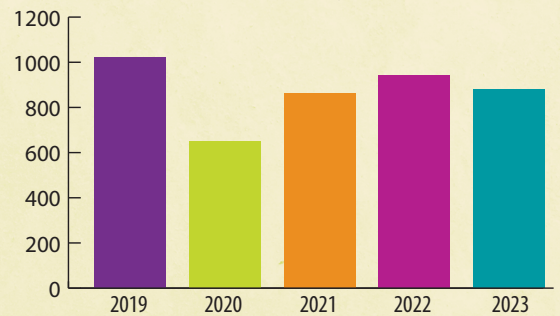
Watch in 2024 as Samaritan prepares to expand our reach further into the community:

- For the first time, Medicare now recognizes Licensed Professional Counselors as providers, allowing us to serve more people with Medicare.
- A number of our therapists recently signed up to participate with Medical Assistance, expanding our services to more of the community.
- The Center will be adding a new location downtown, close to Central Market!

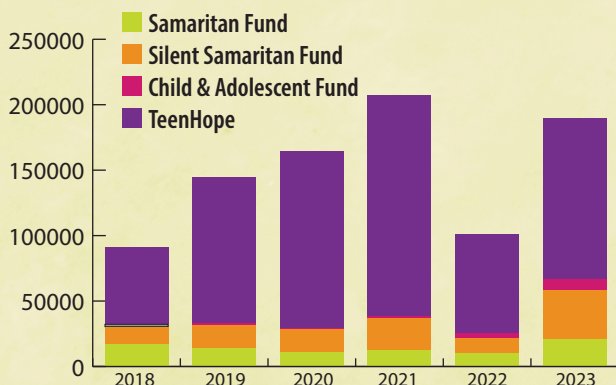
Total Sessions



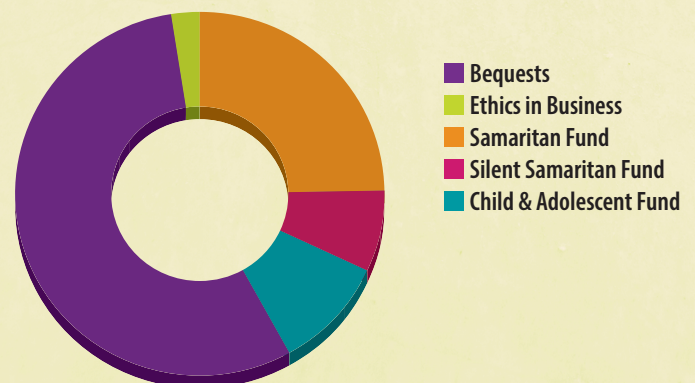
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*"My therapist has
 the phenomenal
 ability to know how to
 listen, when to push,
 and which tools
 might be effective in
 helping me."*



*"My donations to the Samaritan Center are a way of "paying it forward."
I know exactly how someone else with a mental health issue may be struggling,
and I deeply appreciate all that Samaritan Center has done for me!"*

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*"Please accept my deepest gratitude
for your wisdom, empathy, support
and your very existence in my life—
without it I don't know what would
become of me—from "broken" to
a new and different "whole."*





*"She listened to me and helped
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 Marcelline A. Woodson
 Marji Worrell
 Mary Louise Wylie
 Mary Janet Yeats
 Carol A. Yost
 Sue Young
 Anne H. Zell
 Harriet Zook

Silent Samaritan Tributes

In Honor Of
Beth Bash
 Kit Slauch
Travis Bash
 Kit Slauch
Katie Diven
 Cathy Fessler
Cathy Doremus
 Anonymous
 Anne Griswold
Lanie Gould
 Kit Slauch
Lisa Groff
 Sharon Sherban

Susan B. Hess
 Nancy Hess
Pat Lorraine
 Linda B. MacDougall
Abby Messick
 Kit Slauch
Deborah Moore
 Linda B. MacDougall
Sue Mowery
 Anonymous
Linda Peacock
 Pat Sensenig
Sarah Peeples
 Cathy Fessler
Judy Sandt
 Wendy Eshleman
Kit Slauch
 Joseph & Elizabeth Roda
 Charitable Fund
P. Claire Thomason
 Donna Dare Thomason
Marcie Woodson
 Claudia C. Himes
In Memory Of
Anne L. Bowman
 Christine Kennedy
 Mary Ellen Kopetz
 Linda Hollingshead Bruce
Ellen Arnold Groff
 Linda Hollingshead Bruce
Becky Hanna
 Jeannie Bartlett
 Cathy Frey
 Anita Hanna
 Jim Hanna
 Ginny Kleppinger
 Crystal Mills
 Nancy G. Tate
Catherine Hastings, Ph.D.
 Dr. Jane Weierbach
Dale R. Hollinger
 Anita Parker
Judy Kozma
 Lucille Meissner
Ruth Lamb
 Susan Seavey
Carol McMillen
 Beth M. Crosby
Elizabeth Nissley
 Alta Landis
Opal Thomason
 Donna Dare Thomason
Ruth M. Toscano
 Ed & Maddie Ritz
Harriet Weaver
 Linda Peacock
Mildred 'Jo' Zwally
 Joyce Stephens

Silent Samaritan Endowment

Paula Banzhaf
Sandy Cross
Sally Desch
Karen L. Eby
Kristin B. Fortna
Eleanor Gherst
Carol A. Heintzelman
Nancy Kline
Mary Ellen Kopetz
Alta Landis
Barbara Ann Mable
Linda MacDougall
Patricia Huffman Matz
Sally Mumma-Robbins
Connie Paisley
Paige G. Parks
Linda R. Peacock
Madelyn Ritz
Eudora K. Roseman
Beth Shewski
Carol Burkhart Spicher
Donna Thomason
Barbara J. Tolbert
Marion Wood

Silent Samaritan Endowment Tributes

In Honor of Linda Peacock

Donna Thomason
Patricia Huffman Matz

In Honor of Donna Thomason

Linda Peacock

In Honor of Prue Thomason

Linda Peacock

In Memory of Cathy Doremus and Judy Kozma

Linda B. MacDougall

In Memory of Becky Hanna

Linda Peacock

Barbara J. & Brian R. Tolbert

In Memory of Harriet Weaver

Linda Peacock

Teen Hope

Anonymous (3)
Del & Nancy Becker
Aileen Brandt
The Ryan Brubaker Foundation
Ephrata Lions Club
Chuck & Cathy Fessler
Chris Fraile Scholarship Fund
Seth & Shelby Hardy
Mr. & Mrs. C. Willis Herr
High Family Fund
Barry & Debbie Huber
Timothy & Diane Minnich
Neffsville Mennonite Church
Wylie Raab

Linda Rice
William & Deidre Simmons
Jane Sprecher
Nancy & Don Stewart
Carol Szutowicz
Touchstone Foundation
Joy Walker

Teen Hope Tributes

In Honor Of

Dr. Valerie Minnich

Timothy & Diane Minnich

Dr. Samuel Rice

Linda Rice

In Memory Of

Herb Karlip

Carol A. Szutowicz

Volunteers

Mailing & Signing Volunteers

Jeannie Bartlett
Marylou Barton
Linda Bruce
Dena Ament
Diane Brandt
Kristine Campion
Beth Crosby
Sandy Cross
Susan Eshelman
Syd Fredrickson
Cathy Gelatka
Lisa Gleason
Averril Good
Kay Gontner
Anita Hanna
Barb Kellam
Ginny Kleppinger
Jodi Kreider
Alta Landis
Janet Lenahan

Linda MacDougall
Ruthie McIlvenna
Beth Mull
Ann Musser
Linda Neumann
Linda Peacock
Jodie Reinhart
Linda Rice
Claire Roggie
Judy Sandt
Linda Shugarts
Kit Slaugh
Mary Ellen Smallwood
Pat Stockwell
Donna Thomason
Prue Thomason
Barbara Tolbert

Donor Appreciation Volunteers

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

Sea Glass Gala Committee

Jeannie Bartlett
Sally Eberly-Bowman
Stephanie Good
Anita Hanna
Barb Kellam
Becky Paulukow

Silent Samaritan Committee

Jeannie Bartlett
Diane Brandt
Beth M. Crosby
Cathy Gelatka
Lisa Gleason
Anita Hanna
Linda B. MacDougall
Ann M. Musser
Linda Peacock

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Sherry Harry
Emily Hertzler
Karen Snyder
Scott Snyder
Todd Reinhart
Jonathon Woodall

Ethics in Business Selection Committee

Jamie Arroyo, CEO of Assets of Lancaster
Michael Biggerstaff, CEO of Nxtbook Media – Committee Chair
Peter Baber, Cofounder Owner of Two Dudes Painting Company
Mike DeBerdine, President & CEO of Rhoads Energy
Tracy Cutler, Executive Vice President of Lancaster County Community Foundation
Jerry Eckert, Retired Vice President of Advancement at Millerville University
Joanne Ladley, Retired Owner of Kitchen Kettle Village
Jeff Nesteruk, Professor at Franklin & Marshall College
Bruce Newell, CEO & President of MANTEC

*"I always look forward to speaking with you.
I love the advice you give me, and I always
end it writing it down!"*



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Dan Falvey, Vice Chair
Steve Welch, Treasurer
Sarah Teichmann, Secretary

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Business Listing

Annie Bailey's Irish Public House
Atwater Malick, LLC
Behavioral Healthcare Corporation
Bertz, Hess & Co., LLP

Brent Miller Jewelers
Charles F. Snyder Funeral Home
Dutch Wonderland
EGStoltzfus
Everence
Ephrata Lions Club
Franklin & Marshall College
Fulton Bank
Fulton Theatre
Gallery on Market
Gibbel, Kraybill & Hess LLP
Graham Packaging
High Real Estate Group, LLC
Indianapolis Motor Speedway
Kitchen Kettle Village
Lancaster Dispensing Company
Restaurant & Bar
Lancaster Physical Therapy &
Sports Medicine LLC
Lancaster Toyota
Listrak, Inc.
David Lyall Home & Design
Matthew 25 Thrift Shop
Mennonite Education Agency
Murray
Nissley Vineyards
Nxtbook Media
One2One, Inc.
Petals with Style
Rhoads Energy
RKL Wealth Management
RLPS Architects
Rohrer's Incorporated
Shultz Transportation Co.
Sharp Shopper Grocery Outlet
Shiple Energy
Special Occasions & Queen Street
Linens
Texas Roadhouse Restaurant
Tiger's Eye
Two Dudes Painting Company
Visioncorps
Waltz Vineyards Estate Winery
Willow Valley Associates
Willow Valley Communities

Foundations & Organizations

The Ashland Foundation
The Blackbaud Giving Fund
The Anne L. and Robert K.
Bowman Family Foundation
Community Services Group
Cooley Family Charitable Fund
Creol Consulting
Everence Financial
Ferree Foundation
High Family Fund
High Foundation
Steve & Donna Jones Foundation
Kappa Kappa Gamma Lancaster
Alumnae Association
Lancaster County Community
Foundation
Matthew 25 Thrift Shop
Mental Health America of
Lancaster County
Penn Manor Education Foundation
The Reidler Foundation
Willis & Elsie Shenk Foundation
Tecumseh Milestone Foundation
Touchstone Foundation
United Way of Lancaster
Walnut Grove Family Medicine

Partner Churches

Akron Mennonite Church
Annunciation Greek Orthodox
Church
Blossom Hill Mennonite Church
Branch Community Church
Church of the Apostles, UCC
Community Mennonite Church of
Lancaster
East Chestnut Street Mennonite
Church
Elizabethtown Church of the
Brethren
Faith Journey Church
First Baptist Church of Lancaster
Hamilton Park United Church of
Christ

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. Edward's Episcopal Church
St. James Episcopal Church of
Lancaster
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's Evangelical Lutheran
Church
St. Peter's Evangelical Lutheran
Church of Lancaster
St. Thomas Episcopal Church
Sunnyside Mennonite Church
Swamp Lutheran Church
Trinity Lutheran Church, Mount
Joy
Trinity Lutheran Church, New
Holland
Trinity United Church of Christ
Witmer Heights Mennonite
Church
Zion Evangelical Lutheran Church

Supporting Churches

Neffsville Mennonite Church
Wheatland Presbyterian



"I am thankful for my breakthrough!"

EXPANDING MENTAL HEALTH ACCESS IN LANCASTER COUNTY

OLDER ADULTS

EXPANDING SAMARITAN SERVICES TO ADDRESS MENTAL HEALTH NEEDS OF AN AGING POPULATION

MEDICARE

IN 2024, SAMARITAN HAS CREDENTIALLED MORE THERAPISTS TO BE ABLE TO TAKE MEDICARE CLIENTS

DOWNTOWN LOCATION

IN 2024, SAMARITAN ADDED A SECOND LOCATION AT 33 N. MARKET STREET LANCASTER

OREGON PIKE LOCATION

A MULTI-DISCIPLINARY TEAM OF PROFESSIONALS CENTRALLY LOCATED TO SERVE LANCASTER AND SURROUNDING COMMUNITIES



SAMARITAN
CENTER

PA MEDICAID

SEVERAL SAMARITAN THERAPISTS ARE NOW CREDENTIALLED TO SERVE CLIENTS WHO HAVE PERFORMCARE (PA MEDICAID)

TEENHOPE

SCREENING LOCAL HIGH SCHOOL AND MIDDLE SCHOOL STUDENTS FOR DEPRESSION, ANXIETY AND SUICIDAL THOUGHTS



SAMARITAN
CENTER

Empowering People & Organizations

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*A Gala
Renewed*

May 2, 2024

A casual and lighthearted night of FUN!
Interactive Trivia • DJ • Heavy hors d'oeuvres
Cash Bar • Raffle Items!

at 5:00 p.m.

The Inn at Leola Village, 38 Deborah Drive Leola, PA 17540

Please visit our website for more information www.samaritanlancaster.org