

Healthy
Minds.
Strong
Communities.



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BEYOND THE OPEN DOOR



For almost 40 years, the Samaritan Center's mission has been to foster hope and healing through professional counseling, consultation, and education while respecting and integrating personal and spiritual values. Samaritan's mission begins and ends with people and the community. Every day, Samaritan works to create sustainable access to mental health services for all. People face long waitlists, high out-of-pocket costs, and barriers like unreliable transportation that keep vital mental health services out of reach.

But if you look **beyond the open door**, you will see how Samaritan is creating access to mental health services, reducing barriers, and meeting people where they are.

To address the rising need for affordable, timely mental health care among low-income and marginalized communities, Samaritan has made the strategic decision to expand its training and residency program. Samaritan's training and residency model expands access by integrating counselors-in-training into service delivery. Licensed therapists supervise interns and residents while subsidizing counseling fees, allowing clients to receive affordable care and trainees to gain high-quality, hands-on experience. This model not only supports the development of highly skilled clinicians but also strengthens the local mental health workforce to meet the community's growing needs.

The Training & Residency Program enables Samaritan Center to provide counseling services across diverse community settings. These settings include local schools participating in TeenHope mental health screenings or school-based counseling. We provide older adult mental health care services at several continuing care retirement communities. We also partner with community agencies that have a touchpoint to clients who need services. Samaritan's presence in these settings elevates the conversation and creates an awareness of mental health issues and resources within their communities.

There are multiple barriers people may encounter when seeking mental health services. Often, the bottom line is a lack of capacity, accessibility, or affordability. Samaritan is committed to being part of the solution. Through our services, an older adult may be able to meet with a counselor where they live. A child without insurance may visit with a counselor for the first time at school. A busy mom might call our office and get an intake within a week. These scenarios are happening now, but it is only the beginning.

With your support, we can expand the Training & Residency Program to host up to 12 counselors-in-training at a time to support our outreach initiatives now and in the future. With your help, Samaritan's counselors-in training can provide over 70,000 counseling sessions at reduced rates over the next decade. Across that same time span, Samaritan can produce 35 fully trained, licensed mental health counselors serving Lancaster County.

The open door is an invitation – when you go a step beyond it, you help build a future where healing is accessible, hope is renewed, and counselors are ready to meet the need.

Will you help us make this dream a reality?

What to Expect: Couples Intake

By Dustin Sauder, Licensed Social Worker

"This is so embarrassing," the wife blurted out during a recent intake. "No one knows we are here, we didn't even tell our own adult children, we've been living separate lives, isolated from one another for more than 15 years, and no one even knows, they think we are just another happy couple."

Couples often say, "We are sorry to drop all of our issues at your feet," and I often respond, "I love working with couples, I love that you are letting me in and trusting me with your stories and struggles." In the case I outlined above, they didn't know where to turn, and I was honored that they turned to me as the first person they would share intimate details with about their disconnection, confusion and even anger.

Prior to intake each person in the relationship fills out paperwork to help me do my job better as the counselor. Then during our time together, I have several questions I work through to determine if this process can be helpful, and what objectives we should initially target together. We discuss schedules and frequency of sessions. We identify if they have tried counseling before, and if they found it helpful or not helpful. We explore family and relationship history. We focus on any books or podcasts they have found beneficial.

As we complete the intake process, I always go through a list of details in order to be diligent and thorough. However, I believe the most important aspect of the intake is how each feels about the first hour they spend in my office. Was it safe to open up? Did I hold emotional space for each? When tensions rose in the room, was I able to acknowledge the hurt on both sides, and invite them to trust me with their pain? Did each feel seen and heard? Did we uncover any hope in all the ashes they brought to me?

To the couple I quoted initially, I am so proud of the energy they have both put into counseling and their daily journey together. They were honest and open, they invited me in and trusted me, and for that I consider them both amazingly brave people. I'm happy to report this couple continued with counseling, they bravely faced many barriers standing in the way of connection, and are slowly establishing a more secure relationship together.

If you or someone you know could benefit from couples counseling, please be encouraged to set up an intake. You never know how that initial first hour in the counseling room may move the needle in a positive direction.



Welcoming You In: Starting Counseling at Samaritan

Q&A with Administrative Manager, Kristine Campion

Q: What should someone have ready when they first reach out to Samaritan?

When someone calls for the first time, we gather some basic information, demographics, a general idea of what they'd like to work on in counseling, and their insurance details. It's really helpful if they have their insurance card handy so we can record their ID number. From there, we work to match them with a therapist who fits their needs, the issues they'd like to address, their insurance coverage, and even their preferred time of day for appointments. For example, if someone needs mornings, we'll look for a clinician who sees clients in the morning. When they come in for their first session, we ask them to bring a driver's license and insurance card, and they'll need to complete new client paperwork. That can be done through our patient portal, mailed as a hard copy, or filled out in person by arriving about 20 minutes early.



Q: What do you wish potential clients knew before reaching out for their first appointment?

That everybody needs help sometimes and there's nothing to be embarrassed about. Seeking counseling is completely normal, and it's a really healthy step to take.

Q: What different ways does Samaritan provide therapy?

We offer in-person sessions, virtual sessions, and even phone sessions if internet issues prevent a video call.

Q: And how does the telehealth process work?

It's very simple. Clients log into our patient portal, where they already complete their intake paperwork. If they have a virtual session, they'll see a button that says "Join Session." They just click it, there's nothing to download, and it's very easy to use.

Q: What if someone can't afford sessions? How does funding support work?

If someone has insurance, we look at their copay, coinsurance, and deductible first. For those who need financial assistance, we have guidelines in place. Clients using the Samaritan Fund are asked to contribute \$90 for their first session, and at least \$50 for sessions after that. That's the minimum, some may pay more depending on their situation. If a client has a special financial need, their therapist can speak with our executive director to request an exception.

Q: Do you have any tips for someone who's considering therapy but isn't sure where to start?

A great place to begin is our website. Clients can read about our therapists and even search by the issues they'd like to work on. That way, they can see which therapists specialize in those areas. Otherwise, when they call, our intake staff helps make that match for them. And it's worth noting, sometimes the first therapist you meet just doesn't feel like the right fit, and that's completely normal. We encourage clients to give it a couple of sessions, and if the connection isn't there, they can request to switch. It's just like in everyday life - sometimes you click with someone right away, and sometimes you don't. We'll work with them to find the right match.



Your Child's First Counseling Visit

By Beth Mull, Licensed Psychologist

Working with children ages 14 and under is one of the favorite parts of my job. When I am about to meet a client for the first time, I greet them and their parent(s) in the waiting room. I introduce myself to the child with some small conversation. I then invite the client and parent(s) to join me as I lead them to my office.

After entering my office, I give younger children some time to acclimate to their surroundings and play materials.

Once seated, I review consent and confidentiality, including discussion with parent(s) about information that the child may not want parents to know right away, as long as it does not pose a threat to the client or others. This permission often helps the child feel more free to discuss what they need to without fear of upsetting their parents.

Giving structure to the session includes me gathering background information from the parent and child, followed by the option to meet individually with the child to gather further information from older children and to begin play assessment from younger children. I give the child the opportunity to decide if they are okay with the parent(s) going to the waiting room while we talk or play.

Following individual assessment time with the child, I invite the parent(s) back to the session to provide feedback and to begin a discussion about treatment goals. Future appointments are then scheduled at the parents' discretion.



First Impressions are Everything

By Deborah Miller, Licensed Professional Counselor

Is it just me (*I know it isn't*), or do others clean their homes extra well when they are having someone over for dinner? The summer my daughter was getting married I was cleaning places in my home I had not seen in over a decade knowing there would be family and friends in town.

(Turns out it was not necessary. None of them looked behind the cupboard in the bathroom!)

I do this because we want our guests to have a good first impression, to feel comfortable, to enjoy the space. This is not vastly different from what happens when an individual walks into my office for their first therapy session. We have white noise machines, ambient lighting and reading material in the waiting room. We ask that you have your phone silenced similar to the quiet car on the commuter train.

The first session with a therapist at Samaritan Center can seem very overwhelming. There may be a variety of emotions—fear, shame, doubt, grief, loneliness. Once inside a therapist's office there are comfortable chairs or a couch. There are tissue boxes readily accessible. If I ate lunch at my desk, it was not tuna fish (*and if it was, I deodorized the office!*). I may ask a few questions (*What brings you to Samaritan? Where do you want to get started? What would you like to talk about?*). If any of that is difficult for the client, they have submitted paperwork that gives me as a therapist a brief history of what has been bothering them, and I may notice an area that seems a good place to start.

Many Samaritan therapists follow the client's lead (a person-centered approach) and speed at which they want to be open to their therapist. Personally, I look for clues regarding something that may appear to be difficult for the individual to

discuss and remember that for another time. I also know I am a stranger to this person and work to earn their trust. I explain how everything they tell me is confidential no matter who asks. I work at remaining comfortable myself so I can model that presence and keep them at ease. I have not cleaned behind my bathroom cupboard for them, but I practice reflective listening and meet the pace with which they came into the room. If anxious and nervous (*who wouldn't be?*), I slow things down and take some breaths. Sometimes, when necessary, I prompt them to do the same. I openly acknowledge that this can be a difficult conversation and an especially important one.

Often after about 30 minutes, the client is feeling more comfortable and has found it easier than they expected to discuss topics they might have not spoken about for years, if ever. I remind them this is their time and they are free to discuss what they want to. Occasionally I must redirect them, but it is gentle.

Always after that first session, I check in with the client and ask them how they are doing and give a brief forecast of what to expect in the second session. One time following an intake on telehealth, a client thanked me for the safe space for them to share with me. (*I still wonder how that came through on a computer screen!*) Most of the time following their first-time session (intake), clients report feeling better at the conclusion of the session than when they first arrived. And it was easier than they thought it would be.

No matter where you find yourself in all this, it may be easier to talk to a therapist than you think. Trust yourself, trust the process, and give yourself time to trust the therapist. As Samaritan Center therapists we make it our goal every day to make a safe first impression and help our clients feel comfortable enough to grow in the space we have shared for that hour.

"LM is grateful to partner with Samaritan Counseling Center to offer school-based counseling on our campus for students. We desire to support students not only in their academic and faith journey, but also in their overall well-being. Along with our school counselors, LM is thankful to be able to provide school-based counseling as another tool to help students process their thoughts and emotions with a trusted adult."

~ Kirk Benner, High School Principal, Lancaster Mennonite



Guided by our commitment to youth mental health, Samaritan Center provides TeenHope screenings and individualized school-based counseling services in elementary, middle, and high schools across Lancaster County.

Across all students surveyed from grades 6, 8, 10, and 12:

**Only
7.9%**

of students talked with a teacher or other adult at school (e.g., nurse, counselor, coach) when they were sad, lonely, or worried over the past month

26.8%

of students reported talking to no one when they were sad, lonely, or worried over the past month

73.7%

of students reported a moderate to high depression score

Data taken from the 2023 Lancaster County PAYS report.

"Samaritan Counseling has been able to provide school-based counseling services to students at Eshleman Elementary. The mental health of our students is a top priority and Samaritan is lending a helping hand in reaching as many students as we can. With these services, a handful of students are able to meet with a certified counselor on a weekly basis and are given a safe place to share. As the school counselor, I cannot thank Samaritan Counseling enough for helping in ensuring students receive the care they deserve. Families are also appreciative of the school-based counseling option as sometimes it can be challenging to schedule, travel, and accommodate outside counseling options beyond the school day. Throughout the school year students continue to ask, "Is my counselor here today?" with excitement and smiles as they are eager to have their own special time with a Samaritan Counselor."

~ Alisha Bawiec, School Counselor, Eshleman Elementary (Penn Manor School District)



Supporting Lancaster County Students Up and Down the River

By Ben Faro, Program Operations Manager



In public health and counseling circles, there is a well-known parable often attributed to sociologist Irving Zola. It tells of two friends walking by a river when they notice children being swept downstream, struggling for their lives. The friends jump in, pulling one child after another to safety. But the children keep coming. Finally, one friend climbs out of the water and begins

running upstream. "Where are you going?" the other calls. His reply: "I'm going to find out why they're falling in."

This "upstream vs. downstream" framework has become a cornerstone in public health and social work, reminding us that while crisis intervention is vital, prevention is equally essential. In mental health, this means not only helping those in acute distress but also identifying and supporting those who are at risk before they reach a breaking point.

For me, this parable is more than a teaching tool — it reflects my own journey. As a teenager, I was what you might call a student "flying under the radar". On the outside, I seemed fine. I received decent enough grades, had plenty of friends, excelled in sports and enjoyed art. The adults in my life, in and out of school, had no major cause for concern. Inside, however, I was struggling to keep it all together and navigate my day-to-day life. As someone living with undiagnosed ADHD, along with anxiety and depression, I masked those challenges with what I told myself was normal adolescent experimentation — consuming alcohol and marijuana with friends. In reality, I was beginning a pattern of self-medicating that, years later, would escalate into an addiction to much harder substances.

It wasn't until my mid-thirties, after completing rehab, that I was evaluated, diagnosed and began treatment for my ADHD which allowed me to better understand the roots of my struggle and find healthier ways forward. Looking back, I can't help but think: what if someone had noticed sooner? What if I had been part of a program like **TeenHope**?

This is why I believe so deeply in Samaritan Center's TeenHope program.

TeenHope brings upstream intervention into middle and high schools across Lancaster County. Over the course of just a few days, an entire grade of students is screened for depression, anxiety, and suicidal thoughts. Each receives education about mental health, has the opportunity to check in with themselves by way of our comprehensive screening, sits down one-on-one with a mental health professional, is given a resource guide, and is encouraged to identify trusted adults both inside and outside of school.

The impact is remarkable. Last year alone, TeenHope screened nearly 2,000 students in 11 schools across 9 school districts - one in three of whom identified as at-risk. Many of those students had never shared their struggles with anyone — not a parent, not a teacher, not even a close friend. By creating a safe, non-judgmental space, and asking direct questions, TeenHope shines a light on struggles that might otherwise remain hidden until they become a crisis.

One local principal put it best: *"Through our collaboration with TeenHope, we are able to support students who were flying under the radar. Without this program, we would have never known about their struggles."*

At Samaritan, we know both upstream and downstream work are essential. TeenHope offers prevention and early detection, while our school-based counseling programs in multiple Lancaster County districts provide longer-term, individualized support. Together, they form a continuum of care that rescues students in crisis and, just as importantly, keeps many from ever being swept away.

My own story is proof that rescue is sometimes necessary — and I am deeply grateful for the counselors and rehabilitation programs that helped pull me from the river. But it also drives my passion for TeenHope, because I know firsthand the difference early intervention can make.

This school year, TeenHope is returning to all the schools we partnered with last year: Donegal Junior High School, Ephrata Senior High School, Lampeter-Strasburg High School, Lancaster Country Day Lower and Upper Schools, Lancaster Mennonite Middle and High School, Manheim Township High School, Solanco High School, and Warwick Middle and High School. Additionally, we have Samaritan providers offering school-based counseling services in Lancaster Mennonite (K-12), Penn Manor Middle and High School, 4 Penn Manor District Elementary Schools, and Elizabethtown Area Middle and High School, and all 3 Elizabethtown elementary schools. Your support allows Samaritan Center to continue to assist people caught downstream, while simultaneously running upstream — to catch students before they drown, to give them tools to thrive, and to foster hope and resilience in the next generation. Thank you for walking alongside us in this essential work.



Walking Beside Mothers at Milagro House

By Kayla Wetzel, Licensed Associate Professional Counselor

Milagro House is a safe space where mothers and their children are supported as they work towards educational degrees or certifications that can lead to meaningful careers. Mothers go through a rigorous application process to be accepted into Milagro House. This environment helps them learn to balance work, school, and family; while accessing the resources they need to meet their various needs as they pursue their degrees.

Samaritan Center partnered with Milagro House to provide the mothers with mental health counseling to help adjust, process, heal, and grow through their stay. The Milagro staff have been so accommodating, helpful, and are grateful to offer mental health services for these women!



As a counselor-in-training with Samaritan's Training & Residency Program, I have had the greatest privilege of providing one-on-one counseling weekly to the mothers at Milagro to help them work on boundaries, decision making, advocating for themselves, and many other aspects that these women bring into session! We also started running biweekly groups for the women on general topics that could benefit them all - anything from healthy relationships and life struggles, to raising kids, communication, and planning for their futures. It has been such a joy to watch these mothers grow throughout their journeys of healing, discovery, processing various topics, experiencing "aha moments", and learning to navigate situations with ease each week! They are all so wonderful to work with, and I'm blessed to have the opportunity to help in this stage of their lives.



"Schreiber is thrilled to be partnering with the Samaritan Center to better serve the needs of the thousands of children and families who come to our doors every year. Being able to have behavioral health providers on site here at Schreiber where so many of our families already feel comfortable coming for their children's other therapy sessions is a benefit to everyone. We are proud to have teamed up with Samaritan for what we hope will be a long-term effort to further enhance the lives of so many children, as well as their families and ultimately to help to improve the overall quality of life in our community."

~ James DeBord, President, Schreiber Center for Pediatric Development



"Community partners are key to Lancaster Public Library's mission of connecting people with information, ideas, and enriching experiences. We are very grateful for our partnership with Samaritan Center, especially emerging opportunities to support the holistic wellbeing of young people in our community."

~ Jon Heinly, Director of Donor Advising, Lancaster Public Library

"We are grateful for the Samaritan Center, a true partner of MHA, whose dedication to programming and individual care ensures our community's needs are always met with compassion and understanding."

~ Kim McDevitt, Executive Director, Mental Health America of Lancaster County



Serving Older Adults: Counseling Across the Lifespan

By Erika Snitzer, Licensed Associate Professional Counselor



While a student at Adler University, I quickly declared my interest in applying my counseling skills to working with older adults. I focused much of my studies, writing, and planning toward working with this unique, underserved population. At Adler, I was fortunate to have access to an elective course specifically designed to focus on the mental health needs and treatments for older adults.

In that course, we were challenged to create a proposal for reducing barriers to service for the older adult population. In my proposal, I suggested that we could mimic the mobile therapy services provided to youth and families to bring services to older adults where they live.

Around the same time, I was searching for my internship with a Lancaster agency, and I connected with Samaritan's Executive Director Steve Schedler. Our discussion was exciting as we saw an overlap in my desires to serve older adults and plans Samaritan had for engaging with this population.

As an intern, and now as an LAPC counselor-in-training with Samaritan's Training & Residency Program, I have been lucky to be included on the Older Adult Mental Health (OAMH) Task Force and to be placed in local retirement communities to provide counseling services to residents. Since June 2024, I have been seeing individual clients and couples in the communities where they live. I have also had opportunities to provide educational presentations, and recently I developed an expressive arts process group.

Samaritan's Training & Residency program is growing and expanding to bring forward more counselors-in-training to serve the Lancaster community. I have benefitted from the breadth of opportunities provided by the training program, and have grown exponentially through the opportunity to dive deep into experiences serving the older adult population, in particular.

As a professional, I have expanded my understanding of the multitude of concerns that can impact the mental health of older adults. This experience has expanded my view of older adult life, the impacts of compounding transitions and loss, and the effects that aging, physical health, and spirituality have on the existential issue of life and death.

I have also seen how childhood issues, past trauma, and changes in interpersonal relationships can have impacts that last a lifetime. My work with Samaritan has only increased my interest in the mental health of older adults and has reinforced my beliefs that recognition of unique personhood, careful attention, and non-judgmental positive regard are primary in the treatment of our clients at every stage of life.

As an aging individual, I also recognize a great personal value by being placed in local retirement communities. I have something important to learn from every client's experience in these spaces. I can see which coping strategies are most effective. I observe the pitfalls in interpersonal communication. I understand the importance of flexibility, and I see how the use of tools can extend our capacity for living the life we want for a longer period.

On a more pragmatic note, I have also picked up helpful tips on approaching retirement living. I hear the positives and negatives of retirement community life. I can compare these across the communities I access. I have a unique set of knowledge that will help me to define my personal needs and guide my exploration and decision-making when the time comes for me to consider where my last home will be.

"Our partnership with the team at Samaritan has been a blessing to residents and team members. At Landis Homes, we strive to care for the whole person. Access to reliable, high-quality behavioral health support has been a challenge. The partnership with Samaritan removes barriers, creates ease of access, provides relevant education, and expands the care we can offer on-site at Landis Homes."

~ Rebekah Johnsen,
Director of Residential Living,
Landis Homes



"At Landis Homes, our mission is to honor and enrich lives by supporting the well-being of every resident. This partnership with Samaritan Center allows us to provide compassionate mental and behavioral health services right here in our community, ensuring residents have the support they need to thrive. Together, we're creating a stronger network of care that helps each person to experience healing and hope, and to feel valued, understood, and truly at home."

~ Larry Zook, President/CEO,
Landis Communities





The Original Partner Church: Samaritan's Lasting Legacy with Highland

"The history runs deep. It's just a natural partnership," reflects Pastor Allison Beaulieu of Highland Presbyterian Church, speaking about the long-standing relationship between Highland and the Samaritan Center.

That story began in the 1980s, when a vision stirred among a few Highland members and then-Associate Pastor Jim Hanna. They dreamed of creating an accredited, interfaith counseling center—one that could welcome people from all walks of life with hope and healing. The vision first took shape in humble beginnings: a small modular unit parked beside Highland House (the location of the church offices) in May 1988. It was modest, but it was a start. Just over a year later, Samaritan moved into Highland House itself, cementing a relationship that set the stage for ongoing partnership and collaboration for decades to come.

Highland's influence on Samaritan extended far beyond hosting the counseling center. Six Highland members were part of Samaritan's original 16-person Board of Directors, including one who collaborated with Jim Hanna to launch the Partnership in Ministry program in 1991. Rev. Ross McClintock also served on Samaritan's advisory board, reflecting Highland's deep commitment to the center's growth and direction. From the very beginning, the vision was ecumenical: Highland played a key role not only in shaping Samaritan's mission, but also in ensuring that churches across Lancaster County could participate in and support the work.

Samaritan's Partnership in Ministry program provides practical support that strengthens not only Highland, but churches across Lancaster County. Through the program, pastors receive a set number of counseling vouchers—based on the size of their congregation—that make quality mental health services more

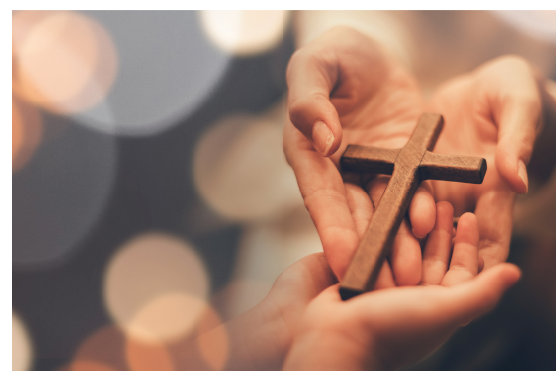
accessible. Each voucher can cover the fee for someone's first counseling session, ensuring that congregants receive the care they need when they need it. Speaking about the program, Pastor Allison explained, "We as pastors appreciate the vouchers. Knowing you are there and can do the extra piece I can't has been great." Her observations underscore how the Partnership in Ministry program equips churches to support the emotional health of the people they serve.

"It's a living reminder that Samaritan's story began with a church community that cared deeply about mental health and wholeness—and that same care is still alive today."

Building on this foundation of care and community engagement, Highland is looking ahead with purpose and energy. Guided by a mission "to be seen, known, and loved," the church is embracing new ways to connect with its growing congregation and the wider community. With nearly 900 members and a broad online following, Highland is expanding both its in-person and digital reach. Its work focuses on three strategic priorities—housing insecurity, food insecurity, and mental health, the last of which aligns beautifully with Samaritan's mission and signals exciting possibilities for continued collaboration between the

church and the counseling center.

These possibilities are beginning to take shape as Highland and Samaritan continue along paths that have always been aligned—both focused on serving the community and meeting people where they are. "It's evident some of the ways we can partner moving forward," Pastor Allison noted. When it comes down to it, one of the key components both Samaritan and Highland share in their DNA is wanting to help and support people in their hardest moments. "At the end of the day, we have to have hope. I think people are really resonating with that message right now," she added. It's a living reminder that Samaritan's story began with a church community that cared deeply about mental health and wholeness—and that same care is still alive today. Nearly four decades after helping plant Samaritan's first seeds, Highland Presbyterian stands as both a founder and a faithful friend, showing that this work has never been about one moment in history, but about a lasting mission.



Your congregation can be part of this meaningful work!

If you'd like to learn more about how your church or faith community can join Samaritan's Partnership in Ministry program, please contact Eileen Campbell at ecampbell@samaritanlancaster.org or (717) 560-9969 ext. 247.



Scan to learn more about the Partnership in Ministry program and see a list of current partner churches!

2025 Samaritan Center Sponsors

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WellSpan Health
Willow Valley Communities
Zest!

What Samaritan Sponsors Are Saying:



"At ONE2ONE, we believe strong communities are built on compassion, wellness, and resilience. That's why we proudly support the Samaritan Center's Ethic in Business mission of fostering healthy healing and wellness for individuals and families. Investing in their work means investing in a future where hope, care, and professional support are accessible to all who need it."

~ Nicholas Paulukow, CEO, One2One Inc.

"RLPS Architects is proud to support the Samaritan Center and its Ethics in Business event. We value the opportunity to help advance both the celebration of integrity in business and the well-being of our neighbors."

~ Jodi Kreider, Partner, RLPS Architects



"Joyland was a proud sponsor of the Sparkles of Hope Gala, hosted by Samaritan Center. We're honored to partner with an organization that is changing lives every day, just like the Samaritan Center does."

~ Joyland Roofing

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CORPORATE MIXER



SAMARITAN
CENTER

Interested in sponsoring Samaritan Center?
Contact Nancy Pleger at
npleger@samaritanlancaster.org

Thursday, January 22 at South County Brewing Company

717-560-9969 x235

www.samaritanlancaster.org



Silent Samaritans

Reflections On The Charter Year: A Message Of Hope

Anne Morrow Lindberg said: *“One can never pay in gratitude; one can only pay ‘in-kind’ somewhere else in life.”* With that thought in mind, 156 caring women of the Lancaster community contributed over \$16,000 in 1996 to establish the *Silent Samaritans* fund. This fund supports access to counseling and other services at the Samaritan Counseling Center for women in transition with few financial resources. The *Silent Samaritans* fund has become **a message of hope** and has benefited women since December, 1996.

Imagine a woman in transition from being a couple to being alone. She has health problems, limited financial resources, and out-dated work skills. Just getting out of bed in the morning is an effort. She misses her spouse so much that she feels debilitated. She is unable to think straight and function as she did when her husband was with her. This woman hears about the *Silent Samaritans* and the fund they established. Its **message of hope** motivates her to seek a counselor at the Samaritan Counseling Center. She is able to gather new insights, seek solutions, try new wings of confidence.

Picture a number of women currently in individual therapy — already investing what resources they have to pay the counseling fees. During the course of their treatment, needs are identified that are best met through a skill-building group experience. The *Silent Samaritans* fund enables these women to become involved in such a group. Facilitated by a Samaritan Counseling Center therapist, the experience teaches them valuable skills, provides peer support and encouragement, and lifts their spirits. They know they are not alone, and a trusting, supportive bond is set. These women express deep gratitude, knowing that they could not have afforded the experience without the help of the *Silent Samaritans*.

Women who have utilized the *Silent Samaritans* fund express their gratitude in a variety of ways. Here are excerpts from several notes received: • *“Thank you for the generous ‘silent fund’ you provided for me to attend Alta Landis’ workshop on ‘Feel The Fear And Do It Anyway.’”* • *“Without this support I would be lost with no professional help to guide me on my journey of healing.”* • *“Thank you very much for making it possible financially for me to attend the women’s workshop.”* • *“Deepest gratitude to the women who donated support to the Samaritan Center in order that I might receive counseling at an affordable rate.”*

In observing the **message of hope** provided by *Silent Samaritans* to other women, consider the words of Pierre Corneille in 1642: *“The manner of giving is worth more than the gift.”*

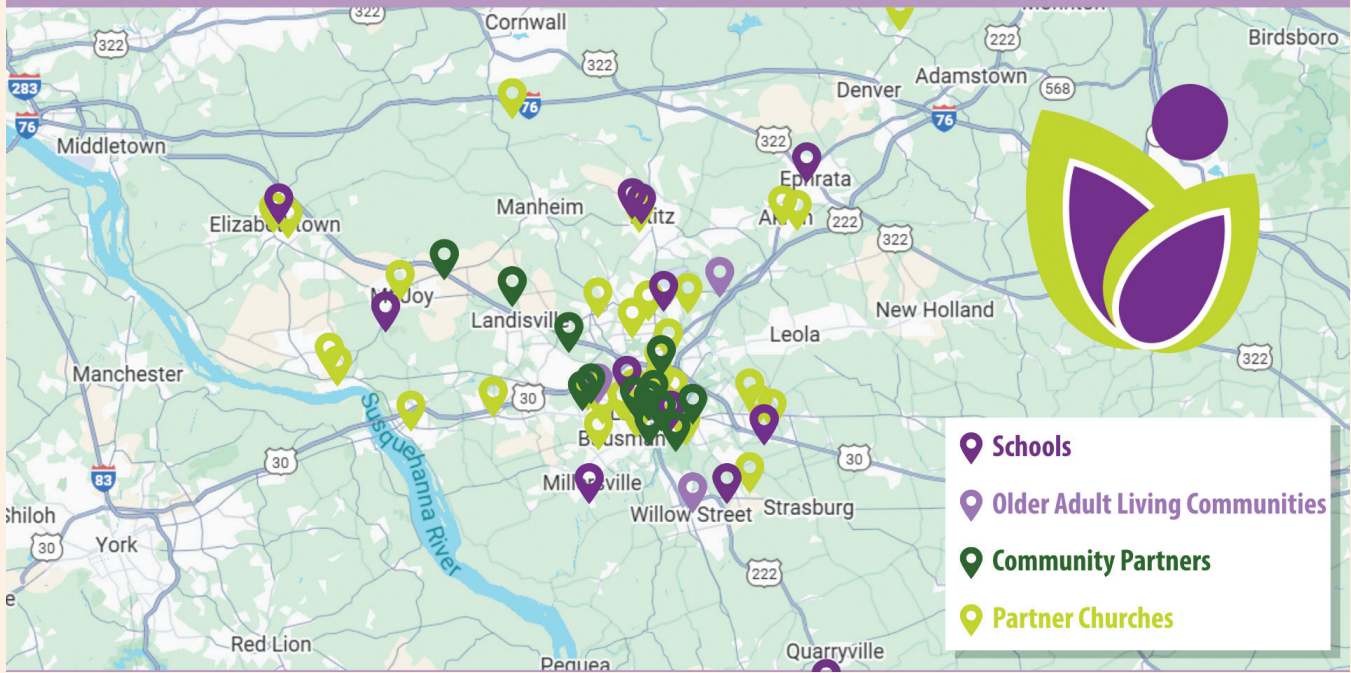


In 1995, Alta Landis (therapist) and Linda Peacock (Board Member) discussed the unique needs of women seeking mental health services. The Silent Samaritans celebrate their anniversary not from the date of the first luncheon, but from the time when two women decided to engage their community of friends to make a difference in the lives of women.

~ Women Helping Women ~


Silent
SAMARITANS
Empowering Lives. Inspiring Hope.

Samaritan in the Community



JOIN SAMARITAN IN MAKING AN IMPACT IN OUR COMMUNITY

Samaritan Center is at a time of tremendous growth and opportunity to expand and grow Samaritan's long-standing impact on the mental health of our community. As in all times of growth, we need to be mindful to take steps to ensure these programs and services thrive in the future. We hope you might take this opportunity to consider leaving a legacy in addition to the generous support you currently give.

Giving with a Purpose:

Samaritan Fund: The Samaritan Fund is Samaritan Center's primary fund which provides financial assistance to clients who could not otherwise afford therapy. This fund also supports Samaritan's outreach programs and on-site services with community partners through Samaritan's Training and Residency Program.

Silent Samaritan Fund: The Silent Samaritan Fund supports the needs of women in our community who seek counseling services but are unable to afford the full fee for therapy.

Child & Adolescent Fund: The Child & Adolescent Fund supports mental health services and resources for youth, such as counseling, assessments, TeenHope screenings, and school-based counseling.

You can make a **current gift** to Samaritan in many ways. Here are a few you may not have thought of:

- Charitable IRA Rollover Gifts
- Distribution from your Donor Advised Fund
- Gifts of Appreciating Assets

A **planned gift** is a gift that is a part of an estate plan. 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 Center, while also meeting your financial needs. For more information, please contact Anita Hanna at 717-560-9969, ext. 244 or ahanna@samaritanlancaster.org.



"We believe that inside all of us lies the hope that we have made a difference; made a difference in the lives of those we have met and loved and those we have yet to meet. We can make this difference by what we say and do now and we can continue to make a difference by what we bequest to others to do on our behalf."

– Samaritan Legacy Donors

WAYS TO GIVE





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