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SNAP Pilot Program Results Show Success



Stop Now and Plan (SNAP®) is a program that teaches children to use coping skills to avoid trouble and control their behavior. Originally developed in Toronto more than 25 years ago, SNAP was implemented at Holy Family Institute and Auberle (McKeesport) as a two-year pilot program from January 2008 through December 2009. The objective was to replicate the program and match the positive results achieved at the Canadian SNAP sites.

Initially, the program was open only to boys between the ages of six and twelve who had behavior issues that indicated they could potentially get into more serious trouble. During the initial program, 220 boys and their families engaged in SNAP treatment services.

The SNAP Steering Committee, comprised of members from organizations such as the University of Pittsburgh, oversaw the pilot program and produced a report at the conclusion.

Results show that behaviors improved significantly during the pilot program. The improved behavior scores mean a much lower probability of future behavior that 1) leads to crimes, 2) limits the ability of the boys to perform at school, or 3) continues to stress the boys' parents. The Alle-

gheny County Juvenile Court has not reported any arrests of the 220 boys who participated in the SNAP program during the two year demonstration.

At the conclusion of the pilot program, the Allegheny County Juvenile Courts and Department of Human Services decided to fund the program. The SNAP program continues at Holy Family Institute, but is now open to both boys and girls. During the program, a group of children of similar age meet one evening per week for twelve weeks, while their parents meet separately at the same time.

Children learn in a structured, fun group setting and practice new skills in role-plays. They learn to use "self-talk" to develop a plan to resolve the conflict – a plan that makes the problem smaller, not bigger, does not harm themselves or another, and makes them feel good about themselves. Parents also learn and practice new skills, such as better parenting skills and how to discipline effectively without physical punishment.

For more information about the SNAP program, please contact Patricia Shaw at (412) 331-2684.

Volunteer Opportunity

Does decorating for Christmas brighten your holiday spirit? Then let your talent brighten Holy Family's campus this Christmas season!

Holy Family is seeking volunteers for various decorating needs. Please contact Lynn Guerra at 412-766-9020 ext. 304 for more information.

"We have learned through the grim realities of life and history that hate and violence solve nothing. Violence begets violence; hate begets hate; and toughness begets toughness. It is all a descending spiral, and the end is destruction—for everybody."

-- Rev. Martin Luther King



Sanctuary: A Commitment to Nonviolence

All of Holy Family's leadership and staff members are involved in developing a healing environment by integrating the Sanctuary Model® to create a trauma-informed culture in our workplace. Sanctuary gives us a common language to create an environment that is safe so that healing can occur.

The Sanctuary Model is built on seven core commitments. To keep these commitments fresh in our minds, Holy Family is focusing on a different commitment each month.

October's commitment is Nonviolence. According to the Sanctuary Model, practicing nonviolence actually isn't difficult for most of us. If you are reading this, you are practicing nonviolence. When you are playing with your kids, working on a project, dining with friends, repairing something in your house, doing your laundry, typing your email – doing most of the tasks of your daily life – you are practicing nonviolence.



This poster by LeeAnn Kimmel of HFI's outpatient services is displayed throughout the campus to remind everyone of our commitment to nonviolence.

By making a commitment to nonviolence, we "commit to eliminating all threats to safety including physical, aggression, demeaning language, threatening glares, apathy, avoidance and any other behavior that permits people to impose their will on each other and abuse power."

Join us this month in making a commitment to nonviolence in our daily lives, our families and our communities.

Kudos for a Job Well Done

Sue McCreary (Family Support Specialist) and Jim Donahue (Mental Health Clinician) of the McKees Rocks office for Family-Focused Solution-Based Services recently received a thank you from a past client. Excerpts from the note appear below. This is just one example of the powerful impact that Holy Family's dedicated staff has on the families they help. Keep up the great work, Sue and Jim!

Dear Sue and Jim,

...We would like to thank you so much, Sue, for everything that you have done for our family. I am so glad that you came into our lives because without you (both) we have no idea where we would be. Joe* and I have learned so much about each other and that is starting to build a better future for each other... Sue, I want to let you know that what you do for people is in your blood and soul and you were born to do this...Ok Jim, let's chit chat... Everything you have taught us is actually working. We keep trying new things and that's thanks to you...We love you guys so much and we are better parents because of you both.

*Name has been changed to maintain client confidentiality.

Sister Linda Receives Award for Work with Haitian Orphans

Sister Linda Yankoski was recently honored as an award recipient by the Office of Refugee Resettlement for her outstanding service and commitment to the Haitian orphans placed at Holy Family Institute. Andrea Galioto, supervisor of Holy Family's outpatient services, attended the ceremony held on August 1 in Washington, D.C. to receive the award on Sister Linda's behalf.

In January 2010, 18 Haitian children, in need of shelter and care following the devastating earthquake in Port-au-Prince, arrived at Holy Family. Six of the children left within a short period of time with their sponsor families. Twelve of the remaining children, ranging in

age from 11 months to 12 years, remained on Holy Family's campus.

With the support of Allegheny County CYF, Children's Hospital of Pittsburgh, the American Red Cross, local foundations, and the local provider community, HFI was able to mobilize support for the Haitian children that resulted in providing a healthy, safe, and culturally responsive environment.

By June of 2011, eleven of the twelve children had been placed with sponsor families and one special-needs child was transferred to a residential care facility in Miami, where she can receive the specialized care she needs.



Sister Linda holds award for work with Haitian orphans

Substance Abuse Program Expands to Include Adults

Holy Family Institute has expanded its existing substance abuse and addiction program to include people of all ages. Having focused primarily on children and adolescents in the past, through the expanded SHORES program, Holy Family is now able to reach out to serve the adult population as well.

The SHORES program (Support Hours of Recovery Ensure Sobriety) is available in Allegheny, Beaver and Butler Counties and provides professional treatment services to individuals with substance abuse issues, as well as a variety of other addictions including gambling. SHORES counselors conduct confidential assessments and counseling sessions in the privacy of the family's home, at schools, or at four office locations throughout Allegheny County, depending on the preference of the

client and insurance coverage requirements. All therapeutic services for clients are based on safety and confidentiality, with the ultimate goal of sobriety.

The SHORES program serves a diverse population of clients, and every client is treated equally regardless of gender, race, marital status, religion, age, disability, sexual orientation, gender identity or economic status.

The SHORES program accepts medical assistance and many types of private insurance. The option to self-pay is available on a sliding scale for those who do not have or wish to use insurance coverage for services. For more information, to speak with a counselor, or to schedule an assessment, please call (412) 361-1083. Referral information may also be faxed to (412) 361-1809.

Please consider donating to Holy Family Institute to help a family in need.

With the help of generous donors like you, Holy Family served more than 9,000 children and families last year alone.



HOLY FAMILY
INSTITUTE

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Holy Family's Accreditation is Renewed



CREDIBILITY • INTEGRITY • ACHIEVEMENT

Holy Family is proud to announce that its accreditation through the Council on Accreditation (COA) has been renewed for another four years. COA partners with human service organizations worldwide to improve service delivery outcomes by developing, applying, and promoting accreditation standards. COA is an international, independent, not-for-profit, child- and family-service and behavioral health-care accrediting organization. It was founded in 1977 by the Child Welfare League of America and Family Service America (now the Alliance for Children and Families). For more information about COA, please visit their website at www.coanet.org.

Please Support Holy Family through the United Way



United Way of Allegheny County

Holy Family has been a United Way Agency since 1927. We are a proud recipient of United Way support through the Impact Fund and Initiatives. United Way's Impact Fund has helped us to continue to offer services to children and families in Allegheny County. If you donate to United Way through your workplace or individually, please support Holy Family by selecting our Contributor Choice number, 9690.