



# EASTON ROTARY SERVICE FOUNDATION

Rotary Club of Easton  
Easton, Pennsylvania

2886 Hope Ridge Drive, Easton, PA 18045-8144

## GRANT APPLICATION

Organization Name Pinebrook Family Answers

Address 402 North Fulton Street

City Allentown State PA Zip 18102

Phone 610-432-3919 Fax \_\_\_\_\_

Email ktrimble@pbfalv.org

Contact Person Kathleen Trimble Title Vice President, Mission Advancement

Project Director Vicky Conte Title Director, Community Mental Health

Project Title Trauma Training for Greater Valley YMCA-Easton/Phillipsburg Branch

Grant Period July 1, 2023-June 30, 2024

Total Cost of Project \$750 Amount Requested \$750

Does this project involve collaboration with another organization? Yes

If so, which organization? Greater Valley YMCA, Easton/Phillipsburg Branch

Signature of Approving Agency Personnel *Kathleen Trimble*

Date 03/31/2023

Name of Approving Agency Personnel Kathleen Trimble

Title Vice President, Mission Advancement



### **Organization Contact Information**

Pinebrook Family Answers  
402 North Fulton Street  
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(610) 432-3919  
(610) 432-5174 (fax)  
www.PbFALV.org  
EIN: 23-2112204  
501(c)(3) Organization

### **Organization Director**

William B. Vogler, PhD  
Chief Executive Officer  
(610) 432-3919

### **Questions and Grant Notification may be directed to:**

Kathleen D. Trimble  
Vice President, Mission Advancement  
610-774-1447  
610-432-5174(fax)  
[ktrimble@PbFALV.org](mailto:ktrimble@PbFALV.org)

### **Mission Statement**

Pinebrook Family Answers nurtures and empowers children, adults and families by providing mental health services and community-based programs throughout the Greater Lehigh Valley. We do this through initiatives that promote safety and diversity, mitigate the impact of trauma, and facilitate self-sufficiency while connecting people with community partners.

## **Organizational Description**

Pinebrook Family Answers as it exists today is the culmination of several mergers. Prior to the mergers, each individual organization had earned the trust of its stakeholders by serving their constituents with high-quality programs.

With a history dating back to 1902 the agency has continued to grow and evolve based on the needs of the communities we serve. The majority of the growth is due to expansion of existing programs due to community need. Our goal is to help all types of families become healthy and flourish by providing services and programs to overcome challenges and succeed in daily living. Our programs reach families in Lehigh, Northampton, and Carbon counties. We provided community-based services and have outpatient Psychiatric clinics in Allentown, Easton, and Wind Gap, as well as integrated mental health services in several Lehigh Valley School districts, hospitals, and jails.

### **COMMUNITY BASED SERVICES:**

**Permanency Services:** Pinebrook Family Answers offers a five-tier **Foster Care** model designed to meet the individualized needs of children who primarily have been traumatized from parental neglect, sexual abuse and/or physical abuse; **Kinship Care Permanency Services**; and **Adoption Services** for special needs children (children involved with the foster care system) through the Statewide Adoption and Permanency Network (SWAN). **Transportation and Family Visitation Program** connects children in out-of-home placement with their biological/legal families providing supervised family visitation to support family reunification goals. The **Family Reunification Program** is an intensive, family-focused social work service, created to address areas of concern that resulted in an out-of-home placement for a child or children; enable parents to care for their children at home; and prevent the need for the child or children to re-enter out-of-home care after being reunified with their family.

**Diversionary Services: Making the Grade** is a truancy-reduction, family-support program which includes family support services for elementary and middle school children and provides in-home case management and coordination of community services and support. **High Fidelity Wraparound Initiative**, an evidence-based practice and team-based collaborative process for helping youth with special mental health needs, works with youth and young adults, ages 8 to 21, and their families. A family preservation program, **SHAPE** serves families with children ages 0- 18, providing need assessments, case management, coordination of community services and support. We have also recently partnered with Lehigh County and another nonprofit to include **Housing Intervention**

**Specialists** to assist families where lack of housing or inadequate housing is the cause of children being placed into foster care. Lastly, **Unconditional Child Care**, a program that works with young children with challenging behavioral issues to help keep them in their childcare placements.

**Forensic Services** includes **Adult Re-entry Services**, including trauma-informed case-management in the jails as well as case-management for incarcerated women's families; **Transitional Residence Program**, a unique housing program that addresses the needs of homeless women and enables them to reunite with their children and work toward housing stability; the **ALPHA program** provides teens on probation with academic, behavioral, and job readiness services designed to prepare them to enter the workforce and success in life; **Family Services**, which includes evidence-based parenting education classes and supervised contact visits; and theft remediation services.

### Clinical Services

**Behavioral Health Services:** Pinebrook Family Answers operates **three outpatient psychiatric clinics** for children and adults, which provide an array of outpatient psychiatric and counseling services to clients from county mental health offices, children in Pinebrook Family Answers' foster care programs, and privately referred clients in the Greater Lehigh Valley Region. The clinics are located in Allentown, Easton and Wind Gap. Other behavioral/mental health services include **Integrated Behavioral Health Services**, a model of service provision that places behavioral health providers in a team environment with other health care providers, such as primary care physicians and schools. The agency also has **15 clinicians placed in schools in the Allentown, Bethlehem, Easton and Bangor School Districts.**

**Family-based Mental Health Services**, an in-home therapeutic treatment program, is designed to preserve families with children who are experiencing serious mental health issues. **Warmline** provides an anonymous telephone support service for Lehigh County residents. The **Lehigh County Community Intervention Specialists (CIS)** is to work closely with Lehigh County Police Departments to assess individuals with mental illness who encounter the police, in order to refer individuals to the appropriate services, reduce recidivism, and to promote the Recovery Model.

## **Summary of the Proposal**

Pinebrook Family Answers is proposing to partner the Greater Valley YMCA, Easton/Phillipsburg Branch to provide Trauma Trainings to their employees to coincide with the creation of their Mind, Body, and Spirit Wellness Studio. Pinebrook Family Answers is a **Trauma-Informed Service Agency** and incorporates knowledge about trauma – prevalence, impact, and the diverse paths to recovery – in all aspects of service delivery and practice. In a trauma-informed system of care, our goals are growth, empowerment, resilience, and skill building.

## **Need**

Beginning in 2014, Pinebrook Family Answers implemented a plan to become a trauma-informed agency. The implementation stage of the process continued through December of 2017, working with a trauma-informed care consultant from Community Cares out of Washington DC. The initiative is based on the following core beliefs: In order to provide effective service to people who have experienced trauma, we need to change how we think about trauma. We recognize that traumatic events are not rare; experiences of life disruption are pervasive and common. We understand that the impact of trauma is seen in multiple, apparently unrelated life domains; that repeated trauma is viewed as a core life event around which subsequent development organizes, and that trauma may begin a complex pattern of actions and reactions which have a continuing impact over the course of one's life. To be trauma-informed, we involve all aspects of activities, settings, relationships, and atmosphere; all groups: administrators, supervisors, direct service staff, support staff, and clients; and we make the trauma-informed change into a new routine, a new way of thinking and acting. We incorporate core values of safety, trustworthiness, choice, collaboration, and empowerment.

Being trauma-informed means having an understanding of the impact that trauma can have on individuals and families and incorporating that understanding into the way you interact with others. Below are some reasons that being trauma-informed is so important:

1. Trauma is common, many people have experienced trauma at some point in their lives. Being trauma-informed helps to create an environment that is supportive and understanding for those who have experienced trauma. The COVID-19 pandemic has had a significant impact on the mental health and well-being of young people worldwide including traumatic experiences. They have suffered from isolation, loss and grief, family financial stress and domestic violence among others.

2. Trauma can have long-lasting effects on mental and physical health. Being trauma-informed helps to create a space where people feel safe and supported, which can help mitigate some of the effects.
3. Trauma impacts behavior, it can cause people to act in ways that are difficult to understand. Being trauma-informed can help to identify these behaviors as possible responses to trauma rather than simply bad behavior.
4. Trauma can be re-triggered. People who have experienced trauma may be re-traumatized if they are not in a trauma-informed environment. Being trauma-informed helps to create an environment that minimizes the risk of re-traumatization.

Overall being trauma-informed is essential to creating a safe and welcoming environment. The Greater Valley YMCA, Easton/Phillipsburg branch is looking to address the needs of the community brought on by the pandemic by creating a wellness studio. They intend to offer mental health and wellness programming. To have the staff be trauma-informed will be essential to the success of the project for the reasons listed above.

### **Population to be served**

The Easton/Phillipsburg Branch of the Greater Valley YMCA serves residents of these communities and beyond. They will serve those who are interested in receiving support with Mental Health and Wellness Challenges.

### **Goals and Measurable Outcomes**

The goal would be to train all staff of the Wellness Studio plus as many other staff at the Greater Valley YMCA-Easton/Phillipsburg Branch as are available to attend.

Nationally accredited by the Council on Accreditation since 1998, Pinebrook Family Answers maintains high standards of program performance, evaluation, and continuous quality improvement. Ongoing, all programs are monitored for efficacy and efficiency of program performance and achievement of pre-determined goals and outcomes. One way we assess if a program is successful is by monitoring the quality and effectiveness of our services ongoing via standardized outcome measurement tools, internal tracking systems, a comprehensive case review process, and consumer satisfaction surveys. We collect data and analyze it to better understand the impact our interventions have on individuals served and how their lives have changed. We use this information as the basis of ongoing individual and programmatic services planning, and to establish best practice continuous performance improvement goals to meet identified needs and to ensure that children and families are safe, that their growth and development are

optimized, and that the Pinebrook Family Answers remains responsive to the families and communities we serve. This data collection is overseen by the agency's Director of Quality Assurance. An Annual Report is prepared and sent to all major stakeholders, as well as posted on the agency's website ([www.PbFALV.org](http://www.PbFALV.org)).

### **Grant Request**

Pinebrook Family Answers respectfully requests \$750 for trauma-training for the staff of the Greater Valley YMCA-Easton/Phillipsburg Branch. This would include two 90-minute trainings, Trauma 101 and Vicarious Trauma/Self Care. Pinebrook Family Answers provides customized trainings that teach trauma-informed practices to aid in the creation of a trauma-informed environment. These can be done in small and large groups, with participants grouped by need, role or location. Before the training, consultation is held with the administration to identify needs and adapt the presentation to the appropriate audience. Pinebrook has provided trauma awareness and trauma treatment trainings to local hospitals, physician's groups, community service organizations, schools, and county juvenile justice programs. We have provided training to groups that numbered several hundred or as small as 3-5 participants.



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Highmark Blue Shield  
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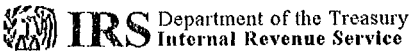


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610-559-9056 fax

16 South Broadway, Ste. 2  
Wind Gap, PA 18091  
610-863-8151  
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Department of the Treasury  
Internal Revenue Service

P.O. Box 2508  
Cincinnati OH 45201

DEC 29 2014

In reply refer to: 0248156166  
Dec. 26, 2014 LTR 4168C 0  
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~~PINEBROOK FAMILY ANSWERS~~  
402 N FULTON ST  
ALLENTOWN PA 18102



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Employer Identification Number: 23-2112204  
Person to Contact: Mr. Galluppi  
Toll Free Telephone Number: 1-877-829-5500

Dear Taxpayer:

This is in response to your Dec. 16, 2014, request for information regarding your tax-exempt status.

Our records indicate that you were recognized as exempt under section 501(c)(3) of the Internal Revenue Code in a determination letter issued in May 1982.

Our records also indicate that you are not a private foundation within the meaning of section 509(a) of the Code because you are described in section(s) 509(a)(1) and 170(b)(1)(A)(vi).

Donors may deduct contributions to you as provided in section 170 of the Code. Bequests, legacies, devises, transfers, or gifts to you or for your use are deductible for Federal estate and gift tax purposes if they meet the applicable provisions of sections 2055, 2106, and 2522 of the Code.

Please refer to our website [www.irs.gov/eo](http://www.irs.gov/eo) for information regarding filing requirements. Specifically, section 6033(j) of the Code provides that failure to file an annual information return for three consecutive years results in revocation of tax-exempt status as of the filing due date of the third return for organizations required to file. We will publish a list of organizations whose tax-exempt status was revoked under section 6033(j) of the Code on our website beginning in early 2011.

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Dec. 26, 2014 LTR 4168C 0  
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PINEBROOK FAMILY ANSWERS  
402 N FULTON ST  
ALLENTOWN PA 18102

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If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely yours,

*Doris P. Kenwright*

Doris Kenwright, Operation Mgr.  
Accounts Management Operations 1