

## Dear Friends,

Thank you for supporting another year of service to the many families seeking new lives in recovery. We honor your trust in us through the work we do with women, children, and families. This past year has been as exciting as it has been challenging. As part of a comprehensive strategic planning process, we have set ambitious goals.

**Service:** In 1973, Libertae's stated population was female alcoholics only. Thirty-six years later we find ourselves serving chemically dependent women, 90 percent of whom have a secondary mental health diagnosis. We received a generous donation from the Robert Wood Johnson Foundation to to begin the process of being certified as Co-Occurring Competent through trainings and psychiatric services. Under the guidance of our management team, our organization has undergone a comprehensive revision of treatment approaches. Many creative and well-researched practices have been introduced to work with women who present diverse needs in 2008. We continue to participate in a vast network of medical and social services dedicated to healing mind, body, and spirit.

**Infrastructure:** A total of 43 women and 26 children at any one time create a lot of wear and tear on our buildings. Our board has formed a new Physical Plant Committee. New bathrooms, flooring, landscaping, paint, furnishings, windows, and daycare, have been accomplished. We also have a three-pronged approach to upgrading our hard wiring/computer/phone system; we will soon accomplish the hard wiring goal.

**Faith, not fear,** is one slogan used in treatment. We are in the midst of challenging economic times, especially as it affects funding sources. We are blessed with communities that will grow stronger through adversity as we keep our focus on our primary mission.

On behalf of the many changed lives we have touched, we thank you for being a part of their stories of recovery.

Bonnie Halbreiner  
President, Board

Connie Bastek-Karasow  
Executive Director

" Thank you for the card for my second anniversary of being clean and sober. I'm still working on paying my bills on time and every other weekend I see my children and grandchildren. I'm blessed with having **another chance at life**. I know that there will be trials and tribulations ahead. But, it's how I handle each situation that's going to keep me going. Without drugs, I now have a life." — D.

" **Libertae taught me so much**. I learned from doing chores, paperwork and most of all talking to the other women. Thank You!" — C.

" I learned ... how to **acknowledge my negative thoughts** about children's actions, but not express them." — A.

" With your help, love, encouragement, patience, shared experience, time and effort I am on the road to **total self-sufficiency**. Nothing done in Libertae was minimized, so I got something out of everything I did." — L.

" **I learned how to make better decisions** and how to stop and think before acting. In the past, I spent more time undoing mistakes. Now, I consult my sponsor before making any big decisions." — M.



Bonnie Halbreiner



Connie B. Karasow, E.D.

## Program Services

Libertae provides comprehensive gender specific treatment through counseling for chemical addiction; mental health services; case management services to encourage and support economic self-sufficiency; comprehensive parenting training; and drug and alcohol abuse prevention programs. We meet the needs of our multi-disadvantaged population through our professional staff, dedicated volunteers, and an extensive network of collaborations with organizations and individuals.

## 2007-2008 Highlights

- **Robert Wood Johnson Grant** — Allows expansion of psychiatric services and provision of substantial training in medicated assisted treatment and gender responsive approaches to better serve the ever-expanding needs of our population.
- **TREM** — The Trauma Recovery Empowerment Model group remained strong last year, adding balance to our treatment model.
- **New Professionals** — Psychiatrist Dr. David Behar and Learning Specialist Richard Cooper, Ph.D., provided cognitive testing.
- **Board-supported fundraising efforts** included the **10<sup>th</sup> Annual Dinner and Fashion Show** held in April at Celebrations, which raised \$23,503, and the **4<sup>th</sup> Annual Lesley Duco Bike Run** that attracted a record crowd and raised \$9,153 in June.
- **Staff members** enjoyed a daylong retreat in Philadelphia that included lunch and a tour on the famous Duck Boat Ride.
- **Island Beach State Park, NJ**, was the site of a lovely day trip for staff, women, and families.
- **An on-site Woman's NA meeting** was started by a dedicated friend in our Fellowship.
- **The Family Center** was awarded a **Keystone Star** reflecting the hard work of maintaining an educational and therapeutic environment for our children.
- **The Spring Dance**, led by our staff volunteers, provided an enjoyable evening.

## Collaborations and Partnerships

- **The Southern Bucks Recovery Community Center** in Bristol provides recovery coaches to assist our women with continued support after graduation.
- **Bucks County Legal Aid** provides child custody workshops and legal representation.
- **Delaware Valley College** offers an eight-week self-defense course to our residents.
- **The Lower Bucks Family YMCA** provides 90-day memberships to all Libertae residents.
- **Credit Counseling Services** provides credit and debt consolidation workshops.
- **Bucks County Parks and Recreation** provides summer pool memberships.
- **Family Service Association of Bucks County** with the Bucks County Dept. of Health provides HIV/AIDS education and testing quarterly.
- **Jacqueline Heller**, a Drexel University art therapy intern, has been a successful addition to our program, working with the Addiction Education and the Grief and Loss programs. She offers an open art studio for residents and another for staff.
- **Holy Ghost Preparatory School** — the Fathers & Sons group provides days of service including landscaping, tutoring, bike repair and more.
- **Internships** provide a dynamic component to our services. Our appreciation to:
  - La Salle School of Nursing: 12 interns, over three semesters
  - Temple Public Health & Education: Public Health Nurse intern
  - Drexel University: Art Therapist intern
  - University of Pennsylvania: MA candidate
  - Widener University: MA candidate
  - Arcadia University: MA candidate



Visit [www.libertae.org](http://www.libertae.org) for information on how to contribute or make a donation.

## Demographics

Libertae proudly celebrates 36 years of providing gender-specific treatment for women struggling with addictions. The following lists the 2007-2008 results of this treatment.

- **The Halfway House** had 73 new admissions and served a total of 92 women.
- **The Family House** had 46 new admissions and served 58 women and 62 children
- **The average length of stay** is 3 to 6 months. We are challenged to address multiple issues within that timeframe: family therapy, social responsibility, and economic self-sufficiency.
- **Residents receive legal consultations** from a volunteer attorney while at Libertae. 45 women reported open cases upon admission; 16 were resolved while in treatment.
- **All women gain job readiness skills and enroll in job skills training** at BCOET.
- **90% of residents are dually diagnosed** chemically dependent with mental illness.

## Outcomes

Clients are visited at 3 months and interviewed at 6, 12, and 24 months after discharge. Figures reported below reflect outcome data at the 3-month interview:

**Debts repaid by women while in treatment:** \$2,637  
**Average wage earned:** \$8.73 per hour

## Libertae Halfway House

**Sobriety:** 92% of women interviewed were abstinent

**Employment:** 50% work full-time, 23% part-time

**Relapse prevention:** 88% report participation in 12-step programs and 62% report outpatient therapy participation (up from 36%)

**Housing:** 54% moved to transitional housing upon discharge

**Reunification:** 11.5% reunified with children following discharge

**Financial independence:** 31% have opened savings accounts; 31% are repaying debts

## Libertae Family House

**Sobriety:** 82% of women interviewed were abstinent

**Relapse prevention:** 71% report participation in 12-step programs and 59% report outpatient therapy participation (up from 47%)

**Employment:** 35% work full or part-time

**Training/School:** 23% attending

**Housing:** 35% moved to transitional housing upon discharge

**Reunification:** 12% reunified with children following discharge

**Financial independence:** 18% have opened savings accounts; 18% are repaying debts

## Libertae's Children

Helping women reunite with their families and give birth to and raise healthy children is at the core of our mission. Statistics follow:

**Healthy Babies born this year:** 7 (one set of twins)

**Children served:** 62

**Children in Family Center:** 59

**Children attending Struble Elementary School:** 8

**Children attending HeadStart:** 9

**Reunifications:** 14

**Individual Tutoring:** 6

**Early Intervention Assessments:** 3

# Statement of Financial Position

ASSETS	2007	2008
Cash and Cash Equivalents ..	\$265,941.	\$311,058.
Accounts Receivable .....	\$244,657.	\$253,682.
Prepaid Expenses .....	\$17,266.	\$17,203.
Investments .....	\$4,664.	\$4,326.
Total Current Assets .....	\$532,528.	\$586,269.
Property and Equipment ...	\$1,645,668.	\$1,596,960.
Deferred Costs .....	- 0 -	\$7,528.
TOTAL ASSETS .....	\$2,185,724.	\$2,190,757.

LIABILITIES	2007	2008
Accounts Payable - Operating .....	\$17,623.	\$36,108.
Accrued Salaries and Vacations .....	\$90,776.	\$128,171.
Accrued Expenses .....	- 0 -	\$19,725.
Security Deposit .....	- 0 -	\$3,462.
Escrow .....	- 0 -	\$1,250.
Current Portion of Long Term Debt .....	\$33,394.	\$37,086.
TOTAL CURRENT LIABILITIES .....	\$141,793.	\$225,802.

Long Term Debt .....	\$314,311.	\$283,082.
TOTAL LIABILITIES .....	\$456,104.	\$508,884.

NET ASSETS		
Unrestricted .....	\$1,729,620.	\$1,646,321.
Temporarily Restricted .....	- 0 -	\$35,552.
TOTAL NET ASSETS .....	\$1,729,620.	\$1,681,873.
TOTAL LIABILITIES & NET ASSETS .....	\$2,185,724.	\$2,190,757.

We are deeply grateful for all your individual, corporate, foundation, and county contributions!

## Advocacy

- Rep. Gene DiGirolamo taught a civics course at Libertae and answered the women's questions about homelessness and poverty.
- Libertae participated in a statewide coalition about Fetal Alcohol Syndrome Disorder and how best to educate the public about it. The Rendell Administration adopted a position paper; a Comcast Newsmakers spot ran for six weeks; and our materials were delivered to area hospitals through the Bucks County Health Improvement Project.



## Volunteers

We are immensely grateful to our volunteers:

- Barbara Charles — health and nutrition education
- Margaret Dorsey — resume-building workshops and GED tutoring
- Ambrose L. — hair stylist
- Bonnie Graham — legal assistance
- Nancy Lesh — Children Are People, Prevention curriculum, crafts
- Susan Rade — Family Center mentor
- Jennifer Thevervelil Tutoring, evening child care, evening kids' group
- Michelle Henselbeck — Family Center
- Josh Snyder — Tutoring
- Trevor and Patti Pearson — The Well, mentors
- Dr. Deb Niehoff — Therapy Dogs
- Lia Van Rijswijk and Sharon Star — Free flu vaccines

## Staff

After 36 years of being called the "Relief Team", the paraprofessional staff was honored for their hard work and expanded role with the name "Treatment Tech".

## Advisory Board

Dr. Christopher Bursk  
Karen Dawkins  
Rep. Gene DiGirolamo  
Mayor Joseph DiGirolamo  
Jerry W. Fuqua  
State Sen. Robert Tomlinson

## Grants and Contributions

Libertae was fortunate to receive several grants and contributions this year that allowed for mental health services for dually diagnosed training and psychiatric services; Family Center childcare scholarships; a variety of repairs to our infrastructure, a 12-Step Walking Trail around the grounds, a sleeping room for infants and play room for toddlers, and technology upgrades. Thank you to all our funders!

- Bucks County Community Development Grant
- Robert Wood Johnson
- Pre-K EITC
- Grundy Foundation
- Bucks County Foundation
- Nonprofit Finance Fund
- Emergency Aid of Pennsylvania Foundation
- The Philadelphia Foundation

## Board of Directors

The Board of Directors and staff joined for an intensive strategic planning session. One of our goals is the renovation of our three properties to enhance the treatment environments. A Physical Plant Committee was also established to address the many issues that arose in our facilities this year.



**Back row (l to r):** Vivian McDowell, Langhorne, Linda Lutz, Levittown, Lou Shaknitz, Bensalem, Dan Moser, New Hope, (Treasurer), Jennifer McGrath, Esq., Newtown, Dan Bates, Yardley, District Justice Michael Burns, Morrisville.

**Front row (l to r):** Dee Gresko, Pipersville, Dr. Deb Niehoff, Newtown, (Secretary), Sue Rade, Huntingdon Valley, Fredlyn Brown, Elkins Park, Nora Brennan, Levittown, (Vice President), Bonnie Halbreiner, Newtown, (President)

Libertae, Inc. is a non-profit, charitable corporation chartered under the by-laws of the Commonwealth of Pennsylvania. All contributions are tax deductible.

Libertae, Inc. is licensed by the Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs.



Member Agency -  
United Way of Bucks County

# Libertae

Freedom to Choose  
Freedom to Change

Annual Report — July 1, 2007 to June 30, 2008

Libertae's mission is to empower women and their families to maintain sobriety through comprehensive treatment programs that create and support healthy communities.



www.libertae.org

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