Mon Yough Community Services

Celebrating 45 years.
Changing our minds and changing their lives.

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Mon Yough Community Services, Inc.
500 Walnut Street, 3rd Floor • McKeesport, PA 15132

mycs.org
Dear Friends,

For 45 years, MYCS has been in the business of gently changing minds: in ways you would expect, but also in ways you might not.

Join us as we celebrate this milestone, and enjoy the stories of victory in these pages. Read about Michael, Nixa and Gayle. See how the dignity of work, of hobbies, and of daily functioning leads to triumph. Meet some of our staff and see how these everyday heroes contribute to the mission of MYCS.

We help those whom we serve: we identify unhealthy thoughts and behaviors and teach better, healthier choices. We inform, counsel, guide, train, teach, and re-tool. In short, we change their lives.

While changing the lives of our patient-consumers, we also change minds in the community at large. Too often, those outside the mental health community see those with intellectual disabilities, addiction struggles, or mental illness through a lens of discrimination and fear. We fight to change the minds of families, of neighbors, of employers, and of media.

While you enjoy the stories of victory, please also review our financials and note just how low individual contributions are. This is our next great opportunity. Consider the challenge of how you might help us in our quest. We invite you to visit us on our website, on Facebook, or on Twitter.

Noreen Fredrick, Executive Director

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Meet Betty McBride...
Changing Lives of Youth in Trouble

Betty began working at MYCS 40 years ago. Today, she is the supervisor of therapies tailored for youth cited for DUI. “MYCS gets about 1000 court-assigned youth a year. My job isn’t about telling these kids what they should do; it’s about meeting them where they are…. They are people in need, and I feel honored helping them.”

Betty describes her job in three words: “Hectic. Demanding. Doable.” And while it is doable for now, she admits, “I have more to do with less. We all need to take on more responsibilities because the budget is so lean.”

Meet Judy Hubans...
Changing Lives of Adults with Intellectual Disabilities

Judy is the MYCS Vocational Business Alliance supervisor. She and her staff of 10 train 84 consumers with intellectual disabilities to learn workplace skills. “Our goal is employability. We give our consumers purpose. Most are unable to earn out in the marketplace before they train here.”

Judy sees victory beyond workplace skills: “I see other important benefits of our program for individuals: they develop real relationships, real friendships here.”

Meet Terri Petrillo...
Changing Lives on the Road

It is almost impossible to pin Terri down to a job description—or a location because Terri takes MYCS mobile. Simply put, she does “whatever is needed, wherever it’s needed.” Terri may spend the morning teaching diabetic cooking techniques in the home of a psych rehab consumer who also has diabetes. Then she may spend the afternoon teaching appropriate interview clothes. “I teach life skills in the community.”

Terri observes, “People with mental health issues want to be treated like everyone else. There is still such a stigma attached. The way to fight the fear and discrimination is with information and understanding.”

**Michael...in his own words**

“I enjoy life now. I’m a better, stronger person. Now I know how to live rather than die.”

Michael, 48, holds a master’s degree in education; however, he says his most critical training has come from MYCS therapies over the last 2½ years.

“Before MYCS, I sat in the basement and rocked in the darkness... I wasn’t good at taking care of me; I hit a wall.”

Michael, who is very eloquent, explains that MYCS’s combination of Intensive Outpatient Therapy, Psych Rehabilitation, and Social Rehabilitation have brought his world “from dark to bright.” He also explains that the personalized services at MYCS are meaningful. Before coming to MYCS, he tried treatment elsewhere—at a program that was “just too big and too impersonal to be effective.”

No longer wishing to take his own life, Michael has a dream: “My goal now is to be an MYCS Peer Specialist so I can use what I’ve learned to help others on their journeys.”

**Gayle...in her own words**

“I didn’t work. I had nothing to do. It was boring.”

At age 64, Gayle is proud of her productive work at MYCS. For the past 8 years, she has participated in the Vocational Business Alliance, the arm of MYCS that prepares adults with intellectual disabilities for work out in the community by teaching on-the-job skills in our in-house industries: food service, bulk mail, and packaging.

“I label, seal, clean, stamp, and fold. I like getting a paycheck for the work! Making money gives me some independence.”

Gayle currently works for pay about once a month. The other days of her month, she comes in for training on how to get along with others, how to help, and how to do the many facets of the in-house jobs.

“I save my paychecks...and in the spring I want to visit San Francisco for my birthday!”

**Nixa...in her own words**

“I used to lay in bed all day with the covers up over my head. I was too sad and afraid to go out and live. I couldn’t communicate: I was always too scared to say the wrong thing.”

Nixa, age 56 and a native of Puerto Rico, has called the Mon Valley her home for the last 6 years. Mental illness and loss conspired to leave Nixa with a barrier between her and life.

After 2 years of working hard at MYCS Psych Rehab Services, Nixa now has a part-time job at a local dry cleaner, communicates easily, can “walk around the city like I own it.” Sweet victory! “I still drop by MYCS almost every day. This is where my friends are.”

**“I enjoy life now.”**

**“I used to lay in bed all day.”**

**“Before MYCS, there wasn’t very much going on in my life.”**
**Where does the money come from?**

While it is true that most of our monies come from government contributions and earned revenue, it is also true that these numbers are not likely to grow dramatically. *To meet growing demand, our biggest opportunity comes from individual contributions.*

**Revenue**

- **Foundation & Corp Contributions**
- **Government Contributions**
  - Local
  - Unspecified
- **Individual Contributions**
- **Earned Revenue**
- **Investment Income**
- **Other**

**Where does the money go?**

With a budget of more than $19 million, this is a fair question. **We spend 97.2% of our expenditures on the programs** that serve our 6,000 patient-consumers in our 26 locations in the Mon and Yough valleys.

Whether vocational training, life-skills building, psychological rehabilitation, social rehabilitation, drug/alcohol recovery, or intensive outpatient therapies, you can trust that we put every dollar to work wisely.

**Expenses**

- **Admin Expenses**
- **Program Expenses**

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**Financial Position, year ending July 31**

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>FY-2013/14</th>
<th>FY-2012/13</th>
<th>FY-2011/12</th>
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<tbody>
<tr>
<td>Total Revenues</td>
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<td>19,147,794</td>
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<td>19,155,869</td>
<td>19,179,482</td>
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<thead>
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<th>FY-2013/14</th>
<th>FY-2012/13</th>
<th>FY-2011/12</th>
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<tbody>
<tr>
<td>Foundation &amp; Corp Contributions</td>
<td>569,796</td>
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<td>Government Contributions</td>
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<tr>
<td>Local</td>
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<tr>
<td>Unspecified</td>
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<tr>
<td>Individual Contributions</td>
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<td>Earned Revenue</td>
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<td>Investment Income</td>
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<td>Other</td>
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<td>363,877</td>
<td>603,041</td>
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<th>FY-2012/13</th>
<th>FY-2011/12</th>
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<tbody>
<tr>
<td>Program Expenses</td>
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<td>18,549,799</td>
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<td>Total Revenue/Total Expenses</td>
<td>1.03</td>
<td>1.00</td>
<td>1.02</td>
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<tr>
<td>Program Expense/Total Expense</td>
<td>97%</td>
<td>97%</td>
<td>98%</td>
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<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>FY-2013/14</th>
<th>FY-2012/13</th>
<th>FY-2011/12</th>
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<tbody>
<tr>
<td>Total Assets</td>
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<td>Current Assets</td>
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<td>Long-Term Liabilities</td>
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<td>317,342</td>
<td>502,764</td>
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<tr>
<td>Current Liabilities</td>
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<td>Total Net Assets</td>
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<td>7,804,569</td>
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<table>
<thead>
<tr>
<th>Current Ratio:</th>
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<tbody>
<tr>
<td>Current Assets/Current Liabilities</td>
</tr>
<tr>
<td>Long-Term Liabilities/Total Assets</td>
</tr>
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Please note 2014’s data is unaudited and subject to change.