

2019 ANNUAL REPORT



FROM SURVIVING TO **THRIVING.**



LEGACY
TREATMENT SERVICES
An Affiliate of Woods

For more than 150 years, Legacy Treatment Services has been providing clinical interventions to children, youth, families and individuals.

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*Changing the behavioral health and social service outcomes
for people of all ages from surviving to thriving.*



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A MESSAGE FROM
ROY LEITSTEIN, CEO



Dear Friends and Supporters,

The highlights at Legacy Treatment Services this past year continued to be our strategic growth; continued commitment to innovative and quality care for our clients throughout our continuum of care; and high consumer, employee and stakeholder satisfaction despite the financial limitations we and every other provider like us has been facing.

Our growth has primarily been through outpatient and addiction programs, as we respond to the requests and needs of the communities we serve. Our South Jersey programs saw over 10,500 clients this year and are growing rapidly, attesting to the need for these services. People who responded to our request for feedback through distribution of yearly satisfaction surveys indicate that they highly regard our programs, our competence levels, our collaboration and their outcomes as a result of the services we provide. Finally, we were once again accredited by the Council on Accreditation (COA), which identifies providers that have met high performance standards and have made a commitment to their stakeholders to deliver the very best quality services.

All of our accomplishments can only be achieved by the work of stellar employees, supportive Board of Trustees and you. Thank you.

From Surviving to Thriving,

ROY A. LEITSTEIN, MS
Chief Executive Officer
Legacy Treatment Services

A handwritten signature in purple ink, appearing to read "Roy A. Leitstein".



FROM SURVIVING TO **THRIVING**

*Legacy Treatment Services
offers a full continuum of
behavioral health and
social services for children,
adults and families,
including:*

OUTPATIENT MENTAL HEALTH SERVICES

CRISIS INTERVENTION

OUTPATIENT ADDICTION TREATMENT SERVICES

DEVELOPMENTAL & INTELLECTUAL DISABILITY SERVICES

OUT-OF-HOME CARE FOR CHILDREN & YOUTH

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OUTPATIENT OPIATE TREATMENT

OUTPATIENT ALCOHOLISM TREATMENT

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LEGACY TREATMENT SERVICES 2019 FACTS & FIGURES



10,561	Unique individuals served throughout Legacy's continuum of care.
417,200	Services delivered throughout Legacy's continuum of care
1,589	Children served in the community through Children's Mobile Response.
387	Children and youth with behavioral health challenges provided with housing, treatment and supports through Adolescent Residential Services.
525	Adults and adolescents treated to overcome their drug and alcohol addictions.
123	Adults offered a safe alternative to hospitalization through Kairos House and Crosswinds.
587	Individuals and families provided with information, resources, and supports through Generations Family Success Center.
86	Students enrolled at Mary A. Dobbins Special Education School with individualized education and supports.
2,816	Children, adults and families provided with psychiatric services and therapy at Outpatient Services.
3,662	Individuals in crisis screened, stabilized and linked to the appropriate level of care through the screening & Crisis Intervention Program (SCIP).
139	Youth offered counseling, prevention services, and education assistance at the School Based Youth Services Program.
229	Adults supported in mental health treatment adherence through Involuntary Outpatient Commitment (IOC) services.
315	Adults with mental illness provided with case management and community support services to remain safely in the community.
83	Adults were provided with tools, mentoring and support to improve parenting skills.
151	Youth provided with therapeutic foster care.
149	Children and adults participated in Therapeutic Supervised Visitation sessions with the goal of family reunification.
18	Youth who were victims of domestic human trafficking were provided with therapy.

*AS OF 12/2019

WE CAN HELP YOU



Lindsey's mom enrolled her in Legacy's The Learning Academy, a grant funded, teacher driven, free tutoring program, at the beginning of the school year because she was struggling with fourth grade math skills and receiving unsatisfactory grades on her math assignments. When she first came in, Lindsey was unable to complete work independently and relied totally on the Learning Academy teacher's guidance to complete her math work. Also, her self-esteem suffered as a result of her poor math skills. However, it was seen that Lindsey possesses many good learning skills: she listens attentively, follows directions, is eager to learn, is open to constructive ideas, utilizes teaching strategies, and has excellent attendance. These skills provided a strong foundation to help Lindsey learn in an efficient and effective manner.

Math word problems are often confusing for children and Lindsey was no exception. Past Learning Academy students have been taught learning strategies for understanding and completing word problems and some students have dismissed these learning aids as "more work" and continued to struggle – but not Lindsey! Within a couple of months, she was working more independently and her confidence was growing. As she told her Learning Academy tutor, "When my teacher calls on me in math class my answers are always right and before they were mostly wrong." Lindsey's first marking period grade was a B. Long division, the Achilles' heel of fourth grade math skills, was recently taught. This multi-step process is difficult and can be overwhelming for students. With lots of encouragement, added tutoring sessions, and hard work, Lindsey mastered long division and received an 88% on her test! Lindsey is so proud of the progress she has made.

The Learning Academy is critical in communities like Burlington County. Too often school tutoring programs are not available and the financial burden of private tutoring is not affordable, making The Learning Academy an invaluable resource for families. Improving a student's self-esteem through academic growth is a powerful reality of this program.

Lindsey, Learning Academy student



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A Legacy Community Support Services (CSS) consumer was successfully housed in a unit that best met her needs. LM has been facing barriers to getting placed on a lung transplant waiting list due to not living in a home that was handicap accessible and affordable. CSS assisted LM in locating and securing a unit that had modern amenities including central air conditioning for improved breathing, handicap accessible space, and was affordable, offering her long term stability for her and her child in the home. As a result, LM's living arrangements are no longer a barrier to her pursuit of registering for the lung transplant waiting list.

LM, Community Support Services Consumer

NL is an 11-year-old boy whose mother and primary care physician referred for outpatient mental health treatment at Legacy's Mount Holly Outpatient location due to him experiencing difficulty managing his frustration and anger. NL and his mother both identified at the onset of treatment that he would throw 15-20 minute temper tantrums when he would not get his way and/or was told to do something by his parents. During the course of several family therapy sessions with his mother, NL processed triggers for his anger, engaged in a prescribed homework assignment where the Legacy clinician had NL complete an "Anger Warning Signs" educational handout, and also learned several anger management strategies. Since participating in the program, both NL and his parents have reported that NL's temper tantrums have significantly reduced in both duration and frequency (to only a minute or two in duration when he actually does have temper tantrums), which they have stated can be directly attributed to the knowledge and skills that NL has learned in counseling.

NL, Outpatient – Mount Holly Consumer

Nate has made significant progress in treatment since coming to Legacy's Northfield Outpatient location in April 2019. He initially presented for treatment due to experiencing symptoms of depression, low self-esteem, and oppositional defiance. After several months of treatment and exploring sources of anger and depression such as limited father involvement and getting bullied at school during early childhood, Nate was able to gain new coping skills. He began to show significant improvement in symptoms, was no longer feeling depressed and is now in remission. Prior to starting treatment, he was contemplating dropping out of high school and his grades were declining. Since he has been engaged in treatment his grades and attendance have improved and he has increased his socialization with peers and family involvement. Nate was recently discharged due to these improvements in mood and behavior.

Nate, Outpatient – Northfield Consumer

WE CAN HELP YOU

BB has been enrolled in Legacy's substance use program at the Berlin Outpatient office on the grounds of the Virtua Health & Wellness Center since June 2019. At the time of his admission, he was newly sober from methamphetamines, was unemployed, dealing with multiple outstanding legal issues, and estranged from his 11-year-old daughter. In addition to his substance use, he identified an unhealthy pattern of people pleasing as contributing to issues in his life and low self-esteem, which perpetuated this behavior. Through treatment, BB has been able to maintain sobriety and work through many of these issues, identifying healthier boundaries and recognizing increased ability to cope with life's challenges. He has resolved all his legal issues, regained his driver's license, resumed full time employment as an accounting consultant, and begun the process of rebuilding his relationship with his daughter.

BB, Outpatient – Berlin Consumer

KK was admitted to Legacy's Kairos House due to struggling with depression and anxiety, exacerbated by homelessness and difficulty finding employment. Kairos House is a short-term residential program located in Burlington County that offers a safe, therapeutic option for those who are at risk of hospitalization due to exacerbation of their mental illness; or for those who need further stabilization and/or a transition period following an inpatient stay. KK referred herself from the community to aid in achieving psychiatric stability. She had been linked to another location for mental health treatment but had not been attending consistently. After admission into Kairos House, KK began attending on a regular basis and was taking medications as prescribed and was also linked to a Legacy PATH (Projects for Assistance in Transition from Homelessness) case worker for support within the community.

During her stay at Kairos House, KK struggled with time management and was often late to various appointments. Although initially guarded to discuss this with staff, she eventually opened up and was receptive to different suggestions given to her. She began using a timer to help keep her on track and was working with a job coach to find employment during her stay. With the assistance of staff, KK was able to return to her aunt's house upon discharge. KK, her aunt, and staff had a meeting to create a plan for her to continue working on her wellness, which included attending the Legacy program five days a week, utilizing a self-help center on the weekends to maintain her routine, continue medications as prescribed, and continue using the timer to help with time management and attending appointments as needed. KK discussed motivation for change and wanting better for herself and reported feeling positive and more optimistic for her future.

KK, Kairos House Consumer

SS, a 27-year-old African American woman who came to Legacy's Northfield Outpatient program with a history of depression and anxiety, sought out treatment after a cyber stalking incident occurred.

SS was adopted at birth and struggled with healthy interpersonal relationships, setting boundaries, and attachments. While in treatment, she was able to address how being adopted at birth impacted her and her current relationships. With treatment, she was able to decrease symptoms of depression and anxiety by identifying the source of cognitive distortions and automatic negative beliefs. SS also gained increased self-awareness to improve interpersonal relationships and her mood. She successfully completed treatment and is now finishing up her last semester at college while working at a high school. She is on track to graduate with a bachelor's degree in education.

SS, Northfield Outpatient consumer

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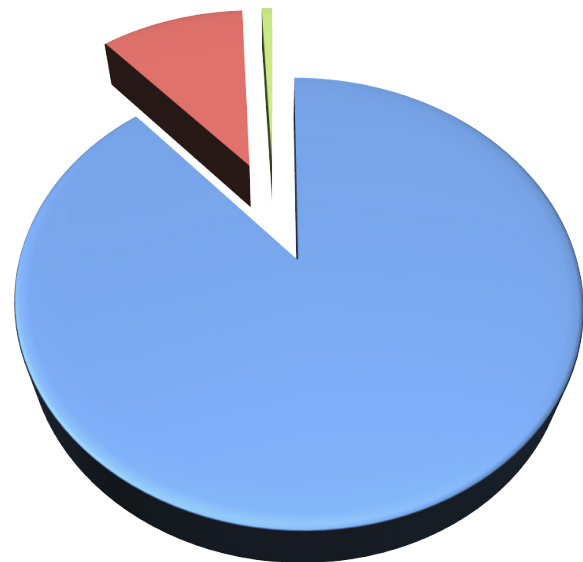
REVENUES AND EXPENSES



REVENUE

Federal-State-County Grants	\$8,464,858.00
Client Service Fees	\$51,233,487.00
School Tuition	\$6,404,867.00
Other Income	\$1,612,742.00
Total Revenue	\$67,715,954.00

- Federal-State-County Grants
- Client Service Fees
- School Tuition
- Other Income



EXPENSES

Program Services	\$61,385,079.00
Management & General Expense	\$8,146,532.00
Fundraising	\$308,359.00
Total Expense	\$69,839,970.00
Net Revenue/Expense	(\$2,124,016.00)

- Program Services
- Management & General Expense
- Fundraising

2019 ANNUAL REPORT



Legacy Treatment Services, a 501c3 nonprofit, provides a comprehensive array of behavioral and mental health services for individuals of all ages. We are a vibrant statewide agency that utilizes cutting-edge technology and evidence-based practice in treatment and clinical care.



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