Building a **Healthier Community**...

2011 Annual Report
July 1, 2010 – June 30, 2011

Danville-Pittsylvania Community Services
Providing quality behavioral health, intellectual disability and prevention services to citizens of Pittsylvania County and the City of Danville since 1972.
As Chairperson of the Danville-Pittsylvania Community Services (DPCS) Board of Directors, it gives me great pleasure to present to the community our Annual Report for Fiscal Year 2011 (July 1, 2010 to June 30, 2011). Our theme this year centers on “Building a Healthier Community” and the role DPCS staff and programs play in building a healthier Danville and Pittsylvania County. Last Fiscal Year 2010, our Annual Report established “foundations” which are necessary for a solid and effective organization to meet the needs of our community. Those foundations are set in our services to the individuals we serve, our staff, our values, our leadership, and our plans for the future. Those foundations are the solid ground upon which we are Building a Healthier Community. The following are just a few examples:

Building a Healthier Community...

for our adults in services by increasing the availability of secure, supportive, community-based living arrangements – DPCS opened nine (9) new apartments at the Piney Ridge Apartment Complex, bringing the campus total to fourteen (14) supervised apartments allowing individuals with serious mental illnesses to live independently while having the support of staff on-site. In addition, the Agency received notification from the Department of Housing and Urban Development of a grant award in the amount of $574,000 for the construction of a new four bedroom group home for individuals with an intellectual disability.

Building a Healthier Community...

for our staff working with individuals in the community – This year, we were honored to serve 7,935 adults and children in the City of Danville and Pittsylvania County as they built their own healthier community through more than 139,000 distinct units of service they received. As a unique example of this work, DPCS received funding from the Virginia Wounded Warrior Program and hired a resource specialist to provide services for veterans with mental illnesses and/or substance abuse disorders and their family members and to coordinate resources needed by veterans to support their basic needs and enable them to remain and function optimally in the community.
Building a Healthier Community...
for our children and families - DPCS expanded staff and service capacity by adding the following evidence-based prevention programs in 2011: Al’s Pals and Color Me Healthy for the preschool population; Operation New Hope for youth returning to the community from out of home placements; and Parenting Wisely for parents of at-risk youth. A Virginia Department of Health grant for the Maternal, Infant, & Early Childhood Home Visiting Program, in the amount of $193,864 (the first of four years), was awarded to DPCS for the expansion of the Healthy Families Program.

Building a Healthier Community...
for our stability, productivity, and community integration - DPCS achieved an employment level of 260 employees, making the Agency one of the area’s major employers. Eighty-four percent of our employees live in the City of Danville and Pittsylvania County, enriching the economies of the area with a payroll exceeding $10.8 million for salaries and fringe benefits. The Agency employs individuals in the fields of counseling, finance, information technology, psychiatry, care provider, education, nursing, human resources, quality assurance, management, reimbursement, vehicle and building maintenance, secretarial, food preparation, and transportation.

On behalf of the volunteer members of our Board of Directors and the staff, it is an honor and privilege to bring you the Annual Report outlining our role in Building a Healthier Community for the coming years.

Sincerely,

Dean Jennings
Chairperson
Oral Healthcare Access
In collaboration with the Danville Regional Dental Society and the Community Dental Clinic, DPCS’ Oral Healthcare Access Program provides dental services to high-need, low-income adults enrolled in the Agency’s Intellectual Disability or Behavioral Health Services. The grant program provides acute, restorative, and preventative oral healthcare services for individuals who are identified as without financial resources to pay for dental care. DPCS case managers coordinate the dental services. The grant program ensures appointments are kept, reduces transportation barriers to appointments, ensures dentists...
receive reimbursement for services, and reduces use of the hospital Emergency Department for dental care. The United Way of Danville-Pittsylvania County is an essential partner for the sustainability of the Oral Healthcare Access Program. The United Way’s allocations to DPCS for this program over the past four consecutive grant cycles, as well as funding from the Community Foundation of the Dan River Region, Knights of Virginia Assisting the Intellectually Disabled, and the Wal-Mart Foundation, have enabled the continued implementation of the program with outstanding outcomes.

A New Lease on Life: Health for Virginians with Mental Illness

In partnership with The Free Clinic of Danville (FCD) and Piedmont Access to Health Services (PATHS), DPCS was awarded a three-year grant from the Virginia Health Care Foundation to establish a new mental health service for our community. This collaborative initiative integrates mental health and primary care for uninsured and underinsured citizens of Danville and Pittsylvania County. A New Lease on Life addresses the need for early identification and treatment of mental illness by providing quality mental health care access at the location where an individual is receiving primary health care. DPCS is mandated to prioritize services for individuals with Serious Mental Illness, which excludes those in less acute stages of mental illness, such as the 1,045 individuals identified by PATHS and FCD in 2008. Through A New Lease on Life, DPCS provides basic mental health services to the patients of both PATHS and FCD. The Virginia Health Care Foundation grant enabled DPCS to hire a full-time Licensed Clinical Social Worker to work offsite providing mental health services in coordination with the primary care providers at FCD and PATHS in downtown Danville and at PATHS in Chatham. A DPCS psychiatrist provides medication consultation and specialized support for complex cases. Patients have access to needed prescription services as part of the mental health service.

Employee Wellness Program

DPCS values not only the health and welfare of the individuals it serves but also the health and wellbeing of its employees. DPCS commits to this value by allowing all employees to participate in the Wellness Program. An advisory committee composed of a representative from each agency Division assists in the development of a variety of fitness and health related programs offered throughout the year. The overall goal is to provide a Wellness Program for employees that promotes a healthier working environment and encourages and supports a healthy personal wellness lifestyle. A healthier workforce leads to lower health insurance costs for the Agency, allowing scarce resources to support our services to individuals.

Employees are eligible to participate in many activities sponsored by the Wellness Program that include the following:

- Employee Health Fair
- Wellness Incentive Programs
- Weight Management Programs
- Lunch and Learn Sessions
- Employee Recognitions for lifestyle changes and maintaining a healthy lifestyle
- Team Events
- Flu Shots

Healthful Nutrition Access Project

Thanks to the support of a generous local funder, individuals with an intellectual disability who are enrolled in DPCS’ Day Services are participating in the Healthful Nutrition Access Project. This project is a unique opportunity for them to become involved in vegetable gardening, to learn cooking skills, and to learn that healthy eating can be delicious. Individuals with an intellectual disability helped to make Day Services’ first community garden a success by supplying soil, planting vegetables, watering the garden, weeding the garden, and harvesting the vegetables. Individuals have enjoyed both raw and sautéed squash, peppers, eggplant, and zucchini from the garden. The grant has enabled Day Services to develop a variety of healthy food events for their individuals. To help individuals become more self-sufficient in the kitchen while promoting healthy eating, Day Services implemented a Healthy Taco Salad event. Individuals assisted with menu planning, shopped for low-fat ingredients, and prepared their own delicious taco salads. For a recent Luau, individuals helped make a watermelon fruit bowl and a pasta salad with fresh ingredients. The link between healthy eating and personal hygiene, especially good oral health and maintaining a beautiful smile, has been emphasized. As a result of eating healthy, Day Services has developed a recipe book with healthy dishes and snacks. The book uses picture recipes that are easy for individuals with an intellectual disability to follow. Grant funds will be used to enhance the kitchen at Day Services with adaptive kitchen items.
Youth
The Child and Family Services Unit helps to build stronger, healthier families by providing support to children in their home and school environment. Services are designed to assist both the child and family. Play therapy, psychiatric services, counseling and family therapy target the treatment of emotional disturbances in children. There are also services designed to assist children in successfully transitioning from residential placements back to their homes. Older teens may be provided with life-skills training that facilitates a successful move into independence and adulthood. Case Management coordinates and
Behavioral Health Services

monitors these services and assists in linking children and their families with any additional programs and resources that may be of benefit to them.

Adult
Adult services provide comprehensive and coordinated care to assist individuals in accessing medical, psychiatric, social, educational, vocational, residential and other supports essential for living in the community. Residential and Day Treatment services provide adults with support 24 hours a day allowing them to be an active part of their communities. Piney Ridge Apartments provide individuals with the tools needed to live healthy and productive lives by teaching them the skills required to live independently. Foundation House, an alternative to hospitalization, provides short-term treatment focusing on intensive support, counseling and crisis intervention in a home-like setting. Harmony House is a day treatment program providing individuals opportunities for peer interaction, social integrations, community involvement and classes designed to improve independent living skills. Community-Based Outpatient Care (counseling and case management) provides support, treatment, monitoring, education and crisis intervention through community based access to treatments.
Youth Intellectual Disability Services offer a variety of comprehensive services to youth who reside in the City of Danville and Pittsylvania County. Support Coordination is offered to individuals from age six to adulthood. The Infant Services Program provides service coordination, case management, developmental services and assessments to infants from birth to thirty six months. Staff assist the family by providing education on appropriate child development/behavior and foster family bonds to build healthier relationships within the home. Family Support Services offer financial assistance services and technical support to parents or caregivers who choose to provide care at home for persons with a diagnosis of intellectual disability, autism and/or multiple disabilities. Assistance includes respite care, environmental modifications, and assistive technology. Intellectual Disability Services also partnered with Danville Parks and Recreation Stonewall Therapeutic Center to provide transportation for individuals attending day camp.
Adult
For the adult population, Intellectual Disability Services provide intensive residential services for those individuals with intellectual disability who require 24-hour assistance and need training and assistance with bathing, grooming, food preparation, shopping, chores and socialization. Supported Living residential services support individuals whose level of independence does not require 24-hour a day supervision. These services are provided in the home and assist individuals in meeting the challenges of living in the community, including skill building, personal care, peer interaction and problem solving. Day Support Services provide a wide range of services to teenagers and adults diagnosed with an intellectual disability and who may have physical, mental and/or social challenges. Case Management services assist individuals and families in accessing medical, psychiatric, social, educational, vocational, residential and other supports to improve the physical and emotional well-being of individuals served.
Youth Prevention Services provide a multitude of evidence-based prevention programs to the youth of Danville and Pittsylvania County. Services are provided through in-home, school and community-based settings. Prevention Services serve youth from birth to 18 years of age. These programs increase healthy behaviors and reduce risk and/or problem behaviors. Evidence-Based Programs include Too Good for Drugs, Too Good for Violence, Al’s Pals, Color Me Healthy, Second Step, Project toward No Drug Use, Life Skills, Phoenix Curriculum, Aggression Replacement Training, Students Taking a Responsible Stand (S.T.A.R.S) and New Horizons Adventure Camp. Prevention Services collaborate with multiple City and County agencies to provide services.

Adult
Prevention Services for adults include parenting and self-sufficiency programs designed to build on existing family strengths and resources. Programs for adults include Strengthening Families, Healthy Families, Kids in Divorce and Separation (K.I.D.S.), Parenting Wisely, Video-Based Parenting and Self-Sufficiency Project. Parents have the greatest influence on their children. By increasing parenting skills and improving the overall home environment, we build a stronger and healthier family.
Building a Healthy Economy

- 260 Employees
- $10.8 million in salary and fringe benefits
- 84% of our employees live in Danville and Pittsylvania County
- 99.5% of our employees have a high school degree or higher education
- 45.5% of our employees have a bachelor's degree or higher education

Revenue, Expenditures & Statistics

Fiscal Year 2011 Sources of Revenue

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<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>State</td>
<td>$ 6,791,285</td>
<td>38.97%</td>
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<tr>
<td>Local (includes-in kind)</td>
<td>$ 583,614</td>
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<tr>
<td>Direct Client Fees</td>
<td>$ 251,563</td>
<td>1.45%</td>
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<tr>
<td>Other Fees (Medicaid, Medicare, Other Insurance, Other Contracts)</td>
<td>$ 7,580,117</td>
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<tr>
<td>Federal</td>
<td>$ 1,360,910</td>
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<tr>
<td>Other</td>
<td>$ 857,519</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$17,425,008</strong></td>
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Expenditures by Division

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<tr>
<th>Division</th>
<th>Amount</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Behavioral Health Services</td>
<td>$ 8,372,497</td>
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<tr>
<td>Intellectual Disability Services</td>
<td>$ 5,565,449</td>
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<td>Prevention Services and Quality Assurance</td>
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<td>Administration</td>
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<td><strong>Total</strong></td>
<td><strong>$15,118,486</strong></td>
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Program Statistical Summary

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<th>Program</th>
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<th>County</th>
<th>Other</th>
<th>Total</th>
<th>Service Units</th>
<th>Bed Days</th>
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<tbody>
<tr>
<td>Mental Health</td>
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<td>698</td>
<td>53</td>
<td>1,821</td>
<td>63,016</td>
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<tr>
<td>Substance Abuse</td>
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<td>150</td>
<td>23</td>
<td>414</td>
<td>2,657</td>
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<tr>
<td>Dually Diagnosed</td>
<td>147</td>
<td>78</td>
<td>13</td>
<td>238</td>
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<td>Emergency Services</td>
<td>905</td>
<td>613</td>
<td>125</td>
<td>1,643</td>
<td>2,853</td>
<td>8,366</td>
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<tr>
<td>Intellectual Disability</td>
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<td>237</td>
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<td>517</td>
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<td>Prevention</td>
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<td>534</td>
<td>5</td>
<td>3,302</td>
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unaudited
“Unlocking Potential with Each Sunrise.”

Danville Pittsylvania Community Services

Return Service Requested