

Saint John Vianney Center

ANNUAL REPORT 2022



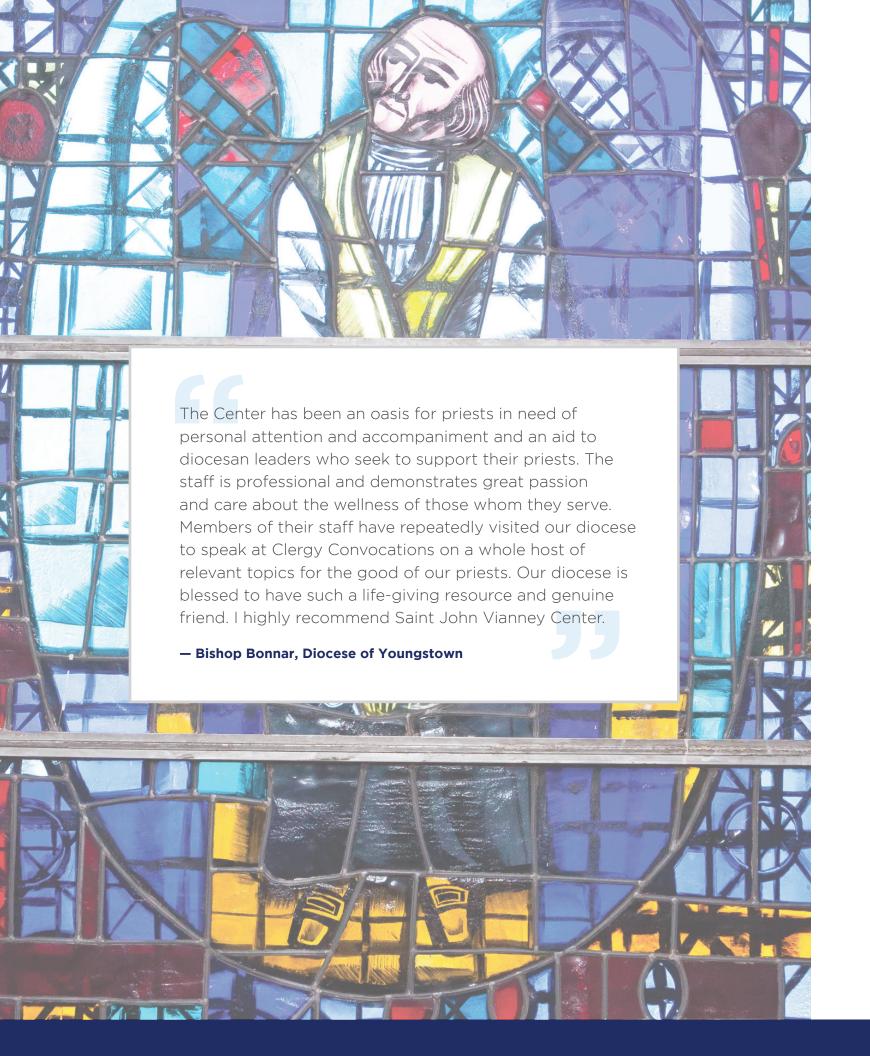


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Highlights of Our Ministry





I am pleased to present our first **Annual Report for Saint John** Vianney Center.

Our mission to serve Catholic Clergy, Consecrated Men and Women Religious, and Clergy of other Christian denominations worldwide has never been more essential. I am grateful to our staff, who provide a safe environment of acceptance and healing that encourages our clients to appropriately renew and restore themselves to a fulfilling and effective ministry.

We designed this report to offer an overview of our services, successes, client testimonials, audited financials, and strategic initiatives. Our goal is to bring Christ's healing presence to address the multi-dimensional nature of the healing process and to provide preventative programs that encourage a healthy lifestyle. As the longest-running behavioral health facility in North America for Clergy and Religious, we lead the way with tools that inspire, heal, renew, and restore.

This report both celebrates our successes and demonstrates the need for our services. Our immediate strategic initiatives are to expand our health and wellness programs, gather more information on the needs of our diocesan clergy, and develop resources that make our services more accessible. The support of our clients and friends will help us expand our mission to provide a healthy Church.

One person can potentially impact the lives of thousands of families during their ministry. I hope you will join me in this next chapter as we continue to provide support for these men and women. May God bless you and all you do for our Church.





The Board of Directors at Saint John Vianney Center (SJVC) is determined to move the needle. In tackling some of the most vexing challenges facing our Clergy, Men and Women Religious, we are committed to providing access to quality healthcare and education for our men and women who serve in ministry. That's no small task, and it was made considerably more complex by a global pandemic that has put more pressure on a shrinking population of dedicated people who provide essential ministerial service to all of us.

Despite these challenges, SJVC completed another impactful year in our 76-year history. Our staff provides outstanding residential treatment for those who need physical and emotional care. We continue to expand our health and wellness workshops around the United States. Our staff provides advice and counsel to diocesan leadership and the leaders of men's and women's congregations and communities. We launched our first study to discern the needs of our diocesan clergy and expanded our Board to reflect our national mission. These initiatives have and will provide more resources to the men and women who dedicate their lives to Christ.

I am privileged to work closely with SJVC's exceptional team and our dedicated Board members. Our senior leadership and staff members are second to none and are enormously talented, hard-working, and caring. Thank you to the SJVC staff for their efforts to serve the needs of our Church.

Sincerely,



Albert R. Riviezzo

Board Chair

Board of Directors



Elizabeth Monica Acri, IHM, Psy.D.
Professor, Department of Psychology
and Counseling
Immaculata University



Donald F. Friel Executive Vice President Redeemer Health



Albert R. Riviezzo, Esquire Attorney-at-Law Partner Fox Rothschild LLP



Deacon Steven A. DeMartino
Director of Priest Wellness
Office of the Vicar for Clergy
Archdiocese of New York



Jennifer A. Madere, MA, LPC-S Owner and Founder, Intuitus Group Independent Professionals and Past-President of Catholic Psychotherapy Association



Carlo Silvesti CPA, MBA, CGMA
Retired Associate Professor of Accounting
Gwynedd Mercy University



Joann Kelly Erb, Ph.D., RN
Continuing Education Faculty Penn State
University, Retired Nurse Educator Gwynedd
Mercy University, Clinical Educator AbingtonJefferson Home Care



Patrick W. McGrory, MSFS, CFP® CEO & Private Wealth Advisor Liberty Point Advisors



Mary W. Stec, Ph.D., RN, CNE Associate Professor of Instruction in Nursing Temple University



Most Reverend Timothy E. Freyer, D.D. Auxiliary Bishop Diocese of Orange, California



Michael D. O'Mara, Esquire Attorney-at-Law Partner Stradley Ronon Stevens & Young, LLP



Paul M. Versaggi, CPA
Controller
Paradise Management, LLC





Our History

Founded in 1946









1946

Founded in 1946, Saint John Vianney Center (SJVC) is the longest running, internationally renowned and premier behavioral health facility in North America for Clergy and Religious. The Center provides professional programs and services, spiritual experiences, and 24/7 nursing supervision to assist Clergy and Religious in living a healthy lifestyle in mind, body, and spirit.

The Center's beginnings include the 1946 purchase of the 175-acre McIlvaine Estate in Downingtown, Pennsylvania,

at the request of Monsignor William Kavanagh and Dennis Cardinal Dougherty of the Archdiocese of Philadelphia. The main residence was converted from a family home to a private hospital, and the program was placed under the patronage of Saint John Vianney, an especially humble and forgiving priest known as the "Curé d'Ars," a famous confessor in France known for his devotion to the Sacrament of Reconciliation.

1974

In 1974, individual psychotherapy was initiated at the Center, followed by spirituality groups, music and art therapy, and specialized classes. Outpatient services also began providing assessments and therapy. Accreditation from The Joint Commission was awarded in 1989, and the facility maintains this accreditation and its state licensure today, with its most recent re-accreditation in 2022.

2000

In the mid-1990s, the programs moved from a medical model to a residential milieu. In September of 2000, the Center instituted a four tier approach to treatment

to allow residents to move between programs and receive a continuum of care. This was followed by the development of the Complex Extended Stay program aimed at assisting those with chronic behavioral health needs to function at their optimal level. Since 2009, the Consultation, Education, and Outreach Department has provided workshops and convocations on a wide variety of topics promoting wellness and prevention for Clergy and Religious worldwide.

2012

In 2012, SJVC expanded its programming again with the Co-Occurring Disorder (COD)

unit which addresses those broken by the burdens of addiction, and behavioral health issues, treating the mind, body, and spirit of each person. A thorough aftercare program now operates to support, monitor, and follow up with discharged patients. 2021

In 2021, SJVC celebrated its 75th year of serving the Church.

Now independently owned and operated, our mission continues to shepherd our brothers and sisters in Church ministry through life's journey and difficulties, and to aid and restore their physical, behavioral, and spiritual well-being.

2022

Today and Beyond.

We continue to be responsive to the diverse and evolving needs of our brothers and sisters in ministry and provide the highest quality of care to Clergy, Consecrated Men and Women Religious, and Clergy of major Christian denominations so they can serve the people of God in their best health.

For the Serving the Church for 76 Years

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Our Services

Saint John Vianney Center is a licensed and accredited residential behavioral health and addictions treatment center serving Clergy and Men and Women Religious to be healthy in mind, body, and spirit. Our exemplary facility, staff, and resources distinguish us as the premier center fully equipped to heal ministers of the Church in mind, body, and spirit.

Our residential treatment services provide the highest quality patient-centered care using a holistic approach in a warm, welcoming environment. Our interdisciplinary staff is sensitive to the needs and familiar with the issues that Clergy and Religious face in their ministry. We treat emotional and behavioral health issues, addictions and compulsive behaviors, and weight management and wellness struggles in a safe, structured, and supervised environment with the support and healing that comes from a community setting. Our clients find that all of these offerings are what help them successfully navigate their pathway to true wellness.



Our interdisciplinary treatment team includes:

- 24-hour Nursing Care
- Internal Medicine Physicians
- Psychologists
- Psychiatrists
- Chaplain
- Spiritual Care Advisors
- Registered Dietician
- Physical Therapist
- Occupational Therapist
- Fitness Coach and Activities Instructor
- Continuing Care Coordinators



Education and Wellness Workshops

Saint John Vianney Center provides education and wellness workshops for Clergy and Religious worldwide. Our workshops integrate psychology, medicine, theology, and spirituality. Our programs provide healthy options to prevent pitfalls offering practical methods to get and stay healthy in mind, body, and spirit.

Support for Arch/Diocesan and Men and Women Religious Leadership

Saint John Vianney Center provides support groups for diocesan and religious leadership to discuss best practices and resources available to best care for their men and women. In these sessions, we discuss a myriad of issues that may arise in ministry, reinforce the importance of the leader's own self-care, and foster support among fellow leaders.

Newly Ordained Priest Program

The Newly Ordained Priest Program is for priests within five years of ordination. Focusing on the first years after ordination is critical for the formation of priestly identity and equips the priest with the knowledge and skills to navigate toward a mature, healthy, and vibrant priesthood.









There was never anything Joann Erb, Ph.D., RN wanted to do more than nursing. From an early age, she was drawn to it and could never have imagined a career in any other field.

Since she joined the Center's Board more than a decade ago, Dr. Erb has brought her decades-long background in community health nursing and education which benefits the Center's services and programs, quality assurance, and training for clinical staff on care management related to diabetes, heart failure, and managing chronic illness.

A long-time Associate Professor at both Gwynedd Mercy University and La Salle University, Dr. Erb is also a Mercy Associate, meaning she has committed herself to the mission of Mercy in partnership with the Sisters of Mercy and understands via this involvement the difficulties inherent in living in a religious community. "I feel very much for the solitary aspect of many of the lives of our Clergy and Religious, and as a nurse and a person of faith, I am interested in their wellbeing," says Dr. Erb of the Center's mission.

Given Dr. Erb's clinical perspective to SJVC's mission, she is uniquely positioned to comment on the holistic scope of client assessment and services. The outcomes are very positive, and she is left both impressed and hopeful. "These evaluations are extremely promising," says Dr. Erb. "When patients leave, they can return to ministry, they are attuned to their physical and psychological health, and their diets are under control – that's the beauty of the approach. It's very well rounded, addressing not just spiritual, psychological, physical, or emotional aspects but all aspects of what it means to be healthy and well."

When asked what's kept her at the Center all these years, she reflects on the inspiring leaders and colleagues she's had the pleasure to serve alongside, "all deeply committed to the mission," according to Dr. Erb.

The Center thanks Dr. Erb for her decade-plus of commitment and service.





For the past decade, Patrick McGrory has served Saint John Vianney Center in various capacities, including on the Advisory Council, the Board of Directors, and as chair of the Board's Advancement Committee.

"Through my work with the Raskob Foundation for Catholic Activities, I've known of the good work that priests and women and men religious do, and so was intrigued when I was asked to be a part of the Center," says McGrory. "What most impresses me about its work is that it humanizes our Clergy and Religious. Too often, we dehumanize our priests and nuns; make them into their own entity without thinking of them as our brothers and sisters, which they are. They are also the lifeblood of representing what the Catholic Church is about and if they aren't healthy, the Church isn't healthy."

McGrory brings a unique perspective on the role philanthropy can play in catalyzing impact for vulnerable populations, having played a significant role for over 25 years in his family's foundation – and is deeply impressed with the Center's leadership and management. "David is a servant leader, through and through," says McGrory. "To have him as president instills me with much faith as a donor; I know funds donated to the Center will be utilized for the advancement of our mission to better the wellbeing of Clergy and Religious in a spiritual setting."

Pointing to the lingering sense of disconnectedness within the Church due to Covid, McGrory sees the Center's work as vital for helping Clergy and Religious to navigate the current climate. "With mass attendance still down in the post-Covid era, many of our Church's servants may feel more isolated than they ever have. It's critical to use health and wellness best practices to ensure they're taking care of themselves as much as they are the people they serve," says McGrory.

Speaking of the future, McGrory is excited to see plans to increase the amount of education and preventative outreach the Center does beyond the walls of the campus. "It will dramatically increase our impact and the number of people we're able to reach," says McGrory. "I couldn't be more thrilled to be a part of it."

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When James MacFadyen, MD was approaching the end of medical school considering what his specialty might be, he asked himself to try to imagine what he would still enjoy doing several decades out from graduation.

Psychiatry was the natural choice for the young soon-to-be Dr. MacFadyen as he knew it would allow him satisfying, long-term relationships with patients, an element many other physician specialties are without.

More than 50 years later – after more than 30 serving at Saint John Vianney Center – Dr. MacFadyen's prediction has panned out, so much so that, though he has retired from private practice, he remains at the Center, exuding energy and conviction for the treatment model he has helped to establish.

"At the Center, when a person comes for treatment, we evaluate and care for them in body, mind, and spirit," says Dr. MacFadyen. "A team of psychologists, psychiatrists, spiritual advisors, physical therapists, nutritionists, social workers, nurses, physicians, and others work together to provide care for each individual. Over time, we work with our patients not just on the acute difficulties that may have brought them here, but on the various underlying issues that are preventing them from fulfillment in their lives and ministries. It's truly interesting and enlivening work."

In addition to the model of team treatment that the Center has embraced for decades, Dr. MacFadyen speaks of the powerful impact of the therapeutic community he and his colleagues have nurtured over the past 10 to 15 years. "Although each person is here for help with their own difficulties, we work hard to help them to become a member of a community while they're here – one which itself becomes a healing agent in their process," says Dr. MacFadyen. This concept of therapeutic community is one he has utilized previously in large public hospitals, military hospitals, and small private clinics with good effect.

In addition to the obvious benefit to patients, this model has brought a deep sense of community and collaboration to the working culture at the Center - one

that makes it an enviable place to be a provider. "We believed and started to articulate the idea that everything that happened here was part of treatment and that everyone working here was part of treatment," says Dr. MacFadyen. "Everyone is part of the team and everyone is important – that's our attitude here now and it's fully embraced by leadership as an important part of our culture. We've intentionally cultivated an atmosphere in which every decision is based on mission and what's best for our patients."

During his more than 30 years at the Center, Dr. MacFadyen has developed a deep appreciation for religious life and the difficulties inherent to a life of religious service – and finds the interplay between the psychological and spiritual to be fertile ground. "Our population is unique because their spiritual lives and their relationships with God are so essential in their lives – so if they are suffering from an illness that interferes with their sense of faith, it compounds their suffering tremendously," says Dr. MacFadyen. "On the other hand, faith can be relied

upon as a tool in recovery and the Center takes this aspect of our patients' lives into account fully – it's front and center all the time and spiritual care is in ongoing communication with psychiatric and psychological care. It's a primary consideration, and the emphasis on the spiritual is one of the things that has kept me here so long." Dr. MacFadyen also speaks of the compounding impact of the work they do at the Center. "Someone once pointed out to me that for every person we send back healthy it could be said that 10,000 lives are impacted. That's how Saint John Vianney Center serves the wider community as well."

Dr. MacFadyen has been a fixture at the center for longer than anybody can remember - but at some point he looks forward to a full retirement during which he and his wife will spend more time with their three children and three grandchildren who live as far away as Anchorage, Alaska.





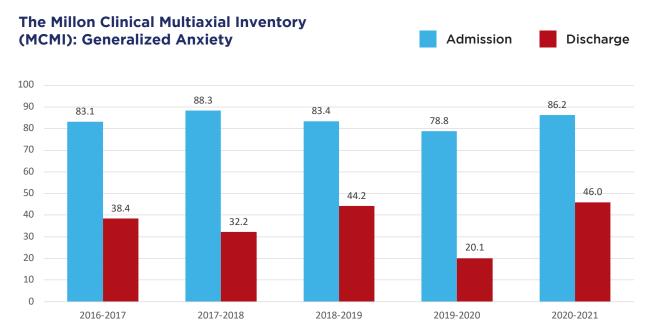


Saint John Vianney Center (SJVC) provides comprehensive evaluations assessing the mind, body, and spirit of Clergy and Religious. Our assessment team is comprised of professionals from across disciplines, including a psychiatrist, psychologist, spiritual care advisor, internist, dietitian, physical therapist, and nurse. Upon discharge from residential treatment, assessments are re-administered with select measures to assess overall progress. These three charts provide a sampling of our residents' progress on their journey toward wellness.

Residents' State of Religious Crisis is Reduced **Assessment of Spirituality and Religious Sentiments Scale (ASPIRES) Average Score:** Admission Discharge **Religious Crisis** 62.5 64.7 60 50.6 50 10 2016-2017 2017-2018 2018-2019 2019-2020 2020-2021

The Assessment of Spirituality and Religious Sentiments (ASPIRES) Scale assesses spirituality as a universal dimension concerning how individuals create a broad sense of personal meaning for their lives. Of particular interest is a subscale that identifies the degree to which the responder identifies as being in a religious crisis. As might be expected, on admission, a number of our residents respond with elevations of religious crisis. However, after a course of treatment, our residents, on average, report they are no longer in a state of crisis. As noted in the graph above, there is a significant reduction in self-report of crisis symptoms following treatment at SJVC.

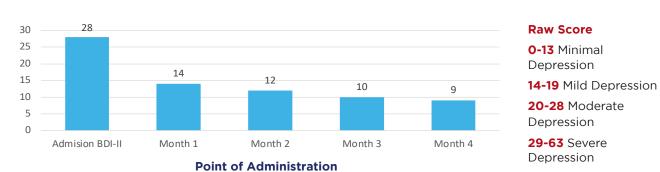
Symptoms of Residents' Anxiety Are Reduced



The Millon Clinical Multiaxial Inventory is a psychological assessment tool intended to provide information on personality traits and psychopathology, including for specific disorders such as anxiety, depression, and post-traumatic stress disorder. The graph above outlines the outcomes for residents admitted to SJVC who scored with clinically elevated anxiety on the MCMI upon admission. After a course of residential treatment, the average score on the MCMI upon discharge for this cohort fell into a non-clinically significant range. Essentially, our residents no longer reported symptoms consistent with an anxiety disorder.

Residents' Depressive Symptoms Are Reduced -

The Beck Depression Inventory (BDI-II) Average Raw Score: Depressive Disorder Diagnosis Group



The Beck Depression Inventory is a self-report instrument that measures characteristic attitudes and symptoms of depression. This graph shows the improvements made month to month for admitted residents that initially scored in the moderate to severe range of depression on this instrument. After 30 days of treatment, these residents report mild symptoms of depression and, in subsequent months, report only minimal criteria of depression. Therefore, it is clear residents experiencing depressive symptoms upon admission to SJVC experience considerable relief after just a month of treatment and a further reduction in symptoms as treatment progresses.

Giving Opportunities

Ways to support our mission:

Pledge or Recurring Gift

To maximize your gift, please consider a pledge or recurring gift to the Annual Fund. Pledges and recurring gifts can be set up through our online giving page.

Gift of Securities

Many donors prefer making a gift of securities because they can gift the full value of the securities as the gift value and pay no capital gains tax. Please consult your personal tax advisor regarding the special rules of gifts of appreciated property.

Matching Gifts

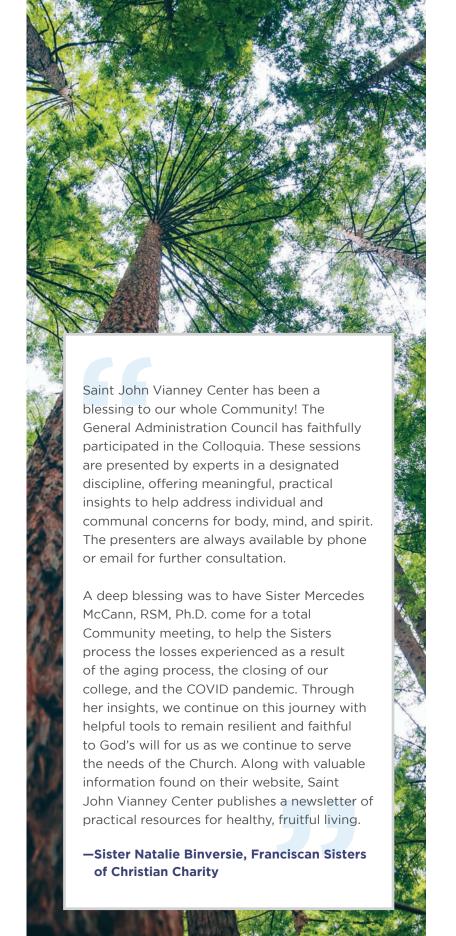
Many employers sponsor matching gift programs and will match charitable contributions made by their employees. Please contact your Human Resource Department at your place of employment for specific information to ensure that your gift will be eligible for a match.

Bequests

Remember the Saint John Vianney Center in your Will. This may provide your estate with a federal and estate tax advantage.



Jim FriendDirector of Mission
Advancement



Our Strategic Priorities

Saint John Vianney Center is raising funds to better shepherd our brothers and sisters in Church ministry. As an internationally renowned provider, we invest in preventative education services for dioceses and religious communities. The following are our strategic development priorities.



Expanding Our Outreach - \$250,000

Our Board of Directors has a bold vision to expand our preventative education services to every diocese and religious community around the world. We find that the demand for these services is growing as more organizations come to understand increasing pressures on their leaders. Currently, SJVC spends \$600,000 annually out of the operational budget to provide preventative health education programs. Dioceses and religious communities partner to defray some of the costs, but the increasing demands for our services and rising costs, limit our ability to meet all needs. Our goal is to raise \$250,000 to hire new staff members and develop materials to increase our reach.



Research and Thought Leadership - \$30,000

SJVC recently engaged The Center for Applied Research in the Apostolate (CARA) in a partnership to study the physical and mental health of Diocesan Clergy in the United States. This study aims to gather data on the clergy's physical and spiritual health and wellness to improve SJVC's offering of preventative mental and physical healthcare programs. This study is the first of its kind in the United States, and we believe its impact will be far-reaching. After this study, we will share the findings and recommendations with the participating dioceses. The cost of this study is \$30,000, and it will allow us to create a diocese-specific approach to working with clergy that more closely meets their needs. Once complete, SJVC plans to conduct a similar study of the health and wellness of men and women religious.



Our Lady of Hope Scholarship Fund - \$100,000

SJVC continually strives to develop creative ways to meet the financial challenges of the communities and dioceses that seek our assistance. Unfortunately, dioceses and religious communities are sometimes unable to access our services because of their limited financial resources. SJVC's goal is to develop the Our Lady of Hope Scholarship Fund as a reserve fund to address inpatient healthcare expenses. A donation to this fund will remain in a reserve account and be disbursed according to financial need. Donors may designate their gift to a specific community or diocese.

CARA is pleased to partner with Saint John Vianney Center on this first-of-its-kind study of the health and wellness of diocesan clergy. We hope it will provide data to improve clinical and educational programs and resources for our brothers in Church ministry. We applaud Saint John Vianney Center for taking this initiative and for their service to the Catholic Church.

Thomas P. Gaunt, S.J., Ph.D. Executive Director Center for Applied Research in the Apostolate at Georgetown University









from the plans of the one who lives it.

Often, life's journey takes a person to hard and difficult places, and unfortunately lonely places. The harder the place, the lonelier it becomes where the only company is pain and fatigue, with the frequent visitor of shame and perhaps the most unwelcome guest of despair. Odd that the words, "despair" and "pain," bring a smile to my face. As I think of my life's journey, which included a detour I never planned, I think of where I am now, where that journey took me. The turning point and source of my smile - was my time at Saint John Vianney Center (SJVC).

When I arrived at SJVC, my addiction had taken control of my life. When I left, I had the skills to live a life that was truly mine again. I found excellent professional support from a caring staff whose competence is complemented by an appreciation of the religious and faith dimensions of the vocations of those who come seeking help. Classes, individual sessions with counselors and those who cared for my spiritual and physical well-being, the facilities, and the lasting relationships I developed with my fellow residents, all made me a truly changed and healthy man.

The staff provided me the opportunity to dig deeply into the causes of my detour and to look at the past in a positive way. I can say with a firm conviction that SJVC is not about the past, but about the future - now my present - which has proven to be pretty nice. It consists of a fruitful, rewarding, and productive ministry, an opportunity to serve my community in a leadership position, and a lifestyle of learned, healthy choices. SJVC prepared me to draw upon my inner resources to contribute once again to my community and its apostolate, and to the mission of the Church. I am thankful for this experience that changed my life.

- Former Resident

Alumni Association

Our Alumni Association provides connection, education, spiritual growth, and camaraderie for the Men and Women Religious and Clergy who complete the Center's therapeutic program.

The Association offers ongoing community, education, and psychospiritual opportunities in four primary ways:

- Quarterly Zoom Connections with a presentation and sharing
- Annual In-Person Gathering with a guided theme for presentations and discussion, meals and opportunities to socialize, and revisit the Center and staff
- Monthly Spiritual Group Direction to share and give feedback about God's presence in daily life
- Access to the SJVC Alumni Web Portal with event information, psychology and spirituality articles, prayer practices, resources and poetry by Alumni.

Each discharging resident is given the opportunity to join the Alumni Association. Those who participate report that it helps strengthen their commitment to wellness and keeps them connected to those they bonded with during their time at SJVC.

It is a privilege to serve our SJVC Alums who are striving to thrive in a culture where it is a challenge to hold to sobriety, commit to selfcare and self-compassion, and make time for ongoing education and spiritual growth. SJVC is here to support our Alumni in their lifelong journey of maintaining a healthy lifestyle.







Financials

SAINT JOHN VIANNEY CENTER

Net Assets at End of Year

Statements of Activities and Changes in Net Assets Years Ended June 30, 2022 and 2021

2022	2021
\$ 10,576,727	\$ 10,369,820
(11,319)	
10,565,408	10,369,820
9,595	7,700
10,575,003	10,377,520
4 996 171	4,957,033
	1,851,737
	818,992
	498,222
	383,173
	432,526
352,465	375,622
9,798,180	9,317,305
776,823	1,060,215
25 666	21,137
	714,396
	685
	2,368
-	932,600
	302,000
(453,436)	1,671,186
	9,595 10,575,003 4,996,171 2,035,097 947,955 544,917 385,231 536,344 352,465 9,798,180 776,823 25,666 (482,439) 2,244 1,093 -

\$ 2,547,186

\$ 2,223,799



675

Dioceses and Religious Communities served since 2000 in our inpatient and outpatient programs.

"The center exercises a true ministry that really benefits the Catholic Church."

5,000/year

Priests, Brothers, and Sisters reached in our education and wellness programs through our Consultation, Education, and Outreach Department.

"We appreciated learning there is much we can do to help ourselves cope effectively with stress and anxiety in our busy roles."

365

Days per year Mass is celebrated in our on-site Chapel. The Chapel is open 24 hours for personal and communal prayer. SJVC has a full-time chaplain.

"Daily Mass and Eucharist sustained me while I was going through the most difficult time in my life." 44

Activities for residents including exercise, fitness, arts and crafts, and group activities creating positive experiences and habits for life-long health.

"I am grateful for your program and activities. I am clearly invigorated and renewed."

12

Months Robust Continuing Care post-discharge ensuring highest level of functioning.

"I experienced great support, continued growth and motivation which was helpful and effective."

1,160 lbs

lost by residents in our weight management and wellness program in the last two years.

"This program was the jumpstart I needed toward a healthier lifestyle."

2x/week

Residents are seen by their therapist.

"Individual and group therapy were both vital to my recovery, health, and self-care." Safe, supervised, comfortable, community setting.

Insights gleaned from fellow residents deepened my understanding and appreciation for the help I needed.



