

2015-16  
ANNUAL  
REPORT



HELPING KIDS.  
HEALING FAMILIES.

## A Message from Joe Shorokey



The 2015-16 fiscal year at Alta can best be described as a time of change. There were many exciting developments and new initiatives that occurred throughout the year, but there were three that stand out as major and transformative: our Name/Brand change, the acquisition of Head Start/Early Head Start, and the Whole Child Matters Early Childhood Collaborative.

After 45 years of service to the community with some version of the "D&E" brand, we realized it was time to look to the next 45 years and how best to represent not only what we do, but what we stand for. We chose the name Alta because it is derived from words that mean "high" and represent Alta Care Group's:

- High Values...which have helped the organization earn and keep the trust of the people we serve and their community partners,
- High Quality...maintaining excellence and the highest standard of care, and
- High Expectations...for success in helping children and healing families.

In March 2016, we became Alta Care Group, Inc. with two distinct divisions: Alta Behavioral Healthcare and Alta Head Start. As was stated in March 2016 when the name change was made, we continue as the same independent organization; the same services, programs and quality care the community has come to know over the past 45 years remain, and more.

On July 1, 2015, the very first day of the fiscal year, Alta was awarded the Head Start Program for the City of Youngstown and Mahoning County by the Federal Department of Health and Human Services (HHS) for children 3 to 5, and Early Head Start for children 0 to 2. Alta pursued this program because it was a perfect fit for our organization. It is not only consistent with our mission, but allows us to fulfill it in a new and exciting way. Head Start provides us with the opportunity to apply the Center's total family approach to operating preschool programs, an approach that has been fundamental in the Center's care of children over these last 40 years.

We were very proud to partner with our neighbors in Columbiana and Trumbull Counties on an initiative to expand early childhood mental health consultation (ECMHC) and evidence-based training to professional child care staff, preschools and day cares in the tri-county area. With the support of the Whole Child Matters Grant from the Ohio Department of Mental Health and Addiction Services awarded to Alta Behavioral Healthcare, ECMHC services are provided in a coordinated manner by Alta, the Trumbull County Mental Health and Recovery Board and The Counseling Center of Columbiana County. Professional development trainings are also provided by a state-certified master trainer at Alta. It is partnerships like this that we believe provide the key to success with the children and families we serve.

**Joe Shorokey**  
CEO



## A Message from the Clinical Director



It's hard to believe that another year has passed. There have been so many exciting changes and developments this year. Though we're looking ahead to the next year, it's also important to reflect back on our achievements this year.

We continue to focus attention on developing and strengthening the skills of our staff. All clinical staff completed a series of day-long trainings in Structural Family Therapy led by Dr. Rebecca Boyle from the University of Akron. Two of our counseling staff continued the credentialing process for Parent Child Interaction Therapy (PCIT), which is a highly specialized treatment protocol for strengthening the relationship between young children and their parents. As part of this they completed a series of required face-to-face trainings before starting their year-long consultation sessions with the PCIT

experts. Our team of trauma therapists also continued the credentialing process by finishing the requirements for certification, which began with face-to-face training and ended after a year of consultation sessions with the experts at Allegheny General Hospital.

Our goal in advancing our staff clinically is to help provide the highest level of care to our clients and to help them achieve their goals. This year, parent feedback revealed that for the ten most-common problem areas (depression, anxiety, attention, social interaction, hyperactivity, self-concept, temper, family, disruptive behavior, aggression), improvement was noted in every area. Not only were there overall improvements in each of the ten problem areas, but when comparing improvement to last year, each problem area showed improved percentages.

As in years past, our consumer satisfaction surveys continue to highlight our staff. Specifically, our consumers report that staff (secretaries, counselors and case managers, medical) are what is best about Alta. Specific comments this year included: "My son has come miles since coming to Alta. He listens to me!" "I just feel that it is good for families." "I am glad that I chose Alta. My children are way better now." We are fortunate to have many dedicated and diverse staff, all of whom work to support our mission.

As we move into the next year, it will continue to be our mission to develop programs and services all geared towards supporting the social, emotional, behavioral and physical well-being of children, adolescents, young adults and families.

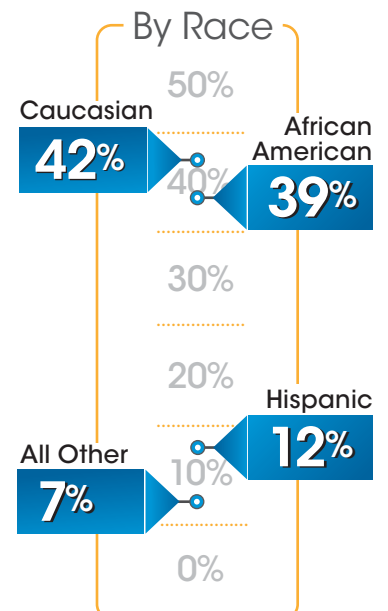
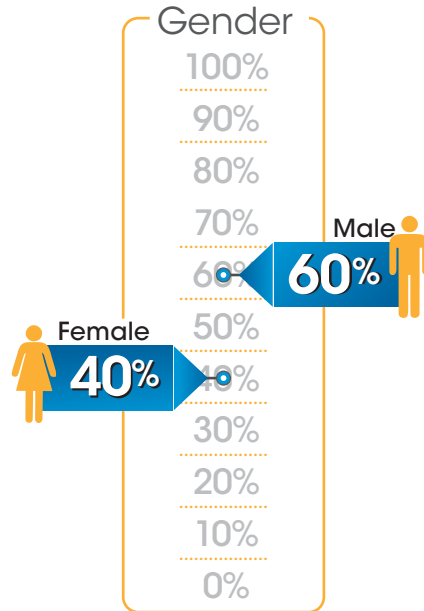
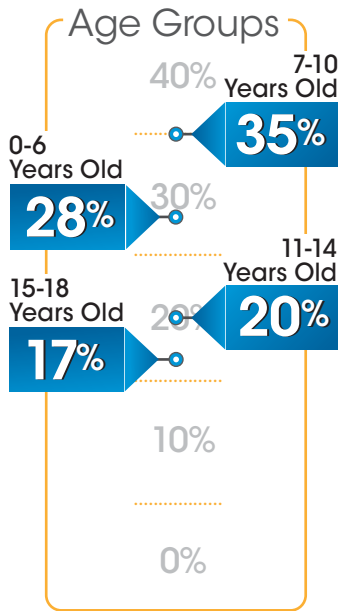
**Jamie Miller, LPCC-S**  
Clinical Director

## Condensed Statement of Revenues and Expenses

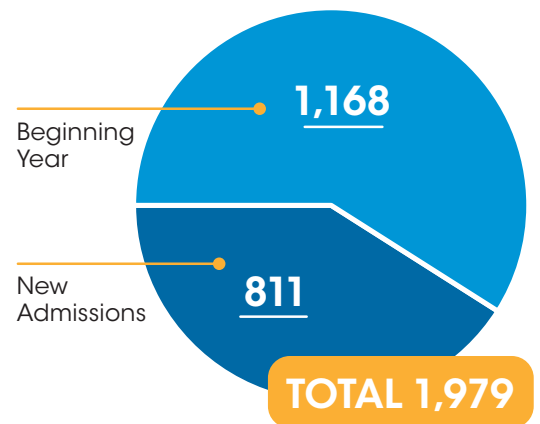
<b>OPERATING EXPENSES FOR FY 2015-2016</b>	<b>Behavioral Health</b>	<b>Head Start &amp; Early Head Start</b>	<b>ALTA Combined Totals</b>
Salary & Wages	66.10%	58.00%	60.88%
Fringe Benefits	17.02%	10.42%	12.76%
Building Expenses	2.70%	11.71%	8.52%
Travel Expenses	1.95%	3.07%	2.67%
Operating Expenses	9.29%	2.50%	4.90%
Office Expenses & Computer Supplies	1.90%	1.47%	1.62%
Operating Supplies	0.57%	1.23%	0.98%
Other Miscellaneous	0.47%	0.09%	0.24%
Program Expenses	—	3.41%	2.20%
In-Kind	—	8.10%	5.23%
<b>TOTAL DISBURSEMENTS</b>	<b>100.00%</b>	<b>100.00%</b>	<b>100.00%</b>

<b>SUPPORT REVENUE FOR FY2015-2016</b>	<b>Behavioral Health</b>	<b>Head Start &amp; Early Head Start</b>	<b>ALTA Combined Totals</b>
Medicaid	65.53%	—	23.35%
Contracts	16.76%	—	5.97%
Mental Health Program Funds	9.90%	—	3.53%
Federal Grant Revenue	—	90.43%	58.21%
In-Kind	—	7.89%	5.08%
Donations	0.31%	1.64%	1.17%
Miscellaneous	1.00%	0.04%	0.37%
Third Party Insurance	1.76%	—	0.63%
State Funds	4.37%	—	1.56%
Self Pay	0.37%	—	0.13%
<b>TOTAL RECEIPTS</b>	<b>100.00%</b>	<b>100.00%</b>	<b>100.00%</b>

## 2015 - 2016 Client Demographics



### General Outpatient Services Client Count



**40**

UPSTREAM families served

**438**

ECMH Consultation Recipients

**954**

Teachers who received "Whole Child Matters" Professional Development Trainings

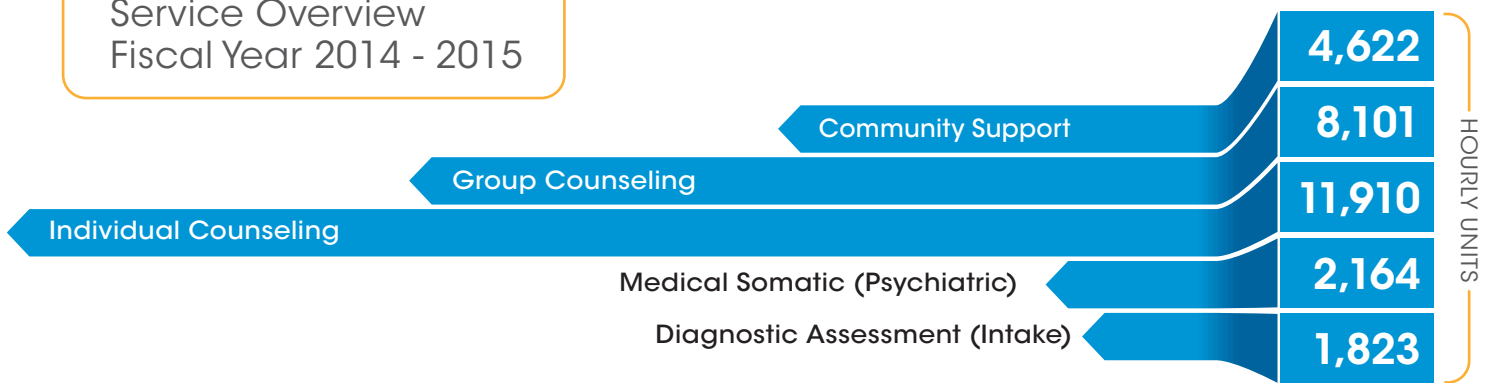
### Early Childhood Mental Health Programs

*The chart reflects the numbers served in each program category.*

Alta Early Childhood Mental Health Programs provided services to children, parents and early care professionals through the following programs:

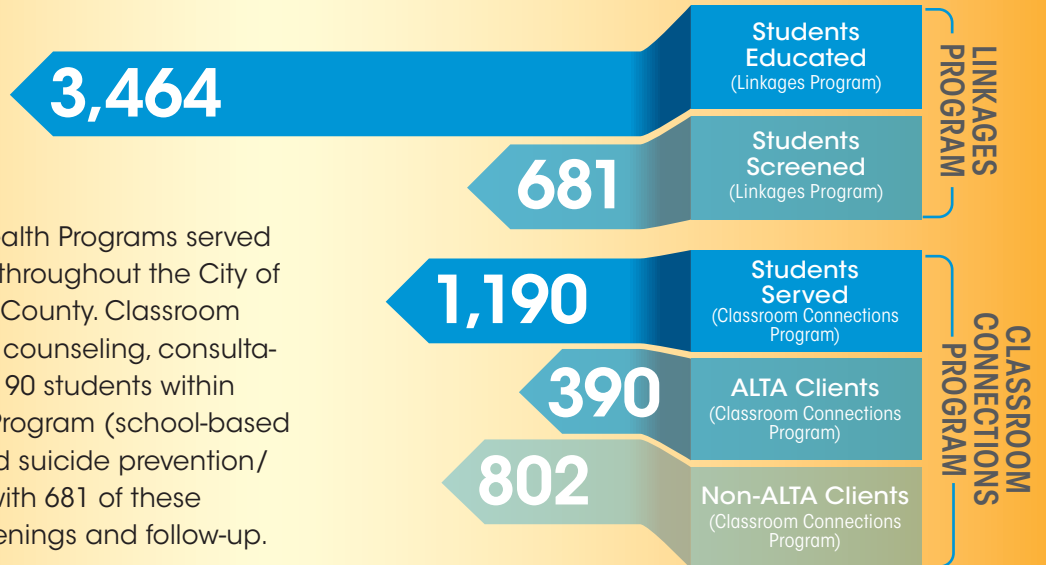
- Incredible Years®
- UPSTREAM Literacy Program
- Early Childhood Mental Health Consultation (ECMHC)
- Parent Groups
- Professional Development Trainings

## Service Overview Fiscal Year 2014 - 2015

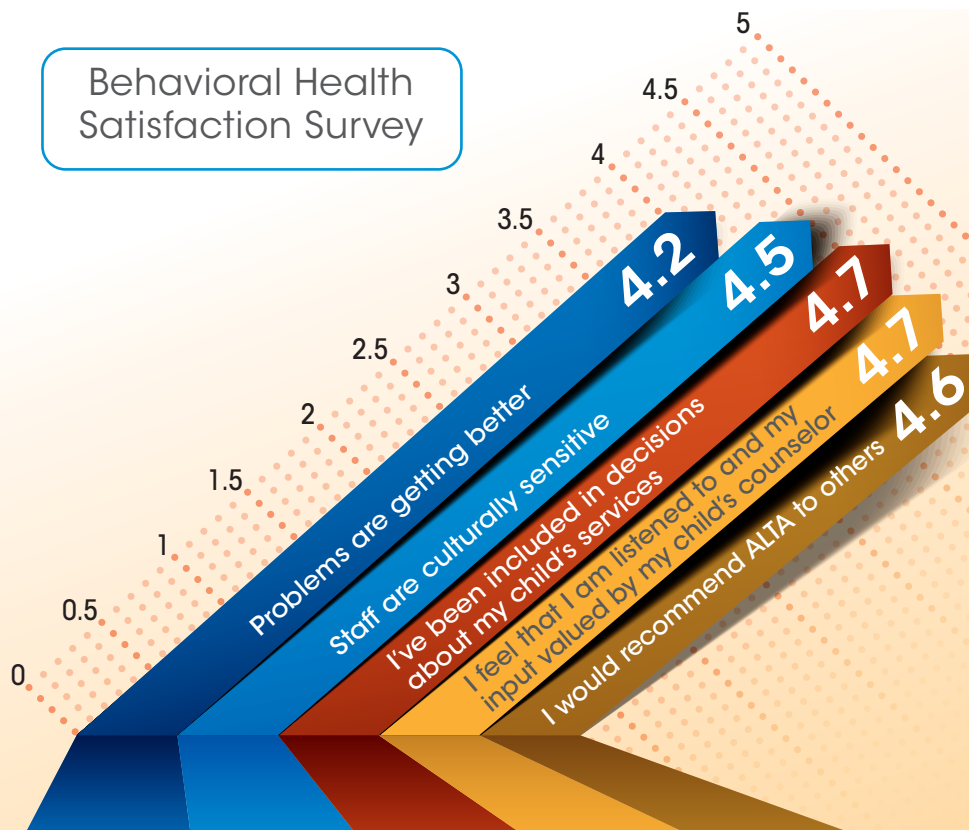


## School-Based Mental Health Programs

Alta School-Based Mental Health Programs served many students and families throughout the City of Youngstown and Mahoning County. Classroom Connections (school-based counseling, consultation, and training) served 1,190 students within schools, while the Linkages Program (school-based mental health education and suicide prevention/screening) served 3,464 — with 681 of these students also receiving screenings and follow-up.



## Behavioral Health Satisfaction Survey



### On a scale of 1-5

(1 = "Not at All" and 5 = "Very Much So"), Parents and caregivers were asked to provide input regarding how they feel about services their child received and their overall experience with Alta. The chart shows the average scores from 300 random respondents.

## Head Start

Head Start is a comprehensive child development program which serves children age three to compulsory school age. The overall goal of Head Start is to increase school readiness and social competence in young children in low-income families, helping them to meet the kindergarten readiness goals. Our Head Start programs as well as other Head Start programs in Ohio have their education curriculum in alignment with State Pre-K Standards.

Children participate in a variety of educational activities that reflect best practices in early childhood education. The program strives to create a learning environment that develops cognitive, social, emotional and physical skills. The program encourages parents to engage in their children's learning development as well as accomplishing their own goals.

## Early Head Start

Designed for children 0-3 years of age, this full-day, full-year program provides enrichment and sensory stimulation to their minds, preparing them for the learning process in either a center-based option or a home-based option. Unique to this program are services to pregnant women, providing them with support and education to assist them on their journey to motherhood.

*The mission of the Early Head Start program is to:*

- promote healthy prenatal outcomes for pregnant women
- enhance the development of very young children, and
- promote healthy family functioning

In Early Head Start we support early bonding and attachment in the child-parent relationship and child-caregiver relationships. Once the children turn 3 years old they transition into our Head Start program.

## School Readiness

The Alta Head Start Program prepares children for kindergarten by providing them the opportunities to learn in group settings, ensuring they are socially and emotionally ready for kindergarten. A total of 407 children transitioned into kindergarten at the end of the 2015-2016 school year.

*To prepare these children and families, several activities were provided. The activities included:*

- Field trips to the local kindergarten classrooms
- Kindergarten Transition Event that provided the families with local kindergarten registration information
- Quarterly transition materials that were shared with the families

Children's developmental outcomes were assessed throughout the school year utilizing the Teaching Strategies Gold (TSGold). The TSGold is an ongoing observation system that the program uses to assess children ages 6 weeks to 5 years old. The following table is a reflection of the results for those 407 children who are transitioning into kindergarten.

Domains	Expectations	Head Start
Social-Emotional	Meeting/Exceeding	77%
Physical (fine & gross motor)	Meeting/Exceeding	76%
Language	Meeting/Exceeding	81%
Cognitive	Meeting/Exceeding	79%
Literacy	Meeting/Exceeding	89%
Mathematics	Meeting/Exceeding	71%

## Alta Head Start/Early Head Start ANNUAL REPORT DATA 2015-2016

### FUNDING INFORMATION

Head Start Base Grant	\$ 6,455,772
Training & Technical Assistance	\$ 74,411
<b>TOTAL</b>	<b>\$ 6,530,183</b>
Early Head Start Base Grant	\$ 902,549
Training & Technical Assistance	\$ 13,962
<b>TOTAL</b>	<b>\$ 916,511</b>

### ENROLLMENT

Program	Funded Enrollment	Total Served
Head Start	773	919
Early Head Start	72	135

### PERCENTAGE OF ELIGIBLE CHILDREN

Head Start	90%
Early Head Start	96%

### AVERAGE MONTHLY ENROLLMENT

Program	Funded Enrollment	Avg. Enrollment
Head Start	773	96%
Early Head Start	72	100%

### PE Children received the following:

	HS	EHS
Up to date on Physical exams	96%	100%
Received oral examinations	80%	N/A
Transitioned to kindergarten	407	N/A

## Alta Board Members



**Kelly Frammartino**  
*President*  
Bury Financial Group  
Office Manager



**David Buttar**  
*1st Vice President*  
Buttar and Buttar CPAs, LLC  
Certified Public Accountant



**Dr. Michael Cafaro**  
*2nd Vice President*  
Cafaro Chiropractic  
Chiropractor/Owner



**Ken Ekis**  
*Treasurer*  
Campbell City Schools  
*Retired*



**Crystal Hawthorne**  
*Secretary*  
Youngstown State University  
Coordinator of  
Teacher Licensure



**Charnitta Benson**  
James Washington  
Funeral Home  
Funeral Home Technician

NOT  
PICTURED

**George Briach**  
Briach Law Offices  
Attorney



**James Cyphert**  
Innis Maggiore  
Senior Account Supervisor



**Jerry Greene**  
Mahoning County  
Sheriff's Department  
Sheriff



**Jessica Foster**  
Cohen & Company  
Staff Accountant



**Karl Rein**  
Harbor Light Hospice  
Chaplain



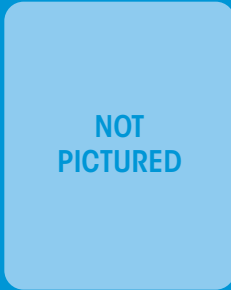
**Kori Smith**  
Ross Education, LLC  
Program Director  
Pharmacy Tech Program



**Leigh Samargia-Pflug**  
Mahoning & Columbiana  
Training Assoc.  
Program Services Mgr.



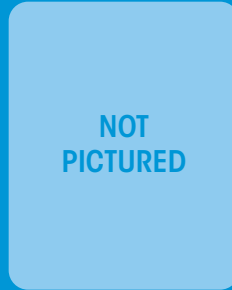
**Patrick O'Leary**  
Youngstown State University  
Assistant Professor



**Paula DiFiore**  
First Place Bank  
MSO Loan Support  
Associate



**Susan Leetch**  
First Place Bank  
Vice President  
Sales Manager



**Rebecca Gerson**  
City of Youngstown  
Law Department  
Deputy Law Director



**Thomas Phillips**  
Stiffel Nicolaus  
Branch Manager

## Circle of Friends Board of Trustees

**Alex Zoldan**  
Phantom Fireworks

**Bill Siskovic**  
A-1 Storage of Canfield  
*Treasurer*

**Eddie Muransky**  
Rise Pies

**Frank Paden**  
Farmer's National Bank -  
*Retired*  
*Vice President*

**George Briach**  
Briach Law Office

**Greg Cvetkovic**  
Consultant  
*President*

**J.C. Pelusi**  
Jones Lang LaSalle

**Joe Shorokey**  
Alta Care Group  
**John C. Pelusi**  
Financial Advisor

**John Luklan**  
Stifel Nicolaus

**Joseph Fanto**  
Chase Bank

**Joseph Yank**  
Strollo Architects, Inc.  
*Secretary*

**Kelly Frammartino**  
Bury Financial Group

**Paula DiFiore**  
First Place Bank

**Rocky Nittoli**  
Schwebels Bakery

**Ron Musilli Jr.**  
McHenry Industries

**Thomas Phillips**  
Stifel Nicolaus



**330.793.2487**  
**AltaCareGroup.org**

142 Javit Court  
Austintown, Ohio 44515

711 Belmont Avenue  
Youngstown, Ohio 44502

939 Wilkinson Avenue  
Youngstown, Ohio 44509

*We would like to give a special thanks to Mr. John and Mrs. Cathy Pelusi for establishing in this last year the John Pelusi Sr. and Jean Anne Pelusi Camp Challenge Scholarship Fund, which provides assistance to children without financial means so they can attend Camp during the*

# Thank You!

*Alta Care Group would like to once again express our appreciation to those organizations that continue to generously donate support to our agency through grants, gifts, charitable donations and purchase of service agreements during FY 2015.*

## We Thank the Following

- Campbell City Schools
- Centafanti Foundation
- Circle of Friends Foundation
- Community Foundation of the Mahoning Valley
- Easter Seals
- Mahoning County Educational Service Center
- Mahoning County Job and Family Services
- Mahoning County Mental and Recovery Health Board
- Ohio Children's Trust Fund
- PNC Bank
- Potential Development
- Ohio Department of Mental Health & Addiction Services
- One Health Ohio
- William Swanston Charitable Fund
- United Way of Youngstown and the Mahoning Valley
- West Branch Schools
- Western Reserve Health Foundation
- YMCA
- Youngstown City School District

## Alta Circle of Friends Foundation Donors

- A-1 Storage - Bill Siskovic
- American Lighting
- Attorney George Briach
- Austintown Family Chiropractic
- Baird Brothers
- Beard Pension Services
- Belmont Pines Hospital
- Blue Sky Therapy
- Brown & Brown
- Buttar & Buttar CPAs
- Cohen & Company, CPAs
- Compass Family Solutions
- Dr. Steven Novicky
- DRS
- Eddie Muransky
- Fab Limo
- First National Bank of Pennsylvania
- Frank Paden
- Franklin Interiors - Ralph Dallier
- GBS
- Greenwood
- Greg and Nikki Cvetkovic
- Harold Davis, CPAs, LLC
- Harrington Hoppe & Mitchell
- Heller, Maas, Moro & Magill
- Help Hotline
- Hollywood Gaming
- Home Savings & Loan
- Innis Maggiore
- Ironman Warehouse
- ISS
- Jane and Joe Shorokey
- Jim & Chrissy Cvetkovic
- Jim Dawson
- Joanne Franks
- Jones Lang LaSalle - JC Pelusi
- JP Morgan Chase Bank
- Keith and Tina Downard
- Kelly Kiraly
- Leigh and Greg Pflug
- LRC Development Company
- Mahoning County Mental Health & Recovery Board
- Mark Melas
- McHenry Industries
- Meritain
- Modern Office
- Muransky Companies - Ed Muransky
- Neil Kennedy
- NFL Alumni, Pittsburgh Chapter - Todd Kalis
- Nielson, Wojtowicz, Neu & Assoc.
- Paige Food Services
- Paulette Pasquale
- Phantom Fireworks
- PNC
- ProQuality Land Development
- Pyramid Brokerage Company
- QOL Meds
- Reali, Giampetro & Scott
- Rich Russo
- Rocky Nittoli
- Ronci Family Discount Drugs
- Schwebels
- Sheriff Jerry Greene
- Simco Management
- Simon Roofing
- Spartan Software
- Stifel Nicolaus - Boardman
- Stifel Nicolaus - Canfield
- The Tartan Companies
- Tri County Tower Service
- Trumbull Metropolitan Housing Authority
- Turning Point
- Vicci Polish
- Youngstown Student Education Association
- YSU Foundation