

Clark's Manor



Clark's Manor is a premier, innovative home-like family setting for adults with chronic mental illness such as schizophrenia, bipolar disorder, and co-occurring autism spectrum disorder.

Clark's Manor is:

- ▶ Is the first therapeutic milieu-style supported independent living facility in Pennsylvania, New Jersey, and Delaware.
- ▶ Fills a need and offers a level of care previously unavailable along the eastern corridor.
- ▶ Is the only type of private pay personal care home of its kind between Baltimore and Boston.
- ▶ Provides peace of mind and a potential forever home for your loved one, if they needed it.



**WE ARE PLEASED TO OFFER
EXCEPTIONAL SERVICES THROUGH OUR
PARTNERSHIP WITH PENN MEDICINE.**



Inside the Home: Services and Care

ADULT DAILY LIVING SKILLS

We provide encouragement and instruction on personal hygiene and dietary adherence. Residents are prompted to complete activities of daily living, including care of personal possessions, laundry, correspondence, shopping, and transportation to and from recreational activities, appointments, errands, and programs. Independence is fostered through identification and use of community resources including public transportation, scheduling and attending appointments, social and leisure activities, and financial management.

HEALTH CARE

We provide assistance and instruction in the administration of medication. We help to secure and coordinate health care appointments, including psychiatric, medical, and behavioral health services. Residents may select their physician, dentist, psychiatrist, and other health care providers, or staff will assist in the selection. We also provide monitoring and individualized menus for those requiring a special diet.

HOUSE MILIEU MEETINGS

Weekly meetings are scheduled and posted. These meetings encourage general communication and updates for residents. Additionally, the meetings garner feedback and ideas from residents. Active participation is sought from residents and staff to collaborate and improve the functioning of the home. The design of house milieu meetings supports a culture of inclusion and planning and teaches residents how to self-advocate, develop a sense of community, and organize house responsibilities among each other. Staff model positive communication and conflict resolution and celebrate holidays with residents, all while creating a culture of respect, opportunity, and wellness. The leadership structure of these meetings may vary based on the social needs and comfort of the residents. Input is given to house activities and meal schedules at these weekly meetings. External presentations are welcomed as residents agree to such.

TREATMENT, INDIVIDUALIZED PLANS, AND PROGRAMMING

External providers establish treatment planning for clinical and medical services. These will vary by resident based on the individual's needs. Staff will assist with the selection of providers. On-site staff will encourage and support residents to adhere to their treatment plans and activities. Additionally, Clark's Manor uniquely provides care management services by trained, masters-level staff to help assure each individual achieves his or her established goals.

Residents may attend community rehabilitation programs, vocational training programs, college or other non-credit courses, or work in the community.

TYPICAL HOME ENVIRONMENT

Clark's Manor strives to provide a typical home environment, offering both individual and family style meals, shared activities, and relationship building activities. We maintain a high standard of cleanliness and place emphasis on the aesthetic appeal of the home. Residents are encouraged to assist with preparing meals, shopping, and housekeeping chores. Residents also participate in errands and activities in the community, with community integration as a primary focus. Family involvement is highly valued and residents are encouraged to invite family and friends to their home, as well as visit their families and friends in the community.



PROGRAM LEADERSHIP

Senior Vice President of Adult Behavioral Health: Kurt Miceli, MD, MBA

Kurt Miceli, MD, MBA, is board certified in both psychiatry and internal medicine. Previously, Dr. Miceli was the Chief Medical Officer for Bancroft, and President of Marcroft Medical Associates, which was founded as a new psychiatric and neurology medical practice. Additionally, Dr. Miceli transformed all quality assurance functions, and served as the executive decision maker for all health care matters.

Director of Operations: Art Fastman

Art Fastman's 30-year career in the health care field has provided him with invaluable experience, industry knowledge, and strategic vision to oversee Clark's Manor. Prior to joining Elwyn, Art served in multiple capacities in direct care, staff development, and administrative leadership. As the Director of Operations for Clark's Manor, he is committed to ensuring a safe, comfortable, and positive experience for its residents and their families, as well as the local community at large. Art's leadership style focuses on the "person-first" approach to care, prioritizing the needs of each individual. Born and raised locally, he attended Widener University, where he received his BA in Psychology, BSW in Social Work, and his MSW in Clinical Social Work.

For more information or make to a referral, please contact:
Art Fastman, Director, at 610-675-7669 or art.fastman@elwyn.org.

Location and Amenities

Clark's Manor is tucked away on a private tree-lined residential street in Upper Providence Township, Delaware County, PA. Built on four acres of land, this ornate stone manor is filled with abundant light, has eight private bedrooms, and six bathrooms. Additional house highlights include spacious common areas, a comfortable library, expansive patio and lawn areas, a music and art studio, and capacity for recreation and fitness activities. Public transportation is nearby, in addition to several private transportation services. Clark's Manor is conveniently located near several outdoor parks, recreation destinations, shopping centers, theaters, local performing arts centers, sporting arenas, libraries, fitness centers, post offices, police and fire stations, hospitals, medical and clinical offices, colleges and educational centers, and many other community resources.

Length of Stay

Length of stay is based on the individual needs of the resident. Clark's Manor is an ideal long-term living arrangement for someone seeking an environment that promotes holistic health, integrated care, and community inclusion. Conversely, the program will support individuals who may be able to achieve the next stage of independence after a period of sustained community living at Clark's Manor.

Admission

Potential residents must be 18 years of age or older, with a primary mental health diagnosis. Individuals must be stable, as well as able to demonstrate the ability to adjust socially and develop interpersonal relationships. Clark's Manor cannot support individuals with acute psychiatric illness, suicidal or homicidal ideation, impulsive risk or fire-setting behaviors, or active or unstable eating disorders.

Payment

Clark's Manor is a self-pay program offering tiered pricing with average cost based on the room selection. All 8 rooms are private. Please contact us to discuss rates and fees. Financial aid may be available for those who qualify.

Staffing

Clark's Manor is operated around the clock by a team of experienced and well-educated mental health providers and clinical experts. To ensure the highest level of personalized care, the staff-to-resident ratio is determined by the needs and level of independence of those living in the home. Certified and trained staff provide therapeutic instruction and support for the milieu. All staff are masters prepared or above and skilled in crisis prevention intervention, first aid, CPR, medication administration, and fire prevention. Ongoing instruction takes place on topics pertaining to mental illness and behavioral health. Management is on call 24 hours a day. You can rest assured, your loved one is safe, secure, and receiving exceptional care.

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Since 1852, Elwyn has helped people with autism, intellectual, developmental, and behavioral challenges lead meaningful lives. As an internationally recognized nonprofit human services organization, we have always been on the forefront of innovation. To learn more, visit elwyn.org.