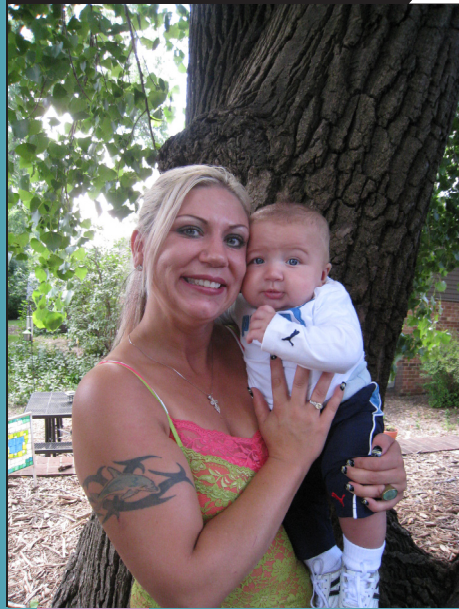


Wayside

Wayside House Annual Report 2010



Wayside
House, Inc.

Wayside House: Empowering women to recover sobriety, identity, home, family, and community by providing treatment, housing, and supportive services.

www.waysidehouse.org

Message from the Executive Director and Board President

Wayside House has been serving women and families of Minnesota since the 1950s. From our humble beginnings with one rented house for seven women, we have grown to three licensed substance abuse & mental health treatment programs, a permanent supportive housing program, a growing recovery services program, and many community partnerships. In 2010, we provided services to 394 women and 159 children. This Annual Report reflects to the community how we have used the resources which have been entrusted to us during the recently completed fiscal year.

We have empowered women to recover and find the promises offered through a life of sobriety. The children in our programs and their families have faced the challenges of abuse, poverty, mental illness, violence, and homelessness and are learning to thrive. Our new *Celebrating Families!*[™] Program is offering families a new way to heal and provides resources to break the family cycle of addiction that is so often repeated.

We thank our community partners, both individuals and organizations, who have entrusted to us the financial resources to provide treatment, housing, and recovery services to Minnesota women and families affected by addiction. Treatment works for this often life threatening disease and we need your continued support as we improve treatment services, reduce barriers for women entering treatment, and seek new and innovative partnerships to meet these goals. As we look to the future, we appeal for your continued support. We will continue to achieve identifiable, long lasting differences in the lives of women and their families affected by addiction.

Ellie Skelton
Executive Director



Normandy Hamilton
President, Board of Directors



Our Mission

The mission of Wayside House, Inc. is to empower women to recover sobriety, identity, home, family and community by providing treatment, housing, and supportive services.

Our Vision

Our vision is that Wayside creates healing communities in which women with substance abuse and mental illness recover to achieve successful and satisfying lives.

Wayside Programs

Wayside Women's Treatment Center provides residential (inpatient) and nonresidential (outpatient) substance abuse/mental health treatment, housing, recovery maintenance, and supportive services. The structured substance abuse/mental health treatment program provides education, lectures, family support, counseling, GED classes, exercise, and wellness to promote holistic recovery. This program includes many gender-specific services such as trauma-informed-care and spirituality to meet the mental and physical health needs of women and families along with their spiritual needs.

Wayside House Family Treatment (formerly Incarnation House) is a comprehensive residential family treatment program. This program includes on-site substance abuse treatment services, children's early intervention services, (e.g., nursery and pre-school) and other mental health services that support the whole family unit while allowing women and their children to live in a safe environment.

Wayside House Supportive Housing is a safe, affordable housing option for families that have serious commitments to sobriety. Located in St. Louis Park, the building contains 18 two-bedroom and two three-bedroom units. On-site services include case management, children's services, and crisis assistance.

The Main Street Collaborative (between Wayside House and Perspectives, Inc.) is dedicated to formerly homeless mothers and their children. The program provides outreach, education, mental health, and substance abuse treatment services. One of the key services offered through this program is DBT (Dialectical Behavioral Therapy) which helps people with self-destructive behaviors learn how to manage their feelings in healthier ways. It's really helpful for people who have trouble tolerating distress, trusting others, or have very black-and-white inflexible thinking patterns. DBT teaches clients "emotional regulation" skills to use when they are feeling the stressors of life so that they do not use maladaptive coping strategies like abusing chemicals or self-injurious behaviors.

Recovery Day on the Hill

On Thursday, March 31st Wayside and the recovery community rallied to show Minnesota that recovery is possible and that people recover from addiction everyday. The message that day was simple, "Recovery Works." Wayside staff and clients spent the day standing together, speaking with their legislators in an effort to ensure that more people in Minnesota get the recovery support they need and deserve. One client shared, *"I went to Recovery on the Hill because my life matters. I need the help I'm getting because otherwise I'd be in bad shape."* Another offered, *"It was great to go to the capitol and see government representatives that are on our side."*

Many thanks to the Minnesota Recovery Connection and the Recovery Works Committee for their roles in organizing this truly successful event.

New in 2010 – Celebrating Families!™

Wayside House is excited to announce the start of our *Celebrating Families!™* program.

Celebrating Families!™ is a multi-generational support group designed to help the whole family break the cycle of addiction and increase successful family reunification. The support groups are designed to meet consecutively for 16 weeks; the groups are structured for ages 3-7, 7-12, 12-18, and 18 and above. Any family that has received services through Wayside's Supportive Housing, Main Street, Wayside Family Treatment Program (Incarnation Family Connections), and/or Wayside Women's Treatment Center are eligible to participate in the program. Our first session began this January and we have had 30 participants enrolled. The second session started this June and we have 11 families enrolled.

Here is some of the feedback families have share with us about our *Celebrating Families!™* program:

- “*Celebrating Families!™* means breaking the cycle [of addiction]...an opportunity for my daughter to see what it did to me because [addiction] it's a family disease.”
- “We thought we were supportive, learned about addiction, how to handle the stress that it causes and worked through it together as a family.”
- “I am more aware of role addiction has played in my family and how that has made me conscious of keeping my daughter safe.”
- “*Celebrating Families!™* taught me that addiction needs to be treated from multiple fronts including going to treatment, attending meetings, getting sponsors and having the whole family (including grandparents and parents) involved in these processes.”



2010 Mission Award

Each year Wayside House honors an individual whose work and commitment has helped further Wayside's mission. This year we are honored to celebrate the work of Louise Winter, Nurse Practitioner at Park Nicollet Clinic Minneapolis. Ms. Winter has provided quality care for countless women entering the Wayside House treatment program. Through collaboration with Wayside House, Ms. Winter and Park Nicollet provide physical exams for women entering the substance abuse treatment program. Many of these women have underlying mental and physical health conditions and have not sought health care in many years. Ms. Winter is often a Wayside client's first contact with the health care system and she routinely goes beyond the call of duty to ensure our clients' health care needs are met. We have been grateful for the skill and grace Ms. Winter has provided the women of Wayside House and are honored to recognize her work and contribution to our mission.

Previous Wayside House mission award winners include Judge Kevin Burke, Senator Amy Klobuchar, Mary Thorpe Mease, Senator Linda Berglin, Linda Webber and Sister Marguerite Corcoran.

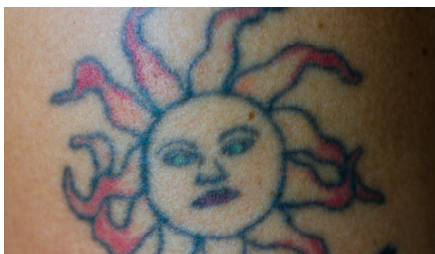
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Candice - 45

Candice has a long history of addiction and involvement with the criminal justice system. In 2009 she completed a year-long intensive substance abuse treatment program during the last year of her stay at Shakopee prison, where she was connected with Wayside House, Inc. Candice said, “The word on the street is that Wayside has always been the ‘winners circle.’ It’s where the winners go. It was a huge goal of mine to get into Wayside Supportive Housing because of the quality of support I knew I would get there.”

Candice left prison after five years with nothing and moved into Wayside House Supportive Housing in July of 2010. She said, “The women there were loving and made me feel comfortable. They gave me the things I needed to get back on my feet. By helping me with the basics, they helped me become more confident, strengthened my aspirations, and added to my self control. Wayside Supportive Housing contributed to me maintaining my character.” Candice also shared how the staff and other women/families at Wayside provided her with the financial, emotional, and physical support she needed to reclaim her life. She said, “After nearly 30 years in the system, Wayside House is one of the few organizations I have worked with that truly lives up to its mission.”

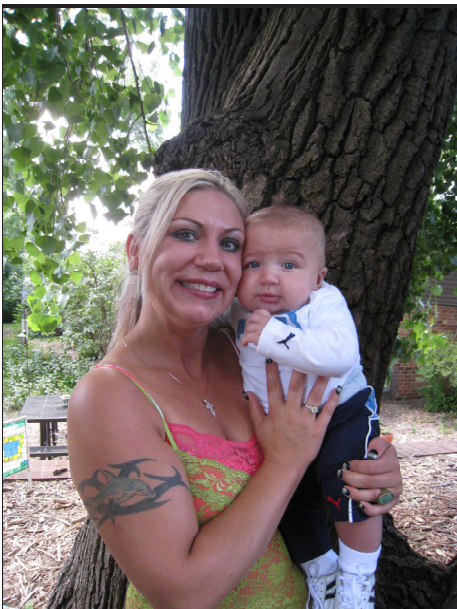
Candice describes her experience at Wayside House Supportive Housing as an investment in herself, her daughter, and their future. Since moving to Wayside Supportive Housing she has participated in the culinary arts program through People Serving People and was selected for a three month paid internship in the culinary field. Her dream is to one day become a chef, and even though she has experienced a few detours, she is confident that with Wayside at her side, “everything will come together.”

Cami – 32

Cami has an incredible story and has experienced much for a woman of 32. She began using at the age of 13 and has been in substance abuse treatment 13 different times before coming to Wayside House, Inc. In 2008, Cami fought for and lost custody of four of her children. That same year, Cami lost her mother, a key figure in her life. At that time she was homeless and spinning in and out of depression. Cami turned to Wayside House to get her life back because, as she stated “using just wasn’t working for me anymore. Drugs were just making my life worse.”

Cami shared how the staff at Wayside helped her to “reprogram” herself and helped her address the nature of her addiction. She said, “They were genuine and honest and helped me believe I was not a bad mother. They taught me that the addicted person was not who I am or who I want to be.”

Cami says she loves being clean and that Wayside House has helped her to love herself, to love being alive, and to not be consumed with depression, shame, and guilt. Cami and her youngest son are currently in therapy and in DBT (dialectical behavioral therapy) and are living in their



own apartment in Minneapolis. Cami is hopeful and optimistic about her future and is excited to have been nominated for Wayside's 2011 Alumnae of the year. Her counselor describes her as "one of the most amazing women I've ever met."

Teri

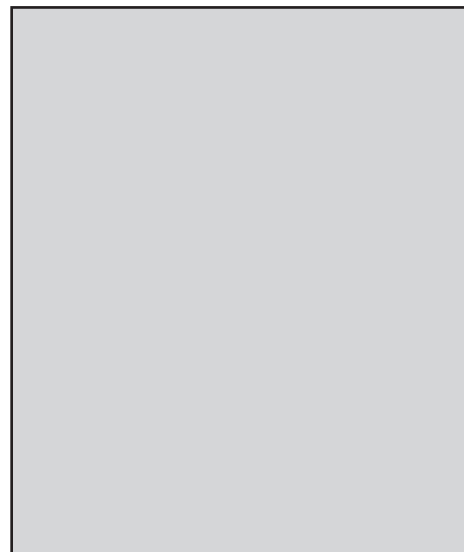
Teri had the "Clever" household growing up; two wonderful parents, two sisters she was close to. Her home was one of love and laughter. She excelled in school, was involved in almost every extracurricular activity and with her church, had tons of friends, and has lots of happy memories.

Teri was exposed to the world of addiction, at age 21 when she married an abusive alcoholic. She began drinking to mask the emotional pain she was experiencing in her relationship and to "just try to make it thru each day for my kids." The sudden and unexpected death of her sister to cancer, and thus the loss of a key support system for her caused her substance use to spiral out of control.

After her divorce, Teri and her children started a new sober life. Not long afterward however, tragedy struck again. Teri lost both of her parents and her son's behavior was out of control. Then, her son was critically injured in a drug deal gone awry. As her son clung to life, Teri's addiction worsened and she was soon supporting a \$300 a day habit.

Teri had a friend in recovery that helped connect her with Wayside House. She began her 90 days of intensive residential treatment at Wayside's Women's Treatment Center in February of 2009, and continued with an additional six months of aftercare (nonresidential treatment and relapse prevention). Teri graduated from Wayside in September of 2009.

Teri said, "Wayside doesn't just treat the addict. Wayside treated me as a woman and as a person first. That's what was so enlightening." Teri describes Wayside as her "foundation" because it provided her with the recovery tools and behavior she needed to build, "strong walls." She said it is now her responsibility to fill her "house" with things that are important to her and things that make her happy. Teri said Wayside taught her to live a life that is less stressful by learning to deal with life's challenges in a healthy way, how to reach out to others, how to put herself first, and how to set healthy boundaries.



2010 Outcomes

Total Served

553 Individuals (394 women and 159 children)

Wayside House Women's Treatment Center

257 Women served

92 Women completed employment readiness programs

71 Women were assisted with housing through the Linkages program

257 Women were provided individual program and clinical services by on-site licensed staff 24/7

Wayside House Family Treatment Center

45 Women served, 22 Children served

19 Women who completed the program found safe appropriate housing.

22 Children attended school regularly (18 early childhood and preschool, 4 to public school)

22 Eligible clients reunified with their children

Wayside House Supportive Housing

25 Women served, 37 Children served

100% of families received case management and supportive services for their children, including on-site advocacy.

84% of clients maintained sobriety while in the program

10 women attended school or a continuing educational program in 2010 (9 attended college and one attended ESL classes)

Main Street Collaborative

67 Women served, 100 Children served

87% of women maintained sobriety while in the program

70% of clients successfully completed treatment services

59% of clients reported they were satisfied with the treatment services they received

Friends of Wayside House: Gifts up to \$999

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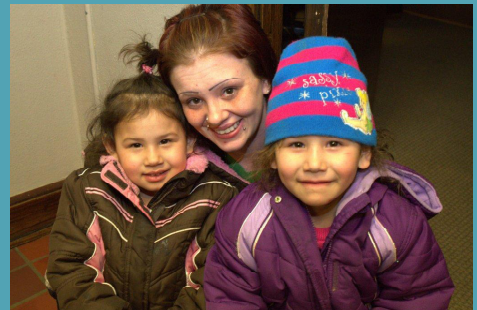
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