



# FRIENDS OF WAYSIDE

We are pleased to report another year of recovery, new beginnings, family reunification and growth. On the eve of our 60th anniversary, we are proud of our reputation in the community for providing quality treatment for women and their families. Over the years we have stayed relevant because we have put our clients' needs first and continually integrated their needs into our program. Wayside continues to be dedicated to empowering women to recover sobriety, identity, home and community by providing treatment, housing, and supportive services.

The year ended with Wayside providing treatment for 453 clients. We are continuing to work on quality, and in 2013 we saw a 19.3% increase in successful treatment experiences over the previous year. We invested in facility enhancements at all of our programs, and our most ambitious project, a sprinkler system at the Family Treatment Center, will allow us to significantly increase the number of families we can serve.

The Affordable Care Act continued to bring changes to the health care delivery system and to substance abuse treatment programs.

Wayside started to look at the necessary changes in 2012 and during this year began integrating a new electronic billing system. On the clinical side we introduced our outpatient co-occurring program and more deeply infused a trauma-informed approach when serving the needs of women in our housing and treatment programs.

As part of the Board of Directors' annual strategic goal setting, a new committee was established to look at the opportunities and challenges brought on by this Act, to make sure we stay on top of the changes, and to consider ways to continue to thrive.

During December we received the resignation of Ellie Skelton, our Executive Director. During her seven year tenure, she doubled our program budget and staffing to better serve women and their families. Just a few of her many accomplishments included undertaking a major capital improvement project that rehabbed all three sites using state, county and city funding and securing Wayside's first federal grant to transform Incarnation House into our comprehensive Family Treatment Center. She is leaving Wayside a stronger organization. Ellie worked closely with both

the staff and the Board and we will miss her greatly. We look forward to hearing about her continued successes.

So we end the year on the edge of an exciting future as we prepare to celebrate our 60th anniversary, working with our new leader, Karina Forrest-Perkins, Executive Director, and navigating the waters of the new healthcare environment. I know during this time Wayside House will first and foremost put the needs of the women and families in our treatment centers and housing in the forefront to empower them to thrive in their futures, and, in so doing, our future will also thrive.

We realize that we could not continue without positive and strong community relationships. On behalf of Wayside House, we express our gratitude to you for your support of our continued efforts.

Sincerely,

Managhanthe.

Normandy Hamilton Board President

## **2013 Wayside House Board of Directors**

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# 2013 WAYSIDE HIGHLIGHTS

# National Council for Behavioral Health's Trauma-Informed Care Learning Community

In 2013, Wayside House began participating in the National Council for Behavioral Health's Trauma-Informed Care Learning Community, in partnership with the Minnesota Department of Human Services. This learning community is a resource for agencies to set goals and make changes to improve safety and security of their physical environment, increase their ability to screen and assess for trauma, adapt trauma-informed therapeutic practices based on client feedback, and ensure that all staff have training on trauma and trauma-informed care.

For more information, please visit www.waysidehouse.org

## **Addition of a Wellness Coordinator**

Wayside House has always valued a holistic view of health and wellness and has offered services like yoga, acupuncture, and fitness opportunities to supplement women's recovery in our treatment programs. In December 2013, we hired a Wellness Coordinator to enhance the wellness services we offer. Dawn Dougherty Cornell is a certified group fitness instructor, yoga instructor and massage therapist. She also has experience with meditation and family wellness and has worked with women and children who have experienced domestic violence. Dawn has developed an exciting variety of exercise and relaxation groups for the women at Wayside. Offering multiple kinds of physically therapeutic services and wellness activities has been shown to be incredibly important in improving the overall health of women and children who have experienced trauma, mental illness, and chemical dependency.



**Family Treatment Center** 

# Family Treatment Center Now Serving More Women...Larger Families

Wayside House received approval from Hennepin County to increase capacity from 25 to 35 at its Family Treatment Center with the stipulation that Wayside complete the required fire safety improvements to the property by 2015. Due to an overwhelming response from attendees during a Direct Giving Moment at the Wayside House Hope Gala this past fall and a significant grant from the Patrick and Aimee Butler Foundation, Wayside House was able to secure the necessary funding for the project and move forward with scheduling. Renovations are expected to start next summer.



# 2013 Wayside House Mission Award Winner

Each year Wayside House honors an individual or organization whose work and commitment has helped further Wayside's mission. This year we honored one of the founding mothers of Wayside House, Fran Brownson, who graciously accepted the 2013 Wayside House Mission Award.

Fran Brownson (forefront) and Normandy Hamilton, granddaughter of Wayside's founder

# WAYSIDE HOUSE TREATMENT

## In 2013, Wayside House served 664; 453 women and 211 children

## **Populations Served in 2013**

	Women	Children	White	African American/ African	Native American	Multi-Racial	Other	Asian
Total	453	211	384	140	62	51	18	9
Percent of Population Served	68%	32%	58%	21%	9%	8%	3%	1%

## **Women's Treatment Center**

Wayside's Women's Treatment Center provides residential (inpatient) and nonresidential (outpatient) substance abuse and mental health treatment, recovery maintenance, and supportive services. 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. The structured co-occurring substance abuse treatment program provides adult education classes, lectures, family support, counseling, recovery coaching, employment readiness classes, exercise, and wellness to promote holistic recovery.



## **Family Treatment Center**

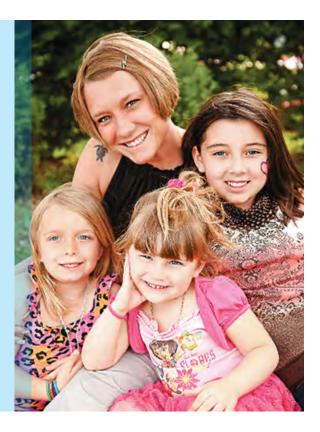
Wayside House provides comprehensive family treatment (residential and nonresidential), recovery maintenance, and supportive services for each mother and her children. This program includes mental health and substance abuse treatment services for women, pre-school children's early intervention services, off site, parent education, and other services that support the whole family unit while allowing women and their children to live in a safe environment.

80% of mothers reunified with their children.

# WAYSIDE HOUSE SUPPORTIVE HOUSING

With support from funders, Wayside is able to offer safe, affordable housing to clients in recovery through 20 multiple bedroom apartments located in a residential neighborhood of St. Louis Park along with four additional scattered-site apartments (located in the Twin Cities metro area). Supportive Housing residents pay 30% of their adjusted income in rent and receive individual case management and group support activities. Scattered-site housing residents are either employed or on disability and receive some rental support. They receive weekly recovery support from a recovery coach for a year.

75% of Wayside Supportive Housing clients maintained sobriety for 6 months or more.



# RECOVERY SERVICES

Recovery Services helps women and families focus on recovery by assisting them with basic living needs such as securing transitional or permanent supportive housing, finding and applying for employment, and negotiating with landlords. Recovery Services also has a partnership with the St. Louis Park Adult Options in Education, which provides teachers to assist clients with adult basic education and work toward their GED when they have not yet graduated from high school. One of the services offered within the Recovery Services Program is *Celebrating Families!*™, a successful, evidence-based 14-week curriculum that addresses the needs of children and parents in families that have serious problems with alcohol and other drugs. The curriculum engages every member of the family, ages three through adult, to foster the development of healthy, addiction-free individuals. Celebrating Families!™ is listed on the federal Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Effective Programs and Practices (NREPP).

- 91 women/families were placed in safe, supportive/sober housing
- 159 clients completed a 12 hour Employment Readiness workshop
- 85 individuals participated in Celebrating Families!™ in 2013

In a recent research study conducted by Wilder Research, Wayside clients and alumnae noted that finding safe, affordable housing was one of the greatest barriers in their recovery.

# CONTRIBUTORS

## Thank you to the many corporations, foundations, strategic partners, individuals, volunteers and staff who have generously dedicated their time, talents and treasures in support of our mission!

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**Women's Treatment Center** 

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#### **Family Treatment Center**

2120 Clinton Avenue South Minneapolis, MN 55404 612-871-0099

#### **Supportive Housing**

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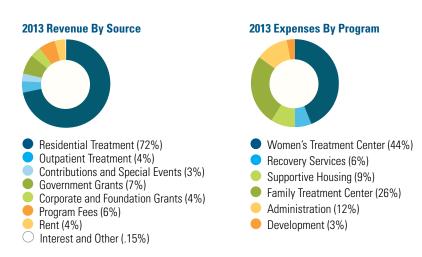
www.waysidehouse.org info@waysidehouse.org



# The Wayside House, Inc. and subsidiary consolidated statement of financial position December 31, 2013, with comparative totals for 2012 assets

2013 Income				
Residential Treatment	\$3,703,478			
Outpatient treatment	\$194,041			
Contributions and Special Events	\$150,530			
Government Grants	\$362,130			
Corporate and Foundation Grants	\$221,297			
Program fees	\$293,300			
Rent	\$198,039			
Interest and other	\$5,404			
Total	\$5,128,219			

2013 Expenses by Program					
Women's Treatment Center	\$2,223,726				
Recovery Services	\$324,014				
Supportive Housing	\$438,947				
Family Treatment Center	\$1,309,765				
Administration	\$602,840				
Development	\$136,341				
Total	\$5,035,633				



Assets	2013	2012			
Current Assets	\$2,445,110	\$2,084,415			
Property and Equipment, Net	\$3,063,470	\$3,224,121			
Total Assets	\$5,508,580	\$5,308,536			
Liabilities and Net Assets					
Current liabilities	\$275,114	\$221,688			
Long-Term Liabilities	\$1,577,631	\$1,567,903			
Net Assets	\$3,655,835	\$3,518,946			
Total Liabilities and Net Assets	\$5,508,580	\$5,308,537			