

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



2014 ANNUAL REPORT



Wayside
House, Inc.

Words can't even start to express how truly grateful, thankful, blessed and amazing my life is since Wayside has become my family. I am a worthwhile, important, smart woman with a whole lot to offer myself and others."

—Nicole

Wayside House Board of Directors, 2014

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Karina Forrest-Perkins, CEO

Friends of Wayside,

Thank you so much for all you have done to provide a new future for the women and children in our care. We are excited to share with you the good work we accomplished through your love, generosity and support. Because of you, **552 women** who didn't know where to turn, came to Wayside House and received services that helped them on the road to long-term recovery. **296 children** now have their caring and nurturing mothers back who can fully focus on being the best mothers they can be. These women have their lives back and the children have their mothers back. Because of you, this became possible.

This was a milestone year for Wayside House as we celebrated our **60th Anniversary**. Throughout 2014, we took opportunities to honor our history and learn from those who came before as we set the future strategic direction. A major focus of our work was directed at how Wayside House will operate in light of health care reform. A key priority of the Affordable Care Act is increasing access to preventative services. Wayside House's Board of Directors spent this past year preparing the organization to be at the forefront of this transition and worked towards opening an **Outpatient Clinic**. This clinic, the Wellness Center, will allow us to reach out to women and children to prevent the need for residential treatment giving us an opportunity to provide a full continuum of services.

2014 was also marked with transitions. **Karina Forrest-Perkins** joined Wayside House as the new Chief Executive Officer. We are looking forward to drawing upon her expertise in the chemical dependency and mental health fields along with her knowledge of the emerging government trends. We also had a transition in the Finance Department with **Dan Ursin** joining our team. We have remained fiscally strong by making important internal infrastructure changes to implement a new billing system that is in alignment with the health care reform.

We are also happy to report that in September, Wayside House was recognized for our work at our Family Treatment Center by being awarded a **three year federal grant** from the Substance Abuse and Mental Health Services Administration. Wayside House was one of only 19 organizations in the nation, and the only in Minnesota to receive this **\$1.5 million grant**, which allows mothers to receive treatment while maintaining the family unit.

Again, thank you for the role you have played in allowing us to bring healing and hope to the women who came to us with the courage to turn their lives around. Thank you also for committing yourself to reaching out to the children who come into our care and helping us to break the generational cycle of dependency. We are pleased to share with you the work we have accomplished in 2014 and look forward to what 2015 will hold.



Karina Forrest-Perkins, MHR, LADC
CEO

Sally Guillet
President

2014 Highlights



Wayside House staff
at the Alumni Banquet

This past year, Wayside House received a federal grant from the Substance Abuse and Mental Health Services Administration for Pregnant and Post-Partum Women. This grant is to enhance Wayside's Family Treatment Center, one of only five in the state allowing women to enter care with their children. In addition, Wayside House was the only organization in the state to receive this federal grant, a testament to the excellent services Wayside provides.

One of the most significant areas Wayside House focused on this past year, was our philosophy of care. Women who come to us have severe issues of chemical dependency and have had unsuccessful treatments at typically three other providers. What this means is that the nature of the addiction makes it harder to achieve sobriety and makes their time at Wayside more challenging. It also means that these are the women who need treatment the most. This shift of care resulted in a **38% increase in women successfully completing chemical dependency treatment** at Wayside.

During 2014, Wayside House worked on creating the structure for a **new Outpatient Services site**. This site will allow the organization to expand services to meet the needs of women who aren't at the severity stage where they need residential care and will prevent the addiction from escalating to that level.

Wayside House strengthened its financial position this past year. The organization closed the fiscal year better than budget projections and improved its cash position allowing us to **better serve the women and children in our care**.

“Wayside is the best thing
that’s ever happened to me.
I am healthy and happy.”

—Claire

Wayside House Services

Wayside House provides four areas of programming: women's treatment, family treatment, supportive housing, and recovery support services. Our services have been designed to allow us to meet the needs of the most struggling and vulnerable women.

Women's Treatment Center

Serving 394 women in 2014, the Women's Treatment Center is Wayside House's largest program. The center provides both residential (inpatient) and non-residential (outpatient) care helping women recover in a supportive, safe and nurturing environment. Women are primarily coming for assistance in overcoming their alcohol (44%) or crystal methamphetamine (28%) addiction, but treatment is provided for any chemical dependency. Our services are based upon best practices as identified by the Substance Abuse and Mental Health Services Administration. This includes gender specific programming, trauma informed care (approximately 90% of women have been victims of abuse), treatment for mental health care needs, and motivational interviewing (a proven method to support women in self-initiating changes).

Family Treatment Center

Similar to Women's Treatment Center, services are provided both in a residential and nonresidential setting. In many instances, women delay treatment because they are worried about what will happen to their children while they are dealing with their chemical dependency. Other women in our care are trying to reunify with their children after it has come to the intervention stage of children being removed from the home. By being able to provide family treatment, women not only receive services for their addiction, but they also learn how to strengthen their ability to parent their children; breaking the generational cycle of dependency. The children also receive an array of care, improving their health, development and well-being. Women in this program are similarly dealing mostly with alcohol and crystal methamphetamine dependency, but a significant population also have an addiction to heroin. In 2014, 131 women and their 253 children were provided care. Also in 2014, Wayside House received a federal grant for our Family Treatment Center allowing us to strengthen our impact with women and their children.

Recovery Support Services

Our programming extends beyond chemical dependency treatment to providing comprehensive services preparing women moving back into the community and learning how to deal with stressors and triggers that might otherwise cause a relapse. We ensure women are connected to health services and work to establish a sober support network. Services also include support in securing safe, affordable and supportive housing. Women receive assistance in securing employment and learning financial health skills. Celebrating Families, an evidence based program, provides 14 weeks of services addressing the needs of children and parents who have been struggling with chemical dependency. The program engages the entire family unit to prevent future relapses and to create a healthy and strong family.

Supportive Housing

Twenty-seven women and 36 children resided in Wayside House supportive housing in 2014. Our housing ensures women are able to transition successfully from residential treatment while still receiving supportive services. At our housing program, women benefit from case management, children's services and crisis intervention. The children's services help women who have been in treatment to receive assistance in learning to strengthen parenting skills and build strong relationships with their children. As supportive housing, women may pay up to one-third of their income towards rent.



It really makes a difference to be **empowered for changes that I have made** and continue to make instead of being constantly degraded for my past.”

—Jennifer

The bigger picture

Wayside provides more than just chemical dependency treatment. Here are only some of the ways we create a foundation of support for women and families.



nursing care
GED assistance
financial literacy
case management
lifeskills training
parenting coaches
system navigation
housing assistance
art and play therapy
parenting education
pregnancy education
post partum education
peer recovery coaching
vocational rehabilitation
Section 8 system assistance
trauma education and therapy
pediatric medical care referrals
family education and treatment
dental care for mother and baby
childcare and therapeutic childcare
WRAP services for the entire family
FAS education and support for adult and child
child abuse and neglect prevention and coaching
in home parenting support after completing treatment
behavioral screenings and assessments for adults and children
advocacy for housing, career development, and probation conditions
paying for individual and group counseling when the insurance runs out

Unemployment
\$13,860/yr

Treatment
at Wayside
\$9,000
/90 days

Prison
\$41,364/yr

MN Family
Investment
Program
\$11,736
/yr

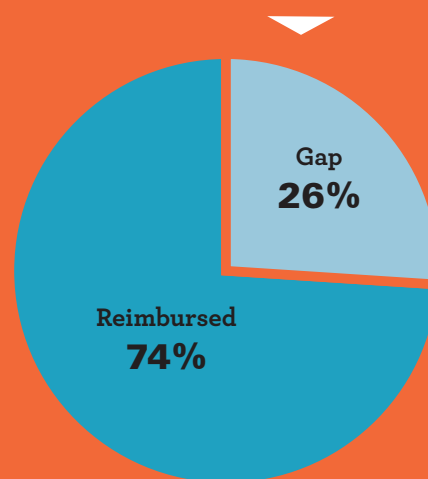
Homelessness
\$45,209/yr

Relative costs

Treatment costs society and families less than other options and consequences. Compare the average cost of treatment at Wayside to alternatives.

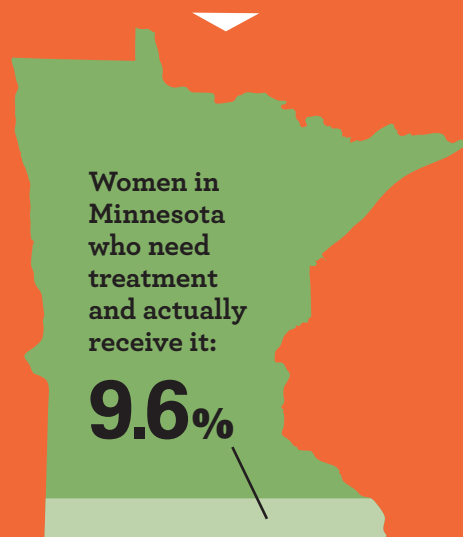
Wayside's funding gap

Out of an average annual per-patient cost of \$9,185, Wayside is reimbursed for \$6,794, leaving a funding gap of about 26%.



The need for care

The percentage of women in Minnesota who need treatment and actually receive it is shockingly low, highlighting the need for our services.



2014 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!

\$20,000 +

Patrick & Aimee Butler
Family Foundation
Otto Bremer Foundation
Target Foundation

\$10,000 - \$19,999

RJW Foundation
Sexton Foundation

\$5000 - \$9999

Albrecht Family Foundation
Bell Manufacturing & Services, Inc.
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\$1000 - \$4999

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2014 Tributes

In Memory of James Edson DeVay
Elizabeth Broderick

In Honor of Barb McQuillan
Kathleen Brogan

In Memory of Margaret Litfin Claessens
William & Virginia McDonald

In Memory of Lynette Ready
Dennis Ready

In Memory of James Edson DeVay
Taunton Forge Sunshine Fund

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Kay Norman
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Wok in the Park Restaurant
Women's Thursday Morning Serenity Group
Wuollet Bakery
Wyndmere Naturals, Inc.
Yoga Center of Minneapolis
Jessica Zauhar
Stacy Zellmann
Kelly Zobel

The Wayside House, Inc. and subsidiary consolidated statement of financial position December 31, 2014, with comparative totals for 2013 assets

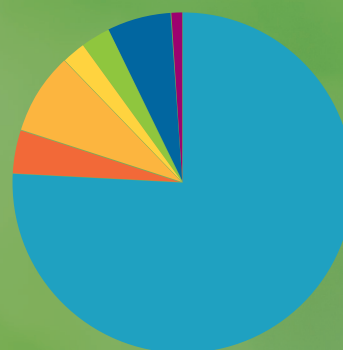
2014 Income

Residential Treatment	\$ 3,787,954
Outpatient Treatment	210,676
Government Grants	381,282
Contributions and Special Events	90,107
Foundation and Corporate Grants	146,237
Program Fees & Rent	323,944
Debt Forgiveness	44,304
Other	5,661
Total Income	4,990,165

2014 Expenses by Program

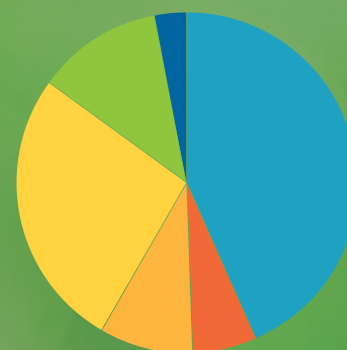
Women's Treatment Center	\$ 2,324,685
Recovery Services	289,711
Supportive Housing	467,725
Family Treatment Center	1,403,853
Administration	640,535
Fund Development	133,930
Total Expenses	5,260,439

2014 Revenue By Source



- Residential Treatment (76%)
- Outpatient Treatment (4%)
- Government Grants (8%)
- Contributions and Special Events (2%)
- Foundation and Corporate Grants (3%)
- Program Fees & Rent (6%)
- Debt Forgiveness (1%)

2014 Expenses By Program



- Women's Treatment Center (44%)
- Recovery Services (6%)
- Supportive Housing (9%)
- Family Treatment Center (27%)
- Administration (12%)
- Development (3%)

Assets

	2014	2013
Current Assets	\$ 2,298,708	\$ 2,445,110
Property and Equipment, Net	2,933,695	3,063,470
Total Assets	5,232,403	5,508,580



NON-PROFIT ORG.
US POSTAGE
PAID
HOPKINS, MN
PERMIT NO. 1167

Women's Treatment Center

3705 Park Center Blvd.
St. Louis Park, MN 55416
952-926-5626

Family Treatment Center

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

Supportive Housing

1349 Jersey Avenue South
St. Louis Park, MN 55426
952-542-9322

Wellness Outpatient Center

2356 University Avenue West, Suite 210
St Paul, MN 55114
651 242-5540

www.waysidehouse.org
info@waysidehouse.org



Wayside was an
amazing experience.”
—Shanna

Shanna

Growing up, Shanna's watched her mom take drugs and drink to excess in front of her and her siblings. Her home life was not stable or nurturing due to the addiction stealing her mother's time away from the family.

At 16, Shanna started drinking and using drugs herself. 17, she had her first child and when her child was nine she was taken away.. Shanna later had a second child who was also removed from the home at the age of four. Shanna was now homeless and the father of her two children was in prison. Shanna wanted a second chance at motherhood and at life. The addiction had controlled 20 years of her life. After one last unsuccessful attempt to stay sober on her own, Shanna sought the help of Wayside.

Shanna developed a great relationship with her Recovery Coach during her time at Wayside and continues to still talk with her. Shanna also says her counselor “was phenomenal and helped me in my journey.” “At Wayside I learned how to live a life of normalcy,” says Shanna. “The staff were patient and kind. I felt comfortable because it was all women, I knew this was where I would thrive.” Wayside provided treatment for Shanna's chemical dependency and also provided services for her mental health care needs, something which is common to most women who receive our care. Shanna completed both the residential program and outpatient treatment. Shanna is now living in sober housing and still meets with her Parenting Coach. Shanna is happy, healthy, sober and looking forward to her new future.