

*empowered  
women.  
empowered  
families.*



2017 ANNUAL REPORT



WAYSIDE  
RECOVERY CENTER



*Dear friends of Wayside,*

Every day our women and children show us that it takes strength, bravery, grit, heart, and determination to live a life free from the effects of addiction and trauma. We are so proud to be a partner on the journey to recovery by putting the women and their family's needs first!

***For 63 years Wayside has fought to protect and empower women and their families to live a life they deserve.***

In 1954, we started as Wayside House, a halfway house for women who had "fallen by the wayside". For six decades we have prioritized women's unique needs and are one of the first treatment centers to recognize the strong connection between trauma and addiction; the importance of supporting the whole family to break the transmission of risk to future generations; and, how to support these families throughout their life-course.

***In 2017 we renewed our promise to our mission and changed our name to Wayside Recovery Center to reflect it.***

We have grown out of the "house" we once were and have become the comprehensive recovery center that our women and families need and deserve by providing residential and outpatient treatment; prevention, education and intervention services; and peer driven recovery supports.

Within these pages, you will hear the stories of Laura and Trisha. Their triumph over addiction and trauma happened because of their own strength and courage as well as having Wayside team members walk alongside each of them on their journey to a life committed to long-term recovery. We will also share our bold and innovative successes and how we are leading through our community's crisis of substance use disorders.

***Behind our story of strength, innovation, and transformation, are hundreds of alumnae, supporters and stakeholders that share our vision and back our work.***

Thank you! For without you, none of this would be possible!

Sincerely,



*Karina Forrest-Perkins*

**Karina Forrest-Perkins**  
Chief Executive Officer



*Lesley Ann Doehr*

**Lesley Doehr**  
Board President



# 2017 | MOMENTS OF empowerment



1. Annual Alumnae Banquet to celebrate life in recovery 2. We couldn't do our work without the support of the community 3. Target brings holiday cheer to our families 4. Team building with our Recovery Advocates 5. Volunteers from Northwestern Health Sciences University



6. Outstanding Community Award at our Alumnae Banquet 7. MRC's "Walk for Recovery" event 8. A retirement gift to the legendary Dudley who served Wayside as a counselor for 25 years 9. Supportive Housing Holiday Party





# OUR IMPACT

*expanded*  
Family Services

With support from the Richard M. Schulze Family Foundation, we built a Parent-Child Interaction Therapy Room to strengthen the relationship between mother and child.

*improved*  
best practices for clients and staff within Behavioral Health

Wayside's CEO Karina Forrest-Perkins received a Bush Leadership Fellowship in which she has conducted field research throughout the United States and U.K.

*invested*  
in a strong rebranding effort to position Wayside for growth

Created a new name, logo, website and invested in the Development Division to grow community awareness and philanthropy.

*launched*  
a Prevention and Education Division

Became the first and only Project ECHO Hub in Minnesota for Women's Behavioral Health to link our Wayside experts and partners with clinicians throughout the state to share best practices.

*focused*  
our work on those with the highest risk, greatest need and most significant impact

Served 55 women who were pregnant; every baby born while mother was in our care was born toxin free!

*strengthened*  
our infrastructure to improve our care

Implemented Netsmart MyEvolv, a new EMR system to increase billing productivity and access to data to inform and improve services; and executed a new supervisory structure to support and retain staff.

*combated*  
the Opioid Crisis with increased support

While insurance companies continue to pay less per unit of service, the Federal Government invested in Wayside as 1 of only 30 agencies statewide to increase peer recovery services and offer incarcerated pregnant, post-partum and parenting women increased accessibility to assessments and treatment.







## meet LAURA

I grew up in a house with both parents and my older brother. Overall, I was a happy kid who liked school. **But there was an undercurrent of pain, a secret I kept: I was abused as a young child.** I never told anyone. I learned to hold onto that secret.

I was introduced to weed and alcohol when I was 15 but since I was the good girl no one suspected. The secrets kept building. I blamed my parents, I wanted to be a rebel. I moved out at 18 and danced in nightclubs for the next ten years all the while hurt, angry and lonely.

At 23 I took cocaine and I knew I was in trouble. I remember it instantly melted everything away. I didn't think about the abuse, I had self-esteem and I felt good. I couldn't stop. At 29 I got arrested. The first time my secrets got some light. I entered treatment and found out I was pregnant with my son. I got sober for 2 years. I got married, bought a house, had a good job, and completed my Associate's degree. When my son turned eight a switch flipped inside me and I began to use again. **I lost everything, even the custody of my son.**

I entered Wayside Women's Treatment totally broken. I had to start over and this time treatment was different. I had never discussed my abuse, never had my mental health diagnosis woven into my care. It was at Wayside that I connected my son turning eight with my own abuse at the same age resulting in my need to use again to forget.

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***At Wayside it was the first time I received the help I needed in all areas of my life –therapy, parenting, employment counseling, spirituality, art, and housing. Addiction and the abuse had fractured and impacted everything in my life.***

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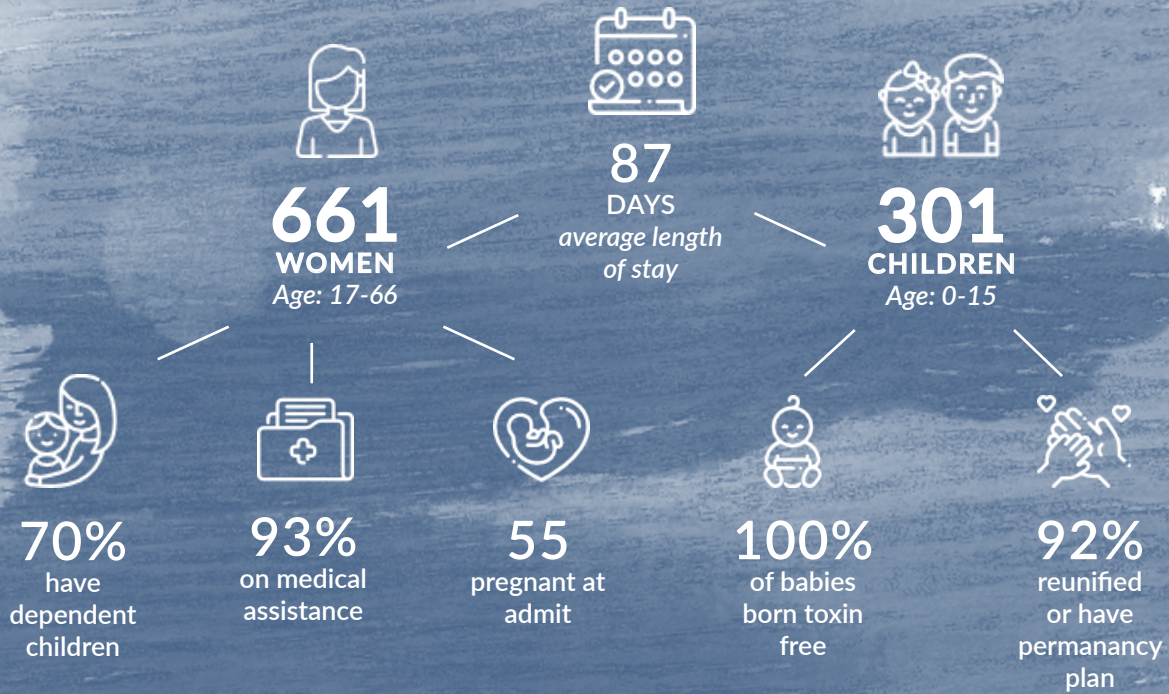
I still have my acceptance letter to Wayside Supportive Housing. After treatment, I knew I had to get into their supportive housing because it was the only way I was going to stay sober and be a part of my son's life. I needed all of it, the stability, the community meeting, the coaching, the apartment inspections, the random UA's.

I have now been sober for three and a half years. In May, I graduated with the highest honors from St. Catherine's with a B.A. in Social Work and now my job is to help other families experiencing homelessness secure housing and stabilize. **Stability matters; now I am a licensed social worker and more importantly I am a sober mom with a healthy, happy kid.**





# who we serve



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## meet TRISHA

**I thought I was going to work at Burger King for the rest of my life.** Life was nothing. Just work and using. I grew up in Willmar on the same land my mom grew up on. I remember how clear the stars were and the long, wide vegetable garden we would grow every summer, but my childhood was shaded with abuse. At 18 I started smoking marijuana and then at 20 I was introduced to meth. It took over the next three years, I lost my older children to the system before they reached their second birthday.

**Addiction cut off dreams of a bigger life and narrowed my options down to getting the next high.** Addiction eventually cornered me into a jail cell, high off meth and hallucinating. I was arrested five months after I gave birth to a stillborn baby boy, locked in a holding area for two weeks, delirious and imagining I could crawl through the little slot in the jail door.

I had tried to kill myself in the weeks following my baby's death, but my sister found me, and I survived.

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***There was a reason I was still alive. I had to get sober to figure out why.***

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I was kicked out of my first treatment center when they discovered I was pregnant. I arrived at Wayside Family and the support I felt was immediate. They supported me through my pregnancy and after my daughter was born, through my relapses and getting sober. Then I moved into Wayside Supportive Housing and the support continued; they held me accountable for my sobriety, encouraged friendships, they offered parenting advice...even though I didn't take it right away! I realized I have a future, the possibilities are endless if I put my mind to it.

I am now 10 years sober. I graduated with an Associate's degree in Addiction Counseling this past May and am working on my B.A. I work as a counselor in a treatment center and tell my patients that addiction is a battle we'll be fighting the rest of our lives, so we need to be real in order to move on. **Recovery and a life worth living is possible.**

I have never been a mother to anyone past the age of two, but I am a mother now; a mother to an eight-year-old daughter who is a ball of energy and loves swimming. I take her to gymnastics on Saturdays and **I feel I've broken a generational curse. I get to be a mom.** I get to be a sober mom. I want people to know that addiction is a disease, but that life with all its potential is not lost because of it, we just have to fight for every sober day.

88%

of clients are bridged to employment and housing upon completion of treatment.





## WAYSIDE RECOVERY CENTER'S *Continuum of Care*

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Wayside Recovery Center has expanded to provide comprehensive treatment and recovery services for substance use disorder and trauma for women and their families in five locations throughout the Twin Cities.

### **Family Treatment Center | Minneapolis**

Wayside is one of only six providers in the state where women can enter treatment with their children. Women receive substance use disorder and mental health services while working to improve parenting skills, understand the trauma their children have faced, improve relationships with their family, and ultimately break the cycle of dependency.

### **Wellness Outpatient Center | St. Paul**

An entry point for preventative care, our outpatient wellness center provides clients who are at lower risk with a continuum of care from early intervention to recovery services. Individualized for each woman, we offer one-on-one therapy and group counseling to focus on life-course health.

### **Women's Treatment Center | St. Louis Park**

Women receive services to treat their acute substance use disorder and mental health problems while gaining skills and resources to have a better quality of life. The program is customized to each woman's unique needs including the length of stay, therapies, wellness, and foundational needs (education, benefits, housing).

### **Supportive Housing | St. Louis Park**

One of the biggest challenges our clients face is housing. Our supportive housing program provides safe and affordable housing for women and their families as they transition from treatment back into the community. In addition, support staff assist residents with life goal setting, parenting, financial management, and recurrence prevention.

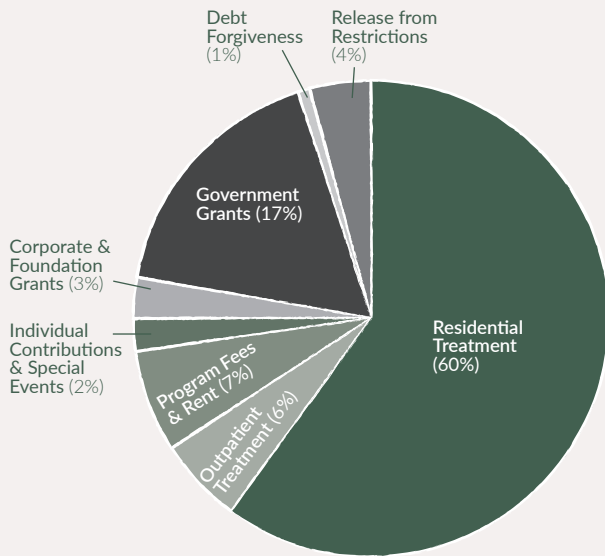
### **Education & Prevention | Statewide**

Clinicians, educators, administrators, and executives share their knowledge and expertise on various topics and examine current issues facing those with substance use disorder.



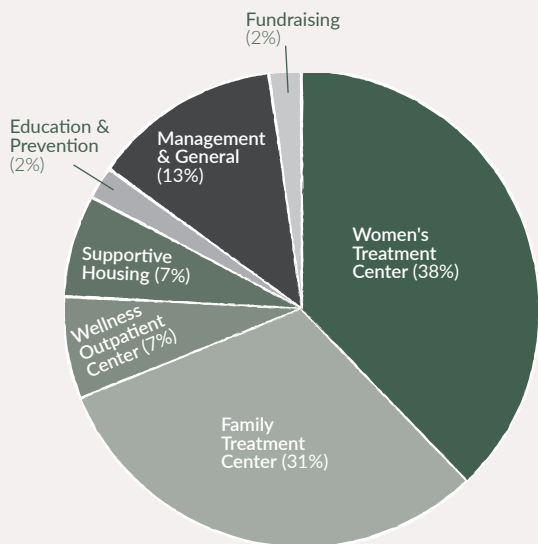


# FINANCIAL OVERVIEW



## 2017 REVENUE BY SOURCE - UNRESTRICTED

Residential Treatment	\$4,098,563
Outpatient Treatment	\$401,865
Program Fees & Rent	\$462,194
Individual Contributions & Special Events	\$101,006
Corporate & Foundation Grants	\$237,639
Government Grants	\$1,142,569
Gifts In Kind	\$26,792
Other Income	\$7,225
Debt Forgiveness	\$49,198
Release from Restrictions	\$262,641
<b>Total Revenues</b>	<b>\$6,789,692</b>



## 2017 EXPENSES BY PROGRAM

Women's Treatment Center	\$2,586,977
Family Treatment Center	\$2,135,980
Wellness Outpatient Center	\$460,230
Supportive Housing	\$472,433
Education & Prevention	\$138,171
Management & General	\$872,409
Fundraising	\$140,266
<b>Total Expenses</b>	<b>\$6,806,466</b>

## 2017 FINANCIAL POSITION

Current Assets	\$2,444,030
Property Equipment, Net	\$2,682,654
<b>Total Assets</b>	<b>\$5,126,684</b>
Liabilities	\$1,918,652
Net Assets	\$3,208,032
<b>Total Liabilities &amp; Net Assets</b>	<b>\$5,126,684</b>

\*Investment of \$170,376 into an EMR system as an extraordinary item is not included in the expense total.





# our deepest gratitude

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WAYSIDE  
RECOVERY CENTER

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WAYSIDE RECOVERY CENTER'S MISSION:

*Breaking the cycle of  
addiction and trauma  
for women, children, and families*

