

*Empowered women. Empowered families.*

2018 ANNUAL REPORT



WAYSIDE  
RECOVERY CENTER

DEAR *friends of Wayside.*

**We are celebrating 65 years of empowering women, children, and families in our community!**

We have come a long way on our journey from serving seven women "left by the wayside" in our first year to supporting over 30,000 women and their families to date. **It takes a village to do this work and from the beginning we have worked tirelessly to develop services that respond to the community's needs and create an environment that is optimal for families to heal and thrive.** We have overcome barriers, broken down stigmas, improved access to care, and supported families on the path to transforming their lives.

It is our mission, passion, and privilege to walk alongside women like Bonnie, one of the first residents in our Family Treatment program. After testing positive for heroin while delivering her son, he was immediately taken into protective custody along with his four-year-old sister. When Bonnie left Family Treatment three months later, she left with both children, a home, and a part-time job.

Our gender-responsive, family-centered services have become core to our mission and integral to breaking the cycle of addiction and trauma for future generations. **We can report that in 2018, 90% of our families found stable housing, 35 families were reunified and 100% of babies born at Wayside were born toxin free!**

For over six decades we have worked to empower women, children, and families through the power of community support. But we know that there is still so much work to be done to address issues of stigma and the public health crisis we are experiencing in the opioid epidemic and alcohol use disorders. Investing in Wayside supports trauma-informed, comprehensive care that breaks the cycle of addiction and trauma. We cannot do this work alone.

**Thank you for being part of our village. Thank you for helping advance our mission and for changing the course of substance abuse and trauma for future generations.**

Sincerely,



*Ruth Richardson*

**Ruth Richardson**  
Chief Executive Officer



*Lesley Ann Doeher*

**Lesley Doeher**  
Board President



# 2018

## MOMENTS OF empowerment



1. Trisha, a Wayside alumnae, graduated from MCTC with an Associate's in Addiction Counseling
2. Leonetti Confetti generously hosted Wayside at a pop up shop event to raise awareness
3. Friends of Wayside Breakfast alumnae speaker Kali's story was the best part of the morning
4. USI Insurance Services donated 'Back to School' supplies



5. Westwood Church upgraded the playroom at Supportive Housing with a generous grant
6. Santa visited Supportive Housing at their holiday party
7. Wayside attended the 2018 MAARCH Conference
8. Faith Church graciously created welcome bags with essentials to encourage clients as they first enter programming



WE ARE *grateful* FOR OUR COMMUNITY PARTNERS!

# our impact



**700**  
**WOMEN**  
Age: 18-67



**3**  
**MONTHS**  
average  
length of stay



**382**  
**CHILDREN**  
Age: 0-17



**70%**  
have  
dependent  
children



**93%**  
on medical  
assistance



**86%**  
have a  
mental  
health  
diagnosis



**100%**  
of babies  
born toxin  
free



**35**  
reunified  
families



**90%**  
found stable  
housing



**75%**  
maintained sobriety  
1 month after exit





**Without sounding dramatic, Wayside saved my life.** My family was caring, and I grew up feeling loved. But never felt as though I “fit in” and I started drinking and taking drugs at age 12. By age twenty I was arrested by drug enforcement agents.

I didn’t know how to change my life; it was either treatment or jail time. I chose sobriety. That involved a leap of faith and a willingness to do things differently.

Wayside gave me a framework to deal with challenges like boundaries and relationship choices. They helped repair my whole life-one day at a time. I began to take risks, admit mistakes, and take responsibility for my actions- skills I used as I became a productive member of society.

Life afterward has not been perfect, but I haven’t had to do it alone. I’ve had a long and successful career in finance, my daughters see me as a positive role model, I have an ongoing program of daily living and I celebrated my sixtieth birthday trekking to base camp on Mount Everest!

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***A key ingredient to me staying healthy and happy is helping others with substance issues. As a Wayside board member, supporter and alumna, I can say firsthand that helping women learn to help themselves and repair their families not only improves their lives but strengthens the fabric of our communities.***

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## NANCY'S STORY

**Stronger, more highly functioning families impact us all—whether we see it in our daily lives or not: classrooms are less chaotic, children learn more and better, public resources are used more effectively, families are less dependent on public resources as women are employed and empowered to build their lives and families.**

Wayside provides a foundational approach for systematic change. Wayside has an excellent track record and history. From a business perspective, Wayside is a leader in the field; daring in its approaches to combat all of addiction’s complexities while managing its resources conservatively. It is money well spent.

With the attention on the opioid crisis bringing addiction to a national view, we realize this is an overwhelming social problem. But, I know that by being involved with Wayside I can make a profound, cross-generational difference - one woman at a time.

**It is meaningful, personal, close to home, and close to our communities. It is the right thing to do and I am proud to be part of Wayside’s mission.**



*In the 1950's* Wayside's founder Sally DeVay sold cosmetics door-to-door. She met countless women who were sexually abused, unemployed, and addicted to substances. Sally knew there were systems of oppression that gave these women nowhere else to turn – and she knew they deserved more. That is when the dream of Wayside became a reality...

**1954:** The first Wayside House was in an area then known as "skid row" in a building on Washington Ave. in Minneapolis. That first year we served 7 women.

**1971:** Introduced poly-substance treatment. Purchased property for halfway house care.

**1994:** Opened Supportive Housing which has provided a safe place for women in recovery and their children to heal for 25 years.



**1963:** Introduced alcohol treatment as part of the half-way house. Wayside became one of the first treatment centers in the state with services specifically designed for women.

**1980s:** Created the Alumnae Association and began hosting banquets annually.

**2000:** Opened the first Family Treatment Center in the state. Currently we are one of six in the state and 18 in the nation that invite mom to enter treatment with her child.



## Alcoholic Women Is Announced

Opening of a new Minneapolis-based treatment and rehabilitation center for alcoholic women was announced today.

The recovery house will be located at Wayside House, 1009 W. 26th St., according to William F. Brooks Jr., president of the reorganized Wayside House, Inc., board of directors.

Brooks also announced the start of a \$91,783.24 fund-raising campaign for the new facility. Of this amount, \$19,783.24 will be required for operating the house for this fiscal year. The remaining \$72,000 has been earmarked for purchase of a new home.

Wayside House formerly was a halfway house for destitute women. The change over to a facility limited to alcoholic women is desirable to a number of women, said Brooks, 2609 Queen Ave. S., a special assistant attorney general.

He said that over a period of years, it has been found that 80 to 85 per cent of the needy women helped were also alcoholics.

"And we found we were not particularly effective in dealing with the problem of alcoholism because we were trying to do too many other things," Brooks said. "The mixture of alcoholics and non-alcoholics interfered with any treatment program."

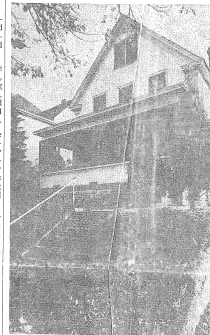
**Capacity of Seven**  
Capacity of the house is now seven, said Mrs. Arthur W. Geggie Jr., head of the Wayside House Auxiliary, and it is hoped to expand the number to 12 to 15 women.

First fund-drive project for the new alcoholism unit will be a Christmas bazaar Thursday and Friday in the house.



## Metropolitan Area News

16A \* WEDNESDAY, OCTOBER 16, 1963



REHABILITATION CENTER OPENS  
New chance for alcoholic women

sponsored by the auxiliary. Alan B. Hoag, 5619 Girard Ave. S., a member of the board, said a large-scale drive is planned for a period between Thanksgiving and Christmas. All funds will be raised on a voluntary subscription basis.

Women receiving help in the new home will be encouraged to follow the principles of AA philosophy and attend AA meetings after they leave.

**Facility Needed**  
Brooks said the decision to change Wayside House over to a treatment center for alcoholic women was reached in September after the need for such facilities was brought out in a report by the Committee on Alcoholism of the Community Health and Welfare Council.

## SIAR

16A \* WEDNESDAY, OCTOBER 16, 1963

obriate unit at Willmar State Hospital.

Edward H. Bodine, 4909 Pryor Court, Edina, another member of the board, said that as a non-profit, voluntary agency, Wayside House will not limit the program to Minnesota women.

Mrs. Geggie said only a fraction of the women with alcohol problems get help. "There are an estimated 6,000 alcoholics in Minnesota alone," she said, "and about one of every three is a woman."

Community Health and Welfare Council statistics place the number of alcoholics in Hennepin County at 25,000.

Services provided will include proper diet and medications if needed, aid in finding employment, help in adjusting back to family life, clothing if needed, and a revolving fund for carfare and other small expenses.

Brooks said women will be encouraged to follow the principles of AA philosophy and attend AA meetings after they leave.

Other state facilities for alcoholic women include Dia-... (text cut off)

... (text cut off)

Thank you staff for leaving us stay here with are Mom I'm so excited to stay with her my life was cloudy with put my Mom now it's only sunshine!



# 65 Years of Empowerment

**2008:** Added Outpatient Services to our array of care, expanding our continuum of services by providing prevention programming, outpatient services and mental health therapy.

**2016:** Launched tele-psychiatry at all clinical locations, offering women psychiatric care in their first week and reducing acute psychiatric care cases by 90%.

**2018:** 30,000 women and 6,000 children have been empowered out of one woman's dream and the tenacity of thousands of staff, community members and clients.

**2015:** Opened the Wellness Outpatient Center in St. Paul.

**2015:** Established Recovery Support Services and Project ECHO network with the goal of providing research, training, and knowledge to the greater community.

**2017:** Re-branded Wayside House as Wayside Recovery Center to better reflect our comprehensive array of treatment services.



WAYSIDE  
RECOVERY CENTER



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3-5-90

To the persons responsible  
for Wayside -

My name is Maureen, + I'm an alcoholic + a drug addict. I will be 32 years old in a couple of weeks. I needed to tell you what wayside means to me. I don't know if you all realize what an important place this truly is. In November, I put myself into MMC for treatment. It was already assumed that I would die. I had given up all hope of seeing in the new year. My funeral had already been planned. The people knew, my friends + family told, the songs picked out, the readings were ready to be read. No one wanted me to die, but everyone was prepared. I had already lost all hope. I have been drinking heavily + using drugs for 16 years. There is not much left of my liver, I have severe cirrhosis, a heart dysfunction, a blood disorder + I am anemic. I did all these things to my body, + I didn't care. Over the past years, I have been married, divorced, beaten + starved. Before I came to Wayside I had been basically homeless since I was 19 yrs old. In the course of the years, anyway



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

### RESIDENTIAL & OUTPATIENT TREATMENT

#### Women's Treatment

Women receive trauma-informed and gender specific treatment for substance use disorder and mental health concerns while gaining skills and resources for a better quality of life. Services are customized for each woman's unique needs including level of care, health and wellness, and foundational needs like education, employment, and housing.

#### Family Treatment

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 addiction and trauma.

#### Outpatient Treatment

Provides women with an entry point for preventative care and ongoing individualized outpatient care. Treatment options include individual therapy and group counseling focusing on long-term health and recovery.

### RECOVERY SERVICES

#### Peer Recovery Supports

Peer Recovery Specialists provide resources and guidance for a healthy recovery lifestyle as women transition back into the community after residential treatment. Peers provide a trusted foundation for continued care including emotional support and connections to mental health services, housing, education and primary and pediatric healthcare.

#### Supportive Housing

One of the biggest challenges our clients face is housing. Supportive Housing provides safe and affordable housing for women and their families as they transition from treatment back into the community. Women receive additional services to support their long-term recovery including life-goal setting, financial management skills, relapse prevention and parenting support.

### MENTAL HEALTH SERVICES

#### Individual Therapy

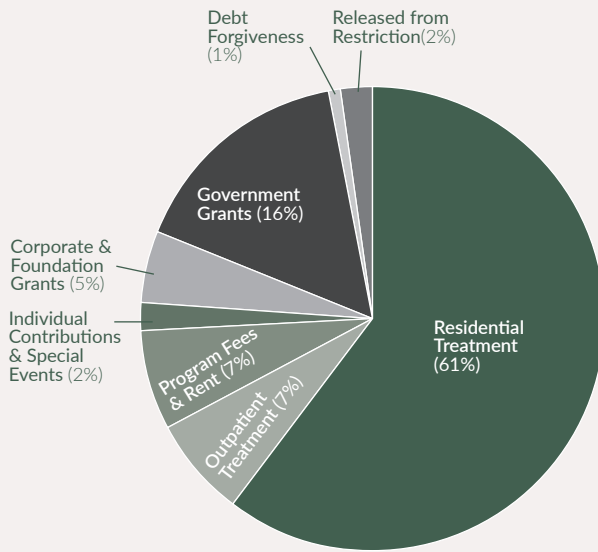
We are experienced in working with depression, anxiety, trauma, stress, relationship issues, grief and loss, parenting difficulties, and social and behavioral concerns.

#### Family Therapy

Therapists address common family dynamics and difficulties like communication, blended families, intimacy/sexuality, supporting a loved one in recovery, and transitions like marriage, parenting, loss, divorce, and care-giving.

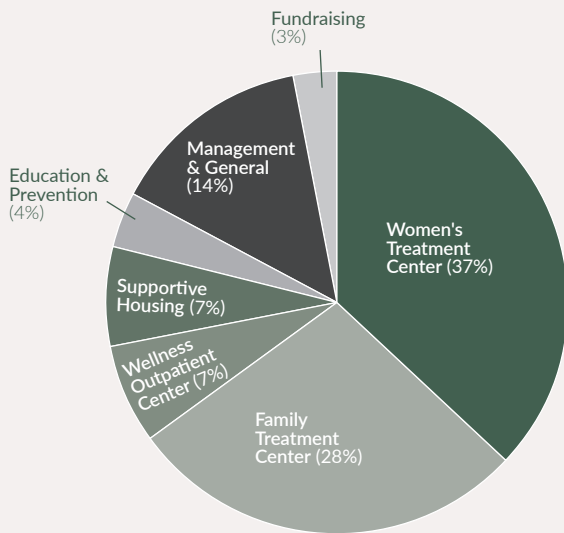


# FINANCIAL OVERVIEW



## 2018 REVENUE BY SOURCE - UNRESTRICTED

Residential Treatment	4,126,129
Outpatient Treatment	470,404
Program Fees & Rent	447,685
Individual Contributions & Special Events	108,023
Corporate & Foundation Grants	347,685
Government Grants	1,065,566
Gifts In Kind	39,280
Other Income	8,510
Debt Forgiveness	49,198
Released from Restriction	123,539
<b>Total Revenues</b>	<b>6,788,064</b>



## 2018 EXPENSES BY PROGRAM

Women's Treatment Center	2,543,020
Family Treatment Center	1,993,087
Wellness Outpatient Center	480,249
Supportive Housing	479,732
Education & Prevention	270,738
Management & General	991,339
Fundraising	211,617
<b>Total Expenses</b>	<b>6,969,782</b>

## 2018 FINANCIAL POSITION

Current Assets	2,233,479
Property Equipment, Net	2,598,299
<b>Total Assets</b>	<b>4,831,778</b>
Liabilities	1,936,150
Net Assets	2,895,628
<b>Total Liabilities &amp; Net Assets</b>	<b>4,831,778</b>



# our deepest gratitude

## 2018 CONTRIBUTORS

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## WAYSIDE RECOVERY CENTER

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### OUR MISSION:

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

