Wayside

Wayside House Annual Report 2011

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

www.waysidehouse.org
Building a Strong Foundation for Recovery

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”

– Anatole France (French poet 1844-1924)

Wayside House believes in the power of recovery and that the women who cross our threshold each day are worthwhile women who deserve to be loved, respected, and sober.

We have always believed in the strength of families and that it is possible to heal from the devastating effects of addiction. We believe in the resiliency of children and that one of the best protective factors in their lives can be having a sober mom.

We have a commitment to provide the highest quality care to our women and their families. That includes anticipating the needs of those we serve, knowing the difference between progress and change, and looking toward the future without forgetting the lessons of our past. This year we focused on building a strong foundation of community support, partners, and services, as well as strengthening relationships to prepare for changes on the horizon with health care reform and the Affordable Health Care Act.

Wayside House’s holistic approach combines gender specific treatment with integrated mental health and substance abuse services, trauma informed care, and wellness through exercise, nutrition, acupuncture, massage, and meditation. It also includes the long-term community support of permanent supportive housing, recovery coaching, community partnerships for employment, and in-home parenting for families.

We thank you for your continued support of Wayside House and our families as we work with you to build a strong foundation for recovery.

Ellie Skelton, Executive Director
Normandy Hamilton, Board President

2011 Wayside House Board of Directors
Normandy Hamilton, President
Marlin Meendering, Vice President
Barb McQuillan, Treasurer
Lisa Kerrod, Secretary
Barb Westgard
Corinne Shanahan
Denise Katakis
Don Hopkins
Jody Grieger
Judith Cook
Katie Collins
Kelly McCleary
Martha Albrecht
Nancy Nelson McIntosh
Rashmi Seneviratne
Sally Guillette
Sue Sanger
Thomas Bonneville

Current Wayside House Executive Team
Ellie Skelton, Executive Director
Cheryl Davidson, Director of Recovery Services
Kristi Olson, Director of Finance and Administration
Michaelene Spence, Director of Clinical Services
Heather Wolfgram, Director of Development
Jessie Everts, Director of Mental Health Services
Natalie Kostroski, Recovery Services Manager
Antonia Eberhart, Women’s Treatment Clinical Manager
Sesany Fennie-Jones, Family Treatment Clinical Manager
Sonita King, Supportive Housing and Mainstreet Program Manager
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.

Current Wayside House Staff
Helen Bekele
Casey Blum
DaHita Boyd
Pamela Brown
Hope Carlton
Tamara Collins
Sabrina Conneras
Laura Camer
Celeste Darden
Don DePree
Michael Drazo
Nikki Erdul-Hildebrand
Carmen Finn
Kathleen Forschen
Kathleen Francis
Rachael Harlos
Deneen Harris
Marsha Hoover
Holly Host
Elizabeth Johnson
Julie Knutson
Shoshana Koch
Angela Koster
Natalie Kosrotski
Jaky Lamert
Linda Landstrom
Micheel Larkin-Davis
Adra Lee
Melinda Lee
Carole Liesch
Lydia Logan
Michelle Machtemes
Pamela Marcus
Dudley Martinneau
Megan McCracken
Vanessa Monahan-Rial
Elizabeth Myers
Judi Nelson
Paige Onstad
Laurie Osterstag
Tammy Owens
Mary Patrick
Rochelle Peyton
Mary Beth Polski
Tyler Porter
Mariana Presley-Ellis
Rachel Rehme
Karen Robitschek
Andrea Roland
Lori Rohl
Teri Rooney
Kristen Ryan
Jo Anne Simonson
Shannon Smith
Erika Soderlund
Chamaera Sowell
Corrine Spading
Lynnette Spence
Michaelene Spence
Latsaha Stanford
Kelly Stith
Dianna Thompson-Witmers
Kelli Thou-Kelly
Risa Tritabaugh
Nicolete Ulstrom
Kathleen Weiss
Cathleen Williams Bell
Crystal Winston
Sarah Winters
Nicole York
Stacy Zeilmann

2011 Mission Award
Each year Wayside House honors an individual whose work and commitment has helped further Wayside House’s mission. In 2011 we celebrated the work of DJ Leary. DJ was a long-time board member of Wayside House, serving from 1975 to 1986 and again from 1989 to 1998. He provided leadership and passion during his long tenure on the board. DJ said of his board service, “It was the most important thing in my life.” DJ often went beyond the call of duty and recalled helping Mary Hartman, Wayside’s former Executive Director, with conducting an intervention to help a young woman get into treatment. DJ was a leader in introducing others to Wayside House and bringing new supporters along to further Wayside’s mission. We are grateful to DJ Leary and are honored to recognize his work and contribution to Wayside House’s mission.

DJ Leary is a former political and public affairs media consultant. He retired in 2005 from a life that included co-publishing a political newsletter for nearly a quarter of a century, being involved as a counselor in such wide-ranging community controversies as the building of the Humphrey Metrodome, the 1987 attempted takeover of the then Dayton Hudson Corporation, and the State of Minnesota’s multi-billion-dollar lawsuit against the tobacco industry. He was a long-time media adviser to the late Vice President and Senator Hubert H. Humphrey, as well as consultant to major Democratic candidates in three presidential elections and innumerable candidates for local, state, and federal offices throughout the country during the 1960s and 70s. DJ has served over ten years as a member of the Minnesota State Fair Board.

Past Wayside House Mission award winners have included: Judge Kevin Burke, Linda Berglin, Louise Winter; Senator Amy Klobuchar; Mary Thorpe Mease, Sister Rita Corcoran, and the Patrick and Aimee Butler Family Foundation.
Wayside Programs

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

Wayside House Family Treatment provides comprehensive residential family treatment for women and their children up to age 11. This program allows mothers to live with their children in a safe treatment environment. Family treatment provides gender & culturally specific, trauma-informed, co-occurring substance abuse and mental health treatment to support whole family recovery. This program produces positive well-being outcomes for children, youth, and their families, with particular attention to addressing the trauma experienced by children.

Wayside House Supportive Housing is a safe, affordable housing option for women who are seriously committed to sobriety. Located in St. Louis Park, the building contains 18 two-bedroom and 2 three-bedroom units. On-site services include case management, client advocacy, and crisis assistance.

The Main Street Collaborative is a partnership between Wayside House and Perspectives, Inc. It is dedicated to formerly homeless mothers and their children. The program provides outreach, education, mental health services, and substance-abuse treatment services.

Recovery Services and Celebrating Families! Recovery services help women and families to focus on recovery by assisting them with basic living needs and housing referrals. Recovery Services assists each woman with finding safe supportive housing and resources to make that transition successful. Their newest program, Celebrating Families! is a 16-week program designed to help the whole family heal. This evidence-based curriculum is sponsored by the National Association for Children of Alcoholics, a national model for family recovery.

Wayside House Scattered Site and Transitional Housing Collaborations

Securing safe, sober, affordable housing is a critical step in sobriety maintenance for women in recovery. Wayside House understands how essential it is that women and their families have safe, sober places to go once they complete treatment. To address this significant, ever-growing community need, we have created several partnerships with community foundations and organizations to provide permanent, supportive and transitional housing for Wayside women and their families. Here are some great examples of these partnerships:

Permanent Supportive Housing

The Wilson Family Foundation Collaboration is one of Wayside's oldest partnerships. The goal of this initiative, located in South Minneapolis, is to provide safe, affordable, sober housing for single women in recovery. Under this agreement, each party (the Wilson Family Foundation, Wayside House, and the client) pays a portion of the rent. Clients meet with a Wayside House Case Manager each week to work on their household budgets and to receive employment and recovery support. This partnership provides Wayside women approximately three to six studio or 1-bedroom apartments (depending on availability) as long as the women stay active in Wayside's nonresidential or recovery maintenance program and remain sober. This program is best suited for tenants who plan to be employed or are employed and self-sufficient.

The Project for Pride in Living Collaboration is one of Wayside's newest partnerships. Beginning in 2012, Project for Pride in Living, a multifaceted human service organization, and Wayside House teamed up to provide a combination of six studio and 1-bedroom apartments for homeless women eligible for General Assistance or Group Residential Housing (GRH) subsidies. (GRH is subsidized housing for people with identified disabilities such as chemical dependency or mental health issues.) Wayside women living in these units, located at Louisiana Court in St. Louis Park, are required to meet with a Wayside Recovery Coach or Case Manager once per month and have the option of participating in onsite computer classes, employment services, etc. provided by Project for Pride in Living.

Wayside Transitional Housing

The Simpson/Wayside House Collaborative is a partnership between Simpson Housing, a leader in providing housing and services to homeless individuals and families in the Twin Cities Metro, and Wayside House. It is designed to help women with dependent children reunify with their families more quickly after treatment when they have not yet secured permanent housing. Simpson Housing uses its relationships with landlords in the community to provide temporary rental units for Wayside families. The units are affordable because the family, Simpson Housing, and Wayside House each pay a portion of the rent. The average stay for families in these units, located across the Twin Cities Metro, is approximately four months. Families participating in this initiative must remain sober and stay involved in Wayside's non-residential or recovery maintenance program.
Hanna - 31

Hanna said she knew she was an alcoholic for a long time before she sought treatment. She attended her first AA meeting at age 15, but as she says, “sobriety never stuck.” Her addiction grew, and as an adult she experienced two successful treatment episodes and a handful of relapses by the time she came to Wayside House. “Until then,” she said, “the consequences didn’t outweigh the power of alcoholism.” Hanna was actively drinking, had lost her job and her home, had no money, and was very disconnected to her family. She stated that at this point in her life, “Part of me wanted to die myself.”

In 2011, Hanna got an email from Child Protection, and it served as her wake-up call regarding the seriousness of her situation. She asked for help and was placed at Wayside House. She spent 90 days in Wayside’s Women’s Treatment Center and currently lives at Perspectives, Inc. Hanna said of Wayside House, “Everyone who works there played a huge role in supporting me. I felt as though every woman was validated. When I entered the program, I carried so much shame. People there listened and helped me feel like I wasn’t alone and that I wasn’t the monster I thought I was.”

Hanna shared that her 90 days at Wayside was what she needed at the time. She appreciated the structure of the program and felt as though all of the staff, not just her counselor, cared and were willing to help. Hanna also appreciated that Wayside helped her with all aspects of her life, such as obtaining her driver’s license and social security card, helping her develop better parenting skills, and managing her mental health, in addition to treating her addiction.

Hanna says she is still very young in her sobriety but is optimistic about her future. She has a part-time job that she loves, attends AA meetings, continues to work with her sponsor, is working toward full-time placement with her daughter, and maintains improved relationships with her family. Hanna says there have been “lots of little stepping stones to get where I am now, but they have all been worth it.” She also shared, “I am looking forward to facing life as the woman I want to show up as, I’m looking forward to AA’s simple things, like taking my daughter to the park to fly a kite, or going camping. I appreciate the serenity in life.”

Horse Coaching with Wayside Women

Meet Boomer, a 14-year-old quarter horse gelding, who is one of Wayside House’s star volunteers. Boomer has lived a life similar to many of Wayside’s women: used and abused, never knowing his full potential. James Bean and his wife Catherine adopted Boomer in 2006, and since then, Boomer has become a horse coach and is able to share his unique talents with others. James learned of Wayside House in 2009 when he attended the spring fundraising breakfast. He was so touched by the stories of courage and hope he heard from the alumnae who spoke, that in addition to making a financial donation, he and Boomer volunteered to do horse coaching with Wayside House clients.

The concept of horse coaching is simple. Horses, unlike humans, have no agenda. They respond to people in a very honest way based on what they observe and sense about the person. Each horse coaching session begins by building a relationship with the horse. This often starts with grooming. Women are then instructed to think about an issue, concern, or challenge they want to work on for the session such as increasing self-esteem, relapse prevention, building relationships. Then lead the horse though an obstacle (e.g. take horse for a walk, lead horse over a jump) and receive feedback from the horse on their behavior, demeanor, and attitude during the activity. For example, if the person isn’t “present” or is thinking about other things while taking the horse for a walk, the horse will respond by being aloof and indifferent. The horse instinctively knows what to do to help the person, whether it means taking the lead, being obstinate, or “hugging” her.

Horse coaching with Boomer has been the highlight of many women’s stay at Wayside House. Trisha (featured in the picture) was kind enough to share her experiences with Boomer.

"Everyone who works there [Wayside House] played a huge role in supporting me."
2011 Outcomes

Total Served: 534 Individuals (407 women and 127 children)

Wayside House Women’s Treatment Center
226 Women served
110  Women completed employment readiness programs
83  Women were assisted with housing through the Recovery Services program
136 Women completed basic skills assessments in math and reading
• 39 (29%) tested at or above the ninth grade
• 97 (71%) tested below the ninth grade
226 Women were provided individual program and clinical services by on-site licensed staff 24/7

Wayside House Family Treatment Center
54 Women and 68 Children served
14 Women who completed the program found safe housing.
24 Children attended school regularly (18 early childhood and preschool, 8 to public school)

Wayside House Supportive Housing
38 Women and 59 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
70% of clients successfully completed treatment services
90% of clients reported they were satisfied with the treatment services they received

Main Street Collaborative
89 Women served
75% of women maintained sobriety while in the program
70% of clients successfully completed treatment services
90% of clients reported they were satisfied with the treatment services they received

The Wayside House, Inc. and subsidiary consolidated statement of financial position
December 31, 2011, with comparative totals for 2010

Assets

Current Assets
- Cash and cash equivalents
  - Cash
  - Designated operating and capital cash
  - Total cash and cash equivalents
- Accounts receivable, net
- Contributions and grants receivable
- Prepaid expenses and other assets
- Total current assets

Long-term Liabilities
- Long-term debt
- Deferred loan agreements
- Total long-term liabilities
- Total liabilities

Net Assets
- Unrestricted
- Temporarily restricted
- Permanently restricted
- Total net assets

Liabilities and Net Assets

Current Liabilities
- Current maturities of long-term debt
- Accounts payable
- Accrued expenses
- Deferred revenue
- Total current liabilities

Long-term Liabilities
- Long-term debt
- Deferred loan agreements
- Total long-term liabilities
- Total liabilities

Revenues

2011
- Program Revenue
- Support
- Federal Grants
- Other
- Total

Expenses

2011
- Women's Treatment
- Recovery Services
- Housing
- Family Treatment
- Management and General
- Fundraising
- Total

Tributes, Honorariums, and Memorials

2011
In honor of Ann Marie Robinson
In honor of Cedar Thomas’s birthday
In honor of Dara Von Hout
In honor of Ellen Skaton’s birthday
In honor of Regina Richardson
In memory of Mary and Tom Monahan
In honor of Mike Draze’s birthday
In memorium of Margaret Lifin Classens
In memory of Marian Halpern
In memory of Marjorie Cady
In memory of Mary and Tom Manahan
In memory of Nancy Nelson McIntosh
In honor of Pamela Brown and all the great work that she and everyone else does
In memory of S. Hamilton Lawrence and Mary McIntyre
In memory of Scott Mulberg
On behalf of Jana Mjor
In honor of Nancy Nelson McIntosh
James Fragola
In honor of Pamela Brown and all the great work that she and everyone else does
Michael Brown
In memory of S. Hamilton
Lawrence and Mary McIntyre
In memory of Scott Mulberg
Mollie and Sidney Fletcher
On behalf of Jane Mijr
CenterPoint Energy

THE WAYSIDE HOUSE, INC. AND SUBSIDIARY CONSOLIDATED STATEMENT OF FINANCIAL POSITION
December 31, 2011, with Comparative Totals for 2010

Assets

Current Assets
- Cash and cash equivalents
  - Cash
  - Designated operating and capital cash
  - Total cash and cash equivalents
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Long-term Liabilities
- Long-term debt
- Deferred loan agreements
- Total long-term liabilities
- Total liabilities

Revenues

2011
- Program Revenue
- Support
- Federal Grants
- Other
- Total

Expenses

2011
- Women’s Treatment
- Recovery Services
- Housing
- Family Treatment
- Management and General
- Fundraising
- Total

Tributes, Honorariums, and Memorials

2011
In honor of Ann Marie Robinson
Pamela Quirk Becker
In honor of Cedar Thomas’s birthday
Kyla Ware Cromer
In honor of Dara Von Hout
Lisa and Thomas Larson
In honor of Ellen Skaton’s birthday
David Adams
Julie Horns
Darla Farmer
Susan E. Richards Welna
In honor of Regina Richardson
Michael Metzler
In memory of Mary and Tom Monahan
Vanessa Manahan-Rai
John Blockstone
CarrieLena Johnson
In memory of Marian Halpern
Thomas B. Halpern
In memory of Marjorie Cady
Henry and Nancy Brantingham
In memory of Mary and Tom Manahan
Vanessa Manahan-Rai
In honor of Mike Draze’s birthday
John Blackstone
Kara Berg Hanson
Jolene Forman
John Stafford
Ellie Skaton
In memory of Margaret Lifin Classens
Virginia Classens McDonald and William McDonald
In memory of Marian Halpern
Thomas B. Halpern
In memory of Marjorie Cady
Henry and Nancy Brantingham
In memory of Mary and Tom Manahan
Vanessa Manahan-Rai
In memory of Nancy Nelson McIntosh
James Fragola
In honor of Pamela Brown and all the great work that she and everyone else does
Michael Brown
In memory of S. Hamilton
Lawrence and Mary McIntyre
In memory of Scott Mulberg
Mollie and Sidney Fletcher
On behalf of Jane Mijr
CenterPoint Energy
Save the Date for the Wayside House Fall Gala

“She who has hope, has everything”
Friday, October 5th, 2012
Metropolitan Ballroom
5418 Wayzata Boulevard
Minneapolis, MN 55416

Featuring:
Dinner and Silent Auction
Emcee: Beth McDonough – KSTP (Channel 5), Investigative Reporter
Musical Entertainment by local Jazz Musician Thomasina

Live Auction and Direct Giving Moment by:

Fladeboe Auctions

To purchase tickets or tables please visit: www.waysidehouse.org

www.waysidehouse.org
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