

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



2015 ANNUAL REPORT



# Friends of Wayside,

Thank you so much for your continued support of Wayside and the women and children we served in 2015. **Because of this support, 446 women found their path to sobriety and 170 women commenced during the year. Thanks to you, these women are now prepared to enter a healthier phase of life with the tools they need to manage the chronic disease of addiction.**

As many of you know, Wayside not only serves the women who come in our doors, but her children and family members as well. Three hundred and twelve children directly benefitted from Wayside services with an additional 700 more children being indirectly impacted by their mother's treatment. With your support we were able to bring our life changing services to 758 women and children in 2015!

**Our biggest achievement this year was the opening of our Wayside Wellness Outpatient Center!** We have known for some time that we needed to reach the women of Minnesota earlier in their disease of addiction and mental health problems. Our Wellness Center provides an outpatient care experience to prevent the consequences of addiction from becoming more extreme. With the addition of the Wellness Center, Wayside is now able to provide a full continuum of services meeting women at any stage of illness and helping them manage their disease. In 2015, 386 billable hours of services were provided.

Wayside continues to see the value in providing gender specific care for women. Research consistently shows that chemical dependency many times stems from the experience of trauma, violence, sexual exploitation, abuse, relationship difficulties with family members and partners, stress from neglect and abandonment, low self-worth, and substance abuse in the developmental environment. Often women abuse substances as a means to manage the impact and associated ills resulting from this. Trauma experienced by women is often highly different than that of men and requires specific programming. Gender specific care is an area where Wayside continues to excel. **One hundred percent of clients completing treatment last year indicated that they strongly agreed or agreed that they found other women to be an important source of support in their recovery.** It is important to note that regardless of the current research, the

unique needs of women, and the statements from the women themselves who experience care, the State of Minnesota still does not define gender specific treatment as a special population. This translates into a lower rate of reimbursement for Wayside's services, a higher cost for us to cover, and a larger gap that stakeholders like you help us address.

During 2015, Wayside House continued to see the number of days covered for treatment shrink, but our commitment to providing the right level of service for the right length of time for each woman continued to be our priority. **While residential treatment is now funded for an average of 40 days, Wayside's average length of treatment is 104 days with women staying as long as 385 days in our care.** Research is clear that longer stays in treatment result in less problems in the recovery journey, less relapse, and less life consequences for the children in this environment. Your support helps us to make sure our care is individualized and at the right intensity for serving women with the most severe forms of addiction.

This annual report provides an overview of our achievements in 2015 and we are proud to share what we were able to achieve with your support. Most important though, are the individual achievements of the 758 women and children who entered our doors. Thank you for all you do.



**Karina Forrest-Perkins, MHR, LADC**  
Chief Executive Officer

**Sally Guillet**  
President, Board of Directors

Wayside Family Treatment has changed my life for the best. I never have been happier. I love life. And I am happy to be clean. —**TAMARA**

## Wayside House Board of Directors, 2015

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# 2015 Highlights

## > Providing care for any woman struggling with chemical dependency

In June, our Wellness Center opened allowing us to provide outpatient services for the first time. Now, Wayside is able to meet the needs of women at any stage of their disease and provide the services most appropriate to their recovery. The Wellness Center allows Wayside to fully address the legislation of the Affordable Care Act by providing a full-continuum of services and allowing the organization to perform at the same level as primary care. We can also now more fully address our mission of empowering women to recover sobriety, identity, home, family, and community by providing treatment, housing and supportive services.

## > Investing additional resources to help women achieve sobriety and children to heal

Through achieving a strong financial position last year, we were able to invest in additional staff and programmatic resources to allow us to better serve the women and children who enter our care. Additional programming included more services for women who also struggle with a mental illness, self-directed recovery care, a community building group for clients to participate in an activity as a community, and positive body imaging classes. Staff investments included further credentialing of staff; expanding staffing for our work with children; and hiring additional workers to allow for increases in programming hours and more clinical case management to additionally serve as a liaison between clinical and case management departments.

## > Addressing the need for more psychiatric care

As a means of managing the shortage of Minnesota psychiatrists available to meet with Wayside clients, the organization became one of the first behavioral health providers in the state to begin offering tele-psychiatry care. Wayside is now able to improve access to psychiatric care for women at any of our locations. We use tele-psychiatry to provide psychotropic medication

management and crisis intervention for women, as well as medical education and consultation for our multidisciplinary staff teams. Sophisticated tele-communications equipment has been installed in all treatment locations, with more to be installed in 2016 and 2017. All psychiatric professionals have been trained in addiction medicine and prioritize culturally responsive care.

## > Providing care for the whole family

Wayside's newly expanded Family Program will offer services for the entire family unit for all Wayside programs. It is not just the women who need services to overcome their addiction, but the entire family unit who may be negatively affected. Our services will address the needs of all family members impacted, bringing healing to the entire family unit. Wayside will provide monthly Family Orientation nights and a bimonthly Family Day for both current clients and alumnae providing important aftercare and support.

## > Client satisfaction remains high

Wayside continuously evaluates our services to ensure we are delivering the highest quality services that meet the needs of the women and children who enter our doors. Outcomes of women who completed treatment in 2015 indicate:

- The average ranking for client satisfaction of treatment services was scored at 9.5 out of ten
- The average ranking of counseling services received was 9.7 out of ten

One hundred percent of women who completed treatment reported strongly agreeing or agreeing to:

- Better understanding their pattern of chemical use and sobriety
- Having a better idea of the triggers that contributed to her continued or resumed use of alcohol or drugs
- Learning specific things that they can do to prevent relapse now or in the future
- An increase in ability to learn how to deal with her emotions in her daily life

# Wayside House Services

Wayside House provides programming in four locations throughout the Twin Cities. We offer a broad array of services which prioritize women, children, and families all affected by the struggles with chemical dependency and co-occurring mental health problems. Wayside's full array of services are able to help women at any stage in recovery.

## Family Treatment Center

Serving 120 women and 273 children, the Family Treatment Center is one of only six providers in the state that allows women to receive residential treatment while maintaining the family unit. By providing family oriented treatment, women not only receive services for their addiction, but they also strengthen their ability to parent their children; understand how their addiction contributes to the Adverse Childhood Experiences of their children; improve their relational skills among all family members; and ultimately break the generational cycle of dependency and poor life-course outcomes. Evidence Based and Trauma Informed Programming includes: Motivational Interviewing, Dialectical Behavioral Therapy, Individual and Group Counseling for Substance Abuse and Mental Illness, Adult Education Classes, Exercise and Wellness, Tele-Psychiatry, Medication Assisted Treatment, and Life Skills. Child and parenting programming includes: Parenting Treatment Plans, Family Therapy, Play Therapy, Mental Health and Chemical Health Screenings and Assessments, partnered therapeutic child care, and in home child visitation.

## Recovery Support Services

While the foundation of our services are chemical dependency and mental health treatment, we also provide additional services which prepare women to successfully cope with stressors that might otherwise cause a relapse. While the majority of these services are not reimbursable (a 26% gap in funding currently exists), Wayside realizes long-term sobriety is more likely when a woman receives wrap-around care. We ensure: women are connected to health services; understand how to establish and maintain a sober support network; are connected to safe, affordable and supportive housing options; receive assistance in securing employment; and are provided financial literacy 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. Celebrating Families engages the entire family unit to prevent future relapses and creates a healthy and strong future for our clients and their loved ones.

## Supportive Housing

Thirty-two women and 39 children resided in Wayside House Supportive Housing in 2015. Wayside's Supportive Housing provides a bridge from residential treatment to successful re-integration into the community. Women may pay up to

one-third of their income towards rent. Programming includes Recovery Support, Group and One-on-One Activities, Parent-Child programming, Community Activities, Children and Family Activities, Parenting Support, Community Building, Informal Support Network, and Strengthening Families all in a sober community.

## Wellness Center

Our Wellness Outpatient Center is our newest program allowing Wayside to provide a full array of chemical dependency and mental health care. The Wellness Center provides an entry point for preventive care. We engage women before their lives have deteriorated to require residential treatment. This early engagement is less expensive to the client and the payment source, meets the women where they are, engages the entire family unit, and is culturally specific. Services are tailored to each woman. An individualized treatment plan and holistic programming design meets those needs. This coming year, Wayside anticipates serving 200 women and children. Evidence Based and Trauma Informed Programming includes: Individual and Group Counseling, Motivational Interviewing, DBT Therapy, Tele-Psychiatry and Wellness activities which focus on life-course health.

## Women's Treatment Center

Serving 271 women in 2015, the Women's Treatment Center is the foundation on which our other services were built. The center, one of the first in the nation to provide gender specific treatment, provides residential treatment for up to 41 women at a time as well as uniquely tailored outpatient services for women entering the next stage of their recovery. The Women's Treatment Center is designed to serve women who face the most difficulties in achieving long-term sobriety; those who have had previous treatments deemed unsuccessful, those struggling with a serious mental illness, and those who have experienced significant trauma. Women receive coordinated behavioral and physical health treatment tailored to their medical needs and treatment history while providing encouragement and empowerment for them to reclaim their lives. Evidence Based and Trauma Informed Programming includes: Motivational Interviewing, DBT Therapy, Individual and Group Counseling for Substance Abuse and Mental Illness, Adult Education Classes, Exercise and Wellness, Tele-Psychiatry, and Parenting Classes.

I would have lost EVERYTHING  
without Wayside and staff!  
Thank you for re-teaching me  
how to live life again!" —JESSICA



# 2015 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!

## **\$100,000 +**

Patrick & Aimee Butler  
Family Foundation

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Otto Bremer Foundation

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## **\$10,000 - \$19,999**

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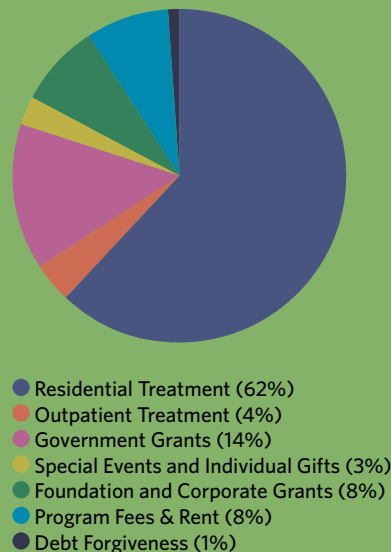
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**The Wayside House, Inc. and subsidiary consolidated statement of financial position December 31, 2015, with comparative totals for 2014 assets**

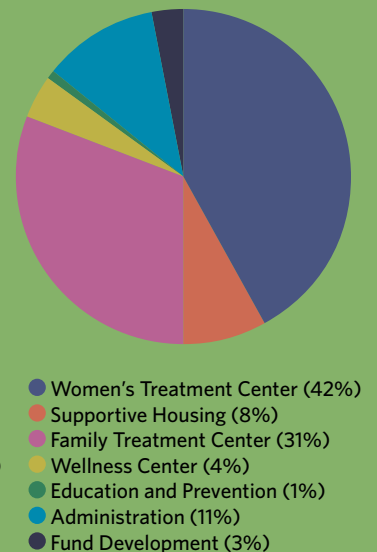
<b>2015 Income</b>	<b>\$</b>
Residential Treatment	3,820,487
Outpatient Treatment	237,926
Government Grants	845,115
Special Events and Individual Gifts	164,205
Foundation and Corporate Grants	495,993
Program Fees & Rent	468,478
Debt Forgiveness	70,189
Other	11,710
<b>Total Income</b>	<b>6,114,103</b>

<b>2015 Expenses by Program</b>	<b>\$</b>
Women's Treatment Center	2,357,355
Recovery Services	
Supportive Housing	441,100
Family Treatment Center	1,753,852
Wellness Center	244,414
Education and Prevention	67,061
Administration	596,000
Fund Development	154,440
<b>Total Expenses</b>	<b>5,614,222</b>

**2015 Revenue By Source**



**2015 Expenses By Program**



<b>Assets</b>	<b>2015</b>	<b>2014</b>
Current Assets	2,887,145	2,298,708
Property and Equipment, Net	2,834,326	2,933,695
<b>Total Assets</b>	<b>5,721,471</b>	<b>5,232,403</b>



NON-PROFIT ORG.  
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### 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](http://www.waysidehouse.org)  
[info@waysidehouse.org](mailto:info@waysidehouse.org)



## Vera's Story

In 1996, Vera completed treatment for chemical dependency and was able to maintain her sobriety for 13 years. Then she faced a crisis with one of her children. As she says, "first I relapsed mentally and then I started using." Vera used for two years and then moved back to Minnesota which is where she had originally received treatment. Due to consequences with the criminal justice system, she had the opportunity to talk with the Judge. She told the judge she needed help and that she did not want to go back to jail. This is when she heard of Wayside House.

Vera came to Wayside Women's Treatment Center in August 2012. She says that this is when her life began again. "I had everything I needed to re-focus on myself and get back on track." At Wayside, Vera learned how to understand addiction in a deeper way and how using was her way of dealing with the trauma she had experienced in life. She says that the drugs were not the problem, but instead the experiences that led her to use.

Wayside's trauma informed care helped her to not only recover from addiction, but to begin a healing journey from the experiences that led to her chemical abuse.

Each of the programs played a part in her healing especially dialectical behavior therapy (DBT). "DBT taught me how to use the correct words to express myself. It taught me things I thought I knew. Wayside grew me up at 46 years-old." Vera also found Celebrating Families to be helpful. "Celebrating Families gave me my foundation back and helped me to rebuild my family."

In 2013, Vera moved to Wayside's Supportive Housing program. Vera lives at Supportive with her daughter and grandchild and is balancing parenting with two jobs. She says, "Life happens. I brush myself off and back up and start walking again. First I crawled, then I walked and now I'm running." On July 9th, 2016, Vera celebrated four years of sobriety.