Empowered women. Empowered families.

2018 ANNUAL REPORT
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
Chief Executive Officer

Lesley Doehr
Board President
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
our impact

700 WOMEN
Age: 18-67
70% have dependent children

93% on medical assistance

86% have a mental health diagnosis

3 MONTHS average length of stay

382 CHILDREN
Age: 0-17
100% of babies born toxin free

35 reunified families

100% found stable housing

90%

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!

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.

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.

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.

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

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.
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%.

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.

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.

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WAYSIDE RECOVERY CENTER’S

Wayside’s Continuum of Care

**RESEARCH & 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 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.

**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.
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

Total Revenues: 6,788,064

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

Total Expenses: 6,969,782

2018 FINANCIAL POSITION

- Current Assets: 2,233,479
- Property Equipment, Net: 2,598,299

Total Assets: 4,831,778

- Liabilities: 1,936,150
- Net Assets: 2,895,628

Total Liabilities & Net Assets: 4,831,778
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OUR MISSION:

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