



Wayside
RECOVERY CENTER



*Empowered
Women
Empowered
Families*

2021 ANNUAL REPORT

Dear friends of Wayside,

Thank you for the countless generous ways you supported Wayside last year. Your generosity not only sustained our programming and services, but it also opened the doors to recovery for every woman, child and family who walked through our doors and inspired others to join us in our mission. For that we are truly grateful.

We continue to face some incredibly difficult challenges. As the pandemic continues, the needs of our clients are at an all-time high. Societal and social issues have added to our collective exhaustion. And, like so many other organizations, we continue to navigate the uncertainty and confront increasing workforce shortages.

Yet, in these very real challenges we face, we have seen our staff unite in amazing and powerful ways to cover gaps and provide unparalleled support to each other and our clients. We have found moments of joy in the success of each woman and child and made time to practice vital self-care. Our work has been called out for its healing and transformative power and held up as a model by the state and nationally for the important work we do.

We had the incredible honor of being named one of America's Best Addiction Treatment Centers by Newsweek. We were also selected

through a competitive process as one of only 8 organizations nationally to implement a new SAMHSA evidenced-based curriculum for people with substance use disorders who are currently or formerly incarcerated. In the first full year of operations as a Federal Certified Community Behavioral Health Clinic, we increased access to crisis services, mental health, psychiatry, medication-assisted treatment and primary healthcare for more women and children than ever before. From improving access to basic health care services to supporting families on the pathway to housing security, our work is making a difference. One mother was able to get her teeth cleaned for the first time in 10 years. Another woman went back to school to complete her bachelor's degree, and another bought her first home. This is meaningful, life-changing support, and we are incredibly honored and grateful to work with such a committed and compassionate team, community partners and providers.

And we are grateful for our community of hope: the donors, volunteers, board, and community members who join us in the belief that together, we all play a role in ensuring that we can make tomorrow better than today.



Ruth Richardson

Ruth Richardson
Chief Executive Officer



Cheryl Jensen

Cheryl Jensen
Board Chair





To view past events and register for upcoming sessions visit waysiderecovery.org/maternalhealth.

Creating better service, practice and outcomes for healthy Black moms and babies

In America, Black women are 3-4 times more likely to experience a pregnancy-related death than white women. The U.S. has the highest maternal and infant mortality rate among comparable countries.

In 2021 Wayside launched a free public education series in partnership with the Minnesota Department of Human Services focused on fostering collaboration between patients, community providers and health practitioners to deliver high-quality care to Black birthing people, infants and their families. The virtual series kicked off in June 2021 with Dr. Camara Jones, former president of the American Public Health Association and past medical officer at the Centers for Disease Control and Prevention (CDC), presenting on the impacts of racism on health and wellbeing as a public health crisis.

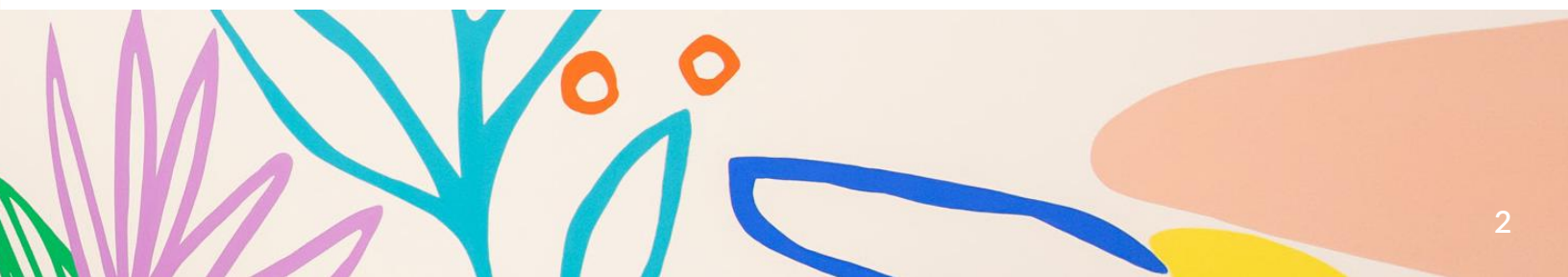
In its first year the series has engaged a national audience, reaching more than 1,000 community members including 522 clinicians and over 93 hospitals, clinics and universities.



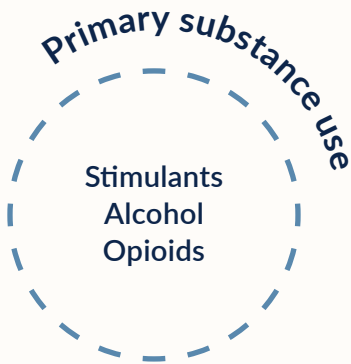
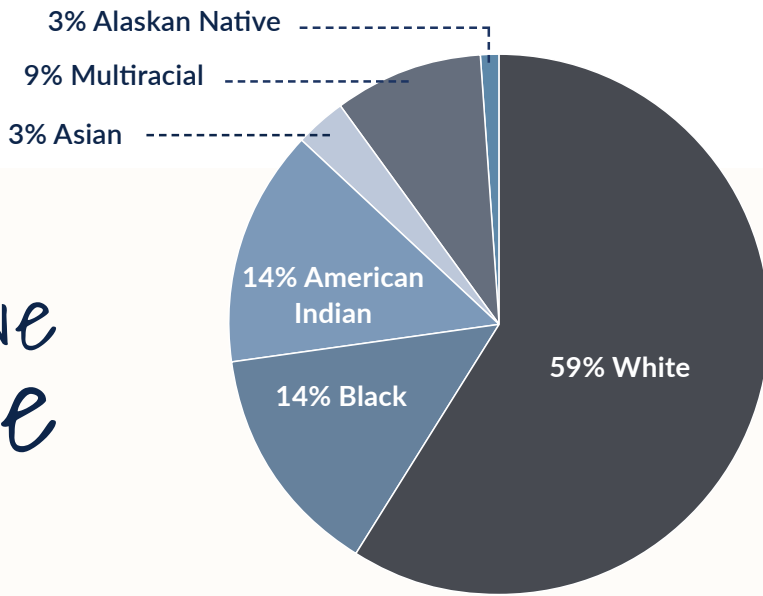
WAYSIDE RECOVERY CENTER EDUCATION SERIES

Reducing Maternal & Infant Health Disparities

“The trainings Wayside has offered are amazing. I can use parts of each presentation in 1:1 conversations with my clients and with leadership to emphasize the need to increase targeted intervention to address disparities.”



who we serve



798 women & 264 children



86%

Mental health diagnosis at intake



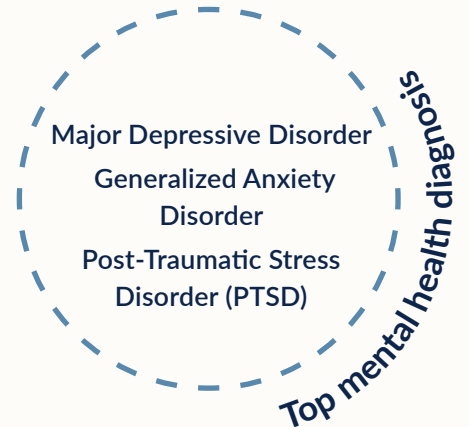
63%

Significant histories of homelessness, some as many as 10 occurrences



94%

Incomes below federal poverty line



Within 1-year of leaving Wayside, only 5% of clients returned to care during the most critical period of early recovery.

PROGRAM OUTCOMES

whole-family health

In 2021 Wayside received a summary report from the Minnesota Department of Human Services evaluating the impact of our programming for pregnant and parenting women.

Over the last 5 years (2017-2021) we have:

Significantly *decreased* alcohol, tobacco and substance use.

86% of women reported abstinence at discharge.

74% reported abstinence at the 6-month follow-up interview.

71% of parenting clients successfully completed treatment.

Increased access to long-term *recovery supports*.

93% of women continued participation in recovery activities after 6 months.

92% of women said their Peer Recovery Specialist connected them to helpful resources and was there when they needed them.

Improved the *mental* and *physical health* of women and children.

97% of women gained access to medical insurance.

100% of pregnant women who were involved in the program for at least one month prior to delivering their babies tested negative for substances at birth.

99% of children were current on immunizations and covered by medical insurance.

Improved the *stability* and *quality of life* for women, children and families.

122 children were successfully reunited with their mothers by the time they discharged and an additional 27 were reunited at the 6-month follow-up.

93% of families were connected to housing they considered stable and supportive of recovery.

79% of women who reported being in an abusive relationship said their safety had improved.

BRENDA'S STORY

celebrating 25 years of sobriety



Brenda 25 years ago



I grew up a shy little girl, with six older sisters on my mother's side. My mom worked two jobs and was active in the Civil Rights movement, so I spent a lot of time with my dad. My sisters always told me I was too young or too little to do things around the house, but my dad taught me how to cook and clean. I have a big family, so nieces, nephews, and cousins were my friends, and I never really made many friends of my own. **I tried alcohol for the first time when I was 14 and all my shyness went away.**

When I was 17 my father died. I didn't even know he was sick. That's when I really started drinking. Soon I met the father of my children and experienced every form of abuse. **He told me I was stupid every day for 12 ½ years and over time I believed him.** I finally got away from him; but left the church right after and added drugs to the alcohol not wanting to feel so drunk. My house was always full of cousins, nieces and nephews wanting to drink or do drugs. **I took care of everyone's children while they were using but I felt so alone all the time. I went to treatment twice but started drinking again shortly after.**

One morning I woke up and there was no alcohol in the house. I started yelling and tearing the house apart looking for a drink. Then my youngest son came out of his room and handed me a bottle of gin and a six pack of beer. I said, "Where did you get this?" He told me he always kept some under his bed because when I didn't have anything to drink, I was so mean. My heart broke. **I saw my son, the youngest, taking care of me and taking care of himself and his brothers just like I had to. I thought, "This stops here."** I cried and prayed for two months, then I came to Wayside.



At Wayside it was the first time anyone asked me what I needed to stay sober. Other places were one size fits all, but my counselor saw me for who I was inside, and my treatment reflected that. I told her I needed to go back to church to stay sober, and she let me go during my first 28 days which is usually not allowed. I learned how to be vulnerable and ask for help. I was made President of the house so other women could come to me for advice and guidance. It showed me that I am smart; I can do things; and I made friends. **Wayside gave me the special key I needed for my recovery.**

After I graduated, Wayside still supported me. They helped me get a grant to buy my first car and connected me to African American Family Services for aftercare and job training. **Today I am an Ordained Minister, I have an associate degree in Social Services, and I advocate for women who are entering or exiting treatment.** I come back to share my story with women at Wayside Supportive Housing so they can see recovery is possible. Life can still be hard at times, but I use the tools I found at Wayside to get me through.

In treatment at Wayside, I was encouraged to get to know my mother. When she passed away in 2008, the first thing I said was, "I need a drink." But, 11 years after leaving Wayside, I was still able to call and talk to my counselor and keep moving forward in my sobriety. This year I am celebrating 25 years in recovery and 24 years of happy marriage with my husband.

"That shy little girl who everyone thought was too young, too little, or too stupid to do anything stood up and broke the cycle. Wayside empowered me to do that."

Brenda today!





residential & outpatient treatment

Women's Treatment Center

Women receive gender specific, trauma-informed, and culturally responsive treatment for substance use disorder and mental health while gaining skills and resources for living successfully in recovery. Services are customized to meet each women's unique needs including level of care, health and wellness, education, employment, and housing.



71% of parenting clients completed treatment successfully.



Outpatient Substance Use Disorder Treatment

Our outpatient treatment services are designed to help women before their substance use meets criteria for residential care and/or as a step down from treatment once residential programming has been completed. Treatment options include individual therapy and group counseling focused on relapse prevention and long-term health and wellness.

Family Treatment Center

Wayside is one of only five providers in the state where women can enter treatment with their children. Women receive substance use disorder and mental health services, parenting support and education and family therapy to ultimately break the generational cycle of addiction and trauma. We work assertively with child protection to reunify families and prevent separation. Children receive mental health services, developmental assessments, and referrals to early intervention services to reverse the effects of trauma.





mental health services



CONTINUUM OF CARE

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.





In-Home or In the Community

Even after a client discharges from our active care experience, we work to ensure her successful recovery by offering telehealth, in-home services, wellbeing checks, and coaching, education and family therapy to enhance parenting skills and child development. We work with just parents or parents and children together to strengthen relationships and support families through difficult ages and transitions. We meet families in their most comfortable, safe, and accessible environment.

Children's Mental Health

We offer assessment and therapy services that are culturally responsive and tailored to each child's developmental needs, as well as Children's Groups that provide age-appropriate care and support for distance learning while mothers attend programming. Therapists use interactive play therapy to help children work on social-emotional strengths and challenges, discover new ways to communicate their needs in a healthy way, and learn appropriate conflict resolution skills. This two-generation approach helps children build resiliency to trauma and lowers the likelihood of developing substance use disorder in the future.

122 children were successfully reunited with their mothers.

recovery & medical services

Recovery Services

Peer Support

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 from someone who has been there, including emotional support and connections to mental health services, housing, education, and primary and pediatric healthcare.

Case Management

Case Managers address barriers women may face accessing additional services to support their recovery needs like county assistance programs, housing vouchers, healthcare, and legal aid. Women can also receive additional support and advocacy during appointments and meetings from our case managers such as support during the reunification process.

Supportive Housing

One of the biggest challenges our clients face is housing. Wayside 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.





Medical Services

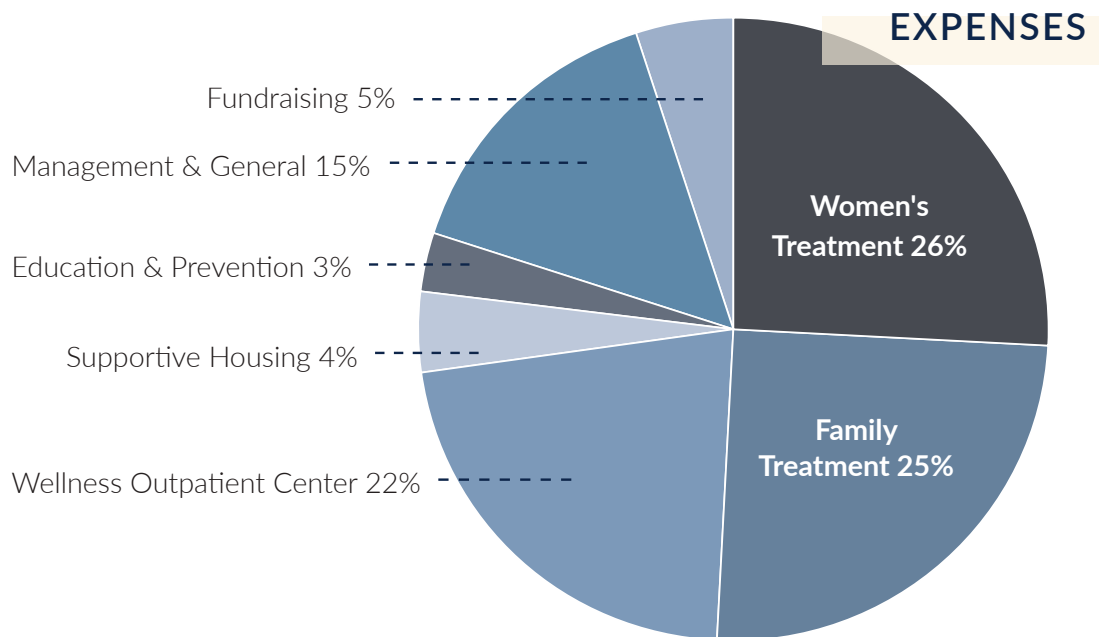
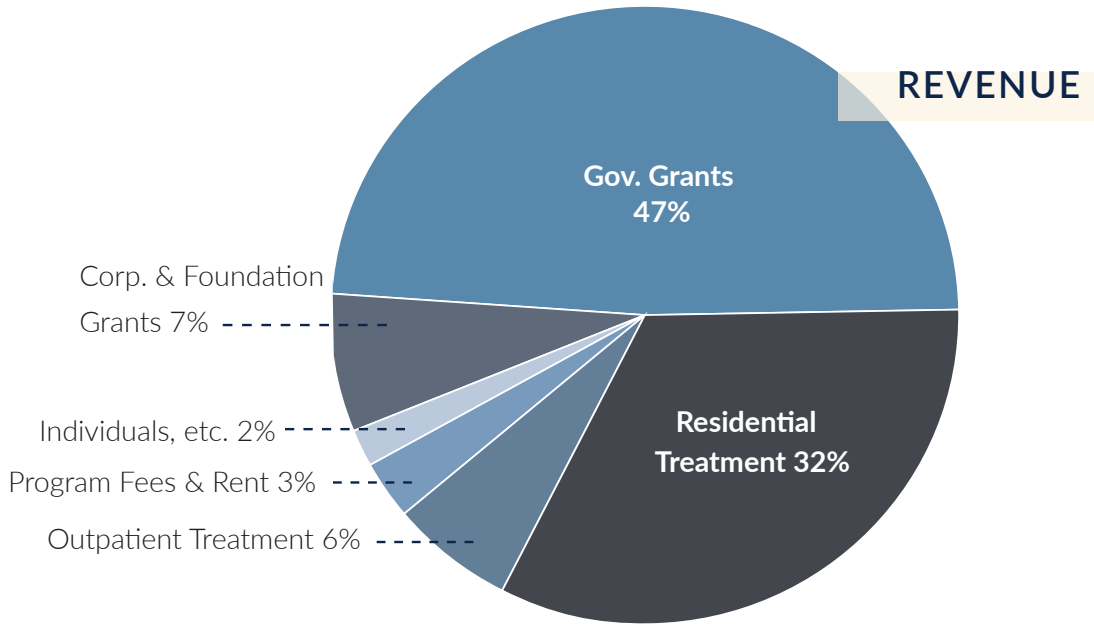
As a federally Certified Community Behavioral Health Clinic (CCBHC), Wayside provides a one-stop mental, chemical, and physical healthcare treatment option for underserved individuals and families. Our comprehensive care includes an onsite medical team providing psychiatric services, same day access and crisis intervention, Medication Assisted Treatment (MAT) and primary healthcare services like physicals and urgent care visits.



74% of women reported abstinence from substances 6 months post-discharge.



FINANCIAL summary



2021 REVENUE BY SOURCE - UNRESTRICTED

| | |
|---|--------------------|
| Residential Treatment | 2,972,127 |
| Outpatient Treatment | 536,249 |
| Program Fees & Rent | 314,026 |
| Individual Contributions & Special Events | 210,344 |
| Corporate & Foundation Grants | 667,623 |
| Government Grants | 4,378,191 |
| Gifts In Kind | 53,128 |
| Other Income | 38,278 |
| Debt Forgiveness | 49,198 |
| Release from Restrictions | 96,709 |
| Total Revenues | \$9,219,164 |

2021 EXPENSES BY PROGRAM

| | |
|----------------------------|--------------------|
| Women's Treatment Center | 2,555,858 |
| Family Treatment Center | 2,407,642 |
| Wellness Outpatient Center | 2,099,200 |
| Supportive Housing | 490,477 |
| Education & Prevention | 324,183 |
| Management & General | 1,407,377 |
| Fundraising | 454,607 |
| Total Expenses | \$9,739,344 |

2021 FINANCIAL POSITION

| | |
|---|--------------------|
| Current Assets | 1,854,335 |
| Property Equipment, Net | 2,694,433 |
| Total Assets | 4,584,768 |
| Liabilities | 2,312,288 |
| Net Assets | 2,236,480 |
| Total Liabilities & Net Assets | \$4,548,768 |

THANK YOU

our deepest gratitude

2021 CONTRIBUTORS

| | | | | |
|-------------------------------|---------------------------------|--------------------------------|---------------------------------|--------------------------------|
| Kari Aanestad | Joyce Butler | Patricia Ferrara | Sara Horwath | Hannah Lund |
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Breaking the cycle of addiction and trauma for women, children and families.



You can help break the cycle of addiction and trauma.

It takes more than just 90 days of treatment to overcome a lifetime of substance use, homelessness, poverty and oppression. Wayside offers a full spectrum of treatment and services to meet every need.

At Wayside, women, children and families don't only recover. They achieve healing, hope and a strong foundation for lasting success.

But insurance reimbursements and government subsidies only cover 48% of the cost.

Your gift empowers families with everything they need to recover, stabilize and thrive.

Donate today and make recovery possible for everyone who needs it.

Thank you.

