

St. Monica's



Behavioral Health Services
for Women

Annual Report 2013

*Celebrating fifty years
of recovery for women
and families in 2014*



At St. Monica's in 2013:

- ~ 345 women developed the tools to overcome addiction in 7 substance abuse treatment programs, residential and outpatient
- ~ 23 children received nurturing care at Project Mother & Child, the region's only long-term treatment program where moms can keep their children with them while in treatment
- ~ 2 mothers gave birth to healthy babies and 8 moms were reunited with 11 children thanks to successful recovery
- ~ All residences and facilities went tobacco-free
- ~ Earned our fifth consecutive 3-year accreditation from CARF (Commission on Accreditation of Rehabilitation Facilities)
- ~ 97% of women entering treatment reported current or past trauma (domestic violence, sexual abuse, etc.)
- ~ 80% were unemployed (90% reported annual income \$10,000 or less)
- ~ 55% had high school diploma or less education



St. Monica's Behavioral Health Services for Women
120 Wedgewood Drive | Lincoln, NE 68510
(402) 441-3768 | www.stmonicas.com

FROM THE EXECUTIVE DIRECTOR

Fifty years! It hardly seems possible. It was 1964 when a group of caring individuals launched St. Monica's to help women with a variety of needs. Today we're an independent 501(c)3 nonprofit dedicated to providing the space and the skills for women to overcome addiction, trauma and mental illness.

We've grown from a single home for women to 5 residences (4 for treatment, 1 for transitional housing), an administration building and a child-care center. We've launched outpatient services and family-oriented programming. And of course our Project Mother & Child home, where moms and kids live together during treatment, is unique in the region.

St. Monica's longevity is a testament to the hard work of our staff, board and volunteers; the incredible generosity of our donors; and most of all the strength and resilience of the clients who build the skills for healthier futures in recovery.

None of this could be accomplished without *You*, our donors – *You* are part of the *We!*

It's no secret that the economy continues to make things difficult for human services agencies, and St. Monica's is not immune. The past several years have provided us with multiple opportunities to rethink how we provide services with fewer and less reliable funding sources. We have managed to get by, but it has been a struggle.

To that end, we are fortunate to have a few very special donors step forward to launch an Endowment Fund that will ensure St. Monica's can continue providing addiction and mental health treatment for women far into the future. A portion of all donations to St. Monica's this anniversary year will go to this board-endowed fund. Please consider making a special gift this year, to help women achieve recovery today and for the next 50 years.

We are planning a variety of activities to celebrate St. Monica's 50th year, and we hope you'll be a part of it! Check out our website, www.stmonicas.com, for a weekly success story of a woman who has achieved recovery and more information on upcoming events. Most important, *thank you* for making treatment possible for thousands of women over the past half century!

A handwritten signature in cursive that reads "Mary".

Mary Barry-Magsamen, Executive Director

How to Get Help:

Call (402) 436-2508

Our admissions counselors can walk you through the process to begin treatment at St. Monica's. Fees for services are based on a sliding scale, and no woman is turned away based on inability to pay.



St. Monica's Alumni Association

Stay connected, stay strong, and help other women stay sober. We are so proud of the thousands of St. Monica's clients who are leading successful and healthy lives in recovery! For more information about our Alumni Association, call Jae at (402) 434-2814.

Fifty Years... Fifty Stories: Celebrating Recovery

"When I checked into St. Monica's," says Tanya,* "I was desperate and terrified—desperate to get my children back home, and terrified because I didn't know how I was going to stop using methamphetamine.

"I thought the removal of my children from my home was the one thing that would have made me stop, and I did for a while, but relapsed twice with my kids out of my care. I was 41 and had used some sort of substance since I was 15 years old. The only clean time I had experienced was my three pregnancies. In my mind, being a mother was the only thing I was good for and I was messing that up, too.

"At St. Monica's, I dug into the underlying problems from my childhood as the victim of sexual abuse. I discovered who I had become and more important who I wanted to become. I was able to have regular visits with my children, which gave me hope. Soon I had been clean for a year and my children were able to come home.

"My life is good today. My children have a mother. I got my GED at 46 and my Associate's degree in Human Services at 49, graduating in the same class as my oldest daughter. I know as long as I stay clean & sober I can get through anything. Thank you, St. Monica's, for being my lifeline and showing me how to love myself as much as I love my children."

Each woman facing addiction has her own story to tell. No two are alike, but they all have something in common: No one can manage recovery alone.

For 50 years, St. Monica's has been helping women overcome addiction, trauma and mental illness. As part of our yearlong celebration, we are sharing 50 stories of success and inspiration from women who have achieved lasting recovery. We'll share a new story every week on our website, www.stmonicas.com.

Help more women like Tanya achieve recovery: Your gift helps women in need today and for the next 50 years!

** Note: All names are pseudonyms to protect client confidentiality.*

St. Monica's
AMAZING
CHASE
IX

Amazing Chase IX is coming!

Mark your calendars for Saturday, October 11, 2014 – it's the craziest FUNdraiser around! St. Monica's Amazing Chase sends 30 teams of 4 navigating all over the city, solving obscure clues and performing Amazingly silly feats. Team registration will open in spring 2014. Corporate sponsorships are available now. For more information or to get involved, contact Becki at (402) 434-2812 or rroberts@stmonicas.com. Get ready to get your Chase on!

A reflection on 7 years with St. Monica's

Honestly, I am glad to be at this point in my involvement with St. Monica's. It's time to step away and let others take the reins.

I've been on the Board for seven years, serving as President the past two. My first meeting was in a tiny room where we still couldn't fill all the seats around the table. Office manager Staci Marquardt greeted everyone coming in the door while simultaneously answering the phone and handling the office workroom. The Amazing Chase was a brand-new fundraising effort.

Wow! What changes! Our spacious Willow Room conference room can't handle all the attendees. The Amazing Chase brings in big bucks and great friends for women in need. Staci is still here welcoming every face to St. Monica's. I feel like I'm leaving on a good note.

When in 2006 I accepted Mary Barry-Magsamen's invitation to serve on the Board, I had arrived at the point of acknowledging the impact of addiction issues in my biological family, experienced some not-so-positive board involvement with other service agencies yet remained compelled to contribute what I could to addressing these issues in Lincoln. My due diligence found St. Monica's was sound financially, offered visionary leadership and provided strong, compassionate attention to clients. I found a great home for sharing and learning about women, addiction and life.

I would be remiss if I neglected to note that it's been a tough seven years financially, as public dollars have dwindled and regulations and compliance requirements have increased. Regardless, St. Monica's has remained undaunted and continues to meet the challenges of adapting the organization's offerings to balance funding with needs. My hat is off to Ms. Mary and her team for their endless passion and commitment to the women and children of St. Monica's.

Your Gifts Help Women Achieve Recovery— Today and for the Next 50 Years!

Since 1964, women have been building healthier, happier lives for themselves and their families at St. Monica's – all thanks to supporters who believe in recovery. With your continued generosity, thousands more women can learn to live free of addiction.

Through the Nebraska Community Foundation, St. Monica's is launching an Endowment Fund, an investment that will grow over time to ensure women can turn to St. Monica's for as long as they need us.

A portion of all gifts during our anniversary year will be put toward this endowment. Your donations in 2014 will help women who need help today, and those who will need us in the future.

Please consider a special gift to St. Monica's in honor of this milestone anniversary. Our secure website makes online giving safe, fast and easy – Give Now at www.stmonicas.com/give! If you prefer not to give online, we are happy to accept your donation by mail (see address below) or over the phone at (402) 434-2812.

We would be honored to have the opportunity to discuss including St. Monica's in your estate plan. If this is an option for you, please contact Becki at (402) 434-2812 or rroberts@stmonicas.com

You make the difference in hundreds of women's lives each year. *Thank You* for believing in women and in the value of treatment!



By Kathy Stewart, outgoing Board President

BOARD OF DIRECTORS 2012-13

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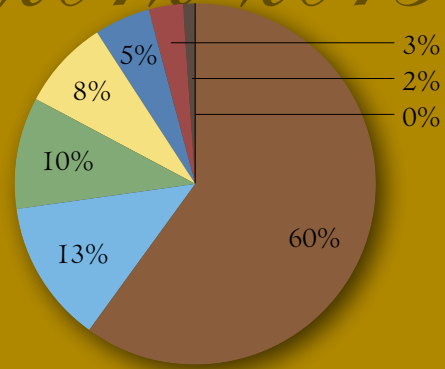
Lynnette Nelson

Become a Friend of St. Monica's!

You can help support women building healthy new lives! Friends of St. Monica's donate time and money for hands-on projects throughout the year, from filling welcome bags to new clients to sprucing up bedrooms and landscaping. These amazing volunteers do so many things to make our houses truly feel like homes to the women who stay during their treatment. For more information or to become a Friend, call Becki at (402) 434-2812 or visit our website, www.stmonicas.com

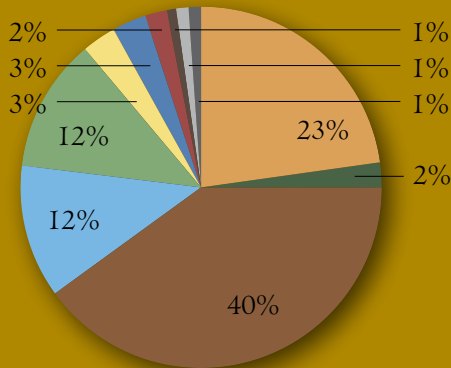
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2012-2013



REVENUE & SUPPORT

State Support	I,722,984
Medicaid/Private Insurance	375,141
Contracts	274,272
Donations/Grants/ Fundraising	240,597
Federal Support	157,372
United Way/JBC	77,445
Client Fees	22,364
Other	2,283
Total	2,872,459



EXPENSES

Short-Term Residential	I,204,249
Project Mother & Child	347,669
Therapeutic Community	347,174
Early Childhood Center	101,321
Intensive Outpatient	83,800
Community Support	58,691
Peer Support	41,912
Outpatient	29,683
Next Step Transitional Housing	28,632
Management & General	705,788
Fundraising	67,621
Total	3,016,540

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Navigating Recovery:

A new service for family and friends worried about a loved one's addiction

St. Monica's is proud to announce a new service for all members of the community. Navigating Recovery offers advice and assistance to family and friends who are dealing with a loved one's substance abuse issues or mental illness.

Our Navigating Recovery counselors can provide confidential guidance in navigating local systems of care for addiction and mental health.

A steady stream of phone calls from family members concerned about substance abuse prompted the creation of Navigating Recovery, says Mary Barry-Magsamen, Executive Director of St. Monica's.

"It's such a difficult situation to go through, especially when it's someone you love, that having an objective, knowledgeable and supportive person to help you make sense of the situation can make a huge difference," she said. "We just wanted to be that support for people. It's what we're about."

"When a loved one is forced to deal with the consequences of their addiction, it affects the whole family," says a Lincoln resident in support of Navigating Recovery. "We know that only she can make the changes to stop using, but what can those close to her do to help? And what should we *not* do? We want to do the right thing, but we are angry and afraid, too. Having a support system would be so helpful."

Navigating Recovery services include:

- ~ Education: What you should know about addiction, related behaviors, evaluations, treatment options, costs, wait lists and other issues.
- ~ Problem-Solving: Next steps, what to expect, exploring options and how to take care of yourself and other family members.
- ~ Referrals: For evaluations, treatment services for your unique situation (location, costs, special needs, etc.), court-ordered services and more.
- ~ Support: An unbiased, knowledgeable person to turn to for help, someone who can look out for everyone involved.

We help you make sense out of a difficult situation.

Call (402) 314-9782

Navigating Recovery services are available regardless of gender and are not connected to St. Monica's treatment programs. An initial phone call to our Navigating Recovery counselors is free: Call (402) 314.9782 or visit www.stmonicas.com.



St. Monica's

St. Monica's is dedicated to the recovery



Behavioral Health Services
for Women

*of women of all ages through
empowerment, stability,
and self-fulfillment.*

Celebrating fifty years of recovery for women and families in 2014