



Where Recovery Takes Flight

2020-2021 Annual Report





"I think the single most important thing that St. Monica's helped me achieve was finding peace in my pain. . . it is okay to feel my feelings without having to use or drink. I am, without a doubt, eternally grateful for the women and the program of St. Monica's."

—Jada

Dear Friends,

We feel fortunate to have come through a year that presented us with major challenges, as well as successes. With this report, we offer you a glimpse of the life changing work happening inside St. Monica's.

The challenge, shared with everyone, was the impact of COVID. It touched every aspect of our organization. From taking employees' temperatures when they arrived at work, to a significant reduction in how many women we could serve, to masks, hand sanitizer and social distancing, our world looked and felt very different this year.

Our usual tasks were more complex as we found ourselves not only helping women with the difficult aspects of early recovery, but also with adjusting to and overcoming feelings of isolation due to spending much of their day in their rooms doing group therapy via Zoom and being deprived of the camaraderie and support of their peers.

Our staff was mightily challenged — providing safe support and guidance on-site and in-person, at risk to their own health; finding ways to hold effective therapy sessions via Zoom; coping with their own feelings of isolation; holding virtual meetings, and virtual hands, as they helped our clients navigate the stresses of early recovery during a pandemic. I am so proud to say that through it all one thing remained constant at St. Monica's, our passionate staff who rose above all challenges and worked diligently to make each client's experience one of support and love.

A bright spot was our collaboration with The Indian Center in Lincoln. After almost two years of planning, we opened Women Are Sacred in June of 2021. A unique treatment program for Native American women and their children, it's modeled after Project Mother and Child and provides a licensed childcare center on-site and specific programming to support families. We have worked hard to create a sacred place for Native families to heal by combining our expertise in gender-responsive treatment with indigenous traditions and practices. We look forward to watching the program evolve and grow!

As you read through these pages, we ask you to consider how you will be able to invest in the women and children who seek our life changing services. Our primary funding sources, like Medicaid, continue to fall further and further behind the costs we incur, so we must rely on support from donors like you even more.

Stand with us. Share our story in your communities. Invest in the women and children who need these critical services by supporting St. Monica's programs.

Be well,

Mary Barry-Magsamen
Chief Executive Officer

Jessica Greenwald
Board President



Life Changing Recovery

Through gender-responsive, trauma-informed care, St. Monica's provides a safe place for women to come and get well - to make positive changes, gain new skills, and discover strengths.

St. Monica's offers a wide range of personalized services to women who are diagnosed with substance use disorders and/or co-existing mental health issues including residential treatment, outpatient therapy, and community support.

Thanks to donors like you, we're able to provide these life-changing services for women. Service fees are based on the income of each woman, her ability to pay, and the availability of supplemental funds.

Residential Treatment

Includes Short Term Residential, an eight-week intensive inpatient substance use disorder treatment program, and secondary recovery programs - Therapeutic Community, Project Mother & Child, Women Are Sacred, and Next Step Transitional Housing.

Outpatient Therapy

Includes Intensive Outpatient, a six-to-eight-week trauma-informed primary substance use disorder treatment program held three days per week, and Individual Counseling & Treatment Plans.

Community Support

Includes Case Management designed to provide contact and support for maintenance, sobriety, and self-sufficiency in community living situations.



2020-2021 Impact

"St. Monica's gave me the tools, knowledge, and courage it took to get and stay sober. I am celebrating 12 years sober."
—Melanie

273 women provided residential and outpatient services

53 women were served in multiple programs

33 average age served

19 average age of first use of alcohol or substances

1 birth **8** women reunited with their children

14%
of women served were homeless at admission

96%
of women served reported having experienced trauma

58%
were currently involved in the legal system

274 donors

\$3.2M invested in life changing recovery for women

Give today at
stmonicas.com/donate

Destenie's Story

I was 21 years old when I was bonded into Adult Drug Court. If I did not successfully graduate from Drug Court, I would face a sentence of 25 years to life in prison for manufacturing and distributing, possession with intent to deliver a controlled substance. I had been addicted to meth, crack, and marijuana for 11 years prior, but my drug of choice was meth.

I have experienced a lot of childhood trauma that consisted of extreme poverty and daily physical and mental abuse from my alcoholic father. When I was 11 years old, I became a drug dealer to try and make my dad happy and proud of me. That's when I started using to self-medicate and escape from my everyday life. When I was 12 years old, my father sold me to a truck driver for five days to support his alcoholism.

When I went to St. Monica's, the two counselors I worked with told me they sometimes felt like my mom, but I don't think they really understood how much that meant to me. My mom left when I was two months old and I knew nothing but abuse, addiction, constant fear, and chaos. I never had the opportunity to be around a positive female that genuinely cared about my well-being, but at St. Monica's I had a whole building full of women helping other women. They created a safe space for me to begin to trust people and to start working on myself and my trauma.

“St. Monica’s spent a lot of time asking what happened to me rather than what was wrong with me. They asked me how I got there and where I wanted to go.”

Thanks to St. Monica's, I have a life that I am comfortable and content with. My children will never know the things I have lived through, and they will never experience anything but love.

“Since graduating from Adult Drug Court in 2008 and St. Monica’s in 2009, I have done amazing things for our community in Lincoln and all over Nebraska, including creating, implementing, and supervising several peer-run programs.”

I owe so much to St. Monica's, and I try to be involved and give back any chance I get. I wear my St. Monica's back tattoo proudly because it reminds me of the amazing women who gave me the space and care I needed to work through the complexities of my addiction.

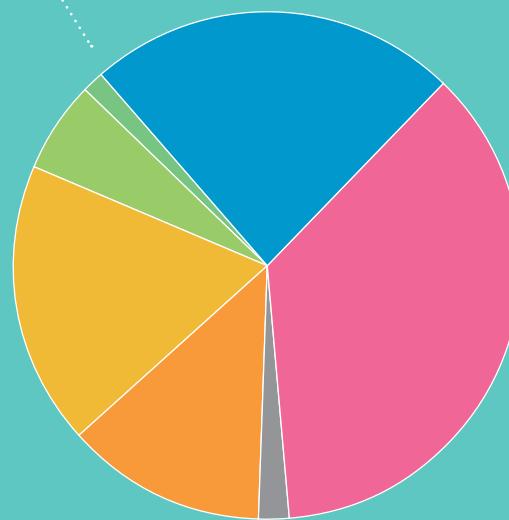
“Later in life, people used to call me ‘The Girl Under the Stairs’ because I was too scared to leave the basement. I would lay there alone, crying, having seizures, and wishing I could have a chance at a normal life, like I saw on TV.”

I had no idea where I wanted to go, because I never really knew what was possible. If St. Monica's didn't put the time and effort into addressing and understanding my trauma, then all I would have been was a drug addict and a criminal. The time I spent working on myself in treatment truly set the foundation for me to grow into the person I have been the last 12-13 years.

FY2020 Financials

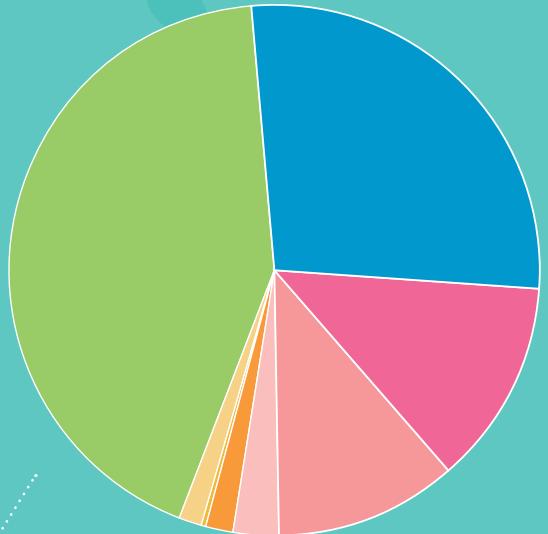
Revenue and Support \$3,577,581

- \$846,758 State Funded
- \$1,303,618 Medicaid
- \$68,169 United Way/JBC
- \$459,127 Donations/Grants
- \$642,007 Federal Support
- \$208,242 Contract Income
- \$49,660 Other



Program Service Expenses \$3,285,446

- \$903,909 Short-Term Residential
- \$399,481 Project Mother & Child
- \$363,843 Therapeutic Community
- \$94,753 WAS
- \$49,574 OPSA
- \$12,551 OPMH
- \$39,938 Peer Support
- \$1,392,786 Management and General



[Click here to view our Performance Improvement Measures.](#)



“I learned how to utilize many life skills that help me continue to thrive and grow on a daily basis because of St. Monica’s.”

—Erika

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*“St. Monica’s saved my life.
It taught me that there’s a
better way to live!”
—Amanda*



St. Monica's

Life Changing Recovery for Women

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