



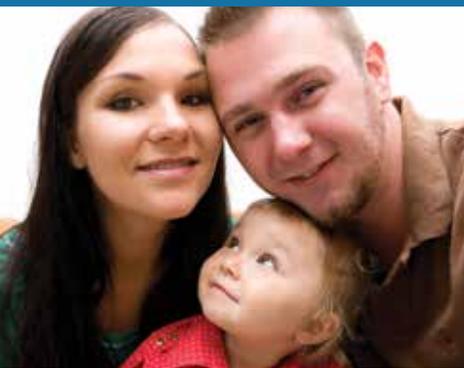
SOJOURNER

Life • Hope • Community

LIFE

HOPE

COMMUNITY



ANNUAL REPORT

2015

FUNDED BY:

BUTLER COUNTY
MENTAL HEALTH AND
ADDICTION RECOVERY
SERVICES BOARD





SOJOURNER
Life • Hope • Community

MISSION

Sojourner is committed to be the provider of choice for individuals, families, and communities in need of substance abuse and mental health services. Through comprehensive, evidence-based practices and individualized services, we empower those we serve to make positive choices that contribute to healthy and productive lives.

VISION

Save Lives, Foster Hope and Strengthen Communities

WHAT WE DO

At Sojourner, we treat our clients as individuals. Our approach is holistic and intentional. From our caring physicians, clinicians, resident assistants, cooks, administration and support staff, we commit each day to helping save lives. Our clients' positive support networks are encouraged to be integral parts of their loved ones' recovery. We welcome collaborative partnerships as we work together in strengthening our communities.



Liberty Chamber Alliance's Leadership 21 Class of 2015 presented a check to Sojourner Recovery Services in the amount of \$1,928.21 to fight the heroin epidemic.

National level:

According to SAMHSA's National Survey on Drug Use and Health (NSDUH), 27.0 million persons (10.2 percent of U.S. population) aged 12 or older needed treatment for an illicit drug or alcohol use problem in 2014. Of these individuals, 2.4 million (10.4 percent of those who needed treatment) received treatment at a specialty facility (i.e., hospital drug or alcohol rehabilitation or mental health center). Thus, 20.8 million persons (8.4 percent of the population aged 12 or older) needed treatment for an illicit drug or alcohol use problem but did not receive it. These estimates are higher than those in previous years. (Source: *National Institute on Drug Abuse*)

State level:

In Ohio, about 646,000 individuals aged 12 or older (6.7% of all individuals in this age group) per year in 2013-2014 were dependent on or abused alcohol within the year prior to being surveyed. The percentage did not change significantly from 2010-2011 to 2013-2014. (Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Surveys on Drug Use and Health, 2010-2011 to 2013-2014)

Recovery saves LIVES and strengthens communities!

LETTER FROM THE PRESIDENT



As the need for addiction treatment continues to increase throughout the County, State, and Country, Sojourner realizes its growing responsibility to provide quality alcohol and drug treatment to the people of Butler County and Southwest Ohio. This year, Sojourner aimed to meet the needs of the community through increasing accessibility of current programs and opening new programs to provide services that were not previously available in our region. One program that was expanded and made more accessible was our 18-year-old perinatal program for pregnant women suffering with an addiction. Thanks to funding provided by United Ways of Butler County and Oxford, we were able to provide substance abuse treatment, prevention, and education to a greater number of pregnant women, women of child-bearing age, and their partners. Through continued growth and program expansion, the agency as a whole increased the number of clients served by 38%. Often times we find that our clients do extremely well in a structured residential treatment program, but sometimes struggle once they transition to outpatient services. The lack of a safe sober environment is the primary problem. To fill that gap in services, Sojourner opened Butler County's first recovery housing facility. This sober living program houses fourteen women in a safe sober environment while they receive continued outpatient treatment services.

Reflecting on the year, we have made great strides to meet the growing community needs; I am proud of all we have accomplished, none of which would have been possible without the determination and dedication of the Sojourner staff and the personal commitment of our clients.

A handwritten signature in black ink that reads "Scott Gehring". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Scott Gehring
President & CEO

OUR SERVICES

- Women's Residential with Child Care (1)
- Women's Residential without Childcare (3)
- Men's Residential (2)
- Women's Intensive Outpatient with Child Care
- Pre-Contemplation
- Men's Intensive Outpatient
- Adult Outpatient
- Adolescent Intensive Outpatient
- Adolescent Outpatient
- Medical Assisted Treatment
- Drug Testing
- Psychiatric Evaluations and Medication Management

EVIDENCE BASED PRACTICES

- Seven Challenges – Adolescent
- Seeking Safety – Adult
- Skill Building
- Life Skills
- Education
- Stages of Change
- Sober Support
- Cognitive Behavioral Interventions
- Motivational Interviewing
- Family Intervention

CONTINUED QUALITY IMPROVEMENT

- Assessment of ongoing programs
- Supervision on the fidelity of program delivery
- Continue research on evidence based programming and interventions
- Staff training with certified trainers resulting in BRCH's and CEU's
- Individual and group supervision of staff
- Focus groups for continued client input to programming
- Scheduled audits – both internally and externally (ODADAS/OMHAS and CARF Certified)
- Scheduled monthly Performance Improvement Meeting

carf INTERNATIONAL

SITE LOCATIONS



Men's Residential Facility
449 N. 3rd St., Hamilton, OH 45011



Buckeye Womens Campus
819 Buckeye St., Hamilton, OH 45011



Women's Residential Facility
50 Brookwood Ave., Hamilton, OH 45013



Women's Residential Facility
& Perinatal Education Services
294 N. Fair Ave., Hamilton, OH 45011

ACCOMPLISHMENTS



Women's Residential Facility
516 High St., Hamilton, OH 45011



Women's IOP, Adolescent IOP/OP
& Clinic Services
1430 University Blvd., Hamilton, OH 45011



Men's Residential
314 North Eirie Blvd., Hamilton, OH 45011



Administration, Precontemplation,
Adult Outpatient & Men's IOP
515 Dayton Street, Hamilton, OH 45011

- Sojourner increased the number of clients in treatment by 38% over FYE15.
- Sojourner opened Adult Pre-contemplation outpatient treatment services allowing for immediate access to care.
- Sojourner began hosting evening narcotics anonymous groups onsite.
- Sojourner expanded our prenatal treatment program adding staff and expanding our regional service area. This was funded by new grants from both the Butler County and Oxford United Ways.
- Sojourner began walk in assessments Tuesday through Friday, which allows people to be immediately assessed for the level of care needed.
- Sojourner opened the first recovery housing facility in Butler County (14 beds of sober living for women).

Sojourner Opens County's First Sober Living Program

Sojourner's recovery housing program has proven to be an asset to many Butler County women over the past year. Intended for women who do not have stable living options, recovery housing provides a safe, sober environment for clients to continue their journey to recovery. Thus, residents must be at least 30 days sober and actively involved with outpatient treatment through attending group therapy and individual counseling.

Each sober living home has been renovated with new flooring, couches, beds, bathroom and kitchen fixtures, dressers and televisions. While there are a couple single units, most of the women will live in rooms with one, two or three roommates. Hot meals are provided by Aramark at no cost to the residents but they can also prepare their own meals.

This program follows a Tier III recovery housing model, which focuses mainly on supportive services to improve life skills, such as job coaching, coping skills and timeliness. The program also includes a clinical aspect with a case manager to facilitate on-site, outpatient group and individualized counseling.

Sojourner is proud to bring this much-needed service to Butler County.



Women's Recovery Housing-
807 Buckeye Street, Hamilton, Ohio 45011



Women's Recovery Housing-
811 Buckeye Street, Hamilton, Ohio 45011

TRENDS

WOMEN'S AND MEN'S RESIDENTIAL - STUDY OF THE PAST 6 YEARS (2010 TO 2015)

AGE:	19 to 24		25 to 30		31 to 35		36 to 40		41 to 45		46 & up		Ave. Age	
	women	men	women	men	women	men								
2010	27.2%	20.9%	38.0%	30.3%	14.1%	15.1%	10.9%	14.0%	4.9%	11.6%	4.9%	8.1%	28.8	32.1
2011	28.8%	25.8%	38.4%	26.9%	16.0%	20.4%	9.6%	8.6%	7.2%	9.7%	10.0%	8.6%	29.0	31.8
2012	27.5%	29.7%	30.4%	32.5%	24.1%	16.2%	10.9%	10.8%	2.3%	5.4%	4.8%	5.4%	29.7	29.7
2013	24.3%	22.6%	39.8%	20.4%	20.2%	22.4%	9.8%	2.0%	3.5%	16.3%	2.4%	16.3%	29.4	34.1
2014	24.7%	20.8%	37.9%	32.7%	19.0%	13.8%	9.8%	17.2%	4.6%	3.4%	4.0%	12.1%	29.7	32.7
2015	25.6%	18.3%	36.8%	37.5%	21.9%	17.3%	7.4%	6.7%	4.5%	11.5%	3.7%	8.7%	29.7	32.0

RACE:

	White/Caucasian	Black/African American	Other	Unknown
2010	95.6%	3.3%		1.1%
2011	95.2%	2.4%	2.4%	
2012	94.8%	3.4%	1.0%	
2013	97.7%	1.7%	0.6%	
2014	97.1%	1.7%	1.2%	
2015	94.2%	1.0%	1.0%	3.8%

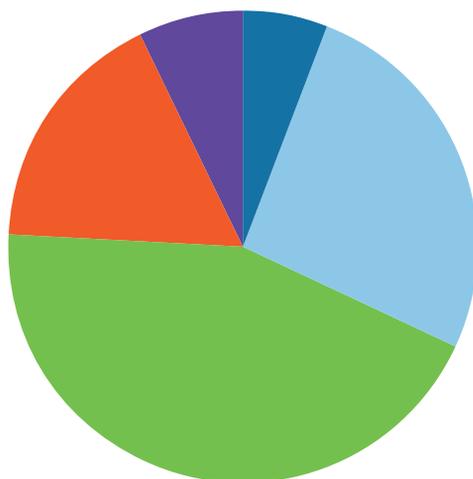
OPIATE VS. NON-OPIATE:

	Opiate	Non-Opiate
2010	73.9%	26.1%
2011	77.6%	22.4%
2012	79.3%	20.7%
2013	86.7%	13.3%
2014	86.2%	13.8%
2015	83.7%	16.3%

OUR CLIENTS

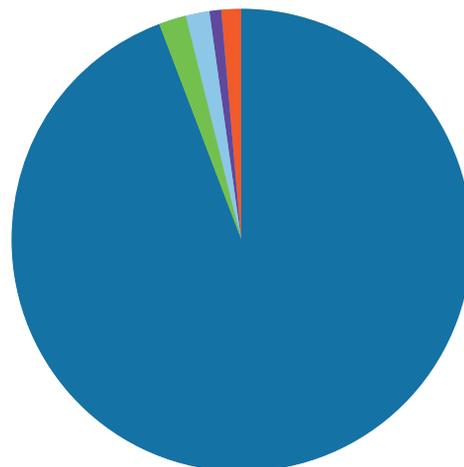
CLIENTS SERVED BY PROGRAM

Residential and Outpatient Program Demographics



AGE

- 13 – 17 yrs: 6%
- 18 – 25 yrs: 26%
- 26 – 35 yrs: 44%
- 36 – 45 yrs: 17%
- 46 + yrs: 7%



ETHNICITY

- Caucasian: 94.2%
- African-American: 2.1%
- Hispanic: 1.2%
- Other: 1.6%
- Unknown: 0.9%

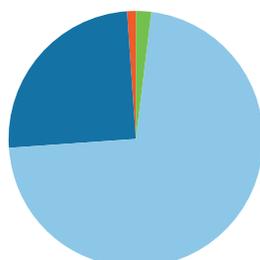
Perinatal Program

Number of Perinatal clients served: 684 . Received education: 684

Received brief intervention: 94 . Face to face: 684

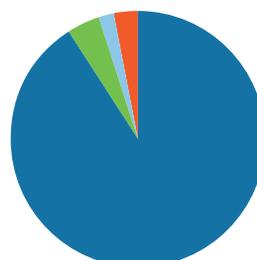
Case load: 38 In FYE, we had 19 babies born free from maternal illicit substance use in the Perinatal Program.

Perinatal Program Demographics



AGE

- 14 – 17 yrs: 2%
- 18 – 25 yrs: 72%
- 26-35 yrs: 25%
- 36+ yrs: 1%



ETHNICITY

- Caucasian: 91%
- African-American: 4%
- Hispanic: 2%
- Other: 3%

SUCCESS STORIES



“Alice was able to conquer her challenge”

Alice was referred to the Sojourner Perinatal Program at 12 weeks of her pregnancy. She was in her mid thirties and found that the gift of being a mother gave her a new meaning to break free of labels attached to her lengthy criminal history. After meeting with the SRS Perinatal Program weekly she started becoming more conscious of her daily choices and the effects they would have on her pregnancy. She was referred to the Baby and Me Tobacco Free Program, Help Me Grow, WIC, and mental health counseling.

Alice had serious health complications within her pregnancy, which ultimately led her into a hospitalization setting, where she continued her outpatient treatment. Despite moving into a different program Perinatal staff was able to follow up with Alice and her medical team. Having a vast amount of support provided her the tools to deliver full term. The baby weighed 7 lbs and was free from maternal illicit substance abuse. Perinatal staff followed up with Alice after the baby was born. It was during a home visit that she was able to do her monitoring for the Baby and Me Tobacco Program. Alice, who once found quitting smoking while pregnant to be impossible, was able to conquer this challenge. Alice was not only successful with continued sobriety - she was able to organically evolve. Having the title of mother gave Alice the confidence to start rewriting her story.

Susan was an outside county referral to Sojourner Recovery Services. She had been incarcerated prior to being brought to Sojourner by her probation officer. Upon admittance Susan was approximately 7 months pregnant and agreed to services from the Sojourner Perinatal Program.

Susan reported fear and anxiety regarding this pregnancy – explained that she lost custody of her other two children to their father and was afraid to lose custody of this baby also.

The Perinatal Program worked with Susan while in treatment to gain trust, offer support and identify/reduce barriers in her recovery journey. Prenatal care was established with a local OB/GYN office, referrals were made to Help Me Grow, WIC, Lactation Consultant for breastfeeding info, Pregnancy Resource Center and the Infant Vitality Program. Smoking cessation education, along with substance abuse education pertaining to pregnancy were presented and discussed regularly during one on one meetings. Susan was also referred to mental health counseling by her clinician, while in residential treatment.

Susan began to blossom while in residential treatment. She attended her prenatal appointments faithfully and drastically reduced her cigarette smoking, still working towards the goal of being completely smoke free. She delivered a healthy, full term baby boy who was over 7 ½ lbs, born completely drug free! Both Susan and her son were released from the hospital after 3 days. Susan bonded with her baby immediately and chose to exclusively breastfeed, providing her baby the best possible start to his life.

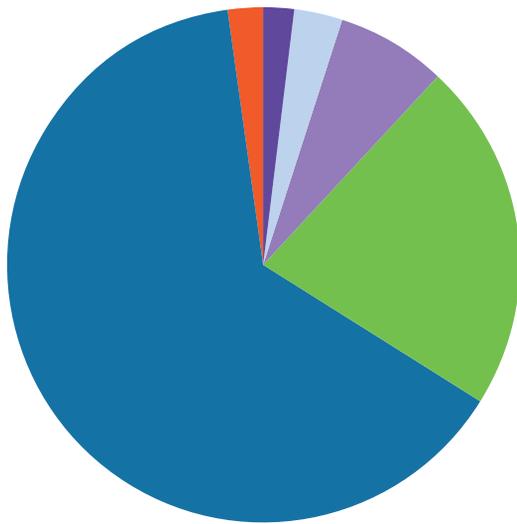
After her successful completion of residential treatment, Susan found safe housing nearby with a friend and entered the SRS Intensive Outpatient Program. She recently completed that program and has started the SRS Outpatient Program, three days per week. Susan was very excited to report that she got a job working evenings at a fast food restaurant, but plans to go back to school to become an addictions counselor. Susan continues to actively participate in the Perinatal Program and continues her daily path of recovery with strength, hope and determination.

“Susan continues her daily path of recovery with strength, hope and determination”



FINANCIALS

FYE 2015 REVENUE, SUPPORT & OPERATING EXPENSES



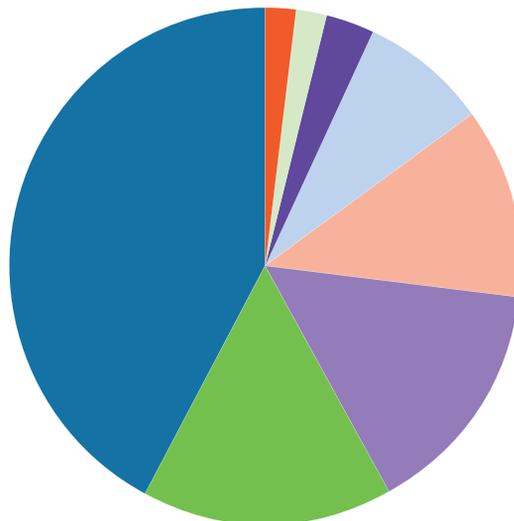
FYE 2015 Revenue: \$5,806,288

- Medicaid: 64%
- Ohio Department of Alcohol and Drug Services: 22%
- Butler County Children Services: 7%
- Hamilton County Mental Health and Recovery Services Board: 2%
- Support (Fundraising and Special Events, Foundations, Contributions, United Way of Greater Cincinnati): 2%
- Other: 3%

FYE 2015 Operating Expenses: \$5,063,345

"85 cents of every dollar received goes directly to the treatment of clients."

- Women's Residential: 42%
- Men's Residential: 16%
- Administration: 15%
- Suboxone Clinic: 12%
- Women's and Men's IOP: 8%
- Adolescent IOP and OP: 3%
- Adolescent Residential: 2%
- Perinatal Prevention Program: 2%



BOARD



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Account Executive
Horan & Associates



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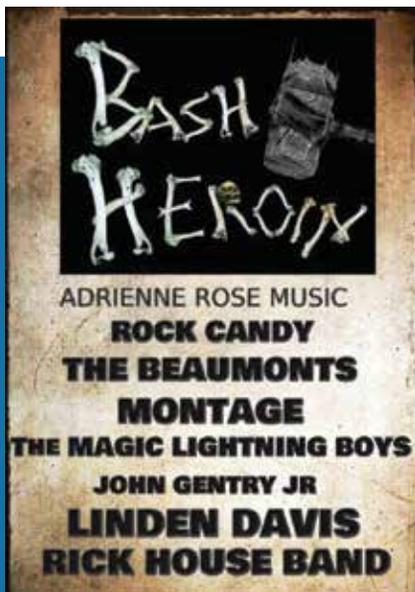
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Vice President of Sales
Premier Health Plan



Benjamin J. Fisher
Director of Engineering
ThyssenKrupp Bilstein of
America, Inc.



Matthew Smith
Financial Advisor
Morgan Stanley
Wealth Management



October 3, 2015 was a night that “Rocked” in Middletown, Ohio. The first annual Bash Heroin raised over \$5,000 for Sojourner Recovery Services.

Fighting an Epidemic



Thank you to Harleys Against Heroin for their generous donation of \$10,250 to Sojourner Recovery Services. 700+ motorcycles started their engines on July 25, 2015 and traveled a beautiful route through Clermont County, Ohio.

COMMUNITY OUTREACH

Sojourner is committed to educating the community about the often misunderstood disease of addiction and helping remove the stigma that can be attached to individuals who suffer from it. Sojourner welcomes invitations from school districts, universities, hospitals, service organizations, Chambers of Commerce, philanthropic organizations, police departments, social service providers, parole officers, faith communities, fraternal organizations, local coalitions and task forces, individuals and their family members and loved ones.



The Road to Recovery Starts Here

5K SOJOURNER RACE FOR RECOVERY Run/Walk
September 19, 2015

\$15 REGISTRATION online until Sept.16 @ runningtime.net
REGISTRATION AT 7:00 AM/RACE STARTS AT 8:30 AM
LEASHED DOGS WELCOME, NO RETRACTABLE LEASHES
KIDS' 1K FREE FUN RUN STARTS AFTER THE 5K (12 and under)
Race starts and ends at 1430 University Blvd • Hamilton, OH

Title Sponsor

Step Out Against Heroin and Addiction - Sojourner 5K Run/Walk
Thank you to all of the runners, walkers, donors, sponsors, dogs and friends who supported the Sojourner 5K on September 19, 2015.

Sponsors: ThyssenKrupp BILSTEIN - title sponsor, Walmart, Everybody's Health, Walgreens, Hamilton Miami University Regionals, VORA Technology Park, Galen College of Nursing, State Farm Insurance - Barney Riesbeck, Care Source, UTS, City of Hamilton, Q102, Buckeye Health Plan, United Heartland Insurance Agencies, Envision Partnerships, and Coalition for a Healthy, Safe and Drug-Free Greater Hamilton.



Holiday cheer was provided by Buckeye Health Plan when they donated turkeys and hams for Sojourner clients.



All8Up in Hamilton, Ohio had an evening of delicious pizza, salads and calzones for Sojourner Recovery Services and raised \$215.00. The food was so good, "It's ALL8UP!"



Baskets of HOPE

Sojourner provides each new Residential Client a basket containing new sheets, towels, a blanket, pillow, personal items and a journal. Though it may be challenging to imagine, many of our clients come to us with few or no amenities. Our Baskets of HOPE offer a positive beginning step to an individual's recovery journey. Donations are vital to this program's success. Donations of these new items are always welcome. Inquiries can be made to 513.868.7654.

Baskets of HOPE Are Made Possible In-Large-Part Thanks To The Generosity of:





Administrative Offices
515 Dayton Street
Hamilton, OH 45011

513.868.7654
www.sojournerrecovery.org

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THANK YOU

Thank you for supporting Sojourner Recovery Services in 2015. Your donor and volunteer support has made a difference in the lives of those we serve.

“Truth is powerful, and it prevails”. These words from Sojourner Truth, our company’s namesake, reflect an important principal of our company. Like Sojourner Truth, we also believe that the truth will prevail. The truth is that it is possible to recover from the disease of drug and alcohol addiction.

Every day in the Butler County region, thousands suffer needlessly from the devastating effects of chemical dependency including broken homes, lost jobs, loved ones placing their lives in jeopardy, and many more. It is our objective to help those suffering to realize the truth of addiction: it is possible to recover. There is hope. Recovering from drug or alcohol addiction is not easy, but it is possible with the help of those who understand.

Thank you for understanding as well as your ongoing support and commitment to those we serve. Together we can save lives, foster hope and strengthen our community.

Sincerely,
The Staff of Sojourner Recovery Services

