



remedies

renewing lives

2022 Annual Report



PRESIDENT/CEO

Dear Friends, Donors and Community Members,

Remedies continually strives to live its mission to “Renew Lives” by providing support and services to some of the most vulnerable members in our community. Remedies continues to provide programs and services for those impacted by addiction, including gambling addiction, mental health and domestic violence. It remains an honor to serve this agency.

In July of 2021, Remedies held an open house for our new building at 215 Easton Parkway. The new building is home to all substance abuse and medicated assisted treatment services. All administrative services are located at 215 Easton Parkway. Remedies domestic violence emergency shelter and services remain at the 220 Easton Parkway location. The additional space allowed Remedies to expand domestic violence walk-in services. Additional space is being used to expand mental health programs and services.

Remedies continues to follow COVID guidelines from the CDC and Winnebago County Health Department. Social distancing, protective equipment, taking temperatures and other guidelines to ensure client and staff safety are followed at all Remedies locations. We remain committed to ensuring the safety of our clients and staff.

The past year, Remedies provided 12,636 nights of emergency shelter to survivors of domestic violence, responded to over 5,958 emergency hotline calls and assisted in 665 orders of protection. Remedies’ Transitional Housing Program provides 21 transitional housing units to survivors of domestic violence. Remedies continues to work closely with law enforcement and other community agencies to encourage survivors to seek safety, shelter and advocacy, with the goal of decreasing domestic violence related homicides.

Substance abuse continues to impact our nation and community. Locally and nationally, there has been an increase in individuals and families who have been impacted by substance abuse with over 107,000 overdose deaths reported in 2021. Remedies is committed to addressing the problem through education, engagement in individualized treatment services, quality care and enhanced case management.

In 2023, Remedies will be expanding gambling programming and services. It is estimated that 3.8% of Illinois residents have a gambling problem. Remedies continues to provide gambling services at our Belvidere location and will soon offer the same services at the 215 Easton Parkway location.

Remedies remains compassionate about meeting the needs of the community and looks forward to 2023, which will provide additional opportunities for the clients we serve. We thank each and every one of you for your ongoing support so that we can continue to provide compassionate care to those we serve.



GARY HALBACH
PRESIDENT/CEO
REMEDIES RENEWING LIVES



ABOUT US

Remedies' origins date back to 1955 when a compassionate, concerned group of citizens came together to address the unmet needs of individuals struggling with alcohol addiction. Thanks to their dedication and perseverance, this informal organization thrived and incorporated in 1959 as the Blackhawk Committee on Alcoholism.

During the 1960s, the organization recognized a need in the community for substance abuse treatment services, and in 1969 changed its name to the Northern Illinois Council on Alcoholism and Drug Dependency (NICAD) to better reflect the scope of services offered.

In 1979, again in response to a need in the community, NICAD welcomed Working Against Violent Environments (WAVE) under its corporate umbrella, which brought aboard services for victims of domestic violence and resulted in a second name change to Personal Health/Abuse Services and Education (PHASE); the organization became known locally as PHASE/WAVE.

In 2009, the organization took on the new name Remedies Renewing Lives and embarked on yet another chapter in its service to the community, continuing to provide individuals, children and families critical support to help them deal with issues resulting from substance abuse and domestic violence.

Remedies is a 501(c)(3) nonprofit agency dedicated to serving the needs of domestic violence victims and their children. Our goal is to support survivors as they regain inner strength, rebuild self-esteem, and work towards achieving life-building goals – Safety, Support, Advocacy, Strength, Self-sufficiency and Services. All domestic violence services for survivors are free and confidential.

Remedies also provides outpatient services for individuals struggling with addiction, gambling and mental health issues. Medication assisted treatment (MAT) for opiate addiction, is also provided.

In July of 2021, Remedies moved substance abuse and administrative services into the new building at 215 Easton Parkway, Rockford, IL. Remedies domestic violence emergency shelter and services remain at the 220 Easton Parkway location. This expansion will allow for the domestic violence program additional space to expand programs and services.

MISSION

Renewing lives of individuals affected by addiction, mental health issues and domestic violence

VISION

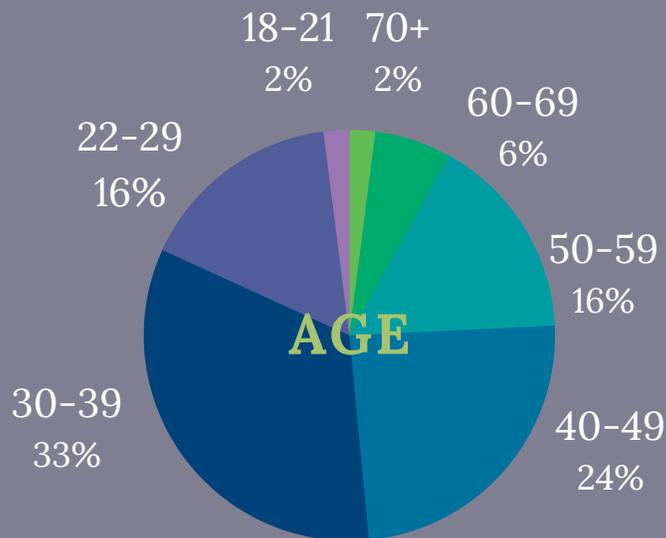
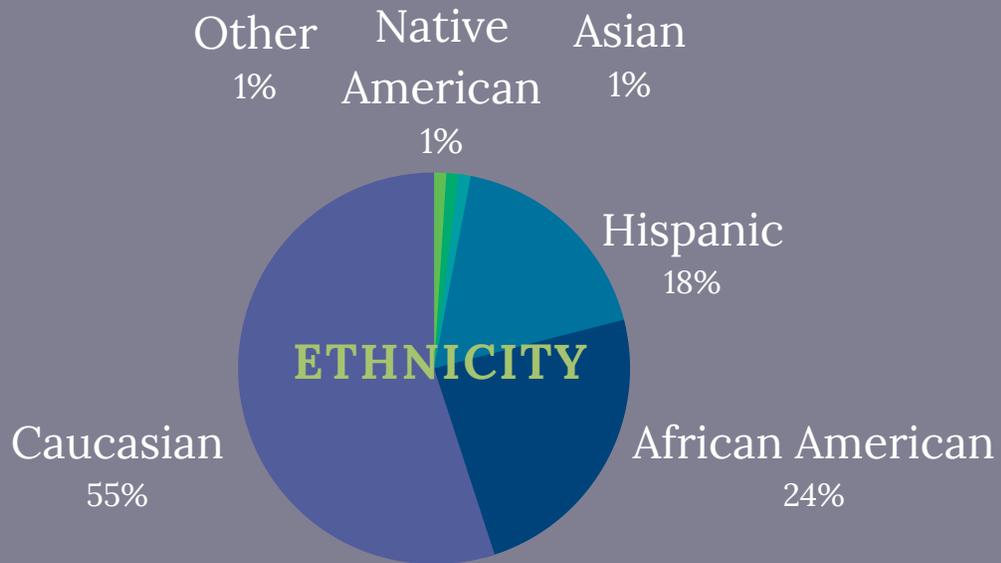
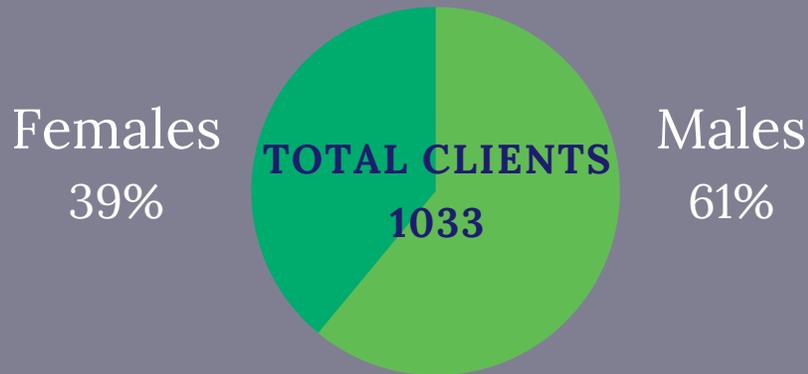
1. Through intervention, prevent the continuing cycles of domestic violence and addiction.
2. Facilitate the coordination of services for individuals experiencing these problems.
3. Increase community awareness of the impact of these issues and serve as an advocate for those struggling with these problems.

A HISTORY OF

REMEDIES



SUBSTANCE ABUSE BY THE NUMBERS



SUBSTANCE ABUSE SERVICES

- Individual, Couple, Family or Group Counseling
- Medical and Psychological Services
- Prevention Education and Training
- Alcoholics and Narcotics Anonymous
- Relapse Prevention Counseling
- Medication-Assisted Treatment
- Referrals to Other Beneficial Resources

For those battling substance abuse issues, Remedies provides individualized, group, and relapse prevention counseling options. With convenient day and evening programs, we have education and prevention groups as well as self-help groups available. Our aftercare program assists those in recovery to prevent relapse.

RAPID RESPONSE PROGRAM

Rapid response teams represent an intuitively simple concept: When a potential patient seeks out services, a clinical team is summoned to immediately assess the patient for treatment through intake and assessment on the phone or in-person. This ensures that a person will have immediate access to services and ensure a waiting list does not occur. Additionally, walk-ins are accepted and will be seen by a member from the clinical team.



GAMBLING ADDICTION PROGRAM

The Illinois Department of Human Services recently completed a first ever statewide assessment of gambling. The report found that 68% of adults in Illinois reported gambling in the prior year, most often buying lottery tickets. The report also showed an increase in sports betting and video gaming. 3.8% of those surveyed were considered to have a gambling problem, with approximately 8% more being at risk for developing a problem.

The statewide assessment showed that 245 clinicians over the past two years have been trained to provide gambling addiction services in Illinois, and 21 gambling treatment programs have outpatient services available. The Land of Lincoln was named the 9th most gambling-addicted state in the United States. Illinois was also named the state with the most gambling related arrests.

Remedies' gambling addiction program is licensed by the Illinois Division of Substance Use Prevention & Recovery. Our counselors are certified by the State of Illinois Department of Professional Regulation and adhere to both Federal and State confidentiality laws.

Remedies personalizes every client's treatment to maximize recovery success. Treatment plans are individualized to meet each client's specific needs. The intensity and length of treatment and the goals to be achieved are also based on each individual's specific needs. Remedies' dedicated and compassionate staff are committed to recovery success and offer a variety of payment options to make recovery financially attainable.

Treatment options include:

- Assessment**
- Individual Counseling**
- Group Counseling**
- Family Counseling**
- Aftercare**
- Relapse Prevention Counseling**
- Mental Health Services**
- Education and Prevention Groups**
- Convenient Day and Evening Programs**
- Self-Help Groups**

The impacts of problem gambling can be devastating. If you or a loved one is struggling with a gambling problem that is causing disruption to everyday life, the first step is to call for an assessment. A staff dedicated to assisting you with your recovery is there for you. Call (815) 547-4502 to schedule a confidential assessment.

C.A.R.E.S. PROGRAM

Community Action Resources Enhanced Services

Remedies' C.A.R.E.S. Program provides behavioral health services delivered with a collaborative approach that address the needs of individuals struggling with co-occurring mental/behavioral health and substance use disorders. Staff in the C.A.R.E.S. Program facilitate inclusive, evidence-based programming at the most appropriate level of care for everyone receiving services. C.A.R.E.S. emphasizes ongoing collaboration between patients/clients and staff to ensure that all services meet the specific clinical needs of each participant.

PROGRAM SERVICES

Monday - Friday 8:00am-4:30pm

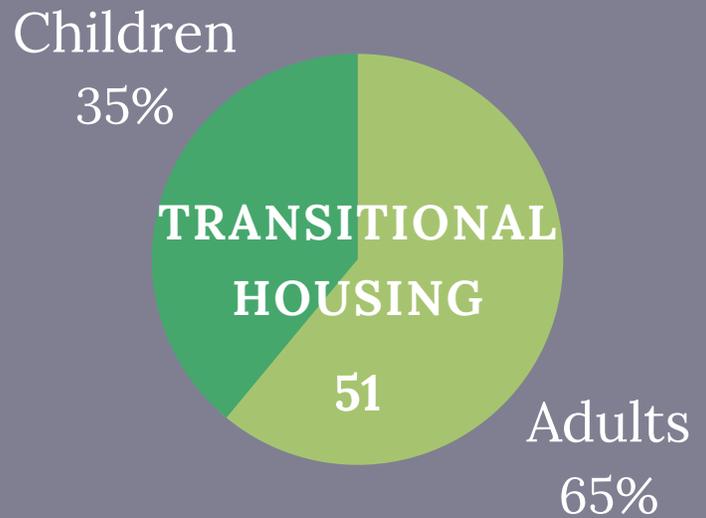
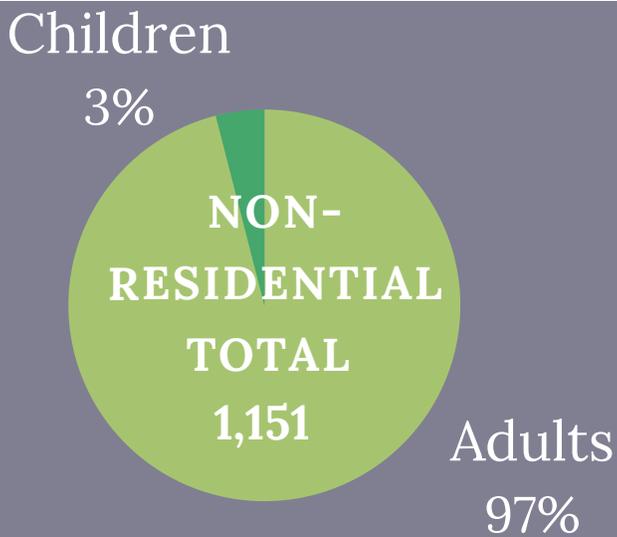
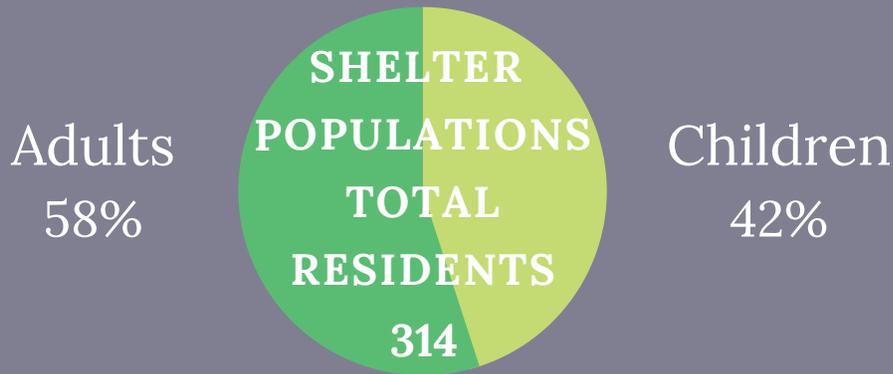
- Mental Health Assessments
- Group and Individual Counseling
- Seeking Safety-PTSD/Substance abuse (co-occurring)
- Dialectical Behavior Therapy (DBT) Group
- Wellness Group-Illness Management and Recovery (IMR)
- Medication Management
- Substance Abuse Treatment
- Cognitive Behavioral Therapy (CBT)
- Case Management
- Family Education/Family Program
- Parenting/Parent Education

For more information or to schedule an appointment call 815.962.0871



DOMESTIC VIOLENCE BY THE NUMBERS

Our domestic violence program provides 24- hour emergency shelter to survivors of domestic violence and their vulnerable family members. In addition, Remedies provides a 24-hour hotline, safety planning, assistance with orders of protection, advocacy, individual counseling and support, therapy, support groups, transitional housing, and children’s advocacy, counseling, and groups. All services for survivors of abuse are free, confidential, and voluntary.



24- Hour Hotline Calls 5,958 calls received	Orders of Protection 665 orders filed	Shelter Nights Adults 6,681 Children 5,955 Total 12,636	Transitional Housing Adults 33 Children 18 Total 51	Transitional Housing Bed Nights Adults 7,728 Children 4,019 Total 11,747
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TRANSITIONAL HOUSING

Remedies' Transitional Housing Program is designed to serve the needs of survivors of domestic violence and human trafficking. The program assists in providing access to a safe living environment in one of twenty-one secure apartment units. Residents in the apartments work closely with a Transitional Housing Advocate to obtain access to community support and resources necessary to achieving the long-term goal of self-sufficiency. Remedies Transitional Housing Advocates connect clients with legal and institutional advocacy, employment, education, housing and economic assistance. Residents also receive individual counseling and weekly group counseling support while living in transitional housing. As with all services at Remedies, participation in the transitional housing program is voluntary and confidential.

- In the past year, 33 adult clients and 18 children have received transitional housing.
- In the past year, 11,747 nights of Transitional Housing were provided.
- Clients are offered the program for up to 24 months.
- Client's children also receive Case Management and support group services from a Remedies' Children's Advocate.
- The program currently has 21 transitional apartment units.

PAIP PROGRAM

So much of the work that Remedies promotes regarding domestic violence services focuses on providing safety, support, advocacy, and counseling with adult and child survivors of domestic violence. This work is critical in assisting those who have been harmed and traumatized by abuse. Remedies also provides Partner Abuse Intervention Program (PAIP) services to individuals who have been controlling and abusive to their partners. This is an important piece in ending and addressing domestic violence.

PAIP services consist of weekly groups that participants attend for at least 26 weeks, plus an initial assessment, mid-point evaluation, final evaluation, and weekly homework assignments. In the weekly groups, individuals learn about and discuss dynamics of domestic violence and they are held accountable for controlling and abusive tactics they have used in their relationships. While many individuals are ordered to PAIP through court or referred by DCFS or other agencies, Remedies also accepts self-referrals for our PAIP services. Remedies PAIP staff communicates frequently with the court and referral agencies when applicable, to inform them about participants' attendance, progress, and compliance in the program.

Partner abuse services are provided with the ultimate goal of increasing survivor safety, which also helps communities be safer. Remedies PAIP services help individuals who have been violent and abusive to learn how their previous thinking and behaviors have harmed others, especially their intimate partners and their children, and strives to hold them accountable for those choices, while teaching them tools to make changes in their thinking and actions in the future.



IT TAKES A COMMUNITY

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By Becky Winstead, VP of Domestic Violence Services for Remedies Renewing Lives

Remedies has been collaborating with local organizations for decades to work toward shared goals of helping individuals who are dealing with addiction, domestic violence, and/or mental health issues. Collaboration has provided opportunities to expand our work within our community and beyond. Remedies is grateful for these opportunities and for the partners who have worked with Remedies staff over the years to improve local services, community awareness, and system responses.

For Remedies domestic violence services program, this collaboration includes being an active participant in the 17th Judicial Circuit's Family Violence Coordinating Council since its formation in the 1990's and other collaborative opportunities through the 17th Judicial Circuit Court. Through these collaborations, Remedies staff has helped plan community training and public awareness events, partnered on grants to provide direct services to survivors, and helped develop best practices to support survivors of domestic violence and hold those who use violence accountable. Remedies has also partnered with the City of Rockford Mayor's Office on Domestic and Community Violence Prevention and the Family Peace Center to provide domestic violence advocacy services at the Family Peace Center location. Remedies Domestic Violence program staff collaborate with other organizations as well, including through a grant-funded project hosted by RAMP, which developed the Winnebago County Coalition for Barrier-Free Survivor Services. This coalition is a collaboration with RAMP, Rockford Sexual Assault Counseling, Rockford Mayor's Office on Domestic and Community Violence Prevention/Family Peace Center, Mercyhealth at Home Adult Protective Services, and a self-advocate. The coalition strives to create sustainable, systemic change within each of the agencies to provide full accessibility and support for individuals who have experienced domestic and sexual violence who are Deaf, Hard-of-Hearing or having Hearing Loss and/or are living with disabilities. For the last few years, Remedies has also partnered with DCFS, the Illinois Coalition Against Domestic Violence (ICADV), Ascend Justice in Chicago, The Network: Advocating Against Domestic Violence, and other domestic violence organizations in Illinois to meet the needs of families experiencing both domestic violence and the child welfare system.

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Thank you to everyone who supports our Mission

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Thank you for Supporting Remedies

Make a difference in someone's life by helping us provide the resources to families, victims and persons struggling with addiction and adults and children fleeing from violence. Every generous donation keeps our shelter open, another person from relapsing and helps provide victims an opportunity for a new life free from violence.

\$500

Provides 8 nights of shelter for a family fleeing domestic violence.

\$325

Purchase a case of Anonymous (AA) or Narcotics Anonymous (NA) books.

\$250

Purchase a case of Anonymous (AA or Narcotics Anonymous (NA) books.

\$100

Provides a domestic violence survivor the ability to have locks changed so they may remain in their home.

\$75

Provides 50 bus tokens to assist clients with transportation issues.

\$50

Provides a backpack and school supplies for a child living in shelter.

\$40

Provides 30 minutes of language line interpreter services.

\$25

Provides a new school uniform for a child living in a domestic violence shelter.

Legacy Gifts

Donors are encouraged to make bequests to Remedies under their will, and to name Remedies as their beneficiary under trusts, life insurance policies, commercial annuities, retirement plans and real estate.

Gifts of Cash

Gifts may be cash, checks or electronic transfer of funds. As a donor you are entitled to federal income tax deduction if you itemize.

Gifts of Stock

A gift of appreciated securities, including stocks, bonds, and mutual funds is a deductible for income tax purposes and may eliminate the capital gains tax that is owed. All marketable securities will be sold upon receipt unless otherwise directed by Remedies' President/CEO

In Recognition of

Gifts can be given in recognition of birthdays, anniversary, bridal showers, wedding etc.

Contact Kathy Branning at 815.966.1285 for more information about giving, in-kind donations or naming opportunities.



Substance Abuse Treatment Center & Administrative Offices

215 Easton Parkway
Rockford, IL 61108
Treatment Phone: 815.962.0871
Administration Phone: 815.966.1285
Fax: 815.962.7895

Domestic Violence Shelter & Services

220 Easton Parkway
Rockford, IL 61108
24 hour phone: 815.962.6102
Fax: 815.490.1050

Belvidere

Outpatient Substance Abuse, Gambling and Domestic Violence Services

1908 Pierce Court
Belvidere, IL 61008
Substance Abuse/Gambling Phone: 815.547.4502
Domestic Violence Phone: 815.544.1866
Fax: 815.544.0391

Partner Abuse Intervention Program (PAIP)

Phone: 815.962.0871

www.remediesrenewinglives.org

