



# remedies

renewing lives



# CRISIS

# TO

# COURAGE

2023 ANNUAL IMPACT REPORT

# OUR MISSION

RENEWING LIVES OF INDIVIDUALS AFFECTED BY ADDICTION, MENTAL HEALTH ISSUES AND DOMESTIC VIOLENCE.

Since 1955, Remedies has been serving our community, striving to meet the needs of those who need our services most. Battling addiction, mental health issues, and domestic violence are some of the greatest challenges our community faces. Our staff show up each day ready to walk alongside our clients to help them renew their lives – the amazing work they do creates a ripple effect throughout our community and beyond.



# A MESSAGE FROM OUR CEO

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Friends of Remedies,

As I look back on the past year, I am reminded of the challenges we have faced and triumphs we have witnessed. Helping people to renew their lives can be a tough job – but nothing compares to the feeling when we watch a client or survivor leave our programs with their heads held high and a new sense of purpose, direction, and confidence to continue the work to renew their life.

I have seen first-hand the impact our behavioral health services, treatment programs, and domestic violence services make on those we serve. As always, I am amazed by our dedicated staff who invest themselves in our mission and the people we serve. They make renewal possible, and I am so grateful for them each and every day.

The complex problems our clients and survivors are facing such as abuse, addiction, and mental illness require a high level of perseverance and resilience. Dealing with such trauma is quite frankly exhausting – but I am also continually inspired by those we serve and their desire to push forward and seek our services amidst their difficult circumstances.

This year, we received over 6,000 calls from survivors through our 24/7 domestic violence hotline, helped 1,600 people struggling with addiction through our substance abuse and problem gambling programs, and our mental health program grew by 132 clients. We've been busy!

I am grateful for so much this year, and our supporters are at the top of our list. For believing in what we do, spreading the word about our organization, and for your generosity. We thank you for being on this journey with us – to help people move from crisis to courage.



Gary Halbach  
President and CEO  
Remedies Renewing Lives

# DOMESTIC VIOLENCE SERVICES

Our Remedies Domestic Violence Services Program proudly follows an empowerment-based, trauma-informed, survivor-centered model, which includes providing voluntary services and recognizes that survivors are the experts in their lives. Trained staff provide support, encouragement, domestic violence education, counseling, referrals, and assistance with safety planning. This is done in a non-judgmental, respectful manner that is ultimately guided by the specific needs and requests of each survivor.

Each person that walks through our doors comes to us with unique needs and experiences, and we strive to provide services in a manner that is inclusive and accessible for all. Remedies provides a wide variety of domestic violence services— for example, we answered over 6,000 hotline calls from survivors through our 24-hour hotline this year, which is typically the first point of contact for survivors. Our 24-hour emergency shelter, hotline, advocacy, therapy, orders of protection services, art therapy groups, support groups, and children’s services keep our dedicated staff busy at our various service locations.

Unduplicated  
Survivors:  
1,255

Transitional  
Housing Families  
Served:  
69



Beyond our shelter and non-residential services, helping survivors secure housing of their own is an important goal, and looks different for every survivor. We currently have 27 transitional housing units as well as a rapid rehousing program to support survivors as they find permanent housing.

Total Shelter  
Nights:  
16,512



In an effort to stop the cycle of violence, Remedies also operates an Illinois protocol-approved Partner Abuse Intervention Program (PAIP) for individuals who have been abusive to their intimate partners. PAIP is a 26-week program with a robust curriculum designed to teach them nonviolent, noncontrolling ways of interacting. The primary goal of PAIP is the same as survivor services: to increase safety for survivors and their children. This year, 244 individuals participated in this program.

Despite experiencing some significant federal funding cuts in 2023, our Domestic Violence services continue to thrive. Our staff provided more hours of direct service, participated in additional awareness efforts, and expanded both our residential and non-residential services. We prioritized partnerships with local organizations to increase access and improve services and awareness of services for survivors with disabilities, Deaf survivors, individuals with limited English proficiency, and survivors who identify as LGBTQ+. In an effort to educate and bring awareness, Remedies staff helped plan and facilitate domestic violence training and outreach in our community.

In the coming year, we plan to build on these strengths and accomplishments to continue to increase outreach, services, support, and collaboration within our service area. We are incredibly grateful for the donors, funders, and community partners who help us with these efforts - YOU are creating hope and inspiring courage.

## Orders of Protection Filed:



32% of survivors utilize at least one of the residential services we offer.

Shelter  
Residents: 297



Adults: 185



Children: 112

# TREATMENT SERVICES

Each year, we expand our treatment services as needed to fit the everchanging needs of our clients. Currently, we provide medication assisted treatment, alcoholics and narcotics anonymous, problem gambling services, and many options for counseling. This year, our addiction counselors added additional groups such as art therapy, women's and men's groups, seeking safety, life skills group, and an alumni group for those who have been through our methadone program and enjoy the continued support and community. The new groups have great participation and the impact on the lives of our clients is apparent.

One of the most sought-after groups for our clients this year has been art therapy. When one of our artistic counselors started the group, clients began to learn how to express themselves through creativity – they designed incredible art pieces that encourage healing, emotional release, and gain new coping skills. In addition to their regular class creations, they created specific art pieces for the holidays this year, masks for Halloween, thankfulness boards for Thanksgiving, and Snowflakes and ornaments for Christmas. This class has shown that renewing your life can have many facets – including finding new hobbies and ways to express your feelings.

Clients  
Participated in  
Treatment  
Services: 1,600



70+  
Recovery  
Day  
Participants

As we continuously work to improve our methods and operations, we have implemented a rapid response protocol to our intake process. We have one full time intake coordinator who does a great job - but to efficiently decrease wait times for incoming clients, each counselor now takes one day per week to help with intakes as well.

This helps ensure that when someone makes the brave decision to get help for their addiction, the wait times are realistic and before they might change their minds, they are met with encouragement, hope, and a helping hand through our addiction counselors. Improving our methods also means improving our staff and providing opportunities for professional development. All treatment staff participated in a trauma informed training this winter, ensuring we know how to best serve our clients considering the trauma they have been and continue to go through.

To best prepare our clients for what they might encounter, we have partnered with the Winnebago County Health Department. Two times a month, representatives from the Health Department set up an educational table at Remedies and train our clients how to use Narcan, the lifesaving drug that can help someone come back from an overdose. During the training, the Health Department also provides free Narcan kits to our clients and entire staff. This partnership is critical for our treatment program and is so appreciated.

One of the most exciting parts of the year for our treatment clients and staff was our annual Recovery Day event. We held the event on September 27 and had a wonderful turn out. It was a joy to see clients old and new join in for an incredible day filled with inspirational speakers, a talent show, testimonials, and good food. We were so appreciative of our key partners and other agencies coming together to celebrate – we even hosted the morning weather ‘on the go’ with Joey Marino from Remedies that morning, which included news coverage about our event! It was a wonderful way to show how heartwarming and life changing recovery can be.

Thank you for your interest, generosity, and commitment to Remedies – to help people in our community struggling with addiction – allowing them to gain the freedom to renew their lives.

Number of Treatment  
Groups Held: 1,508



# MENTAL HEALTH SERVICES

Remedies' C.A.R.E.S. Program, funded by the Winnebago County Community Mental Health Board (WCCMHB), 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. The need for mental health services in our community only continues to grow, so our clinicians work daily to facilitate inclusive, evidence-based programming at the most appropriate level of care for everyone receiving services. The program emphasizes ongoing collaboration between clients and staff to ensure that all services meet the specific clinical needs of each participant.

This year, we hired a Vice President of Behavioral Health who began overseeing the entire C.A.R.E.S. program and providing supervision to all clinical staff, including our therapists in our domestic violence program. This has allowed our program to increase in capacity and serve more people in need. Our one-person team is now a 5-person team, which consists of the VP, 3 mental health clinicians, and one administrative staff. This expansion in personnel also allowed us to increase our community outreach and the number of organizational partners that refer to our program. It was an incredible year for program growth. Because of the amazing growth this past year, we increased the number of clients we served from 56 to 188!

Number of  
Clients  
Served: 188



Average  
Client  
Age: 37

Through generous support of the WCCMHB, we purchased new furniture to create an intake office. It feels comfortable, welcoming, and is a safe space for our clients. We were also able to purchase new furniture for a therapeutic group room for our clients to find community, support, and healing.



Additionally, similar to our addiction treatment services, C.A.R.E.S. started an art therapy group as well – to help with creative expression, therapeutic outlets, and new coping skills.

One client stated **“The art therapy group was very therapeutic for me. When we started to work on our vision boards, it made me realize that the goals I dreamed about were attainable.”** The response to this group has been wonderful, and the response to the program has been extremely positive.

Clients have shared sentiments like **“I felt welcome and was greeted warmly as soon as I entered the Remedies building. This helped to ease my anxiety.”** Another client shared **“My counselor is a very good listener. She scheduled me with Remedies’ psychiatrist regarding concerns I had with my medication and I feel so much better than I did.** This kind of feedback is the goal for our clinicians and for our program. We are grateful to the WCCMHB for their generous support of our program and the way this support has changed the lives of many people in our community.

**“My counselor has changed my life...”**

I have found that the therapy has been effective and helpful. I have seen a lot of counselors in the past, however, you have helped me more than anyone has.”

**“My counselor has been super supportive and very empathetic towards my needs...”**

She always has a positive attitude and puts my needs first. I am quite happy with my experience at Remedies”.



**WCCMHB**

Winnebago County  
Community Mental  
Health Board

Funded by WCCMHB with the ½ Cent Sales Tax

# OUR SUPPORTERS

The generous support we receive from donors and partners in our community makes our work possible. Renewing lives is hard work, but critically important and the individuals and businesses listed below have decided to roll up their sleeves and take part in our work. Thank you for your dedication and contributions. Each dollar is a step in the right direction for our survivors and clients. Thank you.

Arc Design	Community Foundation of	Gaunt, Mary Ann	Kullberg, Kris & John
Alberts, Kathleen	Northern Illinois	Generations Credit Union	Ladies Auxiliary FOE 392
Alberts, Nicholas	Complete Mechanical Solutions	Givinga Foundation, Inc.	Ladies Philoptochos Society
Alexander, Mary Jane	Cook Kendall, Rebecca	Goffman, Sarah	Chapter 2026
AmazonSmile Foundation	Coons, Stephanie	Gommel, Jacki	Lantz, Joyce
American Online	Corcoran Family Dentistry	Grans, Sue	Larrick, Kay & Roger
Giving Foundation	Corcoran, David & Nancy	GRC Wireless	Lasley, Tom & Jeanne
American Rigging & Millwright	Court Street United	Grigalonas, Margo &	Lawncare by Walter
Service, Inc.	Methodist Church	Bukowski, Marlene	Layng, Jeff & Johannsen, Jamie
Anderson, Colette	Coyle Kiley Insurance Agency	Gulley, Hon, Gwyn	Lemmel, Marge
Anderson, Deb & Derek	Cross & Crown	Halbach, Gary & Carol	Logan, LoRayne
Anonymous	Lutheran Church	Hammer, John	Lowary, Kelly
Badger, Gina & Jeff	Crouch, Wendy	Hanken, Gabriel	Lundgren, Lois
Balogh, Hon. Stephen	Crusader Central	Haskell, Donna	Lundin, Richard & Janet
Balsam, Donald	Clinic Association	Herriott, Doug	Mainville, Sue
Banwell, Lorraine	Cuevas, Maleeah	Hinkes, Liz	Majer, Gail
Barlow, Cheryl	Cyber Grants	Holm, Andrea	Marcotte, Marie
Barrett, Jim	Dean, Norman	Holmbeck, Jack & Colleen	Martin-Bohl, Karyn J.
Beaufils, Gregory & Kathleen	Deckard, Mike	Holmstrom & Kennedy	Maud, Corrine
Becherer, Dr. Jack & Janna	Delta Dental	Holy Family Church	McCabe, Frank & Susan
Belden, James & Alice	Dempsey, Ann	Hoover, Wanda	McCanse, Donald
Bergstrom Foundation	Disselhorst, Robert & Michele	Houghton, Terry & Linda	McKeever, Stephen
Boettcher, David	D&M Pallet Recycling	Howe, William (Howe	Medicare 411
Bounds, Jennifer & Ryan	Doherty, Hon. Eugene &	Transportation, Shanahowe	MembersAlliance Credit Union
Blue Cross Blue Shield	D'Andrea, Rose	& Bush Motor Express)	Meme's Boutique
Bruce, Hon. Joseph	Drews, CG	Huber, Julia & Michael	Mercyhealth
Busse, Tom & Susan	Edmundson, David & Julia	IEA Management Services	Michalesen, Brian
Buster's Bar & Grill	Elliott, Dave and Kristin	Israel, Reuben & Sherry	Mickelson, Ronald & Mary
Carter, Ashley & Jessie	Emerson Commercial &	J.L. Clark	Beth
Carter, Stephen	Residential Solutions	Jacobson, Tiffany	Midwest Labor Assistance
Catholic Women's League	Emerson, Judy	Johnicker, Voilet	Professionals
Chiarelli, Connie & Joe	Ferris, Inean	Jamroz, Nancy	Moore, Christine
Christ United	First Baptist Church	Jasper, Karen	Morgan Stanley - The Custer
Methodist Church	First Presbyterian Church	Keller, Alexander & Bonnie	Meisch Group
Citizens For Maurice West II	of Winnebago	Ken-Z Roofing	Mueller, Anne
Cobb, John	Fitzgerald Equipment	Keyon, Diana	Murphy's Bar & Grill
Coffey, James & Connie	Forest Vale North Condos	Kirk, Nancy	National Financial Services LLC
Collins, Hon. Rosemary	Floor, Deborah	Klass Financial	Nelson Carlson Mechanical
Comcast	Fry, Myron	Kloepfer, David & Marilyn	Nelson, Paul
		Kooiman, Karl	Network For Good

\* Every effort has been made to ensure the accuracy of this list of donors from 7/1/22-12/31/23. If you believe an error has been made, please contact Miranda Swanson a [mswanson@remediesrenewinglives.org](mailto:mswanson@remediesrenewinglives.org).

Nickel, Amy	Rockford IT	Sockness, Scott & Jessica	United Methodist Women of
Northwest Bank	Rockford Live & Let	Spectrum Insurance Agency	Centennial United
N-Trak Group	Live Society	Spirit Of Truth Church	Methodist Church
Office Pro	Rockford Park District	Spitzer, John	United Way of
Ogren, Gerald & Diana	Rockford Police	Spoden, Mike & Connie	Southeastern Michigan
O'Keefe, Erin & Jacob	Department	St. John's United Church	United Way of Rock River Valley
Olson, Barclay & Debra	Rockford Woman's Club	of Christ	UW Health - Swedish American
OSF Healthcare System	Rockford Cosmopolitan	Staaland, Dennis	Vella, Andrew
Our Savior's Lutheran Church	Charities	Stateline Church	Vella, Barbara
Paige-Turner, Dorothy	Rock Valley	Steines, Cale & Jennifer	Vigna, John & Janet
Panino's	Credit Union	Stenstrom	Vigna, Kathy
Parr, Mary	Rodriguez Luna, Nora	Stern, Pamela	Walgreens - GoodCoin
Parsons, Gregory & Pam	Rosecrance	Stockburger, Kathleen	Giving Fund
PayPal Giving Fund	Rozinsky, Jimmy & Megan	Swanson, Andrew & Miranda	Walmart
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Piskur, Michael	Ruh, John & Darlene	Syfert, Keith & Miller, Linda	Weiher, Judy & Robert
Pittman, Barbara & Joseph	Sandberg, Florence	Taylor, Lynn & Jim	W-ELCA Capron Lutheran Church
Potter, Robert	Schmitt, Janice	Team Lunde	Wheeler, Eugene and Carolyn
Powell, Autumn	Schofield, Alex	The Ben Harding	Whitlock, Jonathan
Prochaska, J. Edward & Lora	Schroeder, Justin & Teresa	Family Foundation	Wilcoxon, Erin
Project Undershare	Schwartz, Michelle & Mike	The Benevity Community	Willette, Craig & Rose
Ptacin, Tom	Servants of the Holy Heart	Impact Fund	Williams, Hazel
Ralph J. Baudhuin Foundation	of Mary	The Guy B. Reno	Winnebago Co. Assoc. of Legal
Ramsay, Jean	Shepherd of the	Family Foundation	Admin. Professional
Raytheon Technologies	Valley Evangelical	The Mill Foundation	Winstead, Ryan & Becky
Charity Custodial	Lutheran Church	Thompson, Jami	Wolff, Martin
Rhodes, Charles	Sherman, Joyce & Curtis	Trilab	Woodward Governor
Riverside Community Church	Sieja, Mary	Truist/Frontstream	Young, Hon. John
Riverside Women's Guild	Siena On Brendenwood	Two Men and A Truck	Zakharyan, Tatiana
Rockford Acromatic Products	Smith, Carol	Ufkin, Donald	Ziegler, Brenda
Rockford Casino - A Hard	Smith, Jeanne	Uhren, Steve & Angelina	Zonta Women's Club of Belvidere
Rock Opening Act	Smith, Norma	United Methodist Women	Zuba, Linda & Jim

## Ways to Support our Work

If you have been moved by the amazing work done this year and you feel led to make a gift, there are many ways to do so. Every generous donation keeps our shelter open, another person from relapsing, and helps provide proper care for people suffering from mental illness.

### **Gifts through Cash, Charitable Funds, or Online**

Gifts through a charitable trust, Qualified Charitable Distribution, or via cash or check are incredibly appreciated and may have various tax benefits. Additionally, you can always make a gift via our website, [remediesrenewinglives.org](https://remediesrenewinglives.org).

### **Legacy Gifts**

To ensure the perpetuity of your generosity, a gift of a bequest in your will naming Remedies as a beneficiary is a wonderful option, that will leave a lasting impact.

### **Gifts of Stock**

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

### **In Honor of or In Memorial**

To recognize someone for their admirable actions or a life well lived, donating to a cause they care about is a heartfelt way to honor them. Please mark your gift with information about your intended recognition.

Please contact Miranda Swanson for more information about giving at [mswanson@remediesrenewinglives.org](mailto:mswanson@remediesrenewinglives.org).

# BOARD OF DIRECTORS

This group of individuals volunteer their time, wisdom, and connections to make Remedies a better place. They are a dedicated group of individuals that care deeply about our community and the people we serve. They guide our organization through decisions, bring bright ideas to the table, and support us when and where we need it most. To the members of our board, thank you for your service.

## **Erin O’Keefe**

Chair  
Finance and Facilities  
Studio GWA

## **Cale Steines**

Vice-Chair  
Fund Development  
Recovery Ways

## **Shelton Kay**

Secretary  
Nominating and Bylaws  
Rockford Regional Health Council

## **Jeff Layng**

Treasurer  
Finance and Facilities  
JP Morgan Chase (retired)

## **Kris Kullberg**

Immediate Past Chair  
Finance and Facilitates  
Northwest Community Center

## **Deb Anderson**

Fund Development  
OSF Healthcare

## **Ron Butler**

Finance and Facilities  
Rockford Park District (retired)

## **Claudia Consuelos**

Fund Development  
Comprehensive Community  
Solutions

## **Terry Houghton**

Fund Development  
Woodward, Inc.

## **Michelle Schwartz**

Fund Development  
Belvidere Police Department

## **Kathy Vigna**

Chair of Fund Development  
Hamilton Sundstrand (retired)

## **Rose Willette**

Nominations and Bylaws  
Prairie State Legal

### **Treatment Center & Administrative Offices**

215 Easton Parkway  
Rockford, IL 61108  
Treatment Phone: 815.962.0871  
Admin. Phone: 815.966.1285

### **Domestic Violence Shelter & Services**

220 Easton Parkway  
Rockford, IL 61108  
24-hour hotline: 815.962.6102

### **Belvidere Outpatient Substance Abuse, Gambling & Domestic Violence Services**

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

