



remedies

renewing lives

2021 Annual Report





President/CEO Letter

Dear Friends, Donors and Community Members,

Words cannot express how fortunate I feel each day to lead an organization like Remedies Renewing Lives. Remedies remains dedicated to serving our community and those impacted by addiction, mental health and domestic violence. The Remedies staff, Board of Directors and volunteers remain compassionate in serving some of our most vulnerable members of our community. Remedies continually strives to live its mission to “Renew Lives” by providing the support and services to some of the most vulnerable members of our community.

2021 has been a challenging year for everyone due to ongoing COVID related issues. Remedies continues to follow the guidelines from the CDC and Winnebago County Health Department for social distancing, protective equipment, taking temperatures and other guidelines to ensure client and staff safety. Because of the generous and ongoing support from the community, Remedies has been able to remain open and provide life saving services to our clients while keeping them safe and healthy.

Domestic violence, substance abuse and mental health issues continue to challenge the nation and local communities. Over one third of the calls that law enforcement responds to are domestic violence related. Remedies continues to work closely with law enforcement and other community agencies to encourage survivors to seek safety, shelter and advocacy sooner, with the goal of decreasing domestic violence related homicides.

The past year, Remedies provided 12,196 nights of emergency shelter to survivors of domestic violence, responded to over 7,600 emergency hotline calls and assisted in 695 orders of protection. Remedies Transitional Housing Program provides 21 transitional housing units to survivors of domestic violence.

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 93,000 overdose deaths reported. Remedies is committed in addressing the problem through education, engagement in individualized treatment services, quality care and enhanced case management. Remedies also continues to provide gambling addiction services.

Remedies remains compassionate about meeting the needs of the community and looks forward to 2022, 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.

A handwritten signature in black ink that reads "Gary Halbach". The signature is written in a cursive, flowing style.

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.

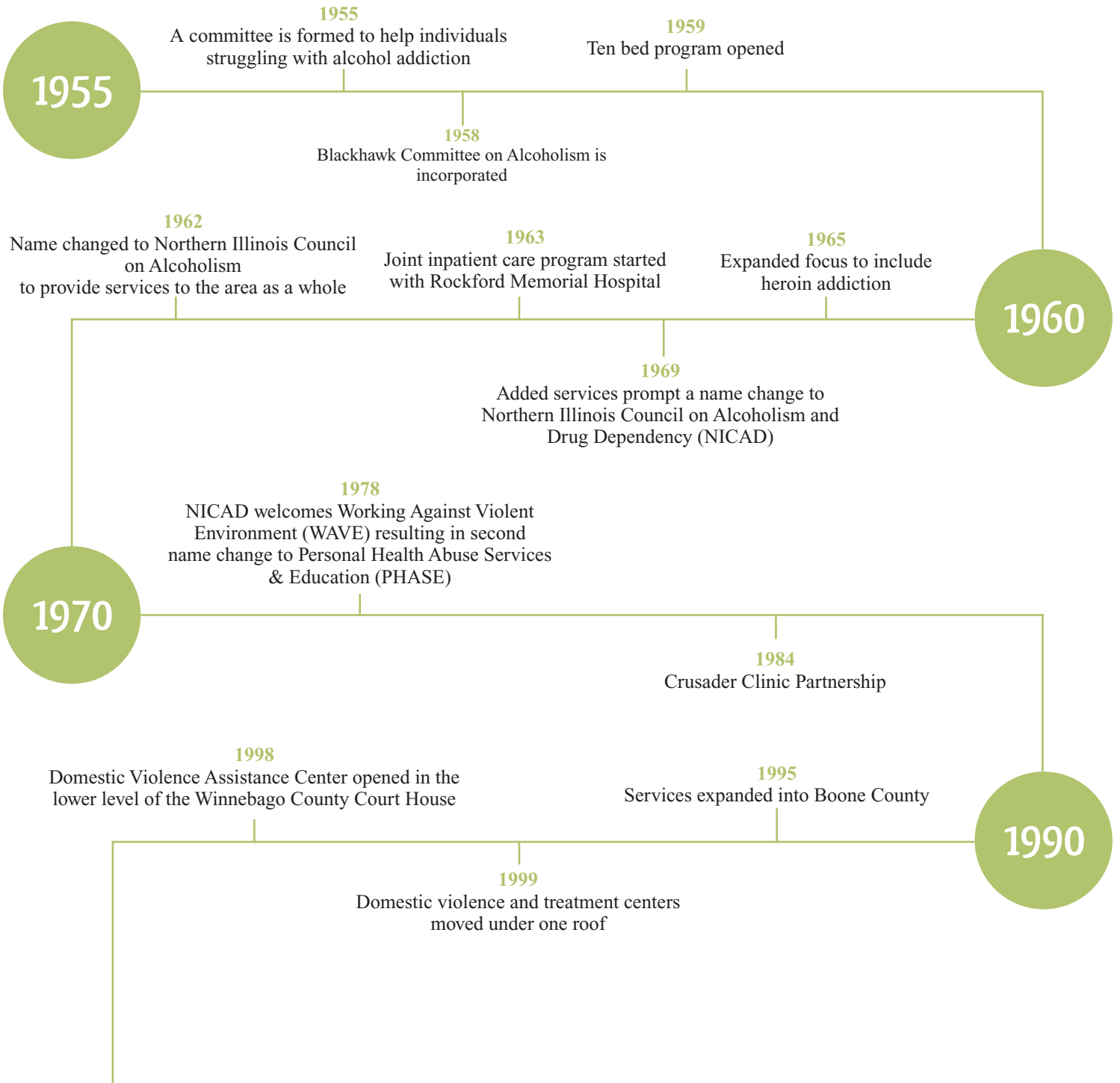
Mission

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

Vision

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

Timeline



2000

2004
Relocated to 516 Green Street after an extensive renovation of property

2009
Name changed to Remedies Renewing Lives

2012
The Winnebago County Court opened the first court designated for Domestic Violence cases

2015
Re-accreditation from the Joint Commission for our Outpatient Substance Abuse Treatment Programs and our Opioid Maintenance Program

2010

2016
Moved to new home located at 220 Easton Parkway

2017
Remedies Transitional Housing Program initiated for survivors of domestic violence

2020

2020
Construction on new building for expanding services began

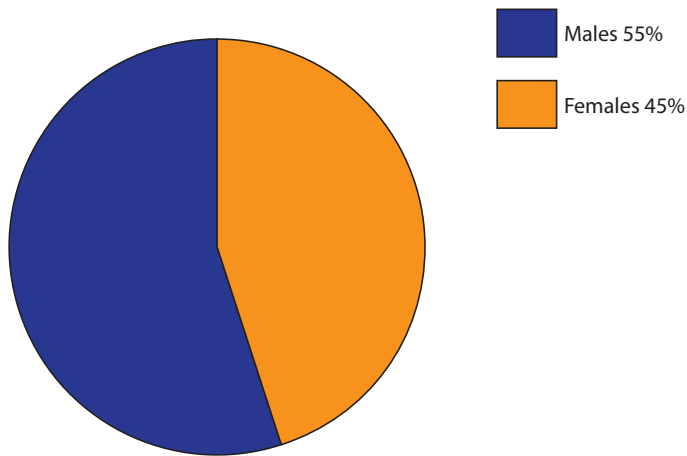


2021

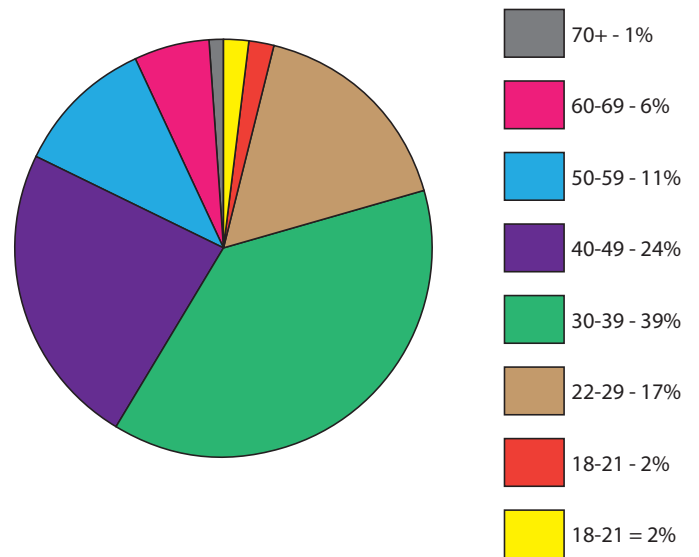
2021
Substance Abuse Services moved to our new building at 215 Easton Parkway.
Domestic Services expanded at 220 Easton Parkway Location

Substance Abuse By the Numbers

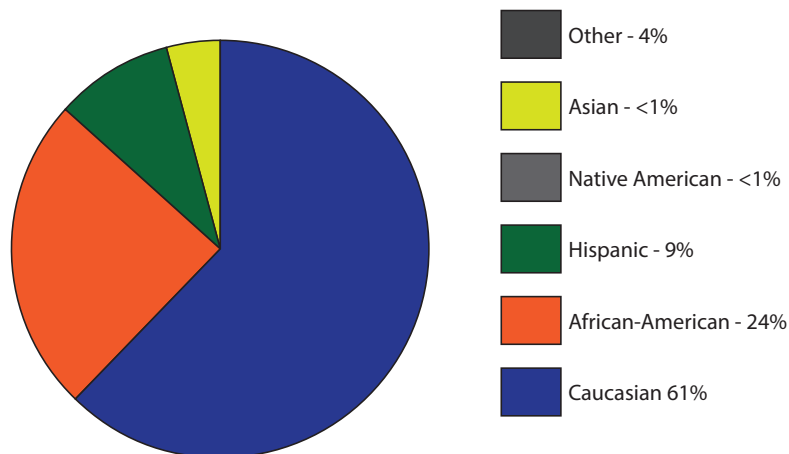
Total Clients



Age



Ethnicity



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.

Client Success Story

Imagine meeting a young, pregnant woman for the first time, shackled with chains on her wrists and ankles, wearing a striped orange jumpsuit, escorted by two armed police officers into Remedies' lobby. You can understand the immediate care and empathy that I felt for this young woman. In spite of this "rocky" beginning, my patient was able to overcome the obstacles of embarrassment and shame that brought her to Remedies to help her have a better life for her and her unborn baby. Soon after our initial meeting, she was released from the local jail and began treatment at Remedies Renewing Lives.

Luckily, she was fortunate to have family living in this community who loved her and assisted her with safe housing and a supportive environment as she proceeded to establish a sober lifestyle with medication assisted treatment. As she stabilized physically and emotionally, she began to attend therapy groups and regular counseling sessions. She also established prenatal care with a local OB physician who collaborated with the physician at Remedies regarding her medication assisted treatment. The patient delivered a healthy baby and had a routine postnatal recovery period. As a result of her continued sobriety, she was able to find employment while her immediate family assisted with child care. The patient continued to participate in a Mother/Baby support group facilitated by a Remedies' nurse to further her education related to the growth and development of children. The patient was also able to set up her own household while continuing to focus on her recovery from addiction.

Today, this woman is enrolled in college, her child is in preschool and she is building a future as a young professional in our community.

**Recovery is For Everyone:
Every Person
Every Family
Every Community**

Gambling Addiction Program

Gambling disorder is a condition where someone feels a strong need to play games of chance and constantly place wagers. The American Psychiatric Association previously viewed gambling addiction as an impulse disorder, however, more currently has re-classified compulsive gambling as a behavioral addiction. Gambling is often the “hidden addiction” that goes unnoticed by family members and friends until financial, emotional, and social consequences have gotten out of control.

Cheryl Hollembeak, Gambling and Substance Abuse counselor at Remedies reports “we are looking for loss of control, increased tolerance, increased money spent and increased time spent gambling. We are looking at people who have to rely on others for bailouts or to pay their bills because they have lost money gambling”.

The good news is that help for problem gambling is available and recovery is possible. Remedies Renewing Lives offers help and hope for individuals struggling with gambling issues at their Rockford and Belvidere locations. For more information, or to schedule a confidential assessment, call (815) 547-4502.

Mental Health Services

Remedies Provides Mental Health Services

Services include:

- Mental health Assessment
- Individual Counseling
- Group Counseling
- Psychiatric Evaluation/
Medication Management
- Case Management

Services are Provided at 2 Locations

Remedies Renewing Lives (Rockford)
215 Easton Pkwy.
Rockford, IL 61108

Remedies Renewing Lives (Belvidere)
1908 Pierce Court
Belvidere, IL 61008

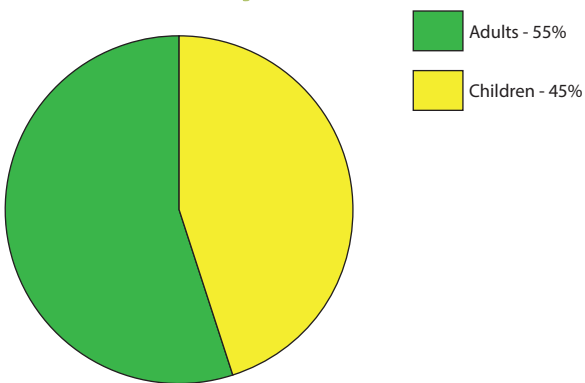
Remedies accepts all Medicaid, Managed Medicaid, Private Insurance or Self-Pay

Domestic Violence

By the Numbers (12,196 Nights of Shelter)

Our domestic violence program provides 24- hour emergency shelter to victims of domestic violence and their dependent children. In addition, Remedies provides a 24-hour crisis hotline, medical and legal advocacy, individual and group counseling, economic, educational and employment advocacy, life and parenting skills coaching, children counseling, and screening and advocacy for an array of children’s needs, including physical, developmental and emotional issues.

Shelter Populations Total Residents



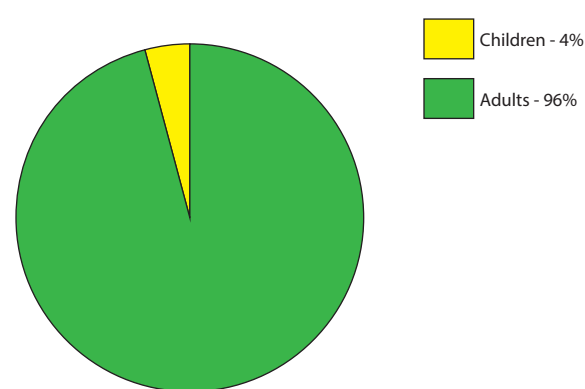
24- Hour Hotline Calls

7,621 Calls Received

Orders of Protection

965 Emergency
Orders of Protection Filed

Non-Residential Total Residents



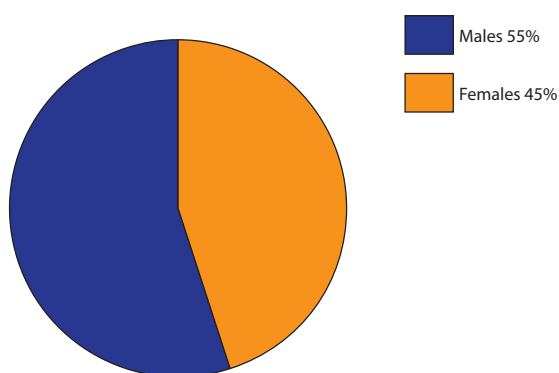
Shelter Nights

6,841 Shelter Nights Provided to Adults
5,355 Shelter Nights Provided to Children
Total in Shelter 12,196 Nights

Transitional Housing

Total Residents: 41
(25 Adults, 16 Children)

Total Clients



Transitional Housing Bed Nights

Total nights 10,086
(6,392 Adults, 3,694 Children)

Transitional Housing For Domestic Abuse Survivors

Remedies' Transitional Housing Program is designed to serve the needs of victims of domestic violence and human trafficking. The program assists in providing access to a safe living environment in one of fourteen 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, 35 adult clients have received transitional housing.
- In the past year, 10,086 nights of Transitional Housing were provided.
- To date, 16 women and 16 children have departed the Transitional Housing Program after obtaining safe and permanent housing.
- 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.



“My View: Let’s Listen to Survivors”

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



Many of you may have been lucky not to have been directly impacted by domestic violence, but you probably know someone who has. Three out of four Americans know someone who is or has been a victim of domestic violence—it could be your friend, neighbor, coworker or family member. Since we all most likely know someone who has been impacted by domestic violence, we all have a responsibility and opportunity to take a stand and offer support to those who may need our help. However, we should do this in a way that is truly helpful to others. Sometimes even with the best of intentions, we could make situations more difficult for survivors of domestic violence.

It is important to remember that what works for one person will not work for everyone. What might increase one person’s safety could actually increase another person’s danger. Domestic violence, sometimes referred to as intimate partner violence, includes a power imbalance in which one partner uses a variety of tactics to gain and maintain power and control over their partner. If the person who uses violence feels that their ability to control their partner is threatened, they might decide to take more extreme action to regain control over the victim through the use of emotional, physical or sexual abuse. This is why a survivor’s risk of being killed greatly increases when they are attempting to leave or have left their relationship. At any point, if the victim tries to escape their partner’s control, their safety could be in jeopardy.

It is critical that when we offer help to survivors of domestic violence, we recognize that they are the experts in their lives. They have been threatened, lived under the control of a partner, and have experienced the trauma first-hand. They understand the risks involved with staying or leaving. Each survivor needs to make decisions about what is best for them based on their experiences, fears and resources. There is no one-size-fits-all approach that will work for every situation of domestic violence, but we can listen and support each survivor to assist them with developing a plan that might help them in their unique situation.

Remedies Renewing Lives assists survivors with safety planning processes. Remedies remained open during the pandemic and we have continued to provide services while adding COVID-19 safety measures. Our staff is available to listen, provide support, and offer options, advocacy and resources. If you or someone you know needs assistance due to an unsafe or unhealthy relationship, call (815) 962-6102. Trained advocates are available to answer your call 24/7. Services are voluntary and confidential and include a 24-hour hotline, emergency shelter, counseling and support, Order of Protection assistance and transitional housing for both adults and child survivors.

Remedies' 2021 Donors

Special Thanks to Our Major Donors

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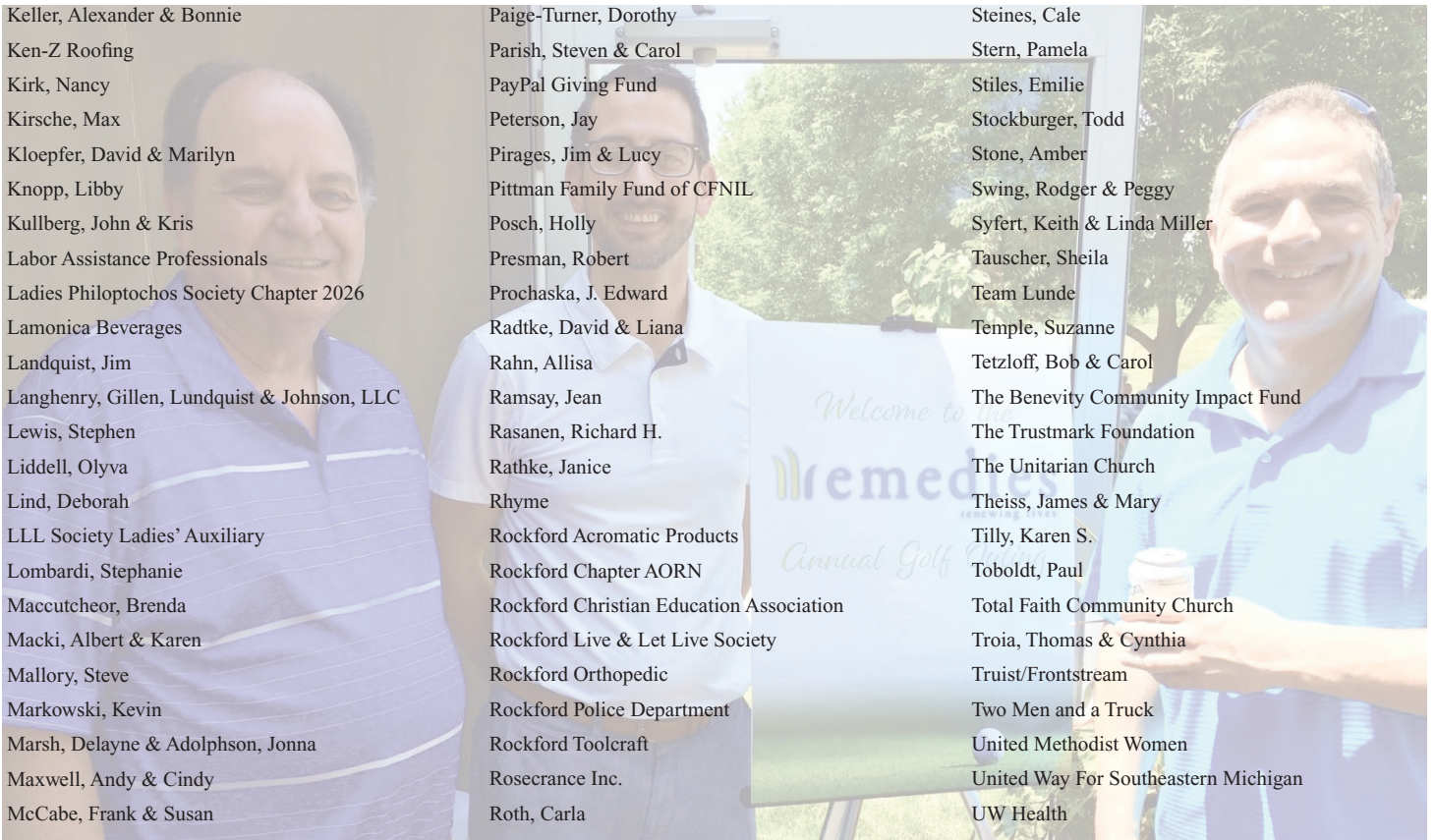
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Thank You For Supporting Remedies

A Donation Goes a Long Way

Make a difference in someone's life by helping us provide the resource 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.

\$75

Provides 50 bus tokens to assist clients with transportation issues.

\$325

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

\$50

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

\$250

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

\$40

Provides 30 minutes of language line interpreter services.

\$100

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

\$25

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

Legacy Gifts

Donors are encouraged to make bequests to Remedies under their wills, and to name Remedies as the 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 a federal income tax deduction if you itemize.

Gifts of Stock

A gift of appreciated securities, including stocks, bonds, and mutual funds, is deductible for income tax purposes and also 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 a birthday, anniversary, bridal shower, wedding, etc.

Please contact **Kathy Branning** at Remedies at **815.966.1285** for more information about giving, in-kind donation or naming opportunities.



Administrative Offices

215 Easton Parkway
Rockford, IL 61108

Phone: 815.966.1285
Fax: 815.962.7895

Rockford

Substance Abuse Services

215 Easton Parkway
Rockford, IL 61108

Substance Abuse Services: 815.962.0871
Substance Abuse Fax: 815.962.7895

Domestic Violence Services

220 Easton Parkway, Rockford, IL 61108

Domestic Violence Services: 815.962.6102
Domestic Violence Fax: 815.490.1050

Belvidere

Outpatient Substance Abuse and Domestic Violence Services

1908 Pierce Court
Belvidere, IL 61008

Substance Abuse Services: 815.547.4502
Substance Abuse Fax: 815.544.0391

Domestic Violence Services: 815.544.1866
Domestic Violence Fax: 815.544.0391

Gambling Addiction Services: 815.547.4502

www.remediesrenewinglives.org

