ANNUAL REPORT 2019
Critical Services for Domestic Violence and Substance Abuse
Dear Friends, Donors and Community Members,

It continues to be an honor to lead an organization like Remedies that is 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 the needs of the individuals that come to us for help. Remedies continually strives to live its mission to “Renew Lives” by providing support and services to some of the most vulnerable members of our community.

In 2018, Remedies received a generous donation from the Martin Campbell Foundation to expand services. The new facility will allow Remedies to provide additional services to meet the needs of the community that we serve. The new facility will be located next to our current location at 220 Easton Parkway.

In our community, approximately one third of the calls that law enforcement responds to are domestic violence related. The past year, Remedies’ Lethality Assessment Advocates responded to 2,366 lethality hotline calls. This was in addition to the 3,151 emergency hotline calls that Remedies’ Advocates responded to. The Lethality Assessment Program allows for immediate access and assessment from the domestic violence emergency shelter.

The collaboration with law enforcement has assisted in helping survivors to seek safety, shelter and advocacy sooner, with the goal of decreasing domestic violence related homicides.

Substance abuse continues to impact our nation and community. Remedies is committed to addressing the problem through a comprehensive approach that includes treatment, education, quality care and enhanced case management. Remedies works collaboratively with law enforcement, the fire department and other agencies to ensure that there are no barriers to treatment access. Remedies remains committed to providing quality care to our patients and their family members.

In August, 2019, Remedies received an additional $450,000 from the Office of Violence Against Women (OVW) to fund an additional 7 transitional apartments for victims of domestic violence. This will be in addition to the 14 transitional apartments that Remedies already provides. The apartments are one and two bedroom and come fully furnished. They provide victims of domestic violence a longer period of time to receive support, services and advocacy needed to achieve independence. Clients’ children also receive case management, advocacy and support from a Remedies Children’s Advocate. The Transitional Housing program is now able to serve 6 family units and 8 single adults.

Remedies remains compassionate about meeting the needs of the community and looks forward to our future expansion, 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

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**OUR ACCOMPLISHMENTS**

As an organization and a community, we are indebted to the founders of what is now Remedies. They could not possibly have known how many lives would be saved because of their commitment to make a positive change in their community.

In January 2016, in order to meet the escalating demand for domestic violence and substance abuse related services in our community, Remedies relocated to a larger facility.

Our new, updated and larger space allows staff to continue to provide addiction treatment services, shelter and advocacy for victims of domestic violence, and the opportunity to implement new programs and services. The additional space also allows for each family that enters the shelter to have their own room and bathroom, which provides further privacy and dignity. Our new home is energy efficient, structurally sound and offers the ability to expand as needed. The new facility is designed to accommodate an increase in the number of shelter beds from 40 to 62. There is also space dedicated to hosting community education forums, training sessions for clients and staff, as well as a secure outdoor play area for the children of shelter residents – all in close proximity to public transportation to facilitate access to schools, employment and recreational activities.
Our History

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 services for victims of domestic violence into the organization. This brought aboard services for victims of domestic violence and resulted in a second name change to Personal Health Abuse Services & 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.
We are the only domestic violence shelter and advocacy agency in Winnebago and Boone counties. Each year Remedies serves over 2,100 victims of domestic violence, many of whom are children. Remedies’ substance abuse programs serve an additional 1,350 adults each year. We provide a safe, supportive environment and critical, client-centered services designed to promote the healing of individuals and families.

**FISCAL YEAR FINANCIALS**  
July 1, 2018 – June 30, 2019

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**SUPPORT FOR PREGNANT WOMEN AND INFANTS**

Remedies Renewing Lives provides treatment and support for pregnant moms who struggle with addiction. Heroin and other drug use can cause serious complications during pregnancy and to the unborn baby. For decades, medical experts have recommended medication-assisted treatment (MAT) for opioid dependent pregnant women. MAT helps reduce the use of illegal opioids and the abuse of other harmful drugs while offering a number of proven advantages.

**Outcome Goals:**
- Early identification through screening, assessment and treatment.
- Encourage and engage addicted women in treatment services.
- Improve nutrition of the mother, leading to healthier weight and improved health of newborn.
- Reduce the risks of contracting HIV, hepatitis and other infections.
- Reduce medical complications both before and during childbirth.
- Shorten lengths of stay in hospital for high-risk infants.
- Decrease the burden on the foster care system.
- Improve birth outcomes for high-risk infants.
BY THE NUMBERS
Substance Abuse

38% Female
34% 30-39 Services Offered
• 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

1,862 Clients Served
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.

ETHNICITY

- 64% Caucasian
- 6% Hispanic
- 27% African American
- <1% Asian
- <1% Native American
- <1% Other

BY THE NUMBERS
Domestic Violence

19,092 Nights of Shelter

24-HOUR HOTLINE CALLS
5,517 Calls Received
Includes 2,366 Lethality Assessment Crisis Calls

SHELTER NIGHTS
9,673 Shelter Nights Provided to Adults
9,419 Shelter Nights Provided to Children
Total in Shelter: 19,092 Nights

ORDERS OF PROTECTION
686 Emergency Orders of Protection Filed
(675 at DVAC, 11 in Boone)

TRANSITIONAL HOUSING
Total Residents: 27
(16 Adults, 11 Children)

TRANSITIONAL HOUSING BED NIGHTS
Total Nights: 4,684
(2,552 Adults, 2,132 Children)

NON-RESIDENTIAL CLIENTS
Total Non-residential: 1,415
(1,273 Adults, 142 Children)

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’s counseling, and screening and advocacy for an array of children’s needs, including physical, developmental and emotional issues.

Shelter Population

- 53% Adult
- 47% Child

By the Numbers

- 10% Child
- 90% Adult

TOTAL RESIDENTS:
- 669 (368 Adults, 331 Children)

Total Nights:
- 19,092

Total in Shelter:
- 19,092 Nights

Total Non-residential:
- 1,415 (1,273 Adults, 142 Children)
THE LETHALITY ASSESSMENT PROGRAM

The purpose of the Lethality Assessment Program (LAP) is to save lives by connecting victims to life-saving, community based services, hold abusers accountable and create awareness of lethality factors with victims and communities.

The LAP program was started on November 1, 2017, as a result of a collaborative effort between the City of Rockford Police Department, the Winnebago County Sheriff’s Office and Remedies Renewing Lives.

This program is funded by a two year initiative to promote increased victim safety by improving the response to victims of domestic violence and was provided to Winnebago County by the U.S. Department of Justice Office on Violence Against Women. This grant program will serve to educate and empower victims, create a more strategic response to high risk situations and help improve access and cultural responsiveness in both law enforcement and domestic violence service providers.

The LAP process starts when law enforcement responds to a domestic violence call. The grant provides law enforcement with a phone that they use to contact a Victim Advocate at Remedies. The Victim Advocate then completes a Lethality Risk Assessment with the victim to assess for lethality risk. The Victim Advocate can then connect the victim with services and provide safety planning and emotional support.

During the first eight months of the program, Remedies responded to an additional 1,252 high risk phone calls. This demonstrates a 74% increase in hotline calls from the prior year. Remedies has welcomed and worked with 49.5% more clients in need of emergency shelter, many of whom didn’t know Remedies existed prior to the LAP Assessment.

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.

HOTLINE CALLS

5,839
July 2018 - June 2019

2,366
July 2018 - June 2019
TRANSPORTATIONAL 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 Advocate connects 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.

- In the past year, 27 adult clients have received transitional housing.
- 89% of all transitional housing clients served previously resided in Remedies’ emergency shelter. The remaining 11% have been referred to the program from Remedies Domestic Violence Walk-In Advocates.
- To date, 12 women and 11 children have departed the Transitional Housing Program after obtaining safe and permanent housing.
- Clients are offered the program for up to 24 months.
- Clients children also receive case management and support group services from a Remedies’ Children’s Advocate.
- The program currently has 14 transitional housing units.

CLIENT STORY

Remedies’ Transitional Advocate is currently working with a client who entered our emergency shelter and was later offered transitional housing. As a result of obtaining stable housing, this client immediately began working on personal goals. These goals included counseling, improving her physical health, maintaining sobriety and improving employment skills. The Transitional Advocate worked with the client on prioritizing her goals and overcoming barriers and obstacles.

This client has established a strong support system through a local church and recovery program, acquired job and interviewing skills and is now employed full-time. In addition, the client’s health has improved and she is following up and receiving needed medical care. Lastly, the client has used this program to become reunited with her 12-year-old daughter, who is now residing in the Transitional Program with her.

The client went from a life of having been trafficked, addicted and homeless, to providing a nurturing and safe environment for herself and her daughter. The client described “being proud of myself” and “liking the person I am getting to know” when referring to herself.
The staff at Remedies goes the extra mile to meet the educational needs of children in shelter. We first request permission to contact the child’s local school district so that education can continue seamlessly. We advocate with the child’s school district for transportation from the shelter to the school in which the child is enrolled. For infants and toddlers, we work with the Early Childhood Program to arrange screening for delays relative to exposure to trauma and to evaluate which services are best suited for each child. If it is unsafe for the child to attend school, arrangements will be made for home schooling within the shelter, including tutoring if necessary. Assistance with school supplies, lunches and uniforms is provided by Remedies.

The playground is an especially important part of our facility for the children coming into a communal living environment. Many times we have more children than adults in shelter and our playground provides a sense of normalcy and the opportunity for children to be children. It gives the children, staying in a crisis situation, the opportunity to relax and have fun. It also provides a sense of community for our residents as they gather to watch their children play and gives their children the opportunity to gain needed life skills as they navigate interacting with other children.

“I am here today because you listened to me. You are just like family and I will always be grateful for the gift you gave me—my freedom.”

—Shelter Resident
We would like to thank each of our donors for their generosity and financial support, for making possible our efforts to shelter, support and help Remedies’ clients realize a better tomorrow.

Bounds, Chad
Bounds, Jennifer & Ryan
Boschma, Dennis & Lanaya
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Buck, David & Jamie
Buckley, Edgar
Bueno, Robert & Teresa
Buesch, Stephanie & Marc
Buesch, Michael & Sara
Buesch, Paul & Sara

Remedies continuously strives to update our donor list to ensure accuracy. If we have made any spelling or listing errors, please contact Jennifer Bounds at 815-966-1285 so that we may make corrections as needed. We value our supporters, and it is never our intention to omit anyone.
Remedies is a private, nonprofit 501(c)(3) organization governed by a voluntary board of directors.

**BOARD OF DIRECTORS**

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, including medication assisted treatment (MAT) for opiate addiction.

**About Us**

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  - Northwest Community Center

- **Kim Thielen**
  - Fund Development Chair
  - Prairie State Legal Services

- **Kathy Vigna**
  - Fund Development Chair
  - Hamilton Sundstrand (retired)

**Thank You for Supporting Remedies**

A donation goes a long way.

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.

- **$75**
  - Provides 50 bus tokens to assist clients with transportation issues.

- **$325**
  - Purchases a case of Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) books.

- **$40**
  - Provides 30 minutes of language line interpreter services.

- **$250**
  - Provides 8 weeks of group counseling for pregnant and parenting moms in the addiction treatment program.

- **$25**
  - Provides a new school uniform for a child living in the domestic violence shelter.

- **$100**
  - Provides a domestic violence survivor the ability to have locks changed so they may remain in their home.

- **$10**
  - Helps an individual entering our treatment program or living in shelter obtain a copy of their birth certificate.

**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 donations or naming opportunities.
A special thanks to Digital Hive Mind for making this project possible through their generous donation of creative services.

www.digitalhivemind.com