

## ALUMNI & FRIENDS

The CAT Alumni & Friends Association strives to establish and enhance a mutually beneficial enduring relationship between CAT and all of its alumni. The association encourages support for CAT, facilitates communication between alumni and CAT and offers opportunities for volunteer service.



The CAT Alumni & Friends Association is a critical component of what we do at CAT. In addition to coordinating activities with patients, CAT alumni organize and host social and fundraising events. But the most important thing the alumni do is share experience, strength and hope with our patients, encouraging them along the road to recovery.

In all its activities, the CAT Alumni & Friends Association is committed to recovery as a lifelong process and fosters CAT's vision that Recovery is Within Reach.

## WHAT WE DO

The money raised is used to purchase Alcoholics Anonymous and Narcotics

Anonymous texts for clients, host in-house celebrations for clients and their families, buy art supplies and participate in other recovery-related activities. The association is a fun way to network, stay in touch with other graduates and participate in sober activities.

Alumni & Friends meets the first and third Wednesdays of each month at 6 p.m. Everyone is welcome to attend.

## VOLUNTEER

Volunteers play a vital role in supporting the services provided by CAT. By becoming involved and providing help, you can make an impact in all areas at CAT, from driving patients to meetings to serving on volunteer leadership committees.

If you are interested in becoming involved with CAT, contact Human Resources at (513) 381-6672.

## MELINDA'S STORY: "I KNEW I WASN'T ALONE"



Melinda M. had been struggling with addiction for years; she was afraid, lonely, and eventually reached her last straw. Melinda wanted to recover; she wanted to build a life for herself outside of her addiction and knew she couldn't do it alone. She decided she was ready to get the help she needed and became a patient in the Medication-Assisted Treatment (MAT) program at CAT. Melinda urges those who are also in need to "jump in and seek help".

The Medication-Assisted Treatment program has been successful not only for Melinda M., but for countless other individuals as they've begun their journey into recovery. We treated over 708 MAT patients in 2017, most of whom report marked improvements in their life areas such as employment and family relationships while reducing involvement with the justice system and/or the child welfare system. Medication Assisted Treatment allows people to re-enter society and build a new life, giving back to the community and becoming productive citizens once again.

Expansion of medication-assisted treatment was made possible this year due to the grand opening of our new Spaulding Recovery & Family Care building. This new building provides us with countless opportunities to help individuals in many aspects of their recovery, including the MAT program, a new outpatient mental health counseling center and primary care opening in early 2018.

Melinda M. is a shining example that progress is possible. Since being involved with CAT's MAT program she has been 19 months in recovery and has maintained sobriety for the entirety of her treatment, feeling less isolated and afraid. Melinda expressed, "I knew I wasn't alone and that I had a hand to hold throughout the whole process".

Melinda recently received her high school diploma, became more in touch with her higher power, lives in her own apartment and regained custody of both of her children. "It's always hard before the blessing hits" Melinda confides, "the world is changing and we have to evolve with it; CAT helped me to do that. Never give up- it's so much better on this side".

Congrats Melinda on your journey to recovery, keep up the good work, we are all here to cheer you on!

## STAY CONNECTED

At CAT, we know firsthand that the way we communicate with each other is being transformed by technology. We want to stay in touch with our patients and their families, our supporters and the community at large. These digital platforms let us share news, innovations and developments with you.

[www.CATSober.org](http://www.CATSober.org)

<https://www.facebook.com/ccatsober>

<https://twitter.com/ccatsober>

We also encourage you to sign up for our newsletter if you haven't already done so by visiting our website [www.catsober.org](http://www.catsober.org)

Our CAT recovery app is available as a free download on iTunes and the Google Playstore. Find it by searching "Center for Addiction Treatment Cincinnati"

## BOARD OF TRUSTEES

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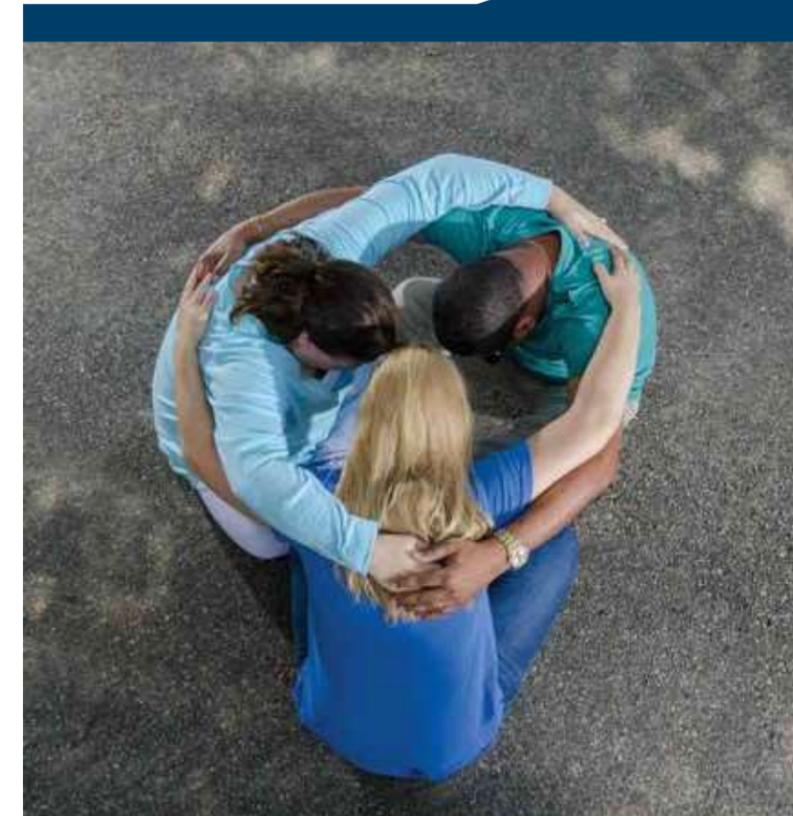
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CAT is funded in part by the Hamilton County Mental Health and Recovery Services Board, the City of Cincinnati, and the United Way of Greater Cincinnati. CAT is accredited by the Joint Commission and certified by the Ohio Department of Mental Health and Addiction Services.



CENTER FOR  
ADDICTION  
TREATMENT  
Recovery Within Reach



## FISCAL YEAR 2017 ANNUAL REPORT

## PRESIDENT'S LETTER

Dear Friends,

Well, collectively we did it! The Spaulding Recovery and Family Care Building was completed this year. In the midst of the opiate crisis our community needs opportunities to celebrate even small wins. The opening of the new outpatient building gave us such an opportunity. The new building means CAT can offer more services to more adults with an addiction and/or mental health diagnosis.

The integration of behavioral health and physical health is now possible with the opening of the Deaconess Healthcheck clinic, located at CAT and staffed by CAT's doctor, nurse practitioner and nurses.

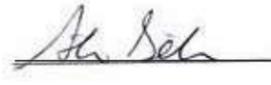
The Spaulding Recovery and Family Care space also includes a new mental health counseling center, and offers outpatient services to individuals, couples and families. Our outpatient counselors are also certified to provide counseling for problem gambling.

CAT continues to offer all the quality services for which we are known: detox, residential and medication assisted treatment. Adding new outpatient services means better patient outcomes due to more opportunities to access the right treatment at the right time.

Completion of our capital project was possible because of the generous support of public officials, foundations, individuals and the energetic leadership of the capital campaign cabinet and its co-chairs, Dave Ritter and Joe Tomain.

Thank you for being a part of CAT's growth. Together we will continue to save lives and rebuild families.

Sincerely,

Sandra L. Kuehn  
President/CEO

Steve Goodin  
President/Board of Trustees

## PUTTING RECOVERY WITHIN REACH

When it first opened its doors in 1970, the Center for Addiction Treatment offered a unique viewpoint on addiction. Its members firmly believed addiction was a disease to be treated, not a moral failing to be punished.

While this belief is widely accepted today, that wasn't always the case; CAT was ahead of its time.

CAT has remained a leader in the treatment of addiction, providing modern scientific approaches to the assessment and medical care of patients with addiction to drugs, alcohol or gambling.

## WHAT SETS CAT APART

- Recovery is within reach - using the best tools available in this region, CAT makes recovery personally attainable for any patient by offering affordable access to care that is close in proximity to anywhere in the Tristate.
- Patients have access to both residential and intensive outpatient services, including a dedicated physician and 24/7 access to professionally trained nursing staff.
- Patients benefit from the only non-hospital-based medically monitored detox between Pendleton County, KY and Columbus, OH.
- CAT's medication-assisted treatment program for opiate dependent patients utilizes FDA approved medications including Suboxone® and Vivitrol®. These medications are used as part of a comprehensive approach that includes monitored urine screens and close management of pill dispensing, paired with proven counseling methods and unique support programs.
- Through CAT's network, patients have access to a vibrant, active recovery community for continued support after treatment. CAT has a rich history of successfully treating addiction since 1970, making it the longest standing addiction treatment center in the region.

## SERVICES

**Medical Detox** - CAT operates the only community-based, medically monitored drug and alcohol detoxification center within an 180 mile radius. CAT's Medical Detox is designed specifically to support our patients through the challenges of withdrawal.

**Short-Term Residential Treatment** – CAT's Short-Term Residential Program provides individualized treatment and education to help patients focus on recovery after detoxification has taken place. Our program offers educational sessions, group and individual therapy and 12-step meetings. The specific needs and progress of each patient ultimately determines the length of stay.

CAT's trained counselors educate patients on the effects of drug and alcohol abuse, relapse prevention, stress management and similar issues related to chemical dependency. Additional sessions include music therapy, art, recreation, spirituality discussions and more.

**Medication-Assisted Treatment** - Because withdrawal from alcohol and opiates such as heroin, oxycodone (OxyContin®) and methadone is often painful, many patients abandon treatment before completing detoxification. We offer hope. Through the use of medications like Suboxone® or Vivitrol®, paired with appropriate counseling, alcohol and opioid-dependent people can begin to manage their disease and focus on other aspects of their lives.

**Strengthening Families Program** – CAT's Strengthening Families Program educates family members on the disease of addiction and teaches them how they can positively change the dynamics of their relationships, improve communication skills and find relapse prevention support.

**Continuing Care** – Our Continuing Care Program involves weekly group meetings designed to provide peer support with a particular focus on relapse prevention. Once patients have successfully completed the program, they are invited to participate in a graduation ceremony to celebrate their achievements.



## FINANCIALS

Public Support and Revenue	2017 (unaudited)	2016
Hamilton County Alcohol & Drug Addiction Services	\$3,000,658	\$2,409,504
City of Cincinnati - Community Development & Planning	\$183,383	\$146,241
United Way of Greater Cincinnati	\$102,636	\$105,000
Client Fees	\$182,761	\$269,749
Contracts and Other Grants	\$1,163,788	\$1,011,021
Contributions	\$201,565	\$111,910
Special Events	\$16,588	\$13,930
U.S. District Courts	\$0	\$0
Net Assets Released From Restriction	\$0	\$107,863
Other	\$12,143	\$12,001
<b>Total Public Support &amp; Revenue</b>	<b>\$4,869,446</b>	<b>\$4,187,219</b>

Expenses	2017	2016
Programs	\$4,074,272	\$3,619,118
Management & General	\$566,153	\$560,096
Fundraising	\$35,802	\$111,942
<b>Total Expenses</b>	<b>\$4,676,227</b>	<b>\$4,291,156</b>

**Operating Revenue Over (Under) Expenses**      **\$193,219**      **-\$103,937**

**Prior Pension Cost**      **\$0**      **-\$79,368**

**Change in Net Assets**      **\$193,219**      **-\$183,305**

Temporarily Restricted	\$3,839,173	\$906,469
Unrestricted	\$2,041,984	\$1,848,765

**Total Net Assets, end of year**      **\$5,881,157**      **\$2,755,234**

## PROGRAM DATA

Total admissions into all levels of care	1536
Total unduplicated admissions into outpatient Medication-Assisted Treatment Program	708
Total unduplicated admissions	1141
Total days of service provided	15,316

Planned discharges from medically-monitored detoxification	61%
Planned discharges from short-term residential treatment	75%

## PATIENT DEMOGRAPHICS

By Drug of Abuse		By Age	
Opiates	76%	18-30	32%
Alcohol	19%	31-45	43%
Crack/Cocaine	4%	46-59	20%
Marijuana	.18%	60-74	5%
Other	.82		