

Phoenix Programs, Inc.

Providing a New Perspective on Prevention, Treatment, and Recovery – for individuals, for families – for over 35 years

Annual Report 2010



“Thank you for giving me my dad back.”

Tammy is a family member of an individual who is now in recovery and understands the value of treatment and support. “I can’t begin to express to you my deep appreciation for all you’ve done for my dad. The care, support, encouragement, and respect you’ve shown him have been truly amazing. I am so glad my dad has chosen to attend and participate in your after-care programs – not only to help his recovery but also to maintain his relationships with all of you. He speaks so highly of you, and I know feels truly blessed to have each of you in his life. Thank you for giving me my dad back.”

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Letter from Director and President

2010

It has been a year of achievement and progress, and a year of economic challenges, not only for our community, but the nation as a whole.

Last year, Phoenix Programs, Inc. celebrated 36 years of reconnecting families and individuals with each other and our community.

During the past year, as in years past, Phoenix Programs has grown to meet the needs of our community by expanding our services and setting an example of how effective treatment can be when it is based on proven best-practices. We offered treatment services to 1,875 consumers - 305 more people than we treated the year before. We have restored hope and well-being for these individuals and their families, and have given them a new start.

It has been an exciting year as we moved into a new, 28,000 square foot, state-of-the-art building that has allowed us to bring all of our staff and services under one roof. The move has not only made it easier for consumers to progress through treatment without the interruption of changing locations and counselors, but has provided the space to expand our programs and services. We can now serve more families, adolescents and veterans than ever before. We have expanded our outpatient treatment options for women and youth, even in the face of budget cuts as the state of Missouri worked to balance the budget.

Unfortunately, the difficult economic climate caused funding challenges for Phoenix Programs in two areas. In 2010, four Phoenix staff members were laid off due to two large funding cuts that the state made to all substance abuse/mental health providers. In addition, Phoenix Programs started a Women's Detoxification program in the new building to fulfill a long-term goal of providing detoxification services for women as well as men, but state funding for this program was only available for five months. With the large cuts in funding, there was not enough money to staff the program and we had to close this unit. We continue to work hard at finding new funding sources so that everyone who needs our services can receive treatment.

We are grateful to all of our supporters for helping Phoenix Programs continue to grow and lead the way in providing treatment options that work.

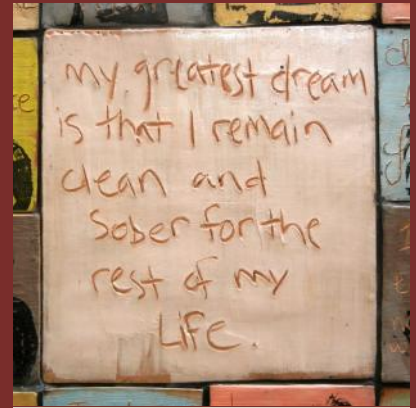
As you look through this report, you will see the words and stories of individuals who came to Phoenix Programs, Inc. and found hope and healing. Although our move to a new building is an exciting achievement, it is our staff members and their commitment, integrity and experience that set Phoenix Programs apart. Our staff members walk alongside clients in their recovery journey and help them build the community of support they must have to succeed. And they do succeed as you will see in the pages to follow.



Deborah Beste
Executive Director



Steve Smith
President of the Board



Board of Directors

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Raymond James Financial Services

Brock Bukowsky - Treasurer

VA Mortgage

Ken Mace - Secretary

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John McClure

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Executive Staff

Deborah Beste

Executive Director

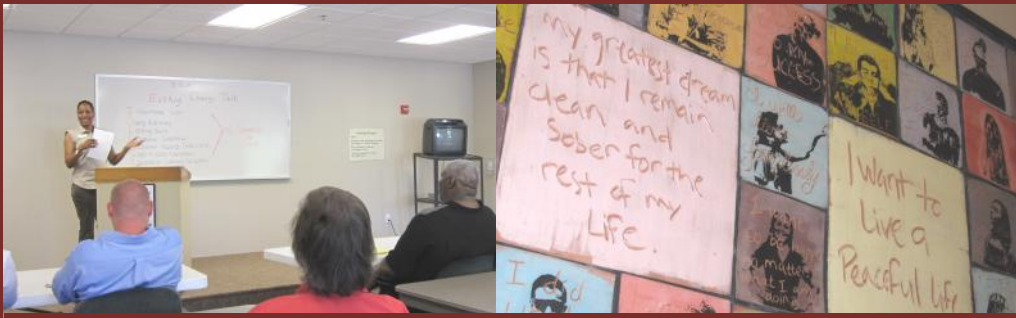
James Kimbro

Director of Clinical Services

Sandra Davies

Director of Operations





1,875 Number of unique individuals receiving services from Phoenix in 2010. An increase of 305 from 2009.

Number of years of collective recovery the Phoenix staff have. Also, 99% of staff have the highest State Clinical Certification to practice.

84

88% The percentage of Veterans who become employed or start volunteering while participating in Phoenix programming.



Programs and Services Update

Adolescent Services: 208 Adolescents Served

Phoenix Programs provides one-on-one outpatient treatment to adolescents and young adults ages 12 through 20 with alcohol or drug abuse problems. Our treatment strategies are effective because they include families as an integral part of the treatment process.

The treatment program uses positive, individualized, flexible behavioral approaches to help youth and their care givers develop coping skills. Phoenix Programs uses a nationally recognized treatment model, the Adolescent Community Reinforcement Approach or A-CRA, which has proven results – students experience more success in school, avoid legal entanglements, increase social stability and decrease substance use and depression.

This project provides help to families to increase family stability so children do not run away, drop out of school, end up in foster families or attempt suicide.

Family Services - 346 Families Served

Professional staff meet with family members to help begin to repair the damage that has been created by substance abuse and addiction. We know that involving a loved one in the recovery process adds to the positive long-term outcomes of treatment. Both couples and family counseling are provided.

Veterans Services: 78 Veterans Served

Homeless veterans remain one of the most vulnerable populations in Boone County. Phoenix Programs is committed to helping our Veterans receive the counseling and support services they need to overcome

“One of our biggest success stories is a client who was active in the Vets program for one year,” says a Phoenix staff member “He successfully completed the Drug Court program, reunited with his family, obtained a driver’s license and a car, and became a certified lifeguard. He is now an active volunteer and recently enrolled in college. The Vets at Home program provided him

Program Spotlight



Payment Options at Phoenix

Phoenix Programs offers a wide array of options for participants who want customized treatment and have the resources to use private insurance or pay out of pocket. Private pay participants have immediate access to an intake specialist to create an individualized plan for successful, long-term recovery while allowing participants to continue working, living in their current housing or, if needed, take part in a brief residential stay for stabilization. In 2010 Phoenix expanded the Private Pay initiative to increase options for families and employers who need excellent, evidenced-based treatment in an affordable and professional setting.



Programs and Services Update

Outpatient Services: 1,416 People Served

Outpatient services are offered for individuals who are in a stable and drug-free environment and are able to attend individual and group sessions as needed.

We tailor our services to meet individual needs. Treatment is planned by the client with suggestions and insight offered from staff members.

Outpatient options range from one-on-one counseling to group therapy sessions to continuing treatment to maintain recovery. Intensive outpatient services also are offered and allow clients to maintain employment.

Group education classes include Trauma Education, Mood Management, Co-occurring Disorders, Communication Tools and gender-specific groups such as our new Women's Group, where women gain confidence and recovery skills unique to their roles and experiences.

Family Therapy and Vocational Support are also available.

Our counselors provide a wealth of experience and are licensed and certified.

"I am a client at Phoenix by choice. I love all the staff who have been wonderful. You can talk with anyone about any issues and never be judged. Thank you." - Client

Residential Services: 459 People Served

Both private and semi-private rooms are available. Residential length of stay varies greatly. Individuals may agree to a week-long episode of residential recovery support following a sudden relapse. Other patients new to recovery may choose three to four weeks of intensive attention while they adjust to a chemical-free lifestyle, focused on strengthening recovery to increase self-sufficiency. Available for men only.

The program offers 50 hours of weekly activities which include group counseling, education, therapeutic recreation, and

"All of the groups were extremely helpful in the rehabilitation and habilitation process. Never once have I left a group without a positive thought or feeling that I could turn into action concerning recovery from a problem that I was dealing with or

Phillip House



Phillip Stepney

It's personal.

Alcoholism and drug addiction cut across all social and economic lines. Phoenix Counselor Leland Stepney knows this first-hand. His brother, Phillip, was a father, a family man, a community leader in Columbus, Ohio, a landlord and was active in his church. Then, mental illness and substance abuse led him away from his family and into homelessness and eventually death. Today, Phillip House, a Phoenix Programs, Inc. recovery home for persons in residential treatment, which is named in memory of Leland's brother, provides a chance for individuals to break the cycle of addiction so they can reconnect with their family and community.



Program Spotlight

Tobacco Free Treatment at Phoenix



When participants arrive at Phoenix, they understand that tobacco is not allowed anywhere on the property. What they experience is a whole-person approach to addiction treatment that INCLUDES treatment for their tobacco addiction. Once controversial, treating tobacco addiction in conjunction with other substance use treatment is now considered more effective than allowing tobacco use to continue during treatment. Client M says "Every morning I woke up and when I would smoke my first cigarette it would trigger my drug craving to cocaine... I have been stopped for 35 days now. The class was very beneficial and I recommend it to anyone who has the desire to quit."



Financial Information

EXPENSE BY PROGRAM AREA

Substance Abuse Treatment & Recovery Services	Access to Recovery Level 1-3	\$888,690	28%
	Freedom From Smoking	\$90,596	3%
	Department of Corrections	\$125,577	4%
Integrated Mental Health	Youth Program	\$325,985	10%
	Modified Therapeutic Community	\$630,119	20%
	Social Setting Detox	\$150,104	5%
Supportive Housing	Housing Programs	\$365,417	11%
Administration	Administration	\$584,740	18%
	Fundraising	\$23,823	1%
Total Expenses		\$3,185,051	
Total Revenue		\$3,470,491	

REVENUE SOURCES

City and County	1%
United Way	1%
Misc, Donations & Fees	6%
State of Missouri	43%
Federal	42%
Private	7%
Total	100%

In Memoriam...

Phoenix Programs is grateful to the following donors who designated a memorial gift in honor of a beloved family member or friend. Your gifts make a difference.

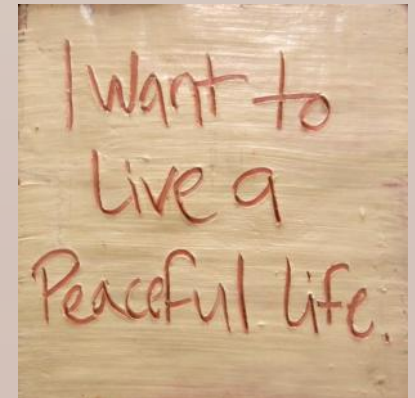
Bernadine Nathan Fredlich

Nancy Wiederholdt

Ercell Miller

Graham Lake

John Duncan Krieghauser



Phoenix at the Front

Research and Publication at Phoenix



Through consistent use of evidenced-based treatment and in-depth outcomes and data collection, Phoenix is becoming a leader in addiction and mental health treatment. In 2010, Phoenix presented a research poster at the Quality of Behavioral Health Care conference in conjunction with the internationally recognized National Development and Research Institutes (NDRI). Now Phoenix is collaborating with the Harry S Truman School of Public Affairs at the University of Missouri to help put the research of recovery and treatment into practical use in the behavioral health field.



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Funder Spotlight

Missouri Foundation for Health



Since 2004, Phoenix has been awarded nine grants from the Missouri Foundation for Health (MFH). Phoenix has used that money to fund effective and innovative treatment programs that have helped diverse populations and produced outstanding results in the areas of tobacco addiction, co-occurring disorders and adolescent treatments. In addition to funding Phoenix programs, MFH supports hundreds of health-focused Missouri nonprofits and distributes approximately \$50 million in grants annually to help people in Missouri achieve equal access to quality health services that promote prevention and encourage healthy behaviors.

Funding provided by:



Phoenix Programs, inc. has been certified by the State of Missouri Department of Mental Health Division of Drug and Alcohol Abuse since 1974

As part of a community project, MU art students created a piece of public art that captures the spirit of the recovery community. This year, the students decided that they wanted to design and donate a large piece of public art to the community providing them with practical experience designing and presenting a piece. The project combines public art with awareness and empowerment. The piece is composed of large ceramic tiles with quotes and pictures from clients, giving a voice to an invisible and often forgotten community struggling to be free of addiction.



Phoenix in the Community MU Students Give the Gift of Art

