# Community Division

2011 Annual Report
July 1, 2010 – June 30, 2011

Listening for Recovery

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## FY 2011 BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>Chairman</td>
<td>Victor Fonseca</td>
</tr>
<tr>
<td>1st Vice Chairman</td>
<td>Glenn Baer Huebner</td>
</tr>
<tr>
<td>2nd Vice Chairman</td>
<td>William Sanders</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Donald Crossett</td>
</tr>
<tr>
<td>Secretary</td>
<td>Warren Harrington</td>
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## HONORARY LIFE DIRECTORS

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Donald C. Clark</td>
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<tr>
<td>Merri Dee</td>
</tr>
<tr>
<td>Wayne E. Hedien</td>
</tr>
<tr>
<td>Bill Kurtis</td>
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<tr>
<td>Robert A. Leibold</td>
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<tr>
<td>Ramsey E. Lewis</td>
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<td>Davis B. Mathis</td>
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## EXECUTIVE STAFF

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
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<tbody>
<tr>
<td>President &amp; CEO</td>
<td>Michael Darcy</td>
</tr>
<tr>
<td>Vice President, Community Service Division</td>
<td>Nick Gantes</td>
</tr>
<tr>
<td>Vice President, Corrections Division</td>
<td>Michael Greiger</td>
</tr>
<tr>
<td>Vice President, Human Resources</td>
<td>Martha Yoont</td>
</tr>
<tr>
<td>Vice President, Information Systems</td>
<td>Daniel Mollor</td>
</tr>
<tr>
<td>Vice President, Finance</td>
<td>George Vargas</td>
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## Community Division Treatment Centers

Accredited by The Joint Commission

<table>
<thead>
<tr>
<th>Location</th>
<th>Services Offered</th>
</tr>
</thead>
</table>
| AURORA - IL | Adult Residential & Day Treatment (Separate Male & Female)  
Adult Intensive Outpatient & Aftercare Programs (Co-Ed)  
Adult Outpatient Mental Health Counseling  
Adolescent Outpatient Treatment Program (Co-Ed) |
| BELLEVILLE - IL | Adult & Adolescent Intensive Outpatient & Aftercare Programs (Co-Ed)  
Adult Women Specialized Outpatient Programs  
Adult DUI Evaluations, Education and Treatment |
| CARBONDALE - IL | Adult Residential Programs (Separate Male & Female)  
Adult Intensive Outpatient & Aftercare Programs (Co-Ed)  
Adult DUI Evaluations, Education and Treatment  
Adolescent Residential Programs (Separate Male & Female)  
Adolescent Intensive Outpatient & Aftercare Programs (Co-Ed)  
Adolescent Male Specialized Short-Term Residential Programs |
| CASEVILLE - IL | Adult Residential, Day Treatment & Aftercare Programs (Separate Male & Female) |
| CHICAGO KEDZIE - IL | Adult Recovery Home (Co-Ed) |
| CHICAGO NORTHWEST - IL | Adult & Adolescent Intensive Outpatient & Aftercare Programs (Co-Ed)  
Adult DUI Evaluations, Education and Treatment |
| CHICAGO WEST - IL | Adult Residential & Day Treatment Programs (Separate Male & Female)  
Adult Residential Dual Diagnosis & Day Treatment Programs (Separate Male & Female)  
Adolescent Male Residential Programs  
LSTAR (Life skills treatment & recovery) Co-Ed Care for Co-Occurring Disorders |
| LAKE VILLA - IL | Adult Residential & Day Treatment Programs (Separate Male & Female)  
Adolescent Male Residential Programs & Bridge Programs (Ages 18-20)  
Adolescent Male Specialized Short-Term Residential Programs |
| SPRINGFIELD - IL | Adult Residential, Day Treatment & Aftercare programs (Separate Male & Female)  
Adult Intensive Outpatient & Aftercare Programs (Co-Ed)  
Adult DUI Evaluations, Education and Treatment  
Adolescent Male Residential Programs  
Adolescent Intensive Outpatient & Aftercare Programs (Co-Ed)  
Adolescent Male Day Treatment Programs |
| DELAWARE CITY - DE | Adult Residential & Aftercare Programs |

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Community Division

24-Hour Helpline
877-321-RECOVER
(877-321-7326)
Listening for Recovery

Expanding Services to Satisfy Community Treatment Needs

As an organization Gateway actively listens to community leaders, referring professionals, parents and families so that we understand how to optimize our programs to most effectively deliver the services needed. In Fiscal 2011, we introduced three new treatment programs based on what we heard throughout the state of Illinois.

Meeting an important community need, Gateway Aurora successfully launched a new outpatient program for adolescents struggling with substance abuse. The program focuses on educating teens about substance abuse and prevention and convenes after school so treatment doesn’t interfere with progress in the classroom.

Gateway Carbondale added a new adult residential treatment program that offers gender-specific, individualized care, round-the-clock recovery support and treatment for co-occurring disorders. In-residence treatment in particular allows a person to fully immerse in the recovery process, focusing on education, therapy and counseling sessions in order to ultimately live a life free of drugs and alcohol.

Gateway Springfield introduced a specialized residential substance abuse treatment program, with 16-beds, for adult women ages 18 and older. Designed to meet the unique biological, psychological, social and familial needs of women, the residential program utilizes evidence-based approaches, traditional 12-Step and “talk therapy” methods and newer therapies to treat substance abuse as well as co-occurring disorders. Compassionate care and individualized therapy is practiced throughout treatment by an all-female counseling team, including staff psychiatrist, physician, licensed counselors and a qualified nursing staff.

Our Commitment
For more than 40 years, Gateway Foundation Alcohol & Drug Treatment has provided the assistance needed about drug and alcohol treatment, as well as their frequently co-occurring mental health problems.

Gateway Foundation Pilots Biofeedback Therapy
We always listen carefully to each individual that comes to treatment at Gateway to learn their unique strengths and challenges. Undergoing Gateway Foundation’s mission to provide individuals with the best treatment and support necessary to achieve lasting recovery, Gateway launched a pilot program in early 2011 to determine how biofeedback therapy could successfully be added to treatment planning for individuals pursuing recovery in residential treatment programs.

Biofeedback is most widely used to help individuals regulate their level of self-awareness so they can learn to manage their depression, impulsivity, cravings, hyperactivity, stress and anxiety— and help reduce the risk of relapse. Biofeedback therapy is a non-invasive process in which individuals’ breathing, heart rate, skin temperature and muscle tension is monitored. Through advanced computer technology, individuals are provided feedback regarding their biological functioning in order to enhance their ability to self-regulate arousal levels.

Clinical outcome measures from the pilot program— such as client satisfaction, retention in treatment, reduced impulsivity/variety symptoms— will be examined next year to determine if biofeedback will be included in treatment plans in all Illinois treatment centers.

Redesigned Web Site Provides More Resources to Thousands Online
Listening to the stories of individuals in treatment, their families and the needs of referring professionals, RecoverGateway.org was re-designed to provide more helpful information about substance abuse and treatment options. The new web site provides thousands of individuals with instant access to a wealth of information and is easier to navigate. New highlights include:

• A robust resource center with substance abuse prevention information for families and parents
• Online video that provides and overview of Gateway’s treatment services
• Information for community members and referring professionals regarding training, outreach services and more
• Executive Director profiles and detailed information specific to each treatment
• More alumni testimonials to share stories of treatment success and hope

Professional Training Offers a Window Into Gateway’s Expertise
In Fiscal 2011, Gateway Foundation listened intently to the needs of industry professionals and provided training and development to hundreds of behavioral healthcare professionals. Continuing education credit training workshops led by Gateway’s team of experts, included Motivational Interviewing, Co-Occurring Disorders, Domestic Violence and more to help advance the careers and licensing requirements of many professionals. Professional training was also provided to help educate community partners and businesses about substance abuse related issues and advancements in treatment options.

Real Answers for Lasting Recovery