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Vice President, Information Systems

George Vargas  
Vice President, Finance

RecoverGateway.org  
24-Hour Helpline  
877-321-RECOVER  
(877-321-7326)

## COMMUNITY DIVISION TREATMENT CENTERS

Accredited by The Joint Commission

### 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

### CASEYVILLE - 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

55 E Jackson Blvd, Ste. 1500  
Chicago, IL 60604  
P:312-663-1130 F: 312-663-0504



Alcohol & Drug  
Treatment

## Community Division

2011 Annual Report

July 1, 2010 – June 30, 2011

# Listening for Recovery



# 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 answers individuals need about drug and alcohol treatment, as well as their frequently co-occurring mental health problems.

Our dedicated staff guides individuals throughout their care, making sure they receive the treatment and support necessary to achieve lasting recovery. We are also sensitive to the cost of care, and will provide affordable treatment that is within reach.

## Dear Friends and Supporters,

As the largest provider of substance abuse treatment in Illinois, Gateway Foundation Alcohol & Drug Treatment's success in changing lives is largely attributed to actively listening and gathering feedback, which helps us determine how we can be the most effective partner in the communities we serve.

In 2011 Gateway Foundation treated more than 11,000 adults and teens in residential and outpatient treatment. Our community outreach efforts also provided valuable information about treatment options to thousands of individuals and their families.

Throughout our treatment and outreach efforts, Gateway was Listening for Recovery and made program changes based on what we learned. We heard about the unique needs of communities throughout Illinois, and launched new and refined treatment programs specific to the needs of adults and adolescents. We also listened to the needs of industry professionals throughout the state, and responded by sharing our expertise, providing continuing education training throughout the state for behavioral healthcare professionals.

At the heart of Gateway Foundation, we engage and listen to each Individual that comes to treatment to understand their unique

challenges. In 2011, we piloted new tools to help more individuals effectively overcome their personal recovery challenges.

Parents, family members and siblings also have a voice that we heard, and we re-designed RecoverGateway.org to meet their needs. We provided additional resource materials to more than 100,000 online visitors to help them understand how to get help for themselves, a friend or family member.

During Fiscal 2011 Gateway Foundation was Listening for Recovery. We learned a great deal and made significant improvements to help us continue to achieve our mission

We are extremely thankful for our especially talented and compassionate staff as well as our dedicated Board of Directors. They have an unrelenting commitment to Listening for Recovery, taking action on what they heard and making a difference in the lives of thousands of individuals and their families.

Victor Fonseca, Chairman  
Gateway Foundation Board of Directors

Michael Darcy, President and CEO  
Gateway Foundation, Inc.

## 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. Underscoring 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-arousal 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/anxiety 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 an 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



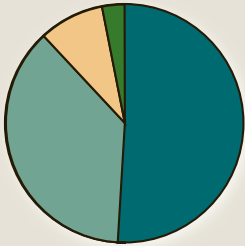
## Professional Training Offers a Window Into Gateway's Expertise

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

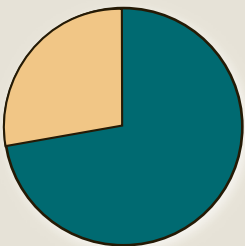
## 2011 Fiscal Year Demographic Breakdown

### % by Ethnicity



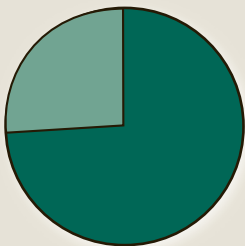
African-American (35%)    Hispanic (9%)  
Caucasian (51%)    Other (4%)

### % by Gender



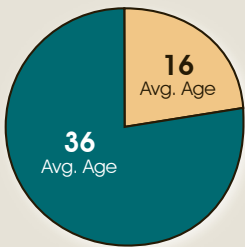
Male (71%)  
Female (29%)

### Residential/Outpatient



Outpatient (73%)  
Residential (27%)

### Age Group



Adult (86%)  
Adolescent (14%)