



Alcohol & Drug
Treatment

A full-page photograph of a woman in profile, facing right, with her head tilted back and eyes closed, basking in the warm light of a sunset. She is wearing a white tank top and a dark skirt with a colorful pattern. Her right arm is extended forward, palm up. The background is a field of tall, golden grasses, and the sun is low on the horizon, creating a strong lens flare and a warm, orange glow across the entire scene.

Recovery

Inspiring Success

Dear Friends and Supporters,

Over the 40-year history that Gateway Foundation Alcohol & Drug Treatment has provided substance abuse treatment, little has changed in the reasons why individuals become entangled in a web of addiction. Fortunately, a great deal has changed in our understanding of the disease and how to provide more effective treatment.

Today, Gateway Foundation uses evidence-based practices and innovative treatment protocols with a proven track record of success. We can identify underlying mental health disorders that frequently co-occur with substance abuse disorders, and we have developed special programs that integrate clinical approaches to treat the disorders concurrently.

To ensure we are providing the most effective treatment possible, each year we evaluate our performance to identify our strengths and areas for improvement. We enlist Press Ganey, a recognized leader in health care performance, to help determine how satisfied individuals are with their treatment experience at Gateway. Consequently, we are quite proud of the most recent survey results.* The findings confirmed people treated for addiction at Gateway were overwhelmingly satisfied with their treatment experience. For example:

We received high marks with 98% of clients indicating their overall experience and care in Outpatient Treatment as good/very good. This significant score ranks Gateway Foundation in the top 6% of substance abuse treatment and behavioral healthcare providers.*

A personal recommendation speaks volumes, and 9 out of 10 Gateway alumni expressed they would recommend us to a family member or friend for treatment.

We are extremely thankful to have such a talented and compassionate clinical team as well as our Board of Directors. Because of their dedication, Gateway Foundation has a proud history of making a real difference in the lives of thousands of individuals and their families. As a result, individuals receive state-of-the-art treatment services across our network of integrated programs.



Victor Fonseca, Chairman

Gateway Foundation Board of Directors



Michael Darcy, President and CEO

Gateway Foundation, Inc.

*As reported by Press Ganey Behavioral Health Survey 4/1/12-6/30/12. Press Ganey is a third-party recognized leader in providing healthcare performance measurement. 125 peer organizations are included in survey results.

Research Confirms Need for Alcohol Abuse Treatment

The National Survey on Drug Use and Health conducted by the federal government indicates nearly 23 million Americans have already crossed the threshold of needing treatment for alcohol or drug abuse yet only 3 million have been treated. To help encourage adults to reflect upon their own drinking habits during Alcohol Awareness Month in April 2012, Gateway Foundation checked in with Americans about their alcohol consumption.

According to Gateway Foundation's 2012 *American Alcohol Consumption Study*, drinking in America appears to be more of the rule rather than exception. When asked if they ever drink alcohol, a mass majority—or 73%—of American adults ages 21 and older confirmed they do drink.

The study also revealed:

- 21% of adults surveyed indicated they drink to "take the edge off."
- 8% of adults, or nearly 1 out of 10 confirmed they drink to "cure the blues."
- 10% of the male population is potentially binge drinking, throwing back six or more drinks per drinking occasion.
- 9% of adults polled expressed they drink 5 to 7 days a week.

By furthering awareness about alcohol abuse, Gateway Foundation hopes that individuals struggling with alcohol issues will realize they need help and become ready for recovery.

Helping Women Through Gender-Specific Expertise



Gateway Foundation recognizes the benefits of using evidence-based gender-specific therapies in treating substance abuse. To further the expertise of our clinicians who specialize in treating women with substance use disorders, we invited leading women's treatment expert, **Dr. Stephanie S. Covington**, to conduct a two-day intensive training in Chicago in April 2012. A nationally recognized clinician and author, Dr. Covington has developed an innovative, gender-responsive and trauma-informed approach to the treatment needs of women.

Dr. Covington guided counselors and program managers from Gateway Foundation's eight treatment centers through her curricula of gender-sensitive addiction treatment approaches, which addressed: sense of self, relationships, sexuality, spirituality, trauma-related issues and a woman's way through the Twelve Steps. The training was especially worthwhile since Dr. Covington's curricula are used in all of our Residential Programs that provide addiction treatment for women.

Alumni Shares Experience and Inspires Others

Gateway Foundation Alcohol & Drug Treatment piloted a program that taught effective communication skills as a tool to help enhance relationships and aid one's commitment to lasting recovery. Implemented in spring 2012, the *Immediacy in Effective Communication* program was well-received by adult men who were primarily in substance abuse treatment for alcohol, cocaine or heroin issues at Gateway Foundation Chicago West.

To lead the program, Gateway Foundation recruited **Tim O'Malley** of Chicago's Second City. Mr. O'Malley, who graduated from a Residential Treatment Program at Gateway Foundation Lake Villa several years ago, has an intimate understanding of the struggles associated with substance abuse and remaining sober. While guiding groups through the *Immediacy in Effective Communication* pilot program, Mr. O'Malley taught the skills of improvisation to promote listening, supporting the ideas of others' and building trust while injecting humor.

Program activities required individuals to channel retrospection, reflection and reframing—all skills promoted in the substance abuse treatment program. Group members learned about new coping mechanisms, such as mirroring, agreeing, surrendering, saying yes as well as exploring heightening emotions and actions.

Sharing Expertise with Industry Professionals

In recognition of National Recovery Month in September 2011, Gateway Foundation trained more than 300 members of the professional community via complimentary Continuing Education Unit (CEU) workshops. The workshops provided training on motivational interviewing and co-occurring disorders to a wide range of professionals, including those from health care, legal and education occupations. As the largest provider of substance abuse treatment in Illinois, Gateway Foundation was able to share our vast experience related to substance abuse treatment so that other professionals may better assist individuals struggling with

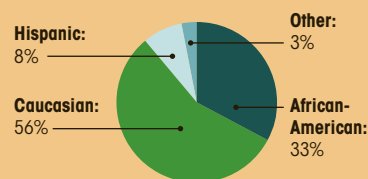
alcohol or drug issues.

Also in honor of Recovery Month, Gateway Foundation held open house events throughout the state to help raise awareness of treatment options available to adults and teens for alcohol and drug abuse. Several hundred guests had the opportunity to meet members of the clinical team who work relentlessly every day to motivate individuals to recovery, learn about treatment options available at Gateway and ask questions about drug trends affecting the local communities.

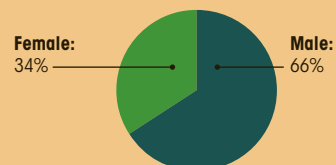


2012 Fiscal Year Demographic Breakdown

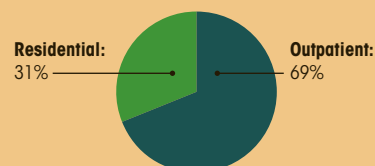
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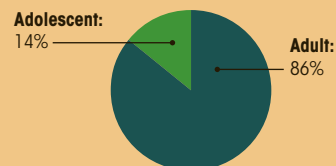
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RESIDENTIAL / OUTPATIENT



AGE GROUP



Helping Those Who Are Ready for Recovery

July 2011 Dr. Phil Welches, Gateway Foundation Clinical Director, was featured in Hazelden's Co-Occurring Disorders Webinar.

August 2011 Gateway Foundation opens Service Center to provide a higher level of customer care for those calling our 24-Hour Helpline.

November 2011 Live Help feature was launched on RecoverGateway.org to allow interactive chat between the Service Center and web site visitors.

May 2012 New Adult Outpatient Program opens at Gateway Foundation Chicago West that focuses on relapse prevention.

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Community Division Treatment Centers

All Gateway Foundation Alcohol & Drug Treatment Centers are licensed by the state of Illinois and accredited by The Joint Commission. The Joint Commission accredits and certifies 19,000 health care organizations and hospitals nationwide. Accreditation by The Joint Commission is recognized as an international symbol of quality.



Aurora, IL

Adult

- Residential & Day Treatment (Separate Programs for Men & Women)
- Intensive Outpatient & Aftercare Programs (Co-Ed)
- Outpatient Mental Health Counseling

Adolescent

- Outpatient Treatment Programs (Co-Ed)

Belleville, IL

- Adult & Adolescent Intensive Outpatient & Aftercare Programs (Co-Ed)
- Adult Women Specialized Outpatient Programs

Carbondale, IL

Adult & Adolescent

- Residential Treatment (Separate Programs for Men & Women)
- Intensive Outpatient & Aftercare Programs (Co-Ed)

Caseyville, IL

Adult

- Residential, Day Treatment & Aftercare Programs (Co-Ed)

Chicago Kedzie, IL

- Adult Recovery Home (Co-Ed)

Chicago Northwest, IL

- Adult Intensive Outpatient & Aftercare Programs (Co-Ed)

Chicago West, IL

Adult

- Residential & Day Treatment (Separate Programs for Men & Women)
- Residential Dual Diagnosis & Day Treatment Programs (Co-Ed)
- Intensive Outpatient Programs (Co-Ed)
- Life Skills Treatment & Recovery—LSTAR (Co-Ed Programs for Co-Occurring Disorders)

Adolescent

- Male Residential Programs

Delaware City, DE

- Adult Residential & Aftercare Programs

Lake Villa, IL

Adult

- Residential & Day Treatment (Separate Programs for Men & Women)

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)
- Intensive Outpatient & Aftercare Programs (Co-Ed)

Adolescent

- Residential Programs (Male)
- Intensive Outpatient & Aftercare Programs (Co-Ed)
- Day Treatment Programs (Male)



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