



LEADING THE WAY IN INNOVATION

ANNUAL REPORT 2018



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Dr. Thomas P. Britton
Gateway Foundation
President & CEO

LETTER FROM THE CEO

Dear friends, colleagues and stakeholders,

This year, our 50th anniversary, we dedicated time to recognize the legacy of our impact over five decades and position ourselves for the future. The theme of this year's report – Leading the Way in Innovation – demonstrates our continued commitment to expansion through the delivery of evidence-based Addiction Medicine in increasingly innovative ways. We are proud to say in 2018 we are the largest nonprofit provider of substance use disorder treatment in the U.S., with over 70 locations across nine states.

As you read the stories of accomplishments within this report, it is my hope that you will see our commitment to our mission, quality and innovation. We have included highlights from our program expansion and pioneering service delivery, awards and recognitions, accomplishments from our alumni, our commitment to staff and our efforts to re-engage with the philanthropic community. We recognize that in order to achieve our goal of becoming the premier substance use disorder treatment provider in the nation, we must keep building strong strategic partnerships and collaborations with all of you – the people we support, work with and rely on.

In 2018, we hosted a grand celebration with over 300 people to reflect on our legacy, recognize champions of our mission and share a glimpse into our future. If you weren't able to join us, please take a moment to read about the night's celebration. It was an honor for me to host the event with our Board of Directors and welcome friends, old and new, to the Gateway Foundation family.

This past year we also expanded treatment to an additional three states, California, Michigan and Florida. In states where we already had a presence, we increased our reach to new communities and added new program models, opening an additional center in Jacksonville, IL and expanding community programs into Missouri as well as Sangamon County, IL. This expansion is not only helping us increase our reach but also is allowing us to implement new ways to deliver Addiction Medicine to diverse groups in new settings.

As the world of healthcare changes, we know quality of our treatment needs to be measured in different ways. While our client satisfaction rates remain high, we invested in an independent outcomes study to assess our impact on the quality of life and abstinence rates of people we've treated. Preliminary findings indicate that our outcomes are well above the national norms in all categories. This is definitely something to be proud of, but we are not done innovating. We are moving forward at a pace in line with the changing world of healthcare and we need you alongside us to help continue saving lives.

As we close our 50th anniversary year knowing we have saved a million lives since our humble beginnings, we look to a future where we can save a million more. But we can't do it alone – so please consider getting involved with our work to address the public health epidemic that's impacting every community in America. Become our partner and join us in saving lives with Addiction Medicine.

With gratitude,

A handwritten signature in black ink, appearing to read "Tom P. Britton", with a stylized flourish at the end.



Warren Harrington
Chairman
Gateway Foundation
Board of Directors

LETTER FROM THE CHAIRMAN

Writing this introduction to Gateway Foundation's 2018 Annual Report brings to mind the dedication and commitment from the Gateway family – board members, executive managers, leaders, clinicians, counselors and stakeholders – over these past 50 years. On behalf of the current Board of Directors, thank you to everyone involved with Gateway Foundation's work these first 50 years in treating addiction and helping innumerable individuals and the lives they touch. This celebration year has also been a stepping stone toward Gateway Foundation's future innovation and success as we embark on the next 50 years.

This last fiscal year has seen some dramatic achievements by the Gateway Foundation team and this annual report will highlight several of these. First, I would like to emphasize the care-giving team's quality and cutting-edge treatment for patients, namely Gateway Foundation's recent Dual Diagnosis Enhanced designation to treat those with co-occurring disorders. Their work is validated not only by other members of the Gateway Foundation team but by independent outside studies and analysis, which will help guide the organization's approach to Addiction Medicine.

Second, plans to grow Gateway Foundation's presence in the field became reality this past fiscal year with expansion into several new states: Michigan and Florida through the Corrections Division and California through the Community Division's affiliation with Beacon House.

Finally, the Gateway Foundation team has strengthened their ability to reach out to those in need via a newly designed and enhanced website and a digital mental health tool called myStrength, which has been shared with over 10,000 clients to date. Gateway Foundation has also strengthened the processes and tools provided to counseling, administrative and management staff with a new electronic health record system.

Enjoy reading more about these and other items in the following pages. And, please, accept my thanks and admiration to all who have been involved with the unmatched success of Gateway Foundation in its first 50 years!

A handwritten signature in black ink, appearing to read 'W. Harrington', written in a cursive style.



THE GATEWAY FOUNDATION MISSION

Gateway Foundation is a national, nonprofit organization committed to reducing substance abuse and co-occurring mental health problems through effective and efficient treatment programs.

THE GATEWAY FOUNDATION VISION

Gateway's vision is to be the nation's leading treatment provider, helping to create access through affordable, high quality healthcare for substance abuse and mental health treatment for all who need it.

Since 1968 our goal has been straightforward: help clients get their life back on track and achieve a life of sobriety, free from drug use and symptoms of mental illness. A life that is productive, socially responsible and healthy. Gateway Foundation is the largest nonprofit treatment provider with treatment programs in California, Delaware, Florida, Illinois, Michigan, Missouri, New Jersey, Texas and Wyoming that specialize in substance use disorders for men, women, adolescents and clients diagnosed with co-occurring mental health disorders. Gateway's professional clinicians support over 9,000 people a day to successfully complete treatment by developing a personalized plan to treat the underlying causes of substance use disorder—not just their addiction to drugs or alcohol.

COMMUNITY DIVISION

CLIENT OUTCOMES & SATISFACTION

Our purpose is to save and transform lives to make a difference in as many communities as possible. The only way to continue informing and improving our model is to understand how and what aspects of our entire model are influencing the lives of our patients. For this reason, we are committed to quality metrics and outcomes.

**AFTER 12 MONTHS,
FROM DAY OF INTAKE:**

**ABSTINENCE RATES OVER
90%**

for opioids, heroin, methamphetamine,
amphetamines, benzodiazepines and
designer drugs

CLIENTS ALSO REPORTED IMPROVEMENT RATES IN:



How life is going: **57%**



Handling problems & conflict: **43%**



Dignity & self-respect: **44%**



Financial improvement: **41%**

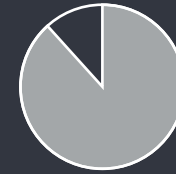


Emotional health: **37%**

Over the last two years, we invested resources to complete an independent evaluation of our programs and services at two of our northern Illinois locations. While we have been tracking our impact in various ways, including client satisfaction, client completion rates and the state-reported outcomes data, we felt that information was limited. This voluntary study, conducted by the OMNI Institute research group, pulled from a randomized sample of clients who were selected based on only one criterion – they were all commercially insured patients. This was done to complement the state-reported data already collected for our Medicaid-enrolled clients. The method for this evaluation was a phone survey that asked clients about their treatment experience as well as levels of life satisfaction, recovery capital and abstinence.

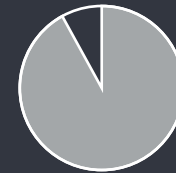
The results were remarkable. Not only were our abstinence rates significantly higher than industry norms, key indicators of health and wellbeing increased dramatically over the 12 months following admission to a Gateway Foundation program. These results are a true testament to the lifelong impact of our Addiction Medicine.

RESIDENTIAL RATINGS



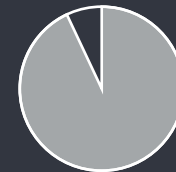
88.3/100

Clients' overall rating
of Gateway's Residential
Treatment programs



92/100

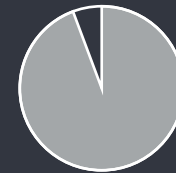
Clients' overall rating
of Gateway's
residential counselors



93%

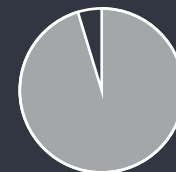
of residential clients indicated
they would recommend
Gateway to others.

OUTPATIENT RATINGS



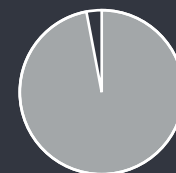
94.3/100

Clients' overall rating
of Gateway's Outpatient
Treatment programs



95.3/100

Clients' overall rating
of Gateway's
outpatient counselors



97%

of outpatient clients indicated
they would recommend
Gateway to others.

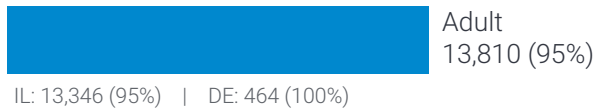
2018 DEMOGRAPHICS

TOTAL CLIENTS

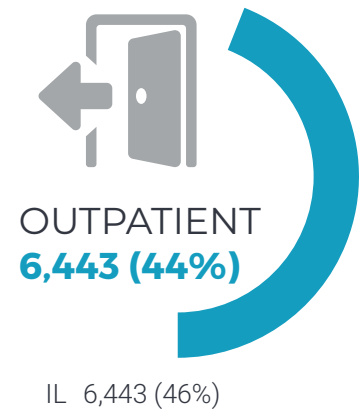
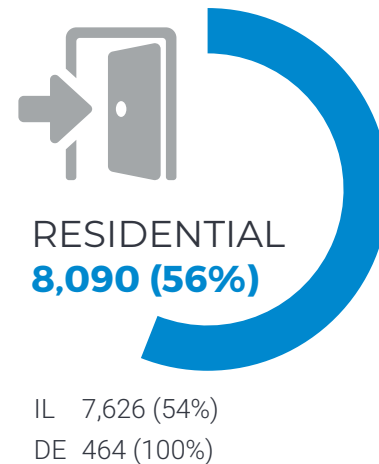
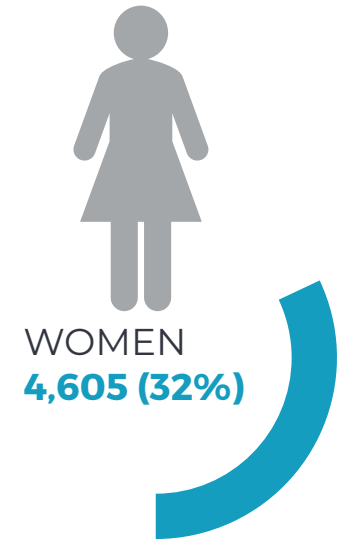
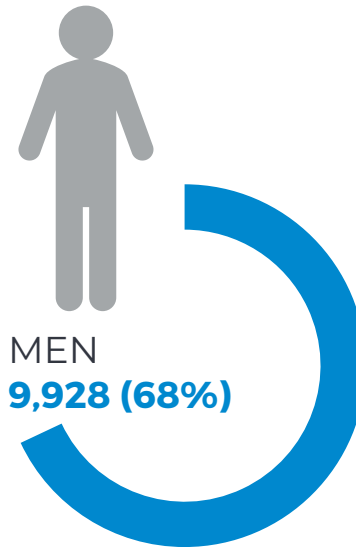
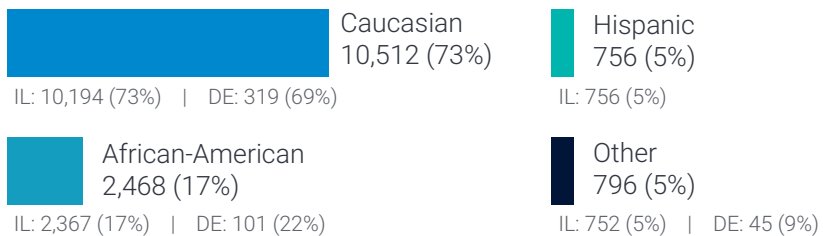
14,533



PERCENTAGE BY AGE



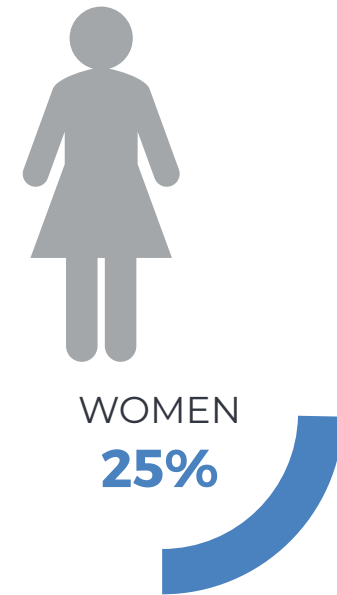
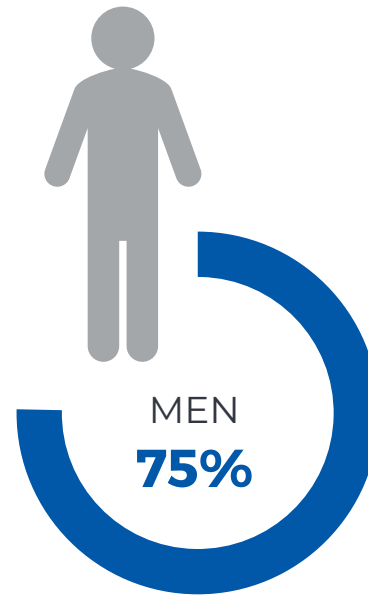
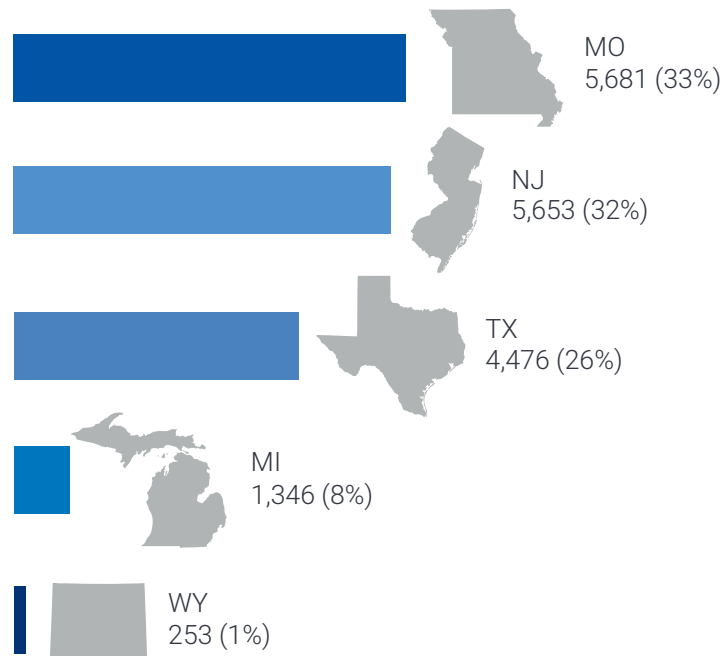
PERCENTAGE BY ETHNICITY



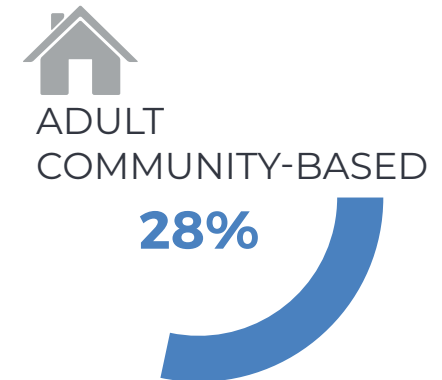
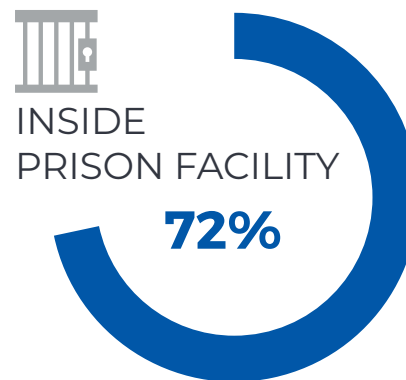
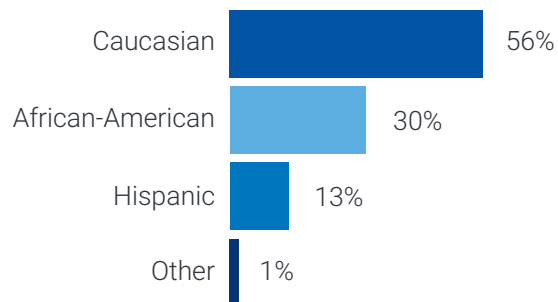
CORRECTIONS DIVISION

2018 DEMOGRAPHICS

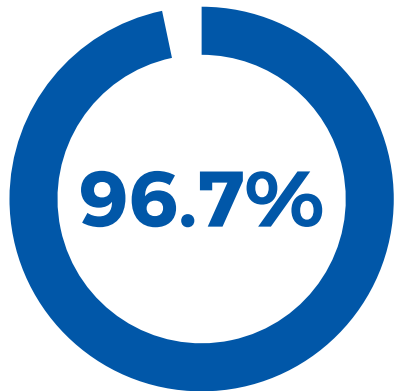
TOTAL CLIENTS TREATED
17,409



PERCENTAGE BY ETHNICITY



CLIENT ENGAGEMENT & SATISFACTION



COUNSELOR RAPPORT

WY 100.00% NJ 95.61%
MO 96.47% TX 94.56%

*Respondents who felt a positive
therapeutic alliance with their counselor*



PEER SUPPORT

WY 97.50% TX 83.19%
MO 90.29% NJ 82.41%

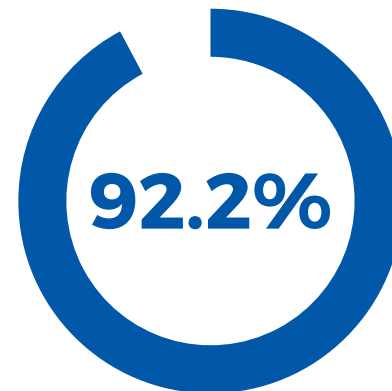
*Respondents who felt supported
by their peers*



TREATMENT PARTICIPATION

WY 100.00% TX 98.41%
MO 98.95% NJ 94.63%

*Respondents who felt engaged
in their treatment*



TREATMENT SATISFACTION

WY 99.28% MO 90.20%
NJ 94.92% TX 84.51%

*Respondents who felt satisfied
with their treatment*

UPDATING & INCREASING OUR IMPRINT THROUGH DIGITAL MEDIA

Continuing our technological advancement this year, we invested our efforts into digital media to build and support relationships with a large, diverse group of stakeholders: partners and colleagues, donors and supporters, past clients and the general public. To start, we launched a brand new website at GatewayFoundation.org and individual microsites for nearly all our treatment locations; to supplement these sites, we dedicated resources to social media outreach and education. Our leading experts write and contribute to resource blogs about the most pressing issues and advancements in Addiction Medicine. In addition, we are continuing to expand our webinar offerings so individuals near and far can learn from our clinical experts and engage with one other.

At Gateway Foundation we work to be our patients' partners in recovery for life, not just during treatment, and digital media is strengthening these partnerships. In FY2017 we started offering patients the mental health application myStrength, and now, one year later, we are proud to share we



have rolled the application out to over 10,000 former and current patients – and that number is growing.

myStrength helps users track their daily mood and recovery progress, and provides tips and resources on topics like addiction, anxiety and depression. Clients can use this tool as a partner with therapy and also access the application on their own, wherever they are, at any time of day. Already, we are receiving feedback that confirms the ease of use and high levels of satisfaction with myStrength. Technology such as myStrength helps us provide all our clients with the personalized tools they need to live a healthy, fulfilling life in recovery.

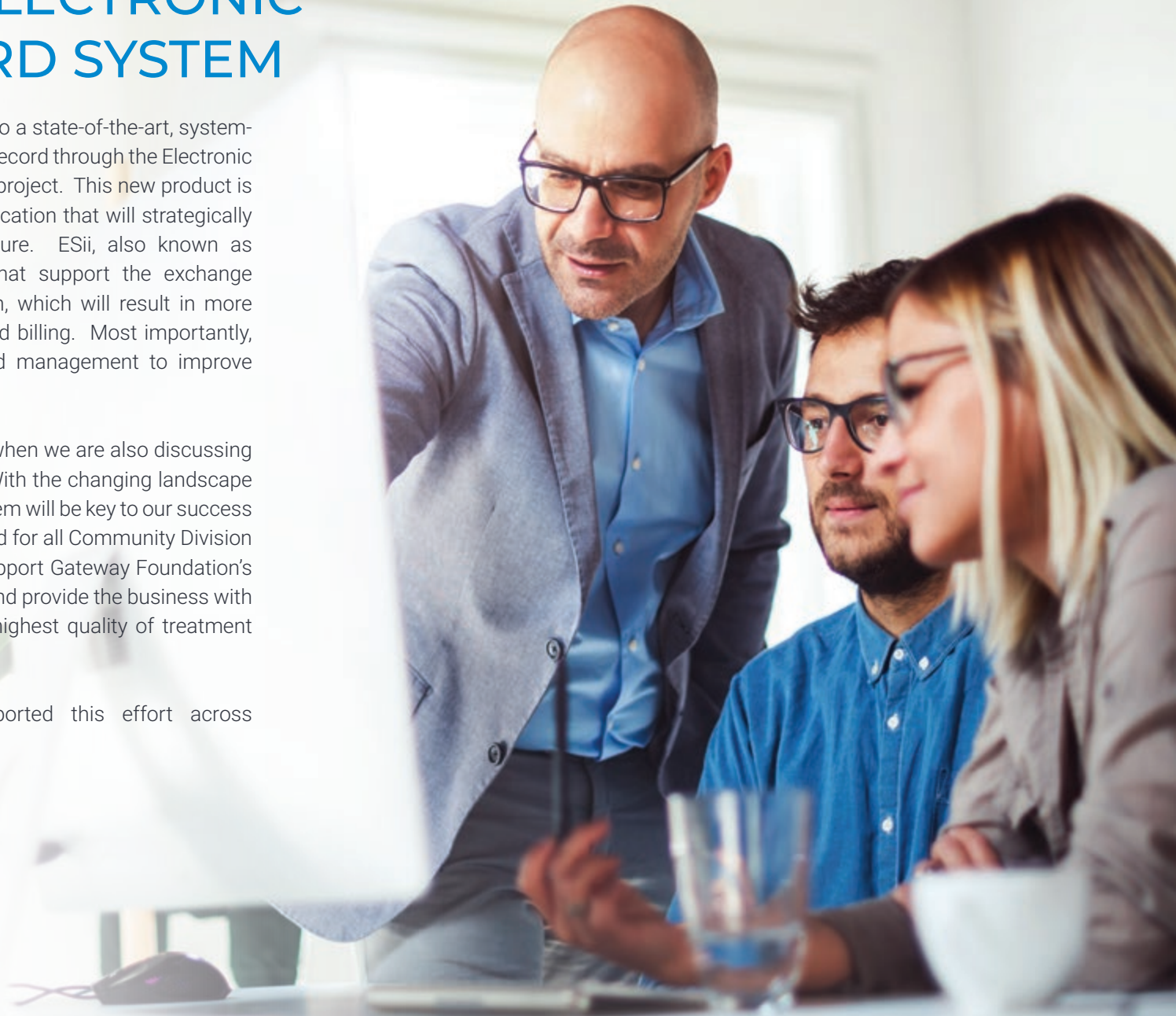


ADVANCING DIGITALLY WITH A NEW ELECTRONIC HEALTH RECORD SYSTEM

This year we invested time and resources into a state-of-the-art, system-wide implementation of an electronic health record through the Electronic System Improvement Implementation (ESii) project. This new product is a robust and reliable clinical and billing application that will strategically advance Gateway Foundation into the future. ESii, also known as myAvatar, will provide modern systems that support the exchange of clinical and related data and information, which will result in more efficient treatment development, delivery and billing. Most importantly, myAvatar integrates quality monitoring and management to improve client outcomes and inform treatment.

We are excited to roll this out during a time when we are also discussing possibilities for value-based partnerships. With the changing landscape of healthcare, a robust and modern data system will be key to our success on this front. This update, which was initiated for all Community Division sites in Illinois this past year, is critical to support Gateway Foundation's strategic goal of growth as an organization and provide the business with the modern toolset needed to provide the highest quality of treatment and services to our clients.

Thank you to everyone who has supported this effort across our organization!



CONTINUED GROWTH & INNOVATION: EXPANDING OUR REACH

In FY2018, we saw extensive growth across the entire Gateway Foundation organization. We are delivering new evidence-based Addiction Medicine to more people in more places every day. We can proudly share that we are touching communities across nine states.

In our Corrections Division, we reached two new states and expanded into three others, serving nearly 4,000 more clients each day. In the Community Division, we crossed the country to California through our partnership with Beacon House and added programs throughout Illinois.

Through these contract awards, affiliations and acquisitions, Gateway Foundation now serves over 9,000 people a day. Allow us to highlight some significant new relationships and affiliations which make us the largest nonprofit provider of substance use disorder treatment in the country.

OVER
9,000 PEOPLE A DAY ARE
NOW SERVED BY
GATEWAY FOUNDATION.

WYOMING

In July 2018, we proudly accepted an award to expand services to include outpatient and intensive outpatient substance use disorder treatment services for male and female offenders in the **Wyoming Department of Corrections (WDOC)**. Outpatient and intensive outpatient services are now being offered at all five WDOC facilities.

CALIFORNIA

Beacon House, a 60-year-old community-based organization in Pacific Grove on the Monterey Peninsula of California, joined Gateway Foundation through affiliation, marrying two strong providers with a common mission. This affiliation ensures the long-standing organization will continue saving lives where its roots are while increasing Gateway Foundation's national brand recognition and opportunities to expand on the West Coast.

TEXAS

Continuing our expansion in Community Corrections, Gateway was awarded a contract with the **Travis County Community Supervision and Corrections Department** (Austin, TX) to provide facility operations and client supervision for its 100-bed Substance Abuse Treatment Facility. This facility serves both men and women on felony or misdemeanor probation.

ILLINOIS

In July 2018, Gateway Foundation opened a new **Jacksonville** site that includes a full continuum of care and serves men and women. In Sangamon County, we partnered with the local county jail to provide Medication Assisted Treatment (MAT) and outpatient services to individuals re-entering their local community.

MICHIGAN

In early 2018, Gateway Foundation began providing in-custody substance use disorder treatment services in eight institutions throughout the state. Services include residential and outpatient treatment for incarcerated men and women.

NEW JERSEY

Since October 2002, Gateway has provided in-custody substance use disorder treatment services for the **New Jersey Department of Corrections**. Gateway provides assessments, multiple levels of care and psychoeducational programming for men and women throughout the NJDOC system.

DELAWARE

Gateway continues to provide treatment for substance use and co-occurring disorders in Delaware. We currently provide evidence-based treatment for substance use disorders as well as anxiety, depression, anger management and related co-occurring disorders.

MISSOURI

Gateway is now providing pre- and post-release case management to over 500 incarcerated men. Under this innovative approach, services begin while the client is incarcerated and follow them upon release. We also received a state targeted response (STR/SOR) grant to provide real time response to area hospitals receiving people with opioid use disorder in their emergency rooms.

FLORIDA

In July 2018, we entered into a contract with the **Florida Department of Corrections** to provide in-custody treatment services to more than 2,000 individuals across 12 institutions. The programs include gender-specific, evidence-based and best-practice methodologies; assessments; and curricula for both women and men.



TRANSFORMING LIVES WITH DUAL DIAGNOSIS ENHANCEMENT

People who experience co-occurring mental health and substance use disorders need immediate and effective treatment for both conditions at the same time, not treatment for one and then the other. It's important that these offerings are truly integrated, and that the entire clinical team is working together to administer them. While many organizations claim to serve a dually diagnosed population, few actually provide evidenced-based treatment that has been reviewed and evaluated by independent sources. In FY2018, Gateway Foundation was incredibly proud to obtain an independent validation that our programs are industry-leading and of the utmost quality.

The women's ASPIRE residential program at Gateway Foundation's Chicago Independence location became the first and only program in the state of Illinois to attain the highest rating of Dual Diagnosis Enhanced (DDE) on the Dual Diagnosis Capability in Addiction Treatment (DDCAT) scale from Dartmouth University. The DDE designation is built into the American Society of Addiction Medicine (ASAM) placement taxonomy. Furthermore, ASPIRE is the only women's program in the nation to obtain this validation from an independent source, the Illinois Co-Occurring Center for Excellence, under the Illinois Department of Human Services' Division of Substance Use Prevention and Recovery (SUPR), endorsing the ASPIRE program's competency in treating complex patients.

In keeping with a legacy of excellence, Gateway Foundation made the strategic investment to increase the staffing and program design of all Illinois residential programs. We are proud to share that now all 22 Gateway Foundation programs in Illinois qualify for a DDE rating. The process of earning this recognition required a monumental team effort that relied on the considerable talents and dedication of our physicians, psychologists, nurses, social workers, counselors, case managers and interns as well as extensive enhancements to the program design, which we are introducing throughout the Community Division.

NEARLY **40%**
OF PEOPLE WITH A SUBSTANCE
USE DISORDER ALSO HAVE A
MENTAL ILLNESS.

Source: SAMHSA



PARTNERING WITH HOSPITALS THROUGH WARM HAND-OFFS

About one in eight emergency room visits is related to a substance use disorder (SUD), according to the Agency for Healthcare Research and Quality. However, hospital emergency rooms are ill-equipped to complete comprehensive assessments and provide the appropriate treatment that these patients need. Thus, these patients can drain an already stretched system of care that lacks the expertise required to provide what Gateway Foundation does – evidenced-based Addiction Medicine. In response to this need, Gateway Foundation developed a warm hand-off program to strategically partner with targeted hospitals across Illinois.

Since September 2017, this innovative program funded by a Substance Abuse and Mental Health Services Administration (SAMHSA) grant has allowed us to place highly skilled clinicians in seven different hospitals in a variety of settings, including urban, suburban and rural communities. The first hospital to launch was Saint Anthony Hospital on the West Side of Chicago, where we now have four full-time staff continuously working alongside hospital personnel within a large medical stabilization unit. The other six host hospitals in this program represent a range of patients with opioid use disorders who are Medicaid-eligible or commercially insured. This diversity has allowed us to collect useful data to

monitor our success rate in engaging patients to accept and continue treatment. This warm hand-off model is based on an integrated approach that includes the use of the evidence-based SBIRT (Screening, Brief Intervention, Referral to Treatment) model. The program intercepts those emergency room or hospital admissions affected by opioid-related health crises, engages and then shepherds them to treatment at partner, hand off providers.

Based on our data collection at three hospitals in the Chicagoland region, Gateway Foundation has provided intervention to 716 patients to date. Of these, 666 – or 93 percent – accepted a referral to a community provider and over 50 percent of those kept their appointment and entered treatment upon leaving the hospital. Gateway Foundation is still engaged in collecting data for the three hospitals in Southern Illinois and the newest hospital started in October 2018. A goal for the second phase of this work will include sharing data with the host hospitals to determine rates of re-admissions and calculate potential cost savings to the hospitals and payers.

1 in 8

**HOSPITAL ROOM VISITS IS
RELATED TO A
SUBSTANCE USE DISORDER.**

LEADING THROUGH CHANGE

Gateway Foundation has spent five decades innovating Addiction Medicine and shaping leaders and trailblazers in the field. In this time, we have also expanded to a nation-wide footprint, touching lives in over 70 different communities. While this is exciting, it also poses challenges and opportunities to develop both a diverse and united leadership team – one that understands the efficacy of our product and the unique needs and perspectives of the highly diverse environments where we work. We know building such a team requires our investment. For this reason, our Executive Management Team dedicated time and energy into the first annual agency-wide Leadership Conference, themed Leading through Change.

As part of Gateway Foundation's 50th Anniversary Celebration, leaders from across the organization came together for the conference on October 30th to support and learn from each other as we move the organization forward. With future growth and change still on the horizon, Gateway Foundation leaders play a key role in motivating, managing and supporting the workforce that will forge ahead into the future.

External experts and interactive breakout sessions at the conference encouraged participants to think differently about change and how to best lead their teams through challenges as our organization evolves. The conference also provided participants a rare opportunity to come together as a team to collaborate and connect to the organization as it stands today – 1,400 people strong.



PERSPECTIVES FROM CHAMPIONS IN RECOVERY

Getting someone into treatment is less than half the battle. At Gateway Foundation, our desire to be our clients' partners for a life of recovery drives our mission. After the first phase of treatment, our clients eventually return to familiar environments, past relationships and, in turn, some triggers. This is why the sooner alumni get involved in the Recovery Community, the better. Validated by years of research, we know that engagement with Recovery Community support increases the likelihood that people will remain in recovery. People in recovery also make significant contributions back to their communities. Their stories of success inspire all of us to continue with this labor of love and invest resources into post-treatment support.

DEBBIE

Debbie's son dreamed of attending an Ivy League college. One day, Debbie's son borrowed a friend's ADHD medication to stay focused on a test. That was the beginning of the end. The dreaded day when Debbie's son was arrested for bringing drugs to school also brought a light of hope – a recommendation to Gateway Foundation's Carbondale adolescent program. While her son received the personalized treatment he needed, she received family recovery resources about Nar-Anon, a 12-step support program for loved ones affected by someone's addiction. There was just one problem: the nearest meeting was 85 miles away. Debbie took it upon herself to found a local Nar-Anon group to connect other families in her community to the support they need, closer to home.

MATTHEW



When Matthew was arrested for using drugs years ago, he thanked the police for saving his life. Matthew had struggled with drugs from a young age and eventually found successful recovery with Gateway Foundation – until his doctor, against Matthew's reservations, prescribed him an opioid. He lost control of his life and custody of his daughter to the disease of addiction.

Following his arrest, he said he would do anything to get back into the only place that worked for him: Gateway Foundation. There, he found a treatment plan that worked and continues to support him today. Now he experiences success in both his personal and professional life. He is a better son, fiancé and father – who says one of his greatest accomplishments is earning back custody of his daughter. He gives back every day in his role as the Safer Foundation, which provides employment and education support to people with criminal records. He has also become a beacon of hope for people from his past who are seeking treatment.

MIRIAM



Miriam was never much of a drinker, but when her mental illness worsened, alcohol helped – at first. She soon found herself living on the streets so her family couldn't take her alcohol away. One day, she couldn't do it alone anymore. She needed help. She called Gateway Foundation.

Since starting her recovery journey, Miriam has made it a point to give back. After receiving treatment at Gateway Foundation's Chicago Independence ASPIRE dual diagnosis program, she volunteers at the Night Ministry, working with people experiencing poverty and homelessness.

These three featured alumni are all making a difference in their communities and the lives of others. We hope you, our partners and stakeholders, realize that by working with us you are also making a difference and helping us transform lives every day.



GIVING BACK IN RECOVERY

At Ozark Correctional Center in Missouri, Gateway Foundation clients and staff planted a Recovery Garden in 2014. Two-hundred and fifty men have worked in the garden learning not just horticulture skills but also the importance of giving back in recovery. Joe Chitwood, a Gateway Foundation counselor, has been overseeing the garden for the past four years and will be passing the torch to another team member this year. Joe's leadership in maintaining the garden along with the clients' hard work has produced more than 8,000 pounds of food this year for local food pantries and shelters for single mothers. In the past four years, the garden has produced in excess of 24,000 pounds of food for these charities.

The Recovery Garden helps both the community and our clients. Contributing time and energy to helping others can assuage guilt or shame from hurting a community or loved ones during addiction and can build self-esteem and reinforce prosocial attitudes. We are very thankful to Joe for his work tending the Recovery Garden and look forward to its continued bountiful yield!

"Joe lives the Gateway values every day in his work and commitment to our clients. Having overcome addiction and incarceration himself, Joe provides the clients a living model of what can be. In addition to his work for Gateway, Joe dedicates additional hours each week as a Department of Corrections volunteer, providing self-help groups, chapel services and post-release assistance through a local church organization. Joe truly represents the best of us and expresses a commitment to our mission and to the men we serve that inspires us all. I have spoken to Joe many times about his dedication. In his humble way, Joe responds to my praise by simply saying, 'Whatever it takes.'"

DUANE CUMMINS
OZARK CORRECTIONAL CENTER
PROGRAM DIRECTOR

MORE THAN

24,000

POUNDS OF FOOD DONATIONS
SINCE 2014

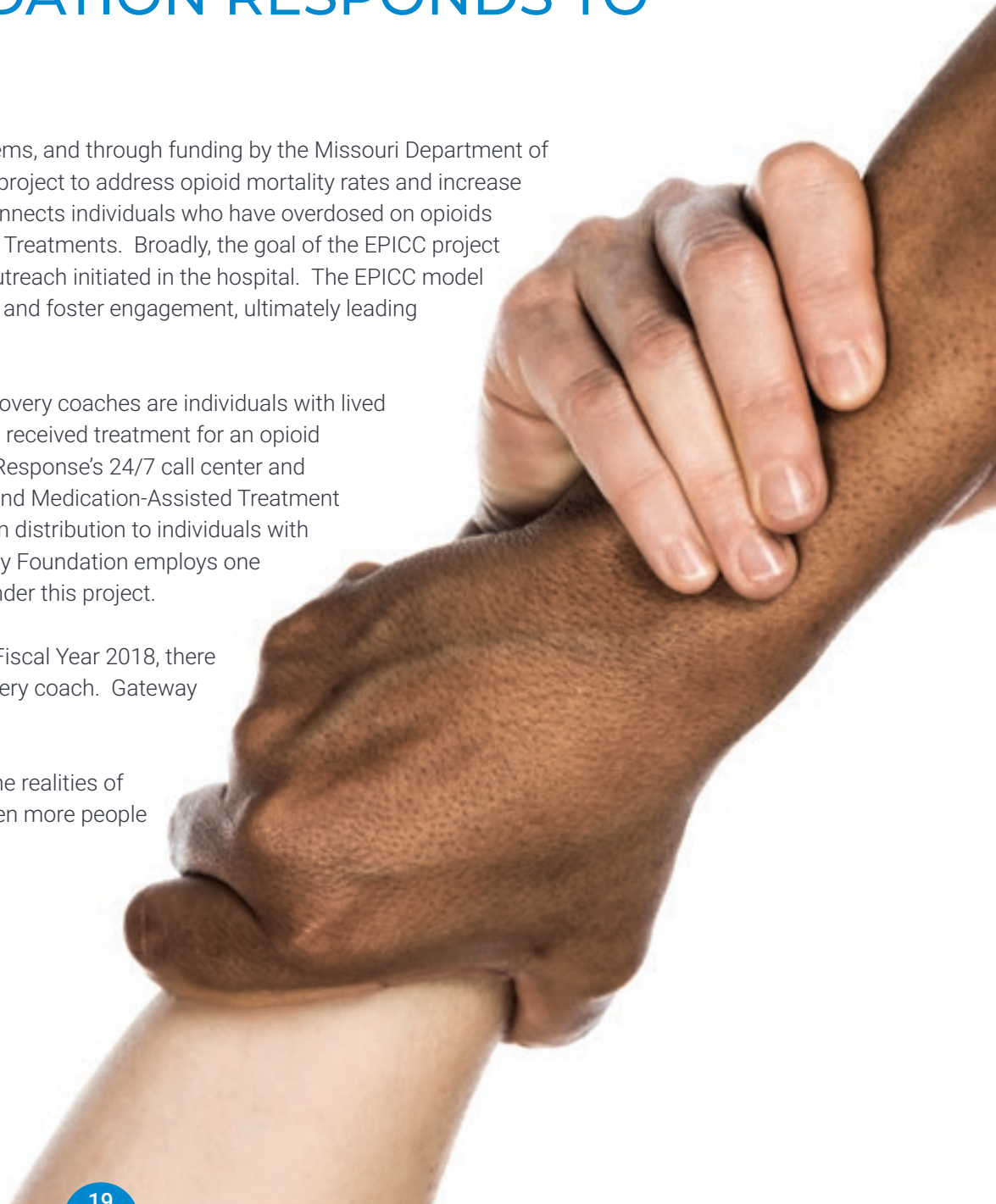
EPICC: GATEWAY FOUNDATION RESPONDS TO THE OPIOID EPIDEMIC

In partnership with several behavioral health providers and hospital systems, and through funding by the Missouri Department of Mental Health, Gateway Foundation's Missouri team is participating in a project to address opioid mortality rates and increase access to treatment. Engaging Patients in Care Coordination (EPICC) connects individuals who have overdosed on opioids to long-term outpatient care and, when appropriate, Medication-Assisted Treatments. Broadly, the goal of the EPICC project is to link individuals at a crisis point to community-based care via peer outreach initiated in the hospital. The EPICC model relies on rapid, in-person response to referred individuals to build rapport and foster engagement, ultimately leading to treatment.

Gateway Foundation employs two recovery coaches for this project. Recovery coaches are individuals with lived experience who provide intensive outreach and support after a client has received treatment for an opioid overdose. Recovery coaches are dispatched through Behavioral Health Response's 24/7 call center and establish immediate relationships to substance use disorder treatment and Medication-Assisted Treatment services. Recovery coaches also provide overdose education and Narcan distribution to individuals with whom they are working as well as family or friends. Additionally, Gateway Foundation employs one clinical coordinator who supervises all 11 recovery coaches employed under this project.

EPICC currently serves patients from 14 hospitals in seven counties. In Fiscal Year 2018, there were 1,305 referrals to EPICC; 96 percent of all referrals met with a recovery coach. Gateway received nearly 20 percent of all referrals.

As we learn from emerging data, practices are being updated to reflect the realities of individual responses to opioid overdose. We hope to be able to reach even more people in need of life-saving treatment through this enhancement!





Christine Alfano
Program Director
Mid-State Correctional Facility

GATEWAY STAFF PROFILE

Christine Alfano is the program director for Mid-State Correctional Facility, the first fully dedicated substance use disorder (SUD) treatment program in New Jersey's prison system. The program serves up to nearly 700 men daily and offers four distinct levels of care. Christine began her career with Gateway Foundation in 2013 as a clinical supervisor at Garden State Youth Correctional Facility in New Jersey.

Christine is a Licensed Professional Counselor (LPC), Licensed Clinical Alcohol and Drug Counselor (LCADC), Nationally Certified Counselor (NCC) and crisis management professional. She has extensive experience in all levels of care for substance use disorder treatment. She has managed clinical teams of over 50 and has worked alongside a multidisciplinary management team of psychiatric and medical professionals. She is proficient in the treatment of physical, emotional and sexual abuse as well as family therapy, group counseling and individual counseling in both public and correctional settings.

WHAT DO YOU LOVE ABOUT THE WORK YOU DO?

I knew I wanted to be a therapist since I was young, although I never saw myself in the prison system. The thought of assisting people in their time of need and being a judgment-free, safe sounding board has always been my passion. I have seen those in their moment of crisis through their path into recovery and individual freedom. I can lay my head on my pillow at night (although some nights it's a struggle from the depth of what I have heard) and can say that I have made the difference in a life today. What career could be more rewarding?

Actually, when I went to school I never even had considered this field. I fell into it very early on as I needed a place to intern for school. That was 25 years ago. I started as a naive intern and never left. I fell into corrections in a similar fashion. Due to an unexpected life change and a need to have a new challenge, I applied to Gateway. Once I got past the unique

working environment, I quickly saw the intense needs of our population - those who made poor choices in life but have a desire to better themselves and give back to society. Those who have been cast away by many. Those who want to learn to be better sons, husbands and fathers but who do not know where to start. Ours is one of the most misunderstood and in-need populations. *Even if we help just one person, we made one life better. How could one not love what we do?*

WHAT DO YOU SEE AS THE VALUE OF IN-PRISON SUD TREATMENT?

The in-prison SUD treatment program is a testament and monument to how far we have come in looking at the offender population. Many people believe that those who are incarcerated should be "locked up and the key thrown away" or "out of sight, out of mind." Those incarcerated will serve their debt to society and will return to the public one day. Those I see coming into the program are souls who have lost their way from who they really are due to their substance use disorders. These are your children, spouses and neighbors. The program affords these men the opportunity to address the very issues that facilitated their drug-criminal lifestyles. The program looks to rehabilitate the person in their entirety. We address their SUD issues, medical, mental health, aftercare, employment and educational needs all in one comprehensive place. We are showing these men that they are worth fighting for. We are providing hope where many have none. We are listening, caring and challenging them - returning them to society with a chance at the life they so desire and deserve but did not know how to obtain without mood-altering substances.

Gateway Foundation is very fortunate to have Christine's passion, expertise and leadership. We recognize her outstanding contributions to the program, clients, staff and organization. Thank you, Christine, for your service and for your commitment to rebuilding lives!

BROADCASTING HOPE & INNOVATION

A new media project in FY2018, Clinical Director of Gateway Foundation's Chicago programs Gilbert Lichstein, LCPC, and Dr. Jonathan Adelstein of Northwestern Medicine Center host a podcast that discusses topics about substance use and mental health issues. Based on a quote by Leonard Cohen, "The Crack in Everything" podcast invites experts from the field of Addiction Medicine to shed light on innovation, success and hope in behavioral health treatment.

Listen in, review and rate the show at [Soundcloud.com/TheCrackinEverythingPodcast](https://soundcloud.com/TheCrackinEverythingPodcast) or on iTunes, Google Play or Stitcher. To suggest future topics or guests, contact marketing@gatewayfoundation.org.



LOOKING FORWARD, LOOKING BACK: OUR 50TH ANNIVERSARY CELEBRATION

October 29th marked Gateway Foundation Day in the state of Illinois. We celebrated 50 years and a million lives served with over 300 guests – including Illinois Supreme Court Justice Anne M. Burke, our honorary event chair; emcee Rob Johnson, CBS 2 Chicago anchor; and a host of alumni and supporters at Venue West in Chicago. We looked back at our legacy and forward to the future of our work in Addiction Medicine, taking action toward that future: Together, we raised nearly \$150,000 to increase access to quality treatment and support for our alumni program.

Former Gateway Foundation President and CEO Michael Darcy spoke to our longstanding history of serving those with substance use disorders, regardless of their circumstance. Alumnus Raymond Law, with three decades of sobriety behind him, presented the power of our treatment programs to transform lives. Current President and CEO Tom Britton recognized the day-to-day work of our Administration, Community and Corrections Divisions while urging all guests to consider their everyday impact on our community's epidemic of addiction.

We had much to celebrate this year, but we are in an unprecedented public health crisis.

Gateway Foundation delivers treatment to over 9,000 people a day, but in 2017 alone, the Centers for Disease Control and Prevention reported over 72,000 overdose deaths. It is only through our supporters that Gateway Foundation can continue to rebuild and restore more lives through treatment and aftercare support. As Justice Burke said, "Alone, we are limited to who we can save. But together, our reach is greater." We hope to see you at our next event.



Michael Darcy (right), our legacy CEO, built a strong foundation for CEO Tom Britton (left) to lead us into the future

A special thank you to the alumni who bravely shared their stories and everyone who contributed at this year's event, in addition to our generous sponsors: our Executive Management Team and Board of Directors, Perkins Coie, Treatment Alternatives for Safe Communities, Illinicare Health, McDermott Will & Emory, Netsmart, Popovits Law Group, RSM, Elizabeth Ogilvie Simer & Timothy Simer, Ammon Labs, ComEd, Mr. & Mrs. Michael Darcy, Mr. Jonathan Linas & Mrs. Tanya Nair, Loyola Medicine, MADO Healthcare, Marquette Associates, Dr. Roueen Rafeyan, SterlingRisk Insurance, Linda & Richard Price, Symetria Recovery, Teva Pharmaceutical Industries

Photos by David T. Kindler



Raymond Law, Gateway Foundation alumnus and keynote speaker



Illinois Supreme Court Justice Anne Burke, Chair of our 50th Anniversary Celebration



CBS 2 anchor Rob Johnson, emcee of our 50th Anniversary Celebration



(l-r) CEO of Cook County Health and Hospital System John Jay Shannon, MD, and Tom Britton



Board member Elizabeth Simer of the Ogilvie family, one of our greatest supporters from the past and present



Executive Director Kerry Henry (center) with (l-r) Program Directors Gina Howard and Karen Harrold



Jam Alker, musical guest who shares his own story of recovery from drug addiction through his original music

“

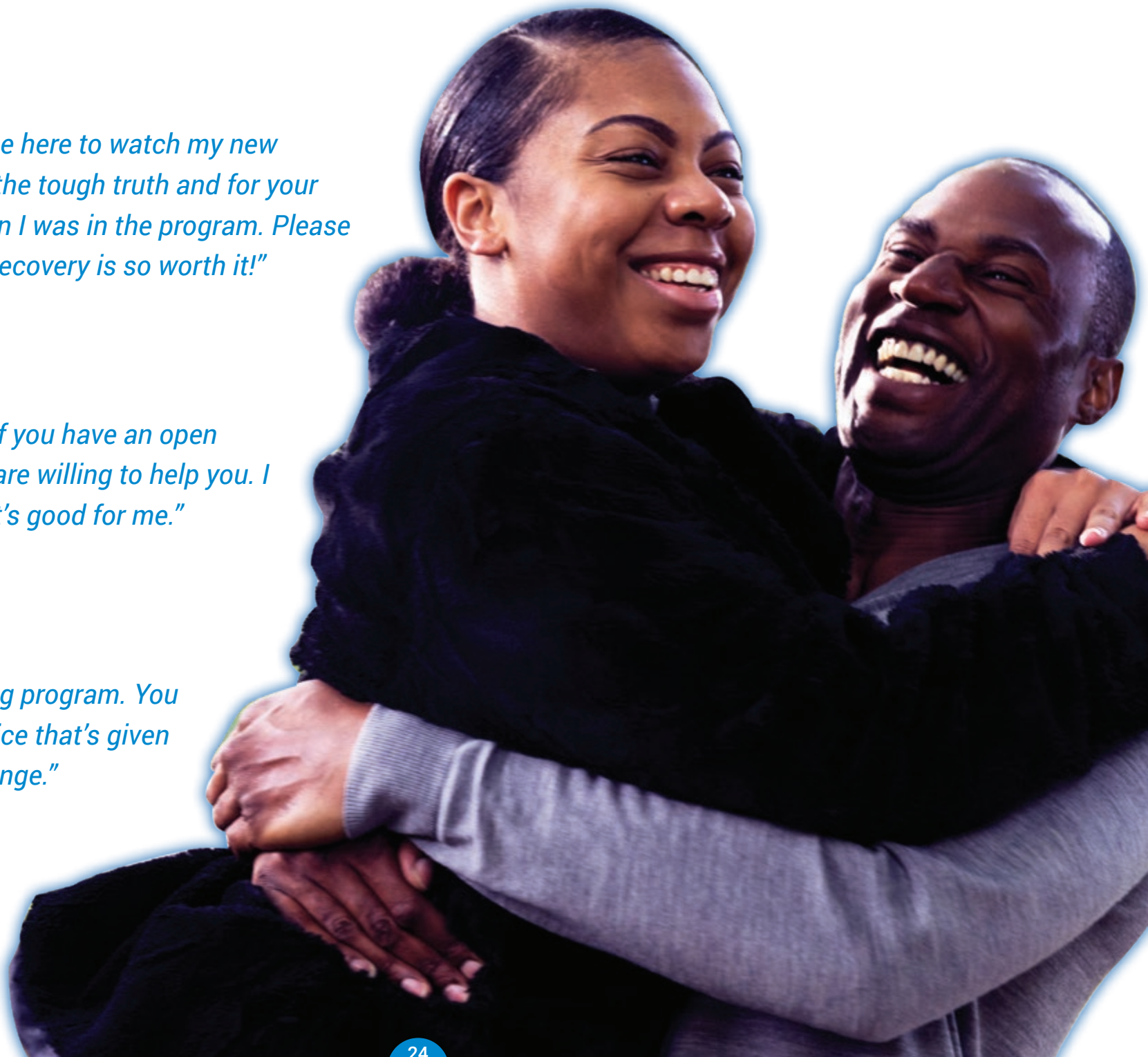
Thanks to you all, I'll be here to watch my new son grow. Thanks for the tough truth and for your patience with me when I was in the program. Please never give up on us! Recovery is so worth it!"

“

There is help here if you have an open mind. People here are willing to help you. I like the structure, it's good for me."

“

This is a life-changing program. You have to take the advice that's given and be willing to change."



““

Been two years since I left there, and wanted you to know it's still working. I'm doing good. Always remember you all in my prayers of thanks."

““

One day at a time, I am making it to a new sunrise, sober and free. Thank you for all you do and keep doing it! You can't possibly know the difference you make."

““

I was at an all-time low, and I saw how happy the coach who came to see me was. I was ready to give anything a try and I feel like that spark of hope saved my life. It's a miracle program."

GIVING TO GATEWAY FOUNDATION

In the past 50 years at Gateway Foundation, we've utilized evidence-based practices to serve over one million patients, but there are still thousands in need. Today the leading cause of death for Americans under 50 is overdose. We are in an unprecedented public health crisis. Now more than ever, we need you to be our partners in the fight to end addiction.

Please consider helping one person begin recovery to touch countless lives:

To make a tax-deductible donation:

BY MAIL

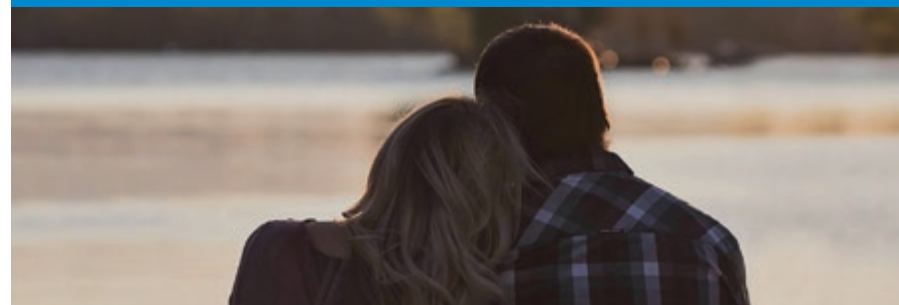
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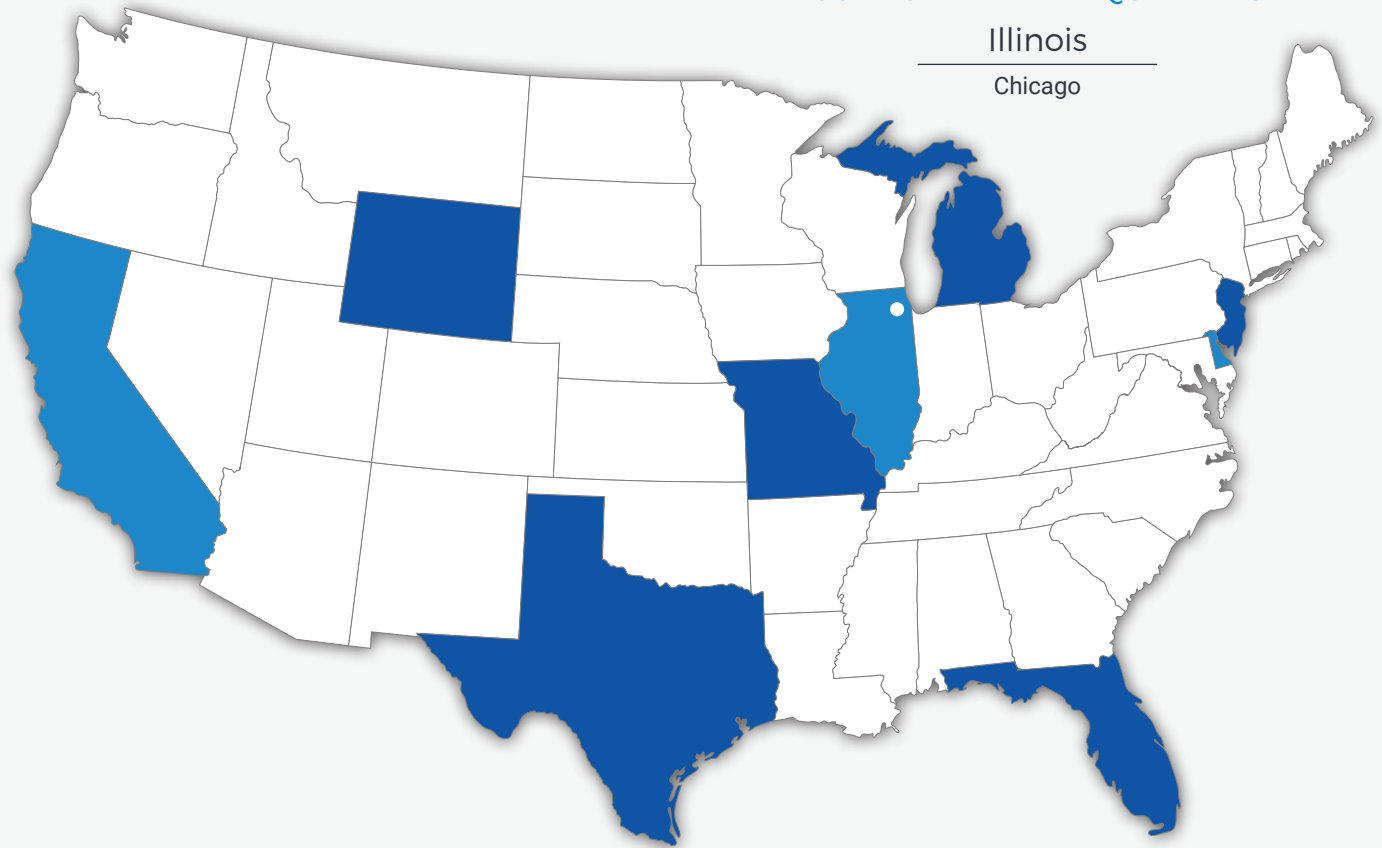
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