

ALUMNI & FRIENDS

The CAT Alumni & Friends Association strives to establish and enhance a mutually beneficial enduring relationship between CAT and all of its alumni. The association encourages support for CAT, facilitates communication between alumni and CAT and offers opportunities for volunteer service.



The CAT Alumni & Friends Association is a critical component of what we do at CAT. In addition to coordinating activities with patients, CAT alumni organize and host social and fundraising events.

The money raised is used to purchase Alcoholics Anonymous and Narcotics Anonymous texts for clients, host in-house celebrations for clients and their families, buy art supplies and participate in other recovery-related activities. The association is a fun way to network, stay in touch with other graduates and participate in sober activities.

Alumni & Friends meets the first and third Thursdays of each month at 6 p.m. Everyone is welcome to attend.

VOLUNTEER

Volunteers play a vital role in supporting the services provided by CAT. By becoming involved and providing help, you can make an impact in all areas at CAT, from driving patients to meetings to serving on volunteer leadership committees.

If you are interested in becoming involved with CAT, contact Terri Carter in Human Resources at (513) 381-6672.

THERE IS HOPE WITH CAT

Peer Mentor Shares How He Changed His Life Around



After more than two decades of struggling with addiction, Tim found himself at rock bottom. Tim's heroin addiction had progressed to the point that he could no longer hide it behind closed doors. Like so many who battle this disease, he hit *his rock bottom*. One fateful afternoon, only two weeks after starting a new restaurant job, Tim was fired for stealing. *"I didn't want anything to do with the cash flow because I knew I was going to actively steal money from them. This didn't matter anyway, because two weeks later I was already stealing as much as I could... Even on camera, I was actively stealing from servers' purses and the safe,"* he recalls.

When his bosses confronted him, Tim admitted his addiction for the first time. With nothing left to lose, he called to confess his addiction to each of his family members, only to be hung up on each time. He was overwhelmed with hopelessness. In complete despair he went for a drive and was looking for a way out. He recalls thinking, *"If I just took hard left and crashed into the river, all my problems would be solved."*

Instead, Tim chose to ask for help. *"I remember sitting through my first NA meeting, hearing someone talk, and realizing I wasn't alone. Someone else had the same exact story as mine. From then on, I found that through coming to CAT, getting clean and listening, I had finally found my people. There's nothing that these people would say that I couldn't relate with. For the first time I felt welcomed and loved by people who accepted me for who I am."*

Tim's story is like so many who come through the doors at CAT. He has much to show for his hard work toward sobriety. Recovery is his #1 priority in life. *"It comes above all else. If I don't put recovery in front, everything that I have achieved will have been for nothing."* Tim continues to go to five or six meetings a week and is now the director of a sober living house. He is a CAT Peer Mentor and sponsors his own group.

Because of the continued compassion and generosity of our supporters, CAT is able to help countless suffering men and women from our own community during their darkest hour. Together, we can change how their stories will end. There is hope!

STAY CONNECTED

At CAT, we know firsthand that the way we communicate with each other is being transformed by technology. We want to stay in touch with our patients and their families, our supporters and the community at large. These digital platforms let us share news, innovations and developments with you.

www.CATSober.org

<https://www.facebook.com/ccatsober>

<https://twitter.com/ccatsober>

We also encourage you to sign up for our newsletter by visiting our website www.catsober.org

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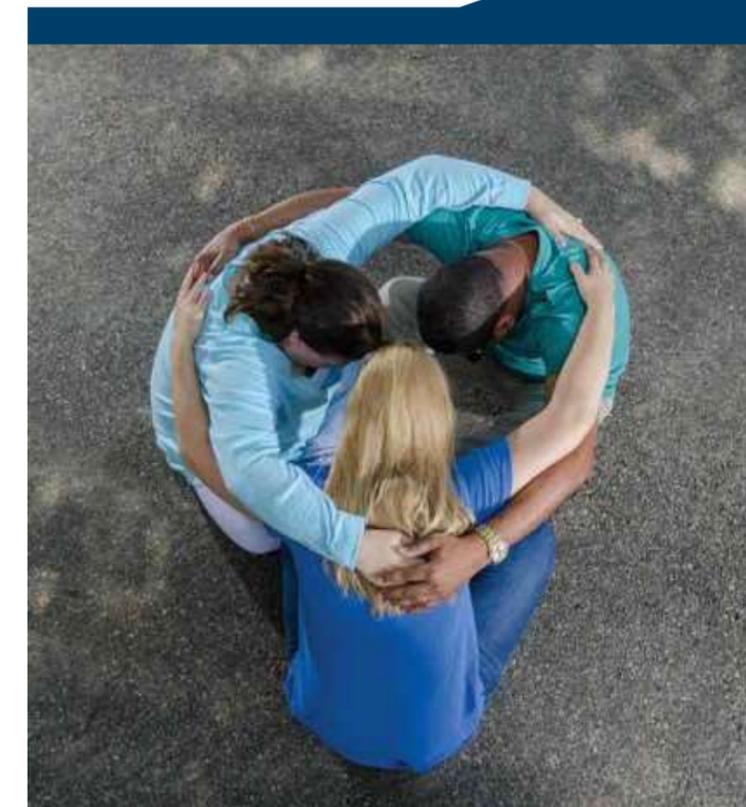
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CAT is funded in part by the Hamilton County Mental Health and Recovery Services Board, the City of Cincinnati, and the United Way of Greater Cincinnati.

CAT is accredited by Joint Commission and certified by the Ohio Department of Mental Health and Addiction Services.



FISCAL YEAR 2018 ANNUAL REPORT

PRESIDENT'S LETTER

Dear Friends,

If we had to describe the last fiscal year at CAT in one phrase it would have to be *a year of opportunity*. With the opening of the Spaulding Recovery and Family Care building, we had the opportunity to expand the breadth of services we offer to our patients, and to the community.

- Our new mental health counseling center serves current patients and their families/support network
- Monarch Primary Care, a Deaconess Health Check site, offers any adult the opportunity for excellent healthcare, with the bonus of having providers who understand addiction as a health challenge.

CAT also had the opportunity to host local, state and federal elected officials throughout the year. These events helped them to interact with people in recovery and gain a better understanding of the challenges they face and the gratitude they have for each day clean and sober.

With the major changes at the state level in Medicaid billing and reimbursement we had, and still have, the opportunity to put the Serenity Prayer into action!

But the most important opportunity CAT had in FY18 was the opportunity to help more people become healthy. This is an opportunity that guides our actions both at the board and staff levels.

Thank you, friends of CAT, for the opportunity to work with *you* to make Saving Lives and Rebuilding Families and Communities a reality. We are looking forward to the opportunities in FY19.

Sincerely,



Sandra L. Kuehn
President/CEO



Steven P. Goodin
President Board of Trustees

PUTTING RECOVERY WITHIN REACH

When it first opened its doors in 1970, the Center for Addiction Treatment offered a unique viewpoint on addiction. Its members firmly believed addiction was a disease to be treated, not a moral failing to be punished.

While this belief is widely accepted today, that wasn't always the case; CAT was ahead of its time.

CAT has remained a leader in the treatment of addiction, providing modern scientific approaches to the assessment and medical care of patients with addiction to drugs, alcohol or gambling.

WHAT SETS CAT APART

- Recovery is within reach - using the best tools available in this region, CAT makes recovery personally attainable for any patient by offering affordable access to care that is close in proximity to anywhere in the Tristate.
- Patients have access to both residential and intensive outpatient services, including a dedicated physician and 24/7 access to professionally trained nursing staff.
- Patients benefit from the only non-hospital-based medically monitored detox between Pendleton County, KY and Columbus, OH.
- CAT's medication-assisted treatment program for opiate dependent patients utilizes FDA approved medications including Suboxone® and Vivitrol®. These medications are used as part of a comprehensive approach that includes monitored urine screens and close management of pill dispensing, paired with proven counseling methods and unique support programs.
- Through CAT's network, patients have access to a vibrant, active recovery community for continued support after treatment. CAT has a rich history of successfully treating addiction since 1970, making it the longest standing addiction treatment center in the region.

SERVICES

Medical Detox – CAT operates the only community-based, medically monitored drug and alcohol detoxification center with a 180 mile radius. CAT's Medical Detox is designed specifically to support our patients through the challenges of withdrawal.

Short-Term Residential Treatment – CAT's Short-Term Residential Program provides individualized treatment and education to help patients focus on recovery after detoxification has taken place. Our program offers educational sessions, group and individual therapy and 12-step meetings. The specific needs and progress of each patient ultimately determines the length of stay.

CAT's trained counselors educate patients on the effects of drug and alcohol abuse, relapse prevention, stress management and similar issues related to chemical dependency. Additional sessions include music therapy, art, recreation, spirituality discussions and more.

Medication-Assisted Treatment - Because withdrawal from alcohol and opiates such as heroin, oxycodone (OxyContin®) and methadone is often painful, many patients abandon treatment before completing detoxification. We offer hope. Through the use of medications like Suboxone® or Vivitrol®, paired with appropriate counseling, alcohol and opioid-dependent people can begin to manage their disease and focus on other aspects of their lives.

Strengthening Families Program – CAT's

Strengthening Families Program educates family members on the disease of addiction and teaches them how they can positively change the dynamics of their relationships, improve communication skills and find relapse prevention support.

Continuing Care – Our Continuing Care Program involves weekly group meetings designed to provide peer support with a particular focus on relapse prevention. Once patients have successfully completed the program, they are invited to participate in a graduation ceremony to celebrate their achievements.



FINANCIALS

Public Support and Revenue	2018	2017
Federal Awards and Other Grants	2,176,107	3,464,698
Client Fees	3,567,155	1,074,085
United Way of Greater Cincinnati	98,639	102,636
Food Sales	4,058	4,200
Contributions	122,246	68,153
Net Assets released from Restriction	640,199	3,640,871
Miscellaneous	6,853	6,400

Total Public Support & Revenue **\$6,615,257** **\$8,361,043**

Expenses

Program Expenses: Detoxification program	\$2,213,322	\$1,518,293
Program Expenses: Rehabilitation program	2,071,986	1,589,045
Program Expenses: Non-Core Programs	959,587	967,666
Total Program Expenses	\$5,244,895	\$4,075,004

Management & General	613,316	638,860
Fundraising	38,395	138,580
Total Expenses	\$5,896,606	\$4,852,444
Prior Pension Cost	(253,213)	(201,286)

Change in Net Assets **\$191,414** **\$2,947,385**

Operating Revenue Over Operating Expenses \$718,651 \$3,508,599

Change in Unrestricted Assets \$465,438 \$3,307,313
Change in Temporarily Restricted Net Assets (274,024) (359,928)

Total Net Assets, end of year **\$6,199,516** **\$6,008,102**

PROGRAM DATA

Total admissions into all levels of care	1407	1536
Total unduplicated admissions	1067	1141
Total days of service provided	15,316	18,227
Planned discharges from medically-monitored detoxification	63%	
Planned discharges from short-term residential treatment	72%	

PATIENT DEMOGRAPHICS

By Drug of Abuse		By Age	
Opiates	70%	18-30	32%
Alcohol	21%	31-45	42%
Crack/Cocaine	7%	46-59	22%
Marijuana	<.1%	60-74	4%
Other	2%		