

2012



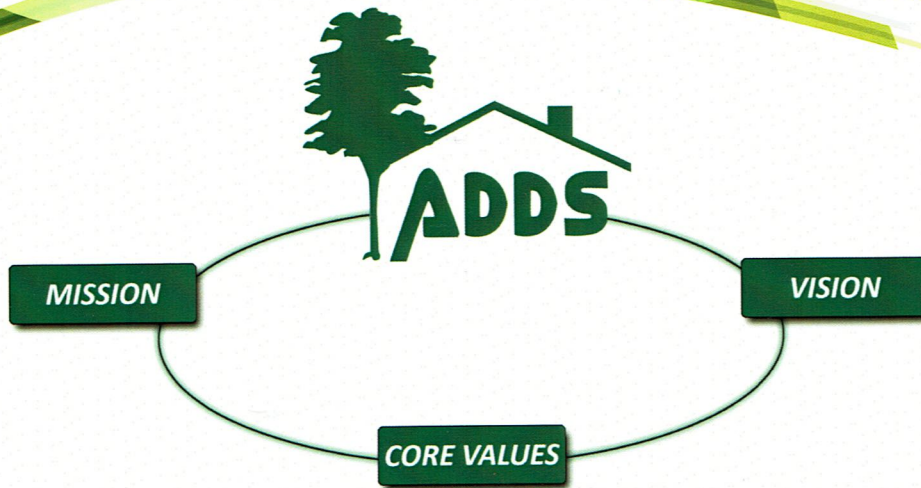
2012

COMMUNITY REPORT

Alcohol and Drug Dependency Services, Inc.

Community Education. Intervention. Treatment.





Mission

Through guiding lives and giving hope, we seek to help persons recover from addiction to alcohol and substances, so that they may establish useful and successful lives.

Vision

To ensure quality alcohol and substance abuse education and treatment services are available to adolescents, adults and their families to foster a healthy WNY community.

Core Values

- Community
- Service
- Teamwork
- Integrity
- Respect
- Professionalism
- Empowerment
- Quality

Within each of us is a hidden store of energy. Energy we can release to compete in the marathon of life.

Within each of us is a hidden store of courage, courage to give us the strength to face any challenge.

Within each of us is a hidden store of determination. Determination to keep us in the race when all seems lost.

— Roger Dawson

Dear Family, Friends, And Supporters,

We take this opportunity, in presenting our annual community report, to express our continued appreciation for the support of the WNY community, the ongoing efforts of the dedicated employees of ADDS, and the committed services of our Board members.

2012 presented another challenging year for our community, and for ADDS, in addressing the seemingly ever-growing issue of addiction. This issue in WNY is mirrored by the problems of addiction nationally.

Advances in medicine and neuroscience clearly reveal that addiction is a complex brain disease, but the disease of addiction, in large part, remains misunderstood as a moral failing, resulting from a lack of willpower, and a subject of shame and disgust. Although there remains no cure for addiction, there are effective treatment methods for managing and arresting the disease allowing suffering individuals to lead sober and productive lives. No one can begin to quantify the suffering and anguish created by addiction.

Many health care experts and observers believe that addiction is our nation's largest preventable and most costly health problem accounting for up to one-third of hospital inpatient costs, driving crime and lost productivity.

Because addiction affects cognition and is associated primarily with the difficult social consequences that result from the failure to prevent and treat it, those who suffer from the disease are poor advocates for their own health. Due to the shame, stigma, and discrimination attached to the disease, individuals suffering from addiction, and their loved ones, too often are isolated in their struggle to understand the disease and find help.

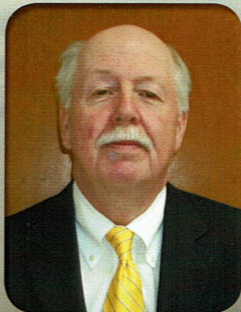
ADDS remains a beacon of light and hope to those who suffer from this terrible disease, and remains committed to empowering those who suffer, their loved ones, as well as our community, in its efforts to effectively contend with the complex and myriad consequences of addiction.

Our ongoing mission includes remaining a vocal advocate for those we serve, continuing not just to provide care to those who suffer, but continuing our efforts to educate all of us in the WNY community about the nature of addiction.

Since its founding, ADDS has responded to the call for help from those suffering. In the early days that call came from the chronic late stage alcoholic who slept under bridges or on heating grates on downtown Buffalo's sidewalks. Today the call comes increasingly from the suburbs and rural areas of WNY, where adolescents and young adults have become addicted to prescription and opiate-based drugs in growing numbers.

We believe ADDS is uniquely capable of answering this call, focusing on **Empowering** our clients and their families by engaging them in appropriate treatment and care, and helping them in any way we can in seeking recovery from addiction.

We remain as an organization, and as individuals, ready, willing, and able to pursue the mission, purpose, and goal of helping those in need, regardless of their age, race, creed, religion, gender, sexual preference, or station in life.



William Hites
President, Board of Directors



William Burgin
Executive Director

BOARD OF DIRECTORS

William Hites, President
2007-Present

Robert Herzog, Vice President
2007-Present

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2007-Present

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2012-Present

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2011-Present

Naomi Cerre
2010-Present

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2012-Present

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2011-Present

Tracy P. Johnson
2012-Present

Beverly Kubala
2004-Present

Peter Morrow
2009-Present

David Pfalzgraf
2010-Present

Kathleen Seibel
2012-Present

Jack Wagner
2012-Present



I have come a long way in the past few years. My hell started in 2006 when my father passed away. I started using a lot of prescription painkillers and anxiety medication. I was hurting so much emotionally that I was trying any way to numb the pain. I tried every drug, both prescription and street, that I could find. When I lost my grandparents who raised me since birth, my habit got worse. Soon, I found myself in drug court with more than 34 charges. I had the option of doing five to seven years in prison or going to treatment. As much as I wanted to be sober, I didn't trust myself 100%. I arrived at Supportive Living and was scared out of my mind. I had all sorts of freedom, yet had to answer to someone besides my drug court and myself. I didn't want to make friends either. Needless to say, I made an amazing friend that I still talk to today and successfully completed the program in April 2012. But this is not where my journey with ADDS ends. In July 2012, when my sobriety was again at risk, ADDS helped me obtain housing. I was able to stay clean and keep working on my recovery. Today I live in a beautiful house in Buffalo. I am living proof that your life can change if you want it to! Just keep in mind that ADDS can only help you if you want to help yourself!

-Vanessa

I remember how accommodating Terrace House was to get my son in, when he so desperately needed a place to go. Things that seem like everyday things for us are so very important for the people staying there. His experience was a good one; he is clean today, and when we talk to him, he's the son I remember.

There's a frame hanging in my kitchen with the saying, "One day at a time." My 22-year-old daughter loved it so much that she had it tattooed on her back.

Please keep up the good work. Hopefully it will be a better tomorrow for these clients.

Thank you!

- Ann Marie




"When I was dropped off at the door of 291 Elm it was my last chance to get it right before I was sent to jail. I had burned all of my bridges at my previous halfway house, as well as with the judge who mandated me to treatment. At Casa Di Vita, not only did I make life-long friends, but I gained support of the staff. They helped me become who I am today and were committed to helping me become a success. One staff member always went above and beyond for me. I have done so many things in my life I am ashamed of, but she put my past aside and helped me in a way I will never forget.

As it came closer to my completion date at Casa, I realized I didn't know what I wanted to do with my life, nor did I think that anyone would ever want to hire me. With the staff's help, I began volunteering at the American Red Cross. No one knew of my past, and if they did, I wasn't treated any differently than anyone else working or volunteering there. For once in my life, people recognized the work I did and were grateful to have me there. Volunteering turned into a job, which I never thought would happen. I'm finally doing something I love, and am surrounded by amazing, supportive people every day.

My life is coming together in a way I never imagined, even before drugs took over my life. I have true friends now, and have my family back in my life. I get to share my story with whomever I choose and I'm no longer ashamed. I can go on forever about the change that happened to me because of ADDS!"

- Nicole R.




ADDS 2012
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I always had a short temper and never felt like I belonged. When I started using drugs and smoking, I finally felt like I was part of something. It escalated to using opiates, alcohol, acid, and whatever else I could get my hands on. I didn't care about anyone or anything, including myself. I was subconsciously trying to kill myself. I walked through the doors of Renaissance House physically, mentally, and emotionally incapable of dealing with my life. I weighed 117 pounds, had large bags under my eyes, my life in pieces. That day, I thought I knew something about myself, but I had absolutely no clue. Two weeks into treatment, I heard a song played at my grandmother's funeral months before. That's when I knew I was in the right place.

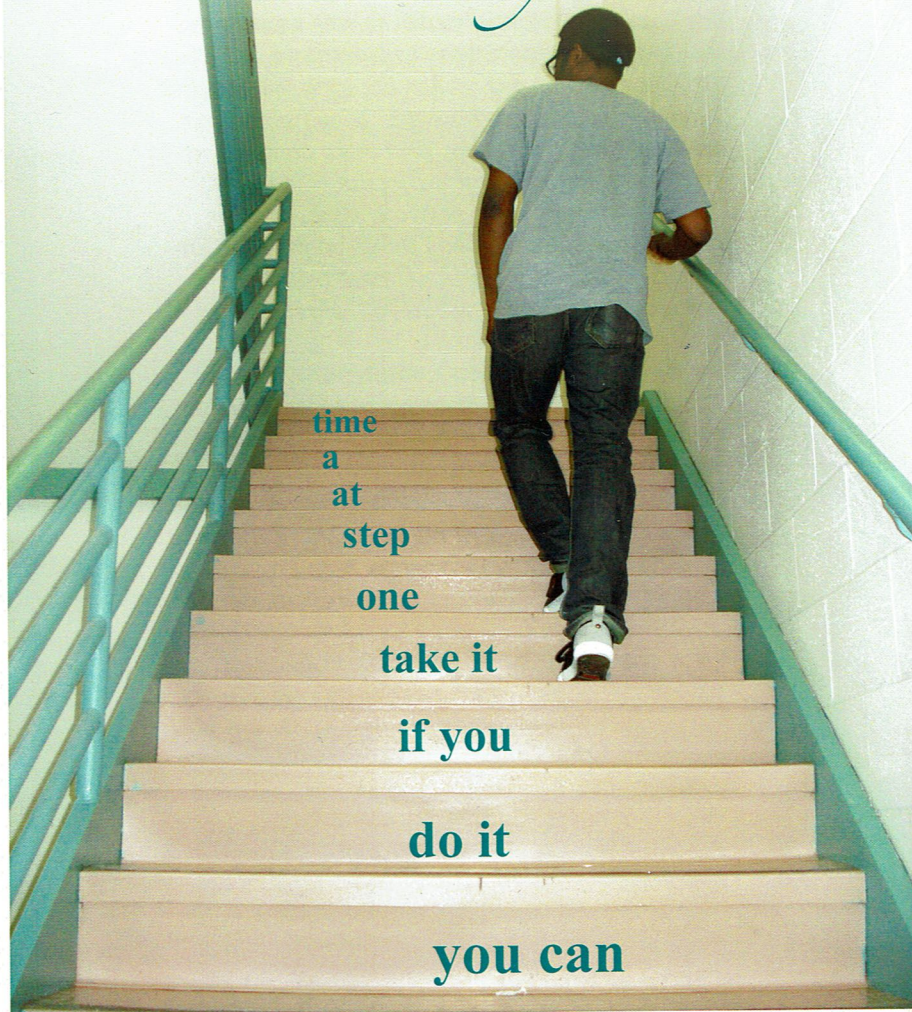
As time went on, my health and appetite returned. I started learning how to communicate with people, was getting a lot healthier, and people noticed me really trying to change. I started to see light at the end of the tunnel. It felt great. I grew to love the program, and steadily increased my respect, tolerance, and work ethic.

I have many hopes, along with some healthy fear. My goal is to get a part-time job, take some college classes, and keep myself busy doing as much service work as possible. Renaissance House taught me how to live with myself, love myself, and be with myself; in addition to all the tools they gave to me to live a happy, sober life. The real test is now. I have to apply them for the rest of my life, and if I don't, it's all on me.

-Brent



Recovery



"There was a time when I felt I had it all figured out. I thought I would do well selling and doing drugs for the rest of my life. Coming here has shown me that I should have never set my bar so low. Now I have real goals and a rewarding way to live. It's not easy to do, but the payoff is great."

-Ken

"While I was using, everything in my life revolved around drugs. I used to love feeling like something other than my boring self. Now that I'm in recovery, I've found that there is so much more to life. All I needed to do was be more open-minded and put down the drug that controlled my life."

- Rachel



I had a fairly normal childhood. I was raised by my mother and my grandparents. I never met my father. This caused a lot of feelings of being unwanted, abandoned, and rejected. My grandfather was essentially my father. He taught me how to build and fix things around the house, but more importantly, he taught me that it was okay to be myself.

In 2006, my grandfather was diagnosed with brain cancer and given eight months to live. The pain of seeing him slowly lose control of his body and mind was almost unbearable to me. He became less and less of the man I knew and loved. The only thing I knew how to do was numb my pain with drugs. I didn't want to hurt, or deal with my emotions, and did anything and everything possible to numb those feelings. I discovered a whole new demon, drugs. I also began cutting, inflicting pain on myself to avoid the emotional pain. After he died, my addiction got worse. I stole, cheated, lied, and manipulated to get what I wanted. I found myself in a place I never thought I'd be. Before I knew it, I was completely consumed by a heroin addiction. I became the low-life junkie on the street that I always told myself I'd never be. I stole from my family and friends, robbed cars, and burglarized houses to support my addiction. My use led me in and out of courts, jails, rehabs, and even the psych ward. I knew I needed help, but didn't know what to do. My life took a turn when I was arrested for burglary and looking at a seven to fifteen year sentence.

I was given the opportunity to go to the Renaissance Campus, and realized it could be the only chance there was to save my life. I came in beaten and broken, and in desperate need of a new way of life. During the first month, I robbed from the office,

smoked in the house, got high, and AWOLed from treatment. I found myself on the eastside of Buffalo in a crack house shooting speedballs of heroin and coke, smoking crack with two prostitutes. I knew I couldn't go on living like I was any longer, or I would end up dead. I came back to the campus, which got my feet back on solid ground, and helped me move forward.

I cannot even begin to put into words how grateful I am that I'm sitting here today. I truly believe everything that happened to me happened for a reason, and whatever that reason may be, I'm not willing to let go of this once-in-a-lifetime chance for anything. Being at the Campus gave me back my relationship with my mom, gave my life structure, and introduced me to Narcotics Anonymous.

I have made the change from a hopeless dope fiend who will do anything to get high to a dopeless hope fiend who will do anything to stay sober. I learned that I don't have to pretend to be someone I'm not; I don't have to impress anyone. I have learned the true definition of a friend, and what it feels like to be one. I learned that being sober isn't easy, but with the help of others, we can overcome any obstacle that life throws at us, as long as you stay honest, open-minded, and willing.

-Cameron

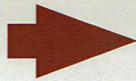


COMMUNITY REPORT

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We would not be who we are without our clients.

At the end of the day, they are the ones who challenge us, teach us, and make our jobs worthwhile. They are the ones who empower us to keep doing what we do each day. In turn, we continuously strive to empower them to keep traveling down the road of recovery.

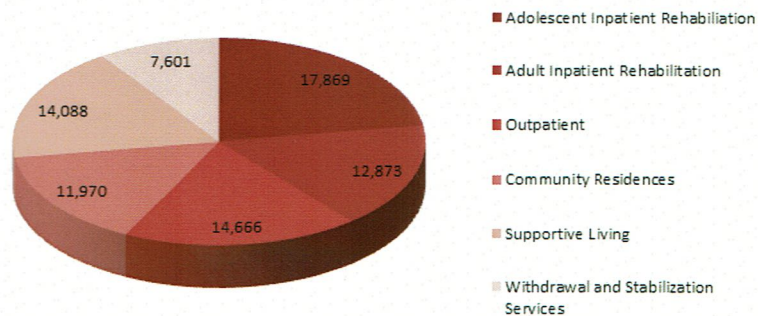


In 2012, ADDS served more than 2,500 clients – the most ever.



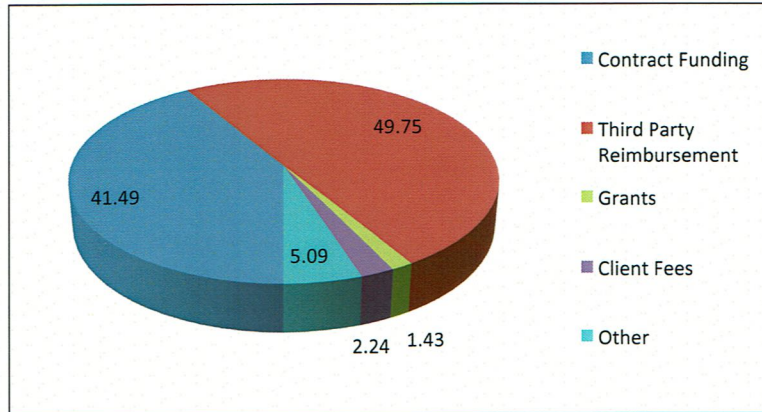
ADDS also delivered more than 79,000 services, more than ever before.

2012 Services Provided

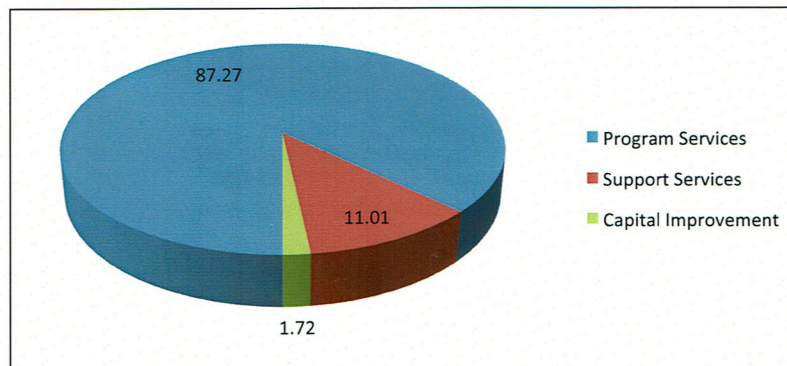


2012 REVENUE AND EXPENSES

REVENUE	AMOUNT	%
Contract Funding	\$3,768,665	41.49
Third Party Reimbursement	\$4,519,825	49.75
Grants	\$129,546	1.43
Client Fees	\$203,743	2.24
Other	\$462,533	5.09
Total Revenue	\$9,084,312	100



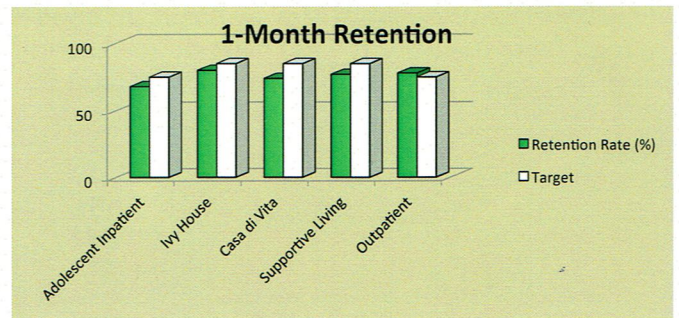
EXPENSES	AMOUNT	%
Program Services	\$8,082,151	87.27
Support Services	\$1,019,326	11.01
Capital Improvement	\$159,545	1.72
Total Expenses	\$9,261,022	100



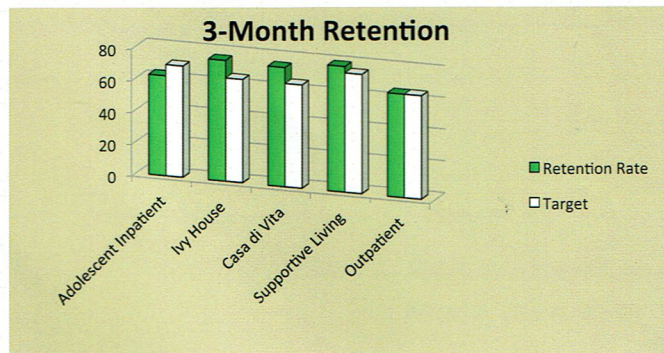
EXCESS EXPENSE OVER REVENUE \$176,710

ADDS is constantly working to further improve ourselves. At the end of each year, we conduct an analysis of the outcomes, trends, and changes we've encountered. This ongoing analysis is a necessary part of our long-term goal of being the premier alcohol and substance abuse treatment agency in Western New York (WNY). Client empowerment serves as one of our guides, highlighting what we've done, and what road to take in the future.

Health Care Reform made its presence known in 2012. The new regulations it encompasses had both direct and immediate impact on all health care providers in New York State, ADDS included. ADDS is in the second year of a three-year technology implementation project to transition to an electronic medical record that will play a critical role in centralizing all client treatment information. In addition, ADDS became a partner in HHUNY, a health home collaborative in upstate New York. This opportunity has the potential to bring in new clients, develop new programs and collaborations, and help guide ADDS on the path to excellence; the highest organizational status: premier.



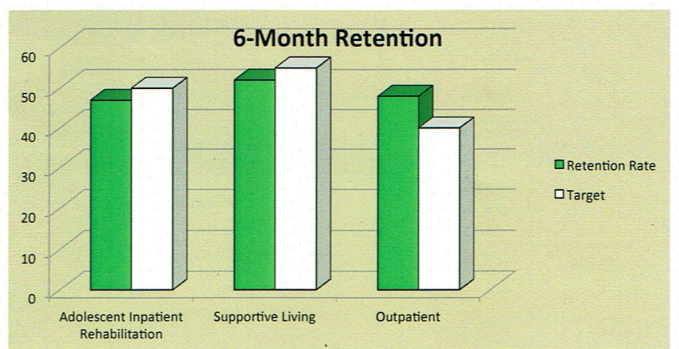
Given these accomplishments, like many other providers this past year, ADDS encountered its share of challenges achieving programming goals. At times, each of ADDS' programs struggled to meet the needs of the younger, sicker, more diverse population. Clients have been difficult to retain, making it hard to reach and sustain retention rate targets for one, three, and six month lengths of stay. In response, new partnerships were developed, and will be vital in the future. New methodologies for treatment, namely evidence based practices, will be implemented. New methods of outreach will be necessary to meet both these individuals and those who have a significant presence in their lives.

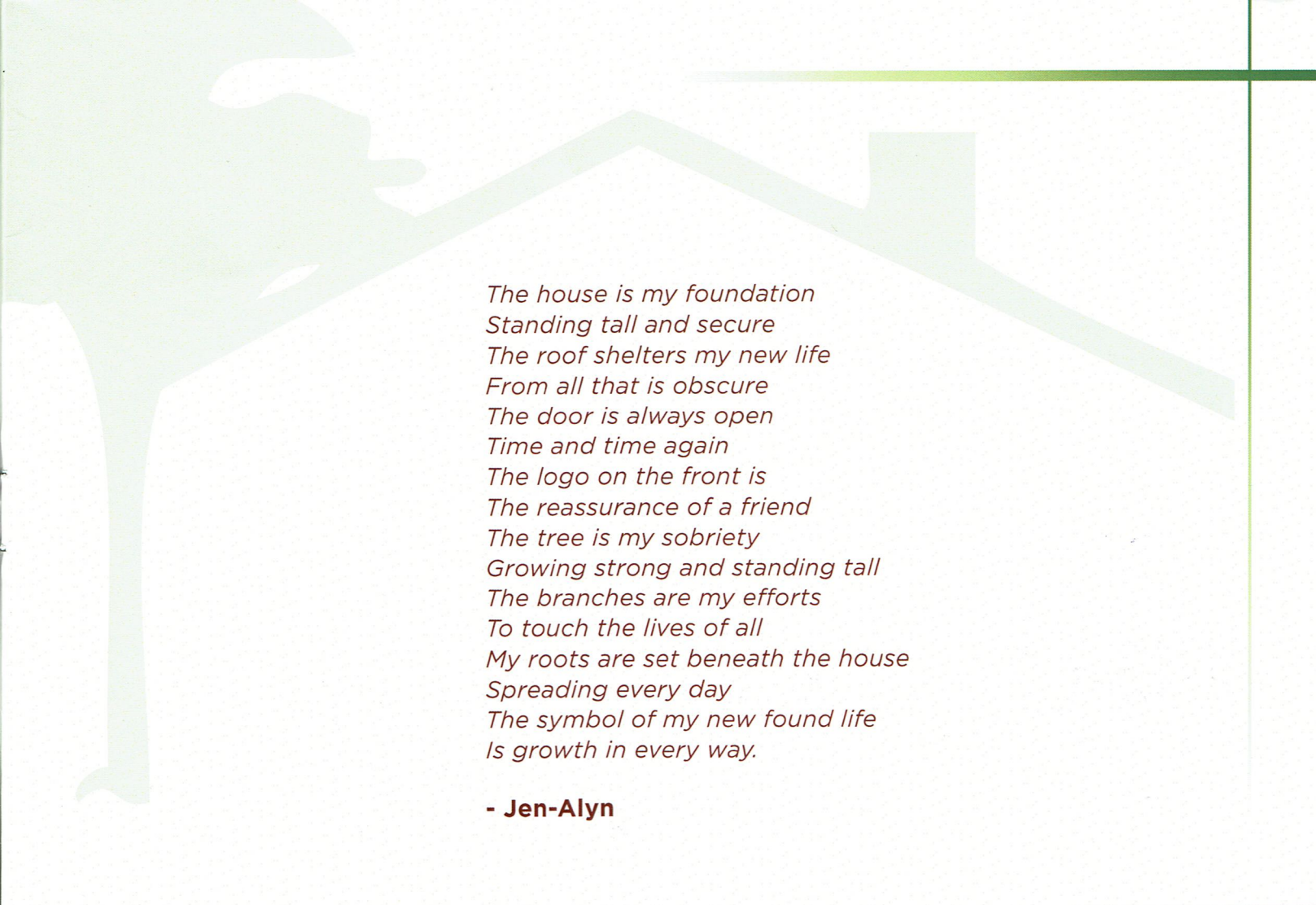


In 2012, the agency looked to the future, hiring new experienced staff to better address the needs of both its clients and programs. These new employees have had a tremendous impact on helping programs meet their internal goals, in addition to the agency's goals as a whole. ADDS also increased the number of presentations to its collaborating agency providers and conducted and identified the need for new enhanced, population specific, therapeutic groups and programming. Identifying and meeting needs quickly and effectively should directly impact the length of time clients remain in the program.

Rejecting stagnancy regarding ideologies of what worked in the past is necessary to implement evidence-based treatment ideologies as they emerge. This is the ultimate challenge for not only ADDS, but all treatment organizations looking to keep their doors open while dealing with the ever increasing external forces working against them.

That being said, ADDS is focused on the expansion of services to address the needs of the increasingly co-occurring population of individuals needing treatment. Establishing an efficient, effective technological infrastructure, including an electronic medical record, is underway. New programming involving case management services is nearing its start date. Opportunities for growth are emerging, and for the taking. Health care reform will require agencies to adapt. ADDS is ready, willing, and able.




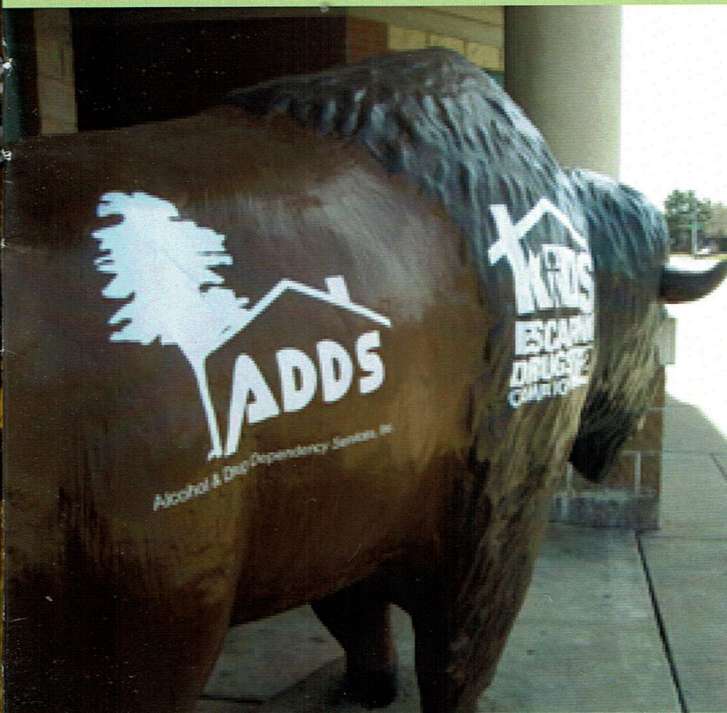


*The house is my foundation
Standing tall and secure
The roof shelters my new life
From all that is obscure
The door is always open
Time and time again
The logo on the front is
The reassurance of a friend
The tree is my sobriety
Growing strong and standing tall
The branches are my efforts
To touch the lives of all
My roots are set beneath the house
Spreading every day
The symbol of my new found life
Is growth in every way.*

- Jen-Alyn

We are all inventors, each sailing out on a voyage of discovery, guided each by a private chart, of which there is no duplicate. The world is all gates, all opportunities.

- Ralph Waldo Emerson



2012
COMMUNITY REPORT
Alcohol And Drug Dependency Services, Inc.

Terrace House

*Administrative Office
Withdrawal and Stabilization Services
Inpatient Rehabilitation*
291 Elm St.
Buffalo, New York 14203
(716) 854-2997

*Family Addiction Outpatient Services
HUD Housing Office
Supportive Living Office*
460 Main St. 2nd Floor
Buffalo, NY 14202
(716) 855-0163

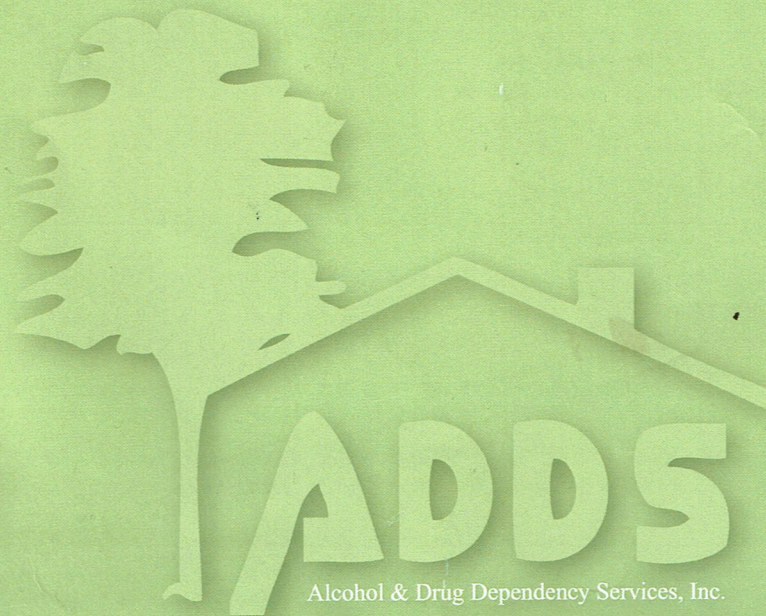
Casa Di Vita
200 Albany St.
Buffalo, NY 14213
(716) 882-8898

Renaissance Campus

920 Harlem Road
West Seneca, New York 14224
Renaissance House
(716) 821-0391
Stepping Stones
(716) 821-9220
Promise House
(716) 332-3991

Ivy House
2025 Broadway
Buffalo, NY 14212
(716) 892-7401

ADDs Foundation/Kids Escaping Drugs
920 Harlem Road
West Seneca, New York 14224
(716) 827-9462



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