



2203 FULTON AVE.  
CINCINNATI, OH 45206

 Celebrating 20 years  
**ANNUAL  
REPORT**  
2013



The average age of our client has dropped from 33 years old to 28 years old in the past two years.



## FINANCIAL REPORT *2013*

We successfully closed out fiscal year 2013 with net operating income of over \$130,000, exceeding our budget by over \$25,000. The Agency increased our clients served over the prior fiscal year, saw some investment gains and started fund-raising for the Maternal Addiction Program. These factors combined helped the Agency to exceed our budget and end the year on a positive note.

In looking at the balance sheet as compared to June 2012, overall our assets increased by \$197,867 – our cash doubled and accounts receivable decreased by a third due to Medicaid payments being processed at the state level. The change in processing allows First Step Home to receive our dollars faster, providing the Agency with the cash it needs to grow. The Agency refinanced the outstanding bank debt during the year, reducing the interest paid while keeping similar amortization terms.

We purchased another property this year - 2211 Fulton Avenue. This property is currently being renovated and will be running in Fiscal Year 2014 providing outpatient services – increasing the number of women and children we can serve, and expanding our billable base.

All of the above, incorporated with the dedication of management, resulted in positive income and outlook for the Agency.

Fiscal Year 2014 will provide additional opportunities for the Agency as we increase our clients and our staffing to meet those needs. The Agency is looking into diversifying our investments in the coming fiscal year to gain market returns and increase our assets. There is the possibility that an additional building will be purchased as the Agency continues to expand and provide the services needed to the women and children in our community. The Agency is working with local and state leaders to identify and quantify the impact of the Affordable Care Act to the Agency, and the services it provides.

We continue to manage and budget the Agency in the best interests of the clients, and look forward to the opportunities that the upcoming fiscal year provides.

*- Michael Schneider & Natasha Busam*  
Finance Director                      Treasurer

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# THE BOARD

*Meet our Family Tree*

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*Dear friends and family,*

It is with great pleasure that we present to you the 2013 Annual Report. This year, we celebrated our 20th anniversary. Over 20 years ago, a group of individuals acted upon their concern of the number of women calling the Alcoholics Anonymous office needing treatment but not wanting to leave their young children. At that time, there was no treatment program in our area that allowed women to bring children with them. Through their efforts, they designed a program where children, up to the age of twelve could accompany their moms into treatment. As a result of their vision and dedication, hundreds of women have received treatment and their children have lived with them in a safe, nurturing environment at First Step Home.

Today at First Step Home, we continue to meet the needs of the women in our community. We continue to be the only drug and alcohol certified program in Hamilton County that allows women to bring their children, up to the age of twelve with them into treatment. Over the years we have expanded our services to address the needs of women who present for services. We have added mental services, MedSomatic services, expanded our outpatient component, increased our transitional housing and designed and implemented a Maternal Opiate Addiction Program. The number of pregnant women at First Step Home continues to increase. At the writing of this annual report, we have more pregnant women in our residential services than non pregnant women.

FY 2013 was another very successful year for First Step Home. We know that our accomplishments would not be possible without the brave women that allow us to be part of their journey of recovery. The support of the community and our funders has allowed us to address the needs of the women and their children in our program. We are so thankful to continue the vision of our founders.

We hope that you will enjoy reading the annual report and join us in recognizing how brave the women really are in making the life changing decisions for recovery.

*“Treatment Does Work and Women Do Recover.”*

*Ken Schon*  
Board Chair  
First Step Home, Inc.

*Margo Spence*  
President / CEO  
First Step Home, Inc.





# NOTES

*from the Clinical Director*

We continue to deliver the most effective evidence based gender specific treatment available. With the advent of Maternal Addictions, not much in the way of curriculum exists. Instead, we are on the cutting edge of developing this, by combining best practices for women, substance users, and pregnancy into a new product that meets all the clients' needs.

Our treatment is trauma informed. We recognize that just being a woman in the world of substance abuse brings trauma, not to mention the additional traumas that occurred before use. We are actively involved in gender specific and trauma informed coalitions addressing these issues. We have added groups to address gender specific trauma topics such as intimate partner violence, exiting sex trafficking, and healthy attachment to baby. These are the issues which could trigger relapse. As a way of developing a relapse prevention plan, we focus on all relationships in these women's lives.

Stable housing is a critical component to long-term recovery. FSH works diligently to develop housing alternatives for our clients, from transitional housing, to the Honor's program, to relationships with landlords in the community. Jobs bring freedom and resources, and we have worked to make our groups more accessible to women who work or attend school to ensure recovery. Overall, we work with our clients to ensure a stable reintegration into their communities.

*-Mary Ann O'Malley*  
Clinical Director

Over 60% of women obtain employment at the completion of treatment at First Step Home.

# HOPE

*for mothers & children*

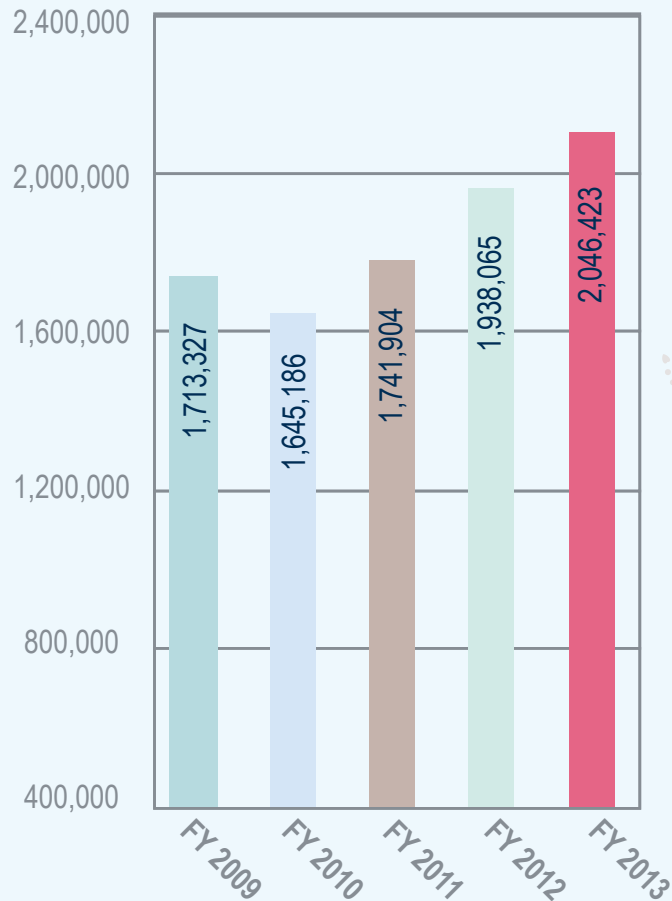
I have been clean and sober since April 21, 2013. I started my journey at First Step Home on July 24, 2013. It has truly been a privilege and a blessing. Before coming to First Step Home, I was somewhat broken inside. I was lost and on a path of destruction. After completing, the residential program, I learned several new tools to apply to my every-day life of relapse prevention. I now know how to recognize my triggers and how to avoid them, and also how to deal with them when faced with a challenge. I also feel and know that I am a beautiful, strong, young woman.

I joined transitional living on August 27, 2013 where I look forward to finding employment, independent living, and new responsibilities. I can't express my gratitude for everything I have been blessed with. I am twenty-four years old and look forward to living and learning every day here at First Step Home. Before this journey, I was homeless, cold, hungry, and hurt. I lived a life of chaos not knowing if I would live to see another day. I wasn't living an honest life; it was filled with lies and denial. Now I don't have to experience that anymore. Thank God for First Step Home.

*-Maryanna*



## GROWTH *In Operating Expenses*



## MY EXPERIENCE *at First Step Home*

Today I'm a growing, recovering woman and a mother, thanks to God and First Step Home. Before I got here I was homeless, hopeless, and miserable. I lost everything including my children's baby books. I was stolen from and used and in active addiction all over again. I called and made an appointment with First Step Home and didn't go. One day I saw my children playing with a needle and I knew it was time to go even though I didn't know yet what the solution was.

I began to see the people living in active addiction around me. I made the decision to stop drinking but I was still living in an uncomfortable situation only to ensure that my children had a place to live.

Today I've been in treatment nearly a month. I'm so grateful that I made it here to First Step Home. This place is inspiring and empowering. My journey has begun. I have accomplished so many things since I have been in treatment. I can take my daughter to school on time every day. I am praying every day and giving thanks. Building a relationship with my children and other sober families, being able to work with my sponsor every day, and attending recovery meetings, admitting that I have a problem, working on myself, being open-minded and willing, being as honest as I can be, getting inspired, moving forward and having goals, being excited about the future... There are hundreds of more positives that First Step Home gave myself and my children.

Being a mother and giving my children the help that they need, doing the next right thing; all of these gifts are amazing and a direct result of this program. Thank you for giving me a choice and a chance.



*-Melissa*

# HELP *Someone in Need*



The Maternal Addiction Program has launched, and is delivering outstanding services to our pregnant and post partum clients. Women are assisted in getting pregnancy needs met as well as receiving treatment tailored to their unique needs as pregnant, addicted women. We have close collaborative relationships with local hospitals, doctors, and other agency providers. Our ultimate goal is to assist women in stabilizing, parenting, and having healthy babies! With this program, we hope to have babies born healthier, and returning home to moms faster so healthy attachment can occur.

Outpatient treatment continues to grow. We work with our clients to reintegrate into the community by assisting with housing and job support as well as sober support. This will enable them to remain clean and sober and be productive members of our larger community. Through a focus on work and housing, they learn to be self-sufficient again while having the program to guide and support them.

We continue to individualize services, focusing on needs clients identify for themselves, as well as relapse issues identified by staff. Our curriculum is ever-evolving to meet these unique needs.

Come visit and see the tremendous work we do. Soon we will have specialized rooms for the Maternal Addiction Program that will help facilitate hope and healing.

*-Terry Schoentling*  
Vice President

# HEALING *One Day at a Time*



# BRANCH OUT 2013

98% of the women completing treatment do not reconnect with the justice system.

The 2013 Rose Award Gala was a great success as we honored the "Founding Mothers" and the Ed and Joann Hubert Foundation for their work assisting the women we serve daily. The event was sold out and then some with dignitaries from both the county and city in attendance. It also marked the 20th anniversary of the founding of First Step Home back in 1993. Since that

date, over 3,200 women and 2,600 children have been a part of our treatment services.

The event this year was used as a tool for raising money for the Maternal Addiction Program that was opened this year. Due to the kindness of the many donors who supported with cash or gifts, we were able to raise almost \$20,000 and achieve a match with the former Health Foundation of Greater Cincinnati for an additional \$50,000. The event wouldn't have achieved the success that it did without the dedicated efforts of the Gala Committee. The members were:

Jeanne Plunkett, Coleen Korelitz, Sara Briel, Ann Bulger, Barbara Beach, Mary Jones, Mary Schwaderer, and Maureen Heekin. We are deeply in their debt!

**PLEASE SEND US**  
*Your e-mail address*

Send an e-mail to [Terry.Schoenling@firststephome.org](mailto:Terry.Schoenling@firststephome.org) with your contact information, including your e-mail address so we may communicate with you faster!



## MY LIFE *in Recovery*

I was introduced to First Step Home by the Hamilton County Court Clinic after my addiction took me so far gone that I would do anything including steal to get my drugs. I have been struggling with addiction for about five years. I am thirty-eight years old and am married and have three kids. I used drugs because I was seeking relief from a life that felt like a razor blade in which I was constantly trying to take the edge off. This is a habit that began well before my actual addiction and I am learning now that even if I'm not picking up, I still have to deal with life on life's terms.



Here I am, less than twenty-four hours sober from my third relapse. I have to sit back and look at what I am doing and try to find a cure to this disease. Today I came back to First Step Home and asked for more help. I am for sure exhausted, for sure out of options, and for sure out of time. I don't know if I would survive another day, minute, hour, out there on my own. Thank God I was able to have First Step Home catch me when I fell.

*-Angela*