

2203 FULTON AVE. CINCINNATI, OH 45206 513-961-4663 WWW.FIRSTSTEPHOME.ORG







ANNUAL REPORT WWW.FIRSTSTEPHOME.ORG











## ROSE AWARD GALA

The 2014 Rose award Gala was held at the Woman's Club on June 28th and was a smashing success due to the hard work of our committee and the generosity of the donors. This year's event honored three distinguished members of the community for their dedication to women seeking sobriety. The Church of the Redeemer was selected as the organizational winner due to their ongoing financial, volunteer and community support of First Step Home. Dr. Beatrice Lampkin, founder of GLAD House, was honored for her lifetime dedication to the children and families of

The highest period of relapse in opiate-addicted women is immediately after delivery of their newborn baby.

women seeking to live free of addictions. Finally, Senator and Mrs. Eric Kearney were selected for their consistent support in the media and in the legislature for issues relevant to women in recovery.

The event supports the Maternal Addiction Program's efforts to provide education and treatment to opiate addicted pregnant women with the goal of delivering healthy and drug free babies.



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

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#### Dear friends and family,

Thank you for reviewing the 2014 Fiscal Year progress of First Step Home. In the following pages of our Annual Report, you will note how we have been able to increase our ability to assist more women in our community by providing residential treatment, outpatient services, on-site child care and transitional housing. We continue to focus on the individual needs of women by providing evidence based care. We collaborate with numerous partners throughout the community in order to provide comprehensive addiction and mental health treatment and primary health care.

During this fiscal year, we experienced another significant increase in the number of pregnant opiate addicted women. First Step Home was one of four Ohio agencies selected by the State to receive a Maternal Opiate Medical Support (M.O.M.S) grant in March. The grant has allowed us to expand our work with pregnant women by increasing our case management intervention and implementing a vocational component. In addition, we hired a medical director for the M.O.M.S project and added a new partner, Dress for Success, to assist the women with job readiness skills and appropriate attire. The G.L.A.D. House has been a partner with First Step Home for many years. This grant will allow us to expand the relationship. G.L.A.D. House will now provide therapeutic treatment for children, ages two to three years old, whose mother is participating in the project. The services will be provided on the campus on First Step Home.

Providing a safe environment for the women and their children continues to be a priority. As our census has increased over the past year, we have had to add three transitional houses to provide affordable, safe and comfortable housing for women leaving residential treatment. In order to create a community of recovery, all of the First Step Home properties are within walking distance, one block of one another.

Over the next year, we will continue to address the treatment and housing needs of the women and the children we service.

We thank you for your support!

Margo Spence

President & CEO First Step Home, Inc.

Montroue Miles

Board Chair First Step Home, Inc.



In 2015, the Maternal Addiction Center plans to expand and provide access to an estimated 700 opiate-addicted women.



First Step Home continues to grow by leaps and bounds. As a result of the tremendous Maternal Addiction Program growth, we have channeled the clients into "tracks" to better meet their needs. We offer a Behavioral Health track, and a Maternal Addiction track. This allows us to meet the needs of each

*pid you know? Opiate use during* pregnancy is the #1 cause of prenatal deaths in America. client individually. This year our focus has expanded to more maternal topics and assistance from our partners, as well as a renewed focus on nicotine cessation. We continue to offer other specialty topics like gambling prevention, sex trafficking, domestic violence, and grief, as well as our continued focus on Trauma Informed Care. Even the Governor's office recognizes the need for Trauma Informed Care. First Step Home has been ahead of this curve for years, offering gender specific, trauma informed, curriculum driven Evidence Based Treatment.

-Mary CAnn O'Malloy Clinical Director



My sobriety date is January 23, 2014. That is the day that I walked through the doors of First Step. I was broken, homeless and had no emotion. I had lost everything and was on a personal path of destruction.

I entered treatment pregnant with my seven month old son. My addictions had taken control of my life.



At First Step Home, I was able to build a new foundation for my recovery through the Maternal Addiction Program. They focused me on being both in recovery and on becoming a better mom. They taught me how to handle the painful emotions and feelings I had endured in my addictions. I was able to bond with my son and provide the emotional support he needed to grow out of the addictions cycle.

I delivered a healthy baby boy due to the support that First Step Home gave me. I am now able to live a new life as a mother and recovering person. I am an empowered, strong, and confident woman capable of meeting the challenges of my life.

- Crystal

#### MATERNAL ADDICTION PROGRAM Selected by State for Funding



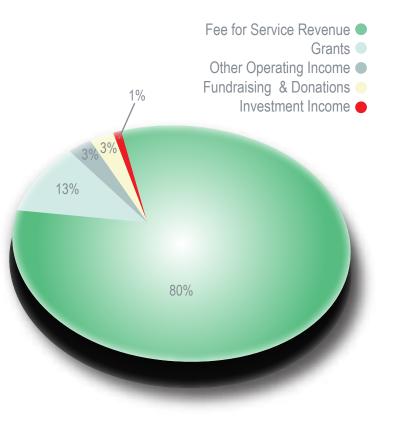
The Maternal Addictions program was one of four agencies selected to receive funding from the state as part of the M.O.M.S. initiative developed by Governor Kasich and the Ohio Department of Mental Health and Addictions Services. The agencies selected will serve as pilots for a state wide effort to provide intensive care to pregnant, opiate addicted women. The grant will allow First Step Home to expand Case Management services, add a

Medical Director, create a Vocational Counselor position as a means of increasing employment opportunities and add a new pediatric behavioral health component to assist children at ages two and three control aggressive behaviors as a result of maternal addictions. The grant will run through March of 2016.

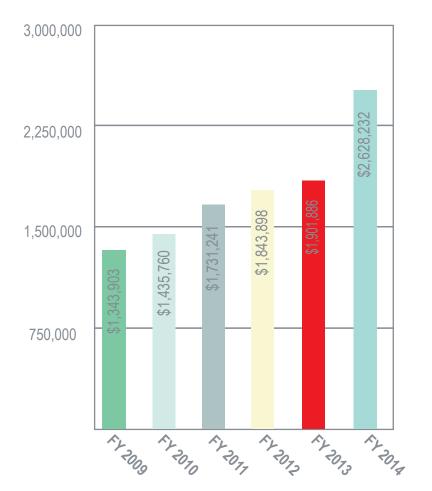
The Maternal Addiction Program was started in 2012 after a year of planning was undertaken by community partners. Good Samaritan Hospital's HOPE Program, CCAT, Dress for Success, GLAD House, Crossroads Health Center and Healthy Moms and Babes all provide supportive services in an holistic fashion to the women in the program. Over 200 women have participated in the Maternal Program since its inception. These women have delivered over 160 healthy babies.

-Terry Schoenling Vice President











First Step Home continues to make headway in our mission of providing quality housing opportunities for the women we serve. In the last year we have purchased three new properties located at 2215 Fulton, 928 Windsor, 2207 Fulton and 2300 St. James. These locations will expand our daily housing capacity to over sixty beds for recovery residences. The recovery residences will include space for our new sober housing



program that will give women with children a safe place to live and grow in sobriety. In addition, we open our new administrative and therapeutic center at 2211 Fulton. The new site will have two new therapy rooms, an intake center and our administrative space. The



final addition will be the new Maternal Addiction Center that will be housed at 2203 Fulton on the third floor.

Since 2005 we have added fifty-three beds, eight new buildings, four new treatment spaces and an intake center to our campus. All of this has happened due to our great sponsors and donors who live our mission daily. We couldn't have done this without them!

# FINANCIAL REPORT

Fiscal year 2014 was another successful year for First Step Home. Our revenue grew 12% from the previous year. Part of this growth was due to the M.O.M.S. grant. We were awarded a 3 year \$300,000 grant from the state for our M.O.M.S. program. This grant allows us to expand our services for the pregnant opiate addicted clients. This is the third consecutive year operating revenue has increased. We have built a strong financial position to provide us with a foundation for continued growth. That continued growth will allow us to top \$3,000,000 in operating revenue for fiscal year 2015.

Also, during the fiscal year, we have acquired additional properties on Fulton and Windsor Avenues. We have converted one building for our administrative offices, some of the other buildings will be renovated to provide additional transitional housing for our clients, as our outpatient program continues to climb. The house on Windsor will be renovated during the upcoming year. It will be our first sober housing facility to provide greatly needed housing for our clients after they complete our program.



I started my journey at First Step Home in February of 2014. Sitting here and looking back, I am so grateful for being involved in this program. When I first got here I was hesitant as I had been discharged from two other treatment programs. First Step Home was my last hope.

I honestly believe that First Step Home saved my life by keeping me on the path to recovery. They pushed me far away from my addictions and helped me cope with my trauma. I can't believe that I am a year sober!

Thanks to First Step Home, my sponsor, counselor and higher power for making the person I am today. I'm living a life that continually gets better thanks to First Step Home.

