



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



GIVING BACK
THE MAGIC OF CHILDHOOD...

PLEASE DELIVER TO:

2015
ANNUAL
REPORT

WWW.FIRSTSTEPHOME.ORG



Greetings!

On behalf of the First Step Home Board, Staff and clients, we thank you and are grateful for your outstanding support throughout the years! We would not be the “agency of choice” for hundreds of women and women with children without your acts of kindness and your dedication to the care of those in need in our community. Several years ago, we adopted the tag line, A Place of Help, A Place of Hope and a Place of Healing. Each day at First Step Home our dedicated team works diligently to make sure our environment reinforces the tag-line for each woman that enters our doors. Our priority continues to focus on meeting the needs of women with substance use disorders by offering a full continuum of care of treatment services.

Over the past year, we have continued to expand our housing component by creating a campus environment. All of our properties are within walking distance of our main treatment site.

This model allows the women to have immediate support from the staff and their peers.

Finding sober affordable permanent housing in the general community continues to be an issue for many of the women. Over the past year, we have added staff to further develop our housing component and enhanced our vocation/employment services to assist women with finding and retaining positions in the community.

As you read through our Annual Report, you will find Fiscal year 2015, was another very successful year for First Step Home, both clinically and financially. We invite you to schedule a tour of First Step Home. If you have not seen our campus over the past 6 months you will be amazed at our growth & development. First Step Home is truly, The Place for Help, The Place for Hope, The Place for Healing!



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President & CEO

Montrou Myles
Board Chair

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Terry Schoenling - *Vice President*
Mary Ann O'Malley - *Clinical Director*
Cindy Fischer - *Human Resource Manager*
Michael Schneider - *Fiscal Director*



*Check out our
new website:*

WWW.MATERNALADDICTIONCENTER.ORG

UPCOMING *Events*

Annual Rose Award Gala

Our Annual Rose Award Gala will be held at the Cincinnati Woman's Club on May 14, 2016. All proceeds will benefit the Maternal Addiction Center. Please mark your calendar!

13th Annual Thanksgiving Food Drive

Monday, November 23 - Wednesday, November 25

First Step Home feeds over 150 families every year! We work with churches, civic organizations, and community counsels to identify families in need and provide them with a full Thanksgiving Feast! If you'd like to volunteer, please contact Terry Schoenling by November 19 at terry.schoenling@firststephome.org

Santa's Workshop

During the holiday season, First Step Home provides its clients with the opportunity to select holiday items for themselves and their children to ensure a Merry Christmas for all! Donate toys, clothing, baby supplies, pajamas, socks, underwear, hats, gloves, boots, for infants to teens and for the mom's as well! Please drop any donation items off to 2211 Fulton Ave. Cincinnati, OH 45203. Items should be unwrapped and unused. Thank you for your generosity.



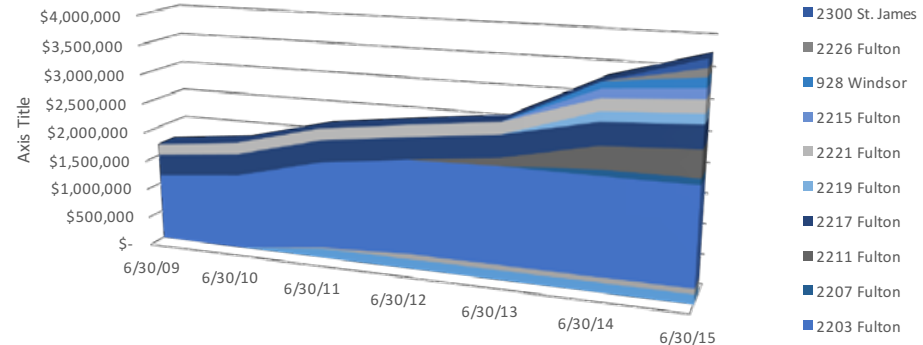
ROSE AWARD GALA *2015*

The 4th Annual Rose Award Gala was held on June 21st at the Woman's Club of Greater Cincinnati. This year's event was hosted by Liz Bonis and was sponsored by Schoeny Residential Restorations. This year's awards recipients were Morleen "Moe" Rouse for individual dedication to women in recovery, Huntington Bank for corporate service to women.



The St. James Father's Ministry was the recipient of the Founder's Award for community service to women in recovery. The proceeds of the event are targeted for the Maternal Addictions Program and are used to supply the necessities of life for mom and baby. The event was a wonderful success and raised over \$30,000. Next year's event will take place on May 14th at the same location.

Growth in Housing 2009-2015





My experience at First Step Home so far has been overall amazing. I gain a lot of knowledge from the groups. I enjoy the campus setting. The fact that I have a chance to work on my recovery as well as how to be independent in my own place. I feel that the staff here is plenty well equipped to help me in my struggle to stay clean and learn how to be an accomplished productive member of society.

-Rosalynd K

HEROIN USE HAS INCREASED 79% FROM 2007 TO 2012.

The annual impact is \$200 billion.
The impact is felt in health care, social
welfare, crime, and productivity.

Drug abuse costs employers \$81 billion annually.





Coming to First Step Home has been a truly amazing journey. It's changed my life drastically. I'm no longer the lonely, sad, pathetic black sheep of my family. I'm becoming a productive citizen of the community. I look forward to waking up next to my amazing perfect baby girl. I have completely turned my life around and now I'm proud, vibrant, and full of life! Not to mention a full time mommy, which wouldn't be possible without First Step. I never imagined my life would be this great. Thank you so much, First Step Home!

Tiffany C

My experience at First Step Home has benefited me in numerous areas of my life. The groups and facilitators have helped me be honest with myself and have opened my heart to healing and forgiveness. First Step Home has opened my mind up to numerous resources to help me continue to reach out and use those necessary resources for my life and my children's lives to build the foundation needed to live a happy and progressive life.

My experience has been a hopeful journey, and I know that I can go to ANYONE here, and I will be guided in the direction most helpful to me. Without First Step Home, I truly don't know if my future would be as hopeful and bright as it seems today.

- Rachel S

EXPANDING HOUSING OPPORTUNITIES *at First Step Home*

First Step Home serves over 300 women and 120 children annually. The majority of this population (65%) is pregnant and opiate addicted. The primary reason that we have entered the Recovery Housing market is the lack of housing options available to women, especially women with newborns and children. The Recovery Housing sites in our community will not take women with children thus creating a substantial barrier that we are seeking to alleviate. The stress created by this situation is a major cause of anxiety leading to relapse. Women who are unable to find safe and affordable housing tend to fall back into old lifestyles in order to alleviate the sense of hopelessness and low self-esteem. Our housing goal is to create a new living environment that includes living options in both single and multiple family units. Within these units the women can live in a congregate setting and support each other in their recovery. They can receive supportive care such as addictions counseling, vocational assistance, MAT access, medical care that includes per-natal care and in-home outreach assistance.

Since opening the current housing units, we have been full and have a wait list of women who need stable housing that is affordable. In the past two years we have purchased three new locations in our campus area and have plans to add another 24 unit apartment building in fiscal 2016. We will provide housing assistance to approximately 75 women with the current units in fiscal 2016. The additional apartment being purchased will double that capacity. . As stated above, we are fully committed to providing safe and affordable housing for our women. We have seen the results over the last nine months of what recovery housing can do to strengthen the individual's recovery efforts. Over 60% of the women who live in our housing units have become employed, none have been re-arrested for any drug charge and only three of the 39 women that entered the housing project have relapsed.





NOTES

from the Clinical Director

First Step Home is truly a place for help, a place for hope, and a place for healing. We offer the highest standard in help in our client care. Our staff are licensed and credentialed at the highest levels. Each attends cutting edge training on the most current evidence based practices. We offer hope through peer modeling for our clients, showing them that they, too, can achieve recovery. We create an environment of healing, focusing on individualized treatment that encompasses treating each clients' trauma.

This fall we launched a "stand alone" Out Patient program to meet the needs of clients who live at home, and may already have employment, but need our support through less intensive treatment. This allows us to treat even more women who would not be able to access care without further destabilizing themselves.

We continue to identify issues that could

influence our clients' recovery, from eating disorders and distorted body image, to bullying. Each client presents with a complex picture, and we at FSH respond to those individual pressures. We want to assure our clients the best possible outcomes for their treatment, in order for them to return to society as productive members of the community.

-Mary Ann O'Malley

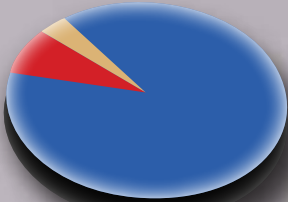
502 FENTANYL RELATED OVERDOSE DEATHS

Fentanyl is 30-50 times stronger than heroin. In 2014, there were 502 fentanyl related overdose deaths. Fentanyl is being added to heroin or sold in place of heroin. This is leading to a spike in overdose deaths.



PUBLIC SUPPORT & Revenue

- Government Fees & Grants | \$3,093,081
- Contributions, Fundraising, & Grants | \$206,569
- Other Operating Income | \$72,002



FINANCIAL REPORT 2015

First Step Home finished fiscal year ending June 30, 2015 with a healthy surplus of revenue over expenses. Over half of that surplus was from non-operating items, such as a successful Gala, continued support from our friends with their donations and the receipt of a capital grant that allowed us to purchase additional recovery housing. Our results from operations were just as successful. Our operating budget has grown from slightly over \$1.7 million in fiscal year 2011 to almost \$3 million in 2015, a 76% growth. We continue to see growth resulting from the opiate epidemic that has a grip on southwest Ohio. Fortunately, the expansion of Medicaid has allowed us to care for many of clients that in the past would not have qualified for funding.

Providing housing for our clients has become an integral component of the treatment and assistance in the recovery process of our clients. First Step Home has added four recovery housing sites, and continues to look at opportunities to expand in this area.

Just as Fiscal year 2015 finished successfully, we look forward to another successful year in 2016.

Michael Schneider & Natasha Busam
Finance Director Treasurer