



De Paul Treatment Centers  
CREATING FREEDOM



# De Paul Treatment Centers

Annual Report 2018-2019

**De Paul Treatment Centers  
works with individuals,  
families and communities  
to create freedom from  
addiction.**

## Message From Our CEO

As the addiction crisis worsens throughout the country, De Paul's mission to create freedom from addiction is more relevant than ever. I am pleased to lead this organization and inspired by our compassionate staff who provide exceptional care to the most vulnerable and marginalized people in our community. I am so grateful to have the support of our Board members, donors, numerous elected officials, and community partners, who invest their time and expertise and who advocate on behalf of De Paul. With each individual whose life we help to reclaim, we create a ripple effect of healing that reverberates throughout this community.

We have had a fantastic year, and I am excited to share some of the highlights with you. We recruited a Chief Clinical Officer to drive De Paul's programs to be the best they can be. We also introduced residential services for adult patients with high acuity medical or psychiatric need. De Paul is now the only treatment provider of this level of care in the state.

This year we made great progress in our visionary campaign to build a new facility. We have significant support, including commitments from the State of Oregon, the City of Portland, the Maybelle Clark Macdonald Fund, Multnomah and Washington counties, our Board, and numerous other foundation and individual partners whose generosity makes this project possible. We have identified the site, selected our contractor, and are near completion of the designs for our new home. I cannot wait to share more updates with you as we get closer to breaking ground this spring.

We did an excellent job this year with your help and look forward to more growth in the future. We could not do any of this work without you, our community – thank you!

With deepest gratitude,



**Maree Wacker**  
Chief Executive Officer



**“ I believe that I am now in a place where I can be successful. De Paul was a big part of that.”**

Nicole,  
De Paul Alum

## Mission

De Paul Treatment Centers works with individuals, families and communities to create freedom from addiction.

De Paul serves the community and those affected by the disease of addiction. Using proven and effective evidence-based treatment strategies, De Paul strives to build healthy and hopeful communities in recovery.

## Philosophy

We view addiction as a complex, chronic, and treatable disease. We believe that all individuals have within them innate health and the capacity to recover. De Paul uses comprehensive, multi-disciplinary, culturally appropriate, and evidence-based practices that address the needs of the whole person, family, and community. We support participation in groups such as the Anonymous Fellowships that provide inspiration and hope. Our goal is to help individuals and families stabilize, reconnect, and heal.

## Continuum of Care

De Paul offers a full continuum of care. From detox to residential, outpatient to group and family therapy, and supportive medical care, an individual can move through each level of care under one roof to gain stability. With comprehensive treatment services, we ensure that patient care is not disrupted by changing providers, counselors, or teachers. This continuity of care allows our patients to build lasting relationships and achieve successful treatment outcomes.

## Quality

De Paul has helped over 40,000 individuals and families to create freedom from addiction, since 1977. 92% of our patients would recommend services at De Paul to others who might need them.

De Paul is nationally accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF).





## Adult Programs

At De Paul, we provide treatment for substance use and co-occurring mental health disorders in a structured, therapeutic environment. We address the needs of the whole person and their support partners, including their family and the community in which they live. Our qualified clinical team works to develop individualized treatment plans for each patient using evidence-based practices and a holistic approach. We help our patients develop the skills they will need to be successful in their recovery.

**“ My counselor helped me to open up about my childhood and why I feel and react to certain triggers. She also helped me talk about my anxiety. With her help I’m gaining confidence and self-esteem.**

**- De Paul Adult Alum**

This year we continued to improve the quality of our care through new programs and research. Most notably, we expanded our program for 3.7R level of care to offer increased medical and psychiatric support for our most vulnerable patients. These patients tend to be frequent utilizers of the emergency department and require a higher level of medical and/or psychiatric services than our general population, in addition to treatment for their substance use disorder. We are the only provider of this level of care in the State of Oregon.

Our Peer Services program reached a new level this year and showed the power of recovery in community. Patients who participated in Peer Services completed treatment at three times the rate of their counterparts. We see great things for this program in the coming year.

# 1,664

Total adult patients age 19 and older

## 911

Detox Patients

## 702

Residential Patients

## 354

Mental Health Patients

## 560

Outpatient Patients

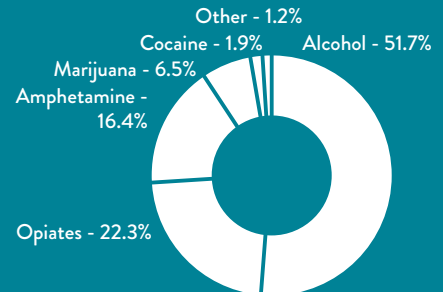
## 34%

Residential patients utilized De Paul's family therapy services

## 50%

Residential patients with co-occurring mental health conditions

### Primary Substance





## Youth Programs

The primary goal of the Youth Program is to stop addiction early. This unique program provides teens with a supportive environment to learn, heal, and live their lives free of addiction.

The De Paul Youth & Family Center in Northeast Portland provides a welcoming and empowering environment for youth and their families. With comprehensive treatment services for male identifying youth ages 13 to 18, our patients work with the same counselors, teachers, and other providers throughout their treatment stay. This continuity of care allows our patients to build lasting relationships for successful outcomes.

We believe treatment and education go hand in hand for successful recovery with teens. Through our on-site accredited academic program, we work with each youth patient to build the confidence and skills they need to re-engage in learning and catch up in school. On average a youth earns 2 credits while in our care.



Through a grant from CareOregon, our Youth Outreach & Addictions Counselor continued to work directly with students at Benson High School, which is part of the Portland Public School system, providing drug and alcohol assessments, individual counseling, and preventative education services. By providing services on-site, we are meeting teens before they drop out of school and ensuring that those who need us most are able to receive the care they need to build a stable recovery. Families of impacted students, and the students themselves, have preferred the ability to access care directly at school. This program is helping students remain engaged in school and preventing them from falling further behind due to their drug or alcohol use.

“ **This is an amazing program to begin dealing with your problems. I feel that the staff and I have a mutual respect for each other.**

- De Paul Youth Alum

82

Youth patients  
age 13 to 18



51% Youth patients are on  
the Oregon Health Plan



49% Had co-occurring  
mental health conditions



64% Youth patients complete  
residential treatment

*Compared to the national  
average of 49.9%*



## Peer Services

The Peer Services program is committed to bridging treatment and everyday life to help our patients to build a stronger foundation for their recovery.

Certified Recovery Mentors provide individualized support to patients depending on their needs. Texting and phone support, sober fun activities and outings, and transportation to meetings and appointments are just a few of the activities and services that our peer mentors provide. These services help patients stay connected in the community while focusing on recovery.

## Family Therapy

Addiction affects all aspects of an individual's life, but especially their relationships with loved ones. At De Paul, we encourage family and support partner involvement. Patients and family members work with De Paul's skilled family therapists to learn about the disease of addiction and how to apply new life skills to support family relationships. Patients may begin family therapy upon entering treatment and often remain engaged for the duration of their stay.




## Mental Health

Many of De Paul's patients are in need of treatment for more than just substance use disorders. Mental health evaluations and treatment are available to support patients with a co-occurring mental health diagnosis. Our staff of qualified mental health professionals are equipped to treat a wide range of mental health conditions. Patients with a mental health diagnosis participate in groups specific to supporting their mental health needs. Medication management for mental health is available for our patients through De Paul's medical team.

## Medical Services

At De Paul, we provide a full spectrum of medical services to treat the whole person as they begin their recovery from addiction. Staffed with nurse practitioners and registered nurses, our medical services for patients go beyond mental health and addiction treatment. Patients in our residential programs can access basic medical care on site. We coordinate with each patient's primary care provider both during and after their stay to ensure exceptional medical care.





**“ There’s a preconceived idea of what addiction looks like that doesn’t match reality. Two-thirds of families are impacted by addiction. We’re your neighbors, teachers, firemen, pastors. The stigma makes it harder for people to get better. - Jesse, De Paul Alum**

# Impact

With the generous support of our community, De Paul Treatment Centers saves lives every day from the devastating disease of addiction. Our evidence-based treatment programs prepare patients for long-term recovery and success in all aspects of their lives. Because of De Paul, our community is a healthier, stronger, more vibrant place to call home.



**33%** Patients were homeless upon entering treatment

**100%** Patients who completed treatment had a home to go to



**92%** Patients would recommend services at De Paul to others who might need them



**85%**

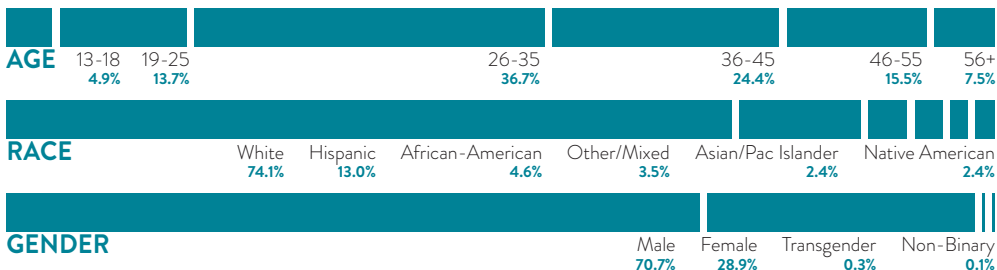
Patients feel services at De Paul helped them obtain the skills to better manage their lives



**91%**

Patients feel services at De Paul are making a positive difference in their lives

# Our Patients



**92%** Adult patients come from Low-Income Households

**86%** Youth patients come from Low-Income Households

# Leadership

## Board of Directors

**Meredith Weisshaar**  
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nLIGHT, Inc.

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Providence Health Plans

*Thank you to Suenn Ho, who recently retired from the Board of Directors.*

## Board of Advisors

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Morel Ink

**Dennis Doherty**  
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**Homer Williams**  
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**Jennifer Williamson**  
**Dick Withnell**  
Withnell Motor Company



“Addiction destroys lives and our community. De Paul helps individuals and families gain freedom from addiction using a trauma-informed approach so that they can re-join the community and find success and fulfillment. I’m grateful to be part of the organization by serving on the Board.

**Meredith Weisshaar, Chair, De Paul Treatment Centers Board of Directors**

# Finances

## Operating Statement

fiscal year ending June 30, 2019

### Revenue

Patient service revenue	8,861,905
Contract revenue	1,192,624
Total Donations	298,148
Alder House Revenue	905,864
Other revenue	100,956
<b>Total Revenue</b>	<b>\$ 11,359,498</b>

### Expenses

Compensation	7,729,902
Professional Services	856,566
Training & Travel	51,237
Occupancy Costs	1,074,084
Advertising, Dues & Subscriptions	50,540
Miscellaneous Expenses	114,258
Patient Assistance & Food Service	586,104
Insurance, Fees, Bad Debt	207,824
Depreciation	449,810
<b>Total Expenses</b>	<b>\$ 11,120,325</b>

<b>Increase in Net Assets b/f Non- Op Transactions</b>	<b>\$ 239,173</b>
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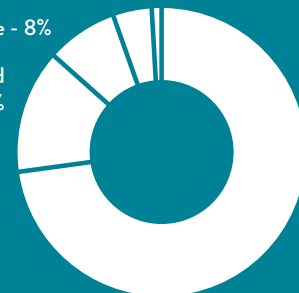
<b>Increase in Net Assets as % of Revenue</b>	<b>17%</b>
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## Revenue

Youth and Family Services - 5%    Other - 1%

DP Alder House - 8%

Contributions and Grants - 13%



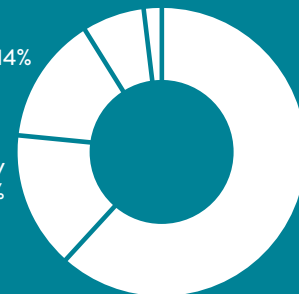
Adult and Family Services - 73%

## Expenses

DP Alder House - 7%    Fundraising - 2%

Administration - 14%

Youth and Family Services - 15%



Adult and Family Services - 62%

# Thank You!

Each year with the partnership of individuals, foundations, and corporations, De Paul has the opportunity to improve people's lives and make our community a healthier, better place. Donors listed contributed between July 1, 2018 and June 30, 2019. Thank you for your generous support.

## **\$40,000+**

Wheeler Foundation

## **\$10,000+**

Joyce Family Giving Account

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## **\$500 - \$999**

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Jana Varner  
Jose Vithayathil  
Maree & Todd Wacker  
Martha Williamson  
Eric Zimmerman

**We thank the following individuals and businesses who have supported our programs through in-kind donations.**

Apizza Scholls  
Barry Curn  
Paul Herrera  
Legacy Health Systems  
Medical Teams International  
National Council of  
Behavioral Health  
Paul & Maureen Rosenbaum  
Tooth Taxi

**We are grateful to the following donors for their lead support of our visionary campaign to build a new facility.**

City of Portland  
State of Oregon  
Maybelle Clark  
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Diane & Richard  
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# Freedom Awards

On September 26th, 2018, we celebrated redemption, freedom and recovery. We honored Pam Pearce, Co-Founder and Vice-Chair of the Oregon Recovery High School Initiative, with the Samuel C. Wheeler Freedom Award and Monta Knudson, Executive Director of Bridges to Change, with the Spirit of Recovery Advocacy Award.

The luncheon featured remarks from Portland City Commissioner Nick Fish highlighting the need for equitable healthcare and supportive housing. We also remembered our longtime friend, past Samuel C. Wheeler Freedom Award Honoree and Advisory Board member Jack Hopkins, with eulogies from friends and past freedom award honorees Jay Minor and Mark O'Donnell.

## Thank you to our sponsors!

### Presenting Sponsor

The Wheeler Foundation

### Executive Sponsor

O'Donnell Law Firm LLC

### Silver Sponsors

Richard & Darlyne Anderson,  
Apex Real Estate Partners, Jay & Duff Minor





De Paul Treatment Centers  
PO Box 3007  
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**eNews**

[depaultc.org/newsletters](http://depaultc.org/newsletters)

## Locations

**De Paul Adult Center**

1312 SW Washington St.  
Portland, OR

**De Paul Youth & Family Center**

4310 NE Killingsworth St.  
Portland, OR

**De Paul Outpatient Center**

205 SE 3rd St.  
Hillsboro, OR

**Mailing Address**

PO Box 3007  
Portland, OR 97208