

WHERE HOPE

Restores Lives

HELP AND HOPE

Overcoming Addiction



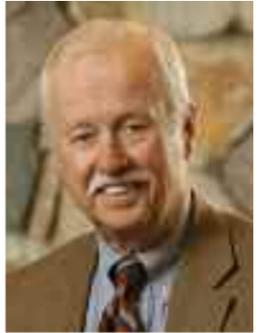
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Danbury, CT 06810-5128

www.MCCAONLINE.com



Dear Friends,

I would like to thank you, our stakeholders and supporters, for your commitment to MCCA during this past year – a year of unprecedented growth.



Whether you are a client or family member, a funder or payer, a donor or supporter, or a referent – our accountability to you is paramount. Without you, MCCA would not exist. Our team, comprised of myself, our managers and our entire staff, take great pride in delivering quality care, positive results and value to each of you and the communities we serve.

Expansion of McDonough House and our Detoxification Program this past year has enabled us to accommodate additional clients, while our three new outpatient clinics brought addiction treatment services to new communities. In Kent, we opened Trinity Glen for Women.

Our achievements and growth during the past year have helped to fuel our mission of providing *Help* and *Hope* in overcoming addiction to a growing population.

Being recognized for outstanding services is a source of great pride for MCCA. This year we received a three-year accreditation from CARF, and we were one of the highest-rated large behavioral health providers in Connecticut in the DMHAS client satisfaction survey.

As our health care system evolves, we strive to stay current. Partnering with Access Health CT, MCCA has five assisters helping clients acquire health insurance. Moving into 2014, we look forward to adding smoking cessation to our menu of services with the assistance of funding awarded by the Department of Public Health.

As you review the details of this annual report, I hope that you will be as pleased with our accomplishments as we have been honored to serve you.

Sincerely,

A handwritten signature in black ink, appearing to read "Joseph J. Sullivan".

Joseph J. Sullivan, LCSW
President and CEO

Fulfilling Our Mission

One in four adults in the U.S. will struggle with mental illness or substance use at some point in their lives.



Mission

To provide Help and instill Hope for individuals, families and organizations working to overcome and prevent addictions.

Accessible • Affordable • Accredited

Individuals who suffer from substance use disorders come from a wide range of socio-economic backgrounds – addiction does not discriminate. At MCCA we believe recovery resources should be *accessible* and *affordable* to everyone in need of help. Every day people from around the state benefit from our *accredited* programs on their journey to recovery.

MCCA takes pride in filling the need for high-quality addiction treatment for our clients. Our mission calls upon our staff to deliver essential and comprehensive programs to a diverse and often vulnerable population. Being a significant contributor to the communities we serve is equally important to us in fulfilling our mission.

Vision

Our vision is to be the premier prevention and treatment organization in Western Connecticut by providing state-of-the-art programs designed to achieve measurable results that bring value to customers and partners.

Helping Our Clients

Last year we served 7000 clients, providing case management, shelter services, supportive housing and long-term treatment for the chronically addicted.



MCCA provides a wide-range of specialized services that impact and help to improve the lives of individuals that are often overlooked and underserved, including young mothers, teenage girls, veterans, older adults and the Latino population.

Mommy & Me, a supportive program for mothers in recovery and their children, is just one example of the specialized programs we offer. The goal of *Mommy & Me* is to help mothers rebond with their children, fully engage in their development and experience the rewards of motherhood.

Whether someone is taking that first step towards recovery or has relapsed after years of sobriety – MCCA is here to help.

TREATMENT

- Detox and Evaluation
- Residential Treatment
 - McDONOUGH HOUSE – *intensive treatment program*
 - TRINITY GLEN WOMEN'S PROGRAM – *long-term treatment*
 - TRINITY GLEN MEN'S PROGRAM – *long-term treatment*
 - GAMBLING PROGRAM
- Outpatient Treatment – offered at seven locations in western Connecticut

SERVICES

- Intervention Services
- Family Services
 - FAMILY NIGHT
 - MOMMY & ME
 - HOW TO COPE
- Services for Older Adults
- Latino Outreach

SUPPORTIVE HOUSING

- Sunrise Terrace – *transitional housing*
- Sobering Center – *short-term therapeutic shelter*
- Vet House I, II – *supportive housing for veterans*
- New Dawn – *a therapeutic group home for young women*

PROGRAMS

- Bettor Choice Gambling Program
- Impaired Driver DUI/DWI
- Women's Program
- Employee Assistance Program

RECOVERY IS POSSIBLE —

“I wanted to stop drinking but thought I was beyond help. MCCA showed me that people do recover if they are willing to learn about their addiction and make the effort.”

Long Term Residential Treatment at MCCA



Trinity Glen for Women provides a structured, healing environment for women who are in need of long-term care and rehabilitation for addiction.



Situated on six beautiful acres in Kent. The tranquil setting provides a restorative environment, allowing women to focus on the recovery process at their own pace, without the distractions and pressures of everyday life.

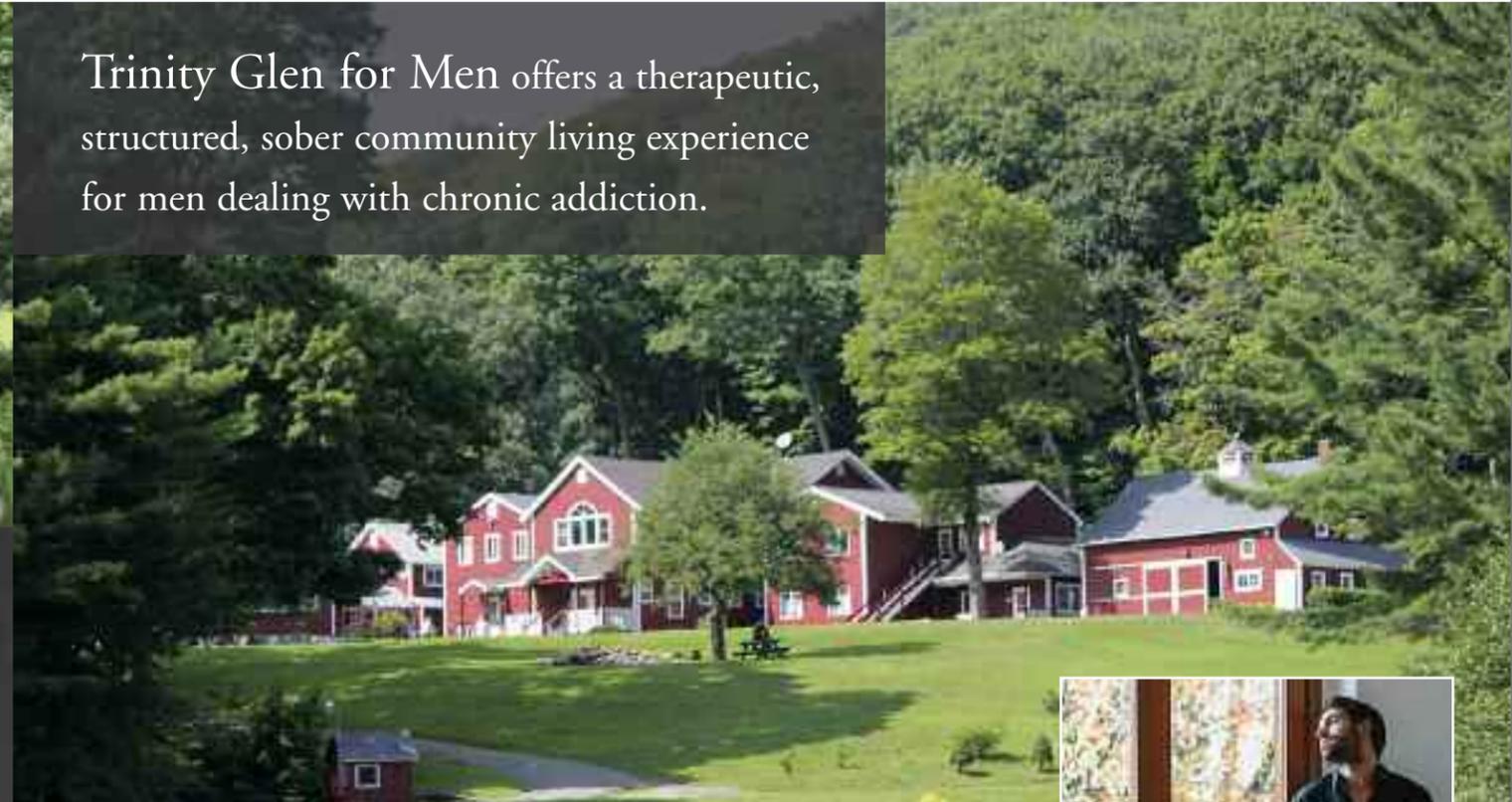
Our goal is to provide women who are dealing with chronic addiction with a rehabilitative program in a therapeutic sober community living experience.

Geared towards providing the necessary tools for re-entry into society, the program provides structure and work therapy to facilitate a successful transition to an addiction-free life.

The successful inpatient program is aimed at enhancing the client's sense of responsibility.



Trinity Glen for Men offers a therapeutic, structured, sober community living experience for men dealing with chronic addiction.



Located in Sharon, and situated on 23 wooded acres, Trinity Glen for Men is surrounded by the Berkshire Mountains. The natural beauty of Trinity Glen's location has proven to be an important factor in the success of treatment.

The program is targeted for men suffering from chronic alcoholism and other substance use disorders. Our client centered treatment focuses on the needs and goals of each individual.

This program stresses the individual's sense of responsibility to himself as well as his role in the community. The length of stay allows the client's treatment to proceed at their own pace.

"I was once a client at Trinity Glen. It healed me and provided wonderful memories. I now live in California as a musician, clean and healthy. I wanted to say thank you!" — JOHN D.

Stories of Hope

The disease of alcoholism can take a person to the lowest depths.

For Amy, a former client of MCCA, alcoholism took the one thing that mattered most to her – the love and respect of her only daughter.

A petite woman with long blonde hair and glowing blue eyes, Amy bubbles over with enthusiasm as she begins to tell her story of recovery. Sharing her story is her gift and her gratitude is evident from the start.

Hailing from a large Irish Catholic family with a history of alcoholism, the odds were not in Amy's favor when it came to this disease. The writing was on the wall early on in life for Amy, however, it would take many years and extreme loss before she could admit she was an alcoholic. Recalling her pre-recovery life, Amy said, "When I woke up I drank, didn't matter if the sun was out or not. I drank because I liked it, I liked the feeling it gave me." She added, "But the alcohol took over me, physically and mentally the alcohol had me."

A "Wanderer" – Amy would wander into AA meetings but never really believed she was an alcoholic until she hit bottom in 2009. After many years of hard drinking, Amy's turning point came in early 2010. Her drinking had accelerated following the death of her father. After losing her job, Amy was evicted from her apartment on New Year's Day. She spent a cold night in her car with just the clothes on her back and her cat. Waking up the next morning to a dead car; Amy was alone, having alienated nearly everyone in her life.

There was one person who was still willing to try and help – her sister-in-law Peggy. She would turn out to be a huge part of Amy's sobriety.



"Peggy took me to her house, I was crying, I was homeless, jobless. I had nothing."



Amy continued, "She said, 'Amy what do you want to do?' – I said, 'I need help.' – That was the first time I had ever asked anybody for help, the first time."

Shortly after, Amy entered the 28-day program at McDonough House. Determined not to drink, she was diligent about working the program. However anxiety set in while Amy was at McDonough House. Knowing she was homeless, she began to worry about where she would go after completing the program. Upon learning about Sunrise Terrace, MCCA's affordable townhouse units for people in recovery, Amy felt hopeful that this could be her next step.

"I was just so grateful I had a bed to sleep in, instead of my car. I went to IOP and AA meetings while I was at the Sobering Center, and it helped me to stay focused on my recovery."



The Sobering Center would provide Amy with a bridge while she waited for a unit at Sunrise Terrace to open up. "I was just so grateful I had a bed to sleep in, instead of my car. I went to IOP and AA meetings while I was at the Sobering Center, and it helped me to stay focused on my recovery," Amy said

During her time at the Sobering Center, Amy wrote her first letter to her estranged daughter, Katie. Four years earlier, Amy's drinking had pushed Katie away and now she desperately wanted to rekindle that relationship. It would take several attempts, but slowly she started to regain her daughter's trust. During her time at the Sobering Center and Sunrise Terrace, Amy committed to rebuilding this broken relationship. Four years later, Amy proudly attended Katie's high school graduation.

Today Amy is an independent woman with enormous faith and gratitude with five years of sobriety under her belt. She and her daughter share a single family home in western Connecticut. Gratitude has played a big part in Amy's sobriety: she is grateful for everything in her life today, including the services and support that MCCA gave her at a critical time in her recovery.

It is evident that Amy actively works the program and lives by the words her sponsor shared with at the beginning of her journey – **A grateful heart will never drink.**

Helping Our Communities

Integral to fulfilling our mission, MCCA takes an active role in providing support and education to the communities we serve.



Heroin Epidemic

Connecticut experienced a dramatic spike in heroin overdose during 2014. In addition to providing treatment to individuals battling heroin addiction, MCCA has participated in community forums and local task force helping to develop strategies to tackle the growing threat of opioid use. Educating our clients, their families and the public about heroin recovery and the risk of overdose has also been and continues to be a priority for us.

Community Caring

In 2014 MCCA became part of the newly formed Danbury Community Care Team. Modeled after other successful Community Care Teams in Connecticut, the Danbury Care Team seeks to strengthen community partnerships to bridge and coordinate healthcare and housing services, and leverage resources. Improving health outcomes and effective use of health services for individuals who are homeless or at risk of becoming homeless is major focus of the group as 35% of the homeless population is abusing or addicted to substances.

Prevention

Our Prevention Program in Danbury is another important and visible sign of our commitment to helping communities. Our full-time Director of Prevention works in partnership with Stand Together Make a Difference, Danbury's local prevention council to help raise awareness about the dangers of underage drinking and drug addiction. This past year they successfully launched a city-wide campaign to raise awareness about the dangers of prescription drug abuse. Our Prevention Program is also instrumental in coordinating Drug Take Back Days, as well as educational forums and presentations.



Smoke Free At Last

Giving up tobacco can be challenging, and most people find it easier when they have some type of support system in place. *Commit 2 Quit* is a free program to help people quit smoking using therapy and nicotine replacement therapy. To date more than 200 people have taken advantage of our program with many reporting lasting success. Wendy was one of those people.

Cigarette smoking kills more people than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire, and AIDS – COMBINED.

As a client at MCCA, Wendy had been through the 28-day program at McDonough House followed by outpatient treatment in Danbury. It was during her stay at McDonough House that Wendy started taking a close look at a poster on the wall that showed the harmful chemicals hiding in cigarette smoke. Arsenic, turpentine and formaldehyde were just three of the 12 killer compounds she was taking into her lungs with every puff.

A smoker for most of her adult her life, Wendy knew that smoking was bad for her, yet she was never able to successfully quit. Getting sober and learning that people in recovery increase their chances of maintaining their sobriety when they quit smoking was the final catalyst for her to commit to quitting. Wendy enrolled in our program and has been smoke free for six months. She periodically returns to the group for additional support.



COMMIT 2
QUIT



Commitment to Quality

MCCA is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). This accreditation signals a service provider's commitment to continually improving services, encouraging feedback, and serving the community. We are also proud also consistently rank as one of the top substance abuse providers by the state of Connecticut.

Commitment to Safety

MCCA was one of seven organizations in Connecticut to be awarded OSHA's SHARP Award, signifying our commitment to safety. The Trust's Award of Excellence is based on a number of factors and recognizes small business employers who operate an exemplary injury and illness prevention program.

Collaboration - Research

MCCA is dedicated to improving recovery from addiction by collaborating with other centers in conducting clinical research. We are currently participating as a Yale Research Affiliate in a study called Kathy's Center at MCCA's New Haven location.

Acknowledgments

We gratefully appreciate and acknowledge the support extended to us by the City of Danbury, the Town of Ridgefield, the Department of Mental Health and Addiction Services, the Court Support Services Division, the Connecticut Housing Finance Authority, the Veteran's Administration, and the Department of Children and Families.

THANK YOU

THE ANGEL FOUNDATION
UNION SAVINGS BANK
RUDY L. RUGGLES, JR.

THE BUCK FOUNDATION
RUGGLES FAMILY FOUNDATION
UNITED WAY

Financial Highlights – By the Numbers

By By being strong and financially stable, we are able to make a greater impact. In addition to our strong clinical side, our experienced administrative and billing staff, centrally located in Danbury, provides efficiencies of scale.

STATEMENT OF ACTIVITIES

REVENUES	FY 2012/13
Grants and Financial Assistance	\$3,882,673
Fee for Service	6,338,390
Contract Services	288,023
Rental Income	193,445
Contributions & Fundraising	75,626
Other Income	8,370
Total Revenues	\$10,786,527
EXPENSES	
Salaries	\$5,808,719
Payroll Taxes and Fringe Benefits	1,439,223
Contracted Services	527,314
Travel and Auto	80,992
Conferences, Education, and Training	20,174
Materials and Supplies	240,162
Marketing	23,191
Technology	140,598
Occupancy	528,512
Maintenance and Repairs	184,887
Telephone	85,526
Insurance	143,334
Legal and Accounting	83,086
Interest	155,625
Client Expenses	551,312
Depreciation and Amortization	321,995
Other expenses	131,483
Total Expenses	\$10,467,733
NET INCOME	\$ 319,394



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