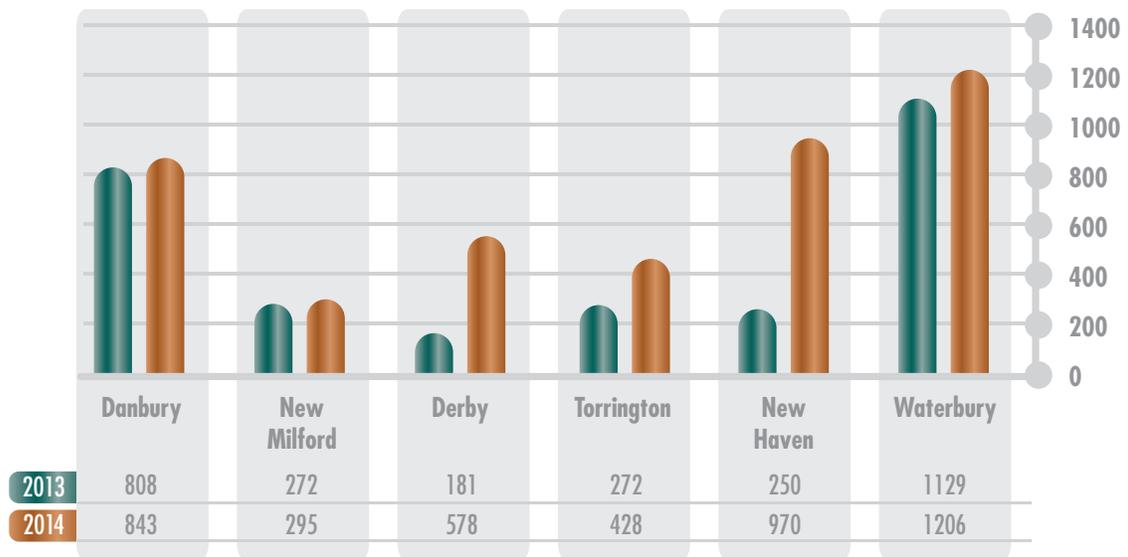


HELP AND HOPE

Overcoming Addiction



Outpatient Growth for 2014



Total Patients Served



Dear friends, colleagues and supporters,

After its significant growth in the previous year, 2014 was a year of stabilization and refinement for MCCA. We added new professional staff, including key senior positions, as well as administrative and support people. I can say that beyond a doubt, we have the best-qualified counselors that we have ever had.



In the past year, MCCA faced sizeable funding reductions due to the State of Connecticut's budget challenges; however, I am pleased to say that because of our management team's planning and participation, we were able to successfully respond by serving more people and improving the efficiency and effectiveness of our billing systems. I am happy to report that MCCA served almost 7,000 clients in 2014.

Our staff has dramatically increased our efforts and approaches to reduce or prevent tragedies from occurring, and we continue to do the utmost with limited resources in the primary prevention area. While we are ever diligent in our efforts, there will always be those cases that are beyond our control. Unfortunately, we must report that we suffered the loss of six clients due to heroin overdose deaths or other drug or alcohol relapses. While we see this loss as preventable, it nevertheless gives us the strong determination to improve and strengthen all of our treatment programs.

Finally, MCCA is proud that we were able to implement smoking cessation services in all of our outpatient and residential programs. These services have been extremely well received and have helped over 100 people quit smoking.

I do want to thank each and every one of you for your interest in MCCA, your help and continued support of our mission.

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.



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 participating in our *accredited* programs on their journey to recovery.

MCCA takes pride in offering 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.



Mission

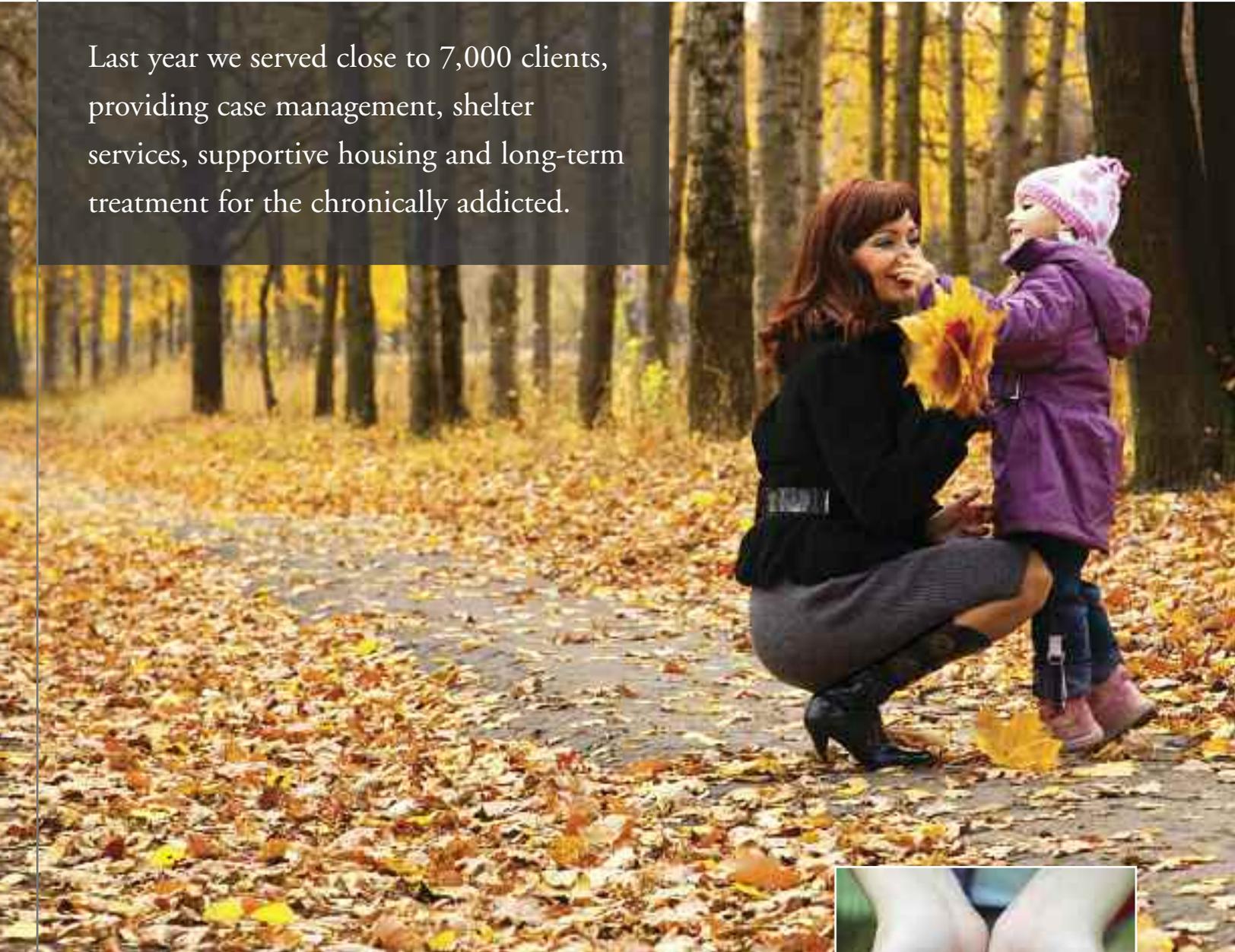
To provide *Help* and instill *Hope* for individuals, families and organizations working to overcome and prevent addictions.

Vision

Our vision is to be the premier prevention and treatment organization in 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 close to 7,000 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

- Medically Monitored Detoxification
- 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

SPECIALIZED SERVICES

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

SUPPORTIVE HOUSING

- Sunrise Terrace – *transitional housing*
- Sobering Center – *short-term supportive 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

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.” — CAROLYN M.

Help For Those Suffering From Chronic Addiction



Trinity Glen for Women, nestled on six beautiful acres in Kent, provides a restorative environment for women dealing with chronic addiction to focus on their recovery.



Overcoming chronic addiction is challenging. Short-term programs often do not provide adequate time to make lasting life-style changes for women who have been dealing with alcoholism or drug addiction for many years. Trinity Glen is the only long-term program in Connecticut that offers an extended length of stay for women.

Women who are suffering from chronic addiction have a unique set of needs and have often experienced trauma. Trinity Glen's gender specific programs are key components to their recovery process. Many residents are able to begin repairing broken relationships during their stay and come out with improved self-esteem and increased confidence in their abilities in life.

In 2014 more than 36 women worked toward their recovery at this 11-bed residential program, with an average stay of seven months.



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



Trinity Glen fulfills a real need for men suffering from chronic addiction. Facing economic, emotional and physical challenges can be daunting. The majority of the men who come here have already learned a great deal about the disease of addiction, but have not been able to apply it in their own lives.

Our client-centered treatment focuses on the needs and goals of each individual. The work therapy component teaches residents new skills, provides structure and increases their sense of responsibility and self worth. This solid base of recovery provides a foundation for residents to start rebuilding their lives, stressing the individual's role in the community.

In 2014, 130 men benefitted from an extended length of stay treatment on their journey to recovery at Trinity Glen.



“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 K.C., 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, K.C. 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 K.C.'s favor when it came to this disease. The writing was on the wall early on in life for K.C., however, it would take many years and extreme loss before she could admit she was an alcoholic. Recalling her pre-recovery life, K.C. 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" – K.C. 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, K.C.'s turning point came in early 2010. Her drinking had accelerated following the death of her father. After losing her job, K.C. 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, K.C. 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 K.C.'s sobriety.



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



K.C. said, "Peggy said, 'K.C. 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, K.C. entered the 28-day program at McDonough House. Determined not to drink, she was diligent about working the program. However anxiety set in while K.C. 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, K.C. 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 K.C. 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,” K.C. said

During her time at the Sobering Center, K.C. wrote her first letter to her estranged daughter, Morgan. Four years earlier, K.C.’s drinking had pushed Morgan 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, K.C. committed to rebuilding this broken relationship. Four years later, K.C. proudly attended Morgan’s high school graduation.

Today K.C. 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 K.C.’s sobriety and 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 K.C. actively works the program and lives by the words her sponsor shared with her 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 overdoses 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

Under the auspices of Danbury Hospital, MCCA is partnering with the newly formed Danbury Community Care Team. Modeled after other successful 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.



COMMIT 2 QUIT

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. In 2014 MCCA rolled out *Commit 2 Quit*, 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 nine months. She periodically returns to the group for additional support.





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 to 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 to study the effectiveness of Computer-Assisted Cognitive Behavioral Therapy in treating cocaine addiction 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, the Department of Public Health and the Department of Children and Families.

THANK YOU

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

RUGGLES FAMILY FOUNDATION
UNITED WAY
BOLD LION BROKERAGE

Financial Highlights – By the Numbers

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 AND OTHER SUPPORT	FY 2013/14	EXPENSES	
Grants and Financial Assistance		Salaries	\$6,994,997
Connecticut Department of Mental Health and Addiction Services	\$2,425,395	Payroll Taxes and Fringe Benefits	1,661,116
Department of Children and Family Services	937,602	Contracted Services	441,759
Food Stamps	103,405	Travel and Auto	94,265
Basic Needs	38,360	Conferences, Education, and Training	24,620
City of Danbury	18,000	Materials and Supplies	334,391
Other Grants and Financial Assistance	35,322	Marketing	22,107
Total Grants and Financial Assistance	\$3,558,085	Technology	157,757
Other Revenues and Support		Occupancy	707,044
Fee for Service	\$7,740,616	Maintenance and Repairs	232,112
Contract Services	548,916	Telephone	90,957
Rental Income	332,227	Insurance	153,585
Contributions and Fundraising	88,477	Legal and Accounting	69,807
Interest and Dividends	268	Interest	157,184
Other Income	55,792	Client Expenses	653,660
Total Other Revenues and Support	\$8,766,296	Depreciation and Amortization	346,251
Total Revenue	\$12,324,381	Other expenses	103,437
		Total Operating Expenses	\$12,245,049
		Net Revenue Over (Under) Expense	\$ 78,332



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WHERE HOPE

Restores Lives



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