



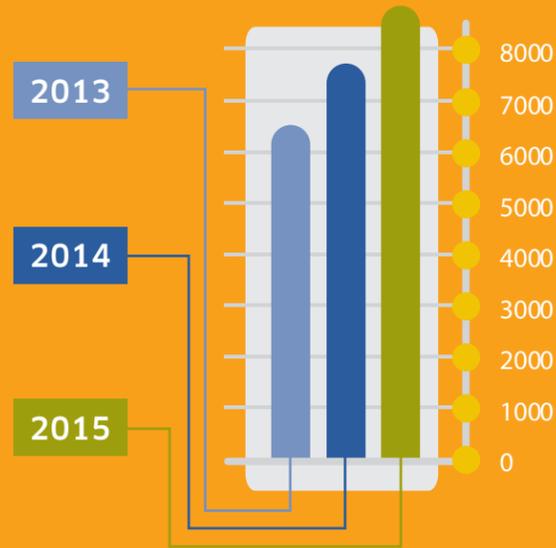
Help and Hope

Overcoming Addiction

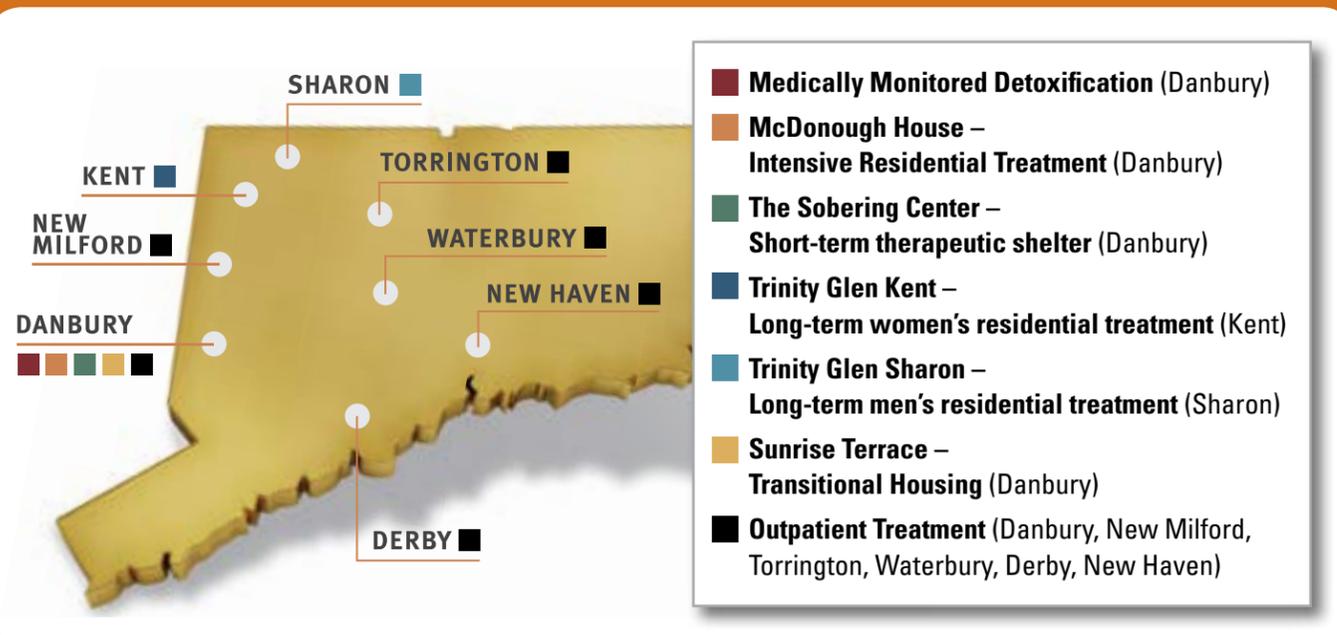


## Total Clients Served

6643  
7797  
8693



## A Full Service Addiction Treatment Provider



Dear Members of the MCCA Family,

Thanks to the contributions of all members of the MCCA family, we were able to serve close to 9,000 individuals in 2015. Unfortunately, the need continues to grow. We pledge to do our best to increase our ability to meet that need in the new year.

2015 was another difficult year, with continuing cuts in our grants resulting from the state budget deficit and rescissions to try to balance that budget. At the same time, growth in public third party payment revenue has continued as a result of increased demand for services and client caseloads in our outpatient clinics. Our residential programs operate at rates in the high 90% range. MCCA’s detoxification program specifically, operated at 97% of capacity for 2015. With the typical length of stay being four to five days, this is phenomenal. Much of the high utilization rate is the result of the terrible opiate/heroin epidemic that persists despite increased efforts and improved strategies.

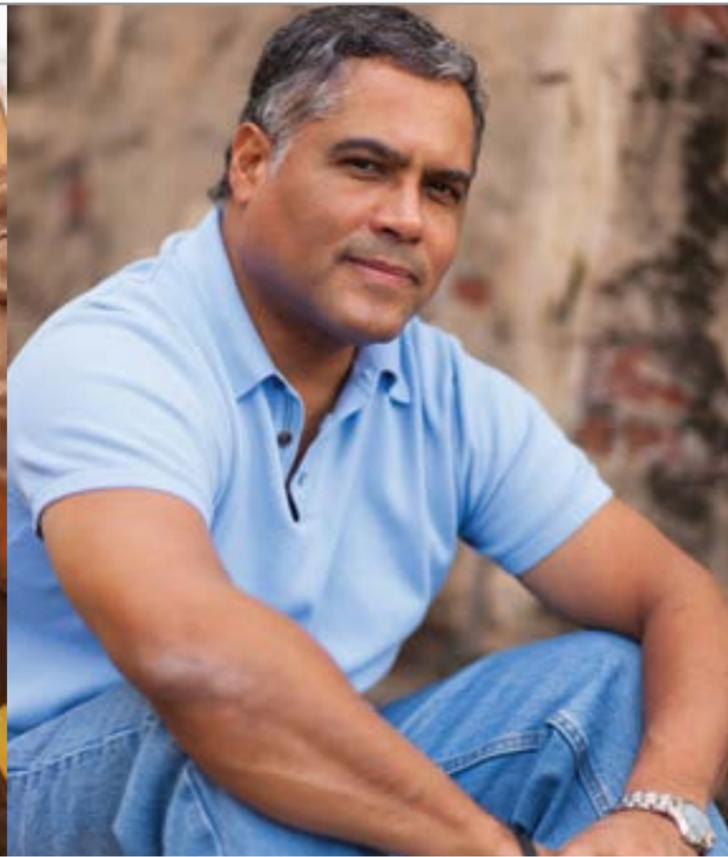
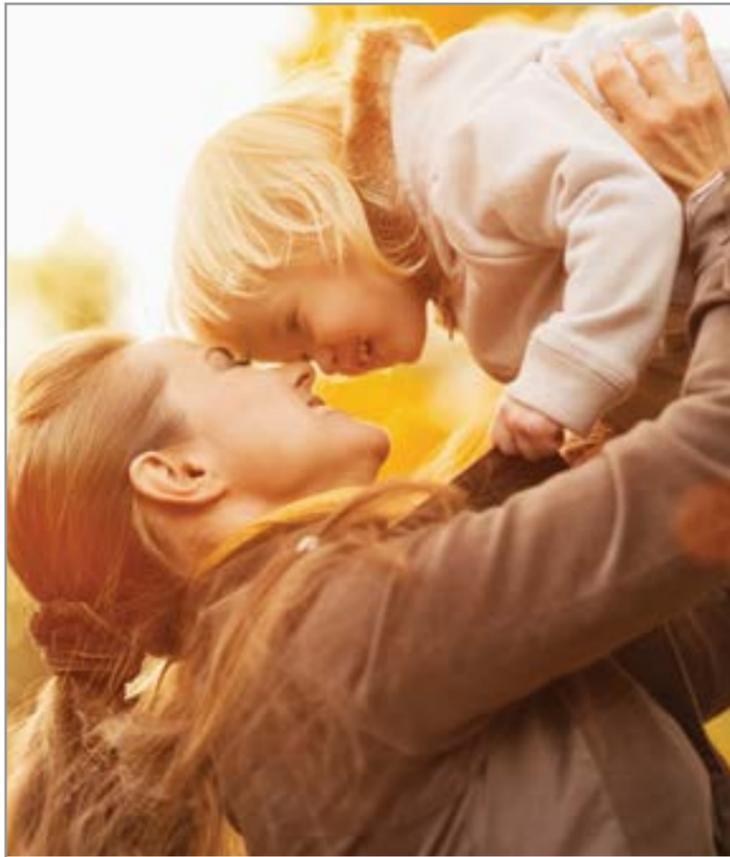
MCCA’s problem gambling services are continuing as a result of winning an extremely competitive bid process. Smoking cessation programs have also been increased because of winning an even more competitive bid. In 2015, several new supporters stepped up with significant financial contributions to help MCCA’s efforts. In part, we want to thank the Union Savings Bank Foundation, the Robert G. and Marguerite M. Derx Foundation, the Cowles Charitable Trust, as well as The Angel Foundation, Praxair Corporation, and Bedoukian Research, Inc.

In 2015 we began to integrate smoking cessation and problem gambling treatment into our drug and alcohol treatment services. MCCA can now boast of having the most comprehensive array of services in the state. More importantly, our clients have benefitted greatly from receiving treatment for multiple addictions simultaneously.

Sincerely,

Joseph J. Sullivan, LCSW  
President and CEO





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



## 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.



### 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.

## A Busy Year at MCCA

### Kevin Sabet on Legalizing Marijuana

2015 started off on a high note at MCCA's Annual Award's Dinner. Kevin Sabet, Ph.D., shared his powerful message on the hidden dangers of legalizing marijuana to a packed ballroom at the Ethan Hotel Allen in February. Sabet's in-depth presentation included a strong word of caution about the true ramifications of legalizing marijuana and the danger of 'Big Marijuana' taking on the same role that 'Big Tobacco' has historically played in our country.

### Mommy & Me Holiday Party

Christmas came early to a group of 12 moms and their 14 children at MCCA's 4th Annual Mommy & Me holiday party on December 22nd. Danbury outpatient counselors, Jacqueline Stewart and Dixie Penney helped to make this year's Mommy & Me holiday event one to remember. The children were delighted as Santa handed out gifts to children from 6 months to 14-years old. Mommy & Me is a supportive program for mothers in recovery and their children.



### Governor Dannel P. Malloy Visits MCCA

Governor Malloy paid a visit to MCCA in May to talk about his "Second Chance Society" - an initiative to reduce drug possession penalties by eliminating or reducing mandatory minimum sentences on certain drug-related offenses. Eric Critelli spoke and said the governor's initiatives were important because he would not have been able to remain clean for 15 months and counting without these types of services. Critelli, 29, a former client from MCCA, is in recovery for drug and alcohol addiction.

### MCCA Unites to Face Addiction

October 4, 2015 was a history-making day in the effort to **Face Addiction** and Joe Sullivan, MCCA's CEO was there. Thousands of people showed up and 700 partners joined together for the first-ever rally and concert on the National Mall. There were incredible performances from Joe Walsh, Steven Tyler, Sheryl Crow and many others, and the Surgeon General announced the country's first ever report on addiction. This was the beginning of changing the conversation from problems to solutions for addiction in America.

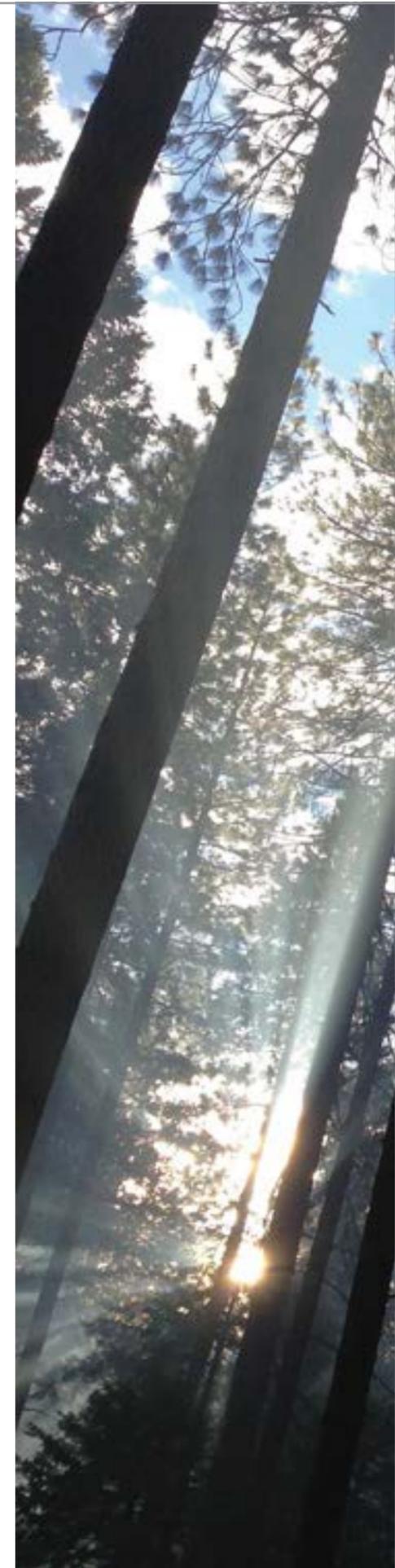
## Grants for Good

In 2015 MCCA was awarded three competitive grants that will enable us to continue our work in Tobacco Cessation, Problem Gambling and Prevention. These specialized programs are integral to the work we do in treating addictions and we are pleased to be able to continue and in some cases, expand these important services for our clients and the communities we serve.

**Tobacco Cessation** is a relatively new area of treatment for MCCA, but one we are very much committed to. We know that individuals in recovery who quit smoking increase their chances of staying sober. In 2014 we began offering Tobacco Cessation Treatment at nine of our locations. Building on that success, we were awarded a second two-year grant from the Department of Public Health. This funding will help us continue to grow our tobacco cessation services within MCCA, and to implement a Health Systems Change with six health care partners in the communities we serve.

**Problem Gambling** is an addiction that is easily hidden and often difficult to detect. With the rise in online gambling, the need for treatment is greater than ever. The grant funding from the Department of Mental Health and Addiction Services (DMHAS) will allow us to continue to offer both residential and outpatient treatment to our clients and families affected by Problem Gambling. In the United States, it is estimated that about 4 to 6 million of the population are problem gamblers and about 2 million of the population are estimated to meet the criteria for pathological or compulsive gambling each year.

**Prevention** services in Danbury has been a priority for MCCA for close to 20 years. Working with **Stand Together Make A Difference**, MCCA is working to reduce underage drinking and drugging in Danbury. This work is vitally important with alcohol and drugs becoming more available and more lethal, and our children being exposed at younger ages every year. Receiving this competitive five-year grant from DMHAS) will enable us to continue building on the important work that has been done and have a positive impact on the young people of Danbury.



# Responding to the Growing Opiate Epidemic

**MCCA** has increasingly made opiate treatment and education a priority; we have been proactive in dealing with the opiate crisis within MCCA and in the communities we serve.

The conversation surrounding the growing opiate epidemic unfolding across the county and in Connecticut became significantly louder in 2015. At MCCA the evidence of the problem has been visible as we continue to see increasing numbers of clients in our detox, residential and outpatient programs.

## Within Our Agency

Heroin addiction is particularly hard to beat; it is estimated that 90% of those in recovery from opiate addiction will relapse within the first year. Opiate addiction changes the brain and it can take months to years before it returns to normal functioning.

Clients coming out of a detox or a 28-day program are particularly at risk for overdosing. Their tolerance for opiates has been significantly lowered, however the physical and mental cravings for the drug are still strong. We know that many relapse and do use again.

Educating our clients and their family members about the high risk of relapse and overdose is a priority for us during the clients stay and upon discharge. Additionally, the staff at all of our locations have been trained to administer Narcan and we stress the importance - to clients and family members - of having Narcan on hand when the client is discharged. Narcan is an opiate antidote and can immediately reverse an opiate overdose and save a life.

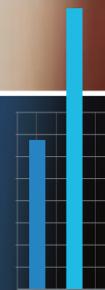
In 2015 we were awarded three grants to help us meet the growing need for opiate treatment in our New Milford Outpatient Clinic. This funding has enabled us to hire a Recovery Supports Specialist to help overcome obstacles to client engagement.

## In the Communities We Serve

Our efforts to educate and stay informed on the opiate crisis extends to the communities we serve. Representatives from MCCA are active on two Opiate Task Force groups that meet on a monthly basis in Fairfield and Litchfield Counties. MCCA has also co-sponsored two Narcan trainings with the New Milford's Substance Abuse Prevention Council, conducted by the AIDS Project of Greater Danbury.



**One thousand fatal overdoses** have occurred in the state in the last three years, and the numbers are increasing annually.



Heroin-related deaths in Connecticut skyrocketed from **174 in 2012 to 325 in 2014**, according to a report by the state medical examiner.



In Fairfield County there were **312 deaths** from 2009 to 2014.



**Every day** two Americans die of an opioid overdose.

## The Significance of the Sobering Center

**The Sobering Center** is a short-term supportive shelter and for many it has been a *bridge to safety* and the next level of treatment.

Approximately 5,000 people have come through the Sobering Center over the past 17 years, ranging from 18 to 85 years old, and coming from all walks of life: students, nurses, blue-collar workers, PhD's, lawyers, mothers, fathers, and professionals have all spent time at the Sobering Center.

This diverse group has one common thread—the disease of addiction has brought them all to homelessness. For some, the Sobering Center is a holding place, a life raft in a stormy sea, a place to stay while a bed opens up at McDonough House or Trinity Glen or Sunrise Terrace. For others it is a brief respite before they return to the streets or go into another treatment facility.



The Sobering Center was conceived a little over 17 years ago to meet the growing needs of homeless individuals who were struggling with addiction. The main funding source came from the Robert Wood Johnson Foundation. With additional assistance from Danbury Hospital, Union Savings Bank and the Barden Corporation – the Sobering Center opened its doors in 1998. It was housed in the basement of 238 White Street, MCCA's original home in downtown Danbury and held five beds.

Today the Sobering Center provides a safe, substance free, therapeutic, non-medical respite for addicted individuals while they are waiting to be referred and placed into the next appropriate level of care. This 16-bed social setting detoxification program provides temporary shelter to over 600 individuals a year and receives funding from the Department of Mental Health and Addiction Services.

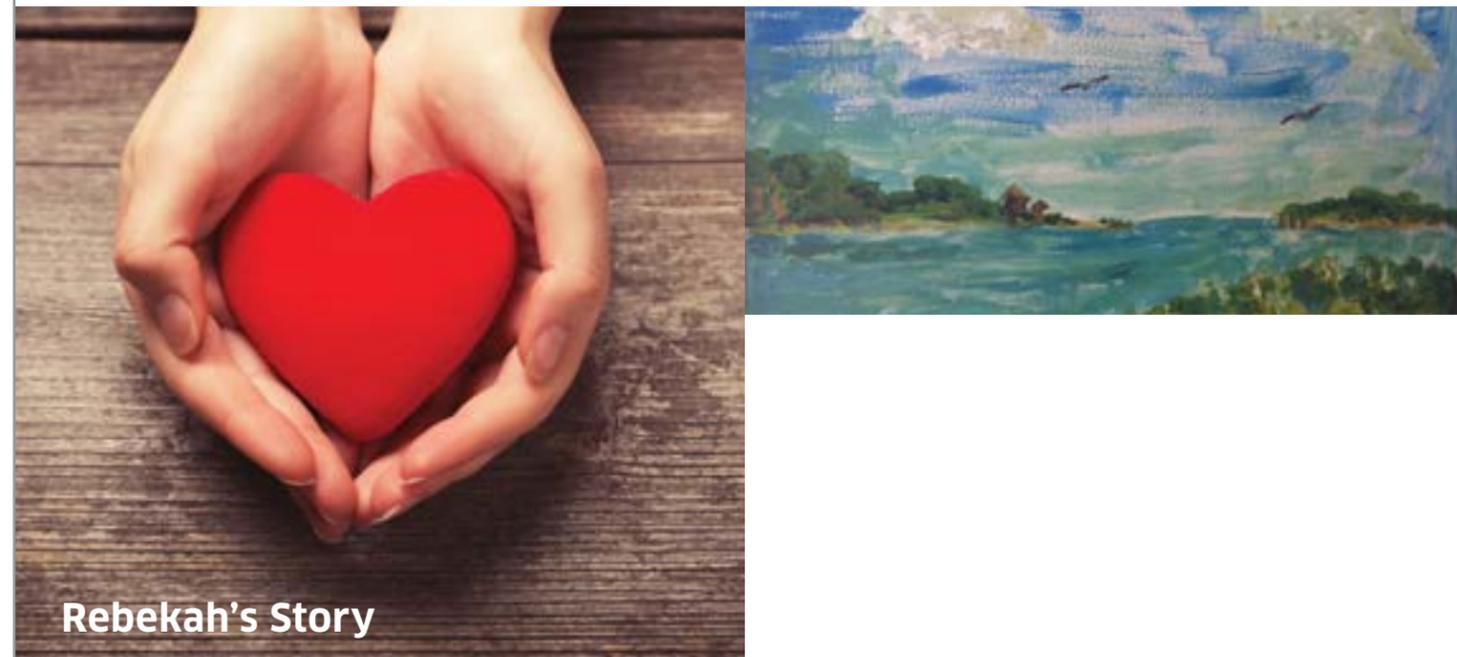
You can't talk about the Sobering Center without talking about Peter Pizzillo. Early in his recovery Peter volunteered at the Sobering Center. He was then hired on as a Substance Abuse Technician (Tech), and after the first year he took over as the Site Supervisor.

Dormitory style, the center has three large bedrooms with bunk beds, a common area and a small kitchen. Over the years the clients have covered the walls with some pretty amazing artwork. The Sobering Center is not fancy, but it is clean, orderly and safe, and under Pizzillo's watch it is a structured and well-run program.

During the past 16 years Pizzillo has witnessed and been instrumental in the programs growth and evolution. Early on there was no real structure or treatment provided and the clients had too much down time – not a good thing for someone in early recovery. Pizzillo had a different vision of how the program should be run. “Being in recovery myself, I could see these guys were manipulating the system and wasting resources.” Under Pizzillo's leadership, Intensive Outpatient (IOP) was introduced to the Sobering Center; today clients must attend intensive counseling, five days week. “We have a good model, it's always about change and adapting,” Pizzillo said.

Pizzillo has college students intern with him and has hired a number of them as Techs. According to Peter, “The real story here are the Techs, they are the unsung heroes and they are awesome.” He added, “It is a tough environment, and they do a great job.”

The clients can be challenging, and while they come from all walks of life, the majority of them have hit a low point; they are overcome with their addiction and most have lost a great deal, including jobs, family connections and homes. For some this *bridge to safety* will be the first step to real recovery.



### Rebekah's Story

**The Sobering Center saved my life.** When I first arrived I had two months sober. I was homeless and had been on the streets for four years living out west in Arizona. My time at the Sobering Center helped me to acclimate to normal life, to start to do the things that normal people do. I had chores, a normal sleep schedule, I learned a lot about myself.

If you're serious about your sobriety, Peter is very proactive and helpful. I owe a huge debt of gratitude to all of the staff at the Sobering Center; it was the step that helped me to get here. Peter doesn't mess around, he held me accountable and made sure I was handling my responsibilities. I could not imagine doing this on my own.

There should be several Sobering Centers, but there are not a lot of Peters around to run them. People don't want to be told what to do. But Peter will go above and beyond for you if you are going above and beyond for yourself.

Rebekah is now gainfully employed and living at Sunrise Terrace, MCCA's transitional housing program.

## Destined to Drink

Bill Bradshaw is a tall man with clear blue eyes and he carries himself with a calm solid demeanor. But behind those blue eyes lies the story of his long arduous road to recovery.

Bradshaw is on his way to becoming something of legend at Trinity Glen in Sharon. After finally finding lasting sobriety there in the mid-90's, Bill went on to become a valued employee. In the past 20 years he has gone from Substance Abuse Technician to Counselor to Medical Needs Facilitator.

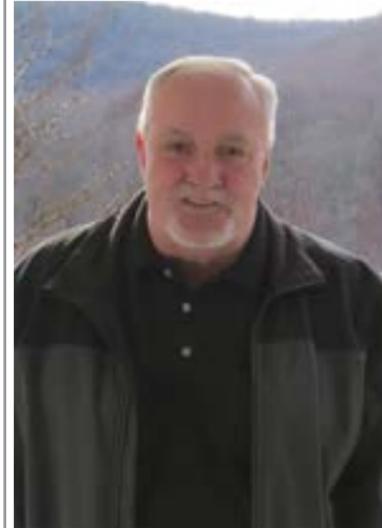
Born in Hartford, Bill would spend his early years in that city before moving to Wethersfield and Rocky Hill. He was the oldest of three, and despite a happy childhood, he would become an alcoholic by time he was 17. Bradshaw's dad was an alcoholic and Bill recalls him offering him alcohol as a child, "When I was seven years old I would go to the Silver Tap Grill with my dad on Main Street in Hartford. My dad would drink beers with a chaser and let me finish his beer."

At 21, Bradshaw had landed a job as the circulation manager at the Hartford Courant, complete with a company car. Although he was highly functioning and capable of doing his job, his boss saw the effects of his drinking and told him to get help. "I went into Norwich Hospital in 1970, and after three weeks I thought I was cured - I was in denial."

After losing his job at the Hartford Courant, Bill drove trucks, tended bar and managed a big nightclub in Newington. For a time he experimented with pot and cocaine, and snorted heroin once, but his drug of choice was alcohol. "I knew I had a problem but when I came out of treatment I thought I could control it."

Bradshaw did not get help again until he was 30 and over the next 20 years he did close to 200 detoxes. "I went into inpatient programs but never stayed. I'd be sober for a few days then drink again," Bradshaw explained. "I thought I could drink just a little."

When asked about family support, Bradshaw replied, "My dad died when I was 30 of lung cancer. My mother was supportive but if I had the shakes she would buy me a bottle." Bill's sister died of cancer at 52, two years after she got sober, "We had always been close, but our relationship was so much better after we both got sober."



### Bill's happy childhood

came with an abundance of freedom from his liberal parents. "I didn't drink because I was unhappy, I think I was just destined to drink," Bradshaw explained. "By the time I was 17 it was too late. I was always in denial. My story is not all that different than anyone else's."

## Getting Sober

Bradshaw was finally approaching bottom in February of 1994. "I had a seizure, my kidneys had failed and I had gone into a coma. I had been in the hospital for over a month. Four days after I was released I started drinking again." He ended up back in the hospital and vividly recalls the day Jim Kelly, a counselor at Rushford walked into his hospital room and asked him if he wanted to go to Trinity Glen. "Yes," Bradshaw shot back. "I didn't even have to think about it. There was no divine intervention, no great voice. I was either going to do something about it or I was going to die." He had lost the will to live; he had hit his bottom. On March 25, 1994 Bill Bradshaw took his last drink. He was ready to surrender.

Bradshaw weighed 150 pounds, he couldn't walk and he shook so badly, he couldn't lift a fork to his mouth to eat. He arrived at Trinity Glen in Sharon during the second week in April of 1994, and over the next three months the fog of alcohol gradually began to clear from his brain and body.

At the end of Bradshaw's eight month stay at Trinity Glen, he was starting to embrace his sobriety. "I was hopeful, optimistic," Bradshaw said. "I didn't jump in feet first, I went to meetings, and I got a sponsor. I was working on this new found sobriety and decided this was the place I needed to be."

After his release from Trinity Glen as a client, Bradshaw went to work. Initially he volunteered at Trinity Glen, driving clients to meetings and recreational trips. Then in February of 1995, with a year of sobriety under his belt, he applied for a position at Trinity Glen. By May of that year Bradshaw was hired on as a Substance Abuse Technician and would do this job for seven years.

Bradshaw also had the opportunity to counsel other clients in recovery at Trinity Glen. In 2001 the State of Connecticut was in need of counselors and offered an intensive course on Fridays and Saturdays that enabled individuals to get their certification as a Substance Abuse Counselor in one year.

When the position for the Medical Needs Facilitator came up 10 years ago, Bradshaw was ready for a change and went for it. Today he oversees client medication at both Trinity Glen locations, in addition to setting up client referrals for medical specialists. It's a busy job, but one that Bradshaw enjoys.

Bradshaw muses about a life that might have been had alcohol not taken hold of him at such an early age, "I was a very good baseball player and was scouted by the major leagues when I was 17, but it didn't work out because I wanted to party."

To this day Bradshaw feels immense gratitude toward Jim Kelly and Marie Kelly, the two people who were instrumental in getting him to Trinity Glen. And he feels a huge debt of gratitude towards Trinity Glen.

**"My experience from day one at Trinity Glen has been nothing but a positive experience. I owe my life to Trinity Glen - it gave me an opportunity to work in a field that almost killed me."**

# Thank You

United Way of Western CT  
 Unions Savings Bank Foundation  
 Angel Foundation  
 Cowles Charitable Trust

The Robert G. and Marguerite M. Derx Foundation  
 Praxair, Inc.  
 Bedoukian Research, Inc.



## 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.

## Acknowledgments

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

# 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.

REVENUES AND OTHER SUPPORT	FY 2014/15	EXPENSES	FY 2014/15
<b>Grants and Financial Assistance</b>		Salaries	\$7,776,847
Connecticut Department of Mental Health and Addiction Services	\$2,312,016	Payroll Taxes and Fringe Benefits	1,605,631
Department of Children and Family Services	903,306	Contracted Services	551,812
Food Stamps	111,661	Travel and Auto	97,919
Behavioral Health Recovery Support	40,650	Conferences, Education, and Training	24,629
City of Danbury	18,000	Materials and Supplies	382,871
Other Grants and Financial Assistance	33,746	Equipment	83,462
<b>Total Grants and Financial Assistance</b>	<b>\$3,419,380</b>	Food and Food service supplies	515,953
<b>Other Revenues and Support</b>		Rent & Real Estate Taxes	370,682
Fee for Service	\$8,583,941	Utilities	307,374
Contract Services	682,073	Maintenance and Repairs	249,372
Rental Income	353,652	Security	43,770
Contributions and Fundraising	100,779	Communications	102,612
Interest and Dividends	150	Insurance	159,958
Other Income	80,545	Legal and Accounting	48,410
<b>Total Other Revenues and Support</b>	<b>\$9,801,143</b>	Interest	172,976
<b>Total Revenue</b>	<b>\$13,220,523</b>	Depreciation and Amortization	359,865
		Other expenses	124,718
		<b>Total Operating Expenses</b>	<b>\$12,968,867</b>
		<b>Net Revenue Over (Under) Expense</b>	<b>\$251,656</b>

## Our Board of Directors

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Where Hope  
Restores Lives



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