



# ANNUAL REPORT

2016



Our mission is to get drug and alcohol addiction sufferers well.





## **Dear Friends:**

We believe that everyone deserves the support and opportunity to live a full life of wellness. That's why we provide free peer recovery coaching to anyone, at any stage of their journey, for any length of time.

In 2016, we saw a significant increase in the number of loved ones we serve. For every person suffering from drug or alcohol addiction, at least three to four more are directly impacted. We are united in our purpose to serve everyone affected by this devastating disease and help them each step of the way.

Thanks to our work in the faith community, workplaces and other partnerships, we're fighting stigma and reducing barriers to seeking help. In 2017, we'll keep building on these efforts so all can get the care and support they need.

Far too many in our community continue to suffer in the darkness. But with your continued support, we'll help them and their loved ones discover their paths to healthy and fulfilling lives.

Monique Johnson  
Executive Director

E. Paul Amundson, M.D.  
2016 Board Chair



# Coaching & Outreach Data

Average monthly interactions:



197 texts



150 emails



643 calls



133 in-person sessions

Annual data:

**↑ 600%**

Increase in loved one clients

**↑ 36%**

Increase in clients suffering from the disease

1,599

Total in person coaching sessions

392

Total new clients

1,819

Scheduled coaching calls

2,367

Total coaching text messages

1,567

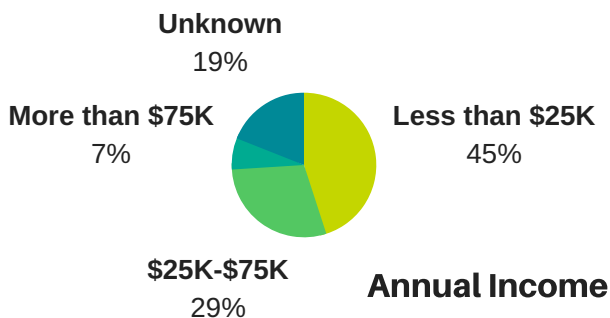
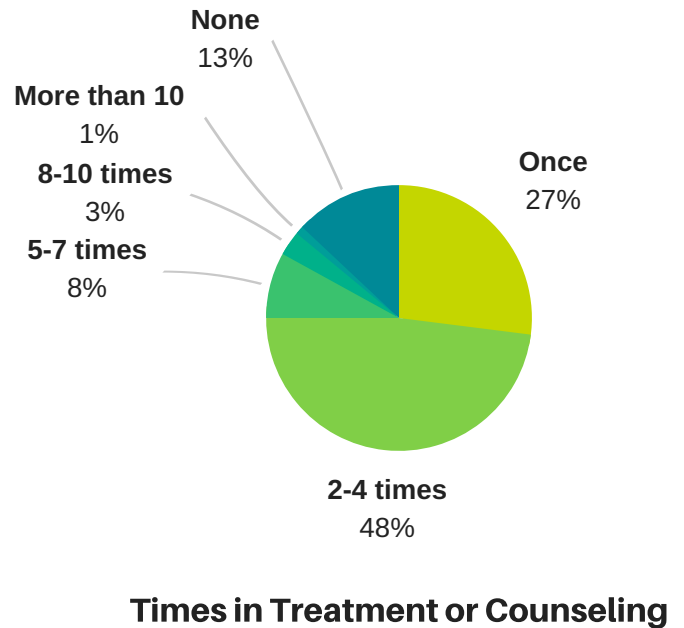
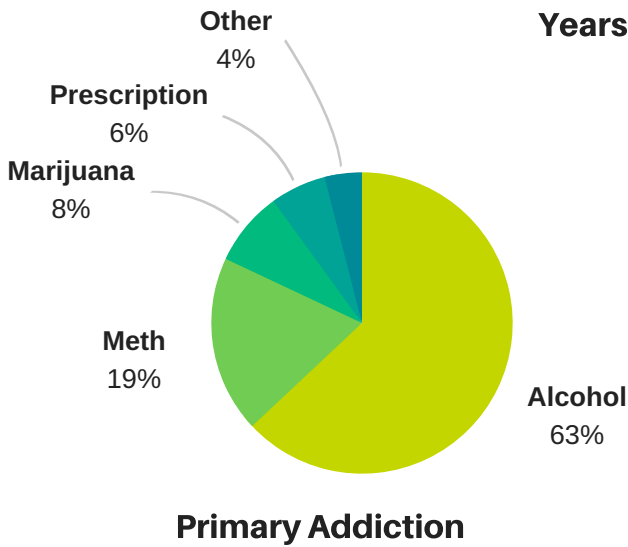
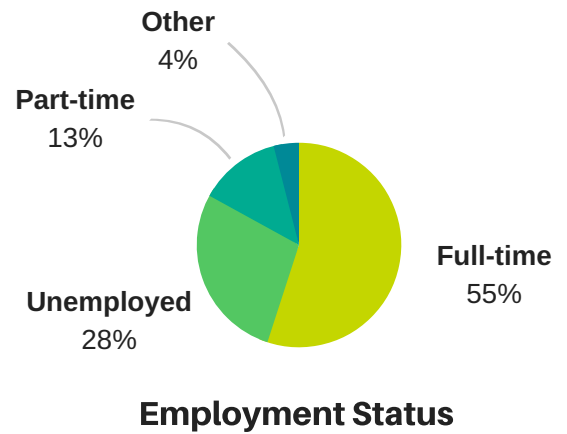
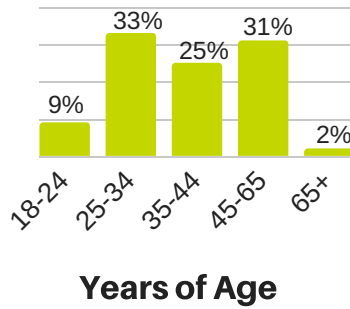
Participated in outreach efforts

4,118

Participated in clearinghouse, computer, meditation and other activities



# Client Snapshot







Sue Unzelman, Director of First Impressions

## Outcomes

Our peer recovery coaching helps get people well from the disease of addiction.

After coaching, our clients demonstrated positive change in:

- Health and wellness
- Knowledge and skills
- Family and home
- Social network
- Healthy activities and environment



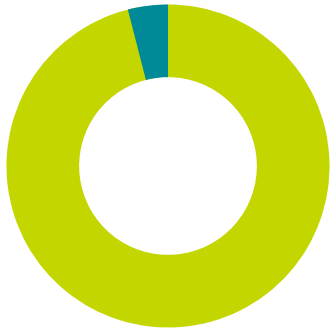
**95%**  
**Improved their  
addiction wellness**

Persons with the disease and loved ones, after at least 60 days of peer recovery coaching



**Are you more hopeful after today's appointment?**

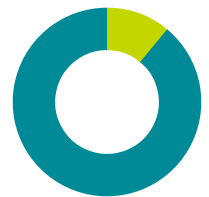
**No**  
4%



**Yes**  
96%

**Have you used since your last appointment?**

**Yes**  
11%



**No**  
89%

**No**  
3%

**Was today's appointment helpful?**



**Yes**  
97%



**"You don't have to do this alone. My coach helped me achieve my goals."**



Terry Liggins (left) started with Face It TOGETHER Sioux Falls as a client, then became a volunteer and currently serves as volunteer coordinator. Becky Braaten is a longtime client and recently completed training to become a peer recovery coach.

# Wellbeing

Addiction is about far more than substance use. That's why we track and measure a client's emotional, physical, social, cultural and spiritual health as they receive peer coaching support.

After coaching, more clients agreed with the following statements:



Persons with the disease and loved ones, after at least 60 days of peer recovery coaching





Persons with the disease and loved ones, after at least 60 days of peer recovery coaching

**"I'm a confidante, mentor, a friend. I'm just like them."**



Terri Brown, Lead Recovery Coach (left), and Dave Jansa, Recovery Coach and Lead Coach Trainer.





Mel Harrington, Peer Recovery Coach

## **After coaching our clients reported:**

79% reduced their risk level

50% reduced or stopped alcohol use

64% reduced or stopped drug use

60% had positive change in employment

42% reduced involvement with criminal justice/legal system

Persons with the disease, after at least 30 days of peer recovery coaching



Teresa Kaltenbach, Loved One Peer Recovery Coach

**"I have given up or cut back on activities that are important or interesting to me."**

 **63%**

**"I feel very little stress in my life today."**

 **86%**

**"I have repeated, disturbing memories, thoughts or images of a stressful experience from the past."**

 **92%**

Persons with the disease, after at least 30 days of peer recovery coaching



# Satisfaction

**99%** **Would recommend Face It TOGETHER to others**

**98%** *"Coaching met my expectations"*

**97%** *"My coach had the knowledge and skills to help me"*

**99%** *"My coach treated me with dignity and respect"*

**97%** *"My coach helped me identify issues and solve problems"*

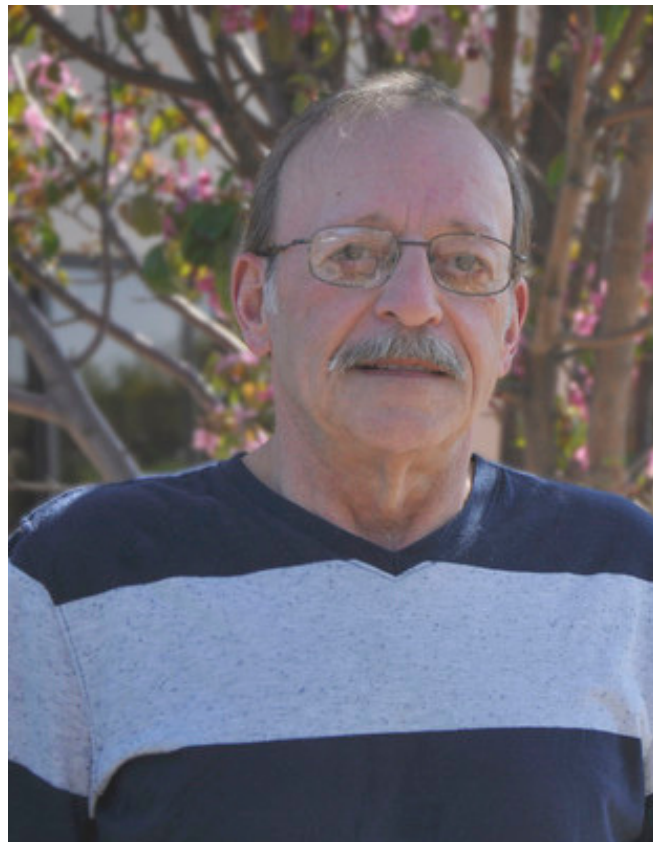
**97%** *"My coach helped me understand the disease of addiction"*

**94%** *"Being in the recovery center gave me a sense of hope"*

**89%** *"I felt less stress while at the recovery center"*



**"We've walked in your shoes.  
We don't judge, we just help  
you find your own path."**



Mary Newcomb, Administrative Assistant, and Mike Landon, Recovery Coach.



# Connection

300 community presentations

40 recovery advocates trained in the faith community

1,171 volunteer hours donated

\$44,000 raised from community events



# Teamwork



## Staff

Monique Johnson, Executive Director  
Terri Brown, Lead Recovery Coach  
Dave Jansa, Recovery Coach and Lead Recovery Coach Trainer  
Mike Landon, Recovery Coach  
Sue Unzelman, Director of First Impressions  
Terry Liggins, Volunteer Coordinator and Administrative Assistant  
Mary Newcomb, Administrative Assistant  
Teresa Kaltenbach, Accounting & Loved One Recovery Coach

## Volunteers

AA Volunteers	Rachel Herlyn	Kerri Letendresse	Laura Ralston
Paul Amundson	Tina Horner Family	Terry Liggins	Tim Ryan
Becky Braaten	Becky Jansa	Jessica Lueking	Josh Schimel
Christina Franka	Dave Johnson	Mary Madson	Genia Steele
Mary Geibink	Teresa Kaltenbach	Jan Matthiesen	Bill Tesch
Tim Goettsch	Kuehn Park Golf	David Muth	Brad Waltman
Mel Harrington	Course Staff	Courtland Niebuhr	Charles Wren
Heather Hedger	Cora Lee		

*Includes those with 10 or more volunteer hours*

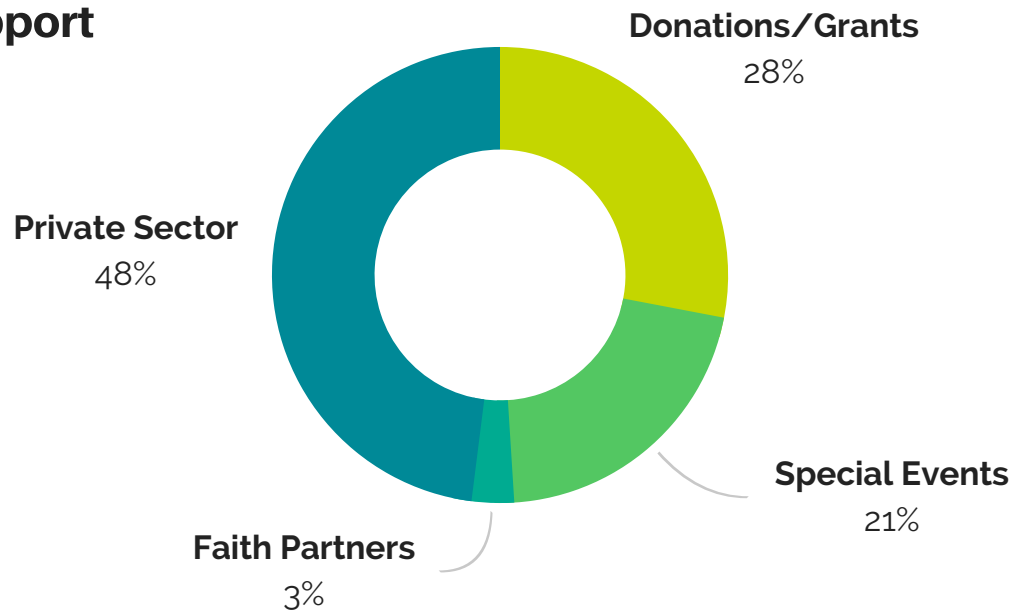
## 2016 Board of Directors

Paul Amundson, M.D., (chair)  
Erika Batcheller, Face It TOGETHER  
Jessica Lueking, MS, LPC-MH, NCC, LAC, Genesis Counseling  
Jan Matthiesen, Raven Industries  
Tim Ryan, Senproco/Groomer's Choice  
The Rev. Bill Tesch, SD Synod, ELCA

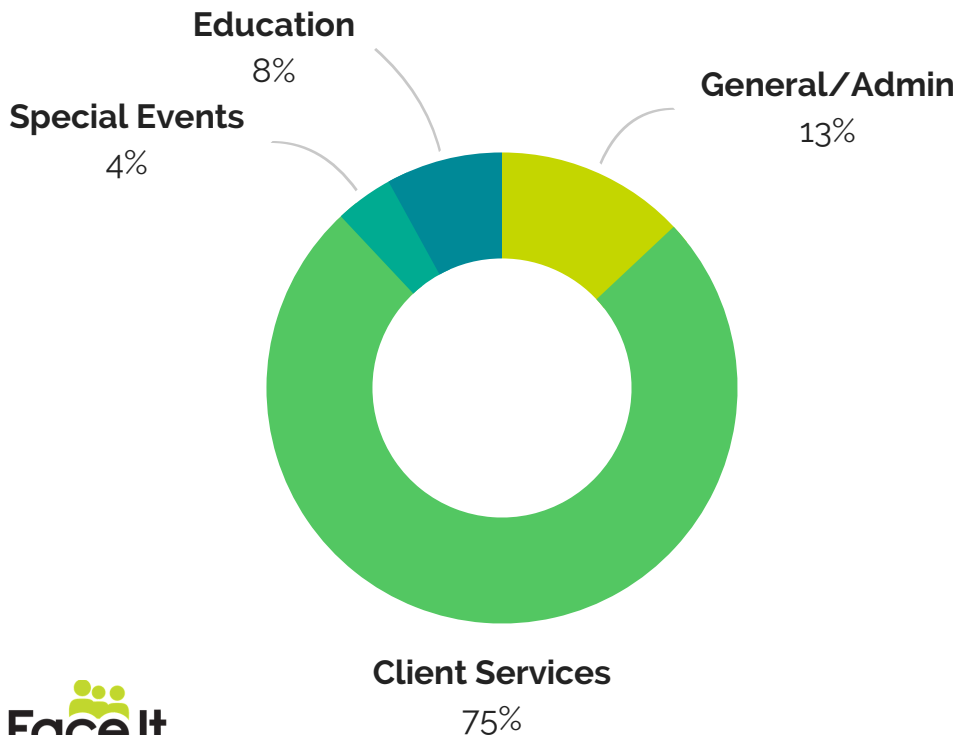


# Financial Snapshot

## Sources of Support



## Uses of Support



# Visit Us



5020 S Tennis Lane, Suite 400  
Sioux Falls SD 57108

(605) 274-2262  
1-855-432-2348 (toll free)

To support our work, visit [www.faceitsiouxfalls.org/join-us/donate](http://www.faceitsiouxfalls.org/join-us/donate)

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