

## *Welcome to Building Hope*

### **Our Quarterly Newsletter**

#### **3<sup>rd</sup> Q 2024**

This Quarterly newsletter highlights our passion for supporting individuals on their journey toward recovery. We understand the challenges you face, and we're here to empower you with evidence-based, trauma-informed care

**OUR MISSION :**It is our mission to provide compassionate individualized treatment for opioid use disorder, fostering lasting recovery, improved quality of life and re integration into community

#### **OUR VALUES:**

- **Respect:** We treat each individual with dignity and understanding.
- **Empowerment:** We promote your autonomy and self-efficacy.
- **Collaboration:** We work hand-in-hand with you to achieve your goals.
- **Evidence-Based Practice:** We utilize proven methods to maximize your success.
- **Trauma-Informed Care:** We acknowledge and address past trauma's impact.

#### **IN THIS ISSUE:**

- Our commitment to community support
- News from our 3rd Q team meeting
- Staff updates and Announcements
- Measuring our success
- Grants and expansion plans
- Compliance with new regulations

#### **COMMUNITY SUPPORT:**

At Mathers Recovery LLC, we're committed to innovation and community support to enhance your well-being

#### **GRANTS AND EXPANSION:**

We're excited to announce several new grants and expansion plans that will enhance our ability to serve our community:

1. **Kane County Behavioral Health Improvement Initiative:** We've received a grant to support our ongoing efforts in opioid overdose prevention and behavioral health services

2. **Dundee Township Grant:** This funding will allow us to expand our behavioral and substance abuse treatment services, reaching more individuals in need.
3. **McHenry County Expansion:** We've applied for grants to establish a satellite office in McHenry County. This new location will focus on distributing take-home doses, making treatment more accessible for clients who face challenges traveling to our Elgin or Fox Lake facilities.

These initiatives reflect our commitment to expanding our reach and improving access to vital recovery services across our region.

- News from our 3rd Q team meeting (10/21/2024)

The Q3 meeting covered several key topics. Admissions and discharges were reviewed, with marketing efforts in Elgin, including community outreach and a new referral source from the Elgin police station. The Kenneth Young Center collaboration was discussed, with plans to reconnect. Patient satisfaction surveys showed 10 responses from Elgin and 4 from Fox Lake. Employee satisfaction surveys are ongoing. Grants, including Kane County's mental health and substance abuse grant, were discussed, with a focus on outcome reporting. License renewals and safety audits were confirmed. [Staff changes and holiday party planning were also addressed, with a bowling alley event proposed for mid-November.](#) 🤘🎳

## Staff Updates and Announcements

Anil Ramachandran, with over 10 years of experience, has been promoted to Program Director. His skills and background make him a valuable leader for our team.

### New Peer Support Specialist

We are excited to welcome Steve Anderson, a Peer Support Specialist with personal recovery experience. Steve leads group discussions and is pursuing his CADC certification to enhance his expertise in addiction support.



### Staff Relocation

John Wozniac (CADC counselor) is moving to our Elgin location.

Fardis Salimi will be transferring to our Fox Lake office.

Griselda Moreno came on board

### New Regulations

We have implemented changes to take-home provisions, admission criteria, counseling, medical screening, and intake protocols to comply with SAMHSA’s updated 42 CFR Part 8.

### Facility Updates

New Security Measures: Due to recent vandalism, we have installed new security cameras at the Elgin clinic

Our Fox Lake office has new neighbors - **Parkway Cannabis Dispensary** 🍷🍷🍷🍷🍷🍷

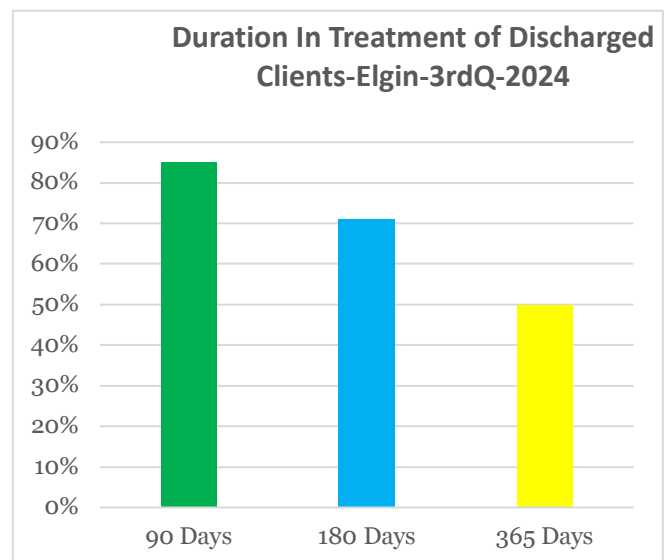
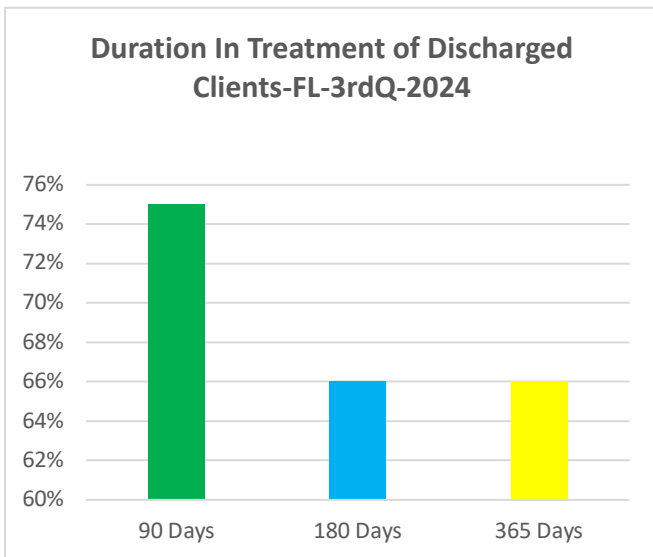
Measuring Our Success:

We are pleased to share that our company is in robust financial position and is forecasted to maintain this stability based on our projections.

### Performance Improvement Update: 3rQ-2024

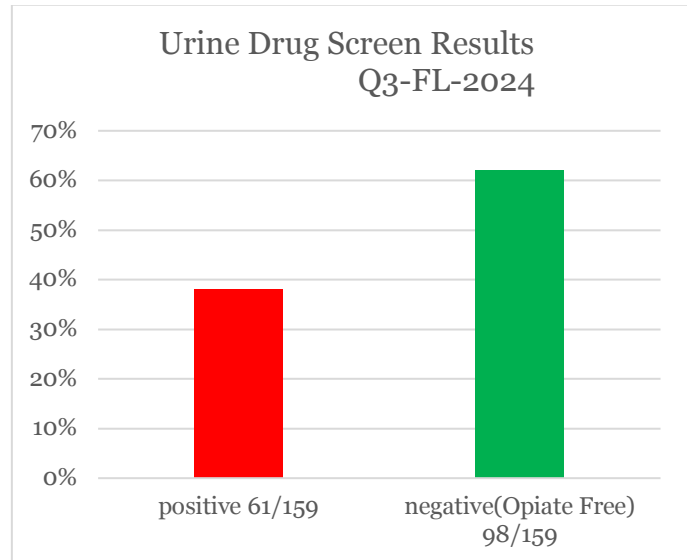
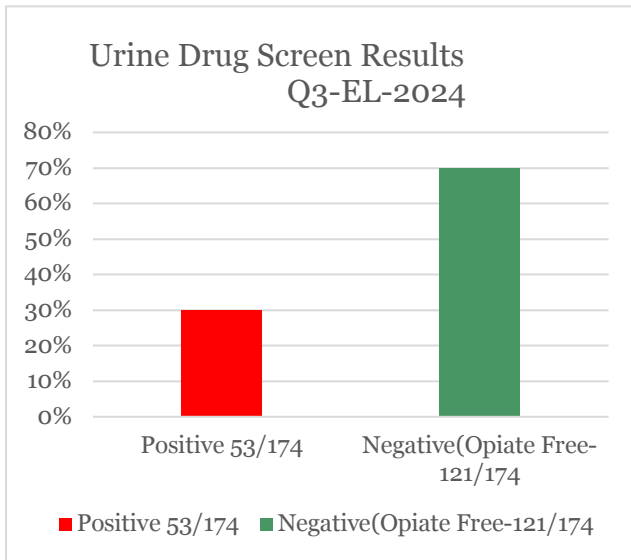
At the heart of our mission lies a relentless pursuit of excellence in care delivery. With this ethos, we persistently evaluate and enhance our services to meet and exceed your expectations. In the spirit of transparency and accountability, we invite you, our clients and stakeholders, to explore some of our performance data for the last quarter.

Client Retention Rate: This metric reflects the percentage of clients who remain engaged in our program



over a specific period. A high retention rate indicates that our services are effective in supporting your long-term recovery journey. Of the clients discharged in 3rd Q 2024, 85% have completed at least 90 days of treatment, 71% have completed at least 180 days of treatment, and 50% have completed more than a year of treatment (EL). The data for FL is as follows. 75%>90 Days,66%>180 Days, 66 %.>365 Days.

Success in Opiate Free Living: This metric measures the percentage of clients who achieve and maintain opiate free status. This data is central to our mission and reflects the positive outcomes we strive for. 70% of our clients tested negative for opioids in the 3<sup>rd</sup> quarter in Elgin. (62% in Fox Lake).



- **FL-62 % tested Negative for Opioids**

- **EL-70 % Tested Negative for opioids**

- **Recovery Trivia**

**Did you Know?**

- 1) The first opioid treatment program in the United States was established in New York City in 1964.
- 2) The brain's natural opioids, called endorphins, are 18 to 500 times more potent than morphine. You can increase their secretion in your brain by rigorous physical activity
- 3) The term "cold turkey" for sudden withdrawal originated in the 1920s, possibly referring to the goosebumps addicts experience during withdrawal.

**We Believe in You! Together, Let's Build a Brighter Future.**

**Additional Information:**

- Contact our intake team at **224-908-3005** or **847-462-6099** or visit us at <https://themathersrecovery.com> for more resources and information.
- Copies of past newsletters can be accessed on our web site.
- Subscribe to receive future newsletters directly to your inbox.

**Stay strong. Stay hopeful. We're here for you!**

