

# Jeremiah's Inn

## ANNUAL REPORT

### 2017

#### Mission & Vision

*Jeremiah's Inn uses a social model to provide residents with a safe environment in which to begin recovery. We foster a sense of community and mutual aid through partnerships, volunteerism and our Nutrition Center. Our vision is to help people better their lives in order to better the community.*

#### Social Model

*The social model allows residents to live in a safe, supportive, sober environment while learning to juggle a job, responsibilities at the house and their recovery. The entire time they are at the Inn, the men are building a community with one another and outside connections through work, 12-step meetings and volunteer work. When they graduate from the program, they have already established a routine, connections, and a community of support, which is key to continued sobriety.*

#### The Nutrition Philosophy

*Jeremiah's Inn believes overall health & wellness is reflected when living a healthy lifestyle and making healthy choices. By offering a comprehensive program that compliments body, mind and spirit, we subscribe to that belief in many ways. Nutrition and wellness is not just about eating healthy. Here at Jeremiah's Inn, we focus on the educational aspect and benefits of nutrition as well. By teaching our clients and residents how to make healthy choices, we aim to empower them to lead healthy lives. Some of these initiatives include: providing educational nutrition classes, offering our residents a Wellness Program which includes meditation, yoga, mindfulness, breathing and outdoor activities like hiking, rowing and disk golf, health screenings and dental clinics.*



#### Strategic Planning

- *A Jeremiah's Inn app for residents*
- *Scripting Nutrition Center FAQs in multiple languages*
- *Education reimbursement program*
- *Strong alumni program*
- *Unique, fundraising 'signature' event*
- *Recruiting board members from local businesses*
- *Rebranding*
- *Sober house*
- *Continuous Quality Improvement (CQI) process*



**Jeremiah's Inn**

Helping people through our social model recovery program and nutrition center.

# The Year In a Nut-Shell

2016 was a busy year for Jeremiah's Inn; we received 671 applications, saw a total of 224 people on the waitlist, had over a 100 men in the house, and served over 10,685 clients (4,438 households) through our Nutrition Center. Food drives were held at Shaw's and Sam's Club, as well as by Doherty Memorial High School and the Dollar Tree, which generated over 11,500lbs of food. We also received 182,804lbs of food from the Worcester County Food Bank, over 33,600lbs of in-house donations, and 8,668lbs of fresh fruits and vegetables. As hectic as it can get here, we love the work we do, because we know of the impact it has. We are also happy to let you know that 3 of our former residents are now employees at Jeremiah's Inn; for us, this is success. The first half of 2016 has been extremely vibrant: several new volunteers, many new residents, graduations, and new programs at the Nutrition Center. For us, 2016 has been and will continue to be a year about innovation and growth. We renovated and moved the nutrition center, executive director's office, case management office, and direct care office. We also updated the phones and security system throughout the building. We still have more work to do, but the end result will be more streamlined and efficient work spaces to provide the best care we can to our Nutrition Center clients and residents of the Inn. We have been working hard at developing new programs and revising the old to provide the best, evidence-based treatment for our residents. We have developed a job readiness program, to implement in 2017, as well as revised our alumni program. We hope to incorporate an alumni mentors program, an alumni speakers program, and establish a group of alumni leaders. Our first alumni event, a barbecue, has already been scheduled. As always, we are truly grateful to our donors, volunteers, food drive sponsors, and all other supports and friends of Jeremiah's Inn who allow us to provide the service that we do.

## Recovery Response

We have adopted an attitude of Continuous Quality Improvement (better known as the Jeremiah's Inn Constant Quest for Excellence). In 2016 we continued streamlining our electronic records system (ERM) for greater efficiencies which resulted in more time for direct care contact with residents as well as a cleaner, more efficient way to manage resident files. One of our strategic goals is to expand our ERM system into a performance management system. This will allow us to evaluate and report on the performance of our program. We made programmatic changes incorporating new methods of oversight and accountability, tools to improve continuity of care and processes. One outcome was a reduction in the time it takes for new residents to acclimate to the social model. This has helped improve the overall sense of unity and brotherhood amongst residents.

To enhance the quality of care provided to our residents, we incorporated mandatory monthly in-service trainings to expand the expertise and knowledge of our staff and ensure we provide current and best practices. There is "no wrong door to recovery," and in an effort to take a more holistic approach to treatment in 2016, we introduced a Wellness Program. This program boasts various groups promoting healthy lifestyle changes. Residents learn how healthy mind, body and spirit impacts recovery, and are offered groups to incorporate this knowledge into their daily routine, such as nutrition, meditation, mindfulness, and yoga, as well as physical activities like hiking, basketball, fishing and disc golf. So far in 2017 we have enhanced the Wellness Program by introducing reiki therapy, softball, rowing and free-of-cost gym memberships to the YMCA.

# Nutrition and Hunger Response

Our Nutrition Center has been growing at a rapid pace with various offerings to both our residents and clients alike. In 2016 we served over 4,000 families. 27% of them being children under 18 years old and 20% being 65 or above. We served 465 first time households, feeding almost 1322 people living within them. As we continue to foster our relationship with WCFB, we received 67.2% of our food from there, totaling over 224,439 lbs. We had over 33,674lbs of in-kind donations that we received throughout the year as well. We were able to distribute over 250,000lbs of food in 2016, with 8,868lbs being fresh fruits and vegetables. We continue to partner with Cooking Matters to offer educational tours at Price Chopper, our dental hygienist, Donna, offers free cleanings once a month to both residents and Nutrition Center clients and our Community Garden is now at 60 beds this year with a wait-list. Our volunteers continue to come from all over the city, however, we rely heavily on college students from Clark and WPI to assist in the Nutrition Center. We greatly appreciate all that our volunteers do to serve us and their community.

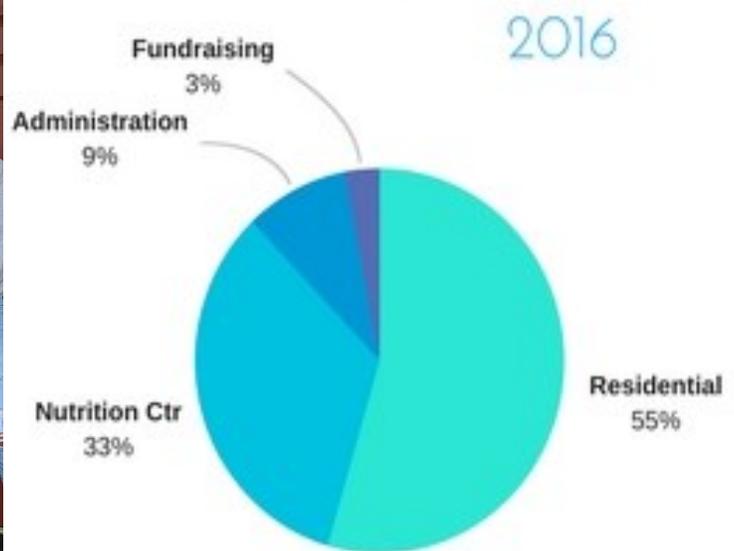


## Financial Update

Jeremiah's Inn's financial position continues to be strong. As of December 31st 2016, the working capital ratio was 12:1. This is considered extremely strong as the benchmark for nonprofits is 2:1.

Program revenue continues to increase. The following chart indicates the general out flow of expenditures in 2016. Copies of the full financial report are available upon request.

## Expenditures



## Executive Committee

Patricia L. Davidson, *President*

Joseph Stiso, *Vice President*

Jeff Kristoff, *Treasurer*

## Board of Directors

Cassandra Anderson

Timothy Bibaud

Robert Bishop

Moses Dixon

Melinda Hillock

Jack Reardon

Eugene Santos-Roesler

## Corporate Consultants

Kevin Kieler

Sharon Woodbury

## Administrative Staff

Janelle Wilson, *Executive Director*

Richard Quinlan, *Operations Director*

Lori Joler, *Bookkeeper/Assistant to the Executive Director*

Melissa Waddell, *Communications Coordinator*

## Residential Staff

Eric Burke, *Overnight Awake*

Scot Burns, *Case Manager*

Jeff Busby, *Clinical Director*

Jesse Chaison, *Case Manager*

Serina Connor, *Lead Direct Care*

Kashawn Hampton, *Case Manager*

Richard Kenny, *Direct Care*

Jason Lavalley, *Lead Case Manager*

Rory Mann, *Direct Care*

Aubrey Miller, *Direct Care*

Kenny Pina, *Direct Care*

Reynaldo Ruiz, *Direct Care*

## Nutrition Center Staff

Tracy Paul, *Nutrition Center Coordinator*

## Golden Friend Award Recipients

Bimbo Bakeries

Dismas House

Kara Fischer

Sylvia Murphy

Doreen Patulak

Tri State Truck Center

## Support Staff & Group Facilitators

Bounce Program, Workforce Central

Early Recovery, Jason Lavalley

Financial Planning, Barbara Roach Kyes

Healthy Relations, Craig Martley, YWCA

HIV/AIDS Awareness, AIDS Project Worcester

Legal Recovery Meeting, Anna Rice

Life Skills/Job Readiness, Dee Iannachione

Meditation, Sylvia Murphy

Nutrition & Wellness Group, Tracy Paul

Nutrition Class, UMass Extension

Overdose Prevention, Jason Lavalley

Process for Life, Dee Iannachione, Baker Mental Health

Relapse Prevention, Stacey Baker, Baker Mental Health

Social Model, Scot Burns

Spirituality, Aldersgate Methodist Church

Tobacco Awareness, Jason Lavalley

## Volunteer Assistance

Dental Cleaning by Donna Paschalides, Great Smiles

Grocery Store Tours, Cooking Matters

Legal Assistance, Anna Rice, Douglas L. Fox, &

Lawrence E. Cohen

On the Go Workforce Training & Referral, South Worcester

Neighborhood Center