



2004 ANNUAL REPORT

Helping People Restore Their Lives For Fifty One Years



MARYHAVEN

Addiction Recovery and Mental Health Services

A Message from Maryhaven

Dear Friend of Maryhaven,

Our fifty first year was highlighted by expanded services that continued to provide quality care to over 7,300 patients, the most in our history, with a new total of twenty separate and distinct programs. We continue to operate efficiently, expending only 8% on administrative costs, with 92% of all revenues invested in Maryhaven used to provide direct patient care. As always, Maryhaven continues to focus on our mission of effectively and efficiently providing quality care to help men, women, and children restore their lives.

Maryhaven is proud of our gender specific adolescent treatment programs which continue to focus on high quality addiction recovery and mental health services to teens, including their families. The Maryhaven School provides an accredited school program with licensed teachers while focusing on continued quality improvement. In 2004 we served more than 140 teens in residential treatment and over 250 teens in outpatient treatment. These ever expanding services reflect Maryhaven's commitment to help teens and their families in the restoration of our children's lives.

The Maryhaven Research Department, under the direction of Dr. Greg Brigham, Chief Research Officer, furthered its work in national research that not only determines, but also puts into use science based practices in the field of addiction recovery. We are proud to be the recipient of several grants from the National Institute of Drug Abuse. This research partnership allows Maryhaven to continue its leadership role in state of the art addiction recovery therapy for all our patients.

We pledge to continue our mission of helping people restore their lives by providing effective and efficient patient care with the same integrity and spirit with which we have served over 135,000 patients and their families during Maryhaven's first fifty one years.

Sincerely,



Lana T. Ruebel
Board Chair



Paul H. Coleman
President and CEO

Board of Directors

We are governed by a Board of Directors comprised of community leaders who give their time and talents to further our mission.

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Our Mission is to provide the highest quality addiction recovery and mental health services to men, women and children regardless of their ability to pay to enhance the health and safety of our community.

Our Philosophy is that the addiction to alcohol and other drugs is physical, emotional and spiritual, and that rehabilitation begins with the patient coming to grips with his or her dependency. Our daily, structured programs include lectures; individual and family counseling; group therapy; medical and psychiatric care; orientation in Alcoholics, Narcotics, Cocaine Anonymous or other self-help groups; personal care; and the promotion of wholesome, interpersonal relationships.

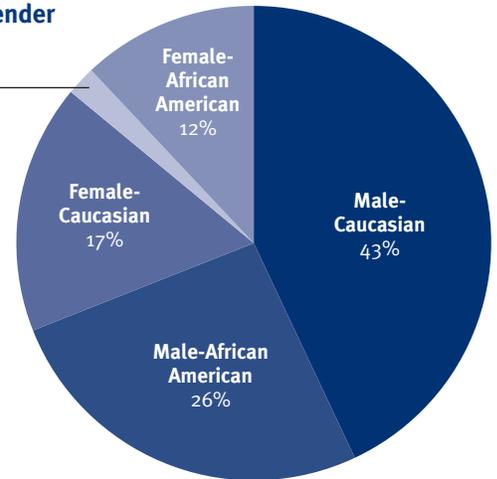
1. Provided addiction treatment and mental health services to an annual record high of 7,300 people from our community.
2. Expanded outpatient and intensive outpatient programs for adolescents through new contracts with Franklin County Children Services and Franklin County Domestic and Juvenile Court. In 2004, Maryhaven served over 140 adolescents in residential treatment and over 250 in outpatient services.
3. Conducted 420 follow-up patient surveys 60 days post treatment, in which 69% of patients surveyed reported abstinence from any use of alcohol or drugs.
4. Completed the Women's Program Capital Campaign and dedicated the Women's Center Park on June 30, 2004. Please see our major donors and photos on the back cover of this report.
5. Experienced continued growth in the research portfolio through the Maryhaven Chief Research Officer's collaborations with numerous academic and research institutions. These include: University of Cincinnati, The Ohio State University, University of New Mexico, Harvard Medical School, and Yale University School of Medicine. As a result of our involvement in the NIDA (National Institute on Drug Abuse) clinical trials network and our collaboration with leading researchers from around the country, the Maryhaven Research Institute has become the center for drug abuse treatment research in Ohio.
6. Expanded outreach and housing placement services for homeless persons through funding from the Community Shelter Board. Through our efforts, 112 men and women were placed into safe housing.
7. Adopted a new, more effective medication protocol, buprenorphine, to treat patients in withdrawal from heroin and other opiates. This significantly improved the percentage of patients successfully completing detoxification and moving further on in treatment. This protocol is based on the successful pilot project funded by the Franklin County ADAM H Board, ODADAS, and the Columbus Medical Association Foundation.

Patient Demographics

Fiscal Year July 1, 2003 – June 30, 2004
7,332 Patients Served

By Race and Gender

Male-Latino 2%

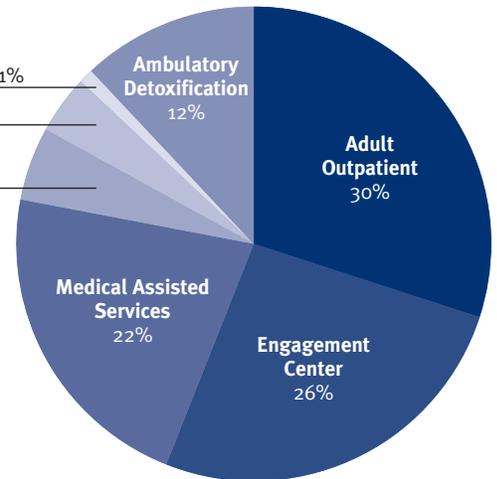


By Program

Women's Services 1%

Adult Inpatient 4%

Adolescent Services 5%



Revenue by Source

Total Revenues: \$12, 038,809

Title XX 2%

United Way 3%

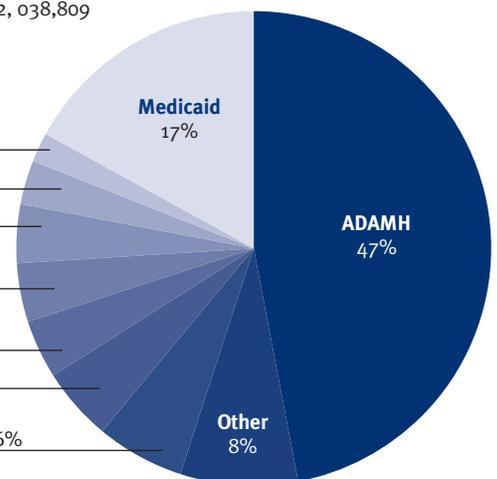
Other Public 4%

Court Referred Revenues 4%

City of Columbus 4%

Self Pay 5%

Franklin County Children Services 6%



Our Services to the Community

Maryhaven offers a wealth of services to people of all ages. These include both addiction recovery and mental health services for those with dual diagnoses.

Public Health

Adult Services

- ▶ Engagement Center (for homeless alcoholic men and women)
- ▶ Detoxification Services (inpatient and outpatient)
- ▶ Inpatient, Day Treatment and Outpatient Services
- ▶ Women's Extended Care (including pregnant women and children)
- ▶ Women's Africentric Program
- ▶ Family Services

Adolescent Services

- ▶ Gender Specific Residential Care
- ▶ Outpatient Services
- ▶ Accredited School Program
- ▶ Outpatient Care – Regular and Intensive
- ▶ Continuing Care
- ▶ Recreation
- ▶ Art Therapy
- ▶ Assessment Services

Targeted services within Adult and Adolescent programs:

- ▶ Mental health services
- ▶ Treatment of pregnant women, including teens
- ▶ Outpatient services for mothers with newborn or young children
- ▶ Services focused on the needs of African American and Appalachian populations
- ▶ Smoking cessation

To further meet each patient's individual needs, we provide counseling focused on a wide range of issues:

- ▶ Anger management
- ▶ Eating disorders
- ▶ Sexual abuse
- ▶ Relationships
- ▶ Relapse
- ▶ Co-existing disorders
- ▶ Grief
- ▶ Trauma and abuse
- ▶ Parenting

Additional Support Services

- ▶ Aftercare services
- ▶ Family services
- ▶ Chaplaincy services
- ▶ Transportation
- ▶ Tutoring/competency based education
- ▶ Recreational therapy
- ▶ Psychological and psychiatric evaluations
- ▶ Referrals/linkage to community resources

Public Safety

Adults

- ▶ Men's Anger Treatment Program
- ▶ Driver Intervention Services
- ▶ Education and Intervention Services
- ▶ Outpatient Services

Under Age 21

- ▶ Underage Drinkers Program
- ▶ Young Drivers Intervention Program

Treatment Improvement Research

- ▶ National Institute on Drug Abuse
 - Assisting families to engage patients in treatment
 - Treating women with post-traumatic and substance abuse problems
 - Treating ADHD and tobacco smoking cessation
- ▶ Adoption of Evidenced Based Treatments
 - Incremental treatment improvements using science based treatments
 - Providing community leadership in the adoption of science based practices
- ▶ Substance Abuse Research Partnerships include:
 - University of Cincinnati
 - The Ohio State University
 - University of California at San Francisco
 - University of New Mexico
 - Harvard Medical School
 - Yale University School of Medicine

The Maryhaven Institute

- ▶ Speakers/Educators
- ▶ Training for mental health, chemical dependency and nursing professionals
- ▶ Student field placement

The Maryhaven Cultural Diversity Council

Working to promote understanding. Established in 1992 to advance understanding of the cultures of both our staff and patients, the Cultural Diversity Council initially focused on opportunities for learning through a variety of culturally based trainings. For the past several years, we have facilitated our own learning groups through a process known as the Study Circle of Racism, which we began with the help of the YWCA. We recently implemented a Sub-Committee for Spanish Speaking Services to increase our sensitivity and competence in responding to this culture.



Luis Rocha, Frank Garcia, Liz Jaeger, Ivan Rocha, and Thomas Lianez are several Maryhaven employees who provide communication and treatment services to the Latino community.



Joyce Frazier Clark chairs a Cultural Diversity Council Meeting with members (left to right) Kathy McPherson, Helen McFadden, Shannon Morgan, Katy Derby, Dick Overton, Rev. Dr. Sokoto Fulani, Tom Lianez, Joyce Frazier Clark, Steve Albanese, Charles Williams, John Dawson, Shannon Hutchison, Grant Schroeder, Jackie Spaulding, Sofia Mohamed, and Liz Jaeger. Other council members not present are Karen Kimbrough, Carol Powell, Anne Price, Sylvia Thompson, Jennifer Johnson, and Wendy Molina.

Engaging all employees. Maryhaven's continuous cultural diversity goal is to involve all employees in order to create an environment that naturally empowers everyone. As part of our cultural diversity curriculum, each employee is required to complete tiered levels of training. Moreover, many of our Council members are resource persons for other organizations. We are proud to be recognized by the University of Texas as one of the top 70 organizations in the country that provide culturally competent services to their patients.

Planning to achieve our goals. The Maryhaven Cultural Diversity Council meets regularly and is chaired by Joyce Frazier Clark, Director of Human Resources and Diversity Development.



Mental Health Services

Many of our patients come to us with co-existing mental health disorders. As a result, Maryhaven continues its growth as a provider of mental health services.

Grant Schroeder, PCC, LICDC, Chief Operating Officer; Thom Mak, M.D., Associate Medical Director and Child Psychiatrist; Alvin Pelt, M.D., Medical Director and Psychiatrist.

Adolescent Services: Helping Teens and Families on the Road to Recovery

Maryhaven provides care for young people from ages 12-18. Teens with mental health needs, as well as alcohol and other drug dependencies, are treated in both outpatient and residential programs.

Our gender specific residential treatment units allow teens to better focus on treatment needs and goals. Diverse treatment modalities address each teen's unique needs and those of their family within the treatment plan.

The challenges faced by teens in our community cannot be ignored, and Maryhaven is responding.

Inpatient Services

- ▶ Psychological Assessment
- ▶ Psychiatric Services
- ▶ Individual, group, family and mental health counseling
- ▶ Drug and alcohol counseling
- ▶ Participation in 12 step groups (AA, NA, CA)
- ▶ Anger management assessment and counseling
- ▶ Behavior management
- ▶ Recreation and art therapy
- ▶ Strong relationships with referring agencies/parents
- ▶ Attention to medical needs

Outpatient Services

- ▶ Intensive Outpatient Program
- ▶ Outpatient Program
- ▶ Continuing Care Services, which are offered to all patients post treatment for continued healthy lifestyle change and recovery

The Maryhaven School

Adolescent Services includes an accredited school program that provides a quality educational experience through certified educators, working in partnership with the Rosemont Charter School.

Credentialed Staff Working with Teens

Certified and independently licensed counselors, educators, registered nurses, consulting psychologists, and physicians, including a psychiatrist and dietician, comprise a treatment team designing specific plans for each patient.

Teens Respond

“Maryhaven helped me by telling me to get sober supports and stay with them.”

“Maryhaven has helped me overcome my addiction through support from peers in the same situations, and support and help from staff and counselors.”

“The teachers helped me and also showed me how to help other kids who didn't know what to do.”

“School helped me get my life back on track and realize everything is not worth losing because of drugs and drinking. My life means more.”

Parents Respond

“She is doing great. Her attitude seems to have improved.”

“My daughter's behavior has changed a lot. Maryhaven has helped by keeping her on the right track.”

“My son is more open to things that do not specifically promote the drug culture, like shorter hair, regular sleeping patterns, different music, etc. He learned how to deal with his own substance abuse.”

“My son is involved in church. He had withdrawn from school and is now in charter home school. His attitude is improved. My son's treatment therapy also helped me. During family counseling, Carolyn helped us see each side and brought us together with a plan for treatment.”

Jarmel, Adolescent Graduate

Jarmel attended a suburban school and was active in sports. He was introduced as a teen to marijuana and, before he realized what was happening, he was addicted. And while his addiction heightened, his school grades declined.

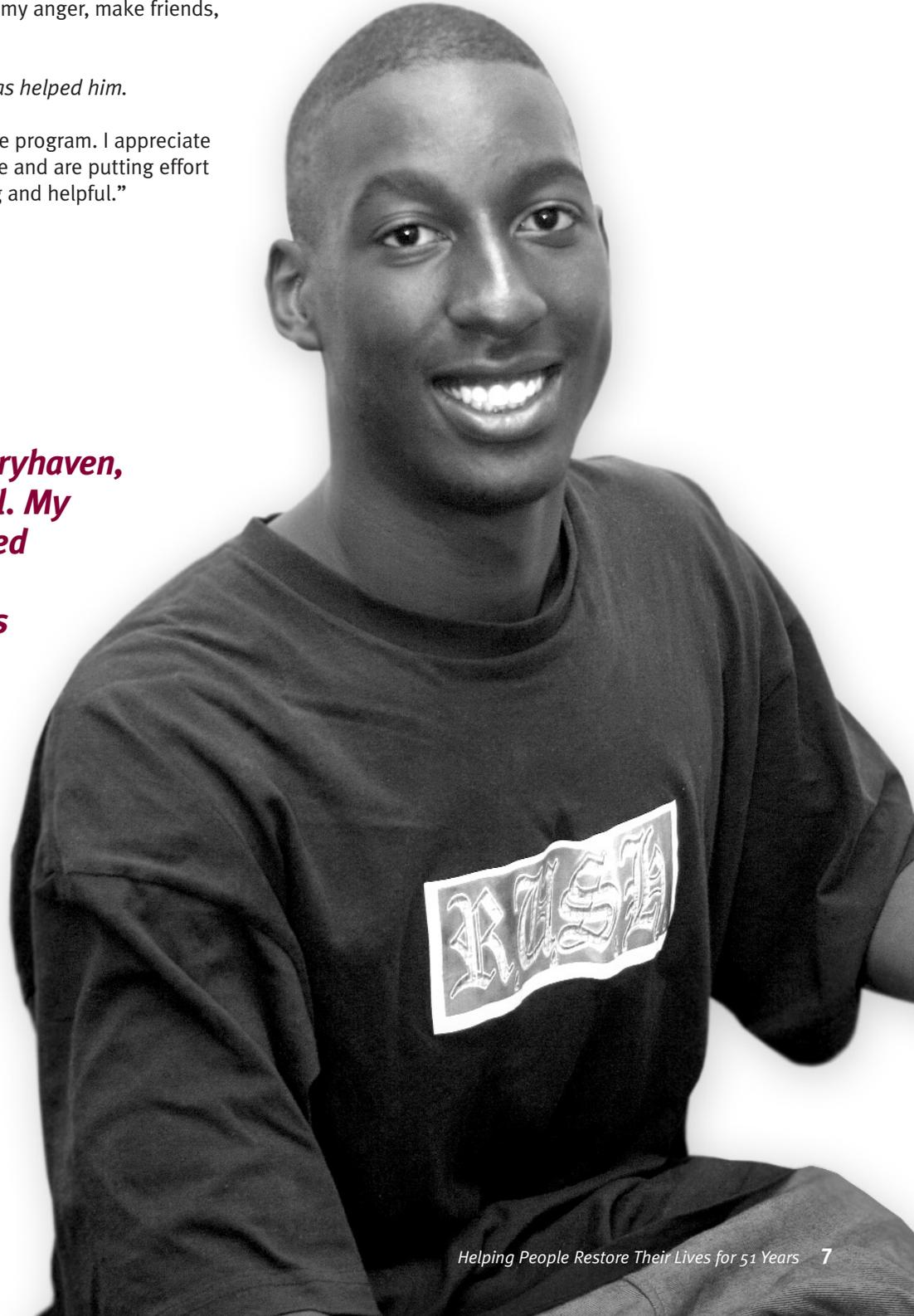
“I went into foster care at two years old, but I’ve been in at least 12 foster care homes. At Maryhaven I was taught self control, and looked at how to manage my anger, make friends, and manage my time.”

Jarmel understands how Maryhaven has helped him.

“I feel that Maryhaven is a very positive program. I appreciate that they have the school program here and are putting effort into making the program more exciting and helpful.”

“If I had not gone to Maryhaven, I would have gone to jail. My train was going full speed ahead, and Maryhaven stopped me in the tracks of messing my life up.”

The future has never looked brighter. With a year’s sobriety, Jarmel now lives with his grandmother and works full time in the music business. He is looking forward to finishing high school, getting admitted into college and, yes, getting a car.



Angela, Adolescent Graduate

Angela experimented with drugs and was consumed with anger.

“When I was sober, my friends and I didn’t have anything in common. My addiction to anger was like my drugs – I couldn’t quit. When I got expelled from school, my mom kicked me out of the house. I was living on the streets.”

Finding Maryhaven changed her life.

“While at Maryhaven, I discovered why I did drugs. I felt no one loved me. I needed love so bad, but I realized I had to be clean to find it. Maryhaven helped me find out who I was without drugs. Being at Maryhaven taught me how to stay calm and not be angry, how to laugh and not be angry. I actually had to admit my problems and deal with them. My motives in life have changed because of Maryhaven. I now want to be somebody rather than a nobody. When I see my family now, we don’t argue or fight. When we say we love each other, we mean it.”

Angela has found a better way.

“I now have a passion to help people. I changed from being a drug addict to being someone that I’m proud of.”

Angela attended Columbus State and now plans to enroll at The Ohio State University to study marketing and advertising.



“It’s been six years since I’ve been to Maryhaven as a teen, but I am still reaping the benefits.”

Charles, Adolescent Graduate, Outpatient Services

Charles attended a suburban school.

“I started using marijuana because I was depressed and upset. Using affected me in school and at home. My grades were low and my attitude was awful. When my parents asked me to help with something I would get mad and be disrespectful. I learned at Maryhaven how negative drugs are and how they ruin your life.”

Treatment made a difference in Charles’ family life.

“We never used to talk that much, but after I started coming to Maryhaven, dad and I started talking more and doing more things together.”

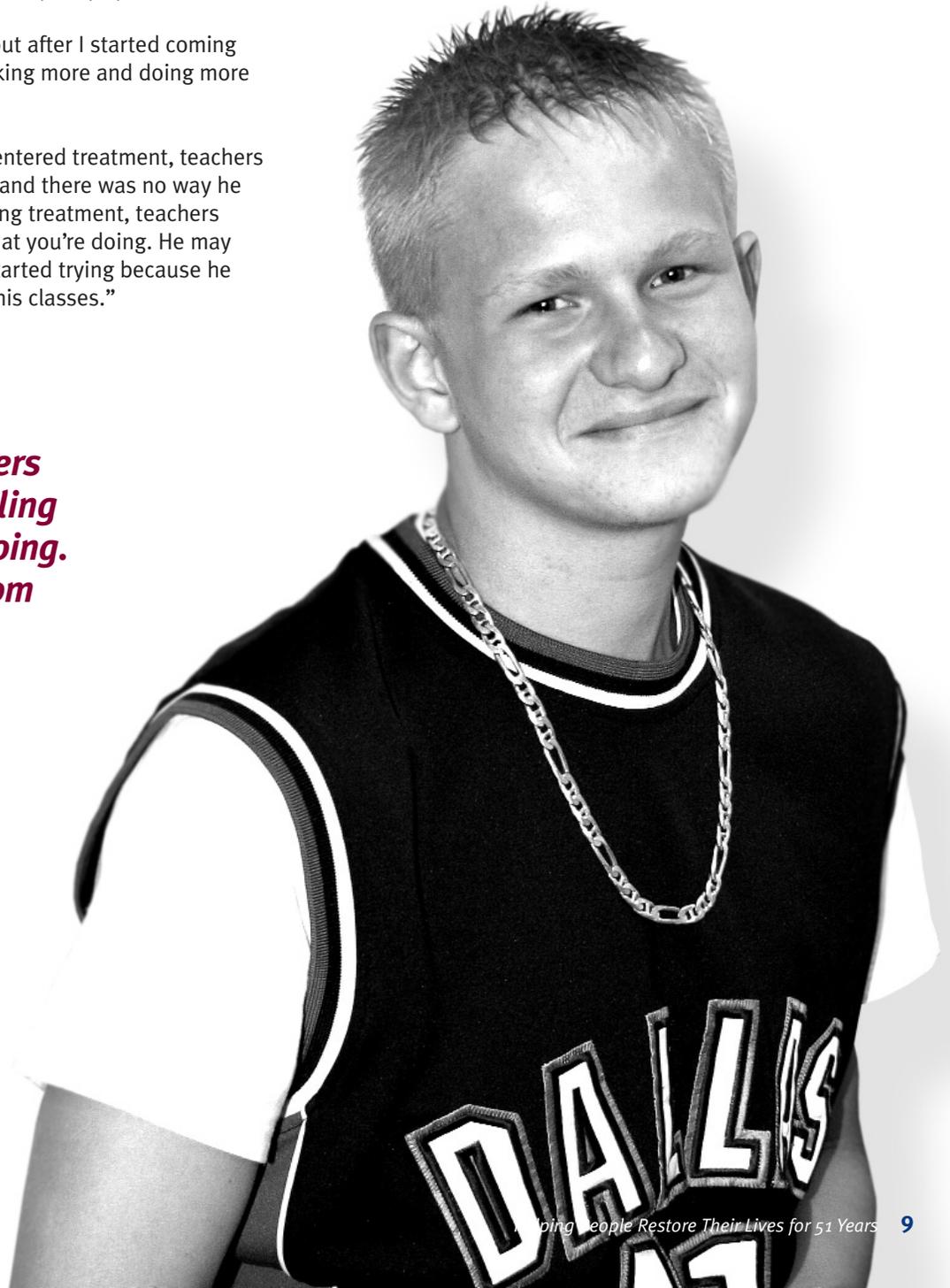
Charles’ dad says, “Before Charles entered treatment, teachers were calling me saying he had 3 F’s and there was no way he would pass 9th grade. After beginning treatment, teachers were calling saying ‘I don’t know what you’re doing. He may not pass, but now he is trying. He started trying because he wanted to succeed, and he passed his classes.’”

“In school I had teachers calling my dad and telling him how good I was doing. My grades came up from F’s to B’s.”

Now Charles knows he can succeed.

“My goals are to make good grades and graduate from high school, go to tech school, and then get a really good job.”

His dad says, “I was one of those parents who didn’t want to accept that drugs could be a possibility. I was trying to shelter him from that lifestyle. I then learned it wasn’t a matter of keeping him home. I was glad there was an organization like Maryhaven to give him the tools and knowledge he needed.”



LaTonia and children – ToneNaja, Elijah and La’Nyus

“My life was empty before coming to Maryhaven. I was lonely, miserable. My connection with God was completely gone,” says LaTonia.

LaTonia had been in treatment several times, but in January of 2003 she got it together at the Maryhaven Women’s Center in the Africentric Program, which is funded by the Franklin County ADAM H Board.

“I learned that I cannot use drugs successfully. Regardless of what comes my way, I have to learn how to deal with it without using, no matter what.”

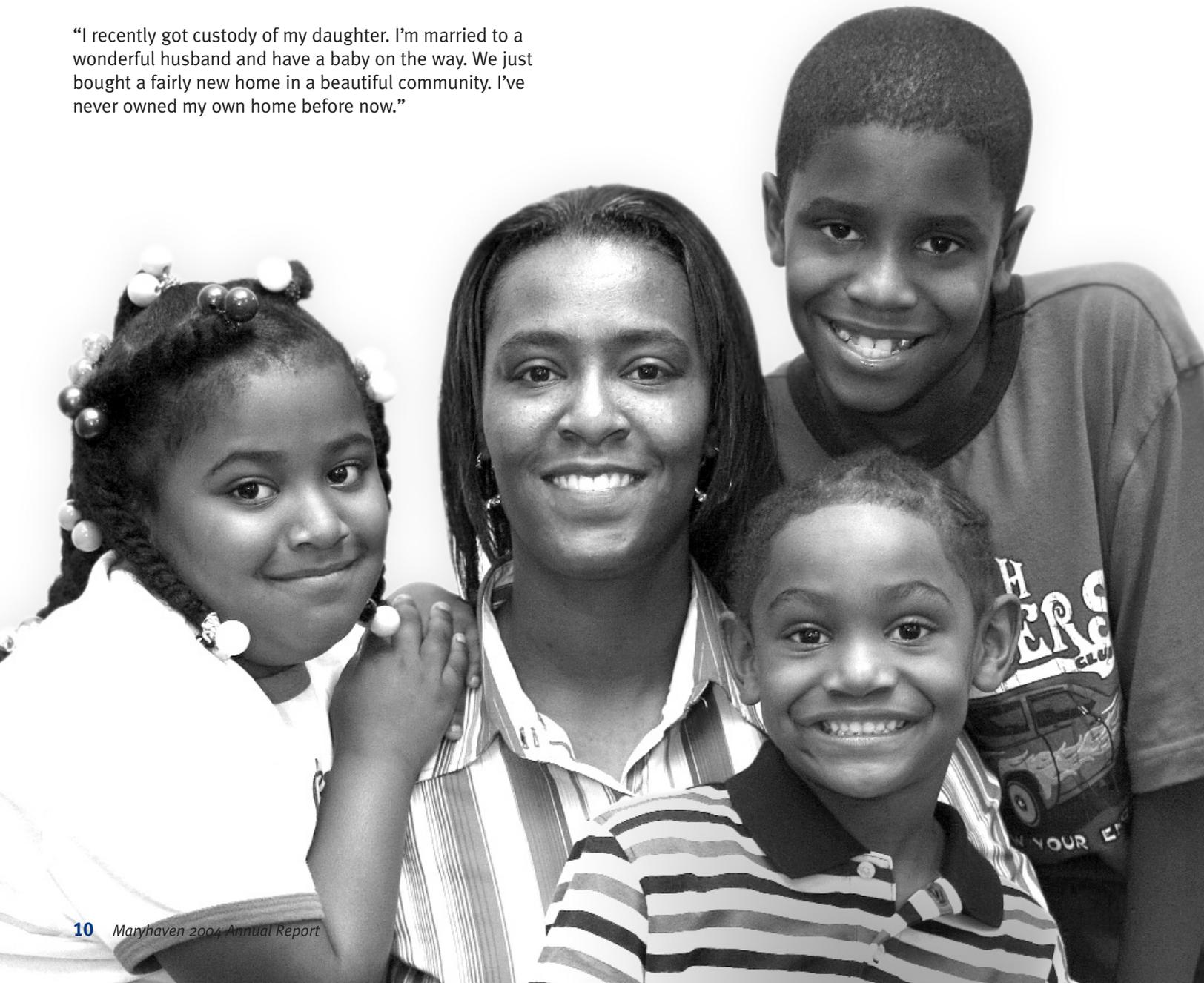
LaTonia is now all smiles now with her life and family.

“I recently got custody of my daughter. I’m married to a wonderful husband and have a baby on the way. We just bought a fairly new home in a beautiful community. I’ve never owned my own home before now.”

LaTonia wanted to give back to the community and began working for Maryhaven as a treatment technician in 2004. Now a full-time Resident Assistant II in the teen girls’ Adolescent Care Unit, she is studying for her CDCA (Chemical Dependency Counselor Assistant) certificate. She plans to get her degree in counseling.

“I would like to continue working with adolescents or with the women and their children. If I had not come to Maryhaven, I would still be out there on the streets, dead, or in jail.”

“Maryhaven is an excellent place. I recommend it to anyone who would like to restore their lives.”



Maryhaven Partners with NIDA's National Clinical Trials Network

The 1998 Institute of Medicine National Academy of Sciences Report entitled, "Bridging the Gap Between Practice and Research: Forging Partnerships with Community-Based Drug and Alcohol Treatment," identified a critical gap between research and practice in the addictions treatment field. As a result of this study, the National Institute on Drug Abuse funded development of a National Drug Abuse Treatment Clinical Trials Network with a goal "to improve drug abuse treatment throughout the nation." This is how Maryhaven responded:

- ▶ In 2000 Maryhaven partnered with the University of Cincinnati and five other providers from four states for a successful competitive grant application to join the NIDA Clinical Trials Networks.
- ▶ Maryhaven participated in the first ever NIDA Clinical Trails Network Research Protocol, a multi-site randomized clinical trial that tested the effectiveness of Buprenorphine taper. The trial demonstrated this new treatment to be more than twice as effective at helping patients continue in treatment.



This 1999 Ohio Valley Retreat was the first meeting of a group that has become one of the most productive and successful research groups in the NIDA CTN.

Maryhaven Expands Research Department

Since 1999, Maryhaven has developed a thriving treatment improvement research program. The programs research portfolio includes a wide range of studies: treatments for women with substance abuse and post traumatic stress; attention deficit hyperactive disorder; smoking cessation; and family interventions for engaging drug abusers in treatment. These studies represent collaborations with universities and investigators from across the country.

Maryhaven Buprenorphine Adoption Becomes a Model for Translation of Science Based Treatments to Practice

- ▶ In October of 2002, the FDA opened the door for Maryhaven to adopt this science-based treatment and to participate in national efforts to improve drug abuse treatment.
- ▶ Maryhaven formed a private and public funding collaborative for the adoption of Buprenorphine including: ADAM H, ODADAS, and the Columbus Medical Association Foundation. In August of 2003, Maryhaven began treating patients with the Buprenorphine taper, and by June of 2005 had provided this innovative treatment to over 300 patients.
- ▶ Maryhaven's adoption of Buprenorphine taper has been featured in numerous national meetings including: The US DHHS sponsored Translating Research Into Practice Conference; the College on Problems of Drug Dependence in Puerto Rico; and the NIDA/SAMSHA sponsored National Buprenorphine Summit 2005.
- ▶ Maryhaven's Chief Research Officer, Dr. Greg Brigham, winner of this year's Randal M. Dana Memorial Award, is sponsored by NIDA to participate in an unprecedented collaboration between NIDA and SAMSHA to develop trainings and technical assistance for providers across the country.



Dr. Greg Brigham, Ph.D., LICDC, Chief Research Officer; and Dr. Alvin Pelt, M.D., Medical Director, discuss poster featuring Maryhaven BUP adoption that indicates a 50% increase in treatment retention.

The Maryhaven Women's Center Park

At the beginning of 2004, the Women's Center at its beautiful suburban campus needed just one more addition – a park to help mothers and their children find a new balance in their lives.

Today, this beautiful fenced-in park answers the need. It features a large multi-purpose gazebo for family gatherings and group therapy, a children's play area, basketball court, and an open play area – all complemented by beautiful landscaping.

Our sincere thanks go out not only to our major donors, but also to all the Limited Brands employees who together spent over 2,000 hours in building the park. Their generous donations and efforts on behalf of our patients are greatly appreciated.



Donors

Grange Insurance
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Mothers can meet or relax in the beautiful park gazebo, while their children play nearby.



Dedication of the Women's Center Park

Back row left to right: Ed Gaydos, Director of Community Connection, Limited Brands, and Maryhaven Board Member; Franklin County Commissioner Dewey Stokes; Paul Coleman, President and CEO of Maryhaven; Mayor Michael Coleman; David Royer, President of the ADAM H Board; Gary Tester, Director of ODADAS; Lana Reubel, Chief of Staff, Attorney General Petro's Office and Maryhaven Board Vice Chair. Front row: Rev. Dr. Sokoto Fulani, Chaplain, Maryhaven; Nicole Warner, Maryhaven Graduate; Judge David Cain, Maryhaven Board Chair.



A mother and her children take advantage of the new playground.



MARYHAVEN

Helping People Restore Their Lives Since 1953

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Produced by Janice Cathey, Director, Development, Marketing and Support Services.
Photographs by Charles Williams, Director, Adult Treatment Services and Coordinator of Student Placement

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