

Restoring Hope . . . Recovering Lives . . . For a Healthier, Safer Community



2013

Annual Report



**Renz Addiction
Counseling Center**



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RENZ CENTER A HEALTHCARE ORGANIZATION and FUTURE FUNDING INITIATIVES

Renz Addiction Counseling Center has begun to implement changes to meet the needs of a changing healthcare environment. Renz Center is a healthcare services provider—make no mistake about this. We promote preventative care specifically by working with thousands of students each year, primarily in School Districts U-46 and D300, to educate them about the health issues and problems associated with alcohol and drug use and abuse. Moreover, our Prevention department provides HIV/AIDS education, testing and counseling to high-risk individuals and we have begun to work with adolescents to prevent unwanted pregnancies and obesity. And our treatment programs see adults, adolescents and families to address substance abuse and problem gambling issues for over 1,200 area residents each year. So back to our premise of being a healthcare provider in a fast changing environment. Renz Center is adjusting to a reduction of public funding—especially State of Illinois funding, and more of a reliance on private resources—fee-for-service arrangements, foundation support, and fundraising. We have a way to go but we are off to a good start.

We very much appreciate our local support (City of Elgin, Elgin Township, Geneva Township 708 Board, Hanover Township 708 Board, St. Charles Township 708 Board and United Way of Central Kane County) but this too is waning—particularly other United Ways and other townships. Renz Center will aim to collaborate more with other community health providers—both primary health and behavioral health—and of course we will attend to the expectations of our current local providers and look to healthcare reform for opportunities to work with other organizations.

Change of course is nothing new in healthcare. However, recently changes are rapidly transforming the healthcare system. Renz Center is positioned to make the necessary adjustments to meet the challenges in the years ahead.

This annual report reflects our commitment to quality healthcare in an ever-changing healthcare environment. Help us continue our journey.



Jerry Skogmo
Executive Director

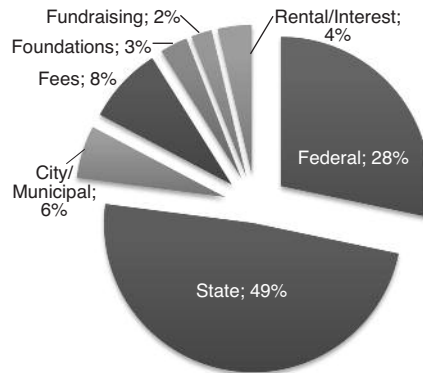
Cover:
Renz Summer Camp youth
thanking sponsors Gordon
Flesch and Zurich Foundation



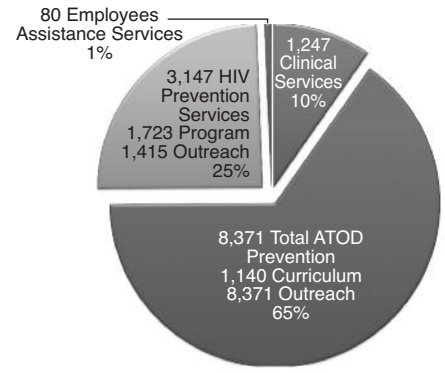
2013 Revenue Sources

Federal Government	\$ 710,528
State Government	\$1,224,789
City/Municipalities	\$ 143,125
Fees	\$ 208,756
Foundations	\$ 62,470
Fundraising	\$ 56,721
Rental/Interest	\$ 93,143
Total	\$2,499,532

2013 Revenue Sources



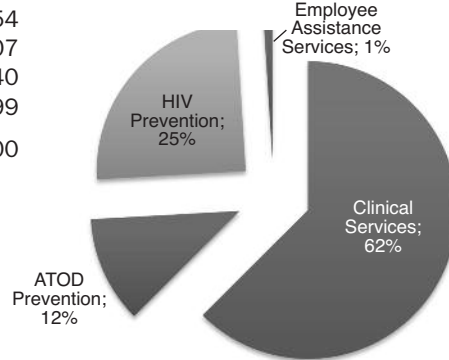
People Served by Program



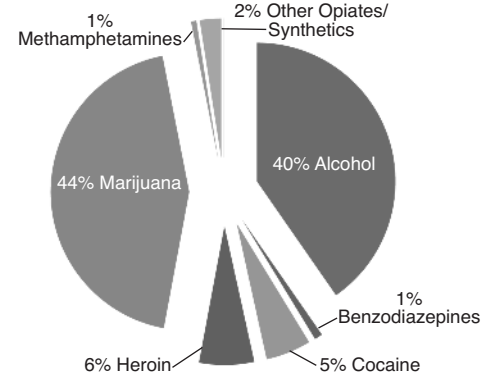
2013 Program Expenses

Clinical Services	\$1,564,954
HIV Prevention	\$ 608,107
ATOD Prevention	\$ 283,640
Employee Assistance Services	\$ 7,799
Total	\$2,464,500

2013 Program Expenses



Primary Substances



Alcohol, Tobacco and Other Drugs (ATOD) Prevention

Our ATOD Prevention Program conducted 10 different programs in 16 schools (2 elementary, 10 middle and 4 high schools) within School Districts U-46 and U-300 serving more than 8,300 students. Prevention specialists utilize research-based curriculums to education students about the consequences of substance use and build decision-making skills.



Snowflake Program in Action

Staff are instrumental in participating in activities that work to improve the Elgin community, including: Elgin Gang/Drug Task Force, a community coalition to prevent underage drinking, illegal drug use, and gang activity in Elgin and Community Action Team (CAT), that consists of students from CGTI, create and implement an action plan to improve their school and/or community.

Programs and outreach activities include:

- Alcohol Awareness Week
- Boys & Girls Club - Smart Moves
- Cebrin Goodman Teen Institute (CGTI)
- Girl Power!
- Parent Universities
- Prom Safety
- Red Ribbon Week
- Renz Summer Camp
- Students Taking Action Toward Success
- Snowflake
- Too Good For Drugs



HIV Prevention Services

The goal of HIV Prevention Services is to reduce the number of individuals who test positive for HIV through effective behavioral interventions, group prevention, and individual risk-reduction counseling and testing sessions. Services are provided in both English and Spanish at many locations throughout suburban Cook, Kane, DuPage, and Winnebago Counties. Last year, prevention specialists provided services to 1,732 men and women, of whom 81% were Hispanic, 12% Caucasian and 7% African American.

Our HIV prevention staff continues to offer existing services and this year added: surveillance, capacity building, support for HIV positive Latino gay men and Sexually Transmitted Infection (STI) testing. Highlights include:

- Expanded service area to include Rockford
- Completed 3 OASIS retreats for HIV positive Latino men
- Provided Capacity Building Services to state funded HIV prevention providers by conducting Cultural Competency Trainings in southern, central and northern Illinois.
- Began offering Sexually Transmitted Infection (STI) testing to Latino gay men
- Began conducting surveillance services or re-engagement in care and partner services

Renz Prevention Specialists are currently wrapping up work on a five year Substance Abuse Mental Health Association (SAMHSA) funded grant. This project, called De Mujer a Mujer (Woman to Woman), provided HIV and substance abuse prevention education for Latina women of childbearing age. Over the course of the five year grant cycle, 207 women enrolled in a 6 week intervention that provided education, counseling, and community-building services. The project included the recruitment of 48 volunteer health promoters who, after being properly trained, provided substance abuse and HIV outreach in the local Latino community to more than 2,000 people. We are currently seeking funding opportunities to allow us to continue to implement the successful and much needed program.

Excerpt of a thank you written by an HIV positive man who attended OASIS Retreat at Illinois Beach State Park in Zion in 2013:

I am going to write as it comes out from my heart . . .

I did not want to go in the first place because it might be boring blah, blah, blah.

I was about to cancel you out, I was creating mental excuses . . .

Well, well, once I got there the first thing I noticed was the beach, oh this is not bad as I thought. I introduced myself but inside I was having huge negative thoughts; sadness, lonesomeness, many things that make me a negative person.

I mean, I thought I knew so much, the reality is I did not know anything until I got there and had a proper class on medications, diseases, how things have change with the timeline on HIV, learning how to prepare myself and my responsibilities and not just keep being in denial.

Marcos, this RETREAT changed my entire life.

Thank you for the invitation,

Thank you for changing my life,

Thank you for great knowledge you [gave] us on this retreat,

Thank you for all your effort on making us understand our life with HIV,

Thank you for making all these people unite in one soul,

Thank you for making all this possible,

Thank you for looking up opportunities like this for us with HIV,

Thank you for your patience.

All this was fully covered on this RETREAT. Looks and sounds simple, but only Dave and Marcos Knows how to put it together and make it work gratefully and make [a lot] of difference on someone's life.



Employee Assistance Services (EAS)

EAS continues to provide timely and personalized behavioral health services to the employees or students of contracted organizations. Last year we provided individual services to 78 individuals. This specialized 24-hour professional counseling service responds to individual and/or supervisor concerns. Services may also include group training sessions developed to meet the unique needs of the organization. For more on Employee Assistance Services, visit www.employeeassistanceservices.com or call Jerry Skogmo at 847-742-3545 x232.



Clinical Services

Clinical Services offers an array of programs to those who suffer from substance abuse and/or problem and compulsive gambling, as well as those who are affected by another's addiction. Through an impressive combination of experience and expertise, our clinical team strives to help those who have been devastated by addiction. Our clinicians are comprised of a group of talented, knowledgeable, compassionate, energetic and professional individuals who continually try to improve our programming in order to best serve our clientele. Committed to facilitate behavior change and help families heal, staff support clients as they begin the process of recovery and a life of health and serenity.

Individualized care is offered through a menu of services, including specialized groups, individual, and family sessions. We also address specific needs including:

- Positive coping and stress management skills;
- Specialized services for clients who have been diagnosed with both a substance abuse and mental health disorder;
- Relapse prevention strategies for those who have received treatment in the past;
- Gender specific care to address sensitive issues of parenting, trauma, and domestic violence;
- Cognitive changes with criminal thinking, errors, and behaviors;
- Parenting challenges for those in early recovery; and
- Developing a support system which is conducive to long-term abstinence.

This past year Renz Center clinicians helped many people understand how their substance abuse or dependency and/or compulsive gambling have hurt their families, friends, and themselves. We have intervened at critical times and have assisted people in choosing a better life. Families were changed, healing began, and lives were saved because of our vital work.

As we provided clinical services to 1,247 clients we utilized various evidenced-based clinical practices, which have been strongly researched in the addiction field. They are:

Motivational Interviewing

Motivational Interviewing is a highly effective therapy that is a goal directed, client centered approach that helps to elicit behavior changes by helping clients explore ambivalence about abstaining from alcohol and other drugs use.

Seeking Safety

Seeking Safety is a present-focused treatment approach for clients with a history of trauma and substance abuse. The key principles of the treatment practice is to help clients attain safety in their relationships, thinking, behavior, and emotions, while working on both Post-Traumatic Stress Disorder (PTSD) and substance abuse recovery, simultaneously.

Cognitive Behavioral Therapy

We utilize various Cognitive Behavioral approaches to link thoughts, feelings, and behaviors an individual is experiencing. We assist individuals in learning new, healthy and effective ways of understanding and coping with life situations and challenge.

Contingency Management

We use Contingency Management within our adolescent, young adult, and homeless program (CHIP). Contingency Management is a variation of positive reinforcement, that awards prizes for goal obtainment, progress, participation, and treatment compliance. It is based on a construct central to behavior modification.

Active Parenting Now

Active Parenting Now is an interactive, informative program that uses video, activities, and discussion to teach a comprehensive model of parenting. It is based on the application of Adlerian Parenting Theory, which is defined by mutual respect among family members within a democratically run family.

Clinical service staff provide HIV prevention and education to clients in treatment to promote wellness. During FY 13, our clinical staff provided 220 individual HIV counseling and testing sessions to our clients, and 140 HIV Oraquick HIV tests.

Making Time, One Man's Journey To Recovery

Alcohol, Cocaine,

Marijuana...all substances Richard abused since his teens. So when he finally got pulled over by the police for driving under the influence he finally resolved to enter treatment.

Dual-Diagnoses

Scheduling treatment into his busy life was no easy task...Rich had a business to run, a family to support, and was actively involved in his church. For the first time in his life, he had to put himself first. After completing an initial screening, Rich came to learn that his substance abuse was far more advanced than he realized; further compounded by his bi-polar disorder mental health diagnosis.

Finding Courage

Rich embraced treatment, and maintained a positive attitude. He met regularly with his counselor and psychiatrist, and learned the importance of staying on his medication to further his recovery. During individual counseling sessions Rich was also encouraged to open up about his mental health issues, and share his experiences in group. When faced with this challenge, Rich with filled with shame. Slowly he began to tell his story, and found comfort in knowing other people shared his same struggles. Rich also found the new coping strategies he learned during counseling helped him find the courage to overcome many of his addiction issues.

Community Support

One lesson Rich learned along the path to recovery is the support network available to him in his community. Rich was urged by his counselor to attend Alcoholics Anonymous (AA) meetings again and begin the 12-step process. His sponsor supported him and shared some of his strategies to his 21 years of sobriety. And while his treatment at Renz Center is complete, Rich continues to attend regular AA meetings at Renz Center and in the community and is a role model for others.



All Chocolate Kitchen showcased talents at Epicurean Delight Event

Renz Center held its 5th Annual Epicurean Delight Fundraiser on September 29th at Elgin Community College's Culinary Arts and Hospitality Program's Spartan Terrace Restaurant. Over 80 guests enjoyed watching St. Charles Mayor Donald DeWitte; St. Charles Bank and Trust Executive Debbie Fee; and, Siegle's Cabinet Center owner Mark Seigle serve savory appetizers to Epicurean guests. DeWitte, Fee and Seigle demonstrated their support as celebrity servers during the first part of the evening. Emcee Rick Jakle guided guests through the evening of presentations and raffle winner announcements. Dinner included roasted squash soup, accompanied by rosemary and garlic crusted stuffed pork loin with apple brandy sauce, whipped sweet potatoes, and pumpkin cheesecake for attendees with a sweet tooth. Following dinner, Renz Center's Board Vice President Jolie Esposito awarded Elgin Noon Kiwanis Club President Darren Barr with the Julie McCormack Award. Every year, Renz Center's board of directors chooses an organization or individual in the community who actively support the mission of the Center. The award is named after Julie McCormack, who served on Renz Center's board of directors and was a strong advocate for the Center. McCormack died 11 years ago after losing her battle with cancer.

"The Elgin Noon Kiwanis Club is a valued community partner," said Renz Center's Executive Director Jerry Skogmo, "who has always supported our youth programs and our capital campaign. I'm proud to have Kiwanis as a Julie McCormack awardee, and look forward to working with them in the future."

Event sponsor All Chocolate Kitchen owner and Chef Alain Roby wrapped up the evening with a special sugar-artistry presentation of a colorful cornucopia. He illustrated first-hand how he melts, cools and sculpts sugar. Chef Roby donated the cornucopia to Renz Center, who later raffled it and other culinary-themed baskets. The iPad raffle winner was Betty Raushenberger, and the cornucopia sculpture went to Gina Lempa. Other top event sponsors include American Chartered Bank, First Community Bank, IHC Construction Company, and Tighe, Kress & Orr.



Collaborations



At Renz Center, our work is often dependent on other resources in the community. Renz Center's staff greatly appreciates the collaborative relationship we enjoy with the following agencies:

Abacus DUI Center, Advocate Sherman Hospital, Boys & Girls Club, Breaking Free, Centro de Informacion, Children's Home and Aid Society, Community Crisis Center, Community Unit School Districts #46 and #300, Cook County Court Services, Cook County Department of Public Health, Department of Children and Family Services, Ecker Center for Mental Health, Elgin Community College, Elgin Gang & Drug Task Force, Elgin Hispanic Network, Elgin Mental Health Center, Elgin Township, Family Focus, Family Services of Greater Elgin Area, Gateway Foundation, GEO/Abraxas Youth and Family Services, Greater Elgin Family Care Center, Illinois Alcoholism and Drug Dependence Association, Illinois Department of Public Health, Illinois Public Health Association, Kane County Adult Justice Center, Kane County Juvenile & Adult Drug Courts, Kane County Diagnostic Center, Kane County Court Services, Kane County States Attorney's Office—Second Chance Program, Lazarus House, Leyden Family Services SHARE Program, Loyola Medical Center, Mutual Ground, National Minority AIDS Coalition, Open Door Clinic, PADS of Elgin, Presence St. Joseph's Hospital, Public Health Departments of DuPage, Kane, Lake, Will and Winnebago Counties, Public Health Institute of Metropolitan Chicago, Regional Care Association, Riverworks, Roosevelt University, SAMHSA, Serenity House, Sheridan Prison, Treatment Alternatives for Safer Communities, Tri-City Family Services, Tri-City Health Partnership, United States Federal Probation, Visiting Nurses Association, Rainbow Hospice Care, and the YWCA of Elgin.



We appreciate the participation in our annual events and the generous donations made on behalf of Renz Center. Each donor has a special way of making a difference for the agency and the people we serve.

A Kid's Kitchen
Abdallah, Jaser
Alfred Bersted Foundation
American Chartered Bank
Anderson, Bernice
Angell-Case, Susan
Arroyo, Patricia
Austgen, Cristen & Scott
Awe, Christine
Barbezat, Mich
Barkby, Ronald
Bartlett Park District
Beal, Debbie
Behrens, Henry
Belanger, Rev. Allen & Mary
Berke, Tom & Lori
Bernhardt, Stephen and
Marjorie
Bespoke Cuisine
Beyer, Karen
Big Apple Bagels
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Clark, John
Classic Cinemas/Cinema 12
CoCo Key Water Resort
Cocoa Beans
Community Foundation Of
The Fox River Valley
Cooper's Hawk Winery &
Restaurants
Corkill Insurance
Courtyard By Marriott
Cox, Lois
Crown, Mark & Kim
Crytser, Carol

Daniels, Catherine
Dave's Specialty Foods
Davis, Nancy
Detelich, Thomas & Diane
Dow, Nancy
DuPage County Vet Center
Dwyer, Walt
Edward Jones Investments
EFS Foundation
Elgin Fresh Market
Elliot, Pat
Esposito, Jolie
Event, Night Of
Evers, Richard & Doris
Fluhart, Nicole
Forster, Margaret
Fox Valley Fire & Safety Co.
Fox Valley Repertory
Funway Entertainment
Center
Garcia, Jaime
Geneva Comm Mental Health
Board Chairman
Geneva Community Chest
Gieske, Carol
Golden, Loren and Patricia
Goula, Nicole
Grand Victoria Casino
Hanover Township Mental
Health Board
Hansen, Bob
Hargrave Builders
Harney, Susan
Harrah, Michelle
Hausner Foundation
Hawk's View Golf Club
Hawley, Michael
Hitzemann, Cynthia
Hotel Baker
Howe, Deb
Howe, Marv & Marilyn
Hurley & Volk Orthodontics
Hyatt, Mary
Igive.com
IHC Group Foundation
Illinois Railway Museum
Improv Comedy Club
Incandela, Rebecca
ITW Shakeproof - Illinois Tool
Works Foundation
Jakle, Rick
James & Darlene Coats
Jimenez, Elsa
Jones, M.D., Ian
Kalish, Grace

Kane County Health
Department
Karen DeBack
Kenyon, Michael and Carol
Kingston Mines
Kiwanis Club Of Streamwood
Koenen, Mark
Koncilja, Frank & Colleen
Kressin, Pat & Vic
Lamkin, James
Lamp, Ian
Lazarus House
Lempa, Len
Little Home Church by the
Wayside
Livernois, Kathy
Lueth, Michael & Joyce
Lynfred Winery
Maggiano's Little Italy
Maki, Karen
Malnati Organization, Inc.,
Lou Malnati's Pizzeria
Marcus Theaters Corporation
Martinez-Carter, Claudia
Mayslake Peabody Estate
McClung, Jim
McCune, Larry
Metropolis Performing Arts
Centre
Miner, Elmer
Missele, Kelly
Monson, Brian
Murdoch, Naomi
Museum Of Science and
Industry
Neuenschwander, Becky
New Balance
Newman, Laura
Nichols, Robert
Norris Recreation Center
Northlight Theatre
Old Town School of Folk
Music
OTTO
PADS Of Elgin
PADS-Public Action to
Deliver Shelter
Page, Patricia
Panera, LLC
Paramount Theatre
Park & Longstreet
Perez, Angie
Phelan Household
Poss, Steven and Laura
Presence St. Joseph Hospital

Pullman, Lysette
Rakow Household
Rauschenberger Partners,
LLC
Ray's Family Restaurant
Razowsky, Ron & Barb
Renz, Lois
Robert J. Bronski, DDS, MS
Rosenfeld, Joe & Maureen
Rupeiks, Stacy
Samhsa
SciTech Hands-On Museum
Seigle Family Foundation
Seigle, Robin & Mark
Shales, Jack & Marlene
Shedd Aquarium
Sherman Hospital
Skogmo, Jerry & Mindy
Springhill Gymnastics, Inc.
Stade, Silvia
Stauffer, Katie
STC Capital Bank
Steve & Betty
Rauschenberger
Streamwood Bowl
The Anvil Club
The Cheese Factory
Restaurant
The University Of Georgia
Tighe, Kress & Orr, P.C.
Tix4cause
Totzke, Constance
Totzke, Sherry
Tovar, Lara
United Way of Central Kane
County
Walsh, Mike & Sheila
Walt Disney World
Weber Grill
Weiner, Barbara
Whole Foods Market
Wild Vine Glasses
Withers, Wendy
Witkowski, Sharon
Witwicki, Susan
Zanies Comedy Nite Club
Zurich Foundation

We make every attempt to ensure accuracy in our donor list. Please contact the office at 847-742-3545 x236 if we have missed or misspelled your name. List represents donations received from July 1, 2012 - June 30, 2013.



Renz Center is a non-profit 501(c)3 organization funded in part by:

- City of Elgin
- City of Geneva 708 Board
- City of St. Charles 708 Board
- Cook County Department of Public Health
- Elgin Township
- Geneva Community Chest
- Hanover Township Mental Health 708 Board
- Illinois Department of Human Services—Community Health & Prevention
- Illinois Department of Human Services—Division of Alcohol & Substance Abuse
- Illinois Department of Public Health
- Illinois Public Health Association
- National Library of Medicine
- Substance Abuse and Mental Health Services Administration
- The Federal Government
- United Way of Central Kane County

Mission

Renz Center is dedicated to empowering people to lead healthier lives.

Values

Renz Center strives to provide the most effective preventative and clinical care in a safe and nurturing environment through a teamwork approach for anyone affected by addition or addiction related issues.

Service Philosophy

Every client has the potential for growth. Diversity is welcomed and respected. Recovery is not a program or an event, but a process. Prevention education promotes healthy living while strengthening families and communities.



Elgin Outpatient & Passage Program
Two American Way, Elgin, IL 60120
(847) 742-3545 TDD: (847) 742-0242
(847) 742-3559 (Outpatient)
Fax: (847) 697-6583 (Passage)

St. Charles Outpatient
309 Walnut Street, St. Charles, IL 60174
(630) 513-6886 Fax: (630) 513-6892

Streamwood Outpatient
1535 Burgundy Parkway, Streamwood, IL 60107
(630) 837-6445 Fax: (630) 837-7184

Prevention Office, Administration & Employee Assistance Services
One American Way, Elgin, IL 60120
(847) 742-3545 Fax: (847) 697-5583 (Admin. & EAS)
(847) 697-2719 (Prevention Office)

www.RenzCenter.org