

Annual Report 2015-2016



Safe passage from addiction to sober living

Doug: From Behind Bars to a Bright Future

Incarceration has been in the news a lot lately. Overcrowding. Privatization. Rehabilitation.

Research shows that one of the best ways to stop the revolving door of incarceration is to provide rehabilitative programming within the jail walls and that is exactly what the counselors at The Bridge have been doing.

Since 2011, The Bridge staff have been going to the Lancaster County Jail to provide an 8-week Alcohol and Substance Abuse Education class to those serving time. The vast majority of individuals who enter county jail will be released and The Bridge's program is designed to help them learn about treatment options and sobriety so they can create a productive and contributing life outside of jail. Many participants are in jail for an alcohol or drug offense and most will be released in less than a year.

Anywhere from 12-18 individuals begin each class series which focuses on staying sober after they leave. Some are released from jail before they complete the class. Last year, 66 completed the class.

Dee, one of The Bridge's counselors who teaches the class regularly says, "By the time they complete the class, they are very grateful to have some coping skills and hope for the future."

"One of our residential treatment clients, Doug*, is a young man I first met in the jail class," Dee said. "He is in his 30's but had a hard childhood and he and his siblings practically raised themselves. **When given the opportunity to enter treatment, Doug had the attitude to succeed, which I feel came from what he learned in class.**"

Dee doesn't search out her students' criminal histories. Instead, she asks them to talk about themselves and their families and what brought them to their current situation. Many leave the class with a desire to get an evaluation and get into treatment when they leave. Most importantly, they leave with an attitude of gratitude for what the future holds.

Doug recently graduated after three months in residential treatment at The Bridge. He has a job lined up and has big dreams of furthering his education and starting his own business.

*Client names are always changed for confidentiality purposes.



"By the time they complete the class, they are very grateful to have some coping skills and hope for the future."

YOUR support makes it possible for men like Doug to see a productive future after jail.

Highlights of the 2015-16 Fiscal Year:

- While synthetic marijuana use waned, a rise in opioid use, including prescription drugs was seen.
- More residential clients were referred from correctional institutions.
- Construction on a new commercial kitchen was completed and served over 17,000 meals to our clients in residential and withdrawal programs.
- There was a sharp increase in the public contacting The Bridge through social media to get help for a loved one.

From Jail to Treatment

In 2015-16, The Bridge saw a large number of residential treatment clients who came to us directly from jail. For 60 of them, treatment was a condition of release. When possible, parole boards look favorably on early release for those who have drug or alcohol charges and are seeking treatment.

Additionally, our counselors are able to go into the jail to provide substance use evaluations – the first step to determining the necessary level of treatment. This provides a direct transition from jail to treatment.

As always, The Bridge’s treatment program is completely voluntary. Individuals coming to treatment as a condition of their release always have a choice. If someone chooses to leave treatment, their parole officer is notified and the individual may be returned to jail.

Rebuilding Families

When clients enter residential treatment at The Bridge, they often come with broken relationships to parents, spouses or children.

At no extra charge, family members can attend counseling at The Bridge, either individually or as a family unit with the person in treatment.

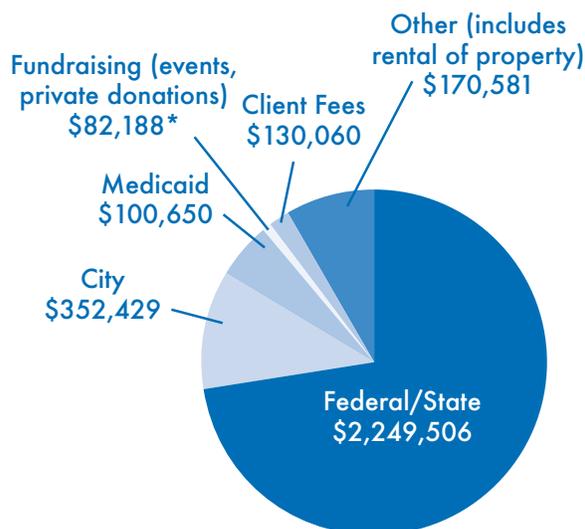
Counselors often encourage family members to attend Al-Anon meetings and an online program called Sober Families.

Additionally, families receive counseling to prepare them for when their loved one is coming home after graduating from treatment so they know how to support their loved ones recovery.

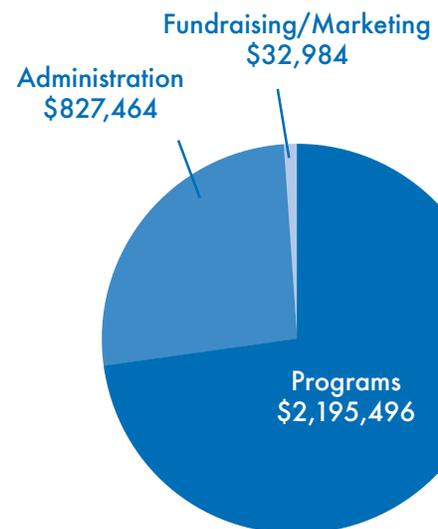


**YOU help rebuild families
with every gift to The Bridge**

Revenue - \$3,085,414



Expenses - \$3,055,944



*Does not include capital campaign donations or pledges.