

# Annual Report 2016-2017

Safe passage from addiction to sober living



Dear Supporters and Friends,

As many of you might already know, as this piece goes to print, I'm down to my last few days as executive director of The Bridge. Retirement will mark a new chapter in my life, one I am looking forward to.

As I look back on 2016-17 I can't help but think about the start of my work here more than a decade ago. A lot has changed since 2007, from the way we view substance use disorders to how we function as a treatment center. I've been privileged to lead one of the community's best agencies and one of the most critical parts of our behavioral health treatment system. But I have not done it alone.

At The Bridge we like to say big problems need big solutions. Together with your help, we work hard to provide a place from which to collaborate and build solutions that crisscross our city and address the issues of substance abuse and behavioral health we face as a community, and 2016-17 was not an exception.

I'd like to invite you to take a moment to read more about the collaborations in the following pages and thank you for helping make Lincoln an awesome place for all that live here.

Phil Tegeler



Executive Director



## Highlights of the 2016-17 Fiscal Year

- Successfully completed a two-year capital campaign raising \$1.5 million.
- Through a Region V grant we welcomed Eddie, our new therapy dog, to the team.
- Partnered with Nebraska DHHS to bring Rutgers University's "Treating Tobacco Dependence in Behavioral Health Settings" training to Lincoln.
- Installed a state-of-the-art elevator replacing the one that had conveyed freight for over a century thanks to a grant from The HEDCO Foundation.
- Provided 4,651 services to individuals in our care.



## Health 360 Agencies

- *The Bridge Behavioral Health*
- *Community Action Partnership of Lancaster and Saunders Counties*
- *Community Crops*
- *Genoa QoL Pharmacy*
- *Legal Aid of Nebraska*
- *Lincoln-Lancaster County Health Department*
- *Lutheran Family Services*
- *People's Health Center*

## Community Health Endowment Horizon Award

While collaboration might be the most overused buzzword in the nonprofit sector right now, author Adam Braun gets to the heart of the issue: "The most abundant resources that we possess amongst the 1.5 million nonprofits in the United States are passion and knowledge, yet our most scarce resource is collaboration."

In a time where most nonprofits would say resources are of little abundance, we push ourselves hard to find the ways in which we can collaborate to make a more substantial difference. Call it a core value or just being tenacious, but we believe that many hands means that clients are better served.

So when it came to championing the effort that would bring Lutheran Family Services and People's Health (now Bluestem) together into one physical location in 2016, we were all in.

Fast forward a year to a stage where the agencies of the Health 360 Community stood to collectively receive

Community Health Endowment's 2017 Horizon Award. Today with these agencies we are able to provide even stronger care for our clients.

"This collaboration is critical," stated Executive Director Phil Tegeler. "We take on some of the most complex clients in Lincoln. Often times the individuals we serve have not had primary care in a significant amount of time prior to their admission here. We see people with addictions that have severe tooth decay, untreated Type II Diabetes, hypertension and even cancer."

The co-location of services at Health 360 means that individuals can be seen for physical and mental health care at the same location, and their providers can work together to coordinate care for our clients. This goes a long way in removing barriers to care which is a huge win for Lincoln, The Bridge, and the clients we serve.

## Going The Extra Mile

Our collaboration with and use of Health 360 wouldn't be nearly successful as it is without the help of another group of passionate individuals who care deeply about making Lincoln a great place to live: Second Baptist Church members.

Twice a week a Second Baptist volunteer arrives at The Bridge without fail to transport clients to 23rd and O, where they'll receive care at Health 360. Along the way, pieces of lives are shared, care for one's health inquired about and connections made, mile by mile.



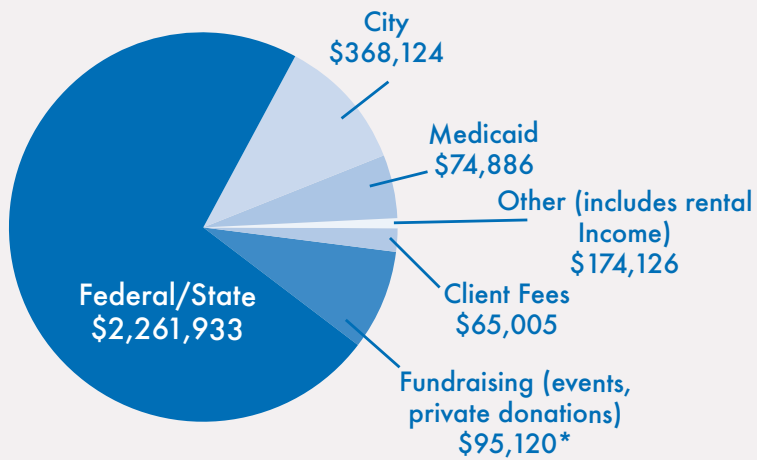
*Second Baptist church member and volunteer, Bob Howe, drives up in his Ford pickup awaiting the day's passengers.*

# By The Numbers

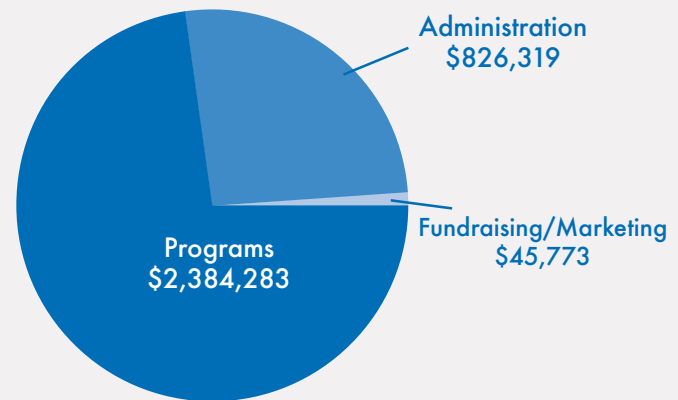
## 2016-2017

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### Revenue \$3,039,195



### Expenses \$3,256,375



\* Does not include capital campaign donations or pledges.

### Treatment Beds

68

### Number Served Last Year

Total Services Provided: 4,651

Individuals Served: 2,914

# BY THE NUMBERS

## Annual Income

Nearly half of individuals served reported making less than \$10,000 a year.

\$0-\$9,999: **49.7%**

\$10,000-\$19,999: **17.1%**

\$20,000-\$29,999: **13.7%**

\$30,000-\$39,999: **6.7%**

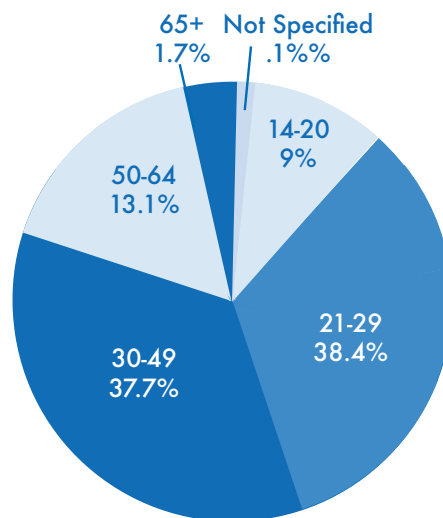
\$40,000-\$49,999: **3.6%**

\$50,000-\$59,999: **2.2%**

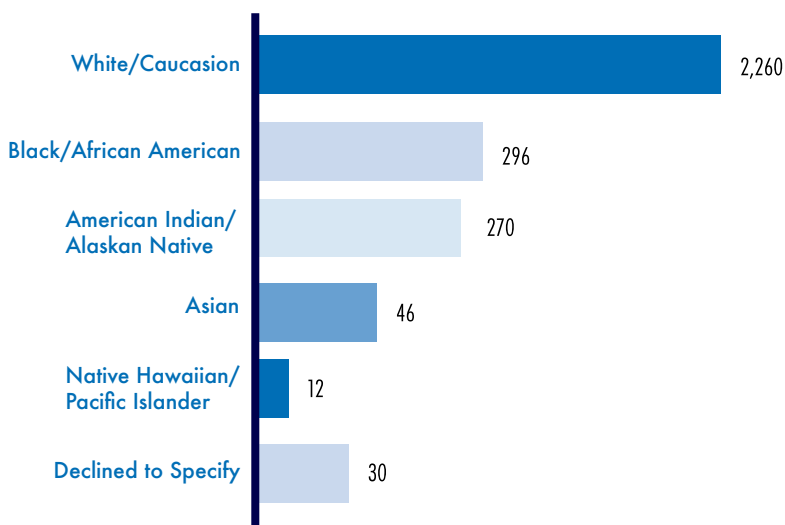
\$60,000+: **3.9%**

Declined to report: **3.1%**

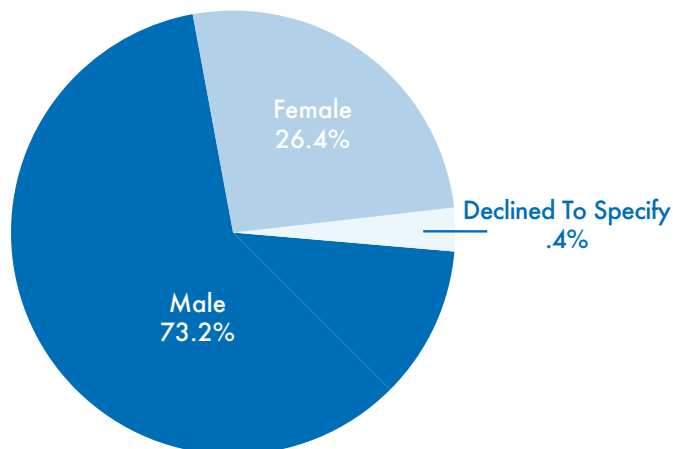
## Age



## Race



## Gender



# STRENGTHENING OUR COMMUNITY TOGETHER

## UNL Task Force

The Bridge Behavioral Health responded to a request from the University of Nebraska–Lincoln to participate in discussions led by the University to address high-risk alcohol consumption by students in the local community.

Bridge staff joined other local partners including the Lincoln Police Department, University of Nebraska–Lincoln Police Department and local business owners to work with staff and students from across the university to identify current issues and develop solutions.

## Familiar Faces Collaboration

In an effort to address the specific needs of high utilizers of emergency services in our community, we worked together with local hospital, emergency mental health and corrections staff to identify types of services used and numbers of admissions. This collective information provides a more accurate picture of demands on the emergency system, and a better idea of costs involved in these multiple utilizations. Together with our collaborating partners, we have begun to identify potential interventions that may reduce the number of admissions by addressing critical service needs for these consumers.

## Feet First

Following an introduction by the Community Health Endowment, the Bridge has developed a partnership with Feet First, a program offered by Lincoln Parks and Recreation and funded in part by the Endowment. Feet First is committed to helping community members become more active by participating in supervised exercise and walking activities with an bent toward having participants add running activities into their wellness routines. Feet First's input and inspiration has been a great partnership for our clients in residential treatment. Through careful assessment, experienced encouragement and practical advice, clients have begun to benefit from incorporating movement into their recovery lifestyles. No marathon runners yet, but well-guided movement is a great place to start.



*Ann Ringlein of Lincoln Running Co. speaks to clients in residential treatment about the importance of finding your people for all of life's journey.*

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\* Completed term in 2016-2017

