

2021

ANNUAL REPORT

nuway
Alliance



NUWAY®, Cochran, The Gables,
NUWAY Recovery Foundation

NUWAY ALLIANCE'S MISSION IS
"TO PROVIDE LEADERSHIP,
INNOVATION AND RECOVERY
ACCESS". IT DOES THIS THROUGH
MANAGEMENT, CONSULTING, AND
TREATMENT SERVICES WITH THE GOAL
OF INCREASING ACCESS TO RECOVERY
IN SUPPORTIVE ENVIRONMENTS IN THE
CONTINUUM OF CARE.

*NUWAY Alliance is a mission
on the move. Bringing
new treatment locations,
partnerships, and community
relationships to people in
the St. Cloud and Mankato
areas, the Alliance further
expands its reach to help more
Minnesotans than ever before.*

WHO WE ARE

NUWAY Alliance

The NUWAY Alliance (Alliance) was formed in 2019 to respond to the changing landscape of the substance use disorder industry and out of a desire to increase long term recovery access. The Alliance's strengths of leadership and innovation provide an opportunity for efficiency that results in quality treatment services, strong community-based partnerships, and ongoing expansion of recovery in supportive environments.



RECOVERY ACCESS



In 2021, NUWAY Alliance strategically grew its footprint of physical treatment locations north and south of the Twin Cities. New locations in St. Cloud and Mankato bring evidence-based treatment and connection to recovery housing and the continuum of care to more people and communities than ever before.

LEADERSHIP

Perseverance

Despite ongoing challenges posed by the continuing COVID-19 pandemic, NUWAY Alliance treatment services experienced census growth, the opening of treatment programs in two new communities, and increased participation in the ongoing research study conducted by the University of Minnesota. During the Alliance's second full year (2021), 6,300 people were admitted to Alliance treatment services - the second consecutive year of double-digit census growth. Treatment services at NUWAY Counseling Centers in the cities of St. Cloud and Mankato were opened and immediately began accepting clients from these cities and surrounding communities. In keeping with the R.I.S.E. (Recovery In Supportive Environments) model, St. Cloud and Mankato clients in need were connected to high-quality recovery residences to support successful recovery entry.

INNOVATION

Empowering Knowledge

By successfully navigating the undulations caused by the pandemic and uncertain regulatory developments, NUWAY Alliance developed the operational know-how to help staff and clients remain safe and continue providing and engaging in treatment. NUWAY Alliance executive leadership ensured the continued delivery of in-person and telehealth services across Alliance treatment locations and bolstered services and physical plant improvements at The Gables and Cochran Recovery Services locations.

Continuing our dedication as a training organization for professionals entering the substance use and co-occurring mental disorders field, NUWAY Alliance trained 104 interns in 2021. This was an 18% increase over the prior year. Approximately 30% of individuals interning with the Alliance identify as diverse. NUWAY Alliance proudly works with close to 30 higher education institutions.

- NUWAY — St. Cloud Counseling Center, an intensive outpatient program (ASAM 2.1), makes evidence-based treatment and access to supportive recovery residences available to people in St. Cloud and surrounding communities.
- NUWAY — Mankato Counseling Center, an intensive outpatient program (ASAM 2.1), makes evidence-based treatment and access to supportive recovery residences available to people in Mankato and surrounding communities.
- NUWAY® continued offering telehealth treatment to people throughout Minnesota, enabling safe, secure care that is easily accessible and responsive to client and community need.

NUWAY®

NUWAY® (NUWAY), Minnesota's largest nonprofit provider of extended behavioral healthcare, celebrated 55 years of providing recovery in supportive environments. Begun in 1966 as one of the nation's first halfway houses, NUWAY now operates three medium-intensity residential programs (ASAM 3.1) and eight nonresidential (ASAM levels 2.1 & 1.0) programs treating more than 1,100 individuals per day.



Research started in 2019 in partnership with the University of Minnesota Center for Practice Transformation gained substantial NUWAY client participation with approximately 5,000 clients enrolled at the end of 2021. This research is shedding light on the vitally important role of recovery housing in the continuum of care and in supporting long-term recovery.

Expanded Footprint

NUWAY clients assessed in need of a safe recovery environment (ASAM Dimension 6) have access to recovery residences while attending intensive-outpatient treatment. Our recovery residence partnerships meet quality standards and provide clients with choice in what communities they live in, whether that is geographical or based on cultural preferences. During 2021, NUWAY expanded community-based, extended care treatment by opening intensive-outpatient treatment centers in the communities St. Cloud and Mankato. All NUWAY locations create an impact larger than its treatment footprint. NUWAY stimulates growth and availability of independent recovery residence operators who foster and maintain recovery-supportive environments for the recovery community at large.

Treatment Excellence

In 2021, NUWAY was recognized as an exceptional treatment provider by being named a Blue Distinction® Center for Substance Use Treatment and Recovery by Blue Cross and Blue Shield of Minnesota. Blue Distinction Centers are nationally designated facilities that show a commitment to delivering improved patient safety and better health outcomes, based on objective measures that were developed with input from the community and leading accreditation and quality organizations. “NUWAY is thrilled and thankful to be recognized as a Blue Distinction provider. This designation substantiates NUWAY’s commitment to supporting the work and growth of the highly skilled clinicians, managers, and support team members who carry out our nonprofit mission by delivering exceptional and innovative

care to people with low recovery capital who need extended time in treatment to build a solid foundation for their recovery journey. This affirmation serves as an indicator of trust that can help people feel more comfortable about seeking treatment, and sends a clear message to our valued clients, employees, colleagues, and partners, that NUWAY takes quality to heart,” says NUWAY Alliance Chief Community Relations Officer, Monique Bourgeois. “This designation shows dedication to evidence-based treatment options,” said Dr. Mark Steffen, chief medical officer at Blue Cross and Blue Shield of Minnesota. “Blue Distinction Specialty Care providers demonstrate better quality overall, including 27 percent lower readmission rates 90 days after treatment when compared to providers who have not earned the designation.”

NUWAY® AT-A-GLANCE



- Accredited by The Joint Commission
- 3 residential programs (ASAM 3.1, 92 beds: 61 adult men/transgender, 31 adult women/transgender)
- 8 nonresidential programs (ASAM 1.0, 2.1)
- Co-occurring treatment
- GLBTQIA+ safe and friendly
- Medication-assistance and recovery friendly
- Telehealth availability
- Recovery Residence support when indicated by ASAM Dimension 6
- Utilization of evidence-based practices (i.e. MI, TSF, ART, etc.)
- Ongoing study with University of Minnesota CPT
- Nonprofit originating in 1966





Cochran Recovery Services

AT-A-GLANCE:

- Medium-intensity residential (ASAM 3.1)
- 42 beds serving adults identifying as male
- Co-occurring treatment
- GLBTQIA+ safe and friendly
- Medication-assistance and recovery friendly
- Nonprofit established in 1974

In 1974, Cochran Recovery Services (Cochran) was established as a nonprofit to provide treatment services in and around the community of Hastings, Minnesota. In early 2019, operational, infrastructural, and financial challenges put Cochran at risk of closure. At the request of the Cochran Board of Directors and to prevent the loss of vitally needed treatment resources, NUWAY Alliance agreed to assume the program's management and operations.

Located on the Minnesota Department of Veteran Affairs Hastings campus, Cochran has been re-established as a quality treatment provider in Minnesota. For a second year in a row, Cochran continued to provide exceptional care and quarantine for COVID positive residential clients enrolled in any NUWAY Alliance treatment program. This vital component of care allowed clients to remain engaged with their treatment services while recovering from COVID.

Cochran served more than 550 clients in 2021. Responding to the demand for extended care residential treatment services, Cochran began the process of requesting additional bed capacity through the Minnesota Department of Human Services at the end of 2021.

The Gables

AT-A-GLANCE:

- Medium-intensity residential (ASAM 3.1)
- 30 beds serving adults identifying as female
- Co-occurring treatment
- GLBTQIA+ safe and friendly
- Medication-assistance and recovery friendly
- Purchased by NUWAY Alliance in 2020
- Established in 1983

Founded in 1983, The Gables brought needed treatment services for adult women to Rochester, Minnesota. When founders decided to retire, they sought a buyer that would preserve their legacy and continue the work of helping women access recovery. The Gables has come a long way since NUWAY Alliance began managing and eventually completing its purchase in 2020. In 2021, The Gables served more than 400 women and regenerated its reputation and community presence. Through expansion of community connection, The Gables is working closely with local drug courts, treatment providers and coalitions to develop partnerships that expand access to treatment and recovery in the Rochester and surrounding area.



NUWAY RECOVERY FOUNDATION

Recovery Residence Partnerships

In addition to other social determinants of health, safe and supportive housing is necessary when establishing long-term recovery from substance use disorders. NUWAY Recovery Foundation ensures access to high quality recovery housing through partnerships with independently owned and operated recovery residences in the community. Our partnerships are managed by a team of recovery housing experts that work diligently to ensure our partners provide the best recovery residence experience for their residents. In 2021, NUWAY Recovery Foundation continued to facilitate an education series

which provided information, knowledge and skills related to topics pertinent to individuals managing and/or living in a recovery residence. Topics included: Motivational Interviewing, COVID updates, Drug Court & Treatment, Working with Trauma, Anxiety, MAT & the Opioid Epidemic, Support Through Life Transitions, Pronouns & Language, and naloxone training.

NUWAY Recovery Foundation was the proud supporter of meal kit distribution at Thanksgiving and for the December holiday season. For each distribution, more than 200 meal kits were given out to any partner that was interested.

NUWAY RECOVERY FOUNDATION AT-A-GLANCE



865

INDIVIDUALS IMPACTED PER MONTH



90

NUMBER OF PARTNERS AT END OF 2021



2,420

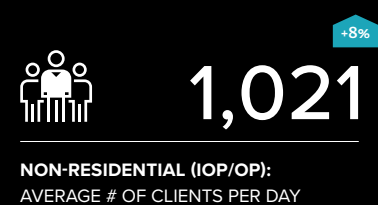
NUWAY RECOVERY FOUNDATION: # BEDS



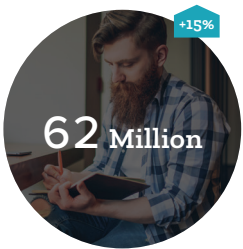
\$5,709,129

TOTAL PAID TO RECOVERY RESIDENCES

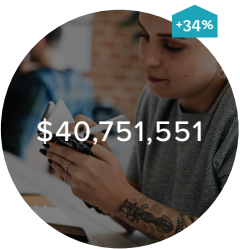
NUWAY ALLIANCE TREATMENT PROGRAMS AT-A-GLANCE



NUWAY Alliance Financials



Gross Revenue



Net Assets



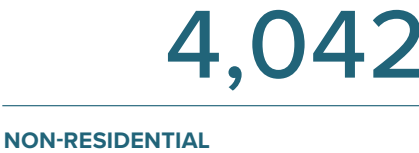
Charity Care



of Meals Served



Total Clients



Perspectives



Letter from CEO, David Vennes

The promise of NUWAY Alliance is being realized through increased access to treatment, the expansion of NUWAY Alliance points of care, and the ability of people to receive safe and supportive recovery housing. Despite ongoing pandemic-related challenges facing our clients and clinicians, our mission is as strong as it has ever been. With NUWAY Alliance locations in more Minnesota communities, our treatment reach is expanded, our network of partners extended, and our community of caregivers enriched. NUWAY Alliance remains staunchly optimistic about its growth trajectory. However, we are acutely aware that while an ebbing pandemic brings the promise of better health and reduced isolation, it may also end the temporary supports that aided many of the clients we serve. To this end, we remain vigilant and ready to utilize our expertise, innovation, and the help of our partners to sustain the life-giving bridge to recovery regardless of what lies on the road ahead.



Letter from Board of Directors Chair, Linda Hedemark

This year’s work proves that NUWAY Alliance is aptly named. More and stronger alliances have been forged between clinicians, clients, colleagues, partners, and supporters than at any time in the organization’s history. While achieving recovery is challenging in normal times, doing so under the duress of pandemic restrictions made this vital work harder for clients and clinicians. Yet through it all, more people entered treatment and experienced fellowship. The achievements of NUWAY Alliance in 2021 underscore the power and potential of people working toward a shared mission.

