



ANNUAL REPORT


2022

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 helping clients, colleagues, and partners navigate returns to pre-pandemic norms and ongoing fluctuations that threaten the social determinants of health vital to maintaining physical, mental, and behavioral health.

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.

The image shows the exterior of a NUWAY Alliance building. The name "NUWAY" is mounted on the wall in large, white, three-dimensional letters. Below the name, there are two windows with red awnings. A small planter with yellow flowers sits on the sidewalk in front of the building. The sky is blue with some clouds.

NUWAY

LEADERSHIP

Stewardship

The tolls of an ongoing pandemic and raging addiction crisis were evident in 2022. Clients entered treatment experiencing more acute mental health symptoms, substance use disorders, and comorbidities. The year also saw the state-wide adoption of direct access, which ushers in more choices for clients and greater complexity for treatment provider organizations and their colleagues who refer people to care.

As life in Minnesota and across the country attempted a return to pre-pandemic norms, NUWAY Alliance helped clients and colleagues maintain safety, navigate the new landscape, and sustain treatment access. NUWAY Alliance continued dedicated treatment environments for clients experiencing COVID symptoms and helped others seamlessly transition between in-person and telehealth care. Despite the uncertainties and stresses resulting from the pandemic, ongoing supply chain issues, and rising cost of living, NUWAY Alliance successfully persevered in 2022 resulting in treatment service stability, expansion and increased recovery access.

INNOVATION

Contributing Insights

The longitudinal research project initiated in 2019 by NUWAY® and the University of Minnesota Center for Practice Transformation garnered many additional participants throughout the year. This research, designed to determine the effects of recovery-supportive housing on the outcomes of people engaging in addiction treatment, has produced vital information and has the potential to shape national recovery residence policies. The sheer number of NUWAY® clients voluntarily participating in this study — more than 5,500 — makes it the largest of its kind, and the findings to date yield a high rate of statistical reliability. This study is generating vital data that can help researchers, treatment providers, insurance companies, and policymakers nationwide.

RECOVERY ACCESS



In 2022, NUWAY Alliance expanded access at outpatient continuing care (ASAM 1.0) to individuals outside the NUWAY Alliance continuum of care and increased the number of residential beds (ASAM 2.1) at Cochran Recovery Services. The expansion addresses the needs of clients experiencing more acute symptoms and needs while staying within NUWAY Alliance's treatment continuum.

- St. Paul NUWAY Counseling Center began offering outpatient continuing care (ASAM 1.0) in 2020 to individuals completing intensive outpatient at NUWAY®. In 2022, we expanded availability of this to individuals outside of NUWAY Alliance's treatment continuum in response to demand for this level of care.
- Cochran Recovery Services expansion of residential beds is meeting the needs of individuals in our treatment services continuum.

2022 INTERNSHIP/PRACTICUM PROGRAM



NUWAY Alliance is one of Minnesota's largest behavioral healthcare practicum providers. Here, expert clinicians supervise students from leading colleges and universities to help emerging social workers, counselors, and psychiatric nurse practitioners successfully complete their training and enter the workforce. The need for skilled behavioral healthcare workers is intense, and NUWAY Alliance is working to ensure high-quality training and a positive environment to help tomorrow's behavioral healthcare leaders gain real-world experience and knowledge to address the demand.

97 NUWAY ALLIANCE INTERNS:

- 29% have diverse backgrounds
- 47% were hired as NUWAY Alliance team members upon internship completion
- Representing approximately 30 higher education institutions

NUWAY®

Begun in 1966 as one of the nation's first halfway houses, NUWAY® (NUWAY) is Minnesota's largest nonprofit provider of extended behavioral healthcare. Providing recovery in supportive environments in the hearts of recovery communities across Minnesota, NUWAY now operates three medium-intensity residential programs (ASAM 3.1) and eight nonresidential (ASAM levels 2.1 & 1.0) programs throughout Minnesota.

Innovation Recognition

UCare recognizes NUWAY® for housing support innovation in mental health and addiction recovery.

UCare's 14th annual "A Salute to Excellence!" event in October recognized 22 clinics and care systems with top results in 2021 Healthcare Effectiveness Data and Information Set (HEDIS) measures – including preventive care, disease management, behavioral health, maternity care, care transitions and medication management. NUWAY® received UCare's Innovation Award for implementing innovative strategies to improve the mental health and addiction recovery of UCare members. NUWAY® was recognized for addressing housing insecurity as part of addiction care to help individuals who struggle most gain access to sustainable recovery from addiction.

This year's A Salute to Excellence! was hosted online and in person,

with more than 50 health care clinicians and staff in attendance. The evening opened with remarks from UCare President and CEO Hilary Marden-Resnik, followed by a feature presentation from the Vice President of Primary Care at Park Nicollet about establishing a continuously effective quality program. UCare's Innovation Award was then presented to NUWAY® by UCare Vice President of Mental Health and Substance Use Disorders, and SNBC Programs Jennifer Garber. Next, UCare Senior Vice President and Chief Medical Officer Tenbit Emiru, MD, PhD, MBA, honored guests with UCare Excellence in Health Care Awards for their quality results.

NUWAY®'s mission of Recovery In Supportive Environments, which it has pursued since 1966, helps to connect people seeking recovery with high-quality recovery residence operators that adhere to quality standards.



Accreditation and Expanded Footprint

NUWAY® continued demonstrating adherence to the highest healthcare quality standards by completing a review by The Joint Commission, one of the world's largest and most significant accrediting bodies. Joint Commission accreditation signifies to clients, colleagues, and partners that NUWAY® meets or exceeds established quality standards, practices measurement-based care and is among the leading healthcare providers nationwide.

Each NUWAY® counseling center location creates an impact larger than its treatment footprint. Through partnerships with community-based

recovery residences that meet quality standards such as compliance with local ordinances, insurance, and property inspections, NUWAY® stimulates the growth and availability of non-clinical, peer-led independent recovery residence operators who foster and maintain recovery-supportive environments.

Although NUWAY® did not expand into new communities in 2022, it did grow and mature its intensive outpatient programs in Duluth and St. Cloud along with expanded availability at outpatient continuing care at St. Paul NUWAY Counseling Center.

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)
- 60 beds serving adults identifying as male
- Co-occurring treatment
- GLBTQIA+ safe and friendly
- Medication-assistance and recovery friendly
- Nonprofit established in 1974

Cochran Recovery Services is a medium-intensity residential (ASAM 3.1) program for individuals identifying as men. Opened in 1974 and acquired by NUWAY Alliance in 2019, this 60-bed facility continued to meet a vital need in 2022 by providing quarantine space for clients with COVID allowing them to continue receiving care and treatment. Additionally, Cochran expanded the number of beds at its facility providing an opportunity for stabilization for clients who are currently in programming throughout NUWAY Alliance and need more support. The ability to adapt programming to better address client needs is a primary benefit of becoming part of the NUWAY Alliance. Cochran served more than 650 individuals in 2022.

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

The Gables, providing medium-intensity (ASAM 3.1) residential treatment to women for nearly 40 years, continues to grow under NUWAY Alliance leadership. Since acquiring The Gables from its founders in 2020, additions to the program's infrastructure, programming, and clinical team have resulted in The Gables re-establishing its prominence as a high-quality treatment program. 2022 included: treating 500+ women, facility upgrades (e.g., interior repainting and the remodeling of clinical office spaces to improve the comfort of clients and clinicians), and Program Manager, Erin Bachman, being appointed to the MARRCH (Minnesota Association of Resources for Recovery and Chemical Health) Board of Governors.





NUWAY RECOVERY
FOUNDATION AT-A-GLANCE



811

INDIVIDUALS IMPACTED PER MONTH



94

NUMBER OF PARTNERS AT END OF 2021



2,500+

NUWAY RECOVERY FOUNDATION: # BEDS



\$5,358,749

TOTAL PAID TO RECOVERY RESIDENCES

NUWAY RECOVERY FOUNDATION

Recovery Residence Partnerships

Ensuring access to high-quality recovery residences is foundational to the NUWAY Recovery Foundation purpose. 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 who are often participating in treatment at NUWAY®. This includes ongoing education, communication and support that helps recovery residences provide a safe, peer-led, non-clinical, recovery-focused environment

that contributes to better engagement and compliance in the treatment process and contributes to building a strong foundation in recovery to carry forward following treatment. In 2022, the NUWAY® Recovery Foundation resumed bringing NUWAY team members on tours of its numerous recovery residence partners. Visiting the residences and establishing relationships with operators creates client-supportive connections that can identify at-risk clients earlier, help clients maintain treatment engagement, and ensure that clients are connected to helpful community resources.

NUWAY ALLIANCE TREATMENT PROGRAMS AT-A-GLANCE



1,142

RESIDENTIAL AND NON-RESIDENTIAL:
AVERAGE # OF CLIENTS PER DAY

+6%



161

RESIDENTIAL:
AVERAGE # OF CLIENTS PER DAY



31

RESIDENTIAL:
AVERAGE LENGTH OF STAY DAYS



890/74

NON-RESIDENTIAL (IOP):
AVERAGE # OF CLIENTS PER DAY/
AVERAGE LENGTH OF STAY DAYS



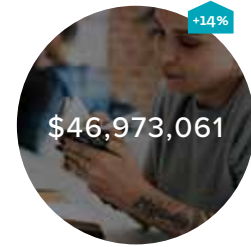
91/75

NON-RESIDENTIAL (OP):
AVERAGE # OF CLIENTS PER DAY/
AVERAGE LENGTH OF STAY DAYS

NUWAY Alliance Financials



Gross Revenue



Net Assets



Charity Care



of Meals Served



Total Clients

2,149

RESIDENTIAL

4,907

NON-RESIDENTIAL

Perspectives



Letter from CEO, David Vennes

Just as the need for treatment has never been greater, the ability of NUWAY Alliance to help people find recovery has never been stronger. As we strive to regain a sense of normalcy and welcome the moderation of the COVID-19 pandemic, we remain acutely aware that today's new normal sees more Americans than ever affected by substance use disorders and co-occurring mental health conditions. NUWAY Alliance continues to maintain and grow treatment access despite pandemic-related strains on clients and staff. Newly established levels of care are availing clients of more targeted services and helping others extend treatment durations to improve the chances of sustained recovery and the establishment of vital community resource connections. Continued census growth, strong recovery residence partnerships, and the unparalleled steadfastness of the NUWAY Alliance team are allowing this enterprise to persevere and excel in 2022 and beyond. Focused squarely on the growing need for high-quality treatment for those most in need, NUWAY Alliance is pursuing ongoing growth goals to ensure access, excellence, and mission fulfillment for many years to come.



Letter from Board of Directors Chair, Linda Hedemark

While the specter of one challenge fades, another appears — new surges in addiction, mental health disorders, and overdose deaths. As always, people with the fewest resources face the most significant risks for developing substance use and co-occurring mental health disorders, making the work of NUWAY Alliance all the more crucial. The ongoing heroic efforts of NUWAY Alliance team members are reasons for hope and inspiration. This year once again demonstrated that NUWAY Alliance is an organization of resilient professionals exceeding expectations to ensure that clients continue receiving high-quality care. The NUWAY Alliance team weathered the storms of 2022 with aplomb and served more people than ever before.

nuway.org