

ANNUAL REPORT

2023

**NUWAY**  
*Alliance*

THE MISSION OF THE NUWAY ALLIANCE IS “TO PROVIDE LEADERSHIP, INNOVATION AND RECOVERY ACCESS”. IT DOES THIS THROUGH MANAGEMENT, CONSULTATION, TREATMENT SERVICES, HOUSING SUPPORT AND COMMUNITY-BASED PARTNERSHIPS WITH THE GOAL OF INCREASING ACCESS TO RECOVERY IN SUPPORTIVE ENVIRONMENTS ALONG THE CONTINUUM OF CARE.



WHO WE ARE

# NUWAY Alliance

*In 2023, NUWAY Alliance navigated multiple challenges while growing capacity to meet evolving client needs. Facility expansions, the addition of Housing Support and the licensing of a new mental health clinic amidst shifting socioeconomics and higher acuity clients demanded intensified focus and effort.*

NUWAY Alliance formed in 2019 as an umbrella nonprofit organization in response to the changing landscape of the substance use disorder industry and the desire to increase access to long term recovery. Today, our leadership and innovation continue to provide an opportunity for efficiency that results in quality treatment services, strong community-based partnerships, and ongoing expansion of recovery in supportive environments.

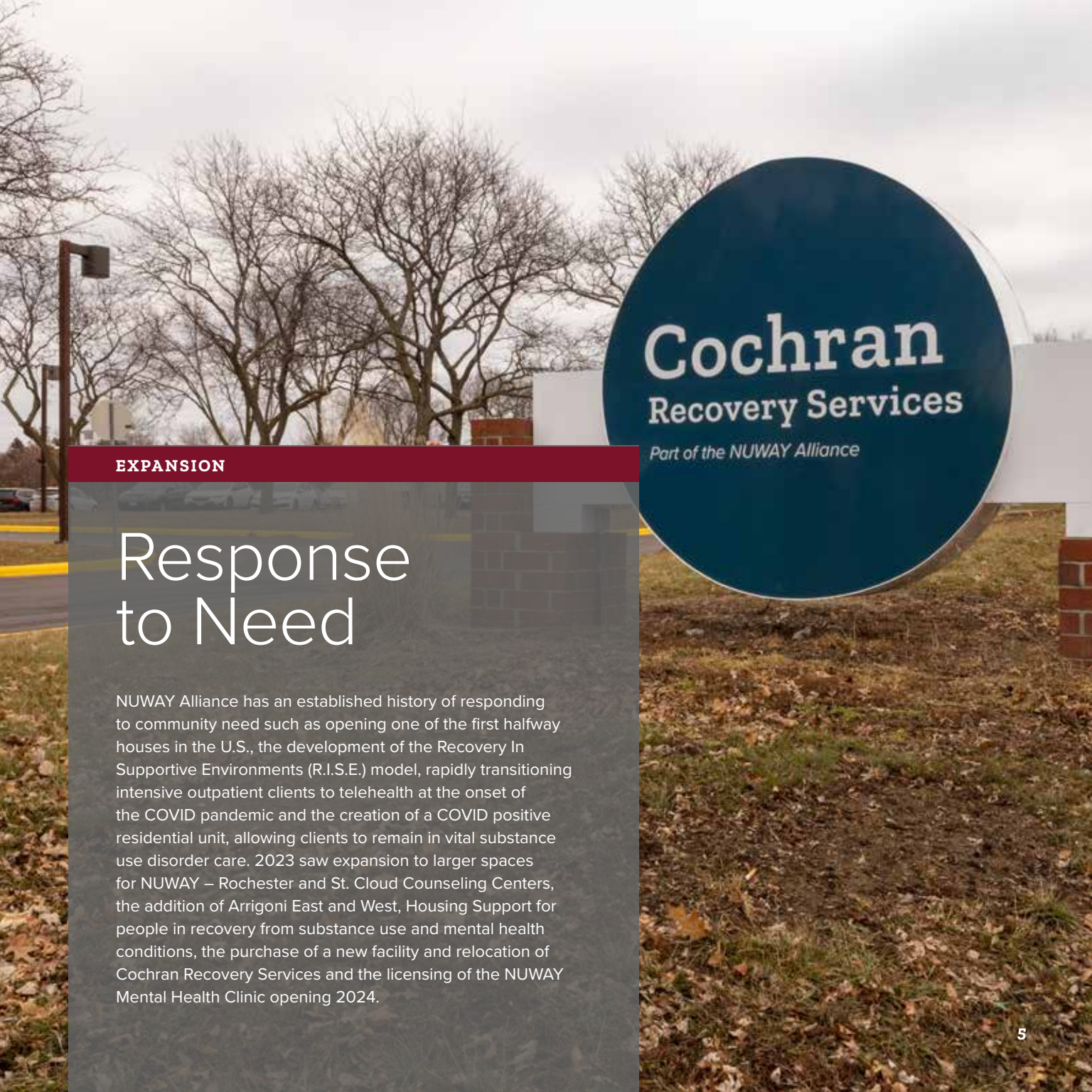




#### LEADERSHIP

## Perseverance

Ensuring unfettered treatment access requires expert determination and the ability to adapt to changing population health needs, public policies, and economic factors. In 2023, more clients presented with higher symptom acuity and the fluctuation in treatment engagement was greater than in past years. These changes, which may stem in part from the global impact of the COVID pandemic and full-scale implementation of Direct Access, required intensified vigilance and persistence in treating client conditions. Despite a diversifying range of challenges impacting clients, NUWAY Alliance maintained and grew treatment access, increased research participation, and expanded its levels of care in 2023.



#### EXPANSION

## Response to Need

NUWAY Alliance has an established history of responding to community need such as opening one of the first halfway houses in the U.S., the development of the Recovery In Supportive Environments (R.I.S.E.) model, rapidly transitioning intensive outpatient clients to telehealth at the onset of the COVID pandemic and the creation of a COVID positive residential unit, allowing clients to remain in vital substance use disorder care. 2023 saw expansion to larger spaces for NUWAY – Rochester and St. Cloud Counseling Centers, the addition of Arrigoni East and West, Housing Support for people in recovery from substance use and mental health conditions, the purchase of a new facility and relocation of Cochran Recovery Services and the licensing of the NUWAY Mental Health Clinic opening 2024.





## Cochran Recovery Services

Cochran Recovery Services (Cochran), an independent nonprofit managed by NUWAY Alliance since 2019, provides medium-intensity residential (ASAM 3.1) for adults identifying as men. Until December 2023, Cochran was located on the Minnesota Department of Veterans Affairs (MDVA) campus in Hastings. MDVA redevelopment plans required relocating Cochran and its crucial services. After an extensive search, NUWAY Alliance purchased an ideal location in Maplewood. During the second half of 2023, NUWAY Alliance prepared the new facility and seamlessly transitioned 72 clients to the new location without interrupting care. Twice as large as its former location, Cochran now offers numerous amenities where clients can recreate, connect with peers and counselors, and engage in comprehensive treatment services.

### COCHRAN AT-A-GLANCE

- Nonprofit since 1974
- Co-occurring residential program (medium-intensity, ASAM 3.1)
- 72 beds for adults identifying as men
- GLBTQIA+ safe and friendly
- On-site nursing (non-prescribing)
- 24-hour staff support and supervision
- Utilization of evidence-based practices (MI, TSF, ART, and more)
- Served 684 individuals in 2023



## The Gables

The Gables celebrated its 40th year of continuous operation in 2023. An event marking the occasion provided opportunities for long-time team members, alumni, clients, family members, community leaders, and NUWAY Alliance staff to celebrate the program's tradition of helping people who identify as women find recovery and support.

### THE GABLES AT-A-GLANCE

- Established in 1983
- Purchased by NUWAY Alliance in 2020
- Located in Rochester
- Co-occurring residential program (medium-intensity, ASAM 3.1)
- 30 beds for adults identifying as women
- GLBTQIA+ safe and friendly
- On-site nursing (non-prescribing)
- 24-hour staff support and supervision
- Utilization of evidence-based practices (MI, TSF, ART, and more)
- Served 344 individuals in 2023



2218 Alano Club

## NUWAY®

NUWAY® was founded by members of the 2218 Alano Society of Minneapolis as a nonprofit in 1966 and as one of the nation's first halfway houses. Today, NUWAY® offers residential and non-residential programs. NUWAY®'s R.I.S.E. (Recovery In Supportive Environments) model of pairing intensive outpatient with recovery residence support provides clients deemed in need through ASAM's (American Society of Addiction Medicine) Dimension Six, the opportunity to access a recovery residence while enrolled in intensive outpatient treatment.

Since 2019, NUWAY® has been involved in an ongoing longitudinal study with the University of Minnesota's Center For Practice Transformation studying the impact of safe, sober housing (i.e. recovery residences) on outcomes at discharge, 3-, 9- and 16-months post discharge of those enrolled in intensive outpatient treatment. At the conclusion of 2023, over 6,600 individuals have voluntarily enrolled in the study. For more information about the ongoing findings, visit [nuway.org](http://nuway.org), News & Info, Research & Innovation.

### NUWAY® AT-A-GLANCE

- Nonprofit founded in 1966
- Accredited by The Joint Commission
- All programs are:
  - Co-occurring
  - GLBTQIA+ safe and friendly
  - Medication assisted treatment and recovery friendly
- 3 medium-intensity residential programs (92 beds, ASAM 3.1) located in Minneapolis
- 8 nonresidential programs (7 - ASAM 2.1, 1 - ASAM 1.0) located in Minneapolis, St. Paul, Rochester, Duluth, St. Cloud and Mankato
- Utilization of evidence-based practices (MI, TSF, ART, and more)
- Served 6,682 individuals in 2023





## Internship/ Practicum Program

NUWAY Alliance continues to make a significant contribution to developing the next generation of workforce. Led by experts in behavioral healthcare, NUWAY Alliance offers interns a robust experience through supervision and hands on experiences that develop and refine skills essential to quality clinical work. In 2023, NUWAY Alliance provided opportunities to a variety of interns from multiple higher education institutions along with several employees completing their next level of education.

### NUWAY ALLIANCE INTERNS AT-A-GLANCE:

- 95 unique interns, most with NUWAY Alliance for two semesters
  - 15 LADC (Licensed Alcohol and Drug Counselor) only
  - 63 Co-occurring (LADC & Mental Health)
  - 1 Doctoral (PsyD)
  - 14 Mental Health only (6 from social work programs)
  - 2 Psychiatric Nurse Practitioners
- 27% from diverse populations
- 32 hired into clinical support roles
- 15 employees completed internships
- 38% of interns were hired into employment
- 27 higher education institutions represented including an international student from Orebro University



## NUWAY Recovery Foundation

NUWAY Recovery Foundation's mission is to address the housing needs of individuals in recovery from substance use disorder. Created in 2018, NUWAY Recovery Foundation has maintained partnerships with independently owned and operated recovery residence providers that adhere to quality standards to provide safe, supportive housing to those in need while enrolled in intensive outpatient at NUWAY®. This work makes it possible for people receiving treatment to have safe and supportive living environments — a crucial benefit that can significantly increase the likelihood of achieving and maintaining recovery and avoiding adverse life events. In 2023, NUWAY Recovery Foundation expanded its reach through the purchase Arrigoni East and Arrigoni West, Housing Support programs located in St. Paul and Minneapolis.

### NUWAY RECOVERY FOUNDATION AT-A-GLANCE

- Established in 2018
- Number of recovery residence partners in 2023: 101
- Number of accessible recovery residences beds: 2,958
- Average number of individuals impacted per month: 695 (inclusive of additional support post treatment completion)
- Total paid to recovery residences: \$6,154,628



## Arrigoni East and West

In September of 2023, NUWAY Recovery Foundation purchased Arrigoni East & Arrigoni West, long-standing entities that have been a haven for Minnesotans recovering from substance use and mental health disorders since 1973. Arrigoni programs are funded through the state of Minnesota and provide recovery-focused Housing Support with Supplemental Services, formerly known as GRH (Group Residential Housing). These programs are designed for adults identifying as males who have stabilized their substance use and any co-occurring mental health conditions and are capable of basic independent living skills such as maintaining a schedule, routine hygiene, and laundry. Adding Arrigoni supportive housing services allows NUWAY Recovery Foundation to support recovering individuals at more steps along their recovery journey.

### ARRIGONI AT-A-GLANCE

- Established in 1973
- Housing Support with Supplemental Services includes:
  - Room, board, and meals
  - 24-hour staffing
  - Medication administration
  - Free washer and dryer
- Easy access to public transportation and recovery supportive meetings



NUWAY ALLIANCE TREATMENT PROGRAMS AT-A-GLANCE



1,153

RESIDENTIAL AND NON-RESIDENTIAL:  
AVERAGE # OF CLIENTS PER DAY  
(DOES NOT INCLUDE ARRIGONI)



173

RESIDENTIAL:  
AVERAGE # OF CLIENTS PER DAY



28

RESIDENTIAL:  
AVERAGE LENGTH OF STAY DAYS



874/64

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



105/66

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

# NUWAY Alliance Financials



\$57 Million\*

Gross Revenue



\$51 MILLION\*

Net Assets



\$3.4 Million\*

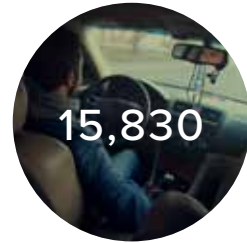
Charity Care

## SOCIAL DETERMINANTS OF HEALTH



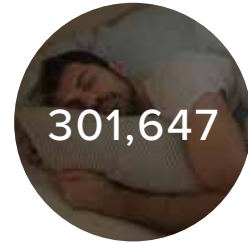
432,807

Meals Served



15,830

Rides  
(14,530 via rideshare,  
1,300 employed transport)



301,647

Nights of Safe,  
Sober Housing  
Provided



7,848

Total Clients Admitted

2,285

RESIDENTIAL (ASAM 3.1)

5,538

NON-RESIDENTIAL (ASAM 1.0, 2.1)

25

HOUSING SUPPORT

\*Unaudited

# Perspectives



## Letter from CEO, David Vennes

All NUWAY Alliance entities and team members persevered in 2023 to expand treatment capacity and add services. NUWAY Recovery Foundation acquired Arrigoni Housing Support programs introducing more ways to support people in early recovery. NUWAY Alliance successfully relocated Cochran Recovery Services ensuring its continuance and creating opportunity for expansion. NUWAY Alliance demonstrated its ability to preserve the legacy of recovery pioneers by celebrating 40 years of treating women at The Gables.

Pursuing our mission reminds us that beyond every crested wave may lie a tempest. Safely piloting an organization dedicated to helping people with few resources requires an especially skilled crew and well-marked maps. Continued year-over-year service and net asset growth, operational quality and compliance, and talent acquisition demonstrate ongoing resilience in the face of numerous obstacles. The year 2023 suggests that we are entering uncharted territory and must be prepared to address greater uncertainty while maintaining treatment access. Our challenge is to keep pace with escalating client needs, increased clinical acuity, evolving policies, and an undulating healthcare landscape. The mettle shown by NUWAY Alliance team members, clients, and partners in 2023 will be even more necessary in 2024 and beyond.



## Letter from Board of Directors Chair, Linda Hedemark

While profoundly rewarding, the mission and work of helping people access treatment and recovery has never been easy. 2023 finds people with low recovery capital facing more challenges to their health and well-being. NUWAY Alliance clients are reflections of society's social determinants of health and poignantly demonstrate the many needs within our healthcare safety net. Truly, how we help those with the fewest resources reflects our overall health as a population, and this year shows that we can make further improvements.

Across Minnesota and throughout the world, we are witnessing unprecedented rates of overdose, mental illness, homelessness, and anxiety, all while our treatment and social service resources are increasingly overwhelmed by the sheer scale of the problem. NUWAY Alliance is a precious and increasingly crucial resource to Minnesotans and sets a positive example of what is possible. Yet, the growing need for its services and the level of effort needed to deliver care provides a teachable moment that, in today's environment, the ability to help comes at an increasingly high cost. Thankfully, NUWAY Alliance demonstrates continued diligence and fortitude in delivering on its mission.

[nuway.org](http://nuway.org)