



2019-2020

In achievements, performance,  
goals & highlights

**LIFETIME  
RECOVERY**  
ANNUAL REPORT





## LETTER FROM THE PRESIDENT & CEO



### **Client Care Came First**

There is no one who will tell you that 2020 was easy. We began with great hope and excitement for what appeared to be another year successfully treating substance use disorders and mental health in our community. Then the first signs of COVID-19 filtered through our TV screens and into our lives. At Lifetime Recovery, we held that client services must continue—we could not shut down. We did change, however. By implementing COVID-19 health and safety protocols, daily enhanced sanitizing, and twice daily health screenings, our wonderful staff continued to provide the best quality treatment and services. While we did reduce the number of beds by a few in our residential center and limited campus visitations, we never stopped admitting clients who needed care. In our outpatient counseling center, we changed within days from meeting in large, in-person groups, to remote services via tele-health media. In fact, more outpatient clients participated in the worst days of the pandemic than in the entirety of 2019. Our client care services were not withheld, reduced, or delayed. Lifetime Recovery's dedicated staff made sure our mission to provide substance use disorder and mental health treatment survived the pandemic.

### **Building for Recovery - Growing Forward**

On the very same weekend we planned our groundbreaking for Phase I construction, the Mayor and County Judge (who was scheduled as keynote speaker) announced the emergency COVID-19 orders restricting large gatherings. However, we went ahead with a virtual groundbreaking, and construction began in earnest. The Building for Recovery campaign is another sign that Lifetime Recovery is strong and resilient enough to survive the toughest challenge of our age. But our determination to "Grow Forward," as one of our friends says, meant that we would not be dissuaded from our goals for renovation and expansion. Phase I includes all new infrastructure, utilities, site preparation and drainage, new kitchen and dining, new maintenance shop with laundry, new entrance and parking, and recreational facilities. These are the fundamentals that are vital to the life and function of the campus. With an expected completion date in June 2021, we can then focus on the renovation of the campus residential and counseling center and other expansion components. It is a thrilling time as we enter our 58th year of serving Bexar County and South Texas.

We thank you for your support and encouragement,

David A. Phipps

# 2019-2020 By the Numbers



# 654

## *Residential Treatment Program Clients Served*

Lifetime's residential treatment program focuses on Cognitive-Behavioral Therapy. Lifetime residential program counselors also recognize that clients are likely to have suffered a history of trauma and understand the role trauma may play in a client's addiction. Hence, counseling in one-on-one and group settings is focused on working through the trauma to help prevent relapse.

# 1,257

## *Outpatient Clients Served*



Lifetime Recovery saved my life. I was out of options and hope and just didn't want to live anymore. At Lifetime I was able to really figure out who I was. I had to really dig deep and search everything in my life and let go of all the hurt and pain I had endured over the last 20 years. It wasn't easy I was emotionally broken and I was desperate for a solution... Lifetime showed me that I am not alone and that I have a purpose in life and I am proud to be on a new journey in my life. - Omar A., Lifetime Client



# 61%

OF CLIENTS  
COMPLETED  
TREATMENT PROGRAMS



# 1,911

## *Recovery Links Clients Served*

Lifetime's Recovery Links Program consists of recovery coaching and recovery supportive services. This program addresses barriers that prevent a person from recovery and are not just focused on abstinence.

NOTE: Some photographs used in this document were taken prior to the implementation of COVID-19 protocols.

# Financial Activities 2019-2020

## Revenue \$6,140,210

Program Services  
\$4,642,431

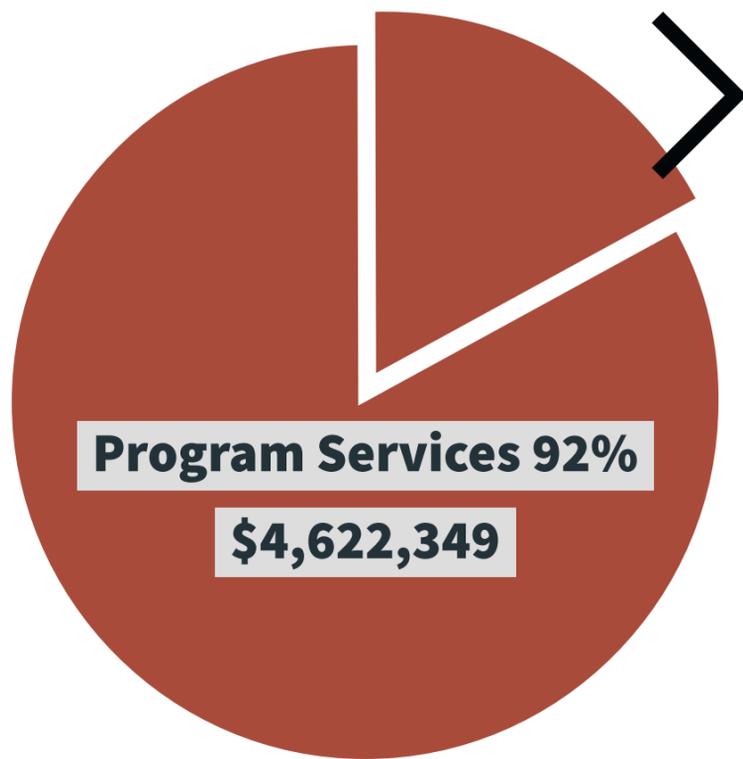
Grants  
\$1,230,730

Contributions  
\$146,487

In-Kind  
\$95,382

Miscellaneous  
\$25,180

## Expenses \$5,012,723



Administration 4%

\$205,369

Fundraising 4%

\$185,005

Program Services 92%

\$4,622,349

## Financial Position 2020

### Total Assets \$4,884,706

Cash	\$3,268,699
Accounts Receivable	\$485,899
Property & Equipment	\$1,073,590
Prepaid Expenses	\$30,038
Pledges	\$17,949
Other Assets	\$8,531

### Total Liabilities & Net Assets \$4,884,706

Current Liabilities	\$318,546
Long-Term Liabilities	\$748,400
Net Assets	\$3,817,760





## Groundbreaking in August

Our Leadership and Board of Directors attended the Virtual Groundbreaking of our Building for Recovery Capital Campaign: Phase I

*Lifetime is building for the future*



*Lifetime Recovery Alumni, Bryan D.*



Lifetime truly saved my life and taught me how to live in the now. I started my new journey into recovery at Southon Road.



**Are you or someone you know struggling with drug or alcohol use?**



**We are here for you, San Antonio!**

## Helpline for Recovery Kicked off

The United Way-supported partnership between Lifetime Recovery, Rise Recovery, Alpha Home and Pay It Forward launched the 24-hour Helpline. The Helpline serves those in the Bexar County community with 24-hour non-emergency assistance for substance-related issues. The hotline operators direct callers to the appropriate agency based on their specific needs.

# Mission

Changing Lives Through Comprehensive Treatment of Substance Abuse



For 57 years, Lifetime's substance use disorder programs, in both men's residential and co-ed outpatient settings, have helped thousands of people. Lifetime works closely with Federal, State and County entities, Treatment Alternative to Incarceration Programs, as well as emergency rooms, detoxification facilities, and other treatment centers in identifying and placing indigent clients for treatment with the objective of reducing recidivism. Programs of "treating causes and conditions" of chemical dependency assist in developing a holistic approach to address substance abuse, which emphasizes treating mind, body, and spirit.



## Our Programs:

### Residential Program

Lifetime Recovery's residential center is situated on a serene and private 18.5 acre campus in rural southeast Bexar County. This provides the perfect place for those suffering with drug and alcohol abuse to receive treatment for their addictions and maintain long-term sustained sobriety. This campus is the largest gender-specific residential care facility for men in South Texas. The goal is the restoration of the family by forming better fathers, better sons, better brothers -- better men.

**45-day and 60-day Intensive Residential treatment programs**

**One-on-one group setting counseling focused on working through trauma to prevent relapse**

**Programs focus on Cognitive Behavioral Therapy (CBT). Counselors are trained in Informed Trauma Care**



## Outpatient Program

Lifetime offers adult male and female Outpatient Treatment services for substance use disorders.

With a convenient location at the corner of Fredericksburg Road and Crossroads Boulevard,

Lifetime is accessible by the VIA Transit system park and ride, five bus routes and the Primo 100 express service.

Outpatient Counseling Services (virtual and in-person) focus on Cognitive Behavioral Therapy that helps clients understand the thoughts and feelings that influence behaviors and decision-making

Outpatient clients take part in two to three classes per week for three to six months depending on their individual treatment plans

## Ozzy Chavez, Lifetime Outpatient Program Alumnus

“For me, being able to help those attending Lifetime Recovery has been a blessing. I always knew, even as I attended Lifetime, that I wanted to go back and help somehow. I would even tell my counselor at the time, “I’m going to take your job one day.” My life has changed tremendously. My marriage has been restored. My kids have been home going on four years. I thank God for all He has done and all the people He has used in my life, including Lifetime, to get me to be the man that I am today. I plan to continue to speak to classes there for the rest of my life.”



Chavez now speaks to our Outpatient groups every eight weeks to share his recovery

## Recovery Links

Recovery Links programs consist of recovery coaching and recovery supportive services. Lifetime’s recovery coaches work with clients to create a personalized recovery plan, monitor their progress, and provide referrals to supportive services all with the goal of helping individuals become self-sufficient.

Recovery Coaching clients receive critical aftercare support on their path to sobriety and help them to overcome obstacles and cope with the realities of life in a healthy way. Coaches provide support structure, ongoing assistance with sobriety, and a range of other support services such as:



Career & Education



Living Arrangements



Transportation



Wellness & Spiritual Connections



Community & Fellowship

## *Leadership Staff*

David Phipps, MBA, President & Chief Executive Officer  
John Welsh, Chief Operating Officer  
Shirley Siler, CPA, Chief Financial Officer  
Diana Reyes, CFRE, VP, Development & Community Engagement

## *Board of Directors*

Rudy Lopez, Chair  
Brandon Webb, Vice Chair  
Trey Scott, Secretary  
John Hornsby, Treasurer  
Jeffrey Arndt  
Stephen Countryman  
Jay Eisen  
Al Hartman III  
Cynthia Hernandez  
Kay Mijangos

# THE HOPE IS REAL

# Lifetime RECOVERY

Chemical Dependency Treatment Center

*Donate Today*

[www.lifetimerecoverytx.org](http://www.lifetimerecoverytx.org)  
(210) 734-6362



United Way of San Antonio  
and Bexar County



Admissions and Community  
Counseling Center  
96 Crossroads Blvd,  
San Antonio, TX 78201

Administration  
PO Box 5968  
San Antonio, Texas 78201-5968

Residential Campus  
10290 Southton Road  
San Antonio, Texas 78223