



2021-2022 ANNUAL REPORT

Achievements, performance,
goals & highlights

Lifetime
RECOVERY
The Hope is Real.

- President & CEO's Letter
- 2021-2022 by the Numbers
- Financial Activities & Position
- Building for Recovery Campaign Updates



LETTER FROM THE PRESIDENT & CEO



A Recap of our Progress and Hope for the Future

We are so pleased to present this annual report to you, our supporters, and friends. This year we have begun to come out of our COVID-19 strictures. We met the challenge, exhibited our strength of character, and kept true to our mission of providing client-centered care, returning sobriety, good health, and family engagement to those we served.

All the while, we made great strides toward our goals of expanding services in newly constructed buildings, raising funds for the remodeling of our legacy buildings, and improving our processes with employee development and program accreditation.

Construction on Phase I was completed in 2021 and Phase II will be completed by December 2023. Phase III, the remodeling of "Old Main" into the "McCombs Recovery Center," will commence upon completion of Phase II. We are nearing our goal of \$5 million raised for Phase III, so please look to our website, or call our philanthropy department to see how you can help us complete our final phase of our campaign.

Lifetime Recovery has always prided itself on collaborating with our partners in recovery, the non-profit sector, and with our community, local and statewide. To that end, we have partnered with CentroMed in providing medical care to our residential clients, two days a week in a newly remodeled clinic housed in what we historically called "The Cottage." This collaboration, supported by Methodist Healthcare Ministries, goes a long way to achieve our desire to provide care for the mind, body, and spirit.

We continue our collaboration with Alpha Home and Rise Recovery in a United Way sponsored program which includes a 24-hour hotline and "warm hand-off" referral services, so that once someone is ready to get help, it is there! We are grateful for the community's support through our annual United Way campaign.

During COVID-19 the community was plagued with overcrowding in our jail population. What was a routine need developed into a desperate problem as more people were incarcerated with no hope of resolution. To that end, Lifetime partnered with Bexar County to provide substance use disorder and co-occurring mental health treatment to those who were arrested for non-violent drug offenses in either pre-trial or jail diversion programs. This helped reduce the jail population while returning an individual to a substance free, mentally supported life. An independent study conducted by North Colorado University found the recidivism rate for those treated at Lifetime was 9% compared to 34% for those not enrolled in Lifetime Recovery's programs.

Our clients show their gratitude daily by remaining connected to the recovery community. Whether it is through our recovery coaching programs and peer support groups, the Alumni Association, faith communities or 12-step fellowships, treatment turns into a lifetime of successful living. Long term recovery is not just a dream, but truly "The Hope is Real." We could not do this work without you.

So, we look forward to 2024! We thank you for your support, financial and otherwise. Especially our foundation, corporate and individual donors who remain committed to Lifetime Recovery and our mission. With your support and our collaborations with government and local partners we can bridge the gap in services to those who need them the most.

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President & CEO

2021-2022 By the Numbers



550

Residential Treatment Clients

Lifetime's residential treatment program focuses on Cognitive- Behavioral Therapy and Trauma Informed Care. Counselors 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.

“

1,508

Outpatient Clients

"My name's Jackie and I was a client at Lifetime and I am coming up on four years sober. Before Lifetime, I was really bad in addiction. I ended up with a CPS case and I came to Lifetime as a last hope. That was the beginning of the rest of my life. I got to meet my new counselor who was amazing and she did so much to help me because she could tell that I was trying. I got my daughter back. I just want to say thank you to the supporters of Lifetime Recovery. Without your generosity, my success story wouldn't exist... I don't even think I can thank you enough because my life is so amazing!"

- Jacqueline, Lifetime Outpatient Alum

one day at a time,
to a Lifetime

Lives Through Comprehensive
Treatment of Substance Use Disorders

RESIDENTIAL
TREATMENT
OUTPATIENT
SERVICES

By Design



67%
OF CLIENTS
COMPLETED
TREATMENT
PROGRAMS



1,860

Recovery Links Clients

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.

Financial Activities 2021-2022

Revenue \$9,821,825

Program Services
\$5,445,835

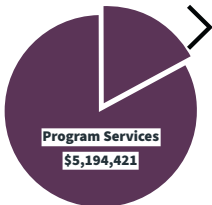
Grants
\$3,996,600

Contributions
\$249,673

In-Kind
\$110,979

Miscellaneous
\$18,738

Expenses \$5,645,255



Administration

\$258,948

Fundraising

\$191,886

*Please note that over \$3.5 million were restricted funds for the ongoing Building for Recovery building capital campaign project and designated fund. These dollars were not used for general program operations.



Financial Position 2021-2022

Total Assets \$13,536,435

Cash	\$1,616,307
Accounts Receivable	\$3,761,758
Property & Equipment	\$8,030,247
Prepaid Expenses	\$103,123
Pledges (Long Term)	\$25,000

Total Liabilities & Net Assets \$13,536,435

Current Liabilities	\$2,422,521
Long-Term Liabilities	\$147,905
Net Assets	\$10,966,009



2021-2022 Building for Recovery Campaign



New Counseling Entrance

Phase I was completed
Phase II began

As part of our three-phase building campaign, from 2021 to 2022 construction on Phase I was completed and Phase II began. Construction on Phase III is expected to commence in early 2024. The completion of this master plan will result in a total of 140 treatment beds available to those in need.



New Residential Hall



New Residential Hall Bathroom



New Client Suite

Building for Recovery *continued*



Phase II Progress



Phase II Progress Raising funds for Phase III

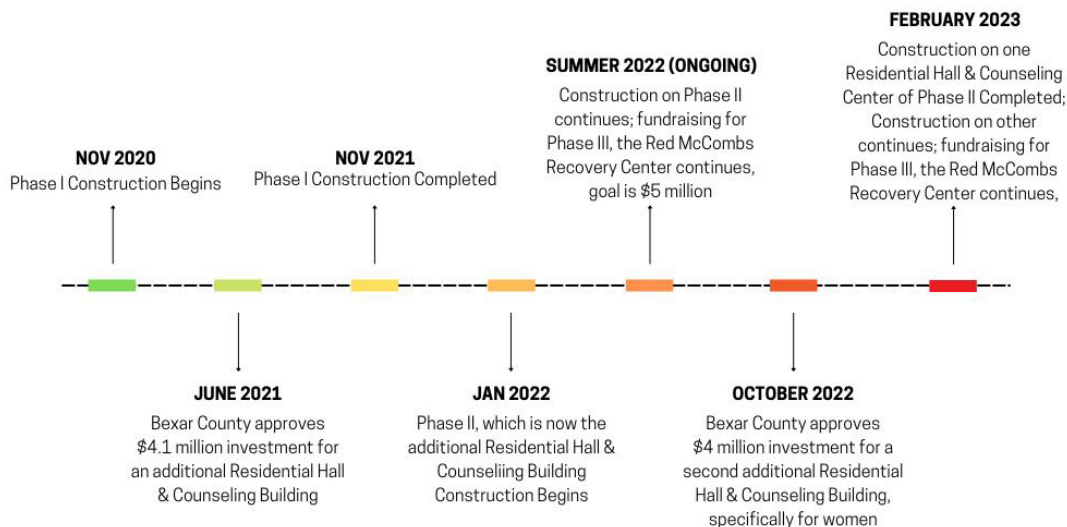
Phase II includes two new Residential Halls and Counseling Centers that include counseling offices and large group open spaces. These additional facilities will provide more than 80 additional beds, increasing the number of clients we are able to serve. Construction of one new Residential Hall & Counseling Center was completed in February 2023 and construction on the second Residential Hall & Counseling Center is expected to be completed by the end of 2023.



We are currently in the midst of raising \$5 million for Phase III, this includes the renovation of the “Old Main” residential building into the “Red McCombs Recovery Center.” Once complete, this Center will have new plumbing, HVAC, and electrical upgrades, two modernized residential halls, remodeled counseling and group rooms, a large auditorium and a new community & family gathering space. Our current goal is to raise the remaining \$1.7 million needed for this final campaign phase by the end of 2023.



Building for Recovery Campaign Timeline



Lifetime Recovery's programs reduce economic, social, educational, racial, and ethnic disparities in access to behavioral health care by making substance use disorder treatment available to all individuals who need it. No one is ever turned away for lack of financial resources.

Established in 1963, Lifetime Recovery provides Residential Treatment, Outpatient Counseling, Recovery Coaching and Supportive Services to individuals who do not have the financial means to receive care otherwise. Programs are ongoing, year-round and reduce economic, social, educational, racial, and ethnic disparities in access to behavioral healthcare.

Our Programs:

Residential Program

Lifetime's 45-to-90-day Residential Treatment provides clients with Cognitive-Behavioral Therapy, Moral Reconciliation Therapy, and Trauma Informed Care. A treatment plan is devised with goals established by clients and their counselor. While in treatment, clients participate in group activities, individual and group therapy.

Outpatient Program

Outpatient Counseling provides treatment to men and women in the least restrictive setting. Clients take part in 2 to 3 classes per week for a period of 3 to 6 months depending on their treatment plans.

Supportive Services

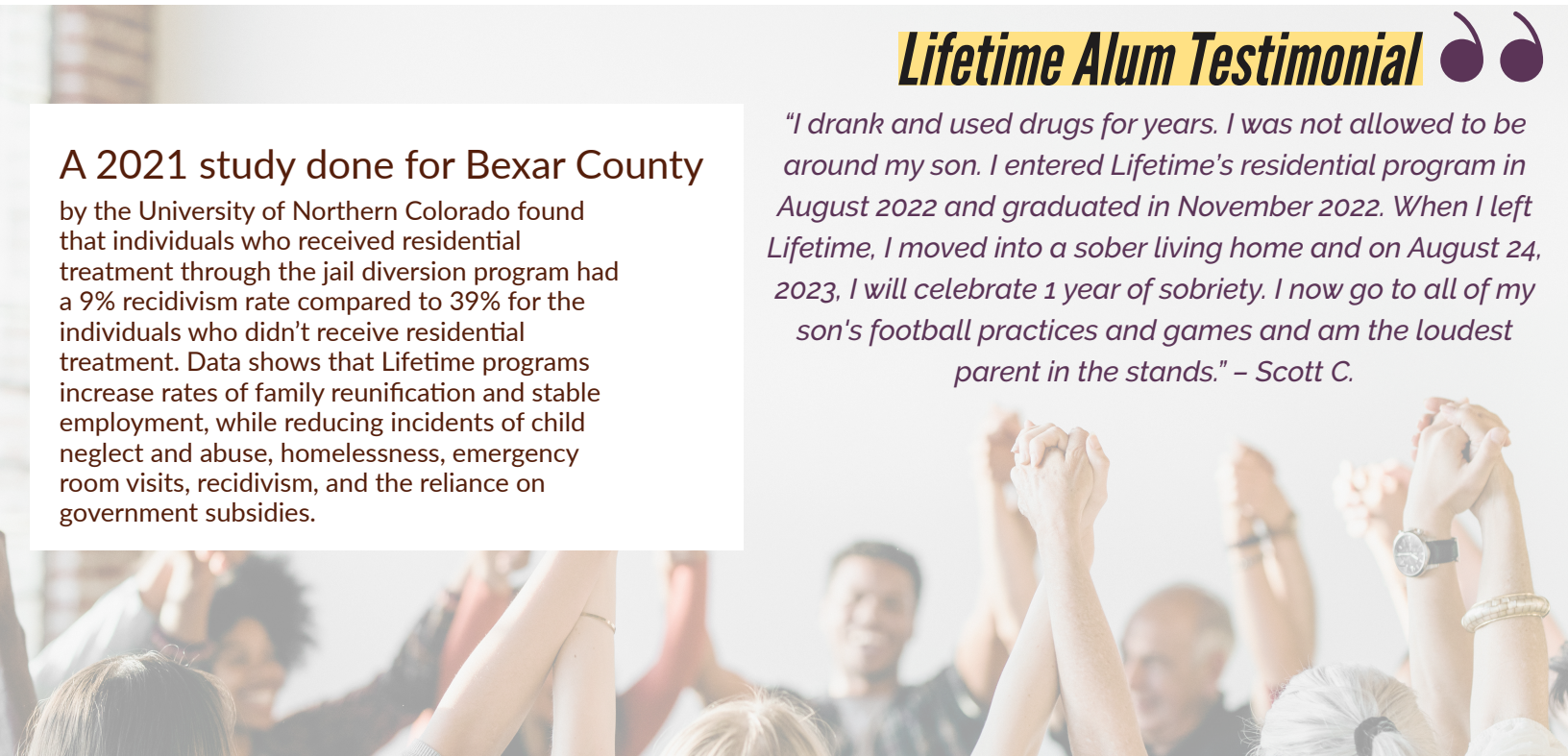
Supportive Services are short term and engage clients on referral lists and complete treatment introductions once admitted. Clients attend peer support groups and are assisted with ID recovery, transportation, nutrition and education. Recovery Coaching is long term. Clients receive support to maintain recovery capital focusing on wellness, legal matters, and sober housing.

A 2021 study done for Bexar County

by the University of Northern Colorado found that individuals who received residential treatment through the jail diversion program had a 9% recidivism rate compared to 39% for the individuals who didn't receive residential treatment. Data shows that Lifetime programs increase rates of family reunification and stable employment, while reducing incidents of child neglect and abuse, homelessness, emergency room visits, recidivism, and the reliance on government subsidies.

Lifetime Alum Testimonial

"I drank and used drugs for years. I was not allowed to be around my son. I entered Lifetime's residential program in August 2022 and graduated in November 2022. When I left Lifetime, I moved into a sober living home and on August 24, 2023, I will celebrate 1 year of sobriety. I now go to all of my son's football practices and games and am the loudest parent in the stands." – Scott C.



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G. Sterling Zinsmeyer

THE HOPE IS REAL



United Way of San Antonio
and Bexar County

Lifetime
RECOVERY

Chemical Dependency Treatment Center

Donate Today

www.lifetimerecoverytx.org
(210) 734-6362



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

Administration
PO Box 5968
San Antonio, Texas 78201-5968

Residential Campus
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San Antonio, Texas 78223