

A photograph of a traditional red wooden bridge with a curved railing, set in a lush garden with green foliage and yellow flowers. The bridge has a wooden deck and steps leading up to it. The background is filled with dense greenery and a thatched roof is visible on the left.

# FOCUS ON RECOVERY

2010 Annual Report

## *A Bridge to Lasting Recovery*



The turquoise ribbon is the symbol for addiction recovery.

National Alcohol and Drug Addiction Recovery is celebrated during the month of September.

**93** women served

**83%** ages 19 to 49

**17%** age 50 and above

**29** health care professionals

**46** were mothers

**72%** had co-occurring disorders

**53%** stayed over 90 days

**49%** stayed 6 months or more

**16%** in program less than 30 days

**27%** in program 30 to 90 days



Dear Friends of FOCUS,

The year 2010 was filled with extraordinary challenges but thanks to our supporters and friends, FOCUS On Recovery was blessed with a good year. Despite the economic downturn, we remained mission-focused and maintained a strong financial position. We responded to the recession by increasing our revenue 9.1% over 2009.

We started new programs and expanded our overall service offerings. Two examples are art therapy sessions for all program participants and support for our families through FOCUS on Family workshops. Over 75% of our expenses were allocated directly to programs and services. We achieved excellent results from our program enhancements. Our efforts to improve operational efficiency and to make sure motivated people are in the right jobs have paid off.

In this report you will see not only the facts and figures, but real evidence of how so many lives are touched and

healed by our work. Here are some of the 2010 highlights that demonstrate how FOCUS On Recovery improves the well-being of women in recovery through effective and innovative programs that make lasting recovery possible.

Thanks to you, our dedicated staff, board of directors, and volunteers FOCUS on Recovery will celebrate 10 years of existence in 2011.

Our vision for every woman, life in all its fullness.  
Our mission for every heart, the will to make it so.



## Vision, Mission, and Values

### Vision Statement

FOCUS On Recovery  
— a bridge to lasting recovery.

### Mission Statement

The mission of FOCUS On Recovery is to provide women a clean and sober living environment that bridges the crucial period between primary treatment and lasting recovery.

### Values

#### Commitment

We are passionate in our commitment to women addicted to alcohol and drugs and strive to improve their quality of life.

#### Integrity

We are honest and straightforward in all that we do and treat everyone with dignity and respect.

#### Excellence

We set high standards of performance and service delivery and work towards excellence in our mission to bridge the gap to lasting recovery.

#### Trust

We recognize the responsibility our clients place in us and work hard to maintain that trust by being honest and forthright in our business practices.

#### Compassion

We show care and kindness for others and always strive to help others who are in need of sobriety.



## Our Strategic Priorities

### Financial Sustainability for Long-Term Success

#### Objectives

- To improve the strength and fiscal health of the organization
- To increase revenue annually to ensure an income level that will effectively support routine operation costs as well as service debt associated with facility ownership

#### 2010 Accomplishments

- Increased Revenue by 9.1%
- Increased Fundraising by 1.69%
- Established a Finance Committee to oversee the financial needs and functions of the organization
- Developed financial policies and procedures that will maintain the organization's capacity
- Developed a Board Succession Plan to recruit Board members with strong financial skills and backgrounds
- Implemented an annual Board self-assessment to evaluate whether the appropriate combination of skills and traits are represented
- Created a grants calendar to plan grants development for the organization to support the residential program and the newly implemented programs

### Program Evaluation and Enhancement

#### Objective

To develop a model for recovery with the highest standard of quality that is documented and nationally recognized for excellence

#### 2010 Accomplishments

- Added "life skills" training to the existing curriculum
- Created an admissions financial assistance plan
- Implemented the admissions financial assistance plan
- Addressed the secondary effects of addiction, issues related to housing, employment, education, legal problems, child care, and medical needs through community resource referrals
- Created a Family Recovery Support program
- Piloted an art therapy program for FOCUS residents

### Facility Improvement

#### Objective

To own a new or renovated facility that supports a safe and structured living environment

#### 2010 Accomplishments

Under development for 2011 Goals

### "Brand" Defined and Practiced

#### Objectives

- To be well-known and respected in the community
- To create sustainable long-term value for the organization
- To promote the quality services provided in order to secure future earnings

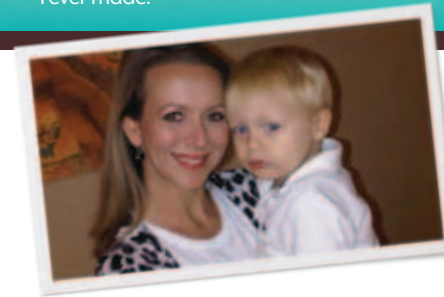
#### 2010 Accomplishments

Under development for 2011 Goals

## Success Stories

### Anna's Story

My name is Anna. I came to FOCUS directly out of an inpatient treatment facility for my struggle with addiction as a meth addict. I was a broken 29 year old woman seeking a new way to live. I abused drugs and alcohol for 10 years. I had lost almost everything when I decided to try treatment because I couldn't live another day in the path I had chosen. Living clean and sober seemed impossible until I came to FOCUS. I had an amazing group of women surrounding me, supporting me, and holding me accountable everyday. I learned to be a productive member of society and how to rebuild broken relationships. I recently graduated from college and have a job doing what I love. The time I spent at FOCUS is very precious to me. Going to FOCUS on recovery is the best decision I ever made.



### Olivia's Story

My name is Olivia, I am a recovering drug addict and also a FOCUS Alumni. When I came to Focus drugs had beaten me down and I was a hopeless and broken woman. A few years before entering into recovery, drugs had taken me down a very dark and lonely road. This way of life left me numb and spiritually empty. When my son was born the State of Alabama, DHR, stepped in. They said that I was an unfit mother and they placed him to live with family members. For the next ten months I continued to use drugs and soon realized that something had to change. I realized that no one, not my son, my family, nor self will would keep me sober. Drugs had finally beaten me into a state of reasonableness and I finally became willing and asked for help. I had lost my son, my loved ones and my self worth. After completing a 28 day in-patient treatment facility I was admitted at FOCUS. I quickly realized that I did not know how to live life without drugs. I did not know how to be a mother, a friend or a useful member of society. FOCUS began to help teach me how to become all of these.

One of the first things that I remember at FOCUS was that I had started laughing again and it had been so long since I had laughed. I began to learn how to have relationships with other women in recovery. I started feeling better and had begun to learn how to fit life into my recovery. I started spending time with my son and re-establishing the relationship with my family. I had finally found that there was a solution to all my problems and it did not require using drugs, thanks to FOCUS, the 12 Steps of AA and sponsorship.

Eight months after completing the FOCUS program the State of Alabama returned custody of my 2 year old son to me. They said that I was now a "Fit" mother and now DHR is no longer a part of our lives. Looking back at my journey over the past year and a half I am so blessed and grateful for God's Grace. It is through the Grace of God that I am sober and have been given the gift of being the best Mommy I can be to my beautiful son. Now every morning I get to hear my son calling for me, saying "Mommy I need you". He does need me and he will always need me and that is a gift that sobriety has given me. I am honored to be able to work with and give back to the current residents of FOCUS and other women in recovery. I still smile when I realize that the daily things that I do to maintain my sobriety are the things that I was taught at FOCUS. I would have never imagined that life could be this good but it is. I am grateful to FOCUS for helping to save my life and giving my son his Mommy back.



## FOCUS On Recovery 2010 Supporters

### Individuals

Barbara S. Allen  
 Lee Andrews  
 Howard and Dotti Bailey  
 Neil Bailey  
 Dykes Barber, Jr.  
 Howard J. Bayless  
 Rachel Bearden  
 Lucretia Berretta  
 Richard E. Beth, PhD  
 Tuesday Bigelow  
 Allen and Naomi Blackwell  
 Daniel Blazich  
 Dr. Bryan Boozer  
 James and Carolyn Bowman  
 Gwen Boyd, MD  
 Thomas G. Braddock  
 Albert C. Brady  
 Eddie Braswell  
 Elizabeth and Dow Briggs, MD  
 Jordan K. Brooks  
 Cliff and Lea Brown  
 Ken Bryant  
 William and Linda Buckholtz  
 Garrick Ry Carter  
 Renee Cashman  
 Mike and Elizabeth Chen  
 Scott Childers  
 Tim and Sherri Clark  
 C. Close  
 Tiffany Cobb  
 Judson and Brenda Colburn  
 John Patrick Cook  
 Chip Cooper  
 Nancy Crook  
 Tommy Davis  
 Joyce Dean  
 Tammi W. Dean  
 Joseph and Sheryl Dunsmore  
 Paul and Millicent Ebner  
 Alana Edwards  
 Kim Fagan, MD  
 Katie Ferguson  
 Beth Franklin  
 Michael and Lyn Froning  
 Mark Frymark

John and Debbie Garvin  
 Andrew Gearhart  
 Rhonda Gereighty  
 Brian and Elene Giattina  
 Sonya Gibson  
 Russell and Maureen Gleason  
 Gary and Sandra Gornati  
 Dana Guthrie  
 Dr. Martin Habel  
 Mr. and Mrs. C. B. Halstead  
 Bobby R. Harris  
 Eddie and Cindy Harris  
 Frank Hart  
 Michael and Lucy Hawkins  
 Bradley Haywood  
 Donald and Donna Hecklinski  
 Barbara Henderson  
 Francis Hill  
 Norman Hill  
 Deborah Hinton and  
 Sue Rubiee  
 Laura Hinton  
 Alex Hoag  
 Brooke E. Holbert  
 Daisy Holder  
 Shana Hurley  
 Jeff and Dianna Ingram  
 Larry and Patricia Jackson  
 Joy Jennings  
 Dr. and Mrs. Charles Joiner  
 Edward and Nancy Jones  
 Gloria Jones  
 Virginia Jones  
 Donna Jordan  
 Kimberly Kay  
 Patricia Kay  
 Robbie Keeble  
 Robert and Dee Kelly  
 Cheryl A. Kurtz  
 Tom Larkin  
 Jay Little  
 James and Susan Livingston  
 Jana Capello Longton  
 Sonja Lothar  
 Mr. and Mrs. Russ Maddox

John and Jane Malloch  
 Michael and Jo Ann Mays  
 Beth McCulley  
 Scott and Deborah McGlaun  
 Michael and Eliza McKewen  
 James McKittrick  
 Bakari J. Miller  
 Teresa Minor  
 Janet Moore  
 Paula Moore  
 Brooke Morris  
 Paul and Glenda Nagrodzki  
 Britton Neal  
 Cindy Nichols  
 Dr. Tim Nichols  
 Kenneth and Kimberly Nolen  
 Wayne and Lisa Norris  
 Mr. and Mrs. Mike Northrup  
 Diane Oetting  
 Jeff and Rosalie Oetting  
 Lindsey Owens  
 Doreen Oyadomari, PhD  
 Michael Patterson  
 Neville S. Peacock  
 Carol Pinkerton  
 Dr. William Pittenger  
 Duane and Genesis Player  
 Robert and Kim Potter  
 LaTonya Story Preyer  
 Marianne Prime  
 Frances King Quick  
 James and Salle Redfield  
 Todd and Aimee Reeves  
 Janet Richards  
 Shelley and Louise Richardson  
 Michael and Susie Roberts  
 Justin and Phyllis Rodgers  
 Marva Rodrigues  
 Jerry and Sandie Savage  
 L.T. Schroeder  
 Tina Sexton  
 Lisa Sharp  
 Paul and Cindy Shellum  
 Tom and Stephanie Stallings  
 Bart Starr, Jr.

Veleria Story  
 Margaret Strickland  
 Michael R. Tamucci  
 Jesse and Margaret Tilton  
 Roger and Chris Tomberlin  
 Dottie Turner  
 Tim Vines

### Individuals

Robin A. Waldrup  
 William Michael and  
 Anne Warren  
 David Watkins  
 Susan J. Watterson  
 Muriel Rowell Weatherly  
 Zach Whitney  
 James Wilabay  
 Martha J. Wixom  
 David and Sidney Wood  
 Linda Woods  
 Lois S. Woodward  
 Phyllis F. Wyne

### Corporate / Business

Alabama Power Company  
 Alabama Wholesale  
 Academy Sports  
 Anthony's Car Wash  
 Any Length Resources / C&S Properties  
 Art Traders  
 Azia Medical Spa  
 Balch & Bingham  
 Ballantrae Golf Club  
 BlueCross BlueShield  
 Bradford Health Services  
 Brio's Tuscan Grille  
 Bryant Art Gallery  
 Church & Stagg  
 Clarus Consulting Group  
 Cocina Superior  
 Cornerstone Associates, LLC  
 Cracker Barrel  
 Curtain Exchange  
 CVC Auto Sales, Inc.  
 Drummond Flooring  
 Fagan, LLC  
 Family Vision Care  
 Fleming's Steakhouse  
 Frost Cummings, LLP  
 G & S Hydraulics

Halcyon Day Spa  
 Heely Brown Co.  
 Hinton Financial Consultants  
 Johnson Brothers Wine Of AL  
 Kay Animal Hospital  
 Legacy Community Federal Credit Union  
 Maynard Cooper & Gayle  
 McAlisters  
 Meadow Brook Vet Clinic  
 NHS Management, LLC  
 Outback Steaks  
 Panera Bread  
 Pass It On, LLC / OTM Oxford House  
 Picture This  
 Regions Financial Corporation  
 Security Access Design  
 Sirote & Permut, PC  
 Southern Nuclear Operating Company  
 SteinMart Vestavia  
 Sterne, Agee & Leach, Inc.  
 Timberline Golf Club  
 Tobacco Shop  
 Unlimited Detailing  
 Volkert & Associates  
 Waldrep, Stewart & Kendrick, LLC  
 Water-Smart, Inc.

### Foundations / Grantors

James O. and Alice F. Cole Foundation  
 Hill Crest Foundation  
 The Caring Foundation  
 The Community Foundation  
 Of Greater Birmingham

The Daniel Foundation  
 UAB Benevolent Fund  
 Walker Area Community Foundation

### Scholarship and Memorial Funds

The Chris Sidle Foundation  
 James E. Osborne, Jr. Memorial Fund

James E. Osborne, Jr. Scholarship Fund  
 William Michael Brown Memorial Fund



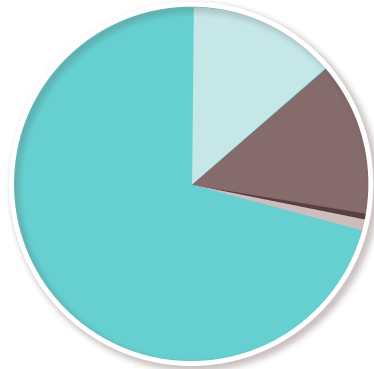
# Consolidated Financial Statements

Year Ending December 31, 2010

## Where the Money Comes From

### Revenue

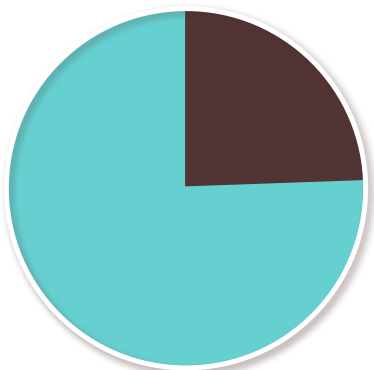
Fundraising	\$ 45,030
Other	\$ 2,612
Grants/Public Contributions	\$ 48,410
Interest Income	\$ 1,316
Program Income	\$ 238,627
	<b>\$ 335,995</b>



## Where the Money Goes

### Expenses

Program Expenses	\$ 252,210
Administrative/ Fundraising Expenses	\$ 82,790
	<b>\$ 335,000</b>



Revenue	\$ 335,995
Expenses	(335,000)
Revenue over Expenses	<b>\$ 995</b>

## The James E. Osborne, Jr. Memorial and Scholarship Funds

Mr. James E. Osborne, Jr.  
August 18, 1931 – April 5, 2009



### Pass It On . . .

We all have gifts that we can pass on to **help people in need**. Whether it is our time, talent or treasure, passing it on allows us to **empower people** during their time of need.

As a lasting tribute to her late father, FOCUS Board member, Stephanie Stallings established The James E. Osborne, Jr. Memorial Fund in May, 2009. She saw the need, as a member of the FOCUS Board of Directors, to support the nonprofit's general fund. In February of 2010, upon learning that many women do not have money for the admission fees and are therefore unable to take advantage of long-term recovery, she established the James E. Osborne, Jr. Scholarship Fund. This fund is designed to provide financial assistance with the initial admission fees for women who are eligible to enter the FOCUS program and cannot afford the admission fees. Stephanie's only stipulation is that these women learn to "pass it on" when they can afford to contribute to the scholarship fund.

### 2010 Contributions

**\$3,100** Memorial Fund

**\$4,100** Scholarship Fund



**Staff**

Phyllis F. Wyne  
*Executive Director*

Rachel Bearden  
*Program Manager*

Karla Stamps  
*Business Manager*

Vacant  
*Program Assistant*

LaTonya Preyer  
*Office Program Assistant*

LaTonya Preyer  
*Senior Resident Assistant*

Nora Brown  
*Resident Assistant*

Contract Workers (2)  
*Program Consultants*

**Board of Directors**

Laura Hinton  
*President*

Dow Briggs, M.D.  
*Vice President*

Doreen G.  
Oyadamari, Ph.D.  
*Secretary*

Margaret Tilton  
*Treasurer*

Rick Conger  
Sandi Gornati  
Joy S. Jennings  
Susie Kelley  
Tom L. Larkin  
Jerry Savage  
Stephanie Stallings

Lulu Richardson  
*FOCUS Founder and  
Board Member Emeritus*

**Auxiliary Board**

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Renee Cashman

Kim Fagan, M.D.

Cindy Formanek Kirk, Ph.D.

Keecha Harris, PH, R.D.

Kimberly Kay

Carrie H. Phillips

Jim Rikard

Roxanne Shuler

Cheryl W. Simonetti

Gregory E. Skipper, M.D.

Marion F. Walker

Katherine Jebeles Wiles



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