

ASHLEY ADDICTION TREATMENT

IMPACT REPORT FISCAL YEAR 2023



**A vital piece of the
recovery puzzle**



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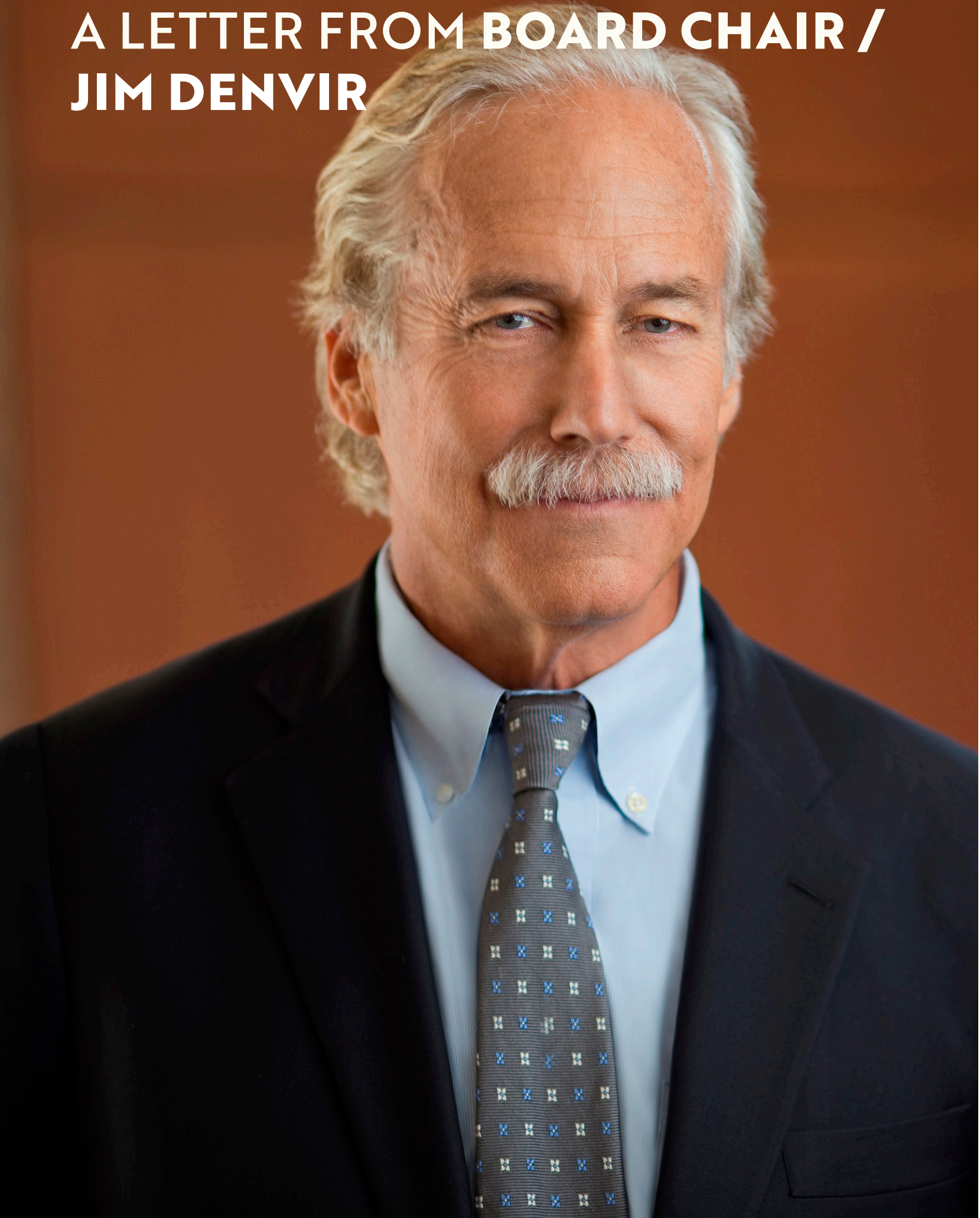
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A LETTER FROM BOARD CHAIR / JIM DENVIR





**"TO SAY THAT ASHLEY
CHANGED MY LIFE IS AN
UNDERSTATEMENT"**

Dear Ashley Community,

I am devoted to Ashley because it saved my life, my family, and my career. I was living in first step for at least a couple of years, which is not a great place to be, unless you know there is a solution. But I had no inkling that there was anything approaching a solution. My higher power and my best friend was alcohol. The evidence was all around me that I was powerless over alcohol and my life had become unmanageable. Every morning at 2 or 3 am I would wake up shaking and promise myself that I would not do the same thing again the next day. I would do exactly the same thing the next day. My car would somehow turn into the liquor store on the way to work, seemingly of its own accord. I would finish the half pint of vodka on the way to work. And I was on my alcoholic way.


I had the gift of desperation, but I did not know what to do with it. I did not know that I had the key to my jail cell in my own hand. It turned out that I just needed to admit that I had a problem with alcohol and ask for help.

My last binge was while I was in New York visiting some college friends for dinner with my wife, Rangeley. While we were waiting for the train to New York, I made an excuse that I had to go to the bathroom. I stopped in the liquor store in Union Station. I did go to the bathroom but it was because I needed to drink the pint of vodka that I had bought in the liquor store. I did so in the Union Station bathroom in a stall. Once again, I was on my alcoholic way.

Long story short, I woke up next to my wife the following day. I knew I had to apologize but I had no idea for what. I had blacked out and passed out the night before. So, I said

"I'm sorry." Rangeley turned to me and said "that's not enough anymore." Two days later, I was back in New York for a client meeting with my long-time mentor, my law firm partner, and my first boss at the Department of Justice. After the meeting, he called me in my hotel room, where I was drinking. He said he'd been worried about me and asked whether I had a drinking problem. I had never admitted that alcohol was a problem for me. So, my first instinct was to deny it. But I couldn't lie to him. I paused for what seemed like 3 hours but was probably 30 seconds and I said yes -- I did have a drinking problem. He said that we will support you provided you accept help. A sense of relief flooded over me. I had tried to hide it for so long. A combination of those two independent events brought me to Ashley.

When it was time to leave Ashley, I was sufficiently afraid that I would go back to drinking. I did everything the staff at Ashley suggested I do and more. That's what it took to get me into recovery. Fortunately, I live in Washington, DC where we have plenty of meetings, so I went to two meetings per day for a year. I did what they recommended for after care, only for twice as long as they suggested. I got a sponsor at one of my first meetings. Ashley taught me the tools to live a life sober comfortably. To say that Ashley changed my life is an understatement.



Jim Denvir - Board Chair and Ashley Alumni

A LETTER FROM THE CO-CEOs



As we reflect on the milestones and achievements of the past year, we are filled with gratitude for your unwavering support of Ashley. This past year marks a significant milestone in our journey as we celebrated our 40th anniversary. Four decades of dedication to healing and recovery have shaped Ashley into the beacon of hope it is today.

Throughout our 40-year history, one aspect that sets Ashley apart is our commitment to providing individualized care. Our model of care recognizes that each person's journey to recovery is unique, and we tailor our treatment plans to meet the specific needs of every individual who walks through our doors.

Innovation has always been at the forefront of our mission at Ashley. In collaboration with leading experts and institutions, we continue to contribute to the advancement of substance use disorder treatment and recovery through groundbreaking research initiatives.

In response to the challenges of the past year, we have taken proactive steps to enhance our programs and

services. We have closely monitored patient outcomes and continuously refined our approach to ensure the best possible outcomes for those we serve. While we have made significant strides, we also acknowledge the operational loss experienced in fiscal year 2023. We are actively addressing this challenge through strategic initiatives aimed at improving efficiency, optimizing resources, and maximizing impact.

Our mission to transform and save lives remains at the heart of everything we do. We are dedicated to providing compassionate care, fostering hope, and empowering individuals to reclaim their lives from the grips of addiction.

As we look ahead to the future, we remain steadfast in our commitment to tracking patient outcomes and continuously improving our practices to better serve our community. Together, we will continue to make a difference in the lives of individuals and families affected by addiction. Thank you for your continued support and partnership in our mission.

AI- D- + JG Hobelmann
Alex Denstman Dr. Gregory Hobelmann

DONOR HIGHLIGHT / JOE TUNNEY



From left to right: Shane, Dean & Joe Tunney

Over the years, our organization has been fortunate to receive generous support from numerous individual, foundation, and corporate donors. Among these remarkable contributors, Joe Tunney shines brightly as a symbol of unwavering support and generosity.

Joe embarked on his journey to sobriety in 1984 in California and has since built a thriving family and successful businesses, including American Design and Build and American Sentry Solar, deeply rooted in the Harford County community. Despite his busy life, he remains actively involved in various recovery initiatives, demonstrating a profound commitment to giving back.

Proudly advocating for a “recovery-friendly” workplace environment, Joe’s businesses prioritize hiring individuals in recovery and extend support to employees and their families facing challenges. Joe aspires to be an inspiration and a source of opportunity for those in recovery, fostering a supportive environment for all.

In 2018, when his son, Shane, sought assistance on his own journey to recovery, Ashley Addiction Treatment was

there to provide invaluable support. Reflecting on this experience, Joe expresses deep gratitude for the guidance and assistance offered by Ashley’s compassionate staff, acknowledging the positive impact it has had on his son and their entire family.

Over the past few years, Joe has continually demonstrated his dedication to the Ashley mission through his involvement in various events, personal contributions, and offering his expertise for building upgrades. His unwavering commitment has truly made him an integral part of the Ashley community.

We extend our heartfelt thanks to Joe, Sandi, Shane, and everyone at American Design and Build for their steadfast support and commitment to transforming lives. Your generosity and dedication are deeply appreciated.

To learn more about the many ways you can support Ashley’s mission to save and transform lives, visit ashleytreatment.org/donate or contact *Beau Malatesta, Director of Development*, at bmalatesta@ashleytreatment.org or 410-273-2276.

THE CLUBHOUSE BY ASHLEY

Our mission is to foster meaningful connections with our youth and their families through substance misuse prevention and interventions that promote worth, safety, and well being.

At The Clubhouse, we strive to create a vibrant and inclusive space that serves as a hub for educational, recreational, and personal development activities, while instilling and promoting recovery principles among our adolescents. We aim to foster positive youth development and equip adolescents with the tools they need to navigate life successfully while breaking generational cycles of addiction. We strive to eliminate barriers to program participation, including the provision of transportation, to ensure that all youth who would benefit from The Clubhouse may attend.



THE CLUBHOUSE TEAM



Marcus—Program Manager



Sydney—Young Adult Peer Recovery Specialist



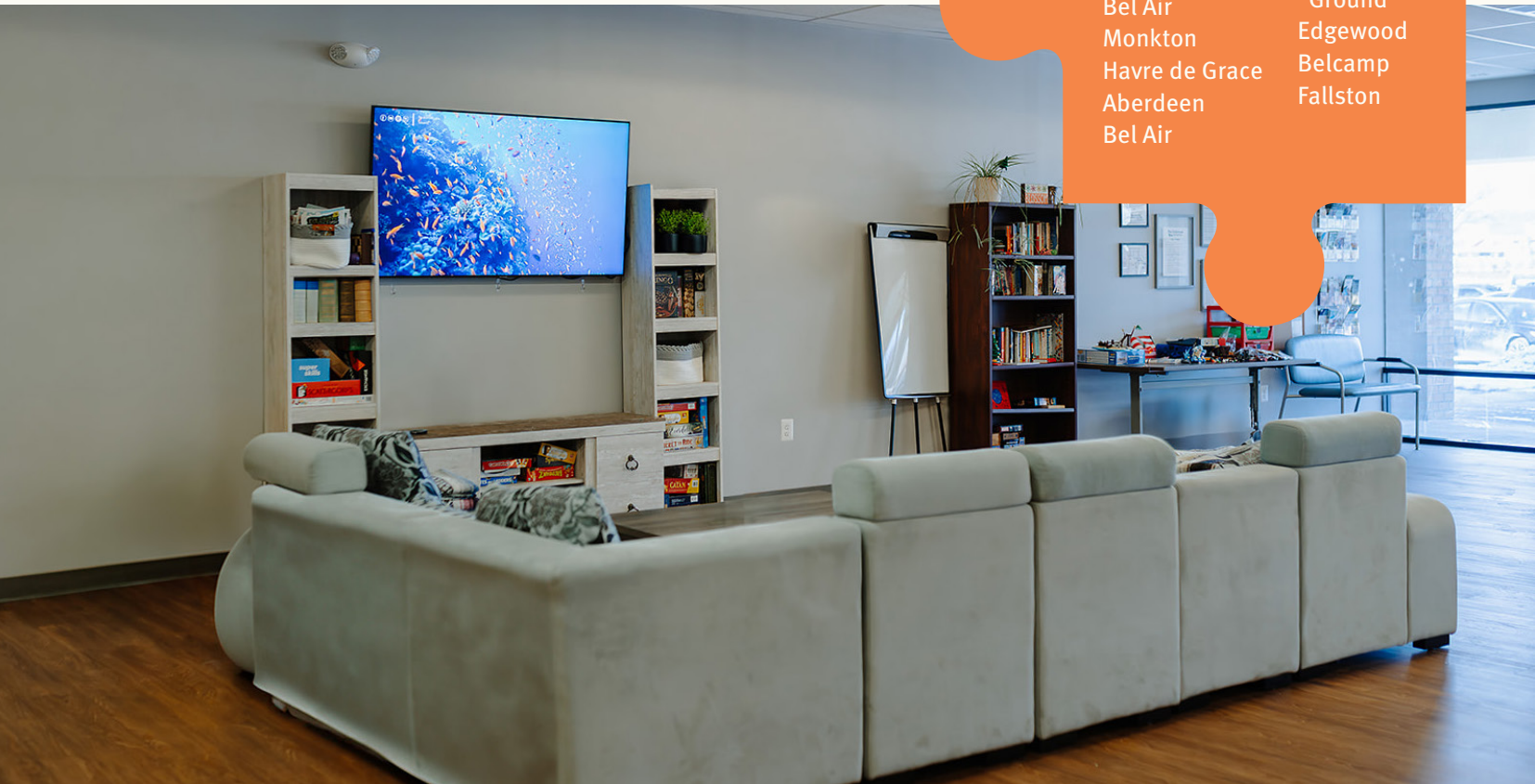
Grace—Young Adult Peer Support Specialist

ASHLEY CLUBHOUSE PROGRAMMING

- » Project Alert Workshops
- » Healthy Relationship Workshops
- » Boys Council and Girls Circle Group
- » Naloxone Training
- » Sexually Transmitted Infection Prevention Workshops
- » Suicide Prevention Workshops
- » Summer Cook Club
- » Nicotine Cessation and Prevention
- » Peer-led Support Groups, with an Emphasis on LGBTQIA+
- » Introduction and Implementation of Concepts of Diversity, Inclusion and Equity
- » Meditation
- » Life Skills
- » Movie Nights
- » Recovery Community Speakers
- » Strengthening Families Program
- » Crafts
- » Computer and Video-Game Time
- » Board Game Nights
- » Snacks/Meals
- » Field Trips
- » Seeds of Serenity
- » Indoor Gardening Program
- » Food Pantry

WHERE DO OUR MEMBERS COME FROM?

| | |
|----------------|----------------|
| Abingdon | Aberdeen |
| Forest Hill | Proving Ground |
| Bel Air | Edgewood |
| Monkton | Belcamp |
| Havre de Grace | Fallston |
| Aberdeen | |
| Bel Air | |



76.4%

Have a Loved One
with a Substance
Use Disorder

74.1%

Have Problems
In School

63.5%

Are Aware of
Their Loved One's
Addiction

63.6%

Report a Major
Life Change
Within the Past Year
(Death, Separation,
Move, etc.)

42.3%

Are Currently
Using
Substances

29%

Have a Loved
One in
Recovery

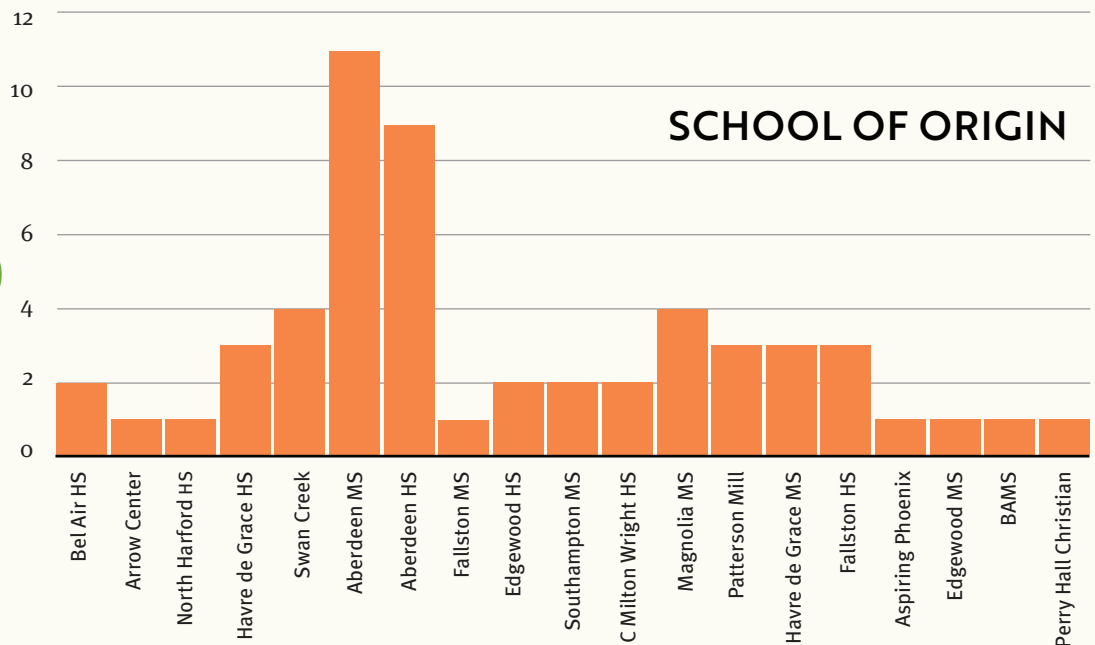


"My life before The Clubhouse was complicated. I had been going through a lot of family dynamic changes issues with divorce, losing loved ones, a breakup that hit hard, including having a hard time trusting people after a workplace incident; and because of that, I developed some unhealthy ways of dealing with things.

When I first joined The Clubhouse, everyone was really accepting. Specifically, I remember bonding with Marcus over his role as a coach and my own involvement in wrestling. Joey was also one of my biggest supports, always there when I needed advice or someone to confide in regarding any issues or problems I was facing and didn't know how to deal with.

Since then, I've improved drastically. I have brought my GPA from a 1.5 to a 3.7, have built bonds with people on more than one occasion with peers and other people from Ashley and have developed better ways and tools to help deal with conflict and issues I face in day-to-day life. Overall The Clubhouse really changed my perspective on how life and people are, and I'm truly grateful for the program and everyone working in and towards a better future with it."

—Lucas S., Aberdeen High, Class of 2024



45

Adolescents
served through
The Clubhouse

23

Aberdeen Middle
School Roots
Project Students

18

Aberdeen High
School Roots
Project Students



THE ROOTS PROGRAM

Established in October 2023, The Roots Program by Ashley represents an in-school, peer-led program with the primary objective of strengthening and enhancing the resilience of students. This program achieves its goal through deliberate interactions with trained professionals who possess personal lived experience and a deep understanding of the challenges faced by young individuals raised in environments affected by substance use disorders (SUDs).

The program is currently being implemented in two local schools, Aberdeen Middle School and Aberdeen High School, with the aim of providing education and early intervention for students who have direct experience with immediate family members, or themselves, dealing with SUDs. This initiative underscores Ashley's commitment to proactively addressing the unique needs of young individuals facing the complexities of SUDs in their families.



PROGRAMMING

- » Individual and Group Peer Support
- » Healthy Relationships Workshops
- » SUD Education (vaping, marijuana/ cannabis, edibles, etc.)
- » Conflict Mediation
- » Life Skills
- » Incentive-Based Programming
- » Financial Management Education
- » Career Support
- » Scholarship/College Prep Support and Navigation

As a graduate of Aberdeen Middle and High, it has been an incredible honor to serve our community through the Clubhouse and the Roots Program, because I too have been impacted by the disease of addiction as an individual and family member. Substance use and overdose related fatalities have ravaged our community for far too long. Since graduating in 2011, I have watched many of my friends and former classmates lose their battle with addiction. Through the Roots Project, we strive to create intentional interactions between students and individuals in recovery from substance use in order to break generational cycles and heal our community.

-Marcus Webster, Aberdeen High, Class of 2011



“...Addiction is in every community. I have seen the impact of this on students who attend AHS. Having Joey here to help the students who are impacted by addiction is imperative. We cannot lose Joey or The Roots Program. Teachers and counselors would not necessarily be in a position to disclose whether or not their lives have been impacted by addiction even though it is a reality for many. Students here need someone to connect with about this life-altering issue. Addiction is the hidden plague for so many in our community. It impacts our students in ways that cause them to miss school, perform below their ability, and lose hope. Please help us keep Joey and the Roots program at AHS, we desperately need it here and it is 100% impactful.”

-Aberdeen High School Counselor

ALUMNI SPOTLIGHT



From left to right: Milbrey J., Dwayne H., Racheal T., and Carl M.

"THERE IS MAGIC OF
AN EMOTIONAL AND
SPIRITUAL NATURE
HAPPENING ON THOSE
SACRED GROUNDS."

RACHEAL T. /CLASS OF 2020

Share with us your recovery journey at Ashley and what has resonated most throughout your recovery?

When I arrived at Ashley on April 29, 2020, I'd never tried to get sober before and all I knew was that any sense of happiness I thought I had would soon become a thing of the past. I couldn't have been more wrong. The authentic joy and laughter I experienced was among the greatest surprises of my life. The restoration of my spirit and the emotional healing that occurred in just a few weeks have been lasting and profound for me. Throughout the campus, we often see and hear "Connection is the key to recovery." This deep truth was instilled in me at Ashley and continues to resonate with me on a daily basis.

What makes Ashley special to you?

It's hard to describe what makes Ashley so special. The love and compassion Father Martin and Mae Abraham founded Ashley with feels like it was planted in the soil and nourishes everyone there still. There is magic of an emotional and spiritual nature happening on those sacred grounds.

Why do you donate to Ashley?

I give to Ashley from a place of deep gratitude. My hope is that the compassionate and exceptional treatment I received is experienced by all patients who drive down the long and winding road to Ashley.

What impact has the Virtual Alumni Chapter had on you and your recovery?

Being a member of the Virtual Alumni Chapter of Ashley has been truly life-defining for me and is at the core of my life in sobriety. I joined the thrice-daily meetings immediately and have never missed a day since. I've learned what it means to live in service and have served in many different positions for the Chapter. But above and beyond that, the Chapter keeps me rooted in connection. The fellowship and connections I've made there enrich my life everyday. Our shared experiences of being at Ashley create a bond that deepens as we continue our recovery journeys together.

A YEAR IN REVIEW

Calendar Year 2023

OUR IMPACT

1,307

LIVES TRANSFORMED

140

SCHOLARSHIPS AWARDED

39

YOUTH SERVED

96% SAID WE PROVIDED THE
TOOLS TO ASSIST THEM IN
THEIR RECOVERY

YOUR IMPACT



FUNDS
RAISED



AVERAGE
GIFT SIZE



UNIQUE
DONORS

OUTCOMES

OUTPACED THE NATIONAL AVERAGE IN GROWING

RESILIENCY

QUALITY OF LIFE

SPIRITUALITY

THROUGHOUT TREATMENT

2024 GOALS

- » Grow impact by 10%
- » Double our investment in family programming
- » Make telehealth services available to all MD residents

FINANCIAL HIGHLIGHTS

Fiscal Year 2023

REVENUE

FY 2023

PATIENT SERVICE \$27,587,498

FUNDRAISING \$1,952,182

INVESTMENT INCOME \$4,557,550

OTHER REVENUE \$1,431,256

TOTAL REVENUE \$35,528,486

EXPENSES

FY 2023

PROGRAM SERVICES 77%

MANAGEMENT + GENERAL 19%

FUNDRAISING 4%

