



GRANITE
WELLNESS CENTERS

45 Years of Service

2018-2019 ANNUAL REPORT

Grass Valley
Auburn
Lincoln
Roseville
Kings Beach
Truckee

A Local Solution For Today
A National Model For Tomorrow



MESSAGE FROM CEO

Dear Friends,

This year has marked tremendous change for Granite Wellness Centers (GWC), formerly Community Recovery Resources (CoRR).

Change, though, is a hallmark of this organization, a constant in our 45 years of continuous service. Maya Angelou wrote: "Do the best you can until you know better. Then when you know better, do better." As we face one of the greatest threats to our community's welfare, Granite Wellness is committed to doing the best—and then doing better.

We recognize that more needs to be done, more resources mobilized, more people educated, more access created to change and save lives of individuals and families threatened by substance use disorders.

We embraced a new name this year that is more reflective of our expanded services, and unwavering commitment to the wellness of children, families, and communities. **Granite** represents the strength we recognize in the individuals, families, and communities we serve, and in our partners. **Wellness** affirms that our mission is not only to support reduction of problematic substance use, but also to prevent it from ever beginning by supporting resilient children and teens; to promote physical and mental health, improved family and community connections, and support people to find meaning and purpose in their lives to be contributive citizens. **Centers** reflects not only multiple service locations, but a range of services and opportunities offered at each location.

Granite Wellness is at the forefront of an epidemic that touches everyone in our community, and we are prepared to continue standing strong in the face of the tremendous challenge presented by substance use disorders. As our Surgeon General noted, "most Americans know someone with a substance use disorder, and many know someone who has lost or nearly lost a family member as a consequence..."

As I write this on a beautiful Fall day, I hear a child's voice outside. I can look out and see a toddler with his mom, pointing a chubby finger at an Autumn leaf. He's safe. She is peaceful. There is so much strength and hope in this moment. We know that there are many unhappy endings though; too many Americans losing their sons and daughters, partners, friends.

We are here to change that because we believe in the value of life, and we know for sure that there is reason for hope.

You become part of the solution! Please take a few minutes to check out what's happening at Granite Wellness Centers in this annual report, and through your donation, or by being a conduit for life-saving information for someone who needs it, you too can be a part of strength and wellness.

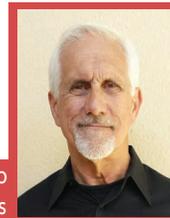
In gratitude,




Ariel Lovett
Chief Executive Officer




Warren Daniels
CEO - GWC Foundation

Steve Martino
President - Board of Directors

FROM VISION TO REALITY: 45 YEARS OF SERVICE TO PLACER AND NEVADA COUNTIES

Incorporated as Nevada County Council on Alcoholism (Nevada County) and Sierra Council on Alcoholism (Placer County).

Adolescent program takes shape as organization begins working with juvenile hall and schools.

Transitional housing idea becomes reality.

Sierra Council and Community Recovery Resources (CoRR) merge.

Successful capital campaign generates nearly \$2 million in donations to support The Campus and the community celebrates 5 years of life saving services.

1974

1984

1996

1998

1999

02/03

2011

2012

2017

18/19

Both organizations become part of a new state project, Senate Bill 38, which provides alcohol information and education for those convicted of driving under the influence.

Both organizations begin their first outpatient programs and residential programs; Hope House opens as one of the only places women can come into treatment with their young children.

Nevada County Council on Alcoholism becomes Community Recovery Resources (CoRR).

As a merged organization now serving Placer and Nevada County residents, CoRR opens the doors of the Campus, a \$10 million dollar facility in Grass Valley. This state of the art facility is made possible through US Dept. of Agriculture funding and generous donors.

With significant growth and services helping thousands monthly in Placer and Nevada Counties, CoRR rebrands as Granite Wellness Centers (GWC) to better communicate the strength of the continuum of care GWC provides to the community.

A NEW CHAPTER



A MODEL FOR HEALTHY COMMUNITIES



Getty Images

It is official! Community Recovery Resources (CoRR) is now Granite Wellness Centers (GWC). What motivated the change? Our mission and vision to provide a current model of care that offers a full array of recovery services in a sustainable way that promotes wellness for our clients and community. The name change reflects the recognition that Granite Wellness provides not only treatment and recovery services for substance use disorders, but an array of outreach, education, prevention, and treatment services promoting wellness for individuals, families, children and communities.

Why Granite Wellness Centers? When we think of the word granite, things that come to mind are **foundation and strength**. At Granite Wellness Centers, we believe these characteristics define who we are as an organization to help individuals and families build a strong foundation that will support growth in wellness. Granite is strong, reflecting the strength we recognize in the people we serve, and our communities. We encourage people to dig deep within themselves, and find that solid inner tenacity. We appreciate diversity and unique strengths and challenges of each individual and family, but we believe that one thing that unites us all...is that we are so much stronger than we think.

Even though the name has changed, our commitment to offer a system of care that focuses on preventing substance use disorders from developing, and promoting recovery from substance use disorders and related behavioral health problems, remains the same. What is wellness? Our definition of wellness includes preventing and resolving alcohol and other drug related problems, establishment of a meaningful sense of identity, improvement of overall physical and mental health, maintenance of healthy relationships, and a renewed sense of life purpose. Granite Wellness Centers embraces a whole-person approach in treating substance use disorders, related addictions, and associated behavioral issues...with a primary focus on the family system. Granite Wellness is not only about recovery but about individual, family and community wellness with the focus of addressing one of our community's most pressing challenges—substance use disorders—through a strong continuum of prevention, early intervention, treatment, and after-care support.

This holistic approach to recovery and wellness means offering our clients a full range of services to support complete and lasting wellness. Granite Wellness Centers offers a high quality, structured, personalized array of services to each client and their family. In collaboration with each client, an individualized, asset-based treatment, wellness, and aftercare plan is developed and implemented to create the greatest opportunity for success.

2018-2019 PROGRAM OVERVIEWS AND HIGHLIGHTS

The mission of Granite Wellness Centers (GWC) is to “**promote wellness and quality of life.**” Since 1974, Granite Wellness has evolved and expanded to address community needs. We are a nonprofit serving approximately 4,000 clients and their families each month with comprehensive services to prevent and address substance use disorders and related behavioral health issues. We serve Placer and Nevada Counties with service sites in Kings Beach and Truckee, Grass Valley, Auburn, Lincoln, and Roseville.

Granite Wellness Centers embraces a whole-person approach in treating substance use disorders and associated behavioral health issues with a primary focus on the family system. Services include outpatient counseling (adults and adolescents), education classes (including DUI), withdrawal management and residential treatment, medication assisted treatment, recovery residence housing, child development programs, and ancillary services including anger management, parenting classes, and children’s programs. Granite Wellness also serves as fiscal agent for and committed partner to prevention with The Coalition for Auburn and Lincoln Youth and The Coalition for Nevada County Youth.

Some of our highlights from fiscal year 2018/2019...

RECOVERY RESIDENCES

Granite Wellness Centers knows that a positive living environment, that supports recovery and helps people build a solid foundation, is essential for long term success. In recovery residences, clients have the opportunity to set and achieve life goals. Our recovery residences provide a clean and sober living environment that supports residents as they are establishing a healthy and stable life. **During fiscal year 2018/2019; 190 men, 189 women, and 81 children lived in Granite Wellness recovery residences as they found stability in their lives** (107 men, 99 women, and 37 children in Nevada County and 83 men, 90 women, and 44 children in Placer County). **These figures reflected GWC serving more children than ever.**

RESIDENTIAL

Granite Wellness Centers provides a safe environment to foster growth and positive change for men and women to begin their journey to recovery and wellness. Our residential programs offer an asset-based treatment and wellness plan to create the greatest opportunity for success for each individual. Residential treatment and withdrawal management provides intensive support to begin the journey to recovery through individual and group counseling, family support, recreation and exercise, and case management services to enhance success and health.

Granite Wellness Centers supports 87 beds of residential treatment for adult men and women:

- Auburn Campus Residential: 28 beds for adult men and women
- Grass Valley Campus Residential: 40 beds for adult men and women, and women with children
- Lovett Campus Residential: 19 beds for adult men and women

During the fiscal year 2018/2019 Auburn residential served 177 men and 118 women. Our Grass Valley residential served 240 men and women total.



OUTPATIENT TREATMENT & PROGRAMS

Granite Wellness Centers works with approximately 1,900 people enrolled in our programs at any given time— step-by-step, moment-by-moment, one day at a time. Primary outpatient treatment programs in Truckee, Kings Beach, Grass Valley, Auburn, Lincoln and Roseville provide counseling, evidence-based curriculum and support to men, women and teens. Intensive outpatient programming supports a higher level of care. Specific programs include:

- The Mothers in Recovery Program, supporting pregnant and parenting women
- Adolescent programs for teens
- Driving Under the Influence (DUI) education

The Mothers in Recovery Program offers specialized support for pregnant and parenting women. Every day the staff at Granite Wellness Centers stands together for the empowerment and dignity of women and families. Mothers in Recovery program contributes to restoring confidence, strength and health as women learn practical living skills and overcome trauma. **This past year 194 women (61 women in Grass Valley, 59 women in Auburn, and 74 women in Roseville) found support to be clean, strong, and healthy women and mothers.** Across the programs, 56 moms were reunited with their children as they demonstrated the health, strength, and parenting capacity for children to live with them following Child Protective Services intervention. These children are now growing up in homes with moms who are present and healthy.

The Adolescent Program provides life changing help to teens with substance use and emerging mental health issues. GWC worked with 59 teens in Nevada County in individualized programs and served 184 teens in local high schools. Within Placer County, we served 70 teens in outpatient programs at Granite Wellness sites and reached 201 teens in the high schools. **In total, Granite Wellness Centers provided tools and techniques to empower 514 adolescents** to handle challenging family and social situations, address trauma, understand themselves better, and learn new ways to live free of alcohol and other drugs.

The DUI Treatment Program is provided by Granite Wellness Centers as a licensed provider by the DMV and State of California's Department of Alcohol and Drug Programs and services first – and/or multiple – offenders. With the goal of community safety, GWC's DUI program is designed to encourage participants to change attitudes and behavior. DUI programs consist of face to face sessions, education sessions, and group sessions. Counselors bring compassion to the program along with serious discussions and clear learning goals. **During fiscal year 2018/2019, Granite Wellness Centers helped 1,705 DUI clients in Placer County and 625 in Nevada County.** GWC's DUI classes address effects of alcohol and/or other drugs on the body, both physically and mentally, DUI laws, drunk driving, theories of addiction, and methods of preventing another DUI.

CHILD DEVELOPMENT

Granite Wellness Centers began our child development program to reduce barriers to accessing treatment for parents by providing safe, onsite care for their children. However, we quickly realized that we had a very important opportunity to intervene and support the development of young children who have experienced inconsistent parenting, at best, and in many cases trauma, neglect, and abuse. Our child development program is designed to support young children whose parent or parents (usually a single mother) are in treatment for a substance use disorder.

The child development program provides quality care and a nurturing, safe and loving environment for young children. Little ones in our program find security (they have often lacked), nurturing, and fun. For children ages 7-12, Granite Wellness Programs offer educational support groups to help them to understand addiction and how to make healthier choices for themselves. This program provides lessons on developing life and coping skills, in a fun and entertaining way appropriate for young children. They will learn to ask for help while also giving and receiving support for one another. Child development programs utilize Ages and Stages Questionnaires, an evidence-based assessment to ensure age-appropriate development. GWC provides programming at our Grass Valley, Auburn, and Roseville campuses.

This past year, 211 children found fun and love in Granite Wellness programs (144 children in Nevada County and 67 in Placer County). The program also provides opportunities for parents to engage with their children, and learn developmentally appropriate practices. Educated and experienced staff ensure that parents can see firsthand how important a safe, stable environment is for the growth and development of their children.



YOUTH PREVENTION

Granite Wellness Centers recognizes that a key priority to prevent and address substance use disorder is to connect with and provide support, education and access for youth and families to help shape a community where children grow up free from substance use. Partnering with local community members and organizations from key sectors of the community such as schools, law enforcement and healthcare, the **Coalition for Auburn and Lincoln Youth** and the **Coalition for Nevada County Youth** were formed to do just that. Over the past year, these prevention coalitions have reached more than 3,600 youth with alcohol and other drug prevention education and activities in Placer and Nevada Counties.

Coalition for Auburn and Lincoln Youth (CALY) - The Coalition for Auburn and Lincoln Youth (CALY) is a collaboration between community members and organizations focused on preventing youth substance use. CALY brings together Placer County parents, grandparents, youth, educators, health professionals, law enforcement and more. Their goal is working together toward a shared vision that young people in Auburn and Lincoln are free from substance use and have every opportunity to grow up healthy and with a positive vision for their future. The Coalition for Auburn and Lincoln Youth established a mission to work with communities to prevent youth substance use, promote healthy environments, and support promising futures.

Coalition for Nevada County Youth (CNCY) - The Coalition for Nevada County Youth (CNCY) is a collaborative of community members and organizations focused on preventing youth substance use. Established in 2005, CNCY has a long history of success with Nevada County parents, youth, law enforcement, healthcare professionals, youth serving organizations, and schools working toward a shared vision of healthy and resilient youth who are free from substance use. CNCY's mission is to empower the community to prevent youth substance use and promote wellness through action, education and collaboration.



INNOVATIVE PARTNERSHIPS

Granite Wellness is making a difference in our communities, and we know we can't do this alone. We also know we can't use the same old thinking to solve new problems. This year, key partnerships are driving successes:

- With the Grass Valley Police Department, Hospitality House, and Dignity Health, Granite Wellness has created unique, rapid access to treatment and support for people who are homeless and experiencing substance use disorders and related behavioral health issues.
- With Sierra Nevada Memorial Hospital and Nevada County Behavioral Health, Granite Wellness navigators prioritize people at greatest risk and those with opioid use disorders to access treatment and social services.
- Granite Wellness served over 800 people with medication assisted treatment as a spoke with the Department of Health Care Services Hub and Spoke system with Aegis treatment centers. With these and other partners, Granite Wellness has made hundreds of naloxone (a life-saving overdose reversal medication) kits available in Placer and Nevada County communities.
- With Placer County Probation and Placer County Health and Human Services, Granite Wellness delivers an ACTion Team program. This innovative approach successfully reduces criminal justice recidivism by supporting young people ages 18-32 who have substance use or mental health issues with individualized, wrap-around service and connections to support housing, employment, and overall well-being.
- With nearly 20 schools, and juvenile detention centers in both Placer and Nevada Counties, Granite Wellness provides supportive intervention services for teens.



SUSTAINING THE MISSION

Our mission is to **“promote wellness and quality of life”** by supporting the communities we serve with a full spectrum of wellness-focused programs to reduce the social, health and economic impact on families and children from all types of substance use disorder and behavioral health issues.

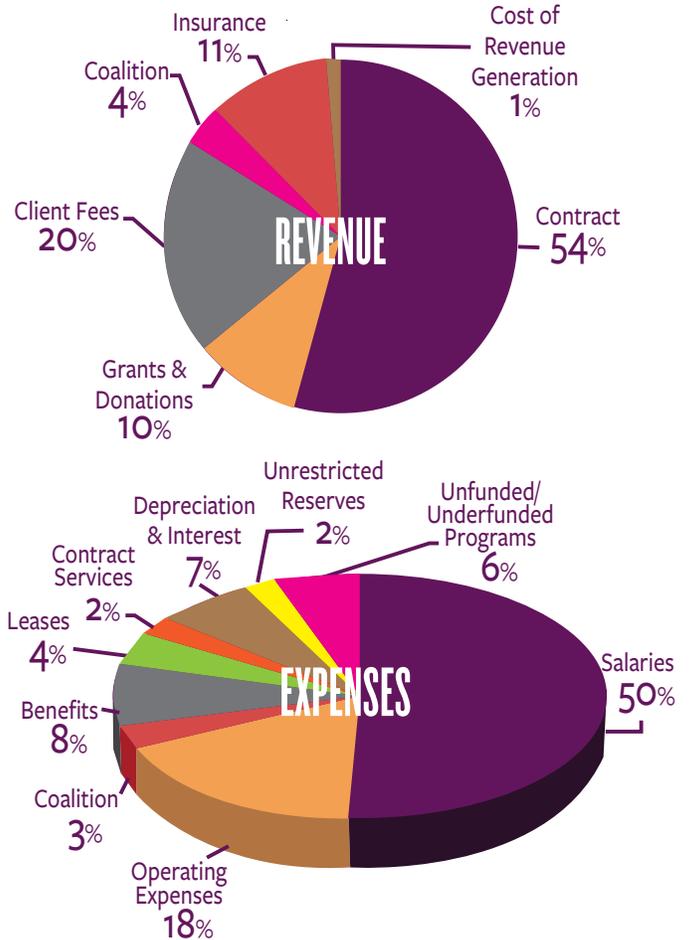
Granite Wellness Centers leverages public and private funding through contracts, insurance revenue, fees, grants, and donations to maximize our outcomes for families and communities.

REVENUE

Contract	\$5,227,719.73
Grants & Donations	\$965,651.22
Client Fees	\$1,962,556.13
Coalition	\$367,155.32
Insurance	\$1,083,329.44
Cost of Revenue Generation	\$115,597.76
Total	\$9,490,814.08

EXPENSES

Salaries	\$4,996,193.38
Operating Expenses	\$1,752,041.77
Coalition	\$267,427.24
Benefits	\$751,999.86
Leases	\$426,023.96
Contract Services	\$228,003.60
Depreciation and Interest	\$689,004.38
Unrestricted Reserves	\$196,081.32
Unfunded/Underfunded Programs	\$576,201.21
Total	\$9,490,814.08



DONOR SPOTLIGHT

At Granite Wellness Centers, we could not achieve our goals without the generosity of our amazing donors. Thank you to those individuals, corporations, and foundations that partnered with us during the fiscal year 2018/2019 to “promote wellness and quality of life...” In future annual reports, we will be highlighting some of these wonderful donors. Please visit <https://www.granitewellness.org/donors-grantors/> to see a list of the incredible organizations that have partnered with Granite Wellness Centers.

With their gifts, our donors are promoting change, as they:

- Prevent homelessness
- Reduce out of home placement for children
- Prevent child abuse
- Prevent domestic violence
- Make our communities safer--reducing crime
- Keep families together
- Reduce unemployment, promote economically vibrant communities
- And reduce substance use disorders within all sectors of our society

THANK YOU



THE CORR FOUNDATION: SOON TO BE GRANITE WELLNESS CENTERS FOUNDATION

LEVERAGING POWERFUL OUTCOMES

The CoRR Foundation was established to ensure resources to support Granite Wellness Centers (GWC) and its goal to provide recovery and wellness programs to support individuals and families to build safe and strong communities. Even though the name will be changing to Granite Wellness Centers Foundation, the mission will remain the same. As a nonprofit organization, the CoRR Foundation is tasked to raise funds to support the mission and vision of GWC. We rely solely on the generosity of our donors to fund the critical work we are tasked to do on a daily basis. In order to meet our growing need of funding, we are creating giving levels that represent the strength of our new name. These titles also embody the courage of our clients as they begin their journey to wellness.

Named after the topography of a mountain range, from base to summit, these giving levels represent the challenging trek our clients face as they climb to victory and **conquer their summit of recovery**. Below are the names and giving levels that highlight our new structure.

SUMMIT DONOR: \$20,001 – ABOVE

PEAK DONOR: \$5,001 - \$20,000

RIDGE DONOR: \$2,501 - \$5,000

CANYON DONOR: \$501 - \$2,500

VALLEY DONOR: \$1 - \$500

The CoRR Foundation
sponsors the
ED BONNER GOLF CLASSIC
and the upcoming
GRANITE WELLNESS WINTER GALA
March 7th
at Morgan Creek Country Club
BIG DAY OF GIVING
(an online donation event)
May 7th

We are excited to roll out this new program and **invite you to become a bedrock member of one of our giving levels**. If you wish to donate, please visit www.granitewellness.org and click on the donate link or use the enclosed envelope.

If you would like a personally tailored giving opportunity, or have any questions, please contact Kevin Vasquez, Director of Development, 530-878-5166 x2316, kvasquez@corr.us

Leave your legacy with Granite Wellness Centers –
Include the CoRR Foundation in your estate plans and leave a legacy of hope.
When you make a gift, you've made an everlasting investment in your values, your hopes and your dreams.