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LETTER FROM THE PRESIDENT



Without question, 2020 has been one of the most tumultuous years of my life. We have seen social unrest and global healthcare concerns that have pushed opioid and mental health crises off the front page, but not out of our homes and communities. Addiction and mental health issues have continued to rage. The need for social distancing has fostered isolation from support systems of friends and family that can help sustain recovery and sobriety. Always, but especially this year, we must all work to encourage each other.

As we see how these challenges have impacted our global community, I am reminded of how blessed we are to be in the United States. We have abundant resources to help us as individuals and as a nation move forward. I come back to John F. Kennedy's famous quote from his inaugural address: "Ask not what your country can do for you – ask what you can do for your country."

At Cenikor, we are responding to that question. We didn't step back from our community. We stepped forward. From the beginning of the pandemic, we continued to fulfill our mission. We have maintained open admissions while adhering to CDC guidelines. We have found innovative ways to support clients. Just one example is pivoting to telehealth for outpatient services, which we learned removes barriers and increases engagement.

And we have protected one of our most valued resources: our front-line staff. We stepped up our cleaning and disinfectant protocols, which exceed CDC recommendations; we enhanced technology to accommodate for social distancing; and we added temporary commitment pay for employees.

The last few months have been unique, but all year long, every day, people walk through our doors and begin the hard work of making real changes that positively impact their lives. I applaud them. And I applaud our Board of Directors, professional and dedicated employees, volunteers and donors who make this work possible. I am humbled to work with each of you.

Thank you,

Bill Bailey, President/CEO

LETTER FROM THE CHAIR

It is a privilege and honor to have been asked to chair this board. As a member, and most recently as Treasurer, I have gained great respect for my Board colleagues. They all come to the table with expertise, great conversation and a willingness to serve.

I have always had a passion for young people. In the years I've worked with Cenikor, that passion has come to include the challenges of addiction. My heart has broken when I've talked to teens who have turned to drugs to deal with life. I have to ask myself, "How does this happen?" and "How can we help?"

Cenikor provides a place and structure for people of all ages and stages, but our clients have to come with a willingness to stay with the program, giving them self-respect and the ability to see a positive light at the end of a long, dark tunnel. I've attended Cenikor graduations where graduates have shared their stories, and their fellow residents have shouted their encouragement. I've heard graduates say, "I don't want to leave. You're my family now." They came to Cenikor broken, but they leave strong with a purpose going forward in life.

Much of this is thanks to our professional staff, the boots on the ground, the ones who carry the water. I have the utmost respect for them. Their dedication is evident in their long tenure, and since many of them came through the program themselves, they understand the clients.

In addition to staff, I look at Cenikor's many other strengths: positive growth that spans the gamut from prevention programs to help for veterans; expansions that carry much-needed services to new locations; healthy revenue streams and donations. I look forward to continuing this trajectory.

The Board will be an active part of this growth. I'm eager to build new relationships. I want the Board to meet with mayors and other officials in their respective communities to say "thank you" for their service and ask how Cenikor can be part of their city's solutions. We as a Board will open new doors.

The Board and I look forward to the future, through strength and hard work!

William Francis

William F. "Rick" Grinnan, Jr.





CENIKOR FOUNDATION

We are committed to helping people with substance use disorders and behavioral health issues through our full continuum of care. We offer a variety of programs, including Detox, Short-Term Residential, Long-Term Residential, Adolescent Residential, Outpatient Detox, Adult Outpatient, Adolescent Outpatient, Sober Living, Medication Assisted Treatment, Recovery Support Services, Youth Recovery Community and Prevention services throughout Texas and Louisiana. Our focus is to provide high-quality, affordable services to the clients and the communities we proudly serve. Cenikor is a 501(c) (3) nonprofit organization, proudly serving over 1,000 clients per week to achieve better health and better lives.

MISSION

Cenikor. A Place for Change. Providing a Foundation for Better Health and Better Lives.

VISION

Cenikor will be a leader in providing quality behavioral health care services in the communities we serve through a continuum of care for adults and adolescents.

CORE VALUES

Health and Wellness | Education | Recovery | Work | Faith | Respect | Accountability



LEADERSHIP

EXECUTIVE LEADERSHIP

Bill Bailey - President/CEO
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Kellee Webb, SPHR - Vice President, Chief Human Resources Officer
Amy Granberry - Vice President, Client Engagement & Recovery Management
Angel Hull, Ph.D., MSSW, MBA, PMP - Assistant Vice President of Clinical Services
Eugene Hall, Jr. - Senior Regional Director - South
Eric Jeter - Senior Regional Director - North

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Amarillo, TX

Detox/Short-term Residential Long-Term Residential

Elishia Hoots, BAAS, LCDC - Senior Manager

Austin, TX

Detox/Short-term Residential Debra Townzen, LCDC - Facility Director

Corpus Christi, TX
Detox/Short-term Residential
Long-term Residential
Courtney Schroeder - Facility

Director Crystal Aguilar, LCDC - Senior Manager Fort Worth, TX
Long-term Residential
Don Goad, LCDC - Senior Director

Houston, TX Long-term Residential

Kimberly Reaves, BAAS, LCDC-I - Facility Director

Dwayne Parr - Senior Business Manager

San Marcos, TX
Prevention Services
Carla Merritt, LMSW, LCDC, CPS Senior Manager

Tyler, TX
Detox/Short-term Residential
Keisha Morris, LCDC - Senior
Manager

Waco, TX
Detox/Short-term Residential
Stacie Woodall, MCJ, LCDC - Facility
Director

Baton Rouge, LADetox/Short-term Residential
Scott Shaheen - *Program Director*

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Teri Holtkamp
Tom Thomas
Gordon Harriman

Baton Rouge, LA Dr. Susan Thornton Patril Young Miles Williams Dianne Andrews Treasure White Carlos Daniels Eric Bertolet



Real change starts here. We've seen it for more than 50 years. Clients who come to us with a true desire will make positive changes. As Board Chair Rick Grinnan says in his letter, Cenikor provides the place and the program, but clients must be committed to doing the hard work. They are more than success stories; they are people with a bright future.

In 2020, the idea that real change starts here took on new meaning. We experienced unprecedented challenges: a novel coronavirus turned into a global pandemic, economic issues arose from closed businesses and lost jobs, and the need for racial justice was never so evident.

The pandemic wasn't just a healthcare crisis, it created a perfect storm for people with addictive and mental health issues. Though numbers are not readily available, social isolation and financial stresses undoubtedly led to increased substance use issues. Cenikor's leadership team

and staff were nimble and creative in meeting these challenges.

The Call Center never slowed down. Fourth quarter calls (April-June 2020) were up 21.5 percent over third quarter (January-March 2020). Admissions continued, with same-day entry when possible, and the Foundation found ways to help the newly uninsured. Facilities met and exceeded CDC guidelines for dealing with COVID-19. Within 72 hours, outpatient services went from bricks and mortar to telehealth, increasing accessibility and decreasing barriers. As one proud employee said, as the world closed down, "we stayed open and kept helping people."

"I am extremely proud of the Board's support and our staff's creativity," Bill Bailey, President and CEO, says. "Distance outpatient care via telehealth is just one of the blessings to come out of this unusual time. Economically, we found ways to work with prospective clients and rewarded dedicated employees with a temporary pay increase. And in addressing our diversity, we grew stronger as a Cenikor family."

Under Bill's direction, Angel Hull, Assistant Vice President of Clinical Services; Eric Jeter, Senior Regional Director; and Joseph Whitaker, Director of Nursing, immediately prepared pandemic protocols.

Earlier in the year, Cenikor had started preparing for a shift in Louisiana. The state expanded Medicaid coverage, so more treatment options were available; and criminal justice reform changed sentencing for drug charges to include diversion programs and shorter probation periods. Fewer people were seeking long-term therapeutic community treatment.

Close on the heels of these changes, Mardi Gras celebrations spiked COVID-19 cases. Cenikor's Baton Rouge Facility suspended long-term



treatment as it protected the virus-affected and transitioned clients to other Cenikor facilities or other programs. Some clients graduated.

Carla C., a
2015 Baton Rouge long-term program graduate,
was devastated when she heard the news.
"There is only one thing certain in life, and that's
change! I witnessed the long-term program's
struggle with a sense of hopefulness and faith.
Unfortunately, a business cannot survive on pure
love for the recovering addict alone. I learned
acceptance from Cenikor, so I am comforted to
know people can find help in our other facilities."



"We applaud Louisiana's criminal justice reform and Medicaid expansion," Bill says, "and we remain committed to recovery efforts in the state." The Baton Rouge facility continues to provide detox and residential short-stay treatment.

In Texas, the Foundation concentrated on dealing with COVID-19 and racial inequity.

"There was never a doubt the pandemic could be deadly, but the epidemic of addiction is an equally dangerous disease. It was important for Cenikor to make good decisions," says Eugene Hall, BS, LCDC, Senior Regional Director-South. "We had to figure out how to work around the virus to stay open. We could not stop providing our services. Over 1,000 centers have closed nationwide since March, but we kept our doors open.

"Yes, we had to adapt and change, but Bill Bailey is a formidable leader. With him at the helm, Cenikor continued to change lives."

As an example, Cenikor's Houston Facility in Deer Park is licensed for 244 detox, short-term and long-term clients. It has almost one hundred employees. Staff quickly began new protocols that included all the regular activities of recovery and work.

"In a close environment, making changes requires buy-in," Eugene explains. "We excluded visitors and made and wore masks. We increased our cleaning routine and included disinfectant fogging. We established multiple meal times and reduced the size of clinical groups to adhere to social distancing guidelines. We checked temperatures twice a day. I'm proud to say that in all locations, staff and clients worked together. We continue to be proactive."

The Fort Worth Facility, a 200-bed long-term therapeutic community, was soon affected. Don Goad, BS, LCDC, Senior Director, calls it "the biggest learning experience of my life. We were working through unprecedented times, while the end-game was keeping our employees and clients healthy.

"Thanks to the protocols and leadership's accessibility, when I needed answers to important questions, I had them. We learned to quickly identify symptoms and isolate the person. We sanitized every surface four times a day and checked temperatures twice a day. We used an atomized sanitizer with a medical-grade anti-viral solution every day. Now this is our daily routine."

with what they're going through."
Throughout the pandemic, Cenikor's preemployment program at long-term facilities has not stopped. Pre-employment trainees' responsibilities are considered essential, so they continue to work with Cenikor business partners. Many of the partners have adopted Cenikor's sanitation protocols, and all depend on their Cenikor workers.

"I've been with Cenikor eight years, and I've never been so proud of this company," Don continues. "Leadership moved quickly to offer staff a pay incentive. That made a huge difference for my employees. At the same time, my staff pulled together to care for our clients. They are my heroes.

"In every challenge lies an opportunity. I got to see my staff and clients in a new way. I don't want to relive it, but it gave me a new perspective on what we do and the people we do it for."

The Tarrant County Medical Director was

Operations Updates in Response to COVID-19 Pandemic Learn more at www.cenikor.org/operations-update Daily Temperature Checks of Staff, Clients and Visitors Masks Required of Everyone Entering the Facility Increased cleaning and sanitation procedures Temporary suspension of visitation during high risk seasons and limited visitation with screening

Client engagement was key. Not only did clients assume the new cleaning responsibilities, except for isolation rooms, they adapted to the new clinical environment. "Maintaining a therapeutic community while social distancing is a huge challenge," Don says. "Our clients have lost many of their favorite activities like camping and softball. More to the point, they have dealt with the pandemic at the most difficult time of their lives. As a person in recovery, I can sympathize

so impressed with Cenikor's protocols, she recommended them to other congregate facilities in the county. Tarrant County wasn't the only benefactor of lessons learned in Fort Worth. Don and his team were ready: "I would not have chosen to be the testing ground for COVID-19, but I'm happy to share solutions."

Tyler Inpatient and Outpatient programs were next. In June, one staff member tested positive;

over the weekend, others developed symptoms. "My clinical team meets each morning to plan the day," Keisha Morris, LCDC, Senior Manager, says. "All of a sudden, only my nurse and I were in the room." Clinical services could not stop, so Keisha led counseling sessions. Counselor Ross Brooks arrived on loan from the Fort Worth Facility, and Eric Jeter arranged for psycho-education classes to be taught over Zoom from the Austin Facility.

Cenikor's enhanced internal communication technology has been very useful. Teams Meetings via computer provide real-time, face-to-face communication. "It's faster than waiting for an answer to an email," Keisha says. "And it offers more clarity."

Everyone in the Foundation rallies when needed. "Bill Bailey asked what he could do to help. I said I needed BHTs [Behavioral Health Techs], knowing they aren't easily found. Bill showed up! For two days, he was our BHT – answering phones, conducting room checks and helping in the kitchen. Cenikor folks pull together and never waver."

Bill wasn't the only executive to jump in. Virtually every member of the Leadership Council has served in facility staff positions.

From the start, when health officials recommended guidelines, it quickly became evident social distancing would be problematic for outpatient services. During stay-at-home orders, attending meetings was impossible. The leadership team began exploring the viability of virtual services.

Meanwhile, in Killeen, Texas, Felix Rubert, M.Ed., LCDC, Lead Counselor for Central Texas, had recently been certified in telehealth counseling at the recommendation of a mentor. Within three days of the first discussion in Houston, telehealth was an indispensable part of Cenikor's outpatient services. Felix conducted his first online group meeting on March 24.

"Cenikor is excellent at filling gaps," he says. "Our leaders immediately knew we could make this

work. It has tremendous benefits."

Transportation and distance have always been barriers to consistent outpatient participation. After a workday, the idea of driving an hour to attend a three-hour group session, is less than appealing. Even for people who live nearby, transportation can be an issue. Not anymore.

Video or voice participation also levels the playing field. "Some people are socially awkward or feel shame or fear about sharing in a group. Now our clients are participating fully. They are engaged."

Virtual outpatient services offer individual and group sessions, and all Texas locations can refer as part of ongoing services. Clients attend an initial in-person meeting for an assessment and orientation. If someone prefers face-to-face sessions, all the precautions are in place.

Felix says. "We may sit down separately, but we still come together."

The Prevention team has stepped in to complete Cenikor's continuum of care. Team members work closely with the Access Center to provide follow-up calls to clients who have completed or left a program. They answer questions, share information and resources and look for ways to keep the client engaged.

In its Prevention role, the team in San Marcos teaches its clients – from elementary age through adulthood – to pause and adapt when life throws a curveball.

When the pandemic happened, that's exactly what the prevention specialists did. Their normal settings of classrooms and community events were no longer available. So, they paused and asked themselves how they could continue to care for students and parents. Schools were wrestling with the same questions.

Carla Merritt, LMSW, LCDC, CPS, Senior Prevention Manager, says the school district's online platform, the San Marcos Rattler, provided the first solution via Zoom. "We asked parents, 'How are you coping now that you're teachers?' We shared ideas for self-

care."

Prevention team members had similar conversations with middle school students, teaching them mindfulness and coping skills.

As summer approached, the team deepened existing community partnerships and initiated new ones to reach young people who are unaccustomed to isolation. Through a long-established relationship with the San Marcos Housing Authority, Cenikor provided clients with weekly packets of resource information and a family activity kit.



"One week, for example," Carla explains, "we borrowed an idea from Amarillo's Prevention Manager, and focused on gratitude. The kits included a plastic container and paper for family members to write their thoughts and fill their own gratitude jar.

"Prevention is all about giving families the tools they need to cope and be healthy. In a perfect world, Prevention Services would put our treatment centers out of business. The reality is, we are providing essential life skills. And hope."

Meanwhile ...

George Floyd's death at the hands of police officers affected every American. It was especially hard for Eugene Hall. He and George had family ties, went to the same high school and were from the same community.

"His death hit home," Eugene says. "Everyone needs a safe place to share their feelings, and I had that at our Leadership Council meeting. I felt compelled to share, and it opened the floodgates. African-American mothers shared their fears for their sons. Love poured out of the people in that room. It was cathartic – a totality of trust and openness."

Keisha Morris was in the room. She carried the conversation back to Tyler as a teambuilding tool. "My staff is very diverse, and they are proud their Leadership Team is not afraid to have hard discussions."

"We also took the conversation to our clients," Eugene continues. "Anything swept under the rug builds negativity, so we took it out from under the rug. People hold different perspectives, but prejudices and opinions cannot disrupt recovery. We have to be kind. We have to respect each other. Addiction doesn't have a color. Recovery doesn't have a color.

"Personally, I've never felt racial disparity at Cenikor. I've been given opportunities, but I'm not a token success story. I'm grateful."

We've heard that a lot this year. During such a stressful time, gratitude is a recurring theme. Daily, our clients remind us that Cenikor can be the difference between life and death. As he visits facilities, Bill reminds us, "Many of our clients have voiced their gratitude to be in a safe environment, focusing on their recovery. We are honored and privileged to continue being a place for change during, through and after these national crises."

"NOT ONE PIECE OF ME IS THE SAME."

At 50, Tracy D. has already lived several lifetimes.

The first one started when she was abandoned by her mother and adopted by her grandmother. She badly wanted to fit in, but instead she stood out. She describes herself as "six feet tall, red-headed and loud." Everyone knew her, but no one knew her. She struggled at home and at school.

Her next lifetime, which lasted 10 years, started when she grew into her six-foot frame. Now she used her height and long hair to be seen. She hung out in bars and never bought a drink. "My world was wrapped up in getting a man's attention. I had no boundaries." Known as Cadillac Red, she was finally somebody.

Tracy added cocaine to the alcohol, and then crack cocaine. She got pregnant, but was more interested in scoring drugs than prenatal care.

That led to the next lifetime: Houston's motel scene – a world of drugs, prostitution, crime and homelessness many cannot imagine. She was exploited and abused; and she exploited and abused the men who trusted her.

"There is nothing normal about living on the streets, selling your body," she says. She was raped, beaten, held at gun point and suffered a miscarriage. Another 10 years had gone by.

Her last arrest came on September 13, 2003. She had heard of Cenikor as she moved through the legal system. This time, she reached out. "I was done," she says. "The streets had chewed me up and spit me out. I finally made the call."

Tracy entered Cenikor's long-term program in Deer Park on October 26, 2003. She graduated on June 3, 2006, and started her next life – the best one.

But first, Cenikor had to get her attention. "I was

mad for a year. I hated myself and the world." She seemed to live in the dishpan – kitchen duty for rule infractions. "Dishpan saved my life." When she finally decided to actively participate in the therapeutic community, everything turned around. She learned to communicate, lean on a support group and practice gratitude. When she graduated the program, she walked through the door of an apartment she had furnished, independent for the first time and surrounded by a family who still loved her.

Seventeen years sober, Tracy is doing the motel scene again. But this time, she's the rescuer. At the helm of Women Motivating Women, she helps women gain independence.

She says she would never be in a place to help others, but for Cenikor. "It teaches people to grow up. It's the ideal place to work through all your junk and get back to work. Not one piece of me is the same as it was before Cenikor. It's absolutely the best program that exists. Period."



"CENIKOR SET ME UP FOR SUCCESS."

Sarah S. chose recovery because of a lot of little things and one big thing.

After seven years of addiction to heroin, she was tired. She was stuck. She had legal problems. Following her third DUI, she spent 13 months in prison.

"The judge showed me I wasn't invincible," she says. "Prison was humbling. It taught me a lot about people, but nothing about rehabilitation. Nothing about how to cope with life. Nobody there cared."

When Sarah was released, she went right back to heroin. This time she was a little more careful – she didn't drive after using. "I finally realized if I kept using, I would soon be dead or incarcerated again."

Then the big thing happened. She gave birth to a precious baby girl. "I knew if I couldn't get myself right, I couldn't care for a child."

That was in March 2020. She called Cenikor's short-term residential facility in Waco and entered two days later. She spent five days in detox, 28 days in residential treatment and continued with intensive outpatient treatment (IOP) – one of the first to benefit from telehealth.

It was hard to leave her week-old baby to enter treatment, but it was the only way forward. "Prison was forced on me. Cenikor was a choice. The people there helped me with everything from post-partum care to recovery. Cenikor set me up for success."

The learning curve was steep. "I learned the difference between healthy and toxic relationships. I learned coping skills. I learned that thoughts become feelings and feelings become actions. I learned to speak up in AA meetings because my story might save another person's life. I learned I am worthy."

IOP treatment helped Sarah transition into this next phase of life. Now she lives with her family, cares for her daughter and attends cosmetology school. One of the first to attend IOP sessions via Zoom, she takes full advantage of the opportunity. "When I get out of school at 5 p.m. and have had a bad day, it's great to jump on a meeting. Felix [Cenikor outpatient counselor] is a great guy and always helps.

"Life can still get in my way, but I'm learning to cope. It's up to me how I react to a bad day. I can pray, reach out to someone, work out, care for my baby.

"Today, I have a purpose. I have a story to tell. I have hope. I am going to do something with my life: I'm going to raise my daughter to be a respectful, beautiful young lady. She's worth everything."



"IT WAS SUPER BENEFICIAL TO SEE I WASN'T ALONE."

Bradley started drinking and smoking marijuana at 14 and was soon socially uncomfortable without it. With a fake ID, buying alcohol was never a problem. He drank to fit in and used drugs to be rebellious.

After two years of college in his hometown, Bradley transferred to Texas State University where he drank every day and used Xanax when he could. He failed a couple of classes. "Without

drugs and alcohol, I think I could have been a straight A student," he says. He drank a pint of vodka before his shift as a line cook and another pint during the shift. When he got off work, the social drinking began.

"I got scared. I knew this wasn't normal. I tried cutting back, but I couldn't. I was irritable, anxious, depressed. One day, I called my mom during a work break. I started crying and knew I needed help. The next day, we contacted Cenikor in San Marcos."

He started the Intensive Outpatient Program, but couldn't stay sober, even drinking before meetings. His counselor helped him get into Cenikor's residential program in Austin.

"In my detox bed, I started reading the AA Big Book and praying. I felt hope and joy and gratitude in a time of sickness. I met people who were down and out and knew that's where addiction was taking me. My perspective changed. I attended every class with the mindset that I was going to learn everything they had to offer. I went to every AA meeting."

Bradley finished the program and returned to San Marcos and enrolled in Cenikor's Student



Recovery Alliance (SRA). "It was super beneficial to see I wasn't alone. To connect with other college students in recovery was awesome. I was still struggling, so it was good to meet for coffee and practice socializing without drinking."

He stayed sober five months. At first, he tried regulating his drinking, which "I found out doesn't work." Over Christmas break, in his hometown, he had a scary experience with

Xanax. He's been sober since.

Back in San Marcos, he reunited with the SRA program and AA.

Now Bradley has moved to a small town north of Austin and is completing his last class online. He will soon graduate with a business management degree and wants to find a way to put it to use helping other addicts and alcoholics. He's caring for himself physically and emotionally, reaching out to his IOP counselor and diving into AA.

He encourages others to "find resources and use them. Doing it alone is what gets you in a bad place. Reach out."

"I WISH MORE VETS WOULD TRY CENIKOR."



Walter M. was not a typical client when he checked in to Tyler's short-term facility in August 2019. For one thing, he's a licensed chemical dependency counselor. For another, he'd only recently started using drugs – and for an unusual reason: he hoped it would blur his strict moral code.

Several months earlier, Walter lost his grip on reality when his brother was killed for \$13 and a pack of cigarettes. He became violent, dedicated to avenging his brother's death. Cocaine, he thought, would make him impenitent.

He believes it was God who had someone admit him to Houston's VA hospital. He was there for 21 days before his psychiatrist referred him to Cenikor's Tyler facility.

Walter had enjoyed careers in the Army and as a land surveyor before becoming a drug and alcohol counselor. After a heart attack in 2010, he worked in logistics for the Veteran's Administration. Everything went out the window after his brother's death. He became a different person.

At Cenikor, Walter knew how to fit in. He could talk the talk. That changed when he heard two women share their stories at an AA meeting.

They spoke of forgiveness. "That's when I turned a corner," he says. "I had intended to leave Cenikor and go back to Houston to finish what I started. Forgiveness changed all that."

At age 60, Walter says Cenikor taught him about life. "I had always treated life like I was running into a train. That's what using drugs is like. My counseling background gave me a good foundation. Cenikor helped me smooth out the cracks. When I allowed 'forgive' to sink in, my recovery started.

"Forgiveness opened me up. I had pretty much stopped talking when my brother died. Now I could talk again. A veil lifted. Miss Loretta [Young] had a lot to do with that.

"Counseling in the VA system keeps you in your uniform. You're always a vet. Cenikor meets you where you are. You are a person."

Today, Walter is director of a sober living house in Eustace, Texas. Working with residents is like "looking into a mirror." He uses his counseling background to help them stop chasing what they don't need. "We have to meet life on life's terms. When we need help, we need to get it. That's hard.

"I wish more vets would try Cenikor. I was used to the VA system and didn't realize how much I needed this. Cenikor saved two lives – mine and the man I was chasing."

PROGRAM DEMOGRAPHICS

DETOX / SHORT-TERM RESIDENTIAL TREATMENT

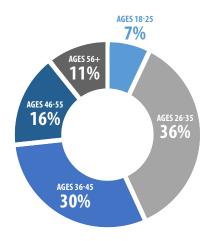
7,042 clients sought treatment from July 1, 2019 - June 30, 2020.



Cenikor offers both intensive inpatient and ambulatory detoxification to stabilize patients going through active withdrawal. This is often the first step before moving to a different level of care.



Short term residential treatment aids the client in building the skills necessary to sustain a lifestyle of recovery.



LONG-TERM RESIDENTIAL TREATMENT

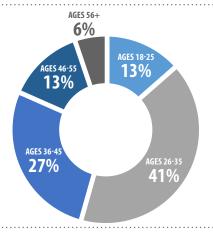
782 clients sought treatment from July 1, 2019 - June 30, 2020.



Education & Career Development



Cenikor offers opportunities for clients to learn about employment, education and pre-employment training while receiving treatment. Clients are encouraged to earn GED credentials, post-secondary education and training, and develop job readiness skills for successful employment: positive work behaviors, resume development, presentation skills, job search strategies and participate in rehearsal interviews.



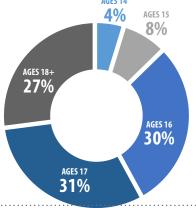
ADOLESCENT RESIDENTIAL TREATMENT

229 clients sought treatment from July 1, 2019 - June 30, 2020.



Through our partnership with Houston Independent School District, adolescent clients are able to work on their education and learn about job and other educational opportunities while receiving treatment.





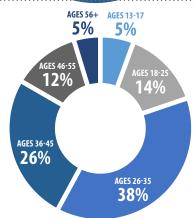
ADULT & ADOLESCENT OUTPATIENT SERVICES

1,092 clients sought treatment from July 1, 2019 - June 30, 2020.



Cenikor offers individualized treatment plans to assist clients in leading happy, healthy and productive lives. We empower clients with a variety of skills including, but not limited to, coping skills, anger management, conflict resolution, relapse prevention and aftercare. Clients are able to stay home and work while actively working on their recovery.











FULL CONTINUUM OF CARE

We are committed to helping people with substance use disorders and behavioral health issues through a full continuum of care. We offer a variety of programs including Detox, Short-Term Residential, Long-Term Residential, Adolescent Residential, Outpatient Detox, Adult Outpatient, Adolescent Outpatient, Medication-Assisted Treatment, Sober Living and Prevention Programs with services throughout Texas and Louisiana. Our focus is to provide high-quality, affordable services to the clients and the communities we proudly serve.

INPATIENT DETOX

Cenikor's Detox program provides medically supported detoxification and stabilization for adult clients going through the active withdrawal symptoms associated with a recent substance use disorder. This is a critical period in the treatment process and professional assistance is especially important. Medical support, including individualized medication protocols, is provided around the clock along with individual counseling.

Amarillo | Austin | Corpus Christi | Houston | Tyler | Waco | Baton Rouge, LA

OUTPATIENT DETOX

Cenikor's medically-supported Outpatient Detox services are available for individuals experiencing minimal withdrawal symptoms from opioids. Clients are provided with a physical exam, supervised care overseen by a licensed medical director, individualized treatment plan, medication to assist with withdrawal symptoms, counseling, orientation to support groups, discharge planning and referral during flexible evening hours.

Corpus Christi | Houston | Tyler | Waco

SHORT-TERM RESIDENTIAL

Cenikor's Short-Term Residential programs provide non-emergency care and treatment for people with substance use disorders and related behavioral health disorders. Comprehensive, individualized treatment plans include assessment, screening, individual and group counseling, life skills training and education for family members.

Amarillo | Austin | Corpus Christi | Houston | Tyler | Waco | Baton Rouge, LA

LONG-TERM RESIDENTIAL

Cenikor's Long-Term Residential program is designed for people who are physically ready, mentally capable and willing to participate in all aspects of the recovery program, including education and workforce development. Our therapeutic community (TC) model uses peer influence and clinical counseling to help clients change the attitudes, behaviors and perceptions associated with substance use disorders.

Amarillo | Corpus Christi | Fort Worth | Houston

ADOLESCENT RESIDENTIAL

Cenikor's Adolescent Residential treatment focuses on recovery for adolescents ages 13-17. Clients learn how to live with structure as behaviors and attitudes are addressed by both peers and counselors. In addition to individual, group and family therapy, teens continue their education with qualified teaching staff at an accredited school on site.

Houston

SOBER LIVING

Cenikor's Sober Living program provides a safe, supportive environment for those in recovery who are ready to reintegrate into their respective communities. We offer both men's and women's Sober Living homes, providing an intermediate phase between the controlled environment of treatment and the challenges of the real world. Sober Living provides those in recovery with essential support, structure, resources and security to take their first steps toward independence.

Waco

MEDICATION-ASSISTED TREATMENT

Cenikor's Medication-Assisted Treatment provide medically supported detoxification and stabilization for adult clients going through the active withdrawal symptoms associated with a recent substance use disorder. Psychosocial treatment, also known as behavioral health treatment, is used in conjunction with all drug therapies for opioid use disorder. Waco

OUTPATIENT SERVICES

Cenikor's evidence-based outpatient programs provide substance use disorder and behavioral health recovery services to adults on an individual, group and/or family basis. Licensed clinical staff provide comprehensive services, including screening, assessment, early intervention, recovery aftercare services and more.

Amarillo I Corpus Christi I Houston I Killeen I Tyler I Waco All Outpatient Services Provided Through Telehealth

ADOLESCENT OUTPATIENT

Cenikor's adolescent outpatient program provides treatment for those whose lives are impacted by substance use. Licensed clinical counselors conduct evidence-based outpatient group counseling programs for adolescents ages 13-17 and their families. Cenikor's outpatient satellite model makes recovery services available in underserved communities and our programs through independent school districts allow students to maintain their educational efforts while receiving quality clinical care on campus.

Houston | Killeen | Waco

PREVENTION

Cenikor's Prevention Services provide age appropriate evidenced-based curriculum to students of all ages. Students are taught the skills necessary to develop good self-esteem, resist peer and media pressure, and explore tobacco, alcohol and drug-free activities.

Amarillo I San Marcos

YOUTH RECOVERY COMMUNITY

Youth Recovery Community (YRC) is a free program for youth and young adults ages 13-21 who want to participate in fun and sober activities that promote a lifestyle of recovery from substance use. Participants will learn leadership, teamwork and social skills through community outreach events with other youth and young adults. YRC also supports the entire family in the recovery process.

Amarillo I San Marcos I Tyler



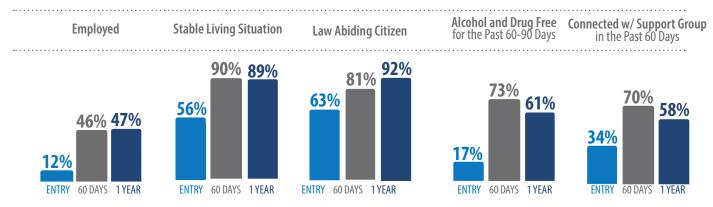




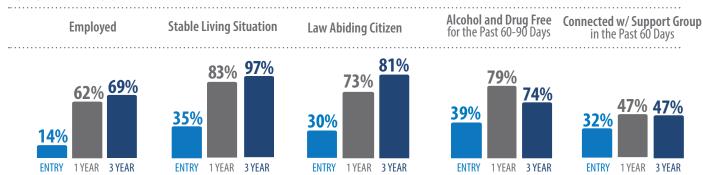
PROGRAM OUTCOMES

Data from graduates of the program between July 1, 2019 to June 30, 2020.

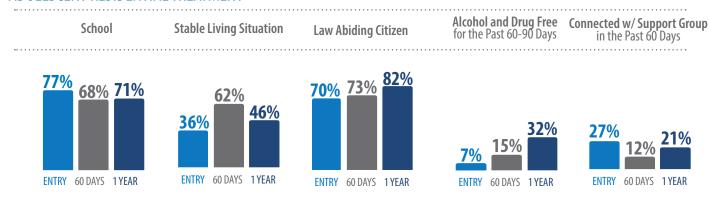
SHORT-TERM RESIDENTIAL TREATMENT



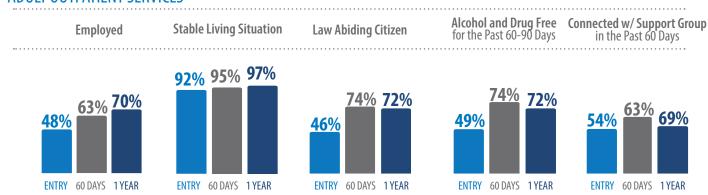
LONG-TERM RESIDENTIAL TREATMENT



ADOLESCENT RESIDENTIAL TREATMENT



ADULT OUTPATIENT SERVICES

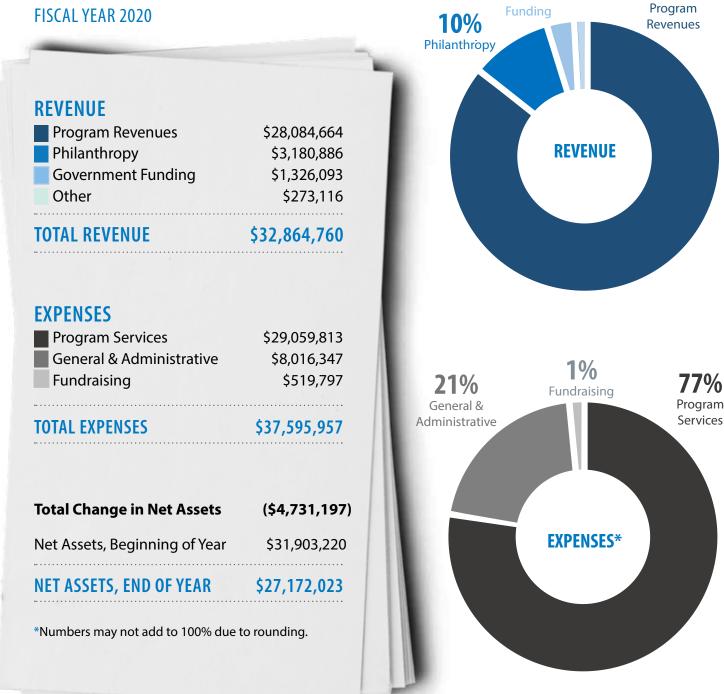


FINANCIAL INFORMATION

IN THE PAST FIVE YEARS, CENIKOR HAS HAD A 78% INCREASE IN REVENUE AND 119% INCREASE IN EXPENDITURES.

STATEMENT OF ACTIVITIES

FISCAL YEAR 2020



4%

Government

Other

85%

SUPPORTERS

Abel & Halston Reyna

Ace Roofing Inc

Albemarle Foundation

Albert & Ethel Herzstein Charitable

Foundation

Alden & Margaret Laborde

Foundation Alex Howard Alison Walker

Alliance Safety Council

Amarillo Area Foundation

AmWins Group Inc Anchor Fabrication

Baylor Scott & White Health

Behmann Brothers Foundation

Ben & Maytee Fisch Foundation

Ben E Keith Company

Bentley & Kyttie Sanford

Beth Alford

Bill & Michelle Bailey
Bimbo Bakeries USA
Blair & Dawn Lewis
BrandWood Wireless

Bruce & Ramona LaBoon
Caldwell Brokerage Company

Cato Fashions

Central Texas Food Bank

Charles W Lamar III

Christus Health Plan

CKS Packaging
CNA Insurance
Cody Cleveland

Communities Foundation of Texas

Community Bank & Trust

Connie Miller

Cox Communications

Cynthia Forster

Don Goad

Dr Jack Chelebian

Dr Joy Schmitz Dr Kelty Baker

Dr.Kent Robert &

llene Roberts Balliett

Foundation

Dr Marianne Marcus

Duane Gaither

Dugan Foundation

East Texas Food Bank

Emily Branstetter

Eric McBride

Exxon Mobil Corporation

First Bank Southwest

Frost Bank

General Plastics

Geoff Crabtree

George & Mary Josephine

Hamman Foundation

Gordon Harriman

Greater Baton Rouge Food Bank

Gulf Coast Occupational

Hawk Steel Industries Inc

Healing Place Church

Herzstein Foundation

High Plains Christian Ministries

Foundation

Houston Food Bank

Houston Livestock Show & Rodeo

Houston Methodist

Hub City Overhead Door Company

Huey & Angelina Wilson

Foundation



Interfaith Campaign for the

Homeless

Jacqueline Phillips

James Vasilas

Jason Nindorf

Jeff Bindle

Jennifer Pittman

Jeremy Montoya

John P McGovern Foundation

Jon Richards

Josephine Anderson Charitable

Trust

Julia L Baker Family Charitable

Corporation Julio Garcia

Ken Cornell

Khan Psychiatry

The Kimble Foundation Trust

King Ranch Family Trust

Kleberg Foundation

Knowles

KWS Manufacturing Company

Labatt Food Service

Lamar Advertising Company

Lamar Dixon Expo Foundation

Larry & Stacy Hobbs

Lee Bivins Foundation

Locke Lord LLP

Lockheed Martin Aero Cares

Lubrizol Foundation

Martha Clark

Mary Turner Svendson

Matt Kuhlman

Merchants Food Service

Michael Barbee Michael Weaver Mike Carlisle Morgan Norman Oakwood Village

Quality Mechanical

Red Wing Regina Witte Regions Bank Rick Fountain

Rick Grinnan Rick Shelton Robert J Allen

Robert J Kleberg & Helen C

Kleberg Foundation

Robert Stine

Ron & Kellee Webb

Ruth Olson Ryan Foundation

Ryan Specialty Group LLC

Samaritan's Purse Sandra McGlothlin Schwab Charitable Senator Willie Mount

SGS Petroleum Corporation

Sigma Consulting Group

St Phillip The Apostle Church

Staritch Foundation Inc Stephen & Rebecca Drake

Steven Palm

Stewart Baker

Suntex Boat Club & Rental

Sysco Food Services

Tarrant Area Food Bank The Ben & Maytee Fisch

Foundation

The Church United

The Ellwood Foundation

The Financial Advisory Group Inc

The Hamill Foundation

The John G & Marie Stella

Kenedy Memorial Foundation

The Lubrizol Foundation

The Ryan Foundation

The University of Texas Health

Science Center at Tyler

Tony McCormick

Trammell Piazza Law Firm

Travelers Insurance

Travis Mears

Trustmark Bank

United Way of Amarillo & Canyon

United Way of Central Texas

United Way of Greater Fort Hood

Area

United Way of Hays County

United Way of the Coastal Bend

Valero Energy Foundation

Vista Proppants & Logistics

Vivian Zamora

Walt Fair

Wes Waller

William Ferguson

Williamson-Dickie

Manufacturing Co

Winn Family Charitable

Foundation Inc

Zeff Vonkurnatowski

CONTRIBUTIONS FROM SUPPORTERS ENABLE CENIKOR TO PREPARE AND ASSIST CLIENTS TO BECOME RESPONSIBLE CITIZENS FREE FROM A SUBSTANCE USE DISORDER *THANK YOU!*



COMMUNITIES MAKE A DIFFERENCE



Become a BUSINESS PARTNER and employ our clients and graduates. 88 percent of long-term graduates are hired by our business partners.

Learn more at cenikor.org/partner-with-us



DONATE MONEY, personal hygiene products, clothing, paper goods or office supplies.

Learn more at cenikor.org/donations



VOLUNTEER OR REGISTER FOR OUR ANNUAL EVENTS including recovery luncheons, golf tournaments and our sporting clay shoots.

Learn more at cenikor.org/volunteer



TELL OTHERS about Cenikor's programs and recovery process.

PURSUING EXCELLENCE

This past year, Cenikor was repeatedly recognized for excellence:

- 4-star rating for the ninth consecutive year Charity Navigator
- 3-year renewal accreditation by the Commission of Accreditation of Rehabilitation Facilities *CARF*
- Awarded Gold level GuideStar
- Accredited Charity and member of the Better Business Bureau in Houston, Texas
- United Way in Amarillo & Canyon, Central Texas, Coastal Bend, Greater Fort Hood Area and Hays County













IN-NETWORK PROVIDERS

Aetna Behavioral Health TX | Aetna LA | Ambetter | Amerigroup/MultiPlan | Amerihealth Caritas Louisiana | APS
Beacon Health Strategies | Beacon Options - Non HMO | Beacon Value Options | Blue Cross Blue Shield | Cigna Health Spring
Cigna LA | Community Health Choice | Compsych | Dell Childrens | Driscoll | First Care | First Health | Galaxy Health Network
Gilsbar | Humana | Integral Care | Louisiana Healthcare Connect | Magellan | Molina | Right Care Scott & White | Scott & White
Sendero | Superior | Texas Children | TMHP | TriWest | United Optum | USA | USFHP

THE FOUNDATION OF OUR SUCCESS IS BUILT ON OUR STAFF

Tara Adesanya | Benjamin Agbonze | Crystal Aguilar | Tracy Aleman | Chavontreal Allen | Lisa Allen Debra Almaguer | Jackie Alvear | Stephanie Alzate | Edia Antoine | Sue Argabright | Gina Arismendez Jeanette Arizmendez | Andy Arnold | Adonia Arriola | Azusena Arroyo | Deidra Ash | Jeana Atkinson Coye Austin | Danielle Avalos | Jozuah Babineaux | Bill Bailey | James Bailey | Lisa Bailey | Shaneka Bailey Heather Baker | Archie Balay | Maria Balderas | Jeffrey Ball | Hollis Banks | Alanna Barajas | Austin Barnes Shemika Bell | Jasmine Belyeu | Jennifer Bennett | Katherine Bishop | Ronald Blanton | Eileen Bohannon Jennifer Bowen | Yulonda Boyd | Beth Brock-Strickland | Jeffrey Brooks | Ross Brooks | Debra Broussard Cherhonda Brown | Catherine Bryant | Michael Bryant | Sandy Bui | Veronica Caldera | Tanya Canto | Priscilla Cantu | Kyla Carbert | Wendell Carey | Joshua Carpenter | Tina Carter | Candillaria Cerda | Melody Chandler Keith Chapman | Monica Charles | Jeff Cherian | Kimberly Chipagua | DiShanna Clark | Martha Clark | Natasha Clayton | Erin Clifton | Christy Coffman | Shawn Conner | Erica Copeland | Claudia Correa | Rebecca Cruz Madisson Cuming | Mercedes Dantzler | Yuridia Davalos | Carrie Davis | Monique Davis | Kyle Deaver | Cody Deborde | Venita DeLeon | Ermalinda Deleon | Jeremy Dennis | Stephen Dickerson | James Dobson | Brandy Dominguez | Mike Dougherty | Patrick Dowling | Pamela Duhart | Manuel Dulanto | Ashley Durrance | Eric Eakin Bernie Espiritu | Venitta Espy | Michael Estlack | Toni Estrada | Carrie Etheridge | Jordan Evans | Latoya Evans Jason Falk | Ginna Faulkner | Dona Fazarro | John Ferguson | Johnny Fernandez | Angelica Flores | Teresa Flores John Foley | Larry Fontenot | John Forsythe | Michael Fortune | William Fox | Carl Francois | Mishown Franklin Kelly Freeman | Dana Fuller | James Fulton Jr | Carter Gabriel-Britton | Jessica Gainey | Esmeralda Gaona Kayla Garcia | Sara Garcia | Brenda Garza | Patricia Gilbert | Donovan Gilmore | Don Goad | Emily Godsey | Deborah Golriz | Alexa Gomez | Andrew Gomez | Luanna Gomez | Mario Gomez | Marissa Gonzales Samantha Gonzales | Erica Gonzalez | Monica Gonzalez | Amy Granberry | Anica Greathouse | Brandy Greathouse | Dorse Green | Kellee Green | Roger Green | Elyse Greenamyre | Ruth Gross | Linda Guajardo-White Eleny Guerrero | Connie Guilbeau | Marquita Hackett | Tenina Hadley | Glen Halbison | Christa Hall Christina Hall | Eugene Hall Jr. | Jacqueline Hammond | Ashley Hampton | Cydney Hardeman | Catherine Harder Jeanette Harmon | Kristin Harris | Tammie Hartfield | Julie Harvell | Laura Hawkins | Tracy Hawkins Tequila Henderson | Christina Hernandez | Melissa Hernandez | Stacie Hernandez | Levina Herr | Marilee Hickman | Stephanie Hilton | Katie Hire | Jennifer Hoff | Rachel Hoff | Latoya Holder | Taylor Holguin Lawerenceling Hollins | Bradleigh Hollister | Elishia Hoots | Gary Hoover | Courtney Hoskins Schroeder Angel Hull | Richard Hyman | Jarmonica Imona-Russell | Roilan Ingram | Charles Jackson Margarita Jackson | Rolande Jasmin | Lula Jeanlouis | Eric Jeter | Jocasta Jimenez | Brandy Johnson | Jeffrey Johnson | Jeremy Johnson | Bertha Jones | Lilan Jones | Simon Jones | Jessica Jordan | Pamela Karnes Tina Keathley | Soleil Kell | Esmeralda Kelly | Kandy Kennedy | Suanna Kennemer | Julie Killelea | Aisha King Laniz King | Kristin Klacik | Christina Knotts | Stephanie Kootsikas | Monique Krolak | Melissa Krueger | Shawn Krumrey | Matt Kuhlman | Grace Kulage | Alissa Lamb | Sierra Lara | Andrea Lash | Jody Lavergne | Erica Lawrence Olivia Leal | Mel'Lisa LeBen | Patrick LeBlanc | Amy Lento | Michelle Leonard | Bonnie Levy | Dionne Lewis Kelley Lewis | Marion Leykamm-Jones | Loretta Linn | Brittini Lockenour | Deborah Lodrigue | Celeste Lopez Sandra Lorden | Carly Lormand | Nancy Lozano | James Luber | Kayla Lydon | Matthew Lyon | Bea Lytle Jamie Maldonado | M'Lisa Margason | Tom Markley | Nathanial Marshall | Rosalind Marshall | Pamela Martin | Carol Martinez | Judy Martinez | Yvette Martinez | John Massie | Latandria Mayberry Hannah Mbua | Donna McCain | Victoria McCoy | Steven McFarlin | Ashley McJunkin | Mattisa McKenzie Allison McLemore | Jonathan McLoughlin | Gerry Mena | Shabrittney Menefee | Staci Mercer | Carla Merritt Clinton Miles | Courtney Mitchell | Lenora Mitchell | Pamela Mitchell | Edna Molina | Andrea Moore Augustus Moore | Christen Moore | Stanley Moore | Perla Moreno | Emily Morgan | Keisha Morris | Melissa Morris | Kechier Moses | Sallye Mouk | Cristina Nanez | Mikayla Naquin | Linda National | Lonvis Naulls Hanh Nguyen | Lien Nguyen | Adolfo Nunez | Kershundala Orourke | William Paige | Schanell Palmer Dwayne Parr | James Patterson II | Dovie Pearce | Breanna Peavy | Beverly Perry | Chelsee Peterson | Thorn Phillips Wendy Pierce | Natalia Pokhozhay | Maria Portillo | Elizabeth Post | Kerry Price | Jude Privratsky | Charles Procell Tobi Proctor | Dena Quintero | Manuel Quiteque | Miguel Ramirez | Princess Ray | Kimberly Reaves Susan Redden | Erica Reed | Nakisha Reed | Steve Reeves | Judy Reidy | Jordan Richards | Jessica Rivera | Charla Rivers | Azelin Roberts | Heather Robertson | Christine Robinson | Kendrick Robinson | Tanea Robinson | Beverly Robison | Tiara Roddick | Linda Rodriguez | Roberto Rodriguez | Zayra Rodriguez | Ronny Rogers | Joseph Rohmfeld | Michelle Rojas | Sandra Rosas | Felix Rubert III | Amanda Rue | Jennifer Ruiz | Jennifer Rush | Chrystel Savage | Walter Savoie | Annie Scales | Carla Scott | J Scott | Stephanie Serrata | Sherree Setzer | Scott Shaheen Nancy Shuman | Stephanie Simmons | Brenda Sims | Sheldon Smart | Erica Smith | Kesha Smith Laterricca Smith | Lindsay Smith | Regina Smith | Tabatha Snow | Martha Solis | Michael Sorge Norman Spells | Chuck Spencer | Melissa Staff | Patricia Stampley | Michael Stanfill | Jacqueline Steinhauer | Sarah Stephens | Che Steward | Carolyn Stimpson | Amanda Stolte | Krystal Tamez Fri Tang | Walter Taylor | Milton Thomas | Sandra Thomas | Clinton Thomson | Paul Thorn Kenneth Thornton | Lenora Todd-Parker | Darren Tompkins | Adryn Torrez | Debra Townzen Taishelda Turner | Isaac Ulibarri | Maria Uribe | Sara Uribe | Grace Uwimana | Belinda Vasquez Caitlin Vrana-Zahirniak | Kelly Walker | Rasheda Warner | Roxanne Warren | James Washington Stephanie Weatherspoon | Kellee Webb | Tiffany Weber | Octavia Wells | Grace Welply Earl Whetts | Joseph Whitaker | Mechelle White | Carletta Whiteside | Andrea Whitsett De'Borah Wilkins | Alisha Williams | Ashley Williams | Kim Williams | Linda Williams Robin Williams | Terrell Williams | Yolanda Williams | Dane Williamson | Sheila Wilmer | Glenna Wilson | Caron Winder | Da'Sha Windham | James Winnett | Sylvester Wood Stacie Woodall | Kianeisha Wright | Katrice Wyche | Josephine Young | Tyler Young Michael Zamora | Graciela Zarate | Brandi Zink | Michael Zoellner | Christopher Zuniga





