

My son Nick was so sick that we called the Crisis Intervention Team for help. Once he became stable, his case manager at the Community Services Board said if I want to save my son's life, I need to take him to Gateway Homes.



**2016 annual report**



# Together We Will Work from Mental Illness to Mental

# Wellness

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**GATEWAY TOLD ME** that the love would not stop, and it hasn't.

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Nick's mother Grace is dedicated to supporting her son's path to wellness, no matter how long it takes. Like Grace, Gateway Homes knows that for those with serious mental illness, the road to mental health can be long, and no two roads are alike.

Nick has Schizophrenia, and his symptoms include hearing persecutory voices, which to him are indistinguishable from real voices. When he first came to Gateway Homes three years ago, he progressed well, and within one and a half years, Nick was ready to move into the community.

On one of our visits to Nick, he admitted that the pictures on his wall were talking to him, and he was so disturbed by what they were saying that he had

to remove them. Blood tests revealed that Nick's medication was no longer at therapeutic levels, and he needed to be hospitalized again. He was back to square one, but if Nick was willing to keep trying, then so were we!

Months later, Nick has transitioned from our 24-hour-a-day services to campus apartments and is doing well. Treating mental illness is a long-term commitment that may require changing medications or employing different strategies. Nick's mother sums it up, "Gateway told me that the love would not stop, and it hasn't." And the best news comes directly from Nick, "I believe the day will come when I say that Gateway saved my life."

# you transform lives

of those with serious mental illness  
from hospitalization, homelessness,  
and helplessness to...



## ...ENJOYING HEALTH

"Gateway provides group sessions on a healthy living, focusing on nutrition, exercise, and there's even a class on diabetes prevention."

– Braton, former resident



## ...CARING FOR A HOME

"Gateway has given me happiness and independence. Erik and I are getting married, and we're having the ceremony here at Gateway."

– Betty



## ... SEEKING WORK

Kortland is working with our new Occupational Therapist Matt Uccellini on his resume.

## The Success You Have Brought to Clients at Gateway...

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**YOU PROVIDE PSYCHIATRIC, NURSING, AND COUNSELING SERVICES.** This year, 95 percent of the residents continued their psychiatric stability.

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**YOU SUPPORT IN-HOME SKILLS TRAINING.** Ninety-five percent of the clients maintained affordable housing.

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**YOU DELIVER SUPPORTIVE EMPLOYMENT AND TRANSPORTATION SERVICES.** Eighty percent of our clients this year are striving to sustain supportive employment.

**REID MCKENNY CAME TO GATEWAY HOMES OF FAIRFAX** after spending more than three years at a state hospital. He had been given little hope to ever live independently in the community. One and a half years later, Reid is thriving in our program. He is learning adaptive skills that are helping him acquire employment skills. From here, he fully expects to find a long-lasting job that will propel him to his ultimate goal of independence.





## ...Is Being Replicated Across Virginia

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**YOU'RE HELPING GATEWAY'S FOOTPRINT STRETCH BEYOND RICHMOND** to individuals with serious mental illness in Fairfax and Williamsburg.

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**BRAND-NEW IN WILLIAMSBURG!** Named after long-time friends of Gateway, Alex Hamilton and Otto Williams, who have tirelessly given their time and treasure in support of Gateway's clients. The Williams Home will be an intensive residential treatment center, and the Hamilton Home will become a transitional residence.

# You Partnered with the Cabell Foundation to Make a Greater Impact

With many thanks to generous gifts from The Cabell Foundation and donors like you, Gateway is reliably –and stylishly – transporting our clients to work, appointments, and outings.



above: Heading out for a day trip!  
below: Gateway residents refuel and enjoy a little camaraderie after the 2016 NAMIWalks Virginia 5K



## You Also Brought an Occupational Therapist to Our Campus



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**THANKS TO YOUR GENEROSITY,** Gateway now has an occupational therapist on its team. Our clients are responding well to Matt Uccellini 's good nature and supportive manner. He is helping them learn employment preparedness, pick up social acuity, and gain control over their psychiatric symptoms.

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Building skills to support independent living, residents Trevelle Winn and Tiffany Cotton add final flourishes to their respective cleanup duties.



Members of Chesterfield Police Department and Emergency Responders take a break from their Crisis Intervention Training to pose for a group photo.

## Gateway Clients Give Back to the Chesterfield Police Department

Crisis Intervention Training educates first-responding officers how to recognize and assist a person in a mental-health crisis. Every other month, they spend time with Gateway's clients in question-and-answer sessions to learn about the experiences our clients have had with first responders and/or crisis intervention trainees.







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honoring

## Ms. Florence Z. Segal:

Her Unwavering Leadership Continues to Help Hundreds of Gateway Clients

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Last April at Lewis Ginter Botanical Garden, Gateway Homes honored one of its most cherished board members and co-founder Ms. Florence Segal. At age 91, Flossie, as her friends call her, is Emeritus Faculty at the VCU School of Social Work and continues to serve as Gateway's chair of the clinical committee and as a member of the development committee.

In 1983, Flossie's daughter was misdiagnosed with a severe mental illness and faced long-term institutionalization to receive ongoing treatment. Flossie, together with Dr. William T. Moore and Carol Moore, took it upon themselves to create Gateway Homes, a residential treatment center as an alternative. Since then, Flossie's leadership has helped Gateway evolve into an organization helping individuals with even the most severe forms of mental illness recover, return to school and work, and achieve their goals of independent living. And now, the facility that Flossie helped to create is a model of premium treatment being replicated across Virginia.

Flossie's dedication to those with mental illness remained undeterred even after it was discovered that her daughter actually has multiple sclerosis and that Gateway was not the correct placement for her. For hundreds of individuals with mental illness, Flossie's unwavering commitment continues to help them build independent and fulfilling lives.

# THANK YOU

Thank you to the following contributors who have given to Gateway Homes from October 1, 2015 to September 30, 2016. We are grateful for your support that helps us provide a transitional residential treatment program for adults with mental illness who are striving for independence.

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## Financial Summary

**CONTRIBUTIONS - \$467,167**

**REVENUE - \$2,883,259**

**EXPENDITURES - \$3,434,085**

The financial results reported are unaudited as of  
 the date of printing and are subject to change.



gateway  
Mental Wellness Lasting Change

## our mission

To provide a transitional residential treatment program for adults with mental illness who are striving for independence.

## our vision

To make a recovery a reality for adults with mental illness.

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