

# A Path to Independence

2020

ANNUAL  
REPORT

gateway  
Mental Wellness. Lasting Change.





# Our Mission

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

# Our Vision

To make recovery a reality for individuals with mental illness.

# Our Values

The Three C's: Compassion, Collaboration, Creativity

*Cover Photo: At the beginning of each day, this quiet path leads clients to their scheduled daily activities and programs.*





## MENTAL HEALTH IN TIMES OF PUBLIC HEALTH CRISIS

Since the outbreak of COVID-19, Governor Ralph Northam classified Gateway Homes as an essential healthcare services provider. During these challenging times we have taken the necessary precautions to ensure we have maintained the highest quality of care in addressing our clients' needs.

Isolation associated with the pandemic has had an impact on the mental health broadly; those we serve are not exempt. Stresses associated with the public health crises have resulted in increased reliance on our professional staff to help clients remain psychiatrically stable.

We are proud of our dedicated team of employees who see the importance of continuing to support our clients – providing uninterrupted care even with the threat posed to their health through this trying time.



# Reaching Adolescents

Since our establishment in 1983, Gateway Homes has developed a collaborative relationship with Virginia's Department of Behavioral Health & Developmental Services (DBHDS) in addressing the Commonwealth's mental healthcare needs. Psychiatric hospitalization is a necessary point of intervention for individuals experiencing mental health crises. However, many individuals remain hospitalized that no longer need such an intense level of care. This is largely due to a lack of community resources available to ensure they can make a successful transition back to the community. That is where Gateway Homes steps in. We provide supervised living programs for individuals who have become well enough for discharge, but lack adequate community resources.

Historically, we have limited our services to adults with mental illness. As a testament to our success in addressing the needs of individuals and the Commonwealth, DBHDS approached Gateway Homes about creating a similar program

for adolescents experiencing similar circumstances. After learning of this need which is in alignment with our mission, vision, and values, we have taken our first steps toward establishing a residential treatment program for adolescents under the leadership of Michael Schaefer, Ph.D.

The services provided will be delivered by licensed healthcare professionals with specialized training in the field of adolescent mental health. The majority of the adolescent clients have backgrounds characterized by instability, and lack reliable support systems. Gateway Homes will provide a structured, yet nurturing, environment making a pathway to success possible for these teens; addressing their needs through psychiatric care, individualized and group-based therapies, and psychoeducation. We are partnering with the local school district to ensure these clients will receive a quality education. Adolescent residents are expected to remain in the program for six to nine months, at which point they will take their next step toward independence.





## A Warm Welcome to Dr. Schaefer

A warm welcome to the newest member of the Gateway Homes administrative team, **Michael Schaefer, Ph.D. (Deputy Director)** who joined Gateway Homes on May 11, 2020. Dr. Schaefer is a licensed Clinical Psychologist and a Board-Certified Forensic Psychologist through the American Board of Professional Psychology. He has over 26 years of experience in the field of mental health, and most recently held the position of Assistant Commissioner for Forensic Services at Virginia's Department of Behavioral Health & Developmental Services (DBHDS).

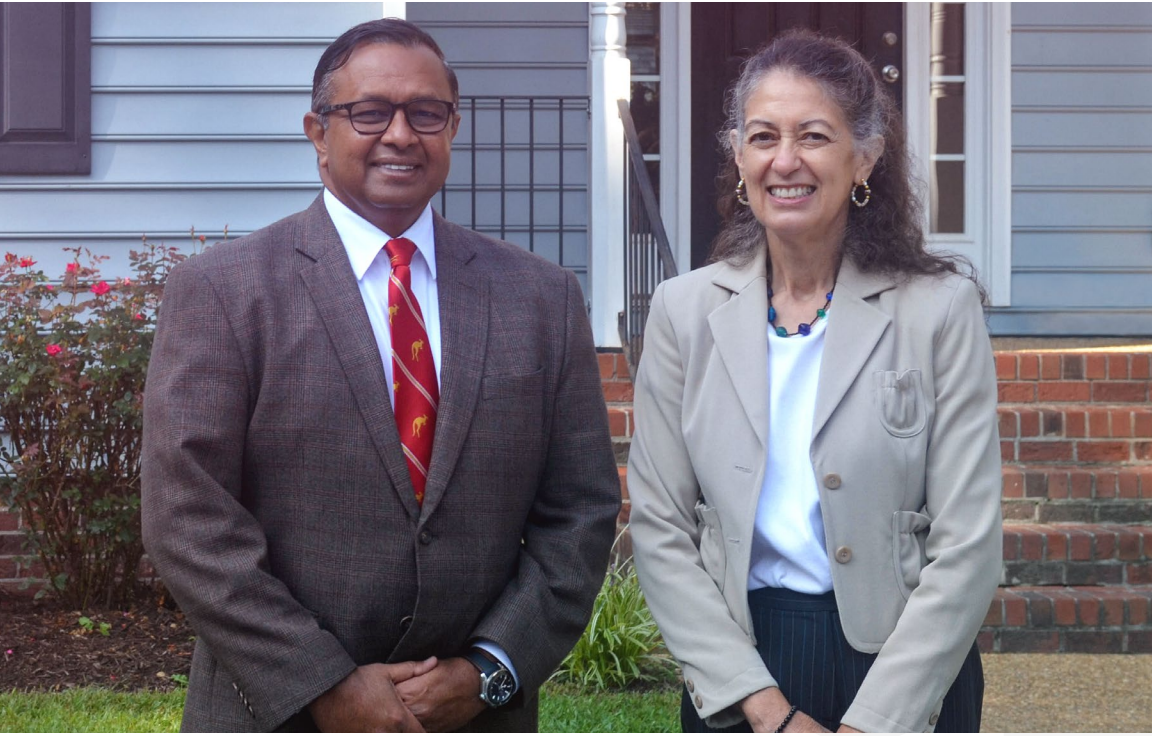


In his role, Dr. Schaefer will aid the Executive Director by assuming leadership for specific administrative and clinical functions within the agency. He will play

a vital role in the refinement of existing programs and the creation of new programs, ensuring Gateway Homes continues to provide the highest quality of care available within the community for individuals who have struggled with chronic mental illness. Currently Dr.

Schaefer is working on developing Gateway Homes Adolescent Residential Treatment program.

*Sridhar Yaratha, M.D. and Renee Essary, Nurse Practitioner*



# Outpatient

“Because clients have a consistent and dependable support network at Gateway, they are more comfortable in seeking help preemptively.”

*Sridhar Yaratha, M.D.*

Our outpatient clinical services, under the leadership of Medical Director Sridhar Yaratha, M.D. and Renee Essary, Nurse Practitioner, are a large part of why so many of our clients have found success in establishing a life of independence within their respective communities.

Building trusting relationships with our clients often takes a great deal of time. This is because many of them have been alienated from peers, lacked consistent and reliable supports, and experienced varying degrees of trauma. Because clients have a consistent and dependable support network at Gateway Homes, they are more comfortable in seeking help preemptively. This allows adequate opportunity for addressing their needs within the community.

The services offered through the outpatient clinic are aligned with the

highest standards and recommendations within the field of community-based mental healthcare. Our multi-disciplinary team approach promotes and maintains our clients' mental and physical wellness, in turn leading to enhanced psychosocial functioning and successful community re-integration.

The outpatient clinical team works collaboratively with each client to identify their needs and provide appropriate support with careful consideration given to each individual's unique circumstances. This increases clients' self-confidence and, consequentially, the chances they will achieve and maintain success; ultimately becoming independent of our services and establishing their own supportive connections and resources within the community.

# Clinical Services

# THE GATEWAY DIFFERENCE

## Randy



Randy loves going on walks around the neighborhood with his new housemates. He began his journey with Gateway Homes in December of 2019. Like many clients, Randy was suspicious and weary of developing relationships with staff or fellow residents – no treatment or program had worked for him before, why would this be different? But, to his surprise – things were different. His treatment team developed a plan that worked for him, teaching behavioral techniques that empowered him in responding to his symptoms and ultimately helped him to regain a sense of normalcy.

Now, Randy enjoys conversations with staff, painting, and journaling. He greets his peers with a smile and is regarded by those that know him as a genuine, kind, and polite young man. The Randy who came to Gateway Homes was a very different person than the one you see smiling in the picture here. When asked what he thought about his time with us, he cracked a smile and said,, “I’ve really enjoyed my time at Gateway. I really like it here.”



# Tara

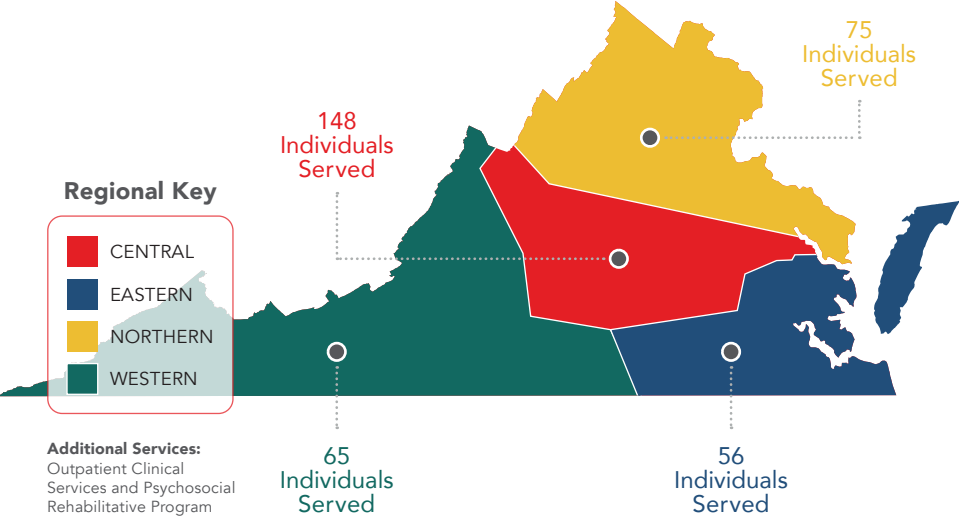
Having an on-site job at Gateway Homes is a measure of success for Tara, a resident of the Chesterfield campus. Tara's progress can be attributed to her strong determination, perseverance, and positive attitude toward recovery. She has worked hard to develop her independent living skills. Tara is a chef supreme in the kitchen, keeps a clean and tidy apartment, and has developed lasting relationships with her neighbors. Tara said that the pre-vocational program offered through our Psychosocial Rehabilitation Center allowed her to both obtain an on-campus job and create a professional resume.

She plans to use the knowledge and experience gained through the prevocational training program on her resume. She is confident this will increase her competitiveness in the job market and secure her dream of having her own apartment after she leaves Gateway Homes.

Although many individuals with mental illness actively seek help from others, many do not have the resources or connections to get what is needed. That's where we come in and now Tara is well on her way to a life of independence.



# Making Recovery a Reality for the Commonwealth



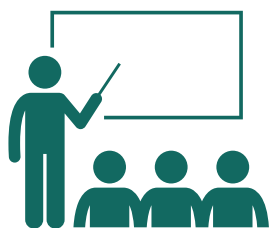
334 INDIVIDUALS SERVED THROUGHOUT VIRGINIA



*Florence Segal, Co-Founder and Dr. Lynda Hyatt, CEO with clients at Chesterfield Campus.*

# Gateway Provides Services, Clients Define Success

## ENSURING MENTAL WELLNESS



1,310	PRIMARY CARE AND SPECIALISTS APPOINTMENTS
5,751	THERAPEUTIC GROUPS
1,311	PSYCHIATRIC CONSULTATIONS

## PROVIDING SPECIALIZED HEALTHCARE



988	PRIMARY CARE AND SPECIALISTS APPOINTMENTS
1,009	THERAPEUTIC GROUPS
738	PSYCHIATRIC CONSULTATIONS

## DEVELOPING COMMUNITY READINESS



230	PRIMARY CARE AND SPECIALISTS APPOINTMENTS
1,554	THERAPEUTIC GROUPS
2,193	PSYCHIATRIC CONSULTATIONS
1,267	TRANSPORTS FOR WORK, SCHOOL AND/OR VOLUNTEERING



# Thank You

Gateway Homes is grateful for the contributions made by our donors from October 1, 2019 to September 30, 2020. Your generosity has made an impact on the lives of individuals living with mental illness who are striving for a life of independence.

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We will remember our dear friend  
Mr. Alexander Hamilton IV as a  
truly exemplary Board Member of  
Gateway Homes.



# LEGACY GIVING

We would especially like to thank donors who have remembered Gateway in their wills or estate plans. While the following donors are no longer with us, the gifts we received from their estates this year will continue to impact Gateway for years to come:

**Mr. and Mrs. John P. Black**

**Mr. Alexander Hamilton IV**

If you would like information about ways to include Gateway in your will or estate plans, please contact Yvonne Monstello at [ymonstello@gatewayhomes.org](mailto:ymonstello@gatewayhomes.org)



# Financials

## REVENUES

**Contributions and Grants:** \$619,627  
**HUD Federal Assistance:** \$83,572  
**Investment Income:** \$112,901  
**Medicaid/Medicare Billing:** \$151,152  
**Program Service Revenue:** \$9,606,096  
**Residents Fee:** \$675,260  
**Other Revenue:** \$1,979

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**Total:** \$11,250,787

## EXPENSES

**Administrative:** \$ 1,242,673  
**Fundraising:** \$140,303  
**Program Services:** \$9,729,153  
**Total Expenses:** \$11,112,129  
**Change in Net Assets:** \$138,658

## FUNDRAISING



**Church and Civic:** \$8,665  
**Corporation:** \$8,025  
**Foundation:** \$234,700  
**Individuals:** \$118,248  
**Planned Giving:** \$249,989  
**Total Contributions:** \$619,627

### Notes:

- Payroll Protection Plan Loan: \$1,317,200
- The financial results reported are unaudited as of the date of printing and are subject to change.

# 2020

## ANNUAL REPORT

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