

# gateway ANNUAL REPORT 2023

Mental Wellness. Lasting Change.



Serving the Commonwealth's  
Mental Health Needs for

years

# Mission Vision Values

To provide a transitional residential service for all individuals with mental illness who are striving for independence, not just those who can afford them.

To make recovery a reality for individuals with mental illness.

The Three C's:  
Compassion, Collaboration, Creativity

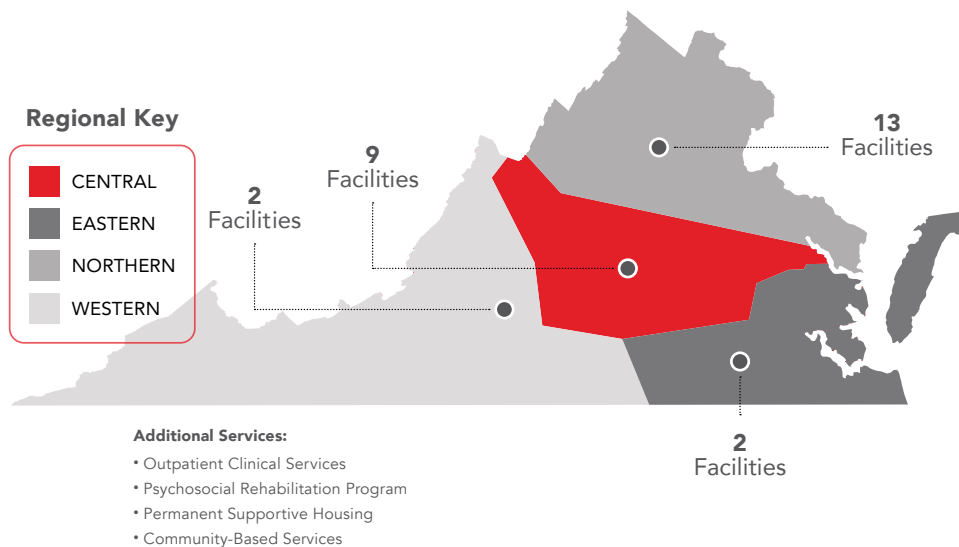
At Gateway, we believe that all individuals should be afforded the opportunity to live as independently as possible, not just those who can afford treatment services. That is why we remain committed to providing services that address the treatment and housing needs of those we serve.

# History

For four decades, Gateway Homes has addressed a critical gap in the continuum of housing and mental health care available to individuals living with serious mental illness diagnoses; individuals who dually face the adversity of extreme poverty.

In 1983 Gateway was started by a group of family members and mental health professionals to provide a better quality of life for their loved ones. From these humble beginnings, Gateway has grown into a model program recognized throughout the Commonwealth of Virginia as the only nonprofit organization providing comprehensive mental health treatment, life skills training, educational assistance, supported employment and affordable housing to individuals with serious mental illness.

Our work is not possible without the generosity of our supporters. We are grateful to everyone that helps further ensure we continue to make recovery a reality for our clients.



425 INDIVIDUALS SERVED THROUGHOUT VIRGINIA

ENSURING MENTAL WELLNESS	PROVIDING SPECIALIZED HEALTHCARE	DEVELOPING COMMUNITY READINESS
1,425 1:1 THERAPY APPOINTMENTS	1,547 PRIMARY CARE AND SPECIALIST APPOINTMENTS	762 INDIVIDUAL OCCUPATIONAL THERAPY SESSIONS
6,942 THERAPEUTIC GROUPS	1,256 NURSE PRACTITIONER APPOINTMENTS	2,498 RECREATIONAL COMMUNITY OUTINGS
1,790 PSYCHIATRIC CONSULTATIONS	856 LONG-ACTING INJECTIONS ADMINISTERED	2,663 TRANSPORTS FOR GROCERIES, PHARMACY, & MEDICAL VISITS
		2,597 TRANSPORTS FOR WORK, SCHOOL, & VOLUNTEERING



## Cultural Awareness Day

Clients, staff, and community guests lined up to showcase their various talents throughout the day with an array of exhibits, dance, music, and moments in time performances. A gourmet lunch with a soul food theme was provided by our expert Gateway Chef, Joan.



## New Addition to Chesterfield Campus

Gideon Hudson is a Trail Life Scout with the Second Branch Baptist Church who is working toward his "Freedom Award". To achieve this highest award in Trail Life USA, Gideon chose to build a Pavilion for his Leadership Project.

Gideon diligently managed this project working on proposals, plans, obtaining funding and helped with the construction of the building. With the help of his fellow scouts, he has provided a structure that will be a wonderful place for Gateway's residents to hang out with friends and family for many years to come.

Congratulations and thank you to Gideon, it is an achievement accomplished by the few who reach the apex of the Trail Life Program.



### This project began for me as a stepping stone.

At first, there was the goal of hopefully getting my freedom award. I, of course, cared about what I did but I had no connection to it yet, but as I worked I grew to love the project itself – the aspects, the people it will serve, and the work. It is still a necessary part of my freedom award, but it means more: it's a part of me, it's something that I've put my heart and soul into and it's something that will remain with me beyond finishing it.

**GIDEON HUDSON**  
TRAIL LIFE SCOUT, PAVILLION PROJECT LEADER





## Family Day

Family members and caregivers play a large role in helping and supporting individuals who experience mental health conditions. Support from family and friends remains an essential element for recovery.



## Founder OF Gateway



Flossie (left) with client Dorothy

### Ms. Florence "Flossie" Segal

Ms. Segal is the Co-Founder and active board member of Gateway Homes. When asked what led to her involvement in founding Gateway Homes, she explained it was due to her child being diagnosed with a mental illness. "We started it from nothing, passing a hat around the room to ensure we could pay our staff." Since then, she has been a strong advocate for individuals affected by mental illness – individuals who would be otherwise be trapped in a cycle of institutionalization, homelessness, incarceration, or even be subjected to grimmer outcomes.

Gateway started with just 5 clients in a rented house in Richmond and now 40 years later Gateway serves over 340 clients annually, we are so proud to call her the "Mother of Gateway."

The staff, clients and board members of Gateway all say "Thank you" to Flossie for her 40 years of dedicated service.



# Helping Individuals Through...

## PSR

All individuals in our Psychosocial Rehabilitation Program (PSR) are considered to be success stories. They have overcome tremendous odds by the time they enter our doors. The time they have at Gateway is an opportunity for a fresh start; to develop a stronger social network, maintain mental wellness in a supportive environment, implement effective communication, and find preferred methods to cope with stress in healthy ways. Much of what we do as a PSR program is to develop meaningful roles that bring value to our lives and to problem solve the logistics of community reintegration. The recovery process is collaborative – we need each other more than we know.



**Meet Matt and Deanna who manage the PSR program.**

## Prevocational

PSR staff facilitates pragmatic and prevocational skills training catered to the unique needs of each client. The team works collaboratively with each client to identify their career and educational goals, as well as general life and vocational skills.



**Meet Erik who manages the Prevocational Program**



Durrel, Case Manager (left) with client Michael

### Michael

Michael graduated from Gateway's residential program and remains active in the Psychosocial Rehabilitative and Outpatient Clinical Service programs. He is firmly grounded in the belief that to maintain his own recovery, he must support others along their individual journeys to independence. He is the first to volunteer for any opportunity.

He currently works at the Chesterfield Food Bank, where he helps to sort groceries, and prepare food donations. He also volunteers at Mercy Mall, sorting clothing and other donations and completing other tasks as requested. Over the past several years, he has maintained openness with peers, staff, and even interns/graduate students. Michael co-facilitates a substance use recovery support group along with his peers for attendees of Gateway's PSR program. He remains grateful to Gateway's programs and continues to see our organization as a major support in his life.

Gateway has helped me to gain the confidence and self-control I need to live independently.

**MICHAEL**



### Ruby

Ruby is learning effective work skills through Gateway's prevocational program. She works at Joan's Market, an on-campus thrift store where clients can shop for clothing, shoes, and household items at no cost to them.

I like working in Joan's Market because sorting and folding clothes is fun for me. I like helping people find outfits.

**RUBY**



## Adolescent Program

Gateway's residential treatment program serving our youngest clients opened its doors in 2021. Since then, we have served over 35 adolescents ages 14-17, providing them with a structured, nurturing environment to call home.

The program is comprised of two homes, one for girls and one for boys.



Trip to the Chesterfield County Fair



Dressed for Prom

### Ange

Ange came to Gateway as an adolescent, since his recent 18th birthday he moved over to the adult program on the Chesterfield Campus. Ange is one of two clients that have made the transition to the adult program. He is working very hard, learning new skills, while building relationships with staff and clients through the prevocational program.



Ange and his brother enjoyed spending time together at family day

## Opening New Doors

In keeping with our strategic vision, Gateway will be introducing the Equine Experience, a new program that will be located on our Chesterfield campus. The equine program will provide a therapeutic environment that feels inviting and will allow individuals to generate unique experiences that will contribute to their overall well-being.





## Leadership

### BOARD OF DIRECTORS

L. Thompson Hanes, *Chairman*  
Attorney at Law,  
Retired

Karl Netting, *Vice Chair*  
Methodist Pastor,  
Retired

Tiffany R. Birdsong, PsyD., *Secretary*  
Richard Bland  
College of William & Mary

K. Wesley Martin, *Treasurer*  
Altria Client Services

Erik Aranda  
Meta

Martin Buxton, M.D.  
Buxton Institute

Kristin Carleton  
James River Wealth Advisors

Ronald Forbes, M.D.  
Behavioral Health and Recovery Services,  
Retired

Michael W. Giancaspro  
Tredegar Corporation,  
Retired

Patricia "Patsy" King  
Social Impact Philanthropist

Kathleen Markowitz  
Artist

Grace Ray  
Teacher, Prince George County,  
Retired

Florence Z. Segal, MSW, ACSW  
Professor Emerita  
Co-Founder

Kevin A. White  
Butler Snow LLP

### COUNCIL OF ADVOCATES

Kia J. Bentley, Ph.D.  
VCU School of Social Work

Victor Branch  
Bank of America

Dwight Hopewell  
Attorney

Kenneth N. Lowe  
Mercer

Brenda McDowell  
Consultant, Travel & Tourism

Tripp Perrin  
Lindl Corporation

E. Bryson Powell  
Midlothian Enterprises, Inc.

Wallace Stettinius  
Cadmus Communications, Retired

Barrow Turner  
Caprin-Asset Management

Laurie Weeda  
Church of the Epiphany

## Financial Summary

### Revenues

Contributions and Grants:  
\$627,842

HUD Federal Assistance:  
\$93,400

Investment Income:  
\$415,447

Medicaid/Medicare Billing:  
\$95,521

Program Service Revenue:  
\$14,887,058

Resident Fee:  
\$902,004

Other Revenue:  
\$4,247,649

**Total:** \$21,268,921

### Expenses

Administrative:  
\$1,910,744

Fundraising:  
\$407,730

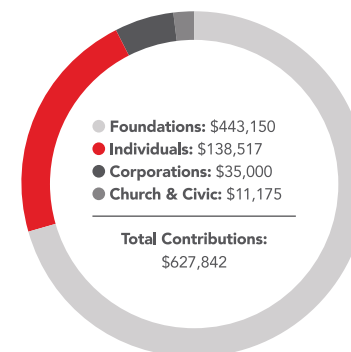
Program Services:  
\$14,979,288

**Total Expenses:**  
\$17,297,763

**Change in Net Assets:**  
\$3,971,159

### Notes

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



### In Memoriam

We are deeply grateful to our dear friend Mrs. Dorothy "Dot" Duvall McCaughan Moore who passed away in January of 2023. Dot's husband Dr. William Moore was a founding member of Gateway Homes; her daughter Kathleen Markowitz serves as an active member of the Board of Directors. Dot was described as a continuous ray of sunshine and love, and she will be missed dearly by her friends and family. We are grateful to Dot for her lifetime support of Gateway's mission and vision, she directly helped to change the lives of many individuals who are on the path to mental wellness and independent living.

# Thank You

Gateway Homes is grateful for contributions made by our donors from October 1, 2022 to September 30, 2023. Your generosity has made an impact on the lives of individuals living with mental illness who are striving for a life of independence.

## \$50,000+

The Cabell Foundation  
The Cameron Foundation  
The Jenkins Foundation  
The Nunnally Foundation  
The Pauley Family Foundation  
Scott Foundation  
Shelton Hardaway Short, Jr. Trust

## \$25,000 - \$49,999

The John Randolph Foundation  
Constance C. and Linwood A. Lacy, Jr. Foundation  
Memorial Foundation for Children

## \$10,000 - \$24,999

Bama Works Fund of Dave Matthew Band  
at the Charlottesville Area Community  
Foundation  
Emily S. and Coleman A. Hunter Charitable Trust  
Dr. and Mrs. Richard L. Schroff  
Mr. and Mrs. Wallace Stettiniuss

## \$5,000 - \$9,999

The Dennis Foundation  
Herndon Foundation  
Metropolitan Health Foundation  
Ortho-McNeil Janssen Pharmaceuticals, Inc.  
St. Mary's Catholic Church  
Ms. Florence Z. Segal  
Mr. and Mrs. Grey Stettinius  
Thomas M. Moore Charitable Endowment  
Titmus Foundation  
Towne Bank

## \$2,500 - \$4,999

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Community Foundation of the Central Blue Ridge  
Mr. and Mrs. John and Celeste LeBlanc  
*In honor of our son, Jean-Paul*  
Kenneth Kendler and Susan Miller Fund  
St. Mary's Episcopal Church  
Larry and Pat Spurzem

Mrs. E. Otto N. Williams, Jr.  
*In memory of Mr. E. Otto N. Williams, Jr.*

## \$1,000 - \$2,499

Mr. Erik Aranda  
Thomas and Christine Arrasmith Fund  
*In memory of my sister Elizabeth*  
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*In honor of Eunice Chough*  
Mary Spotswood and E. Hatcher  
Crenshaw, Jr. Fund  
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Cameron Warner, Melissa and Gaylon Layfield,  
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Dr. Julian Bick  
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Mr. Todd Graham  
Mr. and Mrs. L. Thompson Hanes  
Mr. and Mrs. J. Sheppard Haw III  
*In honor of The Foster Jennings Family*  
Ms. Joan Valentine Moore  
*In memory of my brother, Thomas M. Moore.  
The best person I have ever known.*  
Mr. and Mrs. Harvey H. Morris, Jr.  
Mr. William Kemp Norman, Jr.  
Rostro Foundation

## \$100 - \$499

Mr. and Mrs. John Temple Bayliss  
Ms. Tiffany R. F. Birdsong, PsyD  
Mr. and Mrs. Fred B. Bisger  
Bobby and Marilyn Thalheimer Family Fund  
*In memory of Dorothy Duvall McCaughan "Dot"  
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*In memory of Mr. E. Otto Williams, Jr.*  
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and Norma McGrath*  
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Mr. and Mrs. William Frye  
*In memory of Mr. Tom Williamson*  
Major General and Mrs. Donald R. Gardner  
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Mr. George Howell  
*In honor of Dr. and Mrs. C. Foster Jennings  
Welcome to Gateway Fund*  
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Ms. Dianne McCarthy  
*In memory of Dorothy Duvall McCaughan "Dot"  
Moore*  
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Mr. Philip B. Morris  
Mt. Vernon Center for Community Mental Health  
Advisory Board  
Network for Good  
Ms. Sallie Nolte

*In memory of Dr. William Moore and Thomas  
Moore and Dorothy Duvall McCaughan  
"Dot" Moore*  
Helen and Chip Nunley  
Ms. Mary Lou Oken  
Mr. and Mrs. Vernon Priddy  
*In honor of the Welcome to Gateway Fund*  
Mr. and Mrs. David and Linda P. Rose  
St. Mary of Sorrows  
Mr. Robert S Seiler, Jr.  
Ms. Grace S. Sparks  
Elizabeth and Maureen Taylor  
*In memory of Dorothy Duvall McCaughan "Dot"  
Moore*  
Mr. Melvin Trotter  
Ms. Candace Watt  
Mr. and Mrs. Kevin White  
Mr. and Mrs. Daniel L. Williams Jr.  
Mr. and Mrs. Otto N. Williams III  
*In memory of Mr. E. Otto Williams, Jr.*  
Mrs. Van T. Williams  
*In memory of Dorothy Duvall McCaughan "Dot"  
Moore*  
Mr. and Mrs. Charles F. Witthoefft

## \$1-99

Amazon Smile  
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Mr. Otis James  
Mr. and Mrs. Patrick J. Martin  
Lonnie D. Nunley, III  
Mr. Michael Price, Jr.  
Ms. Grace Ray  
Dr. and Mrs. Dimitrios Theodoridis  
Mr. and Mrs. Cameron D. Warner, Jr.  
*In honor of Mac Jennings*  
Mr. Fielding L. Williams, Jr.





Thanks for the support and patience to grow. **Remember it's not just recovery, it's recovery for life.**

**MICHAEL P.**  
CLIENT



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