



Progress  
Valley

# 2019 Annual Report

Where Recovery Becomes Reality



# Letter from the Executive Director

Dear Friends,

The year of 2019 was one of excitement, growth, and change, both at Progress Valley and in the substance use disorder (SUD) treatment field in Minnesota. As we celebrate another year of serving people who are engaging in the process of recovery, we want to express our gratitude to our Board of Directors, staff members, donors, friends and partners. Your support and commitment to Progress Valley is what allows us to continue touching lives through our mission.



After succeeding Susanne Lambert as Executive Director in February of 2018, I worked with the staff, management team and Board of Directors to create a short term strategic plan for the rest of 2018 and 2019. It was ambitious, but thanks to the collective efforts of so many, also very successful. Some broad goal areas on the plan included:

1. Expanding and developing new services
2. Enhancing the quality of existing services
3. Starting development on the longer term plan for PV.

While there were many different areas of focus, a few of the key events to highlight from 2019 included:

**Progress Valley Spring Conference:** Held on May 8th and 9th at the Hyland Hills Chalet in Bloomington, this conference was titled “Understanding and Treating Co-Occurring Disorders and Trauma.” Over the course of two days, seven different speakers held six different workshops, all addressing aspects of this critically important topic. Based on the turnout and feedback from attendees, staff, and sponsors/exhibitors, we decided to do it again!

**Increased Client Capacity at PV3:** In 2018, Progress Valley received approval from the city of Richfield and Minnesota Department of Human Services to add four more residential beds to PV3, Recovery Center for Men. While preparations for this increase began in 2018, we became fully operational at this level in 2019. This brought capacity from 28 to 32 beds, which allows us to serve more men each year, and be able to bring more clients into treatment in a timely manner.

**Expanding Outpatient Services:** Expanding our continuum of care through outpatient services has been a core initiative of the most recent strategic plan. Developed in 2018, the new model of outpatient services operated for a full year in 2019 and experienced significant growth during that time. A day track was added to supplement the evening one, and multiple levels of care have been designed to allow clients to decrease intensity of services over time with a program schedule that works for them. We have also expanded our capacity for chemical health assessments to help people access treatment if needed.

**New Sober Housing Building:** In May of 2019, Progress Valley purchased a multifamily apartment building on Oliver Avenue South in Richfield that will allow us to serve up to 16 Sober Housing tenants at this location. It is a beautifully renovated building that is conveniently located near public transportation and many employment opportunities. Not only has this increased the capacity of our Sober Housing program, it also provides flexibility and long term stability to our Sober Housing services.

We are optimistic about what the future holds for Progress Valley and eager to continue to growing and adapting to meet the needs of the people that we serve. Thanks again to each one of you for the role you play in supporting the mission and services of our organization.

Sincerely,

*Jared Bostrom*

Dr. Jared Bostrom  
Executive Director



## Letter from Board President

For the past nine years, I had the honor to serve on the Board of Progress Valley, most recently as the President of the Board. Throughout those years, I was privileged to be an integral part of the inspiring commitment and drive of the entire Progress Valley team to make a difference in the lives of so many people. Reflecting on my tenure now that my term has ended, I'm struck by how fortunate I was to be involved with such an incredible organization.

Although the members of the Board varied throughout those 9 years, the common denominator was enthusiasm and a desire to give of their time, energy and talents to support and guide the leadership and staff of PV to ensure that the mission of PV prospers and grows.

Some of the accomplishments I am most proud of during my tenure include the addition of a beautiful new facility for the women's program, the renovation and improvement of the facility for the men's program, the addition of a Sober Housing apartment building, and the expansion of services to include outpatient treatment, all of which will allow PV to continue to offer exceptional services to its clients. I also very much appreciated the opportunity to work with Executive Director Susanne Lambert, who was a wonderful leader and steadfast advocate for PV. So, it was definitely with mixed feelings that the Board undertook the challenge of finding someone equally wonderful to fill her shoes. After an extensive selection process, we were very fortunate to bring to PV the dedicated leadership of Dr. Jared Bostrom, who now steers the talented team at PV with his inspired and strong leadership. I will miss being an integral part of PV, but look forward to watching from the sidelines as PV continues to shine under the guidance of the current Board.

*Michelle Culligan*

Michelle Culligan  
Board President  
2010—2019

## 2019 Board of Directors

Michelle Culligan, President

Colleen Dorsey

Kate Brennan, Vice President

Jeff Mertens

Randy Raddatz, Treasurer

Ericka Miller

Phyllis Burger, Secretary

Andrew Wyhinny

## 2019 Leadership Team

Dr. Jared Bostrom, Executive Director

Tanya Tice, PV3 Program Manager

Jennifer White, Director of Operations

Amber Michalski, Outpatient Program Manager

Kristine Kiltie, Finance & IT Director

Donna Bartow, Health Services Manager

Lisa Buck, Development Director

James Hall II, Sober Housing Manager

Gabe Bellows, PV1 Program Manager

Sue Killeen, Human Resources Manager

Renee Bowman, PV2 Program Manager



Leadership

## Our Mission:

Progress Valley provides a continuum of recovery support services which encourages and guides individuals to lead responsible, fulfilling, chemical-free lives.

## Our Vision

Sustaining Life-Long Recovery &  
Building Healthy Communities

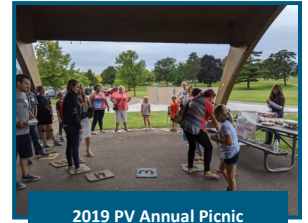


## Our Guiding Principles

- ◆ Incorporate 12 step philosophies in conjunction with evidence-based practice.
- ◆ Emphasize personal responsibility empowering individuals to be employed, participating in an educational program and/or volunteer services.
- ◆ Include comprehensive, individually designed clinical services.
- ◆ Provide participants with support and education in life skills throughout continuum of care.
- ◆ Serve individuals with compassion, care, respect, and dignity.



2019 PV Spring Conference



2019 PV Annual Picnic



2019 National Night Out



2019 Sober Housing Open House



2019 Walk for Recovery

## Treatment Program & Client Services

Progress Valley provides a broad continuum of recovery support services. The treatment model consists of 24 hours-a-day supervision (residential services), medication monitoring, individual and group counseling, mental health therapy, case management, referral services and continuing care. The expected length of stay is dependent upon each individual's clinical issues and corresponding progress, with the average residential stay at approximately 75 to 90 days. Focus is on personal responsibility, a strong work ethic (clients are required to work, volunteer or pursue educational opportunities after intensive programming), and use of 12 step philosophies and recovery principles.

We offer individuals, ages 18 and older from the Twin Cities area and greater Minnesota, who are suffering from substance use disorders and mental health issues opportunities for life-long personal changes and growth.

## 2019 Outcomes

- ◆ 95% of our clients reported being satisfied with the services they received.
- ◆ 95% of clients reported that their individual needs were met.
- ◆ 97% of clients and sober housing tenants reported they would recommend PV to a friend.
- ◆ 97% of our alumni surveyed at 6 and 12 months out, were with employed or attending school.
- ◆ 100% of our alumni surveyed at 6 and 12 months out, felt PV helped improve the quality of their life.

697



Clients served in our treatment facilities  
(residential & outpatient)



Purchased 1  
new apartment  
building  
complex,  
housing up to  
16  
sober housing  
tenants



134

Men & women were provided  
affordable sober housing in 2019



100+ attendees  
8 sponsors  
7 speakers

participated in the first ever  
PV Spring Conference



Increased capacity at PV3 - Recovery  
Center for Men

28 to 32 beds



In partnership  
with Second  
Harvest  
Heartland

76,554

meals were  
provided to our  
clients

\$7,326

\$\$

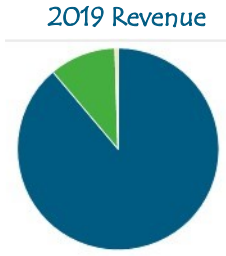
Amount of scholarships awarded to clients  
in need of financial assistance

By the numbers

# Financials

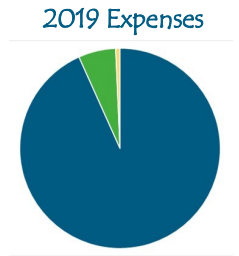
**TOTAL REVENUE...\$6,658,898**

- Program Services...\$5,930,570 (89%)
- Investment & Other Income...\$697,363 (10%)
- Contributions...\$31,074 (1%)



**TOTAL EXPENSES...\$5,217,278**

- Program Services...\$4,867,128 (93%)
- Management & General...\$314,159 (6%)
- Fundraising...\$35,991 (1%)



**Total Net Assets, Beginning...\$10,748,477**

**Total Net Assets, Ending.....\$12,190,097**

## STATEMENT OF FINANCIAL POSITION

### ASSETS

#### Current Assets:

Cash	\$2,077,080	\$2,221,394
Accounts Receivable	788,098	727,766
Pledges Receivable	9,611	3,322
Prepaid Expenses	<u>81,931</u>	<u>79,692</u>
<b>Total Current Assets</b>	<b>2,956,720</b>	<b>3,032,174</b>

#### Long-term Assets:

Investments	3,967,282	3,223,078
Property and Equipment - Net	<u>7,129,204</u>	<u>6,725,797</u>
<b>TOTAL ASSETS</b>	<b><u>\$14,053,206</u></b>	<b><u>\$12,981,049</u></b>

### LIABILITIES AND NET ASSETS

#### Current Liabilities:

Accounts Payable	\$ 84,289	\$ 21,097
Accrued Salaries & Vacation	277,555	234,367
Notes Payable	178,975	174,759
Security Deposits	<u>15,900</u>	<u>13,500</u>
<b>Total Current Liabilities</b>	<b>556,719</b>	<b>443,723</b>

#### Long-term Liabilities:

Notes Payable	<u>1,306,390</u>	<u>1,788,849</u>
<b>TOTAL LIABILITIES</b>	<b>1,863,109</b>	<b>2,232,572</b>

#### Net Assets:

Undesignated	9,330,669	8,446,237
Board Designated	<u>2,859,428</u>	<u>2,302,240</u>
<b>Total Unrestricted Net Assets</b>	<b><u>12,190,097</u></b>	<b><u>10,748,477</u></b>
<b>Total Net Assets</b>	<b><u>12,190,097</u></b>	<b><u>10,748,477</u></b>

**TOTAL LIABILITIES & NET ASSETS**

**\$14,053,206**

**\$12,981,049**

## Contributing Companies & Foundations

Amazon Smile Charity Program  
Benevity Community Impact Fund  
- *Jeffery Counter*  
iGive.com  
Kimble Consulting, LLC  
C. Louis Meyer Family Foundation  
Great Twin Cities United Way  
- *Erik & Jennifer Koehler*  
Opus Foundation  
The Simons Family Foundation  
Network for Good - *FB Events*  
Thrivent Choice Dollars  
- *Funds recommended by Glenn Elfmann & Ericka Miller*

## Spring Conference Sponsors & Contributors

Anton Group LLC  
Augsburg University - StepUp Program  
Bremer Bank  
Marsh & McLennan Agency LLC  
Melrose Center  
Metropolitan State University  
Northstar Behavioral Health  
NUWAY  
Prairie Care

## Individual Contributors

Anonymous Donors  
John Albers  
Aaryn Anderson  
Erik Anderson - *in memory of Phillip Anderson*  
Donna Bartow  
Gabe Bellows  
Doug & Nancy Besemer  
Merilen Bikers  
Joe Blake  
Benjamin Bockover  
Pat & Jack Bohm  
Jared Bostrom  
Renee Bowman  
Sidney Bremer  
Louis Brown, Jr.  
Lisa Buck  
Gregory Byer  
Ginette Canniff  
Mona Carpenter  
Joshua Clepper  
Leroy Clouden  
Barbara Cook - *in memory of Kate Palmer*  
Christin Cram  
Dina Darcy  
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Matthew Elfmann

Tom Elmer  
Margaret Erickson  
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Timothy Gregory  
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James Hall II  
Charissa Hanke  
Dale & Jane Harberts  
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Susan Hellberg - *in honor of David Reynolds*  
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Stephanie Howes  
David L. Johnson  
Samantha Keller  
Barbara Kelm  
Sue Killeen  
Kristine Kiltie  
Julie & Lawrence Kimble  
Michelle Kissinger  
Vanessa Kissinger  
Joan Knight - *in honor of Lindsay Knight Sansom*  
Delaney Leighton  
Dain Lyngstad  
Dennis & Karen Martodam  
Jeffrey Mertens  
Amber Michalski  
Ericka Miller  
Kim Miller-Marx  
Michael Miner  
Jeffrey & Caridad Nelson  
Edward & Margaret O'Brien - *In memory of John O'Brien*  
Renee O'Donnell  
Benedict & Rita Olk  
Brad Osmundson  
Leland Owens  
Callie Padrnos  
Gillian Pearson  
Connie Peltier  
Robert Perkins  
Randall Raddatz  
Anne Reinsch - *in memory of Rachel Nicole Weninger*  
Mrs. Bruce Rinehart  
Glen Robinson  
Jessie Rogers  
Cindy Rollins  
Willette Ross  
Allen Schultz  
Erin Schurman  
Christin Seirup  
Kyle Sheeley  
Wendy Soukup  
Jamie Steber  
Elisabeth Swift  
Tom & Barbara Teresi  
Tanya Tice  
Lisa Vait

Carl & Suzanne von Ende  
Angel Wagner  
Aaron Walker  
Robert & Sharon Warner  
- *in honor of Larry Warner*  
Jennifer White  
Andrew Wyhinny

## Gifts In-Kind/Companies

Brave New Workshop  
Breadsmith  
Café Latte  
Catapult Printing  
Computex Technology Solutions  
- *Scott Strom & Salim Gheewalla*  
Continental Diamond  
Fanci Nails  
Friends of Progress Valley  
Grand Casino  
Great Wolf Lodge Water Park  
- *Myechia Vernon*  
Kowalski's  
Loffler - *Jill Perry*  
Mall of America  
Minnesota Renaissance Festival  
Minnesota State Fair  
Minnesota Twins  
Mixed Blood Theatre  
Mystic Lake Casino Hotel  
Park Tavern  
Progress Valley  
Residence Inn - Bloomington  
St. Paul Saints Baseball Club  
Salon Concepts of Edina  
Stages Theatre Company  
Theater Latte Da  
Three Rivers Park District  
Trader Joe's - *Bloomington*  
TST Creative Catering

## Gifts In-Kind/Individuals

Lisa Buck  
Phyllis Burger  
Timothy Gregory  
Kay Hamilton & Lani Jacobsen  
Kristine Kiltie  
Tim Neal  
Erin Schurman  
Charles Schutt  
Tanya Tice  
Family of Eli & Helen Von Bank  
Ronald Von Bank

*Every effort has been made to ensure this listing is accurate. If you find an error or omission, please contact Lisa Buck, Development Director at 952-956-3103 or email [lbuck@progressvalley.org](mailto:lbuck@progressvalley.org) to update our records.*

# Giving



**Progress Valley, Inc.**  
**1100 East 80th Street**  
**Bloomington, MN 55420**

**ADDRESS SERVICE REQUESTED**

# PV Locations



**PV1 - Men's Program**

**3033 Garfield Avenue South**

**Minneapolis, MN 55408**

**612-345-4227**



**PV2 - Women's Program**

**1100 East 80th Street**

**Bloomington, MN 55420**

**612-869-3223**



**PV3 - Recovery Center for Men**

**308 East 78th Street**

**Richfield, MN 55423**

**612-827-2517**

**PV Outpatient Program**

**1100 East 80th Street**

**Bloomington, MN 55420**

**952-956-3180**

**PV Sober Housing**

**1100 East 80th Street**

**Bloomington, MN 55420**

**952-374-5540**

**PV Business Office**

**1100 East 80th Street**

**Bloomington, MN 55420**

**952-374-5540**