



2017 ANNUAL REPORT



Celebrating Over a Century of Caring
A Ministry of the Franciscan Friars of the Atonement



Our Mission

THE WORDS OF ST. FRANCIS OF ASSISI
BRING TO LIFE OUR MISSION AND OUR CHALLENGE

*We have been called to heal wounds,
to unite what has fallen apart, and to bring
home those who have lost their way.*

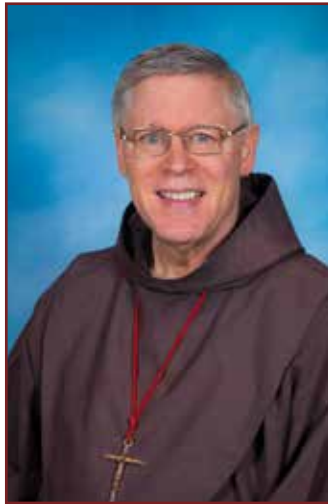


St. Christopher's Inn, a ministry of the Franciscan Friars of the Atonement, is a temporary homeless shelter dedicated to the rehabilitation of men in crisis whom we call "Brothers Christopher." Our mission is to offer a continuum of quality health care services that facilitate physical, emotional, and spiritual healing by providing chemical dependency treatment, primary health care, and temporary housing. We strive to restore the personal dignity of each individual by utilizing a holistic approach in all our programs. No one is ever turned away because of race, religion, or ability to pay.

‡ Leadership Update

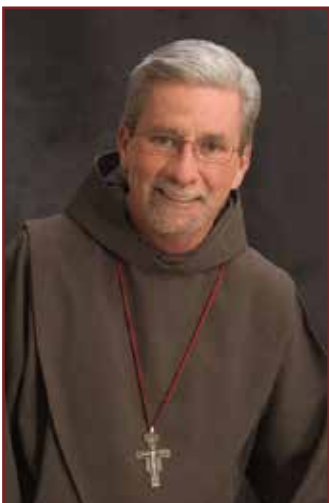
It was quite a year! Throughout 2017, the opioid crisis in America became a national epidemic with nearly 200 a day dying of drug overdoses—a death toll higher than the US military casualties in the Vietnam and Iraq Wars combined. Since 1909, St. Christopher’s Inn (SCI) has been a place of Franciscan hospitality welcoming men in need. For more than half a century, SCI has been a leader in providing treatment services for men struggling with addictions. In 2017, a 97% occupancy rate placed the Inn on the front lines of battling this epidemic.

2017 also brought leadership changes to SCI. In recognition of the importance of the spiritual component of addiction recovery, **Fr. Dennis Polanco, SA**, was named to the new leadership position of President/Spiritual Director. Fr. Dennis had previously been a spiritual counselor at the Inn, and held numerous other leadership roles within the Franciscan Friars of the Atonement community.



Fr. Dennis Polanco, SA and Sandra Iberger

Sandra Iberger, MBA, FACHE, FABC, was named to the new position of Executive Director/CEO. The first lay executive leader for SCI, Sandra’s extensive experience in healthcare operations and finance helps position the Inn for organizational success as the healthcare system as well as governmental oversight and regulations for addiction treatment centers continue to shift.



Fr. Bill Drobach, SA

After six years as President/CEO, **Fr. Bill Drobach, SA**, helped transition the Inn to its new leadership team before moving on to his new position as Novice Director for the Friars and relocating to Assisi, Italy.

CHAINS ON THE MOUNTAIN

Sleep Doesn’t Come Easy My Friends
Hot, Restless, Uneasy – Dreams Of Doing Dope
Pray For The Help You Need
And The Answer Will Be Hope

A Whisper Came To Me Last Night
A Sound Not Heard Before
It Said “Love Yourself And Be Blessed”
I Was Resistant To The Core

Laziness, Stubbornness, Ignorance
Were The Games I Chose To Play
The Voice Said “Be Disciplined
Be Calm
Be Humble
For I Will Show You The Way!”

Father, I Wanna’ Follow You,
But The Chains Weigh So Very Much.
“Think Not Of The Weight, But Of Surrendering”
I Was Enlightened By His Touch

I Felt As Light As A Balloon
Weightless, Floating In The Breeze
A Brother Christopher Forever
Your Love Brought Me To My Knees

God Removed The Chains
I Stand Here In Awe
My Tears Flowing Like A Fountain
His Words To Me, To Mine, To You—
“Brothers. Leave Your Chains On The Mountain!”

— Brian C.
Spring 2018

‡ Admissions

Each new man arriving at St. Christopher's Inn for admission is welcomed by a fellow Brother Christopher who has been asked to serve as an Admission Clerk. Every Brother Christopher participates in a comprehensive assessment to determine his immediate needs such as food, clothing, and primary medical care, as well as to lay the groundwork for his long-term care for addiction treatment including medical and psychiatric needs, smoking cessation and family program.

In 2017, St. Christopher's Inn reported a 97% occupancy rate.

‡ Shelter Services

There are 183 beds at St. Christopher's Inn, which is licensed by the Office for Temporary and Disability Assistance, and they are all full of men in crisis who desperately want help to learn to live a sober life. The journey begins with admission to the shelter, followed by meeting all their physical needs such as food and clothing.

Feeding the Brothers Christopher requires over 520,000 pounds of food each year, with limited resources. However, the importance of proper nourishment cannot be overstated as the men learn to care for and respect themselves again. To emphasize respect, the Brothers Christopher are required to wear collared shirts at all meals and during treatment. This seemingly small rule helps to remind them that they are all men worthy of respect, and they should present themselves that way. More collared shirts are distributed to Brothers Christopher living at the Inn than any other clothing item.

While the Brothers Christopher work on self-care and respect, the presence of the Friars each day contributes to a renewal of their spirit and spirituality, which in turn contributes to their overall healing. They have the option of joining the St. Christopher's Inn choir, which participates in daily Mass, as well as other special events on the Holy Mountain. In addition, spiritual counseling is available every day for all men who want it.

In 2017, more than 10,000 articles of clothing were provided to the men.

In 2017, our kitchen served our men nearly 190,000 meals, including 3,000 gallons of milk, 3,000 pounds of coffee, and over 13,000 dozen eggs.



‡ Medical Services

At St. Christopher's Inn, we respond to the clinical needs of our clients through our New York State Department of Health Article 28 Licensed Clinic. From episodic sick calls to physical and psychiatric assessments, medication management and treatment, our medical team treats each individual holistically to provide the best opportunity for healing in recovery.

Dual Diagnosis

Many of the Brothers Christopher at the Inn have undiagnosed mental health challenges, which led them to self-medicate with illicit substances to make them feel “normal.” At St. Christopher's Inn, we recognize that treating the individual as a whole includes assessing clients for the underlying cause of their substance abuse, and addressing this as part of their treatment. Our psychiatrist and psychiatric nurse practitioners are experts in helping dually diagnosed clients.

In 2017, 70% of our clients were dually diagnosed with both a mental illness and substance use disorder.

Medication Assisted Treatment

At St. Christopher's Inn we work with each Brother Christopher individually to develop a treatment plan that meets his unique needs. For some men, the plan includes medication like Vivitrol in addition to counseling. Vivitrol is an opiate blocker that floods the narcotic receptors in the brain, and takes away cravings to use opiates. Vivitrol is administered by intramuscular injection every 28 days, and has proven to be very helpful for Brothers Christopher as part of their treatment at the Inn.

In 2017, St. Christopher's Inn doubled the number of Vivitrol shots that were administered to Brothers Christopher in 2016.

“I was treated like a man worthy of love and respect and now have the thoughts and feelings to match!!! Thank You!!!”



‡ Treatment Services

The addiction treatment program at St. Christopher's Inn combines evidence-based practices with a skilled clinical team to deliver a quality of care that is second to none. Treatment includes individual & group counseling, as well as lectures/programs to educate them on their addiction, and individualized groups to provide very specific guidance in areas like coping skills, grief counseling and support for the youngest men in our program. The Brothers Christopher also attend community meeting, a meditation group and daily 12-step meetings. They have access to spiritual counseling, a family program, a smoking cessation group, yoga, vocational services, a grief group, weekly Cognitive Behavioral Therapy lectures and much more. In addition, the outpatient addiction treatment program at St. Christopher's Inn is accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF), an international independent accrediting body focused on improving the quality of services provided in order to improve outcomes, and licensed by the New York State Office of Alcohol & Substance Abuse Services (OASAS).

Medically Supervised Outpatient Withdrawal Program

St. Christopher's Inn is serving men who are in need of uncomplicated withdrawal from opiates through the Medically Supervised Outpatient Withdrawal program (MSOW). While their bodies stabilize in the MSOW program, the men are encouraged to attend lectures to learn about their disease, meet with spiritual counselors, participate in 12-step meetings, and prepare for entering active addiction treatment.

In 2017, more than 80 men were served in our MSOW program.

"I thank you from the bottom of my heart for all the hot meals, warm bed and unconditional love you so easily gave to me. I know if it were not for you, I would truly still be a lost soul."

Family Involvement

The Family Engagement project launched in 2017 to provide additional motivation for men in their recovery journey by involving their family members in their treatment within the first two weeks. The men also have access to the Family Program which takes place on three consecutive Sundays. Family members participate in lectures and groups to discuss how their loved one's addiction has impacted their family. These weekends provide an opportunity for reconciliation between clients and their family that some thought impossible to achieve.



‡ Transitional Living

Brothers Christopher House

Brothers Christopher House is the Inn's 11-bed transitional living facility in White Plains, New York, and is an OASAS licensed facility. There are three phases of treatment for the men living in the house, each leading to greater responsibility and trust. The Brothers Christopher are responsible for maintaining their temporary home, and share in all housekeeping duties on a rotating basis, including cooking, cleaning, gardening and general maintenance. In the evening, the men share a meal together before they set off in groups to local 12-step meetings. Brothers Christopher who are in the final phase of transitional living either enroll in school, a training program or begin a job search. In addition, these men are required to volunteer in the community as a way of giving back.



San Damiano House & Farm

San Damiano House & Farm, a new ministry of the Franciscan Friars of the Atonement, opened at Graymoor in October 2017. A 24-bed unlicensed sober house, it provides a transitional living opportunity for men who have completed a component of treatment at St. Christopher's Inn, but are in need of a safe and stable living environment to continue work on their long-term recovery. Most of the men choose to continue their addiction treatment at St. Christopher's Inn, as well as volunteer at San Damiano Farm. San Damiano Farm produces flowers, organic vegetables, herbs, and other plants for local farm-to-table restaurants, as well as the local community through a weekly Farmer's Market during growing season. Working on the farm provides the men experience in farming and retail—marketable, vocational skills that will help facilitate their long-term recovery and restore a sense of self-worth.



‡ Events

Board of Directors Dinner

The *Thirteenth Annual St. Christopher's Inn Board of Directors Fundraising Dinner* took place on Thursday, June 15, 2017 at the historic Gotham Hall in Midtown Manhattan. The Board of Directors, Friars, and Staff were pleased to honor Joseph D. Roberto, Chairman, President & CEO of PCSB Bank for his commitment to serving the people of the Hudson Valley, as well as furthering the mission of St. Christopher's Inn.

In addition, Elizabeth Vargas, co-anchor of ABC's *20/20*, was honored for courageously sharing her compelling story of anxiety, alcohol addiction and recovery in her best-selling book *Between Breaths*.

The Board of Directors also honored and recognized New York-Presbyterian Hudson Valley Hospital for their many years of service to the Brothers Christopher at the Inn, as well as the Franciscan Friars of the Atonement.



Swing Against Addiction: Honoring Brandon Storms

In May of 2016, Susan Hecht lost her son, Brandon Storms, to a lethal dose of fentanyl-laced heroin. Brandon battled against his addiction for four long years. Susan shared, "In those four years, the only time I talked to my son, and I knew it was 'my Brandon' was when he was here at the Inn. That's why I wanted to raise funds for St. Christopher's Inn."

One year later, Susan began planning the first *Swing Against Addiction: Honoring Brandon Storms* golf tournament. "I wanted to help others and hopefully prevent another mother from experiencing the pain I have felt, and continue to feel."

With help from her family and friends, she secured golfers, prizes, hole sponsors, giveaways, and many donations resulting in nearly \$12,000 for the Brothers Christopher at the Inn!



Susan Hecht (left) and friend

"The road to recovery is called Franciscan Way, and the door to happiness lies within the walls of St. Christopher's Inn."

What the Men Say

“Today, I am a sober man. I live an honest and simple life. I’m a reliable, employable productive member of society. I have dignity and self-worth and even self-love. All of these things are a direct result of the care and guidance given to me by the Friars and the staff at St. Christopher’s Inn. Some people call it a homeless shelter. I call it home.”

“I love this place. Everything here helped me get to where I am today.”

“I’m a new person. A man truly worthy of love and respect because I stayed the course, did the work and asked for help!!!”

“I’ve been to plenty of rehabs and SCI blows the rest out of the water. SCI isn’t just a rehab it’s a life school. I like how there is an alumni association to stay in touch with fellow Brothers Christopher.”

“Thank you for everything but mostly for a better tomorrow.”

SCI in the News

The Friars, Staff and Brothers Christopher were consulted and invited to participate in several news stories in 2017 related to the opioid epidemic.

The *New York Post* featured St. Christopher’s Inn client, Lee S. in an article entitled “How a Generation of Athletes Became Addicted to Heroin.” Below is a brief excerpt from the article. You can read more at www.StChristophersInn.org/NYPost

The past five years have been a blur for both Lee and his family, but they are hopeful that being at St. Christopher’s Inn — where recovery is fused with faith — will change Lee’s path. Spirituality is very important. “There’s a reason I came back to life. There’s a reason I’m here after the last five years,” Lee says, adding, “I’m finally ready to move on with my life.”

New York State Representative Sean Patrick Maloney visited St. Christopher’s Inn to learn more about the opioid epidemic that is still ravaging the Hudson Valley, and to be trained in how to administer Narcan, the opiate blocker that can reverse the effects of an opioid overdose. The visit and training were covered on **News 12 Westchester**. You can see more at www.StChristophersInn.org/Maloney

‡ Financial Statement

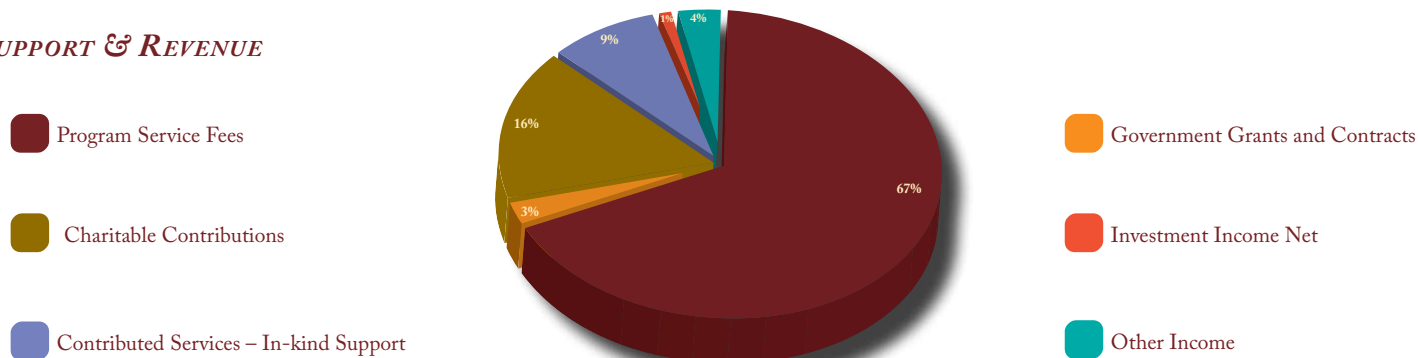
ST. CHRISTOPHER'S INN, INC.

STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS

YEARS ENDED DECEMBER 31, 2017 AND 2016

	2017	2016
SUPPORT AND REVENUE		
Program service fees	\$7,283,439	\$7,101,994
Government Grants and Contracts	303,845	310,686
Charitable Contributions	1,771,091	1,418,265
Contributed services – In kind Support	922,462	1,019,461
Investment income, net	154,115	185,494
Other income	382,172	224,300
Total revenue	10,817,124	10,260,200
PROGRAM EXPENSES		
Shelter program for homeless men	3,359,517	2,933,691
Medical Services	644,776	895,565
Outpatient Clinic Program	4,802,143	4,358,414
Administration	1,090,060	1,169,121
Development and Fundraising	500,803	526,204
Total expenses	10,397,299	9,882,995
Change in Net Assets	419,825	377,205
NET ASSETS AT THE BEGINNING OF THE YEAR	5,843,841	5,466,636
NET ASSETS AT THE END OF THE YEAR	\$6,263,666	\$5,843,841

SUPPORT & REVENUE



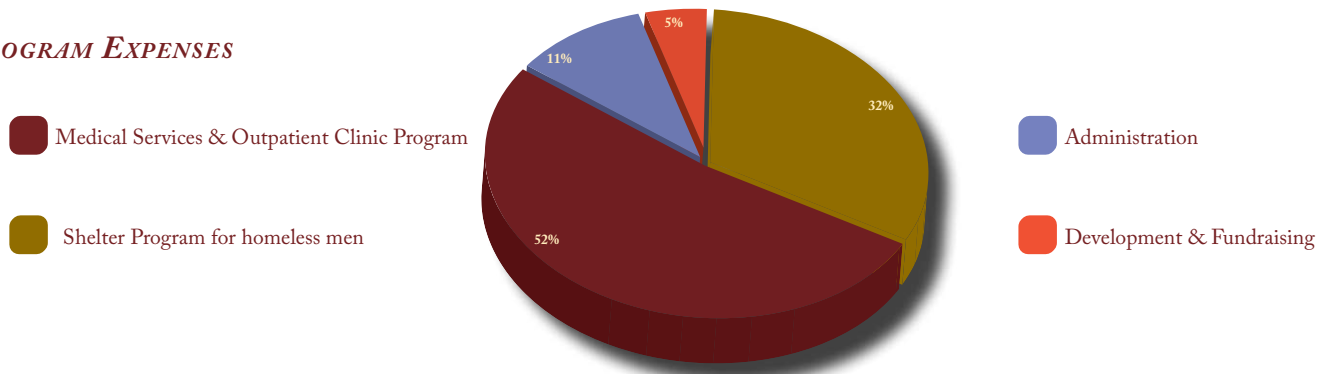
ST. CHRISTOPHER'S INN, INC.

BALANCE SHEET

YEARS ENDED DECEMBER 31, 2017 AND 2016

	2017	2016
ASSETS		
Cash and cash equivalents	\$ 703,361	\$ 511,717
Investments, at fair market value	4,453,460	4,324,762
Accounts receivable, net of allowance for doubtful accounts of \$75,830 in 2017 and \$126,138 in 2016	521,395	556,971
Contributions and grants receivable	318,258	248,715
Due from Friars of the Atonement, Inc.	1,117	
Prepaid expenses and other assets	79,112	48,027
Property and equipment, net	838,408	668,270
Total assets	6,915,111	6,358,462
LIABILITIES AND NET ASSETS		
Accounts payable and accrued expenses	626,096	474,745
Due to Friars of the Atonement, Inc.		5,055
Loan Payable	25,349	34,821
Line of Credit		
Total liabilities	651,445	514,621
NET ASSETS		
Unrestricted	6,256,654	5,837,963
Temporarily restricted net assets	7,012	5,878
TOTAL NET ASSETS	6,263,666	5,843,841
TOTAL LIABILITIES AND NET ASSETS	\$6,915,111	\$6,358,462

PROGRAM EXPENSES



St. Christopher's Inn Board of Directors

Mark Goldberg

Chairman

Donald Ehman

Dr. Patricia Lennon

Valerie Mastronardi

Br. Joe O'Gara, SA

Alan Meckler

Guy Novo

Robert Okulski

Fr. Charles Sharon, SA

Elaine Taylor

Kevin Verronneau

Sandra Iberger

Executive Director & CEO

Fr. Dennis Polanco, SA

President & Spiritual Director



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www.StChristophersInn.org