It is impossible to reflect on the successes and accomplishments of 2019 without acknowledging the incredible moment in which we find ourselves.

As I write these words, we are halfway through 2020, a year unlike any other. As the world continues to navigate the COVID-19 health pandemic, we are also witnessing a historical and widespread movement to dismantle deeply rooted systems of oppression and brutality that disproportionately impact people of color. If there are silver linings to be had from this turbulent time, may it be real and lasting change that leads to true equity for all and an acknowledgment that we have a shared responsibility to care for one another, especially the most vulnerable and underserved.

As I look back at our outcomes from 2019, I am reminded of the vital role Meta House plays in healing our community. We are a refuge for those who would otherwise go without treatment, a haven for those who may have nowhere else to turn. Our clients are treated with the dignity and respect they deserve. Last year, with your support we were also able to renovate a kitchen in our residential program, providing a beautiful space for our clients to gather and heal.

While the road ahead remains long and uncertain, I am endlessly grateful to our supporters who helped us close out 2019 on a strong foundation. From this position of strength, Meta House quickly responded to the health crisis to mitigate risk while also preserving Meta House’s nurturing essence. In March, we quickly pivoted to providing most of our services via telehealth and adjusted our operations to include enhanced safety procedures such as mandatory personal protective equipment and social-distancing measures.

With state and federal programs easing some of the financial strain caused by the pandemic, we know 2020 will undoubtedly be a difficult year for the agency. And while each day seems to present a new challenge, the agility and resilience I have observed in Meta House’s clients and staff underscore my optimism for the future. With your continued support, I believe we will emerge from 2020 stronger than ever before, identifying new and innovative ways to serve our clients and collaborate with other organizations to amplify our collective impact. Let us not long for a return to “normal.” Instead, let us work together to build a more just and equitable future for us all.

With deep gratitude,

Valerie P. Vidal
President & CEO

“T’m here for myself and for my kids. I want them to be able to say, ‘that’s my mom.’”
- Sheryl

My time as Chair of the Board has come to an end and I’m thrilled to introduce my successor, Chad Swalheim, VP of Business Banking at BMO Harris Bank. Having previously served as Board Treasurer and leader of the agency’s finance committee, Chad’s financial expertise has been instrumental over the last few months. I’m honored to pass the torch to someone so committed to the current and future success of Meta House.

Molly Schweiger
VP|Client and Community Relations Director

On behalf of the entire Meta House team, thank you for helping us close out 2019 strong. Because of you, Meta House has been able to face the challenges of 2020 with a solid financial footing and a steadfast commitment to the Meta House mission. Your support has been crucial to the agency’s success. You’ve enabled the experts at Meta House to continue providing services amidst the current pandemic. As we navigate these ever-changing times, we stay true to the guiding principal that there is no timeline on success. The Meta House program welcomes women and families for as long as they need. I’m immensely proud to be part of an organization that prioritizes the long-term success of clients, for every successful Meta House graduate transforms not only themselves and their family, but the entire Milwaukee community.

Chad Swalheim
Board Chair
Our Home Foundation, Inc. was founded in Milwaukee, Wisconsin in 1963. A place where women struggling with alcohol addiction could be treated, Our Home Foundation, Inc. was originally established at 2843 West State Street. When Our Home Foundation began, services were available to seven women at a time. The home originally belonged to Mrs. Meta Orth, and quickly became known amongst its residents as “Meta’s House.” In 2000, the organization officially adopted the name Meta House. Since the early 60s, Meta House has continued to provide exceptional addiction treatment to women.

1988 Meta House purchases the former St. Casimir convent, adding 30 beds to the program and establishing one of the first residential treatment facilities nationwide for women and children.

1997 Meta House acquires the rectory next door to the St. Casimir convent, once again expanding capacity to 35 women and 15 children.

1998 Meta House establishes its outpatient treatment program.

1999 Meta House establishes the transitional housing program, a safe and affordable living program for women in early recovery.

2004 Meta House expands pregnant and postpartum services so women can receive the addiction treatment, prenatal care, and support services they need to start a healthy family.

2012 Meta House becomes the first non-hospital addiction treatment facility in Milwaukee to have a smoke-free campus. Executive Director, Dr. Francine Feinberg, retires after 29 years at Meta House.

2016 Meta House establishes formal partnership with the Wisconsin Department of Corrections to further engage women who have been involved with the criminal justice system in treatment options available at Meta House.

2018 Valerie Vidal joins Meta House as President & CEO.

We want to thank all Meta House donors and supporters. Your compassion, interest, generosity and enthusiasm keeps us moving forward. We would like to acknowledge the following for their contributions in 2019:

**Gifts $20,000 +**
- Anon Charitable Trust
- Bader Philanthropies*
- Brady Corporation Foundation, Inc.
- Greater Milwaukee Foundation
- Gertrude & Eric Passmore Fund
- Jane Bradley Pettit Foundation
- Lynde and Harry Bradley Foundation
- Melitta S. and Joan M. Pick Charitable Trust
- UnitedHealthcare Community Plan Wisconsin
- United Way of Greater Milwaukee & Waukesha County
- Zilber Family Foundation*

**Gifts $10,000 - $19,999**
- American Endowment Foundation
- Anonymous Donor Fund
- Julianne Boucher Sellars
- Brewers Community Foundation, Inc.
- Charles E. Benidt Foundation, Inc.
- Christine Culver & Tom Irgens
- Curt & Sue Culver
- Ray & Charlene DeGroot
- Elizabeth Elser Doolittle Charitable Trust
- Forest County Potawatomi Foundation
- Frank L. Weyenberg Charitable Trust
- Oshkosh Area Community Foundation
- Charles & Jean Gorham Fund
- Scott & Kathy Hopp*
- Harley-Davidson Foundation, Inc.
- Henry J. Kaiser Family Foundation
- Herb Kohl Philanthropies
- Hydrite Chemical Co.
- Barbara Manger
- Milwaukee Bucks Foundation
- Greater Milwaukee Foundation
- John and Brigid Miller Fund
- Milwaukee Children’s Village
- PNC Financial Services Group
- Ralph Evinrude Foundation, Inc.
- Heather & Austin Ramirez
- Sweeney Family Foundation
- Tellier Foundation
Many thanks

**Gifts $5,000 - $9,999**
Anonymous
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Chase Family Foundation, Inc.
Patrick & Bridget Coffey
Tom & Deb Degnan
Francie Luke Silverman Foundation
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PNC Grow Up Great Foundation
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**Gifts $1,000 - $4,999**
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Coquettish Nail Salon
Croen Foundation, Inc.
Karen Cumblad
Christina Derra
Douglas Dynamics, LLC
Tom Ellis
Enterprise Holdings Foundation
Mary Felkner
John Florsheim & Lindy Yeager

**programs & services**

**2019 client demographics at admission to Meta House**

**race & ethnicity**

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
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<tbody>
<tr>
<td>African-American</td>
<td>41%</td>
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<tr>
<td>White (Non-Hispanic)</td>
<td>45%</td>
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<tr>
<td>Hispanic/Latina</td>
<td>10%</td>
</tr>
<tr>
<td>Native American</td>
<td>2%</td>
</tr>
<tr>
<td>Asian</td>
<td>1%</td>
</tr>
<tr>
<td>Other</td>
<td>1%</td>
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</tbody>
</table>

**Age**

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 24</td>
<td>9%</td>
</tr>
<tr>
<td>25 to 34</td>
<td>40%</td>
</tr>
<tr>
<td>35 to 44</td>
<td>30%</td>
</tr>
<tr>
<td>45 or older</td>
<td>21%</td>
</tr>
</tbody>
</table>

**treatment settings**


**Outpatient Treatment** allows women access to an individualized level of care while maintaining sobriety in their own homes.

**Meta House Recovery Community** offers substance-free housing for recovering women and their children in need of a safe and affordable place to live, while still benefiting from outpatient services.

71% are unemployed
25% lack a high school diploma or GED
63% are homeless or unstably housed
86% reported having previously experienced sexual, physical, or emotional abuse in their lifetime
75% are mothers
97% have an annual income of less than $20,000
women served

children served

were pregnant or postpartum

babies were born to women at Meta House in 2019

average length of stay:

72 days in Residential*

(Wisconsin average (2016): 59 days)

123 days in Outpatient

*The longer a woman stays actively engaged in treatment, the more likely she is to stay in long-term recovery.

The ladies at Meta House turn out to be your sisters. We connect like sisters, and we give each other strength.”

- Sam

outpatient

For the women who stayed in outpatient treatment more than 90 days:

78% of the women reduced their substance use
85% of the women were discharged to a supportive living environment
93% of the women had not been arrested
78% of the women were employed, enrolled in a training program, or had another legal source of income
77% of the women had stable housing (compared to 42% at admission)

housing

For women who stayed in the program at least 90 days:

100% of the women maintained a reduced level of substance use
97% of the women moved to a drug-free location
92% of the women were employed, enrolled in school, had an income, or had made progress toward employability
97% of the women had not been arrested
53% of the women moved into permanent housing

residential

For women who stayed in the residential program for over 60 days:

94% of the women were abstinent from or reduced their drug and alcohol use between admission and discharge
86% of the women were discharged to a supportive living environment
96% of the women had not been arrested
66% of the women had stable housing (compared to 29% at admission)
62% of women who smoked reduced their tobacco use or quit smoking
85% of the women involved with Child Welfare improved their parenting skills, had children returned to their care, or had increased visitation with their children
96% of the women who participated in parent-child relational therapy showed improvement in their interaction with their children

2019 outcomes & results

509

301

1125

19

women served

children served

were pregnant or postpartum

babies were born to women at Meta House in 2019

many thanks

Gifts $1,000 - $4,999 (cont’d)

Eileen Force Cahill*
Gannett Foundation
Scott & Lyn Gebov
George L.N. Meyer Family Foundation
Jason & Laura Gerke
Jason Gessner
Steve & Anne Gorzek
James Gramling, Jr.+ Effective Milwaukee Foundation
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Immanuel Presbyterian Church
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Journal Foundation/Thomas and Yvonne McCollow Fund
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Daniel & Rebecca Kennedy
Steven & Debra Koenig
Kopmeier Family
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Matthew & Margaret Kurlinski
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Susan Lubar
Eileen Lurvey
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John & Christine McDermott
Doug & Ginny Mills
Mary Moore
Greg & Beth Myers
Network for Good
Bill & CJ Neville
Sarah Nielsen
Olive I. & Eunice J. Touissant Foundation, Inc.
Peck Foundation, Milwaukee LTD.
many thanks

Gifts $1,000 - $4,999 (cont’d)

John & Lisa Pendergast
Craig & Randy Pierce+
Kim Puterbaugh+
Pyramax Bank
David Raday*
John & Patricia Rauch
RBC Wealth Management LLC
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John & Kerry Richter
Glen & Melissa Ringwall
John & Deb Scheid
Tony & Janet Schirzinger
Jim & Sarah Schneider+
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Thelma Sias
Joshua Smith
Josh & MJ Sparks
St. Elizabeth Ann Seton Parish
Brian & Pamela Stark
Stan Stojkovic+
Patricia Sweeney*
Brent & Melissa Tischler
Kathleen Turkal
Unitarian Universalist Church West
United Way of Metropolitan Chicago
UPS
Betsy Van Horn
Eric & Wendy Van Vugt
Valerie Vidal & Andrew Gustafson
Michelle Waite
Anne Wal
Bruce Ware & Joan Aguado Ware
William Stark Jones Foundation
Hillary Wucherer
Wyant Law Offices, S.C.
Susan Zimmer
Lynnette Zitzke & Dave Barquist+

Gifts $500 - $999

Albert & Margaret Adams
William Arpe
Douglas & Caroline Ault
Barbara Baker
Mark & Laura Barnard
Christopher & Elizabeth Beaudoin
Donald & Tracy Bergin
Bonnie Birk
Kelly Boecker

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Vice President Treasurer
MGIC

John Richter
Corporate Counsel
Hydrite Chemical Company

Pat Sweeney
Director, Communication Integration and Corporate Reputation
Harley-Davidson Motor Company
many thanks

Deb Scheid & Sylvia Baumann
Deb and Sylvia are Meta House’s wonderful reception desk volunteers. They volunteer on a weekly basis to help support our Welcoming Specialist. Deb and Sylvia answer calls and help direct clients to services with a friendly smile and helping hand. Deb has been volunteering with Meta House for 6 years and Sylvia began her volunteer journey during 2019. Thank you, Deb and Sylvia!

Tikkun Ha-Ir
Tikkun Ha-Ir, Hebrew for “repair the city,” is a Milwaukee organization that partners with local non-profits such as Meta House. During the summer, Tikkun Ha-Ir’s vegetable chop-shop gleans leftover food and produce from farmer’s markets and turns them into meals that are donated to our Residential program. Tikkun Ha-Ir not only reduces food waste but also serves Meta House clients fresh and healthy food!

The Salinsky Program of Congregation Emanu-El B’ne Jeshurun
The Salinsky Program to Feed the Hungry is a signature program of Congregation Emanu-El B’ne Jeshurun. Their mission is to Feed the Hungry in a Jewish context by joining the larger Milwaukee community to advocate and educate about food needs and encouraging volunteer activities. They have provided an abundance of meals over the years for Meta House’s Celebrating Families! dinner as well as for our Residential Houses. Initiated in 2010 through a legacy bequest, they have provided over $170,000 in grants to area non-profit organizations to assist in their ability to provide food to their clients.

First Associated Insurance
The First Associated Insurance Agencies group, led by Jim Kloth, has been serving homecooked meals to Meta House clients for eight years. By our calculations, we estimate that they have served between 1,600 and 2,400 meals to women and children over the years! First Associated Insurance Agencies group also generously provides coats and Christmas gifts during the holiday season. This family business certainly knows how to give back.
many thanks

Kim was raised in a family of alcoholics. At a young age, she learned that showing emotion was a sign of weakness. Turning to alcohol as a coping mechanism at the age of fourteen, Kim felt that she would never amount to anything. And after years of drinking, Kim eventually hit her rock bottom. “My life was a rollercoaster – not just emotionally, but mentally, physically, and financially.” She felt lost in the darkness of her addiction and was ultimately sent to detox where she was recommended for substance use treatment. As a mother, Kim knew without question that Meta House was the right choice. When Kim arrived at Meta House, she said it was like a breath of fresh air. She knew it was time to address the emotional trauma she’d been harboring for so long. For the first time in her life, Kim started asking for help. She engaged deeply with her therapist, case manager, and child and family team. In times of struggle or frustration, she turned to peer specialists for support. “Everyone here… they helped me become who I really am.”

After one year in Meta House’s Recovery Community, Kim moved on to live independently with her two boys. While the process was difficult, Kim made sure to stay positive and persistent. “Even though I have it together, I still have a past. And that past comes back to bite me,” Kim said. “That’s where my coping skills come in. I can’t put myself in a bubble because something’s not working out for me. I have to find a way to get through it.”

Kim is currently employed as a certified chef, fulfilling her lifelong passion for cooking. She continues to prioritize her recovery, attending therapy sessions regularly and seeking out community support whenever possible. “I want to stay sober and grateful throughout all of it,” she said. “That’s something I practice every day, gratitude.” She encourages her children to express their emotions in an open and honest way and always makes sure they eat dinner as a family. “I never thought I’d have a bond as strong as I do with my children,” she said. “It’s a bond you could never imagine.”

Reflecting on the many obstacles she overcame during her time at Meta House, Kim feels she has created a new legacy for her family. “When you come from such a dark place, you think you’ll never be anything more than that. You think you have nothing else to offer. But Meta House showed me otherwise.”
your gifts at work

Your generous donations help fund a host of life-saving services offered at Meta House. Some of our services include:

- Celebrating Families! educates families and/or other members of a client’s support network about the disease of addiction, healthy relationships, and positive communication, inviting loved ones into the recovery process and strengthening support networks.

- Dialectical Behavioral Therapy (DBT), an innovative and evidence-based therapy, helps clients change harmful patterns of behavior, helping to develop skills of mindfulness, coping with difficult emotions, and interpersonal effectiveness.

- Fatherhood Engagement Program helps fathers and father figures provide support to their loved one struggling with addiction.

- Health & Wellness Program provides health education, prenatal education, smoking cessation support, nutrition education, yoga, and one-on-one nursing consultation.

- Parenting Program offers uniquely tailored parenting education, nurturing classes, individual parent coaching and home visits so that each family can thrive in a way that suits them.

- Seeking Safety, an evidence-based program aimed at reducing symptoms of past trauma, helps women learn healthy coping skills and grounding techniques.

2019 financial highlights

<table>
<thead>
<tr>
<th>Revenue Sources</th>
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<tbody>
<tr>
<td>Individual Contributions</td>
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<tr>
<td>United Way Allocation</td>
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<tr>
<td>Private Foundations</td>
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<tr>
<td>Federal Funding</td>
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<tr>
<td>State Funding</td>
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<tr>
<td>Milwaukee County Funding</td>
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<tr>
<td>Other County Funding</td>
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</tr>
<tr>
<td>Program Fees</td>
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</tr>
<tr>
<td>Investment Income</td>
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</tr>
<tr>
<td>Miscellaneous &amp; Rental Revenue</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Expenses Categories</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Residential Services</td>
<td>49%</td>
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<tr>
<td>Outpatient Services</td>
<td>28%</td>
</tr>
<tr>
<td>Transitional Housing</td>
<td>5%</td>
</tr>
<tr>
<td>Administration &amp; Management</td>
<td>11%</td>
</tr>
<tr>
<td>Fundraising &amp; Development</td>
<td>7%</td>
</tr>
</tbody>
</table>

many thanks

Gifts $100 - $499

- Katy Adler
- Michele Adler*
- Chad & Kristy Afdahl
- Shirley Drake
- Shannon Allen
- Emily Alwood
- AmazonSmile Foundation
- Erin Anderson
- Paula Anderson
- Tracy Anello+
- Carmella Arbogash
- Gretchen Arnett
- Artic Refrigeration Co., Inc.
- Colleen Ashenden
- Ashley Austin
- Sylvia Bachmann
- Robert & Cindy Bacsai
- John & Patricia Bakke
- Mary Balisteri
- Susan Balzer
- Daniel & Deidre Barnas
- Charyl Bauer
- Karen Bauer
- Kristine Beardsley
- Scott & Melissa Becker
- Jeremiah Behling
- Lindsey St. Arnold-Bell & Jasse Bell
- Benefit Services Group, Inc.
- Karen Berman & Elliot Berman
- Julie Bernardo
- Paul & Susan Bernstein
- Better Earth Textile Recycling, Inc.
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- Elizabeth Blackwood
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- Joseph Bogenberger
- Mary Boie
- Caroline Bolger
- Nancy Bonniwell
- Michael Bootzin
- Rene Boray
- Whitney Borchardt
- Bob & Wendy Bosworth
- William Brash III
- Joe & Bev Braun
- Jacob Braun
- Nathan Bronikowski
- Ellan Brostrom
“All the tools I’ve learned here have helped me realize that I am somebody. I learned that there were people out there that actually, really, truly cared.” - Molly

Many thanks

Gifts $100 - $499 (cont’d)

Marie Broussard & Maryan Torres
Anne May Brown
Kelly Brunette
David & Diane Buck
Dan & Jane Bucks
Anna Burrell
Michael & Ericka Burzynski
Betsy Buscomi
Linda Butyn
Maria Cameron
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Alice Davis
Amanda Davis
Cynthia Davis

How to get involved

Donate

Make a financial gift or pledge that allows Meta House to continue essential work in the Milwaukee community.

Donate materials or in-kind gifts needed by Meta House women and children to help them feel at home as they rebuild their lives.

Make Meta House part of your estate plans or make a deferred gift (such as bequests, trusts and annuities) to the agency.

Contribute

Organize a donation drive at your place of work or worship to collect items for Meta House’s wish list. These drives allow us to provide essential items to women and children in all our programs.

Host a party or activity to raise money or collect donations in support of Meta House.

Advocate

Learn about the issues that impact our women’s lives and tell others.

Connect Meta House to community leaders, foundations, or other funding sources. Your connections help us to continue to provide comprehensive services for women.

Reduce Stigma: Language Matters

Recognize that addiction is a brain disease and not a moral failing or lack of willpower. Share information with your personal and professional networks.

Avoid these commonly used terms that induce stigma: substance abuse, addict, alcoholic, dirty/clean UA (urinalysis). Instead, use substance use disorder, a person suffering from addiction, or negative/positive UA.

Volunteer

You can donate your time and talents to our agency, while helping us keep costs to the agency low. Email: volunteer@metahouse.org for more information.

Visit

Join us for a Meta Moments event! These casual, free events highlight the various issues our clients face and the treatment solutions we offer. Check our website, www.metahouse.org, for more information.

When operations return to normal, we’d be honored to show you around! Schedule a tour at Meta House to learn more about the programs and services and to see our mission in action. Call (414) 962-1200 to schedule a tour today.

Stay in touch

Sign up for our e-news. Email: volunteer@metahouse.org.

“Like” Meta House and follow our updates on Facebook, Instagram, or LinkedIn.
Gifts $100 - $499 (cont’d)

Kenyon Day
DCI Art Farm
Laura De La Cruz
Fran Daigle & Judy Markowski
Len Delaet
Herbie & Jenny Delgado
Kyle & Samantha Dellis
Eric & Lynn Delzer
Susan Derby
Kimberly DeSimidt
Francis & Jackie Detloff
Karen Dettmer
Cathy Dottay
Bill Dickman
Kristy Elmore & Elm Grove Woman’s Club
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Vanessa Eisenmann
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Debra Dolata-Drent
Alexandra Don
Robin Dorman
Mari Dougherty
Catherine Doyle
Eldene Doyle
Kerry Doyle
Cheryl D’Souza
Mary Dugan
Karen Duke
Bryna Dulmes*
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Sandy Dunheim
Ellen Eckman
Vanessa Eisenmann
Renee Elliott
Elna Grove Woman’s Club
Kristy Elmore & William Reichold
Stephanie Ely
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Shari Engstrom
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Rosalie Marleau
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Amy Goldstein
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Tara Gunum
Helen Gurholt
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Erin Haan
Robert Habich
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Ken & Anne Hallett
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Gina Haney
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“[Treatment at Meta House] has empowered me to know that recovery is everything.”

- Dianne

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In honor of niece & great niece.
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In honor of all those who have faced challenges.
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“I came to Meta House and it was a complete blessing. I learned how to reach out for help. I learned how to trust.”
- Sheryl
Phoenix
This mythical creature rises from the ashes, signifying new life.

Lotus Flower
Widely recognized as a symbol of resilience and rebirth, this beautiful flower grows from murky waters.

Triskelion
Celtic symbol of strength. Symbolizes three running wheels that are always moving forward despite adversity.

Hamsa
Meaning “five” in the Hebrew and Arabic languages. Symbolizes the interplay of one’s energy - and the warding off of bad energy.

Tabano
Meaning “oar” in a Western African language. Symbol of unity, purpose, strength, confidence and hard work to reach a goal.

“Because of the people here, I was able to pull myself up. I realized that I was always looking for something outside of myself, for love, for approval... but it was always inside of me.”
- Cari

Meta House is proud to be a Milwaukee Infant Safe Sleep Community Partner.

Meta House gives priority admission to pregnant women and IV drug-using women.

Meta House provides equal opportunity in employment and service.

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