



# ROOTED IN RECOVERY growing to great heights

our case for support

**For half a century, Cedar House has been implementing the proven principles of drug and alcohol addiction recovery to create individualized treatment plans that work.**





# THE UNENDING EPIDEMIC

Drug addiction and mental illness continue to be prolific problems in the world. More than **one million people** have died since 1999 from a drug overdose.





# OVERWHELMING NEED

In 2020, **40.3 million people** aged 12 or older (or 14.5 percent of this population) had a **substance use disorder** in the past year, including 28.3 million who had alcohol use disorder and 18.4 million who had an illicit drug use disorder.

In 2020, there were **nearly 400 drug-induced and alcohol-related deaths in San Bernardino County.**

Among adults aged 18 or older in 2020, **17.0 million people had both a mental illness and a substance use disorder**, with 5.7 million people exhibiting serious mental illness.

In 2021, **106,699 drug overdose deaths** occurred in the United States. The age-adjusted rate of overdose deaths **increased by 14%** from 2020 (28.3 per 100,000) to 2021 (32.4 per 100,000).

**Opioids** were involved in **80,411 overdose deaths** in 2021 (75.4% of all drug overdose deaths).

**Over 5 million Americans** reported current **cocaine** use in 2020, which is almost 2% of the population. In 2020, **2.5 million Americans aged 12 or older** reported having **used methamphetamine** in the past year.

The risks of fentanyl contamination of illegal drugs are a growing concern. In a 10-state study, **almost 57% of people** who died from an overdose **tested positive for fentanyl** and fentanyl analogs also tested positive for cocaine, methamphetamine, or heroin.

**Fentanyl related deaths in San Bernardino County have increased fifty-fold** from 6 deaths to 316 deaths in 2016 to 2021 respectively.

Among adults who used methamphetamine during this time, 53% met diagnostic criteria for methamphetamine use disorder and **less than 1 in 3** of those with methamphetamine use disorder **received substance use treatment** in the past year.

\*Cited from CDC & SAMHSA public domain research surveys



## ROOTED IN RECOVERY

In 1973, nine gentlemen from Fontana, Riverside and Upland signed on as the first board of trustees in an organization they founded in Bloomington, California, called Amigo House. Its initial purpose was “to provide an environment where men who are suffering from alcoholism can be detoxified, treated, counseled and educated on the dangers of alcoholism and human behavior of problem drinkers.” Now, Cedar House Life Change Center has expanded from that initial fight for recovery into a multi-site, full service front in the battle against addiction. We are strategically positioned in Bloomington and Riverside, California to provide lifesaving and life-changing programming to all who are struggling with substance use disorders in the Inland Empire. By earning our CARF Accreditation for our withdrawal management, residential, and outpatient services, we have been able to provide care for individuals covered by Medi-Cal and private insurance providers. To this day, Cedar House remains on the forefront of addiction treatment using the most up to date, evidence-based practices to help those with substance use and co-occurring mental health disorders.



# SEE THE CHANGE

Number of Clients  
who **completed treatment**

**442**

Percent of Clients who would  
**recommend our program** to others

**96%**

Client **Quality of Life Increase**  
since entering program (based on BARC-10)

**91%**

Overall Client  
**Satisfaction** Average

**97%**

\*Numbers based on Y'22-'23 data



## “She saw a light in me, and I’m forever grateful to her.”

In the depths of her depression and addiction, Kelli needed the compassionate care she received at Cedar House to reveal a spark of light and encourage her to shine. Kelli began drinking at 14 after her parents divorced, and her drinking habit worsened at 16 after being sexually abused. She said, “I was partying every weekend. I didn’t want to feel, and drinking was my escape from reality.” At 24, she planned to join the US Army but was halted by pregnancy and continued drinking. Four months after her first son Micah was born, she found out she was pregnant with her second son, Jonah. Kelli was a hopeless, severely depressed, single mom. When she told her mother that she wanted to die, Kelli was placed on her first 5150. During her hospital stay, Jonah’s father exaggerated her condition and obtained full custody. After months of dispute, she was finally granted 50/50 custody. Kelli said, “That’s when my drinking career took a turn for the worse. I was constantly arguing with my mom, Jonah’s father, and his girlfriend. I was ready to end my life. I called my sisters to let them know how I was feeling and was placed on my second 5150.”

That’s when she made the decision to come to Cedar House. She said, “I remember being terrified, scared, and sad all at once, especially leaving my boys, but I also knew they didn’t deserve a mother like that.” Regarding her time at Cedar House, Kelli said, “My case manager Salena was everything I could have hoped for in a situation like that. The staff were wonderful. They really helped me find my voice and myself again. I couldn’t have asked for a better experience.”

After graduating from the program, Kelli gained full custody of Jonah, separating him from his abusive father. She said, “I truly believe God got me sober for this – to fight for my son and to be his voice. I had to fight for myself so I could fight for him. Just because you get sober doesn’t mean bad things aren’t going to happen to you, but you can have a new way of handling hard situations that I learned from rehab and AA.”

Kelli has maintained her sobriety for more than three years and began working at Cedar House last year. She has found a deep appreciation for serving the recovery community, even acting as secretary for her AA meetings. She said, “I love sharing my story because I want to give people hope.” She offered this message to people battling addiction: “Don’t ever be afraid to fight for yourself because you never know who you’ll be fighting for. If you’re serious about change, get a sponsor, work those steps, go to a meeting. Today my boys are happy and healthy, and they are my ‘why.’”



# RECOVERY WITHIN REACH

**Our clients' futures depend on the effectiveness of our treatment programs. We are changing lives and healing families. That's why we offer a safe, confidential, therapeutic environment that promotes quality care by enhancing intrinsic motivation and assisting clients through the stages of change. Our programs are constantly evolving as we add the latest curriculum, quality staff, and innovative ways to further improve our service.**





# LIFE-CHANGING WORK

Our CARF-Accredited treatment programs offer effective substance use and co-occurring disorders treatment, promoting safety, trust, transparency, and empowerment through trauma-informed care principles.



We provide comprehensive **Withdrawal Management** services to stabilize our clients' physical condition, including medically-appropriate step down medications to help ease withdrawal symptoms.



Our **Residential Treatment** program's case managers create tailored treatment plans, recognizing cultural diversity, and educate clients about the connection between chemical dependency and psychiatric disorders.



**Cedar House at Arlington** in Riverside offers short-term stabilization, our Sobering Center, and serves as a foundation for individuals seeking long-term treatment for substance use and co-occurring disorders.



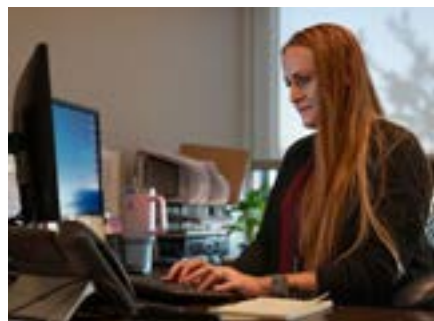
**Maple House Women with Children** offers classes and services to help women recover, acquire skills, and improve their lives while their children grow in a safe environment.



**Sanctuary House Sober Living** is a safe, supportive residential facility for men who have completed treatment programs, offering a safe, drug-free environment across the street from the Outpatient Program.



Our **Outpatient Treatment** ensures clients maintain employment and family life while providing an ongoing support network. Comprehensive Recovery Services are also available to support you in your journey.



# OUR MISSION & VISION

**Cedar House provides evidence-based treatment to empower those affected by addiction to find wholeness in recovery.**

**We envision a full continuum of care and outreach activities to achieve healing for individuals, families and communities.**

**At Cedar House, our highest priority is saving lives. We offer medication-assisted treatment that is proven to be effective in reducing overall risk of overdose. We also specialize in the treatment of co-occurring disorders and frequently take on cases that other facilities may dismiss because of their challenging mental health and substance use disorder dual diagnosis.**

**Our individualized treatment programs are designed to meet the needs of the approximately 1,000 clients we serve each year. Outcomes are tracked with electronic health record indicating competitive completion rates as compared to national averages. In addition, alumni frequently call or return to Cedar House to express gratitude and share their stories on our website hoping to inspire others to persevere in their quest for recovery from alcohol and drug addiction.**



**“Cedar House opened up my heart, and I saw hope. I realized I was a good person; I was just broken.”**

— Leilani

**“When you’re trying to recover, you’re so vulnerable, but there were amazing people that really helped me along.”**

— Eduardo

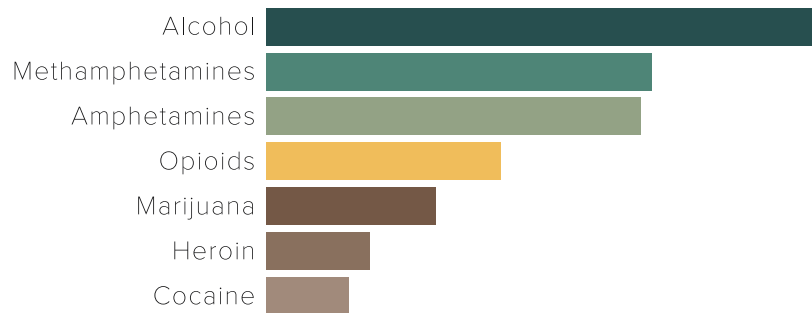
**“I have established leadership skills, budgeting skills, and learned how to be a productive member of society as a mother.”**

— Sereeta

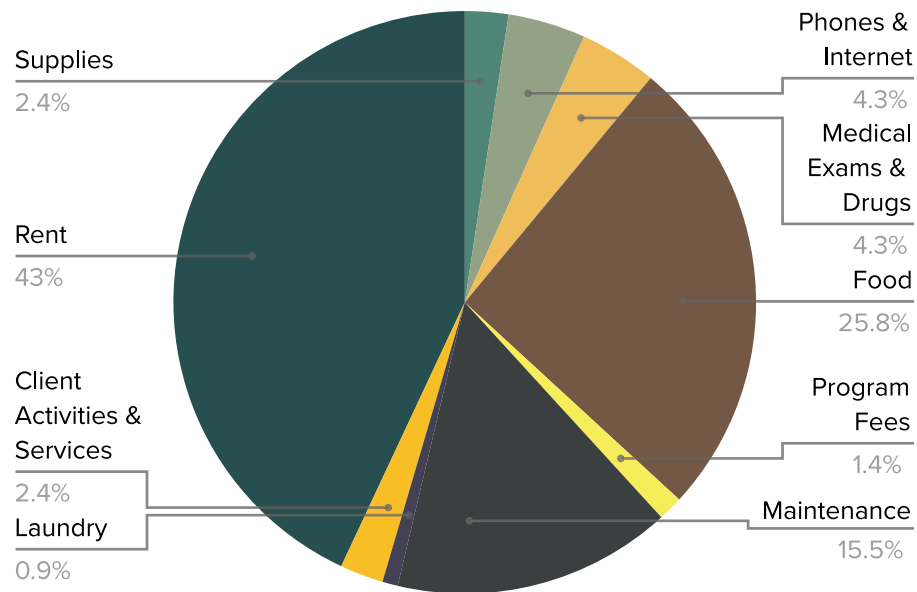




### Common Substance Use Disorders at Cedar House



### Expenses that Support Clients



\*Numbers based on Y'22-'23 data

## YOU CAN HELP

**200 beds, 3 campuses, 140 staff**

Cedar House Life Change Center provides support to vulnerable community members who cannot find help elsewhere due to financial constraints. Funding is available for the most basic elements in the provision of treatment but comes with many restrictions that can make it insufficient to meet the needs of clients who may require more. We fundraise to ensure that individuals in need receive the help necessary to beat the odds, giving them a fighting chance for recovery. The battle does not stop when our clients graduate. We want to provide ongoing support, ensuring that they are standing strong in their newfound recovery for years to come. This is how we impact individuals, heal families, and transform entire communities.

# GROWING TO GREAT HEIGHTS

## Welcome to The Village!

We envision developing our 4.4 acre property across Santa Ana Avenue into a thriving new facility featuring:

- **56 Beds for Residential Treatment**
- **Enhanced Treatment Programs**
- **Short-Term Housing for single graduates and families**
- **Workforce Training**
- **Life Skills Coaching**
- **Meeting Rooms**
- **Recreational Facilities**
- **Day Care for Children**
- **Offices**



## \$50 MILLION

**\$3 Million**

for Renovations and Upkeep of  
current facilities

**\$35 Million**

for The Village

**\$12 Million**

for Expansion on Cedar House  
Main Facility



# BE A LIFE CHANGER



## GIVE TODAY

Visit [cedarhouse.org/donate](https://cedarhouse.org/donate) or  
call (909) 421-7120 x302 to learn more

We are proud to help our clients make essential, lifesaving changes. Now **YOU** can be a part of helping people change their lives as well. By partnering with us, you are changing lives for the better and helping us solve one of the most challenging problems facing our society today — the drug epidemic. Our community needs us more than ever, so join us as we change lives and change the world.

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Our **Giving Campaign** pushes us forward to grow to great heights. Your gift will:

- **Accelerate the planning and building of our new facilities**
- **Provide lifesaving and life-changing care for new clients**
- **Fund new classes, training, and events for those in recovery**
- **Continue providing for our daily needs**