

# 2008 Annual Report

Fiscal Year 2008:  
July 1, 2007 to  
June 30, 2008



Changing  
lives  
one at  
a time

# Letter From the CEO

Dear Friends,

Fiscal Year 2008 –during which Vanguard celebrated 45 years of service to the community– was a year of both looking back at past achievements and looking forward. Many of you celebrated with us at our September 2007 Anniversary Banquet and other Anniversary week events. As guests told stories of the past decades, it was gratifying to reflect on the programs Vanguard has developed, the partnerships we have formed, and the almost 30,000 individuals, and their families, who have received help through Vanguard.

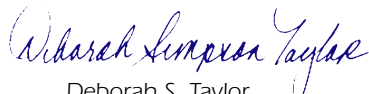
I am pleased to say that, as the fiscal year drew to a close, Vanguard was well positioned –both clinically and financially– to continue to meet the substance abuse treatment needs of the region we serve. Here are some of the notable achievements of fiscal year 2008:

- Clinical outcomes remained strong, with high program outcome statistics and retention rates consistently above national averages.
- Vanguard's Boys and Girls Recovery Lodges awarded the 2008 Program of Excellence Award from the Virginia Association of Drug and Alcohol Programs.
- Expansion of Boys Recovery Lodge to 16 beds, to help meet the growing need for treatment programs for adolescent boys.
- Renewal of three-year national accreditation for all Vanguard programs.
- Demeter House and Phoenix Program redesigned as gender-specific programs.
- A beautiful new outpatient facility opened for Vanguard Counseling Center at 200 N. Glebe Road, in Arlington.

As you can see, after more than 45 years, Vanguard continues to evolve to meet the treatment needs of the individuals it serves– and this ability to adapt is one reason that Vanguard has remained strong through the decades, in the face of a changing healthcare system and challenging economic trends.

I think I speak for Vanguard's Board members and staff when I say that we all came out of the 45th Anniversary celebrations more inspired, proud and motivated to do more. I hope you will continue to follow our work as we move forward, and I thank you for all that you do for Vanguard and our clients.

About the cover:  
this watercolor and  
pencil drawing was  
created by several  
Boys Recovery Lodge  
clients working  
together.



Deborah S. Taylor  
President and CEO

# Meeting the Needs of Individuals and Families



**Our Mission:** Vanguard Services Unlimited, a non-profit, community-based organization, offers high quality treatment and recovery services to individuals and their families who are suffering from the effects of substance abuse. With over 46 years of dedicated service to people regardless of their economic status, Vanguard seeks to help our clients become healthy, productive and self-sufficient citizens. Committed professional staff, Board members and volunteers provide excellence in service to those in need.

Vanguard Counseling Center offers several levels of counseling and family services for teens and adults.

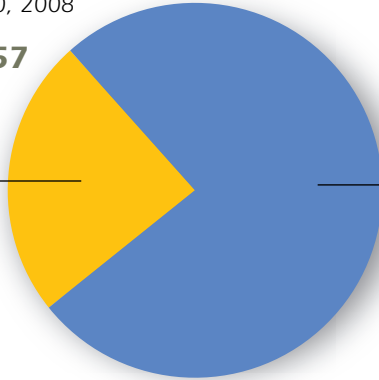
# Individuals Served:

July 1, 2007 to June 30, 2008

**Total Served: 757**

Females: 24%

Males: 76%



## Race/Ethnicity:

Unknown: 5.1%

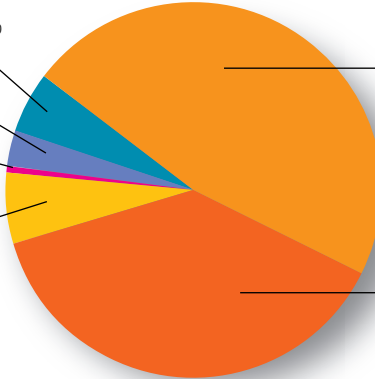
Other: 3.2%

Pacific American,  
Native American: .4%

Hispanic: 6.1%

African American: 47%

Caucasian: 38.1%



## Primary Drug of Use:

Other: 0.4%

PCP: 2%

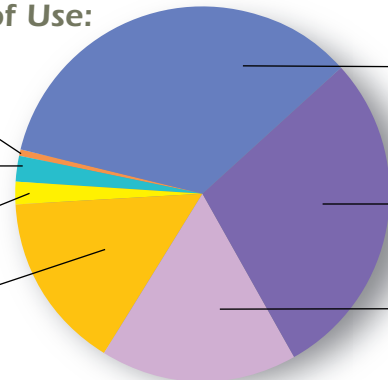
Polydrug Use: 2.2%

Narcotics: 15.2%

Alcohol: 34.7%

Crack/Cocaine: 28.5%

Marijuana: 17%



# Combined Statement of Activities and Change in Net Assets

Vanguard Health Group and Affiliated Organizations

Fiscal Year 2008: July 1, 2007 to June 30, 2008

REVENUE	Unrestricted	Temporarily Restricted	2008 Total
Local Jurisdictions	\$ 3,258,718		\$ 3,258,718
State and federal jurisdictions	1,866,081		1,866,081
Insurance and self pay	1,237,075		1,237,075
Treatment slots	475,659		475,659
Grants and Contributions	129,947		129,947
Interest income	12,768		12,768
Special events	—		—
Food stamps	26,833		26,833
Miscellaneous	43,846		43,846
<b>Total Revenue</b>	<b>\$7,050,927</b>		<b>\$7,050,927</b>
<b>EXPENSES</b>			
<b>Program Services:</b>			
Treatment Programs	6,348,109		6,348,109
<b>Supporting Services:</b>			
Management and General	682,729		682,729
Fundraising	87,003		87,003
<b>Total Supporting Services</b>	<b>769,732</b>		<b>769,732</b>
<b>Total Expenses</b>	<b>\$7,117,841</b>		<b>\$7,117,841</b>
Change in net assets	(66,914)		(66,914)
Net assets at beginning of year	896,841	20,000	916,841
<b>NET ASSETS AT END OF YEAR</b>	<b>\$ 829,927</b>	<b>\$ 20,000</b>	<b>\$ 849,927</b>

# Donors to Vanguard Services Unlimited

Between July 1, 2007 and June 30, 2008

## **Platinum: \$10,000 & above**

Washington Forrest  
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Vanguard takes great care to ensure that our donors' names are listed accurately. If we have made an error, please contact, Suzanne Didier, 703-841-0703, ext 359, or [sdidier@vanguardservices.org](mailto:sdidier@vanguardservices.org)

# Vanguard Programs

## RESIDENTIAL PROGRAMS

### **The Phoenix Program, Arlington, VA**

Our oldest and largest program, the Phoenix Program provides intensive residential substance abuse treatment for adult men.

### **Demeter House, Arlington, VA**

In this specialized program for women, mothers, and children, children are cared for by qualified staff while mothers receive counseling, parenting education and other targeted services.

### **Girls and Boys Recovery Lodges, Arlington, VA**

These holistic programs for adolescents combine counseling, family services, school, recreation, and a therapeutic milieu in which youth help each other through treatment.

### **Nuevo Día, Arlington, VA**

A Spanish-language, culturally appropriate program for adult men whose primary language is Spanish.

## TRANSITIONAL PROGRAMS

### **Re-Entry, Arlington, VA**

### **Independence House, Arlington, VA**

For adults who have completed a primary treatment program, transitional housing offers a safe "next step." Clients work or attend school or job training during the day, then return to the facility for life-skills training and counseling.

## OUTPATIENT PROGRAMS

### **Vanguard Counseling Center, Arlington, VA**

Vanguard Counseling Center offers several levels of individual, group, and family counseling for adolescents, adults and their families.

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## Vanguard Services Unlimited

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