

# THRESHOLD

*News from Limen Recovery + Wellness | Fall 2024*

The logo for Limen Recovery + Wellness features the word "LIMEN" in a bold, white, sans-serif font. To the left of "LIMEN" is a vertical bar composed of two segments: a white segment on the left and a yellow segment on the right. A thin yellow horizontal line is positioned below the word "LIMEN". Below this graphic, the words "recovery + wellness" are written in a smaller, lowercase, white, sans-serif font.

**LIMEN**  
recovery + wellness

*Empowering the transformation of lives in an environment that radiates compassion and loving concern*



## Growth and Leadership



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*Limen Recovery + Wellness receives funding and is part of the public services offered by the Division of Substance Abuse & Mental Health.*

Limen Recovery + Wellness is excited to announce the appointment of Rebecca “Becky” Flood, MHS, as the interim CEO of our organization. Our mission is to improve lives and communities by offering comprehensive recovery and mental wellness services within a continuum of care.

Our vision is centered on providing a full spectrum of care that originated in our sober living homes. To better serve those in need, we are expanding to offer outpatient and residential treatment services at 819 N. Washington Street in Wilmington. Becky’s leadership, combined with the collaborative power of the Limen Leadership team, has been instrumental in our progress. We are thrilled to be more than halfway through our expansion.

Joining Becky, Cindy Kresge serves as our Executive/Board Administrator and Operations Manager, bringing with her a 20-year career in human services. Alicia Emmanuel, our Clinical Director, boasts over 12 years of experience in behavioral health. Mike Webster, our Chief Advancement Officer, brings more than 17 years of

nonprofit experience to the team. Beth Jeker, our Business Development Manager, has over 35 years of experience in the behavioral health field, specializing in substance use disorder.

Our previous strategic plan aimed to expand our operations and mission. We merged with Triad, acquired 819 N. Washington Street, and received a historic \$1 million donation from Paul and Linda McConnell. Additionally, we secured a \$1.2 million ARPA grant for expansion. Phase I has been completed, and our outpatient center is now fully operational.

We are thrilled to collaborate with Saint Francis Hospital. By 2025, we aim to add thirty-seven beds for the region and the state of Delaware. We are excited to have the final stages of renovation in the fall of 2024, which will involve establishing a residential program and developing family programming at 819 Washington St. +

## Reaching Potential: Continuum of Care

Our program is dedicated to empowering patients and residents to return to society as productive and contributing members. We believe in creating a continuum of care that is tailored to meet the unique needs of everyone, helping them achieve their recovery goals and reach their full potential. With our holistic framework, we ensure that our patients and residents never feel alone on their journey. From entry to aftercare, our team of peer support, addiction counselors, case managers, and licensed therapists work together under one organization and one clinical supervision team to provide the highest level of care possible.

At Limen, we believe in providing comprehensive programs that cater to the unique needs of our residents and patients. Our treatment center is a Level 3.1 ASAM (American Society for Addiction Medicine) treatment center. Operationally, service goes beyond 3.1 criteria by the variable length of stay and the ratio of the support staff of 6:1. Our clinicians are experienced in various clinical approaches as well as the 12-Step process, which aids in accurately evaluating a patient's concerns and developing a treatment and relapse prevention plan. Our model addresses the healing and development of the heavily researched seven dimensions of wellness: mental, physical, social, financial, spiritual, environmental, and vocational.

Embedded in the Washington Street treatment center is a recovery community center that follows best practices set forth by the Association of Recovery Community Organizations (ARCO). It provides a supportive environment, access to services, and a hub of support to help people achieve sobriety and connect with the community.

Our flagship Sober Living Program is designed to offer a range of services that support individuals on their journey toward recovery. We provide everything from housing and counseling to life skills training, job placement, and financial literacy training.

*“...we give people the time they need to heal, and a safe space to start to reconnect to their most authentic selves.”*

– ASHLEY REED, SOBER LIVING PROGRAM MANAGER

Our aim is to empower our residents and patients with the necessary tools and resources for a successful transition back into society. Similarly, our Intensive Outpatient Program fosters healthy relationships and encourages progress toward treatment goals.

*“The Men's Level 3 sober living is successful thanks to the dedicated team who offer residents a safe environment to recover, heal, and grow spiritually through the program's structure and 12-step module.”*

– TIM BRIANARD, CASE MANAGER AT THE MEN'S LEVEL 3.

Our clinicians work closely with patients to identify the underlying causes of unhealthy behaviors. They ensure a supportive and objective assessment of their situation, and guide our patients and residents through similar challenges as they arise. Our Outpatient program offers affordable and no-cost counseling options to individuals affected by addiction and mental health disorders.

In our outpatient program, we support our patients in achieving their goals by helping them change what they can control and accept what they cannot. We work together to carefully navigate through any trauma and pain they may be experiencing, and understand that even in the most difficult situations, there is still potential for growth and healing.

*“We have a safe space in IOP to do the work together.”*

– GERALD MEDKEFF, CADC, INTENSIVE OUTPATIENT COUNSELOR

Limen Recovery + Wellness Alumni community is an interwoven component of services for our former residents and patients with a shared recovery experience at Limen. Our Alumni program serves to enrich the recovery and the lives of our alumni in a continuum of care by providing professional development, support/resources to alumni during all phases of the recovery process, social engagement, service opportunities, and even spiritual development to deepen the connection the community and embrace the lifelong gift of recovery. +

## Limen Staff Updates

### Amy Shannon

WOMEN'S LEVEL 3 CASE MANAGER



Amy has joined Limen Wellness and Recovery as a women's level 3 case manager, bringing 26 years of case management experience with the State of Delaware's Department of Corrections. She has also taught

in the Criminal Justice program at Del Tech for 10 years. Outside of work, Amy enjoys spending time with loved ones and reading. She is excited to work with the women residents of Limen House and is passionate about the philosophy of meeting each person “where they are” and allowing them to work at their own pace.

### Gerald Medkeff, CADC (He/Him/His)

INTENSIVE OUTPATIENT COUNSELOR



Gerald is a Certified Alcohol and Drug Counselor and a Limen House alum. He has an associate degree in psychology and will finish a bachelor's degree in psychology in Fall 2024 at Southern New Hampshire

University. Gerald entered the treatment field in 2012 as a counselor's aide with a youth behavioral modification and substance abuse treatment program. He provided peer intervention services in a hospital setting before moving forward with counseling in an MAT clinic. Gerald counseled in a DUI treatment program prior to joining Limen, and currently provides group therapy in our intensive outpatient treatment program.

### Nicole Ferretti

INTAKE COORDINATOR



Nicole, a proud alumna of Limen Recovery + Wellness, has been serving as their Intake Coordinator since May 2023. Her personal experience with the programs has instilled in her a deep understanding of

their transformative impact. Committed to guiding individuals toward recovery, Nicole assesses their needs, facilitates the admission process, and eagerly looks forward to assisting you or your loved ones in taking the first steps toward a brighter future.



### Congressional Funding Visit Hosted in April

Limen proudly hosted a Congressional Funding Visit with Senator Tom Carper, Senator Chris Coons, and U.S. House Representative Lisa Blunt Rochester. The event welcomed more than 40 attendees, including members of the press, board, and community partners. Its purpose was to celebrate the progress of renovations from congressional-directed funding via Health Resources and Administration

(HRSA) Grant for \$463,000. The project aimed at providing essential capital renovations and repairs designed to improve the safety and longevity of our residences and enhance the living conditions and overall well-being of our residents.

The top priorities for these renovations include replacing the roof and windows, addressing bathroom issues, and fixing the foundation and exterior concrete work. These crucial repairs will significantly elevate the safety and functionality of our residences, positively impacting the residents' quality of life. During the event, the focus was on discussing the progress and providing a tour of 819 Washington Street and the Men's Level 3 House. ✚



## Christ Church Volunteers Bring Communities Together

Christ Church Christiana Hundred has recently been focusing on spiritual development through recovery programs. They are organizing the third Recovery Eucharist, which serves as an expression of their faith and an opportunity to engage with the recovery community.

Led by the Rev. Stacey Carpenter, these services provide an opportunity to acknowledge the impact of addiction in our lives and those we love, along with the hope found through God and 12-step recovery. Rev. Stacey Carpenter stated, "We are specific to include 12-step meetings because of CCCH's role in hosting the longest-running 12-step meeting and the role of Rev. Samuel Shoemaker in establishing the spiritual principles of the 12 steps."

With the expansion at 819 Washington, the community looks forward to introducing new programs to support a wider range of people dealing with substance abuse disorder, as well as their families and friends. There are upcoming events during Recovery Month, including a recovery Eucharist on September 29th.

Christ Church has a deep-rooted connection to Wilmington that spans generations. It was originally associated with the Brandywine Manufacturers' Sunday School, which catered to mill workers and their families. Today, the congregation is diverse and exists across various locations. Over the years, Christ Church members have created opportunities to address the community's poverty and injustice. They are actively involved at Limen, volunteering their time and talent in various ways.

Christ Church's outreach committee, led by church members and supported by Rev. Michael Kurth, establishes volunteer opportunities and financial support for Limen and other agencies, positively impacting the lives of those they serve. The relationship with Limen has strengthened over the decades, and their connection with Trinity and Triad has brought the communities closer, promoting shared values and encouraging healing and reconciliation. The mission of Limen Recovery + Wellness is to improve the lives of others based on the belief that something greater than us exists.

Learn more about Christ Church by visiting their website at [www.christchurchde.org](http://www.christchurchde.org) ✚



### Cold Hands, Warm Hearts Reception

Limen hosted a celebration in February to commemorate the successful completion of Phase 1, Outpatient Center at 819 Washington Street. We were thrilled and honored to have friends and partners join us for this special occasion. Special guests included the Faithful Friends Animal Society. We extend our heartfelt appreciation to all the supporters who have played a crucial role in our journey. ✚

**Learn more about partnerships.  
Contact Michael Webster 302-655-1153**



PICTURED ABOVE LEFT-RIGHT: Board Member Tim Letter and Chief Advancement Officer Mike Webster; Board Member Hon. Eric Davis and Robert Wittig; Board President Sally Loessner and family guest, with Fran and Robert Avena.

## 10th Anniversary Amethyst Ball

The Amethyst Ball, Limen Recovery + Wellness' premier fundraising event, has marked a significant milestone in supporting our residents and patients. Founded by Vinnie Garibaldi, the event has successfully raised more than \$1,000,000 in the past year.

To celebrate this milestone all past awardees were invited back to be recognized. We are truly grateful for their support and work. At the 2023 Amethyst Ball, we honored Senator Chris Coons and Annie Coons; and we were joined by former First Lady of Delaware, Carla Markell, and Alumna Ashley Thomas; and raised more than \$200,000. +



## LimenStrong Alumni Activities

Our alumni—who are the backbone of our community—have been incredibly active lately. They recently organized a Men's Bowling event, a trip to Great Adventure, and a Women's Alumna Zoo trip.

In addition to these social events, our alums host a monthly topic meeting for alumni by alumni on the last Thursday of each month.

We extend our heartfelt thanks to Ashley Reed, Ashley Thomas, Carly Lucas, Ray Colletti, Tim Simpkins, and McKenna Symon for their invaluable contributions.

For more information, feel free to contact Mike Webster at [mwebster@limende.org](mailto:mwebster@limende.org) or message the alumni page on Facebook or Instagram. +



To learn more about our services, referrals, or tour our new location, contact us or visit [LimenRecovery.org](http://LimenRecovery.org)

### LIMEN LEADERSHIP TEAM

**REBECCA FLOOD**  
interim Chief Advancement Officer  
[bflood@limende.org](mailto:bflood@limende.org)

**CINDY KRESGE**  
Executive/Board Administrator  
and Operations Manager  
[ckresge@limende.org](mailto:ckresge@limende.org)

**MIKE WEBSTER**  
Chief Advancement Officer  
[mwebster@limende.org](mailto:mwebster@limende.org)

**BETH JEKER**  
Business Development Manager  
[ejeker@limende.org](mailto:ejeker@limende.org)

**ALICIA EMMANUEL**  
Clinical Director  
[aemmanuel@limende.org](mailto:aemmanuel@limende.org)

# Building Momentum

## A Timeline of Our Progress

In our last strategic plan, many conversations about cost operations vision were typical for our board—or any board. However, a solemn commitment to our mission was also present, which is unique and distinct—*what more can we do?*

Led By Sally Loessner, we embarked upon a once-in-a-life-time project to ensure that we are relevant and sustainable for the next 50 years. We were perhaps starting with our merger with Triad, but what can we do for the community purchase of 819 Washington Street? We only wanted to recenter the headquarters and outpatient center at the time. We ended up with a semi-historic building with 23,000 square feet to nearly double our bed count. The silent phase began in earnest December 2021.

In December 2021, Paul and Linda McConnell gave Limen a generous \$1 million gift, marking the largest donation in Limen's history. This gift was an investment to expand services, reach more people, and provide support to our Alumni. The Limen team got to work, and through our relationships, navigated the ARPA application, and selected a location almost contiguous to our Men's Level 3 house. In December 2022, Limen received a significant investment in our expansion with a \$1.2 million ARPA grant. The closing date for the property at 819 Washington was March 31, 2023. The leadership and outpatient teams moved on April 17, 2023. Since then, we have been providing high-quality and low to no-cost outpatient service.

More planning commenced as we engaged with Delaware Construction Services and Bernardon. Internally, the Board began discussions of operational needs and sustainability. A capital campaign began to emerge, with Phase I starting in March 2023 and continuing through March 2024. The work spanned beyond brick-and-mortar to programming, financial, and funding development. Limen began piloting its community programming with monthly Alumni homecoming and topic meetings starting in September 2023. The construction for Phase I focused on the Outpatient Center and administration, adding necessary enhancements to deliver services. Limen soft-launched the Intensive Outpatient Program in November 2023.

Phase 2 started in March 2024 and is scheduled to be completed in July 2024. In this phase, the second and third floors at 819 will undergo demolition and renovation to create a new residential program, adding 37 beds at a 3.1 ASAM level of care upon completion. Limen kicked off the Life in Recovery series in April 2024. In May 2024, the Peg Diehl Family Foundation officially merged with Limen, providing resources to establish a private endowment of over \$2 million and support the development of a robust family program. Phase 3 begins in July and runs until October 2024. Plans include demolishing and renovating the garage at 819 Washington, creating a commercial kitchen to serve the new residential program. +

## TIMELINE

### SILENT PHASE

- 12.2021** Paul and Linda McConnell gifted \$1 million
- 12.2022** Awarded \$1.2 million ARPA grant for expansion
- 3.31.2023** Closing date on 819 Washington
- 4.17.2023** Leadership and Outpatient relocate

### PHASE I

- 09.2023** Community programming soft launch
- 10. 2023** Begin Phase I Outpatient Center and administration construction
- 11.2023** Intensive Outpatient Program Soft Launch

### PHASE II

- 03.2024** Demolition and renovation of the 2nd & 3rd floors for the new residential program at 819
- 04.2024** Kick-Off Life in Recovery Event
- 05.2024** Merger of Peg Diehl Family Foundation

### PHASE III

- 7.2024** Renovations begin for the new kitchen and community center space
- 10.2024** Completion of 2nd & 3rd floors renovation
- 12.2024** New kitchen
- 2025** Ribbon Cutting and New Residential Program welcome their first patients



# 5 Questions

With Alicia Emmanuel  
CLINICAL DIRECTOR

### 1. What most excites you about working at Limen?

Getting back into direct care in outpatient setting. Limen's vision and mission for the future also aligns with the direction not only for my career goals but the direction of my personal calling.

### 2. What's the best piece of advice you got from a mentor

A piece of advice that has always stayed with me was being able to advocate for myself, while advocating comes easy for me when helping others it was something that with the help of Rick Urey, I was able to gain my ongoing strengths.

### 3. What book, song, or movie has made an impact on your life?

A book that made a huge impact was *The Five People You Meet In Heaven*. The song that has always touched me is *One Love* by Bob Marley.

### 4. A year from now what do you hope to accomplish?

A year from now my goal is to assist Limen in accomplishing and creating new goals that pertain to the mission and vision for Delawareans. That may look like expansion or just digging deeper into the current programs and adding to the clinical field.

### 5. Is there anything that you wish people knew about you professionally that you rarely get asked?

Where my strength for this work comes from. I draw on the strength of God, my family, friends and the coworkers and constituents that we serve in this field. It is not always a thankful job, but one impact in someone's life makes a huge difference for them and all the people they go on to touch. +

## Opportunities, Possibilities...Miracles

My alcoholism began to grip me and take control at an early age. I was a lost soul; I didn't know who I was or who I wanted to be. I started being whoever I thought you wanted me to be to feel a sense of belonging. Eventually, I thought I had finally found my "crew" and started indulging in drugs and alcohol, and the consequences of those actions weren't far behind. I got arrested and put in juvenile placement for the first time when I was thirteen, and it was off to the races after that. I ended up spending the majority of my youth and early adulthood in placements, detention centers, and jail. I put my family through a living hell. I gave myself epilepsy due to my drug use and have overdosed and been on the brink of death too many times to count. I thought a geographical change would fix my problem, but I soon realized I was wrong. I ended up completely alone in Lake Worth, Florida. Once again, I had to return home to Mom and Dad for help.

I went to treatment on July 18th, 2022. I decided to try and get into the Limen Recovery and Wellness. I ended up getting blessed with the opportunity to go there, and I'll be forever grateful. Limen provided me with a safe space, helped me, and gave me time to examine myself thoroughly. I was able to start building real friendships and a support network, get comfortable, and get to know others in 12-step fellowships. I found a sponsor and went through the steps. They gave me guidance and direction when I was completely lost. They showed me it was possible to have fun in sobriety. They put me in a position for my life to be saved. I am still sober to this day. This is the longest length of sobriety that I've ever had. I no longer feel alone in this world. I have some of the best friends that I've ever had. I get to be a son to my mother and father today. I'm part of a strong brotherhood for which I'm extremely grateful.

I'm involved in a 12-step fellowship and blessed with the opportunity to serve. I believe I'm truly in the beginning stages of a life beyond my wildest dreams. Things that I never thought possible are beginning to happen and become possible in my life today, and I couldn't have made it to where I am without Limen House, AA, my God, and all the people in my life today. Miracles do happen! +

— Contributed by Matt B.



## Life In Recovery Series

Limen Recovery and Wellness proudly presents our Life in Recovery Series program, designed for all members of the recovery community. Dive into the everyday challenges and triumphs of #recovery, whether you're one month or 60 years in. Because together, we're stronger.

Our quarterly interactive events are not to be missed. They bring together the recovery community's shared lived experiences and the expertise of a diverse range of speakers, including medical and mental health professionals, educators, financial planners, spiritual leaders, and more. Each event promises to be a unique learning and sharing experience.

Our kickoff event was held on April 10, facilitated by Mallory Giles, LCSW, CAADC. The theme was family, and featured Ashley Reed and her mom, Tina, sharing their journey through recovery. The Life in Recovery gathering left a lasting impression. Thank you to Mallory, Ashley, and Tina for graciously sharing their stories and experiences with the community. +





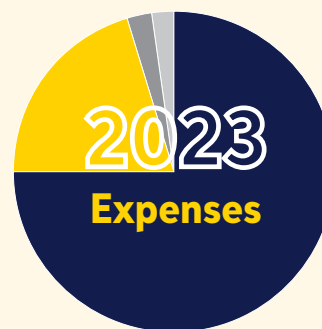
# ANNUAL REPORT • FINANCIAL INFORMATION

Limen takes pride in its thoughtful financial management. Over the past two years, we have seen significant growth in both revenue and expenses. As we continue to expand at our location on 819 Washington, it is important for us to manage resources and relationships carefully while keeping an eye on costs and inflation, which can affect staffing and renovation expenses. As we step into 2024, our gross revenue has more than tripled. This achievement

can be attributed to increased grants and contributions, as well as a 40% rate hike in our sober living contract with the state of Delaware. While we are confident in our success and are moving forward with construction and adding staff, we recognize that none of this would be possible without the support of our community and philanthropic partnerships. It is also worth noting that our expense ratio has remained largely stable, ensuring the sustainability of our expenses. +



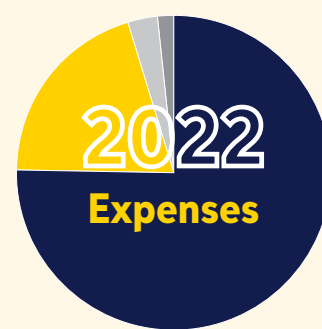
Grants & Contributions	85.0%	\$4,372,879
Other Revenue	11.0%	\$540,475
Special Events	4.0%	\$223,382
<b>Total Revenue</b>	<b>100.0%</b>	<b>\$5,136,736</b>



Programming and Staff	75.0%	\$1,881,130
Operation (IT, Utilities etc.)	20.0%	\$509,190
Fundraising & Development	3.0%	\$62,299
Special Events Expense	2.0%	\$50,819
<b>Total Expenses</b>	<b>100.0%</b>	<b>\$2,503,438</b>



Grants & Contributions	80.0%	\$1,282,321
Other Revenue	11.0%	\$168,064
Special Events	9.0%	\$147,303
<b>Total Revenue</b>	<b>100.0%</b>	<b>\$1,597,688</b>



Programming and Staff	76.0%	\$1,351,553
Operation (IT, Utilities etc.)	19.0%	\$348,714
Special Events Expense	3.0%	\$58,153
Fundraising & Development	2.0%	\$26,457
<b>Total Expenses</b>	<b>100.0%</b>	<b>\$1,784,877</b>

# 2022 2023

THANK YOU TO OUR DONORS WHO IMPACT LIVES AND  
HELP LIMEN RECOVERY + WELLNESS'S FULFILL ITS MISSION.

LIMEN'S FUTURE GROWTH IS DEPENDENT ON THE  
SUPPORT OF OUR PARTNERS, FRIENDS, AND BENEFACTORS.

## 2022

### UP TO 249

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Richard Logan	Susan Newton	Thomas Shellenberger	Tenney Wheatley	Paula Hill
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Bruce Lorenz	Charles Oberly III	Richard Simcoe	Donald & Karen Williams	James Hofmann
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Dorothy Lovett	Anthony Orga	Phillip Smith	Joseph Wilson	William & Susie Hudson
Johnny Lucas	Sue Ann Orga	Social Contract, LLC	Lynn D. Wilson	Dave & Gail Humes
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Robert F. Martinelli	Ken Potts	Laura Sullivan	9-19 Club	Kate McNeilly
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 Marvin Ammori  
 Atlantic Landscape Company  
 Stacey Bacchieri  
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 Christin Bassett  
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 Christiana Cosmetic Surgery  
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 David Donovan  
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 First State Community Action  
 Agency, Inc.  
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**25,000+**

New Castle County

2023

**UP TO 249**

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 Ola Rondiak  
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 James Rowe

*“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”*

*– John F. Kennedy*

*“I awoke this morning with devout thanksgiving for my friends,  
the old and the new.” – Ralph Waldo Emerson*

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Rosemarie White	Alyssa Goleburn	Rhonda Anderson	James & Kathleen Patton	First State Community Action Agency, Inc.
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# *You can make a world of difference in the journey!*

## WAYS TO DONATE

**BY MAIL:** Send a check to:  
Limen Recovery + Wellness  
PO Box 1306  
Wilmington, DE 19899

**PHONE:** Call our Development Office  
302-655-1153 x104

**ONLINE:** Scan the QR code to make a  
secure financial contribution  
or visit [limenrecovery.org](https://limenrecovery.org)



## DONATE SECOND-HAND ITEMS

We accept gently-used items.  
Please contact us to coordinate  
your donation by calling 302-655-1153.

## MAKE A CONTRIBUTION

Limen Recovery + Wellness is a United Way  
agency. Support our mission through  
designating Agency #0422.

Limen Recovery + Wellness is a 501(c)(3) organization that  
serves those affected by substance use disorder and  
mental health issues to achieve long-term sobriety and  
wellness while building an on-ramp to a life worth living.

**2023  
Capital  
Campaign**

**65%**

**\$3,235,000**

**2022  
Capital  
Campaign**

**44%**

**\$2,200,000**

## Outcomes

Limen's reputation for success starts with each person's journey. Aligned with our purpose, mission statement, and vision, our clients have notably experienced **improved mental health, employability, and relationships**—all essential rehabilitation and sober-living aspects.

**92%** *Clients engaging in full-time, part-time, or self-employed opportunities*

**60%** *Improvement in symptoms, interpersonal relations, and social functioning*

**72%** *Expressed high satisfaction with interpersonal relationships by the 6-month point, a significant increase from intake reporting of 31%*

