More than 40 years ago, Healthcare Alternative Systems (H.A.S.) evolved out of a conversation between two recovering alcoholics who were concerned about the lack of treatment options for Hispanics in Chicago. In 1974, H.A.S. officially opened its doors, quickly becoming a leader in providing community-based substance use treatment services. Since those initial conversations, H.A.S. has grown both in size and in scope, but our vision remains the same – increase access to effective behavioral health and social services for those who need it most.

Over the years, H.A.S. has grown from one location to 14, serving more than 6,000 individuals each year; and we’ve expanded our services, adding new and innovative programs. We launched our postpartum depression (PPD) program, the only community-based PPD treatment program in Illinois; we expanded our substance use treatment to include housing and residential care; and – most recently, we opened The Living Room, a community-based mental health program that provides individuals with safe, effective support.

H.A.S. has also successfully adapted to the fast-changing health and social services field. We’ve expanded our network of insurance providers and Managed Care Organizations and we’ve grown our referral partnerships, creating a sustainable model of care and ensuring continued access to treatment for some of the Chicago area’s most underserved populations. Our ability to adapt means that we’ve not only survived, we’ve thrived.

Looking ahead, H.A.S. will continue to find opportunities to grow. We are excited to further build out our youth and mental health services, creating an even more robust, effective continuum of behavioral care. Underlying our future goals is a deep, unyielding commitment to those we serve. We will remain connected to our community; reflecting those we serve; proudly offering bi-lingual, culturally competent, and responsive care.

As you read through our FY18 report, you’ll see pictures, stories, and facts and figures that highlight our impact and the ways in which we are empowering people to pursue meaningful, healthy lives. I’m so grateful for all of H.A.S.’ committed, amazing staff and for your generous support. Together, we are changing and saving lives. Thank you.

With gratitude,

Marco E. Jacome, MA, LPC, CAADC, CEAP
Chief Executive Officer

Dear Friends and Supporters,

More than 40 years ago, Healthcare Alternative Systems (H.A.S.) evolved out of a conversation between two recovering alcoholics who were concerned about the lack of treatment options for Hispanics in Chicago. In 1974, H.A.S. officially opened its doors, quickly becoming a leader in providing community-based substance use treatment services. Since those initial conversations, H.A.S. has grown both in size and in scope, but our vision remains the same – increase access to effective behavioral health and social services for those who need it most.

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Chief Executive Officer

Adnan Assad, Board President (left) with Marco E. Jacome (right)
Healthcare Alternative Systems (H.A.S.) provides a continuum of multicultural and bilingual (English/Spanish) behavioral care and social services that empower individuals, families, and communities.

Core Values: Respect, Inclusion, Leadership, Advocacy, Partnership, Innovation, Success
**Programs**

H.A.S. provides a full menu of culturally competent social services. All of our services are rooted in the unwavering belief that treatment and culturally appropriate, empathetic interventions work.

**Outpatient/Intensive Outpatient Substance Use Treatment:** Staff and participants collaborate to develop individualized recovery plans, and participants learn about the disease process of substance use disorders; understand and accept their own substance misuse; and explore healthy lifestyles. Included with these services is aftercare treatment, a type of continued treatment designed to prevent relapse and expand on coping strategies. It recognizes that addiction does not stop when treatment ends and helps ensure our participants have the long-term resources needed to maintain recovery.

**Postpartum Depression (PPD) Program:** PPD therapists provide clinical assessments, individual and family-based psychotherapy, support group treatment, psychiatric evaluations, medication monitoring, health education, and case management services to pregnant and postpartum women experiencing—or at risk for developing—postpartum depression. H.A.S. is one of the only providers in the state who offers community-based, Spanish-language PPD services.

**The Living Room:** Launched in September 2018, The Living Room, a partnership with NAMI Metro Suburban, is an innovative mental health care model designed to support individuals experiencing increased mental health symptoms. Rather than going to an emergency room, individuals can visit The Living Room where they will have access to a comfortable, calming environment, and both clinical and peer support.

**¡Basta! (Spanish for Enough):** ¡Basta! provides free, bilingual services to survivors of domestic violence. The program offers crisis intervention, counseling, case management, and legal advocacy support to women and their children, giving them the resources they need for safe, self-directed lives.

**Partner Abuse Intervention and Anger Management:** A complement to ¡Basta!, these programs are committed to eliminating and preventing violence between intimate partners. Much of these programs focus on establishing healthy relationships between partners and within family units.

**Youth Services:** H.A.S. staff work with at-risk youth and meet with young people at convenient locations in the community, offering services and supports designed to decrease violence and increase healthy coping skills. Additionally, we provide outpatient and intensive outpatient substance use treatments programs tailored specifically for young people.

**Residential Supports:** H.A.S. Men’s Residential Treatment Program is a 28-day housing program that gives individuals structured, supportive living environments. Each resident has access to group, individual, and family therapy as well as life skills education. Our Transitional Housing Program (THP) serves homeless, bilingual adult males seeking long-term recovery. In addition to housing, THP residents have access to counseling and substance use treatment as well as a variety of social service supports designed to reintegrate them into the community.

**Medication Assisted Treatment (MAT):** The MAT program is designed to help individuals overcome opioid addiction by offering medication that eases withdrawal symptoms and cravings. In combination with counseling and other supports, MAT is an effective recovery tool that helps individuals reclaim their lives.
IMPACT

Served nearly 6,000 participants

Provided substance use treatment services to over 4,000 individuals

Provided housing services to over 350 individuals through Residence & Transitional Housing Programs

Helped break the cycle of abuse 387 individuals received domestic violence prevention and anger management services

DEMOGRAPHICS

46% identify as Hispanic

16% of participants received services primarily in Spanish

95%+ of participants have experienced trauma

46% Hispanic

29% African American

20% Caucasian

5% Other

INSURANCE

54% Medicaid or MCO* clients

31% Funding through Illinois

9% Other Government Sources

6% Private Insurance

DEMOGRAPHICS

95% of participants are low or no income

94% of participants rely on some form of government assistance for healthcare

Median income $11,097
## PARTICIPANT SUCCESS

### MENTAL HEALTH SERVICES

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>94%</td>
<td>94% of participants receiving mental health services felt they were treated respectfully by staff at H.A.S.</td>
</tr>
<tr>
<td>95%</td>
<td>95% of participants receiving mental health services felt their well-being improved due to H.A.S.</td>
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<td>94%</td>
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</tr>
</tbody>
</table>

### SUBSTANCE USE SERVICES

<table>
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<tr>
<th>Percentage</th>
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<tbody>
<tr>
<td>90%</td>
<td>90% of participants receiving substance use services felt they were treated respectfully by staff at H.A.S.</td>
</tr>
<tr>
<td>87%</td>
<td>87% of participants receiving substance use services felt their well-being improved due to H.A.S.</td>
</tr>
<tr>
<td>84%</td>
<td>84% of participants receiving substance use services said they made progress toward goals while at H.A.S.</td>
</tr>
</tbody>
</table>

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### Testimonial

Mariano Lenoe  
H.A.S. Participant

“I was lacking hope. I wanted to change but I didn’t know how...Slowly but surely I evolved into the man I wanted to be; into a man my son can be proud of.”
James
Participant in H.A.S.’ Transitional Housing Program

James* joined our Transitional Housing Program (THP) in 2017. While staying at THP, James completed our intensive outpatient and outpatient substance use treatment programs and eventually enrolled in our aftercare services. Regaining his sobriety empowered James to enroll in the Greater West Town Training Project’s Computer Numerical Control (CNC) Training Program. James eventually completed the training program and found full-time employment. In addition to regaining his financial stability, James started rebuilding some of his family relationships, specifically with his mother and son. When James entered H.A.S. he didn’t think he would make it, but he’s now almost a year into his sobriety.

*Name has been changed

Leon
Participant in H.A.S.’ Residential Programs

Leon* was referred to H.A.S.’ 28-day residential program from Haymarket Center after completing a 7-day detox program for opioid addiction. After completing H.A.S.’ 28-day program, Leon joined our Transitional Housing Program, where we learned that he had been struggling with heroin addiction for more than 40 years. Leon shared that the only time he stopped using drugs was when he was incarcerated. It was during his time at H.A.S. that Leon first achieved and maintained sobriety outside of the correctional system. Leon has since completed H.A.S.’ intensive outpatient and outpatient substance use treatment programs and continues to attend his support groups and self-help meetings. He has since found full-time employment and has begun the hard work of repairing his relationships with his children. Leon is hopeful about his recovery and all he will continue to accomplish.

*Name has been changed
“As a Latina, who is bilingual and bicultural, it was especially meaningful for me to be cared for by a mental health professional with similar ethnic and socio-cultural experiences. Spanish is central to many Latinos...I am fully bilingual but being able to express some of my deepest sentiments in Spanish was especially important to my recovery.”

Gloria began therapy for postpartum depression shortly after having her first child in early 2014. After four years of therapy and counseling through H.A.S.’ PPD program, Gloria met her recovery goals and was successfully discharged from treatment.

*Name has been changed*

Josie* had been in an abusive relationship for more than a decade. After years of abuse, Josie minimized her experience and often blamed herself. While participating in ¡Basta! Josie attended individual and group counseling, but after going to a few sessions, she could no longer afford the cost of public transit to get to her appointments. ¡Basta! provided Josie with an unlimited, monthly Ventra pass, which kept her engaged with the program. Over time, Josie recognized her partner’s behaviors as abusive, moved into her grandmother’s home, and obtained stable employment!

*Name has been changed*
Miguel
Participant in H.A.S.’ Substance Use Treatment Programs

Miguel joined H.A.S. with a severe alcohol and opioid use disorder. He had been in recovery but relapsed after the death of his wife, which led to losing his job and his relationship with his son and grandchildren. Miguel shared that he didn’t care what was happening with his life, he only cared about medicating his internal pain. He attended our residential program, then transitioned to the intensive outpatient program, and eventually the outpatient program. He is currently completing his aftercare through our Transitional Housing Program. The participant is now back to working on his business, has regained his son’s trust, and is able to see his grandchildren as often as he wishes. In group sessions, he has expressed how his addiction and recovery concepts have changed since he first sought sobriety over 30 years ago. He learned about mental health, was diagnosed with depression, and is now receiving the appropriate treatment and medication needed to feel supported and empowered during his recovery process.

*Miguel
Participant in H.A.S.’ ¡BASTA! (Enough!) Domestic Violence Program

After receiving an order of protection from her abusive partner, Moriah* enrolled in H.A.S.’ ¡Basta! program. While at ¡Basta!, Moriah received a variety of services including counseling, legal support, which helped her secure child support and help with her visa, and employment training. With support from ¡Basta!, Moriah secured a job, housing for her and her two young children, and – most importantly – a life free of abuse. She says she now has a positive feeling about her future and all she can accomplish.

*Moriah
Participant in H.A.S.’ ¡BASTA! (Enough!) Domestic Violence Program

Moriah secured a job, housing for her and her two young children, and – most importantly – a life free of abuse. She says she now has a positive feeling about her future and all she can accomplish.

*Name has been changed

*Name has been changed
FINANCIAL POSITION

**REVENUE**
- 45% Grants/Contracts
- 51% Program Service Fees*
- 2% Interest Income & Other
- 2% Contributions & Fundraising

* Program service fees include revenue generated from third parties, including private insurance, Medicaid, and Managed Care Organizations. Payment from participants accounts for approximately 5% of H.A.S.’ program service fees.

**EXPENSES**
- 25% Administration
- 65% Program Services
- 6% Occupancy
- 4% Other
THANK YOU to our supporters

H.A.S. is grateful for our supporters and would like to recognize everyone who contributed $1,000 or more to our organization in FY18. In addition to the foundations, corporations, and individuals listed below, H.A.S. would like to thank the State of Illinois and the City of Chicago for their continued funding support.

A Fresh Start
Allstate Insurance - Ortega Family Agency
American Family Insurance
ATI
Beverly Charter Bank
Cano Container
Catalyst Consulting Group
Chad Poznansky
Chicago Community Trust
Clark Hill, PLC
Coltiva Wealth Planning Partners
Community Memorial Foundation
The Concord Group
Crown Family Philanthropies
Data Integrity
First Midwest Bank
Framework Communication
Freedom Title Corporation
Great American Bagel
Healthy Communities Foundation
KForce
La Casa Norte
Lamb, Little, & Co.
Lisa Sauer
Lopez & Co. CPAs
Maximus Foundation
Norwegian American Hospital
NTL Laboratory
Ozzie Guillen Foundation
PNC Bank
Power Distributing
Presence Saints Mary and Elizabeth Medical Center
Proviso Township Mental Health Commission
R4 Commercial Real Estate Solutions
Ron’s Staffing Services, Inc.
Roseland Community Hospital
Schroeder’s Pallet Services
St. Augustine College
TASC
Walnut Street Properties
WinTrust
Ziyad Brothers

Photos from our 13th Annual Alumni Event to celebrate H.A.S. past participants who have found and maintained recovery.
LOCATIONS

CHICAGO

HEADQUARTERS – NORTH
2755 W. Armitage Ave.
Chicago, IL 60647
Phone (773) 252-3100
• Adult Substance Abuse Treatment
  • Anger Management
  • Continuing Care
  • Drug Testing
  • DUI Services
  • Teen Pregnancy/delayed Parenting
  • Mental Health Therapy
  • Trauma Treatment
  • PMP (partner abuse intervention program)

SOUTH
4534 S. Western Ave.
Chicago, IL 60609
Phone (773) 254-5141
• Adult Substance Abuse Treatment
  • Continuing Care
  • Drug Testing
  • DUI Services
  • Postpartum Depression Program
  • Mental Health Therapy
  • Youth Substance Abuse Treatment

NORTHWEST
5005 W. Fullerton Ave.
Chicago, IL 60639
Phone (773) 745-7107
• Domestic Violence Program – “Brazel (Brown) House”
  • Postpartum Depression Program
  • Mental Health Therapy

MEDICATION ASSISTED TREATMENT
210 N. Ashland Ave.
Chicago, IL 60607
Phone (312) 948-0200

MEN’S RESIDENTIAL TREATMENT
1949 N. Humboldt Blvd.
Chicago, IL 60647
Phone (773) 252-2666
• Adult Substance Abuse Treatment

MEN’S TRANSITIONAL HOUSING
1866 N. Milwaukee Ave.
Chicago, IL 60647
Phone (773) 782-4734

ST. LEONARD’S MINISTRIES
(SLM referrals only)

PILSEN
1713 S. Ashland Ave.
Chicago, IL 60608
Phone (773) 701-1717

WHEATON

WHEATON
373 S. County Farm Rd.
Wheaton, IL 60187
Phone (630) 344-0001
• Adult Substance Abuse Treatment
  • Continuing Care
  • Drug Testing
  • Youth Substance Abuse Treatment

MELROSE PARK

MELROSE PARK
1115 N. 23rd Ave.
Melrose Park, IL 60160
Phone (708) 345-3632
• Adult Substance Abuse Treatment
  • Continuing Care
  • Drug Testing
  • DUI Services

BROADVIEW

BROADVIEW
1915-17 W. Roosevelt Rd.
Broadview, IL 60155
Phone (708) 498-0200
• Adult Substance Abuse Treatment
  • Continuing Care
  • Drug Testing
  • DUI Services
  • Postpartum Depression Program
  • Mental Health Therapy
  • Living Room

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