



A CHANCE
to Change

2022 ANNUAL REPORT

TREATING FAMILIES SINCE 1979

Since 1979, A Chance to Change has been recognized for providing high quality, life-saving counseling and outreach education programs for individuals and families. Our reputation for ethical service and commitment to putting people first has enabled us to grow community reach and help thousands of individuals and families. We strive to provide clients and their loved ones with the help they need to lead happier and more productive lives. The agency supports recovery of mental health and substance use conditions as a process of change through which individuals improve their health and wellness, live a self directed life and strive to reach their full potential. We understand that people with these conditions can increase social connections greatly when they have access to recovery-oriented services and establish positive relationships with family and friends. ACTC is committed to providing quality mental health services for the entire family unit and support system.

12-WEEK PROGRAM HIGHLIGHT

A Chance to Change's 12-Week Program serves people who are in the early stages of their recovery journey from substance use, gambling, and more. Every client in this program receives one individual session and two group counseling sessions each week. The first group session is a psychoeducational group led by a Peer Recovery Support Specialist covering topics including trauma, the impact of addiction, the eight dimensions of wellness, boundaries, relapse prevention, and coping with stress. The other weekly group session is a therapeutic process group led by a Licensed Therapist focused on processing learned information, the impact of addiction on their lives, and how to implement change based on what they are learning in the program. The 12-Week Program is offered at a highly discounted rate with participants paying on a sliding scale based on what they can afford. Currently, 70% of participants are not paying anything for the program.

We Can Help With:

Trauma	Depression
Couples & Family Conflicts	Anxiety
Adolescent & Child Therapy	Stress Management
Co-Occurring Disorders	Grief Support
Substance Use Disorders	Interventions
Gambling Disorder	Life Coaching
Drug & Alcohol Education	Peer Support
Tobacco Cessation	...and More

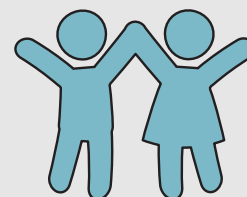


CURRENT STATE



41st

OVERALL IN MENTAL
HEALTH NATIONALLY
FOR ADULTS



46th

OVERALL IN MENTAL
HEALTH NATIONALLY
FOR YOUTH



38th

IN ACCESS TO
MENTAL HEALTH CARE

Duane's Story

Duane struggled for over 20 years with the impacts of heavy metal poisoning, which resulted in liver failure and the need for a new liver. Transplant patients are required to undergo a rigorous mental health evaluation and assessment. Through a collaboration with INTEGRIS Health Nazih Zuhdi Transplant Institute, he found his way to A Chance to Change. Duane entered our 12-Week Program, which is offered at a reduced rate or free to those who qualify, and worked with Under-Supervision Therapist Mackee Smith and Peer Recovery Support Specialist Cherokee King. Mackee and Cherokee gave Duane mental health support and helped him build new skills in his time of need. He graduated from the 12-Week Program in November and is proudly displaying his certificate in his barn on his ranch.



“They take you as an individual and get to the heart of the matter... Cherokee had faith in me. Your life goes through a transformation when you are around people like that.” - Duane



CEO Update

A CHANCE TO CHANGE WELCOMES NEW CEO, GINA STAFFORD!

Gina Stafford is a Registered Nurse with more than 30 years of experience in the healthcare profession in hospitals, schools, assisted-living facilities and regulatory agencies. For the past 10 years, she served as associate director for nursing practice at the Oklahoma Board of Nursing, creating policies and guidelines for the nursing practice and providing regulatory education to nurses, physicians and other healthcare stakeholders. Prior to that, she served for 12 years as the director of surgical services for a not-for-profit hospital.

“We were immediately impressed by Gina’s creative, problem-solving abilities,” said Kelly Feroli, board chair of A Chance to Change. “She’s built and maintained happy, dedicated teams during challenging, quickly changing and sometimes tumultuous environments in healthcare. Those skills will be an asset as A Chance to Change is taking on a bigger role in our community’s heightened focus on mental health and addiction services.”



OUR IMPACT - 2022



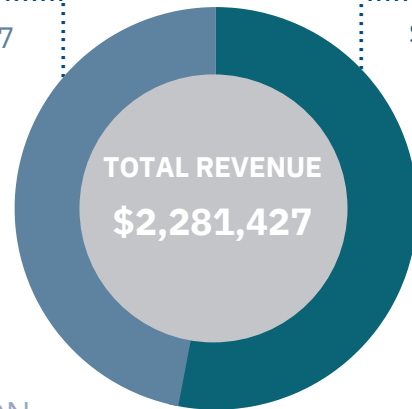
14,750
service hours
provided to



0 - 86
ages served
from

EARNED REVENUE
47%
\$1,074,717

FUNDRAISING
53%
\$1,206,710



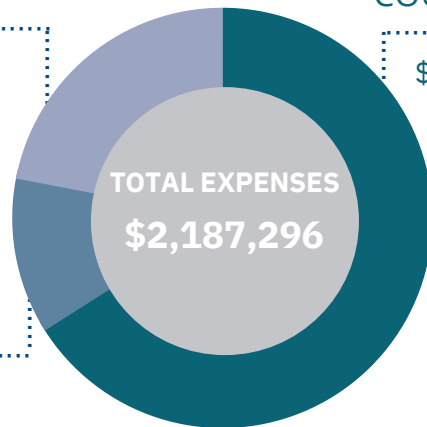
2,327
unduplicated
individuals



83
cities across
Oklahoma

ADMINISTRATION
22%
\$485,522

COUNSELING
66%
\$1,442,329



9,592
counseling
sessions



4,043
low or no cost
service hours

EDUCATION &
PREVENTION
12%
\$259,445

2022 CELEBRATIONS EVENT!



The 12th Annual Celebrations honored Susan and Carl Edwards with the Jim McGuinness Award and Debby Hampton with the agency's first-ever Trailblazer Award.

Held at the National Cowboy and Western Heritage Museum, the Celebrations event hosted over **500** guests and raised **\$511,697.88**, which exceeded the agency's goal of **\$405,000!**

MISSION

Facing Mental Health and Addiction,
Creating Solutions, Celebrating Recovery.

VISION

A world that embraces mental health care
as necessary and accessible for everyone.

VALUES



ACCEPTANCE

Change begins with acceptance.

Everyone's progress starts the moment they decide they want something in their life to change.

Willingness to ask for help sets the healing process in motion.

We honor this by embracing the unique needs of each individual as they begin taking steps toward positive change.



COURAGE

Change requires courage.

It takes strength to be vulnerable and seek new possibilities - it requires you to stop, turn and face the problems that are often easier to avoid.

We boldly support each person's journey and walk alongside them in their time of need.



TRANSFORMATION

Change is a journey.

Anyone can learn how to positively transform their life and emerge stronger and more resilient.

Growth happens when we learn to think differently.

Together, we commit to learning, improving and innovating to better serve each other.



COMMUNITY

Change happens together.

People flourish when they have support from others along the way; clinical professionals, family, friends and even total strangers who care.

We model how to lean on others for support by collaborating with our network of community partners.

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