

2023

ANNUAL REPORT



A WORD FROM THE CEO



Greetings!

Since 1976 ARC Community Services, Inc. has been committed to providing trauma informed, innovative, women responsive, strengths-based, family focused, community-based holistic services to women and their children and families. At ARC, we believe healing happens in connections!

ARC has residential and outpatient programs in Madison and Fond Du Lac; ARC offers programs for all women- both justice involved and self-referred. Our mission is the same- to meet the ever-changing needs of all women and children and their families!

**LINDA VAN TOL
PRESIDENT/CEO**

ARC Residential Services

ARC Community Services, Inc. operates five residential substance use disorder treatment programs for women in Wisconsin. ARC residential programs have specialized experience addressing the needs of women involved in the criminal justice system.

One of the programs, the Maternal and Infant Program, specializes in serving pregnant or postpartum women and their infants. ARC was a leader, nationally, in creating and sustaining a program where mothers involved in the criminal justice system may have their infants live with them in a residential treatment facility while the mothers participate in treatment.

ARC residential services are provided in a safe and homelike environment that fosters dignity and respect for women and avoids retriggering trauma. ARC promotes healthy connections to children, family, significant others, and the community. ARC supports and empowers women to make durable changes to improve their health, socio-economic condition, and the welfare of their families.



ARC Outpatient Services

ARC outpatient programs provide women-responsive, family-focused, culturally competent and trauma-informed care to women with substance use and co-occurring disorders in Dane County and surrounding counties. In addition to treatment, ARC provides services that address the barriers to treatment that women often face by providing childcare, arranging transportation, and helping with housing, schooling and employment.

All programming is holistic and based on best practices and current research, with a specific focus on pregnant and post-partum women and their children. Each woman creates her own unique treatment plan and staff support her in reaching those treatment goals, ranging from harm reduction to complete abstinence. All women are encouraged to involve their family members, as they define them, in their treatment as ARC believes treating the whole family is critical to interrupting the intergenerational cycle of substance use, trauma, and poverty.



Project Respect

Project RESPECT works to empower survivors of sexual exploitation, sex, and/or labor trafficking in order to stabilize their lives by responding to the emotional, psychological or physical needs of victims.

Project RESPECT provides services consistent with our mission of supporting survivors' efforts to change their lives. Services provided include crisis intervention, intensive case management, peer support group, health care, mental health treatment, substance use disorder treatment, job training, and life skills training.

The project utilizes knowledge of survivors with life experience and encourages leadership building in order to empower those who have been exploited.





Success Story

Amber received substance use treatment services from multiple ARC programs. Her substance use history began when she was a teenager. At age 18, Amber received residential treatment services for heroin use disorder at ARC Fond Du Lac. Following residential treatment, she had periods of sobriety.

After a relapse in 2020, CPS became involved, and Amber no longer had physical placement of her daughter. Amber was experiencing domestic violence, was using heroin and methamphetamine, and had been diagnosed with depression, anxiety, and PTSD. Amber was admitted to ARC Outpatient Services to receive outpatient treatment, and stated that she felt she was ready to change, and her primary motivation was her daughter.

During her year and a half at ARC Outpatient Services, Amber faced many barriers, including being in another abusive relationship, living in an unhealthy environment, being unemployed, and having daily exposure to methamphetamine. She became pregnant while actively using methamphetamine and experiencing domestic violence. During her pregnancy, she faced CPS involvement in two counties. Amber then fully engaged in treatment, found the courage to leave the abusive relationship, and discontinued methamphetamine use.

While in the day treatment Amber worked with a primary counselor, attended treatment groups, worked with ARC's health educator during her pregnancy, completed the Circle of Security parenting education group facilitated by ARC's child and family therapist, and received case management services and recovery coach support. Her infant son attended ARC's childcare program, so she was able to participate in treatment. CPS remained involved throughout Amber's time in outpatient treatment.

In January 2023, Amber celebrated one year of sobriety and has obtained primary placement of her daughter, is the primary caregiver for her healthy infant son, obtained employment as a caretaker for her father, lives in a healthy and safe environment, and was discharged from ARC Outpatient Services. Since being sober, Amber has been active in a recovery-based church, continues to receive mental health services, trauma therapy, and plans to explore options to return to school with an interest in human service work.

Executive Leadership

Karen Kinsey, MA, MSW
President/Chief Executive Officer

Linda Van Tol, MS, CSAC
Chief Operating Officer

Suzanne Herritz
Chief Financial Officer

Board Members

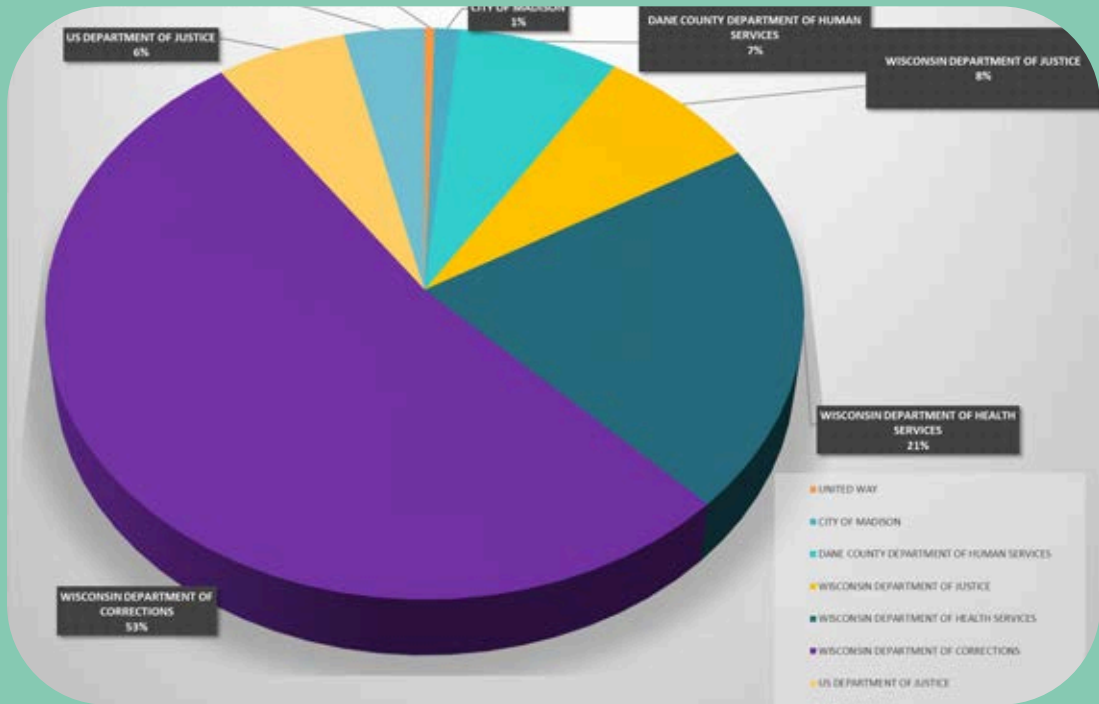
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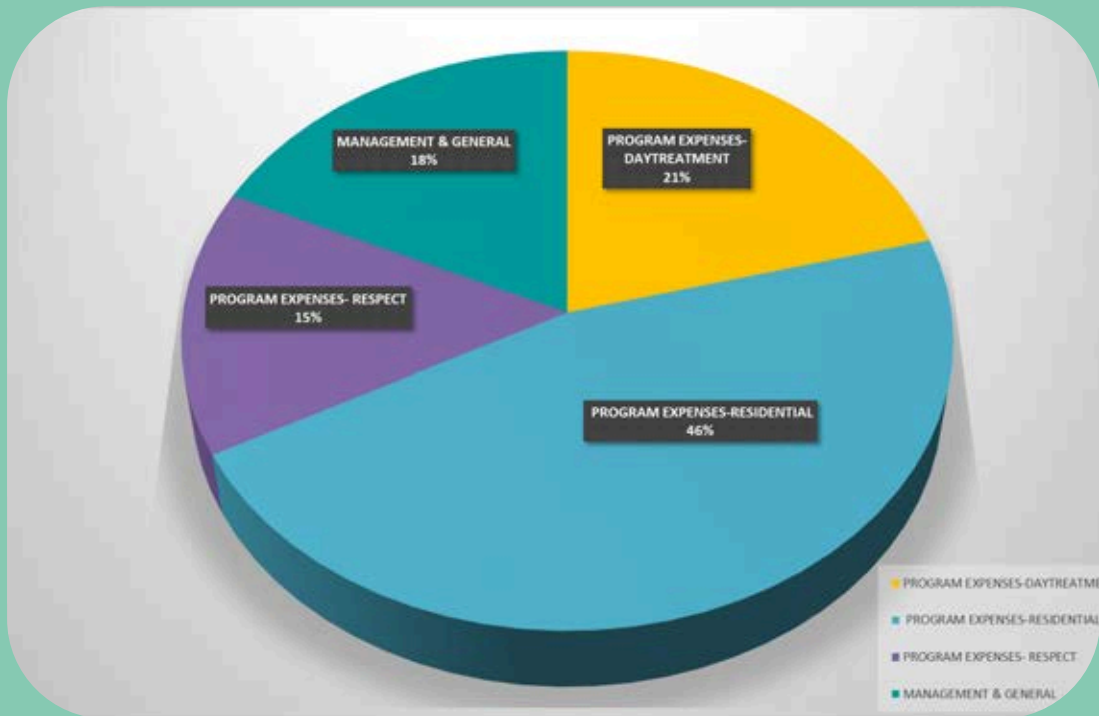
Karen Kinsey
Member
ARC CEO/President

Gerald Mowris
Member
Attorney At Law

ARC 2023 Revenue



ARC 2023 Expenses



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Get Involved



Scan the QR code to support women and their families in our community.

Thank you for supporting ARC Community Services!



www.arccommserve.com



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