

What is Katherine's House?

Katherine's House is a licensed Board & Lodge facility specializing in supporting women who are in the recovery process for their mental health and or chemical dependency struggles. We are licensed for 35.

What makes Katherine's House different from other Board & Lodge facilities?

This is a woman only residence. This is not just housing ,we specialize in support services and mentoring. We Have our signature "LOTUS Strategy " program where we design a strategy plan unique to each woman's needs and goals. We strive to assist them in reunification with their children. We provide mental health, relapse prevention, life skills, parenting skills and other groups on a daily basis.

Mn Dept of Health requires 4 hours per week of nurse supervision and medication management.**What does Katherine's House provide for nursing?**

Katherine's House has a full time RN and LPN 40 hours per week. We help and encourage the women with their medical issues. The skilled nursing part of our home is very significant, as the women all have numerous health issues. 70% come with Hepatitis C. We encourage and help them thru the treatments, withdrawals, cravings, chronic pain, hygiene issues, weight – diet issues, prescription abuse, digestion and stomach issues.

We have a medical director on staff that sees the women once a week. Dr.Zak is a psychiatrist and he prescribes medications as needed. The women now don't have to be transported to Duluth to see a prescriber. When new residents move in they can be evaluated the first day and get stabilized thru medication and psycho therapy.

What other support staff is available to residents of Katherine's House on a daily basis?

24 hour support staff. We have a licensed psychologist, resident aids with LADC, psychology and social work degrees. We have a trauma informed trained staff.

What else is unique about Katherine's House ?

We have a farm 5 minutes distance from the home. The women utilize the country setting as a new relaxed experience and enjoy the gardening and animals. We also provide equine assisted therapy with our 12 horses and our trained staff.

We have a furnished apartment next door to Kathrine's House that is made available to each woman. This apartment is for supervised day or overnight visits with their children and family. This is a tool to assist them in reunification with their children. 90 % of the women have children in foster care.

The other Board & Lodge facilities in the area receive a higher rate of \$1690 by historical nature. Kathrine's House receives \$1374. What are the reason you need the rate increase?

We have the huge cost of licensed professionals on staff to provide the "LOTUS Strategy"

We transport them to medical, court, probation, and other appointments. The van, driver and gas are costly.

We incur the cost of all the women's hygiene products, clothing and toiletries.

We provide unlimited phone and long distance to stay in contact with children and family.

We provide, manage and clean the furnished visitation apartment. Provide food and activity supplies which is a very large expense. The cost of supervision staff and scheduling and coordinating the visits.

Many of the residents receive SSI or RSDI supplemental income. This is the only thing they feel they have and they will not part with their money to pay their portion of the lodging fees for Katherine's House. They are only allowed to keep \$97 of their money but they do not see it this way. They won't pay and we can't turn them out on to the street homeless so we end up getting the GRH portion only for payment. In 2016 we had \$106,187.00 uncollected from residents that were too mentally ill to evict. This takes time to either build truss and get them to pay because they want to stay and get well or to find alternative living arrangements for them with a case worker.... all takes time and costs money.

The cost to maintain the farm, horses and the cost to transport and provide staff.

We have the ongoing cost of each resident having the opportunity to move on to independent housing but still come back during the day for groups and medication management.

What is the long term goal for women that participate in Katherine's House and the LOTUS Strategy and why do you feel the additional rate increase is money well spent?

The goal is to provide safe housing with tremendous support services. The LOTUS Strategy is aimed to help them gain confidence and gain a true identity. To become strong independent women. To work toward being a good parent. The plan is to give them the tools to get healthy mentally and physically. To get their children out of foster care and have a second chance to be a parent with good parenting skills. Sober living will be the new way of life and the skill set they acquired at Katherine's House along with the ongoing support services. With this they will be success stories. The availability to continue to participate as needed in the structure, groups and med management will be key to some successes.

We now have less cost for foster care. Have happy, safe children and families now participating in our communities with the hope of employment and no longer on state assistance. Other women may have found pride in sobriety and the ability to manage their mental health and live a positive happy life which also makes them a positive addition to our communities.