

THRESHOLD

News from Limen Recovery + Wellness | July 2025



Opening New Doorways in Recovery

Limen Recovery + Wellness Unveils State-of-the-Art Treatment Facility

On February 28, 2025, Limen Recovery + Wellness celebrated a significant milestone with the Ribbon Cutting of its new residential treatment facility at 819 N. Washington Street in Wilmington, Delaware. This event marked the culmination of a multi-year capital campaign and the transformation of the historic Yeatman Funeral Home into a state-of-the-art rehabilitation center.

The ribbon-cutting ceremony was attended by over 200 guests, including public officials, donors, staff, and community members. Notable speakers included U.S. Senator Chris Coons, Congresswoman Sarah McBride, New Castle County Executive Marcus Henry, and Wilmington Mayor John Carney. Paul and Linda McConnell, major benefactors of the project, also shared their insights and support for the initiative. The ceremony featured blessings from Rev. Patty Downing and multiple ribbon-cuttings, symbolizing the facility's dedication to healing and community integration.

The new center offers thirty beds—17 for men and 13 for women—providing 30–90 day inpatient treatment programs. This expansion is expected to serve an additional 600 individuals annually, addressing the pressing need for comprehensive addiction treatment in Delaware. The facility emphasizes a continuum of care, allowing residents to

transition from inpatient services to sober living programs, with the potential for stays up to two years.

Limen's growth was made possible through a combination of public and private funding. A \$1 million donation from Paul and Linda McConnell in December 2021 and a \$1.2 million ARPA grant in August 2022 were instrumental in acquiring and renovating the building. The organization prides itself on being debt-free, owning all its properties outright, and maintaining a commitment to serving individuals regardless of their ability to pay.

The expansion also includes the development of a family program and a community center to support recovery efforts in Wilmington. Limen's comprehensive approach aims to empower patients to rebuild their lives, reconnect with their communities, and achieve long-term recovery.

This new facility represents a significant step forward in combating the opioid epidemic in Delaware, offering hope and resources to those in need. Limen Recovery + Wellness continues to be a beacon of support, fostering healing and transformation within the community.

We are currently accepting new patients at all levels of services. To learn more visit limenrecovery.org or call 302.655.1153 🍀

Heartfelt Farewell to Board President Sally Loessner

After 14 years of devoted service, we bid a heartfelt farewell to our beloved Board President, **Sally Loessner**. Her legacy at Limen Recovery + Wellness is one of steadfast leadership, deep compassion, and unwavering commitment to the mission of healing individuals and families affected by substance use.

Sally brought to the Board a wealth of experience from her accomplished career in Sales and Management, along with a heart devoted to community service. Her philanthropic work with the **NCC Hope Center**, **Triad Ministries**, and **Atha Yoga Foundation** has long demonstrated her extraordinary capacity for empathy and action. These values found a perfect home at Limen, where her guidance has helped shape the organization into the life-saving sanctuary it is today.

Sally's presence has been a source of both strength and warmth. She formed close



working relationships with Board and Staff members alike, fostering a culture of trust, respect, and shared purpose. Her clarity of vision and thoughtful decision-making have guided Limen through both challenges and growth, always keeping the well-being of residents and families at the center of the conversation.

Outside the boardroom, Sally exemplifies balance and mindfulness. Whether through yoga, tennis, or moments of peace spent in nature, especially by the water, she brings intentionality and presence to everything she

does. These qualities permeated her leadership, inspiring others to lead with heart and integrity.

As Sally steps into this next chapter, she leaves behind a powerful legacy. Her parting words capture the spirit of her service: "Thank you all for your continued service. It has been my greatest honor to be in service to Limen Recovery + Wellness for these past 14 years."

We, in turn, thank Sally for her extraordinary contributions. Though she may be stepping down, the imprint she leaves behind will continue to guide and inspire us. We are confident in the future she helped build—one where Limen remains a place of refuge, recovery, and renewal, saving lives and families one day at a time.

The Honorable Eric Davis will serve as Board President, while Becky Flood will return to her role as Board member to complete the term she stepped away from to initiate the 819 projects.

With deepest gratitude and admiration, we celebrate you, Sally. You will always be a part of the Limen family. +

WELCOMING NEW STAFF AT LIMEN RECOVERY + WELLNESS



Sean Barnes

PEER SUPPORT & TRANSPORTATION COORDINATOR

Sean combines lived recovery experience, compassionate and community-driven coordination to ensure accessible, person-centered support for individuals on their recovery journey.



Laura Evans

FINANCE & IT MANAGER

Laura combines technical management skills and a heart for service to lead efficient, mission-driven finance and IT operations.



Jess George

OPERATIONS & HUMAN RESOURCES ASSISTANT

Jessica brings a warm, people-centered energy to Limen, where her passion, positivity, and dedication make her a cherished presence among colleagues and clients.



Tiara A. Honesty-Moore, BA

IOP COUNSELOR

Tiara uses her behavioral science background and compassionate approach to empower individuals through their recovery journeys.



Angela Pike

ADVANCEMENT COORDINATOR

Angela leverages her strong financial background and personal dedication to recovery to drive meaningful fundraising and donor engagement.



Meblin K. Sethy, MBA

BILLING & COLLECTIONS SUPERVISOR

Meblin brings years of healthcare administration experience and a passion for improving systems that support recovery and wellness.



Jill Walters, MA, LCDP, CAADC

THERAPIST

Jill brings two decades of clinical experience and an unwavering belief in people's capacity to change and recover.

Rooted in Community, Growing Together

Limen Recovery + Wellness and Friendship House

Last month, Wilmington's two most trusted organizations, Limen Recovery + Wellness and Friendship House, formed a strategic partnership rooted in shared purpose and deep respect.

This isn't just a new collaboration. It's a thoughtful, mission-aligned relationship built to strengthen the work we've each been doing for decades. At its core, this strategic partnership is about expanding access, deepening impact, and building a more resilient future for the people and communities we serve.

This historic partnership was not simply a strategic decision. It was a heart-centered alignment of two communities that have long shared the same purpose: to walk alongside people through homelessness, recovery, and reentry with dignity, compassion, and care.

Limen and Friendship House have walked alongside those on the margins for decades, offering hope, housing, healing, and second chances. This strategic partnership represents more than shared services and a deepening of shared values. Together, we're now able to offer:

- **Stronger continuity of care** across housing, wellness, and reentry programs.
- **Broader reach and greater access** for those most in need across Wilmington and New Castle County.
- **Increased sustainability, better positioning** us to meet changing funding landscapes and growing demand.
- **A unified voice**, lifting up the power of person-first, trauma-informed care.

As this new chapter unfolds, we are filled with gratitude—for the work that's brought us here, the people who continue to believe in both our missions, and the future we're building together.

Welcoming Our New CEO: Kim Eppehimer

As we step into this new era, we're thrilled to share Kim Eppehimer, current Executive Director & CEO of Friendship House, will assume the role of Chief Executive Officer of both Limen Recovery + Wellness and Friendship House in the partnership.

Kim's leadership is grounded in lived experience, integrity, and a passion for her work. Her journey with Friendship House started in the community, volunteering through her church and supporting neighbors in need. Since joining the organization in 2014 and becoming Executive Director in 2017, she has worked tirelessly to connect homeless individuals with supportive communities. Kim's commitment to social justice drives her efforts to dismantle systemic barriers and change societal perceptions of the unhoused, those in poverty, and individuals facing substance use disorder.

Kim's leadership at Friendship House is marked by a unique blend of warmth, theological insight, and business acumen. Her hands-on approach has significantly expanded programming, added housing for women transitioning from incarceration and those in the LGBTQ+ community, and enhanced substance use services. Notably, she played a key role in the partnership with New Castle County to establish the NCC Hope Center for unhoused individuals during the COVID pandemic, helping over 100,000 Delawareans find support.

Academically, Kim holds a Master's Degree in Financial Accounting, a Certificate in Nonprofit Management, and a Certificate in Theology and Ministry. Her diverse experience includes roles as a loan officer, a Vice President, and a software engineer. She is a graduate of the Longwood Catalyst Leadership Program and currently chairs the New Castle County Police Accountability Board while serving on the Wilmington Taskforce on Homelessness and various



advisory boards in human services and behavioral health.

Kim is an avid runner, a dedicated volunteer coach for Odyssey of the Mind, and the 2nd runner-up in the 2025 Delaware Dancing with the Stars competition. Supported by her husband, two sons, and two dogs, she embodies balance, purpose, and compassion. Her love for the values of both her volunteer work and her role at Limen makes her an ideal leader for guiding these organizations into the future.

What's Next

Looking ahead, we're focused on nurturing this partnership in a way that honors our histories and fuels our shared future. We're continuing to align programs and teams, listen closely to community feedback, and lay the groundwork for a unified identity that reflects who we are and what we believe. We know the work is ongoing. But we also know we're moving forward with clarity, purpose, and momentum.

With Gratitude

To our staff, who've shown grace and determination through change. To our supporters and funders, who believe in our vision. And to the people we serve, who remind us every day why this work matters. This strategic partnership is more than a new chapter. It's a shared commitment to building healing pathways, strong foundations, and lasting hope. ✚

NEWS + UPDATES

In Uncertain Times, Be the Steady Hand—Give or Volunteer with Limen

In times of uncertainty, one thing remains constant: the power of compassion. At Limen Recovery + Wellness, we support individuals facing addiction, trauma, and mental health challenges—often during the most vulnerable and chaotic seasons of their lives.

Today, the need is greater than ever. The world feels unsteady for many, and for those already battling inner turmoil, these uncertain times can feel overwhelming. But **you can make a difference.**

By giving or volunteering, you become a source of stability and hope. Your financial gifts provide access to life-changing care for those who might otherwise go without. They fund trauma-informed therapy, peer support, and essential resources that help people rebuild their lives from the ground up.

In a world where so much feels out of our control, **your action matters.** You have the power to change a life.

When you give or volunteer with Limen, you become a part of something bigger—a community rooted in healing, connection, and resilience.

Step Forward. Be the Steady Hand.

Ways to Give

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 below to make a secure financial contribution or visit 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.



You can make a world of difference in the journey!

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.



Limen and Saint Francis Hospital A Healthy Village Vision for Community Recovery

Limen Recovery + Wellness is proud to partner with Saint Francis Hospital in a transformative initiative that expands access to behavioral health services and strengthens community wellness in Wilmington. This partnership comes to life through the opening of Limen's new location within the Healthy Village at Saint Francis—an innovative hub focused on integrating medical, behavioral, and social supports under one roof.

Together, Limen and Saint Francis are addressing the urgent need for holistic recovery solutions by offering a continuum of care that includes addiction treatment, workforce development, and wraparound support services. Saint Francis provides a trusted, centrally located healthcare foundation, while Limen contributes decades of expertise in recovery housing, outpatient care, and trauma-informed support.

This collaboration embodies a shared commitment to equity, dignity, and community-centered healing. By co-locating services in the Healthy Village, the partnership bridges the gap between crisis care and long-term recovery—ensuring that individuals not only receive the immediate help they need, but also the long-term tools to rebuild their lives.

This partnership marks a significant milestone in our collective vision for a healthier Wilmington, where healing is accessible, stigma is dismantled, and recovery thrives. +



Welcoming Dr. Trimzi, Medical Director

This year, we proudly welcomed Dr. Trimzi as our Medical Director. A triple board-certified psychiatrist with over 25 years of clinical experience, Dr. Trimzi brings deep expertise in general, child, and addiction psychiatry. His leadership background includes directing the Delaware Psychiatric Residency Program and academic roles at Drexel and Jefferson Medical Schools. With a focus on treatment-resistant conditions and innovative therapies like TMS and Spravato, Dr. Trimzi exemplifies our commitment to evidence-based, client-centered care. +

A Home Restored, A Life Renewed

"The mess was gone. I cried tears of gratitude and relief. I could finally see the possibility of a new beginning."

I'm grateful to share how the Limen Alumni community supported a difficult transition in my recovery, because the experience changed my life.

During my two years in early recovery at Limen, I focused on piecing my life together. One of the things I fought hardest to hold onto was my home—a house I worked tirelessly to purchase and lived in for over a decade. To make ends meet during this time, I rented it to a tenant who, unbeknownst to me, was struggling with severe mental illness and compulsive hoarding. While her rent helped me stay current on my mortgage, the home's condition upon my return was heartbreaking. The house was filled with trash, reeked of animal waste and spoiled food, and was infested with fleas. It no longer felt like a home, but a symbol of wreckage. I was devastated.

My boyfriend, also a Limen alumnus, and I had built strong bonds with many fellow alumni from all walks of life. When we realized the scope of what we were facing, we did what we had been taught to do: we asked for help. I was ashamed to let anyone see the house's condition, fearful no one would want to deal with such filth. But from the first day we began cleaning, we weren't met with judgment, but with overwhelming support.

Limen Alumni showed up in force, ready to help with everything from hauling out garbage to painting walls and fixing electrical issues. When I tearfully asked one volunteer why they were so willing to help despite the squalor, their answer was simple: "Someone did the same for me." That moment—and the entire experience—embodies what makes Limen so special. Limen fosters a culture where giving back is not an obligation, but a way of life. The sense of community, humility, and mutual support is deeply rooted in the program. Every alumni gathering, every shared experience, reinforces the belief that we recover together—and that helping others is one of the most powerful forms of healing.

I was so emotionally overwhelmed that I was asked to step away from the

clean-out that first day. It was agonizing to watch my belongings being tossed into a 30-foot dumpster. When I returned, I found joyful faces—friends perched atop the full dumpster, laughing and victorious. Inside, the house was almost empty. The mess was gone. I cried tears of gratitude and relief. I could finally see the possibility of a new beginning.

Over the next six weeks, I wasn't allowed in the house. With the help of many Alumni volunteers, my boyfriend continued the restoration: flea-bombing, deep cleaning, painting, repairing plumbing and electrical fixtures, tearing up carpet, replacing ceiling fans—transforming the space entirely. Limen even let us select new furniture from its donated stock to replace everything we'd lost. As someone just getting back on my feet, I could never have afforded such help. But through Limen, it was freely given.

When the house was finally ready, my boyfriend brought me in—blindfolded. The first thing I noticed was the smell: fresh paint and clean air, so different from the odor that had once made me dread coming home. When I removed the blindfold, I was stunned. Tears streamed down my face. This was still my home, but renewed. It no longer symbolized what had been lost, but everything I had gained.

To this day, every time I walk through my front door, I think of the Limen Alumni who showed up for me, not out of obligation, but from shared experience and a deep desire to help another person with a substance use disorder. Their support gave me more than just a clean house. It gave me a fresh start, a sense of belonging, and a daily reminder of the extraordinary power of community in recovery. ~ **Jeannie R.** +



The Freedom I Never Knew: A Second Chance

"Prison saved my life and Limen taught me how to live again."

I'm honored to share my journey and how Limen has profoundly impacted my life. Words cannot fully express the gratitude I have for this incredible program and the opportunities it has given me. For over 25 years, I battled addiction to drugs and alcohol, alongside deep depression. I began using substances at the age of 15 to calm my emotions, quiet my mind, and navigate my life. Alcohol quickly became my primary coping mechanism for

pain. What started as a temporary escape gradually evolved into my only form of relief—something I depended on just to get through each day.

Eventually, that relief stopped working. The substances I relied on so heavily began to fail me. I was left with an ever-deepening emptiness and a growing sense of despair. The comfort I once found in alcohol and drugs vanished. I knew something had to change.

In the summer of 2005, I entered my first long-term treatment program in Wernersville, Pennsylvania, where I stayed for six months. Since I was from Delaware, I was encouraged to continue my treatment at Limen. However, I declined the invitation, thinking, "I've got this!" I managed to stay sober for just over a year before falling back into old patterns. The next four years took me even lower than before.

During the 2008–2009 recession, I hit rock bottom and recognized I needed long-term support. I joined Limen and stayed for eight months, but struggled to fully surrender. When I left, there was no ceremony, only regret for not taking full advantage of the opportunity. Despite managing nearly two years of sobriety and reconnecting with loved ones, I fell back into the mindset of "I've got this" and relapsed. This led to years of cycling through jails, institutions, and near-death experiences, as life became a struggle for survival and my will to live faded.

By the grace of God, I ended up in prison with a three-year sentence for a fifth DUI—a felony.

Ironically, for the first time in many years, I felt safe. About two months before my release, I casually mentioned to another inmate that if I stayed away from drugs, I could still drink. He looked at me and pointed out that I was serving time for my fifth DUI, and that logic was absolutely insane! He knew about Limen and brought it up to me every single day. I told him Limen was a one-time opportunity, but he assured me I was wrong and encouraged me to get an interview.

Knowing what I now understood about Limen, I promised myself that if given another chance, I would do it differently. I would surrender, let go of control, and follow the program while working the steps with an open heart and mind.

Miraculously, I was accepted. That second chance meant everything to me. To say I'm grateful doesn't come close. While prison may have saved my life, Limen taught me how to truly live again.

Limen Recovery and Wellness is unlike any other place. It's not easy, but it's real. The staff, the residents, the alumni—everyone there provides a level of compassion, structure, and support that is truly transformative. They guided me to a place of joy and peace I never thought possible. The encouragement I received to stay sober and live fully has been a gift I will carry with me for the rest of forever. Thank you, Limen, for helping me reclaim my life. ~ **Jimmy** +

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HELP LIMEN RECOVERY + WELLNESS'S FULFILL ITS MISSION.
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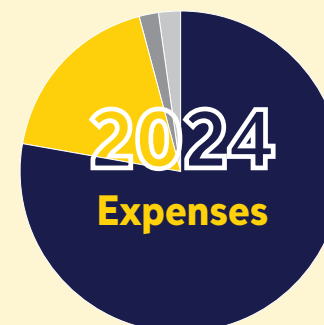
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Direct Congressional Spending



Grants & Contributions	80%	\$3,557,287
Other Revenue	13%	\$583,068
Special Events	7%	\$290,159
Total Revenue	100%	\$4,430,514



Programming and Staff	78%	\$2,682,481
Operation (IT, Utilities, etc.)	18%	\$596,669
Fundraising & Development	2%	\$53,909
Special Events Expense	2%	\$72,799
Total Expenses	100%	\$3,405,858

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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.*



To learn more about our services,
referrals, or tour our new location,
contact us or visit LimenRecovery.org

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Kepphimer@limenrecovery.org

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Rsnyder@limenrecovery.org

2025 EVENTS

Alumni Fall Family Picnic: SATURDAY, SEPTEMBER 20TH

Bellevue State Park

Golf Outing: MONDAY, OCTOBER 6TH

Dupont Country Club

Amethyst Ball: FRIDAY, NOVEMBER 7TH

Dupont Country Club

Gratitude Service: MONDAY, DECEMBER 1ST

Details Coming Soon

