

# 2008-2009 Annual Report



***Changing lives...one person at a time***



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# With sincere appreciation

Dear Friend,

It was another exciting year at Freedom House Recovery Center, and our success is once again attributed to the hundreds of donors, staff, clients, volunteers and advocates who support Freedom House daily.

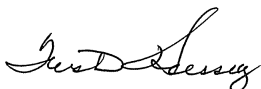
In 2010, our fundraising priorities include raising operational dollars, as well as continued support of our Capital Campaign.

Our need to raise capital funds continues as we have raised 53% of our \$2.7 million goal. The new buildings are complete and have allowed us to expand our crisis programs, provide more detoxification/crisis beds and operate a client-work program that provides individuals with hands on work experience and job hunting assistance. These improvements are made possible through our new facilities that were built as part of our Capital Campaign.

Freedom House offers 16 various programs for individuals in need of substance abuse and/or mental health treatment. Our programs include halfway houses, outpatient clinics, detoxification, facility based crisis services and mobile crisis services. The total operating cost of these programs in fiscal year 2008/2009 was \$9,656,844. A goal of Freedom House in the coming year is to secure community funding for these important services. A major portion of our daily operational budget has been sustained by reimbursements for services from state and local government entities, but unfortunately our funding sources are changing as mental health reform continues to challenge the efforts of organizations such as Freedom House. We are continually learning of expected budget cuts, and we need the support of the community to continue providing life-changing services for our clients.

Thank you for supporting Freedom House within our community and allowing us to give individuals a second chance at becoming productive members of our society.

Sincerely,



Trish Hussey  
Executive Director  
Freedom House Recovery Center

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# Mission and Values

**The Mission of Freedom House is to promote, enhance and support recovery for individuals with substance abuse, mental illness, and developmental disabilities.**

## **Our Values:**

- Respect for and recognition of the individuality of each person
- The attainment, for each individual, of self-respect, dignity and the ability to return to society with a new perspective
- Concern for the emotional, physical, spiritual and social needs of those served
- The provision of quality, cost-effective and holistic services
- Cooperation, collaboration and teamwork
- Responsible corporate citizenship of the community.



# Changing Lives in 2008 and 2009



## Freedom House is the Treatment Provider for a Federal Grant

In 2009, Freedom House was part of a collaborative that was awarded a 3 year, \$900,000 federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The grant will provide over 300 individuals with enhanced drug treatment court services, including increased case management, life skills training (connecting clients to resources related to employment, education, housing, health, etc.) and increased evidence based practice and clinical assessments.

The Collaborative includes Freedom House as the treatment provider, Adult Drug Treatment Courts in Orange, Durham, Person and Caswell Counties, OPC LME and UNC.



## First Annual Recovery Celebration

In honor of National Recovery Month, Freedom House and OPC LME co-hosted a Recovery Celebration in our new Community Outpatient Building. The evening featured fellowship, recovery support, dancing, and music by the Red Rhythm Band featuring Freedom House employee Roger Jones, OPC employee Peter Baker and guest player, Jay Miller, a long-time Freedom House donor and friend.



*Freedom House Clients sing with the band during September's Recovery Celebration.*

# Community Recognition

**APNC**

*Addiction Professionals of North Carolina  
the NC Association of Addiction and Prevention Professionals  
An Affiliate of NAADAC, the Association for Addiction Professionals*



## Outstanding Program of the Year Award

On October 22, 2009, Freedom House employee, Tasha Blazer, received the 2009 Outstanding New Professional of the Year Award from the Addictions Professionals of North Carolina. Tasha accepted her award alongside Freedom House Executive Director, Trish Hussey, who accepted the 2009 Outstanding Program of the Year Award for Freedom House.

“Receiving two such prestigious awards in one day is simply overwhelming. This is a wonderful opportunity to spotlight the important work of Freedom House, our dedicated employees and the success of our clients who have come so far in their struggle with substance abuse, addiction and mental illness,” commented Trish Hussey about receiving the awards in front of more than 150 fellow mental health and substance abuse professionals from throughout the State of North Carolina.

## Telepsychiatry at Freedom House

Our new Telepsychiatry Program exemplifies how Freedom House helps clients who are in desperate need of services. Often clients must wait weeks for a psychiatric appointment, but telepsychiatry allows a psychiatrist to see a client within 24-48 hours, decreasing mental health relapses and costly crisis hospitalizations. This program began at Freedom House’s Durham, Chapel Hill and Person County locations in 2009 and serves consumers regardless of their ability to pay. In Chapel Hill, Telepsychiatry operates out of Freedom House’s new state-of-the-art Facility Based Crisis Services and Detoxification building.



*Volunteers from East Chapel Hill High School help paint the exterior of the Orange County Outpatient Clinic, which moved to New Stateside Drive in June 2009.*

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# The Faces of Recovery

## In Fiscal Year 2008/2009

- More than 7,700 clients were served by our 16 programs.
- 78% of Detoxification/Facility Based Crisis clients were diverted from hospitals and emergency rooms for treatment at Freedom House.
- 60% of clients were unemployed (82% of clients in our residential programs).
- 31% of clients were homeless (67% of clients in our residential programs).

*"I've been clean for years since I left Freedom House. I can't say it enough, life is good, and Freedom House saved my life"*

*- Former Freedom House Client*

## Halfway House Results in 2008/2009

- 75% of all halfway house clients completed a 3 month post-discharge survey.
- 70% of clients were alcohol and drug free 3 months post-discharge
- 63% of clients were attending relapse prevention programs 3 months post-discharge.
- 57% of clients were employed (full or part-time) 3 months post-discharge.



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# Benita's story of hope...

Benita has been faced with many struggles and challenges in her life. She was diagnosed with depression as a child, a victim of abuse and has spent time in prison as a result of her choices. Benita will turn 41 in June. She's a mother of five children between the ages of two and 23, and she's been using drugs on and off for nine years. Through the years, she has been in and out of treatment, and at one point she was clean for one week shy of two years before she relapsed. Benita first came to Freedom House in 2001 as a halfway house client. She didn't stay long because she "wasn't ready for recovery...I had not hit rock bottom yet." After a few more years, struggles and relapses, she is back and committed to her recovery as a client in the Women's Halfway House. She has been in the house for almost three months and her motto is to "take one day at a time." When asked about Freedom House, Benita commented...

*Freedom House offers the freedom to live my life while learning to make the right decisions. I've been offered not just a bed and a roof over my head, but a way of life. The structure lets me regain my composure and know that I can live in the community. I go to recovery meetings every day. I have a sponsor and a Home Group and a network that cares for me and welcomes me. Freedom House has become my 'safe place.' I know that I can get a job and pay bills, but I know now that getting overwhelmed is my trigger for relapse. Freedom House is helping me learn how to handle this and to live for today.*

Freedom House provides clients like Benita with a second chance. Our continuum of care is unique and allows us to ensure all of a client's needs are met. In Benita's situation, she may have initially sought out treatment for her addiction, but it is vital her mental health diagnosis also be addressed and managed. Benita meets regularly with a Psychiatrist through the Chapel Hill Outpatient Clinic, just a few steps away from the front door of the Women's Halfway House. **Through Freedom House's programs, clients find hope for a better tomorrow.**



# Capital Campaign



Freedom House opened two new buildings in June 2009.  
In the six months following the grand opening...

The Detox/Facility Based Crisis Program has provided:

- Telepsychiatry services to approximately 10 individuals in need of mental health services each week.
- Mobile Crisis services utilized by approximately 30 individuals in the community each month, representing an 80% utilization increase compared to 2007/2008.
- Detoxification/Facility Based Crisis Services to 67 clients each month.

The Community Outpatient Building has been used for:

- 9 Outpatient Therapy Groups per week (serving over 140 clients weekly).
- A Consumer & Family Advisory Committee Drop-In Center for individuals with severe and persistent mental illness.
- More than 700 meals are prepared in our Commercial Kitchen for residents, staff and community groups each week.



## 2010 Fundraising Priority

*Top Left: New Community Outpatient Building*

*Bottom Right: New Facility Based Crisis/Detox Building*

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# Operational Support

**Freedom House offers 16 programs and the total operating cost of these services in fiscal year 2008/2009 was \$9,656,844.**

**Traditionally, our daily operational budget has been sustained by reimbursements for services from state and local government entities. Unfortunately our funding sources are changing as mental health reform and budget cuts continue to challenge the efforts of organizations such as Freedom House.**

Program Example: Halfway Houses

- 42 long-term residential beds in our Chapel Hill and Durham men's and women's halfway houses.
- Halfway Houses provide a critical long term service for clients who are often homeless or unemployed when arriving at Freedom House.
- Clients receive supports critical for success. While in the houses clients secure employment, attend group therapy and AA/NA meetings and have the opportunity to gain life skills training (budgeting, vocational support, GED attainment, parenting classes).

Funding Needs for Halfway Houses

- State funding for halfway house services has been **reduced by half** and Freedom House must raise funds in order to continue providing this service to our community.



2010 Fundraising  
Priority

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# Board of Directors

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**Patricia "Trish" Hussey**  
Executive Director, Freedom House

# Advisory Board

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Retired Professor of Medicine, UNC School of Medicine

## Paula Harrington

UNC Human Resources Facilitator, Special Projects Coord., Oxford House, Inc.

## Louise Beck

Real Estate, Louise Beck Properties, Inc.

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# Donors

## Fiscal Year 2008-2009

### **Benefactor Society**

East West Partners  
The Resolute Building Company  
Kate B. Reynolds Charitable Trust  
Triangle Community Foundation  
United Way of the Greater Triangle

### **Visionary Society**

Jean Buckwalter  
Chapel of the Cross  
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Susan Fellner  
Robin and Josh Gurlitz  
Linda and William Heizer  
SunTrust  
University Presbyterian Church

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Larry Colie  
Trish and Bill Hussey  
Kay and Reed Johnson  
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Sue and Don Tiedeman  
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Louise Beck  
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### **Patron Society (continued)**

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Kathleen and Bob Lowman  
Carol Gallione and Rep. Paul Luebke  
Winnie and Ken Morgan  
Janaki Nicastro  
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Norma and Sy Safransky  
Katherine and Tobin Savage  
Jean and Pearson Stewart  
The Volunteer Center of Durham  
Jane and Gary Ulicny  
Tim Williams

### **Golden Circle Society**

Martha and John Barefoot  
Barbara and Gary Barnes  
Jennifer and John Boger  
Carrboro United Methodist Church  
Carrboro United Methodist Women  
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Libby and Dub Gulley  
Christiana Herndon  
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James Osborn and Ken Pittman  
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Cheryl Marcus and Roy Schonberg  
Genee and Daniel Uyesato  
Carrie and Mark Whitney

### **Enthusiast Society**

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Human Kindness Foundation  
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Nancy Frazier  
Carolyn McAllaster and Coin Page  
Bruce Roberts  
Jacqueline and Matthew Weidner  
Linda and James Woodall  
Deborah Young

*Thank you to the generous individuals and organizations  
who contributed to Freedom House from  
July 1, 2008 to June 30, 2009.*

# Financial Highlights

## Fiscal Year 2008-2009

| Service/Program                        | Total Number Served |
|--|---------------------|
| Chapel Hill Mobile Crisis              | 373                 |
| Chapel Hill Facility Based Crisis      | 807                 |
| Chapel Hill Men's Halfway House        | 54                  |
| Chapel Hill Maggie Alvis Halfway House | 68                  |
| Durham Mobile Crisis                   | 122                 |
| Durham Men's Halfway House             | 26                  |
| Durham Women's Halfway House           | 39                  |
| Durham Transitional Living Facility    | 113                 |
| Durham SABIOS                          | 255                 |
| Criminal Justice Partnership Program   | 119                 |
| Orange County Clinic Substance Abuse   | 334                 |
| Orange County Clinic Mental Health     | 704                 |
| Person County Clinic Substance Abuse   | 266                 |
| Person County Clinic Mental Health     | 349                 |
| Chatham County Substance Abuse         | 134                 |
| Chatham County Clinic Mental Health    | 434                 |
| Durham Center Access                   | 3482                |
| Work First/TANF                        | 110                 |

**Total Clients Served**

**7789**



*"Freedom House gave me the strength and tools to rebuild my life. I am forever grateful for the opportunities I have found here," says Freedom House former client and employee Linda (pictured above with her co-worker Rodney).*

# Financial Highlights

## Fiscal Year 2008-2009

### Client Demographics

- 7,789 clients served
- 37% female, 63% male
- 56% minorities
- 55% between 31 and 54 years of age
- 60% of residential clients have a dual diagnosis of substance abuse and mental illness



*Freedom House Director, Trish Hussey, and employee, Carrie Whitney, present Susan Richardson of the Kate B. Reynolds Charitable Trust with a Certificate of Appreciation for the Trust's generous support of our Capital Campaign.*

| Revenue                               | 2008/2009           | 2007/2008           | Dollar Change       | Percent Change |
|---------------------------------------|---------------------|---------------------|---------------------|----------------|
| Local Government Contracts            | \$ 7,083,960        | \$ 6,806,417        | \$ 277,543          | 4%             |
| Grants                                | \$ 256,717          | \$ 262,408          | \$ (5,691)          | -2%            |
| Contributions                         | \$ 134,737          | \$ 642,806          | \$ (508,069)        | -79%           |
| United Way                            | \$ 63,732           | \$ 56,582           | \$ 7,150            | 13%            |
| Resident Fees                         | \$ 30,652           | \$ 48,446           | \$ (17,794)         | -37%           |
| Medicaid Income                       | \$ 1,252,606        | \$ 347,654          | \$ 904,952          | 260%           |
| Indirect Cost Revenues                | \$ 533,790          | \$ 429,809          | \$ 103,981          | 24%            |
| Miscellaneous                         | \$ 22,398           | \$ 11,704           | \$ 10,694           | 91%            |
| <i>Total Revenue and Support</i>      | <i>\$ 9,378,592</i> | <i>\$ 8,605,826</i> | <i>\$ 772,766</i>   | <i>9%</i>      |
| Temporarily Restricted                | \$ 171,059          | \$ 692,429          | \$ (521,370)        | -75%           |
| Net Assets Released from Restrictions | \$ 668,103          | \$ 148,446          | \$ 519,657          | 350%           |
| <b>Total Revenue</b>                  | <b>\$ 9,875,636</b> | <b>\$ 8,061,843</b> | <b>\$ 1,813,793</b> | <b>22%</b>     |

# Financial Highlights

## Fiscal Year 2008-2009

| <b>Service/Program</b>  | <b>Program Expense</b> | <b>Percent of Total Budget</b> |
|---|------------------------|--------------------------------|
| Chapel Hill Mobile Crisis                                     | \$ 87,755              | 1%                             |
| Chapel Hill Facility Based Crisis                             | \$ 1,030,407           | 11%                            |
| Chapel Hill Men's Halfway House                               | \$ 241,657             | 3%                             |
| Chapel Hill Maggie Alvis Halfway House                        | \$ 232,577             | 2%                             |
| Intensive Outpatient Program                                  | \$ 250,608             | 2%                             |
| Durham Center Access  | \$ 3,312,325           | 34%                            |
| Durham Mobile Crisis  | \$ 265,673             | 3%                             |
| Durham Men's Halfway House                                    | \$ 252,395             | 3%                             |
| Durham Women's Halfway House                                  | \$ 236,819             | 2%                             |
| Durham Transitional Living Facility                           | \$ 220,902             | 2%                             |
| Durham SABIOS (Substance Abuse Intensive Outpatient Services) | \$ 450,014             | 5%                             |
| Orange County Outpatient Counseling Center                    | \$ 877,840             | 9%                             |
| Person County Outpatient Counseling Center                    | \$ 817,109             | 8%                             |
| Chatham County Outpatient Counseling Center                   | \$ 747,222             | 8%                             |
| Caswell County Outpatient Counseling Center                   | \$ 54,018              | 1%                             |
| Walk-In Clinic  | \$ 70,688              | 1%                             |
| Supporting Services - Management & General                    | \$ 508,835             | 5%                             |

**Total Program Expenses    \$            9,656,844**

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# Help us change lives... one person at a time.

*Your donation and support will directly impact the lives of individuals struggling with substance abuse and mental illness.*

**\$25** – ensures a homeless client is able to get the medication they need before leaving Freedom House.

**\$50** – provides tailored employment training and job search support for a halfway house client during his/her 3-6 month stay at Freedom House.

**\$175** - allows one client to receive a day of rehabilitation and treatment in our halfway house.

**\$300** - provides one client with 24 hours of Detox/Crisis Services and therapy.

**Naming Opportunities in our Facility Based Crisis  
and Community Outpatient Buildings start at \$2,500.**

Call 919-942-2803 x 227 for more information.

Donations can be mailed to  
Freedom House Recovery Center  
104 New Stateside Drive  
Chapel Hill, NC 27516

Or donate online at  
**[www.freedomhouserecovery.org](http://www.freedomhouserecovery.org)**

**Join Freedom House's Email List to receive Semi-Annual Program Updates.**

**Send an email with "Register Me" in the subject line to  
[administrator@freedomhouserecovery.org](mailto:administrator@freedomhouserecovery.org).**

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104 New Stateside Drive, Chapel Hill, North Carolina 27516  
919-942-2803  
[www.freedomhouserecovery.org](http://www.freedomhouserecovery.org)

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