

City of Lawrence 2008 Alcohol Tax Funds Request Fiscal Year 2007

Agency Name: Lawrence Alcoholic Recovery House, Inc. (Hearthstone)

Program Name: Recovery House

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Request for funding in the following categories and amounts:

_____	Prevention	\$ _____
<u> X </u>	Treatment	\$ <u>10,000</u>
_____	Intervention	\$ _____
_____	Coordination	\$ _____

Hearthstone: Application for City of Lawrence 2008 Alcohol Tax Funds

Category – Treatment and Recovery

The Hearthstone program contains elements of Assessment/Evaluations, Therapy, and Aftercare. The basic program consists of four one-hour mandatory (Monday through Thursday) house meetings. Most of the meetings have two Board members present and all have at least one Board member present. A wide variety of recovery subjects are covered. All Board members are volunteers with no professional training. Board members are all recovering persons with experience in these matters ranging from eight to twenty four years.

Program Description

Hearthstone is a men's recovery house operated by the Lawrence Alcoholic Recovery House, Inc., a tax-exempt organization under IRS section 501 C 3. It is open to any chemically dependent male who has been clean and sober for more than 72 hours. It has a capacity of 10 residents. At designated times, families and guests are welcome to visit the residents at the house.

At Hearthstone each resident is recognized as an individual and us treated as such by the Board members. One of the things we try to develop a sense of community among the residents. Many alcoholics and drug abusers have been very isolated, and it is very important for them to live and interact with other people. Living in a group house with up to nine other recovering men can be stressful. We have found that interaction between the residents as an important part of their experience. The Board tries to encourage and facilitate this interaction. The basic purpose of the Board meetings with residents is threefold. First to show the residents that someone cares about them, second to encourage interaction with other residents, and third to help to prepare them for life after they leave Hearthstone.

As part of our efforts to develop a sense of community we also emphasize the relationship that Hearthstone has within the neighborhood. 745 Ohio is a part of. Hearthstone is located in "Old West Lawrence" neighborhood, an historic part of Lawrence. Our residents participate in maintaining the appearance of the house and its surroundings. As a result of doing so, our residents begin the process of developing a sense of responsibility to the community which we believe enhances personal responsibility.

Hearthstone believes that it is very important to keep the cost to the resident at a level all can afford. Many residents enter Hearthstone with little other than the clothes they are wearing. Often they have large legal fees, other debts, and child support to pay. Some have few job skills and can find only low paying jobs. Because of this Hearthstone must extend credit to those residents who have no money. We do not believe that lack of money should keep a man from his chance for a better life. The Board of Hearthstone believes that a resident who leaves in recovery, having worked during his stay, having paid his rent, and having accumulated a small nest egg has a much better chance of achieving long term recovery. If he has accomplished this, he will have improved his self esteem as well as his financial situation. We believe that he must have hope for a better life to find long-term recovery. We try to provide an environment for our residents that allow them to do this. We feel that when a resident has accomplished this, it is good for him and good for the community.

The weekly cost for residents is \$95. This includes rent and food. Currently, \$35 goes to a food fund managed by the residents, and Hearthstone receives rent of \$60. The food fund is money not included in Hearthstone's budget. The residents who purchase and prepare all of the food control it.

Because of our policy of accepting residents with no money Hearthstone has a lot of non-collectable rent. We vigorously try to collect rent, but it is not always possible. We feel

that with a \$95 per week payment for room and board a resident, over a period of time, should be able to accumulate sufficient money that he can make his way when he leaves Hearthstone. We believe that making the rent-paying residents pick up the lost rent and food bills for those who cannot pay is counter-productive. The money we receive from the Alcohol Tax Funds allows us to keep the rent at an affordable figure. We believe this greatly increases the resident's ability to be successful in his recovery when he leaves Hearthstone. It allows them to save enough money to be able to find a place to live and get a new start.

Additionally, Alcohol Tax Fund money we receive assists in the upkeep of the home at 745 Ohio. Hearthstone is located in "Old West Lawrence" neighborhood, an historic part of the Lawrence community. The house was constructed in the 1880s. Subsequently, repairs to the physical structure of the house are often necessary. Alcohol Tax Fund money assists in keeping the home in good shape for the residents and the community. Basement repair and replacement of the porch on the back entrance to the house are examples of two projects that Alcohol Tax Fund dollars were used to fund this past year.

Some time ago Hearthstone became aware of published research by reputable sources which showed that the rate of recovery increases with the length of stay in residential facilities. It was indicated that the length of stay was the best predictor of success. This has been quoted in prior year's applications. The Board firmly believes that this is still a "**promising approach.**"

Former residents are welcome to attend the house meetings. A few do but most do not. Occasionally, a former resident will move back into the house. If they left in "Good Standing" they can come back at any time if we have a vacancy. If they left in "Bad Standing" they must wait a year before we will take them back. "Good Standing" means they stayed over 90 days, they left clean and sober, and they did not owe Hearthstone any money when they left.

Needs Assessment

The need for Hearthstone has been clearly established by its past history. Hearthstone has been in existence since 1981 and has been supported mostly by the residents. As far as is member who is the House Director supervises a resident House Manager appointed by the Board. The fact that Hearthstone for over 20 years been able to successfully operate a men's recovery house clearly shows that there is a need for Hearthstone in Lawrence.

Outcomes

The **principle Outcome**, which Hearthstone measures, is the success of its residents in staying sober and clean. Our definition of a successful outcome is when a resident stays over two weeks and also stays over 90 days without using drugs or alcohol and is in good standing in all respects. Hearthstone feels that residents who stay less than two weeks never give the program a chance and therefore are excluded from the calculation of outcomes.

During 2007, 55 residents lived in Hearthstone for some period of time. Of these, 11 left during the two-week trial period. Another 19 were still in the house with less than 90 days of occupancy. By our definition it cannot be determined if they have had a successful experience.

Therefore we subtract 11 and 19 from the total of 55, which leaves us 34 who can be considered successes. Of these 34 residents, there were 12 residents who by our definition have had successful outcomes.

The **other Outcome** is measured by the number of weeks a resident, who completed the two week trial period, stays in the house.

Comparison of Success Rates, Success Outcomes, and Length of Stay

	2000	2001	2002	2003	2004	2005	2006
Success Rates	35.5%	18.7%	14%	25.8%	17%	31.5%	21.8%
Successes	8	6	6	8	6	11	14
Weeks of Stay	15.6	6.7	6.7	8	6	7.2	7.6

We will continue to use two measurements length of stay and successful outcomes to assess our success rates.

Coordination

Hearthstone maintains informal contacts with the detox and treatment centers in the area. Similar contacts exist with the Oxford Houses and the First Step House. Law enforcement agencies, the courts, the jail, juvenile, parole and probation officials as well as DCCA know of Hearthstone’s presence. Many residents are referred to Hearthstone by these organizations.

Organizational Capacity

Hearthstone has a history of managing and staffing its organization that goes back to 1981. Most or all the ten men Board of Directors are recovering persons some of whom are former residents of the house. No directors are paid or have expense accounts. Their Length of services varies from eight to twenty four years. It is felt that the organization has been effective in the past and all indications are that it will be in the future.

Projecting Operating Budget for 2008

Income

Rent Collected From Residents	17,000
City of Lawrence Alcohol Tax Funds	10,000
Investment Income	<u>1600</u>
	\$28,600

Expenses

Rent Paid	10,800
Utilities	8,500
Maintenance	6,000
Lawn Care	750
Audit Expense	250
Equipment (Kitchen and Household Furniture)	
Food	1000
Supplies (Office including copying and postage)	300
Supplies (Kitchen)	400
Drug Test Supplies	1000
Insurance	<u>1500</u>
	\$28,600

Hearthstone spends no money on personnel, fringe benefits, travel, or office space. Office supplies are \$300 and kitchen supplies are \$400. Kitchen supplies include new utensils and cooking equipment.

ASSESSMENT DATA	GOALS/ OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
<p>In 2006 a total 55 people lived in Hearthstone for some period of time. 12 stayed through 90 days.</p> <p>House meetings with at least one board member present were held four hours per week. <i>(This resulted in 1,392 hours of meetings that were supervised by a board member. In most cases there were two board members present at these meetings.)</i></p> <p>In 2006, 21.8 (11) of the residents left Hearthstone, having stayed over 90 days, under good conditions. <i>(This means he has been clean and sober for that period of time. In addition he must</i></p>	<p>Our goal is to help residents find permanent freedom from alcohol and drugs.</p> <p>It is very important that the residents can live in an area that is free of alcohol and drugs.</p> <p>We test our residents for drugs and alcohol to insure that none are in the house. If a resident is found to be using drugs or alcohol he must leave Hearthstone immediately.</p>	<p>Our target group is males with alcohol or drug abuse problems.</p>	<p>We have an intense program that is designed to help our residents become responsible persons. This includes working, attending four house meetings a week and attending three AA or NA meetings a week.</p> <p>One Board member is designated as House Director and he supervises the operations at Hearthstone on a day-to-day basis and he becomes very well acquainted with the residents and is aware of their progress.</p>	<p>In 2008, there will be at least 104 house meetings provided to residents by board members.</p>	<p>In 2008, at least 30% of residents will leave Hearthstone, having stayed over 90 days, under good conditions.</p> <p>In 2008, there will not be more than one complaint made to police by our neighbors.</p>	<p>All Hearthstone residents will leave under good conditions and live a productive, drug-free life.</p>

<p><i>be in good standing in all respects including not owing Hearthstone any money when he leaves.)</i></p> <p>In 2006, there were no complaints made to police by our neighbors.</p>						
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