

— 2019 ANNUAL REPORT —

HOPE FOR RECOVERY



SPRINGS
RECOVERY
CONNECTION

Addiction Recovery Solutions

PEER SUPPORT

FAMILY SUPPORT

COMMUNITY SUPPORT

TRAINING INSTITUTE

A letter from our founder

We have had a wonderful year at Springs Recovery Connection as we have seen this organization more than double its reach and impact. Someday we'll look back and remember 2019 as a tipping point for Springs Recovery Connection. We embraced some change-making opportunities that will propel our mission forward in ways we couldn't have imagined just a few years ago. Springs Recovery Connection is proud to be a grassroots organization dedicated to support, educate and advocate for individuals with substance use disorder, their families, and our community as a whole.



The healing power of recovery amazes me. Every day, Springs Recovery Connection is busy with people in recovery who offer themselves as living proof that recovery is real. They serve as walking examples of lives transformed. These recovery ambassadors give back with an attitude of gratitude. What a blessing to witness this on a daily basis.

We are grateful for all those who work to further our mission and contribute to our success. We have loyal community partners who share our vision of hope and work tirelessly for individuals, families, and our communities. Included in this report are the activities that Springs Recovery Connection focused on during 2019.

Thanks to the visionary support of our donors and our board, we have been able to utilize innovative recovery practices to slow the advance of addiction in our community. We utilize evidence-based strategies and work tirelessly to contact those labeled “unwilling” and rejected by most as “not ready” for recovery. We fully believe the opposite of addiction is connection. Our most significant achievement in 2019 was the implementation of Colorado’s first ever Emergency Department Peer Support Program at UHealth Memorial Hospital. We also launched a partnership with El Paso County 4th Judicial District Specialty Courts creating an Alumni Program to engage and support graduates and participants. Our Recovery Data Platform assessment tools aid in constructing a qualitative and quantitative recovery story for each program participant.

We are humbled by the opportunity to lead the recovery movement in our community and have risen to the occasion.

In closing I would like to thank our dedicated volunteers, staff, donors and board members. I am grateful and personally lifted up to be part of such a great organization.

In Gratitude,

Cathy Plush
Founder

Our programs

Springs Recovery Connection is our community's "Welcome Center to Recovery." SRC offers hope to individuals and families suffering with substance use disorders. When individuals and families come to SRC, there are no forms to fill out, no criteria to be met, no insurance required, no discharge planning. We believe that easy and immediate access to recovery support over the long-term is the missing link in our system of care. Programs and services at SRC are offered at no cost, so that people do not face any financial barriers to participation.



Peer Coaching in Specialty Courts

Springs Recovery Connection provides peer coaching to those within the judicial system due to substance use disorder. With peer to peer connection, evidence-based practices and shared experiences, Springs Recovery Connection Peer Coaches aid in deterring future criminal justice involvement or reentry after incarceration.



Peer Coaching for Incarcerated

Within the Regeneration and Recovery unit, Springs Recovery Connection offers one-on-one support by video to incarcerated individuals to establish a foundation in recovery prior to discharge. The long-term goal of this project is to enhance the re-entry process through continuity of care, decrease recidivism rates, and promote substance abuse and mental health recovery.



Springs Recovery Connection Training Institute

For those in long term recovery looking for an opportunity to give back or for professionals looking to expand their knowledge of Peer Coaching and support, Springs Recovery Connection offers 5 modalities for training. Our Peer Recovery Coach Academy by CCAR® provides a foundation for recovery coaching. This course provides the knowledge and skills necessary to guide and mentor others through their own recovery process and sets the stage for subsequent training in Professionalism, Ethics, the Emergency Department and in Opioid Response.



Family Program

SRC offers the Community Reinforcement and Family Training approach (CRAFT) program as an evidence-based, compassionate, and effective approach for engaging a reluctant loved one into treatment. SRC also offers family recovery workshops and individual support to family members.



Emergency Department Program

Certified Peer Recovery Coaches trained in the Emergency Department curriculum are dispatched to UC Health Memorial Central Emergency Department to support to patients suffering from overdose or substance abuse disorders. SRC supports patients after discharge with telephone recovery support, peer coaching and resources.



Recovery in the Emergency Department

In 2019 the Emergency Department program at UC Health Memorial, created by Program Director Daun Gillam and our Founder Cathy Plush, became a cornerstone of our agency. Hospital staff and clinicians have personally benefited by gaining a wider understanding of what living with an SUD can be like beyond what they learned in their clinical education. They have also learned of the many paths and resources to recovery available to patients. One clinician shared, *"One of the biggest successes is – the peers have been great about educating us...The two peers that I worked with at night were so fantastic about educating us not just about addiction, but actually really educating us around some homelessness issues and around drugs of choice. They would tell us their experiences which was so fantastic for us. We learned so much from that. I think it was absolutely great."*

541

patients requested RSS support from SRC

68%

patients made appts/engaged with brief intervention

78%

patients engaged with SRC after discharge

LEON'S STORY

Recovery Ambassador

This journey of recovery has been 25 months and I believe that I finally have this addiction behind me. It's a rewarding benefit to my character and person. I can actually say with a positive demeanor that I've finally beat this character defect.

Today I have maintained a job for close to two years. I'm thankful and blessed everyday that I wake up. I have a better relationship with my two beautiful daughters and my awesome family who supports me! I have plans to be married to my best friend on August 8 this year!

Prior to this recovery journey my life was unmanageable and full of chaos being a full time drunk and using other mind-altering substances. Life was a great party, so I thought. I was in and out of jails and prison.

I lost the respect of family and children. One day during my last 10 day binge I felt alone, lost, confused and had no self respect. Only thing I saw was death and prison if I continued down that path. I called my sister and said I need help. She was that one person who believed in her big brother!

Today I have the opportunity to inspire, encourage others that have life's challenges. I'm a member of the Black Advisory Council through the El Pomar Foundation. I'm a Recovery Support Specialist at Memorial Hospital and a Peer Recovery Coach at Springs Recovery Connection. Without Springs Recovery Connection, the team of volunteers, coaches, trainers, board members and most importantly the founder of this organization Cathy Plush, my life would be different.



Support Groups

SRC offers a variety of support groups and embraces all roads to recovery for individuals and loved ones.



Impact Alumni Group

The Impact Alumni Support Group was created to support individuals who are graduates of specialty/problem solving courts in the Fourth Judicial. Open sharing in a non-judgmental environment allows participants to share their challenges and their goals and stay connected to peers in recovery.



GRASP Group

Grief Recovery After Substance Passing (GRASP) was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. Anyone who has lost a loved one through substance use knows that society treats this loss differently than a death from any other cause.



All Recovery Group

All Recovery Meetings are based on the idea that there are great benefits to bringing people together from multiple recovery pathways. All are welcome. An alternative to 12-step meetings, we welcome all who struggle with addiction and all who are affected by addiction. All-Recovery meetings are non-denominational, all pathways to recovery are embraced.



12 Step Groups

The 12 Steps were created by the founders of Alcoholics Anonymous to establish guidelines to overcome an addiction to alcohol. The program gained enough success in its early years for other addiction support groups to adapt the steps to their own needs.

NANCY'S STORY

Family Ambassador



My name is Nancy and I'm a parent of an addict. My first encounter with SRC was in the summer of 2017. My son had moved here from Texas and had recently completed a drug rehab program. I had been told that the chances for relapse were high, and I was concerned that I didn't know much about addiction and how to recognize it, or what I might be able to do about it. I needed to have some information and resources. A friend told me about SRC and I called them. Soon I went to their family meeting night and met people who shared their experiences. Cathy Plush gave me a lot of information and helped me to connect with a certified addiction counselor, and other parents of addicts. I also learned about the recovery

coach program at SRC. The connection to people who had some experience with this disease gave me a measure of peace. It was heartbreaking to meet parents of young adults who had overdosed. I think that gave me the confidence to take the next steps when things became difficult, and the strength to stay the course.

It wasn't long before I realized that my son was probably using again. He lost weight and things around the house turned up missing. Finally, we made the difficult decision to ask him to move out. Soon, he was living on the street. During this time, we kept in touch and talked about various programs that he might join, but he was not ready.

A low point was when I was out-of-state and he called, desperate, saying that he wanted to get into a program immediately. I called my other son who was able to connect with Paul, the recovery coach. He got him into detox and found a sober living house where he could stay. A week later, I came back from vacation and found him sound asleep on my patio, his head resting on the bare cement and he was huddled up close to the house as if to keep warm. Seeing him like that broke my heart!

However, now he was completely exhausted and ready to get into a long-term recovery program. I don't know what we would have done without the SRC family program and Paul, his recovery coach. Today my son is clean, almost 2 years. He is self-supported, has his driver's license and a car, and even has a savings account! Today I try to stay involved with SRC. I am ready to talk with other parents who have similar challenges, and I have participated in helping with the SRC annual fundraising breakfast. I wish that I had many more funds to support this organization. My son might not be alive today if it weren't for Springs Recovery Connection and the information and help that we received there.



TELEPHONE RECOVERY SUPPORT

2,802 Calls in 2019

How can we help with your recovery today? Our Peer Coaches offer information about resources in the community to support recovery and provide coaching services over the phone.



RECOVERY COACHING APPOINTMENTS

737 Appointments in 2019

Peer recovery coaches provide non-clinical services designed to help individuals and families sustain their recovery. Recovery Coaches enter into an ongoing relationship that helps people who are seeking recovery from substance use disorders to produce extraordinary results in their lives.



SPRINGS RECOVERY CONNECTION TRAINING INSTITUTE

Trained & certified 180 coaches

We utilize CCAR training modules, the leader in training recovery coaches globally, with courses designed for anyone who is interested in or already working in the field of recovery as a guide or mentor for others in or seeking recovery from an addiction to alcohol and, or other drugs.



ENGAGED RECOVEREES

327 Recoverees
people who actively use coaching

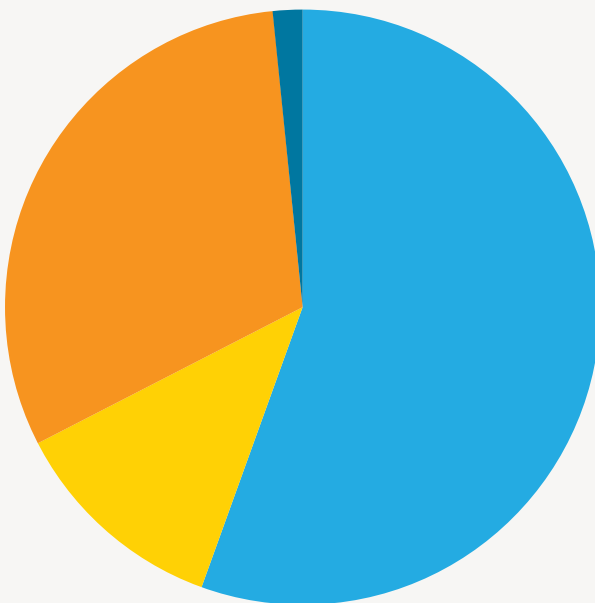
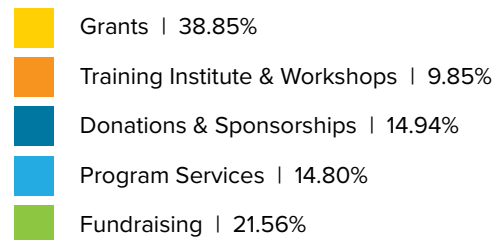
Home, health, community and purpose, the cornerstones of successful recovery, are the mission and focus of each coaching session.

2019 FINANCIALS



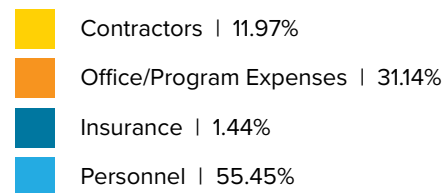
Total Revenue

\$460,449.02



Total Expenses

\$319,682.36



OUR SUPPORTERS

With the help of our supporters, Colorado Springs is becoming a recovery friendly community. We are deeply grateful.



**WILLIAM & BETTY
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Donors and sponsors are the lifeblood of Springs Recovery Connection and together we are making a difference. Thank you for your generous support in 2019!

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