

HOPE FOR RECOVERY

— 2021 ANNUAL REPORT —



HOME

HEALTH

COMMUNITY

PURPOSE

A letter from our CEO

Dear Friends,

Recapping 2021 makes me think of three words: Hope, Gratitude and Humility.

It was hopeful to watch our board, staff, interns, and volunteers pivot, build triage systems, support groups, and new efficiencies to meet the increased need created by COVID and the opiate crisis. Springs Recovery Connection is now serving over 2000 individuals a year through multiple programs. Hope is not a strategy; it is a discipline. And we practice it every day! Holocaust survivor, Edith Eger says, “choosing hope affects what gets my attention every day.” Hope is an investment in curiosity. That quote is so true for SRC, and I am blessed daily to see hope in action!



My gratitude comes from our donors, community partner agencies, and grantors who have been so generous in helping us expand. They have helped us meet the needs of our participants in all our programs. They have also helped us raise capital funds for the purchase of a Recovery Community Center building, which will house our staff and some community partners.

And last, humility. As an agency, we made a conscious decision to walk away from a building we had planned to purchase to provide expanded recovery services in our community. The resistance of neighbors in the area surrounding the building caused us to rethink, regroup, and to step away from this dream. However, this experience caused us to move towards another property that is an even better location at a price point that is more economically efficient for our agency. We plan to close on the property in August of 2022. Even more importantly, we have redoubled our efforts around stigma reduction with a deeper understanding of the fears and misinformation in our community about substance use disorder.

This letter to you, our friends, is written with renewed vigor and hope! We are most grateful to each of you for standing with us and supporting our efforts in providing hope for recovery from substance use disorder. Together we have a profound impact on individuals and families affected by the disease.

With Deepest Gratitude,
Trudy Hodges, CEO

Recovery starts with the Family

Dave and Susan Rexroth's Story:



It was a day like any other when I got the phone call that our adult son was arrested for drug possession. That is what started our descent into hell. We were unfamiliar with drug addiction as it was not in our family history. I know our story is not unlike so many others. So much focus is put on the person who has a substance abuse disorder, which is paramount, but so many families suffer as well. I didn't know that I was engaging in unhelpful help. I wondered if we would ever get off this emotional roller coaster.

I began reading all I could get my hands on to better understand addiction and how our addicted loved ones are impacted. I came across one video, CRAFT: Community Reinforcement and Family Training. We found CRAFT at Springs Recovery Connection. My

husband and I have attended the 12-week workshops four times.

I can't say enough about how this group changed our lives and helped us to find a path forward. What we found were fellow family members suffering like we were. Our facilitators were accepting, compassionate and non-judgmental. What we learned was how to change the dynamic we had with our son. We wanted things to happen much more quickly than they did, but we discovered that this is indeed a journey and family members can make a difference.

Recovery is a process and a lifetime journey for our loved one in recovery and for us as family members. CRAFT has helped us to learn how to engage with our son to positively reinforce his journey in recovery.



HOME



Family Program

Families Recover Together

Springs Recovery Connections peer led CRAFT Family Support groups are offered for family and friends who are concerned about a loved one's harmful substance use. CRAFT is an evidence-based curriculum that is compassionate, skills centered, and empowering for family members to learn and practice. The CRAFT goals are to reduce your loved one's harmful substance use, engage your loved one in treatment, improve relationships in the family, and to improve the functioning of the concerned family member or friend.

- CRAFT (Community Reinforcement Approach to Family Training) originated at the University of New Mexico and was developed by Robert Meyers, Ph.D. and colleagues.
- Research on CRAFT shows that about 70% of families who receive CRAFT successfully engage their loved ones into treatment within a year (Miller, Meyers, & Tonigan, 1999).
- CRAFT also helps family members improve their own lives, whether their loved one ends up seeking treatment or not.

In 2021, Springs Recovery connection served **197** family members.



TRS (Telephone Recovery Support)

We want to connect with you and support your recovery

Telephone Recovery Support (TRS) calls are made by one of SRC's trained volunteers, workforce interns, or staff (who are in recovery themselves). They will call (or text if you prefer) you each week, to see how you're doing, listen, talk through your week, and help you navigate your recovery journey.

Participation is FREE, thanks to our generous donors. Enrollment is optional and you can discontinue it at any point. Our TRS volunteers are here for you, no matter where you are on your journey. When things are great, we want to celebrate with you. When they are not, we are here for you.

- Telephone Recovery Support (TRS) is completely free and confidential
- All calls are made from the SRC offices, Monday to Friday between 9am and 4:30pm
- Contact is by phone only, if an individual needs in-person peer support or resource navigation, we suggest they call our main office.
- TRS calls are made by staff and volunteers who define themselves as being in recovery or a recovery ally and have completed a TRS training program.
- At any time, individuals can discontinue receiving weekly support phone calls by informing us that they are no longer interested.

SRC volunteers, interns, and staff made **10,235** TRS Calls in 2021!

One Woman's Recovery Journey

My name is Laura Indermuehle and I am a woman in long term recovery.

In late November 2016 I had been homeless (again) for a couple of years. It was a very cold and brutal winter and I had been sleeping in a tent in a cluster of trees that was located off of a bike trail in Colorado Springs. All my 'friends' that I had supported and helped for years had shut me out, and every night I would pray that I wouldn't wake up the next day.

One night I went to sleep in the tent. It was saturated with water (from all the snow that it was covered in). I woke up around 3am unable to move, my body was so cold. My hope was depleted and that was kind of my breaking point. I just burst into tears, and I silently made myself a promise. If I could pull myself out of this nightmare one more time, I would never return to this hopeless existence. I prayed for help, and 3 days later my prayers were answered. Not in any way I ever expected. I was sentenced to the ComCor program, and this is where my recovery journey restarted.

Today I work in the field of recovery. I am a certified Colorado Peer and Family Specialist. I am part of an organization that provides free addiction recovery services, and every day I get to witness the miracle of recovery. I will never forget that hopelessness I felt when I was using. Today I get to be a face and voice of recovery. The journey isn't an easy one... but it's possible if a person continues to put one foot in front of the other.

I love helping others find their own paths to recovery. We all have to find our own way. Being able to celebrate the little and huge successes of the people that I encounter, as well as offer encouragement to people who may be struggling, has aided me in my own recovery. I felt useless for such a long time. All those terrible things I believed about myself had turned into core beliefs, and while I'm still chipping away at my own self-doubts, I am so proud of who I am becoming.



HEALTH



Peer Recovery Coaching

Recovery starts with a Peer

Our Peer Recovery Coaches are the heart of Springs Recovery Connection. Peer Recovery Coaches are individuals in long term recovery that walk alongside and assist others navigate their recovery journey. Peer Recovery Coaches share lived experience and focus on SAMHSA's eight dimensions of wellness while entering an ongoing relationship with participants that creates remarkable results in their lives, careers, businesses, and organizations.

Recovery Coaches:

- Work in a peer-to-peer capacity rather than professional-to-client -capacity
- Empower their peers by helping them identify strengths and remove barriers in recovery.
- Connect their peers to resources and organizations that help nurture and sustain long-term recovery
- Supports all pathways to recovery.

During 2021 we had a total number of **3,449** Recovery Coaching Sessions.





Emergency Department Program

Peers in the Emergency Department are making a Difference

This program is a non-clinical program run by peers to reduce the stigma of addiction throughout the hospital system. Peers with lived experience are integrated into the hospital care system to plant seeds of HOPE that recovery is possible. PRSS (peer recovery support specialist) visits all floors in the hospital to include the emergency room and the HOPE unit (a specialized unit for underlying health issues from SUD). Emergency Department Certified Peer Recovery Coaches trained in the Emergency Department curriculum are dispatched to UC Health Memorial Central Emergency Department to support patients suffering from overdose or substance use disorders.

SRC also supports patients after discharge with telephone recovery support, peer coaching and resources. Clinicians and hospital staff have personally benefited by gaining a wider understanding of what living with an SUD can be like beyond what they learned from formal education. They have also learned of the many paths and resources to recovery available to patients.

Accomplishments in 2021

- Total Number Served at the Hospital in 2021: 5,722
- Expanded to patient floors to assist patients with SUD.
- June 2021, a study conducted by the Evaluation Center at the University of Colorado, Denver determined a 39.5% reduction in emergency department visits after working with a Peer Recovery Coach at SRC.

COMMUNITY



Support Groups

Because Empathy and Peer Support heal shame



All Recovery Meetings

All Recovery Meetings acknowledge and honor all pathways to recovery by recognizing that each person's path is unique and reflects their personal strengths. These meetings provide an opportunity to connect and build a social support system that focuses on the hope found in recovery.



Family Support Group

CRAFT provides a skill based comprehensive strategy to interact with a family member or loved one struggling with substance use in a way that has been shown to work in getting them to engage in treatment and to get their life back from addiction. CRAFT gives you the power to invite changes in your loved one and make changes in your own life.



Impact Alumni Group

The Impact Alumni Group supports individuals who are in phases 3 and 4 of the Fourth Judicial Specialty/Problem solving courts (PSC) or are graduates of the PSC program. They learn the elements of how to navigate a recovery community, combat self-defeating behaviors, and live a purposeful life. Also, the group offers connection, offering opportunities for family engagement at bowling, hikes, or picnics, and educational speakers such as how to expunge or seal records, and healthy eating and budgeting.

134

Number of Re-offenses **1.1%** One person has returned to custody with new charges

Number of Relapses **75%** Have NOT had a Re-Occurrence



Fresh Out the Gates

Fresh Out the Gates (FOG) is a weekly support group at SRC, meeting every Friday at 10am for re-entering citizens or those justice involved. The facilitator has lived experience in both SUD and behind the walls and teaches The 7 Habits philosophy and the McSchin Model utilized in corrections settings.

322 peers have been served in the Fresh Out the Gates Group

4% Recidivism rate



Wellbriety

The mission of Wellbriety is to disseminate culturally based principles, values, and teachings to support healthy community development and servant leadership, and to support healing from alcohol, substance abuse, co-occurring disorders and intergenerational trauma. Wellbriety meets once a week at SRC.



12 Step Groups

The 12 Steps were created by the founders of Alcoholics Anonymous to create guidelines to overcome an addiction to alcohol. The success gained by the program in it's early years paved the way for other addiction support groups to adapt the steps to their own needs. Although the 12 Steps are based on spiritual principles, many nonreligious people have found the program immensely helpful.



Peers Behind the Walls Program and Peers in the Courts

When you are at a crossroads, we want to be there.

SRC provides coaching services to peers behind the walls at El Paso County Jail, which includes weekly virtual video visits with a recovery coach and a personalized wellness plan to help develop a solid transition plan as they are welcomed back to the community.

Peer Coaches are serving the problem-solving courts in 4th Judicial El Paso County Combined Court System. Through lived experience, our coaches are better able to serve those in the justice system and we assist them with navigation and removing barriers to support their recovery journey. We help people successfully discharge out of the justice system.

CJC Program

381

Referrals since Oct 2020

ALL Justice Program

327

Served through recovery coaching and telephone recovery support





Specialty Courts Program

We've been there. We can help you.

SRC has been working with the 4th Judicial Problem Solving and Specialty Courts since 2019. We provide coaching, support groups, community, and referrals to community organizations to those who might be going through drug court, family treatment drug court, DHS court, bonded advisements, or a community corrections sentence. The Problem-Solving Court coordinators refer individuals to SRC that could benefit from working on a wellness plan with a Peer Recovery Coach that has both lived experience in SUD and in the courts/justice system.



BHCON

Community partnerships make an impact

The BHCON Unit is primarily assigned to unincorporated regions of El Paso County and is funded by a grant from the Colorado Department of Human Services (CDHS). This will be a five-year pilot encompassed by a partnership between the El Paso County Sheriff's Office, the El Paso County Department of Health and UC Health.

The BHCON Unit refers individuals to SRC as they present with SUD and express desire to work with a peer recovery coach. Once the referral is received, a SRC Coach will follow up with them to see what support we can offer through TRS and PRC services.



Recovery Hero Project

We want to end stigma.

SRC continues to combat stigma with our Recovery Hero campaign through newsletters and social media, reaching approximately 5,000 people weekly. Since 2020, SRC has featured over 90 Recovery Heroes. This outreach campaign raises public awareness and education on the disease of substance use disorder and the various pathways to long-term recovery. SRC has created a Recovery Hero social media toolkit for partner agencies and hopes to broaden the HERO stories throughout our community.

PURPOSE



Workforce Program

SRC provides an opportunity for new beginnings.

Through our partnership with the Pikes Peak Workforce Center, SRC provides paid hands-on training to SRC volunteers who want to learn the basics of Peer Recovery Coaching and group facilitation. After Peer Coach Academy training, such proficiencies can only be learned by shadowing provided state certified peer recovery coaches. A total of 22 interns have worked with SRC and 8 have completed the program.



Volunteers at SRC

"Everybody can be great because everybody can serve." – Martin Luther King, Jr.

Our volunteers come from all walks of life with different kinds of experiences with recovery. Each is encouraged to bring their personal experience and be truly authentic in their role here. Our volunteers help provide telephone recovery support calls, office support, facilitate groups, the fundraising breakfast committee, community outreach, and so many other ways they support our mission. We had 40 active volunteers with well over 1,000 hours donated to Springs Recovery Connection.

We had **50** active volunteers with well over 1,200 hours donated to Springs Recovery Connection.



Training Academy

A Peer Recovery Coach provides hope.

Over **100** Coaches Trained in 2021

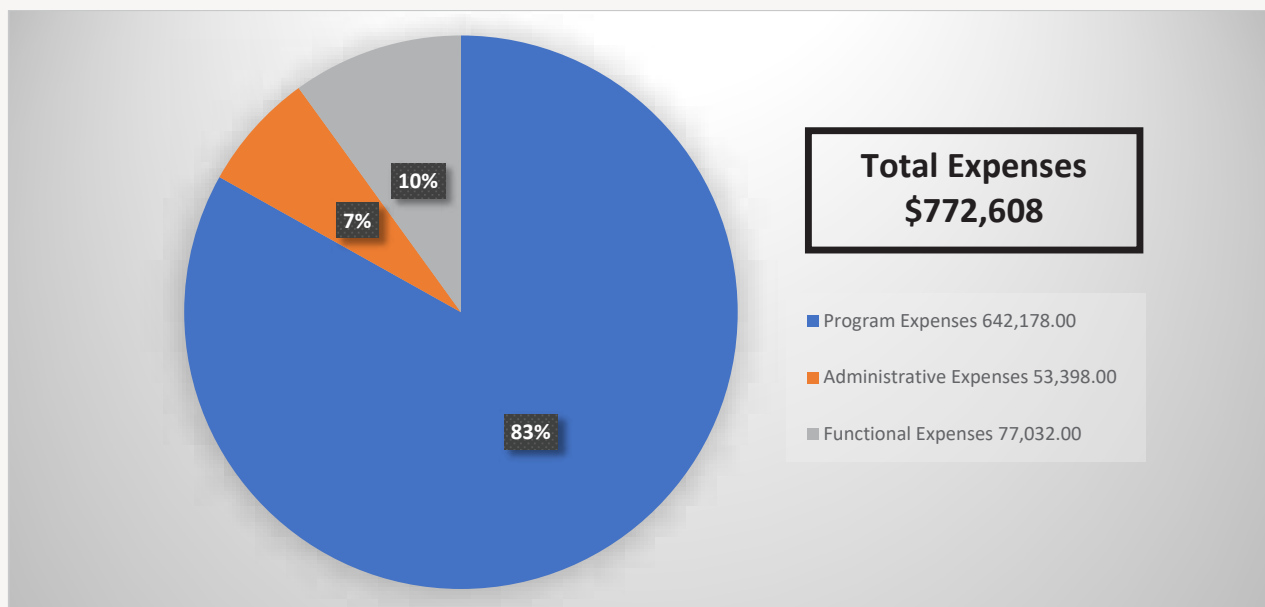
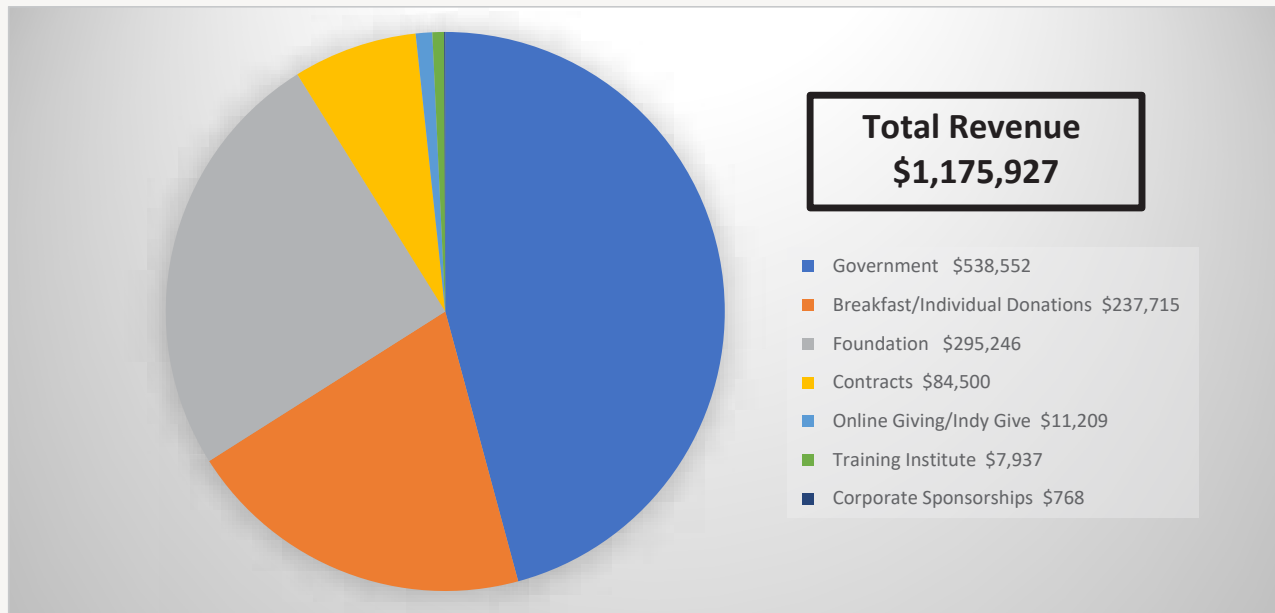
The SRC Training Academy prepares participants to become a Peer Recovery Coach. These courses will provide you with the skillset necessary to guide and mentor others through their own recovery process.

Springs Recovery Connection Training Academy offers the following courses:

- CCAR© Peer Recovery Coach Academy
- CCAR© Recovery Coaching and Professionalism
- CCAR© Ethical Considerations for Recovery Coaches
- Peer Recovery Tools for Healthcare-Based Settings (NAADAC Approved)
- Essential Skills for the Peer Recovery Workforce (NAADAC Approved)
- Advanced Ethics for Peer Supervisors/Registered Peer Supervisor Training (NAADAC Approved)
- CCAR© Recovery Coaching in the Emergency Department



2021 FINANCIALS



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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Our Donors & Sponsors

Donors and sponsors are the lifeblood of Springs Recovery Connection and together we are making a difference. Thank you for your generous support in 2021!

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PRSS - Peer Recovery Support Specialist
ED - Emergency Department
TRS - Telephone Recovery Support

CPFS - ?
SPFS - ?



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