



HEALING TRANSITIONS

A Place for Recovery

It starts with *you.*

2019 ANNUAL REPORT



No person
left *behind.*



904

PARTICIPANTS
SEEN IN CLINICS

2019 Impact



DEAR FRIENDS,

“When will life get better?” It’s a common question openly shared and silently contemplated by individuals initiating recovery. And it’s especially true for those arriving at Healing Transitions.

A perfect storm can thwart one’s efforts: the mental obsession of addiction, its physical and emotional toll and the magnitude of obstacles in the way (criminal justice involvement, strained and lost family relationships, debt, the wounds of past trauma, and the guilt of harm caused to others).

This storm can leave many wondering, “Where do I begin?”

With both the infrastructure in place to initiate recovery and a services-on-demand philosophy, Healing Transitions can be that beginning place. In 2019, we set a record for the number of people served and our average daily census. But our “*no person left behind*” approach continues to place a strain on our capacity.

This stress has led to another question. “When will the overcrowding get better?” Much like recovery, answers to these questions do not occur overnight. Both recovery and our capital expansion **are processes that take time, and both are dependent** on those within and outside the organization.

Similar to last year, all I can say to those within the organization (our staff, participants and alumni) is thank you for carrying a message of hope to the sick and suffering. You continue to inspire and encourage us.

And to those outside the organization – the volunteers who comprise our Board of Directors, Board of Trustees, Capital Campaign Steering and Honorary Committees and the Development Committee, thank you. To the allies in the community who provide guidance, thank you. To the recovery village that embraces our participants, thank you. To the faith communities, thank you for tending to the spiritual needs of our participants. Thank you to the fitness community. Finally, thank you to those who have supported us financially.

Your belief in our mission and support for the organization sustains us at a time when the burden is heavy and we’re left wondering, “When will this get better?”

Chris Budnick
Executive Director



History in the *making.*

During the mid-1990's, Wake County was struggling to address the problems surrounding nearly 2,000 homeless individuals, two-thirds of whom were identified as also having an alcohol or other drug problem. Because no shelters would serve individuals under the influence, this population was either sent to the emergency department or to jail.

The County formed several committees to explore possible solutions and eventually recommended the creation of a non-medical detox, an emergency "wet" shelter and a long-term peer-run recovery program (based on a model found in Louisville, KY that was achieving significant results at a minimal cost).

In 2001, Healing Transitions opened its men's campus with 165 beds. Then in 2006, the women's campus was opened with 88 beds.

Since its inception, Healing Transitions has provided a better quality and more economical alternative to emergency departments, jails, first responders, and the streets.

2019 !mpact



5,320

**VOLUNTEER
HOURS**

(UP 69% FROM 2018)

Stories of *healing*.



*My life today is great! There are still hard days,
but throughout this recovery journey, I haven't once
thought about not wanting to live.*

— Courtney

Where I came from, drinking and using drugs was the norm. Everybody did it, which is why I started at age 14. I'd smoke every day and then drink on the weekends. I was always a good kid and an honor roll student, but eventually I got tired of being the good child.

I tried pills for the first time when I was 19 and that's when things got bad. I had a three-year-old son at the time and could immediately see the change in him as well. He went from being a very happy, outgoing little boy to a very quiet and reserved one. **When I crossed that line and turned into a different person, I saw him cross that line and turn into a different child.**

A year before I came to Healing Transitions, I literally lost everything. **In just one week, I lost my mom, my house, and was in the process of losing my kids. I didn't want to live anymore but I was too afraid to die. That's when I knew I needed help.** I knew I was going to die because people around me were dying. It was too much for me to handle.

My caseworker explained to me the steps I needed to take to be around my kids again and I was ready. Healing Transitions took me in immediately. When I first arrived, it was hard for me to admit I was homeless and had a problem. As I processed my situation, I started seeing people around me who were happy all the time. I thought it was fake but realized rather quickly that it was genuine. And I desperately wanted it. For years, I couldn't do anything without being under the influence. But after my first week at Healing Transitions, I turned a corner. I could finally sweep and mop a floor without getting high, and I was so grateful for that feeling.

I was at Healing Transitions for 16 months before I completed the program and moved into an Oxford House. Six months later, my daughter came to live with me which was much more difficult than I expected, even though it was all I wanted. Thankfully, my roommates, Jamie and Jasmine, were there to help. We all lived together and they showed me how to be a mother again.

A few months later, Healing Transitions connected me with Passage Home. They helped me get a house with my name on the lease which was a huge step for me. During that time, my son came to live with us, and I met my fiancé. As I worked hard to keep my sobriety and continue to practice the principles I learned at Healing Transitions, all of these wonderful things fell into place.

My life today is great! There are still hard days, but throughout this recovery journey, I haven't once thought about not wanting to live. I face new obstacles every day, but I try to take them with grace and remember that God already has things worked out for me.

We just moved into our new home. I get to pay rent. I have my kids who are beautiful human beings and great children. I'm engaged in their lives, I'm in school and I'm working again. **Healing Transitions helped save my life and turn me into the woman I am today!**

2019 impact



2,678

**PEOPLE
SERVED**

(UP 15% FROM 2018)



317
**AVERAGE
DAILY CENSUS**
(UP 4% FROM 2018)

2019 Impact

WHAT WE DO



**LONG-TERM
RECOVERY**



**OVERNIGHT
SHELTER**



**NON-MEDICAL
DETOX**



**FAMILY
SERVICES**

Since 2001, we've provided **life-saving recovery services** to individuals in need from Wake County at **no cost** to the participants. We're **always** open and **never turn anyone away**, regardless of their readiness for change and whether they're under the influence or not. Because all people struggling with addiction (especially the homeless, uninsured and underserved) deserve services on demand *as many times as it takes*.



WHAT MAKES US DIFFERENT



ALWAYS OPEN
On-demand
recovery services



ALWAYS FREE
No financial
barriers



ALWAYS EVERYONE
Homeless,
uninsured,
underserved



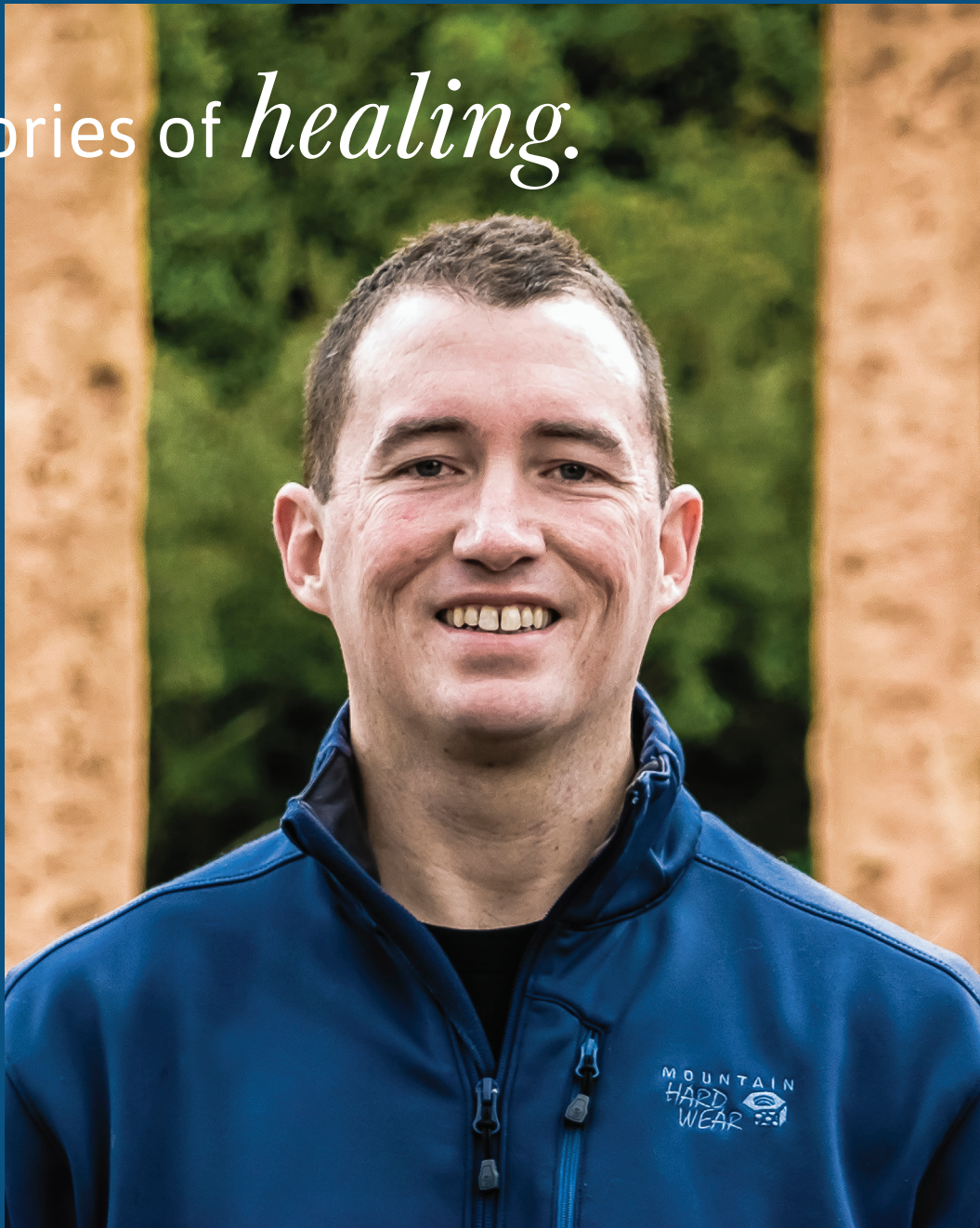
**ALWAYS ANOTHER
CHANCE**
As many times
as it takes



**ALWAYS
COMMUNITY**
Peer-to-peer
model

IT'S THE COMBINATION OF ALL FIVE
that makes us unique.

Stories of *healing*.



Although my recovery was inconsistent, the one constant throughout it all was being contacted by people from Healing Transitions. That connection is what kept the seed of hope alive for me.

—Will

I never felt comfortable in my own skin as a kid and that discomfort ultimately led to my substance use. The first time I drank and smoked weed, it immediately relieved my pain. Within a matter of months, I was drinking whiskey out of my backpack at school and constantly under the influence. Naturally, my grades plummeted and I ended up dropping out of high school my senior year.

By this time, my parents knew I had a problem and had me mandated to a treatment center. I was 18 years old at the time. For the next three years, I was forced into multiple recovery programs where I'd stay sober for a few months and then start using again. I just wasn't ready.

When I was 21, I finally surrendered and accepted I needed help. On October 25, 2005, I arrived at Healing Transitions and stayed for 16 months. While there, the staff spent countless hours teaching me about myself and the character defects and personality traits we carry as alcoholics. Then I'd have 90 other guys in recovery sitting in a circle pointing my character defects out to me, so I was forced to look at them. **That peer-based structure was amazing, beautiful and different than anything else I'd ever experienced.**

After I silver chipped, I moved into an Emmaus House, and my life was amazing. I completed my GED and applied to NC State's engineering school. However, when I was turned down because of my criminal background, it sent me into a downward spiral and I relapsed. Over the next few years, I struggled to stay sober. **Although my recovery was inconsistent, the one constant throughout it all was being contacted by people from Healing Transitions. That connection is what kept the seed of hope alive for me.** And after a really rough six months, I came back to Healing Transitions to work the program again. **The day I pulled back onto campus. I could feel the weight of the world falling off my shoulders and chillbumps ran up and down my body.** It's a feeling I'll never forget and something I still feel every time I'm on campus. I truly believe God has His hands in this place, working to help those who are here.

I've been sober ever since and met my wife in the program. Today, we have an amazing marriage and two beautiful children. I reapplied to NC State, was accepted and am currently a junior in the engineering program doing research at a cancer immunotherapy lab. I've started looking into graduate and medical schools as the next step of my career, and I'm so excited for what's to come.

To this day, I keep all the things that were taught to me at Healing Transitions in the back of my mind to help me when I come across obstacles in life. Although it took me many times of stumbling to get where I am today, I wouldn't trade it for anything in the world. Recovery is a beautiful thing and it looks different for everyone. I love my life today and am so grateful for the support of Healing Transitions.

2019 !mpact



71

SILVER CHIP
GRADUATES

Our 2019 *milestones.*

it
starts
with
you



In January 2020, **Healing Transitions (once again) became a living-wage organization** based on the cost of living in Wake County. This means that we are committed to paying all of our staff fairly for their work.



As part of a critically important effort to support the well-being of our staff, we applied for and **received grant funding to invest generously in our workforce**. Because when we can help keep our caretakers healthy, we help assure better quality of care, reduce turnover related to burnout and promote a healthier workforce. This funding allows staff to meet twice per month with an outside mentor or supervisor to have candid and confidential conversations about work and other aspects of life. The grant also provides an annual training stipend that can be spent on nearly anything that makes an employee's life better.





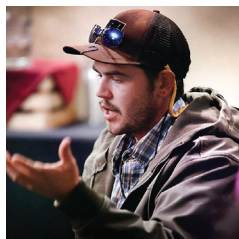
In August 2019, **Healing Transitions** was one of two organizations called upon by Wake County to expand our overnight emergency shelter for single women. The pressing need involved the number of women sleeping outside at night, a need the county could simply not accommodate. We, along with Urban Ministries, immediately rose to the challenge and began using mats in our community room to increase our capacity and meet the demand. Longer-term solutions include capital expansion for both nonprofits.



In May 2019, we spearheaded an **\$11.75M capital campaign (Recovery Can't Wait)** which will enable us to keep up with demand and continue serving people the moment they ask for help and as many times as it takes.



2019 was yet **another year of record-breaking demand** in the following areas: average daily census, unduplicated individuals served, number of meals and beds of shelter provided, clinic visits and more.



2019 Impact



\$20K
GIVEN IN
PRESCRIPTION
ASSISTANCE

Stories of *healing*.



*I dedicated my degree to my mom and today,
I have a relationship with my 88-year-old dad
that I never had growing up.*

— *Herby*

I grew up in Cary, NC, in a close-knit family and had the most splendid childhood imaginable. But when I was 12, one of the guys in our neighborhood who I looked up to accidentally shot himself in the head while playing a game of Russian Roulette with his friends. I was playing outside at the time, and when I ran in to see what happened, I saw his dead body on the floor. After that, I was never quite the same and I started drinking to help cope.

High school was just one big party for me, and college was an even bigger one. I was 24 credit hours shy of graduating when I decided to join the Navy. The Navy was amazing until I was honorably discharged after getting caught with marijuana. By far, one of my biggest regrets in life.

For the next nearly 25 years, I was using heavily. It started with freebasing, then moved to crack. The last three of those years, I was homeless and living on the streets of Cary. I remember the last time I used. I was smoking crack for a good 10 hours and just couldn't get high. I started crying after breaking into my parents' house to steal a beer out of the refrigerator, and realized I couldn't do it anymore. **I knew something needed to change.**

The very next day, I was at the unemployment office trying to find a job, when the employee who I was working with told me about Healing Transitions and that's when my life started to turn around. **I very quickly became my old self again, and as I went through the program, I started to experience tough love for the first time by my community of fellow peers.** I never knew something like that existed and I needed it so badly. You see, when you're out on the streets using, it's a cold, hard world. So, going from that to having someone actually care about me enough to tell me the things I needed to work on was amazing!

Toward the end of my time at Healing Transitions, I was hired to help build the women's campus. They had us come over to strip and wax the floors and do security detail, and that's what I did until I saved up enough money to move out on my own. The women's campus will always hold a special place in my heart as it helped me move on from Healing Transitions, which is pretty awesome.

One of my biggest struggles after completing the program was that my mom passed away before I ever got clean. For as long as I can remember, all she wanted was for me to graduate from college. **So, after Healing Transitions, I went back to school and got my associate degree in substance abuse from Wake Tech. I dedicated my degree to my mom and today, I have a relationship with my 88-year-old dad that I never had growing up.** I live with him and take care of him, which is such a blessing and honor.

I'm so grateful for Healing Transitions and I never want to go back to being the guy I was before going through the recovery program. Drugs and alcohol no longer serve a purpose in my life. **I'm so stoked to have 15 years clean and sober and I want to keep it going forever.**

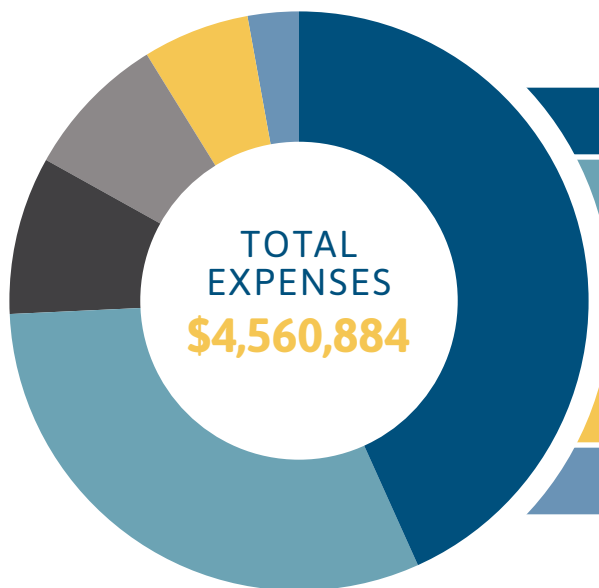
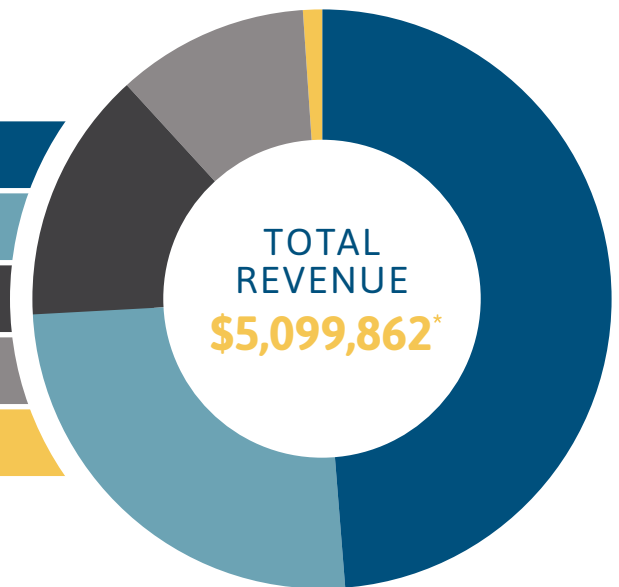
2019 Impact



115,552
**BEDS
PROVIDED**
(UP 4% FROM 2018)

Our year in *numbers*.

GOVERNMENT SOURCES	\$ 2,485,790
PRIVATE DONORS	\$ 1,295,042
EARNED REVENUE	\$ 717,225
IN-KIND DONATIONS	\$ 546,820
MISCELLANEOUS SOURCES	\$ 54,985

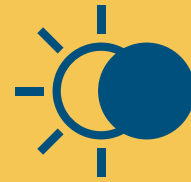


MEN'S PROGRAM	\$ 1,973,493
WOMEN'S PROGRAM	\$ 1,413,725
ADMINISTRATIVE	\$ 402,070
FUNDRAISING	\$ 369,515
ENTERPRISE	\$ 271,934
RAPID RESPONDER PROGRAM	\$ 130,147

***Wondering what we did with the extra revenue?** In order to ensure our sustainability, net revenue from 2019 is being used to create a Maintenance/Improvements Reserve Fund (for vehicles, HVAC systems, groundskeeping, IT and more). Additionally, Healing Transitions is working to keep one year's worth of operating cash in a separate reserve fund.

Thank you to all of our **1,256** private donors!

2019 !mpact



306

OVERNIGHT &
DAYTIME VISITS
FROM CHILDREN OF
CURRENT PARTICIPANTS

I'm Sober

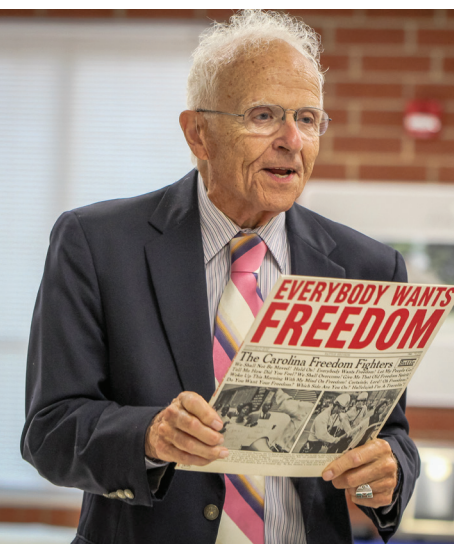
“Because of the leadership of our Board and the dedication of our wonderful staff, Healing Transitions is poised for success as we enter this new decade. We continue to serve more individuals than ever before in our organization’s history – in fact, in January 2020 we served an average of 348 people per night in facilities that were only designed to house 253 individuals. Aside from the overcrowding, our challenges continue to be awareness in the community and financial support, especially from downtown businesses. Our services help make our community a safe and enjoyable place to work and visit, but we need your support to make this possible. As we enter this exciting phase of expansion on both campuses, all of us involved at HT promise to accomplish our mission of always being available to anyone seeking services and to offer another chance in life through recovery.”

— LEON WOODRUFF, BOARD CHAIR

Our *village*.

LEADERSHIP

We simply could not do this work without the incredible ambassadors we have leading the way. We rely on each one of these individuals to help move our mission forward as we build a community where long-term recovery can and does flourish. **Thank you!**



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**Rosemary & Smedes
York**

2019 !mpact



292K
MEALS
SERVED

COMMUNITY PARTNERS

From day one, our leadership knew that we would fill a vital need in our community that wasn't being addressed by other organizations. The leadership also recognized the importance of community partnerships to help us deliver a wrap-around recovery program. Healing Transitions has provided the highest quality of recovery services because other successful community resources fill the gaps that we cannot. We currently have more than 70 community partners who provide both direct services (mental health, transportation, housing support, prescription assistance, etc.) and indirect support (fitness groups, faith communities and volunteer opportunities) to our participants, allowing them to be a part of the greater community.

In addition, dedicated volunteers and local businesses help us to fulfill our mission. Healthcare professionals donate their time to help with our weekly clinics. Lawyers donate their services to assist participants with a variety of legal issues. Companies donate food and toiletries to help us offset costs. Local businesses hire participants who are transitioning out of the program and back into society. By focusing on what we do best and partnering where needed, we increase the chances of individuals finding recovery and staying in recovery. **Thank you to all those who help make recovery possible in our community:**

COMMUNITY ENGAGEMENT & CIVIC ORGANIZATIONS

A Place at the Table
Allscripts Volunteer Network
Blue Cross and Blue Shield of North Carolina Volunteer Network
The Camel Club
Dix Park Advisory Committee
F3 (Fitness, Faith, and Fellowship)
FIA (Females in Action)
Habitat for Humanity
Homeless Employment Initiative Team
Homeless Working Group
Journey Church
Nationwide Volunteer Network
Oak City Recovery Run Club
Pullen Memorial Baptist Church
Raleigh/Wake Partnership to End and Prevent Homelessness
Runologie
St. John's Metropolitan Community Church
St. Mark's United Methodist Church
Temple of Pentecost Church
Wake County Master Gardeners
Wake County Overdose Prevention Coalition
White Memorial Presbyterian Church
YMCA

EDUCATION

Campbell University, Meredith College, Shaw, NCCU
Consumer Education (CESI)
Fatheread
Motherread
North Carolina State University Bachelor of Social Work Program
P3
Triangle Family Services
UNC School of Social Work
Wake Technical Community College

FIRST RESPONDERS & CRIMINAL JUSTICE

Cary Police Department
CIT (Crisis Intervention Team) Training
Department of Parole and Probation
Garner Police Department
Raleigh Police Department
Wake County Emergency Medical Services
Wake County Sheriff's Department

HEALTH & HUMAN SERVICES

Advance Community Health
Alliance Health
Carolina Outreach
Connected Communities
Cornerstone
Duke Raleigh Hospital
Veterans Affairs Medical Centers

Fellowship Health Resources
Monarch
Morse Clinic
NC Harm Reduction Coalition
NC MedAssist
Raleigh Pharmacy
Recovery Communities of North Carolina (RCNC)
REX Healthcare
SouthLight Healthcare
UNC Health Care Addiction Treatment Center at WakeBrook
Urban Ministries' Open Door Clinic
Wake County Department of Public Health
Wake County Human Services
Wake County McKinney Team
Wake County Medical Society – Project Access
WakeMed Faculty Physicians
WakeMed Hospital
Wake Smiles

HOUSING & HOMELESS SERVICES

A Simple Way Recovery Homes
The Caring Place
The Diaper Exchange
Dress for Success
Emmaus House
Families Together
Family Promise of Wake County
Fellowship Home of Raleigh
The Food Bank of North Carolina

The Green Chair Project
Helen Wright Center for Women
The Interfaith Food Shuttle
LGBTQ Center
Love Wins
North Carolina Guardian ad Litem
Oak City Cares
Oxford Houses of North Carolina
Passage Home
Raleigh Rescue Mission
Salvation Army
SAFEchild
Shepherds Table Soup Kitchen
StepUp Ministries
Toys 4 Tots
Wheels 4 Hope
The Women's Center of Wake County

Every effort has been made to correctly acknowledge each partner. Please accept our apologies if you find an error and let us know so we can correct it.

2019 !mpact



550

VOLUNTEERS

(UP 70% FROM 2018)

JOIN US



VOLUNTEER



DONATE
GOODS



STAY
CONNECTED



(919) 838-9800
philanthropy@healing-transitions.org

healing-transitions.org



MEN'S CAMPUS / THRIFT STORE /
ADMINISTRATION

1251 Goode St.
Raleigh, NC 27603

WOMEN'S CAMPUS

3304 Glen Royal Rd.
Raleigh, NC 27617