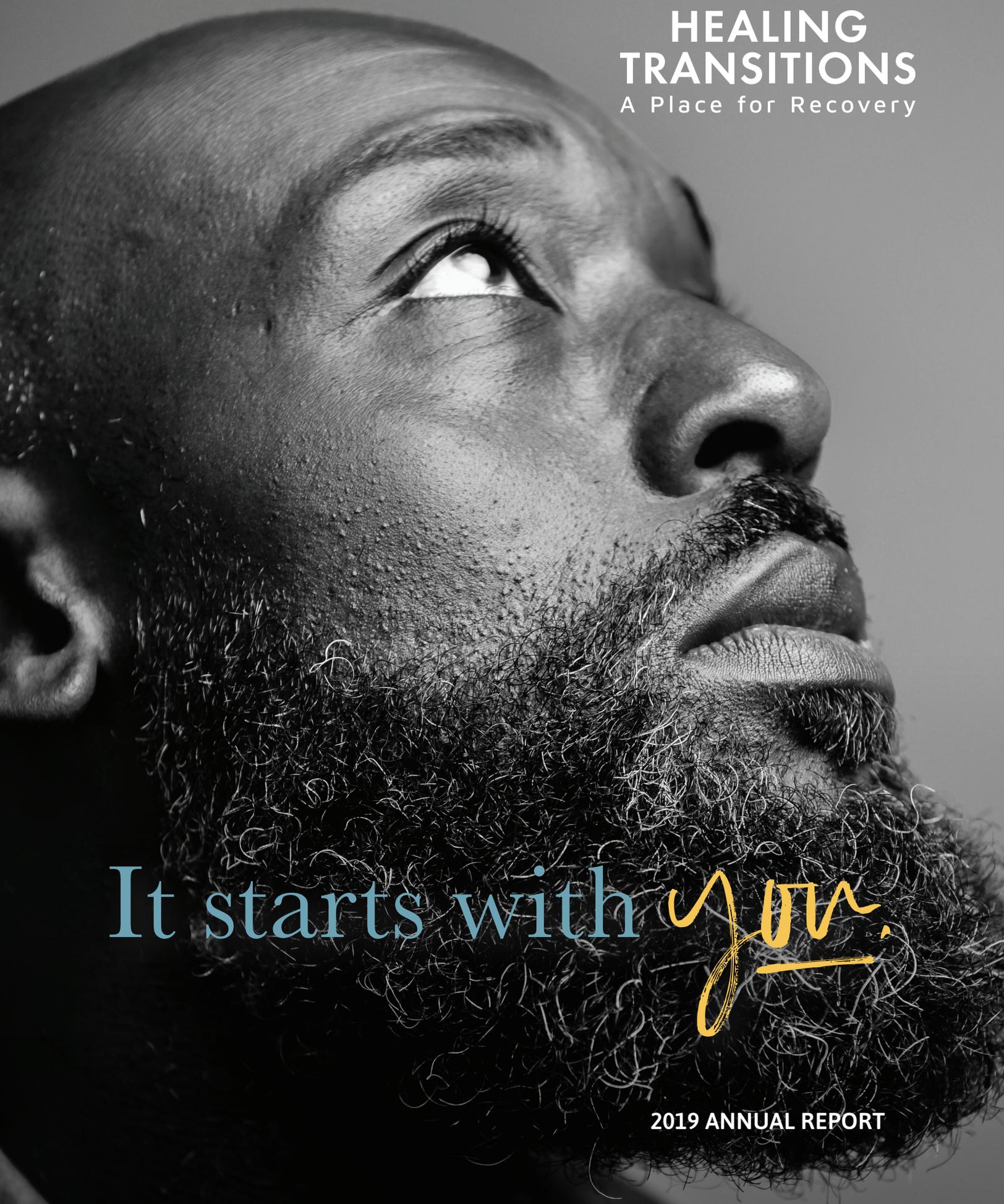




HEALING  
TRANSITIONS

A Place for Recovery



It starts with *you.*

2019 ANNUAL REPORT



HEALING  
TRANSITIONS  
A Place for Recovery

OAK CITY  
EVERY RUN CLUB

No person  
left *behind.*



**904**  
PARTICIPANTS  
SEEN IN CLINICS

2019 Impact



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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*.



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## 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



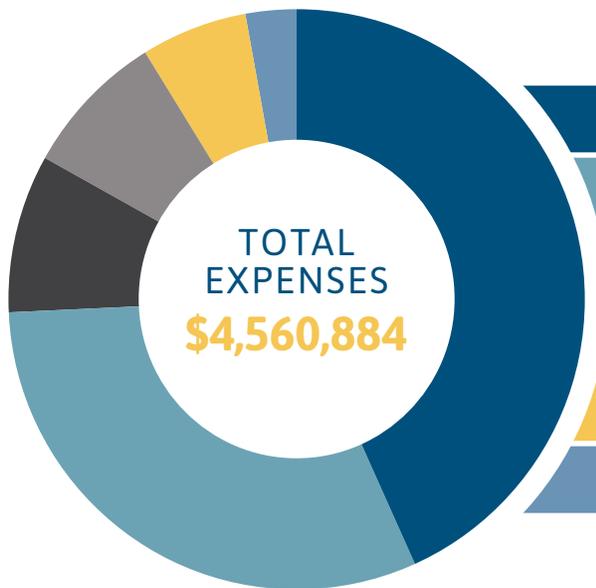
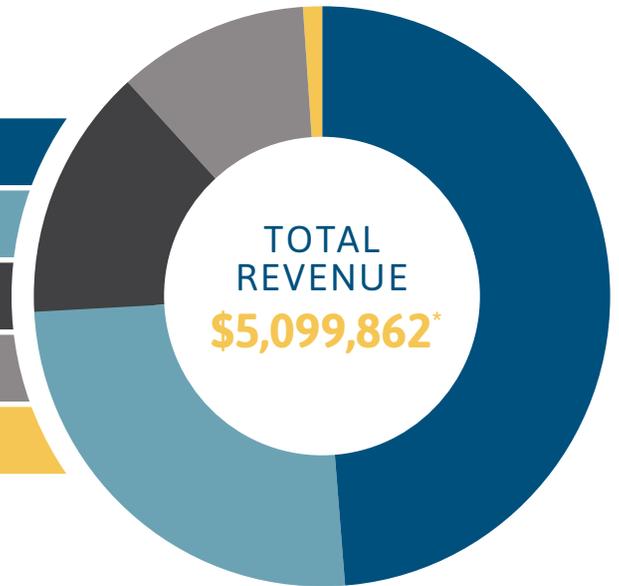
115,552

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

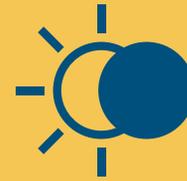


MEN'S PROGRAM	\$ 1,973,493
WOMEN'S PROGRAM	\$ 1,413,725
ADMINISTRATIVE	\$ 402,070
FUNDRAISING	\$ 369,515
ENTERPRISE	\$ 271,934
RAPID RESPONDER PROGRAM	\$ 130,147

**\*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.*

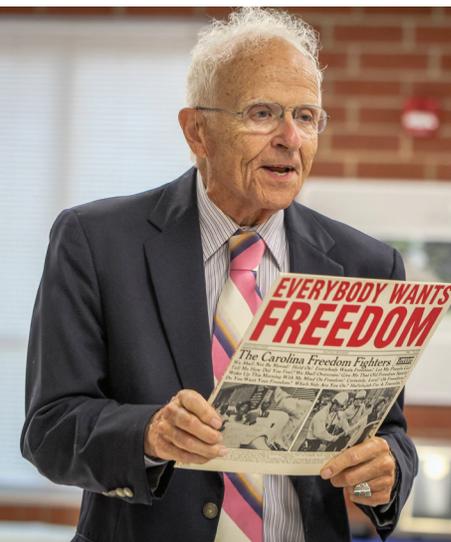
2019 !mpact



**292K**  
MEALS  
SERVED

## 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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Trustee

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Trustee

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**Barbara Goodman**  
Tri-Chair

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**Scott Crawford**

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**Nancy Johns**

**John Kane**

**Thomas Sayre**

**Kyle & Matthew Szulik**

**Helen White**

**Rosemary & Smedes  
York**

# 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](https://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