

TROSA

Serving the Community Since 1994



Mike, Randy, and Kimberly: Combined Recovery 29 years



2008-09 Annual Report

“I’ve had some happy moments in my life, but never happy years. Now I’m looking forward to some good years.” Lorena In Recovery 17 Months

TROSA 15 Year Milestones

To Our Supporters



At TROSA, we tend to look forward: to new beginnings, new hope, new lives. But this year marks our fifteenth anniversary, a big milestone for what began as a few people with vision, a dilapidated schoolhouse, and a real need to fill, so we thought it was a good time to look back.

“What if TROSA had never been started?”

If TROSA weren’t here, Jesse Battle wouldn’t be a certified substance abuse counselor and residential facility director, helping hundreds of men each year reclaim their own lives. He wouldn’t be a homeowner, husband, and taxpayer. Clean and sober for 14 years, Jesse was one of the first TROSA graduates. His lifestyle landed him in and out of prison until he finally decided, “It’s time to try something different.”

If TROSA weren’t here, Mary would still be prostituting herself to support her crack addiction. Now, she’s maintaining her sobriety for the longest period in her adult life, rebuilding her relationship with her family, and learning leadership at TROSA. Mary is a resident leader and the first person that all women new to TROSA work with. Mary’s helped dozens of women make the difficult transition from their addiction to TROSA’s program: and they tell her, “Miss Mary, you helped me stick it out.”

If TROSA weren’t here, Ricky wouldn’t be working in our award-winning moving company and looking forward to seeing his family, sober. For 14 years, Ricky was addicted to heroin, and family get togethers were always bittersweet, with Ricky aware that his addiction brought shame and sadness to his family. After a year at TROSA he has “a new way of thinking” and a bright future.

Thankfully, TROSA was here.

In the past 15 years, TROSA’s mission hasn’t changed: to help substance abusers become healthy, productive members of their community. In the process we’ve restored buildings, started businesses, and changed attitudes. But the most important thing we do, day after day, is to be here: to be ready for the people who need us, the people who want to change their lives, and to help them.

We couldn’t be here without your support, and we thank you.

Look inside to see more of what we’ve been doing this year and every year since 1994.

Kevin McDonald
President & CEO

Tony Brown
Chair, Board of Directors



1994
TROSA
Founded

1996

1998

James St. Campus
Renovations Begun

2000

100th Graduate

2002

2004

Volunteer Physicians
Began Weekly Clinic

2006

Earned State License
as a Therapeutic
Community

2008

Federal Grants Awarded to Work
with Homeless and Veterans

1995

Moving Company
Established

1997

First Graduates

1999

First Christmas
Tree Fundraiser

2001

Kevin McDonald Given
Leadership for a Changing World Award
by The Ford Foundation

2003

Partnered with Duke
Addictions Program

2005

500th Graduate

2007

Furniture Store Moved to Renovated
Space in Downtown Durham

2009

1000th Graduate



“Your life stops when you pick up that drug. TROSA got me out of my misery.” Ricky

In Recovery 12 Months

Highlights June 30, 2008-July 1, 2009

Everyday we serve over 350 people

By providing free of charge:

- Evidenced-based recovery services
- Specialized counseling and support
- Meals, housing, transportation, and clothing
- Primary care and access to specialized medical care
- Psychiatric services



Paid for with:

- Over \$5 million in earned business revenue
- Federal grants for work with veterans and the homeless
- Philanthropic leadership from The Stewards Fund
- Generous financial support from individual donors
- Product donations from local and national companies



Recognized by:

- Greater Durham Chamber of Commerce Small Business Excellence Award, 2008
- Social Enterprise Alliance: Innovation Award, Kevin McDonald, 2009
- Purpose Prize Fellow, Kevin McDonald, 2009
- Durham Convention & Visitors Bureau: Social Enterprise Innovator, 2009
- Independent Weekly Award for Best Movers, 2009
- Herald Sun Readers Choice for Best Lawn Care, 2009



By teaching:

- Vocational and customer service skills
- Leadership
- Peer support
- GED preparation and literacy
- Business communication and job preparedness
- Parenting, relationship, and life skills



With the help of:

- Professional paid staff, over 50% of whom are program graduates
- Over 35 volunteer physicians, psychiatrists, and dentists
- Fifteen community leaders serving on our board
- Over 20 volunteer tutors and teachers
- Hundreds of community volunteers



Together, we were able to:

- Graduate 115 people to a new, sober life
- Help 100% of our graduates obtain full-time employment at the time of their graduation
- Send 85 people to further their education with GED test-taking and college courses
- Enable 69 people to have their driver's licenses reinstated
- Provide 24 graduates with their own refurbished automobiles
- Serve the community by volunteering over 5,000 hours at Triangle-area events

Milestones of the Two Year Program

“Before I came to TROSA, I thought a drug addict was all I could be.” Tenika In Recovery 8 Months

Entry *“I was tired of running.”* Lamarr



People enter TROSA under a range of circumstances and entry is always voluntary. About 35% enter TROSA as an alternative to incarceration, and for many like Lamarr, TROSA is not their first attempt at rehabilitation. Lamarr's addiction to crack cocaine lasted

for years. Similar to many people who come to TROSA, Lamarr was ashamed of his addiction and his inability to quit on his own. Lamarr is now training in TROSA's catering department under Willie Lane, himself a TROSA graduate.

One Year

“It took one year, one whole year for my mind to really be clear. The more clean time I had, the more pride I had.” Dennis

For many residents reaching the one year milestone is a major accomplishment because it represents the longest stretch of sobriety in years or decades. After one year residents begin reconnecting with family and friends, taking classes at local colleges, and living in TROSA apartments. They assume more and more leadership positions and begin looking outward, to life beyond TROSA. Dennis, who was addicted to prescription painkillers and crack cocaine, is now a TROSA graduate and works in TROSA's aftercare department, helping residents prepare for this transition. Through the TROSA Scholars program, Dennis is also studying to become a nurse.



Six Months

“At six months I started to have hope. I started to see that I could live without alcohol.” Kelly



Kelly echoes many residents when she says that it took months to begin to feel that she could live without drugs or alcohol. After six months, residents at TROSA earn increased responsibility and independence, assume greater leadership roles, and have typically accumulated several months of steady job training. It's at this time that all residents without a GED begin education classes to achieve that goal. At 48, Kelly entered TROSA, with an education- and a three decades long addiction to alcohol and several failed attempts at rehabilitation. By then her children were no longer living with her, she had lost her home, and was unemployed. Contemplating suicide, Kelly called a hotline for help. The operator kept her on the phone for hours until he found TROSA. Now with over a year of sobriety, she is a leader and role model and works as an administrator in our President's Office.

Eighteen Months

“I'm just beginning to forgive myself for what I did. Between 14 and 18 months is when I've seen the biggest changes. I'm changing inside.” Greg

Greg's biggest regret is that the last time he saw his children, he didn't say goodbye. His addiction to crack cocaine unraveled his upper middle class lifestyle in less than a year. While smoking crack he lost his friends, his home, his retirement, and his family. Between 18 and 24 months, TROSA participants begin actively preparing for life after TROSA. They manage their finances, visit family more often, and begin looking for work learning to write a resume and interview for jobs. After 19 months at TROSA, Greg now runs our inkind department, supervises a group of ten (including Tenika pictured here) and lives in a TROSA townhouse. For Greg “Graduation will mean I set a goal and accomplished it.”



Graduation and Aftercare

“At graduation, I walked out of the shame, and I liked who I had become.” Robyn



Robyn graduated from TROSA's two year program on November 9, 2008 and still beams when she recounts what she says was a moment of intense personal pride. When she began at TROSA she had lost her job, her home, her car, and had sold almost all of her possessions to pay for drugs. Today, Robyn remains at TROSA as a full-time staff member and lives in TROSA's sober, low-cost housing.

TROSA takes great pride in the fact that all of our graduates, like Gwen (above) who graduated in August, find full-time employment upon graduation and are supported with an array of services including low-cost housing, counseling groups, and transportation needs for up to one year if requested. Those who do become staff members serve as true role models for the residents of the two year program. They show that there is life after drug addiction.

A recent study showed that one year after graduation, only 8% of TROSA graduates had relapsed. Nationally, graduates of other programs relapse at rates from 40 to 60%.

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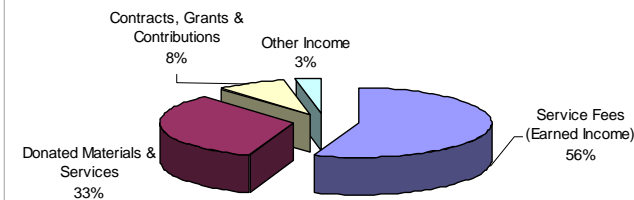
Jonathan Woodall
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CONSOLIDATED STATEMENTS OF ACTIVITIES

For the Year Ended June 30, 2009

Revenues and Gains	
Service fees	\$ 5,888,170
Donated materials and services	3,526,808
Contracts and grants	426,614
Rental income	189,898
Contributions	701,492
Transitional care revenues	320,266
Other income	6,800
Interest income	<u>8,510</u>
Total unrestricted revenues and gains	11,068,558
Net assets released from restrictions: satisfaction of purpose restrict	<u>170,204</u>
Total unrestricted revenues, gains, and other support	<u>11,238,762</u>



Expenses	
Program services	8,868,933
Management and general	1,213,775
Fundraising	<u>218,126</u>
Total expenses	<u>10,296,834</u>
Loss on disposal of building improvements, furniture, and equipment	<u>61,638</u>
Total expenses and losses	<u>10,358,472</u>
Increase in unrestricted net assets	<u>880,290</u>

