





What Is TROSA?

- A licensed long-term residential recovery program
- Founded **in 1994** with only **13 residents**
- Last fiscal year (2016-2017), **923 men and women were served**



TROSA Services

- Provided at no cost to the individual:
 - ✓ Housing, Food, Clothing & Daily Needs
 - ✓ Healthcare
 - ✓ Mental Health Services
 - ✓ Vocational Training
 - ✓ Continuing Care for Graduates, including housing, transportation, counseling



How TROSA is Unique

- Offers **long-term option for men and women** (up to 2 years as a “resident,” and then can apply to stay longer as a Post-Grad)
- Can accept those with **co-occurring mental health disorders**
- Emphasis on **vocational training and education**
- Focus is not solely on sobriety – it’s on being healthy and productive – helping individuals re-integrate into **families, communities, society**



Importance of Long-Term Treatment

	U.S. Average*	TROSA
Median Length of Stay in Long-Term Treatment (“Long-Term” is defined as > 30 days)	56 days	240 days
Short-Term Completion Rate (30 days or less)	54%	79%

Studies have shown correlation between longer lengths of stay in treatment and better outcomes. A 2018 study by RTI International showed that longer lengths of stay at TROSA resulted in reduced criminal recidivism, even for those who don't complete the program.

*Length of Stay Source: Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS): Discharges from Substance Abuse Treatment Services. BHSIS Series S-86, HHS Publication No. (SMA) 16-4988. Rockville, MD. Released by Substance Abuse and Mental Health Services Administration, 2016.



Graduate Outcomes (FY 16-17)

One year after graduating TROSA...

- **94%** were in stable housing
- **90%** maintained their recovery
- **92%** remained employed full time
- **Less than 5%** had a new criminal conviction





Plans to Serve More People

- Based on nearly 25 years of experience, we believe further growth of Durham TC is not sustainable
- Using a satellite campus approach, we can keep certain operational and overhead costs down for the new campus, making it more sustainable long term
- Target size for new campus is 100-125 individuals in first few years, with future expansion to bring capacity to about 200



Plans to Serve More People (continued)

- To date, we have received the following financial commitments to a new campus:
 - \$6 million in the 2018-19 NC State Budget
 - \$1 million from BlueCross BlueShield NC
 - An additional \$1.3 million total in private support
- Selected Triad for several reasons, including:
 - Proximity to Durham operations
 - Excellent potential for health care and higher education partners
 - Two of top five most served counties are Forsyth and Guilford

Appendix: Additional Information





The Need: Drug and Alcohol Addiction

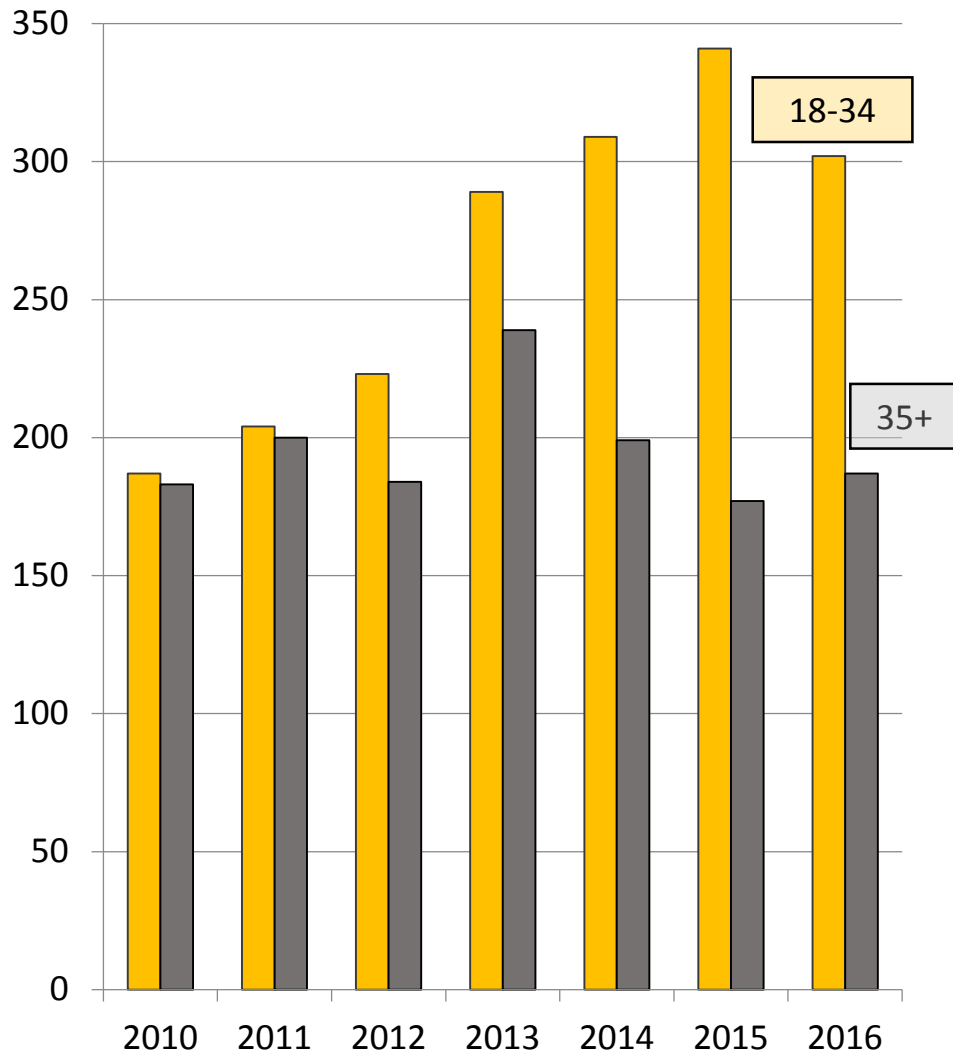
- According to The U.S. Surgeon General's Report on Alcohol, Drugs, and Health (2016):
 - **20.8 million people** met the diagnostic criteria for a substance use disorder; only 2.2 million received treatment
 - More than **\$400 billion/year** in costs related to crime, lost work, and health care
- North Carolina has been critically impacted
 - NC recently had 4 cities in Top 20 **nationally** for reported opioid abuse related to prescriptions: Wilmington (#1), Hickory (#5), Jacksonville (#12) and Fayetteville (#18)
(Source: The Opioid Crisis in America's Workforce, Castlight Health, 2016)
- TROSA's Intake department receives over 100 calls each day



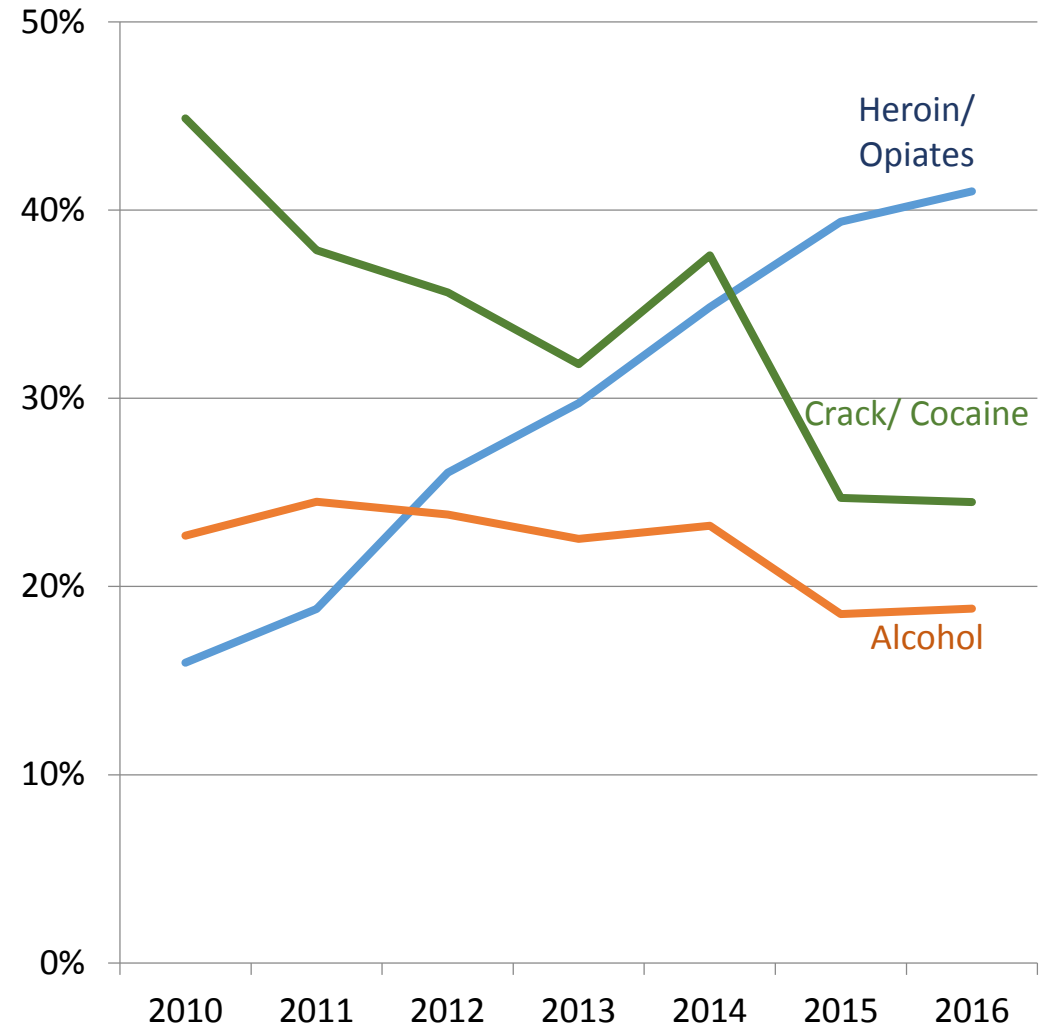
Changing Demographics – TROSA Residents at Intake



Age



Primary Substance of Addiction





Who We Serve

Admissions FY 16-17



- **87%** uninsured / without Medicaid
- **85%** have been incarcerated
- **26%** no high school diploma or GED
- **40%** report being homeless ...

... and nearly all residents are in **unstable housing** before coming to TROSA



Our Impact: *How We Serve*

Outcomes FY 16-17



- Over 500,000 meals served
- Over 9,000 medical visits coordinated
- 172,931 days of stable, safe, sober housing
- 105 residents took GED classes
- 196 driver's licenses received
- Nearly 400 residents receiving one-on-one counseling, to supplement daily peer therapeutic care

Community Support



- Best Charitable Group
- Best Nonprofit in Durham County
- Best Landscape Company (TROSA Lawn Care)
- Best Moving Company (TROSA Moving & Storage)
- Best Furniture Store (TROSA Thrift)
- Best Home Furnishing Store (TROSA Thrift)



- Best Landscaper (TROSA Lawn Care)
- Best Thrift Store (TROSA Thrift)

Southern Regional Area Health Education Center and the NC Evidence Based Practices Center presented TROSA with its **Annual Advancing Evidence Based Practices Award** on March 1, 2018.





Serving All North Carolinians

According to a 2017 study by RTI International,

**TROSA saves North Carolina
\$7.4 million each year**

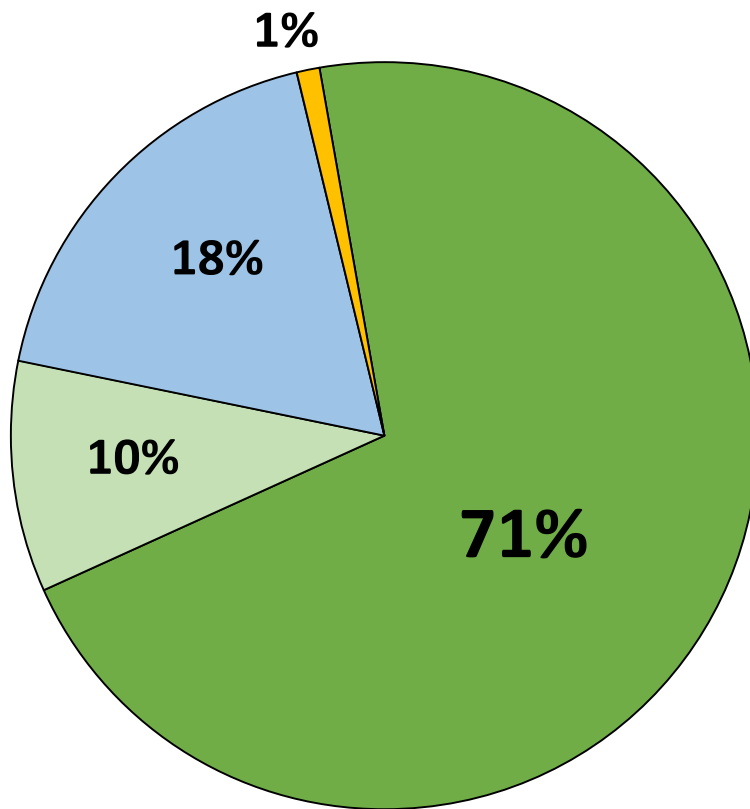
by preventing arrests, incarceration,
and emergency hospital visits.

Source: Economic Benefits of the Triangle Residential Options for Substance Abusers (TROSA) Program to the State of North Carolina. May 2017, Joel K. Cartwright, Alan Barnosky, Pamela K. Lattimore, Alexander J. Cowell.



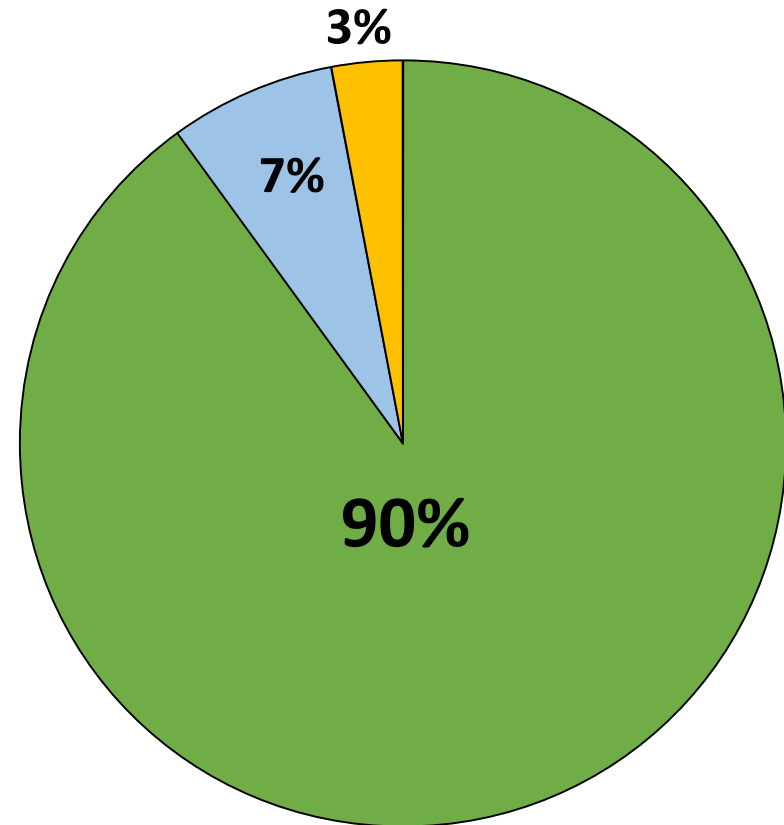
Entrepreneurial and Efficient

Sources of Funds



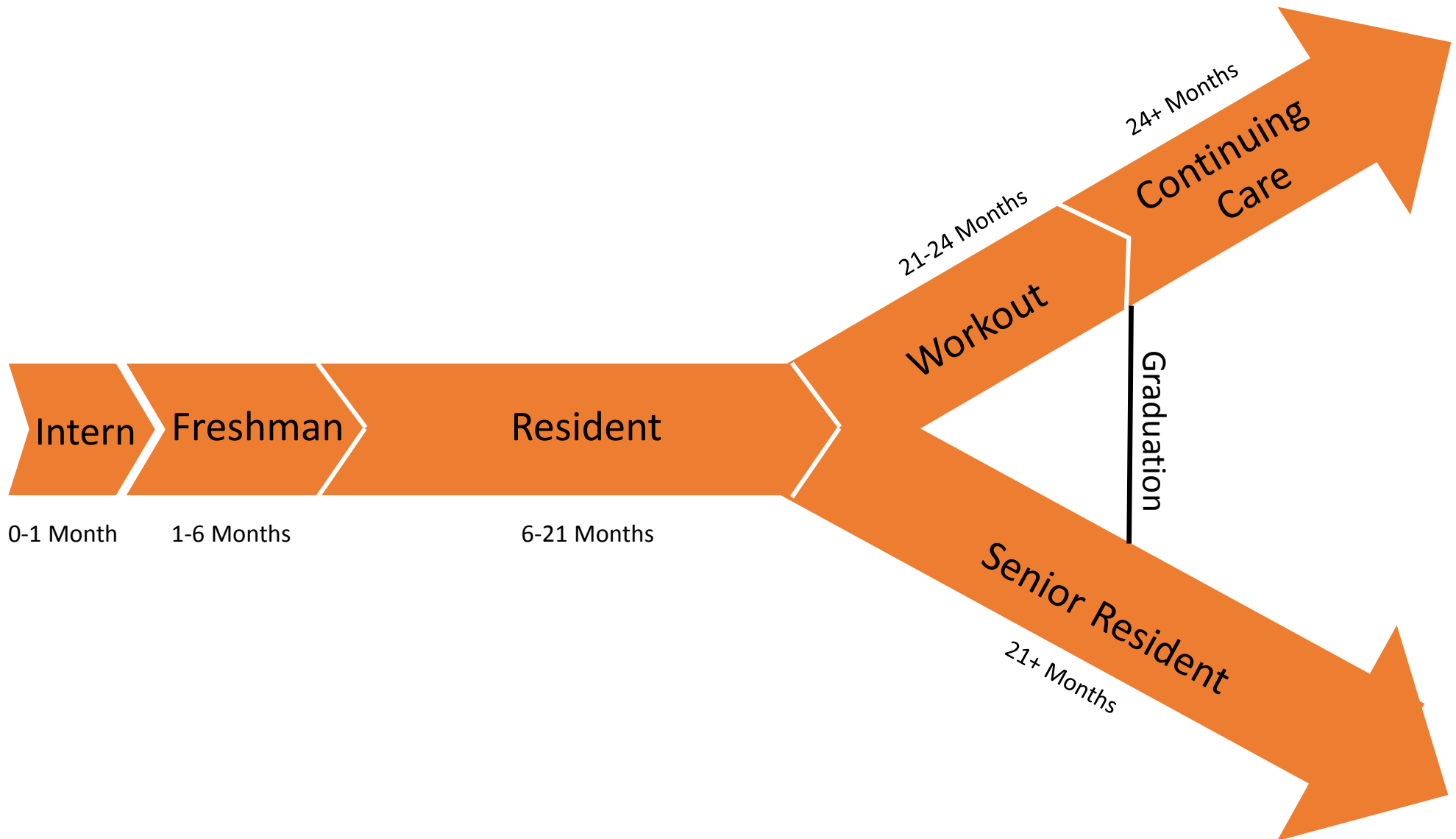
- Social Enterprise & Donated Goods
- Individual Contributions & Foundation Grants
- Government Funding
- Other

Uses of Funds



- Program Services
- Administration
- Fundraising

Program Stages





Health & Wellness

- **9,000+** medical appts and specialty care coordinated/year
- Group and Individual Counseling, with **evidence-based therapies**
- Recreational facilities and activities





Education & Employment Assistance

- GED classes, computer classes & tutoring
- Opportunities for college credit classes
- Vocational training
- Transportation to work



Vocational Training

- Moving
- Construction
- Lawn Care/Maintenance
- Office Administration
- Auto/Truck Repair
- Retailing & Sales
- Picture Framing
- Finance/Accounting
- Warehousing
- Food Services/Catering



Our Social Enterprises & Vocational Training



Last year, our social enterprises and donated goods provided vocational training while funding over **70%** of TROSA's annual budget needs.