



# RecoveryResource COUNCIL

Providing hope, conquering addiction, healing families.

## **FY2022 ANNUAL REPORT**

(September 1, 2021 - August 31, 2022)

### **VETERANS, HOMELESS, YOUTH, FAMILIES**

Promoting wellness and recovery from disorders relating to alcohol, substance use, trauma, and mental health.

## A LETTER FROM THE CEO

Eric Niedermayer



As I near the end of my 21<sup>st</sup> year as the Council's CEO, I reflect on how certain years are characterized by significant changes driven by either loss or gains or a combination of both. I am happy that fiscal year 2022 was a year in which change was driven by gains.

The first 2022 gain for Recovery Resource Council was the launching of our Overdose Response Team (ORT) in partnership with MedStar in Tarrant County. To get to that point, the Council became the lead in a North Texas effort to respond to fentanyl poisonings and all overdoses. Our partnership with MedStar allows us to show up at a person's home who survived an overdose within 24-72 hours of that near fatal event for a "wellness check," but in my opinion, it is like an uninvited intervention. During each visit, MedStar checks on the health and well-being of the survivor, while our team which includes a counselor or peer recovery coach provides Narcan and training for the individuals in the home and conducts a general needs assessment to determine the need for drug or alcohol treatment. During its first 9 months of operation, the ORT responded to over 600 overdoses. As our North Texas community faces a large number of deaths because of fentanyl poisonings, this Council program is serving as a safety net for many families and creating a pathway to treatment and recovery. Additionally, I will note that this program launched in Dallas County as of January 2023 with a partnership between the Council and Dallas Fire-Rescue. We look forward to further growing this program in neighboring counties in the coming year.

A second gain for the Council resulted from an anonymous donation of \$300,000 in the spring of 2022 to hire three additional case managers in our permanent supportive housing program. By increasing the number of our staff, we were able to meet the government requirements for a voucher program and obtain \$700,000 in unused government housing vouchers to secure housing for an additional 60 chronically disabled individuals who are homeless and get them off the street and into their own apartments. Upon learning of this impact, the anonymous donor

said, "You cannot imagine how much it means to me to help support and house 60 people who were homeless." We look forward to sharing the news on how this expansion has doubled the size of our permanent supportive housing program to better meet community need in next year's report.

Before I close, I want to touch for a few moments on some other Council programs. Our Enduring Families program which provides masters-level therapy for veterans and their families/children in Dallas, Denton and Tarrant counties continues to thrive. We now have three doctoral-level therapists on this team that are focused on reducing the veteran risk of suicide, anxiety, and depression. Lastly, I will mention that our school-based youth prevention programs have gained some traction in 2022 as schools began to resume in-person onsite programming by outside providers. The mental health of youth has been greatly impacted by the pandemic, we are proud to be able to provide them with the tools and life skills they need to build resilience and thrive.

Nothing you read about here in this note or in this annual report would be happening or possible without the support of our donors, the local and national foundations who help fund us, or those who trust us to deliver on our commitments in our government contracts. Recovery Resource Council has strived to leverage every dollar and every relationship we have, to meet the needs of those who struggle with substance misuse or mental/behavioral health challenges. One of our donors recently described the work the Council does as "messy." In essence, most of whom we seek to help are at the lowest level of living. They are the disenfranchised and are either invisible to everyday society or are forgotten. Council staff, however, see them clearly and pour their passion to serve into them, seeking to lift them up and striving to create hope and healing.

A handwritten signature in black ink that reads "Eric R. Niedermayer".

Eric Niedermayer  
Chief Executive Officer

## A LETTER FROM OUR CHAIRMAN

Michael Cuda



Let me start by saying, THANK YOU! Without our community of funders and supporters, Recovery Resource Council would be unable to do an incredible job meeting well documented, many times pervasive addiction problems, with the limited funds provided by governmental agencies nor would our dedicated staff have the resources to be on the leading edge of mental health recovery in our communities.

Recovery Resource Council continues to grow at a very “healthy” rate by private sector standards, but in our case, this growth is driven by an increasing need for mental health support in our country today, whether from alcohol or drug addiction driven by self-medication for untreated mental health issues, or loneliness and social disconnection resulting initially from the COVID pandemic, but now lingering in the way we all interact (or fail to interact) with others in our new work and social settings. We truly wish we had a shrinking budget driven by a lack of mental health needs in our community, but the opposite is true in North Texas and throughout our country.

Fortunately, for the Council and all of North Texas, we have a true visionary leading the Council, Eric Niedermayer. Although he would never admit it himself, Eric was a finalist in the category for Leadership Excellence at the 2022 Nonprofit and Corporate Citizenship Awards by D CEO magazine. There is a reason Eric was recognized and that the Recovery Resource Council is a leader in mental health resources: Eric has developed a team that is encouraged to engage with the community to identify current and future needs AND to develop programming or other solutions to meet those needs. Now over 75 years old, the Council is assuming the role of a mature leader in the addiction and mental health arena by leading with new programs, but just as importantly, taking care of itself so it can continue to serve the North Texas community for another 75 years.

Here is a quick trip down the last decade or so of Council activity, from oldest to most recent:

- The Council acquired a permanent facility in Fort Worth, reducing our operational costs by owning rather than renting.
- The Council became Joint Commission accredited.
- Enduring Families, our veteran's mental health program was established, then expanded with its own counseling facility on our West Campus in Fort Worth and services in Dallas and Denton.
- The Council merged with a Dallas-based addiction nonprofit to serve the Dallas County community and established the East Campus.
- With the cooperation of various organizations, the Council launched an overdose response program in Tarrant County, the first overdose response team in Texas to react from a behavioral health perspective to the opioid overdose epidemic, with projected expansions into other cities in North Texas in the coming years.
- The Council entered negotiations to acquire a permanent site in Dallas (expected to close mid-year 2023).
- To further sustain the financial health of the Council in the long term, Eric and the board established operational reserve funds of at least 3 months. These funds will help meet the timing issues associated with governmental payments as well as allow the Council to take a proactive role in the mental health community as new issues and opportunities are identified.

These are just a few of the things that the Council has done for you, your family and your community. Stick around and see what is next.

Yours truly,

A handwritten signature in black ink, appearing to read 'Michael D. Cuda'.

Michael D. Cuda

*Board Chair, Recovery Resource Council*

## WHO WE ARE

With campuses in Fort Worth, Dallas, and Denton, Recovery Resource Council (the Council) is the most comprehensive nonprofit behavioral healthcare provider in North Texas, offering a pathway to recovery since 1946. Our mission is to promote wellness and recovery from disorders relating to alcohol, substance use, trauma, and mental health. The Council provides mental health services, outpatient treatment and recovery services, prevention programming, and housing services within 20 North Texas counties to over 40,000 adults and youth annually, including veterans and the chronically homeless. The Council is Joint Commission accredited and licensed by the State of Texas as an outpatient treatment provider.



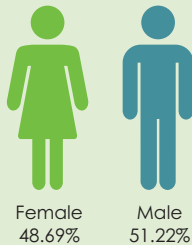
## AGENCY OVERVIEW

In fiscal year 2022 (September 1, 2021 – August 31, 2022), the Council made a difference in the lives of

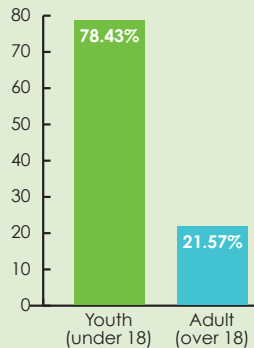
**43,594** North Texans.

Of the **40,050** clients who provided ethnicity in FY22,

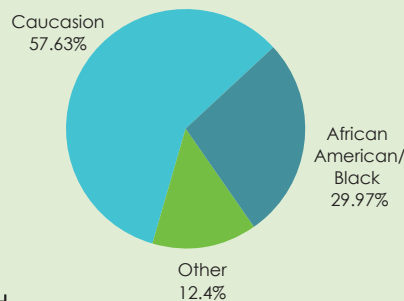
### GENDER



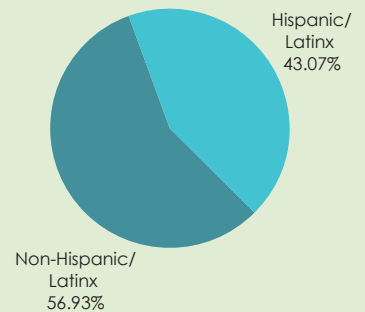
### AGE



### RACE



### ETHNICITY



# MENTAL HEALTH SERVICES FOR VETERANS & THEIR FAMILIES

## Enduring Families

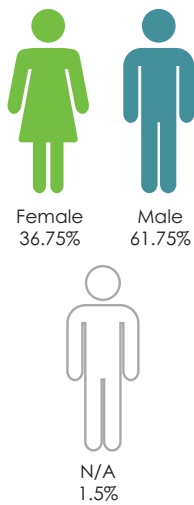
Enduring Families provides free individual, couple/marriage, and family psychotherapy to veterans and their family members, ages 4 and up. Services are available to any veteran or service member, whether

active or retired, in-person at all three of the Council's campuses and via telemental health statewide. In FY22, over 95% of the population served resided in North Texas.

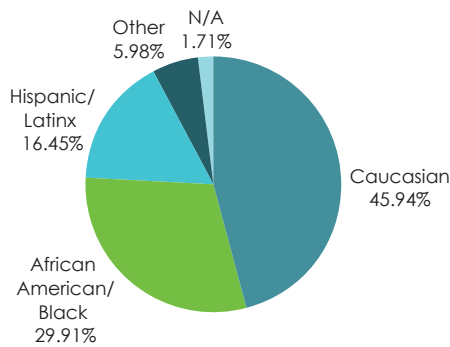
TOTAL = 468

VETERANS = 81.41% | FAMILY MEMBERS = 18.59%

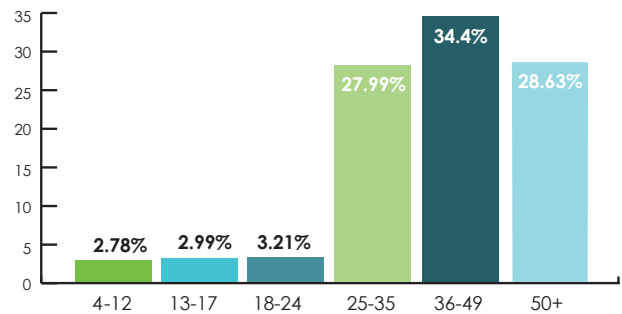
### GENDER



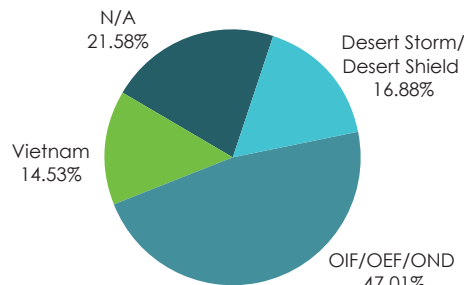
### RACE/ETHNICITY



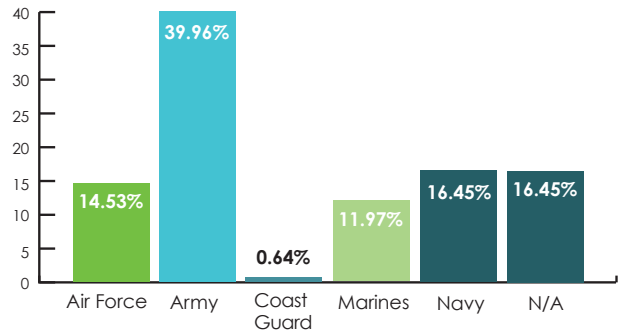
### AGE



### WAR TIME SERVED



### MILITARY AFFILIATION



In FY22,

**75.38%** of clients showed a

**20%** improvement from pre- to post-program scores on anxiety, depression, or quality of life.

# PREVENTION SERVICES

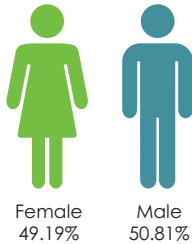
## Overdose Response Team (ORT)

In December 2021, Recovery Resource Council launched its newest program, the Overdose Response Team (ORT), a harm reduction partnership between the Council and MedStar Mobile Healthcare in Tarrant County. The team conducts follow up visits with individuals who are struggling with substance use disorders and have

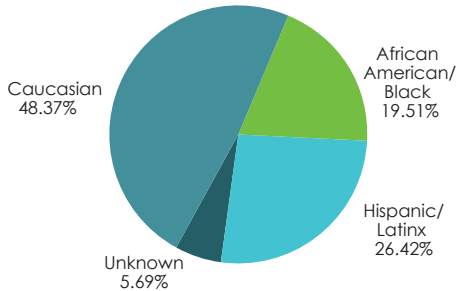
recently experienced an overdose. During these visits, clients and their households are given the opportunity to receive recovery support; harm reduction training, including how to use Narcan and perform basic CPR; and discuss available treatment and recovery services.

TOTAL = 246

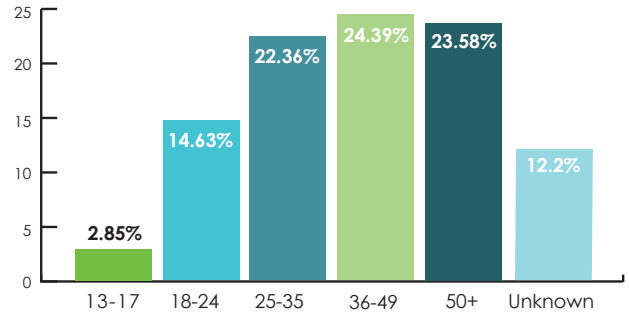
### GENDER



### RACE



### AGE



In its first 9 months of operation in FY22, the ORT responded to

**606** calls and served

**246** clients in Tarrant County.

# PREVENTION SERVICES

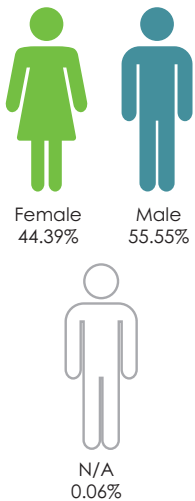
## Youth Prevention Education Services – Curriculum-based

Our Prevention Department offers health and wellness programs in schools and throughout the community to empower youth with education and skills to support their healthy, drug-free lives, succeed in school, and develop to their full potential. Staff facilitate four different evidence-based curricula to students in K-12th grade. Each

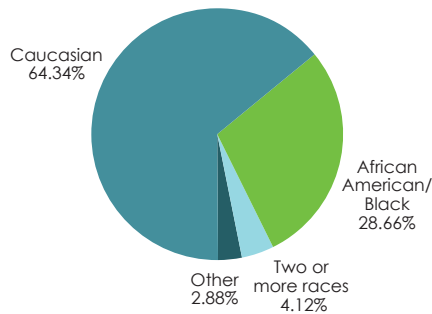
program is designed to empower youth with knowledge and skills for making healthy choices. Services are offered in Dallas, Tarrant, Denton, Johnson, Parker, Wise, Collin, Grayson, Ellis, and Palo Pinto counties. In addition, students, ages 12-19, in Dallas and Tarrant counties may receive up to 10 counseling sessions at no cost.

TOTAL = 5,123

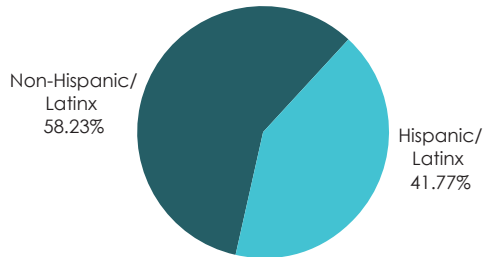
### GENDER



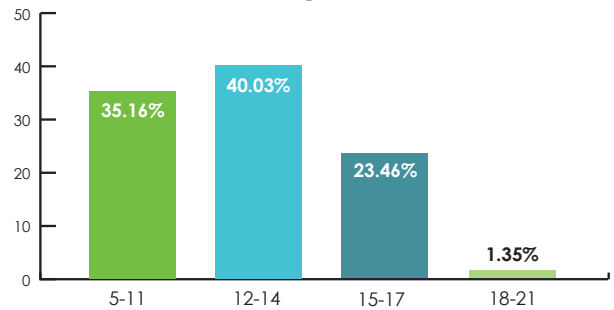
### RACE



### ETHNICITY



### AGE



“I think this series was helpful because it helped me understand important topics that most kids don’t learn.”  
– 8th grade participant



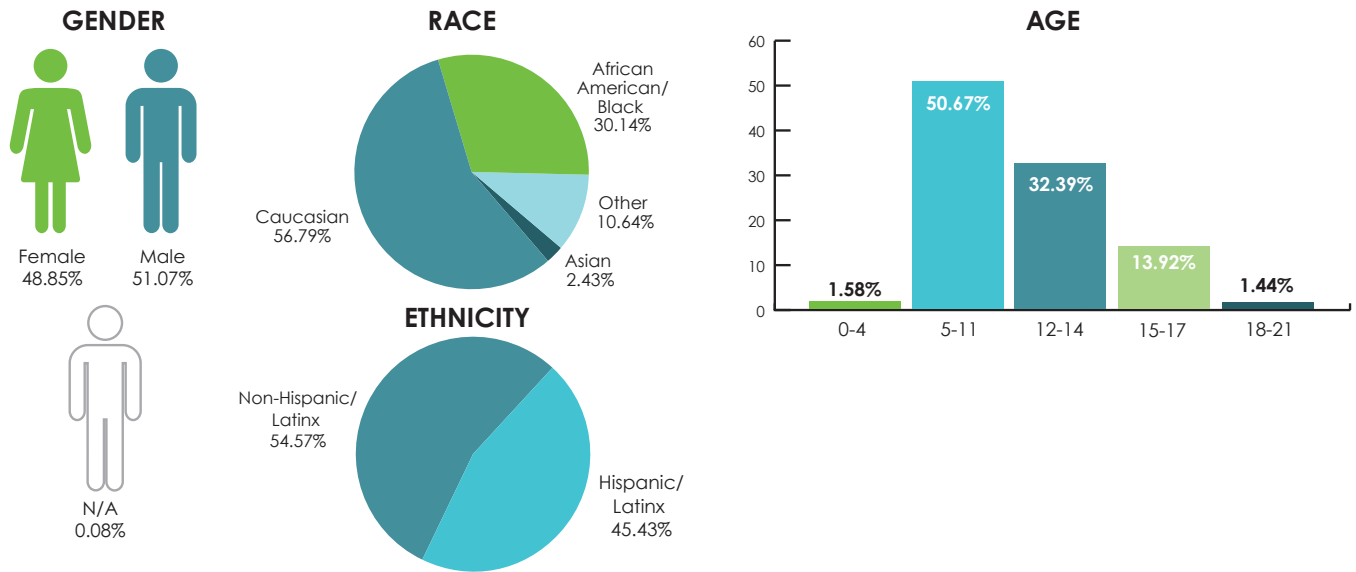
# PREVENTION SERVICES

## Youth Prevention Education Services – Non-curriculum

Our Prevention Department also provides educational and interactive presentations and activities for youth throughout the community on a

variety of drug prevention/education topics. Services are offered in Dallas, Tarrant, Denton, Johnson, Parker, Wise, Collin, Grayson, Ellis, and Palo Pinto counties.

TOTAL = 29,418

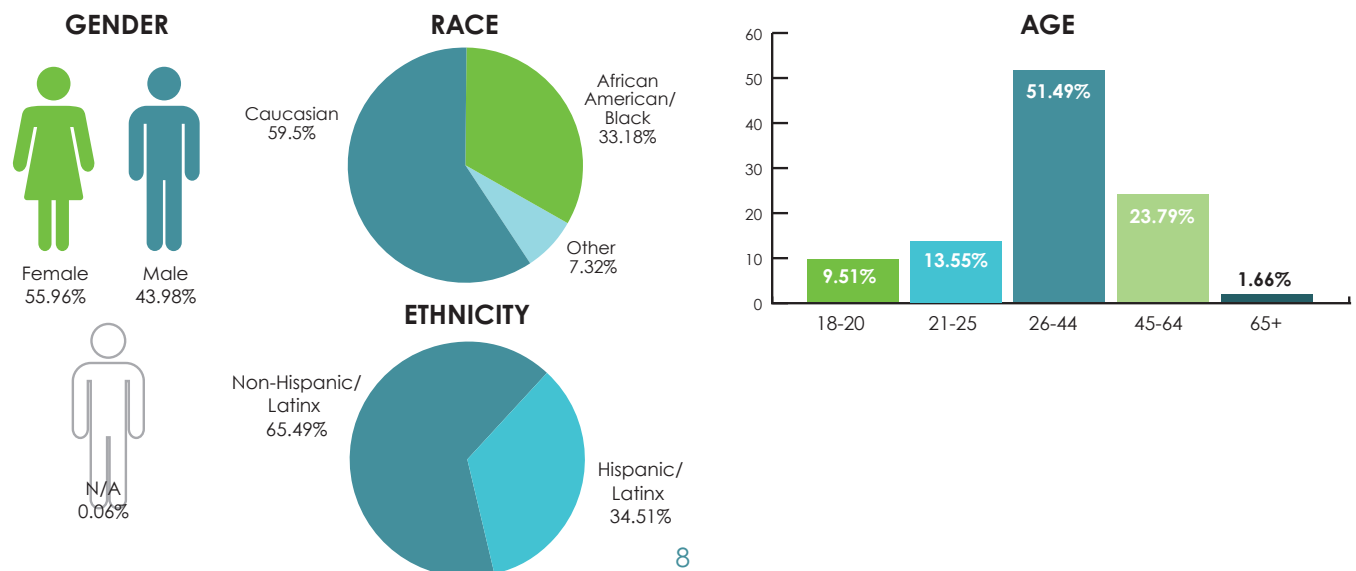


## Adult Prevention Education Services

Adult Prevention Education Services include drug/alcohol education classes such as DWI education, drug offender education, and DWI intervention (repeat offender) for adults (18+) who have a court order to participate because of charges, such as

driving while intoxicated (DWI), public intoxication, and various drug offenses. All classes are offered for a fee and are certified by the State of Texas. Substance abuse evaluations are also available for a fee.

TOTAL = 4,877





# RECOVERY SERVICES

## Outreach, Screening and Referral (OSAR)

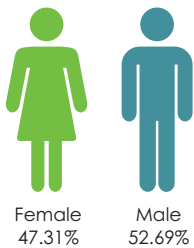
As the designated Outreach, Screening, and Referral (OSAR) system for 12 counties in North Texas, the Council is an invaluable resource for individuals and families touched by substance use disorders.

Our OSAR department provides outreach, screening, and referral services to determine the type of care needed and helps individuals navigate appropriate treatment options free of charge.

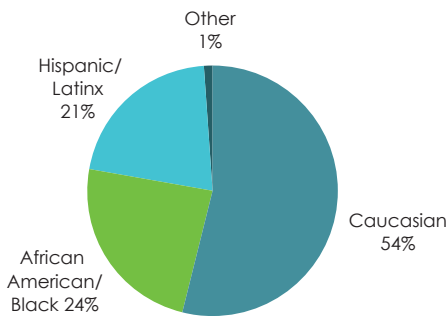
TOTAL = 2,566

Referrals: CPS = 36% | Other = 64%

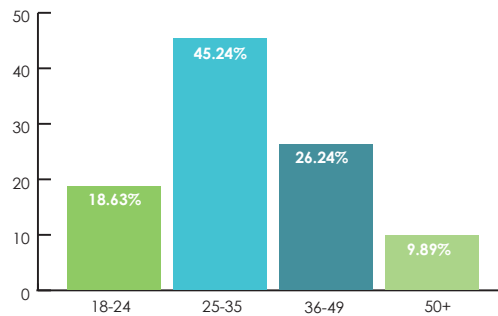
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### RACE/ETHNICITY



### AGE



## Recovery Now – Outpatient Treatment

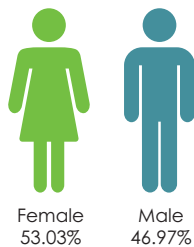
Recovery Now is an 8 to 12-week outpatient treatment program for substance use disorders that provides evidence-based and trauma-informed services including assessment, individualized case management, individual and group counseling,

relevant referrals, and meaningful discharge planning for continuity of care, recovery support services, and aftercare groups. This program also provides services for justice-involved veterans in Tarrant County. All services in FY22 were virtual.

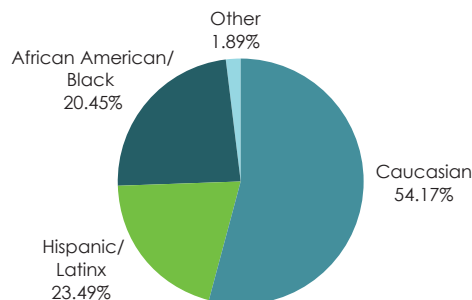
TOTAL = 264

Veteran Status: Yes = 8.33% | No = 91.67%

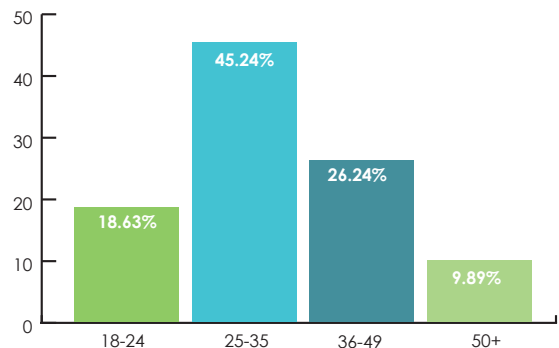
### GENDER



### RACE/ETHNICITY



### AGE



# RECOVERY SUPPORT SERVICES

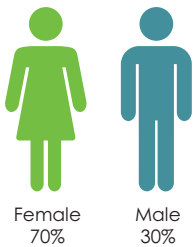
## Peer Recovery Support Services (PRSS)

Peer Recovery Support Services (PRSS) provide both short and long-term peer support services for individuals in recovery, including individualized recovery coaching, weekly peer-driven support and educational groups, and connections to community

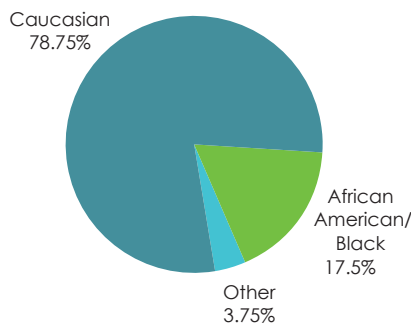
resources such as financial assistance, health and wellness supports, and housing services. Peer Support Specialists are in long-term recovery and are trained to support those who struggle with mental health, psychological trauma, and substance use.

TOTAL = 80

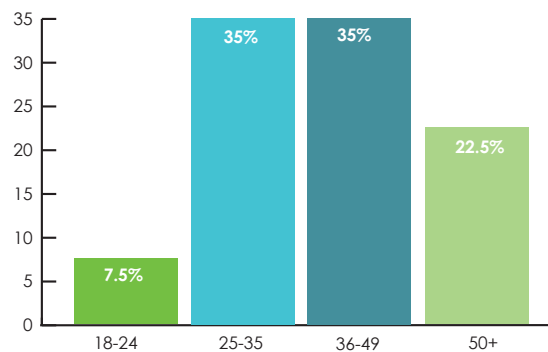
### GENDER



### RACE



### AGE



## CLIENT IMPACT STORY

Today, David Brown, Jr. is a happily engaged father of six who is staying strong in his recovery with help from Recovery Resource Council and his peer coach, Tiffany Rock.

David remembers having a childhood that was good in some senses and hard in others. He began using substances and drinking as a teenager, while partying with his friends. He then started taking pills and was introduced to cocaine, which initiated a love affair alongside alcohol that would rule his life. He wanted to quit a lot of times, prayed about it, but didn't have the will to do so. By 2021, he was spending whatever money he had left after paying his bills on getting high. His situation worsened when he failed to make two payments on his new house because of his substance misuse. "Money was evaporating, so it really made everything come to a head," says David, "And it made me feel like I was never going to do anything right. I just felt like crap, and I couldn't figure out why I couldn't stop." His misuse was also affecting his relationship with his girlfriend. He decided to reach out for help and began his recovery journey, entering several treatment programs, before it started to click.

He first learned of Recovery Resource Council when a peer support specialist visited his inpatient treatment program to share information about the Council's Peer



Recovery Support Services program. David wasn't sure what to make of this woman, Tiffany, who was glowing and full of energy, but he thought the Council sounded like a good resource, so he took notes. When he graduated, he reached out to Tiffany, who told him about the group schedule and helped him work on a recovery plan. She asked him what he wanted to do, what his job situation was like, whether he wanted to go to school, and if he needed transportation. David remembers thinking, "It was like she had my back...she only met me twice, but she got my back." David decided he'd reach out to Tiffany when he needed help with the important stuff, like when he needed help with emergency financial assistance because he was short on rent or his utilities.

David found a new job and began attending groups every night to keep him on his recovery path. He also proposed to his girlfriend, who has stayed by his side throughout his struggles. "At the beginning, I didn't know that the Resource Council was going to be something that really kept me on track, but it's really like that helping hand when you've fallen, and you need a hand to get up. They really help you," he says. "Even when you don't got the strength to do it yourself. They've definitely been a blessing."

# HOUSING SERVICES FOR CHRONICALLY HOMELESS

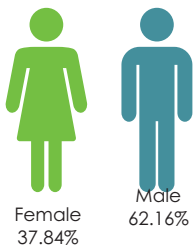
## Permanent Supportive Housing

The Council's Permanent Supportive Housing program uses a "Housing First" approach to meet the needs of chronically homeless individuals and their families at scattered site locations throughout Fort Worth. This program pairs affordable housing with trauma-informed intensive case management and

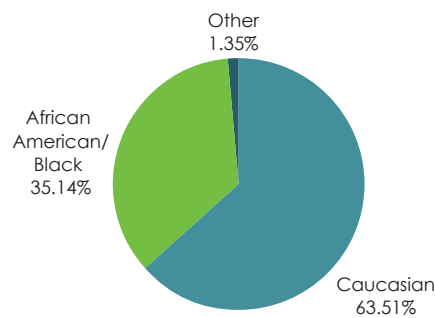
wraparound supportive services to maximize housing stability and prevent returns to homelessness. Its goal is to help participants obtain and remain in permanent housing, increase their skills and/or income, and achieve greater self-determination.

TOTAL = 74

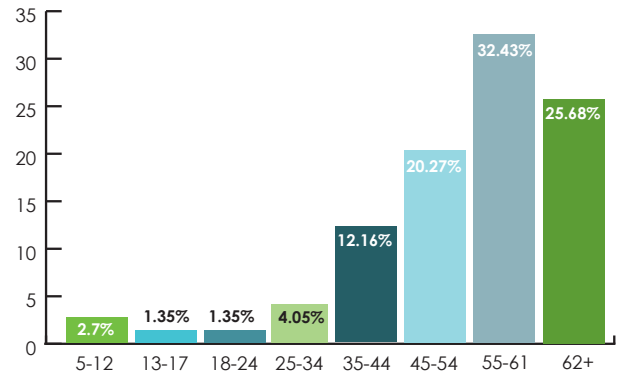
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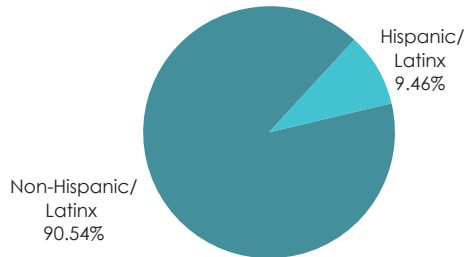
### RACE



### AGE



### ETHNICITY



# HOUSING SERVICES FOR VETERANS

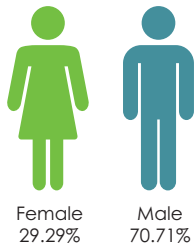
## Supportive Services for Veteran Families (SSVF) + Rapid Rehousing

The Supportive Services for Veteran Families (SSVF) and Rapid Rehousing programs were established to rapidly re-house homeless veteran families and prevent homelessness for those at imminent risk due to a housing crisis. SSVF is a short-term program that offers supportive services to eligible veterans and

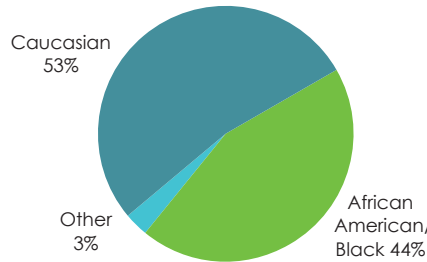
their families such as outreach, case management, assistance in obtaining VA benefits and assistance in accessing mainstream benefits. SSVF may also provide additional services such as temporary financial assistance with security deposits, rental assistance, utility assistance, and childcare expenses.

TOTAL = 478

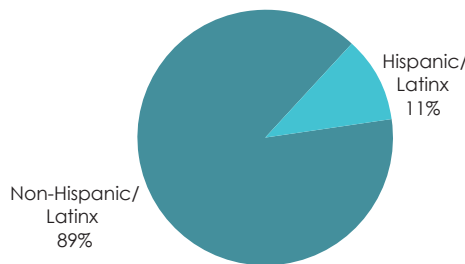
### GENDER



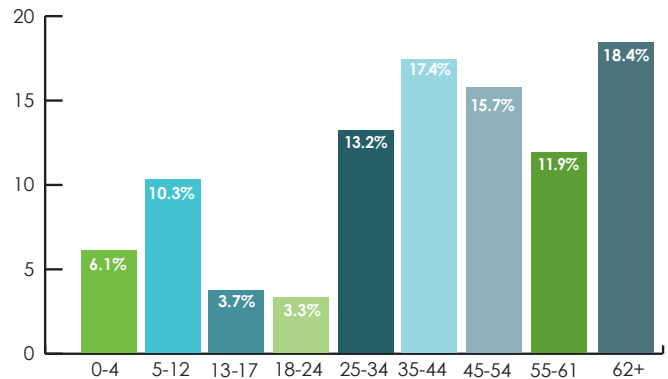
### RACE



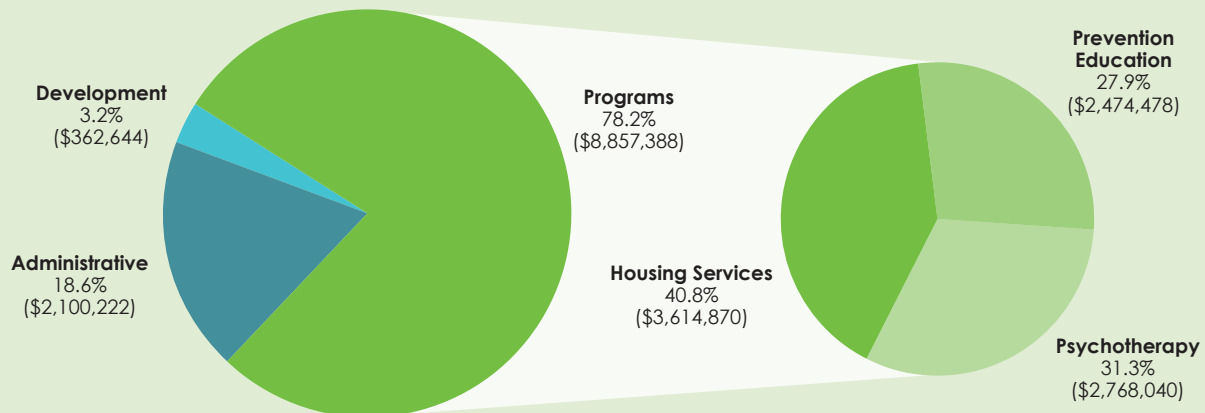
### ETHNICITY



### AGE



## AGENCY BUDGET \$11,320,254



# FY2022 EVENTS

Recovery Resource Council's fiscal year 2022 calendar was filled with both in-house and community partner events that helped us promote our mission and meet the mental and behavioral health needs of vulnerable North Texans. This would not be possible without the combined efforts of our community of supporters which includes our staff, volunteers, donors, nonprofit partners, and funders.



Eric Niedermayer (CEO) and his team



Young Clients at Youth Prevention Education Camp L4 2022



2021 Golf Classic – I to r: Lisa Reiling, Jeff Reiling, Cindy Fink, Mindy Reiling, Eric Niedermayer (CEO)



Survivors Motorcycle Club presentation of funds raised during their 13<sup>th</sup> Annual Unity Run



Stars in Recovery 2022 – I to r: Butch Clemons (board member), Jason Starkey (Stars speaker), and Eric Niedermayer (CEO)



Stars in Recovery 2022 – Kristen Dickerson (emcee) and Shauna Jenkins (event chair & board member)



Carry the Load May 2022 – Danielle Keath, Laura Rodriguez, Tammy Arnold-Bulls, Geri Little and her daughter



Stars in Recovery 2022 – I to r: Ouida Bradshaw and Will and Linda Henderson



I to r: Maureen Maidlow, Jan Osborn, Robin Bagwell, Chris Herren, Terry Bentley Hill, Eric Niedermayer (CEO), Norm Bagwell

# FY2022 DONORS

## INDIVIDUAL DONORS

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