



# RecoveryResource COUNCIL

Providing hope, conquering addiction, healing families.

## **FY2023 ANNUAL REPORT**

(September 1, 2022 – August 31, 2023)

### **VETERANS, UNHOUSED, YOUTH, FAMILIES**

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

## A LETTER FROM THE CEO

Eric Niedermayer



Fiscal year 2023 marked the 77<sup>th</sup> anniversary of Recovery Resource Council, which was founded just 11 years after Alcoholics Anonymous (AA). The Council was an affiliate of the National Council of Alcoholism which was founded by the first woman to obtain her sobriety, Marty Mann. As I think about those that founded the Council in 1946, it's my belief that they would be pleased at the transformation of the Council over the years as well as what the Council, its staff, and Board were able to accomplish last year.

In 2023, the Council expanded its Tarrant County MedStar Overdose Response Team (ORT) which was launched in December 2021 to three more cities in North Texas. Using Council financial support and Council peer recovery staff resources, the ORT team launched with the City of Dallas EMS in January, the City of Plano in Collin County in August, and the City of Denton in September. These four teams, in four counties, are showing up at the homes of those who survive an overdose within just days after the incident to do a wellness check, offer treatment options, leave NARCAN, and train all in the home on how to use this life-saving tool. I call this effort our 'uninvited intervention,' which gets people into treatment or, at the very least, plants seeds that may lead the person and the family to treatment later.

Another key accomplishment of this past year happened on May 2<sup>nd</sup> when we bought a building at 1822 Cadiz Street in Dallas for our new East Campus office. The building is in the Farmer's Market area and within walking distance of several social service agencies. It's the first time the Dallas location has ever owned a building and will not be paying ever-growing rental lease payments. We have moved in and are fully operational at this new location; however, we have plans to remodel, enhance, and expand functionality and overall appeal once we are able to raise the funds to do so.

As a Joint Commission-accredited outpatient behavioral health provider serving 20 counties in North Texas, the scope of services we offer with our staff is more expansive than most would imagine. We

have many milestones to be proud of in fiscal year 2023. We have been a licensed outpatient substance use disorder treatment provider since 2013. We provide in-person and virtual master's level therapy for trauma and mental health to veterans and their families at our Dallas, Denton, and Tarrant County locations. We provided more than 2,500 substance use disorder screenings and referrals to individuals seeking treatment. Our school-based prevention team, consisting of over 30 staff members, provided evidence-based life skills and health promotion classes to thousands of children and youth in more than 100 schools across 27 school districts last year. These classes focused on reducing substance use, behavior problems, and gun violence, and were made possible thanks to funding from the United Way of Tarrant County's One Second Collaborative. Our staff can be found housing and supporting veterans and the unhoused, working with community partners like the Presbyterian Night Shelter in Fort Worth or the 24 Hour Club and Our Calling in Dallas.

As I close out this letter, I would be remiss if I did not thank you for your support of the Council. Your support lifts us up and allows us to carry out our purpose, passion, and cause of *Making Meaningful Change* with the individuals, families, and communities that we serve. Your continued support will help us face challenges and take advantage of opportunities presented in 2024 while we remain dedicated to serving others and filling in the many behavioral health gaps that our community faces.

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

Eric Niedermayer  
Chief Executive Officer

## A LETTER FROM OUR CHAIR

Paul Boyd



As we look back on the accomplishments of Recovery Resource Council this past year, we are filled with gratitude for the unwavering support of so many. The dedication of our funders and staff has enabled us to continue our mission: **to promote wellness and recovery from disorders relating to alcohol, substance use, trauma, and mental health.** Building upon our passion for over 75 years, we've supported both wellness and recovery from alcohol and substance use disorders through preventative services, education, and programs while treating root causes of trauma and mental health for those needing treatment.

In the past year, the Council has continued to grow and evolve while we remained steadfast in our commitment to providing essential services to our community. Some of our achievements include:

- The successful acquisition of a permanent site in Dallas, a significant step forward in our goal to expand our impact and reach in North Texas.
- The expansion of our overdose response program from Tarrant County into the cities of Dallas, Denton, and Plano, allowing us to launch a model for addressing the opioid overdose epidemic from a behavioral health perspective to North Texas.
- The establishment of operational reserve funds to ensure our long-term financial sustainability, allowing us to continue providing vital services to those in need.

Looking ahead, we are excited about our executive leadership team that continues to grow stronger, along with the opportunities that lie before us. With your continued support, we are confident we can:

- Further expand our programs and services to reach more individuals and families affected by alcohol, substance use, trauma, and mental health.
- Create new and strengthen existing partnerships with other organizations to enhance our collective impact on the communities we serve

which includes North Texas veterans, unhoused, youth, and families.

- Continue our efforts in prevention through education and outreach programs aimed at reducing the prevalence of alcohol and substance use.

None of this would be possible without the generosity of our funders, the tenacious efforts of our staff, the continued support of local and state leaders, and the commitment to our cause from every stakeholder. Our clients' courage, and the growing support we receive, inspires us to continue striving for excellence in all we do, as we work towards a future where wellness and recovery are accessible to all.

In closing, I want to express my deepest gratitude to our funders, staff, volunteers, community partners, and board of directors for their unwavering dedication and hard work. Together, we will continue to make a difference in the lives of those affected by alcohol and substance use disorders and trauma.

Sincerely and gratefully yours,

Paul F. Boyd  
Board Chair

### FY2023 BOARD OF DIRECTORS

Paul Boyd  
*Board Chair*

Sarah Caldwell  
*Finance Chair*

Chris Ammann

Brett Beebe

Rosa Maria Berdeja

Butch Clemons

Michael Cuda

Bryce Dahm

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Maureen Maidlow

Melissa Dorman Matthews

Michael McMillan

Jason Moore

Mike Puls

Stephanie Rabey

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Lance Sumpter

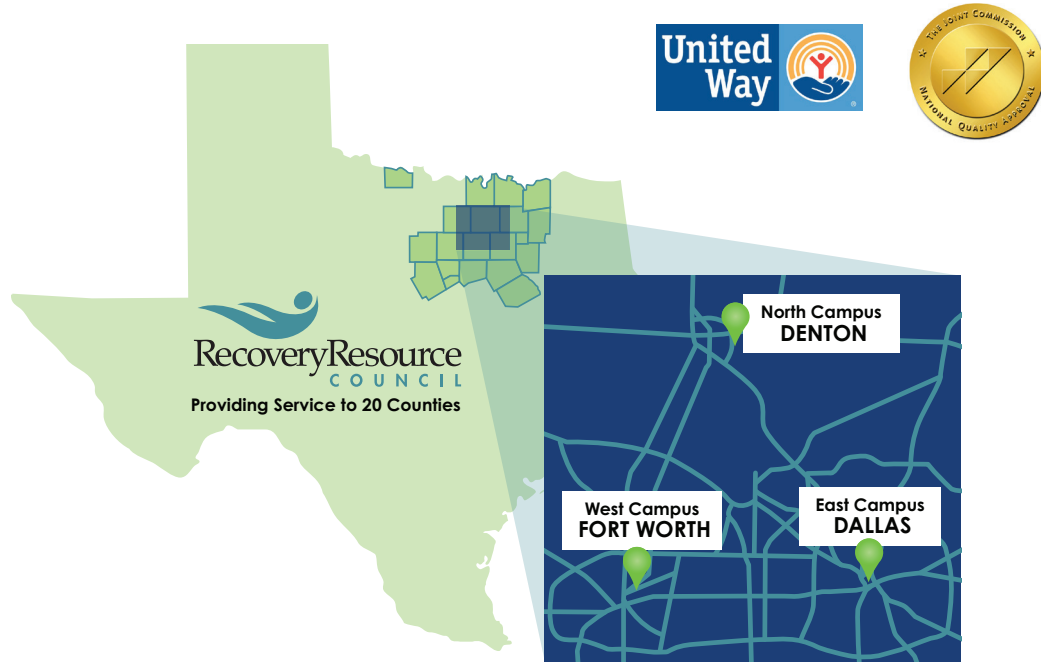
Stephen Taylor

Larry Vanderwoude

Kenn Webb

## WHO WE ARE

With campuses in Fort Worth, Dallas, and Denton, Recovery Resource Council (the Council) is the most comprehensive nonprofit outpatient 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 65,000 adults and youth annually, including veterans and the chronically unhoused. The Council is Joint Commission accredited and licensed by the State of Texas as an outpatient treatment provider.



## NEW EAST CAMPUS

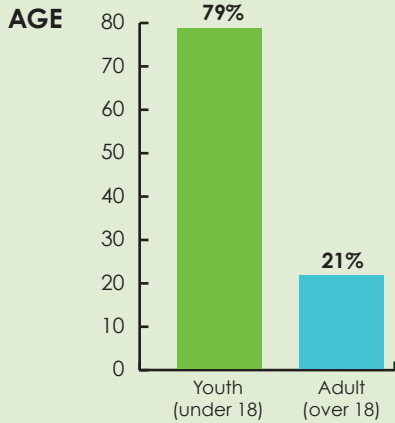
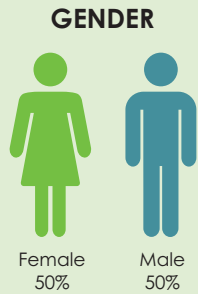
On May 2, 2023, Recovery Resource Council purchased a building in downtown Dallas to serve as a permanent home for its East Campus. The building is in a more centralized location to improve accessibility for clients, including clients with disabilities, and will also help increase the Council's visibility in the community it has served since 1946.



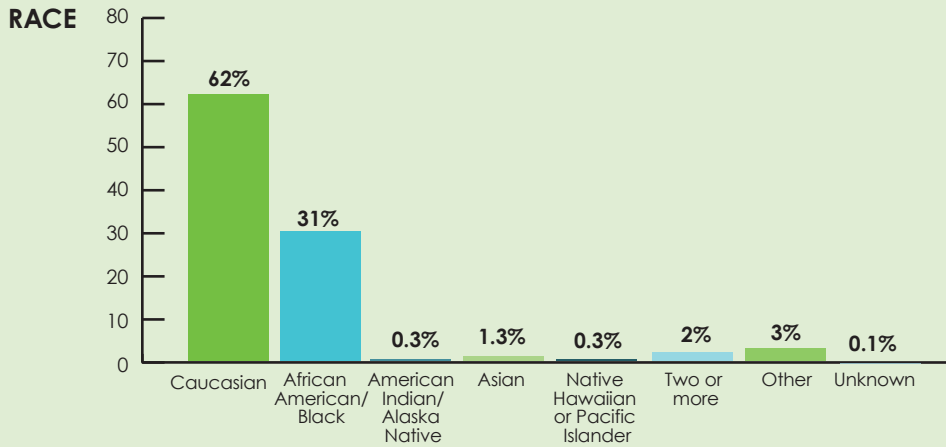
# AGENCY OVERVIEW

In fiscal year 2023 (September 1, 2022 – August 31, 2023), the Council made a difference in the lives of

**65,936** North Texans.



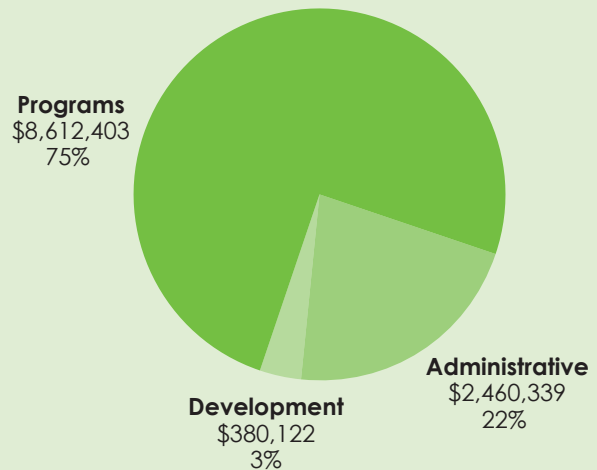
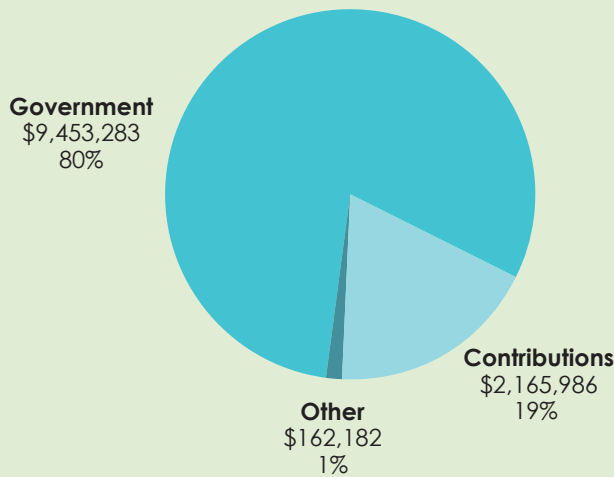
Of the **65,538** who reported ethnicity, 28,986 were Hispanic and 36,522 were Non-Hispanic.



# AGENCY BUDGET BREAKDOWN

**Total Revenue: \$11,781,451**

**Total Expenses: \$11,452,864**



# MENTAL HEALTH SERVICES FOR VETERANS & THEIR FAMILIES

## Enduring Families

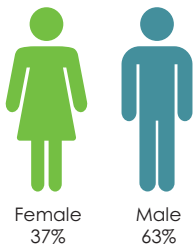
**Enduring Families** provides free psychotherapy for active and returning military veterans and their family members ages 4 and older. The program focuses on the veteran and their family's unique needs ranging from coping with symptoms of PTSD, depression, anxiety, and substance use to teaching effective decision-making, parenting, and communication skills.

Services are provided by master's or PhD level licensed mental health clinicians and are offered in-person at our Fort Worth, Dallas, and Denton campuses and online via telemental health. The program uses evidence-based practices and receives referrals from the VA, Fort Worth ISD, Texas Veterans Network, local mental health authorities, and many other agencies. Since its founding, Enduring Families has improved the quality of life for over 3,800 veterans and their family members.

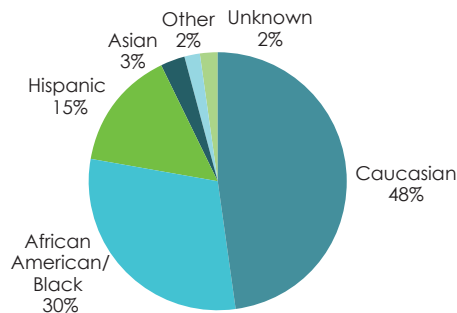
TOTAL SERVED = 420

Veterans: 316 = 75% | Family Members: 104 = 25%

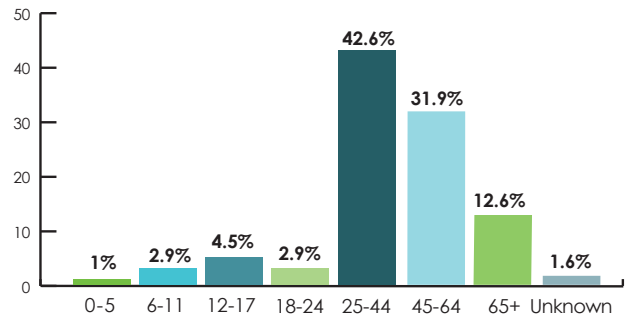
### GENDER



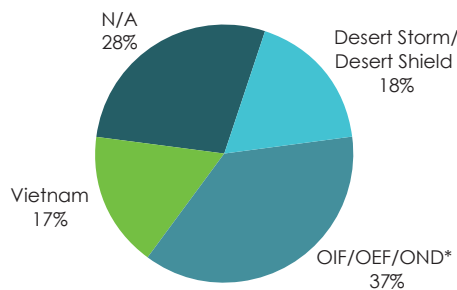
### RACE/ETHNICITY



### AGE

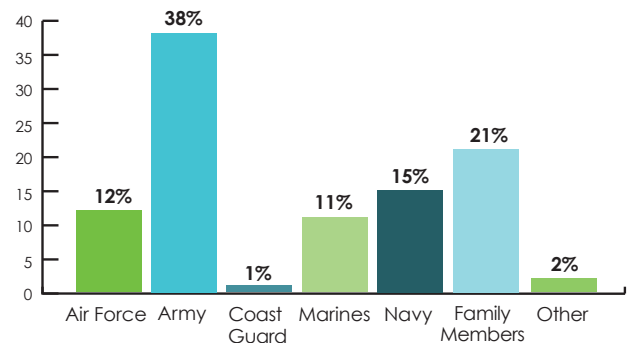


### WAR TIME SERVED



\*Operation Enduring Freedom, Operation Iraqi Freedom, Operation New Dawn

### MILITARY AFFILIATION



In FY23, **86%** of clients showed improvement from pre- to post-program scores on anxiety, depression, or quality of life.



# PREVENTION SERVICES

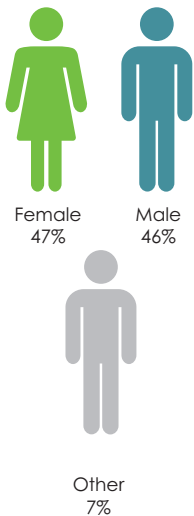
## Overdose Response Team (ORT)

The Overdose Response Team is a harm reduction partnership between the Council and emergency medical service (EMS) providers throughout North Texas. The team conducts follow up visits with individuals who have recently experienced an overdose or are at risk of overdosing. During these visits, individuals and their households meet with a peer support specialist, receive Narcan and training on how to use it, how to perform basic CPR, and ultimately discuss treatment and recovery options, if and when they are ready. This approach facilitates connecting with people, offering community resources, and supporting their path to recovery.

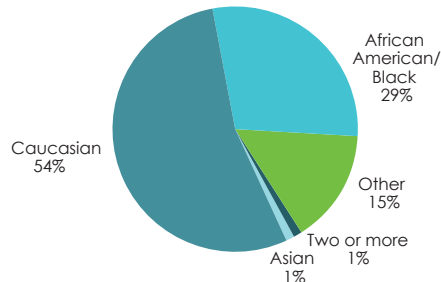
In FY23, The Council expanded its ORT program to serve the City of Dallas with Dallas Fire Rescue, the City of Plano with Plano Fire Rescue, and the City of Denton with Denton Fire Department.

TOTAL SERVED = 471

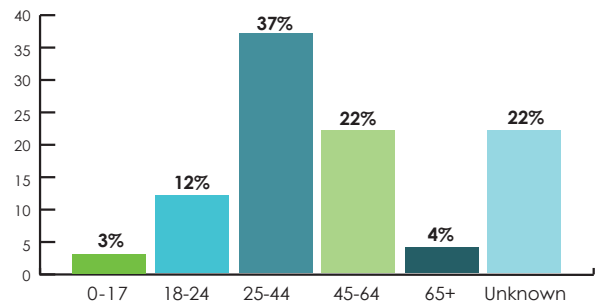
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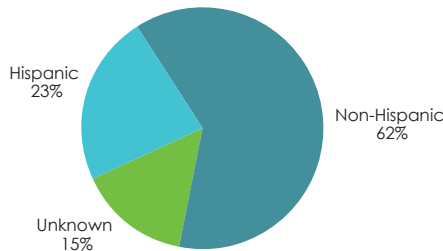
### RACE



### AGE



### ETHNICITY



Since the team's launch with MedStar Mobile Healthcare in 2021, there has been a:

**65%** decrease in overdose-related 911 calls for program participants in Tarrant County.

**91%** Expanding into Dallas, Denton, and Collin counties has resulted in a increase in the number of people served from FY22 to FY23.

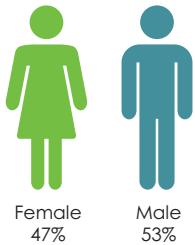
# PREVENTION SERVICES

## Youth Prevention (Curriculum-Based)

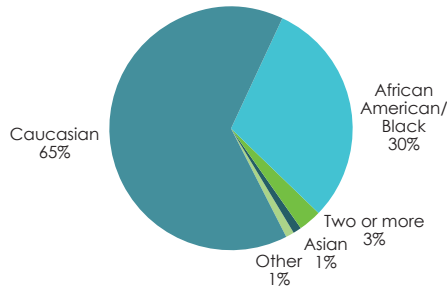
Youth Prevention offers health and wellness programs in schools and throughout the community to empower youth with education and skills to support their healthy, drug-free lives, succeed in school, and develop to their full potential. Staff facilitate four different evidence-based curricula to students 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, up to 10 counseling sessions can be provided to students, ages 12-19, in Dallas and Tarrant counties at no cost.

TOTAL SERVED = 7,683

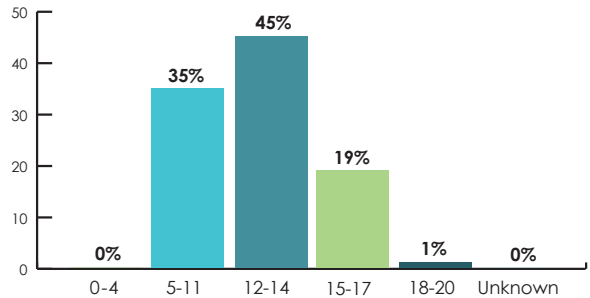
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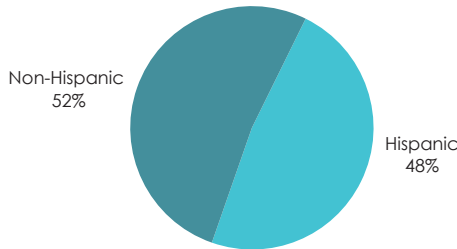
### RACE



### AGE



### ETHNICITY



Out of **3,768** students ages **14-19** who completed YP indicated curriculum, **82%** reported reduction in substance use and violent behavior and improved decision making.



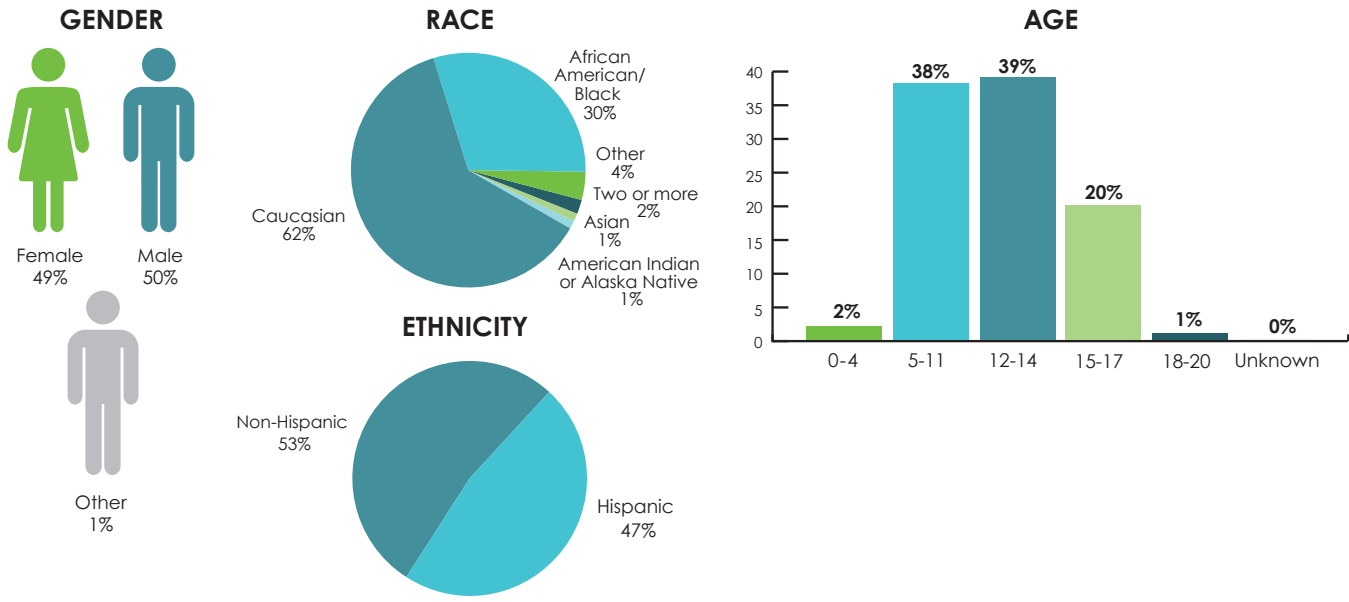


# PREVENTION SERVICES

## Youth Prevention (Non-curriculum)

Youth Prevention 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 SERVED = 44,714**



### CAMP L4 & TEEN RETREAT

Camp L4 and Teen Retreat offer crucial 4-day programs for at-risk children and youth in Tarrant County, who have faced adverse childhood experiences (ACEs) and currently reside in domestic violence and homeless shelters. The camps provide essential support, offering positive experiences that mitigate the health and behavioral impacts of ACEs, enhance resilience, and equip youth with vital life skills. With Camp L4 held four times a year for ages 6-12 and the Teen Retreat twice a year for ages 13-16, previous evaluations have shown increased resilience and positive behaviors among participants.

**TOTAL YOUTH SERVED = 110**

When asked what they learned at the end of the camps, youth participants said:

- “about tobacco”
- “to love people” “to fill my bucket”
- “not drinking alcohol” “how to respect others” “self esteem can be good”
- “about myself” “about goals” “about decision making”
- “to have fun” “the safety rules”
- “why our feelings matter” “to be drug free”
- “that alcohol and tobacco don’t solve problems” “how to try new things”
- “to trust”

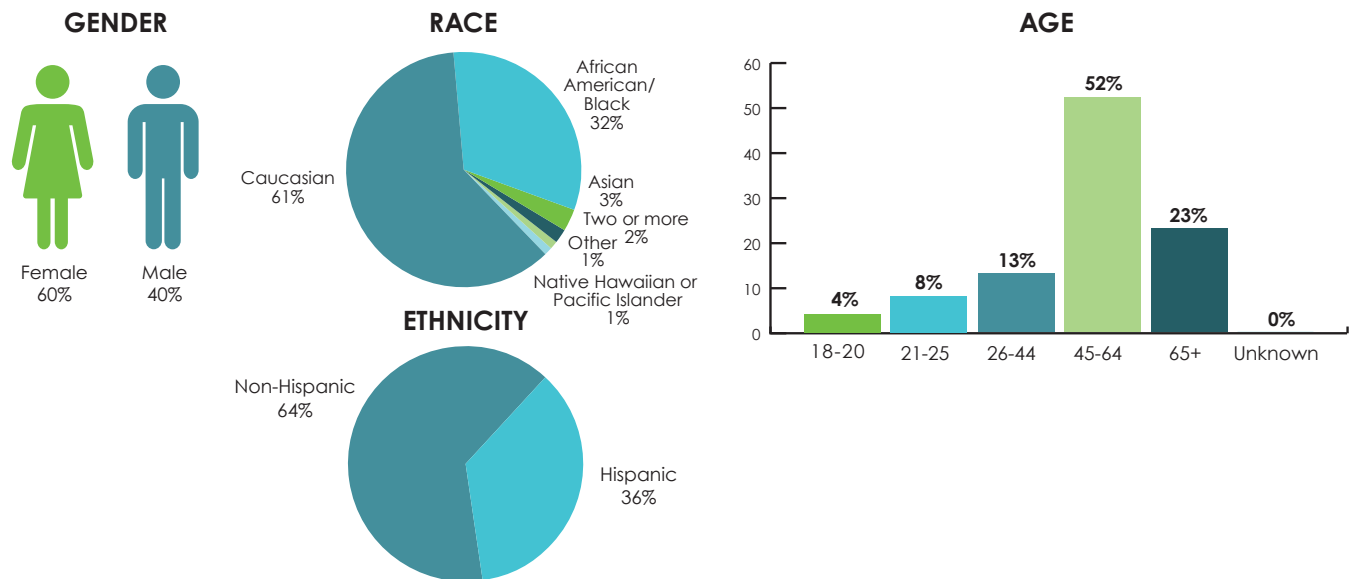


# PREVENTION SERVICES

## 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 SERVED = 8,949



## COMMUNITY ENGAGEMENT

The **Prevention Resource Center** disseminates substance use information to 19 counties of Texas Health and Human Services Region 3. The team offers data tracking, training, resources, and also conducts retailer tobacco compliance and education.

**Dallas Area Drug Prevention Partnership (DADPP)** is a coalition of concerned community members and agencies who have joined forces to facilitate accurate data collection, parent and student education, media messages, and community outreach.

### Community Service

Recovery Resource Council's Community Restitution Program provides a convenient way to earn needed service hours through the selection and completion of various service projects.



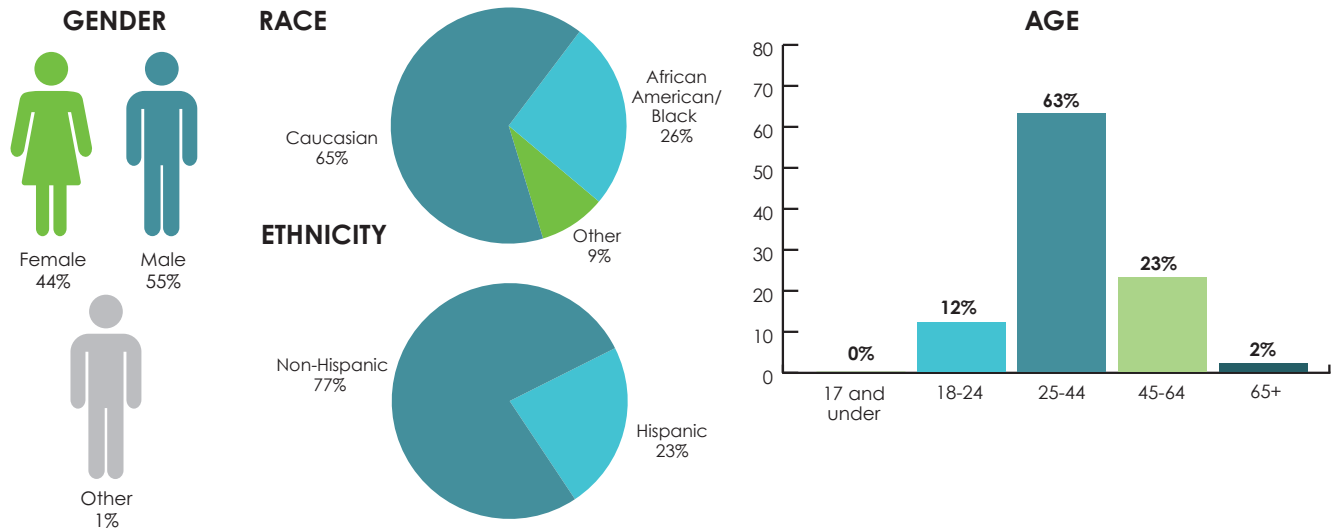
# RECOVERY TREATMENT & SUPPORT SERVICES

## Outreach, Screening and Referral (OSAR)

As the designated Outreach, Screening, and Referral 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 SERVED = 2,876

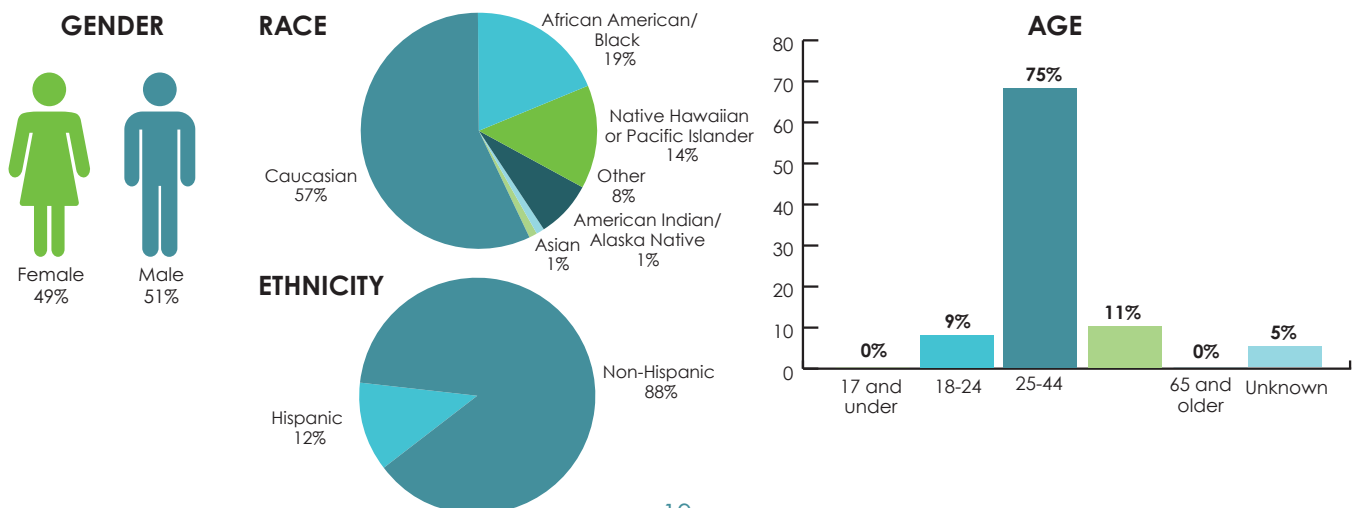
Intake and Referral (I&R) completed 16,935 calls from clients and family members seeking help.



## Recovery Now – Outpatient Treatment

Recovery Now is a 12 to 24-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. Recovery Now is the only 100% virtual outpatient program available in the Fort Worth/Arlington area.

TOTAL SERVED = 91



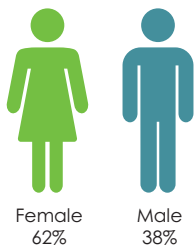
# RECOVERY TREATMENT & SUPPORT SERVICES

## Recovery Support Services (RSS)

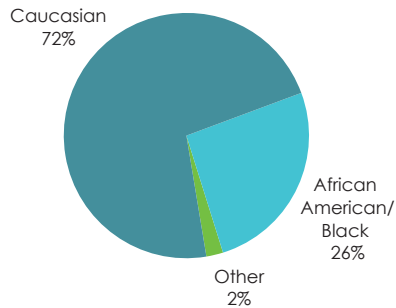
Recovery Support Services provide both short and long-term peer support services for individuals in recovery, including individualized recovery coaching, weekly peer-driven support and educational groups, and connections to community resources such as financial assistance, health and wellness support, 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 SERVED = 47

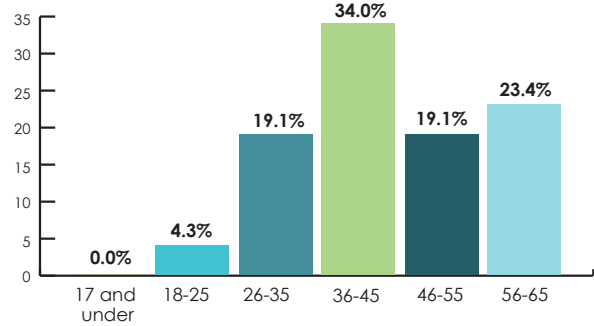
### GENDER



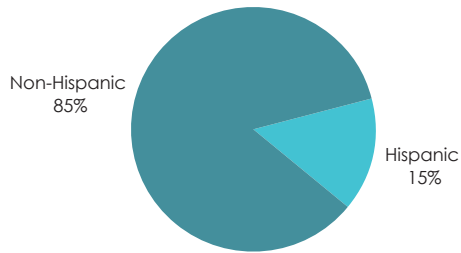
### RACE



### AGE



### ETHNICITY



98% of clients completing the 12-month peer coaching program showed increases in their recovery capital to sustain long-term recovery.



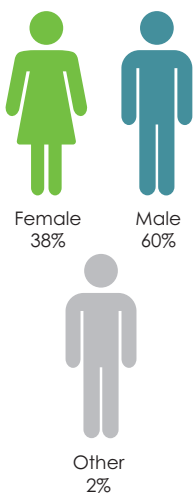
# HOUSING SERVICES FOR CHRONICALLY UNHOUSED

## Permanent Supportive Housing

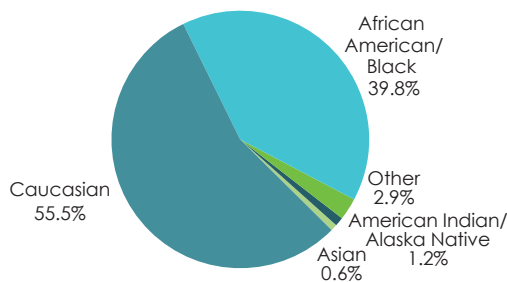
The Council's Permanent Supportive Housing program uses a "Housing First" approach to meet the needs of chronically unhoused individuals and their families at scattered site locations throughout Fort Worth. This program pairs affordable housing with trauma-informed intensive case management and wraparound 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 SERVED = 171

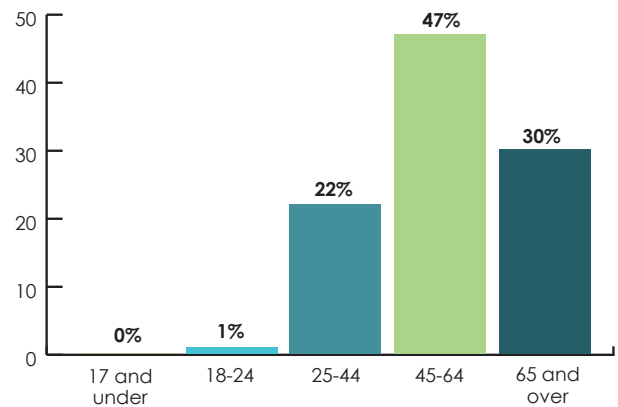
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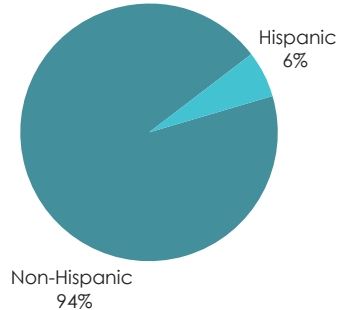
### RACE



### AGE



### ETHNICITY



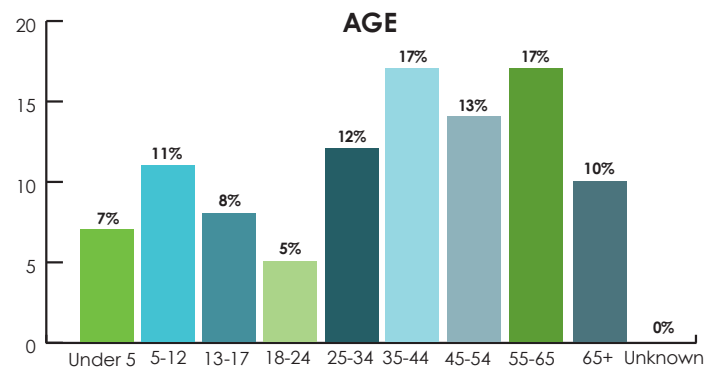
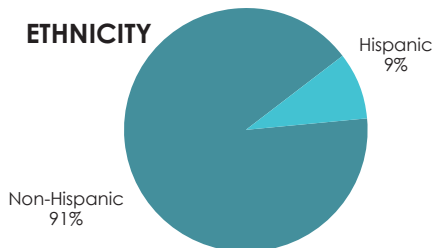
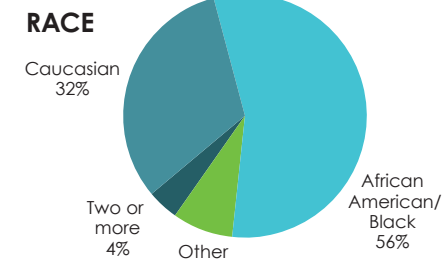
90% of clients placed into housing remained housed without any evictions in FY23.

# HOUSING SERVICES FOR VETERANS

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

The Supportive Services for Veteran Families and Rapid Rehousing programs were established to rapidly re-house unhoused 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 SERVED = 514



## CLIENT IMPACT STORY

Meet Sam, a resilient 70-year-old veteran whose journey spans from the streets of New York to the heart of Fort Worth, Texas. Orphaned alongside his three siblings, Sam navigated through a tumultuous childhood, living in foster homes, group housing, and eventually a youth services camp in Florida.

Despite the odds stacked against him, Sam's determination led him through the ranks of the Air Force Junior Reserve Officer Training Corps (AFJROTC), service in the Navy, and a career spanning over 15 years as a Merchant Marine.

As an adult, Sam began to struggle with housing stability, renting apartments or motel rooms, but the relentless tide of inflation and the escalating cost of living pushed him into cycles of homelessness, often persisting for years on end. Sam first learned about the Council through our nonprofit partners, True Worth and Community Link. With assistance from



the Council's Supportive Services for Veteran Families (SSVF) program, Sam secured an apartment where he has resided for seven months and counting.

Guided by a dedicated case manager, Sam is currently navigating obstacles hindering his reentry into the workforce, including technological barriers, transportation limitations, and health challenges. Through unwavering faith and sheer determination, Sam finds strength to press on.

Reflecting on his journey, Sam emphasizes the impact and commitment of the Council's staff, describing them as instrumental in his progress. "These people are serious. These people are determined to help you. They're going to get involved. They'll work with you. They'll help you accomplish a lot." To him, "everything in this program has a purpose," illuminating a path towards stability, wellbeing, and empowerment.

## FY2023 EVENTS

Recovery Resource Council's FY23 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.



Scotty Alexander and Eric Niedermayer

### Power of Prevention

On September 20, 2022 we held our Power of Prevention (PoP) event at Dallas' Kessler Theater which featured Scotty Alexander, a Texas-based country singer, songwriter, recording artist, and world-class musician.



Eric Niedermayer, Butch Clemons, Joseph Vincelli, Mike Puls

### Golf Classic

On October 20, 2022, our Golf Classic tournament took place on the rolling hills of Grapevine's Cowboys Golf Club, distinguished as the first and only NFL-themed golf club in the world.

### Survivors Motorcycle Club

We are grateful to Survivors Motorcycle Club of Northeast Texas, a supportive community of sober riders, who raised funds during their annual Unity Run in Whitney, Texas to benefit Recovery Resource Council and those in recovery.



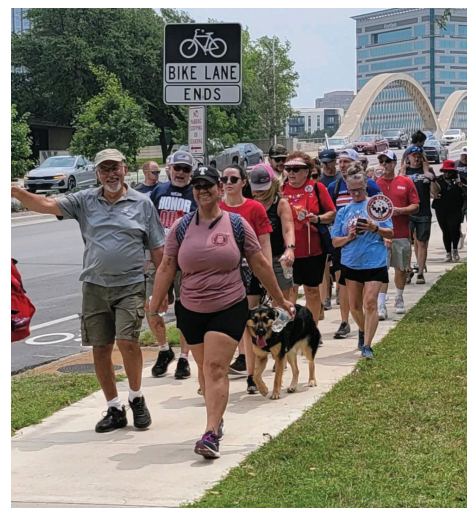
Members of Survivors MC with Eric Niedermayer



Hilary Roberts and Gregory White

### Stars in Recovery Luncheon

On May 9, 2023, our 35th Annual Clifton Morris and Jim Bradshaw Memorial Stars in Recovery Luncheon was held at River Ranch Stockyards in Fort Worth featuring #1 billboard recording artist and speaker Hilary Roberts.



Maria Gomez-Salcedo (front) and Eric Niedermayer (left) at Carry the Load's National Relay in Fort Worth

### Carry the Load

In FY23, Recovery Resource Council proudly collaborated with Carry the Load, an organization redefining Memorial Day's purpose since 2011. CEO Eric Niedermayer and staff participated in Carry the Load's Memorial May events to raise awareness and funds for The Council's veteran services.

# FY2023 DONORS

## INDIVIDUAL DONORS

Melissa Acosta  
John and Cynthia Adams  
Craig Adams  
Scotty Alexander  
Deborah Alexander Nash  
Tamara Allen Bush  
Chris and Jill Ammann  
Anonymous  
Andy Bradshaw and  
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