



*TROSA is a place...
...where change happens.*

Annual Report 2009-2010



To Our Supporters...

This year at TROSA



October 2009
TROSA Family Day



February 2010
One of Four TROSA
Graduations Each Year



May 2010
TROSA
Grocery
Opens

August 2009
Kevin McDonald
Represents
North Carolina at
National Recovery Rally



December 2009
Annual Christmas
Tree Fundraiser



April 2010
TROSA Community
Center Opens



To Our Supporters:

What a difference a year makes!

Thank you for continuing to support the men and women of TROSA. This year we saw more people than ever before come to TROSA for help—an average of nearly 390 people a day were in our two year program.

This year also saw the completion of two major projects. First, was the TROSA Community Center—12,500 square feet of meeting and recreation space for classes and events like TROSA Graduations.



Second, we opened our newest business venture: The TROSA Grocery in Northeast Central Durham. Ours is the first full service grocery store in this struggling neighborhood—we're proud to give back to the community in this way—and to provide another vocational training opportunity for our residents.

Some other highlights:

- 107 people graduated from TROSA's two year program;
- 100% of TROSA graduates found jobs—even in this tough economy;
- 91 people participated in GED classes;
- 57 people took a college course at Durham's Community College to better prepare them for work after TROSA;
- 164 people regained their driver's licenses...giving them greater independence.

But numbers can never tell the story of TROSA. Inside are the stories of a few of the people your generosity and support have helped us to serve this year and in years past.

Thank you for your continued support,

Kevin McDonald
President and CEO

Jeff Clark
Chair, Board of Directors

...Thank You!

TROSA is a place where people...

Learn Job Skills

When Chanda came to TROSA “I didn’t know a thing about computers: I didn’t know how to turn one on.” Chanda never finished high school and later spent time in prison. She struggled with an addiction to alcohol, methamphetamine, and crack cocaine for over a decade and had a sporadic and limited work history. Today, she works at TROSA’s busy onsite medical clinic. “We schedule 100 appointments a week—either here with our nurse practitioner, or with providers in the community.” Chanda coordinates logistics of offsite appointments, completes complicated paperwork, and makes sure that everyone who needs to know about a resident’s medical care and appointments is kept up to date. “I spend a lot of time sending emails, making phone calls, and keeping things straight because this office is busy!” She also trains newer residents who come to work in her department. “I have to learn to manage my time and prioritize, and to be patient—with my co-workers and the people that come here for appointments.” For Chanda, a lifetime of self-destructive behavior seems a distant memory: “I take what I do very seriously. It’s great to be needed for something positive, not negative.”



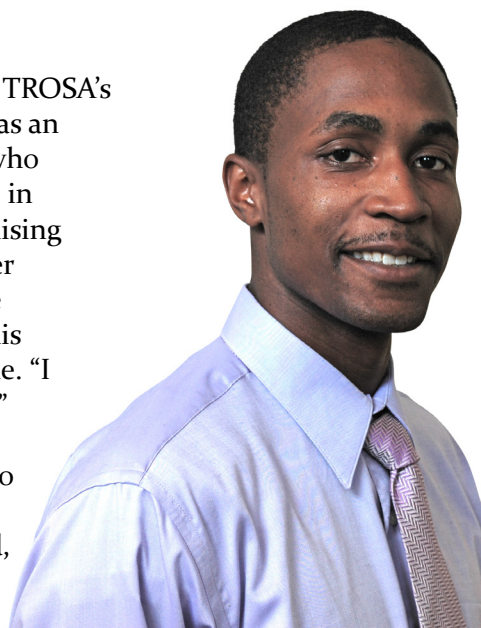
Become Leaders



For Terrance, the journey to recovery has been a long one. After years of addiction to cocaine, he lost his job and the respect of his family. Terrance knew he needed to get serious about recovery. “I ran with the tough guys, but inside, I knew I was a *good* guy.” Terrance says he didn’t have “any sober friends” and a big part of his recovery at TROSA has been learning the importance of choosing “the right people” to bring into his life and to hold everyone in his life accountable. “It’s not okay to let stuff slide. You don’t cheat a little or use a little. I learned that the hard way.” Mentored by senior staff members, Terrance has worked his way up to the Head Estimator position at TROSA Moving and is now a TROSA Staff-in-Training. He also holds weekly sales meetings to teach sales techniques and skills to the nine members of his team and takes pride in mentoring and guiding men new to TROSA. “Everything, at work or in life, has a solution; and I want them to see that too.”

Get an Education

Today, Philip is a college student, capable, and confident. He works in TROSA's finance department using sophisticated computer software in his role as an accounts receivable clerk. But two years ago, Philip was a young man who when he "looked in the mirror, didn't see anything." Philip served time in prison after being arrested his senior year in high school. Once a promising basketball player, his arrest led to the loss of a college scholarship. After prison, Philip's life was a series of arrests, jail stints, and more than one suicide attempt. He was homeless, unemployed, and estranged from his family. But after deciding to come to TROSA, he's made up for lost time. "I changed from what I want to do to what I need to do—and that's hard." He enrolled in our GED class, and earned his GED. He enrolled in a college course at DTCC, and loved it, earning an "A" and acceptance into TROSA's Scholar Program. Now Philip is taking classes on his way to the college degree that eluded him years ago: "I came out of Neverland, and now I'm doing all these things that I never thought I could do."



Understand the Disease of Addiction



"I've done every drug you can think of, every way you can do it." Susan shares her story of a lifetime of addiction, with grace, but not without regret. Over 30 years of using drugs "to numb my emotions" is hard to acknowledge. After 16 months at TROSA, Susan has a confidence and assurance that this, her longest stretch of sobriety since she was 15, will last. "At TROSA, I've had time: time to deal with the emotions behind the drug use." Susan has received individual and group counseling, and taken several classes to understand the underlying causes and biology of addiction. "Knowing how the drugs affect my brain, that's huge." She's also had enough time to understand what triggers her to reach for drugs: "I know what the triggers are, and I've had time here to practice dealing with them without drugs. Now I know I can set boundaries, and I know that I can go home, be a good mother, sister, daughter, and citizen. I can break the cycle, so my kids won't have to go through this."

...recover from substance abuse.

TROSA is a place where...

TROSA Graduates On Our Cover

Resilience, courage, resourcefulness...pride. The four TROSA graduates on the cover of this year's Annual Report exemplify these qualities. Each came to TROSA under a unique set of circumstances, but each credit the same elements of TROSA's program in helping them succeed: the structure, the responsibility, the need for honesty, the opportunities to learn about themselves and their addiction, and the genuine caring of TROSA staff. As Kenneth says, "There were other people here with problems like mine and people who cared about me." Years after their TROSA graduations, each one is successful at work, home, and in their community. They personify TROSA's belief that people can change.



"This place saved my life." Steve Hill is enthusiastically grateful for the impact TROSA's made in his life and proud of what he's accomplished as head of TROSA's lawn care company since graduating from TROSA in 2004. "At one point, my family wouldn't even see me. Now, I'm running a company, I've got 32 guys working with me, and we've been the *Herald Sun* Readers Choice Award winners two years in a row."

"I've never missed a single TROSA event—not a single one. Those Graduations, Family Days, they're really important to me, because the people here are really important." The head of TROSA's automotive department, Buddy Dove has worked at TROSA since 1999, after being one of the first TROSA graduates—and he has no plans to retire. "There was a time when I looked in the mirror, and I saw what other people saw: a drug addict." But now, "I'm a leader, I'm trusted, I run a whole department that takes care of 190 vehicles and has a big budget."



Many Triangle homes and offices are decorated with Susan's work from the TROSA Frame Shop where she helps customers choose the right mats and frames for their artwork, but there was a time Susan Mowry thought she wouldn't live to be 25. Those memories resonate when she mentors women new to TROSA's program. "They're so capable, and I love being there to help them make the right decisions." The once self-described "wild child" is a self-assured leader. "I love what I'm doing; I love being here."

Kenneth is a construction supervisor who graduated from TROSA in 2002. Today, this soft-spoken Marine veteran is a homeowner and a very proud father and grandfather. "When I was in my addiction, I stopped caring, and when I came here, I had to learn to care again, and how to love myself. Then I took the big step of learning to care about others."



Photo Credits: Shirley Kelley and TROSA Staff

James McAllister, 2008 TROSA Graduate

When asked how he's changed most since beginning the TROSA program, 45 year old James McAllister answers immediately: "I've got almost five years in recovery." James graduated from TROSA's program in January 2008. Since graduating he has worked full-time for the Food Bank of Central and Eastern North Carolina, gotten married, and had his driver's license restored. He's saving money for a down payment on a house and mended relationships with family members he hurt during his decade long addiction to cocaine. "It wasn't until I got clean that I realized how much I was hurting my family."

James attended college and had a career in the military and security services. "I made a good living, but that fed my addiction. It took me a long time to realize that I needed help." But once he entered TROSA's program in January 2006 he immediately felt "like I was worth something." TROSA worked for James because "I was surrounded by people who were also there to get their lives together, and the whole program taught me to be responsible, be honest, and work hard."



James' life today is "Home, work, church"—and he likes it like that. "I like to stay home, I don't need to run around like I used to." He talks with pride and assurance about his job at the Food Bank, "We serve over 180 partner agencies in six counties. I'm responsible for the monthly fair share reporting, scheduling appointments with our partner agencies, and all the accounts receivables." James recognizes that he's come full circle: "I should have ended up dead, the way I was living, but now I have a job that I love, because it's helping people. Just like TROSA was there for me when I needed help."

...your support lives on.

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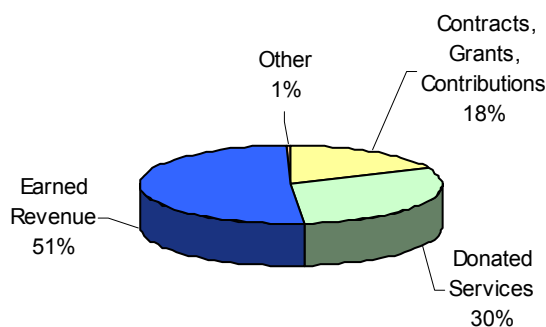
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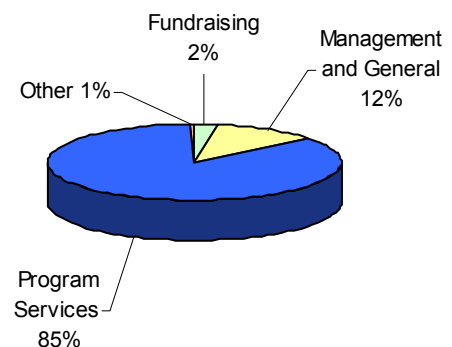
Financial Information

Unaudited for fiscal year ending June 30, 2010 *



Revenue

Expenses



* Audited Financials will be available upon request after 12/31/10