

TROSA

TRIANGLE RESIDENTIAL OPTIONS
FOR SUBSTANCE ABUSERS, INC.



Delivering Results Since 1994



Annual Report 2010-2011

This Year at TROSA

TROSA is about people—helping people regain their lives after drug addiction. This year, we helped more people, expanded services, and strengthened our infrastructure.

Our people...

761 people received TROSA services;

Over 100 graduated from our two year program;

112 people received their driver's license;

Twenty three received a commercial drivers licenses;

81 prepared for the GED;

63 took a college course--most for the first time;

One hundred percent -- 100%-- found employment upon graduating from TROSA.



Our businesses...

TROSA Moving received the 2010 *Independent Weekly* Award for Best of the Triangle;

TROSA Lawn Care received the 2010 *Independent Weekly* Award for Best of the Triangle;

TROSA Grocery celebrated its first birthday.

Our infrastructure...

We added new classrooms and began new dormitories to provide better facilities for our residents.

Results



Challenges

TROSA Founder, President and
CEO Kevin McDonald with
Jeff Clark, Chair,
TROSA Board of Directors



To Our Friends and Supporters:

Thank you for joining us in providing effective treatment for people with drug addiction.

We continue to serve hundreds of men and women who came to TROSA for help. In North Carolina, as elsewhere around the nation, shortages in mental health and substance abuse care combined with increases in the number of people needing treatment meant that our services were more in demand than ever. Thanks to you we've been able to meet the need—and we still provide scholarships to cover all the costs of treatment.

Treatment at TROSA remains comprehensive: group and individual counseling, leadership training, vocational training, housing, clothing, education, and access to medical and psychiatric care.

You help us do what no one else does.

This spring our new dormitories will be complete giving us the capacity to house 150 additional residents on our James St. Campus. Centralizing our operations presents a fantastic opportunity to enrich our therapeutic community. Our longstanding partnerships with the Department of Housing and Urban Development and the Bureau of Veterans Affairs have helped make this possible. And so have you.

The Stewards Fund of Raleigh has recently presented us with a wonderful Challenge and Opportunity. If we can raise \$200,000 by June 30, 2012 from donors who are new to supporting TROSA, increasing their support, or returning as donors after two years or more, they will match those donations: dollar for dollar.

TROSA saves taxpayers millions of dollars every year and provides an innovative quality program. What are those results worth to you?

Opportunities

Counseling Gets Results

Counseling comes in many forms at TROSA: peer to peer, group, and professional mentoring. Residents can also take advantage of individual counseling provided by social workers trained to treat substance abuse.



Mark and Jeannette both received individual counseling and although their histories are very different, each found that by “speaking the truth” their futures are brighter and their recoveries more secure.

Mark’s battle with alcoholism began when he was in high school growing up in Raleigh, NC. After nearly 25 years, a broken marriage, a failed business, several attempts at rehabilitation, and several arrests for driving under the influence, he came to TROSA determined to get the long-term help he needed. As for his sessions with his counselor, “I couldn’t have completed this program without her.” Mark used the time to examine his feelings about re-establishing his relationships with his teenage children. “I wasn’t there for them when they were growing up, and I need to respect their timelines in gaining trust back.”

Children also played a role in Jeanette’s recovery. When her son, a Marine Corps veteran, died, she spent the money for his headstone on drugs. Today, his grave is marked by a military plaque and he is buried in a military cemetery. And Jeannette can finally acknowledge the terrible toll drug abuse took on her family: “At first, I was so arrogant. I didn’t want to believe that I was an addict. But now, I’ve learned to tell my story, uncut, without shame.” She also got the tools she needs to maintain recovery. “I learned from my counselor that I have the power to get well and that I can control my thoughts before my thoughts become words.”



Today, Mark manages the TROSA Grocery and is taking classes to complete the college degree he abandoned over 20 years ago. Jeannette works in dining services at TROSA and mentors women new to TROSA’s program. Both have reestablished relationships with their children.

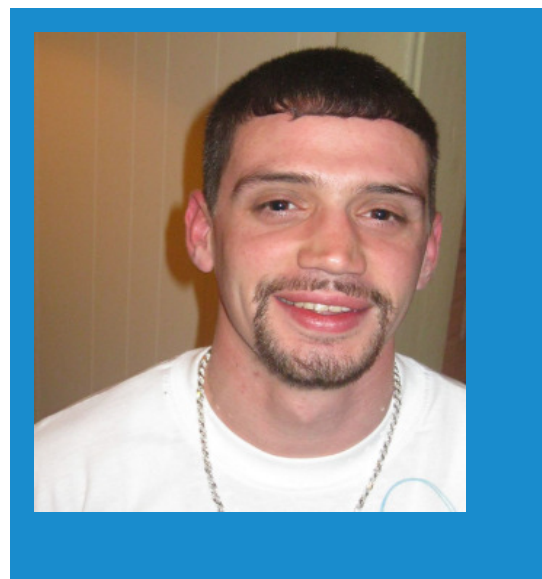
All TROSA Residents Receive Counseling

All TROSA Residents Receive Vocational Training

Every resident at TROSA receives vocational training. For some, it is in revenue generating businesses, like TROSA Moving or TROSA Lawn Care, but for many, it's in internal departments. Every department at TROSA: security, automotive, finance, and medical, trains residents.

Ryan also needed help. At 27, he had finished high school but had no other accomplishments. He jumped from one temporary job to another: stocking warehouse shelves or working as a day laborer. He wasn't able to hold a job or maintain relationships because for over 10 years he was addicted to drugs.

Ryan was arrested for petty theft and while on probation made the decision to enter treatment at TROSA. "I knew that I needed to make some serious changes." After being in our two year treatment program for just under one year, he decided to pursue his commercial driver's license. "I knew I could make a good living, I could get a job, I could really start over." It took Ryan over 9 months to complete his training, receive his permit, and attain his CDL. "The staff at TROSA Moving really worked with me and encouraged me." When asked what he likes about truck driving, "It's a future for me. I got a great job and I'm making enough that I can save money and really have a future. If I hadn't been at TROSA, this would have been totally out of reach."



LaVerne played an important role in our onsite medical department. "When I came to that department, I had to learn really fast. Every day there were residents who needed to make and get to appointments and their information needed to be entered into our record keeping system." Upon completing TROSA's two year program in March 2011, LaVerne

got a job in an assisted living facility, and after several months and additional education was promoted. She did so well that her boss nominated her for Durham County's Social Services department Employee of the Year. "It's really amazing to think about where I was a few years ago, living on the streets, and where I am now." Vocational training for LaVerne meant "learning to go to work, to be on time, to do the best you can—everyday. To treat people nicely." Those lessons stuck. The mother of four lives in a neat one story home and is engaged to another TROSA graduate. "It's great. We support each other in our recovery and we have goals together. Life has never been better."



Vocational Training Gets Results

All TROSA Residents Further Their Education

The men and women at TROSA come from a wide range of backgrounds—many never completed high school, some have graduate degrees. At TROSA, every resident has the opportunity to further their education with basic literacy, GED preparation, computer skills or more advanced academic classes.

Ava's husband abused her daily for years. "I stayed with an abuser, because he was my dealer." Ava was arrested for crimes related to her drug abuse, and when offered the chance for treatment at TROSA versus going to prison, the then 53 year old mother of three accepted. After a year at TROSA, Ava had the opportunity to take one class at Durham Technical Community College. She had never set foot on a college campus before the first day of her computer class. "I always put off what I wanted, I was always last. But when I sat in that class, it gave me a sense of identity, and I realized, 'I can do this, and I don't need a man to help me make it.' TROSA gave me that sense of self, when they gave me the chance to take that class."

Karl graduated from high school in June 1980 and had the opportunity to attend college, but that summer after high school was a turning point for him: and as the thoughtful well-spoken man says now, "That's really when I just lost my way." For nearly the next three decades, Karl lived a nomadic lifestyle as he battled drug addiction. It was another hot summer day in 2008 when he came to TROSA.

Karl reached another turning point when staff members started encouraging him to reach his potential. "They told me, 'You're better than that' and when I realized that, I knew that I could help people too." Karl became a TROSA Scholar when he completed our program in 2010 and is close to earning his Associate's degree. He is enrolled at Wake Technical Community College and in January 2012 will complete the Certified Substance Abuse Counselor Certification process. "I'm in class with people who have college degrees, but because of my experience at TROSA they allowed me into the program. It's hard, but I know that recovery for me is a way of life, it's the rest of my life and that now, I can help others."



Education Gets Results

Every Donation Makes a Difference

We are proud to support TROSA because it is a uniquely comprehensive program that not only helps individuals turn their lives around, but also finds a way to support and give back to the community while doing so. From the residents, to the staff, to the organization's president, everyone's dedication to the mission is palpable, and TROSA's graduates demonstrate that the program truly works. Durham is lucky to have TROSA."

Margaret and Bradford Hirsh, philanthropists

TROSA is the most effective and comprehensive program to support recovery that I have seen. Its philosophy, strategies to build self-empowerment, and the strength in its leadership are unique. TROSA residents reflect pride in the organization and this shows in the quality of their work and in their ability to maintain recovery. It is a pleasure to support this program.

**Dr. Faye Calhoun, Former Deputy Director
National Institute on Alcohol Abuse and
Alcoholism, NIH**

Your Support Gets Results

"I feel Kevin McDonald has a better understanding of the problems of addiction than most people working in the field."

Prue Meehan, philanthropist

"The Center is very proud of the men and women making a commitment to turn their lives around. What a treasure TROSA is to our community."

**Rachel Aikens
NC Center for Nonprofits**



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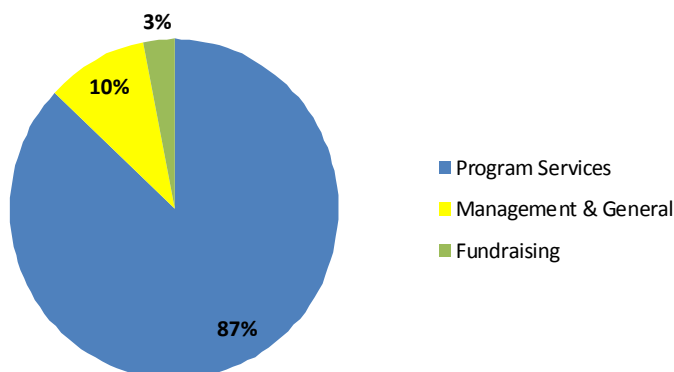
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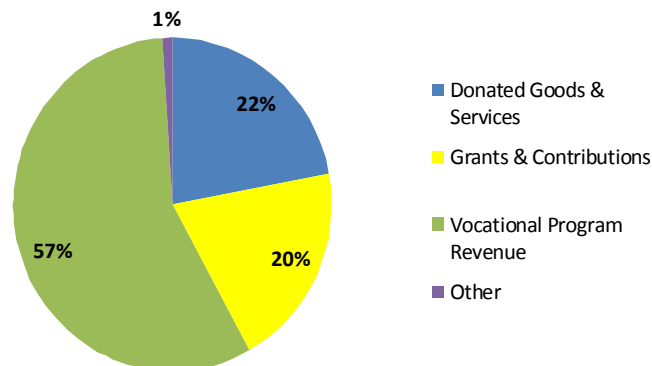
Rich West

Advanced Liquid Logic

Financial Information



Expenses



Revenue

* Audited Financials will be available upon request after 12/31/11