

a tribute to
our residents
2012-2013 Annual Report



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Dear Friends,

What a year it's been! As we prepare to celebrate our 20th anniversary in 2014, we know we have made a profound difference in the lives of thousands. We are proud to share some of our recent accomplishments in the pages that follow. These accomplishments are the result of the combined efforts of TROSA and our growing network of partners, customers, donors, volunteers, and other supporters — all dedicated to helping substance abusers become productive, recovering individuals.

Because of you, nearly 800 men and women who sought help for their addiction this year had somewhere to turn to change their lives. With a safe place to call home — free of drugs and alcohol — they could focus on achieving sobriety, all at no charge. As we have throughout the history of this program, we have enhanced our therapeutic approaches to more effectively meet the needs of our residents and support their recovery.

We are grateful for your support and we invite you to read this year's annual report to explore how you have affected so many lives with your investment. Together, we will continue to provide an environment in which courageous men and women can confront and conquer their addictions.

Tad vanDusen
Chair, Board of Directors



Kevin McDonald
Founder, President & CEO



What we've done together

What we accomplish, we accomplish together. We are community.

Some residents haul boxes. Others mow lawns and trim hedges. Still others wash the dishes, make the meals, clean the toilets, sweep the floors. We build the buildings we live in — brick by brick. We keep the lights on. We take classes, we search our souls, we break down, we start again.

Some make it. Some don't. Everyone tries.

Donors and supporters—you are an integral part of our success.

Your help supports our journey of change. Your dollars, hours, advice, and encouragement are the glue. Like the mortar between the bricks, you hold us together, make us stronger, make us healthier, make us better.

thank you

More than 300 people volunteered their time this year. Driving, teaching, sorting, giving. Doctors and nurses volunteer in our weekly health care clinic and treat residents off site. The involvement of volunteers and other supporters gives encouragement and hope to our residents.

Volunteers make a difference

“ I’ve been with TROSA now since it was a baby. I feel connected to it, and I think all the knowledge I have gained can help other people, letting them know it can be done. ”

Jesse

Jesse came to TROSA in 1995 when the program was just a year old and operating in a dilapidated former school building with cracking walls and leaky ceilings. But for Jesse, who was exhausted from drugs, crime and prison, it was “filled and pulsing with hope.”

At the time, Jesse says, “I felt like I had three strikes against me—no high school diploma, a felony record and no job skills. I went to the penitentiary because I wasn’t even good at selling drugs.”

Eighteen years later, Jesse is Men’s Program Director at TROSA.

As a TROSA resident, Jesse taught himself to use computers and earned a scholarship to Durham Tech to study computer network administration, soon becoming TROSA’s network administrator. He continued his education after graduating from TROSA and joining our staff. He has received multiple certifications in substance abuse counseling, a bachelor’s degree in human services and management, and most recently, his master’s in mental health counseling. **Now at 46, he looks forward to earning his PhD.**



Jesse: growth from within

TROSA Highlights

400,000 meals prepared

5,000 medical visits

3,700 volunteer hours provided

799 people served

148 men moved into new dormitories

128 residents earned driver's licenses

92 residents prepared for GED

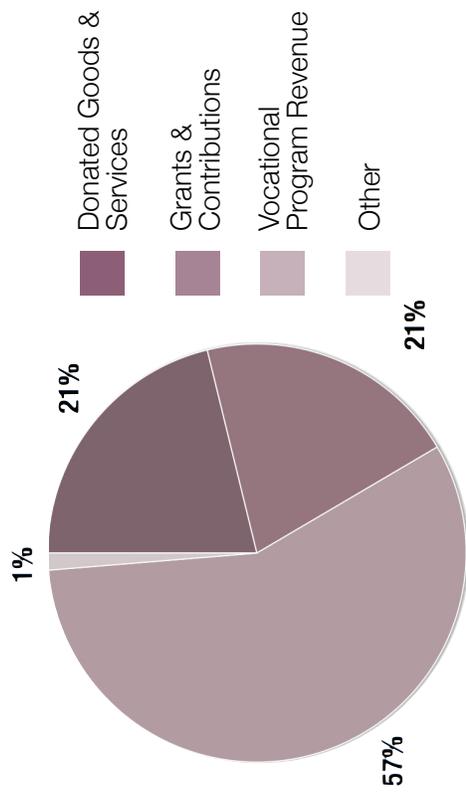
69 veterans served

54 residents took college courses

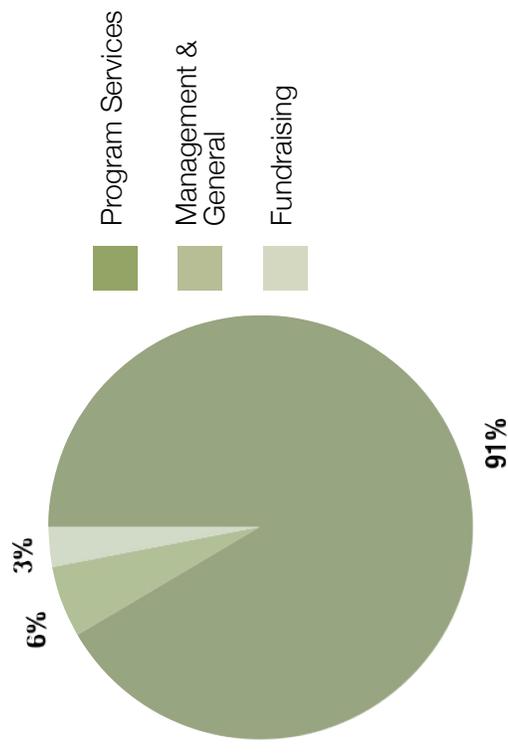
41 residents earned commercial driver's licenses

Financial Highlights

Total Fiscal Year 2012-13 Revenue



Total Fiscal Year 2012-13 Expenses



Serving veterans

“We care about veterans,” says TROSA Aftercare Coordinator Herman Williams, a Navy veteran and TROSA graduate.

Veterans are drawn to the structure and accountability required by the TROSA program. We are reaching out to returning veterans who have developed addictions. About 10 percent of our residents are veterans, including some who were homeless and some who are dealing with post-traumatic stress disorder.

Bull City Stand Down

TROSA helps to organize the annual Bull City Stand Down, where veterans gather for information and services—from food to haircuts to dental care—from dozens of providers. More than 1,000 veterans attended the event in September at the National Guard Armory and Memorial Stadium. Herman chaired the Stand Down’s logistics committee, and TROSA residents volunteered to assist with parking, food, transportation and clothing donations.

“A lot of military members are so proud that they don’t want to go to the VA and admit they have a problem,” Herman says. “We tell them it’s OK and help them seek services and find a place to stay.”

Veterans Crisis Line

The Veterans Crisis Line, a national hotline that connects veterans and service members to mental health professionals, signed an agreement with TROSA in 2013. Crisis Line responders tell callers about our no-cost program, enabling TROSA to reach more veterans who may need help.

“ I don’t want to be the person I was before, I want to be something better. ”

Marlena



Strengthening staff

We know that no single approach toward treatment works for everyone. That is why we offer a range of therapies to meet individual needs.

We employ evidence-based treatments that are supported by research. Our program staff and senior residents receive training under the direction of Paul Nagy, a Duke University expert in substance abuse treatment. For example, all program staff and senior residents have been trained in the technique of Motivational Interviewing, which involves asking open-ended questions that let residents recognize the impact of their behaviors and choices. The goal is to help people discover their own motivation to change.

We are dedicated to offering appropriate and effective care for each of our residents.

For Marlena, a former Army meteorologist, the first few weeks as a TROSA resident were a reminder of basic training. **“This is a get-off-your-butt-and-do-something-about-it kind of place,”** she says. And that was fine with Marlena, who is recovering from opioid dependence.

Marlena, 36, began using painkillers after she witnessed the death of her brother in a traumatic motorcycle accident. The problem intensified after she had back surgery.

“I’m lucky to be here,” she says. “I have a wonderful, beautiful mother who is taking care of my children [ages 14 and 16] while I’m here. I’m just grateful, so grateful.”

She wishes more veterans knew about TROSA's holistic approach.

“Many are unaware that TROSA deals with anything other than addiction. We help veterans deal with PTSD. We can help with things that happened before,” Marlena says. “Don’t think that your issues are too much for this program.”

Marlena: a better life

Marcus arrived at TROSA at age 28 to recover from heroin addiction.

His grandfather was a truck driver and his father is a retired trucking company owner. But it took the help of TROSA for Marcus to earn his commercial driver's license, or CDL.

We know marketable job skills and the prospect of employment offer people in recovery a sense of purpose and self-worth. That's why vocational training is a key part of our program. Marcus became a driver for TROSA Moving and now serves as its safety coordinator.

"When I was able to start talking to my family, it really struck me that it would make my father pretty proud of me to be in the family business, to learn what he did all these years, to get my CDL," Marcus says.

Thanks to the skills he learned at TROSA, **Marcus is considering a future in the logistics industry.**

“ My experience—training new drivers to drive and to maintain the safety of the fleet—will create a lot of opportunities for me. ”

Marcus



Marcus: moving to the future

Re-discovering fun without drugs

The Duke University volleyball team has become part of our TROSA community, offering residents a special lift. Hundreds from TROSA have cheered courtside, too. By donating tickets for outings and sponsoring activities for residents, organizations like **Duke give residents the chance to go out and have fun in healthy ways.**

At least twice a year, the Blue Devils put on a volleyball clinic for TROSA residents. Head Coach Jolene Nagel served as keynote speaker at our August graduation. For substance abusers in recovery, opportunities for fun without drugs and alcohol are part of rediscovering life.



New wheels for Nick

If you were the person who donated a 2002 Mazda Protégé to TROSA, your car's new owner has something to say. "I would like to tell whoever donated the car just how much I appreciate it," says Nick, a TROSA graduate who received the Mazda recently through our aftercare program. "It's a really good car, and really dependable. It's been a savior for me, because I was getting ready to go into debt for a car."

Nick, 39, drives the Mazda daily for his 20-mile commute to his job with a lawn care company. The car also gives him the flexibility to operate his own residential handyman service.

People who donate cars to TROSA, as opposed to many nonprofits, receive tax deductions for the full value of their vehicles.

"I am so thankful for TROSA, I feel like I'm riding on a cloud. It's been great." Nick



Joanne: smiling again

Many people arrive at TROSA with serious dental issues that keep them from chewing and speaking properly. “When I started using and abusing drugs, I let my teeth go,” says Joanne, a TROSA graduate. “In addition, you let everything go.”

Joanne came to TROSA at age 47 with a crack cocaine addiction. When she began feeling excruciating dental pain, TROSA arranged for her to have teeth pulled and to receive a partial denture.

“I can’t emphasize enough what TROSA has done for me — physically and in changing my way of thinking,” Joanne says. “I feel good with myself now. I can wake up and actually look at myself now and say, ‘Hey, have a good day.’ And I do. I make the day a good day.”

Dental and vision care remain pressing needs for our residents. Many have gone for years without treatment. Over the coming year, we hope to develop additional partnerships with generous providers who are able to make in-kind donations of dental and vision services to residents in need.



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Joanne

TROSA in the NEWS: Excerpts from an in-depth report by Yahoo!News, May 2013

How an innovative community in an old tobacco town is rebuilding shattered lives

“Tucked into a quiet neighborhood in Durham, N.C., TROSA — Triangle Residential Options for Substance Abusers — is an outpost for addicts who have run out of options. The people who come here are among the hardest cases in the substance abuse world. They’ve been battling addictions for years — sometimes decades — and have burned through whatever support networks they once had. They come with tragic pasts and mental health issues and criminal records. Some lived comfortable middle-class lives until their addictions drained everything away; others have been camping out in cars and under bridges for years. They come in their 20s and in their 50s. Many are high school dropouts. Some don’t know how to read.”

“But more remarkable than the people TROSA takes in are the ones it turns out. Unlike typical treatment centers, which run for a few weeks or months and focus mostly on getting clean, TROSA is a two-year, live-in program that helps addicts rebuild their lives from the ground up. People come here to get off the drugs but also to dig deep, to discover who they really are and what they’re capable of doing. Those who didn’t finish school will earn GEDs; others can attend college classes. Everyone who graduates from the program will leave with a job. And everything they need along the way, from toiletries to interview coaching, will be provided. **For free.**”

Read the full article at <http://yhoo.it/175f9Wh> or scan this QR code.



Ty: giving back

Ty, a TROSA graduate, celebrated 10 years clean and sober this year — his drug of addiction had been crack cocaine. Ty took advantage of every resource at TROSA, even earning his MBA at North Carolina Central University through our education program.

At 50, Ty lives in Africa with his family and works for an international relief agency. It's hard to imagine that Ty once had to beg for food. But now he is an annual donor to TROSA.

His goal, one day, is to give \$1,000 annually.

He chooses to give back to TROSA because he hopes the residents who are early in their recovery will see his story and realize “they too can change their lives and achieve their dream.” And he hopes you’ll support them, too.

6,500 people contribute to TROSA every year.

If each of us gives just \$25 more next year, we can provide 2,000 extra days of treatment in 2014. Imagine that.



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