



## 2015 Social Service Funding Application - Special Alcohol Funds

Applications for 2014 funding must be complete and submitted electronically to the City Manager's Office at [ctoomay@lawrenceks.org](mailto:ctoomay@lawrenceks.org) by 5:00 pm on Friday, May 2, 2014. Applications received after the deadline **will not** be reviewed by the Social Service Funding Advisory Board.

**General Information:** Each year, the City Commission considers requests for the allocation of dollars to a number of agencies that provide services benefiting the Lawrence community. These funds are to be used pursuant City Charter Ordinance 33, which states,

"Moneys in the special alcohol and drugs programs fund shall be expended on such programs, services, equipment, personnel, and capital expenditures as the governing body may from time to time determine is in the best interest of the public to address one or more of the following:

- (a) Prevention of alcoholism and drug abuse, including but not limited to education, counseling, public informational efforts and related activities; or
- (b) Alcohol and drug detoxification efforts and related activities; or
- (c) Intervention in alcohol and drug abuse or treatment of persons who are alcoholics or drug abusers or are in danger of becoming alcoholics or drug abusers; or
- (d) Law enforcement, prosecution, court activities and programs, or portions thereof, related to apprehending, prosecuting, adjudicating or monitoring individuals who are alcoholics or drug abusers or are in danger of becoming alcoholics or drug abusers, including individuals who are or may be charged with violating laws related to alcohol or drug use; or
- (e) Education, counseling, public information efforts, and related and associated activities related to preventing drug abuse and alcohol abuse, including but not limited to efforts to encourage healthy youth and family development and related efforts which include as a partial element drug abuse and alcohol abuse education, counseling, or public information efforts; or
- (f) Programs, activities, or efforts related to preventing or intervening in drug abuse and alcohol abuse, including programs, activities, or efforts for which drug abuse and alcohol abuse prevention or intervention comprises a partial element of the complete program, activity or effort; or
- (g) Any program, activity, or effort, or a portion thereof, that the governing body determines seeks to discourage, prevent, intervene, or address issues related to alcohol or drug abuse. The appropriation of funds by the governing body for such a program, activity, or effort shall be conclusive of compliance with provisions of this ordinance, and separate findings shall not be required."

Applications will be reviewed by the Social Service Funding Advisory Board at meetings held from 8:00 a.m. to 12:00 p.m. on May 23 and May 30.

**Applicants are asked to make a contact person available by phone in case questions arise.**

Following their review, the Advisory Board will forward recommendations for funding to the City Commission. Recommendations will be based upon the following criteria:

- availability of city funds
- the need demonstrated through the agency's application
- the stated objectives of the applicant's program
- alignment of the program with City Charter Ordinance 33
- the efforts to collaborate and avoid duplication of service demonstrated through the application
- outcomes that move program participants from total dependency toward measurable levels of independence
- ability to measure progress toward the program objectives and the City Commission Goals
- past performance by the agency in adhering to funding guidelines (as appropriate)

The final decision regarding funding will be made by the City Commission when they adopt the Annual Operating and Capital Improvement Budget in August.

**Other Information.** Collaboration and/or coordination between organizations is highly recommended and multi-agency proposals to address an identified community problem are encouraged. Programs should have research based effective strategies or "promising approaches." All programs must have goals with measurable outcomes.

Please note that funds will be disbursed according to the following schedule unless otherwise agreed to in writing:

- First half of funds will not be disbursed before April 1
- Second half of funds will not be disbursed before October 1

The budget picture from the Kansas Legislature creates uncertainty as to the status of the local portion of the alcohol liquor tax. If the Legislature decides to eliminate or reduce the local portion of this tax, it will impact the City's ability to fund programs. The City of Lawrence is proceeding with the Request for Proposal process and accepting applications for the alcohol tax revenues, with the understanding that funding levels, if any, are unknown and potentially subject to reductions by the State Legislature.

**Questions?** Contact Casey Toomay, Budget Manager at [ctoomay@lawrenceks.org](mailto:ctoomay@lawrenceks.org) or 785.832.3409.



## 2015 SOCIAL SERVICE FUNDING APPLICATION – SPECIAL ALCOHOL

### SECTION 1. APPLICANT INFORMATION

Legal Name of Agency: Lawrence Alcoholic Recovery House dba Hearthstone

Name of Program for Which Funding is Requested: Hearthstone Men's Recovery House

Primary Contact Information (must be available by phone 5/23/14 and 5/30/14 from 8 a.m. to noon.)

Contact Name and Title: Garry Braddy, Board Member OR John Rothwell, Board Member

Address: 1726 Indiana St., Lawrence KS 66044 (Dorsey)

Telephone: 785/691- 7827 (Braddy); 785/691 5489 (Rothwell) Fax: NA

Email: Don Dorsey, Board President ddorsey@sunflower.com

### SECTION 2. REQUEST INFORMATION

The criteria for each application questions are explained below.

**A. Amount of funds requested from the City for calendar year 2015:**

**\$7,500**

**B. Provide a brief description of the program.** Summary of program should be clear and concise. How is program consistent with City Charter Ordinance 33? Is program based on proven effective strategies or “promising approaches?” Description should address how program is designed to have long-term effects on a person’s decisions about alcohol and other drug use. When appropriate, program design takes into account the person’s family and/or community.

Hearthstone is a men's recovery house operated by Lawrence Alcoholic Recovery House, Inc, under IRS 501 C (3) aegis It is open to any chemically dependent man who has been clean for 72 hours. We have a capacity of 10 beds

**C. Provide a brief description of how the need for this program was determined.**

The need for the program should be clearly established and outlined. When appropriate, the context of other services available, or the lack thereof, should be provided. Statistical data that supports community need should be provided.

**D. Describe the desired outcomes of this program (see Logic Model).** At least one Process, one Behavioral and one Impact Outcome must be included and clearly outlined on Logic Model. Outcomes must be measured by an identified evaluation tool. Does agency show adequate progress towards achieving their targeted outcomes if previously funded.

**E. Describe any coordination efforts your agency has made.** Program strategy should involve a coordinated approach. Description should address how this particular program or service fits with other existing efforts to reduce fragmentation and duplication.

**F. Describe how your agency is capable of implementing the proposed program.** Based on agency history, management structure, and staffing pattern, does organization have capacity to implement the proposed program and achieve the desired outcomes?

**G. Provide a detailed budget for the proposed program using the categories provided.** The budget request for the program described should be reasonable and spelled out according to the categories below. Does the organization use funding creatively to get the most for the money, i.e. use of students, volunteers, in kind donations, leveraging of this funding to get other funding, etc.? Are long-term plans for program funding discussed – will this be an annual request for alcohol tax, is it expected to increase, decrease, etc.? Are other sources of funds used for the program? If so, are they described.

- |  |                   |                    |
|--|-------------------|--------------------|
| • Personnel(list each staff position individually and note if new or existing) | • Fringe Benefits | • Supplies: office |
| •  | • Travel          | • Supplies: other  |
|  | • Office Space    | • Equipment        |
|  | •                 |                    |

### SECTION 3. LOGIC MODEL

Please complete the Logic Model below.

#### Program Description

Hearthstone is a men's recovery house, incorporated as Lawrence Alcoholic Recovery House (501 C (3), and operated by a board of directors who are themselves in recovery from drug and alcohol addiction Our program is based on the 12-Steps of Alcoholics Anonymous and Narcotics Anonymous We are open to any man who has been clean for at least 72 hours and is willing to live by house rules. Men of all ages and conditions have passed through our home. We have room for up to 10 men who are willing to commit to a minimum stay of 90 days. We have been in continuous operation since 1981.

Each individual is treated with dignity and respect by Board members. Many alcoholics and addicts have lived lives of isolation and loneliness so social relations are an important part of our recovery program. Living in a group of 10 alcoholics/addicts can be stressful, but using 12-Step principles has helped residents learn new ways coping. The serenity and harmony that generally prevails is truly remarkable considering the histories of the residents. Family and friends are encouraged to visit, helping the residents to repair some damage and to grow deeper into community life.

#### Target Group

One hundred percent of our residents are long-term alcoholics and addicts, usually both. They are also indigent, coming to us from rehabilitation centers, prisons, homeless shelters, jails or the streets. We accept men of any age or condition, so long as they agree to fulfill their obligations, which of course includes abstinence and being a positive member of the Hearthstone family.

#### Program Goals and Objectives

Our primary purpose is to help alcoholics and addicts to achieve sobriety. Without sobriety, other goals, no matter how worthy, could not be reached. A secondary goal is to have each man maintain full employment, which we define as at least 30 hrs. per week.

#### Strategies

Our strategies begin with rigorous participation in 12-step programs, requiring each man to attend a minimum of 4 recovery meeting per week in the community and to work with a sponsor. There are also 5 mandatory House Meetings weekly, which are recovery based. Four of these meetings are led by Board Members and the fifth is led by residents. In addition, residents host a recovery weekly meeting that brings Hearthstone alums back home to share their experience, strength and hope.

Employment is an important part of our recovery program and a condition for staying at Hearthstone. For most men this is their first gainful employment for many years, if ever. Having a regular job and paying their own way gives a man dignity and residents say they have a new found purpose and pride because of it.

Within Hearthstone there are levels of freedom and responsibility. For at least 2 weeks after joining us a new man is on restriction, meaning that he only leaves home to attend 12-step meetings, to look for a job or to go to work. Later, if a man is fully employed, is current with room and board payments and otherwise in good standing, he has an evening curfew

and is allowed weekends away from the House. Restriction serves to focus a man and provide boundaries until he is better able to do that for himself.

We also encourage participation in family, community and spiritual activities because we want the newly sober man to make a comfortable transition from structured living, and to have lots of support on the road to long term sobriety. We connect with our neighbors by keeping our home in good condition and helping them with small tasks such as snow removal. Some residents say this is their first experience at helping others and it feels good. We show respect to our neighbors by keeping quiet hours and being friendly to all.

We are frugal and keep residents' costs to a minimum. Many have legal fees, child support, restitution and other debts, and almost all are indigent. This means Hearthstone extends credit to residents until they can support themselves because no man should miss a chance for a sober life just because he is broke. Our experience has been that a man who leaves in recovery, having worked during his stay, having paid his room and board, and having a small nest egg stands a much better chance of long-term sobriety. He leaves Hearthstone with a new sense of self worth, an improved financial position, and his human dignity restored. We start a man on his road to recovery and give him hope, the missing ingredient for so many addicts and alcoholics.

The Board of Directors is responsible for all operating expenses, the residents are responsible for feeding each other. Weekly costs are \$65 for rent and \$40 for food. Residents maintain the food fund and do their own shopping and cooking. Because of our policy of accepting indigent residents we have lots of noncollectable rent. Residents are required to get jobs and pay rent, but some leave owing money. Having current residents pick up the costs of those who left owing is not fair, especially when most of them struggle financially themselves. Funds from the Alcohol Tax help make up the losses and keep costs reasonable. Because of low costs even residents with low paying jobs can pay their own way, pay down their debts and leave Hearthstone with a small nest egg.

### **Assessment Data**

#### **Needs Assessment**

Hearthstone has operated since 1981 and has been supported almost entirely by room and board payments from the residents. Year after year we have operated at 95% capacity or higher, often fielding calls from individuals, treatment centers and law enforcement looking to place residents. Every year we turn away men who would otherwise qualify simply because there is no more room. There is no shortage of alcoholics and addicts who are trying to achieve sobriety.

#### **Process Outcomes**

The main intervention is: Full participation in 12-step programs, including sponsorship; Full participation in house meeting and fulfillment of house responsibilities; Full employment, defined as a minimum of 30 hours per week. In 2013 forty residents participated in this program, for as few as 2 weeks and as long as 60 weeks and counting. The budget below shows that the only money spent on these strategies had to do with maintaining the building and paying for drug test supplies. We also contributed money to the food fund so men would not go hungry during periods of unemployment.

**Table I      Operating Budget 2013**

Income (Rent from Residents)	\$21,411
Alcohol Tax Fund	\$7,500
Total Income	\$28,911
Expenses	
Rent	\$10,200
Utilities	\$8,766
Kitchen appliances (stove, dishwashers, refrigerators)	\$4,800
Supplies, Maintenance and Repairs	\$3,058

Insurance	\$1,171
Employees, Office Space, Office Supplies	\$0
Total Expenses	\$27,995

Our operating budget is in the black, only just. Last year with the help of the Alcohol Tax Fund we were able to replace exhausted appliances, that were failing despite frequent repairs. The electrical stove, which had been shorting and sparking, has been replaced by a much safer gas stove. Alcohol Tax Funds also went toward maintaining and repairing our home at 745 Ohio. Maintenance is a constant issue with 10 men in a century old house. We have deferred some structural repairs to the front porch, for instance, while we wait for a better balance sheet. Because our income and expenses are nearly equal we have little room to help with buying food should that become necessary. In the past we have had to help by food because men have spent weeks looking for work before they could contribute to buying groceries. Many residents leave before they have caught up on their rent so the Alcohol Tax funds help with the shortfall, otherwise the burden would fall to the remaining residents.

**Table II—Program Outcomes**

Length of Time at Hearthstone		Number and Percentage of Men Sober	
Less than 2 Weeks	2 Residents	0%	(0/2)
Less than 12 Weeks	23 Residents	61%	(14/23)
12 Weeks and Greater	15 Residents	100%	(15/15)
Overall Sobriety Rate (Minus Residents Leaving Early)		76%	(29/38)

### **Behavioral Outcomes**

Our definition of a successful outcome is this: continuous sobriety through a minimum of 90 days. Residents who leave before 2 weeks are not counted in this figure because they never gave the program a chance. During the current fiscal year 40 residents stayed at Hearthstone and 2 left before the 2 week trial period. The table above shows a very strong correlation between time spent at Hearthstone and continuing sobriety. These results are generally consistent with data from other residential and out patient programs: more time in treatment equals more time in sobriety.

### **Process Outcomes**

Our interventions are tied directly to our goals and objectives. Briefly, the interventions are: 12-Step recovery meetings; In-House recovery meetings; full employment, all tied to a minimum commitment of 90 days. 100% of our funds were spent on the residents for maintaining sober housing, including supplies for urine and breath analysis.

### **Impact Outcomes**

It is not possible to track sobriety once residents move into the world. Whether they succeed or not we have no way to track them. We do know that over the years many former residents have remained sober, some for decades. They are workers, business owners and family men. They have made social contributions by being solid citizens, paying taxes and giving to the community. Many remain active in the recovery world, helping others like themselves to achieve sobriety. Several have returned to serve on the Hearthstone Board and continue to do so.

### **Organizational Capacity**

All board members are in recovery and have been living sober from four years to more than three decades. Some of the board members are former Hearthstone residents. These volunteers receive no compensation of any kind. This house has been managed successfully since 1981 with current board members serving from 1 to 29 years. There are no employees of any kind, nor are there any consultants hired. We are run entirely by volunteers.

### **Coordination With Other Agencies**

Hearthstone has informal contacts with detox and treatment centers, Oxford Houses, First Step House, parole and probation officers, the courts juvenile justice, DCCCA, lawyers and law enforcement officers. Many residents are referred to us by these organizations and individuals.

Bedding, furniture and kitchen equipment each have lifespans. Though residents take good care of the home, having 10

ASSESSMENT DATA	PROGRAM GOALS/OBJECTIVES	TARGET GROUP	STRATEGIES	PROCESS OUTCOMES	BEHAVIORAL OUTCOMES	IMPACT OUTCOMES
Assessment is baseline (the prior with no risk protective or data).	The Goals and Objectives are statements of what you're wanting to accomplish with the program.	Your target group is who you're working with.	<p>Strategies are the program, policy, procedure, etc. you will implement to address your goals.</p> <p>The basis of Hearthstone is a commitment to 12 Step recovery, either through Alcoholics Anonymous or Narcotics Anonymous. Residents are required to attend a minimum of 4 recovery meetings per week and They are strongly encouraged to find a Sponsor. Residents also attend a House Meeting at Hearthstone 5 evenings per week. These recovery meetings are led by 2-4 Board Members.</p>	<p>Process outcomes measure what intervention was conducted with what group of people (I.e., how much money was spent, number of people served, client satisfaction)</p> <p>Example: Fourteen lessons were taught to fourth graders during January 2015.</p> <p>*All outcome statements are concrete with numbers of change over an amount of time</p>	<p>Behavioral outcomes measure the impacts, benefits or change in behavior during and after participation in the system/intervention.</p> <p>Example: The grade point average of all matched students raised by .5% during first semester of 2015.</p> <p>*All outcome statements are concrete with numbers of change over an amount of time</p>	The impact outcome will be your "pie in the sky" statement of how things will be down the road for your target population if all your outcomes are met and everything goes perfectly.

men in a house means that the something always needs replacement. Not a penny of our funds is ever spent on Board Members or employees. The Board of Directors are all volunteers and there are never hired employees. Every cent goes into the house and towards our primary purpose: To help other alcoholics and addicts to achieve sobriety.