

2016 Social Service Funding Application—Special Alcohol

Section 1 Applicant Information

Lawrence Alcoholic Recovery House dba Hearthstone

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No fax machine, but will be available during required contact hours to answer any questions regarding the grant award.

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Section 2 Request Information

A Amount of funds requested from the City for calendar year 2016: \$7,500.

B Program description. Hearthstone is a recovery house for men with drug and alcohol addictions. As such it directly addresses Charter Ordinance 33, specifically sections a (education, counseling, public information); c (intervention and treatment for alcohol and drug abuse); e (education, counseling, public information, healthy youth and family); f (programs, activities and efforts for which drug and alcohol abuse prevention is a major element); and g (program or effort aiming to discourage, prevent, or address alcohol and drug abuse).

As many as 10 men reside at Hearthstone at any one time. Residents are admitted after being interviewed by Board Members and residents to determine suitability. Applicants must have 72 hours clean and sober at the time of their interview and must pass a urine analysis before being admitted.

Residents are required to participate in 5 House meetings weekly where house business and recovery are the topics. In addition, each man is required to participate in Alcoholics Anonymous or Narcotics Anonymous by getting a sponsor and attending a minimum of 4 meetings per week.

Men are required to find full time employment as soon as possible so they can pay their rent and contribute to the food fund. Weekly charges for room and board are \$105. Getting a job is also an important part of recovery, allowing men to contribute to society, learn responsibility and to regain the dignity conferred by honest work. Being employed also lets men pay child support, court restitution and outstanding debts.

Residents commit to a minimum of 90 days at Hearthstone, though many remain for much longer, having learned by example that the longer one stays at Hearthstone the greater the chance for long-term sobriety.

C Determination of Need. The need for Hearthstone has never been in doubt. We have been at near capacity for 32 years, excepting brief periods when one man moves out and another replaces him. Hearthstone fields a constant stream of inquiries from individuals, families, treatment centers, parole officers and detoxification centers. More men want recovery than there are beds to serve them.

D Desired Outcome. The desired outcome for Hearthstone residents is long-term sobriety, gainful employment, and a reconnection with family and society. We consider a resident successful when he has gotten a job, has stayed sober and has lived at Hearthstone for a minimum of 90 days.

E Coordination Efforts. Hearthstone is a stand-alone program with no formal attachments to other agencies. This independence is by design and allows us to focus entirely on sobriety while remaining free from outside concerns. This does not mean, however, that we are isolated. Every individual, whether resident or Board Member, is deeply immersed in the Lawrence recovery community. We cultivate intimate contacts with Alcoholics Anonymous, Narcotics Anonymous, treatment centers and the whole spectrum of law enforcement.

F Capacity to Implement the Program. Hearthstone has operated for over 32 years. During its entire history the program has been staffed by volunteers who dedicate between 8 and 40 hours per month. The Board has remained steady between 7 to 9 members. Some members have served for nearly 30 years, some have served 3 to 15 years and newer members have served 1 to 3 years. During our existence the Board has always had a mixture of experienced volunteers and newer members. This results in a board that combines wisdom with energy, which in turn has provided long-term stability for Hearthstone.

G Budget. Most of the categories on this application do not apply. There are no expenses of any kind for personnel, office costs or travel costs. There are no contracts or agreements of any kind, excepting routine maintenance and repair.

Our funding plan is simple and has not varied since the start of Hearthstone. Residents pay a fee for room and board, currently \$105 per week. From that money residents shop for groceries, cleaning supplies and housekeeping items. After setting aside money collected for food, The Board pays rent, utilities, insurance, maintenance, furniture, etc.

Recently we have received \$7,500 in City grants for 2014. We have also been awarded \$7,500 from the City for 2015, which payment is pending.

Budget for 2014

Utilities	\$ 9,067
Rent	\$10,200

Insurance	\$ 1523
Maintenance/Repairs	\$ 2,800
Misc. (drug tests, fire alarms & extinguishers, etc.)	\$ 536

Section 3 Logic Model

A Assessment Data. Our assessment data are simple. Success is staying at Hearthstone for a minimum of 90 days, having a full time job, participation in a 12-Step recovery program, and continuous sobriety for the entire time.

B Program Goals. Our program goals are reflected exactly in our assessment data, namely: staying at Hearthstone for a minimum of 90 days, having a full time job, participation in a 12-Step recovery program, and continuous sobriety for the entire time.

These goals are easy to measure while a man resides at Hearthstone and are important because they are the foundation of long-term sobriety. We also have goals and aspirations that are not so easy to measure once a man leaves Hearthstone. Most importantly, we want men to continue sober living once they return to society. We also expect them to be productive citizens and good family members. Ultimately, we aspire for Hearthstone alumni to live lives of peace, serenity and service to others. While we continuously strive for this in everything we do, there is no feasible way to measure those goals. We put our faith in that power greater than ourselves to see us through.

C Target Group. Hearthstone residents are men trying to recover from drug and alcohol addiction. In practice that means most of our residents are indigent men in extreme circumstances. Few have homes or jobs when they come to us. Many arrive from shelters, jails and prisons. Without exception, our applicants are “low-bottom” addicts and alcoholics who have become desperate enough to try our structured approach to recovery. In very short order, men who begin in sobriety undergo remarkable transitions. They are truly an inspiration.

D Strategies. Hearthstone recovery is simple: immerse ones self in Alcoholics Anonymous and Narcotics Anonymous, and learn to practice those principles in all aspects of life.

E Process Outcomes. The intervention was: a commitment to live at Hearthstone for a minimum of 90 days while following all the rules and responsibilities. These include full time employment, participating in 5 in-house meetings per week, and full participation in AA or NA, meaning sponsorship and at least 4 meetings per week.

F Behavioral Outcomes. These data show results for men who stayed a minimum of 2 weeks. Persons staying for less than that time are considered to have left before giving the program a chance. Some of the early leavers violated sobriety and were asked to leave. Others left for jobs, housing, or because they felt Hearthstone was not for them.

Hearthstone served 36 men whose residency ranged from 1 month to 14 months.

Sobriety Status	Less than 90 Days in Residence	90 Days or More in Residence
Clean and Sober	7	11
Having Used Intoxicants	6	3
Status Unknown	9	

The chart above makes several points.

- Overall, 50% of residents met recovery goals.
- Of residents making their 90-day commitment 73% met recovery goals.
- Of residents not making their 90-day commitment 54% met recovery goals. Note, this figure excludes the 9 residents whose sobriety status was unknown.

These results have been consistent throughout Hearthstone's history--the longer a man remains in residence the better his chances for long term recovery. This record of recovery compares well with other approaches, especially since Hearthstone tends to take in the most difficult cases.

G Impact Outcomes. If everything goes perfectly each man leaving Hearthstone would live a life of sobriety and serenity, being a productive member of society, and having a loving family life. In fact, this does happen; some former residents have been living this life for decades and many recent residents continue to do so as well. We are well aware, however, that many others stay sober for some time and yet return to addictions. Recovering from drug and alcohol addiction is a long and difficult process with no guarantee of success. We also know that unless men begin recovery they have no chance at all. Hearthstone has given that chance to many hundreds over the years.