

City of Lawrence
Outside Agency Annual Report 2017

Lawrence Alcoholic Recovery House (dba Hearthstone)
January-December Report

1. Hearthstone is a men's recovery house for alcoholics and drug addicts. Men attend 5 house-meetings per week, based on the principles of Alcoholics Anonymous and four outside AA or NA meetings per week, are required to get a sponsor and to work the 12 suggested Steps for recovery.

Residents are required to obtain fulltime employment, to cook, clean and shop for the house, and to maintain the home both inside and outside.

2. The chart below shows how many men were served during 2017. Men spending less than 2 weeks are not considered to have participated in the program because their time at Hearthstone was too short to have made an impact.

Forty two men resided at Hearthstone, with an average stay of 8.5 weeks. At intake 12 of 42 men were employed, all were indigent and none had a fixed address. All, even the youngest, were long term alcoholic/addicts and all had come into contact with the justice system or social services.

The table below is a snapshot of 2016. Some residents moved in before that year and others continue to reside into 2018. Residents sign an agreement saying they will remain at Hearthstone for 90 days at a minimum, which is why the chart is organized according to that timeline.

1 Month or Less	1 Month to 90 Days	90 Days to 6 Months	6 Months to 1 Year
12	17	10	3

One resident stayed for 15 months

It is not possible to measure rates of sobriety; there is no reliable, affordable way to track people over time, nevertheless we are able to make observations that have remained consistent over the more than 30 years Hearthstone has been in existence. The most obvious result is this: the longer men reside at Hearthstone the better their chances for long-term sobriety. Several dozens of former residents remain in contact and attest to that.

The converse of this principle is also true: men with short stays at Hearthstone have much more trouble keeping sober—the shorter the stay the less likely a man is to remain sober. While these are generalizations, and there are exceptions, the basic story remains true.

3. The many men who have left Hearthstone on good terms and remained sober have literally turned their lives around 180 degrees. Former thieves and drug dealers are now tax-paying citizens who work and run businesses. Men who once had been gone from the lives of their children and wives have become good fathers and family men, finding joys that many did not experience in their own childhoods. Finally, anti-social alcoholic/addicts have become contributors to schools, churches and society, often using their experiences to help others avoid or recover from addiction.

4. Addiction is a difficult and widespread problem. Poverty and heredity, as well as the brain's own susceptibility to alcohol, tobacco and drugs, insure the problem will never go away. Because Hearthstone is based on the 12 Steps we take the approach that sobriety is an inside job, and the problem can be attacked one alcoholic or one drug addict at a time. We focus on small successes rather than the long list of barriers to success.

5. Our budget is extremely simple. There are no paid employees of any kind. Except for the City Alcohol Tax Fund, we are supported by rent money paid by residents.

Our expenses are for rent, utilities, insurance and building maintenance. The City Alcohol Tax fund goes into the general fund (the only fund we have) and is used for insurance, drug-testing kits and appliances.