



## ARORP 3rd Quarterly Report October 1<sup>st</sup>, 2023 – December 31<sup>st</sup>, 2023

### Participants Activity in Project Location

- 54 Men Served
- 34 Current Participants

### Graduated Residents

- 9 (4 still reside in home)

### Reason for Discharge

- Admin (5)
- Graduated (3)
- Relapsed (2)
- Withdraw (7)
- Prison Sentence/Arrested (1)
- Normal Transition (2)

### Employment

- Currently Employed (31)

### Veteran Status

- Veteran (5)

### Family Reunification

- All 27 residents are in regular communication with their spouses/children and working towards the goal of reunification.
- 6 are working towards reunification.

### Sobriety

- 6 men have over a year of sustained recovery and working on their 18-month birthdays.
- 24 have a range of 31 days - 11 months of recovery.
- 4 have less than 30 days recovery.
- 7 confirmed have sustained their recovery since leaving program.

### Driver's License & Vehicle Ownership

- 12 have obtained their driver's license since entering NSRH or had driver's license upon entering program.
- 22 do not due to court order but are working towards achieving the right back.
- 4 have their own vehicles upon entering program.

## Drug Tests

- 299 drug tests (16-panel) have been provided since 10/1/2023.
  - Positive for THC (14)
    - ❖ Intakes (14)
  - Positive for Alcohol (1)
    - ❖ Intakes (1)

## Insurance

- 13 participants began SNAP/State provided insurance.
- 11 participants moved from state insurance to employer provided insurance.
- 8 pending for SNAP (applied, awaiting approval)

## Demographics

- 18 to 24 (2)
- 25 to 29 (5)
- 30 to 34 (9)
- 35 to 39 (17) ***We have found that this age range has more success at recovery than any others in our facility.***
- 40 to 44 (10)
- 45 to 60+ (6)

## Race

White (21)  
American Indian or Alaska Native (1)  
Asian (1)  
Black or African American (7)  
Hispanic (4)  
Unknown (20)

## Ethnicity

(20) White Non-Hispanic  
(4) Hispanic  
(30) Other/Undisclosed

## Substances of choice of clients with active occupancies

All residents have a clear history of using opioids at some point during active addiction. However, in most cases it wasn't the preferred first choice. (Some men have multiple SOC)

- Alcohol (12)
- Fentanyl (1)
- Methamphetamine (46)
- Prescription Opioids (7)
- Marijuana (20)
- Heroin (4)
- Benzodiazepines (13)

## **County Origination**

- Sevier (2)
- Benton (3)
- Cross (2)
- Johnson (8)
- Izard (1)
- Pulaski (8)
- Pope (3)
- Lonoke (10)
- Logan (3)
- Garland (1)
- White (1)
- Saline (1)
- Faulkner (2)
- Bradley (1)
- Franklin (1)
- Independence (1)
- Washington (3)
- Out Of State (1)
  - Missouri (2)

## **Services Provided**

Next Step has expanded our drug and alcohol program into three phases. A unique combination of both clinical and non-clinical services, creating an atmosphere of a holistic approach to long term recovery. This three-tiered phase system is 10 months in length. However, residents are permitted to stay until they are ready to take their “Next Step”.

We have partnered with Safe Haven Treatment to provide our clinical services.

**Phase I** - consists of 12 weeks of Intensive Outpatient Treatment (IOP). Upon completion, residents are eligible for weekend passes on the first and third weekend of each month.

**Phase II** - consists of 12 weeks of Outpatient (OP) drug and alcohol treatment with a reduced requirement of class time.

**Phase III** - is 4 months of aftercare, where participants maintain their progress.

Upon completing our ten-month program, we host a graduation where residents have family and friends celebrate their achievements with our staff and recovery community. They are also given the opportunity to continue living at Next Step as alumni; this is the truest form of peer recovery leadership.

## **Drug and Alcohol Classes for the last 90 days**

- Completions (4)
- Currently Enrolled (28)

## **Clinical Classes taken during Phase one and two:**

- 24 Individual Sessions
- Living in Balance (Evidence based treatment curriculum for SUD)
- Parenting

- Thinking, thoughts, and behavior cycles
- Communication Skills
- Budgeting
- Anger Management
- Domestic Violence
- Foundations of Freedom

#### **Weekly Peer Services Provided by Next Step peers.**

- Peer-led groups
- Case Management
- Mentorship
- Life Recovery Group
- Recovery & Wellness Coaching
- Transportation to IOP
- Advocacy

#### **Weekly NA Meeting & Specialty Court Mileage**

- Monday- Easy Does it Group 7 pm. Round trip 12 miles Clarksville.
- Tuesday- Drug Court 8 am round trip 54 miles Russellville – ***Currently NO Drug Court Participants in Russellville but one participant just arrived that will be attending Johnson County Drug Court.***
  - Life Recovery 10 am round trip 12 miles Clarksville
  - New Start 7 pm round trip 64 miles Dardanelle
- Wednesday- Unscheduled events as necessary
- Thursday- Drug Court 8 am. 54 miles round trip Russellville
  - Life Recovery 10 am. 12-mile round trip Clarksville
  - Friends for Freedom 6 pm Russellville 54 miles round trip
  - New start 8 pm round trip 70 miles
- Friday- Easy does it group 7 pm Clarksville 12 miles round trip.
- Saturday- Unscheduled events as necessary
- Sunday- Church 18 miles round trip Clarksville
  - Walmart run Clarksville 26 miles round trip
  - Friends for freedom 6 pm. Russellville 54 Miles round trip

*Does not include exact routine employer routes as that changes based upon employment status of participants' where the locations they work. Below is the mileage to each company we are partnered with.*

- Tyson Chicken 36 miles round trip
- Bullock Construction 24 miles round trip
- Coast to Coast 28 miles round trip
- Butterball 57 miles round trip
- K2 Marine 22 miles round trip
- Greenville Tubing 10 miles round trip
- University of Ozarks 10 miles round trip

In October, we received a generous donation of an \$80,000 RV, significantly expanding our capacity to accommodate 41 individuals.

Next Step Recovery Housing created a recovery podcast that has become a powerful avenue for shattering stigma surrounding addiction. Allowing the men to share personal stories of resilience, and the journey to recovery.

The podcast fosters understanding and empathy, providing a platform for individuals to discuss their struggles openly, dismantling stereotypes and misconceptions. Through candid conversations, listeners gain insight into the complexities of recovery, ultimately challenging societal judgments. The collective impact of these narratives can contribute to a more compassionate and informed community, breaking down barriers and encouraging a supportive environment for those on the path to healing.

We're presently under a construction project, incorporating an additional bedroom that will increase our bed capacity to 43.

We are diligently collaborating with the National Association of Recovery Residences (NARR) to formulate peer recovery training and conference courses. Simultaneously, efforts are underway in partnership with the Virginia Association of Recovery Residences (VARR) to secure Next Step Recovery Housing's accreditation through the NARR certification. Anticipated completion is targeted for February, with an extended deadline no later than March, reflecting our commitment to achieving these significant milestones in a timely manner.

Next Step is scheduled to deliver presentations at two prominent events: the National Reentry Conference 2024 in Nashville and the 2024 NARR Recovery Housing Conference in Virginia. The focus will be on elucidating the critical aspects of fostering successful recovery housing while strategically leveraging social media as a platform to enhance value and extend reach. This underscores our commitment to sharing insights and contributing to the advancement of best practices in the field.

In addition, we also faced an unforeseen situation in October, revealing inadequacies in our septic system. In our attempt to tie in our new container home into our main plumbing system the County's Department of Health mandated that we could not, as the existing system was designed for a single-family home, insufficient for the accommodation of 41 individuals, much less the addition of a container home which would increase that number. When we purchased the property, we did not foresee the septic system being inadequate, ultimately causing us to replace it. Consequently, we underwent an upgrade of the septic system, integrating additional lateral lines to align with regulatory compliance. This measure ensures adherence to health and safety regulations in our facilities. Our residence now has a stable and safe septic system that meets compliancy requirements and future growth of our facility.

Thank you for allowing us to serve Arkansas.

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