

# REAL LIFE

A New Day. A New Life. A New Beginning.

## ANNUAL REPORT 2018



REAL LIFE  
Community Center  
A New Day. A New Life. A New Beginning.

the REAL house  
DRUG FREE RESIDENCE  
established April 2017

406 E. MAIN STREET, RICHMOND VA 23219 (804) 322-3311



Dear Friends,

We want to sincerely thank you for the passion you have shown in supporting REAL LIFE's mission. Without your unwavering support, we would not have been able to accomplish all that we did in 2018.

2018 was our first year in operation at the REAL LIFE Community Center (RLCC). Previously, the REAL Program was implemented in the Richmond City Justice Center, limiting our ability to support people post release, as well as those in the community. The RLCC's advent now allows us to holistically serve anyone desiring services. In fact, in our first year alone, we more than doubled our goal and provided services to over 400 individuals, all free of charge to the clients.

Every day, men and women looking for a second chance and a shot at redemption walk through the doors of the RLCC seeking hope, motivation, and skills in order to make that change. The services offered at the REAL LIFE Community Center serve as a catalyst for overcoming adversities, sustaining sobriety, and providing a pathway to a thriving future through cultivating stronger families, gaining meaningful employment, and improving personal interaction skills, while building a foundation of faith, if they desire.

In addition to the Center, REAL LIFE maintains The REAL House, a recovery residence for men. Operating consistently on a waiting list, we continue to see a shortage in affordable sober living options for individuals in the city of Richmond. We hope this is something REAL LIFE can address further in 2019.

REAL LIFE facilitates an opioid program in Riverside Regional Jail, which is on its third cohort now. In addition to providing programming at Riverside, staff from REAL LIFE frequent other jails and prisons across the region to provide programming and panel discussions, lead classes, and participate in reentry fairs. We also work closely with Richmond Courts, drug court, and probation, as well as federal probation, federal drug court, and federal court.

REAL, four of our participants, and our Director were featured in the documentary film *16 Bars*, released in 2018. The movie premiered at a film festival in California and won audience favorite, followed by best documentary in the downtown Los Angeles film festival. Since then it has been featured at several other film festivals around the country. We had a screening in Richmond at the Byrd Theatre with over 600 in attendance and have shown it privately for educational purposes at the Chesterfield County Jail, Deep Meadow Correctional Center, and The Healing Place. We look forward to its future in 2019, to include video on demand viewing, development of an educational curriculum, and an album release.

We hope you enjoy this report, that provides a deep overview of much of what 2018 encompassed for REAL LIFE. We are so incredibly honored by your love and support. You are all a part of the REAL family and have touched our hearts with your generosity and support. We look forward to seeing continued progress in 2019 as we strive to make Richmond a better place.

Sincerely,

Elaine Minor  
Chairwoman

Sarah Scarbrough, PhD  
Founder & Director

# REAL LIFE's Mission

Our mission is to assist individuals who have been impacted by incarceration and homelessness, or who are battling a substance use disorder, to overcome barriers and obstacles faced within the community that hinder their prosperity and ability to have a thriving future.

## REAL LIFE's History

REAL LIFE was founded in 2016 by Dr. Sarah Scarbrough as a response to the growing number of challenges faced by men and women exiting incarceration in Richmond, Virginia. As Program Director in the Richmond jail (from 2013-2017), Dr. Scarbrough and other program staff received multiple calls each week related to the obstacles faced by returning citizens who were a part of The REAL Program in the jail.

While The REAL Program (in the jail) highly prepared someone for success upon release, the number of challenges post-release hindered success for many. As such, REAL LIFE (RL) non-profit was founded to address the needs as best as possible. Operating with volunteers for the first two years of existence, RL was only able to assist individuals in need in a small manner, such as helping with resumes or providing cell phones or bus tickets. The help was only available to those who were exiting incarceration in Richmond. We continued to recognize over a two- year period, however, that the need was much bigger than we had the manpower and infrastructure to manage. We were receiving many calls from individuals in need, probation officers, and counselors in various jails and prisons – all asking for our help. We knew RL had to do more.

As an initial response, RL opened a recovery house for men in April 2017. This enabled RL to provide much-needed housing for those without funds to access housing elsewhere, whether independent living or at other recovery houses. The REAL House gives up to nine men at a time (who otherwise would be homeless or living in very undesirable and unsafe conditions), an opportunity for a fresh start through a structured, sober, and safe environment.

Yet, we knew the house was just the first step, as it was not nearly enough. There were many others in dire need of assistance. As such, we established the REAL LIFE Community Center (RLCC) and opened in December 2017. Further, shortly after opening, we realized a need we did not anticipate: pregnant women in the adverse situations mentioned previously. Within two weeks, we kicked off an expectant mother program, hiring a case manager who specialized in working with this population and who works now primarily with ladies who are pregnant or have children under one year.

Upon opening the RLCC, Dr. Scarbrough left the Richmond Sheriff's Office to be RL's full time director. Currently, RL employs five full time and three part time staff members. In our first year of operation, we anticipated holistically serving 200 individuals, but ended up serving over 400, which revealed that the need in the City of Richmond was greater than we ever anticipated.



### Board:

Elaine Minor  
Chair  
Richmond Police  
Department

Allison Hallberg  
Vice Chair  
Integrated Health  
Services

Jamal Brooks  
Secretary  
Community Volunteer

Laikyn Severson  
Treasurer  
Divaris Realty

Anand Francis  
Capital One

Anthony Mingo  
Virginia Family and  
Fatherhood Initiative

C.T Woody, Jr.  
former Richmond City  
Sheriff

### Staff:

Sarah Scarbrough, PhD  
Founder and Director

Tauchanna Gilmore  
Expectant Mother Case  
Manager

Jessica Jones  
Case Manager

Ryan Riggs  
Case Manager

Thomas Young  
Case Manager



# 2018 Infographic Overview



Total served since opening  
(Dec 2017 - November 2018)

338



Expectant Mother Program

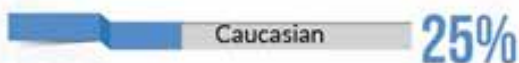
73

## PARTICIPANT OVERVIEW

### DEMOGRAPHICS



African American



Caucasian

25%

### MENTAL HEALTH

71%

of clients have been diagnosed with or have a current diagnosis for a mental illness.



### HIGHEST RISK FACTORS IDENTIFIED BY ASSESSMENT



Trauma



Mental Health



Pro-Social Activities

### TOP THREE NEEDS OF CLIENTS (AS IDENTIFIED BY ASSESSMENT)

Employment



Housing



Mental Health/  
Counseling  
Services



battle a substance use disorder

53%



report that they are currently active in their addiction

12%



## OTHER STATS

02%



gone back to jail

14%



relapsed

24%



obtained employment

12%



Moved into housing out of homelessness

# REAL LIFE

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# The REAL House

As a response to the growing need for sober housing for those exiting incarceration, REAL Life opened a recovery house for men in April of 2017. Opened initially for men released from The REAL Program inside of the Richmond City Justice Center (jail), after opening the Community Center, the house is also available to men accessing services through the REAL LIFE Community Center.

The REAL House provides recovery housing with oversight, structure, and programming. During their time in the house, the men are required to be enrolled and active at the Community Center, engage in weekly community service, attend recovery based meetings and REAL Life events each week, and ensure the cleanliness of the house. After about six months of living in the house and taking classes at REAL Life Community Center, the men are typically ready to transition into housing of their own.



the REAL house  
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## House Testimony:



Van came to the REAL House in July 2017 as a condition of bond and as a lifelong heroin addict. Facing a mandatory minimum of 20 years, Van defied the odds by genuinely working hard at his recovery and necessary behavior changes. He has remained clean since he entered the house. Van now serves as the live-in house manager, is taking classes through Unbound RVA to start his own business, has recently obtained his driver's license, and has held a stable job for over a year!

Darrell came to REAL LIFE after serving 36 years in prison. After living at the REAL House for 6 months, he decided to venture out on his own but ended up coming back to the REAL House after he got involved with the wrong crowd; he knew REAL was his family and asked to "come home." Darrell credits the REAL House with saving his life--twice--and now has found employment, attends regular classes at the Community Center and is doing exceptionally well.



Scottie lived in the house for several months, while also participating in Richmond Drug Court. He successfully moved out of the REAL House when he was ready and has continued to soar since: He has remained sober, gained employment, including a management position, and continues to remain engaged!

Kevin is an alumnus of both the REAL Program in the Jail and the REAL House and has remained clean ever since! Kevin has a culinary degree and has secured a job in an RVA bakery and cupcake shop, where he is able to be creative and utilize his skills.



# REAL LIFE Community Center's Expectant Mother Program

The Expectant Mother Program focuses on a sometimes "forgotten" group of women: those who are expecting or who have young children.

About two weeks after opening the REAL LIFE Community Center, we quickly began to see women who were pregnant and battled a substance use disorder, or pregnant and recently released from incarceration. As such, we created an Expectant Mother Program that has a specialized Case Manager who works directly with women in these situations.

This population has specific issues and specific needs that can be complex. There are so many variables that are interwoven when one is dealing with an expectant mom who is also battling a substance use disorder. The concern is not only for the mother, but also for the unborn child and for her children who may also be in the foster care system. For many of the moms, this is an added weight and the guilt and shame can be overwhelming. Although full of challenges, there is the beauty of the mom that takes advantage of all that the RLCC has to offer, follows her Personal Plan and is in communication with her Case Manager. We have seen beautiful babies-healthy babies- born and the mother's hope restored.

This is why RLCC is here for them and this is why RLCC exists: to help our clients have a thriving life and a renewed sense of hope!



"The REAL LIFE Community Center has given me the tools I need to be a good mother. It has shown me what is needed to be an honest and productive member of society. It has given me hope and guidance for a successful future." ~ Jane



"You guys are like family. The REAL LIFE Community Center has been my safe haven. You have been more supportive at times than family." ~ Jalissa

# 2018 Highlights

Our first annual REAL LIFE Portraits of Hope Silent Auction and Art Gala was a huge success! The event was standing room only, selling out at 275 tickets. The band GROOVESpot (featuring one of our Case Managers, Thomas Young, Jr.) offered awesome entertainment while attendees browsed silent auction items! Wrapping up the night, guests were able to hear stories of hope and gratitude from some of our participants and supporters. Best, of all, this fun evening netted \$24,343 for REAL LIFE's programs.



Staff, clients, and students from Professor Maureen Moslow-Benway's VCU's Homeland Security class gave out "Hope Bags" to women who are involved in prostitution. As a part of our outreach efforts, we were able to share hope, motivation, and love to many women, while also involving students in spreading awareness about issues in human trafficking and prostitution that plague our very own community!



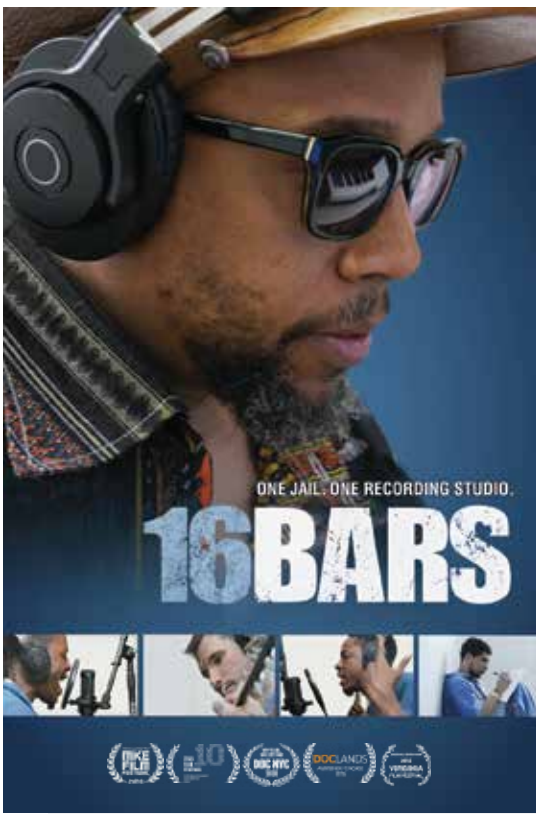
REAL LIFE was able to establish a partnership with the City of Richmond's AmeriCorp Program, which provides us with a couple of peer-recovery support specialists each year. These positions provide REAL LIFE with an incredible opportunity to augment services already available through case management and services/classes at the Center. Peer-recovery support specialists provide wrap-around services, including additional support, help, and recovery coaching/planning.



A vegetable and herb garden was built at The REAL House as a way to honor those who have lost their lives to substance use disorders, while creating a therapeutic tool for those who continue to fight the disease of addiction. In partnership with Debbie Johnston, who lost a loved one due to a substance use disorder, the garden was dedicated to Jacob Lee Hagy.



After the build, a ceremony was held with Jacob's mother, grandparents and other friends and family, as well as residents of The REAL House. The garden continues to be maintained by the men of the house; they also harvest and eat the fruits and veggies



16 Bars is a feature length documentary that was first seen publicly in May 2018 at a film festival in California, where it won audience favorite. It was filmed under Sheriff Woody and Dr. Scarbrough while The REAL Program operated in the Richmond jail. It offers a rare glimpse at the human stories — and songs — that are locked away in our nation's jails and prisons. The film follows The REAL Program (and REAL LIFE in the community) as it invites inmates to write and record original music. In the jail's makeshift recording studio, 4 men collaborate on an album with a Grammy-winning recording artist, Todd "Speech" Thomas, from the hip-hop group Arrested Development. As the creative process unfurls, each of these men must unearth painful memories from the past, which hold keys to new chapters in their lives.

After screening at many film festivals across the country (including in the Virginia Film Festival) and at the Byrd Theatre in Richmond in 2018, we are excited both to see what the film does in 2019 and to announce the upcoming release of the album.

In partnership with Richmond Public Schools, we were able to begin offering GED preparation and testing services at the Center for clients who are ready. RPS supplies a teacher (Mrs. Scales) to the Center for 15 hours each week, providing opportunities for clients to further their education, which also increases their feelings of self-worth.



In partnership with Caritas, and with the support of VCU and the VCU Health System, we completed our third Quickstart to Construction Program this year. These partners originally began this program with REAL in the Richmond Jail as a means to provide training for jobs in the construction industry, which is short nearly 10,000 workers. The program provides 4-weeks of paid training to individuals with barriers to employment. At completion, participants have earned their OSHA 10 and First Aid/CPR certifications, as well as finishing the NCCER Curriculum, which equips them for work in the field.

# REAL LIFE Team Member

At the REAL LIFE Community Center's 1st Birthday Celebration, we excitedly announced a new status within REAL LIFE: the REAL LIFE Team Member; an honor that is received after at least 6 months of consistent sobriety and relationship with REAL LIFE. This status is only granted to those who have moved from a life where they were just sustaining, to a life of thriving. At the birthday celebration, we were proud to honor our first 11 inductees as REAL LIFE Team Members – they each received a Team Member lapel pin and are recognized on the Team Member plaque that now hangs prominently at the Center!

An even more remarkable achievement is that the lessons the Team Members received at the Center, and their hard work, will directly affect **33 biological children and 7 grandchildren!** We know that the number one way to break the cycle of recidivism is through strengthening the family, so these successes will ripple through generations.

We would like to congratulate the following team members:

**Peggy Crawford:** with us since opening  
**Misty Kirby:** with us since opening  
**Keith Travers:** with us since opening  
**Kevin Bland:** with us since January 2018  
**Alisha Coles:** with us since January 2018  
**Sherman Green:** with us since January 2018  
**Andre Hunter:** with us since January 2018  
**Mark Lee:** with us since January 2018  
**Van Faggins:** with us since February 2018  
**Tahoura Simpson:** with us since February 2018  
**Scottie Wood:** with us since March 2018  
**Rodney Roane:** with us since April 2018



## Meet Two of Our Team Members:

Peggy is a graduate of the REAL Program at the Richmond City Justice Center during Sheriff Woody's administration. Peggy worked incredibly hard while she was in the program and even post-release, she is out she is still amazing us with all of her accomplishments. Peggy will celebrate her two-year clean anniversary in February 2019, she earned her license in 2018, and she even bought herself a car! We are so happy about her accomplishments and all she has done in such a short time!



Misty is also a graduate of the REAL Program in the Richmond City Justice Center and has been involved with the REAL LIFE Community Center since our opening in December of 2017! Misty has spent most of her time at the Center volunteering, cleaning, and helping run the front desk...anything that was asked, Misty happily did. She has successfully completed most of her drug court requirements and will graduate soon, all while working several jobs and remaining clean and sober for over a year. We are so proud of Misty and the amazing strides she has made!



# 2018 Financial Partners

## \$50,000+ Partner

Wheless Family Stewardship Fund  
Debbie Johnston  
Jenkins Foundation

## \$5,000+ Partner

Mr. and Mrs. James E. Ukrop  
Kunkel Family Foundation  
C.T. Woody, Jr.  
Anonymous  
Signe Langschultz

## \$2,000+ Partner

Anonymous  
Stephen Harms  
William & Julie Phillips

*Portraits of Hope*  
art gala and silent auction

## SPONSORS:

Mr. and Mrs. James E. Ukrop  
Wheless Family Stewardship Fund  
Virginia Family & Fatherhood Initiative  
averhealth  
Main St. Realty  
River City Comprehensive Counseling  
Mishka Terplan, MD  
Civitas Health Services  
Communities at Work  
Don and Jennifer Evans  
Entrust Financial Credit Union  
Eric and Arielle Tusing  
Haley Buick GMC  
Lynn and Jay Schwartz

## Other Partners:

Alan Crawford  
Alex and Ashley Mejias  
Alfred Durham  
Alice Campbell  
Allison Hallberg  
Angela Dempsey  
Anita Kozakewicz  
Ann Nichols-Casebolt  
Ann Nost  
Ann Shy  
Anna Harris  
Anne Bloomsburg  
Anonymous  
Austin Gilbert  
Barry Light  
Benjamin Woodson  
Bernadette Bannister  
Beverly Gay  
Blythe Balestrieri  
Brian White  
Bruton Parish Church  
Byron Hunter  
Carly Schofield  
Carmax  
Carmen Germino  
Carol Beth Buchanan Cook  
Carol Bolton  
Carolyn Greene  
Carolyn Lawrence  
Catherine Howard  
& Jeff Gallagher  
Cliff Henderson  
Courtney Gilland  
Cynthia Newbille  
Dace Pickens  
Dave Coogan  
Dave Van Buren  
David Gardner

David Lawrence  
Denise Letendre  
Denise Maurer  
Dick & Jeannette Taylor  
Donald Evans  
Donna Wheeler  
Eddie O'Leary  
Elaine Minor  
Elisabeth Bost  
Elizabeth Minor  
Ellen Nau  
Erika Kain  
Erin Boyle  
Faye Hager  
First Presbyterian Women,  
First Presbyterian Church  
Fred Sloan  
Frosty Mason  
Gloria Scott  
Greta Kidd  
Hannah Adams  
Helen Hardiman  
Honesty Liller  
Jacquelyn Wilson  
Jennifer Bayat  
Jennifer Kirby  
Jennifer Maitland  
Jennifer Swinson  
Jessica Carey  
Jill Cichowicz  
Jim & Elizabeth Holden  
JoAnn Robins  
Joanne Palmore  
Joel Elston  
John Kirwan  
Dr. and Mr. Murdoch-Kitt  
Judy Philpott

Julie Herzog  
June Henderson  
Justin Riner  
Karla Boughay  
Katherine Clacy  
Katherine Long  
Kathleen Bergee  
Kathleen May  
Kathy Hutton  
Katie Morris  
Kehoe Consulting  
Kelly Frakenburg  
Kelly Thomasson Mercer  
Kenneth & Debbie Edwards  
Kim Ellen Warnick  
Kristen Johnson  
Lance Frasier  
Lara White  
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Lisa Jobe-Shields  
Lisa Johnson  
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Louis Salmonsny  
Lynn Schwartz Pod  
Lynn Zinder  
Malcolm Fischer  
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Edmiston  
Maureen Moslow-Benway  
McShin Foundation  
Megan Nancy  
Michael Maruca  
Miguel Ayala  
Monti Datta  
Mychael Dickerson  
Nancy Warman

Natsha Rivera  
Nicole Bielawski  
Nikki Nicholau  
Perk, LLC  
Rebecca DeCamps  
Rhonda Hagy  
Richard Sliwoski  
Rinzy Abshire  
Robert Karamitsos  
Rodney Roane  
Rosann Bocciarelli  
Ryan & Ashley Buffa  
Sarah & Terrell Williams  
Sarah Harper  
Sarah Temkin  
Scott Belleman  
Second Baptist Church  
Shannon Taylor  
Spring Run Presbyterian Church  
St. James Episcopal  
Succor Behavioral Services  
Susan Gayner  
Susan Patton  
Tahoura Simpson  
Tara Carroll  
The 56 Group  
Thea Golden  
Theresa Dolson  
Theresa Moore  
Thomas Bannard  
Tiffany Cunningham  
Ty Gregory  
Walter Stosch  
Wanda Huggins  
WAR Foundation  
Wayne Harris

# 2018 in Numbers

**Total Revenue: \$482,632.46**

Events	24,343.32
Jail Programming	18,625.00
Private Donation	425,056.64
Other	14,607.04

**Total Expenses: \$440,438.50**

Client/Center/House Operation	325,547.56
Management & Operation	91,591.32
Indigent Spending	10,000.57
Misc./Other	13,299.05

## The Direct Impact of your Gift:

- \$17.50 provides transportation for one client for a week
- \$30 provides funds for a state identification and birth certificate for a client
- \$60 provides transportation for one client for a month
- \$600 sponsors one person to live at the REAL House for 6 months
- \$1,071 sponsors one person to receive holistic services at the Center for a year
- \$25,000 provides funds to start, sustain, and maintain a new Recovery House

### Spending of Taxpayer Dollars at Correctional Institutions

\$1,248,956,790 spent in Virginia Prisons Annually = \$41,925 per offender annually  
\$977,300,000 spent in Virginia Jails Annually = \$34,571 per inmate annually

### Compared to REAL LIFE investment of private contributions

\$440,438 annual budget of REAL LIFE  
411 people served  
14% relapse rate  
2% recidivism (City rate is 55-65%)  
= \$1,071 to serve one person annually

A great investment  
to support our mission  
REAL LIFE today  
The blueprint for a better way

Your contributions allow the REAL LIFE Community Center to provide all services AT NO COST to clients.

# On the Way to Thriving...



"The REAL LIFE program has helped me in numerous ways in such a short period of time. Each and every person here has contributed to my recovery in a positive way. They have helped me discover my underlying issues in life and taught me how I can change that. The program has also taught me how to be a good and productive member of society. They will love you until you can love yourself." ~ Kayla

"I love the RLCC and all that it has done for me! I enjoy meeting with my Case Manager. She may be nice but she will keep you on top of your game! I am now in Nursing School now and loving it. I am also working on my sobriety everyday. The RLCC is giving me the strength and encouragement that I need to achieve my dreams!" ~ Christy



"REAL LIFE simply gave me hope. Before becoming a client I had no idea the woman I would grow to be. I have been taught a spirituality that is irreplaceable. Oh and.... The most amazing part is I know this is just the beginning of my new life!" ~ Lauren

"Thanks to REAL LIFE and the amazing staff, I have been given the opportunities to gain some amazing gifts back which includes a license, vehicle, and a full time career path. While also gaining things like confidence, integrity, acceptance of responsibility and accountability, and a more positive attitude and outlook on my circumstances. Thank you REAL LIFE!!" ~ Stephen



Loren came to REAL LIFE looking for assistance with housing and transportation to better support his two boys in school. Loren's options had been reduced and he truly was at the end of his rope, but he found a way to make it happen. He now has an apartment and transportation, and his kids are able to attend school daily. His accomplishments with REAL LIFE has encouraged him to earn his GED next!



REAL LIFE Staff  
Young, Jessica, Sarah, Ryan, Tauchanna