

REAL LIFE 2021 Annual Report



Dear Friends,

2021 saw a lot of growth and development for REAL LIFE.

We kicked off the year with 6 houses and ended with 10! We saw the need among those who battle substance use disorder continue to grow, even more so than seen in the past, and responded. This is something we pride ourselves in doing. Once we identify needs within our mission, we figure out how to adjust our services to meet those needs. We are able to do this because of strong partnerships and through the generosity of our supporters.

In 2021, we were able to more than triple the number of beds we had available in our Virginia Association of Recovery Residences (VARR) certified houses. While VARR certification is not an easy feat, it means that our houses meet national standards, and that Lifers get the highest level of quality for care in their recovery journey.

In addition to increasing the number of recovery transitional houses, we obtained funding for two new service areas: education and domestic violence prevention. Each of these needs were identified as gaps within REAL LIFE, as well as within the community, and as such, we sought funding to execute them.

Created in collaboration with the Virginia Department of Health and through the generous support of the Boost Investment Fund, we developed our Domestic and Intimate Partner Violence Prevention Program. The first of its kind in the nation, this program and curriculum works with domestic violence perpetrators, using a trauma-informed behavior modification approach, focusing on addressing underlying ACEs.

Developed through a planning grant from The Laughing Gull Foundation, our Education Pathways Program provides guidance and support for Lifers interested in going back to school for either their GED, college degree, or workforce credentials, helping make their dreams a reality. From selecting the right school and program to fit their needs to applying for financial aid, the Education Navigator helps the Lifer develop and implement a realistic plan.

While 2021 kept us very busy, we were supported by an extraordinary staff and board of directors. We have a great slate of fantastic volunteers who are extremely dedicated to our mission. And, wonderful donors whose tremendous support make our work possible.

We look forward to 2022 and what it will bring!

Gratefully yours,

Elaine Minor

Chair, Board of Directors

Dr. Sarah Scarbrough

Founder and Director, REAL LIFE

Two New Programs Launched



Created through a generous planning grant from the Laughing Gull Foundation, the Education Pathways Program provides support and guidance to Lifers and graduates interested in pursuing further education.



The Domestic and Intimate Partner Violence Prevention Program was developed in partnership with the Virginia Department of Health and Richmond Police Department, with the support of the Boost Impact Fund of the Community Foundation for a Greater Richmond. Designed to address the underlying causes of domestic violence from

the perpetrator perspective, it is the first program of its kind in the nation.

Four New REAL Houses

The need for safe, stable, sober recovery transitional housing continued to grow, and REAL LIFE continued to grow to meet the demand. We opened a total of four REAL Houses in 2021, including a female house as well as the Robbie Morris REAL House, named in memory of the Morris's beloved father.

All four houses operate using the same model as our other REAL Houses, allowing all new Lifers to move in free of charge, thus ensuring finances do not stand in the way of recovery.



REAL LIFE *By the Numbers* 2021



1

In-person program at Virginia Peninsula Regional Jail; 3 jails are using the Real Life with REAL LIFE curriculum

REAL LIFE graduates working for REAL LIFE through Richmond's AmeriCorps Program

2

4

REAL Houses opened in 2021, for a total of 11 recovery transition houses, all certified by VARR

Healthy babies born to Motherhood Lifers; 1 Motherhood Lifer regained custody of her children

6

7.5

Days on average for a Lifer to start work from the time they are eligible and have the necessary identification

Staff members attended the 2021 NARR Best Practices Summit; Dr. Scarbrough was a presenter at the conference.

10

13

Lifers obtained their driver's license; 10 Lifers purchased a car

Lifers received a raise in pay at their job; 7 received promotions or special recognitions.

19

20

Prosocial events held for Lifers, including a Flying Squirrels game and community service projects

Average number of classes a Lifer attends each week.

25



33

Assessments conducted by an Occupational Therapist; 13 Lifers participated in OT services

Women in our REAL LIFE Motherhood Program

62



74

Children who received Christmas presents from their parents through our Angel Tree Program



Job retention rate among Lifers placed in employment over a 14 month period

81 %

95 %

Lifers eligible for employment successfully placed through the Quick Start to Employment Program.



Recovery meetings hosted and led by our REAL Houses, providing crucial peer support

104

140

Hours spent supervising interactions and developing relationships with Lifers by 19 occupational therapy interns from University of Minnesota



Items of clothing for new Lifers provided by the Junior League of Richmond's Clothes Rack; Total value of over \$1,000

152



160

Hours volunteered by Jobs For Life class instructors

Mental health referrals to our partner providers

167





262

Lifers housed in our REAL Houses; An average of 40% of our beds were provided free of charge at any given time

Engagements in one of Young's "The World" classes, our top scoring class participation session

274



520

Hours spent coordinating benefits for Lifers; 170 food stamp and Medicaid applications were completed

Reports sent to courts related to the progress of Lifers in the REAL LIFE program

539



703

Drug tests administered

Posts in the REAL LIFE Classes Facebook Group, where Lifers to participate in programming and encourage each other

2,644



8,640

Hours spent on direct case management by REAL LIFE Staff, ensuring Lifers have the support they need

Bed nights provided in the REAL Houses, with an average cost of \$19.07 per bed per night (national average is \$35/night)

21,189



\$50,000

Grant from Impact 100 to support REAL LIFE's Motherhood Program



Grant from The Laughing Gull Foundation to establish a new educational pathways program

\$50,000

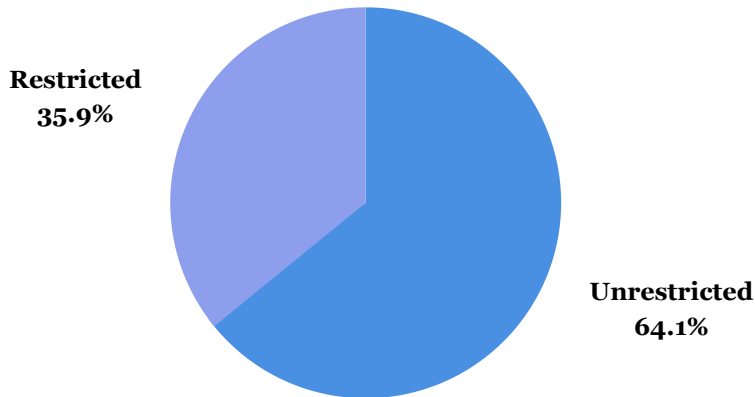


\$63,000

Grant from the Community Foundation for a greater Richmond's Boost Investment Fund to establish a domestic violence prevention program

Finances in Review

Income

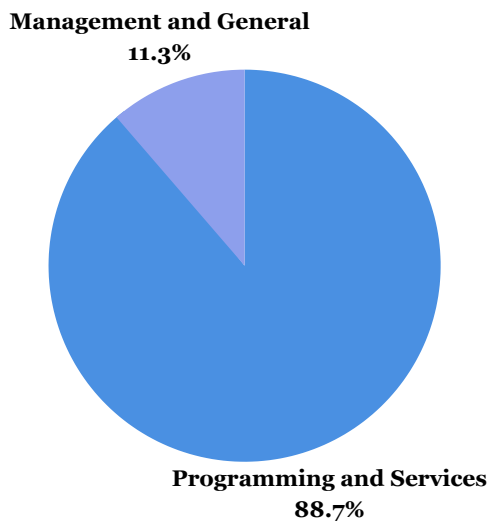


2021 Total Income:
\$1,338,773

Unrestricted Income:
\$858,352

Restricted Income:
\$480,421

Expenses



2021 Total Expenses:
\$922,230

Direct Delivery of
Programming and Services:
\$817,720

Management and General:
\$104,510

*Note - several significant grants were received in 2021 to fund new programs in 2022, hence the difference between income and expenses.

2021 Board of Directors

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