



Houston Recovery Center

Sobering & Addiction Recovery Programs



Looking Toward the Future

Impact Report 2024



*Putting
the pieces
back together!*

WELCOME

Leonard Kincaid, MBA, LPC, LCDC



Last year we celebrated our 10th anniversary. Thanks to our dedicated staff and community partners, over the past 10 years we have seen tremendous success. Our programs have become a national model for meeting the challenges created by the problematic consumption of alcohol and other substances and our programs have helped thousands of people. We are currently in preparations to become an accredited agency in the behavioral health industry.

Today, we are facing higher demands for our recovery management program. Hospital emergency department, criminal justice referrals and community walk-in admissions continue to rapidly rise. The potency of drugs, particularly fentanyl, other opiates and synthetic drugs are accelerating. Combined with alcohol use and the steady threat of pure and cheap stimulants, the complexity of resulting behavioral, health and social issues increases require new approaches to program delivery, allocation of resources and funding.

Our vision, mission and goals remain the same. We are more than a place to get sober. We are dedicated to educating people with persistence substance use issues and support their long-term recovery and quality of life. In 2023, we added Community Health Workers to our workforce expanding community reach throughout Harris County and creating an integrated care model with a stronger lens on physical health and access to medical care.

Our experienced and committed staff are compassionate and sensitive. As we work to meet these ongoing challenges, our overarching goals remain the same.

Join us in helping us reach our goal.

WE CONTINUE TO FULFILL OUR PURPOSE

- Divert individuals from jail, directing them to behavioral health services without a criminal charge
- Reduce the substance use jail population by 98%, freeing resources for more serious crimes
- Preserve law enforcement resources, returning understaffed officers faster to the street
- Provide a chance for many to escape the revolving door of substance abuse and incarceration, shifting from punishing offenses to treating their root cause
- Preserve medical resources, reducing the enormous costs from intoxication visits.

The progress we’ve made and will continue

- Building on our foundation by leveraging expertise, partnerships, and existing community resources
- Striving to eliminate gaps in service delivery, preventing people from falling through the cracks of care and improving recovery outcomes
- We’ll continue to tighten our systems and work to amplify our impact.



HOW WE HAVE EVOLVED

Our vision remains the same

Universal access to recovery from substance abuse by providing compassionate care to underserved individuals through early intervention and community care coordination to achieve lifelong recovery.

Sobering Center continues to accept new public intoxication clients although the trend for sobering is down as Houston decommissions homeless encampments but, program enrollment has escalated, holding over 20+ clients weekly for services.

Community Hub

The Sobering Center and Partners in Recovery are a gateway to care and recovery. They are the foundation for HRC’s partnerships and community integration. We have referred clients to over 200 providers, and engaged the expertise of local and national stakeholders. We can only do this together.



FACING NEW CHALLENGES

Meeting the ongoing problems created by substance use

The challenges created by substance use, homelessness and mental illness can all be interrelated.

Substance use trends

Fentanyl has been in the headlines across Texas. Opioids, including heroin, prescription pills and fentanyl, have caused the most overdose deaths in Texas. The most prevalent drug combinations were commonly prescribed pills, like hydrocodone and oxycodone, that include amphetamine and methamphetamine. In 2021, researchers found the most common drugs flowing across the state's southern border from Mexico were methamphetamine, heroin, cocaine, marijuana, fentanyl, benzodiazepines like Xanax, and synthetic cannabinoids more commonly known as "spice" or K2.*

The Need for Resources

All of us whether as individuals, family members or simply as members of our local communities have been touched by the harsh realities surrounding misuse of alcohol and other drugs. While much of the focus seems to be on fighting the problem, it rarely highlights the activities, programs and successes of those people and organizations treating the issues or augmenting the behavioral workforce. It is the mission of Houston Recovery Center to provide care to those affected by substance use. This ongoing struggle does however require the continuing support, resources and generous funding of the public and private partners who recognize the important work HRC does.

* <https://www.texastribune.org/2023/06/19/texas-fentanyl-drugs/>

FACING NEW CHALLENGES

Delivering integrated care to improve health equity

The HRC's Community Health Workers (CHW) Program expands HRC's outreach practices and deepens its substance use care to more service systems. Trained in both community health and peer recovery support, CHWs work with community members to identify substance use and health trends in neighborhoods, establish a community network, and enroll underserved clients in HRC's long-term recovery program. The CHWs also provide support in both clinical and community-based settings, serving as a liaison between clients, hospital centers, Federally Qualified Health Centers (FQHCs) and community organizations.

What does it mean to have substance use and co-occurring mental disorders

People with a substance use disorder (SUD) may also have other mental health disorders, and people with mental health disorders may also struggle with substance use. This does not mean that one caused the other.

Substance use and homelessness

Homelessness and substance use can occur simultaneously, and, unfortunately, many people struggling with both issues are unable to get the help they need. In 2022, more than 52,000 people in the Houston area accessed some type of homeless service. In the Houston region, 50% of homelessness is caused by an economic crisis debunking common stereotypes that homelessness is overwhelmingly caused by substance use – which actually accounts for less than 10% of homelessness locally.*

* <https://www.homelesshouston.org/houston-facts-info>

AT WHAT COST?

People lose their lives to substance use every day. All of us know someone. A family member. A friend. A co-worker. A loved one. The personal costs cannot even be quantified. The resource and financial costs are staggering.

Houston Recovery Center operates through a variety of support sources and funding. The City of Houston, Harris County, Federal Grants the generous support of a variety of foundations, organizations and individuals.

- The City of Houston funds our sobering center. Short-term federal and state grants provide a baseline for our Partners in Recovery budget, but a growing community need far surpasses and outpaces what public funds can cover
- Philanthropic contributions will help build stability in the programs our clients desperately need
- Community funding and individual donations create the opportunity for donors to invest in the region where they live and do business, allowing HRC to focus on what we do best.

HRC RECOVERY PHILOSOPHY

Our philosophy and service system are built on a recovery management framework providing pre-recovery identification and engagement, recovery initiation and stabilization, long-term recovery maintenance, and quality of life enhancement for the individual.

*264
clients in recovery
programs and
accessing treatment
this past year*

*5,442
clients served
this year*

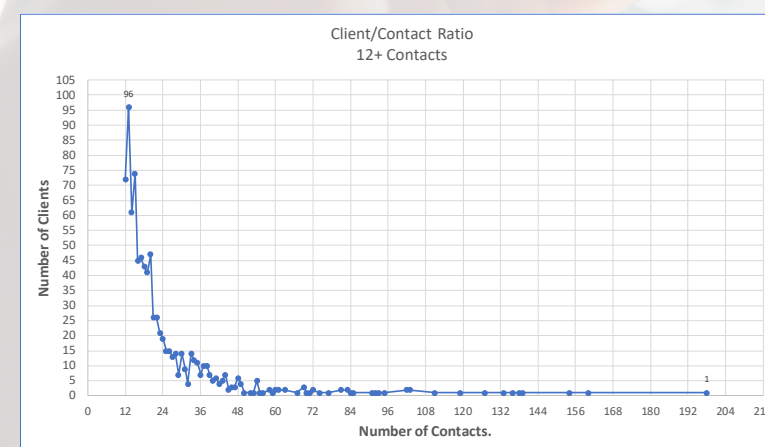
HRC RECOVERY PHILOSOPHY

Our staff are trained in evidence-based practices that are culturally sensitive and adapt to the client's lived experiences. Our program design is person-centered, delivering a client defined recovery care plan that is designed with their recovery team.

- A viable recovery plan has clients define meaningful goals
- The HRC team assists clients with the basics to access care: transportation, identification, medications
- The client remains connected to the HRC team as they stabilize their life
- Rebuilding the client's health, social, and recovery resources is critical to successful community reintegration.

As their health and life issues are addressed, substance use frequency naturally declines, improving quality of life and community welfare.

TRACKING CLIENT RECOVERY



Shown is the declining number of client interactions required over time.

Recovery is not a short-term solution, for many, it is a life-long and challenging road. HRC remains engaged with clients throughout their recovery. Measuring client interactions over time allows HRC to analyze clients' "Recovery Journey" and better understand their experiences, needs, successes and challenges over time.

HRC PROGRAMS & PARTNERSHIP INITIATIVES

Partners in Recovery Program (PIR)

Anyone who comes through our doors and requests assistance gets connected to available resources. For those who have a low income and are uninsured, we designed our Partners in Recovery program that offers different levels of care based on client readiness and personal goals. The recovery process requires a series of treatment, healthcare, and social services.

709
clients in
Partners in Recovery

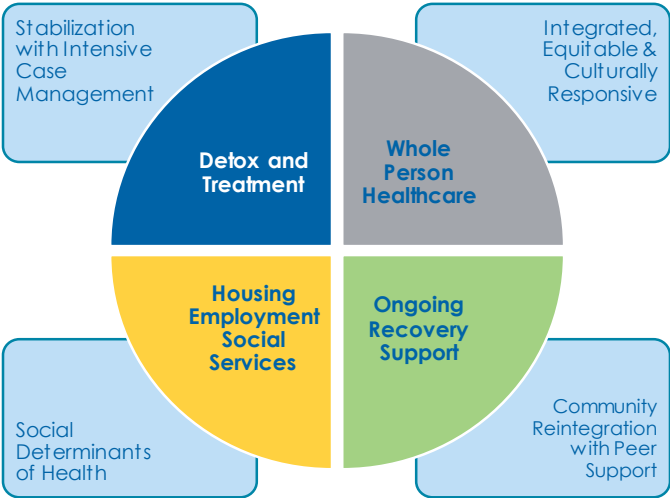
HRC designed Partners in Recovery, a recovery care management program pairing six months of case management with 18 months of peer support to provide resource capacity and needed behavioral capability.

Over a 3-year period, 67% of Health System referred clients have enrolled in Partners in Recovery

HRC’s recovery team creates a person-centered recovery plan based on client-defined goals. Services are linked together using transportation and warm handoffs to deliver a comprehensive system of care.

We work to improve successful access to appropriate care resulting in increased rates of sustained stabilization and a better quality of life for the client.

“More than a place to get sober,” Houston Recovery Center is a center dedicated to client recovery.



HRC PROGRAMS & PARTNERSHIP INITIATIVES

The Sobering Center

Provides a safe, short-term stay to sober up. Open 24/7, staying is voluntary, clients can leave anytime, or stay for 4-6 hours and visit us, hopefully, just the one time. We receive clients from law enforcement, hospitals, emergency departments, and community settings. Being staffed by state certified peer recovery specialists makes us different.

3,441
Sobering Center
admissions

Community Walk-Ins increased 107% from 2022 to 2023. Holdovers increased by 48% from 2022-2023. 84% of those recommended for services accepted. 77% were transported for services. Average length of stay was 3 days, 102 clients stayed 7 days - 39 days.

Personal Addiction Recovery Team (PART)

PART pairs clients with a licensed chemical dependency counselor and a peer recovery support specialist for six months of intensive case management and 18 months of additional recovery support. We help clients achieve recovery and close the revolving door of arrest, medical emergency, and substance use.

Peer Recovery Support (PRS)

Some clients prefer to begin with a more informal program before they are ready to commit to addiction treatment. Some simply need to talk things over with someone who’s walked in their shoes. Every recovery path is unique, and they receive six months or more of peer support.



HRC PROGRAMS & PARTNERSHIP INITIATIVES

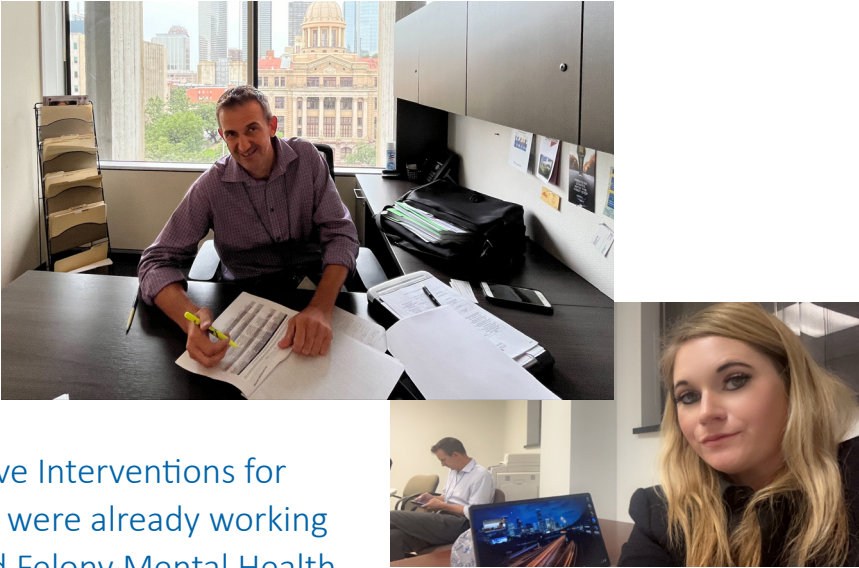
Criminal Justice

Jail In-Reach

Reaching Houstonians most vulnerable to substance use disorders means acknowledging that substance use often lies at the root of public safety issues.

Responsive Interventions for Change (RIC) Docket

We started placing recovery support specialists in the Responsive Interventions for Change (RIC) Docket in 2016 as we were already working with clients in STAR Drug Court and Felony Mental Health Court. RIC Docket provides an opportunity for non-violent offenders, who have a substance use disorder, to enter recovery with our staff and receive substance use treatment instead of cycling in and out of jail.



In 2023-24 Criminal Justice referrals included, 158 Jail In-Reach, 878 RIC Docket, and 364 Adult Probation Services.

Adult Probation

Substance use is challenging to overcome, and probationers using opioids, heroin and other illicit substances often face major challenges staying in

2,081
*Jail
Diversions to the
Sobering Center*

HRC PROGRAMS & PARTNERSHIP INITIATIVES

Adult Probation Cont.

contact with their probation officers. To improve connections and outcomes, Houston Recovery Center and Harris County Adult Probation are working together to provide much-needed peer support for these probationers.

Texas Targeted Opioid Response

Because opioid deaths continue to spiral nationally, the state of Texas selected Houston Recovery Center as an intervention site for individuals using opioids. Texas Targeted Opioid Response (TTOR) initiative trains clients in and provides access to NARCAN® to prevent overdose death as well as offers medication-assisted treatment and 18 months of free recovery assistance.

1,228
*doses
of Narcan
distributed*

Hospital Referrals increased by 27% from 2022 to 2023, and 98% from 2021 to 2022.

FRONTLINES

Houston Recovery Center, Houston Fire Department, Houston Health Department, and Baylor College of Medicine came together on FRONTLINES in 2019. This program teaches first responders how to recognize opiate misuse and overdoses and administer naloxone. Peer recovery specialists are contacted by the EMT call center to visit overdosed individuals and start building a relationship and engage them in medicated-assisted treatment and recovery options.



HRC PROGRAMS & PARTNERSHIP INITIATIVES

IMPROVING HEALTH EQUITY

Community Health Workers (CHW) Program, Funded by ARPA

Each of our CHWs serve a dual role as Recovery Support Peer

Specialist, providing their

professional skills to be a liaison

to healthcare and offer peer-led

support for those with substance

use disorder. Our CHWs train and distribute NARCAN, assist with

completing government forms such as Gold Card,

Medicaid, food stamps, connect people to health insurance,

medical care to improve health equity, and help provide a pathway

to recovery and serve as an access point to housing,

behavioral health services.

The work our CHWs do is priceless, and seeing the lives we impact is rewarding and worthwhile. One recent client in particular was homeless and had been sleeping in her vehicle for several months. We helped her find a shelter and once her immediate needs for shelter had been met, assisted getting her into behavioral health and finding a job. Having begun in December 2023, by April 2024, she had gotten a job and had moved into her own apartment. This client has gone from being homeless, to employed, to her own place and engaged in medical and mental health treatment within five months after connecting with our CHW team.

CHW assistance leads to an improved quality of life for those challenged by substance use disorder.



HRC PROGRAMS & PARTNERSHIP INITIATIVES

Project REACH

Project Reach primarily targeted vulnerable and marginalized communities involving young minority men who are gay, bisexual, transgender, and heterosexual who may be at risk or living with HIV/AIDS or Hep C, have substance use disorder, opioid use, history of trauma, or IV injection use. All HRC clients were offered free healthcare screenings. Those with substance use issues entered PIR recovery management.

HRC Psychiatric Care

Dr. Nidal Moukaddam brings new psychiatric, knowledge and expertise to HRC's capabilities and programs. Dr. Nidal, M.D. Ph.D., is Professor of Psychiatry and Behavioral Sciences at the Baylor College of Medicine, the Director of Psychiatry Outpatient Clinics at Ben Taub Hospital, and Medical Director, Stabilization, treatment and rehabilitation program for psychosis (STAR) Harris Health System.



Working in collaboration with Dr. Shah, chairman of the HRC board, the goal is to incorporate into HRC's continuum of care a smoother transition for patients experiencing an emergency department psych visit to enter into rehab, creating a more comprehensive and ultimately more productive outcome for the patient and hospital and recovery programs. She is working alongside HRC staff, to solve access to care and social services and building a program that incorporates an in-house psychological assessment with access to medications.

OUR LEADERSHIP

Board of Directors

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 Dr. Scott F. Basinger, PhD, Position 7
 Howard Henderson, Ph.D., Position 8
 Randall C. Houston, CPA, Position 9

Management Team

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PARTNERS & SUPPORTERS

Community Partners

City Council District H	Houston Mayor's Office
Harris County Jail	Harris County Sheriff's Office
Houston Fire Department – EMS	Houston Health Department
Houston Police Department	Justice Forward
Patient Care Intervention Center	Baylor College of Medicine
Harris Health System	
Harris County Criminal & Specialty Courts	
Partnerships with Harris County Precincts 1,2,3,4	

Client Service Organizations

Avenue 360	Cenikor
Cheyenne Center	Open Door Mission
Positive Recovery	ReCenter
Right Step Santa Maria	Salvation Army
Sober Living America	Star of Hope

Supporters

Action Now Initiative	The Baxter Trust Brown
Foundation	Cullen Trust for Healthcare
Milby Dunn, II	Glassell Family Foundation
The Hamill Foundation	Hollyfield Foundation
Houston Health Foundation	The Medallion Foundation
The Rockwell Foundation	Schwab Foundation
Patricia and Edward Will	William Stamps Farish Fund
Ruth Jones MacDonald Charitable Trust	

DONORS

We are grateful to all the individuals, corporations and foundations that have and are currently supporting HRC.

We thank all our donors, large and small for their contributions and support of what HRC strives to accomplish in Houston. We could not succeed without your generosity.

Recent donors include:

The Hamill Foundation
 The Cullen Trust for Health Care
 The Brown Foundation
 The Medallion Foundation
 CC Donation Development
 The Good Earth Foundation
 Via Positiva
 BOK Financial
 PayPal Giving Fund
 Randall Houston
 Amy's Ice Cream
 Fidelity Charitable Fund
 Jeff & Susan Sawchuk
 Blackbaud Giving Fund

LEADING THE NATION

The Houston Recovery Center continues to be recognized as a national leader in substance use disorder care and recovery.



Leonard Kincaid, HRC CEO founded the 700-member Houston Recover Initiative to cultivate addiction recovery support, cofounded and has chaired the Coalition for Substance Abuse Services. Leonard has served on boards for the Network of Behavioral Health Providers, the Association of Substance Abuse Providers, the Local Mental Health Authority of Harris County, the Houston METRO Police Training Advisory Board and the Salvation Army's advisory board. As a member of the National Sobering Center Collaborative, HRC has also participated in a national research study of sobering center effectiveness.

Advised by Experts

Jim Clarkson, MA, LCDC, President and Founder, Via Positiva
 Lisa L. Dahm, JD, LLM-Health, Attorney at Law & Adjunct Professor
 Katherine Neill Harris, Ph.D., Rice Baker Institute for Public Policy
 Dr. Alicia Kowalchuk, D.O. Addiction Medicine & Family Medicine
 Deputy Chief Mike Lee, Harris County Sheriff's Office
 Dr. David Persse, Medical Director, Houston Fire Department
 Commander Jennifer Read, HPD, Mental Health Division
 Stephen Williams, Director of Houston Health Department

SUCCESS STORIES

"I thank HRC. They make the rehab experience feel personal and they advocate for you in many ways. To others, I say, never give up, even if relapse is a part of your journey. The sky is the limit, you just have to work for it."

Carlene Cathey



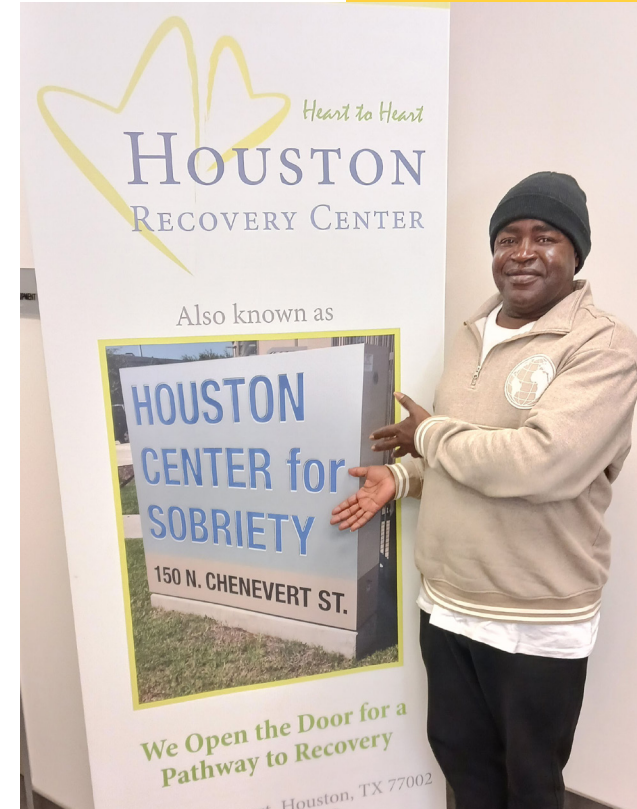
"I thank God for the Sobering Center and the people at Houston Recovery Center. They are caring and reliable, and work to open people's eyes to a better life."

Stacey Cunningham

SUCCESS STORIES

"If you want to change your life talk to people, like the people at Houston Recovery Center, who have been there. They know where you are and where you've been, and will tell you the truth."

Bufus Fletcher



"To others struggling with addiction, believe there is more to life than alcohol and drugs. You can recover and find support. A facility like Houston Recovery Center can help. They are compassionate, understanding and really care."

Ricky Shoemaker



HRC STAFF

We see what most do not. We go where most can't.
We save lives!
 Houston Recovery Center is blessed to have the most caring, experienced, and talented staff. It takes a very special team of dedicated people to accomplish the life changing success that HRC enjoys. I am grateful to everyone and thank you for your hard work and support.

Leonard Kiriian



HRC STAFF IN ACTION



Putting lives back together!



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