



**Houston Recovery Center**

Sobering & Addiction Recovery Programs

**The Future Is Today...**



**Impact Report 2025**

# HRC Mission

To provide compassionate care to underserved individuals affected by substance use through early intervention and community care coordination to help them achieve lifelong recovery.

## VALUES

- Safety
- Compassion
- Reliability
- Collaboration
- Proactive
- Resourcefulness
- Quality
- Effectiveness
- Efficiency
- Professionalism
- Innovation

### Leonard Kincaid, CEO, MBA, LPC, LCDC

Co-founder and Chief Executive Officer of the Houston Recovery Center. His experience in the field of addiction and mental health spans over thirty years. His diverse background of clinical work and program administration has been a tremendous value to the center. Prior to Houston Recovery Center, Leonard spent 23 years at The Council on Recovery in both clinical work and program administration. He worked in a variety of leadership roles including Director of Operations, Deputy Director, Executive Vice President, Chief Operation Officer, and Chief Government Relations Officer. Leonard has a successful history of promoting positive social change by developing and working with community-based initiatives. Most recently, he developed Houston Recovery Initiative, a recovery-oriented system of care coalition. Its objective is to increase resources needed to support people with substance use disorders. Leonard also co-founded and chaired the Coalition for Substance Abuse Services representing 60 treatment provider organizations in Houston.



Educated in Texas and Mississippi, Leonard has an MBA, a Master’s in Counseling, is a Licensed Professional Counselor, a Licensed Chemical Dependency Counselor, and a graduate of the American Leadership Forum, Criminal Justice (Class 3 03/01/2012). During his career, Leonard has served on several boards and advisory boards focusing on mental health and addiction including the Network of Behavioral Health Providers, Association of Substance Abuse Providers, the Local Mental Health Authority of Harris County Houston METRO Police Training Advisory Board, Salvation Army Advisory Board, and Harris County Resident Advisory Board.

## WELCOME

*The future is Today...*

The work continues, and 2025 was a remarkable year for HRC. This success is reflected in the international award we received, the release of our mini-documentary, and my recognition as one of Houston’s 60 Most Admired CEOs. These achievements affirm the value of our programs and the impact they have—both on those most in need of support and on the greater Houston community.

Through partnerships with the City of Houston, local law enforcement, and area healthcare systems, HRC has made meaningful progress in addressing the complex challenges associated with substance use and homelessness.

The growing demands caused by rising hospital emergency visits, increasing criminal justice referrals, the potency and variety of drugs, and the long-term needs of those in treatment and recovery do not allow for quick or simple solutions. Yet, in 2024, HRC took a bold step forward by intensifying community outreach and raising awareness about the vital work we—and our clients—do. As a result, we experienced consistent growth across all areas of operation.

We also renewed our focus on development and began integrating innovative technologies to identify new funding sources and strengthen engagement with current and potential supporters.

My passion for serving vulnerable communities, coupled with more than 35 years of experience designing and managing highly effective programs, continues to inform a leadership style rooted in service—to our staff and to those we serve. By ensuring our teams have the tools, training, and information they need, and by supporting both their personal and professional growth, I help HRC achieve its mission.

At HRC, our dedicated and compassionate staff work tirelessly, day and night, to provide care to every person who walks through our doors. While we remain firmly committed to our mission, we also recognize the importance of securing the resources necessary to meet growing demands.

**We invite you to join us in delivering the care and hope all Houstonians deserve.**

*Leonard Kincaid*

OUR LEADERSHIP

Board of Directors

Asim A. Shah, MD, Chair, Position 1  
Burnell Jones, JD, Position 2  
David Y. Stutts Position 3  
Kimberly Thompson, CFRE, Position 4  
Dr. Michelle Alexander, LCSW-S, PHD, Position 5  
Dr. Sara Jahansouz Wray, EdD, Position 6  
Dr. Scott F. Basinger, PHD, Position 7  
Dr. Howard Henderson, PHD, Position 8  
Randall C. Houston, CPA, Position 9

Community Partners

City Council District H  
Houston Mayor’s Office  
Harris County Jail  
Harris County Sheriff’s Office  
Houston Fire Depart – EMS  
Houston Health Department  
Houston Health Foundation  
Houston Police Department  
Justice Forward  
Patient Care Intervention  
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      | The Haven Texas           |
| The Right Step Houston | Santa Maria Hostel        |
| Salvation Army         | Sober Living America      |
| Star of Hope           | Colition for The Homeless |

Supporters (FY 2025)

|                             |                                       |
|-----------------------------|---------------------------------------|
| Hamill Foundation           | Cullen Trust For Health Care          |
| Brown Foundation Inc        | Peterson Family Foundation            |
| William Stamps Farish Fund  | The Glassell Family Foundation Inc    |
| Texas Bar Foundation        | Good Earth Foundation                 |
| The Ironman Foundation Inc. | Ruth Jones Macdonald Charitable Trust |

Dr. Asim A. Shah, MD, Chair

2024-2025 was another eventful year for Houston Recovery Center (HRC). I started my 4th year and second three-year term as Chair. We served almost 5,000 patients, and had about 3,500 admissions in the sobering center, out of which 2,000 were from Jail Diversion/Law Enforcement. We continued to provide over 1,000 doses of Narcan and continued our Psychiatry Service with the help of a SAMSHA grant via Baylor College of Medicine. This grant not only provides psychiatric evaluations, medication management, but free medications to our clients. We are right now working on how to continue these services as the grant runs out September 30th, 2025. They have been able to see over 100 unduplicated patients and prescribe medications free to them.

Financially this was a challenging year. Since spring of 2025, we have been in a financial crunch. This can be attributed to many factors including lack of new grants, decrease philanthropic support or foundation grants etc. We are currently working hard to balance the budget. We also have a new homeless initiative contract with the city, which will keep the staff busy in the coming months.

Asim A. Shah M.D.  
Board Chair, Houston Recovery Center



HOUSTON HEALTH  
DEPARTMENT



Advised by Experts

Jim Clarkson, MA, LCDC, President and Founder, Via Positiva  
Lisa 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

CERTIFICATIONS

CANDID - Platinum Certification

Candid provides the most comprehensive data and insights about the social sector. Millions of nonprofits spend trillions of dollars around the world. Candid monitors where that money comes from, where it goes, and why it matters. Through research, collaboration, and training, Candid connects people who want to change the world to the resources they need to do it. Candid provides information that helps nonprofits find funders to support their work. Conversely, funders look to GuideStar to verify and research nonprofits that are aligned with their priorities.

Platinum  
Transparency  
2025  
**Candid.**

The Better Business Bureau

In a market saturated with companies vying for customers, Better Business Bureau Accreditation gives consumers confidence that they’re dealing with an ethical and vetted non-profit business.



# THE YEAR’S HIGHLIGHTS

**Leonard’s, HBJ Top CEO Award** – All of us at HRC were excited to see our CEO, Leonard Kincaid selected by the Houston Business Journal as one of Houston’s Most Admired CEOs for 2024, congratulations Leonard. Those selected had made an indelible mark on their organization’s financial success, work culture and contributions to the community. The prestigious award honors great leadership, vision and values. HRC was founded to help solve the challenges presented by the intersections of problematic substance use, law enforcement, the overburdened legal system, homelessness, and out-of-control healthcare costs impacting Houston, the surrounding communities and indeed every individual. Leonard created a sensible solution with demonstrable outcomes and epitomizes servant leadership by standing for the best of each person to emerge. Leonard’s vision to do it differently and leadership to deliver difference is why he is an admired CEO.



**Susana Deltoro, MS, LPC, LCDC,  
Chief Operating Officer**

Susana Deltoro has served as a foundational leader at the Houston Recovery Center since its inception 2013. Susana was instrumental in building the agency’s clinical department from the ground up. As Chief Operating Officer, she has overseen strategic planning, program development, staff training, compliance, quality improvement, and interagency collaboration. Her leadership has helped HRC expand its reach, strengthen partnerships with local law enforcement, healthcare providers and social service agencies, and establish a client-centered culture across all levels of care.

**2025 Chevron Houston Marathon** – The year began once again with the Running Team from the Houston Recovery Center joining the thousands of dedicated runners who braved the cold to participate in the Houston 5K and Full 26-mile Marathons. HRC also had its “Hoopla Station” team present to cheer the runners on, and work to stay warm and out of the wind.



**Hosting the National Sobering Collaborative** – The Houston Recovery Center and Justice Forward welcomed the 2024 National Sobering Center Collaborative Summit to Houston. Facilitator Suzanne Jarvis from HRC introduced a variety of speakers including Devin Anderson of Justice Foward, Harris County Sheriff Ed Gonzalez and Mayor Annise Parker. This year’s Sobering Summit explored the theme “*Putting the Pieces Together*” and the importance of systems-wide approaches, where various organizations and stakeholders come together, like puzzle pieces, to create a comprehensive solution. Following this year’s event, attendees were treated to a tour of HRC’s Sobering Center and details on how HRC and the Center operate from Leonard Kincaid, HRC CEO.



**Anthem Silver Award** – HRC won a Silver Anthem Award for *“Problematic Substance Use: Community Collaboration Impacts this Public Health Crisis”* in the nonprofit Health, Public Service category. The silver award in this category honors the best in class product, innovation or service created by federal, state, local government or council to act as a solution or have impact in the Health space. Anthem Winners are selected by the International Academy of Digital Arts and Sciences. This year’s 4th Annual Anthem Awards was the most competitive season yet with more than 2,300 entries submitted from 34 countries worldwide. The Anthem Awards are defining a new benchmark for impactful work that inspires others to act in their communities. The Houston Recovery Center began as a single-service focused organization. Today, we operate a comprehensive proactive service system targeting individuals that are chronic harmful substance use. The Anthem Award is another testament to all of our dedicated staff who work tirelessly to help those in need.



**Empowered Hosted by Meg Ryan** – HRC was invited by Empowered Hosted by Meg Ryan’s production company to be highlighted in their TV show. The Empowered film crew arrived in October at HRC’s Chenevert location to film the upcoming program about our services, programs and value to our fellow Houstonians and the Houston community. They produced a 5-minute educational documentary titled *“A Look Inside the Houston Recovery Center”* which began airing in May, 2025 for one year on national public television. Additionally, our 30-second commercial called *“Plan A Good Time”* promoted a transportation plan for safe social outings to address Harris County’s high DWI rate. Both English and Spanish versions aired during May, on local national TV networks. Empowered Hosted by Meg Ryan believes: *“Education can ‘Empower’ all of us... it leads to new connections, innovations, conversations, and can ultimately transform lives.”*

**HRC’s Empowered Documentary Premier Event** – On April 3, 2025, HRC hosted an event to premier its short educational documentary *“A Look Inside the Houston Recovery Center.”* The event was highlighted by the showing of the Empowered videos, remarks from Dr. Asim A. Shah, Sara L. Jahansouz Wray, Ed.D., Associate Dean of Students, University of Houston, recognition awards for outstanding support of SUD

recovery to Chief Mike Lee, Sheriff Ed Gonzalez, Tom Brown, Philander E. Moore, Sr., Mary H. Beck, Hon. Devon Anderson, Dorothy West, Lauren Anderson, Charlene A. Flash, M.D., and Susana Deltoro. Presentations were also made by Leonard and Suzanne Jarvis.



In addition to their presentations, a successful auction of some 30 items and refreshments highlighted the reception area during the event.

**Hosting Facility Tours** – Acknowledged by other organizations, HRC hosted the University of Houston’s police department and its “Cougars in Recovery” team for a visit and tour of the Sobering Center. The El Paso Sobering Center in central El Paso, spent the day visiting the Houston Recovery Center’s Sobering Center facility at 150 N. Chenevert Street. Like the Houston Recovery Center’s Sobering Center, the El Paso facility works to provide critical options for law



*HRC’s own Suzanne Jarvis led representatives from the NSC Summit on a tour of the Sobering Center*

enforcement and first responders when they encounter individuals under the influence of drugs or alcohol as an alternative to jail. The goal of the visit to Houston was to tour the HRC facility in hopes of learning more about how HRC’s Sobering Center has made HRC successful, what have been the greatest challenges, how has HRC continued to meet these challenges, and what are HRC’s plans to continue its success and growth for the future.

FACING NEW CHALLENGES

Meeting the ongoing problems created by substance use, homelessness and mental illness can all be interrelated. The activities, programs and successes of those people and organizations treating the issues or augmenting the behavioral workforce continue to be limited by the ongoing demand for funding. 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. Philanthropic contributions help stabilize programs clients desperately need, community funding and individual donations allow HRC to focus on what we do best. The necessary support, resources and generous funding of the public and private partners who recognize the important work HRC does are greatly appreciated. But the growing community need is outpacing what public funds cover.



**Suzanne Jarvis, MPH, Director of Strategic Initiatives**

Suzanne Jarvis previously held the position of Executive Director for Living Forward Alliance where she developed and led an award-winning personal growth and re-entry program for incarcerated women in addiction treatment. In 2016 she was awarded the Distinguished Advocate award by the Houston Chapter of the Texas Association of Addiction Professionals.



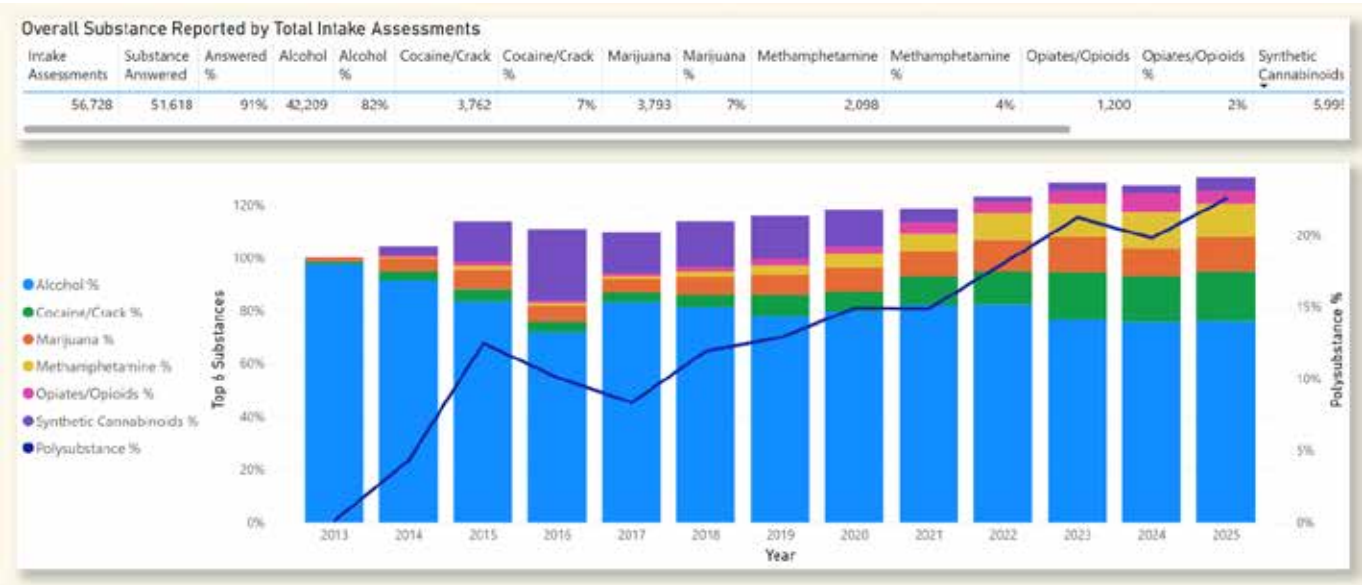
The demand for our recovery management programs from hospital emergency departments, criminal justice referrals and community walk-in admissions continue to increase. The complexity of resulting behavioral, health and social issues created by alcohol, and substance use require new approaches to program delivery, and allocation of resources and funding. However, our vision remains the same, universal access to recovery from substance abuse by providing compassionate care to under-served individuals through early intervention and community care coordination to achieve lifelong recovery.

**Substance use trends**

Across Texas, opioids, including heroin, prescription pills and fentanyl, have caused the most overdose deaths in Texas. Drugs like hydrocodone and oxycodone, including amphetamine and methamphetamine, heroin, cocaine, marijuana, fentanyl, and synthetic cannabinoids more commonly known as “spice” or K2, remain the most common drugs flowing across the state’s southern border from Mexico.

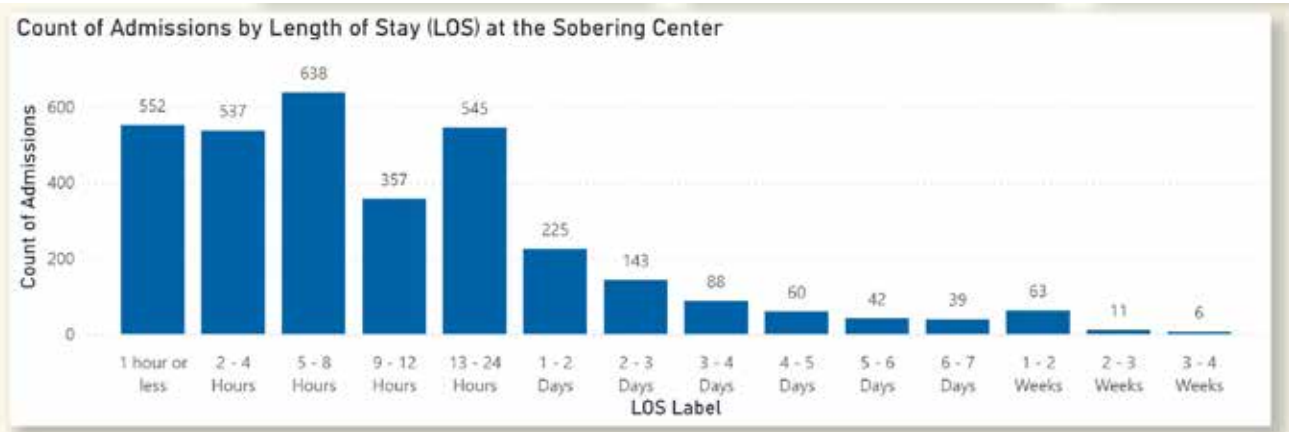
**2025 HRC and Its Sobering Center Meets the Growing Demand for Recovery Programs**

In the 2025 fiscal year HRC saw a continuing need for many of the substance use, homeless services and programs delivered to the Houston community. While alcohol use remains the leading source of the cause for Sobering Center client visits, an array of other substances continue to impact the Houston community.



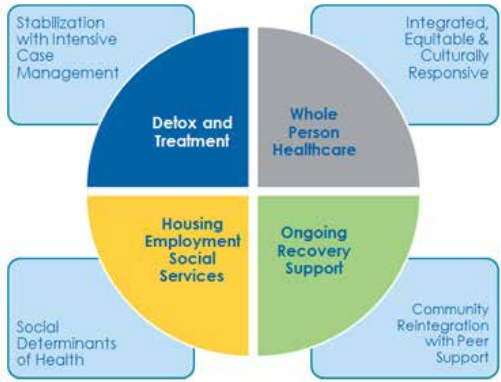
It is not simply the admission count that impacts services, but the length of client stay numbers. The Sobering Center has seen a marked increase in length of stay after one day as clients are released or are placed into recovery programs.

*The Sobering Center saw 3,463 admissions*



Integrated care improves health equity

The HRC’s Community Health Workers (CHW) Program deepens its substance use care to identify substance use and health trends in neighborhoods, establish a community network, and enroll underserved clients in HRC’s long-term recovery program. Homelessness and substance use can occur simultaneously, and, unfortunately, many people struggling with both issues are unable to get the help they need.



In the Houston region, much of the area’s homelessness is caused by an economic crisis—not substance use, which only accounts for less than 10% of Houston’s homelessness.

Challenged with 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.



Lovinah Igbani-Perkins, Manager of Clinical Services

Lovinah is a dedicated professional with a Master of Social Work. With a deep-rooted commitment to criminal justice reform and a passion for aiding individuals grappling with substance use disorders, Lovinah brings a unique blend of lived experience and academic expertise to her work. Lovinah possesses a nuanced understanding of the intersecting challenges faced by vulnerable individuals.



MEETING THE COMMUNITY’S NEEDS

The Sobering Center, HRC’s premier facility, sees clients every day who simply need a safe place to stay for a short time to sober up and avoid arrest. The sobering center is open 24/7, and the stay is voluntary. Clients average length of stay is 4-6 hours, and they can leave anytime. Hopefully, one visit is enough to see the role substances play in their lives. We receive clients from law enforcement, hospitals, emergency departments, and other community settings. The center is staffed by state certified peer recovery specialists whose lived experience brings understanding and truth to client conversations.



*In 2025 HRC served 4,787 clients*

Anyone who comes through our doors and requests assistance gets connected to available resources. HRC’s recovery team creates a person-centered recovery plan based on client-defined goals. For those who have a low income or are uninsured, our Partners in Recovery program places clients in appropriate levels of care services are linked to a comprehensive care system designed to improve successful access to



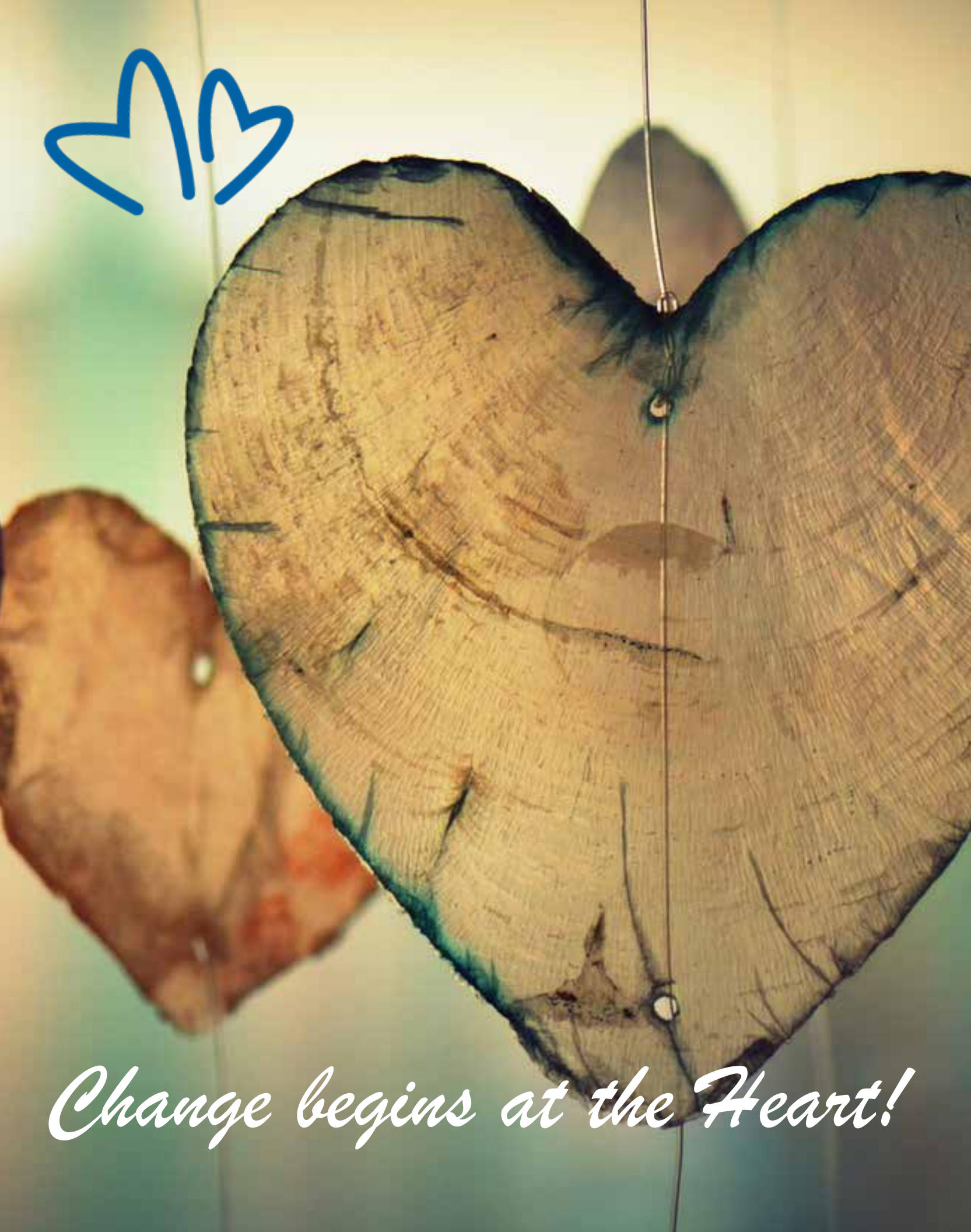
appropriate care. This results in greater rates of lasting stabilization and better quality of life for clients. Clients can be paired with a case manager and a peer recovery support specialist for six months of intensive case management and 18 months of additional recovery support. We help clients achieve recovery and close the revolving door of arrest, medical emergency, and substance use. Some clients prefer a more informal program before they are ready to commit to addiction treatment. Some clients simply need to talk things

over with someone who’s walked in their shoes. Every recovery path is unique whether they receive six months or more of support.



Melissa Tucker  
Manager Sobering Center

Over 20 years of experience in diverse healthcare settings, as an EMT, in hospital care, and private practice, afford Melissa the perspective and insight that helps bridge our frontline programs with emergency department staff.



*Change begins at the Heart!*

Substance use often lies at the root of public safety issues. HRC’s Jail In-Reach and Responsive Interventions for Change (RIC) Docket reach Houstonians at their most vulnerable time. We have been working with the Responsive Intervention for Change (RIC) Docket since 2016 as well as in STAR Drug Court and Felony Mental Health Court providing an opportunity for non-violent offenders the opportunity to enter recovery with our staff and receive substance use treatment instead of cycling in and out of jail.

HRC Opioid Response initiative trains clients in and provides access to NARCAN® to prevent overdose death and offers medication-assisted treatment and 18 months of free recovery assistance. Houston Recovery Center, Houston Fire Department, Houston Health Department, and Baylor College of Medicine work together to teach first responders how to recognize overdose and administer naloxone. Peer recovery specialists are contacted by the EMT call center to visit overdosed individuals transported to the emergency department and start building a relationship and engage them in medicated-assisted treatment and recovery options.



**Shawn Krumrey,  
Manager of Criminal Justice System**

**Shawn Krumrey is the Program Manager for the Criminal Justice Programs, which include Adult Probation, RIC, Star Drug Court and Jail In-Reach Programs. She has been working in the field of addiction and mental health for 20 years. She holds a Bachelor’s degree in Criminal Justice and a Master’s degree in Education, and is a Licensed Chemical Dependency Counselor.**



**Sydrena Tufts  
Sobering Center Supervisor**

**Sydrena Tufts has been working with HRC for 10 years. Sydrena is a woman in long-term recovery and has been sober for 18 years. Today, Sydrena is living a life filled with hope, faith, and courage.**

HRC’s Community Health Workers 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 bridge access to healthcare and behavioral health services.

HRC’s partnership with Harris Health System and Baylor College of Medicine to incorporate onsite psychiatric evaluation for program clients has been invaluable. Clients are diagnosed and medications for their mental health and substance use disorders are delivered to HRC removing multiple barriers and steps to treatment. Ultimately, this is a more productive outcome for clients, hospitals referring them, and HRC’s recovery program delivery.

PRESURE INSPIRES NEW STRATEGIES

The challenges we face in addressing problematic substance use are not going away. In fact, they are growing more complex and urgent. Economic pressures, job losses, and legislative changes are reshaping the landscape of care, pushing communities to find new solutions to interconnected crises like substance use, homelessness, and mental health. In this environment, HRC’s unique “doorway to care” is more essential than ever.

Yet, our ability to respond is limited by the way our funding is structured. Today, roughly 90% of HRC’s budget comes from public sources. Beyond the City of Houston’s sobering center funding, most of our financial support comes from short-term federal, state, and local grants tied to specific program

activities. These restricted funds are crucial, but they cannot be used for many core needs, such as indirect and coperalational costs, client support services outside grant scopes, or urgent expenses caused by sudden shifts in community service capacity.

Additionally, when there is a funding gap between grants,

we risk losing our greatest asset: our skilled, highly trained staff who have the expertise to serve clients with complex needs. Recruiting and training new staff is costly and time-consuming, and losing personnel disrupts our ability to deliver consistent, life-saving services.

That is why HRC is committing to diversifying funding and creating an unrestricted, flexible reserve fund, a critical sustainability tool that will allow us to cover gaps, respond to emergencies, and adapt quickly as needs evolve. Philanthropic contributions, corporate partnerships, and individual donations are the lifeblood of this effort, giving us the flexibility public funds cannot.

We have already begun investing in this vision. Our recent participation in Empowered Hosted by Meg Ryan, the launch of our Corporate Partner Program, and our Champions for Recovery initiative mark the start of a new chapter, one where community-driven support ensures HRC can meet the needs of today and tomorrow, without interruption. With a strong flexible reserve, we can safeguard our mission, retain our extraordinary team, and continue meeting people where they are, whenever they need us most.

WE CAN’T DO THIS ALONE. WE NEED YOUR HELP!

1,186 referrals from Houston’s Criminal Justice System and 446 from local hospitals



Lisa Marie Rizo  
Community Health Worker/Peer Support Supervisor

Lisa Rizo has dual certifications as a Mental Health Peer Support Specialist and Peer Recovery Support Specialist. Her professional background includes working with people who have substance use and mental health issues and with clients diverted for public intoxication to HRC’s Sobering Center. Lisa guides them by example and coaching to apply new coping skills as they improve their life and well-being. Lisa specializes in delivering care and in helping people regain social resources to rebuild their lives.

WE WORK TO ELIMINATE FACTORS THAT PREVENT SUCCESSFUL RECOVERY

Lack of Identification

HRC assists those clients that do not have an official form of identification. This is a major barrier for those living on the streets, as people cannot be admitted into housing or treatment services without an official form of identification. They frequently lose their ID, important paperwork or are robbed of their possessions. To gain immediate access to emergency shelter, detox, or treatment there is a process to obtain an expedited temporary homeless ID. Once admitted into a service, the next step is to obtain a permanent state ID which requires a birth certificate, social security card, or other government approved documents that can prove identity. This state ID is necessary for continuing addiction recovery services and obtaining SSI, food stamps, housing, banking, medical services, etc.

Lack of Transportation

HRC assists clients with their transportation needs. While living on the street and actively using alcohol or other drugs, the ability to make clear decisions and follow complex instructions is compromised. Navigating public transportation becomes a challenge and a barrier to getting into addiction treatment and other essential services. HRC provides van transportation, with a Recovery Coach or Clinician to and from services. Once stabilized and progressing in their recovery wellness plan, bus passes provide the ability to seek employment, training programs and access other important services necessary to rebuild life.

Lack of Social Understanding of Recovery Process

Addiction recovery is a process. It can be both frightening and overwhelming. Detoxification and withdrawal from a substance can be painful and sometimes life-threatening. Addiction treatment involves facing emotional pain and relationship issues. For individuals who have lived on the street, rebuilding life from scratch is hard and common life skills like managing money and cooking have to be relearned. The recovery process is more successful with proper social support.

Client Success Story: Jonathon

Jonathon had been in recovery for more than 120 days. Not the first time in recovery, but unfortunately the first time only lasted two weeks. Jonathon was born in Texas, but lived off and on in both Texas and Louisiana. He had been drinking since he was 18. He was in culinary school until 2020. In 2021 he moved back to Houston and began heavy drinking and using drugs, mostly weed. He finally ended up in jail where he met Melissa. He didn’t know what it was, but found himself in RIC court. Melissa took him to the Houston Recovery Center’s Sobering Center. Recovery is not easy. Today he has a network of positive influencers he can call/rely on. HRC helped him form that network and learn how to make connections. “Don’t try to fix yourself alone, let others help you. Let miracles happen – they will. Trust in people like the staff at HRC. They know what they’re doing. Let them help you.”



### Lack of Recovery Supportive Housing

It is important for people leaving residential treatment, which is 15-30 days long, to live in a safe and supportive recovery environment. They need time and support to relearn how to live life without using substances. Recovery housing provides this opportunity.

### Lack of Long-Term Recovery Support

HRC helps provide a pathway to long-term recovery. The first twelve months of recovery are critical. During this phase the body detoxifies, brain chemistry begins to normalize and people start to regain mental clarity and the capacity for improved decision making. During this phase, it is common for a person to return to use within 90 days of discharging from treatment.

This is not a failure. It is part of learning how to live without using substances. Offering consistent, trusted clinical and peer support through this process increases a person's chances of achieving and maintaining sobriety. There is enough time to learn new life habits, build social and recovery support, gain housing stability and income or employment and engage in meaningful activities. To achieve a sustained level of recovery can take 18 months to four or five years.



### Client Success Story: Sherri

Sherri's story is not our typical HRC success story, but is one that is unfortunately very common to many people and families who are or have struggled with alcohol and substance use, and the effect it has on the family and friends. This is a story that needs to be shared.

This is not a survival story. Sherri's son, AJ was 27 years old when he overdosed. He was a bright, outgoing young person, who struggled with addiction from the time he was 14 until he was almost 30. Shortly before his death, he was trying to get clean and was trying to get into a recovery program.

He had been through "recovery" many times at many facilities. Following a crazy 2-day binge, a Houston Recovery Center community health worker and coach Riley Burn's helped AJ get into a treatment program. Riley and others at HRC began helping AJ begin to reestablish his life. They found a treatment facility to accept him, found a sober living facility, and helped him get his ID and driver's license. Two days later, AJ was found dead in a hotel room. No details about the circumstance were ever made available to his family.

As a parent one is always in the "fix it" mode, "I can fix this, I can and will help my child in any way he/she needs." Without her son, she had nothing to focus on except on her sadness and loss. Once again, HRC continued to help, reaching out connecting Sherri and her family to an ongoing support system.

### Client Success Story: Tony as told by Lovinah

When I first met Tony, he was struggling with severe schizophrenia. His mother had brought him to me, utterly distraught and exhausted, having been unable to maintain a proper sleep schedule due to his worsening condition. Her 26-year-old son, once admitted to Yale University with a promising future, had been experiencing severe mental health challenges for over five years. When we met, Tony was pacing non-stop, exhibiting signs of visual and auditory hallucinations, and frequently talking aloud to himself.

Following inpatient treatment, I referred his mother to The Harris Center for IDD, where Tony could continue medication management and receive therapy for ongoing support. His mother recently called to share his incredible progress: Tony is now stable and has completed his third therapy session. He is no longer experiencing hallucinations, can engage in clear, lucid conversations, and has even created a daily schedule for himself that includes exercise.

### It's Been A Very Active and Rewarding Year





# Houston Recovery Center

Sobering & Addiction Recovery Programs

150 Chenevert Street, Suite 100, Houston, TX 77002  
713.236.7800 ■ [www.houstonrecoverycenter.org](http://www.houstonrecoverycenter.org)

*"Thank You for Your  
Support."*

