



FISCAL YEAR IN REVIEW **2018-2019**





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SANTA FE RECOVERY CENTER

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Dear Friends,

It has been a year of groundbreaking growth and profound community impact for the Santa Fe Recovery Center (SFRC) and the clients we serve. We have experienced unprecedented growth this year and more than doubled the number of clients served. One hundred percent (100%) of our clients fall below the Low-Moderate Income Limit and 80% fall below the Very Low Income Limit. We have witnessed their needs intensifying - extending from substance use disorders to include basic needs such as food insecurity, transportation, housing, childcare, and employment.

With your support, we have been working tirelessly to meet our clients' needs. We want to sincerely thank you for your continued support and generosity.

Because of you, we were able to:

- expand our ability to provide residential treatment services to adult men and women,
- ▶ complete a remodel to our original residential facility increasing our capacity to provide residential treatment services,
- build and open the new Family Support facility on our primary campus,
- establish the Extended Residential Treatment program on the City of Santa Fe's Midtown Campus,
- ▶ expand the Sober Living Houses program, and
- provide more outpatient treatment services that now include childcare services for parents to participate in their outpatient treatment.

WOMEN AND CHILDREN'S PROGRAM

One of our greatest recent achievements was opening the only substance use disorder treatment center in New Mexico that welcomes women who are pregnant or post-partum and their children under age five into residential treatment. This new Women and Children's Program opened in July 2018 and has already received an overwhelming response from women in need throughout our state. City of Santa Fe Mayor Alan Webber helped us to christen a beautiful state-of-the-art playground for these families in December 2018. In 2019, we were delighted to open a residential Bridge House designated for women and their children.

GRANT FOR RIO ARRIBA AND TAOS COUNTIES

We were honored to receive a 2019 Planning Grant from the U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA). This grant has afforded us the opportunity to focus on the needs of pregnant and post-partum women experiencing opioid use disorders in Rio Arriba and Taos Counties. Furthermore, this grant has enabled us to create additional partnerships in these targeted areas assisting us to meet the overwhelming needs these women and their children encounter.

EXTENDED RESIDENTIAL PROGRAM

food bags.

TRANSPORTATION

The City of Santa Fe provided SFRC the opportunity to rent 24 two-bedroom apartments on the Midtown Campus, formerly the Santa Fe University of Art and Design. This fulfilled a tremendous need for our clients after they have completed the 30-day residential program to transition into a program that enables them to have a safe living environment while they continue their recovery. Thirty-plus men and women, including women with their children under age 5, can participate in this program for up to 90 days.

MEALS AND NUTRITION

SFRC began providing meals this year through a partnership with the Food Depot to provide clients with food during all points of treatment. Sandwiches are available every day for lunch in the lobby of the Jaguar building for clients participating in the screening and assessment process. SFRC provides three meals a day to all clients in Detox, Residential, and Extended Residential treatment programs. Extended Residential programing includes nutrition education and cooking classes to prepare clients with life skills. SFRC also works diligently to address food insecurity as part of the Aftercare plan. We feed clients in evening IOP groups, and through funding received from Santa Fe County in early 2019, we were enabled to give clients leaving detox

To assist our clients in recovery, transportation has become a needed service. Many clients have lost their vehicles and licenses, so driving themselves to doctor appointments, social service meetings, and interviews for employment is not an option. In recent years, we have greatly expanded transportation services through grant

funding so we can transport clients directly between our intake facilities at Jaguar Drive and Detox, Short Term Residential, Extended Residential, Recovery Housing, Bridge Houses, and Outpatient facilities. SFRC initiated a pilot this year through the Intensive Outpatient Program to pick up clients within an 8-mile radius of the city for meetings. This service has now expanded to multiple routes and fulfills a critical need in providing our clients with safe mobility to access care.

LOOKING AHEAD

These are just a few examples of the tremendous growth we experienced this year. Many more opportunities are on the horizon for 2020 including the pursuit of additional transitional housing and employment opportunities for the clients we serve.

We are grateful to you, our dedicated staff, and Board of Directors for making this work possible. We hope you will continue to lend your support and guidance as we navigate additional growth and tremendous community needs in 2020. We know that none of this important work would be possible without your ongoing commitment and generous support.

With Sincere Gratitude,



Svlvia Barela Chief Executive Director



Christine Wendel Board of Directors Chairperson



"This week I am getting full custody of all four of my children back."



The Santa Fe Recovery Center (SFRC) is a non-profit substance use disorder (SUD) program based in Santa Fe, New Mexico.

OUR MISSION The Santa Fe Recovery Center works with individuals to sustain lasting recovery from substance abuse disorders and related mental health disorders by providing culturally relevant, evidencebased treatment and education in partnership with other community organizations.

SUPPORTING LASTING Recovery

The SFRC was established in 2005 to address the long-existing problem of substance abuse in Northern New Mexico. We operate the only Commission for the Accreditation of Rehabilitation Facilities (CARF) accredited residential SUD treatment program within New Mexico. SFRC accepts clients from all areas of the state.

OUR VISION The Santa Fe Recovery Center envisions recovery for all individuals struggling with addictions.

OUR VALUES We operate with integrity and treat each client with compassion and respect in a safe and nurturing environment.

SFRC provides a broad continuum of care with a wide array of services to ensure a transition from detoxification to long-term recovery. These programs include:

- Detoxification (Detox)
- Medication-assisted Treatment
- Men's Residential Treatment
- ▶ Women and Children's Residential Treatment
- Extended Residential Treatment
- Recovery Housing
- ▶ Regular and Intensive Outpatient
- Bridge House Sober Living

Clients across all levels of care work with our counselors to develop individualized treatment plans with goals, objectives, and interventions.

Individual plans are specific to each client's needs during every level of care and are designed to include culturally appropriate interventions for each client. All plans include a discharge plan and a relapse prevention plan.



"Thank you for all of your help. I do feel like you guys saved my life."

SUPPORTING LASTING *Recovery*



Each level of care is designed to last for a specific time and provide a specific kind of care. We strive to offer evidence-based, trauma-informed, holistic treatment of substance use disorders with clinical and mental health support and counseling along with:

- Case management services
- Victim support services
- Peer support services
- ► Long-term sobriety and/or relapse prevention
- ▶ Nutrition education, and food support
- ▶ Life skills for jobs, education, and finances
- Family support
- ► Childcare
- ▶ Transportation
- Community building

DEMOGRAPHICS

In 2018-2019, SFRC served over 1,400 clients of diverse socioeconomic and cultural backgrounds; over 50% were opiate addicted. Our clients are some of New Mexico's most fragile and underserved residents:

- ▶ SFRC clients are approximately 60% Hispanic, 30% Caucasian, and 9% Native American
- ▶ 70% of SFRC clients have a disability as defined by the Americans with Disabilities Act (ADA)
- ▶ 100% of SFRC clients fall below the Low-Moderate Income Limit
- ▶ 80% fall below the Very Low Income Limit

TREATMENT PROGRAMS

INTAKE / ASSESSMENT PROCESS

After completion of the Detox Program, clients can choose to leave or continue Our Intake process includes screening and assessment to place clients in treatment with SFRC. If individuals decide to leave, SFRC staff perform a the level of care where they will be most successful. A screening consists of referral assessment for case management services and referrals to meet a client's collecting insurance or Medicaid information, if applicable, obtaining medical immediate needs and inform them of SFRC levels of care in case they chose to records and prescriptions, checking vitals, a urine drug screen, and a medical seek services in the future. clearance, if applicable.

Once approved for an appropriate level of care, SFRC staff transports clients directly to the appropriate program's facility.

DETOX PROGRAM

Clients are assigned a core counselor to work with during their time in treatment. Men's Residential Program clients work with their counselor to develop individualized treatment plans with goals, objectives, and interventions. Individual plans are specific to each client's needs during every level of care and are designed to include culturally appropriate interventions. All plans include a discharge plan and a relapse prevention plan. Men's Residential Program clients have a minimum of one individual therapy session a week.

In direct coordination with Christus St. Vincent Regional Medical Center and Santa Fe County, SFRC Detox is a clinically managed residential withdrawal management program. We offer beds for men and women housed separately. The Detox Program operates 24/7 for the purposes of providing safe, monitored, and managed detox treatment. The typical stay per client is 3-7 days.

The Registered Nurse and Medical Technicians are the primary caregivers to Detox Program clients. The physician or physician's assistants work with

Admission interviews for all of our Treatment Programs take place at: 5312 Jaguar Dr., Santa Fe, NM 87507, ph. (505) 471-4985.

SFRC is the only SUD program in New Mexico that provides in-house medical clearance by our qualified physician or physician's assistant. Medical clearance is required for the Detox and Residential Programs. Medical clearance is not required for outpatient services.

We prefer to perform face-to-face screenings, but phone screenings are conducted by our Intake Coordinator for individuals who have barriers preventing them from coming into the facility.

Detox Program clients to provide medication management services. Two staff counselors also organize groups and are available to see Detox Program clients individually.

SHORT-TERM RESIDENTIAL **TREATMENT PROGRAM**

SFRC offers short-term residential treatment programs for both men and women, including women with small children. Our short-term residential program is SFRC's only gender-specific program.

MEN'S RESIDENTIAL PROGRAM

The Men's Residential Program is a 30-day program, which focuses on evidence-based, trauma-informed, holistic treatment of substance use disorders. The Men's Residential Program structure includes 8-12 hours a day of dynamic activities to anchor long term sobriety including didactic and experiential groups on relapse prevention, mindfulness, acupuncture, yoga, nature, fitness, sweat lodge, art, music, and self-defense.

Men's Residential Program clients also participate in focus groups, peer run groups, psychoeducational groups, 12-step educational groups, and therapeutic

SUPPORTING LASTING *Recovery*



"I believe with all my heart, body and mind that SFRC and staff counselors are awesome. They provided me with all the tools *I've been lacking most* of my life."

interventions every weekday with a core group comprising 5-7 clients.

WOMEN AND CHILDREN'S **RESIDENTIAL PROGRAM**

SFRC operates the only Women and Children's Residential Treatment Program in the state where women can bring their children age 0 to 3 into treatment with them for up to 90 days of residential treatment. The Women and Children's Residential Treatment Program promotes healthy attachment and bonding between mothers and children by eliminating barriers to substance use disorder treatment for pregnant and post-partum women and ceasing trauma, illness, and addiction across multiple generations of New Mexico families.

The Women and Children's Residential Treatment Program focuses on evidence-based, trauma-informed, holistic treatment of substance use disorders. The program structure includes 8-12 hours a day of dynamic activities to anchor long-term sobriety including didactic and experiential groups on relapse prevention, mindfulness, acupuncture, yoga, nature, fitness, sweat lodge, art, music, and self-defense. SFRC works to program specific activities geared towards the needs of mothers and children.

Women and Children's Residential Treatment Program clients are assigned a core counselor to work with during their time in treatment. Women and Children's Residential Treatment Program clients work with their counselor to develop individualized treatment plans with goals, objectives, and interventions. Individual plans

are specific to each client's needs during every level of care and are designed to include culturally appropriate interventions for each client. All plans include a discharge plan and a relapse prevention plan. Women and Children's Residential Treatment Program clients have a minimum of one individual therapy session a week and are assigned a core counselor to work with during treatment.

Specific to the Women and Children's Residential Treatment Program clients, SFRC has a physician on staff that specializes in addiction treatment for pregnant and postpartum women, including detoxification. We also partner with Las Cumbres Community Services to provide infant mental health services for mothers and children.

Women and Children's Residential Treatment Program clients also participate in focus groups, peer run groups, psychoeducational groups, 12-step educational groups, and therapeutic interventions every weekday with a core group comprising 5-7 clients.

OUTPATIENT TREATMENT PROGRAM

SFRC offers both regular and intensive Outpatient Treatment Programs utilizing the Matrix Model, an evidence-based intensive outpatient treatment program.

Types of Outpatient Treatment Programs:

Regular Outpatient Treatment (ROP)

Regular Outpatient Treatment is a 12-week program with a typical commitment of three hours per week with group

Santa Fe locations.

Extended Residential Treatment Program provides residential treatment for up to 90 days. This program provides clients supportive housing, meals, and transportation as a transitional space to enable learning life skills along with continued recovery support to promote long-term sobriety. SFRC has 24 two-bedroom

meetings on Tuesdays and Thursdays and two individual therapy sessions per month. SFRC counselors work with ROP clients to create a flexible program to accommodate their individual needs. ROP can be tailored to client needs in both intensity and duration. Meetings are held at two Santa Fe locations and one Española location.

Intensive Outpatient Treatment (IOP)

Intensive Outpatient Treatment is a 16-week program that provides nine hours per week of services with groups on Mondays and Fridays and a family group on Wednesday. IOP clients commit to 1-2 individual therapy sessions a week. Meetings are held at two

Individuals engaged in either outpatient treatment program can also engage in Medication-Assisted Treatment.

Upon graduation from either program, clients are encouraged to participate in outpatient programming. It is up to the client and his or her counselor to determine what best meets their needs. Clients are welcome to continue participating in Aftercare programming for as long as they want or need.

EXTENDED RESIDENTIAL TREATMENT PROGRAM

apartments that can accommodate men, women, and children 0-3 years old.

Clients work with our counselors to develop individualized treatment plans with goals, objectives, and interventions. Individual plans are specific to each client's needs during every level of care and are designed to include culturally appropriate interventions for each client. All Extended Residential Treatment Program client plans include a discharge plan and a relapse prevention plan. SFRC counselors continue to provide individual therapy, group therapy, and peer support groups.

Clients have a focus group each day and have the goal of 90 meetings in 90 days with one of the following groups: AA, NA, DBT, Seeking Safety, Refuge Recovery, or other specific peer support groups.

Along with counseling, Extended Residential Treatment Program activities promote nutrition, fitness, and education to assist in personal finances and job equisition and retention. Clients in the Extended Residential Treatment Program are required to pursue employment or continuing education to participate in the program.

The Extended Residential Treatment Program is staffed 24/7 with medical technicians who are available to help clients take medication on schedule, answer questions, encourage group attendance, and provide supervision. Med Techs also perform weekly random Urine Analyses (UAs) and frequent pop-ins to apartments. Extended Residential Treatment Program clients are able to come and go, but have a 10 p.m. curfew and must sign out at every departure and do a Breathalyzer upon return.



• SUPPORTING LASTING *Recovery*

RECOVERY HOUSING AND SOBER LIVING PROGRAMS

Recovery Housing and Sober Living Programs are not treatment programs, but provide safe, supportive housing for clients in recovery as they get back on their feet. A Recovery Housing client qualifies to move from Extended Residential into Recovery Housing or a Bridge House, both of which provide sober living for SFRC clients beyond residential treatment.

RECOVERY HOUSING

SFRC has 9 two-bedroom apartments at the Midtown Campus, formerly the University of Art and Design Campus, for recovery housing. The maximum stay in Recovery Housing is 16 weeks.

BRIDGE HOUSES

SFRC operates three residential homes or Bridge Houses in the community. The Bridge Houses are gender specific. Two homes are designated for men. In 2019, SFRC was able to open a Bridge House specifically for women and their children. Because Bridge Houses are more communal, the length of stay is more flexible and clients can stay until they find a different living situation.

Recovery Housing and Sober Living Programs clients in recovery housing are responsible for paying for their rent, utilities, and food. Recovery Housing and Sober Living Program clients are usually already employed or have plans to be employed within a month when entering recovery housing. However, thanks to a grant from the City of Santa Fe Affordable Housing Trust, Recovery Housing and Sober Living Programs clients in need of safe, transitional housing who cannot yet pay rent had a grace period until they were able to pay for their own expenses.

All clients in Recovery Housing and Sober Living Programs are required to complete an outpatient assessment and comply with the recommendations of that assessment. Because Recovery Housing and Sober Living Program clients are no longer in a treatment program and are basically paying their portion of living expenses, we do not require that they use an SFRC outpatient program. If Recovery Housing and Sober Living Program clients choose to use an SFRC outpatient program, we provide transportation.

as a group.

PROGRAM (MAT)

and needs.

every month.

SFRC utilizes the MAT Program as a tool for both detox and recovery maintenance in conjunction with counseling. MAT Program clients are required to engage in an SFRC Residential or Outpatient program to participate in the medication-assisted treatment.

To apply for either Recovery Housing or Sober Living Programs, clients complete an application. Anyone accepted has to abide by the rules of the program that include sobriety, 10 p.m. curfew, signing out at every departure and a Breathalyzer upon return, weekly random UAs, regular drug and alcohol testing, and compliance with the rules that the house creates

MEDICATION ASSISTED TREATMENT

The Medication Assisted Treatment Program is available at all levels of care at SFRC. The SFRC utilizes Suboxone and other prescribed medications to assist in long-term sobriety according to each client's unique physiology

When applicable, the intake process for the MAT Program is included in the assessment for any SFRC program and includes appropriate paperwork and lab work. MAT Program clients are scheduled for appointments with the physician or physician's assistant to prescribe medication based on their needs.

MAT Program clients have regular follow-up medication appointments with their prescriber, which starts at weekly appointments and tapers down to every two weeks or



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CONTINUUM OF CARE

SFRC provides a broad continuum of care with a wide array of services.

SERVICE	STAY	BEDS	PEOPLE SERVED
Detoxification	3-7 Days	10 male beds 5 female beds	Men and women
Men's Residential Treatment	Up to 30 days	23 male beds	Men only
Women and Children's Residential Treatment	Up to 90 days	16 female beds 8 beds for children ages 0-3	Women only, including pregnant and postpartum, children ages 0-3
Extended Residential Treatment	Up to 90 days	30 beds	Men, women and children ages 0-3
Recovery Housing	Up to 120 days	18 beds	Men, women and children ages 0-3
Bridge House Sober Living	Up to 120 days and beyond	3 houses 21 beds total	Two houses for men One house for women and children
SERVICE	TIME	LOCATIONS	METHODS
Intensive Outpatient Treatment (IOP)	9 hours/week	1 Santa Fe Location	Psychoeducational groups on addiction and relapse prevention and psychotherapy
Regular Outpatient Treatment (ROP)	3 hours/week	1 Santa Fe Location 1 Española Location	Psychoeducational groups on addiction and relapse prevention & psychotherapy/ Customized
			treatment based on need



ANSWER THE CALL AND Become a Partner

2020 will be a pivotal year in Santa Fe Recovery Center's ability to serve the growing and diverse needs of our friends and neighbors in need of substance use disorder treatment services.

There are many ways you can join us to respond to these critical community needs:

MEETING IMMEDIATE NEEDS

Many of our clients, both men and women and their children under age 3, come into residential treatment with nothing. Available resources are stretched thin and your donation can make a big difference.

You can help our clients with immediate needs such as clothing, food, employment, and providing childcare.

CAPITAL CAMPAIGN

SFRC is at a crossroads and we must expand to meet the recovery and housing needs of our clients.

You can help SFRC to expand our campus by joining our team to raise funds for transitional "sober" housing.

LEAVE A LEGACY

You can name the Santa Fe Recovery Center as a beneficiary of your will, trust, retirement plan, life insurance policy, or financial accounts.

If you are interested in any of these opportunities, whether it is meeting immediate needs, contributing to the capital campaign, or leaving a legacy, please contact Marcie Davis at 505-424-6631 or mdavis@sfrecovery.org to find out more about how you can help.





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