



Homecoming Project, Inc.
2010 Annual Report

Providing a Safe Home for Women in Recovery

A LETTER FROM ROBIN KEENER, EXECUTIVE DIRECTOR

The Board of Directors of the Homecoming Project thanks Harford County Government and our partners for their ongoing support.

Homecoming works hard to be the best possible investment for Harford County. We we strive to exemplify the goals and initiatives of Harford County Executive David Craig and Harford County Government as a whole. I would like to take a moment to touch on how Homecoming strives to support these initiatives:

ECONOMIC OPPORTUNITY - "Growing & Sustaining Harford's Prosperity"

All Homecoming clients must be employed. Local businesses hire our women, because they know they are dependable, hardworking and help the businesses they work for to turn a profit. Our women are taxpaying citizens, living in a structured, disciplined environment that produces reliable employees.

EDUCATION - "Preparing Now, Building for the Future"

Our women graduate the program as sober, better individuals. They return to their families ready to create a new, safe family structure that values and supports education. Homecoming mothers raise children with less truancy and higher test scores.

EFFICIENCY IN GOVERNMENT - "Governing Smarter"

Many of the women who come to Homecoming are court ordered here as an alternative to jail, or released from jail to us. Currently, five of the seven women living at Homecoming would be in jail if they were not here. Nine out of ten women who come to Homecoming have court related problems: DWI, DUI, Theft charges, possession, child neglect or assault.

- **It costs the County \$81.00 a day to house an inmate at the detention center.**
- **The County invests \$27.39 a day for the women at Homecoming.**
- **For every eight clients served, Homecoming saves Harford County \$156,520.00.**

In addition, a woman at Homecoming, and graduates of Homecoming, reduce the need for family and emergency services. We work closely with the Office of Drug Control and Community Service efficiently coordinate services.

PUBLIC SAFETY - "Ensuring a Safe Harford"

Data proves that when individuals are involved in a treatment program they do not have to commit criminal acts to support their drug habits, reducing Public Safety calls.

Recovery at Homecoming reduces home invasions, violence, accidents, chronic homelessness, school truancy, prostitution, and shoplifting and promotes safe work performance.

QUALITY LIVING - "Safeguarding what is Important to Harford County Citizens"

Homecoming is a good neighbor, both in our immediate community and throughout Harford County. Homecoming is the only State Certified half way facility for women in Harford County. Both demand that we maintain the highest standards. Our staff and clients not only maintain our home and property with respect, they actively participate in County life as volunteers. We look for excellence in partnerships that set positive examples for our women. Homecoming collaborates in various capacities with local and State organizations, individuals and businesses.

We again thank County Executive David Craig, the members of his administration, the Harford County Council and the taxpayers of Harford County for their support.

As always, we pledge to use these precious dollars prudently and wisely. With your help, we save women's lives. We support the key initiatives of Harford County Government. And we will do it while saving significant dollars for County taxpayers.

Sincerely,

Robin Keener

MICKI THOMAS, CLINICAL SUPERVISOR

“Life is what happens to you when you are not looking.” This sums up very well how I came to be working with Homecoming Project.

Most of you know that Father Martin’s Ashley was home to me for many years. After the doors were open, I stepped back and looked at the direction of my life and work. I knew I would have to return to school and complete an interrupted education to accomplish any goal. After receiving my certification as an addiction counselor, I had an opportunity to further my studies with Terry Gorski, a pioneer in relapse prevention therapy. After a year of education and training with Terry, I helped open Ashley’s relapse program, the first of its kind in the country. In this role, I began to learn why addicts relapse and why I failed to achieve sobriety in spite of many treatment opportunities.

While I loved counseling the “sickest of the sick” (per Father Martin) my future was being decided by the management of Ashley. I was promoted to Program Director in charge of program development and supervision of counselors – a job I held until I retired in 2005. My love of working with the relapsing addicts and alcoholics was replaced with administrative type responsibilities. I acutely missed my therapy work but accepted that I was where my Higher Power wanted me to be.

One day I received a call on my answering machine from a woman named Robin Keener. I did not know anyone by that name and promptly forgot about calling her back. However, persistent as she can be, she called again. She offered me a part-time job as the counselor and clinical supervisor of Homecoming. As I listened to her invitation, I realized that God was providing me with a second opportunity to fulfill my dream of doing relapse prevention work -especially for women.

I have been with Homecoming for over six years and not one day of those six years have I dreaded going to work. I have been blessed many times in my life but three stands out in my mind at this time. Finding lasting sobriety was the first and most important, the second was being chosen to work with Father Martin and Mae Abraham to establish Ashley, and the third was when the Director of Homecoming called to offer me a job.

Thank you to Robin and the Board of Directors of Homecoming who have trusted me to fulfill this awesome and rewarding responsibility.

Sincerely,

Micki Thomas

MARY INSLEY, PROGRAM MANAGER & ALUMNI COORDINATOR

First, let me start by saying, what an awesome gift it has been to become a part of Homecoming Staff. I never imagined when I started my recovery journey as a resident at Homecoming that one day I would end up back here as the Program Manager. I have spent the majority of my life searching for a sense of purpose and truly believe I have finally found my path.

Prior to joining Homecoming as staff, I became active as the Alumni Coordinator in July 2010. Many of us have a desire to give back but have lacked the direction to do so. We decided at our first alumni meeting that our primary purpose would be to help supplement what is already provided to the residents with leisure activities, showing the residents that we have fun in recovery. Through our fundraising efforts we have taken the residents out to the movies, to a local salon, that is supportive of our mission, for manicures & pedicures and are in the process of planning a trip to Six Flags in the fall. Alumni involvement is beneficial to the existing residents as it shows them that Homecoming graduates do stay sober and go on to live successful lives.

I am grateful for the opportunity to join the Homecoming Staff and excited about the future of our program.

Sincerely,

Mary Insley

PROGRAMS & SERVICES

The mission of Homecoming Project is to provide women with a comprehensive, family-oriented program of recovery from homelessness and substance abuse in a supportive residential environment.

Clients typically stay in the residential program for 9 to 12 months. There are eight beds at the residence plus accommodations for a night manager. Women must be substance-free upon arrival and remain so throughout their stay. Within approximately one week of arrival, each client must find employment that is appropriate for her abilities and physical/emotional condition. Clients are supported and advised by the staff during their job search, and that support is continued throughout the client's residence to strengthen money management skills and personal responsibility.

Clients live by a clearly communicated and consistently reinforced set of house rules and expectations that encourages self-esteem and honesty while fostering family-style mutual respect and cooperation. Each client is accountable directly to the house manager and resident program manager as to her daily work schedule, activities and other responsibilities. Each week, clients attend the in-house Alcoholics Anonymous (AA) meeting plus three meetings of AA and/or NA (Narcotics Anonymous). In addition, each client has one individual weekly meeting with Homecoming's certified addiction counselor and a group meeting with the resident program manager.

The Homecoming staff works closely with each client through our unique Client Treatment Program, which is detailed below, to customize a comprehensive and realistic plan for her recovery. The philosophy behind this program is to *meet every woman where she is* and then help her succeed to the best of her individual abilities.

GROUP THERAPY

The long-term program at Homecoming is intended to help the women cope with the problems of everyday life without relying on drugs and alcohol. The majority of the women who come to Homecoming have abused alcohol and drugs for years. Additionally, many of them have come from troubled families who did not teach them to learn and practice effective coping skills. Without these skills, a woman's ability to stay clean and sober is greatly minimized.

In order to ensure continuity and cohesiveness, the weekly group therapy focuses on one coping skill at a time until we feel confident that the residents are proficient in that skill. Each woman is assigned specific exercises from the recovery workbook and expected to complete those assignments as part of the group process. The following are the modules selected for the weekly group sessions:

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|--------------------------|-----------------|
| 1. Improving Self-Esteem | 4. Spirituality |
| 2. Emotions & Feelings | 5. Recovery |
| 3. Relationships | 6. Relapse |

INDIVIDUAL COUNSELING

Individual counseling is offered on a bi-weekly basis to each resident. In the beginning of a client's stay, when cravings may be pulling at her to leave, the counselor will meet with her more frequently. Also, if a client identifies a heightened stress level or becomes emotionally unstable, more counseling is added until the client becomes stable again or has resolved the situation causing stress. At the time of intake, the client is scheduled for an initial bio/psycho/social and needs assessment with the counselor. An initial treatment plan is developed based on this assessment and will be updated throughout the client's stay.

FAMILIES

While Homecoming does not offer a family program, we do invite family members to visit on Saturday and Sunday. Often, the resident will ask for a pass to go out to lunch with her family or prepare a meal at the house. Residents who are mothers with children living nearby are permitted to have their children sleep over one night per month, if she wishes. If a family wishes to meet with the counselor, time is made available. We often hold co-joint sessions with the resident and her family especially near the time of her discharge. Every effort is made to ensure that the women reconnect with their families, providing that the families are healthy enough to be involved in the recovery process. Throughout the week, the women call their families and children and are encouraged to write letters and send cards, especially to the children



CASE MANAGEMENT

Given that addiction is a chronic, relapsing disease, ongoing support services are considered a crucial part of preventing relapse and assisting clients in building the foundation for a drug-free life. It is important that the residents be empowered to solve their own problems as often as possible. It is our belief that we will not work harder than our residents for their sobriety; however, if a resident identifies a need, the program manager will identify resources and options available to the resident. Many times, the women are capable of addressing their own needs but need the coaching and support in order to do so.

As with any extended care facility, the clients come in with myriad unresolved issues. Women come to us homeless and unemployed. They are faced with outstanding legal issues and overwhelming debt. Many of them lack the proper identification such as a photo ID or social security card, which is necessary in order to obtain employment. Most women that come to us require follow-up psychiatric care for co-occurring disorders, medical and dental examinations but are uninsured and have no financial means to obtain these necessary services.

At the time of intake, new residents identify their needs and the issues that will require resolution. Without case management and the proper support services, most women would crumble under the weight of their “sober to-do list.” They find comfort in knowing that they have up to one year in a safe and supportive environment to “chip away” at their list of unresolved issues. We ask that they put all except their most immediate needs on hold until they have reached Level 2 status in our program which usually occurs within 90 days.

EDUCATION SESSIONS THROUGH COMMUNITY PARTNERSHIPS

Mandatory, weekly education sessions are presented. The program director arranges for local business and government professionals to conduct group sessions at the residence that address pertinent topics including money management, workplace ethics and personal safety.

Volunteers at Homecoming Project provide a variety of services in the delivery of the Client Treatment Program. Community leaders regularly visit the residence to lead workshops that help clients develop their skills in areas such as professionalism on the job, personal safety and choosing appropriate social outlets. Local professionals in the arts of yoga and acupuncture donate much needed pain and stress management alternatives to support clients in the recovery process.

Harford Community Action Agency has been a great local resource for Homecoming clients. Clients have attended their 4 week “Get That Job” workshop, Volunteer Income Tax Assistance, and GED classes and testing.

TWELVE STEP PROGRAMS

Alcoholics and Narcotics Anonymous have proven themselves to be vital tools for the addict in her effort to obtain and maintain sobriety. For some, this program will become a way of life, while others will use their preferred 12-step program in conjunction with their church, counseling or other modalities to support their recovery efforts. Without fail, it has been proven that 12-Step programs are the most successful modalities and has brought happiness and sobriety to millions of alcoholics and addicts. We model our program from the principles taught in Alcoholics Anonymous, such as honesty, willingness, and acceptance. Homecoming requires the residents to attend one meeting daily for 90 days. They are also expected to connect with a sponsor and begin working the 12 steps with their sponsor's guidance.

RECREATION – BODY, MIND, & SPIRIT

Access to physical recreation is essential to the well being of clients as they work to address addiction issues, maintain good health and learn to make better lifestyle choices. Homecoming Project has an in-ground pool on site that provides a calm and relaxing atmosphere for clients to exercise and take water aerobics classes. Therapeutic riding lessons are offered by a partner horse farm in Harford County. Acupuncture treatments and classes in yoga and meditation for stress reduction and drug-free pain relief are donated by local practitioners. Clients also have access to exercise equipment in a newly renovated room in order to improve their physical strength and endurance. Clients also enjoy local outdoor resources such as Rock State Park and the Ma and Pa Trail.



ALUMNI STORY

Before I came to Homecoming Project in August 2009, my life was completely unmanageable. I was 30 years old and had spent most of my 20's barely functioning as a full blown drug addict. The disease of addiction had total control over my life.

I had been to a handful of treatment centers and had even attended a half-way house in Florida. However, I still continued to struggle, relapsing after each failed attempt at sobriety.

When I arrived at Homecoming I was completely hopeless. I hated myself and felt that I was incapable of ever turning my life around. But what I found was the support, knowledge, understanding and structure that I desperately needed to begin my journey to a better life. Homecoming taught me how to live, how to accept who I am, and take responsibility for my behavior.

After spending 11 months at Homecoming, I graduated the program and moved into an apartment here in Bel Air. I work full time. My family is back in my life. I have true friends and finally feel like I have a meaningful life – one that I am proud of. I celebrated 2 years sober on June 23rd of this year. For someone who could not stay sober for 5 months over a period of 10 years, this is truly a miracle. I truly believe that without Homecoming, none of this would have been possible. There is something very special about that house. By the grace of God, I was given the opportunity to live at Homecoming and find myself again.

Thank you so much Robin Keener and the staff at Homecoming Project for helping me save my life and for all the women you have helped find the freedom of sobriety. There is hope! We do recover.

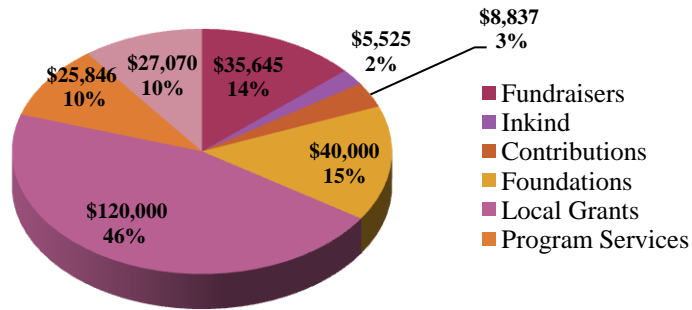
Sincerely,

Heather H.

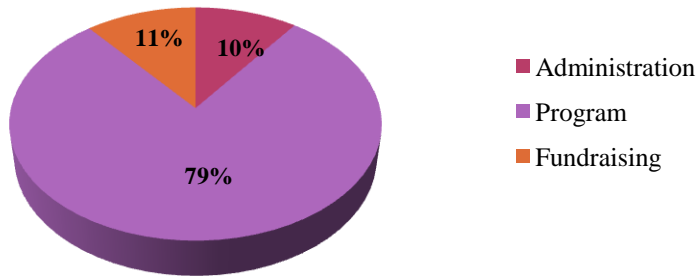


2010 FINANCIAL HIGHLIGHTS & CLIENT STATISTICS

Income

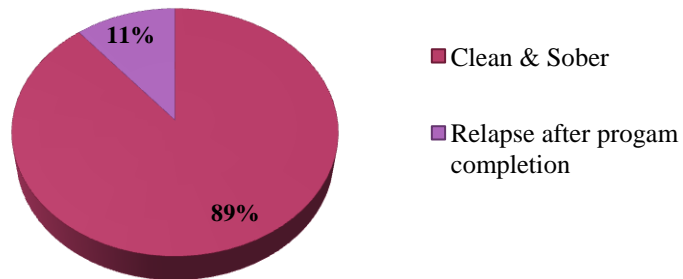


Expense by Class



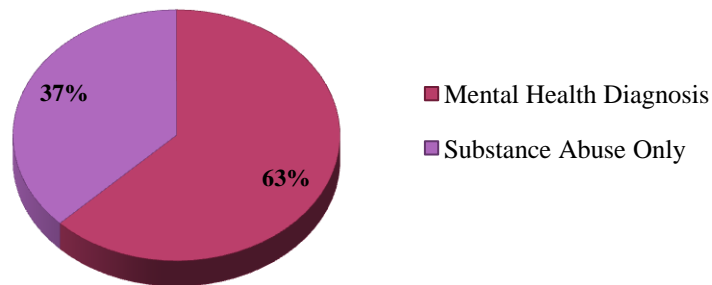
Client Success Rate

Percentage of 2010 Graduates Maintaining Sobriety



Dual Diagnosis

Clients Suffering from both Substance Abuse & Mental Illness



2010 PARTNERS, DONORS, & SPONSORS

Abingdon Fire Department
Addiction Connection Resources
Alliance, Inc.
Ames United Methodist Church
Bank of America
Bel Air United Methodist Church
Bel Air Women's Club
BG&E rewards program
Bob Bell Chevrolet
Bob Evans
Bonfish Grill
Boyle Buick

Christ Presbyterian Church
Comcast Cable
Councilwoman Mary Ann Lisanti
Delegate Susan McComas
Dr. Andrew Smith DDS
Dr. Philip Halstead
Einstein Bagels
Emmorton Psych
Father Martin's Ashley

Harford County Government:
Circuit Court
Department of Housing
Department of Mental Health
Department of Social Services
District Court
Drug and Alcohol Council
Health Department
Mental Health & Addiction Advisory Council
Sheriff's Department
Public Schools

Habitat for Humanity
Harford Community Action Agency
Harford Community College
Harford Community Foundation
Harford United Charities
Harford Mall
Home Depot

John Carroll High School
Kentucky Fried Chicken
Leg-up Counseling
Local chapters of AA, NA, and Al-anon
Maryland Department of Housing & Community
Development
Maryland Energy Winterization Program
Maryland Golf and Country Clubs
Master Fred Hatem
Members of Harford County Leadership Group
Merle Norman
Mountain Christian Church
Northeastern Supply
Open Door Café
Phoenix Recovery Center

Saint Margaret's Church
Saint Mary's Church
Saxon's
Senator Nancy Jacobs
Target
TD Bank
The Arrow Project
The Baltimore Ravens
The Drescher Foundation
The Family Tree
The Harford County Roundtable
The Mann House
Utopia Women's Fashions
Wind of Change Baptist Church