

Doc's Recovery House



2021

Annual Report

To the friends, supporters and donors of Doc's Recovery House,

It was another wonderful, life-shaping year within the walls of Doc's Recovery House. Although the effects of the pandemic presented challenges to our organization and the broader recovery community, we were able to navigate these concerns while still putting our mission of serving those pursuing recovery at the forefront. This would not have been possible without your steadfast support.

From new community initiatives, events and programs, to the launch of our women's program in the fall, 2021 was a year full of celebrations and growth on behalf of our mission of building a dignified community to experience recovery.

In a peer-led meeting at Doc's House this year, one of our residents said it best: **"There really is something special about this place."**

It's a sentiment we couldn't agree with more, and we hope you feel it, too. Because whether you contributed your time, talents or financial contributions this past year, you are a part of the Doc's House family. We are grateful for your continued investment and compassion towards our mission and the cause of recovery.

As you read the accomplishments of 2021, we hope that you are filled with gratitude, hope, and continued commitment to those seeking recovery from addiction alongside us.

In partnership and gratitude,



Tori Utley
Cofounder & Executive Director



Rick Utley
Cofounder & Development Director



Steve Coddington
Cofounder & Program Director

There really is something special about this place



Our Mission

Doc's Recovery House is an organization intent on reigniting the light in each person by treating them with dignity and respect while walking alongside their path to recovery.

Our Vision

We emphasize the human being in the process of recovery. We focus on the person, rather than the disease, and empower others to do the same. We work to eradicate the stigma of addiction through the hope of our stories, the importance of connection, and the dignity of recovery.

Programs & Services

✦ **Pre-Treatment Housing:**

Immediate connection to short term recovery housing before an individual attends residential treatment for substance use disorder.

✦ **Recovery Housing Program:**

Program to offer supportive housing to graduates of residential treatment programs as they navigate new life in recovery.

✦ **Step Up Program:**

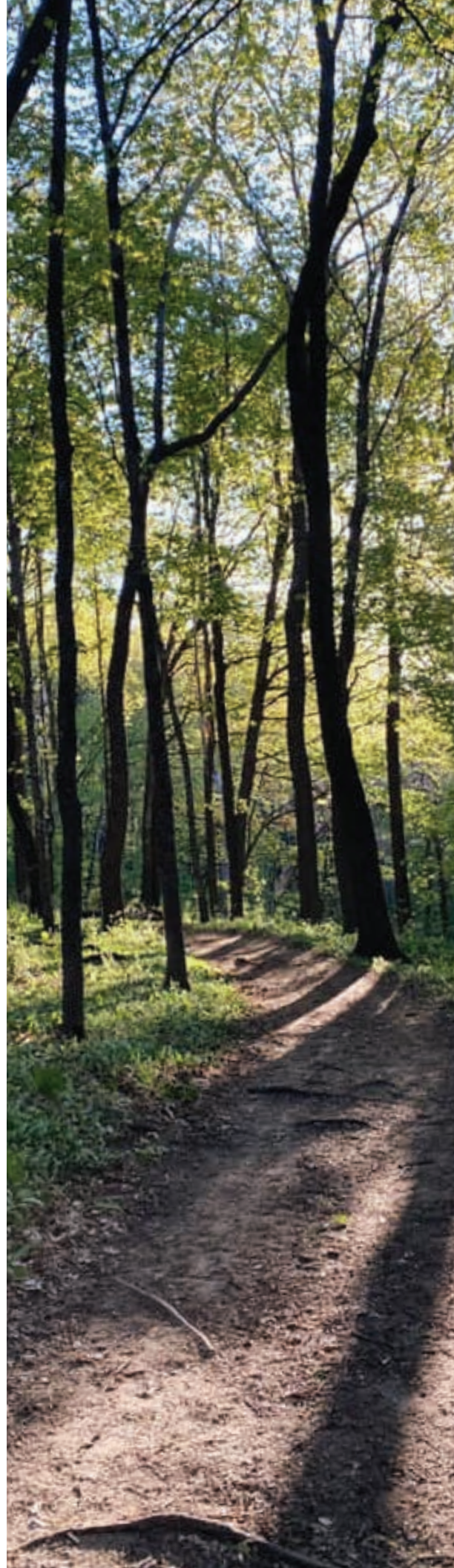
An extended offering of long-term recovery housing for alumni of our recovery housing program focused on empowerment, community, and ongoing peer recovery support.

✦ **Peer Recovery Support:**

We offer 24/7 staffing by Peer Recovery Specialists, who provide support to residents through their own lived experience in recovery. We host daily peer recovery groups, individual support sessions and opportunities for connection and community building.

✦ **Treatment Coordination:**

To help bridge the gaps present while seeking recovery, we provide treatment coordination to individuals in our pre-treatment and post-treatment programs to help with comprehensive assessments and the coordination of the next step in pursuing treatment or supportive services.



Community Programs & Partnership

✦ Recovery Coaching Academy:

The Recovery Coaching Academy (RCA) is an approved training course for individuals to become certified as Peer Recovery Specialists in Minnesota. Our academy was uniquely designed to offer the training at no cost to our residents and alumni who have at least one year of recovery and are interested in learning to use their experience to help others.

✦ Naloxone Distribution & Community Training:

As a Naloxone Access Point (NAP) with the Steve Rumlmer Hope Network, our community center manages a supply of Narcan, an overdose reversal drug that is available to the community without need for a prescription. We offer weekly training to our residents and community members on Narcan administration, and distribute Narcan and Fentanyl test strips to continue combating the opioid epidemic in our community.

✦ Overdose Response Team:

Through the PAR program, Doc's Recovery House is working to partner our peer recovery specialists with community social workers to follow-up with individuals who have recently survived an overdose, working to bridge the pathways to treatment and help offer a connection to recovery through our pre-treatment program.

✦ Police-Assisted Recovery (PAR) Program:

Our collaboration with the Rochester Police Department to provide non-arrest pathways to treatment and recovery, where individuals are connected with pre-treatment housing and peer recovery support at Doc's Recovery House.

✦ Oxbow Park Program:

Our collaboration with Oxbow Park is the earliest partnership at Doc's Recovery House, active since 2015. At the original "Doc's House," we partner with Oxbow Park to do service projects around the park, as well as host numerous community events, trail runs, bonfires and other opportunities for connection in the recovery community at this site, like our weekly Gratitude Meeting by the fire.



Our Impact

Since opening our doors, Doc's Recovery House has served 255 individuals through peer support, pre-treatment and long-term recovery housing.

255

residents have been housed and supported across all programs since opening our doors in 2019.

20

residents have participated in the Police-Assisted Recovery (PAR) program.

78

residents were successfully placed in residential treatment programs in 2021.

80

residents participated in our post-treatment housing program in 2021

5

residents celebrated one-year of continuous recovery in 2021

37

residents participated in the Step Up Program in 2021.



205

cakes (and counting) have been made to celebrate recovery milestones.

TWO

organizations are leveraging the model of pre-treatment housing that Doc's Recovery House first implemented in 2019.

7

resident alumni have transitioned to become staff members, representing the full-circle vision of our recovery community.

Best S(tuff) Ever!

Mike's Story

In March, a group of our men's residents huddled around the fire at our weekly Friday night Gratitude Meeting to celebrate a special one year recovery birthday. Nearly a year before this night, just before the start of the pandemic, a father would drive his son across the country from Wyoming to Minnesota, dropping him off at Doc's House.

This Dad happened to know Rick Utley, the cofounder of Doc's Recovery House — and despite a few decades of not seeing each other, he said he felt like he needed to make a call to Rick to hear about Doc's House and if it could help his son. He decided that it was worth the drive, and so the father and son made their way to Minnesota.

We will never forget those first few moments in our office, and

how quickly strangers can feel like family. We remember how wholeheartedly this young man threw himself into the process of recovery and how much has taken place in his life since that day he first arrived at Doc's House.

In March 2021, this night by the fire represented a celebration of a year's-worth of hard work, dedication and commitment to the process of recovery. So, to acknowledge this man's journey, his one year recovery medallion made its way to everyone around the fire, who held the coin in their hand, offering words of love, support, encouragement, or a silent prayer.

Before it was handed back to our friend, the medallion made its final stop in the hands of his father, who had made that long drive again from Wyoming to Minnesota to be present for this special day in his

son's life, a profound reminder of all that has taken place this past year.

With all of the admiration, love and deep respect a father could have for a son, he said it best.

“I've given you a lot of gifts in your life. But the gift you are getting tonight from everyone here is probably the best one you've ever received, and the best gift you've ever given to me as your Dad.”

Soon after this special celebration, Mike was hired onto our team as a peer recovery specialist, where he uses his own recovery to offer support and encouragement to other residents at Doc's House. He is able to acknowledge firsthand what it's like to start the process, and the reality that recovery is possible.



Education & Advocacy in the Community

Doc's Recovery House is a recovery community organization (RCO), which is an independent, grassroots nonprofit committed to providing peer recovery support, education and advocacy to support the movement of recovery. Doc's Recovery House is a member of the Association of Recovery Community Organizations (ARCO), a nationwide membership association of grassroots recovery organizations making a difference in communities across the country.

Recovery advocacy, community outreach and events are a part of our work as an RCO. In 2021, we participated in Minnesota Recovery Connection's Walk For Recovery at the State Capitol, and had another successful Recovery Rendezvous Event in Lanesboro, Minnesota.

Community & National Partnerships





Sustainability & Funding

Thank you to our countless donors
and generous grantmakers for
making this work possible.

thrivent®



**“I have been from coast to coast,
and I’ve never been anywhere like
this in my life, around people that
really care, and how all of these
guys care about each other. There is
something special about this place.
I’m grateful that of all the places
I could have ended up, that this is
where I was supposed to be.”**

Anonymous resident of Doc’s Recovery House

2021 Highlights

It was a year of growth for our recovery community. This is what was accomplished through your partnership and generosity.

01 We launched our Women's Recovery Housing Program!

After two years of working to raise funds for our women's program, we are pleased to share that our first women's recovery house opened in Fall 2021. The women's housing program is operated in parallel to our men's housing program, and is co-located on the Rochester housing campus. The women's program offers pre- and post-treatment housing and peer recovery support to women pursuing recovery in our community.

We are deeply grateful to continue growing our mission to provide a dignified space for women choosing recovery, acknowledging the mothers, daughters, sisters, friends and family members on this journey of hope and resiliency.

In the short time our women's programs has been open, we've already seen hope, community and transformation among the residents who call Doc's House 'home' in this season of their journey.

We are honored, humbled, and grateful to finally see this vision become a reality, and are grateful to all who have supported us in making this possible!



02 Founding board member, Philip Rutherford, was featured in Google's Recover Together Campaign during National Recovery Month.

In September, during National Recovery Month, Doc's Recovery House and one of our founding members, Philip Rutherford, was featured in the 2021 Google Recover Together campaign. A collection of voices in recovery across the country, Phil shares his experience, strength and hope, and the power of spreading the message of recovery and giving back.



Scan this code to watch the video and Phil's inspiring story.



Google's Recover Together Campaign featuring Philip Rutherford, filmed on-site at our Oxbow campus.



03

Thivant Financial partnered with us in a matching fundraising challenge, and it was a huge success (thanks to you)!

In partnership with **thrivent**



In 2021, Doc's Recovery House partnered with Thrivent Financial, who graciously partnered with us in a matching challenge, offering to match all donations dollar-for-dollar, up to \$25,000. A big thank you to Thrivent Financial, and the numerous donors who partnered with us. We surpassed our fundraising goal of \$25,000 and raised over \$41,000 - with \$25,000 being matched dollar-for-dollar by Thrivent for a total campaign impact of \$66,000! This funding provided critical support to our newly launched women's program, and we are grateful to all who participated!



04

We launched an in-house Recovery Coaching Academy (RCA) to train peer recovery specialists.

In partnership with **m** DEPARTMENT OF HUMAN SERVICES



Thanks to a grant from the Minnesota Department of Human Services, we were able to launch an internal Recovery Coaching Academy, intended to train peer recovery specialists, individuals with lived experience in recovery who can professionally support people navigating recovery by offering peer-based, non-clinical support. We are proud to share that 100% of our staff have completed the RCA training!

Thank you Randy Anderson and Bold North Recovery and Consulting for facilitating our first RCA and equipping our trainers as we prepare to teach four cohorts of peers in 2022!



05

Doc's Recovery House became a Naloxone Access Point (NAP) with the Steve Rummler HOPE Network to continue combatting the opioid epidemic and working to prevent overdose.

NAP NALOXONE ACCESS POINT



As a partner in the Naloxone Access Point (NAP) Program, Doc's Recovery House is now able to distribute Narcan and Fentanyl test strips to the community, and offer weekly training, to help combat the opioid epidemic and prevent overdose.



Best S(tuff) Ever!

Jason's Story

Jason first arrived at Doc's Recovery House in March 2019. But you wouldn't recognize him when he first arrived compared to today.

Jason is living proof of a life transformed through recovery — through hope, love, community and connection.

From barely coming out of his room in his early time at Doc's Recovery House navigating this newfound recovery and overcoming anxiety, to today: Jason has been in recovery for over 2-years, he leads 12-step meetings on our campus, he is living in his own apartment, he completed his GED after months of perseverance, he completed the Recovery Coaching Academy (RCA), and has now been hired by Doc's Recovery House as a peer recovery specialist to help others on their journey through the amazing experience, strength and hope he's built over the last two years.

Jason exemplifies perseverance, transformation and resilience, and we are so proud of his accomplishments, both internal and external, and the ways his story serves as an inspiration to others and all who seek the hope that recovery offers.



To Our Community,

Life changing miracles happen every day at Doc's House! The impact Doc's has on individual's lives, their families, and the positive ramifications for our community can't be understated.

Having worked in law enforcement for over two decades, I have witnessed the impact substance use disorder can have on public safety. Individuals who would never be criminally minded while sober are often driven to commit crimes to feed their addiction. Law enforcement has traditionally failed in our approach to substance use as we've had very few options other than incarceration.

In early 2019, I began researching ways the Rochester Police Department could better approach our response to individuals experiencing substance use issues. This research led to the creation of the Police Assisted Recovery (PAR) program and our subsequent partnership with Doc's Recovery House. Knowing nothing about treatment or programs available, I initially cast a wide net in reaching out to Rochester area treatment providers. While other providers were positive in regard to my ideas, the response was lukewarm at best. That all changed when I met Doc's Cofounders Tori Utley, Rick Utley, and Steve Coddington!

One of the biggest dilemmas for a police officer is what to do with a person who is experiencing a substance abuse crisis and wants to become sober. Where do they go? Jail isn't an option. An officer can place a hold and transport that person to Detox or the hospital ER to keep an individual safe, but in many ways those options are a revolving door. Enter Doc's House and their ability to provide safe housing and support prior to treatment.

Rochester officers rely on the PAR program to plant a seed toward sobriety and on Doc's House to guide individuals to treatment. The Rochester Police Department's success with Doc's House and the PAR program was immediate, with many guided to treatment and sobriety in the past two years. Seeing the immediate benefit and impact Doc's had, I asked to join the Board of Directors.

During my time as Vice President, I have witnessed the passion, creativity, commitment and innovation of Doc's staff. While many individuals have been served by Doc's, the community need remains staggering. Much more can be done at Doc's; however, it can't be done alone. It's critical that the community continues to support the mission of Doc's – both financially, through word of mouth, and in promoting their cause.

Please consider supporting Doc's House given the critical need they serve within the community!

With gratitude,



John Sherwin

Vice President, Board of Directors

2021 Board Members

Jeremy Ernste

President & founding board member

Philip Rutherford

Treasurer & founding board member

John Sherwin

Vice President

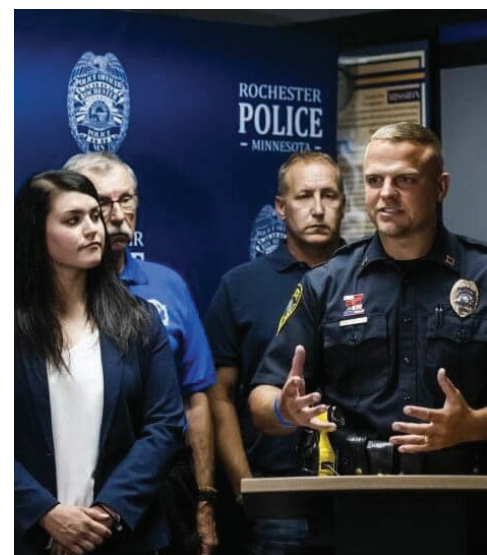
Molly Sweeney

Secretary



Farewell, Captain Sherwin!

In early 2022, our friend and board member, Captain John Sherwin, announced he received a promotional opportunity to become the new Chief of Police in Faribault, MN. We will miss you, John - and thank you for your inspirational service and leadership at Doc's Recovery House, in Rochester, and for making the Police-Assisted Recovery (PAR) Program a reality. You are forever a part of the Doc's House family and we are grateful to have partnered alongside of you!



What's ahead for Doc's House in 2022?

Based on the growth we saw in 2021, it's no telling what what we're going to accomplish this next year with our incredible team and community of donors, supporters and partners.

When we opened our doors in 2019, we were able to serve 14 men in our primary recovery house. By 2021, we expanded from one house to six houses, with capacity for up to 52 people at a time in both our men and women's housing programs. This upcoming year, we will continue the growth of our women's program and supporting our program expansion through additional peer recovery support offerings, avenues for community-building and more ways to empower and connect our residents with the services, resources and opportunities available to them in the next chapter of their lives.

In 2022, we will continue our community partnerships to provide outreach, connection and support amidst an opioid epidemic that is ravaging our state and community. Through the ongoing Naloxone Access Point (NAP) program, the PAR program, and community-based peer support, we look forward to continuing to offer more ways for people to find the hope of

recovery. We also look forward to a fully-functioning Recovery Coaching Academy (RCA) that will be training a minimum of four cohorts and up to 40 new peer recovery specialists this year, open to our community and network of staff, alumni and Step Up residents.

Most of all, we look forward to having you participate in the ongoing story of Doc's Recovery House and the ways our mission continues to unfold. We always say that with every new resident that moves into Doc's House, our DNA changes forever - and for the better.

In the evolving work of Doc's House, you are a part of that, too. Here, we believe there is always more room at the table of recovery, and we hope you'll pull up a chair and sit with us this year to observe the process of recovery at work in the lives of our residents.

Thank you for partnering with Doc's Recovery House in the year ahead.

Your generosity makes an impact

Doc's Recovery House exists by, for and because of our community - because of you. We are a 501(c)3 nonprofit organization that is sustained through generous donor support.

Will you partner with us?

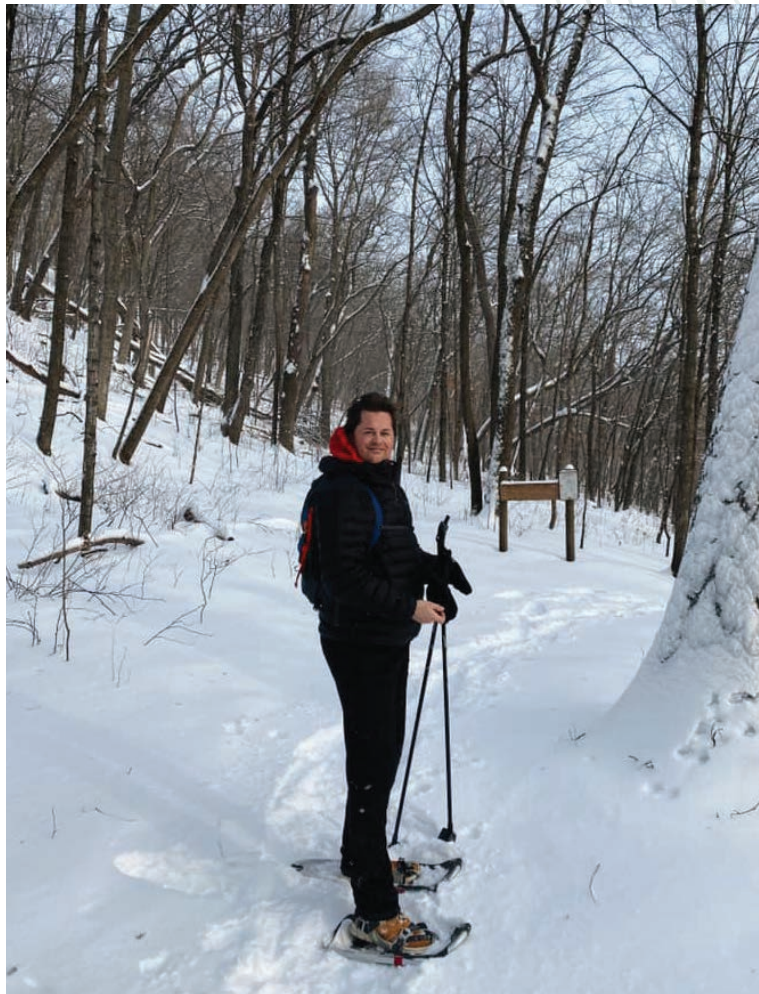


Please continue partnering with us in the year ahead by making a tax-deductible donation by scanning the QR code or visiting our website.

Carrying the message of
hope and recovery



In loving memory of
Robert J. Felten



Our Brother and Our Friend
February 16, 1981 - May 31, 2021



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