



**ON OUR WAY HOME, INC.
A NONPROFIT 501(C)(3) PUBLIC CHARITY**

MISSION

We promote the strategies of public awareness and education, personal empowerment, and peer based- and other recovery support services and activities in Southwest Ohio.

VISION

To enrich communities by empowering those in recovery from mental health and addiction to improve relationships with family members and to foster a sense of purpose and involvement in the community. We do this by providing a strong web of community support centered around stable housing.

BUSINESS PLAN

EXECUTIVE SUMMARY

Substance use disorders are attacking many social structures. The costs to society include increasing unemployment and elevated crime rates, soaring Medicaid and Medicare

costs for emergency services and treatment programs and increased foster care placements. Broken family relationships, homelessness, death, and toxic stress on children are some of the more personal impacts. Recovery housing is an evidence-based essential component on the continuum of care for the treatment of persons with substance use disorder.

Locally, seven people every day are treated in Greater Cincinnati Emergency Rooms for overdose. Optimal follow-up includes detoxification and rehabilitation and then transition into safe and sober recovery homes. These homes provide a safe alcohol and drug-free living environment, peer accountability and support, and assistance with obtaining other addiction services. In these environments, people learn and practice new, healthy ways of coping with the difficulties of life. The state of Ohio continues to budget funding to support recovery housing, but in Southwest Ohio available beds are few.

The founder has personally experienced the need in Southwest Ohio for more sober living (recovery) homes. She has an adult child who has been battling opioid addiction for several years and has witnessed first-hand the daily Herculean effort required to climb out of the pit of addiction. As a member of a community opioid medical task force and a community pastoral opioid task force since 2017 she has been exposed to multiple and varied social carnage in the wake of this disease. Long term recovery was elusive for her daughter until she was able to get into a sober living environment. Despite grant funds available from the state of Ohio to establish recovery housing, the founder realized that the demand for affordable recovery housing in Southwestern Ohio is overwhelming. The Minneapolis area is known for its extensive community of persons recovering from addiction, as well as the Hazelden Betty Ford Addiction Treatment Center, and her daughter moved there to recover. Her daughter was able to move out of the state but for many others the consequences of this lack of housing include continued relapse, homelessness, and potential death, placing extended strains on the entire community.

The Executive Director of Clermont County Mental Health and Addiction Recovery Board (CCMHRB) verified the need for a nonprofit entity to offer recovery housing in Clermont County.

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In direct response to this need, this nonprofit formed to provide recovery housing, one of the essential components of the continuum of care for substance misuse. Partnering with existing community addiction and prevention programs, the collective impact is paramount for successful long-term recovery from addiction. Recovery works, and results include enhanced family and social relationships, mitigated adverse childhood experiences, and stronger Southwestern Ohio communities.

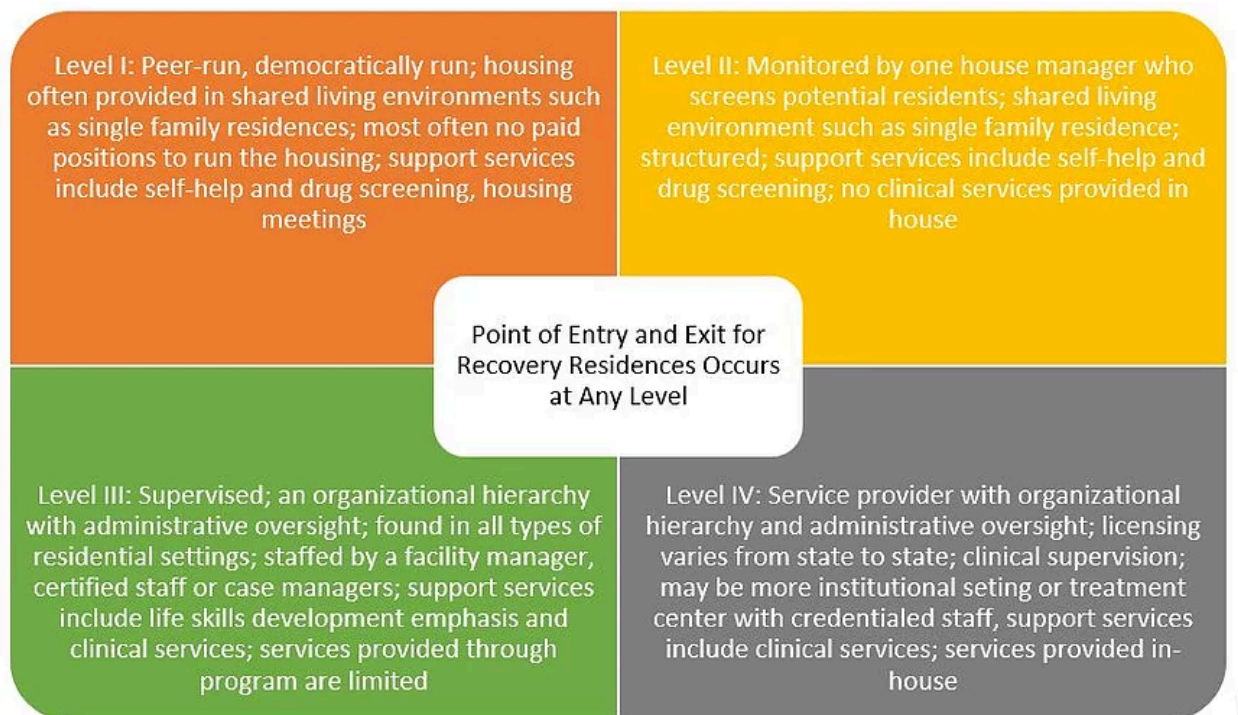
NEEDS ASSESSMENT

Addiction to alcohol, marijuana, prescription and illicit drugs impacts communities. The burdens to society from addictions include unintentional deaths from overdose, homelessness, increased crime rates with packed courts and jails, expensive inpatient and outpatient treatment programs for Medicaid, Medicare and other insurers, and broken family relationships. Often in the wake of addiction are parentless children who live with other family members such as grandparents or are placed in foster care. Society has responded with many and varied addiction prevention and treatment efforts, but relapse is common and long-term recovery is difficult to maintain.

One barrier to long-term recovery is maintaining a safe environment while the addicted person learns the skills needed to navigate stressful situations in a healthy manner while at the same time working to put the pieces of their broken lives back together. This process takes many months and sometimes years to accomplish. Ohio Recovery Housing (ORH) defines recovery housing as “housing for individuals recovering from alcoholism or drug addiction that provides an alcohol and drug-free living environment, peer support, assistance with obtaining alcohol and drug addiction services, and other alcoholism and recovery assistance (ORC 340.01). It is important to note that recovery housing is not treatment and is not reimbursed by Medicaid. Recovery housing is people living together in one household with the shared goal of sobriety. Residents in recovery housing can stay in recovery housing for as long as needed and if

they are following the house rules, guidelines and are making appropriate payments for rent and fees.

In Ohio there are four different levels of recovery housing which differ depending on the organizational structure of the house, as well as the level of support and services that are offered within the house:



Research shows positive, cost-effective recovery outcomes when safe and affordable housing is a component of the continuum of care for persons with substance use disorders. Residents experience increased employability, more income, and decreased debt. Over 80% of all parents report improved relationships with their children when they move out, increases in connection to faith-based communities, peer- support groups, and sober social supports.

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An assessment directed by Ohio Recovery Housing reported that

“Across Ohio, 31% of recovery housing capacity is being met across NARR levels 1,2 and 3. Ohio experienced an estimated \$35 million in cost savings in 2022 due to the utilization of recovery housing capacity. If Ohio were to expand access to recovery housing capacity and enrollment by 25%, Ohio would expect to see an additional \$8.5 million in cost savings per year. “

Ohio is only able to meet 8% of the need for level 1 recovery housing and 32% of the need for level 2 housing. In the more rural Clermont County, there are no level 1 or level 3 residences, and only 17% of the need for level 2 houses are being met. In Clermont County there are only four certified recovery residences that hold a combined maximum total of 38 residents... and none of them allows children overnight.

The number of persons actively receiving substance use disorder treatment through Greater Cincinnati Behavioral Health Services, as of October, 2023, is 1105... Persons with mental health and addictions comprise a significant portion of homeless people and in 2022 Clermont Community Services sheltered 345 homeless clients. Barriers to our efforts include stigma surrounding addiction including “not-in-my-backyard” ...building code requirements and funds to purchase and operate the residences. On Our Way Home, Inc. serves an important role in the community by expanding the number of safe and affordable housing for those recovering from addictions to substances.

MARKETING STRATEGY

Recovery housing is evidence-based and is required by the state to be included as part of the continuum of care for the treatment and support services of substance use disorder, however, it is not covered by Medicaid. This nonprofit corporation collaborates with existing mental health service providers in Southwest Ohio and with local OhioMHAS County Boards to provide recovery housing programming for adults. On Our Way Home, Inc (OOWH) meets all

National Association of Recovery Residences accreditation requirements for quality housing and is an associate of Ohio Recovery Housing.

OOWH operates The Bethel House a 4-bedroom farmhouse for adult women and a multi-family residence with capacity for 24 beds Guardian. The nonprofit serves as landlord in a landlord-tenant relationship with residents. On Our Way Home, Inc, (OOWH) also receives qualified peer support specialists. funded by CCMHRB to assist with identifying and screening residents and to provide Ohio Recovery Housing best practices support.

Maintaining current social media enhances the whole community. This nonprofit maintains a website, OnOurWayHome.org, Facebook page, quarterly newsletters, and a LinkedIn profile for the purpose of showing our unidentifiable recovery housing sites to potential residents and their families and to offer hope through personal testimonials. A database of donors, collaborators and volunteers is maintained who receive a quarterly newsletter with upcoming events from the organization to keep them motivated toward this cause. Opportunities for fundraising are also sought by networking at various mental health events such as Parents with Addicted Loved Ones (PAL), Families of Addicts, etc. annual fundraisers.

PROGRAMS

1. Permanent, Supportive Housing for adults with at least 30 consecutive days of sobriety in separate recovery Residences: Provides a supported, structured and affordable drug and alcohol-free home environment. Using the evidence-based social model of recovery, peers combat the isolation of addiction and learn healthy life skills in natural, single-family residences as one household. Certified Peer Support staff facilitate connecting residents with existing community services and coach residents as they continue their recovery journey, work on Specific, Measurable, Attainable, Relevant and Timely (SMART) goals and mend the broken pieces of their lives. People

transitioning out of recovery housing indicate improvement in positive family relationships, sense of purpose and community involvement.

- a. Bethel House – Level 2 Recovery Residence for 8 women in a four-bedroom farmhouse on 1.7 acres in Bethel, Ohio
 - b. Guardian House – Level 2 Recovery Residence for 13 men in two separate 3-bedroom apartments of a brick facility in historic New Richmond two
 - c. Guardian House – ADA Level 2 Recovery Residence- for 3 men with wheelchair disability to open in 2024
2. Family, Friends and Fun Equity Fund: This fund exists to meet the immediate needs of residents that come into OOWH, such as clothing, perishable food, and transportation. It may also be used to assist with minimal fees which gain maximum result/equity value, such as paying a resident’s registration fee on their car so that it may be used by the resident for to assist in attending meetings and acquiring employment. This fund also may be used to assist houses in hosting fun activities that build cohesion within the household.
- a. Consumable Household items for residents: (Welcome Home Baskets) Provides initial personal care products and “Quilt of Love and Protection” for each new resident. People enter recovery homes often directly from inpatient rehabilitation programs and with minimal personal belongings. Supplying personal care products and daily needs enhances personal dignity and will empower residents as they continue their journey toward healthy living.
 - i. Personal care products and organizational tools
 - ii. Environmentally responsible reusable hot and cold bottles
 - iii. Home cleaning and maintenance items

3. Building Recovery Community: - mitigating the epidemic of loneliness and social isolation
 - a. Social Activities Committee: Together with the surrounding recovery community, we offer, publicize, and support fun events planned by the residents that facilitate relationship-building among themselves, their friends and families, and the community. Addiction is a disease of isolation...building healthy relationships is key to combat addiction.
4. Therapy Garden: Planting, cultivating, and nurturing a backyard vegetable, herb and flower garden is not only therapeutic, but can offer nutritious food for residents and opportunities to engage with the surrounding community. Spring planting and Fall harvest Days offer opportunities for residents to invite family and friends and work on mending these relationships.
5. Mitigating Transportation Barriers: Over half of our residents have their drivers licenses revoked and the process to satisfy all the open Ohio BMV cases and reinstate is often arduous. We're partnering with the Clermont County Public Defender's Office and Clermont Community Services, Inc to mitigate these barriers and even assist with costs of initial months of liability insurance.
6. Post-treatment to Sustainable Employment Continuum
 - a. Employment Readiness Program: assessment of resident's current skills and complete digital skills courses, such as soft skills training, that would be helpful for entry-level jobs.
 - b. Partner with community employers for entry-level jobs with potential for advancement to family-sustainable wages while providing workplace wellness for mental health-impacted employees.
7. Life Skills Programming MORE Project: Many residents lack necessary life skills. Hazelden Publications offers evidence-based materials in the My Ongoing Recovery Experience Program. This 3-workbook facilitated and/or

online educational material is available for all residents. Contingency Management approach is offered as an extra incentive to engage in these workbook lessons.

DESIRED FUTURE PROGRAMMING

- 8. Non Emergent Medical Transportation (NEMT) Programming:** Purchase of wheel-chair accessible van to use for upcoming ADA beds and transporting multiple residents.
- 9. Shelter From the Storm:** Modeled after program principles of Ivan Faske, this program provides additional recovery support around persons who have previously attended a rehabilitation program but have since relapsed and have at least 7 but less than 30 consecutive days of sobriety. ORH plans to open this as a new opportunity for Level 2 Recovery Residences in 2024.
- 10. Recovery Housing for adult women or men with young children:** Provides a stable, safe and affordable drug and alcohol-free single-family permanent houses where women or men live together with their young children. This is a priority on CCMHRB strategic Plan. Keeping parent and child together or reuniting them after treatment benefits both and lessens the burden on family members and community child and family health services. It serves as a prevention strategy for the children by mitigating compounded additional adverse childhood experiences. Together, peers combat the isolation of addiction and learn healthy life skills while continuing outpatient treatment that will help them recover from addiction and mend the broken pieces of their lives. Mothers and fathers learn appropriate parenting skills, enhanced bonding for their family in recovery together, and eventually gain independence and become valuable tax paying and law-abiding citizens who can help other mothers and fathers recover from addiction.
- 11. Recovery Community Organization Partnership:** We will assist a peer-run nonprofit in establishing the first registered Recovery Community

Organization in Southwest Ohio. This would be a safe and welcoming facility and grounds where people in recovery from addiction can meet to foster healthy recovery relationships with each other and rebuild family relationships. Our residents may be housed on floors above and the main floor could have space for Supervised visitation, 12-step or other recovery meetings, Parenting or Life-Skill meetings, Employment readiness training, legal assistance, family educational and support meetings, such as Parents with Addicted Loved ones (PAL) meetings, Yoga classes, and other wrap-around services. etc. Coffee and light refreshments can be shared, with access to internet and copier. This would be a unique addition to Southern Ohio.

OUTCOMES

The Ohio Recovery Housing (ORH) manages a database of outcomes for those recovery homes which have met established quality standards. The data is based on surveys from recovery home residents. On Our Way Home, Inc contributes to the database and also performs regular resident surveys to identify areas for quality improvement for our corporation. Our two primary impact measurements are 1) # of meaningful interactions with community and 2) # of self-identified SMART Goals (Small, Measurable, Applicable, Relevant and Timely Goals) which our residents meet – as tracked via their OneStep Software smartphone application. We expect that long term sobriety from residents entering this corporation’s recovery homes is at least consistent or better than other recovery housing in Ohio. To measure our outcomes with collaborative partners, we will review our Memorandum of Understandings with community service providers every 6 months in the first year, and yearly thereafter which will be a performance evaluation for us.

FINANCIAL PLAN

This nonprofit provides level one and two recovery housing. The bulk of funds to purchase came from private grant donors, while 50% reimbursement of total cost of acquiring and furnishing both sites came from OhioMHAS FY2021-2022 50% Community Capital Grant

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award. OOWH is applying to SUPPORT Act Funds for the remainder of 50% total cost of projects. The 2023 Ohio General Assembly's investment for recovery housing operators (housing committee) was \$3 million for the entire state, with 160 operators....that's about \$25,000 per operator....Expanding by procuring much needed level 1 recovery residences would decrease the cost of wages per bed and decrease our expenses.

The Fletcher Group Research on recovery residences in West Virginia shows that on average 31% revenue comes from rent, 35% from federal and state grants, 23% from donations and 7% from private foundations. The sustainable model we are trialing is that revenue from resident rent will meet at least 60% of the ongoing operating costs once the mortgages are paid off and is based upon estimated 80% occupancy rate. Rent from residents is set based upon the general rule of housing costing roughly one-third of part-time income.

To grow our bed capacity, balance our budget, or to add supplemental recovery support services, applications for federal and local grant monies will be regularly submitted. Any financial difference in operating costs is sought from other private foundations or charitable donations obtained through the website or other fundraising appeals from marketing strategy.

FUNDRAISING

- Federal, state or local grants which meet Program objectives.
 - Most funds for capital asset purchase and maintenance is through grants from county OhioMHAS boards and other public and private grants. Applications for these grants is ongoing.
- Website donations, Volunteers, Facebook and LinkedIn
 - Volunteers will assist in setting up each facility with furnishings and appliances and supplying personal care products. An ongoing list of needs for products and services will be available on social media. Volunteers also support this organization using their skills to meet maintenance needs. The nonprofit maintains a website, www.OnOurWayHome.org,

where volunteer opportunities, a list of current needs, a yearly annual fundraiser, Business Plan, Bylaws and a means to donate are displayed. Informative but non-specific housing site details and personal testimonials will advertise to potential residents and their families and offer hope.

- Other social media include a Facebook Page “On Our Way Home Recovery Housing” and LinkedIn! www.linkedin.com/in/on-our-way-home/.
- Opportunities for fundraising is also sought by networking at various mental health events such as Parents with Addicted Loved Ones annual fundraisers, National Alliance on Mental Illness Walks, Families of Addicts, etc.
- Support base:
 - A spreadsheet of ongoing volunteers and donors is maintained. Quarterly e-mail newsletters from the nonprofit to volunteers and donors and alumni are sent to keep them motivated toward this cause. Business Plan, Bylaws as well as other information for the purpose of showing our recovery housing site to potential residents and their families and to offer hope through personal testimonials is available on our website.

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MANAGEMENT

Executive Director: **Barbara Isemann, R.Ph.** is founder of the nonprofit and a graduate of the Nonprofit Leadership Institute of Cincinnati's 2022-2023 EXCEL Program. Prior to this she was a lead pharmacist in a newborn intensive care unit (NICU) for 29 years. She also was Adjunct Assistant Associate Professor of Clinical Pharmacy with the James L Winkle College of Pharmacy, University of Cincinnati, as preceptor for Doctor of Pharmacy Candidates during their rotations in the NICU. She managed technicians under her charge and served on multiple interdisciplinary committees. She performed, presented and published several clinical research studies involving treatment of infants with in-utero exposure opioids. Together with her husband, she has facilitated bimonthly meetings for the national support group, "Parents of Addicted Loved Ones" www.palgroup.org.