



# 2019 ANNUAL REPORT



**McShin**  
Recovery Resource  
Foundation

*Healing Families & Saving Lives*

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**PREPARED BY**

Alden Gregory and Kim Cornforth



# A letter from *John Shinholser & Carol McDaid* McShin Co-Founders

Dear Friends,

*We mark our fifteen-year milestone at McShin filled with gratitude and the same sense of passion and purpose we felt 15 years ago for helping individuals and families in or seeking recovery from Substance Use Disorders.*

*While the environment for Substance Use Disorder treatment and recovery centers has become increasingly competitive locally and throughout the country, we ended our year with a solid performance. We proved, once again, that McShin stretches the boundaries of recovery innovations and demonstration projects. Of course, some were more fruitful than others, yet we never let up on the basics.*

*McShin is always mindful of maintaining our authentic recovery community organization status and continuing to do the work we are well known for. This includes serving the most difficult population, including the ever-growing jail recovery programming, we have and will continue to reap benefits for the individuals and families we serve throughout Virginia. Our hard-fought institutional knowledge in this growing authentic recovery community industry is unmatched and we are very proud of this accomplishment.*

*We are continually amazed and grateful for the people associated with McShin. Our "work hard, live life on life's terms" culture is represented by all the generations of people who make McShin the organization it is. Our staff, Board, volunteers, and supporters work hard to serve our participants every day, even when the work is extremely difficult given the growing presence of fentanyl and carfentanyl. We've suffered the loss of many lives in and outside the McShin family this year that have made our work harder, but more essential than ever. Our commitment to helping the sick and suffering at McShin will never waiver. This steadfast commitment is the backbone of the McShin culture.*

*In the year ahead, we look forward to opening a women and children's house, purchasing some of our rented recovery residences and continuing to set the standard for all the emerging recovery organizations in our local, state and national communities.*

*We welcome anyone who wants to roll up their sleeves and help us with our mission. We pledge to continue to be mindful and appreciative of the ideas and contributions of all of our stakeholders.*

*With gratitude,  
John Shinholser and Carol McDaid*



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## Primary Goal and Mission:

The mission of The McShin Foundation is to deliver a message of hope to individuals with Substance Use Disorders, and to facilitate their journey to a healthier life. Since its inception in 2004, The McShin Foundation has provided intervention and recovery services, housing services, community resource collaborative services, recovery education and advocacy, and a speaker series. The McShin Foundation was established both by and for the recovery community to promote strengths-based healing, utilizing evidence-based practices.

## Our History:

Founded in 2004 by John Shinholser and Carol McDaid, The McShin Foundation is a nationally accredited authentic Recovery Community Organization (RCO) that operates a 15,000 square foot Recovery Community Center (RCC) in Richmond, Virginia. The McShin Foundation is one of sixteen accredited RCO entities in the United States and is accredited by the Council on Accreditation of Peer Recovery Support Services (CAPRSS). In addition, McShin abides by National Association of Recovery Residences (NARR) guidelines.



Council on Accreditation of  
Peer Recovery Support Services



# VOLUNTEERS, FAMILY, & COMMUNITY EVENTS

## VOLUNTEERS

This past year, our volunteers logged over 1,500 hours giving their energy and skills to better the quality of services our participants receive. Volunteers ensure our group schedule is full, our events run smoothly, our participants have great experiences, and knowledge is shared. Volunteer highlights from this year include outings for program participants, hosting family events, repainting the recovery center, and creating over 20 handmade quilts for our recovery residences.

## FAMILY

Facilitated by Moses Wright, Certified Substance Abuse Counselor, McShin's Family Education Group helps people with a family member or loved one with a Substance Use Disorder work on their own recovery. Learn tools for establishing healthy boundaries, effective communication, and gain information about the family recovery process. The group is hosted weekly on Wednesday evenings at 6:45 PM.

## EVENTS

This year, The McShin Foundation and our partners hosted over 20 community events, including book signings, speaker events, awards ceremonies, cookouts, fundraisers, advocacy and educational summits, auctions, and festivals. We host these events to show our participants, their families, and the community that recovery from Substance Use Disorders is possible, and that it can be fun! For information about future events, visit McShin's website and Facebook page.



# ADVOCACY & EDUCATION

## Community Outreach:

**April 3** - With REAL LIFE Community Center and V.O.I.C.E (Virginians Organized for Interfaith Community Engagement), took a few participants to the Virginia General Assembly to advocate for the passage of a budget amendment that would stop the automatic suspension of drivers' licenses for unpaid court fines and fees. The bill passed and goes into effect July 1, 2019 effecting 627,000 Virginians!

**May 1** - Richmond, VA - Went with some of our participants and met with the ACLU of Virginia at the Governor's office meeting with his policy director to discuss HB 2528, a bill that would have charged an individual with felony murder if after only giving drugs to another individual, the recipient dies. Similar laws in other states have been used to prosecute children of parents who died from prescription pain medicine overdoses, husbands and wives co-using with their spouses, and childhood best friends.

**May 2** - Richmond, VA - Governor Northam vetoed HB 2528!

**May 27** - Richmond, VA - At the Memorial Day BBQ, we set up a tent for voter registration and voting rights restoration.

**June 16** - Washington, DC - Began an 18-month commitment on a National Peer Council through Community Catalyst and Faces & Voices of Recovery discussing more useful evidence-based outcomes.

**June 19** - Washington, DC - Took two participants to Washington, DC to meet with legislative aides for Rep. Rob Wittman (R-VA 1st District) and Sen. Tim Kaine (D-VA) and asked them to co-sponsor the Comprehensive Addiction Resource Emergency (C.A.R.E) Act. We also invited them to speak at upcoming events and offered to set up The White Marker Project for their constituents.

## Recovery Coach Training

On the last Thursday and Friday of each month, McShin hosts a two day, 16-hour Peer Recovery Coach Training for people who are interested in promoting recovery from Substance Use Disorders by removing obstacles to recovery and serving as personal guides and mentors to people seeking or already in recovery.

Over the past year, this NAADAC approved training has afforded 93 individuals the knowledge and skillset to be of service to the recovery community and help empower others.

## Advocacy Training

Authentic Recovery Advocacy Training teaches professionals, people in recovery, allies of the recovery movement, and community members to speak about addiction and recovery issues affecting us today. To date 31 individuals have received this training while also attending trips to Washington DC and the General Assembly.

## Revive Training

65 individuals received REVIVE! Training. REVIVE! is the Opioid Overdose and Naloxone Education (OONE) program for the Commonwealth of Virginia. Currently REVIVE! provides training on how to recognize and respond to an opioid overdose emergency with the administration of naloxone (Narcan ®).





# IMPACT

Our participants are the heartbeat of our organization. We are honored to be able to play a part in helping them begin their recovery journeys.

Recovery housing, coupled with a community network and authentic peer to peer recovery support, greatly increases a person's chances of achieving long term recovery from Substance Use Disorders. Between January of 2018 and March of 2019, survey efforts reveal that 66% of alumni are still engaged in recovery, 55% of alumni are currently employed, and 71% of alumni have not be arrested since leaving McShin.

We are proud to have been able to give away 1,488 indigent bed nights this year!

# 387

**people began their  
recovery in our  
residential program  
this year**



"Today, I am in such a different place in life than I was four months ago. I'm healthy, I'm employed, I'm hopeful, and I'm happy. Today, I want to live and I want to recover. Today, I like the person I see in the mirror staring back at me."

**- Chris D.**

"Because of the Scott Zebrowski Scholarship Fund, I was able to go to a safe environment that allowed me to continue in my recovery. At McShin, I have come out of my shell, have been able to overcome my insecurities, and blossom into a strong, independent person who helps my fellow peers."

**- Joyce B.**

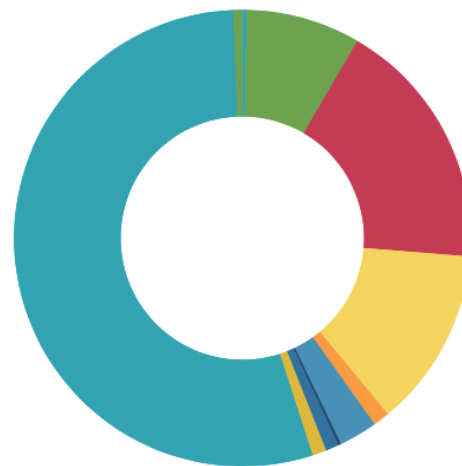


# FINANCIALS

We are grateful to have such a generous base of supporters. Because of their belief in our mission, we are able to keep our momentum going. Contributions from individuals, private foundations, and businesses allow us to reach a larger number of individuals with Substance Use Disorders who may not otherwise have access to the services they desperately need. We strive to move forward with the vision of reducing the number of families affected by Substance Use Disorders and spreading the hope of recovery. Because of our supporters, this vision is a reality!

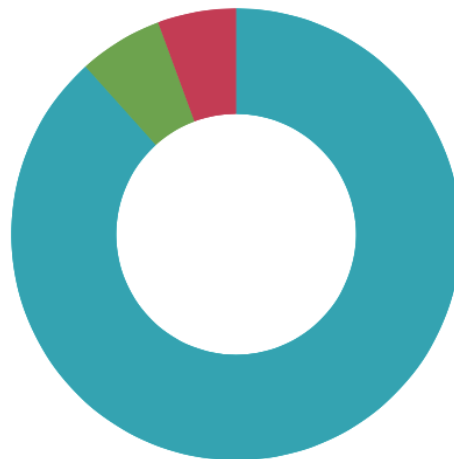
## INCOME

**TOTAL INCOME: \$2,103,779**



Program Fees	\$6,603
Other	\$170,353
Bed Fees	\$376,000
Donations	\$267,604
Services	\$24,385
Events	\$57,200
Sponsorships	\$4,500
Grants	\$19,381
McSonny	\$20,926
Entry Fee	\$1,143,622
Eco Flats	\$13,205

Programs	\$1,716,698
Fundraising	\$117,477
Administrative	\$109,598



## EXPENSES

**TOTAL EXPENSES: \$1,943,773**

**We would especially like to thank some of our larger donors and sponsors from the past year:**

**BURL BACHMAN**  
**ESTES FOUNDATION**  
**MARTA LEFLEOR**  
**ROBERT & LUCY ATWELL FOUNDATION**  
**STEVEN & KELLER SHINHOLSER**  
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**CHARLES & CECILIA FLEET**  
**BANK OF AMERICA**  
**K.E. HUGHES**  
**DOMINION ENERGY**



July 2019

# LOVE, UNITY & GROWTH

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*I want to thank all of our staff, volunteers, board members, supporters, and families for a very impactful year. This year, we have helped even more individuals with a Substance Use Disorder. It is because of all the support we get in our community, and nationally, that we are able to provide same day services to those with addiction. I have seen so much love, unity, and growth in our foundation this past year. Being able to not only be in recovery myself, but to see so many get a life that they are completely worthy of is priceless.*

Love,



Honesty Liller, CEO



—  
**THANK  
YOU**





# McShin

## Recovery Resource Foundation

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