



McShin
Recovery Resource
Foundation

ANNUAL *REPORT*

Prepared by The McShin Team
Designed by Kyler Goetz

2020

A letter from

**John Shinholser
& Carol McDaid**

McShin Co-Founders



Hello Friends,

2020 has been a year like no other. Through it all, the power, passion and resilience of those in or seeking recovery and those who serve them has persevered like never before. Let us briefly tell you how our foundation has been impacted this year. It all begins with you. Our supporters, those who have selflessly given of their time treasure and talents, in the middle of a pandemic no less, to keep our participants connected, housed and fed. This has made McShin the true community asset it is and has been for 15 years. But this year we are especially proud you allowed us to stay open as many others in our industry closed their doors, some for good and some temporarily.

Not a single staff person or participant has been stricken with COVID-19. We attest this to our leaders and staff who flawlessly executed the recommended public health measures. This is miraculous given we deal with a justice involved population where COVID was very prevalent and our participants often live in close quarters.

Our revenue stream has remained steady during a time of great financial losses in the substance use industry and while our program revenue is down, we expected that due to COVID. McShin did receive its largest single contribution to date from Ann Marie Williams, Dr. Allan Williams, and Zachary Williams further validating McShin's value to our community.

We used mandatory quarantine time during COVID to give our recovery residences a refresh and welcome you to come see our new fresh look. Finally, we have made lemons out of lemonade because we cannot host our annual BBQ cook off due to COVID. Instead we will reveal of our new McShin Memorial Garden on September 12th, 2020 honoring those that we have lost because of addiction and those we have lost in recovery.

In closing, we are so grateful in these difficult times to have the best staff and supporters an organization could ask for.

In love and gratitude,
John and Carol

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) and Virginia Association of Recovery Residences (VARR) guidelines.



This past year, volunteers donated their time and energy to McShin events and our day to day operations. Volunteers help our events run smoothly, facilitate groups at the recovery center, and bring new experiences to participants. Generously, volunteers took participants on outings, delivered home cooked meals, and like last year, helped to create handmade quilts for our recovery residences. Our volunteers used their personal skill sets to facilitate groups and diversify the experiences participants are exposed to by bringing yoga, reiki, health & wellness groups, finance management and art therapy to our weekly schedule. Throughout COVID-19, volunteers have continued to facilitate groups virtually online, donate home-made face masks, and donate food.

VOLUNTEERS

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. We also have a family dinner at 5:15 before the House Meeting every Wednesday.

The McShin Foundation spearheads recovery outreach efforts on the local, state, federal, and international level as hope dealing faces and voices of recovery. We lead community events, substance use and mental health conferences, prevention coalitions, and justice-involved individuals re-entry councils. Our regular Get in the Herd podcasts, community-serving events, and advocacy trainings reach the broader community.

EVENTS



OUR 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 strength-based healing, utilizing evidence-based practices. This year we launched a new website developed by CapTech to help us better reach our community and individuals across the world in recovery. We will continue to strive each day to help heal families and save lives.



COMMUNITY OUTREACH

The McShin Foundation is an authentic peer recovery support service's "go-to" for educating legislators and policymakers. Our impact is felt as new laws and policies continue to improve access to recovery and reduce the stigma of addiction.

June - November 2019 - Staff and participants became faces and voices of recovery at dozens of campaign events, rallies, and debates increasing visibility and building relationships with key policymakers

September 2019 - Richmond, VA - The McShin Foundation hosted an historic discussion forum with over 20 candidates for elected office in Virginia's largest ever recovery town hall.

March 2020 - Washington, DC - A staff and participant team attended a recovery advocacy leadership training in DC followed by meetings with officials in all 13 offices of Virginia's federal legislative delegation.

May 2020 - Expanded the scope of the National Peer Recovery Council study of recovery outcomes to include questions about the COVID-19 pandemic. The report is set for delivery September 2020.



January - March 2020 - Richmond, VA - While the Virginia General Assembly met, The McShin Foundation sent staff and participants to educate legislators and advocate for authentic peer recovery support services. We visited all 140 offices of state senators and delegates, meeting many, to share our lived experience and hope. Some notable accomplishments:

- **Worked with legislators to provide direct funding to Virginia's authentic peer recovery residences.**
- **Testified in sub-committee and committee supporting SB667, an enhanced Good Samaritan Bill, that passed and went into effect July 1, 2020.**
- **Testified in support of SB903, Danny's Bill, which brings better treatment of substance use-related and mental health emergencies to Virginia's hospitals.**
- **Advised lawmakers and school administrators on legislation to create a Virginia dedicated recovery high school.**

349

individuals began their recovery journey in our residence this year.

- Indigent Nights - **6,394**
- Program Scholarships - **35**
- **457** total participants lived in recovery housing for the year
- During 2020, McShin survey efforts have reached out to 860 Alumni who exited McShin during the previous 3 years (2017-2020). 258 alumni answered our calls. Of those we made contact with:
 - 65% were employed at the time of contact
 - 72% identify as being engaged in recovery at time of contact
 - 61% have not been arrested since leaving McShin at time of contact

97

Ninety-seven 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®). Over 250 individuals received Narcan® through REVIVE! Trainings or on-site Narcan rapid dispensing at McShin.

Eighty-five individuals participated in the NAADAC approved two day, 16-hour Peer Recovery Coach Training on the last Thursday and Friday of each month at McShin. An additional 55 incarcerated individuals were provided the opportunity to participate in the Peer Recovery Coach Training through the efforts of facilitators who brought the training inside correctional centers.

85

The McShin Foundation has honestly been a blessing. They've taught me, showed me how a sober life is better than any high any drug ever gave me. I never how happy, excited and serene sobriety could be. Also, the other participants show me everyday that its possible to have real friends that truly love and care about you and your journey with sobriety. Ive fallen in love with The McShin Foundation.Staff and my sober "soulmates". Today I no longer have thoughts, dislikes or cravings for any chemical that's toxic for my mind, body or soul and all of this possible because of McShin.

-**Tonya Dalton**, *William's Fund Recipient*



"McShin gave me my life back and helped me put everything back in order without the use of drugs. It gave me a foundation I never had before. I can look at positives and negatives today and act on them accordingly, not out of impulse. I'm thankful for the opportunity. Blessed to have another shot at life. I owe it all to McShin and the Scott Zebrowski Scholarship."

- **Anthony Brown**, *Scott Zebrowski Scholarship Recipient*

One of the most important factors of the 28 days intensive program was that I was able to meet and to discuss my past trauma issues in my life with a team of specialists devoted to helping me to seek healthier ways to manage traumatic experiences from my life. With the support of my peers, my church, and my family I began to appropriately address the destructive social and emotional challenges and behaviors which seemed to suck me back into a vicious cycle of drug and alcohol use.

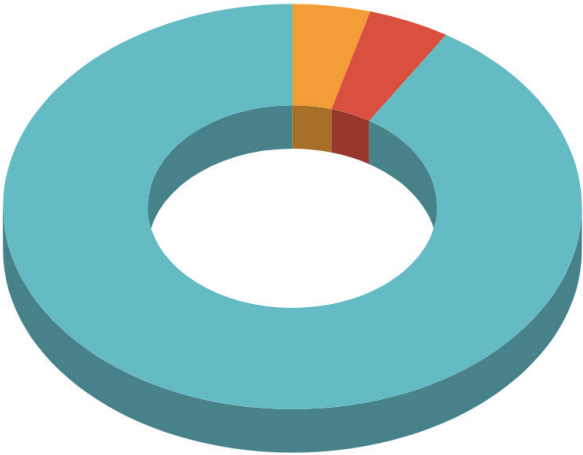
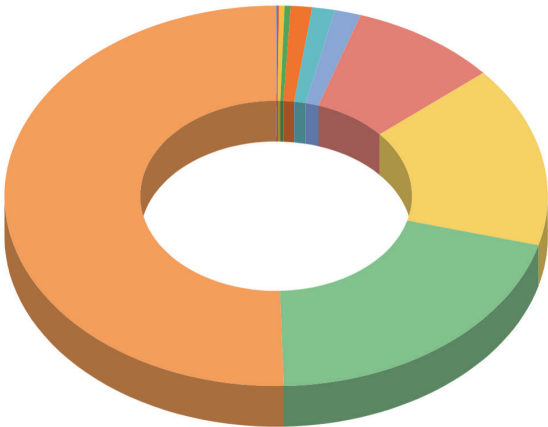
-**Frank Lott**, *SAMSHA Grant Recipient*



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 \$2,108,212

- \$1,100 Program Fees
- \$2,440 Other
- \$7,024 McChester
- \$7,500 Sponsorships
- \$26,684 Services
- \$28,587 McSonny
- \$32,869 Events
- \$184,944 Grants
- \$324,159 Donations
- \$429,412 Bed Fees
- \$1,063,493 Entry Fees



- \$89,408 Administration
- \$93,862 Fundraising
- \$1,874,786 Programs

EXPENSES \$2,058,056

GRATITUDE

Thank you to our Recovery Warriors, Grants, and Sponsors



- Ann Marie Williams, Dr. Allan Williams, and Zachary Williams
- Bob Barker Company Foundation, INC.
- Henrico County
- Herndon Foundation
- Kohl's Cares
- Robert & Lucy Atwell Foundation
- Samhsa
- The Community Foundation
- Wilber M. Havens Charitable Foundation
- Banyan Treatment Center



OUR DONORS

Recovery Warrior \$50K +

Ann F. Williams, Dr. Allan Williams, and Zachary Williams

Recovery Champion \$10K - 49999K
Banyan Treatment Center

Recovery Partner \$1K - \$9999K

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MOVING FORWARD

A Letter From The CEO, July 2020

I would love to thank our amazing staff, board members, volunteers, and supporters for a very special year. We have faced some new challenges this year due to COVID-19. Our staff is a great team and we were able to adapt as well as grow from these challenges. The participants in our housing and their families are a huge part of our lives. McShin takes innovation to the next level in many areas. This year we built a memorial garden for those we have lost to addiction as well as those that have passed away in recovery. I am truly blessed to be able to live in my purpose here at McShin. Together as a community we can keep healing families and saving lives.

Peace and Love,

Honesty Liller

Honesty Liller, CPRS
Chief Executive Officer

