



2021 ANNUAL REPORT



McShin
Recovery Resource
Foundation

Healing Families & Saving Lives

PREPARED BY

The McShin Team



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

Dear Friends,

To say the past year was very challenging does not quite do justice to our performance. McShin as always remained open and operational all 365 days of the year. We superbly mitigated every obstacle Covid-19 and Substance Use Disorders delivered to us. Our staff and Board of Directors rose to and conquered every “curve ball” thrown at us, simply put we knocked it out of the park. McShin became even more important to our community and the population we serve, recovery is alive and doing well. We look forward to continued success and quality improvement. Once again, thank you so much for all the continued support from Hatcher Memorial Baptist Church, our donors, our allies, our friends, and the families we serve.

With gratitude,

John Shinholser and Carol McDaid



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 twenty-three 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 as well as the Virginia Association of Recovery Residences (VARR).



VOLUNTEERS, FAMILY, & COMMUNITY EVENTS

VOLUNTEERS

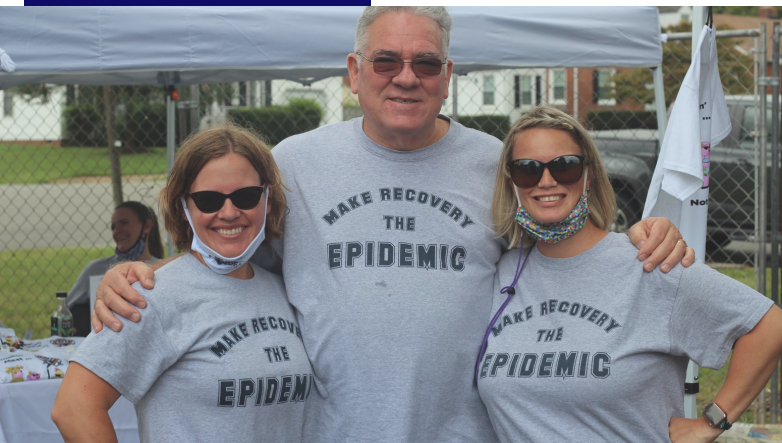
This past year, our volunteers spent over 1,000 hours giving their energy and skills to better the quality of services our participants receive. Volunteers ensure our group schedule is full, our events run smoothly, our participants have great experiences, and knowledge is shared. Volunteer highlights from this year include outings for program participants, lots of fun Zooms, art classes, COVID-19 vaccination days, gardening at McFarm, and special fundraising events.

FAMILY

Facilitated by Moses Wright, CSAC, 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. This year we started Sunday Spiritual Service Breaking the Bondage of Addiction with Elder Walter Randall every Sunday at 9:30am. Walt is able to help our participants and their families learn how to bond over faith. We also have the beautiful Memorial Garden that families can visit and honor those that we have lost.

EVENTS

This year has been different for McShin because of COVID-19. But, us and our partners were able to make some things happen! We hosted community events, speaker events, cookouts, COVID-19 Town Halls, a golf tournament, fundraisers, advocacy and educational summits, auctions, Christmas Tree competition, Santa Shout Outs, and Recovery Fest. 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

Undaunted by the pandemic, The McShin Foundation continued its outreach and advocacy to share a message of hope and healing as well as to educate legislators and policy makers about authentic peer recovery support services.

Through our Outreach efforts:

- We launched "Get in the Herd", The McShin Foundation's award-winning recovery podcast, reaching hundreds of thousands of individuals. This podcast won Richmond Times-Dispatch "The Best Podcast"
- McShin videos and Podcasts are in 48 correctional facilities for those incarcerated to access and watch
- The learners in the jails have spent 25,136 hours inside a McShin course
- There have been 496,463 McShin courses completed out of 530,307 enrolled and 18,012 in progress
- We shared the Recovery Across America journey of 10,000 Miles, exchanging ideas and hope with recovery community organizations across the country.
- We adapted and built new ways to reach out and stay connected.

While the General Assembly may have been closed for in-person meetings, we worked phones, Zoom, and emails to stay connected to legislators and advocate for authentic peer recovery support services and non-governmental recovery organizations. Some notable accomplishments:

- We ensured that 25% of future cannabis tax revenue goes to fight substance use disorder.
- We ensured that individuals working to save lives were not charged in the course of a substance-use related emergency.
- We continued to fight for better treatment of substance use-related and mental health emergencies in Virginia's Emergency Departments.
- We fought to include voices of recovery on the Opioid Abatement Authority.

Recovery Coach Training

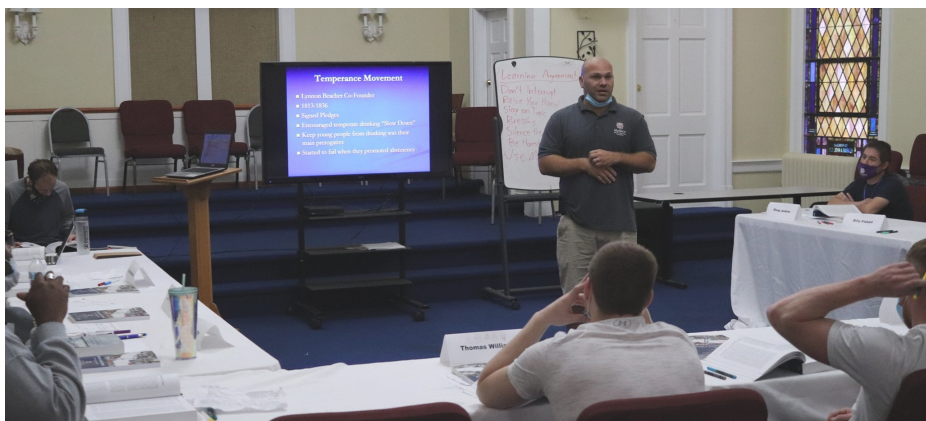
On the last Thursday and Friday of each month, McShin hosts a two day, 16-hour Peer Recovery Coach Training for people who are interested in promoting recovery from Substance Use Disorders by removing obstacles to recovery and serving as personal guides and mentors to people seeking or already in recovery.

Over the past year, this NAADAC approved training has afforded **149 individuals** the knowledge and skillset to be of service to the recovery community and help empower others. Eleven trainings were held in total.

84 individuals received REVIVE! Training. REVIVE! is the Opioid Overdose and Naloxone (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 150 individuals** received Narcan through REVIVE! Trainings or on-site Narcan rapid dispensing at McShin.

70 individuals participated in the state's DBHDS Peer Recovery Specialist 72-hour Training hosted and facilitated by McShin. Five trainings were held in total.

Provided CPR/First Aid training for all of our staff.



IMPACT JULY 1, 2020 - JUNE 30, 2021

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.

- Total participants who accessed recovery housing in the fiscal year: **448**
- Total new participants served: **340**
- New Program Participants: **166**
- New Sober Living Participants: **174**
- Indigent nights: **6,680**
- Program scholarships: **63**
- Assisted **68** individuals with obtaining Medicaid
- Assisted **89** individuals with obtaining SNAP (food assistance)

In 2021, McShin's Alumni tracking efforts have made contact with 306 Alumni from 2018- 2021. As of June, 2021, of those we've made contact with:

- **64%** report being engaged in recovery
- **66%** report being employed
- **62%** report that they have not been arrested since leaving McShin

During the fiscal year, **55%** of McShin participants gained new employment while living in housing.

*We assisted over **75** individuals in obtaining their COVID-19 vaccination



"McShin Foundation is just that, a firm Foundation on which I was able to grow. McShin provided a safe, clean, sober environment and the resources I needed to succeed. Last but not least McShin plugged me into a network of recovering people just like me to guide, support and assist me with wisdom through their experiences and show me how to live."

**- Mike B. - SAMHSA Grant Recipient/
Army Veteran**

"I didn't know if I was going to stay in recovery. I'm so grateful for McShin. I felt like I mattered to the world again. I've managed to stay in recovery for 9 months thanks to McShin. Recovery is not just staying abstinent from drugs, it's a lifestyle. You will have to work hard and it's worth it"

- Tracey N. - Scott Zebrowski Scholarship Fund and Hanover COVID-19 Relief Fund Recipient

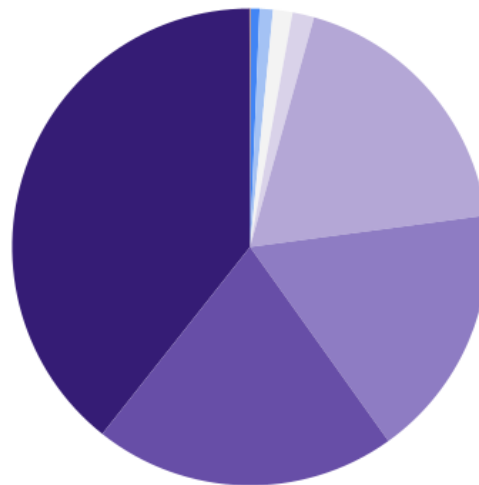


FINANCIALS

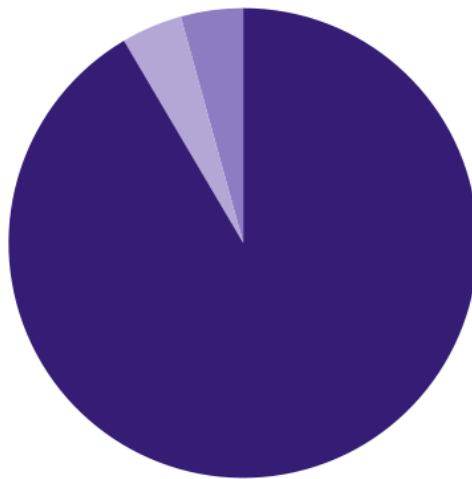
We are grateful to have such generous supporters and donors. Because of their belief in our mission, we are able to keep our momentum going through this COVID-19 pandemic. Contributions from individuals, private foundations, and businesses allowed us to reach even more humans with Substance Use Disorders who may not otherwise had access to the services they desperately needed. We strive to move forward with the vision of reducing the number of families affected by SUDs and spreading the hope of recovery. THANK YOU for helping us to keep healing families and saving lives.

INCOME

TOTAL INCOME:
\$2,233,117.26



- McChester \$14,245.69
- Services \$20,212.74
- McSonny \$29,679.00
- Events \$32,810.00
- Grants \$414,159.14
- Donations \$384,846.61
- Bed Fees \$458,773.00
- Entry Fees \$877,450.05
- Other \$941.03



- Programs \$1,945,320.47
- Fundraising \$89,269.26
- Administrative \$91,231.09

EXPENSES

TOTAL EXPENSES \$2,125,820.82

THANK YOU to our Sponsors and Grantors:

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2 End The Stigma, Inc.
Markel Corporation
Herndon Foundation
Banyan Treatment Center
The Estes Foundation
Robert & Lucy Atwell Foundation
United Way of Greater Richmond & Petersburg
Virginia Association of Recovery Residences (VARR)
VA Department of Behavioral Health & Developmental Services

Thank You To All of Our Donors

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Mike & Rachel Kelly
Robert Leroy Atwell & Lucy Williams Atwell Foundation
The Estes Foundation
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Recovery Partner \$1k- \$9999k

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Travis Dowdy
Trey & Denise McKenzie
Trisha Kolesar
Trista
Trudy Kellam
Twyla Powell
U.S. Charitable Trust
Valerie Bryant
Valerie Gray
Valerie Spierling-Ghan
Verity Psychiatry
Vicki Coleman
Vicki Lopez-Kerstine
Victoria Pitcock
Victoria Watkins
Vinhtra Mihill
Virginia and Joe Marchetti
Virginia Hall
Virginia Hudert
Virginia Marchetti
W. Grant and Dale Revell
W. I. Oberly Jr. and R. M. Oberly
W&R Foundation, LLC
Warren & Peggy Stephenson
Wayne and Lynne Tatum
Wendy A. Sprout
Wendy Kemp
Widespread Solutions
Will Taylor
William & Laura Hall
William Atkinson Harrison, Jr.
William Clary
William S. Morris
William I. Overby
William Simpson
Woody Maiden
Yolanda Juers

Although this year has had it's challenges, the McShin Team has been amazing at Healing Families & Saving Lives. With our combined effort we have accomplished some big goals this fiscal year. Our Alumni Lounge is now open and provides a safe place for McShin Alumni to gather. This year we have been able to help even more people with addiction because of the generous donations and grants we have received. We have made it our mission to provide a place of healing and hope for all humans.

Peace and Love,

Honesty Liller, CPRS
Chief Executive Officer



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