LASTING RECOVERY ... IT'S POSSIBLE!
2009 In Review

In 2009, FOCUS On Recovery served 92 women from 9 different states ranging in ages 18 to 62 with 43% age 18 to 29, 46% age 30 to 49, and 11% age 50 and above.

38 of the women were health care professionals and 54 were from other backgrounds.

49 of the women were mothers.

70% of the women had co-occurring disorders and 30% recovering from alcohol and drug addiction alone.

41 women successfully completed the six-month FOCUS program.

While living at FOCUS, the women gained employment at Cracker Barrel, McAlister’s Deli, Waffle House, Krispy Kreme, Sugar and Spice Daycare, Pet Smart, Publix, and Chick-Fil-A.

The FOCUS Board of Directors and Staff raised over $300,000 and increased the FOCUS staff by 3 positions to provide quality service to these women and their families.
From the Executive Director and Board President

Dear Friends of FOCUS,

Too often we hear about a family broken by the effects of alcohol and drug abuse. We hear of teens in our community, in our churches, in our homes, dropping out of school, becoming involved with drugs, crime or gangs, or becoming parents too soon. We also hear of addicted mothers losing custody of their children with no hope of reclaiming them. Each year, FOCUS beds are filled with such women, full of despair with no vision of restoring their lives. There are, however, many women overcoming tremendous obstacles of all kinds every day through our program.

For nine years, the FOCUS program has helped women overcome great adversity. During the past year, I have witnessed in these women a transformation that we knew was possible if only they would follow the FOCUS program. We see families reunited, doctors and nurses regain their credentials, mothers regain custody, legal matters dissolved, and most of all women believing in themselves and understanding what it takes to succeed despite overwhelming obstacles.

Thanks to a dedicated staff, board of directors, and your generous support these women receive the essential program offerings that enrich their stay at FOCUS and life skills to become winners against so many odds. Read their stories inside and witness the impact you make in our community.

Your support and donations help us honor the power of long-term recovery with urgency. You help us make lasting recovery possible. Thanks for your support.

Sincerely,
Phyllis F. Wyne, Executive Director

Dear Friends,

It has been my honor to serve this important organization and to experience first-hand the difference we are making in the lives of the women in our program at FOCUS On Recovery.

When FOCUS was formed in 2001, there was not an organization in our community dedicated to providing sober living for women in early recovery from alcohol and drugs. Through the leadership of Lulu Richardson and the generosity of community supporters, FOCUS was formed.

We have come a long way since we housed our first resident. To date, FOCUS has helped over 300 women return to their families and communities with skills and support to lead a life of sobriety. We are proud to be the only organization serving the entire state in this very unique way.

We are honored to recognize those individuals, community groups, corporations and foundations who paved the way for this organization to serve Females On Course Using Steps (FOCUS) and for us to provide this great community need to so many deserving women and families.

Sincerely,
Laura E. Hinton, President
About FOCUS On Recovery

Providing a safe and supportive residential and educational program for women in early recovery from alcohol and drug addiction

When Lulu Richardson founded FOCUS On Recovery (formerly known as The Residence) in October of 2001, she answered the question, “what do women need to obtain and maintain sobriety?” Lulu envisioned a long-term recovery place for women to live after primary treatment for substance abuse. FOCUS began with very meager beginnings consisting of two partially furnished donated apartments to serve eight women, a small empty office on the Southside, and a monetary donation of $300. Eight years later in 2009, FOCUS had grown to nine apartments for twenty-seven women, two resident assistants living on site, and administrative offices located on site as well.

In August, 2002, FOCUS received its 501(c)(3) public charity status and today continues to provide a safe haven and critical life skills training for women during the crucial transitional period between primary treatment and returning home as responsible parents, family members, and citizens. FOCUS has successfully served over 300 women with affordable services that have helped them return to sober lifestyles in our community. FOCUS provides housing, educational classes, relapse prevention groups, family groups, relationship workshops, twelve step recovery groups, basic budgeting, and accountability groups for the women in our program. Our program requires FOCUS women to be employed, attend school, or volunteer at least 20 hours per week. All this gives our program participants the tools necessary to live one day at a time without the use of alcohol and drugs.

FOCUS provides this service with seven (7) staff positions, which includes two full-time positions and five (5) part-time positions. The full-time positions are Executive Director and Program Manager. The part-time positions are Business Manager, Program Assistant, Office Program Assistant, and Resident Assistant (2). Program consultants are contracted to provide recovery seminars and workshops.

FOCUS is also supported by a committed board of directors, an advisory board, and the FOCUS Alumni Group formed with a group of FOCUS graduates who wanted to remain a part of the organization’s mission.
Planning for Success in the Future — Vision 2015

The Board of Directors and staff of FOCUS On Recovery developed Vision 2015 with assistance from Context Resource Management. This strategic plan was developed with broad involvement and guidance from the Board of Directors, staff, and all stakeholders. This plan provides a five-year roadmap for services, supports, and organizational development. The Board of Directors and staff will review progress quarterly and update the plan annually as needed. While this plan provides a useful roadmap to guide our organization over the next five years, it also offers flexibility to ensure that FOCUS can adapt to future challenges and opportunities.

New Mission and Vision Statements

Mission Statement: The mission of FOCUS On Recovery is to provide women a clean and sober living environment that bridges the crucial period between primary treatment and lasting recovery.

Vision Statement: FOCUS On Recovery — a bridge to lasting recovery.

Four Strategic Priorities

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<th>FINANCIAL SUSTAINABILITY FOR LONG-TERM SUCCESS</th>
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<td>• To improve the strength and fiscal health of the organization</td>
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<td>• To increase revenue annually to ensure an income level that will effectively support routine operation costs as well as service debt associated with facility ownership</td>
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<th>PROGRAM EVALUATION AND ENHANCEMENT</th>
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<td>• To develop a model for recovery with the highest standard of quality that is documented and nationally recognized for excellence</td>
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<th>FACILITY IMPROVEMENT</th>
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<td>• To own a new or renovated facility that supports a safe and structured living environment</td>
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<th>“BRAND” DEFINED AND PRACTICED</th>
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<td>• To be well-known and respected in the community</td>
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<td>• To create sustainable long-term value for the organization</td>
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<td>• To promote the quality services provided in order to secure future earnings</td>
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Success Stories

Eight years ago I arrived at FOCUS On Recovery homeless and broken and unsure of what the future held. During my stay in the program, learning to live one day at a time without the use of drugs and alcohol was just the beginning. I learned about Rachel, who I was, how to become fully self supporting, a productive member of society, how to help others, a better mother and daughter and much more. The tools and living skills I learned at FOCUS enabled me to achieve dreams and goals that I thought were impossible.

Recovery is a gift that is limitless and never ending. In July 2009, I purchased my first home and recently received my state and international certification as an Alcohol and Drug Counselor. As the Program Manager at FOCUS, I have been given the opportunity to work with ladies that were just like me and help them see that life is worth living and recovery from alcohol and drug addiction is POSSIBLE.

My name is Marva R. and my sobriety date is March 22, 2008. I am a 47 year old recovering alcoholic and crack addict and a very grateful FOCUS alumni. I used crack and alcohol on a daily basis for 16 years. I am a convicted felon with both federal and state offenses. During my last months of addiction, I lived with my mother and invalid step-father from which I stole over $10,000 in both cash and credit cards; I stole from my church’s Sunday School treasury, and lived in a state of complete darkness, was unable to keep a job...I was a ‘‘leech’’ on society. I had been ordered to Drug Court, which I did not successfully complete, had been in treatment twice before and just could not get sober.

I arrived at FOCUS on April 10th of 2008 with 25 days of sobriety. I had been in intensive inpatient treatment for 3½ months and still only had 25 days of sobriety. I was hopeless, defeated, broken and basically homeless. Someone donated the admission fee and gave me $200.00 to help with my food and essential items. FOCUS provided a safe, supportive environment with tough love, taught me discipline by the firm adherence to the resident handbook and simple chores and how to live as a productive member of a group and society. The structured environment, firm and loving staff, the required individual therapy and 12-step work, the accountability groups and other lectures were all essential to my transformation.

As the result of my stay at FOCUS, my life has changed in the following ways. In 2009, I worked at FOCUS as an Administrative Assistant and Resident Assistant until I returned home in the Fall. I have paid restitution to the State of Alabama and regained the right to vote; I have repaid debts to my mother, most of my creditors, church and other family members; for the first time in my adult life I have a savings and checking account in good standing; I have invested money for retirement; I am a full-time student with a 3.0 average; I am a successful small business owner. All of these things are good and I am grateful for them; however, the greatest thing that FOCUS has given me is the gift of self love, a sense of belonging, the ability to dream, and the courage to follow my dreams. FOCUS gave my daughter the mother she deserves and FOCUS gave my mother the daughter that she always knew that I could be! FOCUS changed my self-perception, my outlook on life, FOCUS gave me a life! I thank God for FOCUS! Thank God for FOCUS!
Experiencing FOCUS

When I arrived at treatment, I was emotionally broken, financially bankrupt, recently fired, divorced twice, and would soon be homeless. Not exactly what you would expect of a 31 year-old “doctor”. I felt I had lived the life of someone much older, with terrible luck. I hated the person I had become on so many levels and I was terrified that I would never regain my career I worked so hard for. Once realizing, or at least, considering that I might be an alcoholic, I threw myself to the mercy of the powers that be and allowed them to dictate what would be the next 18 months of my life. That was a leap of faith that changed my life, and I still can’t understand where it came from.

Over four months in treatment, I was not perfect but I made progress. However, it wasn’t until the experience of FOCUS, that I learned how to incorporate my life into recovery. I really got to “practice” life as I would be living it in the future, in a safe place with support and understanding. I made real friends there; friends I allowed to get to know me and who I truly cared about. I practiced having faith and being patient for God’s will.

It wasn’t always easy to be there, but after my past life, and four months of rigorous treatment, it didn’t seem so bad, if I kept things in perspective (with my sponsor’s help). By letting go and accepting my “sentence” to FOCUS, I became more open for God to work in other areas of my life. He succeeded in doing for me what I never could do alone.

While at FOCUS I was given an amazing “recovery” job that far exceeded anything I had imagined. Being an alcoholic and a perfectionist, this proved more challenging than expected. I realized how unbalanced I could become with one minor change in my schedule and, for the first time, was grateful that I had not been allowed to go back to my field directly after treatment. Exploring all the elements of work; responsibility, communication, tact, boundaries, etc, while living in a sober community help me stay sober and taught me how valuable friendships are in the recovery process.

After 18 months of doing “the next right thing”, I was blessed with a second chance in my career; something that would not have happened without recovery and the path I followed over those months. It was not until resuming my work as a physician, faced with busy schedules and stressful situations, that I fully realized how special a gift my time at FOCUS was. At FOCUS, my focus was me; I began to find myself. Since leaving, I have become a person I am once again proud of and I use the roots I fostered in Hoover, AL to continue to grow.
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Gary Marcum, Sr. Memorial Fund
James E. Osborne, Jr. Memorial Fund
Mike Brown Memorial Scholarship Fund

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Caradale Lodge
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The Women’s Place
Jefferson County Department of Human Services
The Foundry Medical Center
Vocational Rehabilitation Services
The Exchange Club Family Skills Center
Oasis Counseling
Gateway
Alcohol and Drug Abuse Council
The Farley Center, Williamsburg, VA

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Sidney R. Wood
David Wooldridge
Phyllis Wyne
Jane Yarbrough
2009 Financial Statement

FOCUS On Recovery
Consolidated Financial Statements
Year Ending December 31, 2009

Where the Money Comes From

Revenue
- Donations $17,750
- Fundraising $32,382
- Grants $32,600
- Interest Income $1,365
- Program Income $222,009
- Total Revenue $306,106

Where the Money Goes

Expenses
- Program Expenses $233,421
- Administrative/Fundraising Expenses $62,760
- Total Expenses $296,181

Revenue $306,106
Expenses $296,181
Revenue over Expenses $9,925
Pass It On: The James E. Osborne, Jr. Memorial Fund

Pass It On. We all have gifts that we can pass on to help people in need. Whether it is our time, talent or treasure, passing it on allows us to empower people.

Keeping My Dad’s Spirit Alive through the Joyful Gift of Giving

My last month with my Dad was time for which I am so thankful. On the day that I arrived at the hospital in New Jersey, and was face to face with my Dad’s puppy dog eyes, I began to cry and he said “It’s OK... Hear me, It’s OK.” I cried and told him that I was so sorry for the years I wasted hurting him when I was in active alcoholism. Even though I had lived 14 years sober and had made amends not only in words but by living out my sober amends, I felt the need to say that to him. He squeezed my hand and said, “Honey that is water under the bridge, just water under the bridge.” He said, “No need to worry yourself over that because that is gone and forgotten.”

My Dad is my hero. In fact, he was everyone’s hero. He was 77 when he passed away. One accomplishment from his death is that I keep his spirit alive through a memorial fund called “The James E. Osborne, Jr. Memorial Fund” at FOCUS On Recovery. I know it is by no coincidence that my Dad said my wasted years in active alcoholism was water under the bridge and his Memorial Fund helps FOCUS be the bridge to lasting sobriety for many women who would die without it. The bridge is needed and the memorial fund is used for many good purposes at FOCUS. When I make a financial pledge to keep the fund alive, I feel the presence of my Father smiling down from Heaven knowing that in his death, life is made possible for others. He now knows that I am keeping the promises that I made.

I urge anyone that sees the need to be a giver, to create a fund either in memory of a loved one or just because giving is the right thing to do. It is my essential ingredient to a happy life. I Love FOCUS. There are miracles happening within the walls there.

FOCUS, Thank you for allowing me the opportunity to be a giver, and allowing me to tell the story of my Hero, James E. Osborne, Jr.

Stephanie Stallings
Vice President of Water-Smart, Inc.
and FOCUS On Recovery Board Member
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