

Transformations

Helping Veterans Recover from Substance Abuse

The numbers are staggering. America's veterans are suffering from substance abuse, major depression, post-traumatic stress disorder, and other mental illnesses at record numbers. Every night, by the tens of thousands, they go homeless.

Mike, Herman, and Kaszondra are all veterans who were among the lucky ones: they found a place to get help—and that place was TROSA.

Mike is a well-spoken, intelligent 40 year old. Seeing him today in his trademark

1.8 million: The number of veterans who suffer from substance abuse disorder.



Herman Williams & Kaszondra

khakis and blue blazer, it's hard to imagine the life he led before he went through TROSA's two year recovery program. He served in Saudia Arabia—and like many thought that joining the army would "straighten me out." It didn't. He left the Army as addicted as when he enlisted. Mike's life was a series of arrests, erratic home situations, prison stays, and failed attempts at rehabilitation. By the time he came to TROSA, he was addicted to cocaine and heroin and he knew, "this was the last chance." Two years after walking through the front gates, he is our education coordinator arranging for other TROSA residents to get their GEDs, learn computer skills, or take a college class. "I feel different not because of all the bad things I'm *not* doing but because of all the good things I do."

Like Mike, Herman is doing a lot of good things. He's TROSA's Veteran's Affairs liaison, and helps TROSA residents access Veteran services during and after their time here. Herman's deeply tanned complexion is a remnant of the 20 plus years of service he gave the Navy—stationed mainly in Florida. But besides the tan, after a lifetime of Naval service, he retired with a crippling alcohol addiction. "I'm a rule follower. There weren't rules about alcohol in the military." Despite having

25% of all active duty military personnel and returning National Guard report alchohol dependence.



Mike

had a father who died of alcoholism, alcohol ultimately cost Herman everything. "I lost everything—my savings, my home, my relationship—I was living in my truck in a Walmart parking lot."

Kaszondra is visibly proud of the eight years she spent in the US Army Reserves as a young adult, but afterward her life was a series of starts and stops, successes and failures, periods of sobriety and addiction to crack cocaine. Now a composed 50 year old, Kaszondra's leadership skills, honed in the military, are re-emerging in her second year at TROSA. "I'm a team leader, and I'm proud of myself."

Turn the page to see what else we're doing for Veterans.

Our Mission

TROSA is an innovative, multi-year residential program that enables substance abusers to be productive, recovering individuals by providing comprehensive treatment, work-based vocational training, education, and continuing care.

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A Place to Call Home

Having a clean, safe, sober place to call home is a change for many TROSA residents. As TROSA's President and CEO Kevin McDonald says, "Treating people with dignity, showing them a better way to live, and that they deserve to live this way, is an important first step in their recovery."

This spring TROSA launched an extensive building project—two new 75 bed dormitories, one for men and one for women are being constructed on the James St. campus in Durham. Funding is being provided by a grant from the US Department of Housing and Urban Development, US Department of Veterans Affairs and a no-interest loan from the North Carolina Finance Agency. "We still need to raise \$300,000 but we couldn't wait," says Kevin. "Our people need this housing." For TROSA's master brick mason Mr. William Mack, a veteran himself, the new building project means long work days and lots of residents to train. About 15 men are currently working on lay-



William Mack and Louis



Mentoring the Brick Crew

ing the dorm foundations. "A lot of the younger guys have very limited experience," notes William. One of the first TROSA graduates, "Mr. Mack" is known for his straightforward approach to helping residents learn new skills and take responsibility for their actions. One of his senior crew members is Louis, another veteran. Louis says, "Mr. Mack has taught me so much, about more than bricks, about being a man."

The new dorms will be completed in late spring 2012.

Make a GREAT Investment!

It costs about \$75 a day for someone to receive job training, counseling, housing, and other services at TROSA--but it's money well spent. *Every dollar invested in treatment saves as much as seven dollars in lost wages, medical, criminal justice and other societal costs.*

You can make an investment with a 7 to 1 return by becoming a TROSA Friend (\$75-\$499 annual gift), Ally (\$500-\$999) or Partner (\$1,000+). All groups receive special benefits and discounts on some TROSA services and most importantly provide vital financial support.

Visit www.trosainc.org or call 919.419.1059 to donate today.

TROSA Grocery Has a Birthday

The TROSA Grocery has been open for an entire year, and Store Manager, Wendy Noël, is excited about the future. “Each month, we see business increase, and that’s very encouraging.”



Wendy Noël at the TROSA Grocery

Like other TROSA businesses, “We are giving the TROSA residents who work here great vocational training in retail management, inventory control, and of course the customer service that all TROSA businesses are known for.” In line with TROSA’s core mission, the TROSA Grocery does not sell alcohol, tobacco, or lottery tickets.

“We are a proud part of the East Durham community,” says Wendy, “and we want to be sure that our customers know that.”

The TROSA Grocery recently received a grant from Duke University’s Doing Good in the Neighborhood program which will be used to hold community events like a recent bike safety clinic.

The TROSA Grocery is located at 2104 Angier Avenue, 919.524.9153. Open Tuesdays - Saturdays 9am to 7pm, Sundays 11am to 5pm. Closed Mondays.

TROSA Businesses

TROSA Moving & Storage

919.419.1059 www.trosamoving.com

Are you planning a move or need a place to store some items? If so, hire the best! TROSA Moving and Storage performs local and interstate moves—we’ll do the packing and moving for you in our truck, or help you load a truck with items you’ve packed yourself.



TROSA Lawn Care 919.419.1059

www.trosalawncare.com

Take a break from yard work—let TROSA Lawn Care mow, trim, and mulch your yard. Monthly contracts or one time clean ups, commercial and residential.

TROSA Furniture & Frame Shop 919.682.1495

313 Foster Street in Durham, across from the “Y.”

Located in the heart of Downtown Durham, TROSA’s Furniture and Frame Shop has just what you need to make your house a home! From gently used furniture and accessories to custom archival framing for your photos, artwork, and memorabilia. Tuesdays to Thursdays 9am to 6pm, Fridays 9am to 7pm, Saturdays 8am to 5pm, Sundays 11am to 5pm. Up to 50% selected items every Friday from 5pm to 7pm. Closed Mondays.

**1820 James St., Durham, NC 27707
919.419.1059 www.trosainc.org**



Accolades!

Triangle Business Journal Legacy Leader 2011, Kevin McDonald

Raleigh Environmental Awards, 2011 Partnership Project Award, TROSA

Duke University “Sammie” Award for Service to the Community 2011, Kevin McDonald

Association of Fundraising Professionals (Triangle Chapter) Philanthropic Organization of the Year, 2010, TROSA

Mover & Shaker for Outstanding Business Accomplishment 2010, Michael Keene, VP of Business Operations

Independent Weekly, Best of the Triangle 2010, TROSA Moving and TROSA Lawn Care

Herald-Sun Reader’s Choice Winner 2010, TROSA Lawn Care and Honorable **Michael Keene** Mention 2010, TROSA Moving



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