CHANGING LIVES,
CHANGING COMMUNITIES
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.

A LETTER TO OUR FRIENDS

Take a closer look. That’s what we hope you’ll do with TROSA’s first annual report. We want to give you a more comprehensive look at why TROSA is so widely respected for our innovative therapeutic and entrepreneurial model for recovery from substance abuse.

Since TROSA opened its doors in 1994, scores of men and women have successfully completed treatment in the two-year residential program. From the four initial graduates in 1996, the number of annual graduates today registers around 100, all of whom leave TROSA with full-time employment. A recent study of TROSA graduates shows a relapse rate of 10 percent within a year of completing treatment. Compare this to national averages of 40-60 percent relapse rates over a similar period following treatment.

The TROSA story is about changing lives and changing communities. For our residents and graduates, the struggle with substance abuse begins with a commitment to change – not merely putting down the substance, but learning new ways of thinking and interacting with others. Living and working in the TROSA community offers the promise of change and growth. Successful graduates of the program bring personal and professional skills to the families they rejoin and to the neighborhoods where they settle.

The TROSA model has a proven – and sustainable – track record. Residents learn and practice new work and life skills in the businesses TROSA runs. The popular moving and relocation business is the largest and best-known, but TROSA also runs businesses in custom framing, furniture sales, Christmas tree and wreath sales, storage, contract labor, lawn care, and catering. This year revenues covered almost 60% of the cost of treatment, which is free to residents.

In continuing to provide opportunities for change, our financial challenge is not merely to shore up support for program expenses but to raise funds for capital improvement and enhanced services. As you take this closer look at TROSA, we hope you will consider ways you can help us achieve our mission.

2007-08 HIGHLIGHTS
(July 1, 2007 – June 30, 2008)

• SAMHSA (Substance Abuse and Mental Health Services Administration), a federal grant-making agency, awarded TROSA a major grant for therapeutic treatment of homeless addicts. In partnership with the UNC School of Social Work, TROSA will offer screening for co-occurring mental illness, enhanced therapies, and two additional treatment counselors. The five-year grant, which provides $265K annually, addresses the complex needs of TROSA residents, at least one-third of whom were among the homeless prior to entering the program.

• TROSA received the 2008 Durham Chamber of Commerce Small Business Excellence Award.

• Thanks to our wonderful donors, we completed the Stewards Fund challenge grant in April 2008. The $135K grant and its match allowed us to pay off the remaining debt on our women’s residence.

• With technical assistance from National Development and Research Institutes, Inc., TROSA staff recently completed a follow-up study of TROSA graduates after six months and one year. Addressing the long-term impact and effectiveness of therapeutic treatment on addiction relapses, criminal recidivism, and quality of life, a preliminary report of the research was presented in October at the 2008 Addiction Health Services Research Conference in Boston, MA. A comprehensive report of all the findings is underway.

• As a licensed North Carolina therapeutic community, TROSA strives to remain at the cutting edge of therapeutic approaches. New program components derived from evidence-based practices were added this year, including relapse prevention classes, a trial therapy group for women victims of domestic violence, and training for staff in rational behavior therapy.

• TROSA received a generous three-year grant from the Kate B. Reynolds Charitable Trust for enhanced medical services. The funds are being used to support a part-time nurse practitioner for the TROSA clinic.

• On July 1st, when the lights came up in TROSA’s auditorium, seven TROSA women took their bows before a standing, overflow crowd of residents, family, and friends. Under the guidance of UNC Robertson Scholar Madeline Walter, and with gracious support from the TROSA community, the group delivered a powerful performance of “Moments of Freedom,” a three-act play they had written themselves. Drawing from their own experiences, the women devoted two months of time outside of their TROSA work and program requirements to write, choreograph, memorize lines, and rehearse. As Walter told the audience in her introduction to the play, “You are lucky to be here.”
Medical and Mental Health Services

- Coordinates a combination of medical services through our on-site health clinic, which manages over 100 internal and external appointments for residents each week.
- Provides 24-hour counseling services including group therapy sessions, individual counseling, and specialized group therapy.
- Partners with Duke Psychiatry to offer cognitive behavioral therapy and with Duke Medicine to staff a weekly on-site clinic.
- Provides targeted services for those residents with co-occurring diagnoses of substance abuse disorder and mental illness.

TROSA's two-year program provides a comprehensive foundation for recovery for those struggling with chronic addiction to drugs or alcohol.

Housing and Resident Services

- Provides two years of housing for 400 program participants as well as low-rent, transitional housing for up to 100 program graduates.
- Serves over 1000 well-balanced meals per day to its residents.
- Furnishes all clothing, including business attire, and all personal hygiene products needed by residents.
- Works with probation officers, attorneys, and the courts to facilitate communication between residents and the judicial system.

Education and Vocational Training

- Equips all residents with basic computer skills and arranges literacy tutoring and GED preparation as needed.
- Facilitates enrollment for eligible residents in an elective class at the local community college.
- Includes training programs in: Moving and Storage, Food Service, Custom Framing, Construction, Retail Sales, Lawn Care, Office Administration, Fleet Maintenance, Fundraising, and Finance.
- Furnishes opportunities to learn key customer service skills and pursue additional certifications.
- Provides training in personal financial management, resume writing, job search skills, and other topics relevant to a successful transition out of the two-year program.

Aftercare Services

- For graduates who remain drug-free, TROSA offers a variety of benefits to sustain their recovery and successfully re-enter mainstream society: low-cost, sober housing, transportation, meals and social events with peers, continued career counseling, and biweekly support groups.
VETERANS AT TROSA FIGHT FOR A SECOND CHANCE

For many of the 25 service veterans currently at TROSA, the details may differ, but their stories bear striking similarities. Born to families with alcohol or drug histories, many were separated early from biological parents and raised by relatives or others. Military service offered a chance to travel and learn occupational skills, and many had older relatives who had successful careers in the service.

“Controlled” drinking or drug use characterized their time in the armed forces, but after discharge or retirement, substance abuse took over their lives. As they spiraled downward, they lost jobs, homes, spouses, children. About half found themselves homeless, destitute, and hopeless. About half found themselves homeless, destitute, and hopeless.

A retired 23-year Navy vet who served in Desert Storm, Herman Williams arrived home one day to find all his possessions on the front lawn. “Don’t come back until you get help!” were his wife’s only words. Williams spent the next six months drunk, broke, and homeless, his pride shattered. In desperation, he called his sister in Rocky Mount, the hometown he had abandoned 25 years before. She found TROSA through a fellow church member, a TROSA grad himself. When he arrived, says Williams, he was “willing and committed. I was at my end.” Now, nine months into the program, he is working on a new start. According to Williams, who was eight when his alcoholic father committed suicide, he never suffered negative consequences from his drinking while in the Navy. Once retired, Williams was no longer “functional” and drank around the clock. His denial was impenetrable until he hit bottom. “I’m not proud that this is how my life has gone,” he admits, “but I’m getting another chance.” Trained and employed as a Naval support equipment electronics technician, Williams works in TROSA’s Automotive & Transportation Department, keeping the organization’s many vehicles in top condition.

The first time Felicia Lawrence heard of TROSA, she was facing a six-month lock-up for shoplifting in Raleigh. “When I heard it was a two-year program,” she recounts today, “I told them I’d like to return to my cell, please.” Many years and much misery later, Lawrence finds herself 19 months into the program. “It’s hard to change the whole person. At TROSA, I’ve learned not to rush anything.” Lawrence was adopted early by a loving family in the Bronx. After the death of her father when she was nine, Lawrence began smoking marijuana. Not until college, though, did she realize her drug addiction was out of control. “I went into the military to get away from the family pressure I felt.”

Never much of a drinker before, Lawrence now found alcohol more available than other substances, but just as lethal, leading her in frequent trouble. Once discharged, she returned to Wrightsville Beach, where she was arrested for shoplifting. She explained, “I didn’t go back home,” she explains. Instead, she embarked on a nearly 20-year battle with drugs and the law, moving from one city to the next, even losing her first child to the “system.” At age 38 and pregnant with her second child, Lawrence got herself cleaned up, but relapsed after 18 months. TROSA was her next stop. Today, her three-year-old son, Ke’Darion Ostrell, is being raised by a friend while Lawrence completes the program. She hopes to eventually work in a field where she can help others.

Meanwhile, Lawrence is not rushing.

In 2001, when David Weaver read in the newspaper that somebody else had been arrested for the bank robbery he committed, he called the FBI and turned himself in. Probated to TROSA, his objective was “to graduate and get the law off my back.” He stayed clear for three years, then relapsed when he learned that his addict girlfriend was cheating on him. Their volatile relationship had been a six-year rollercoaster ride for Weaver, but he somehow pulled himself together and returned to TROSA a month later in January of 2006.

The Atlanta-born Weaver was sent to live with his grandmother in Raleigh at age 10. A solid student, Weaver’s world imploded at 17 when his grandmother died. He got his GED, enlisted and hoped to follow in the footsteps of his “idol” Uncle Frankie, a veteran of three Vietnam tours. His initial effort was thwarted by injury, but at 26, he parlayed two years in the Reserves into active duty and infantry school at Ft. Benning. Weaver, who had smoked a little pot as a teenager, “but nothing else,” was subsequently introduced to cocaine and quickly became addicted. Honorably discharged in 1986, Weaver continued his addiction for 15 more years, losing a marriage and two young daughters, living homeless for two-and-a-half years. Today, after 20 months at TROSA, he says, “I’ve determined this time I’m going to get what I missed.” Trained as an emergency medical technician, Weaver has worked in TROSA’s Medical Department (triage, driver/escort, coordinator of the Duke-staffed on-site clinic) and is now assigned to Intake. He is staying on at TROSA as a post-grad, planning to complete training in substance abuse counseling. “When I help somebody, it helps me. I’ve been a taker all my life. I’ll reach out to everyone I can.”

NEW AWARD SUPPORTS HOMELESS VETS

TROSA was recently named one of 55 national recipients of the U.S. Veterans Affairs Per Diem Awards. The awards are made to public and private nonprofit groups that provide one-on-one assistance to homeless vets. TROSA’s award potentially more than $300K will support up to 25 beds for homeless vets and is renewable annually. Twenty-five vets are currently at TROSA, half of whom were homeless prior to entering the program. With the VA award, TROSA staff will reach out to veterans groups around the state to identify more candidates for the program.

TRIANGLE RESIDENTIAL OPTIONS FOR SUBSTANCE ABUSERS, INC.

CONSOLIDATED STATEMENTS OF ACTIVITIES

For the Year Ended June 30, 2008

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<tr>
<th>Revenues and Gains</th>
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<tr>
<td>Service fees</td>
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<td>Donated materials and services</td>
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<td>Contracts and grants</td>
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<td>Rental income</td>
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<td>Contributions</td>
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<td>Transitional care revenues</td>
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<td>Net assets released from restrictions: satisfaction of purpose restrict</td>
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<td>Total unrestricted revenues, gains, and other support</td>
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<tr>
<th>Expenses</th>
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<td>Program services</td>
<td>$ 8,128,220</td>
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<td>Management and general</td>
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<tr>
<td>Fundraising</td>
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<td>Total expenses</td>
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<td>Loss on disposal of building improvements, furniture, and equipment</td>
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<td>Management &amp; general (12%)</td>
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<td>Other (1%)</td>
<td>$ 983</td>
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<td>Fundraising (2%)</td>
<td>$ 18,076</td>
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TROSA BOARD OF DIRECTORS
2007-08

Chair
Tony Brown
President
Robertson Scholars Program
Duke University and
UNC Chapel Hill

Jeff Clark
Managing Partner
The Aurora Funds

Barker French
Retired Partner
Brinker Capital

Wilbert Hamilton
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Psychiatry & Behavioral Sciences
Duke University Medical Center

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Lao Rubert
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Policy & Special Projects
Carolina Justice Policy Center

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Vice President for Alumni Affairs and Development
Duke University

Rich West
CEO
Advanced Liquid Logic, Inc.

TROSA Scholar Malika Lively was honored as one of eight recipients of a GlaxoSmithKline Opportunity Scholarship. The awards are designed “to provide opportunity for those who have endured difficult circumstances and still pursue an education” and were presented at a special program and reception at the GSK campus in Research Triangle Park. The recipients were chosen from over 400 applicants. Ms. Lively is pursuing an associate’s degree in computer information technology at Durham Technical Community College.

TROSA scholar Malika Lively with Christopher Viehbacher, President, North American Pharmaceuticals, GlaxoSmithKline.

BOARD MEMBERSHIP

The Board reluctantly accepted the resignation of Michael Hussey, who ably served as our Treasurer for several years. We wish him well with his new job responsibilities.

We also wish to acknowledge the excellent leadership and guidance of Dan Glaser as TROSA Board Chair. Dan’s contribution has been immeasurable, and we count ourselves fortunate to have him as a continuing member of the Board.

Finally, we welcome new member Wendy Kuran of Duke’s Fuqua School of Business. Wendy brings a host of knowledge and experience in the field of social entrepreneurship.

TROSA is grateful to Jessica Silver of the Center for Documentary Studies for her contribution to the photographs in this report. In addition to Jessica, a number of TROSA staff members helped with the photography. Thanks to all!!

Photo Credit:
TROSA scholar Malika Lively with Christopher Viehbacher, President, North American Pharmaceuticals, GlaxoSmithKline.