



What Is TROSA?

- A licensed long-term residential recovery program
- Founded **in 1994** with only **13 residents**
- Last fiscal year (2016-2017), **923 men and women were served**

TROSA Services

- Provided at **no cost** to the individual:
 - ✓ Housing, Food, Clothing & Daily Needs
 - ✓ Healthcare
 - ✓ Mental Health Services
 - ✓ Vocational Training
 - ✓ Continuing Care for Graduates, including housing, transportation, counseling

Who We Serve

Admissions FY 16-17



- **87%** **uninsured / without Medicaid**
- **85%** have been **incarcerated**
- **33%** were on **probation**
- **26%** **no high school diploma or GED**
- **40%** report being **homeless ...**
... and nearly all residents are in **unstable housing** before coming to TROSA

What is a Therapeutic Community?



“A consciously designed social environment and program within a residential or day unit in which the social and group process is harnessed with therapeutic intent. In the therapeutic community the community is the primary therapeutic instrument.”

- High Security Psychiatric Services Commissioning Board, 1998

TCs, whether modified or traditional, have shown to be an effective treatment strategy for individuals with a substance use disorder, a co-occurring disorder, and for justice-involved individuals.

Therapeutic Communities: How They Work

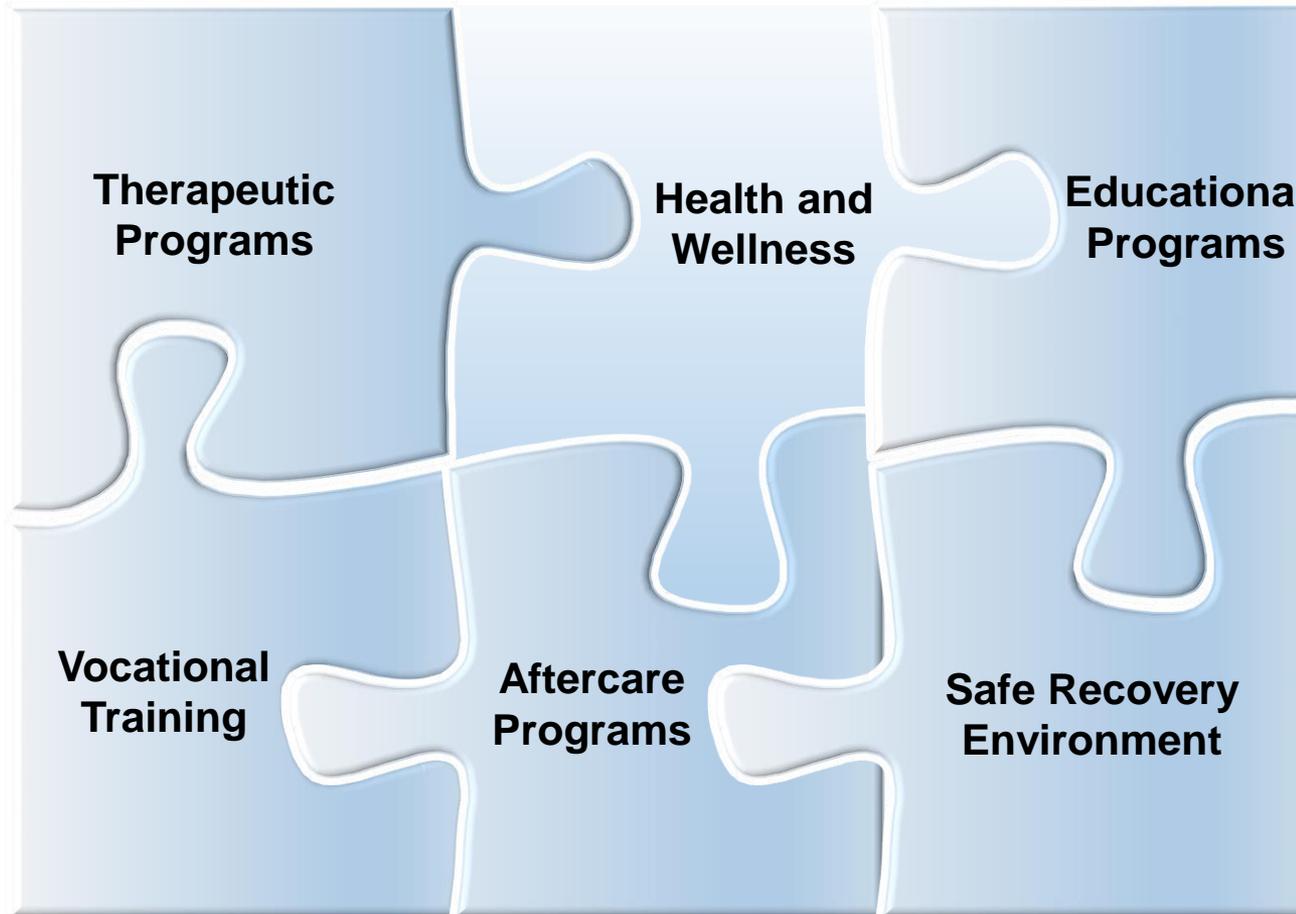
- Community as method (DeLeon, 1997)
- Long term
- Highly structured
- Safety - governed by strict moral codes
- Regimented
- Mutual self help and shared accountability
- Reward and status driven
- Habilitation vs. rehabilitation

Common TC Goals



- Self knowledge, determination, responsibility and respect
- Honesty
- Effective relationships with others
- Acceptance of authority
- Living right
- Behavioral change
- Concern for others
- Work ethic

TROSA: A Comprehensive Program



Vocational Training



- Moving
- Construction
- Lawn Care and Maintenance
- Office Administration
- Vehicle Maintenance
- Commercial Cleaning
- Retailing and Sales
- Picture Framing
- Finance/Accounting
- Warehousing
- Food Services/Catering
- Thrift Store

Therapeutic Programs



- Dialectical Behavior Therapy (DBT)
- Rational Behavior Therapy (RBT)
- Anger Management
- Relapse Prevention
- Individual counseling
- Mindfulness
- Encounter Groups
- Helping Men Recover
- Social and Communication Skills Development
- Leadership Development
- Peer Mentoring and Counseling
- Building Better Relationships
- Parenting
- Helping Women Recover
- Seeking Safety
- Young Men's Peer Group

Educational Programs



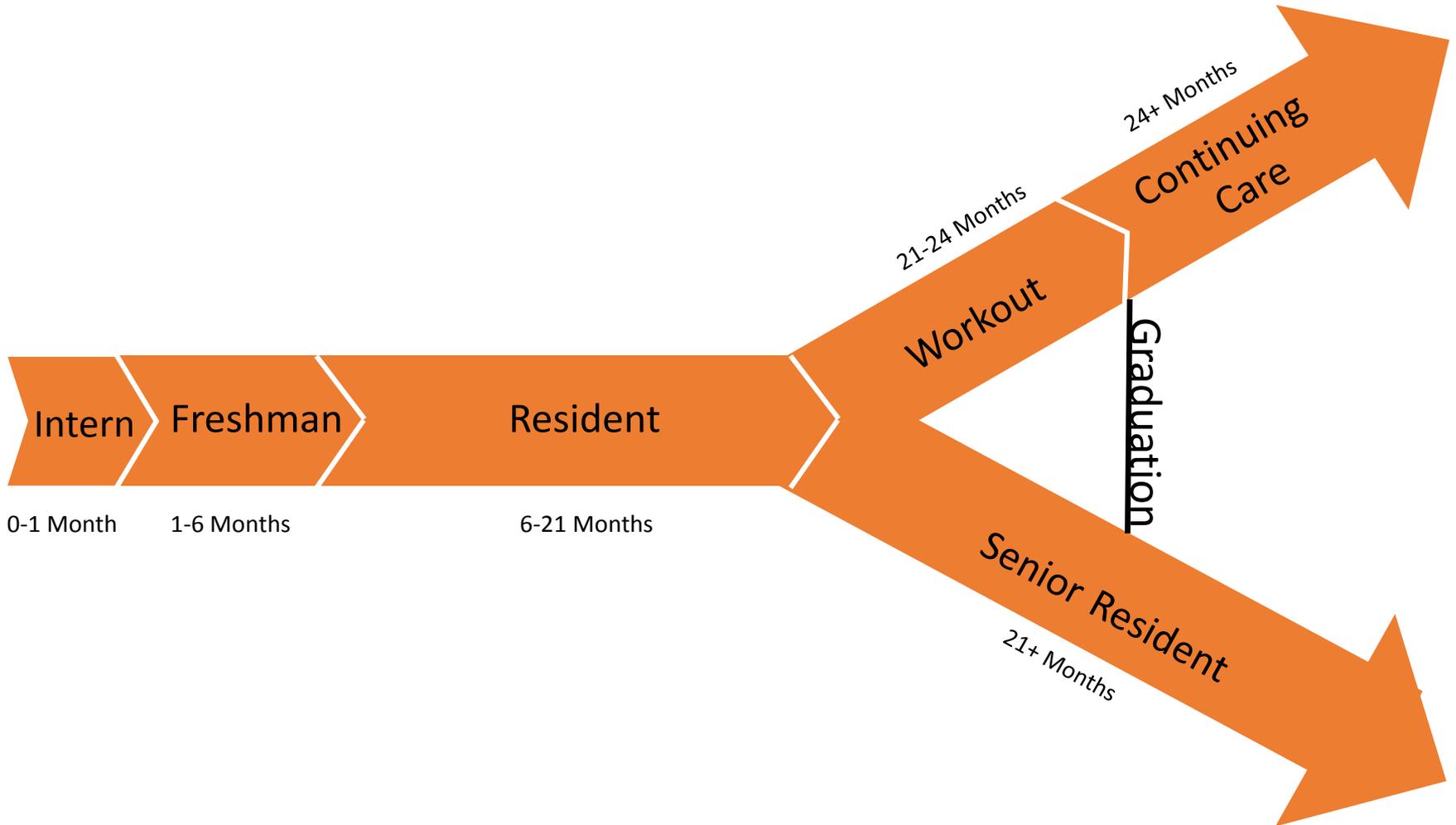
- Adult Literacy
- GED
 - All residents who lack a high school diploma or GED are required to attend adult literacy or GED classes
- Computer Classes (Basic Skills, Word, Excel)
- College Prep Class
- College Courses
- Scholars Program

Aftercare Programs



- Life Skills Classes (Personal Finance, Budgeting, etc.)
- Transportation Program
- Group Sessions
- Meals, Social Events
- Low-cost Supportive Housing

Program Stages



Probation



- Program tracks are the same for probated and non-probated residents.
- Administrative differences are:
 - Durham County Probation officially accepts the probation case after the resident is in the program for 90 days
 - Durham Probation officer visits the program once a month, to meet and drug test residents on probation
 - Durham Probation is contacted when a resident on probation voluntarily leaves or is otherwise discharged from TROSA

Probated vs. Non-Probated Clients



- Research: Drug treatment outcomes the same for mandated clients and voluntary clients*
- At TROSA, probated clients are statistically more likely to complete the two-year program

* Source: U. S. Department of Justice, National Institute of Corrections. Crime & Justice Institute (April 2004). Implementing Evidence-Based Practices in Community Corrections: The Principles of Effective Intervention.

What Works: Criminal Justice Population



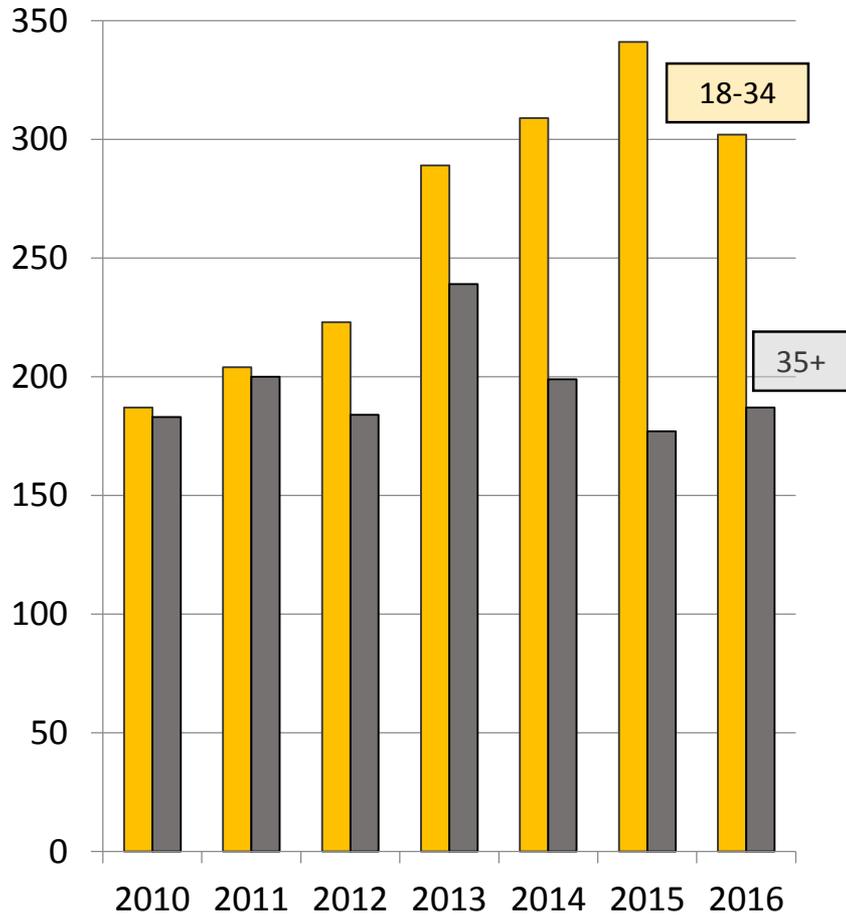
- Confront Anti-social Attitudes
- Eliminate/reduce Anti-social Associations
- Encourage Pro-social thinking and behavior
- Abstinence from alcohol and drugs
- Develop/increase empathy
- Eliminate/decrease impulsive behavior
- Develop/improve life skills

Source: U. S. Department of Justice, National Institute of Corrections. Crime & Justice Institute (April 2004). Implementing Evidence-Based Practices in Community Corrections: The Principles of Effective Intervention.

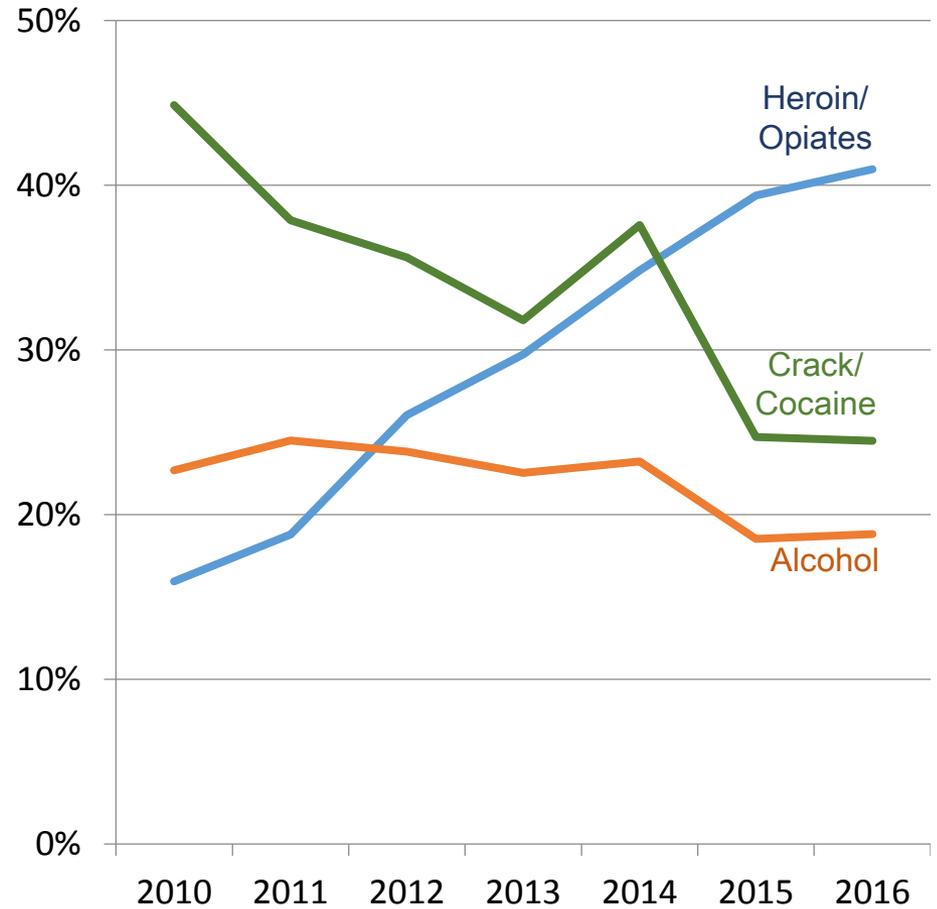
Changing Demographics – TROSA Residents at Intake



Age



Primary Substance of Addiction



How TROSA is Unique

- Offers **long-term option for men and women** (up to 2 years as a “resident,” and then can apply to stay longer as a Post-Grad)
- Can accept those with **co-occurring mental health disorders**
- Emphasis on **vocational training and education**
- Focus is not solely on sobriety – it’s on being healthy and productive – helping individuals re-integrate into **families, communities, society**



Importance of Long-Term Treatment

	U.S. Average*	TROSA
Median Length of Stay in Long-Term Treatment ("Long-Term" is defined as > 30 days)	56 days	240 days
Short-Term Completion Rate (30 days or less)	54%	79%

Studies have shown correlation between longer lengths of stay in treatment and better outcomes. A 2018 study by RTI International showed that longer lengths of stay at TROSA resulted in reduced criminal recidivism, even for those who don't complete the program.

*Length of Stay Source: Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS): Discharges from Substance Abuse Treatment Services. BHSIS Series S-86, HHS Publication No. (SMA) 16-4988. Rockville, MD. Released by Substance Abuse and Mental Health Services Administration, 2016.

Graduate Outcomes (FY 16-17)

One year after graduating TROSA...

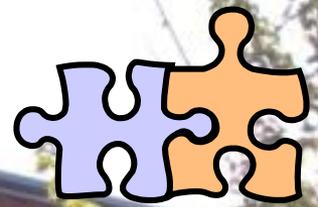
- **94%** were in stable housing
- **90%** maintained their recovery
- **92%** remained employed full time
- **Less than 5%** had a new criminal conviction



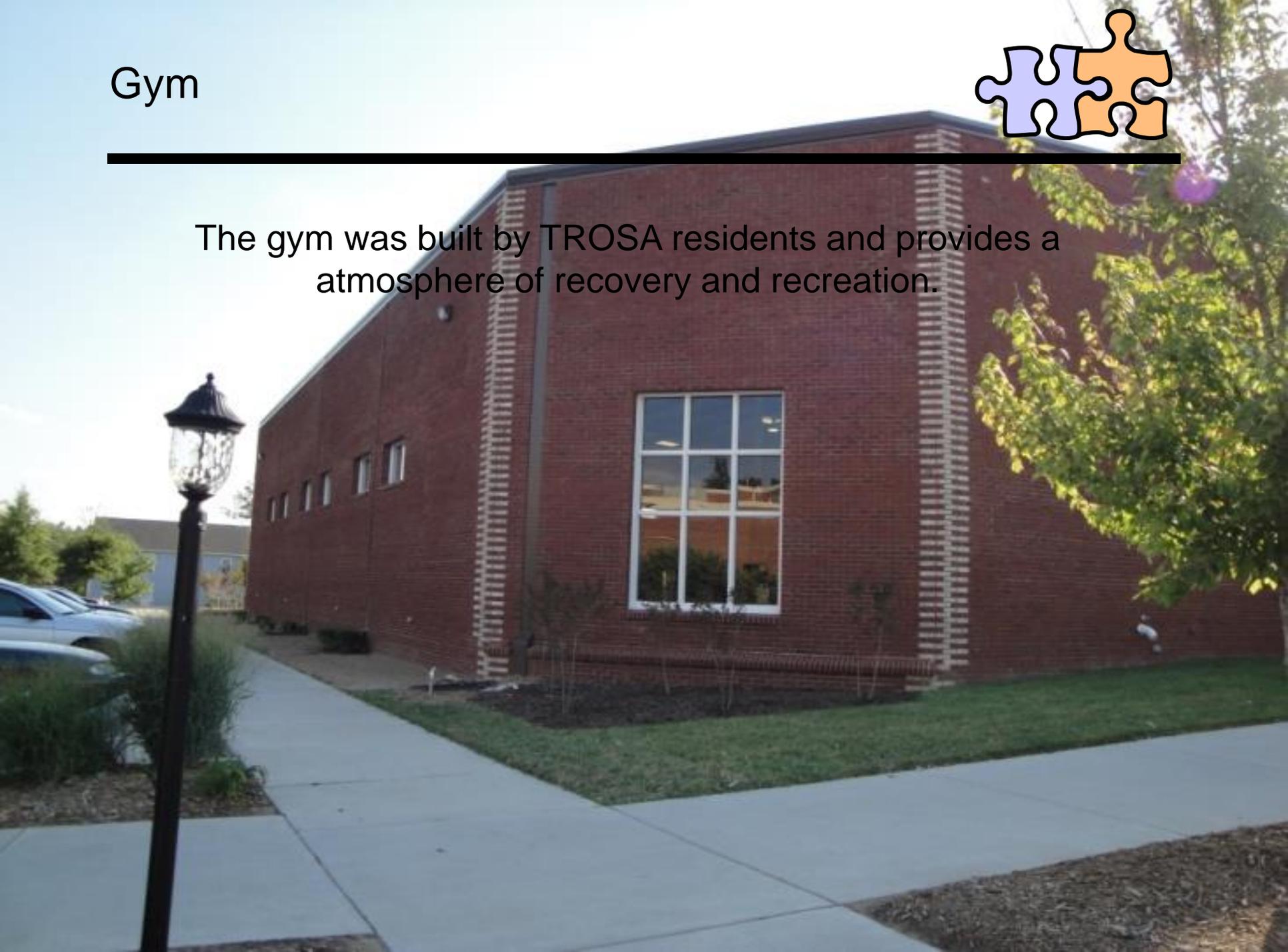
Housing



Gym



The gym was built by TROSA residents and provides a atmosphere of recovery and recreation.



Serving All North Carolinians



According to a 2017 study by RTI International,

**TROSA saves North Carolina
\$7.4 million each year**

by preventing arrests, incarceration,
and emergency hospital visits.

Source: Economic Benefits of the Triangle Residential Options for Substance Abusers (TROSA) Program to the State of North Carolina. May 2017, Joel K. Cartwright, Alan Barnosky, Pamela K. Lattimore, Alexander J. Cowell.