

23

SUBSTANCE ABUSE



PROJECT #289

Chrysalis Women's Recovery



GUIDING
LIGHT
MISSION

Project Cost

Minimum Cost: \$2,000,000

Maximum Cost: \$5,500,000

ARPA Request: \$2,000,000

Submitter Info

Name: Brian Elve

Organization: Guiding Light

Project Overview

Funding Group: Community Health

Project Theme: Substance Abuse

Project Status: New Project

Matching Funds: 26-50%

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

n/a

Identify the need for the proposed project

March 2020 started a challenging time of isolation, stress, and serious worries about illness, death, personal finances, and social uncertainty. Particularly for community members struggling with substance use disorders, this has been a deadly combination of factors. In fact, while there has been legitimate fear and concern over COVID-19 itself, another epidemic has been occurring at the same time: various national surveys saw alcohol-related deaths outnumbered COVID deaths for adults under 65 in 2020. Alcohol-related deaths increased by 25%, compared to the standard average increase of 3.6%. Drug overdoses increased by 30%. Locally, recovery treatment options for women in Kent County are Sandford House, which can cost between \$15,000 and \$20,000 per month, and Our Hope Association, primarily insurance and Medicaid based. Many women have children, are single parents, and are the primary provider for their families, which complicates treatment options as well. Guiding Light will offer programming at no cost to the community member. Guiding Light sees the need to not just support our female community members in "getting sober", but in providing opportunities and structure for lives transformed. Instead of demanding extensive willpower, feeding into shame and frustration when that eventually fails or sending clients back out alone after a few weeks of sobriety, Guiding Light offers something unique: we will walk alongside individuals for as long as they will let us. The current men's recovery program sees many clients connected to Guiding Light for 2, 3, or more years - yes, YEARS - while they start careers, finish education, restore family relationships, build community, and give back. Tailored appropriately for the unique needs of disadvantaged women in Kent County, long-term, transformational programming is something we have been fully invested in becoming excellent at over the last 7 years. Our program logic model for a women's recovery program is based on extensive research, and innovative program methodology, and addresses the person holistically. Providing extensive mental health and physical health services is crucial, as co-occurring disorders are common. That along with ensuring sustainability through improved employment and affordable housing is Guiding Light's proven way of meeting needs we see and hear about regularly. Getting sober is merely the beginning. The need for intensive, thoughtful care through the gift of time and space is something Guiding Light would be honored to offer to the women in our community.

Brief Description

Guiding Light's Chrysalis Women's Recovery is an intensive drug and alcohol treatment program designed to give space and time to engage in transformational change. This residential program addresses co-occurring disorders, livable wage employment, and affordable housing alongside substance use disorder. Combining evidence-based practices, health and wellness, life-coaching, therapy, support groups and resources empower women to stay sober and live life in a new way. Entirely free to participants, Chrysalis Women's Recovery would offer women a safe environment, basic life needs, family support, and individualized care. Our goal for women is lifelong recovery and a new way of being in relationship with the world, where they can live fully, secure in employment and housing. Clients entering the women's recovery program first complete Foundations, a four-month phase of focused treatment aimed at addressing their entire being. A significant part of our program is the environment we create in partnership with our clients: we believe it is essential to have a culture which believes honesty, healthy relationships, and desire for change are necessary elements of long-term sobriety. Intentionally building relationships and community within Guiding Light and within the community at large are daily activities. Women would be offered education, training, and coaching to either gain or improve their employment, while working on financial empowerment, savings, and any debt reduction.



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Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

(Listed in main description)

Partnership

n/a

Long-Term Benefit

- A life full of possibilities and different choices. -Long-Term benefits will include steady employment, housing, healthy relationships with friends' families, Improved physical and mental health, self-worth, and spiritual connection. - Long-term benefits will be to appreciate the life they are given and become more of service to this world and their community.

Intended Beneficiary

Women who are experiencing co-occurring disorders, women at risk of losing their children, and Women who are experiencing substance use disorders.

Estimated Cost

Guiding Light is requesting 2,000,000.00 from Kent County American Rescue Plan Act of 2021 (ARPA).

*Source of Funding

Guiding Light is 100-percent private donor funded. While we have been planning for and saving for the initial facility and staffing expenses from starting up a women's recovery program, we have yet to have the resources to do so. This grant would give us the initial boost to begin, and we would be able to continue funding the program entirely through private donations and social enterprise in the next three years.

Project Management Experience

None

Federal Funds Experience

Guiding Light uses a sophisticated integrated accounting software (Sage Intacct) that allows precise tracking of funds down to the dollar, and would be very capable of producing Interim, Quarterly, and Recovery Plan Performance Reports to whatever granularity is required. We have no experience with federal funds as of yet.

Studies on Impact

Evaluation Review journal published an article studying the outcomes through an 8-year-long study in regards to abstinence and long-term changes. Their research suggests that while mental health and physical health still need attention through year 3 of sobriety, the longer the individuals were sober, the greater the decrease in living below the poverty line was and fewer instances of homelessness, including a significant decrease in illegal activity. Length of sobriety had a strong positive relationship to having increased self-efficacy, clean and sober community, and spiritual support (Dennis et al, 2007). Kruk and Sandberg (2013) conducted a study that showed significant overall effectiveness in women's treatment centers when addressing substance abuse disorders. The study also concluded that normalization/structure, safety, and social connection are the core needs for a successful women recovery program. Guiding Light will be able to mirror the same success as our men's recovery program because we share the same core values.



Supporting Documentation

- [1. Letter of Support #1](#)
- [2. Letter of Support #2](#)
- [3. Letter of Support #3](#)
- [4. Women's Recovery Budget](#)

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Matching Funds: 26-50%

Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

(Listed in main description)

Partnership

n/a

Guidehouse Ranking Notes

 **Eligibility**

Substance use prevention and affordable housing is eligible

 **Sustainability**

In the next three years this project should be completely funded by private donations

 **Feasibility**

PROJECT #182

Clean Works Harm Reduction Program



Project Cost

Minimum Cost: \$750,000

Maximum Cost: \$750,000

ARPA Request: \$200,000

Submitter Info

Name: Stephen Alsum

Organization:

The Grand Rapids Red Project

Project Overview

Funding Group: Community Health

Project Theme: Substance Abuse

Project Status: Existing Project

Matching Funds: No

Eligibility:



Sustainability:



Feasibility:



Impact:



Source of Funding

We have secured 350,000 to support staffing and overhead for our harm reduction program through MDHHS. We are working on securing \$200,000 for our supply budget from community fundraising, and private foundations, and are asking ARPA to fund the additional \$200,000 of our supply budget.

Partnership

Spectrum Health, Mercy Health, Seeds of Promise, Linc Up, Salvation Army Turning Point, Network 180, Pine Rest, Cherry St Health Services

Identify the need for the proposed project

The Grand Rapids Red Project began providing the Clean Works program in Grand Rapids in August of 2000, following the recommendation of Mayor Logie's Task Force on Drug Policy Reform. At that time 25% of all HIV cases in Kent County were related to injection drug use. Currently this has decreased to 8% largely as a result of our program. As the years have progressed, we have seen Red Project's services expand- from becoming the first and largest opioid education and naloxone distribution program in the state, to expanding through our 7 county region of West Michigan, to being contracted by MDHHS for the last 4 years to train new syringe access programs in the state as we have seen the number of programs statewide expand from just 4 to over 30. While our services and reach have continued to grow, the situation in our community had continued to deteriorate, and get harder to address. In the 2000s we were addressing largely prescription opioid use, which then transitioned to heroin use, and now fentanyl is ravaging our community and causing over 100 deaths a year. Red Project has been a leader in developing innovative evidence based programming in the state of Michigan, and the Kent County community has benefited from our presence, seeing less death than other similarly sized communities in Michigan but still far too much. Year after year our program continues to grow by about 150% every year, and the major financial need continues to be funding for supplies. Without supplies we can not run our program. COVID has increased the isolation, trauma, mental health, physical health needs in our community, and we are seeing more people turn to substances, With the transition of the illicit market primarily to fentanyl and other synthetics, we are seeing more and more negative health impacts, including overdose, skin and soft tissue infections, complications of Hepatitis C. From 2016-2020 MDHHS estimates the cost of skin and soft tissue infections caused by injection drug use to have cost the state over 2 billion dollars. An HIV case prevented can save the public healthcare system \$400,000, the lifetime cost of treating HIV. A prevented trip to the emergency room to treat an overdose can save the community \$16,000. Beyond the human impact, these are some of the very real costs Red Project programming saves our service delivery systems. To continue making an impact on the Grand Rapids community it is imperative that the Grand Rapids Red Project can stock our harm reduction program with supplies ranging from gauze, antibiotic, alcohol pads, and band aids, to hazardous material containers, and sterile water. The Grand Rapids Red Project's supply budget for our harm reduction program in 2023 we be greater than \$400,000. We are making a request to ARPA to fund half of this, or \$200,000. We have seen the impact Red Project programming has already made on our community, and it is imperative that in this time of greater need and struggle we can continue to grow service delivery to meet emerging needs.

Brief Description

The Grand Rapids Red Project operates the Clean Works program, a harm reduction program where people struggling with substance use can explore health decisions in a safe and supportive environment. Through the Clean Works program Red Project provides syringe access, syringe disposal, safer sex supplies, naloxone rescue kits, recovery coaching, access to treatment, and other basic life and health needs. We are applying for \$200,000 through ARPA to support supply distribution at our program. This is about half our annual supply budget which annually becomes harder to sustain with increases in service delivery caused by COVID and the progressing opioid epidemic. Through our Clean Works program we have over 17,000 interactions with community members annually.



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Submitter Info

Name: Stephen Alsum

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Eligibility: 

Sustainability: 

Feasibility: 

Impact: 

Source of Funding

We have secured 350,000 to support staffing and overhead for our harm reduction program through MDHHS. We are working on securing \$200,000 for our supply budget from community fundraising, and private foundations, and are asking ARPA to fund the additional \$200,000 of our supply budget.

Partnership

Spectrum Health, Mercy Health, Seeds of Promise, Linc Up, Salvation Army Turning Point, Network 180, Pine Rest, Cherry St Health Services

Long-Term Benefit

Decrease in HIV, Hepatitis C, overdose deaths. Less preventable health issues filling up emergency departments. Better quality of life for participants and surrounding communities. Decreases in syringe litter in communities. Saved tax payer dollars. All these effects are well documented in the scientific literature for the past 50 years.

Intended Beneficiary

People suffering with substance use disorder, people impacted by mental health, people insufficiently housed

Estimated Cost

750000

Project Management Experience

We started the Kent County Opioid Task Force in 2016 through securing a grant from Steelcase Foundation before passing it to KCHD. We operate over a seven county region providing direct service delivery, and statewide for technical assistance. We are sub recipients under 8 federal grants, and have contracts with all community mental health in the areas in which we operate.

Federal Funds Experience

We are annually a sub recipient on 8 federal contracts through MDHHS and the LRE.

Studies on Impact

Yes. Almost any on syringe access or naloxone distribution since the late 90s in the United States will validate our methods. If you would like we can provide a well sourced summary of the research.

Guidehouse Ranking Notes

 **Eligibility**

Substance use treatment is eligible

 **Sustainability**

Program will not continue without funding. However, it sounds like they already have funding partners. This fund is to help meet increased demand. More info needed.

 **Feasibility**