

Volunteers of America Ohio & Indiana Update - Theodora House Renovation

The Fresh Start Recovery Center at Theodora House had 15 beds upon opening in August 2015. With the support of the Impact 100 award, Volunteers of America Ohio & Indiana (VOAOHIN) was able to increase capacity to accommodate 60 substance use disorder treatment beds for women. All remodeling related to this funding is complete and the construction contract will be fully closed by the end of January 2019.

The first floor renovation, completed in late 2017, allowed for the launch of a new program - Turning Point Recovery Center. Turning Point provides addictions treatment for women with criminal justice involvement related to substance use disorder. Turning Point has attained outstanding outcomes including a 76% successful completion rate for clients in the program. This completion rate is the highest of any of our residential recovery programs and well over the national average of 44%. This 15 bed program also prevents clients from returning to the prison system for substance use disorder. If Turning Point wasn't an option, 100% of all clients would have returned to prison due to violation of probation/parole due to positive substance use screens. Turning Point clients who also qualify for Fresh Start are transferred into Fresh Start units when appropriate.

On the second floor, the original 15 bed unit remained active while renovations took place to create 30 new beds— two new units— for the Fresh Start Recovery Center. The new units opened on April 1, 2018. With the expansion of Fresh Start, we have an average of 15 children living with us at any time and we expect to have at least 90 children living with their mothers while they receive treatment at Fresh Start in a given year. Since the program's inception, we have had 20 children born to mothers while they were in Fresh Start. Moving forward, in a single year we expect to have at least 20 children born to mothers who are in Fresh Start while pregnant and we expect serve more than 450 mothers annually.

Fresh Start program success is illustrated through the following program outcomes: 84% of clients made progress toward their treatment plan goals; 56% of women without children in their care successfully completed the program; 61% of women with children in their care successfully completed the program. These outcomes far exceed the 44% national rate of clients leaving residential addiction treatment upon successful completion.

Beyond the numbers, Impact 100 gives hope, changes lives and strengthens families. After feeling scared and alone after searching for months for a program that would help her, Erin now says, "I love this program and I'm so glad this place exists." Spending a few months at Fresh Start, Erin is due to deliver a baby without illicit substances in its system this month.

Program Expansion and Funding Update

Since the last Impact 100 update, Volunteers of America of Indiana has merged with Volunteers of America Greater Ohio. Our agency is now Volunteers of America Ohio & Indiana (VOAOHIN). This merger has provided additional agency infrastructure and we intend to expand behavioral health services and the Fresh Start program into Ohio in the coming years.

Without the support of Impact 100 for our Indianapolis expansion we would not be in a position to consider a much wider expansion for the future.

VOAOHIN continues to work with additional funding partners referenced in more detail in the previous program update that include: Department of Health and Human Services (HHS); Substance Abuse and Mental Health Services Administration (SAMHSA); Department of Health and Human Services - Administration on Children, Youth and Families - Children's Bureau; Indiana Health and Human Services - House Bill 446; IHEDA Housing First Program; IHEDA Southern Recovery Center Support; and Indiana Department of Child Services. Properties have been purchased in Columbus and Evansville, Indiana to expand Fresh Start into the southern regions of the state and construction has recently started in Evansville.

After the renovation, VOAHOIN discovered that sinks and dishwashers are needed on the second floor to ensure that mothers can make bottles for babies and clean them effectively. Without these designated washing areas mothers must go to the first floor several times a day to get what they need to prepare and clean baby bottles. Funding was provided through the IU Health Staff Walk-a-Thon and the Women's Fund OPTIONS Fund of the Women's Fund of Central Indiana to support the build out of one sink unit with a dish washer to be installed on the second floor. This project is expected to be completed by April 1, 2019.

To hear from families who Impact 100 has helped at Fresh Start Recovery Center, please visit this link: <http://bit.ly/voahinvideo>. There is also an attachment with photographs of mothers and children who have been Fresh Start residents that can be shared with all members.

Should any Impact 100 members wish to take a tour or volunteer with the Fresh Start program, please contact Kirsten Bush, Community Engagement Coordinator, at KiBush@voain.org or 317-686-5807.



Volunteers
of America®

OHIO & INDIANA

Fresh Start Recovery Center

A family-focused residential addictions treatment program for mothers and their children.



Offer Hope
Restore Dignity
Transform Lives

Photos compliments of
M. Rinayo Photography

voaohio.org/fresh-start