



Free At Last: Community Recovery and Rehabilitation Services

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December 2015

Annual Appeal and Fiscal Summary

Here is a quick update on Free At Last's progress this past fiscal year. Thank you to all of our supporters for your continuing commitment to our work, to break the cycle of addiction using proven models of recovery.

We hope that you will consider an end-of-year donation. We need your help, to strengthen the health of our community, to re-unite men and women in recovery with their children and families, and to prevent addiction-related violence and burglary in our neighborhoods and in surrounding cities.

Here is the data on how our programs performed in the past fiscal year. One additional bright spot is that Free At Last's Outpatient Drug Free Program was certified by the state Health Care Services Department as a Drug Medi-Cal clinic; this will improve our services and funding. Our Men's and Women's Residential programs are also in process to be certified. Thank you so much for your ongoing support! Sincerely, *Susan Cortopassi, CEO*

Community Impact of Free At Last programs

A summary of our clients served (2014-15 data)

- Drop-in Center:** Our center provides a safe place to hang out, watch TV, have healthy snacks (from Second Harvest Food Bank), coffee, etc., or just wait for a 12-step meeting. We host 12-step meetings six days a week all year long. Over 6,750 people signed in on the center's daily sign-in sheet last year.
- Prevention and Street Outreach:** This program includes HIV and STD education and intervention, referrals to different services such as shelters, detox, emergency assistance, residential programs, testing, mental health, medical services, etc. 1,919 individuals received information, education, and/or referrals last year.
- Outpatient Program:** 31 men and women participated in the program last year. Our program is 3 to 6 months in duration and entails group process, individual sessions, 12-step meetings, case management and educational sessions. The English program is held in the morning and evening. The Spanish program is provided at night.
- DUI First Offender Program:** Driving under the influence program for first offenders provided in English and Spanish. 86 individuals completed the program last fiscal year.
- Residential Treatment for Women and Women w. Children:** 50 women (plus 6 children) participated in the program in the last fiscal year. Our program provides three months residential treatment for women and women with children. To graduate, clients must complete treatment goals, secure their housing and have a job or be enrolled in job training.
- Residential Treatment Program for Men:** 75 men participated in the program in the 2014-15. Our program provides six months residential treatment for men. To graduate, clients must complete treatment goals, secure their housing and have a job or be enrolled in job training.
- Transitional Clean and Sober Living:** 22 individuals were living successfully in our housing last year. The program includes shared supportive housing for adult men and women to establish stable employment, credit, and tenancy.
- AA and NA Meetings:** 10,400 men and women attended our AA and NA (Alcoholics & Narcotics Anonymous) meetings last year, which are held in English and Spanish (counting multiple visits by returners).

Free At Last's

Special thanks go to:

These Wonderful Organizations

San Mateo County, Behavioral Health
and Recovery Services
1 East Palo Alto
Philanthropic Ventures Foundation
Rebuilding Together Peninsula
Silicon Valley Community Foundation (SVCF)
Atkinson Foundation
Bay Area Black United Fund
Commercial Casework, Inc.
Wilson, Sonsini, Goodrich & Rosati
Stanford Memorial Church and Members
Heritage Bank of Commerce
Palo Alto Medical Foundation
Peery Family Fund
Saint Joseph's Health System
The Maidenherren Fund of the SVCF
Castellano Family Foundation
Ericsson Employee Engagement Fund of the SVCF
Lyngso Garden Materials, Inc.
First National Bank of Northern California
Master Gardeners Association
Taproot Foundation
Kara

Individual Donors and In-Kind Supporters

Frank J. Omowale Satterwhite
Michael Edell
Kathleen Alexander
Owen Byrd
Yvonne Frazier
Jane and Clem Molony
Reverend Mary Frazier
Dorsey Nunn
Duane Bay
Rose Jacob Gibson
Krys Giang
Rodney Mason
Ken Rhoads
Joe Sweeting
Fran Wagstaff
Susan Martin and John Doyle
Tom Presta
-- and many others not individually listed; thank you
so much to all of the champions of Free At Last.

Our Board of Directors

Vicki Smothers, President
Robert Hoover, Vice President
Jerome Walker, Treasurer
Janet Thomas, Secretary
Jose Capistran, Member

Our Core Community Partnerships (beyond Referral)

EPA Community Counseling Center	(Case conferencing, shared referrals)
Ravenswood Family Health Center	(Medical and dental services)
Palm Ave. Detox Center	(Detoxification services)
Ecumenical Hunger Program	(Food, clothes, volunteers)
S.M.Co. Health Department, Education	(HIV/STD screenings on site)
El Concilio of San Mateo	(Emergency assistance and housing)
JobTrain	(Employment and education services)
1 East Palo Alto	(Mental health & prevention services)
David Lewis Community Re-entry Center	(Criminal justice re-entry)
S.M.Co. Parole Office	(Bi-monthly visits)
S.M.Co. Probation Department	(Bi-monthly visits)
Saint Vincent De Paul	(Emergency assistance)
InnVision Shelter Network	(Emergency housing)
Second Harvest Food Bank	(Healthy food for our clients)
Bread of Life	(Emergency food assistance and support)

Sources of Our Funding

Budget data as of 8/12/15

San Mateo County Behavioral Health & Recovery Services	53%	\$ 702,493
Client fees received	20%	263,016
Rental fees received	9%	114,460
Miscellaneous contributions, grants, secured funding, etc.	18%	233,326
TOTAL:	100%	\$ 1,313,295

Recent Audit Results

"The financial statements present fairly, in all material aspects, the financial position of Free At Last . . . and subsidiaries, as of June 30, 2014." -- Auditor's Opinion.

Demographics

Many of our newer clients are living a transient life, and thus they are considered homeless. But we can estimate that, of the men and women whom we served last year, 85% live in East Palo Alto and east Menlo Park.

Current estimates are that 39% of our clients are Black/African American, 37% are Latino/Hispanic, 18% are Caucasian, and 6% are of other race.
