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
• 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

- Therapeutic Programs
- Health and Wellness
- Educational Programs
- Vocational Training
- Aftercare Programs
- Safe Recovery Environment
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

- **Intern**: 0-1 Month
- **Freshman**: 1-6 Months
- **Resident**: 6-21 Months
- **Senior Resident**: 21+ Months
- **Graduation**: 24+ Months
- **Continuing Care**: 21-24 Months
TROSA offers a highly structured program to ensure residents receive the care, training and treatment they seek.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>6am</td>
<td>Breakfast</td>
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<td>7am</td>
<td>Free Time</td>
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<td>8am</td>
<td>Morning Seminar</td>
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<td>9am</td>
<td>Community Assignment</td>
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<td>10am</td>
<td>Lunch</td>
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<tr>
<td>11am</td>
<td>Afternoon Seminar</td>
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<tr>
<td>12pm</td>
<td>Community Assignment</td>
</tr>
<tr>
<td>1pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>2pm</td>
<td>Free Time</td>
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<tr>
<td>3pm</td>
<td>Group Therapy</td>
</tr>
<tr>
<td>4pm</td>
<td>GED/College Classes</td>
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<tr>
<td>5pm</td>
<td>Therapeutic Classes</td>
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<tr>
<td>6pm</td>
<td>Seminars</td>
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<tr>
<td>7pm</td>
<td>Free Time</td>
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<td>8pm</td>
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<td>9pm</td>
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<td>10pm</td>
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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

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

Changing Demographics – TROSA Residents at Intake

Age

Primary Substance of Addiction

Heroin/Opiates

Crack/Cocaine

Alcohol

18-34

35+

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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

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<tr>
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<th>U.S. Average*</th>
<th>TROSA</th>
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<tbody>
<tr>
<td>Median Length of Stay in Long-Term Treatment (“Long-Term” is defined as &gt; 30 days)</td>
<td>56 days</td>
<td>240 days</td>
</tr>
<tr>
<td>Short-Term Completion Rate (30 days or less)</td>
<td>54%</td>
<td>79%</td>
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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.

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