

TRANSITION HOUSE, INC. FY'23 GOALS & STATUS REPORT

GOAL 1: IMPROVE QUALITY OF LIFE FOR PEOPLE SEEKING RECOVERY THROUGH ENHANCED WELLNESS OPPORTUNITIES.

TRANSITION HOUSE STANDARDS:

- UTILIZE BEST PRACTICES TO DEVELOP AND FACILITATE GROUP CURRICULUM, PLAN MEANINGFUL ACTIVITIES, AND OBTAIN CLIENT FEEDBACK.
- CONTINUE BUILDING AND STRENGTHENING CONNECTIONS WITH COMMUNITY PARTNERS.
- PROVIDE INTENSIVE CASE MANAGEMENT WITH A FOCUS ON DEVELOPING HEALTHY AND MEANINGFUL RELATIONSHIPS, SUPPORT, HOPE, ADVOCACY, AND CONNECTIONS.
- PROVIDE SAFE AND SECURE HOUSING FOR PEOPLE PARTICIPATING IN THE TRANSITIONAL LIVING PROGRAM (TLP).
- PROVIDE AS NEEDED DIVERSE SUPPORT OPPORTUNITIES FOR THOSE SEEKING COMMUNITY OUTREACH PROGRAM (COP) SERVICES.

ACTION STEPS	PROJECTED OUTCOME BY 6/30/23	STATUS – 10/17/22	STATUS – 1/30/2023	STATUS
<ul style="list-style-type: none"> • Acquire additional evidence-based curriculum and materials to support meaningful groups and activities. 	<ul style="list-style-type: none"> • Acquire 1 new set of evidence-based materials. 	<ul style="list-style-type: none"> • New Curriculum materials arrived 10/17/2022 – “Finding Your Best Self” Recovery from Addiction, Trauma or Both (Lisa M. Najavits, PhD – Author of Seeking Safety). 	<ul style="list-style-type: none"> • Acquired a new DSM-V. • Began use of new curriculum – “Finding Your Best Self”. 	
<ul style="list-style-type: none"> • Expand community collaboration and partnerships with local agencies by hosting open houses for network opportunities and engagement in community meetings. 	<ul style="list-style-type: none"> • Host 1 Open House for community providers. • Representatives from the Clinical Team will have 1 on-site visit at COCMHC and GMH. 	<ul style="list-style-type: none"> • Amanda attended a clinical meeting at COCMHC and is working on having GMH clinicians come to TH for a visit. 	<ul style="list-style-type: none"> • Amanda hosted an Open House for GMH Staff. • Connections with both GMH & COCMHC staff have improved. 	
<ul style="list-style-type: none"> • Have COCMHC representative begin attending TH staff meetings 1 time per month to serve as liaison between TH and COCMHC. 	<ul style="list-style-type: none"> • Have a COCMHC representative attend 4 TH Staff meetings. 	<ul style="list-style-type: none"> • Johnna, COCMHC Clinical Director, has attended 2 Staff meetings at TH and has provided increased consultation services for TH. 	<ul style="list-style-type: none"> • COCMHC’s former Clinical Director and now new Interim Clinical Director are routinely attending 1 TH staff meeting/month. 	
<p>Transitional Living Program (TLP):</p> <ul style="list-style-type: none"> • Develop and maintain healthy connections with clients in the TLP. • Determine client needs that cannot be met at TH, and work to advocate and refer for additional support. • Monitor and maintain cleanliness, comfort, and safety at TLP apartments. • Provide supportive counseling. 	<ul style="list-style-type: none"> • 80% of the TLP clients establish and maintain healthy therapeutic relationships with their Recovery Coordinator. • 90% of the TLP clients will have provided a list of needed identification and will be working to secure those documents. • 100% of the TLP clients will be living in safe and secure housing. • 75% of the TLP clients have a better quality of life and support system. 	<p>Formal assessment will be done in January.</p> <ul style="list-style-type: none"> • Clients have been establishing and maintaining healthy connections. • Clients are providing ID needs list. • All clients are living in safe and secure housing. • Client quality of life and support system continues to improve. • Amanda started Supported Counseling with 3 clients • Jack started Men’s Group. 	<ul style="list-style-type: none"> • 100% of the TLP clients establish and maintain healthy therapeutic relationships with their Recovery Coordinator. • 100% of the TLP clients have provided a list of needed identification and are working to secure those documents. • 100% of the TLP clients are living in safe and secure housing. • 74% of the TLP clients have a better quality of life and support system. • Need to develop assessment tool(s) for supportive counseling. 	
<p>Community Outreach Program (COP):</p> <ul style="list-style-type: none"> • COP clients are welcome to attend TLP groups and activities if approved by the Programs Director. 	<ul style="list-style-type: none"> • At least 2 social/recreational activities will be scheduled monthly. • 75% of COP clients with 6 or more contacts in 6 months will have improvements or maintain adequate social/recreational skills; community 	<ul style="list-style-type: none"> • Our new COP Recovery Coordinator started with 1 COP social/rec. activity through Sept. In Oct., now has 2 scheduled activities. 	<ul style="list-style-type: none"> • At least 2 COP social/recreational activities have been scheduled monthly. • 48%(44 of 92) of COP clients with 6 or more contacts in 6 months have improvements or maintain adequate 	

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<ul style="list-style-type: none"> • Social/Recreational activities are scheduled to encourage client engagement. • Phone calls are answered, and support is given to people seeking assistance and referrals. • Affirm and empower client worthiness while sharing hope. 	<p>living skills; and mental illness management.</p> <ul style="list-style-type: none"> • At least 5 affirming/empowering messages will be shared weekly through social media. • 80% of the COP clients have a better quality of life and support system. 	<ul style="list-style-type: none"> • With our new COP RC, we're seeing increased in quantity and quality of COP connections. • Continuing to answer phones & provide support & referrals. • Transitionisms are shared routinely on social media – adding posts plus stories now has increased visibility. 	<p>social/recreational skills; community living skills; and mental illness management. The percentage is lower because the total number of COP contacts was higher than anticipated. COP Recovery Coordinator continues to reach out to connect with previous COP clients – many who are doing well and do not need frequent contact.</p> <ul style="list-style-type: none"> • At least 5 affirming/empowering messages – Transitionisms and other positive messaging - are shared weekly through social media. Posting as well as sharing through stories has expanded the reach of messaging. • 88% of the COP clients have a better quality of life and support system.
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GOAL 2: IMPROVE HEALTHY COMMUNITY RE-ENTRY FOR PEOPLE INVOLVED IN AGENCY PROGRAMS.

TRANSITION HOUSE STANDARDS:

- COMMITTED TO BEING MINDFUL OF THE ESSENTIAL PARTNERSHIP BETWEEN AGENCY CLIENTS, WORK, AND THE COMMUNITY.
- EQUIP CLIENTS WITH THE NECESSARY TOOLS TO BE CONTRIBUTING MEMBERS IN THE COMMUNITY WHILE HOLDING THEM ACCOUNTABLE TO SOCIETAL STANDARDS.

ACTION STEPS	PROJECTED OUTCOME BY 6/30/23	STATUS – 10/17/22	STATUS – 1/19/2023	STATUS
<ul style="list-style-type: none"> • Refer and empower clients to seek healthy connections, resources, and services outside of TH as needed. • Maintain high quality, recovery focused, consistent services through individual and group meetings with clients. 	<ul style="list-style-type: none"> • 80% of the TLP clients will be referred to outside mental health and other providers to receive needed services that TH staff cannot provide. • 75% of TLP clients will have improvements in or maintain adequate skill levels in: mental illness management; community living, work related, and social/recreation skills. 	<ul style="list-style-type: none"> • Staff works with clients to help them establish outside mental health services including therapy & meds. • Majority of clients are working to improve skills. Those not interested in recovery tend to move on out of the TLP. 	<ul style="list-style-type: none"> • 100% of the TLP clients are referred to outside mental health and other providers to receive needed services that TH staff cannot provide. • 65% of TLP clients had improvements in or maintain adequate skill levels in: mental illness management; community living, work related, and social/recreation skills. 	
<ul style="list-style-type: none"> • Hold clients accountable to their recovery and occupancy agreements and recovery plans. 	<ul style="list-style-type: none"> • 80% of the TLP clients will be adhering to standards established by the occupancy and recovery agreements. 	<ul style="list-style-type: none"> • Staff is consistent in holding clients accountable to their agreements & recovery plans. 	<ul style="list-style-type: none"> • 100% of the TLP clients are held accountable to adhering to standards established by the occupancy and recovery agreements. • 84% of the TLP clients followed standards established by the occupancy and recovery agreements. 	
<ul style="list-style-type: none"> • Support and hold clients accountable to recovery plans and use monthly assessments to guide 	<ul style="list-style-type: none"> • 80% of the active TLP clients will actively be working on their mental illness and related issues. 	<ul style="list-style-type: none"> • Majority of clients are working their mental illness/substance misuse recovery. Those not 	<ul style="list-style-type: none"> • 78% of the active TLP clients are actively working on their mental illness and related issues. 	

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plan updates to help clients maintain stable housing and income, thus reducing the risk of reoffending.		interested in recovery tend to move on out of the TLP.	
<ul style="list-style-type: none"> Encourage TLP clients to engage with TH staff through COP after leaving TLP. Encourage use of COP for extra support for those living in the community. Be intentionally welcoming and supportive of people seeking COP supports. 	<ul style="list-style-type: none"> 70% of COP clients are former TLP clients. 75% of COP clients will have 6 or more contacts with TH staff. 	<ul style="list-style-type: none"> Majority of COP is former TLP. Seeing increases in clients served and contacts in COP. FY'22, COP averaged 133 contacts/month and 43 people. In August & Sept, average 191 contacts and 48 people. 	<ul style="list-style-type: none"> 86% of COP clients are former TLP clients. 48% of COP clients had 6 or more contacts with TH staff. COP connected with 92 COP clients during the first half of FY'23, so the number of people with 6 or more contacts was 44, which is higher than the past few years, but the percentage was lower. Our new COP Recovery Coordinator reached out to more COP clients who we hadn't had contact with – many reported doing well and didn't require the projected frequency of contact.

GOAL 3: DEVELOP RESOURCES TO STRENGTHEN TH CORE SERVICES AND AGENCY OPERATIONS.

<p>TRANSITION HOUSE STANDARDS:</p> <ul style="list-style-type: none"> WORK TO FIND EFFICIENT AND EFFECTIVE TOOLS TO UTILIZE IN PROVIDING SERVICES AND MANAGE NECESSARY OPERATIONS OF TH. CONTINUE RESOURCE DEVELOPMENT TO SUPPORT THE QUALITY OPERATIONS OF THE AGENCY. FOCUS ON IMPROVING CONNECTIONS WITH CURRENT AND PROSPECTIVE FUNDING SOURCES.
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ACTION STEPS	PROJECTED OUTCOME BY 6/30/23	STATUS – 10/17/22	STATUS – 1/19/2023	STATUS
<ul style="list-style-type: none"> Strengthen staff skill sets by participating in ongoing training and conferences. Clinical staff will compile a list of needed books/training materials. 	<ul style="list-style-type: none"> Clinical staff will complete required ODMHSAS trainings. Programs Director will investigate and recommend trainings as appropriate. List of books and training materials will be reviewed, and the acquisition process will begin. 	<ul style="list-style-type: none"> Staff is up to date on required ODMHSAS trainings. Continuing to investigate other training opportunities – 1 staff member attended a drumming training (no cost). List of books & training materials is being developed. 	<ul style="list-style-type: none"> Staff is up to date on required ODMHSAS training including First Aid, CPR, Infectious Disease Control, plus housing related trainings Upcoming training for Narcan is scheduled. 	
<ul style="list-style-type: none"> Create innovative ways to ensure and promote staff wellness and retention. 	<ul style="list-style-type: none"> Staff will have participated in at least 3 SWARA's (Staff Wellness and Recovery Activities). 	<ul style="list-style-type: none"> Since July, Staff has had 3 SWARA's. 	<ul style="list-style-type: none"> Staff had a special Holiday lunch celebration in December. Board approved Holiday Bonuses. 	
<ul style="list-style-type: none"> Review TH policies and procedures and determine priorities and next steps in updates. 	<ul style="list-style-type: none"> Have the new Employee Handbook approved by TH's Board of Directors. Do Staff training on the new Handbook. 	<ul style="list-style-type: none"> New Employee Handbook is being presented to the Board Oct. 20 for approval. Preparing to begin work on updated Governance Policies, 	<ul style="list-style-type: none"> Employee Handbook was approved Oct. 2022. All staff have reviewed and signed off on new documents. Updated Bylaws are Articles of Incorporation were approved by the TH Board in Jan. 2023. Governance 	

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		Bylaws & Articles of Incorporation.		
<ul style="list-style-type: none"> Increase public awareness of TH by expanding social media presence and creating a newsletter. Encourage and empower client participation in increased advocacy and awareness efforts. 	<ul style="list-style-type: none"> Produce 1 newsletter. Assess benefits versus risks of establishing a TikTok. 5 new Transitionisms created by clients. 	<ul style="list-style-type: none"> <li style="color: blue;">Have not done a newsletter yet. We've increased the number of shared client celebrations and events on social media as posts & stories. 	<p>Policies will go before the Board by March 2023.</p> <ul style="list-style-type: none"> Some essential updates have started with TH Clinical Policies. 	
<ul style="list-style-type: none"> Research and select a donor database tool for TH. 	<ul style="list-style-type: none"> Have the new database tool selected and operational. 	<ul style="list-style-type: none"> <li style="color: blue;">At the end of Sept. 2022, began work with Bloomerang to develop a TH donor database. Hope to launch Jan. 2023. 	<ul style="list-style-type: none"> Making progress with the development of the Bloomerang donor database. Launch is now projected in late Spring. 	
<ul style="list-style-type: none"> Select and empower Board and Volunteers for the FY'23 Fund Raising Committee. Coordinate efforts between Executive Director, Board and Volunteers to reach out to potential new funding sources. 	<ul style="list-style-type: none"> Have Fund Raising Committee established. Have at least 3 Fund Raising Committee meetings that will establish the fund raising plan and begin work on the plan. 	<ul style="list-style-type: none"> <li style="color: blue;">Fund Raising Committee Chair is in place and will begin recruiting for the committee. <li style="color: blue;">Will be applying for Non-Profit ARPA funds as soon as the portal opens (hopefully Oct. 2022) 	<ul style="list-style-type: none"> Fund Raising Committee Chair has been selected. TH received \$70,000 City of Norman ARPA grant and is awaiting news on the State ARPA grant. 	