

ANNUAL REPORT FY'23

CHANGE

...only if you really want it

...only happens if you are willing to change

TRANSITION HOUSE, INC.
Since 1982

WE LISTEN. WE RESPECT. WE SUPPORT. WE EMPOWER.

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Please Note:

TH = Transition House | TLP = Transitional Living Program | COP = Community Outreach Program

CHANGING LIVES BY CREATING PATHWAYS FOR MENTAL WELLNESS

700 Asp, Ste. 2, Norman, OK 73069
405-360-7926 • 405-360-2339 (fax)
bperuttzi@thouse.org • www.thouse.org



Choices & Changes

So many come to Transition House stating a desire to change. Perhaps what they mean is ‘for change’ rather than ‘to change’. Change cannot be forced or imposed. Desire and actions are the responsibilities of each individual. The process is hard work and requires doing things differently. At TH, we recognize the difference places people are at in their process and we do our best to support healing, recovery and beyond while recognizing limits. Throughout FY’23, our agency worked with people at various stages of readiness to change. Each person is treated as an individual, respecting their choices while still holding them accountable to their stated goals. We accept that most want change but may not be ready to change as they stated when first coming into the Transitional Living Program. Our hope is no matter what, each person has the opportunity to feel valued, respected, and supported in their process to live their best life.

Achieving Goals

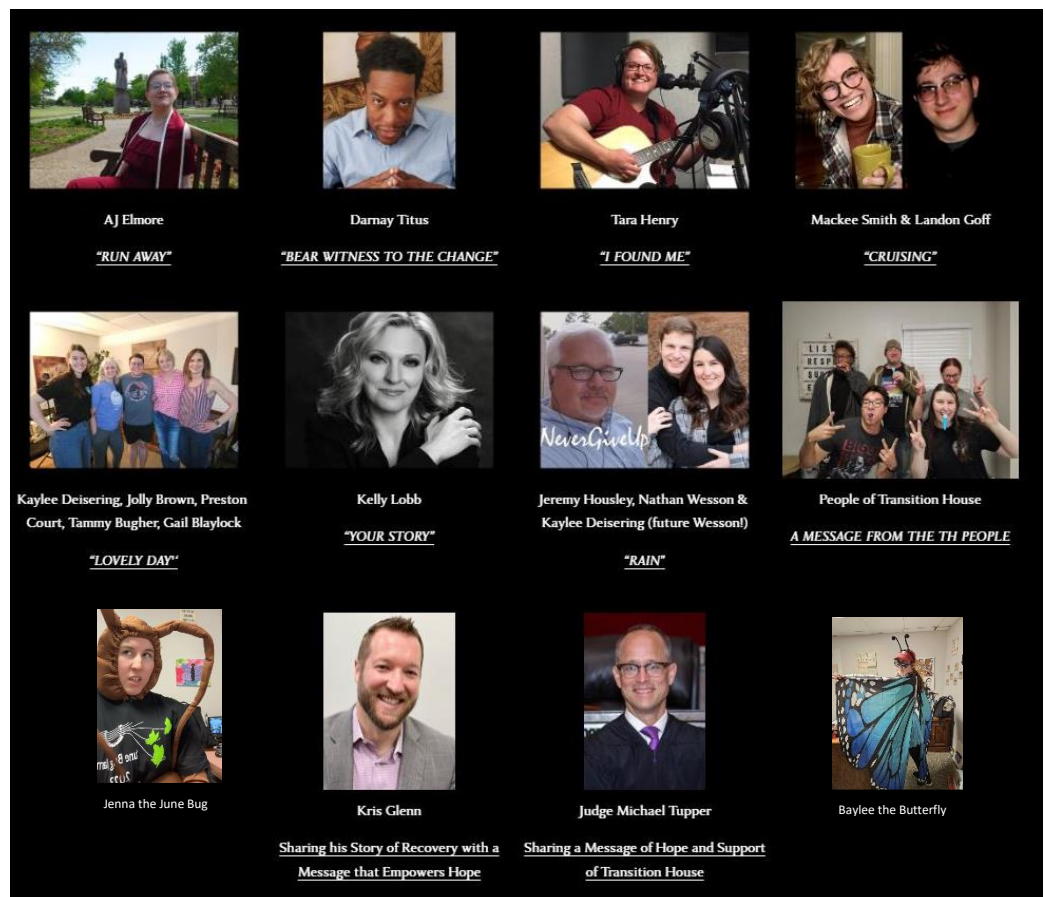
In FY’23, we witnessed people achieving major goals. Reconnection with family, employment, improved self-worth, stable housing, life structure, connection, a sense of hope, and so much more help people feel they are taking steps that impact significant life change. Change comes with many challenges and it’s too easy to become preoccupied with those and lose sight of the progress. Sometimes we have to pause and step back to realize the significant impact TH makes in the lives of many. Messages from past clients remind us that the long-term impact of TH.

“These folks saved my life...”

“Thank You...for believing in me before I believed in myself.” K

Advocacy & Storytelling

During FY’23, TH had the pleasure of connecting with the E-Team from OU. During early conversations, they commented that they were impressed with our unique approach of reporting agency outcomes and impact through June Bug Jam. JBJ began in 1996, however in 2021, this annual fundraising event became a platform for People of TH to share their journeys through original songs that became a part of June Bug Jam. This very collaborative process brings talented musicians and advocates together with the People of TH to create an event like no other. Original music videos are created and combined with live performances that inspire, educate, and celebrate People of TH and their life journey to finding their best life. This year’s show is available on YouTube: [JBJ'23](#). TH is very grateful for the courageous sharing that makes this event possible. Special thanks to our clients who share their journeys and to our writers and performers who helped express these journeys through music.



Client Outcomes

Recognizing change is important. We are proud of the courageous steps each person takes to create the life they choose. The following reflects the average percentage of TLP and COP clients who had improvements/maintenance in:

Quality of Life: 93% • Mental Illness Management: 80% • Social/Recreational Skills: 86% • Work Related Skills: 85% • Community Living Skills: 87%

Transition House Goals & Outcomes

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	FISCAL YEAR END SUMMARY
<ul style="list-style-type: none"> • Acquire additional evidence-based curriculum and materials to support meaningful groups and activities. • Expand community collaboration and partnerships with local agencies by hosting open houses for network opportunities and engagement in community meetings. • 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"> • Acquire 1 new set of evidence-based materials. • Host 1 Open House for community providers. • Representatives from the Clinical Team will have 1 on-site visit at COCMHC and GMH. • Have a COCMHC representative attend 4 TH Staff meetings. 	<ul style="list-style-type: none"> • Acquired DSM-V TR. • Using “Finding Your Best Self” curriculum. • Purchased materials (workbooks & curriculum) from PESI for groups & individual sessions. • 1 Open House at TH. • GMH came to TH for a visit. • 2 visits to COCMHC. • 1 visit to Red Rock Outpatient services. • Amanda is Chair of the Cleveland County Continuum of Care and participates in CCM (Collaborative Case Management) meetings. • Increased collaboration with ODMHSAS Central Office to continue improvements and development of TH programs. • Had consistent monthly meetings with COCMHC Clinical Director plus as needed meetings to address client issues and expand communication.
<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. 	<ul style="list-style-type: none"> • 100% consistency with establishing healthy therapeutic relationships with TH Recovery Coordinators. • 100% of the TLP clients have provided a list of needed identification and are working to secure those documents. • Staff continue to do an excellent job of advocating for clients and making referrals. • 100% of TLP clients live in safe and secure housing while in TLP. TLP apartments are routinely monitored for cleanliness, comfort, and safety. • 21/91% of the TLP clients have a better quality of life and support system. • Programs Director provided supportive counseling for 5 clients during FY’23. 4 TLP clients and 1 COP client.
<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. • 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. 	<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 living skills; and mental illness management. • 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"> • COP Recovery Coordinator schedules at least one, usually 2 activities monthly specifically for COP clients. COP clients are also invited/welcome to attend TLP groups & activities. • Of the 111 COP clients, 55/50% had 6 or more contacts in a 6-month period. During the first 6 months, 39/88% had improvements or maintain adequate social/recreational skills; community living skills; and mental illness management. During the second 6 months, numbers were similar, 37/87%. • 49/89% of the 55 clients who had 12 or more contacts in FY’23, maintained or had improvements in Quality of Life. 51/93% maintained or had improvements in Support Systems to help with Mental Illness Management. • 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. • TH Staff responded to 397 inquiries for support, assistance, and/or referrals.

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	FISCAL YEAR END SUMMARY
<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"> • 100% are referred to outside mental health and other providers. • 71% of TLP clients had improvements in or maintain adequate skill levels in: mental illness management; community living, work related, and social/recreation skills. • Note: 23 of the 26 TLP clients were assessed. The other 3 were not engaged in the TLP and left after a very short time.
<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"> • 100% of the TLP clients are held accountable to adhering to standards established by the occupancy and recovery agreements. • Monthly average of 10/86% of TLP clients were actively working on recovery and related issues and adhering with occupancy and recovery agreements.
<ul style="list-style-type: none"> • Support and hold clients accountable to recovery plans and use monthly assessments to guide plan updates to help clients maintain stable housing and income, thus reducing the risk of reoffending. 	<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"> • Of the 26 total TLP clients, 3/12% were in the TLP for very short stays and not actively engaged. An additional 5/19% clients had periods of consistency in working on their mental illness and related issues, but other times struggled.
<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"> • 98/88% of COP clients are former TLP clients. • 55/50% of the COP clients had 6 or more contacts with TH staff. • Staff will be making changes to the definition of “contacts” in FY’24. There were some included in COP contacts that with the more expanded definition will not count in the future because though there was contact, it was not significant enough to impact behavior.

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

TRANSITION HOUSE STANDARDS:

- 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.

ACTION STEPS	PROJECTED OUTCOME BY 6/30/23	FISCAL YEAR END SUMMARY
<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"> • 1 Staff member attended Drumming/Music Wellness training. • All Staff completed First Aid, CPR, Infectious Disease Control, housing related training, NARCAN training. • Programs Director and Recovery Coordinator did Motivational interviewing. • Both Recovery Coordinators have started SOAR training and hope to complete in early FY’24. • 2 Staff are Housing Plus endorsed and another is in process of endorsement. • Therapeutic Options training and Fire & Safety are to be completed in early FY’24.
<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"> • Improved consistency with SWARA’s by the end of FY’23 • Staff received Holiday Bonuses, plus with additional ARPA funds, staff members received bonuses in the Spring 2023 and were notified of raises for FY’24 and FY’25. • Staff is finding ways to have fun during the workday to help manage work stress and to strengthen the Team. • By Spring 2023, we have a full, consistent staff who are committed to working at TH.

- Review TH policies and procedures and determine priorities and next steps in updates.
- 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.
- Research and select a donor database tool for TH.
- 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.
- Have the new Employee Handbook approved by TH's Board of Directors.
- Do Staff training on the new Handbook.
- Produce 1 newsletter.
- Assess benefits versus risks of establishing a TikTok.
- 5 new Transitionisms created by clients.
- Have the new database tool selected and operational.
- 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.
- The new Employee Handbook was approved by the Board in October 2022.
- Bylaws and Articles of Incorporation were approved in January 2023.
- New Governance Policies were approved by the Board in April 2023.
- New Recovery Coordinator Training Manual was completed in March 2023.
- The new TLP Application packet was completed in June 2023.
- Additional work on Clinical Policies and Procedures work continues in FY'24.
- Developed & received Board approval on new Narcan policy and Activities Release.
- 1 Holiday newsletter was shared and posted on TH website.
- Over 20 new Transitionisms have been created – influenced by clients.
- June Bug Jam videos, based on client experiences, premiered at June Bug Jam 2023 and were shared on YouTube, Facebook & Instagram - providing additional opportunities for increased awareness of TH services and client experiences and outcomes. Segments of some of these videos have been used to create reels that are shared on social media.
- COP Recovery Coordinator post COP activities on Facebook.
- More active involvement with OKCNP Oklahoma Center for Non-Profits) – resulted in TH being a finalist for the ONE Award.
- 6 TH clients participated in a study by OU's E-Team. The following is the conclusion statement from this study: "With forty-one years of experience, Transition House has built a robust network dedicated to serving its clients. In interviewing six of Transition House's success stories, we have identified some of the systems, attitudes, and approaches that allow Transition House to change lives."
- Progress has been made on setting up Bloomerang as a donor database, but it is still not fully functional.
- TH's Board Fund Raising Committee was active and engaged during FY'23.
- JBJ fund raising gross = \$20,353 (including Facebook Drives for JBJ) with a net = \$18,967.
- Donor Drive raised \$21, 409.
- TH received 2 ARPA grants: \$70,000 City of Norman and \$50,000 through Department of Commerce. Those funds will be expended from FY'23-FY'25
- TH received a \$5,000 grant as a ONE Award Finalist.

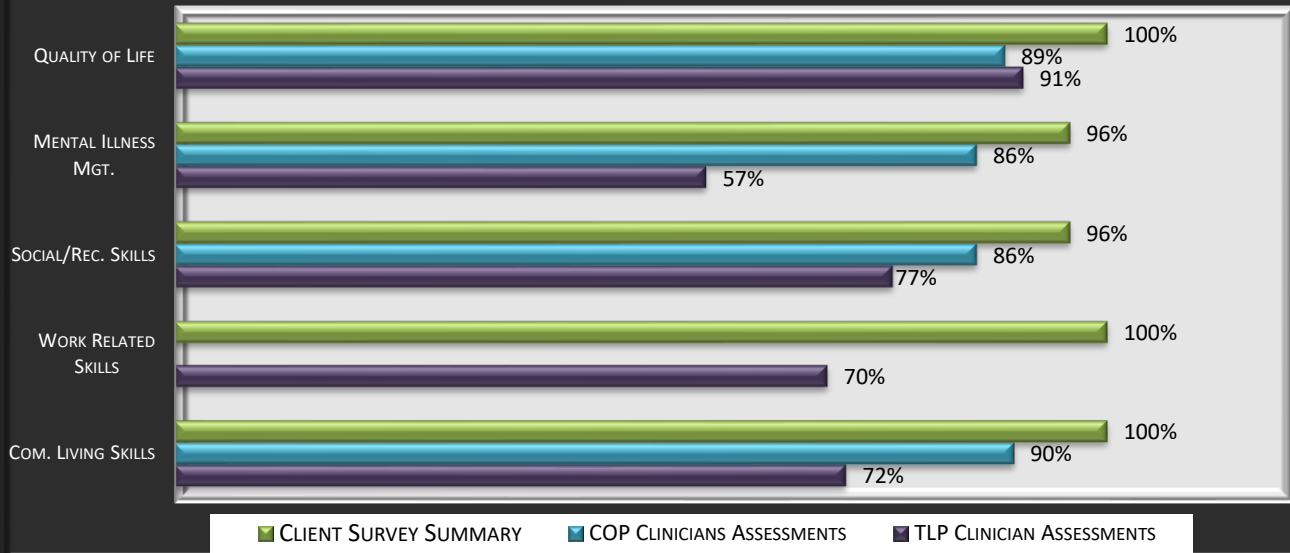
Gratitude

Transition House experienced challenges and growth throughout FY'23. Many lessons have been learned. Our Team is more determined than ever to do our best to help people live their best life. We remain grateful to so many – our amazing Staff, outstanding Board of Directors, incredible June Bug Jam volunteers, student volunteers from OU's School of Social Work and Psychology Department, OU Health Science Center Public Health School, community volunteers, plus so many individuals, businesses, partner organizations and funders – each working together to create opportunities so people have a chance to restore their lives and discover their best life beyond recovery. Thank You All for believing in and supporting the courageous People of Transition House!

Bonnie L. Perutz, Executive Director



TH OUTCOME STUDIES FY'23



Our data indicates that 86% of the clients who actively participate in Transition House programs experience improvements in their quality of life and necessary life skills that help them live more successful lives while feeling a greater sense of belonging in the community.

Averaging the findings from Clinical Assessments and Client Survey response, the following reflects the average percent of actively engaged TLP & COP clients who had improvements/stabilization in:

Quality of Life: 93% • **Mental Illness Management: 80%** • **Social/Recreational Skills: 86%**
Work Related Skills: 85% • **Community Living Skills: 87%**

This statement is validated by the FY'23 TH Outcome Studies. The Comparison chart is an evaluation tool used by Transition House to assess overall impact of services on clients' recovery from serious mental illness and quality of life.

To improve reliability of outcomes, 13 areas were assessed as indicators for TLP clients. Clinical assessments were done by TH clinicians on 23 TLP clients. For COP clients, 42 for skills assessment and 55 for quality of life. The 42 COP clients assessed for skills development had 6 or more contacts in 6 months. The 55 COP clients assessed for quality of life had 12 or more contacts with TH staff in FY'23. Of the 19 clients who completed Client Surveys, 8 reported being in the TLP, 11 in the COP.

Reflected in the chart are indications of improvement or maintenance of critical skills related to recovery from serious mental illness.

Below are areas assessed and used as indicators for findings:

- **Management of Mental Illness:** Reduction of symptoms of their mental illness; Ability to Cope with Emotions/Manage Behavior; Medication Compliance; Self-Esteem
- **Housing Safety & Security:** Maintain a safe and clean apartment
- **Physical Care & Wellness:** Hygiene; Nutrition and Medical Care
- **Financial Stability:** Money Management; Work Related Skills
- **Social & Interpersonal Relationships Skills:** Experience Enjoyment in Life; Healthy Social Interactions; Reduction of Isolation

New for FY'23:

In addition to Transition House's outcome reports, a report from OU's E-Team is included at the end of the TH Annual Report.

"Transition House was an awesome turning point in my life. I am so grateful for everyone there!" V

"Very Supportive and caring and helped me a lot." R



"The best program of its kind. Not an easy program at all but nothing easy is good. Fantastic staffing with genuine care" J

"I have experienced struggles with my mental health all of my life. My time while here at Transition House has been immensely positive, and I am continuing to try to improve these issues as best I can." E

"Thank you for graduating me. I really enjoyed working in your program." M

"Helping to maintain healthy boundaries and learning to face life on life's terms." R

"Wasn't for TH I wouldn't be here." R



Program Outcomes - FY'23

Transitional Living Program			Community Outreach Program		
TLP Projected Outcomes:	Actual Outcomes:		COP Projected Outcomes:	Actual Outcomes:	
7/70% of the 10 (monthly average) will be actively working on their recovery from mental illness and related issues. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	26	30/75% of the 40 clients have 6 or more contacts in 6 months to further their recovery. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	111
	# of Clients achieving stated outcome:	23		# of Clients achieving stated outcome:	55
	% of Clients achieving stated outcome:	88%		% of Clients achieving stated outcome:	50%
8/80% of the 10 clients (monthly average) establish a healthy therapeutic relationship with their Recovery Coordinator. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	26	23/72% of the 32 COP clients (monthly average) are former TLP clients.	# of Clients Served:	49
	# of Clients achieving stated outcome:	24		# of Clients achieving stated outcome:	43
	% of Clients achieving stated outcome:	92%		% of Clients achieving stated outcome:	86%
9/90% of the 10 (monthly average) provide list of needed identification and report any missing forms of identification such as birth certificates, Social Security cards, ID, etc. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	26	30/75% of the 40 clients having 6 or more contacts in 6 months have improvements in or maintain an adequate skill level in Social/Recreational Skills	# of Clients Served:	42
	# of Clients achieving stated outcome:	25		# of Clients achieving stated outcome:	36
	% of Clients achieving stated outcome:	96%		% of Clients achieving stated outcome:	86%
10/100% of the 10 clients (monthly average) live in safe and secure housing while in the TLP to reduce the stress of homelessness so they can focus on recovery. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	26	30/75% of the 40 clients having 6 or more contacts in 6 months have improvements in or maintain an adequate skill level in Community Living Skills.	# of Clients Served:	42
	# of Clients achieving stated outcome:	26		# of Clients achieving stated outcome:	38
	% of Clients achieving stated outcome:	100%		% of Clients achieving stated outcome:	90%
In 6 months, 12/75% of the 16 clients have improvements in or maintain an adequate skill level in: Mental Illness Management, Community Living, Work Related, and Socialization/Recreation Skills. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	23	28/70% of the 40 clients having 6 or more contacts in 6 months have improvements in or maintain an adequate skill level in Mental Illness Management.	# of Clients Served:	42
	# of Clients achieving stated outcome:	16		# of Clients achieving stated outcome:	36
	% of Clients achieving stated outcome:	70%		% of Clients achieving stated outcome:	86%
In 6 months, 12/75% of the 16 clients have healthy therapeutic connections with their TLP Recovery Coordinator, a Therapist and other Qualified Mental Health Professionals as needed. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	23	40/80% of the 50 clients annually who having 12 or more contacts in a year have improved/good quality of life by better managing their mental illness while increasing/maintaining needed life skills.	# of Clients Served:	35
	# of Clients achieving stated outcome:	16		# of Clients achieving stated outcome:	30
	% of Clients achieving stated outcome:	70%		% of Clients achieving stated outcome:	86%
In 6 months, 12/75% of the 16 clients have needed identification that allows them to apply for needed assistance and/or employment. (reporting on this goal was modified to reflect year end data)	# of Clients Served:	23	40/80% of the 50 clients annually who having 12 or more contacts in a year have improved/good support systems to help them manage their mental illness.	# of Clients Served:	55
	# of Clients achieving stated outcome:	16		# of Clients achieving stated outcome:	49
	% of Clients achieving stated outcome:	70%		% of Clients achieving stated outcome:	89%
21/70% of the 30 clients (annually) will have an improved quality of life as a result of better managing their mental illness while increasing/maintaining needed life skills	# of Clients Served:	23	Findings are based on: # and % of clients who show improvements in or are maintaining skills in the listed areas as indicated in the Client Outcome Reports/Clinical Assessments completed by the TH Staff.		
	# of Clients achieving stated outcome:	21			
	% of Clients achieving stated outcome:	91%			
23/77% of the 30 clients (annually) will have an improved support system to help them manage their serious mental illness while living interdependently in the community.	# of Clients Served:	23	COP Program Outputs: Year End Status		
	# of Clients achieving stated outcome:	23			
	% of Clients achieving stated outcome:	100%			

TLP Program Outputs: Year End Status

- 26 people participated in the TLP in FY'23. Of those, 1 person went through the TLP twice. In evaluating clients, we found 23 of the 26 clients present in the TLP / 88% were actively engaged in their recovery process. Though some had periods of not being as actively engaged, 3 people were in the TLP a very short time (from 2 days to a 3 weeks) and indicated that this was not an appropriate placement.
- 26 people were housed in the TLP apartments while participating in the TLP. The number of people served was lower this year. This means we had less turnover in the TLP indicating that people were more focused on making efforts to achieve recovery related goals.
- 26 clients were referred to appropriate mental health professional for medication management and therapy. The challenges - we continue to see staff shortages/turnover at partner agencies so it continues to be difficult for some clients to build necessary therapeutic connections with outside providers.

- 110 people (not including Wellness participants) made use of the COP - an increase of 12 from FY'22. We're seeing positive growth in this program.
- 110 people participated in the Drop-In services of COP. The majority of COP services offered were individual services. Clients still prefer more individualized supports.
- 27 people made use of Structured Activities. This area is the one most based on connection with staff. Clients are beginning to establish trust and connection with our new staff members, especially our COP Recovery Coordinator.
- TH received 394 inquiry calls/visits during FY'23. Staff provided support, assistance, and referrals to people calling/visiting TH. In some cases, some of these inquiry calls/visits resulted in someone being accepted into the TLP.
- Affirming worthiness and sharing hope continues as an important part of our work in FY'23. From individual and group contacts to sharing Transitionisms on social media, TH continues to strive to be a source of hope during a time when many were struggling. The modified format for June Bug Jam provides yet another way for our agency to celebrate, advocate, and provide hope to program participants as well as to community members.



Connection, Collaboration, Support Result In Positive Outcomes

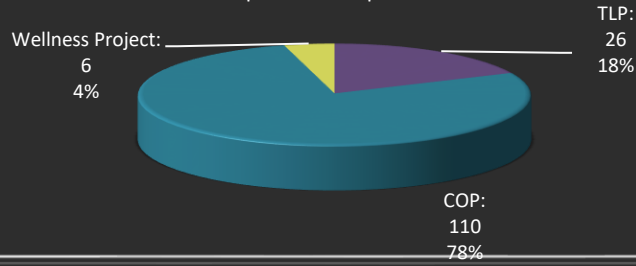
Transition House recognizes the strong link between positive outcomes and coordinated supports and services. At TH, we empower each client to help them build a strong sense of worthiness that strengthens their healthy growth. As a small agency, we know the value of collaboration and connection. Our staff, board, student and other volunteers, plus many diverse community partners, work as a team committed to client and agency success.

At June Bug Jam 2023, TH celebrated our many connections while creating a unique empowering tool. A music video, "Lovely Day" was created with diverse messages that are powerful reminders of worthiness and support. These affirming message are gifts to our clients and our community. At a time when it's easy to get lost in hopelessness, TH created a unique way to bring people together, have fun and create a joyful message of hope for all to enjoy. We are grateful for the many to believe in the People of TH. This music video is one of many creative tools being used at TH to help improve worthiness and support which strengthens likelihood for success. To view this video, go to ["LOVELY DAY"](#) on the June Bug Jam page of Transition House's website.

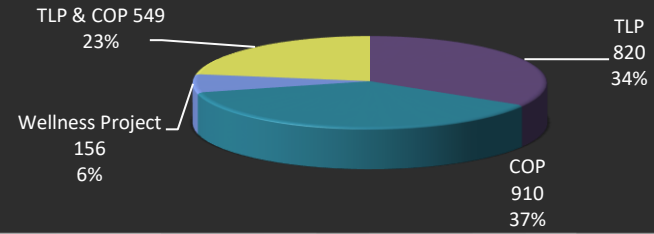


TH Participation Overview

TH Program Participation FY'23
Total Unduplicated People Served = 130



TH Program Participation FY'82 - '23
Total Unduplicated Served = 1,337



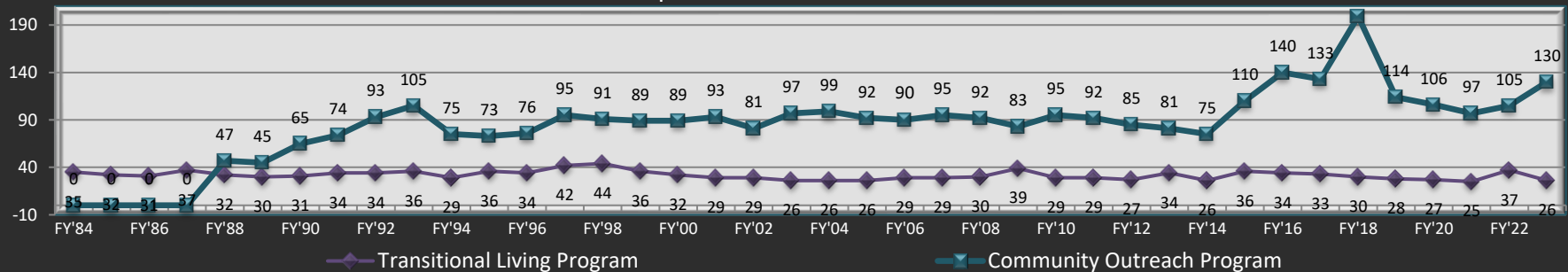
PEOPLE SERVED:

	FY '23	FY '82 -'23	FY '88 -'23	FY'15-'23
Total People Served - TLP, COP, Wellness Project	130	1337		
Total (unduplicated) - TLP & COP	124	1181		
New Unduplicated - TLP & COP	15			
Transitional Living Program - TLP (unduplicated)	26	820		
New in Transitional Living Program	12			
Participants in both Transitional Living and Community Outreach Program	12	549		
% of Transitional Living clients who participated in Community Outreach	46%	67%		
Community Outreach Program - COP (Total)	110		910	
New in Community Outreach Program	13			
% of Community Outreach clients who participated in Transitional Living	87%		60%	
Duplicates Between Structured Activities Clients and Drop-In Clients	27			
Community Outreach Program: Structured Activities Clients	27			
Community Outreach Program: Drop-In Clients	110			
TH Wellness Project - (Total)	6			156
New in the TH Wellness Project	1			
Community Members	6			43
University Students	0			113



Having Fun
Empowering Wellbeing
Celebrating Achievements
Creating Health Connections
Envisioning a Healthy Life Beyond Recovery

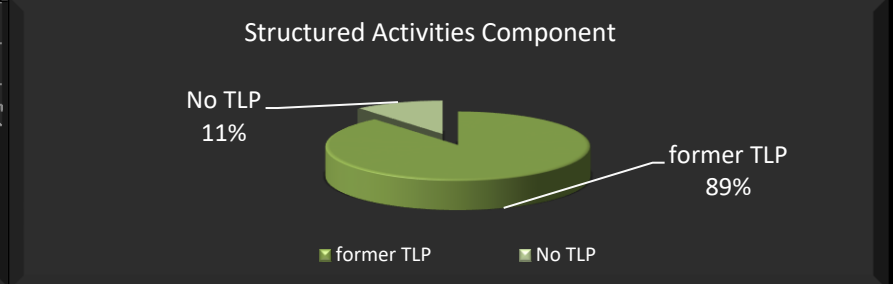
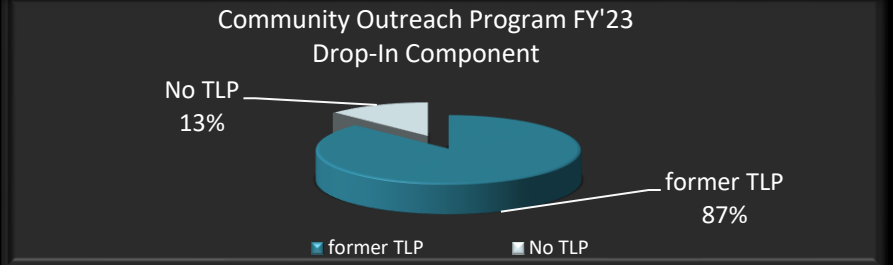
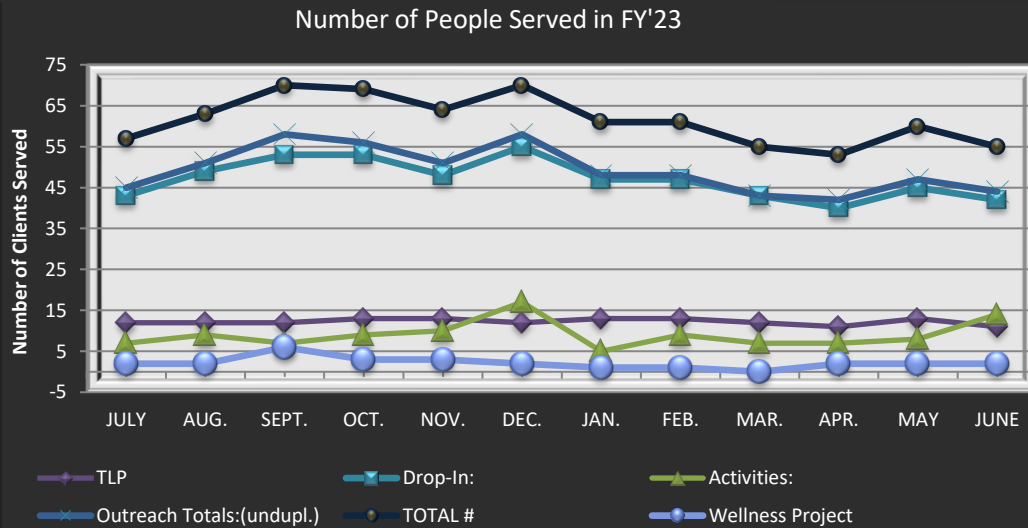
People Served FY'84 - '23



TH Clients Served in FY'23

FY '23	TLP		COP												TOTAL # of People
	# of TLP	# of TLP	Drop-In:			Activities:			Wellness Project:			Outreach Totals:(undupl.)			
	Days	People	Contacts	People	Hours	Contacts	People	Hours	Contacts	People	Hours	Contacts	People	Hours	
JULY	350	12	134	43	18	13	7	6	2	2	2	137	45	26	57
AUG.	305	12	189	49	22	20	9	9	2	2	3	193	51	34	63
SEPT.	315	12	191	53	28	18	7	6	7	6	2	198	58	36	70
OCT.	365	13	255	53	29	23	9	12	3	3	1	257	56	42	69
NOV.	331	13	214	48	36	18	10	15	3	3	1	217	51	52	64
DEC.	345	12	228	55	27	30	17	10	2	2	1	238	58	37	70
JAN.	363	13	194	47	20	15	5	7	1	1	1	195	48	28	61
FEB.	297	13	177	47	22	26	9	12	1	1	1	183	48	35	61
MAR.	343	12	197	43	32	20	7	7	0	0	0	198	43	39	55
APR.	330	11	140	40	21	19	7	11	2	2	1	144	42	33	53
MAY	313	13	180	45	23	20	8	13	2	2	1	183	47	37	60
JUNE	283	11	147	42	17	28	14	15	3	2	4	153	44	36	55
Annual Total:	3,940	26	2,246	110	295	250	27	123	28	6	18	2,296	116	435	130
Monthly Average:	328	12	187	47	25	21	9	10	2	2	2	191	49	36	62

	former TLP	No TLP	% former TLP
Com. Outreach			
Drop-In Comp.	110	96	87%
Structured Act.	27	24	89%

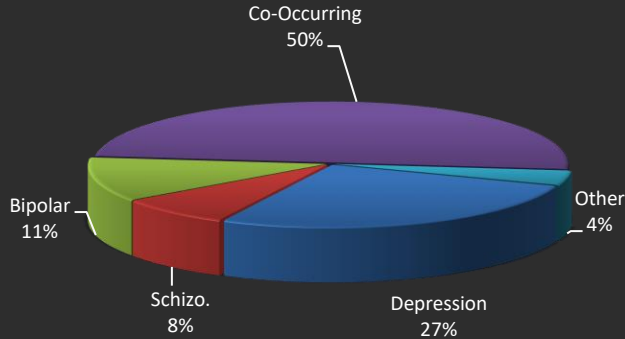


Transitional Living Program Outcomes and Demographics FY'23

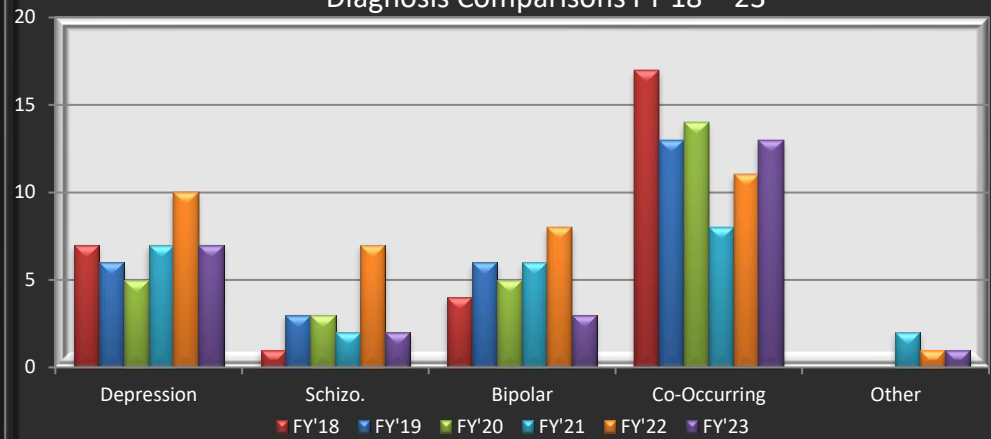
Client	Age	Marital Status	Educ	Mit Ser	Gender	Race	Health Issues	Entry Diagnosis	Length of Stay	Tobacco	Drugs of Choice	Age First Used	# Prior Hosp.	Referral Source	Arrest past year	Arrest / Incarcerated	Program Status	Housing Ass't after TL	Linked to Safe/Affordable Housing	Entry Benefits	Current/ Exit Benefits	Entry Emp	Current/ Exit Emp.	Est. Annual Income - Entry	Est. Annual Income - Exit/Crt	
1		NM	12	No	M	B	Y	Depression	250	N	MJ	20	1	GMH	0	None	Completed program	Yes	Yes	None	FTE	None	FTE	\$0	\$28,000	
2		NM	12	No	M	W	N	PsychoticDO	408	N	MJ	15	1	GMH	0	None	Completed program	No	Yes	FS	FS	None	None	\$0	\$0	
3		NM	12	No	F	W	Y	Bipolar 1 Do, Generalized Anxiety	404	Y	MJ, Meth	12	5	GA	0	None	Completed program	No	Yes	SSI	SSDI/Job	None	PTE	\$16,116	\$16,116	
4		NM	12	No	M	Multi	N	Severe Major Depression, PTSD	266	Y	AL,MJ	16	5	GMH	0	None	Completed program	No	Yes	None	FTE	None	FTE	\$0	\$25,000	
5		D	12	No	M	W	N	Generalized Anxiety DO, Moderate Alcohol dependence	130	Y	AL,MJ	16	2	COCMHC	0	Drug related	Didn't complete	No	No	None	FS	None	None	\$0	\$0	
6		NM	13	No	M	W	N	Schizoid Personality DO, Alcohol Abuse	87	Y	AL	14	0	COCMHC	1	Trespassing	Didn't complete	No	No	FS	FS/PTE	None	PTE	\$0	\$7,800	
7		D	12	No	M	W	Y	Severe Recurrent Major Depression, Severe Alcohol Dependence	417	Y	AL	16	3	GMH	0	PI/DWI	Didn't complete	No	No	FS	FTE	None	FTE	\$0	\$28,000	
8		NM	12	No	M	W	Y	Schizophrenia Spectrum Other Psychotic DO Alcohol Abuse	379	Y	AL	42	3	COCMHC	0	None	Completed program	No	Yes	FS	FTE	None	FTE	\$0	\$28,000	
9		D	12	No	F	AI	N	Mixed Bipolar 1DO	43	Y	AL	16	1	GMH	0	None	Didn't complete	No	No	None	FS	None	None	\$0	\$0	
10		W	12	No	M	W	Y	Bipolar II Disorder	53	N	None	0	1	GMH	1	Trespassing	Didn't complete	No	No	SSDI	SSDI	None	None	\$16,800	\$16,800	
11		D	16	No	F	W	N	PsychoticDO, Cannabis abuse	42	Y	MJ	16	1	GMH	0	None	Didn't complete	No	Yes	FS	FS	None	None	\$0	\$0	
12		M	12	No	M	AI	Y	MDD,Alcohol Abuse	169	Y	AL, MJ	11	20	COCMHC	0	Drug related	Didn't complete	No	Yes	SSDI/FS	SSDI/FS	None	None	\$8,808	\$8,808	
13		NM	13	No	NB	W	Y	Schizoaffective DO Bipolar Type, GAD	103	Y	Meth	36	12	NRH	0	PI	Didn't complete	No	No	FS	FS	None	None	\$0	\$0	
14		NM	11	No	M	W	N	Recurrent MDD, Alcohol abuse	18	Y	Meth, AL	10	5	COCMHC	0	Drug related	Didn't complete	No	No	FS	FS	None	None	\$0	\$0	
15		Sep	13	No	NB	W	Y	Recurrent MDD, PTSD	85	N	MJ	19	4	Northcare	0	None	Didn't complete	No	No	FS	FS	None	None	\$0	\$0	
16		NM	12	No	M	B	Y	Schizoaffective DO, Anphetamine DO	2	Y	Anphetamines	18	4	RRBH	0	Drug related	Didn't complete	No	No	FS	FS	None	None	\$0	\$0	
17		D	13	No	M	AI	Y	PTSD,Opioid abuse DO	6	Y	Opioid	18	0	COCMHC	0	Drug related	Didn't complete	No	Yes	FS	FS	None	None	\$0	\$0	
18		D	14	Yes	M	AI	Y	Schizoaffective depressive type	467	N	AL, Meth	16	10	GMH	0	Drug related	Present at year end	N/A	N/A	None	FS	None	None	\$0	\$0	
19		D	12	No	F	W	Y	Major depressive DO severe w/o psychotic features, PTSD	446	Y	MJ	13	20	SSMBH	0	None	Present at year end	N/A	N/A	SSI/FS	SSI/FS	None	None	\$10,644	\$11,496	
20		NM	12	No	M	W	N	Major depressive DO moderate, Alcohol dependency	326	N	AL; Pain Pills	15	2	12 n 12	0	Burglary	Present at year end	N/A	N/A	FS	FS	None	None	\$0	\$0	
21		D	8	No	M	W	Y	Schizoaffective DO Bipolar Type Meth Abuse	298	Y	Meth, AL	13	7	GMH	0	Drug related	Present at year end	N/A	N/A	FS	FS	None	FTE	\$0	\$28,000	
22		NM	12	No	M	W	N	Major Depressive Do,recurrent severe w psychotic features	285	Y	MJ	15	0	COCMHC	0	None	Present at year end	N/A	N/A	FS	None	None	FTE	\$0	\$31,200	
23		NM	13	No	TM	B	N	Major Depressive DO,Recurrent w psychotic features, GAD	262	Y	Pain Pills	14	3	NRH	0	None	Present at year end	N/A	N/A	FS	FS	None	None	\$0	\$0	
24		NM	12	Yes	M	B	N	Unspecified Schizophrenia, Cannabis Abuse	38	Y	MJ	14	3	RRBH	0	None	Present at year end	N/A	N/A	None	FS	None	None	\$0	\$0	
25		NM	8	No	M	W	Y	MDD,Alcohol Abuse, Meth abuse	25	Y	Alcohol, Meth	8	4	RRBH	0	Assault	Present at year end	N/A	N/A	FS	FS	None	None	\$0	\$0	
26		NM	12	No	TF	W	Y	Recurrent major depression GAD	19	Y	None	0	1	COCMHC	0	None	Present at year end	N/A	N/A	FS	FS	None	None	\$0	\$0	
	Total	Ave		Ave					Ave			Ave	Ave											Ave	Ave	
	26	41	NM:15	12	Mil Ser: 2	F: 4 M:18 NB: 2 TM: 1 TF: 1	W: 17 Al: 4 B: 4 Mul: 1	Y: 15 N: 11 58%	Co-Occurring DO = 13 (Diagnostic Impr of CO = + 8) Bipolar = 3 Depression = 7 Schizo = 2 Psychotic DO = 1	193 days	Y: 20 N: 6	History of Substance &/or Alcohol Abuse: 22 92%	16	5	COCMHC=8 GMH=9 RRBH= 3 NRHS=2	Y: 2 / 8% N: 24	Y= 13 / 50% N=13	TLP Completion: 5 Did not Complete: 12 In TLP at FY end: 9	N=15 Y=1 N/A=9	N = 9 Y=8 N/A=9	Food Stp=18 SS(D)=4 / 15% None=6	Food Stp=18 SS(D)=4 / 15% None-1	Emp=0 No=26 Emp	Emp=8 No=18 Emp	\$2,014 15% Had Inc.	\$8,816 42% Had Inc.

TLP Diagnosis and Client Challenges Overview

Client Overview by Diagnosis FY'23



Diagnosis Comparisons FY'18 - '23



Though every client in the TLP has a diagnosis of a severe mental illness, the challenges the clients face are often much more. Here are some of the other issues clients in the Transitional Living Program (TLP) are facing while working towards their recovery. Of the 26 clients:

- 92% have a history of Substance and/or Alcohol Abuse and/or Addiction
- 46% of those with a history of substance abuse/addiction began drinking and/or using at age 15 or younger - 19% began at age 13 or younger
- 65% were referred from in-patient care/crisis center prior to entering the TLP
- 58% have health problems
- 50% have/had a history of legal issues - arrests, incarceration, etc.
- 8% had been arrested within 12 months prior to entering the TLP
- 15% had SS(D)I benefits prior to beginning the TLP
- 100% were unemployed upon entering the TLP
- 85% had no income upon entry into the TLP. **Ave. entry income=\$2,014/year** (income reflected was based on a projected annual earning but did not necessarily reflect actual earning for that year)
- 96% were homeless or staying in a temporary housing situation prior to TLP

The above summarizes some of the many challenges people face as they begin their healing and change process at Transition House. This data does not reflect the unworthiness and shame that most report feeling prior to entering the TLP. Many have indicated they believed ending their life was their only option - they felt overwhelmed and hopeless. Having a safe home, diverse support, accountability and time has helped many while in the TLP. We are continually reminded that we cannot force life changes and/or accelerate the process. With a culture that focuses on listening, respecting, supporting and empowering people, each step towards a better life is celebrated. At the same time, reflection on challenges provides learning opportunities that our learning focused rather than shame based. People are provided with a sense of value and hope for a better life - something many thought was never possible.



Gratitude & Pride

Transition House empowers hope along with gratitude and pride.

This photo reflects a special moment when the People of TH celebrated being selected as a ONE Award Finalist.

This recognition is a reminder that even though the recovery journey is often complex and challenging, there are moments of recognition that serve as a reminder of how valued Transition House and our People are.

Thank You to the Center for Non-Profits for this recognition.

Thank You to the Moran Family Foundation and Anne and Henry Zarrow Foundation for the

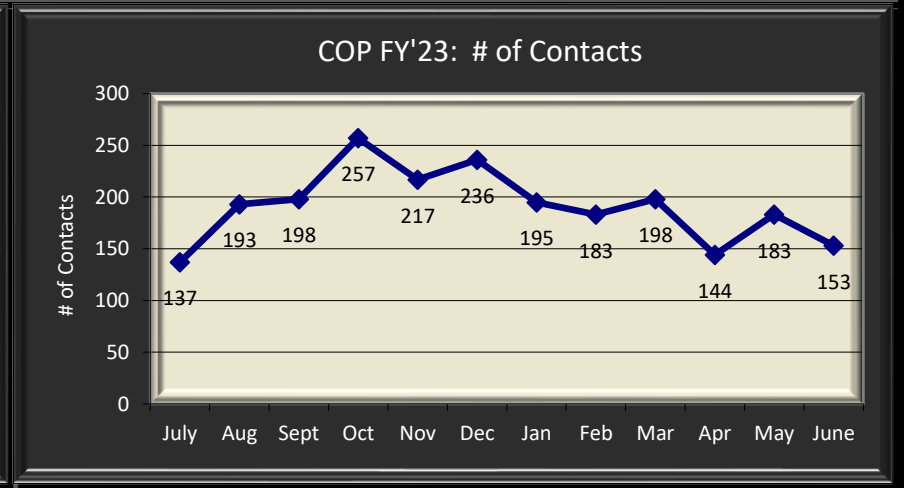
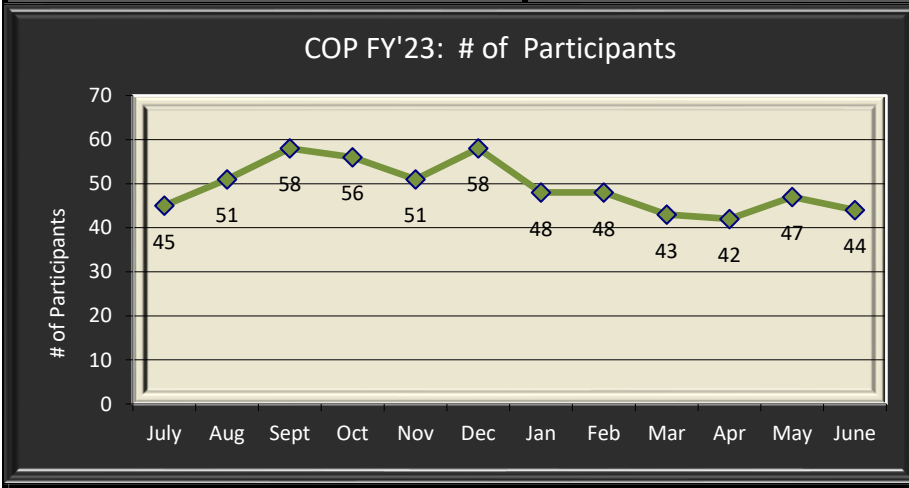
Community Outreach Program FY'23

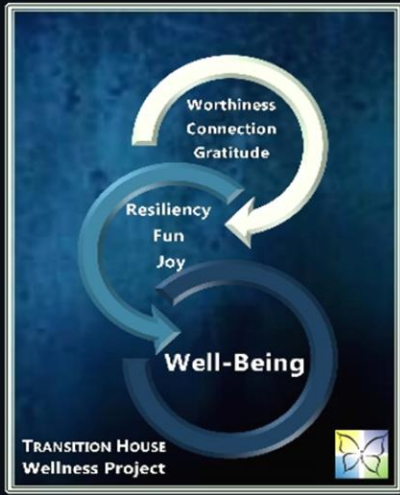
# of Participants	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	Total:	Average
Supportive Counseling	1	6	2	1	1	0	2	1	1	4	1	3	23	2
Crisis Intervention	0	0	2	0	0	1	0	0	0	2	0	1	6	1
Grocery Shopping	0	4	0	0	0	0	4	4	1	2	1	1	17	1
Community Living Support	6	6	8	7	9	7	10	8	12	12	12	13	110	9
Social/Rec. Contact	41	46	50	33	46	55	40	43	43	34	40	38	509	42
Grocery/Social	4	3	5	3	3	4	5	5	4	3	4	5	48	4
Grocery/Com Living	0	1	3	2	1	0	0	2	3	2	1	2	17	1
Wellness Project	2	2	5	3	3	2	1	1	0	2	2	2	25	2
Total:	45	51	58	56	51	58	48	48	43	42	47	44	130	49

# of Contacts	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	Total:	Average
Supportive Counseling	2	12	2	1	1	0	3	1	1	4	1	4	32	3
Crisis Intervention	0	0	2	0	0	1	0	0	0	3	0	6	12	1
Grocery Shopping	0	4	0	0	0	0	4	5	1	2	1	1	18	2
Community Living Support	7	10	11	14	14	15	11	13	27	29	29	20	200	17
Social/Rec. Contact	115	161	160	229	190	203	167	150	154	91	139	112	1,871	156
Grocery/Social	11	3	12	6	8	15	9	11	9	8	10	5	107	9
Grocery/Com Living	0	1	4	4	1	0	0	2	6	5	1	2	26	2
Wellness Project	2	2	7	3	3	2	1	1	0	2	2	3	28	2
Total:	137	193	198	257	217	236	195	183	198	144	183	153	2,294	191

COP Activities Participants: **27** COP Drop-In Participants: **110** People participating in both components: **27** Total Unduplicated: **130**

TH Wellness Project Participants: **6**

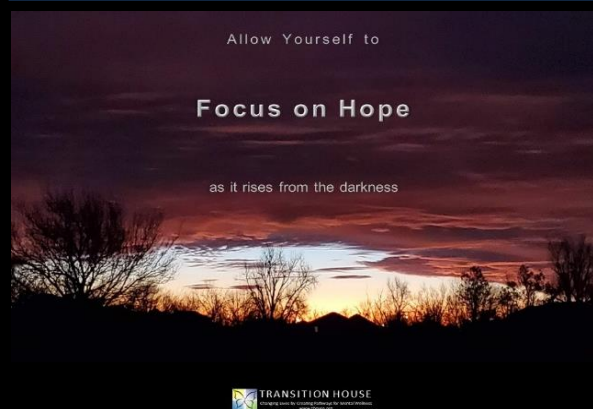




Since 2015, TH's Wellness Project continues to provide opportunities for community members and university students to receive support and thoughts on ways to improve personal wellness. Though the way students are supported looks different, we continue to offer opportunities for support to those interested. An intentional practice is to provide wellness consultation to students who volunteer at TH.

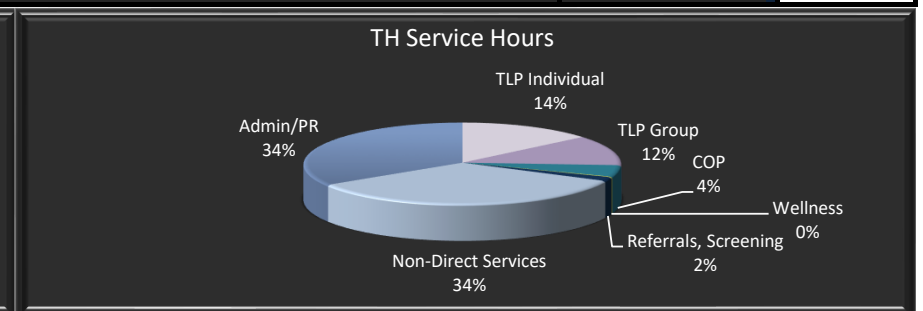
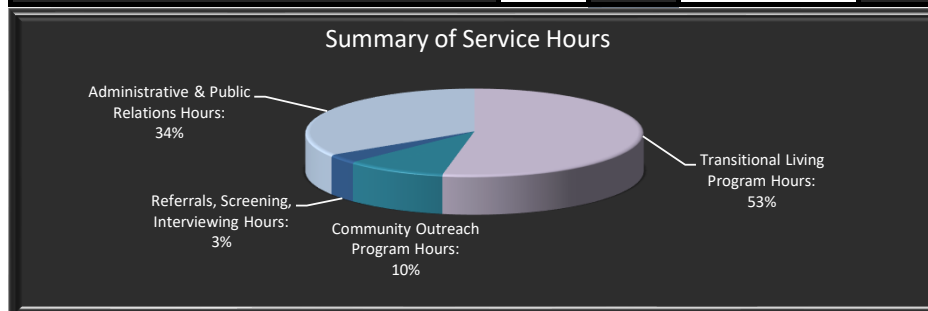
Transitionisms continue to be an important part of the services offered. These messages of hope, reflection, inspiration, etc., are shared on social media 5-7 days/week and allow all connected with TH on social media the opportunity to receive routine wellness moments throughout their week. These are routinely shared on Instagram, Facebook and LinkedIn as posts. It appears sharing these in story links has increased the number of people viewing these messages.

Transition House remains committed to sharing positive messages through social media that focus on hope and well-being. We've also added a page on our website with all of the Transitionisms: <https://www.thouse.org/transitionisms>.



TH Monthly Report Summary FY'23

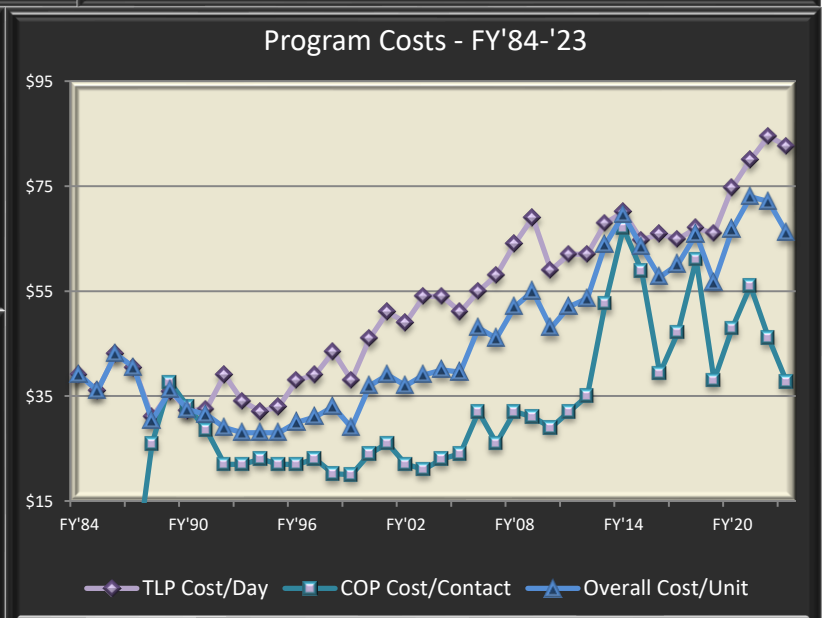
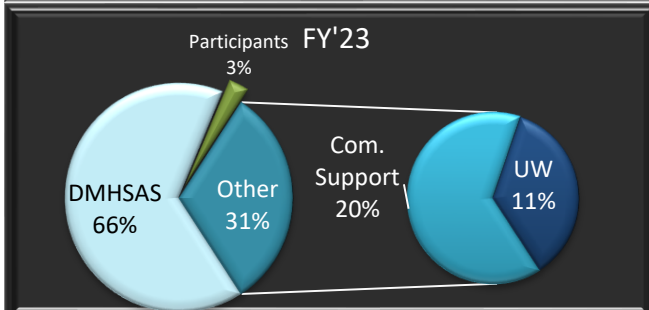
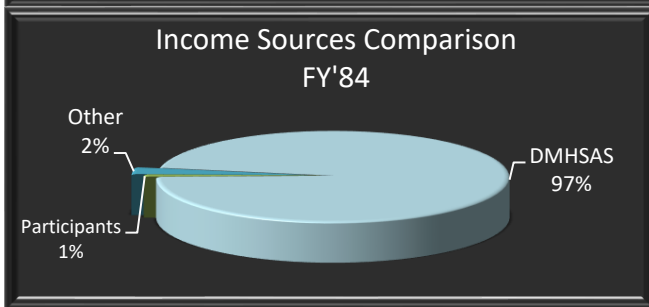
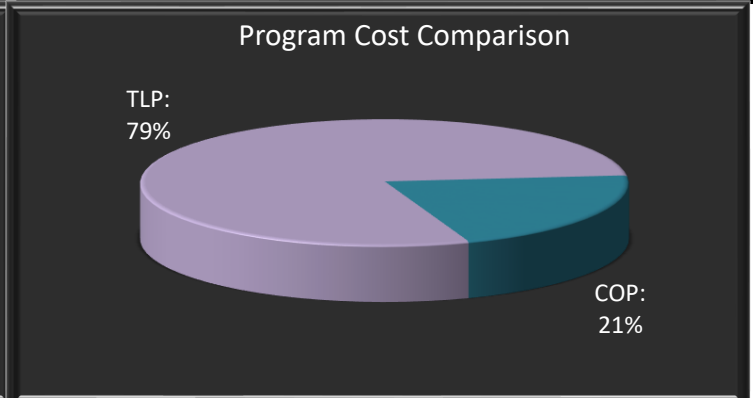
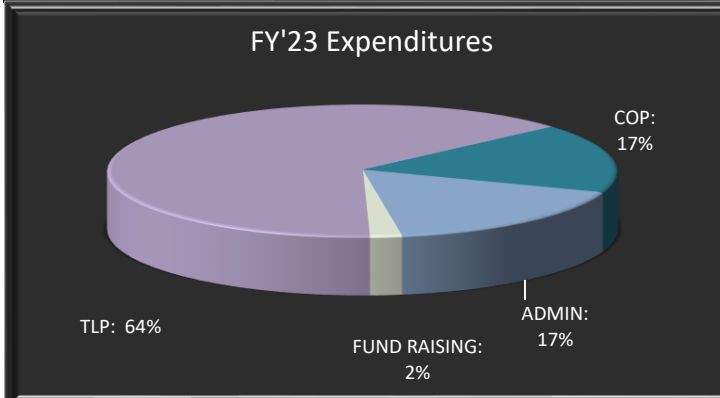
FY'23	July'22	Aug'22	Sept'22	Oct'22	Nov'22	Dec'22	Jan'23	Feb'23	Mar'23	Apr'23	May'23	Jun'23	TOTAL:	Monthly Ave
Total Hours Of Direct Client Services:	206	258	257	273	301	190	206	234	227	237	271	257	2,914	243
Individual Basis (total hours):	89	119	105	97	106	73	103	109	112	113	135	104	1,262	105
Daily Living:	34	20	17	16	30	16	18	31	24	31	29	40	303	25
Pre-voc./Vocational:	1	1	1	1	0	0	0	0	6	6	9	4	27	2
Social Skills:	23	18	11	15	17	15	9	18	16	13	11	9	173	14
Crisis Intervention:	2	6	7	6	3	7	18	5	22	11	28	30	143	12
Treatment/Rehab. Plans:	27	62	61	52	42	28	38	30	14	27	36	10	422	35
Supportive Counseling:	4	14	9	8	14	8	22	25	31	26	23	13	195	16
Group Basis (total hours):	88	87	108	123	130	74	67	68	75	81	90	91	1,080	90
Daily Living:	47	54	59	81	92	50	50	47	50	53	56	63	698	58
Pre-Vocational/Vocational:	0	0	6	3	5	1	1	2	1	0	1	0	18	1
Social Skills:	41	34	44	40	34	24	17	20	25	28	34	29	365	30
Com. Outreach Program (total hours):	25	34	36	42	52	37	28	35	39	33	36	36	429	36
Structured Activities:	6	9	6	12	15	10	7	12	7	11	13	15	119	10
Drop-In:	18	22	28	29	36	27	20	22	32	21	23	17	292	24
Community Wellness Project:	2	3	2	1	1	1	1	1	0	1	1	4	18	1
Student Wellness Project:	0	0	0	0	0	0	1	0	0	0	0	0	1	0
Referrals, Screening, Interviewing (total hrs):	5	19	9	12	14	6	8	23	2	11	11	27	143	12
Total Hours Of Non-Direct Client Services:	205	272	223	267	309	190	310	244	252	252	267	243	3,031	253
Consultation:	142	163	160	198	193	124	191	172	166	189	198	177	2,069	172
Documentation & Activity Prep:	39	43	46	58	90	53	58	58	61	36	43	35	617	51
Training:	25	67	18	12	27	14	61	14	25	28	28	33	348	29
Total Hours Of Administrative/PR Work:	245	264	279	252	259	208	277	247	272	253	294	219	3,067	256
Meetings:	19	17	41	14	26	15	33	19	18	20	21	12	252	21
Community Contacts:	9	16	33	34	33	12	35	17	17	27	19	25	274	23
Administrative Duties:	218	232	205	204	200	182	210	212	237	206	255	183	2,542	212
Screening For TL Program:														
Total #of Inquiries Received:	32	45	33	29	31	27	40	27	41	39	28	25	397	33
Total #of Referrals Received:	6	12	9	4	7	3	6	12	6	2	9	15	91	8
Total # Interviewed For Admission:	0	6	3	2	2	0	2	4	0	1	2	4	26	2
Total # Accepted:	0	2	3	1	1	1	1	2	0	0	1	2	14	1
Donations to T.H.:														
Volunteer Hours:	5	10	128	52	64	7	25	93	86	93	18	41	621	52
In-Kind Donations Total Value:	\$300	\$400	\$5,380	\$500	\$500	\$720	\$465	\$14,650	\$950	\$600	\$275	\$300	\$25,040	\$2,087
Total Service Hours:	9,011													
			Hours includes direct service & proportionate time from non-direct service hours:											
Transitional Living Program Hours:	2,342	80%	(Total Non-Direct Client Services Hours: 3,031)											53.03%
Community Outreach Program Hours:	429	15%												9.70%
Referrals, Screening, Interviewing Hours:	143	5%												3.24%
Administrative & Public Relations Hours:	3,067													34.03%



TH Financial Overview

	Actual Total:	Budgeted Total:	Variance:
INCOME:	\$407,481.09	\$392,600.00	\$14,881.09
EXPENDITURES:	\$412,126.72	\$392,600.00	\$19,526.72
DIFFERENCE:	-\$4,645.63	\$0.00	-\$4,645.63
ADMINISTRATIVE:	\$70,061.54		
FUND RAISING:	\$8,242.53	>	\$78,304.08
TRANSITIONAL LIVING (TLP):	\$263,761.10		
COMMUNITY OUTREACH (COP):	\$70,061.54	>	\$333,822.64
	PROGRAM COSTS:	ADMIN & F.R.:	COMBINED:
Transitional Living:	\$263,761.10	\$61,869.89	\$325,630.99
Community Outreach:	\$70,061.54	\$16,434.19	\$86,495.73
	SERVICE COST:		FY '22 SERVICE TOTAL:
Transitional Living:	\$82.65 per day of service		Actual Days = 3,940
Community Outreach:	\$37.71 per contact		Contacts = 2,294

* Figures used in this report came from Transition House, Inc.'s year end financial statement.



Funding Sources Include: DMHSAS, United Way of Norman, ARPA funds, Norman's Social & Voluntary Services Commission, OEC Foundation,

As a 2023 ONE Award finalist, grant from Moran Family & The Anne and Henry Zarrow Foundations, Donations through Businesses & Individuals, Client Fees

Transition House FY'23 Year to Date Financial Report

TH INCOME:		Admin:	FR:	TL:	COP:	Total:	Year to Date FY'23	TH Budget FY'23	\$ Over Budget	% of Budget
Contributions	785.93	133.61	15.72	133.61	503.00	785.93	785.93	100.00	685.93	785.93%
United Way/Norman	45,999.96	7,819.99	920.00	14,580.15	22,679.82	45,999.96	45,999.96	46,000.00	(0.04)	100.00%
Fund Raising									0.00	0.00%
Fund Raising Exp.	2,500.00						(1,385.82)	(2,500.00)	1,114.18	55.43%
Fund Raising Inc.	20,500.00						20,352.51	20,500.00	(147.49)	99.28%
FR Events - Total	18,966.69	3,224.34	379.33	7,664.48	7,698.54	18,966.69	18,966.69	18,000.00	966.69	105.37%
DMHSAS										
Unreimbursed services	0.00								0.00	0.00%
**ODMHSAS contract-billed	0.00								0.00	0.00%
DMHSAS	266,645.00	45,329.65	5,332.90	186,651.50	29,330.95	266,645.00	266,645.00	270,000.00	(3,355.00)	98.76%
Other Gov. Grants:SVSC,ARPA	26,080.02	4,433.60	521.60	19,299.21	1,825.60	26,080.02	26,080.02	17,000.00	9,080.02	153.41%
Foundation Grants	15,000.00	2,550.00	300.00	9,600.00	2,550.00	15,000.00	15,000.00	10,000.00	5,000.00	150.00%
Civic Clubs Donations/Grants	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1,000.00	(1,000.00)	0.00%
Donor Drive	21,409.00	3,639.53	428.18	13,701.76	3,639.53	21,409.00	21,409.00	22,000.00	(591.00)	97.31%
Client/Participant Fees	11,754.00	1,998.18	235.08	9,520.74	0.00	11,754.00	11,754.00	8,200.00	3,554.00	143.34%
Interest	593.54	100.90	11.87	100.90	379.87	593.54	593.54	300.00	293.54	197.85%
Miscellaneous	246.95	41.98	4.94	0.00	200.03	246.95	246.95	0.00	246.95	100.00%
TOTAL	407,481.09	69,271.79	8,149.62	261,252.35	68,807.33	407,481.09	407,481.09	392,600.00	14,881.09	103.79%
TH EXPENSES:										
Salaries	242,270.48	41,185.98	4,845.41	155,053.11	41,185.98	242,270.48	242,270.48	219,440.00	22,830.48	110.40%
Employees Health, Dental, Life Ins.	27,167.48	4,618.47	543.35	17,387.19	4,618.47	27,167.48	27,167.48	32,000.00	(4,832.52)	84.90%
Worker's Comp.	4,407.00	749.19	88.14	2,820.48	749.19	4,407.00	4,407.00	5,000.00	(593.00)	88.14%
FICA/Pay.Tax/OES	19,287.85	3,278.93	385.76	12,344.22	3,278.93	19,287.85	19,287.85	19,900.00	(612.15)	96.92%
Legal/Accounting	12,399.25	2,107.87	247.99	7,935.52	2,107.87	12,399.25	12,399.25	10,000.00	2,399.25	123.99%
Office Supplies(includes: Payroll updates; TheraNest; Bloomerang)	6,592.16	1,120.67	131.84	4,218.98	1,120.67	6,592.16	6,592.16	2,000.00	4,592.16	329.61%
Telephone/Internet/Website	3,840.79	652.93	76.82	2,458.11	652.93	3,840.79	3,840.79	4,500.00	(659.21)	85.35%
Postage	70.75	12.03	1.42	45.28	12.03	70.75	70.75	400.00	(329.25)	17.69%
Rent	51,100.00	8,687.00	1,022.00	32,704.00	8,687.00	51,100.00	51,100.00	50,400.00	700.00	101.39%
Utilities	13,628.59	2,316.86	272.57	8,722.30	2,316.86	13,628.59	13,628.59	12,000.00	1,628.59	113.57%
Household	2,895.75	492.28	57.92	1,853.28	492.28	2,895.75	2,895.75	2,400.00	495.75	120.66%
Maint/Rep-Property	1,647.81	280.13	32.96	1,054.60	280.13	1,647.81	1,647.81	1,000.00	647.81	164.78%
Maint/Rep-Equipment	5,554.46	944.26	111.09	3,554.85	944.26	5,554.46	5,554.46	5,000.00	554.46	111.09%
Training/Development	1,383.93	235.27	27.68	885.72	235.27	1,383.93	1,383.93	4,000.00	(2,616.07)	34.60%
Food	1,779.16	302.46	35.58	1,138.66	302.46	1,779.16	1,779.16	2,000.00	(220.84)	88.96%
Client Supplies/Activities	7,428.96	1,262.92	148.58	4,754.53	1,262.92	7,428.96	7,428.96	9,200.00	(1,771.04)	80.75%
Streaming Services	397.76	67.62	7.96	254.57	67.62	397.76	397.76	250.00	147.76	159.10%
Vehicle - Gas	919.05	156.24	18.38	588.19	156.24	919.05	919.05	2,000.00	(1,080.95)	45.95%
Vehicle - Maint/Repair	1,594.49	271.06	31.89	1,020.47	271.06	1,594.49	1,594.49	2,500.00	(905.51)	63.78%
Vehicle- Insurance/Tag	2,370.00	402.90	47.40	1,516.80	402.90	2,370.00	2,370.00	2,800.00	(430.00)	84.64%
Dues & Subscriptions	263.00	44.71	5.26	168.32	44.71	263.00	263.00	500.00	(237.00)	52.60%
Advertising	0.00	0.00	0.00	0.00	0.00	0.00	0.00	100.00	(100.00)	0.00%
General/Prof Liability	3,125.00	531.25	62.50	2,000.00	531.25	3,125.00	3,125.00	3,200.00	(75.00)	97.66%
Dir./Officers Liability	2,003.00	340.51	40.06	1,281.92	340.51	2,003.00	2,003.00	2,010.00	(7.00)	99.65%
Other Expenses	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00%
TOTAL	412,126.72	70,061.54	8,242.53	263,761.10	70,061.54	412,126.72	412,126.72	392,600.00	19,526.72	104.97%
Dif. Between Inc vs Exp:	(4,645.63)	(789.76)	(92.91)	(2,508.75)	(1,254.21)	(4,645.63)	(4,645.63)	0.00	(4,645.63)	100.00%
Overall Program %		17%	2%	64%	17%	100%				

ACCOUNTANT'S FINANCIAL REPORT

To the Board of Directors Transition House, Inc. Norman, Oklahoma

Transition House has hired me to prepare financial reports for management use in their decision making. I did not audit or review the financial statements nor was I required to perform any procedures to verify the accuracy or completeness of the information provided by management. Accordingly, I do not express an opinion, or a conclusion, nor provide any form of assurance on these financial statements. The reports attached to this letter cover the twelve months ended June 30, 2023.

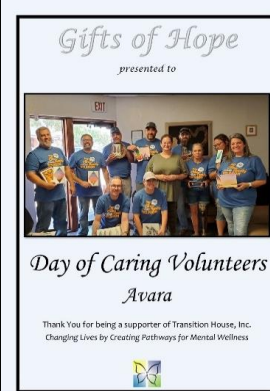
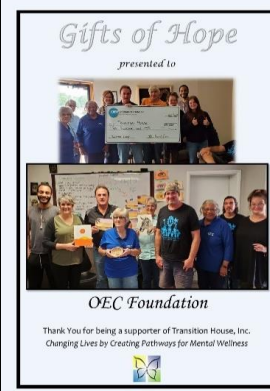
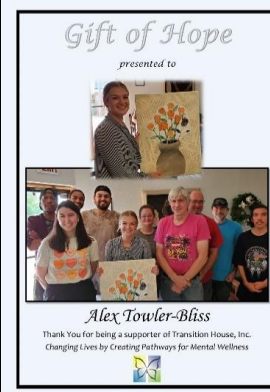
TRENARY CPA FIRM, P.L.L.C.
OKLAHOMA CITY, OKLAHOMA
TRENARY CPA FIRM, P.L.L.C.

August 18, 2023
 No assurance is provided on these financial statements.

TRANSITION HOUSE, INC.
 Balance Sheet Previous Year Comparison
 As of June 30, 2023

	June 30, 2023	June 30, 2022	\$ Change	% Change
ASSETS				
Current Assets				
Checking/Savings				
1012 · Armstrong Checking	178,099.66	77,898.35	100,201.31	128.63%
Total Checking/Savings	178,099.66	77,898.35	100,201.31	128.63%
Other Current Assets				
1055 · OKDMH contract receivable	15,399.99	18,369.99	-2,970.00	-16.17%
1060 · Prepaid insurance	4,284.61	4,284.61	0.00	0.00%
1075 · Pledges receivable - JBJ	500.00	500.00	0.00	0.00%
Total Other Current Assets	20,184.60	23,154.60	-2,970.00	-12.83%
Total Current Assets	198,284.26	101,052.95	97,231.31	96.22%
Fixed Assets				
1120 · Furniture & equipment	34,303.33	34,303.33	0.00	0.00%
1124 · Vehicles	21,800.00	21,800.00	0.00	0.00%
1130 · Accumulated depreciation	-48,980.64	-48,980.64	0.00	0.00%
Total Fixed Assets	7,122.69	7,122.69	0.00	0.00%
TOTAL ASSETS	205,406.95	108,175.64	97,231.31	89.88%
LIABILITIES AND EQUITY				
Liabilities				
Current Liabilities				
Other Current Liabilities				
2200 · FICA taxes payable	94.05	0.08	93.97	117462.5%
2205 · MC taxes payable	23.99	0.00	23.99	100.0%
2210 · FIT taxes payable	96.00	0.00	96.00	100.0%
2215 · TSA payable	0.00	0.00	0.00	0.0%
2220 · OK WH taxes payable	29.00	-17.00	46.00	270.59%
2230 · United Way WH payable	8.00	11.00	-3.00	-27.27%
2240 · Accrued vacation payable	7,792.58	7,792.58	0.00	0.0%
2401 · Deferred grant revenue	0.00	0.00	0.00	0.0%
2501 · Current portion of loan	0.00	0.00	0.00	0.0%
Total Other Current Liabilities	8,043.62	7,786.66	256.96	3.3%
Total Current Liabilities	8,043.62	7,786.66	256.96	3.3%
Long Term Liabilities				
2402 · Deferred ARPA Grant Rev	101,619.98	0.00	101,619.98	100.0%
Total Long Term Liabilities	101,619.98	0.00	101,619.98	100.0%
Total Liabilities	109,663.60	7,786.66	101,876.94	1308.35%
Equity				
3001 · Unrestricted net assets	36,565.14	36,565.14	0.00	0.00%
3002 · Retained Earnings	63,823.84	81,785.99	-17,962.15	-21.96%
Net Income	-4,645.63	-17,962.15	13,316.52	74.14%
Total Equity	95,743.35	100,388.98	-4,646.63	-4.63%
TOTAL LIABILITIES & EQUITY	205,406.05	108,175.54	97,231.30	89.88%

Gifts of Hope
 ...created by TH People,
 shared with gratitude.



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Profit & Loss Previous Year Comparison
July 1, 2022 - June 30, 2023

	July'22 - June'23	July'21 - June'22	\$ Change	% Change
Income				
4000 · Contributions	785.93	280.75	505.18	179.94%
4100 · United Way allocation	45,999.96	42,500.00	3,499.96	8.24%
4101 · ARPA Grant Revenue	18,380.02	0.00	18,380.02	100.00%
4200 · Fund raising				
4201 · Fund raising expenses	-1,385.82	-2,621.66	1,235.84	47.14%
4200 · Fund raising - Other	20,352.51	15,205.71	5,146.80	33.85%
Total 4200 · Fund raising	18,966.69	12,584.05	6,382.64	50.72%
5000 · ODMHSAS contract				
5001 · Unreimbursed contract services	0.00	0.00	0.00	0.00%
5000 · ODMHSAS contract - Other	266,645.00	235,954.99	30,690.01	13.01%
Total 5000 · ODMHSAS contract	266,645.00	235,954.99	30,690.01	13.01%
5500 · Other Gov. grants	7,700.00	7,323.24	376.76	5.15%
5501 · Foundation/Civic Club Grants	15,000.00	10,000.00	5,000.00	50.0%
6000 · Donor Drive	21,409.00	29,934.15	-8,525.15	-28.48%
6200 · Participant fee	11,754.00	4,916.00	6,838.00	139.1%
6500 · Interest income	593.54	476.74	116.80	24.5%
6700 · Donated services & materials	0.00	0.00	0.00	0.0%
6900 · Miscellaneous revenues	246.95	206.70	40.25	19.47%
Total Income	407,481.09	344,176.62	63,304.47	18.39%
Gross Profit	407,481.09	344,176.62	63,304.47	18.39%
Expense				
Management & General	70,061.54	61,563.59	8,497.95	13.8%
Fundraising	8,242.53	7,242.78	999.76	13.8%
Transitional Living	263,761.10	231,768.81	31,992.29	13.8%
Community Outreach	70,061.54	61,563.59	8,497.95	13.8%
Total Expense	412,126.72	362,138.77	49,987.95	13.8%
Net Income/(Loss)	-4,645.63	-17,962.15	13,316.52	74.14%



Transition House, Inc., Statement of Functional Expenses Previous Year Comparison
July 2022 through June 2023

	Current Year - July '22 - June '23					Prior Year - July '21-June'22				
	Mgt & Gen Expenses	Fund Raising	Transitional Living	Community Outreach	Total Expenses	Mgt & Gen Exp	Fund Raising	TLP	COP	Total
7000 · Salaries & wages	41,185.98	4,845.41	155,053.11	41,185.98	242,270.48	34,604.18	4,071.08	130,274.56	34,604.18	203,554.00
7002 · Employee Health, Dental, Life Insurance	4,618.47	543.35	17,387.19	4,618.47	27,167.48	4,756.95	559.64	17,908.51	4,756.95	27,982.04
7003 · Workers' comp	749.19	88.14	2,820.48	749.19	4,407.00	887.57	104.42	3,341.44	887.57	5,221.00
7004 · FICA/MC/OESC	3,278.93	385.76	12,344.22	3,278.93	19,287.85	3,620.42	425.93	13,629.82	3,620.42	21,296.60
8000 · Legal & accounting	2,107.87	247.99	7,935.52	2,107.87	12,399.25	2,001.75	235.50	7,536.00	2,001.75	11,775.00
8100 · Office supplies	1,120.67	131.84	4,218.98	1,120.67	6,592.16	656.46	77.23	2,471.37	656.46	3,861.51
8200 · Telephone/Internet/Website	652.93	76.82	2,458.11	652.93	3,840.79	616.05	72.48	2,319.26	616.05	3,623.85
8300 · Postage	12.03	1.42	45.28	12.03	70.75	21.41	2.52	80.61	21.41	125.96
8400 · Rent	8,687.00	1,022.00	32,704.00	8,687.00	51,100.00	7,752.00	912.00	29,184.00	7,752.00	45,600.00
8410 · Utilities	2,316.86	272.57	8,722.30	2,316.86	13,628.59	1,918.42	225.70	7,222.30	1,918.42	11,284.84
8420 · Household expenses	492.28	57.92	1,853.28	492.28	2,895.75	355.72	41.85	1,339.19	355.72	2,092.48
8430 · Property maintenance & repairs	280.13	32.96	1,054.60	280.13	1,647.81	282.03	33.18	1,061.75	282.03	1,658.99
8500 · Equipment maintenance & repair	944.26	111.09	3,554.85	944.26	5,554.46	808.61	95.13	3,044.17	808.61	4,756.51
8800 · Training & development	235.27	27.68	885.72	235.27	1,383.93	164.30	19.33	618.55	164.30	966.49
8910 · Food	302.46	35.58	1,138.66	302.46	1,779.16	265.41	31.23	999.21	265.41	1,561.26
8920 · Client Supplies/Activities	1,262.92	148.58	4,754.53	1,262.92	7,428.96	1,176.03	138.36	4,427.42	1,176.03	6,917.85
8925 · Streaming Services	67.62	7.96	254.57	67.62	397.76	49.26	5.80	185.45	49.26	289.76
8930 · Gasoline	156.24	18.38	588.19	156.24	919.05	143.02	16.83	538.42	143.02	841.28
8940 · Vehicle maintenance & repair	271.06	31.89	1,020.47	271.06	1,594.49	175.67	20.67	661.34	175.67	1,033.35
8950 · Vehicle insurance	402.90	47.40	1,516.80	402.90	2,370.00	414.29	48.74	1,559.68	414.29	2,437.00
9000 · Dues & subscriptions	44.71	5.26	168.32	44.71	263.00	23.80	2.80	89.60	23.80	140.00
9450 · General & Prof Liability Insurance	531.25	62.50	2,000.00	531.25	3,125.00	529.72	62.32	1,994.24	529.72	3,116.00
9455 · Directors & officers Liability Insurance	340.51	40.06	1,281.92	340.51	2,003.00	340.51	40.06	1,281.92	340.51	2,003.00
9500 · Depreciation										
9710 · Other expenses										
Total Expenses	70,061.54	8,242.53	263,761.10	70,061.54	412,126.72	61,563.59	7,242.78	231,768.81	61,563.59	362,138.77

STATEMENT OF CASH FLOWS

July 2022 through June 2023

	July'22-June'23	July'21-June'22
OPERATING ACTIVITIES		
Net Income	-4,645.63	-17,962.15
Adjustments to reconcile Net Income to net cash provided by operations:		
1055 · OKDMH contract receivable	2,970.00	-2,199.99
1060 · Prepaid Insurance	0.00	0.00
2200 · FICA taxes payable	93.97	0.00
2205 · MC taxes payable	23.99	0.00
2210 · FIT WH payable	96.00	0.00
2215 · TSA payable	0.00	0.00
2220 · OK WH taxes payable	46.00	-17.00
2230 · United Way WH payable	-3.00	0.00
2240 · Accrued Vacation payable	0.00	585.70
2401 · Deferred grant revenue	0.00	0.00
Net cash provided by Operating Activities	-1,418.67	-19,593.44
INVESTING ACTIVITIES		
1120 · Furniture & Equipment	0.00	0.00
1130 · Accumulated Depreciation	0.00	0.00
Net cash provided by Investing Activities	0.00	0.00
FINANCING ACTIVITIES		
2402 · Deferred grant revenue	101,619.98	0.00
Net cash provided by Financing Activities	101,619.98	0.00
Net cash increase for period	100,201.31	-19,593.44
Cash at beginning of period	77,898.35	97,491.79
Cash at end of period	178,099.66	77,898.35

Thank You

to our FY'23 Board, Board Fellow, Advisory Council Representatives, Staff, Students, Volunteers, Funders and Donors for partnering with TH to Make a Difference!



Working Together, Providing



"Transition House has a long history of filling in gaps of community care by providing valuable mental health and addiction services within Norman, Oklahoma. Transition House continues to lead, through dedication and kindness, within the field of mental health services all while shining through innovative, consistent programming, planning, and engagement. The agency, from staff to director to the board, is earnest in their processes, transparent in their operations, passionate about their mission, and diligent in their care. It is a privilege to stand alongside the staff and clients of Transition House as they work together in creating a community of hope, wellness, belonging, and freedom from addiction and mental illness."

Sara King, MPH, Transition House's Board President

Thank You to All who Believe In and Invest In the Work and People of Transition House

APRIL 22, 2023
5:30 – 9:00 P.M.

Southern Hills Country Club
Tulsa, Oklahoma

Lt. Governor Matt Pinnell and
President Brad Carson, University of Tulsa
Honorary Chairs

HEALTH SERVICES FINALISTS
MORAN FAMILY FOUNDATION
THE ANNE AND HENRY ZARROW FOUNDATION

TRANSITION HOUSE
NORMAN - Transition House works with adults struggling with serious mental illness and empowers them to become community contributors while living joy-filled lives. The Transitional Living Program assists and supports those leaving in-patient treatment with supervised apartment living. The program allows patients to focus on developing critical skills, socialization and resiliency in a safe space.

thouse.org
Bonnie L. Perutzi,
Executive Director



Spring 2023 INTERVIEW SERIES

The UNIVERSITY of OKLAHOMA
eteam
COLLEGE OF CONTINUING EDUCATION

Prepared by:
Cayton Moore
Research Assistant
Jeremy Caudle
Graphic Designer



TRANSITION HOUSE, INC.

Introduction

Transition House, inc. is a provider of mental health and addiction services in Norman, Oklahoma. The organization works toward its mission of “Changing lives by creating pathways for mental wellness” through two programs: The first is Transition House’s Transitional Living Program (TLP) which focuses on supervised apartment living and skill-building for adults with severe mental health or addiction challenges. Space in the program is limited, with applications exceeding capacity. Clients may participate in TLP for up to a year, and upon completion of TLP, they are enrolled in Transition House’s second service, the Community Outreach Program (COP), which continues to provide all TLP clients with additional support such as social/recreational events, drop-in services, and crisis intervention.

The E-TEAM at the University of Oklahoma College of Continuing Education conducted six interviews with Transition House clients between February and March 2023 with the goal of highlighting areas that clients felt contributed most to their successes in Transition House’s Transition Living and Community Outreach Programs.

Client Interviews

Structure

Each client interviewed was asked about their experience with the program agreement and TLP handbook set out by Transition House. These documents contain guidelines and expectations for living in TLP housing, which every client is expected to abide by for the duration of their program. These are not just limited to matters of TLP living space and behavioral expectations, but also integrate treatment benchmarks such as daily and weekly goal-setting to encourage client participation in their treatment. Several clients mentioned that they received mentorship and support to adjust to these guidelines both from TH staff and their peers/outreach clients that are part of their recovery community. Two of the clients interviewed praised these expectations as thorough and transparent, which made meeting those expectations easier.

Most frequently, clients said that the program agreement provided much-needed structure to their lives while in TLP and that they maintained



some or all of the expectations as part of their lives as they entered the Community Outreach Program. One client remarked that they never had a stable routine prior to their participation in TLP and cited it as one of their biggest takeaways from the program while another client said that the guidelines “let me set boundaries with myself” after moving from TLP into Outreach client status.

Culture

A common theme across clients and their responses was the emphasis on how the culture at Transition House supports both program goals and the individual treatment of clients. True to Transition House’s own statement on their culture-- “We listen. We respect. We support. We empower.”--respect features profoundly in the interviews that were conducted. Five out of six interviewees discussed respect culture as an aspect of their success in the program.

One client felt more comfortable in their adjustment to TLP, knowing that Transition House afforded them privacy by not opening client mail, which they contrasted with previous treatment programs they had undergone in Oklahoma. This built trust, according to the client. Another client characterized this trust and respect built into the TLP approach as allowing them to “Respect myself for the first time in my life.” In no uncertain terms, one client concluded their interview saying, “The most important thing about my time at transition house was the respect I was given.”

Related to respect and trust-building in the TH client community, interviewees also mentioned the program’s emphasis on accountability, especially self-accountability. The TLP Handbook checklist for clients posits “I understand that part of the learning process involves staff holding me accountable to my goals and healthy behaviors” as one of the criteria that potential clients should consider when applying for the TLP program. This is corroborated when clients express that “Transition House rewards people who put in the work.” Two interviewees mentioned that TLP empowers clients by giving them skills to complete steps in their recovery themselves, which supports an environment where self-accountability is fostered in clients alongside independence. One client did feel that the emphasis on self-reporting and accountability regarding substance abuse relapse created friction. Specifically, the interviewee stated that when a peer in TLP relapsed and was not truthful with TH staff, their relapse behavior went without intervention for longer than it would have with a drug testing policy. This affected the interviewed client as it created a tempting and stressful environment for substance abuse recovery clients such as themselves.



Bonnie is a superstar.

—Transition House client



Interventions that do not rely on self-reporting and accountability exist in tension with Transition House’s goals of building trust and respect culture within its programs. The concerned client conceded in the interview that policies like drug testing would be unpopular and could run counter to TLP’s goals as a result.



Integration with Community Resources

One client characterized TLP’s approach to treatment as “They’ll drive you to the door”, meaning that Transition House will facilitate everything a client needs to be able to meet their recovery goals, stopping short of doing the work on behalf of the client. In order for Transition House staff to drive clients to the proverbial door, however, they must know where they’re going. Transition House’s 41 years in operation have given clients access to decades of local relationship building and knowledge of community resources.

**Thank you
for the love,
support, and
healing.**

—Transition House client



One way this expertise comes in the form of helping clients navigate available resources. For example, one client interviewed reported applying for Social Security Disability benefits while participating in TLP and was denied. While this client was enrolled as a COP client, staff encouraged them to reapply and helped with their application. The client now receives disability benefits. Another client related that they were involved in Alcoholics Anonymous while in TLP. Transition House worked alongside AA and their sponsor to ensure that the client could utilize both treatment options. As an Outreach client, Transition House provided mental health support in much the same way that Alcoholics Anonymous provided addiction support. Clients also reported assistance from TH staff in enrolling in Oklahoma’s Medicaid program, SoonerCare, as well as finding local mental health community groups such as the Thunderbird Clubhouse. Transition House’s community involvement is integrated into all levels of the organization from the composition of the board of Directors to TH’s partnership with the University of Oklahoma’s Southwest Prevention Center to provide Social Work practicum students with hands-on experience. These connections support and enhance TH’s work in the community.

Community Outreach Program

Five of the clients interviewed were presently Community Outreach Program clients. COP provides a means of holistic support for TLP alumni by providing some of the services that clients utilized as TLP participants

on an as-needed basis. Clients described community social events and resource navigation as among the most commonly used COP services. However, each client's described experience with COP entailed a different utilization of these services, tailored to their needs. One client disclosed that TH staff have continued to act as their mental health provider since transitioning out of TLP due to difficulties in finding other local providers. Frequency of usage differs among clients based on support needs, with some clients receiving weekly check-in calls, while others reported going several months between check-in calls.

In the Community Outreach Program, clients are just as likely to reach out to Transition House for their needs as Transition House is to contact Outreach clients. "The doors at Transition House are wide open," said one client, who reported using drop-in services several times following the completion of TLP. The Outreach relationship also fosters a strong sense of duty to give back to Transition House. Half of the clients interviewed expressed that they were willing to participate in the interview because they saw it as giving back. Another client reported that they visited Transition House daily after work to engage with the client community and staff, contributing to a larger support community that current TLP clients have at Transition House. Finally, Transition House appointed an Outreach client to the Advisory Council, a non-voting attachment to the Board of Directors tasked with acting as a liaison between clients and board members. This appointment formalized the relationship that Transition House fosters with clients, where clients are grateful and eager to give back to the organization. This only further improves TH's community involvement as described above.

Conclusion

With forty-one years of experience, Transition House has built a robust network dedicated to serving its clients. In interviewing six of Transition House's success stories, we have identified some of the systems, attitudes, and approaches that allow Transition House to change lives.



**Transition House has given me
the best 15 years of my life.**

—Transition House client



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The UNIVERSITY of OKLAHOMA
eteam
COLLEGE OF CONTINUING EDUCATION

3200 Marshall Ave.
Norman, Oklahoma 73072
Phone: +1 405-325-7186
Email: eteamadmin@ou.edu
Website: eteam.ou.edu