



Loudoun Serenity House

# 2023 ANNUAL REPORT

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[loudounserenity.org](https://loudounserenity.org)

Loudoun Serenity House

# OUR MESSAGE IN 2023



Loudoun Serenity House

Dear Friends,

2023 marks the third anniversary of the Loudoun Serenity House, and this year has been our busiest and most impactful yet. We opened a store-front for the public, doubled our staff, tripled the number of qualified service partners, helped 5 times more clients.

Yet, we have so much more work to do together. Our region continues to grapple with Substance Use Disorder (SUD) and related mental health conditions. Regularly, we read or hear stories about opioid overdoses, drug busts in our communities, the increasing availability and potency of marijuana, and that just one dose of fentanyl has the potential to kill.



**This year, we helped 5x more clients and tripled the # of qualified service providers.**

Just recently, in response to nine student overdoses in Loudoun County, Governor Youngkin issued an Executive Order to prevent student overdoses and require prompt parental notification.

We are incredibly grateful to provide critical SUD recovery services in our community. Those who have witnessed recovery from substance use understand that one person's recovery has a positive ripple effect on families, friends, employers, and the community at large. We encourage anyone seeking help to take action in their recovery and to provide them with as much support and assistance as is available. SUD is a treatable disease. Everyone in our region deserves quality and affordable local care to overcome the illness.

We could not do this without YOU, our strong and vibrant supporter, donor and volunteer community. We look forward to seeing you at one (or all) of our events in 2024. We hope you'll continue to be a part of our expanding mission.

With gratitude,



Melissa Hinton, Founder & Executive Director



Rob DeLaski, Board Chairman



## WHO WE ARE

In 2018, as Rachel was struggling through her 4th attempt to recover from alcohol addiction, her sister Melissa took her to see a house in a quiet neighborhood in Leesburg, Virginia. Melissa shared her dream of opening a Women's Recovery house there that was close to Melissa's home and Rachel's job in Loudoun County. Unfortunately, Rachel's addiction ended her life much too soon – but from that pain, Loudoun Serenity House was born.



Loudoun Serenity House was established in 2020 as a 501(c)(3) charitable organization by our Founder and Executive Director Melissa Hinton to provide high quality, affordable recovery residential services, peer-based mentoring, education and advocacy to enhance the lives of people seeking recovery from substance use disorder (SUD). We are located 40 miles west of Washington, DC, in the town of Leesburg, Virginia.

Our transitional recovery houses support up to fourteen adult women and men with at least 30 days of abstinence who have completed a treatment program with a primary diagnosis of substance use disorder. We are accredited by VARR, the certification body for the State of Virginia which monitors, evaluates, and improves standards for recovery residences and recovery community organizations.

Our new Recovery Community Center opened in Leesburg in June 2023 and welcomes adults and families in our community seeking help with substance use disorder and access to recovery services. We provide free access to Peer Recovery Specialists who share experience overcoming similar challenges in a non-judgmental atmosphere.

LSH provides high quality, affordable recovery residential services, peer-based mentoring, education and advocacy to enhance the lives of people seeking recovery from substance use disorder (SUD).

# CONTINUUM OF CARE

We are committed to filling out the gaps in this Continuum of Care in Loudoun County. Our current recovery services address the Outreach & Crisis Intervention and Transitional Recovery Housing on the Continuum. Our Phased Strategic Plan includes our approach for closing those gaps directly and with our partners.



## 01 Outreach & Crisis Intervention

Education about addiction and recovery, advocacy for fair and equitable public policies, anti-stigma campaigns, and no-barrier access to crisis intervention and peer-based support services.

## 02

### Medical Detox

Medically managed process for freeing an individual's body from alcohol or other drugs to help ease side effects of withdrawal and begin the process of recovery.



## 03

### Intensive Clinical Treatment Services (residential and outpatient)

A broad range of clinically or medically managed low to high intensity services, provided in both residential and outpatient settings, with trained counselors and therapies for SUD and co-occurring mental health disorders.

## 04

### Transitional Recovery Housing

Controlled substance-free residential living staffed by peers with "lived" experience as post-clinical treatment to develop vital coping skills, recovery plans and social recovery networks for transitioning to substance-free living and sustained recovery.



## 05

### Step Down Housing & Long-term Care

Substance free, independent living housing and programs operating under benchmark standards for quality that enable clients to continue sustained recovery and remain connected with social recovery networks.



# OUR 2023 IMPACT

45

Adults provided recovery housing

12

Graduates celebrated long term sobriety

306

Peer recovery coaching sessions

128

Recovery education events

+1,000

Service inquiries received

63,000

Service hours to our clients & the community

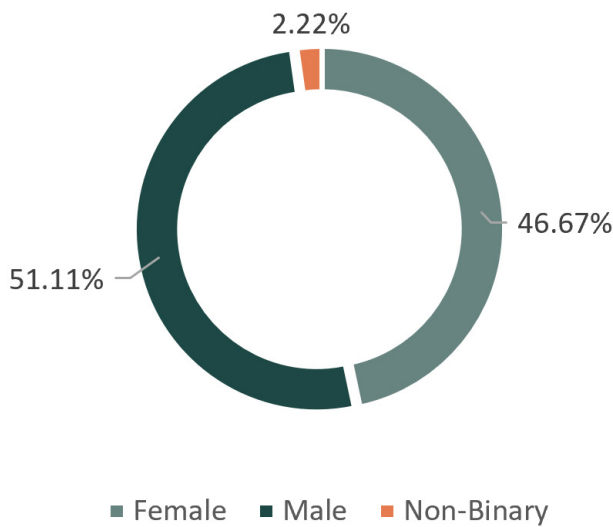
2023 Service Categories	Hours
Transitional Recovery Housing	35,624
Peer Recovery Coaching	13,374
Recovery Capital & Life Skills Mentoring	6,071
Community Outreach & Awareness	1,691
SUD Recovery Education Workshops	6,240
<b>Total Services Hours Delivered</b>	<b>63,000</b>



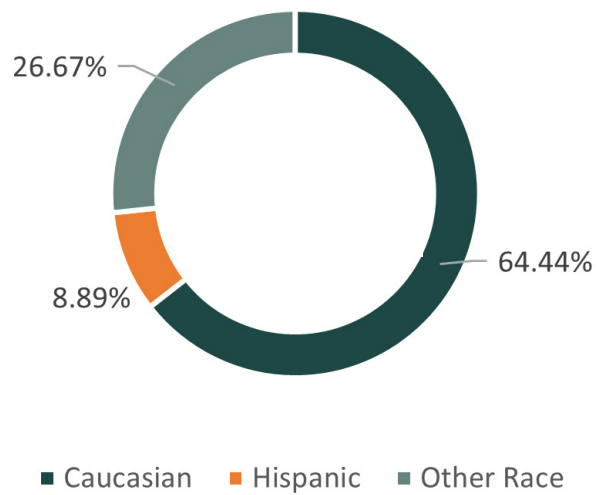
# OUR RESIDENTS

In 2023, we housed 45 adults at our recovery residences. These residents have diverse backgrounds and came to our safe, affordable housing from various situations and locales in the region.

Gender

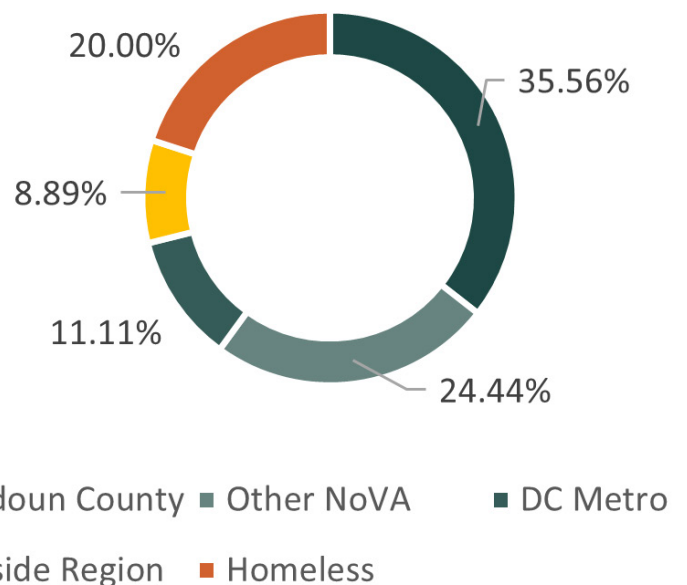


Race



53% (23) of our residents were facing felony charges or were recently incarcerated. Several residents come to us through our partnership with Loudoun County Department of Corrections to provide safe, supportive and affordable residential services from the Adult Drug Court and Mental Health Dockets.

Location



# THEIR WORDS

**Michelle**  
Womens  
House



“I truly believe that it was possible to get through those very difficult times because of the compassionate, caring, knowledgeable and incredibly awesome support system at LSH.”



“LSH provided me with Tools, Support, Peer Support Staff, volunteer opportunities, and a way to give back to the community. My stay here helped me to find a balance between life, work and recovery. I was able to build a foundation upon which I can continue living a sober life.”

**Robert**  
Mens House



**Meagan**  
Womens  
House



“Being an active resident of the LSH has given me the tools and the accountability to maintain my sobriety. I honestly can say that I do not think that without having the LSH that I would have made it this far as I have.”

## RECOVERY COMMUNITY CENTER

Our Recovery Community Center in Leesburg welcomes adults and families in our community seeking assistance and access to SUD recovery services. All of our Recovery Community Center services are provided free of charge to the community and include:

- **Peer Support Services:** Free access to trained and certified Peer Recovery Specialists (PRS) who share experience in a non-judgmental atmosphere.
- **Recovery Planning:** Provide recovery capital evaluation, help build recovery plans and track evidence-based outcomes.
- **Service Referrals:** Assistance finding licensed counseling, financial health assistance, resume / job preparation, Medicaid, Snap and food benefits.
- **Recovery Education:** Presentations from experts on proven substance use disorder recovery approaches.
- **Recovery Groups:** Multiple weekly recovery and wellness group meetings supporting a variety of recovery pathways.
- **Recovery Connections:** Recovery related social activities for participants, partners and the community at large.
- **Wellness & Harm Reduction Supplies:** Wellness support and harm reduction supplies, such as NARCAN, fentanyl test strips, toiletries, food bags, and donated clothing free of charge.



In late 2023, we added trained Crisis Intervention Specialists and expanded our services for families overwhelmed with the toll on their loved ones and their own mental health issues.

Since opening the Recovery Community Center, community engagement has increased to over 150 interactions per month, and we are scaling staffing and services to match. We started 2023 with 4 staff and finished the year with 9. The Center has capacity to provide services for over 20 clients or family groups per day and can host 100 recovery events per month. We are actively adding PRS trained staff, providing PRS training to expand the capabilities in our community.





# 2023 FINANCIAL OVERVIEW

**Total Assets \$243,002**

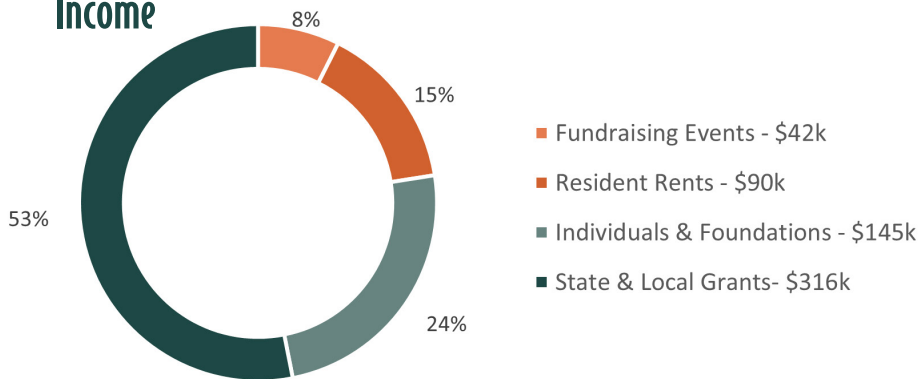
**Total Liabilities \$2,874**

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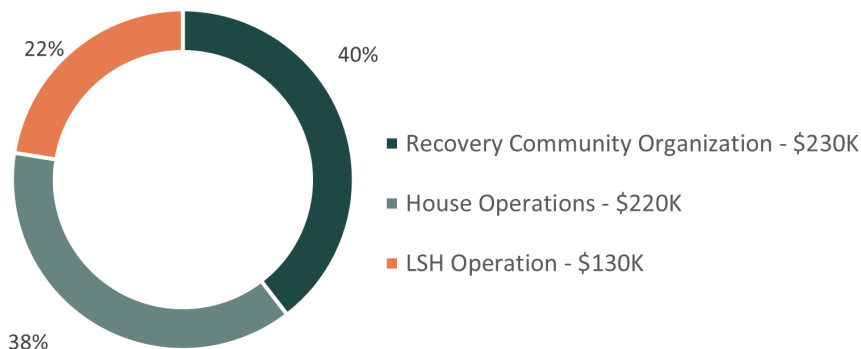
**Total Net Assets \$240,128**

Loudoun Serenity House experienced exceptional growth, aligning with our strategic plan. This year, we welcomed several new staff and opened the doors to the first Recovery Community Organization (RCO) in Leesburg, Virginia, the first of its kind in Loudoun County. We are grateful for the continued support of our incredible donors, grantors, and the LSH Board of Directors. Our strategic goals are to close gaps in the continuum of care, that we believe will greatly increase our impact in the community. In 2024, LSH will launch a capital campaign to increase capacity in recovery housing.

## Income



## Expenses



# KEY PARTNERS

Loudoun Serenity House works with key community partners.



## Non-Profits

- The Chris Atwood Foundation
- Crossroads Jobs
- Crossroads United Methodist Church
- Equality Loudoun
- Evergreen Church
- Mobile Hope
- Loudoun Club 12
- Loudoun Free Clinic
- Loudoun Hunger Relief
- OAR - Opportunities, Alternatives & Resources
- Shelter House Inc.
- SMART Recovery
- Women Giving Back

## Public Sector

- AmeriCorps
- Loudoun County Continuum of Care
- George Mason University College of Public Health
- George Mason University Honors College
- Loudoun County Department of Community Corrections
- Loudoun County Department of Mental Health, Substance Abuse & Developmental Services
- Loudoun County Public Schools Office of Student Mental Health Division
- Prevention Alliance of Loudoun
- Virginia Association of Recovery Residences

## Client Referrals

- Ashley Treatment Center
- Aquila Recovery of Virginia
- Caron Treatment Center
- Edgehill Recovery Retreat Center
- Encore Outpatient Services
- Farley Center
- HopeLink
- Mason & Partners (MAP) Clinics
- Mainspring Recovery
- National Capital Recovery
- Pinnacle Treatment
- Recovery Centers of America
- Sandstone Care

# OUR TEAM



**Melissa Hinton**  
Founder & Executive Director



**John Wheeler**  
Deputy Executive Director



**Ann Marie Maher**  
Peer Navigator &  
House Operations Manager



**Nicole Cuccia**  
Recovery Community  
Center Manager

## Board of Directors



**Rob deLaski, Chair**

Chief Operating Officer, CPC  
CACI International, Inc.

**Art Thompson, Vice Chair**

Retired Air Force & Business Owner

**Stephanie Scarola, Treasurer**

CEO, Clarity Management  
Former CFO/COO

**Janine LeBoeuf, Secretary**

Digital Marketer for Fannie Mae

**Tracy Shivley**

Vice President, The Shivley Team

**Dr. Radhika Rajagopalan**

Consultant & Entrepreneur, Retired, USDA

**Dr. Karen Gabel Speroni**

Research Scientist & Health Outcomes Consultant

**Ash B. Diwan, M.S., M.D.**

Chief Medical Advisor, Physician Addictions and  
Pain Management Specialist

**Larry Hart**

Vice President, Five Guys, Certified Public  
Accountant

**Lalitha Rambhala, M.D.**

Obstetrics and Gynecology

**Fred Blycher**

Realtor, Pearson Smith Realty



# THANK YOU!

Loudoun Serenity House is grateful to our foundational partners for your continued support!

