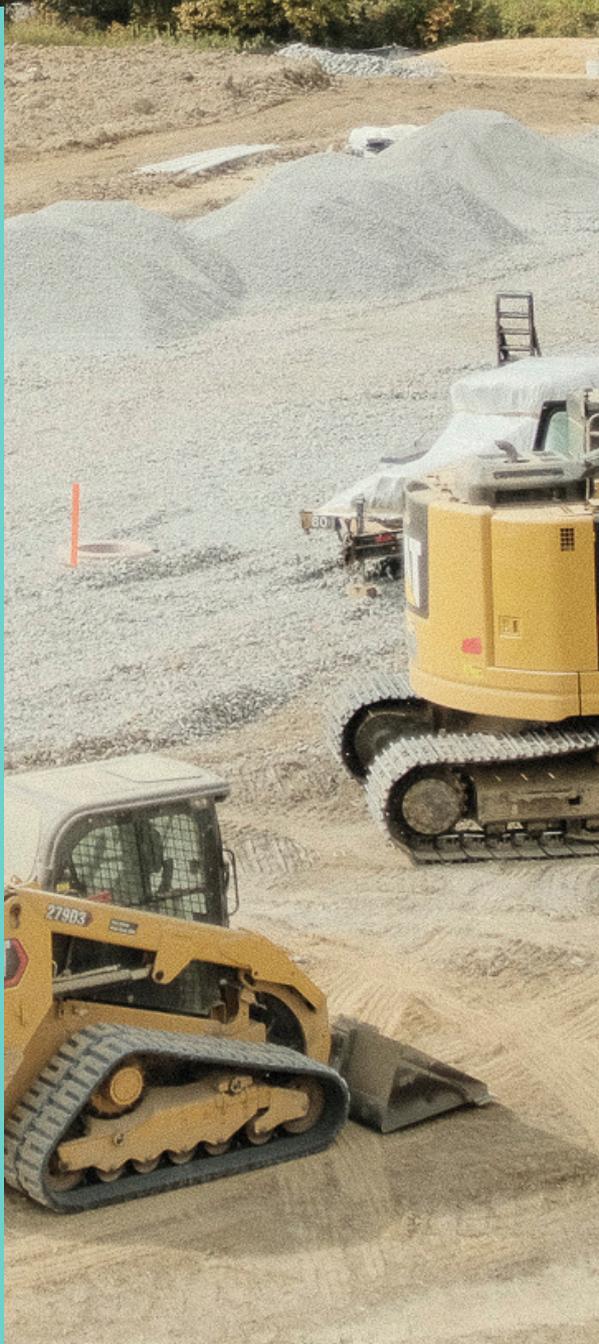




THE FLETCHER GROUP

# Impact Report



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# Introduction

**As 2023 ended, the Fletcher Group Rural Center of Excellence had much to reflect upon and celebrate as well as much to look forward to, including a renewed commitment to building the effective recovery ecosystems needed to improve the health and well-being of rural communities throughout America.**

**This detailed report chronicles many of the major milestones that have made a real difference to the many partners and clients we were fortunate enough to work with.**

## **Evidence-Based Innovation**

Cutting-edge research and development has led to exciting new breakthroughs in implementation science, an amazing array of evidence-based best practices, and the creation of innovative recovery ecosystems that deliver the complete continuum of care rural Americans need to support their families and communities.

## **It's a Team Effort**

The Fletcher Group is humbled by the life-changing impact our work has had on countless individuals and organizations through the development of new services and improved recovery programs.

None of our work is done in a vacuum. We owe our success to the subject matter expertise of innumerable allies in both the public and private sector. Without them, our mission-critical work would not be as far reaching.

# Our Story So Far

## Our Mission

To expand the capacity and quality of recovery ecosystems by conducting and publishing original research, informing best practices, and serving as a field catalyst for the kind of breakthrough change that can help society see substance use issues through a public health, rather than a punitive, lens.

## Our Purpose

To facilitate evidence-based prevention, promote effective treatment and social recovery, and establish quality community-based recovery housing in rural communities from coast to coast.

30 staff  
members in 10  
different states

1 of 3

with self-  
disclosed lived  
experience



# Our 2023 Goals

## 1

### Evidence-Based Best Practices

To partner with rural communities through public and private organizations in order to address SUD and OUD challenges by disseminating evidence-based prevention, treatments, and risk-reducing best practices.

## 2

### Implementation Support

To support the development of recovery housing and recovery support services tailored to each community's unique needs. We do this through the recovery ecosystem model that we've refined through our work with the peer-driven Recovery Kentucky program that was pioneered by Fletcher Group Founder Dr. Ernie Fletcher when governor of Kentucky.

## 3

### Treatment and RH Options

To establish best practices that enable recovery ecosystems to deliver the complete continuum of care people need for long-term recovery.

## 4

### Original Research

To evaluate, promote, and launch effective, evidence-based SUD recovery programs based on original research that takes into account the unique strengths and needs of rural communities.

# Rural Recovery Housing

## Why Recovery Housing?

- With over 100,000 Americans dying of a drug overdose each year, the need for safe, effective recovery support services, including Recovery Housing, is greater than ever.
- That's especially true in rural communities where fewer resources may be available to counter the higher rates of SUDs, morbidity, overdose, and mortality found there.

PROJECTS	DETAILS	OUTCOME
Multi-State Workforce and Employment Initiative	Was researched and developed to help build the recovery capital residents need for long-term recovery	<ul style="list-style-type: none"><li>• 27 new employer connections in six states</li><li>• 125 residents employed</li><li>• 169 residents enrolled in or completed workforce/life skills training</li></ul>
Kentucky Behavioral Health Conditional Dismissal Program	Provides an alternative to incarceration with potential benefits including safe, sober recovery housing	<ul style="list-style-type: none"><li>• Placed over 250 individuals in programs to address mental health and SUD challenges</li><li>• A practical model that can be replicated in any number of other states</li></ul>

# Our 2023 Impact

Expanding the capacity and quality of rural recovery



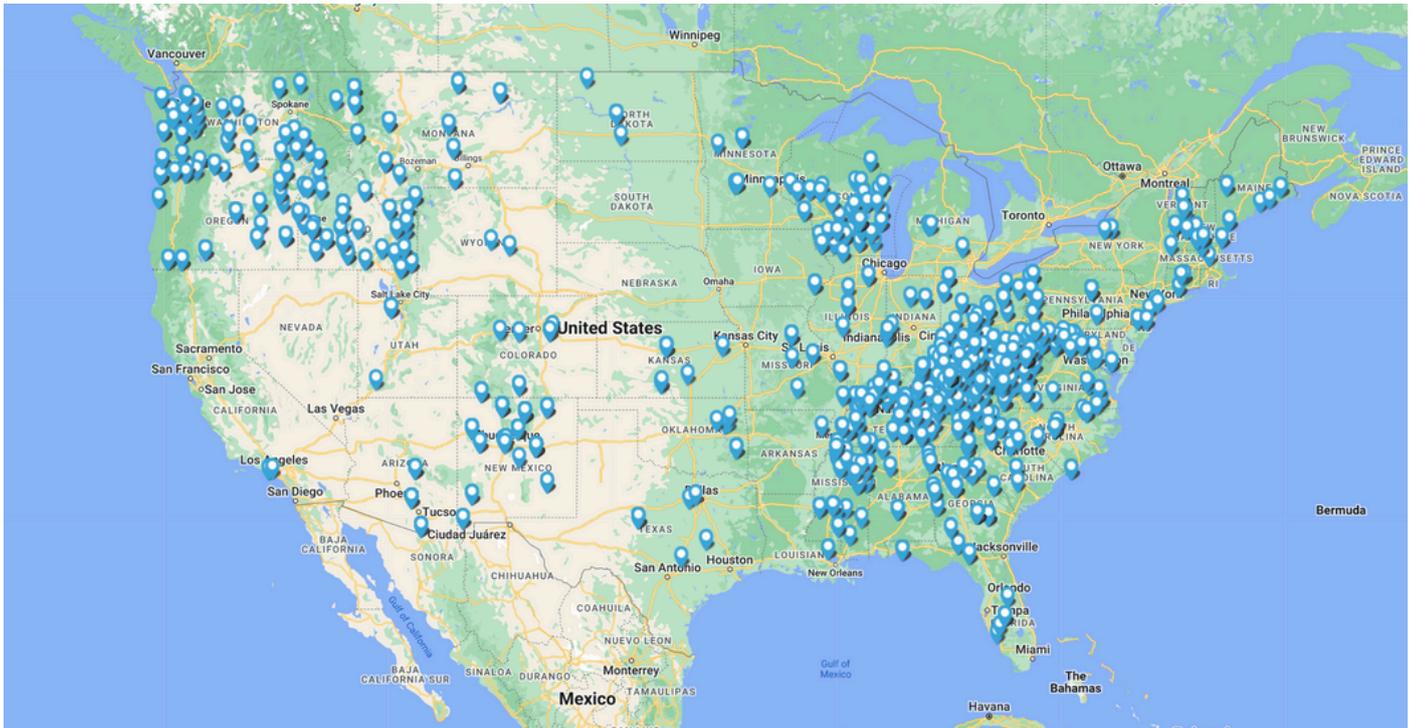
\*These may not all be unique participants.

# 47

States

# 8,250+

Technical Assistance Encounters



## Over 50 Recovery Housing Resource Guides Developed

- Starting a Recovery House
- The Social Model
- Recovery House Management
- Recovery House Staffing
- Expanding Recovery Housing
- Overcoming Stigma and NIMBYism
- Building Recovery Ecosystems
- Sustainability/Funding
- Recovery Ecosystem Structure
- Community Organization
- OUD/MOUD
- Strategic Planning
- Recovery House Budgeting
- How To Serve People Who Are Homeless, Justice-Involved, or Suffering from Neonatal Abstinence Syndrome

# Spreading the Word

Since launching its website in March of 2019, *fletchergroup.org* has grown steadily and dramatically. As of August 31, 2023, the site featured over 200 web pages, over 1,000 images, and more than 400 downloadable pdfs, including 48 topic-specific newsletters, numerous toolkits, resource papers, evidenced-based best practices and practical 'how-to' documents in the form of brochures, flyers, success stories, infographics, charts, and technical papers.

## Nearly 100,000 Page Views

From April 2022 to August 2023 there were 22,455 website sessions and 96,692 page views with the most visited web page being 'Technical Assistance for Building Safe, Sustainable Recovery Housing' with 8,965 visits.

## 70-Plus Videos

Over 70 videos produced and hosted on the Fletcher Group YouTube Channel are generating equally impressive interest with 12,552 views and over 1,700 watch hours as of August 30, 2023.

We also produced and delivered 24 webinars (12 in 2023) with videos of the webinars hosted both on the RCOE website and the Fletcher Group YouTube Channel.

# Grant Programs

## 1

### **Kentucky's Behavioral Health Conditional Dismissal Program**

Following passage of breakthrough SB90 legislation, the Fletcher Group's deflection programming expertise and ability to work across different sectors with a wide range of partners is helping Kentucky divert eligible clients from incarceration so they can receive the treatment they need for long-term recovery. The goal is to make the pilot program so successful that it's extended throughout the Commonwealth to benefit countless more Kentuckians.

#### **How It Works**

1. Fletcher Group staff signs up provider groups and others to participate
2. Clients benefit from housing and other resources made available by SB90
3. Together with providers, the Fletcher Group documents the results so that the program can eventually be extended to other counties

#### **Benefits**

- Already active in 10 of 11 eligible counties
- Brings a wealth of benefits to clients while increasing provider referrals
- 53 provider administrators and front-line workers currently participating
- 250 clients benefitting from resources made possible by BHCDP

## 2

### **Elevance Health Foundation**

The Fletcher Group was also awarded a three-year \$300,000 grant by the Elevance Health Foundation to implement SMART Recovery's Successful Life Skills curriculum in six target states: California, Georgia, Indiana, New York, Ohio, and Virginia.

Now in its 29th year, SMART Recovery uses evidence-based methods to help people find within themselves the power to change. Thanks to the generous grant from Elevance Health Foundation, recovery homes and community-based programs can now receive those same benefits at no charge together with all materials and equipment provided free of charge plus a \$1,200 stipend to facilitate implementation and evaluation.



Foundation

## What Our Clients and Partners Say

### RESIDENT QUOTES

*"For the first time, I feel like I can succeed in life."*

*"Words can't describe how great this has been."*

*"It helped me grow in ways I couldn't have otherwise."*

*"I got more from this than I can put into words."*

*"I'm a better asset to the community, thanks to this program."*

*"It showed there are people in this world who believe in us."*



### OPERATOR QUOTES

*"Meeting the Fletcher Group was an 'Aha Moment'."*

*"I don't know where we'd be without them."*

*"I have nothing but good things to say about the Fletcher Group."*

*Their peer support model is not only do-able but better."*

*"Their only goal is to make it the highest quality possible."*

*They live by the same values and recovery principles we do."*

# Original Research

The Fletcher Group has had a significant positive impact at the macro level on recovery housing and supportive services in rural America.

When launching our Rural Center Of Excellence four years ago, we knew that the development of evidence-based programs was essential to our goal of expanding the capacity and quality of recovery housing.

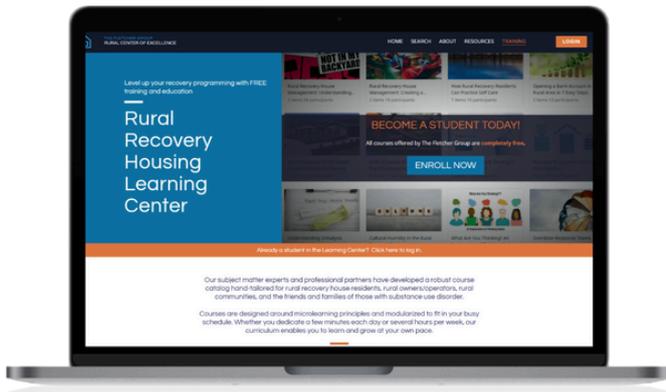
Accurate outcome documentation combined with original research have since helped us to evaluate the adoption, implementation, and sustainability of evidenced-based programs in recovery home settings, including the identification of facilitators and barriers.

The recovery ecosystems that our research has contributed to continue to meet the healthcare and recovery needs of countless individuals, families, and communities in rural America.

## By the Numbers

Over the past four years, we have:

- Published twelve peer-reviewed articles
- Disseminated over 27 Research/Issue Briefs and Resource Documents
- Researched, developed, and implemented six best-practice Pilot Demonstration Projects
- Developed and launched five measurement and evaluation tools
- Worked on 17 new research initiatives, with anticipated publications in 2024



**The Fletcher Group developed and launched its Rural Recovery Housing Learning Management System in January of 2022 to serve recovery housing owners, operators, and residents.**

**Since its launch, we have produced over 75 courses that have reached over 1,000 learners.**

**We continue adding more high-value content each year, making the online Learning Center a dynamic and valuable resource for rural communities. It is, in fact, the first learning center of its kind focused on recovery ecosystem content and available on any device, whether it be desktop, laptop, tablet, or phone.**

## Top 5 Classes

- Implementing Medication-Assisted Recovery
- Beginning Your Rural Grant-Seeking Journey
- Creating a Culture of Change: Motivational Interviewing in Recovery Housing
- Recovery Allies: Understanding Recovery Capital and Building Recovery-Friendly Communities
- Building Rural Recovery Ecosystems Summit



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