



LA Recovery
CONNECT

ANNUAL REPORT

2022/2023

PREPARED BY
THE LA RECOVERY CONNECT TEAM

LETTER FROM THE PRESIDENT

Dear Friends,

This past year has been a beautiful whirlwind of struggle, expansion, and growth at LA Recovery Connect. What started out as a handful of people armed with a model of what a recovery community organization could be, has turned into a beautiful piece of art in the form of community & real life. No matter how many times we are faced with the obstacles of our current mental health system or the endless battle against the opioid epidemic, our team and community show that we are here for it all. Not only do we show up with a smile, but we show up with grace and space for others as we meet them exactly where they are at the moment.

It is with a full heart and endless gratitude that I thank all of you who have had a hand in helping us build. Together we are stronger and together we can help one person, one step, one moment at a time. We here at LA Recovery Connect look forward to continued partnerships and continued growth in our recovery community.

This annual report provides an overview of what the LARC Community accomplished in our 2022-2023 Fiscal Year and I hope that as you read it, you are as proud as I am of all that we have accomplished.

With love,



Thea Golden
President



OUR MISSION & PRIMARY GOAL

To cultivate connection, foster education, and support recovery from alcohol & substance use while providing wellness, health, and recovery resources.

OUR HISTORY

Although the seeds for LA Recovery Connect (LARC) were planted in 2005, LARC became an official 501(c)3 nonprofit on 4/12/2021. Located in Jefferson Park in South LA, LARC operates a 435 sq ft recovery residence for 2 women with an outdoor space to hold meetings & events. With a small group of dedicated volunteer Board Members, we have grown from providing one online All Recovery Meeting in 2019 to offering recovery resources, recovery capital and recovery supports daily to our community.

BOARD OF DIRECTORS

Thea
President/Peer

Matthew
Secretary/Peer

Paul
Treasurer/Peer
Community Engagement

Tyler
Vice President



MEETINGS & PROGRAMS

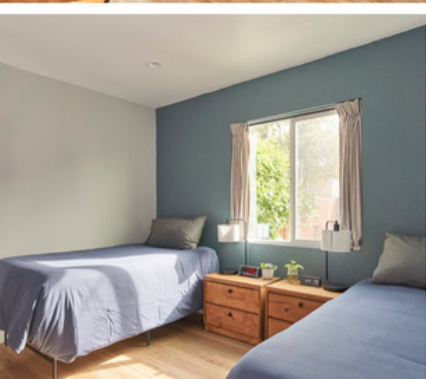


ALL RECOVERY MEETINGS

Every Thursday night at 8pm we gather around the fire and share on a recovery topic. Meetings are open to all who struggle with addiction, are affected by addiction, and live or support the recovery lifestyle.

OPEN SPACES HIKES

Every 1st & 3rd Saturday we hit the trail, beach or path for fresh air & healing. Partnering with other organizations such as The Happier Life Project & The Phoenix we expand our community and share experience strength & hope.



THE LARC HOUSE

Our recovery residence supports individuals who identify as women, ages 18+. We welcome all Pathways of Recovery. In order to keep our residents and our community safe, rules and boundaries must be respected. We are committed to helping those who want to be helped.

OVERDOSE RESPONSE & NALOXONE TRAININGS WITH PEER SUPPORT

We started with a dream that we would be able to educate our community about the fentanyl/opioid overdose crisis, supply free naloxone, and empower people to save lives. We quickly got ourselves on board with CA DHCS's Naloxone Distribution Project and our dream became a reality. With naloxone in hand, we connected with harm reduction partners to provide trainings.

In September 2022 we kicked it off with TACO Inc. at St. Mark United Methodist Church. From there we partnered with the luklove Foundation's harm reduction specialist and naloxone trainer, Sheila Scott. With lukelove on our team we have provided free trainings & naloxone in spaces from the Watts Empowerment Center to Depaul's Casa Milagrosa to the Calabasas Mayor's Youth Council. We train children and adults, both housed and unhoused and our work continues...

Created with care & love, our trainings provide:

- info on the drug landscape, myths, laws & truths
- on the spot connection & peer support
- an interactive experience
- a free naloxone kit to take home





Credit Repair w/
H&W Credit Solutions



Booths
w/ Community Partners

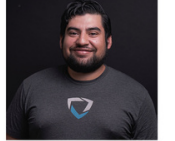
COMMUNITY EVENTS



Naloxone Kit Packing
w/ Young Adults

2ND ANNUAL HEADSHOTS & TACOS FUNDRAISER

JUNE 3, 2023 | SATURDAY | 1-6PM



Transcendental
Mediation w/ David
Lynch Foundation



Tea Time
w/ Tsubasa



Breathwork
w/ Laura

VISIT FROM RCO LEADER JOHN SHINHOLSER & 2 NEWCOMERS FROM THE MCSHIN FOUNDATION



**YOU CAN
SAVE A LIFE**

JUNE 17TH, 10:00 AM

AT LA RECOVERY CONNECT
THEA@LARECOVERYCONNECT.ORG FOR INFO

LEARN HOW TO
**REVERSE AN OVERDOSE WITH NALOXONE
 & RECEIVE A FREE NALOXONE KIT**

Nuketopre FOUNDATION LA Recovery **CONNECT**

LEAD THE CHANGE, BE THE CHANGE

Join our discussion
**RECOVERY COMMUNITY
 ORGANIZATIONS**
 with
JOHN SHINHOLSER
 OF THE MCSHIN FOUNDATION

June 17th, 12:00 PM
thea@larecoveryconnect.org for more info

LA Recovery **CONNECT** *Nuketopre* FOUNDATION **HAPPY LIFE PROJECT** McShin Recovery Resource Foundation

Community Connection

Overdose Reversal
Training

RCO Discussion

LA Recovery Connect is modeled after the McShin Foundation, a Recovery Community Organization in Richmond, VA. Founders John Shinholser & Carol McDaid, Thea's mentors have laid the foundation for RCO's for over 20yrs. We were honored to host John & 2 newcomers from the McShin Foundation for a few days of connection. John shared valuable intel with us & commended LA Recovery Connect's work as an authentic RCO offering peer-to-peer support.



Guided by AI Garcia of ARC, John & Thea delivered a message of hope & recovery to 30 lifers at CIM in Chino.



IMPACT JULY 1 - JUNE 30

Programs & Meetings

- 52** All Recovery Meetings
- 26** Open Spaces Hikes
- 3** LARC House Residents
 - 3 women unhoused upon entry
 - 1 woman system impacted

Events & Volunteers

- 60** Youth volunteers at naloxone kit packings
- 70** Community members at 2nd Annual Headshots & Tacos
- 30** Community, Health & Wellness, & Training Events

Overdose Response & Naloxone Trainings

- 552** Units of Naloxone from Naloxone Distribution Project
- 526** Naloxone Kits distributed to our community
- 598** Community Members trained in Overdose Response
- 2** Reported **OVERDOSE REVERSALS** w/lukelove



2022-2023 IN NUMBERS

Total Revenue: \$42,500.55

Fundraisers: \$ 1,517.30

Individual Donations: \$ 2,734.25

LARC House Fees: \$ 3,606.00

In-kind Donations: \$34,643.00

Total Expenses: \$39,554.42

LA RECOVERY CONNECT
is the proud recipient of a
\$200,000 Capacity Building Grant
for the 2023/2024 FY
from CA Department of
Health Care Services.

"IT IS BECAUSE OF LA RECOVERY CONNECT
AND ALL THE LOVE & SUPPORT THAT WAS SO
FREELY GIVEN TO ME THAT I AM ABLE TO
MOVE FORWARD CONFIDENTLY IN MY
RECOVERY JOURNEY."

-Trina



COMMUNITY PARTNERS

Lukelope
FOUNDATION



THE HAPPIER LIFE
PROJECT



THE PHOENIX
RISE | RECOVER | LIVE



WATTS
EMPOWERMENT CENTER

