

2023 ANNUAL REPORT



THE
NEXT DOOR
RECOVERY

Hope + Healing for Women



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HEAR FROM OUR EXECUTIVE DIRECTORS

The year 2022 was a time of intentionality, adaptability, and integrity. As two tenured staff members, we were honored to step into the roles of co-executive directors at the beginning of 2022. We have been entrusted to lead this team, and mission, into the next phase of growth. In this first year, we have experienced many firsts. Some have been beautiful and uplifting, and others have been trying and challenging. Through it all, our team has worked in unison to meet the needs of our clients and community.

The Next Door INTENTIONALLY fills a unique area in our community – offering expert care for women struggling with substance use and co-occurring disorders in a faith-based and compassionate setting. We are committed to walking alongside pregnant women struggling with addiction. We are one of the only facilities in the southeast that accepts women up to 38 weeks in gestation in all levels of care.

We serve women that would otherwise not have access to treatment. Therefore, we strive to always be available to the women who come through our doors. One thing we have seen The Next Door do, year after year, is ADAPTING to meet emerging needs in our community. This year is no different. As the addiction crisis continues to escalate, we must adapt to best serve our clients.

We believe that women are the cornerstone of the family. If you can change one woman, you can change a generation. While a client is in treatment, it is our responsibility to look at the whole picture and provide tailor-made care to meet each woman's unique needs.



Doing so equips our clients with the skills needed to achieve wholeness in every aspect of life – spiritually, emotionally, physically, and mentally. As Executive Directors, it is our responsibility to support our team and provide them with the resources needed to fulfill this mission with INTEGRITY.

Community is one of the most important aspects of successful recovery. We know that we cannot provide a sense of community for our clients without each donor, volunteer, and staff member supporting our mission. As we enter our 19th year, we know that our services are needed now more than ever.

Thank you to everyone who has, and continues to, support The Next Door. We are eager to see what 2023 holds in store for this organization.

God Bless,

RACHEL MORRIS + AMANDA DUNLAP

Rachel Morris *Amanda Dunlap*

INTRODUCTION TO THE NEXT DOOR

OUR MISSION:

We provide a continuum of evidence-based substance abuse and mental health services for women in an environment of faith and healing to restore hope and a lifetime of recovery.



SERVICES OFFERED:

INPATIENT TREATMENT

It is important for women to detox and start their recovery journey in a safe environment – physically, emotionally, mentally, and spiritually. We offer both Medically Monitored Detox and Residential Treatment for women struggling with alcohol or drug addiction. Our 28-day program explores the underlying issues of mind, body, and spirit that are associated with substance use disorders, co-occurring mental illness, and trauma.

OUTPATIENT TREATMENT

The Next Door's outpatient services allow women to participate in intensive treatment during the day and practice recovery in their everyday life. This provides clients the chance to discuss relapse triggers as they occur and develop coping skills to combat them. After clients step down from inpatient treatment, our outpatient programs provide continued counseling, peer support, medication management or other services.

RE-ENTRY SERVICES

Our purpose is to assist our clients to successfully transition from incarceration back into the community. The Next Door's Correctional Release Center (CRC) serves 42 adult women who are currently incarcerated and finishing the last 6-24 months of their sentence. CRC offers an array of services to provide a holistic approach to meet our clients' needs throughout their transition process.

WHAT MAKES US UNIQUE:

DUAL-DIAGNOSIS

We understand each woman has a unique set of needs, so our expert staff work closely with clients to provide comprehensive care to treat both substance use and mental health disorders simultaneously.

FAITH-BASED

We want our clients to know that they are created in the image of God and deeply loved by God. We meet women wherever they are spiritually, modeling God's love for them through our words and actions.

FEMALE ONLY

Women have gender-specific needs and goals when participating in addiction treatment. Female-only treatment addresses these needs to ensure women receive the most comprehensive treatment possible in a safe and supportive setting.

PREGNANT WOMEN

The Next Door is committed to walking alongside pregnant women struggling with addiction. TND is one of the only facilities in the southeast that accepts women up to 38 weeks in gestation in all levels of care.

"I can't express what TND has done for me and my son. This place was the "conductor" in the orchestra of my new and beautiful life. I will forever be thankful to God for leading my footsteps to door of The Next Door."

-Former Client



FACTS AND NUMBERS

1,488 WOMEN

were admitted to our addiction treatment, re-entry services or attended our aftercare program in 2022. Of those women:



1,282 WOMEN

admitted for detox and residential treatment.

297 WOMEN

came for outpatient level of care.

51 WOMEN

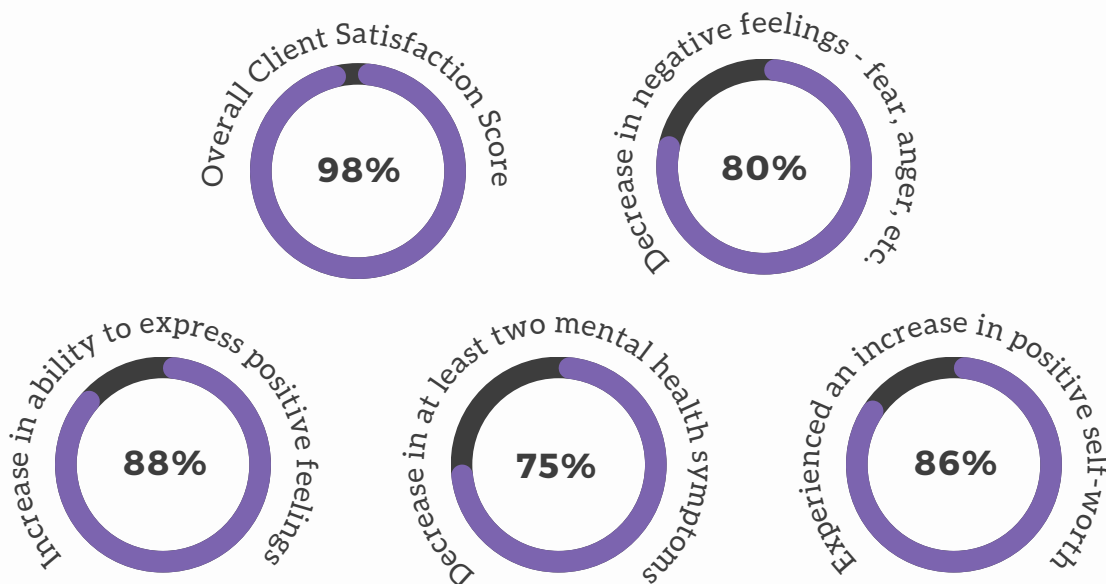
were in the Correctional Release Center in Chattanooga.

201 PREGNANT WOMEN

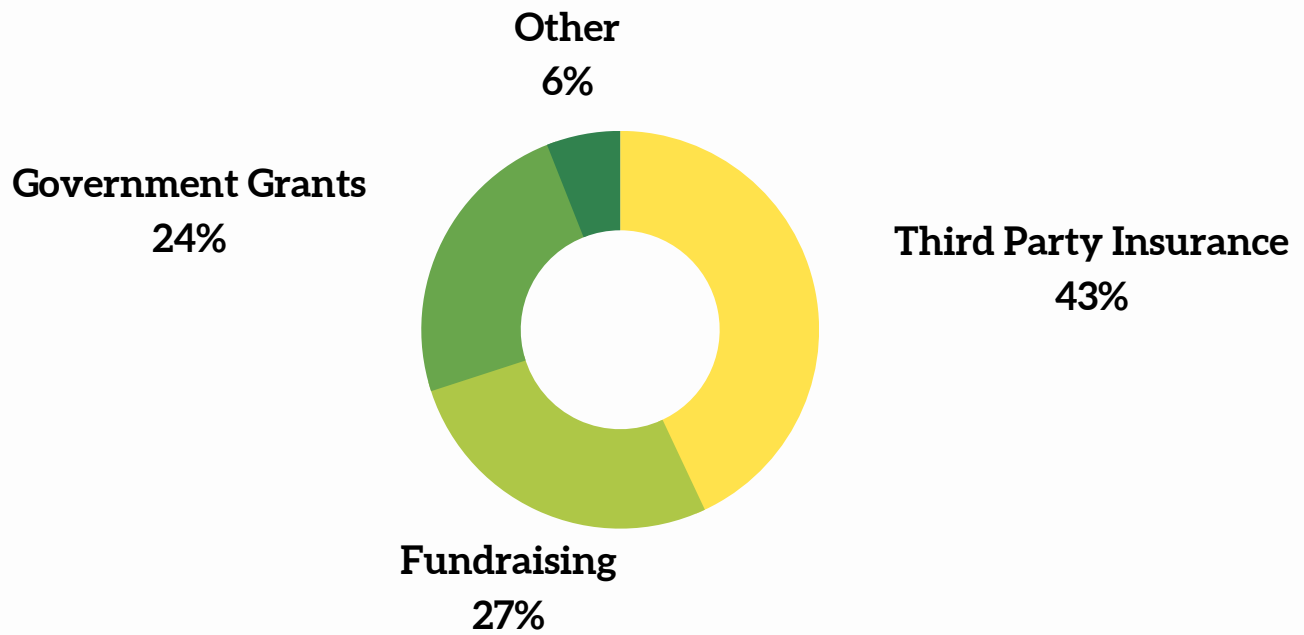
were admitted for treatment.

CLIENT OUTCOMES

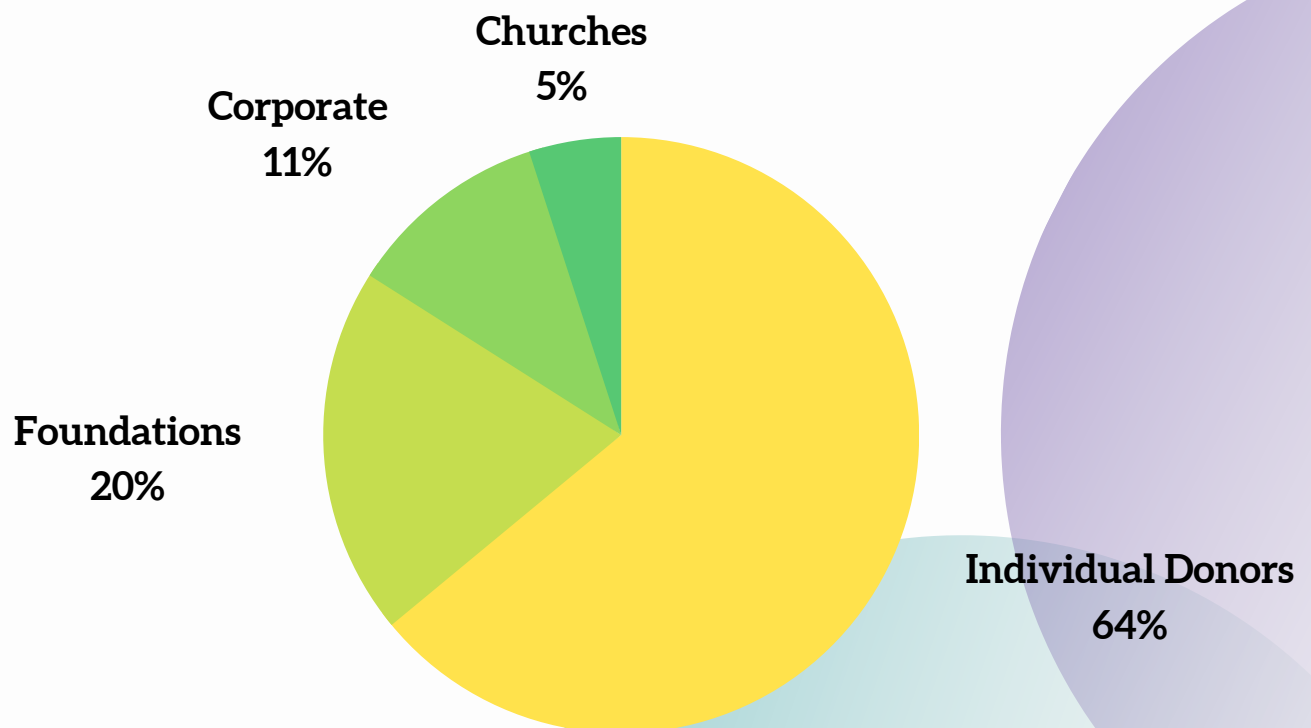
From admission to discharge, we are proud to report our 2022 clinical outcomes:



REVENUE - \$8.3 MILLION



FUNDRAISING - \$2.23 MILLION



ADDICTION TREATMENT OVERVIEW

PROGRAMMING:

The Next Door uses a treatment model that integrates 12 step recovery, faith, and evidence-based practices to address the needs of the whole woman – mind, body, and spirit. Our staff are highly trained in their respective areas, surrounding a woman with a team of experts who are equipped to meet her unique needs.

We offer care from Medically Monitored Detox, Residential Inpatient, Partial Hospitalization Program (PHP), Intensive Outpatient Program (IOP), through ongoing Aftercare Services.

GRADUATES:

538 WOMEN

successfully completed
the Residential Inpatient
Program in 2022.

32 WOMEN

successfully completed
the Partial Hospitalization
Program in 2022.

131 WOMEN

successfully completed
the Intensive Outpatient
Program in 2022.

In 2022, we transitioned our Residential Inpatient length to a set **28 DAY** program. Length of care makes a huge difference in achieving lifetime recovery. Therefore, each woman now stays for a full 28 days - regardless of insurance reimbursement.

This year, we revised our **THERAPEUTIC CURRICULUM** each week focused on the following topics through all touch-points with a client: mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance.

In order to best serve our clients, our residential therapists began conducting each clients' **INTAKE SESSION**. This transition helps clients build trust with their individual therapist and establish a sense of community from their first day at TND.

CAREDFOR APP:

We recommend all discharging clients download our free app, CaredFor, where they can connect with other TND alumni, get support, celebrate milestones, and stay inspired in their recovery.

This app is our own exclusive social media channel specifically for recovery-based support - allowing clients to connect with their recovery family. It also connects alumni to our CPRS team for ongoing one-on-one support, advice and encouragement.

We take pride in the increase in The Next Door's alumnae engagement in 2022:



3,009

total
CaredFor
users in 2022.

313

new
CaredFor
users in 2022.

3,301

private
messages sent
in 2022.

24,410

total logins
in 2022.

39,807

total
interactions
in 2022.

TIFFANY'S STORY:

At the 2022 Fall Benefit - Beauty for Ashes, Tiffany shared her story about seeking treatment at The Next Door. She courageously shared her story so that others can hear about the life-changing work TND empowers each woman towards.

*"The Next Door showed me a new way to live.
I'm happier today and feel like I am living
purposely for the first time in my life. I want
to be an example for others and can't wait to
sponsor and mentor other women who were in
my shoes, needing a second chance."*

-Tiffany



RE-ENTRY SERVICES OVERVIEW

"A chance. That is the greatest thing TND has given me! An opportunity to improve my life and myself regardless of my past history. TND looked at me and saw a person with possibilities. Not an inmate. I will forever be grateful to TND and I will take what I've learned here and live a better version of life for it."

-Former Client



OUR PURPOSE:

Our purpose is to assist our clients to successfully transition from incarceration back into the community. The Next Door's Correctional Release Center (CRC), located in Chattanooga, TN, serves women who are currently incarcerated. CRC offers an array of services to provide a holistic approach to meet our clients' needs throughout their transition process.

52 WOMEN

were in the Correctional Release Center in 2022.

22 WOMEN

completed the CRC program in 2022.

16.1%

recidivism rate for all CRC clients in 2022.

IN 2022, The Next Door - CRC completed capital repairs to the facility including: a new roof, siding, and gutters, getting a new boiler and fixing the HVAC system.

This year, we updated our **GROUP THERAPY ROOM** to match the trauma-informed, supportive environment of our program.

Our **WORKSITE PARTNERS** in 2022 included: Zaxby's, McAlister's, Panera, Dunkin Donuts, Krystals, McDonalds

EVENTS AND OUTREACH

Insurance reimbursements cover an average of 47% of the actual cost of treatment at The Next Door. That disparity requires us to make up the remaining difference through fundraising in order to continue serving our community with quality treatment services. Thank you to every individual, foundation, or church that gave financially to support our mission.



We hosted our 18th annual Fall Benefit, the 5th annual Songwriter's Night, and the 3rd annual Topgolf Fundraiser.

3 EVENTS

Over 957 dedicated community partners and friends attended one of our three annual events this year.

957 GUESTS

Thanks to the support of so many of you, The Next Door raised over \$607,028 from all three events in 2022.

\$607,028

In 2022, 21 local ministries graciously uplifted the mission of The Next Door.

21 CHURCHES

33 foundations financially supported our organization this year.

33 FOUNDATIONS

This year 56 corporations supported our organization financially.

56 CORPORATIONS

2022 BOARD MEMBERS

BOARD OF DIRECTORS

EXECUTIVE COUNCIL:

Anna Thornton, *Board Chair*
Rebecca Whitehead, *Vice Chair*
Laura McFadden, *Board Treasurer*
Jena Simmons, *Board Secretary*

BOARD MEMBERS:

Caroline Cook
Betty Dickens
Dr. Cornelia Graves
Katie Neighbors
Pat Olenick
Andrea Overby
Katherine Peters
Kevin Roddey
Liz Sillay
Dr. Chris Smeltzer
Mark Smith
Cathy Taylor
Rob Waggener

Thank you to our board members for the time, energy, and effort you give The Next Door. Your expertise and insight cannot be understated - we are so thankful for each of you!

NEXT GENERATION BOARD

EXECUTIVE COUNCIL:

Madalyn Bradley, *Board Chair*
Mary Denton Stumb, *Vice Chair*
Emily Terry, *Board Secretary*

BOARD MEMBERS:

Alicia Adlerz
Jessica Avery
Katelyn Benhoff
Hope Buckner
Maggie Draughon
Hope Ervin
Kirsti Goodhue
Bronte Goodhue
Jacinda Green
Alexis Jones
Leslie Kimball
Paige Maxwell Kuykendall
Lindsay Lockhart
Chelsea Eager Mason
Moirra McCravey
Chika Nwanebu
Savannah Flowers Quintero
Brianna Radcliff
Rena Clayton Rolfe
Ashley Starrett
Presley Townsend
Victoria Valdez
Diana Wallace
Gray Wallace
Jane Walsh
Maddie Waud
Jules Wilson



TND's annual Fall Benefit was hosted at the Fisher Center for Performing Arts at Belmont University.



TND staff thanking Lauren Alana for raising \$42,750 for The Next Door on CBS's Beyond the Edge.



TND's Residential Therapists celebrating Mental Health Awareness Month.



TND's Rock to Recovery, lead by Phil Bogard, was featured on ABC's Poisoned: America's Fentanyl Crisis.



The Donelson Fellowship donated 1,000 Life Recovery Bibles for admitting clients to receive.



The 2022 TND Board of Directors - thank you for your continued dedication to our organization!



TND Staff at the 2022 Homecoming Event to celebrate and uplift former clients.



Chrissy Metz, Catie Offerman, and Faren Rachels, performing at Songwriter's Night.



TND staff at the 3rd Annual Topgolf Fundraiser in April of 2022.



TND's Diversity and Equity Committee held an International Banquet for staff in July of 2022.



TND hosts a volunteer appreciation party to celebrate all of our amazing volunteers.



TND staff celebrates The Next Door's 18th birthday.