

Residential Treatment Services of Alamance  
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# Serenity Profile

A publication of Residential Treatment Services of Alamance, Inc.

January 2020

## RTSA - 48 years + and going strong, thanks to a strong community!

From the  
Desk of  
Ron Osborne



In 1971, RTSA started out in this community as Wesley Hall of Alamance, Inc. In 1990 the name was changed to Residential Treatment Services of Alamance, Inc. to more accurately reflect the services we provided. Now sometimes we do occasionally receive a call wanting us to come by and treat a house for bugs, etc., but since 1990 I believe most realize we are in the business of treating adults with substance use disorders and persons with mental illness.

We have grown over the years, and currently have a total of 43 beds in the community in four different locations. We serve approximately 550 people a year providing non-hospital medical detoxification, facility based crisis services, halfway house services, group home services and a recovery home for homeless women. We also operate a thrift store, **Trollinger Treasures**, which provides revenue to our recovery programs through the sale of donated goods. We own the Hall Avenue facility, Mebane Street Recovery Home for Women, the Administrative offices and **Trollinger Treasures**. We have two HUD group homes that will be deeded over to us when we have provided services in those homes for 40 years.

Each year, we generally operate on a shoestring budget. Over the years we added **Trollinger Treasures** to assist us in raising needed funds to provide services to those in need with no source of income. We have fundraisers during the year which include our

annual banquet and the jewelry sale that benefits the Women's Recovery Home on Mebane Street. We also have our annual Bid & Boogie - a fundraiser where we have dinner, a dance and silent and live auctions.

Our staff are top notch - we operate our entire operation with approximately 20 full time employees and about 15 part-time employees. These are licensed staff consisting of LCAS's, a CCS, RN's, a CPA and other staff trained in their field and certified when necessary. We also contract with a physician and a family nurse practitioner for services. Our facilities are maintained and look nice and are decorated appropriately. Our Board and staff maintain each of the facilities so all are comfortable and safe when receiving services.

The people we serve have been through some very difficult times; they often need to be retrained about everyday living while learning more about their addiction and/or mental illness. Nearly every person receiving services from RTSA states they feel secure, safe, respected and nurtured while in one of our recovery programs.

We have been providing treatment for over 48 years in this community. We have survived the many changes in the mental health and addictions field, and I attribute the survival of this agency to our supporters, our advocates and our financial donors. We need that strong advocacy and financial support to continue to meet the needs of our community and to continue to be a facilitator of change for our residents. I thank each and every one of you for your encouraging words, your thoughtful support and your prayers for our services to continue in this community. God bless you all!



### What a difference a year can make!

Eleven months ago I was pretty much unemployable, homeless and couldn't be trusted. After coming to the conclusion that I was sick and tired of being sick and tired, I decided to get some help. After I finally sought the help I needed, I was referred to RTSA and I was accepted into the program with open arms. From the day that I walked in the doors here, I have been guided and retaught a new way to live without the use of any kind of substances, and on this day I feel like it was one of the best decisions of my life. I have been redirected to a way of life that I never could have imagined. I now have a full time job, I have my family members back in my life that I never thought would speak to me again. But most of all, the staff here at RTSA showed me that I can love myself and that every decision I make begins with me. I can't put into words how grateful I am for the staff here and the programs that have changed my life in the course of months. I have a place that I can call home. I have a steady paycheck, I have a huge network of friends and family that actually care about me and the decisions I make. All in all, I have to say that I have been blessed with an opportunity that very few people get and I am very thankful for it and the changes that have occurred in my life over the last year.

CT

### Best Re-sale Boutique!



Providing recovery programs  
through the sale of donated goods

**Donate - Shop - Volunteer**  
**Help someone in Recovery**

403 Trollinger Street, Burlington, NC  
336-227-8500

The following have made memorials and/or honorariums since our last newsletter.

**Memorials**

- Dick & Becky Bell**  
by Duane & Med Burchett
- Steve Benfield**  
by Sylvia B. Hayes
- Tommy Benfield**  
by Sylvia B. Hayes
- Worth Bolton**  
by Flo Stein
- Congressman Howard Coble**  
by Jan Scott
- Emily Kay Lawrence Farrar**  
by Wanda & Tony Combs
- Al Fogleman**  
by Velma H. Price
- Ralph Holt**  
by Tony & Mimi Holt
- Caroline & Iredell Hutton**  
by Gail C. Nelson
- Larry & Teresa Isley**  
by Geraldine & Thomas Mix
- Leigha Martinelli**  
by Mr. & Mrs. R. H. Vickery
- Elizabeth Phinney**  
by Richard Phinney
- Hope Phinney**  
by Richard Phinney

- Bill Sizemore**  
by John M. Coleman
- Ann Stearns**  
by Dale Stearns
- Les Van Fleet**  
by Linda Van Fleet
- Livvie Vann**  
by Becky Vann
- Grady Webb**  
by Polly Webb
- Jane Webb**  
by Joseph Webb
- Zach Wilson**  
by Butch Wilson

**Honorariums**

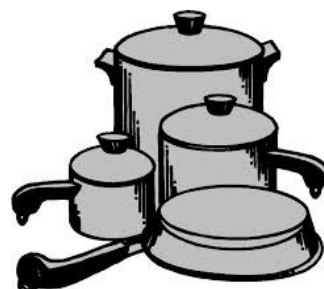
- Charley Barnes**  
by Ed & Carolyn Barnes
- Ben Holt**  
by Diane & Sidney Holt, Jr.
- Ron Osborne**  
by Jenna V. Johnson
- Steve Parrot**  
by James Shropshire
- Jeff & Fran Smith**  
by Fay Y. Gibson
- Kelly Stanley**  
by Ed & Carolyn Barnes

**Trollinger Treasures needs inventory!**

Our thrift store, **Trollinger Treasures**, is getting low on merchandise and we need your donated items! Take the time to clean out those closets (how many sizes do you realistically need to keep), kitchen cabinets, storage areas, linen closets, etc. We are really low on household items! The store has been extremely successful the last few months in selling donated goods and in turn



providing proceeds to the recovery programs at RTSA. Help us keep those funds flowing - we can even pick up large quantities or large items. Call 336-227-8500 to schedule a pickup!



*Thank You!*

...to the **Times News** for the **Love Enough to Share** campaign which allowed readers to contribute money to RTSA to purchase Christmas gifts for the 43 residents within our four facilities in Alamance County. These donors made it possible to give presents on Christmas day to each of our residents.

...to **Your Local Greens** for the donation of salads we received at our Hall Avenue facility. These greens were extra special and the residents enjoyed a great deal of salads following this fabulous donation!

...to **Belinda Grady** for the 12 poinsettias you donated for the Mebane Street facility and Hall Avenue facility. The poinsettias made both facilities much more festive for the Christmas season.

...to **Sandy Edwards** for the Chicken and Rice and Punch she made for the Hall Avenue Christmas Party.

...to **Jeff Prichard** and **Rick Snider, Jr.** for your service on the Board of Directors - you will be missed. Thank you for your advocacy and time spent with the organization over the years.

**Crestview Group Home appreciative of new furniture!**

Thanks to the generosity of the **Calvin & Julia B. Howard Family Foundation**, the women at Crestview have new living room furniture. Residential Treatment Services of Alamance had an open house on Tuesday, January 7th to showcase the new living room. Most of the furnishings were purchased new at Bella's House and the lamps and centerpiece were found at Tuesday Morning. The mirror and picture were donations from our thrift store, **Trollinger Treasures**.

We are ever so grateful to the **Calvin & Julia B. Howard Family Foundation** for seeing a need and granting us the opportunity to change out the old furniture and make the living room a showplace again.

Our Board of Directors and staff are strong advocates for having all of our facilities looking good, being comfortable and being a place that each would feel comfortable in having a family member being served.

**Mrs. Julia Howard**, you are a true angel to the women of Crestview!



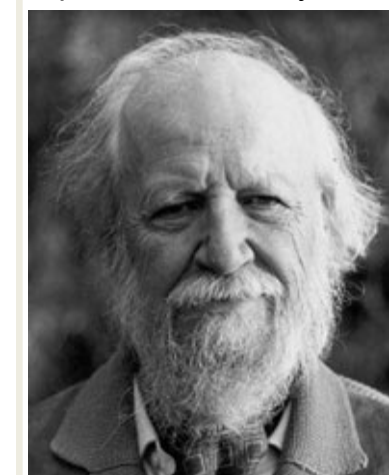
**Suboxone is now available for detoxification at RTSA**

The RTSA Detoxification and Crisis Unit now offers Suboxone for those going through opiate withdrawals. The tapering dose makes the detoxification much more humane. This particular change in protocols began January 6, 2020.

If you are in need of detoxification for alcohol and/or other drugs, or in a mental health crisis, call the unit at **336-227-7417** for bed availability. Stays generally take 3-5 days with some cases needing a few more days, depending on the overall health of the patient. For those unable to pay for services, RTSA can generally provide services to all meeting the criteria for admission. We recently received a donation which we are using to help pay for Suboxone and we are exploring other funding options since these monies are not guaranteed to always be available.



"I think women are foolish to pretend they are equal to men. They are far superior and always



Sir William Golding  
British Novelist, Playwright & Poet  
1911 - 1993

have been. Whatever you give a woman, she will make it greater. If you give her sperm, she will give you a baby. If you give her a house, she will give you a home. If you give her groceries, she will give you a meal. If you give her a smile, she will give you her heart. She multiplies and enlarges what is given to her. So, if you give her any crap, be ready to receive a ton of sh\*\*!"

*Editors Note: I saw a good friend recently and she was telling me she enjoyed my article in the last newsletter titled, "I have good women in my life!". She shared with me a quote from Sir William Golding; thought you might enjoy it!*  
Ron