

Residential Treatment Services of Alamance
P. O. Box 427
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Be Santa’s Helper this year!

Each Christmas RTSA purchases Christmas gifts from donated funds designated for gifts for our residents. Please consider making a donation to purchase needed items for the residents. Case managers/Counselors shop for needed items for each of our residents. If one needs something special for work, such as work boots, a coat, or etc., we try to meet the needs of the residents. We are often surprised at the number of residents who have not received a Christmas gift in years.



Women of First UMC of Graham will be Santa’s Elves

The Women of First UMC of Graham will become Santa’s Elves again this year wrapping all the presents for our residents. They volunteered last year, enjoyed it so much, they are taking the project on again! Thanks again to the Women of First UMC for making our residents feel extra special on Christmas day with beautifully wrapped gifts.



Providing recovery programs through the sale of donated goods

336-227-8500

403 Trollinger St • Burlington, NC

Serenity Profile

A publication of Residential Treatment Services of Alamance, Inc. November 2022

We had a rough year, let’s make it better!

From the Desk of Ron Osborne



As we near the end of 2022, we hope to be closing out a year where things will be looking better than last year. This past fiscal year was a rough year for RTSA. With Covid and having to reduce utilization to looking after the safety and well being of residents and staff, we took a financial beating. We were able to take care of several renovations, but that even made our bottom line look more depressed. I’m a firm believer that if we do things right, we will be able to overcome these hard times and things will improve for the new year. We are focusing on increasing utilization, working with the health care managed entities in easing some barriers to treatment and looking at all job descriptions assuring all are doing and emphasizing good and sound practices in maintaining revenue streams for the agency.

As we look toward the holidays, we have a major expense coming our way which will require us to replace a roof at Trollinger Treasures. This is a major capital improvement we had not expected. Hopefully we will be able to receive some nice donations to assist with this expense.

With Thanksgiving nearing we are ever so grateful for all our blessings and especially the blessings of the residents in our programs. They will be celebrating sobriety, clean living and learning to work an honest program of recovery. Our Thanksgiving meals are always time to reflect on the good in our lives and how we can pass that along to others.

We are already preparing for Christmas and one of the things we are most proud of is our donors who designate contributions so we may purchase gifts for our residents at Christmas. We have each resident fill out a wish list, and as monies become available, our Counselors/Case Managers purchase needed gifts. Toiletries, and undergarments are always high on the list. If someone needs a coat or work boots, we focus on their needs and try to purchase those things that may help with that new job, etc. Then December 20th comes and the Women of First United Methodist Church of Graham pull together and wrap all the presents for our 43 residents in treatment, all with pretty handtied bows. These presents are then delivered to the residents on Christmas Day where they open their goodies. Over the years we have had many who had not received a Christmas presents in years. Christmas Day is a special day in all of our facilities thanks to the generosity of others.

Please consider making an end of the year donation to RTSA. We are reliant on donations to assist us in treating adults with mental illness and/or substance use disorders. We own our Hall Avenue 25 bed facility, Mebane Street six bed facility, Trollinger Treasures and our Administrative Offices. Our two Crestview Drive group homes will be ours once we have operated them for 40 years.

Your gifts, no matter the size, helps tremendously with the running of this organization. Thank you for your consideration.

Wishing you and your family a happy holiday season filled with laughter and embracing your strength with gratitude!

Gratefully yours,

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

Memorials

Worth Bolton

by Flo Stein

Elise Blair “Tootie” Burke

by Sandi Moulton

by Carol A. Wooten

Susan Goss

by John G. Hutton

Iredell & Caroline Hutton

by John G. Hutton

Harry LeGette

by Chuck & Belinda Grady

Ginny McCreary

by Tom & LuAnn Summers

Saunders Moore

by Sarah Moore

Steven M. Nix

by Steven Walton

Ann Stearns

by Dale Stearns

Gwen Tidwell

by Jacque Quick

Honorariums

Todd Perry

by John G. Hutton

Fran Smith

by Fay Gibson

Rev. Carrie Tuttle

by Bob & Racine Rice

Linda Vaughn

by Katherine Floyd

Thank You!

...to **Sam Holeman and Sharron Joyce** for their numerous hours of volunteer work cleaning, repairing, organizing, pricing, setting up and working the Jewelry Benefit Sale. Your efforts along with staff and other volunteers during the sale made this fundraiser a success, we thank you for your dedication and service to RTSA.

...to **Deb Barnes, Sandy Cox, Jane Ferrita, Gaylene Fogleman, Belinda Grady, Mary Margaret Harris, Cindy Kearns, Debbie Ludovissy, Main Street Cakes, Sharon Milam, Denise Snead, Linda Vaughn, Tom & Vickie Whitaker & Yesterday's Grill** for donating desserts for the VIP night of the Jewelry Sale. All of your cakes, pies and fudge were the hit of the night and made our Women's Night Out the largest and most attended.

...to **Salem Presbytery** for their donation of **\$3,500** from the Pennies for Hunger Campaign to assist us in feeding our residents at the Hall Avenue facility.

...to **Alamance County** for a grant approved by the **Justice Advisory Committee** of **\$9,771.69** to assist us with repairs to the kitchen floor and purchasing a commercial refrigerator at the Hall Avenue facility.

...to **Representative Dennis Riddell** and **Senator Amy Galey** for advocating and getting us in the **North Carolina Budget** with a grant of **\$50,000** to assist us in the operations of our treatment programs.

...to the **many AA & NA speakers** who spoke at our Celebration of Recovery event held under the tent at the Hall Avenue facility on September 23, 2022. Your experience, strength and hope helped our residents and was an inspiration to all.

...to **Margie Clark** for the donation of pampered chef baskets to distribute to graduates of our residential programs. These items help out a lot when starting a kitchen.

...**Denise Snead** for the beautiful arrangements you made for our annual banquet November 3rd at the Country Club. They were fabulous, even the Country Club staff said they were the most beautiful fall arrangements they had seen this year.

...**Saint Marks Church, New Covenant Holy Church, First Presbyterian Church, First UMC of Graham - Gordon Painter SS Class, First UMC of Graham - Women of the Church, Elon Community Church, First Baptist Church of Apple Street, Faith UMC, and First Baptist Church** of Graham for your assistance throughout the Year. Your support of our agency is truly appreciated.

2022 Banquet

Our Banquet was held at the Alamance Country Club on November 3, 2022 where we celebrated 51 years of service to the community, recognized our Community Partner of the Year, Volunteer of the Year, Employee of the Year while laughing with Comedian Jan McInnis. See copies of the awards on this page.

During 2022, the agency provided 296 individuals with services. These individuals represented 11,302 days of services within the agency and 33,854 meals served during the year.

RTSA supports their mission by improving the lives of adults by effectively collaborating with community partners. They are able to access and gain support from...Primary Care Providers, Clinical Services, Vocational Rehabilitation Services, 12 Step Community, Judicial System, Personal Wellness & Grooming, Job Preparation & Placement, Family Services, Faith-based Services and Daily Living Skills.

Residential Treatment Services of Alamance, Inc.

2022 Volunteers of the Year

This award is presented to

Thomas & Pat Walker

in gratitude for your dedicated service as
volunteers for Residential Treatment Services.

Today, not only are you regular customers but cherished volunteers who come in several times a week and spend hours replenishing the books, cd's & dvd's. If a customer needs help carrying something out to their car, you always make your self available. What ever the request for assistance, you follow through helping us with much needed tasks making the jobs of others easier in providing customer service to our patrons.

It is hardworking, dedicated volunteers like you that have helped make RTSA the life changing agency it has been for the past 51 years.

11-03-2022

Residential Treatment Services of Alamance, Inc.

2022 Community Partner of the Year

This award is presented to

Christmas Cheer

in gratitude for your dedicated service in
providing assistance to RTSA.

We applaud your efforts in serving this community. Your support of assistance to Residential Treatment Services of Alamance this year has benefitted the agency and the residents we serve in numerous ways.

Your donation of extra shelving that our residents unassembled and then rebuilt at Trolling Treasures, nearly doubled our shelving capacity in the basement. Your donation of body wash, soaps and hand sanitizers along with numerous socks has assisted us in providing needed items for our residents.

We are proud to have you as a Community Partner, making Burlington a better place, meeting your mission while assisting others when you have an abundance of items. Thanks for your efforts in assisting those in need of substance abuse & mental health treatment.

11-03-2022

Residential Treatment Services of Alamance, Inc.

2022 Employee of the Year

This award is presented to

Dana Gates

in gratitude for your dedicated service as an
employee of Residential Treatment Services.

You work well with others and have a good attitude. When given assignments, one knows that they will be completed. You take pride in your work assisting residents with their recovery. Your willingness to come in at a moments notice is appreciated, and filling in on whatever shift is needed is a blessing. Your genuine and sincere love of helping those suffering offers hope. Your gift to direct and lead navigates those to the beginning of their journey. Your presence offers INSPIRATION to all!

Thank you, Dana, for your service to this organization. Your tireless work and commitment to RTSA is one of our greatest resources.

11-03-2022

Banquet Sponsors

Emerald Sponsors

LabCorp
Anonymous Donor

Gold Sponsors

Dale Stearns
Eda Holt
Nina S. Hunt
First Mayson Properties, LLC
Margaret Beatty
Pinnacle Bank

Platinum Sponsors

Tom & Vickie Whitaker

Trust Company of the South
Leoma D. Baker
David & Cathy Moore
Mary Margaret Harris
New Covenant Holy Church

Silver Sponsors

Knit Wear Fabrics, Inc.
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Ed & Carolyn Barnes
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Fisher Wealth Management

Sarah Moore
Cox Chrysler Dodge Jeep Ram
Thomas, Chandler, Thomas & Hinshaw
Jean Allred
Blind Ambition Window Coverings
Kernodle Clinic

Bronze Sponsors

William Beyer
Helen LeGette
Tim & Natalie Miles
King Electric Company

Pittman & Steele, PLLC
Willie Saul & Son Plumbing
Elon Community Church
James & Cora Strickland

Friends of RTSA

Sharon Milam, Flo Stein, Drs. Jim & Susan Barnes, Jerry & Diana Cummings, Chuck & Belinda Grady, Janet P. Woody, Holt & Kay Davis, John Hutton & Kathleen O'Neill, Tom & LuAnn Summers, Nancy L. Thomas, Daniel & Kim Moore, Barney Rice, Judith Rodgers, Peggy Cheshire, St. Marks Church, First Presbyterian Church, Sandi Moulton, Jacque Quick, Gordon Painter SS Class - First UMC

Trollinger Treasures

Trollinger Treasures has been assisting us in operating our treatment programs for over 19 years. This past year, the profits from Trollinger Treasures brought in \$57,772 back into the agency for treatment. Over the last seven years, \$120,000 has been brought back into treatment along with purchasing a new box truck for the thrift store. Your donations count! Below shows a breakout of some of the types of sales.

2021-22 Fiscal Year Sales

TOTAL SALES

\$176,819.21

Total Sales

62,083

Total Items Sold



\$70,250.85

Clothing Sales

22,176

Pieces Sold



\$77,841.60

Household Items

38,943

Items Sold



\$21,564.30

Furniture Sales

816

Items Sold

Trollinger Treasures

FY 2021-22 Volunteers - 37

Total Volunteer Hours - 6,444.5



Call to arrange your next pickup 336-227-8500

I am thankful for Crestview Group Homes and the Caring Staff

I am thankful for things you have helped me with: 1) You helped find a safe and stable place to live, 2) You have been there to listen to me about the hardships I have had, 3) You have enabled me to maintain my physical and mental health to be productive in the world. 4) I am able to be independent which allows me to make my own decisions. 5) They help me with making sure I take my medications and stay healthy. 6) They help me problem solve and listen to me if I need to talk about something that is bothering me. 7) We have taken trips to the beach, to the circus, to the zoo, to the arboretum, to White Lake and the State Fair, and to the movies. On Friday nights we go out to eat where we want to go and come home and watch a movie. 7) Living at Crestview I feel safe, my needs are met and they have taught me how to get along with others. 8) I want to thank Sharon Tapp, Stacha Elliott, Bevonda, Sharon Cole and Curtis White. They give me purpose and privilege to join together for a better world in relationships that supply healing for my needs and wants. 9) I am able to get a good restful sleep.

A Safe & Stable Place to Live

Stanley B.

Life was Miserable!

I lived in addiction for 20+ years. During that time, I had a hard time getting and keeping jobs. I had a hard time keeping relationships. I didn't trust people. My own family lost their trust in me. Life was miserable. I stole to make ends meet. I lied. I cheated. Although I knew in my heart I wasn't this kind of person, I couldn't help but do whatever my disease told me to do.

I knew in my heart I wasn't this kind of person

I started hitting my bottom at the beginning of 2022. In January my girlfriend died of an overdose. Soon after, my older sister died from one as well. I kept getting arrested and I finally I just had enough.

I went to jail on May 17th. There I was given the opportunity to come to RTSA for treatment. At first I didn't know what to expect but I knew I had nothing left to lose. What I have experienced since then has been nothing short of amazing. Here I have learned to live without the use of drugs. I've

I have found the me that I knew I really was.

learned how to have structure in my life, responsibility, etc. I learned how to trust people through the awesome fellowship. I have found the me that I knew I really was.

I'm so grateful for my family and friends here at RTSA. They gave me a second chance at life. One that I never thought I would have. I will never forget this place or what I have learned here.

One day at a time!

Robert H.

Holding on - to find a better way!

Suffering was a daily experience, and one condition I tried to drink away. Drinking didn't relieve it, only modified my perception of it. I was trying to hold on until I could find a way to get better.

There's more details such as homelessness, suicide attempts, depression, anxiety - pain, more pain - and me trying to escape that pain by any means necessary.

June 30th I walked out the the literal forest which had been my home for several months. Trying to get to the hospital, the lobby of RHA was as far as I made it. The receptionist there called for an ambulance. Eight days later I was discharged from the hospital after medical detoxification. July 19th I was able to get into RTSA. Since then life has greatly improved.

Recovery life is worth shouting about! The person I'm growing into is someone I love & like. There is a ME I enjoy taking care of and, will go to any positive lengths to continue to enhance & sustain this life. This program has helped me by learning to amplify the positive qualities I have, and the tools to extinguish any negative aspects of the past.

The staff and the residents here, the learning environment, all come together to allow healing and to learn a better way of thinking and living. A process initiated by walking through the doors of a safe space to recover (RTSA), substantiated by the staff, residents, the people I've met in AA & NA - all of it motivated by a desire to become the person I was born to be.

Staff & the Residents here, the learning environment, come together to allow healing

Sean H.

A Woman's Journey

Of all the things that scared me most in AA is admitting I was an alcoholic. One of the most baffling statements is "Just for Today".

"Just for Today" doesn't exist to a drunk. In addiction, I planned my paycheck around alcohol. While drinking, I was mentally rationalizing if I had enough to get me through the night and until 9am the next morning. A squirrel's strategy of stashing for hibernation is nothing compared to the skills I had acquired. Airplane bottles were a part of my treasure hunt in the dawn. I worked to drink...and I had to drink in order to get work done. "Just for Today" does not exist when you'll start shaking again after 2 hours of not drinking. Perspiration and racing thoughts begin. The smell... Hygiene is the first to tell on a person's mental state. It's hard to smell yourself when the only thing to which you've become acquainted and even like is the smell of whiskey straight. If I could stand up in the shower... The only reason I wanted to take a shower was to be decent enough to make it to the ABC store. GOD forbid I be refused service because I already reeked of booze and had to be turned around when I've stayed up all morning to see the clock turn 13 minutes til the hour; if the traffic light caught me I'd arrive at 9:02am which increased my chances of being seen. If it was a smooth ride, I'd get there as soon as the door unlocked. So how could I go on to imagine "Just for Today" when I couldn't even taper, not even til' noon. Every method of reducing, I tried. If only I could not start after lunch hour, I wouldn't be so bad off. I'd sleep in so I wouldn't have to pace the floors with nothing on my mind besides a shot. But there was one problem, I couldn't sleep for more than 5 minutes without a shot. "Just for Today" is so much when you can't even make it just til' afternoon!

Today is another day down at Mebane Street Women's Recovery Program. It didn't seem impossible when I awoke but it wasn't filled with excitement either. Nowadays, my "Just for Today" presents itself as the day unfolds. The day I got cussed at by a homeless woman for not giving her a dollar and I saw, in her, myself when I was drunk and couldn't get my way... that was enough to keep me from drinking just for that day. The day I watched an AA veteran pick up a white chip after 8 years of sobriety and it humbled my confidence... that was enough to keep me from drinking just for that day. The day I found the RECOVERY sign in the store; the day my boss said, "me too" when I revealed my situation; the day my daughter opened up to me about puppy love; the day a drunk told me, "I can't wait until I'm ready to do what you're doing"; the day I got my car legal after years of just driving back streets; the day I didn't have to tell my friends not to invite me; the day I stood in front of the mirror and tried that stupid idea my sponsor encouraged of me to speak of good things to myself and daily affirmations while hiding the fact that it did do me well. All those days had their own "Just for Today".

Today, I went to empty some trash at work and heard rumbling in the huge garbage bin. I finally met my first 'dumpster diver'. I could tell that I startled her. Her face was broken out and I could assume why but I had no desire to confirm. Without a second thought, I lowered my trash and spoke quietly, apologizing for disturbing her. She thanked me for not throwing my bag away while she was in there as it was proof that others had maliciously done so before. I am not them. Matter of fact, I was her. I let her tend to her business and also told the team to give her a few moments to collect the things we had discarded and to pay the rumbling at the back door no mind. I wanted to return with food and a bottle of drink but I didn't want to go overboard and have my kindness mistaken for me treating her like a stray animal. I wanted to keep her dignity intact. I remember days where I was offered food because I had become so small and the bottles in my hand were almost as big as me.

Today had its own "Just for Today". Because of the clarity that abstinence has offered, I was able to win another chip that expires at midnight and is to be regained before my feet hit the floor in the morning. Thank GOD for my "Just for Today...JUST FOR TODAY"!

Excerpts from the daily journal of Millie T.



Treatment Works!

RTSA
Changing Lives