

NEW EARTH RECOVERY

ANNUAL REPORT 2023

MIDDLE WAY
ACUPUNCTURE
INSTITUTE



2023 NER Staff and Residents , 4% Friday Grant Acceptance

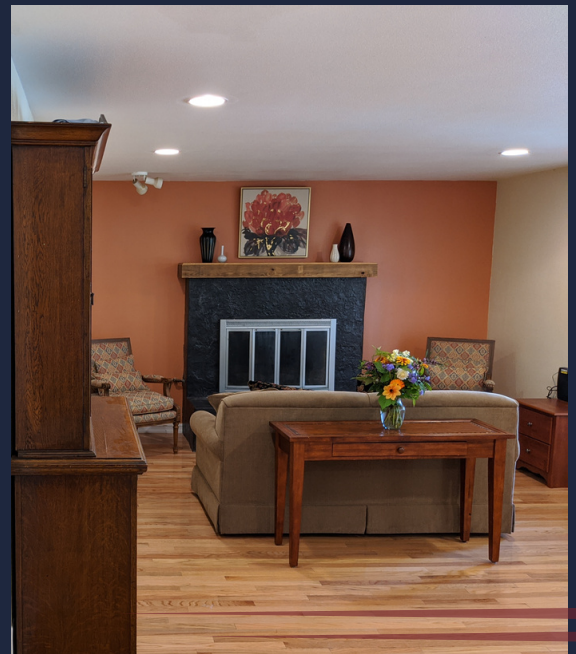
Who We Are

New Earth recovery loves, strengthens, and accompanies people in recovery from addiction through faith-based healing community.



New Earth Recovery is a registered 501c3 non-profit Christian ministry located in Mount Vernon, Washington. New Earth Recovery operates five recovery homes in Skagit County. For Women: Faith House and Willow House and for men, Cedar House, The Foundation, and The Trust . We offer both entry level and second-step recovery programs.

New Earth Recovery is unique in our community, providing the only long-term residential recovery program in the region. More than housing, New Earth Recovery offers close staff accompaniment, structure and accountability, a relapse prevention program, and encouragement in faith. New Earth Recovery has earned the respect of the community and is known in treatment facilities, agencies, and courts as a place where residents receive excellent support and care.



Our Core Values



Effective and Proven Recovery Practices

In a long-term, structured program informed by current research and best practices, staff accompany and challenge program participants in the journey from sobriety to full recovery. As they heal from life traumas and the aftermath of active addiction, residents work to establish new support systems and practices that undergird a sustainable and fruitful life.

Healthy Community

In New Earth Recovery homes, residents rebuild important relationships while forming new ones. Recovery and healing require healthy trusting connections with others, the ability to navigate conflict effectively, and a broad community of support and accountability.

Engaging People in Christian Faith

Daily rhythms provide opportunities for residents to explore prayer, worship, and relationship with the loving God revealed in Scripture.

Staff demonstrate God's grace through caring and redemptive practices, as residents from all backgrounds are invited to experience faith anew.

Advocacy

Staff members advocate for residents as they navigate societal systems that feel insurmountable. In addition, New Earth Recovery works to address embedded perceptions about people caught in addiction, through bridge-building seminars and community engagement.

The Need

Drug overdose is now the leading cause of death for people between 18 and 45 years of age. In 2023, on average, 306 people died every day from drug overdose in the U.S., up 237% from seven years ago when we started recognizing this statistic. Drugs are more lethal and overdose reversal drugs are less effective on the newer synthetic blends.

Rates of anxiety and depression increased significantly during the pandemic and haven't decreased. We are all exposed to more information than ever before, much of it is distressing and most of which we can't do anything about. These realities combined with a growing sense of isolation draw many to the anesthetic effects of alcohol and drugs.

We believe the answer to these complex realities lies in intentional community that connects people to one another and to a loving and powerful God.



New Earth Recovery continues to be the only Skagit County provider of long-term recovery housing with staffing, mentorship, and a relapse prevention program, providing safe and stable homes where residents can build a community of support and a life of purpose.

Resident Highlights

Enrollment in the NER program impacts not only our residents, but their children, families, and the community as a whole. As healthy graduates re-engage in relationships, service, and vocation, we see and feel the tangible effects that healing from trauma and addiction brings.

We served 68 residents in 2023!



During the year:

- 40 reported starting or deepening their faith
- 32 restored relationships with family
- 23 found employment or attended college while in residence, while the rest volunteered in the community
- 25 completed the Genesis relapse prevention program
- 8 regained their driver's licenses
- 5 who had unresolved court issues became free from justice system involvement
- 13 moved into our graduate homes
- 4 regained custody of their children

**New Earth Recovery has served 308 people
since we opened our first house in 2011!**

Volunteers and Partnerships



Recovery requires community for support, accountability, and relief from isolation. To this end, we seek to build bridges between local churches and those in recovery. In 2023, we continued partnerships with Bethany Covenant Church, Community Covenant of Clear Lake, Faith Community Fellowship, First Lutheran, First Christian Reformed, Communion Church, Grace Presbyterian, and Mount Vernon Presbyterian. Partner churches provide volunteer work crews, mentors and advocates for residents, assistance with fund-raising events, dinners for residents, rides, Christmas stockings, places to fellowship, and support for the ministry's operating fund. We are deeply grateful for the numerous tangible ways volunteers have supported our residents.

We also partner with many local programs and agencies, including Skagit County Public Health, Skagit County Detox, Community Action, Catholic Community Services, Evergreen Recovery Services, Lifeline Connections, First Steps, and Friendship House.

Notable Events



Recovery Day at the Mariners

On August 27, we took 22 of our residents to T-Mobile Park to watch the Seattle Mariners play and join with over 1,200 other people in recovery. We're thankful to the donors who made it possible for us to attend.

Noel Christmas Concert

On December 1, we kicked off the Christmas season enjoying the magic of the season through the beautiful music of Noel. This annual fundraising concert has become a community event that we all look forward to each year.

Thank you, Bethany Covenant Church, for hosting this event and for all our donors who generously gave to the work of NER.



Facility News

Willow House Purchase



Thanks to a generous matching grant from the Murdock Charitable Trust and more than 20 individual donors, we were able to purchase Willow House, the home of our women's graduate home this year. We also owe special thanks to Eliot and Susan Blom who rented and sold us their family home. Owning our homes significantly impacts our long-term financial sustainability.

Solar at Willow and Faith House



Part of our Willow House purchase included the upgrade of its HVAC system and installation of a solar array which will completely cover our electrical costs in perpetuity. In addition, thanks to a generous grant from the Solar Moonshot Program, we were also able to install solar at Faith House which will save on utility bills and further our sustainability goals.

Recovery Cafe Skagit



We're always looking for ways to fill the gaps in what we've come to know as the continuum of care in our community. In other words, we have our eyes out for new "onramps" to a life of recovery and wholeness.

For those who are ready to embrace a major change in their lives, our homes offer an ideal environment full of love, accountability, and support. We know however that for others, the onramp to recovery is much more gradual. Also, we know that people in all stages of recovery need third places--places different from home and from work where they can learn more about who they are, what they enjoy, and what they're good at--places where they can know others and be known.

After much collaboration with coalition partners and support from Skagit County Public Health, on March 21, we opened Recovery Cafe Skagit! New Earth Recovery is serving as the cafe's fiscal sponsor until the forming organization earns independent nonprofit status.

Since opening, we've seen a number of miracles in the lives of cafe members and several members have moved into NER homes.



Our 2023 Garden



Our sixth consecutive growing season at the New Earth Garden brought an enthusiastic flurry of volunteer involvement and connectedness between our houses like we had never seen before. Many of our entry-level men were more invested than they have ever been as we planted, weeded, harvested, mowed, weed whacked, and maintained the Faith House grounds.

Our paid internship program supported three fantastic entry-level women who immersed themselves in learning, promoting, and leading our Flower Share Membership to the community. They took ownership for starting seeds in early spring all the way through to arranging beautiful bouquets each week. They grew in their job and communication skills, partnering together and consistently responding to what our field needed from day to day. They made enough bouquets to support all of their part-time paid positions for the season. One intern even got a full-time job in landscape horticulture after completing our program. We also did special flowers for funerals and other special occasion requests which presented the interns with new creative challenges. Our male residents also rose to the occasion of making bouquets for friends, sponsors, family members, and birthday gifts, some for the first time in their lives.

Staff and residents working alongside each other in this positive social setting are engaging on physical, emotional, spiritual, and relational levels. It was rewarding week after week to circle up at the end of our work time and have people share about the satisfying experiences and new discoveries they had made during their time outside. The benefits of a therapeutic garden setting for people who are healing from grief and loss, life traumas, and addictions of all sorts have never been more evident to us as it was this year in the New Earth Garden.

Genesis Relapse Prevention

The Genesis Relapse Prevention Process has proven to be a foundation of the New Earth Recovery program. Residents participate in Genesis groups each week in their homes, as well as one-on-one relapse prevention coaching with committed Genesis-trained volunteers.

Genesis is unsurpassed as a process to uncover and heal wounds which caused individuals to seek drugs, alcohol, and other destructive coping behaviors. Our residents report that the process makes a life-changing difference in their recovery journey.



"Recovery is learning to trust again."

Michael Dye, Author of The Genesis Process

From Curb to Kitchen

Anthony's Story

Anthony grew up in northern California with his mom, stepdad, and little brother. He grew to be an accomplished skateboarder and developed tight relationships with his friends. Like so many of the people we know, Anthony started experimenting with alcohol and drugs as an early teen, sneaking drinks at parties or while hanging out with friends. Through a number of family moves, the repeated re-incarceration of his father, and a number of other challenges, alcohol became Anthony's primary way to cope. As a young adult with culinary skills and a lot of experience, it was easy for him to get work, but hanging onto it was much harder.



On a spring day 20 years later, Rachael from our Recovery Café staff (and an NER graduate) saw Anthony sitting on the curb outside the café. He was staring into the distance and was in tough shape. He had been homeless for months and was intoxicated most of that time—the cafe manager had seen Anthony lying unconscious three times that day at three different places. Rachael invited him inside for something to eat and a conversation. He was done—at the end of his rope, and ready for a change. Thanks to the Mount Vernon Police Integrated Outreach Program, Rachael and staff were able to arrange for a quick assessment and admittance to detox. After detox, Anthony transitioned straight into inpatient treatment. From there, he got back in touch with us to arrange for entry into a New Earth Recovery house.



Since his arrival at NER in July, Anthony has worked steadily on rebuilding his life. He has found numerous positive connections inside and out of the recovery community, at church, and at the recovery cafe. In fact, as soon as he got back to town, Anthony returned to the cafe to greet the people who had started him on his recovery journey. Almost immediately, he began volunteering at the cafe and became the first cafe member to complete our new culinary training program. He earned his food handler's permit and has volunteered regularly ever since. While he could get paying work elsewhere, Anthony has chosen to stay at the café to help others find recovery and discern his own next steps.

At the end of sharing his story, Anthony reflected, "It's amazing that I can sit here in the cafe and have this conversation. If it wasn't for Rachael, I wouldn't be here right now. Digging into my past was hard for me, but I got a lot out of it that really helped me in my recovery. If you don't put something into the process, you won't get much out of it. New Earth [Recovery] has done a lot for me—it's the first time that I've ever gotten out of treatment and had a supportive environment to go to. To have people who support us in this program is really a blessing. Thank you!"

NER Staff



Alan Muia (Executive Director) served for 18 years in higher education, in residence life at Seattle Pacific University, and as Dean of Student Services at Skagit Valley College. He is a trained Genesis Coach and trainer and a mediator in Skagit County. Alan holds a master's degree in Educational Psychology. He formerly served as chair of the Skagit County Jail Ministry board and currently serves on the board of Washington Alliance for Quality Recovery Residences.

Sara Wevodau (Director, Willow House) joined NER in 2018. Sara brings many years of experience serving marginalized individuals as a jail chaplain, women's advocate, pastoral worker, and horticultural therapist. Sara also oversees the New Earth Recovery garden, coordinating resident and volunteer activities and assisting women in micro-enterprise.



Randall Simmons (Director, The Trust) joined NER in 2016. He is a graduate of the county Drug Court program. He also works part-time at Skagit County Public Health where he oversees a successful harm reduction program.

Stephanie Joy (Co-Director, Faith House) joined NER in 2021. Stephanie came to us after serving for seven years locally and abroad in Houses of Prayer. She continues to serve as an urban chaplain with her church community, cultivating and leading prayer as well as learning to proclaim the gospel.



Patrick Wilson (Director, Cedar House) joined NER in 2019. A graduate of New Earth Recovery, he brings first-hand experience in guiding residents in faith and recovery. He is especially skilled in counsel and advocacy.

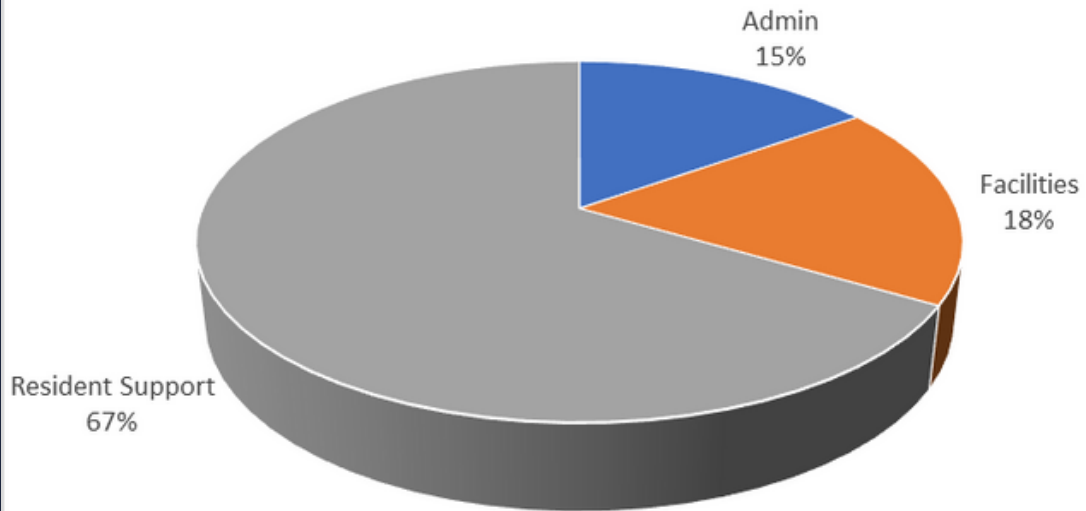
Liz Cooksey (Co-Director, Faith House) is our newest staff member having joined NER in the fall of 2023. She is a registered nurse and has a great deal of experience accompanying young mothers from a variety of backgrounds as they learn how to be effective parents.



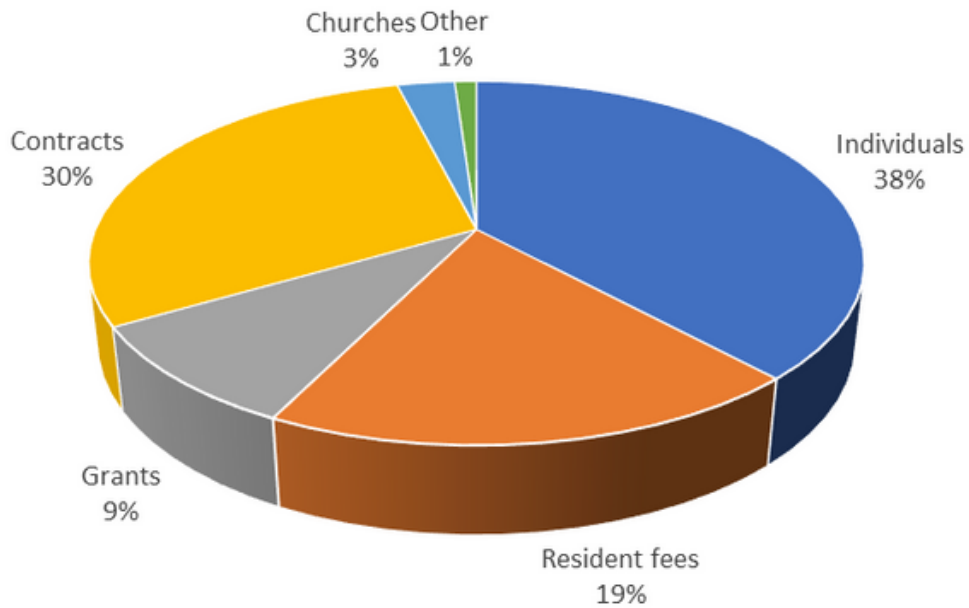
Dale Henry (Director, The Foundation) is an NER program graduate who recently completed the Genesis Coach training program. He is married to Chelsie, another NER graduate, and has been with NER since May 2023.

2023 INCOME AND EXPENSES

2023 Expenses



Sources of Income





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RECOVERY

For more information about New Earth Recovery:

Call: 360-848-9281

Visit: NERecovery.org

Email: info@NERecovery.org