

Behavioral Health System
1999-2019

A YEAR IN REVIEW – 2018



THE LIGHT OF TRUTH CENTER ANNUAL REPORT 2018

For nineteen years, the Light of Truth Center (LTC) has fulfilled their goals to be an organization filled with love; a place that is conducive to recovery, while promoting transformation and restoration. LTCs' hopes and dreams are captured in their mission and vision statement.

Mission Statement

The Light of Truth Center, Inc. is a non-profit organization dedicated to providing safe and supportive housing in an environment conducive to recovery, transition, and restoration. This environment facilitates education, empowerment, enlightenment, and healing for women recovering from addictions.

Vision Statement

The Light of Truth Center, Inc. is a non-profit organization dedicated to providing safe and supportive housing in an environment conducive to recovery, transition, and restoration. This environment facilitates education, empowerment, enlightenment, and healing for women recovering from addictions.



In 2018 LTC was accredited for three years by the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF® accreditation focuses on quality, results. This is the highest level accreditation awarded by CARF International. CARF accreditation demonstrates LTC's quality, accountability, and commitment to the satisfaction of the women we serve.

CARF® accreditation focuses on quality, results

This achievement is an indication of the organization's dedication and commitment to improving the quality of the lives of the persons served. LTC's services, personnel, and documentation clearly indicate an established pattern of conformance to standards.

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Proud Peer Housing Specialist



Earie B.



Karen H.



Kristine R

The women that serve within LTC Center are growing and expanding in phenomenal ways. Earie, Karen, and Kristine all passed the Certified Peer Recovery Specialist (CPRS) test and became Certified Peer Housing Specialists.

Certified Peer Recovery Specialist (CPRS) is a person who has lived experience of a mental illness, substance-use disorder or co-occurring disorder, who has made the journey from illness to wellness, and who now wishes to serve others.

Vanessa B., another LTC consumer, regularly attends meetings as a member of the neighborhood association and represents LTC's consumer council when she attends LTC Board meetings and shares with the Directors the consumer concerns and suggestions. .

LTC began forming a new clinical team who will take the Intensive Outpatient (IOP) and Outpatient (OP) programs to another level of excellence. The Maryland Behavioral Health Administration agreed to assist us with this endeavor and several volunteers have come aboard to provide services to the consumers.

LTC is now in uncharted territory. Tyrell Moyd is LTC's principal facilitator for the Recovery Support Training Institute. LTC has been certified by Maryland Addiction and Behavioral Health Professionals Board to provide CCAR Recovery Coach Academy Training.

Consumer data is being entered into the Advanced Recovery Management System (A.R.M.S.). LTC is a beta site for the Recovery Capital Research Project that manages this database.

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According to evaluations, the annual Recovering Hearts conference was successfully held at the site of LTC's ongoing partner One God One Thought Center, Inc. It was suggested that next year's venue will have to accommodate more people.

The annual fund raising clothing sale was hosted again at the home of Don and Ginny Robertson. Don and Ginny are two of LTC's greatest supporters.

The annual fund raising gala was well attended and enjoyed by all. One of LTC's alumni, Karene McLaurin Bland, spoke at the gala and attributed successful achievement of goals while going through LTC's three phase process: Recovery, Transition, Restoration.

LTC's board member, Alicia Daye, planned an outing for the women in the Center with an open invitation to all stakeholders. They attended the Women's AA conference in White Plains New York. Everyone expressed extreme delight and look forward to next years' outing.

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LTC received tremendous financial support from dedicated donors, corporations, and granting institutes and foundations. The support provided necessary funds to furnish two new recovery residences that are being renovated. In honor of the great support, and as LTC has done in the past by honoring individuals who have made a lasting impact, the two buildings will be named in kind.

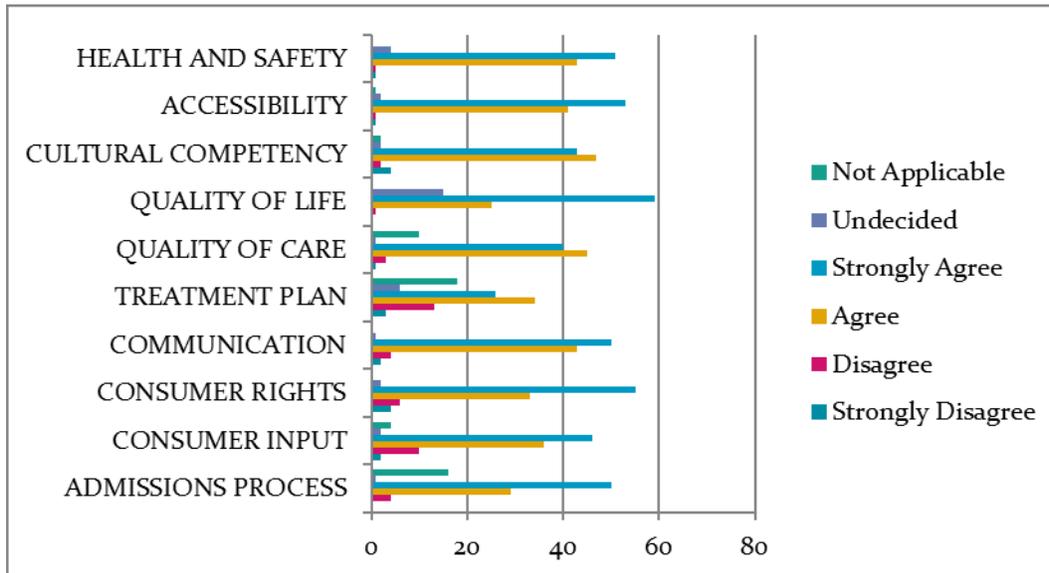
In that light, LTC recovery residence located at W. Lafayette Street will be named the *Sollins-McCarthy Center* after Howard Sollins and Dan McCarthy for their outstanding support. The second recovery residence, located at Wheeler Avenue, will be known as the *Leonard Family Center*, in honor of the founders' parents. Each building will be equipped with a library and lounge area which will be named after LTC's strongest supporters *Don & Ginny Robertson* and *Victor & Mercidees McTeer*, respectively.

SNAPSHOT

- During 2018, LTC housed 26 women (12 at Level 1 and 14 at Level 2).
- Level 1 consumers are not allowed to work for 6 months and participate in behavioral health counseling.
- Level 2 consumers are allowed to work, volunteer, and attend school.
- All consumers are requested to seek stable living arrangements.
- Most of the Level 1 consumers stay less than six months while most of Level 2 consumers stay for 12 months or more.
- The majority of Level 1 consumers are ages 41 to 50, while most of Level 2 residents are age 51 or older.
- LTC consumers are predominantly African American.
- The consumers are expected to remain substance free, obtain a sponsor, participate in random drug screening, and not engage in criminal activity.
- Of the 26 consumers, only 5 relapsed and the remaining 21 consumers were committed to their sobriety and clean time. No consumers engaged in criminal activity in 2018.
- LTC consumers attend off-site NA/AA meetings, weekly onsite behavior modification and spirituality group meetings.

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2018 LTC Consumer Satisfaction Surveys



85% of the consumers responded favorably by agreeing and strongly agreeing with questions pertaining to each of the areas in the chart above. The survey is administered twice a year.

2019 MOVING FORWARD

- Open and insure two new recovery residences
- Implement more self audits for quality assurance
- Introduce Recovery, Transition and Restoration MindPT
- Start Recovery Training Institute
- Train and maintain full Peer Housing Specialist and clinical staff
- Recommend adaptation to A.R.M.S. to suit reporting needs
- Increase referrals and referral sources
- Outsource billing transactions