

2021

# ANNUAL REPORT

reality check

## ADDICTION SERVICES:

PREVENTION  
TREATMENT  
RECOVERY  
EMPLOYERS  
TRAINING

reality  
check

live. right. now.

RealityCheckNow.org

603.532.9888

17 Burleigh Road • Jeffrey • NH

[www.RealityCheckNow.org](http://www.RealityCheckNow.org)

# CEO STATEMENT

According to the NH Office of the Chief Medical Examiner, there were 417 overdose deaths in 2020 in NH. Despite the widely available overdose reversal drug, Narcan, between January–September 2021, there were 474 overdose-related deaths in NH.

The Drug Enforcement Administration is encouraging NH agencies providing prevention to concentrate efforts on preventing the use of Methamphetamine and "fake" pills as these drugs comprise the next wave of drugs descending on NH. More information can be found in the **NH Drug Monitoring Initiative** at <https://nhview.desc.nh.gov/iac/dmi/>.

Reality Check continues to provide prevention education curriculum, activities, and events to school districts and the communities that serve them; supported treatment referrals and recovery support services; NH employer services to become Recovery Friendly; and addiction training to help grow NH's addiction workforce.

By continuing to work together, we can do the important work of preventing young people from using drugs and alcohol, helping people find treatment, and supporting people seeking recovery. United, we can end loss of life due to drug overdose. Reality Check thanks its staff, donors, partners, volunteers, coaches, contractors, and board members for helping to make a difference.



**Mary Drew, MS, MEd, CPS**  
**Founder & CEO**



## MISSION

HOLISTICALLY REDUCE  
DRUG AND ALCOHOL  
USE, ADDICTION, AND  
OVERDOSE, AND THE  
RELATED SOCIAL AND  
ECONOMIC COSTS TO  
PEOPLE, FAMILIES,  
AND BUSINESSES  
BY PROVIDING  
COMPREHENSIVE  
ADDICTION SERVICES  
TO NH RESIDENTS.

## VISION

PEOPLE AND  
COMMUNITIES SUPPORT  
& EMPOWER ONE  
ANOTHER.

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## BOARD OF DIRECTORS

**Mary Drew, MS, MEd, CPS**  
Board Chair

**James (Jim) Beeler, MHSA**  
Vice Chair

**Don Guiou, MPS, CISSP**  
Board Member / Advisor

**Taylor Beaven, BPS**  
Board Member

**Brian Tourgee, BS**  
Board Member

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## STAFF & VOLUNTEERS

Mary Drew  
Catherine Todd  
Sarah Johnston  
Sarah Desaulniers  
Jenna Narkum

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***And a Special Thanks To***  
*LuAnn LaFreniere & Bob Sourek*  
*Rx Abuse Leadership Initiative*

# WHAT WE DID ....



## PREVENTION

Prescription Drug Take-Back Days  
Red Ribbon Week  
Yellow Tulip Project Suicide Prevention  
Middle School Open House  
Prime For Life & Life Skills Training  
"Talk, They Hear You" Campaign  
National Drug & Alcohol Facts Week

## TREATMENT

Drug & Alcohol Counseling  
Supported Referrals to Detox & Treatment

## RECOVERY

Support Groups - Mental Health & Addiction, AA,  
SMART Recovery & ALL Recovery  
Recovery Coaches  
Walk For Recovery  
Creative Arts For Recovery  
Outback Community Gardening

## EVENTS

Walk For Recovery  
Conant High School 5K Run For Recovery  
Volunteer Fair  
Mock Teen Bedroom  
Monadnock Rotary Walk For Recovery  
CrossRoads Church Paint Party  
Monadnock Business Expo  
Jaffrey Fire Department Gift Bags

## RECOVEREE TESTIMONY

*"... With the help of my Recovery Coach, I've been able to do recovery on my terms, which I think is important at the beginning of any recovery journey."*

- GA





Monadnock Rotary Walk For Recovery, Monadnock Business Expo,  
 Legion Volunteer Fair, Reality Check's Walk For Recovery,  
 Jaffrey Fire Department Gratitude Bags





Next Level Church & Volunteers planting tulips for hope,  
Sarah J at the Monadnock Business Expo,  
Sarah D representing on Mt. Monadnock



# FINANCIAL ACTIVITY FY 10/1/2020 - 9/30/2021

## REVENUE

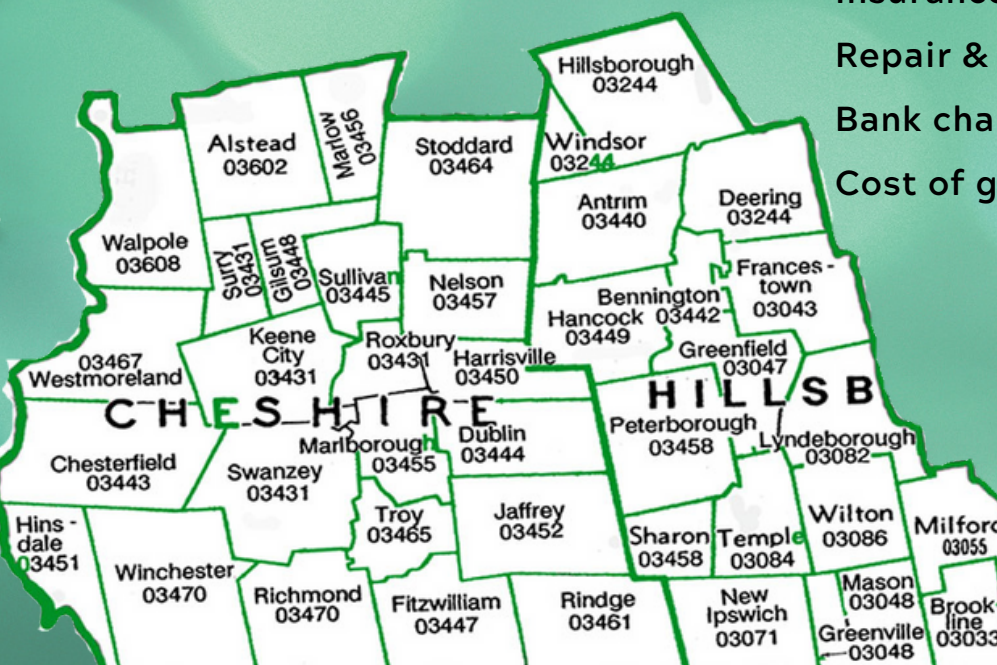
Donations	\$ 56,761.10
Municipal Support	\$ 17,773.25
Foundations	\$ 30,000.00
Grants	\$390,294.04
Merchandise	\$ 175.90
Training & Events	\$ 6,098.26
Rent	\$ 960.00
Rewards & Interest	\$ 315.50

**TOTAL: \$502,378.05**

## EXPENDITURES

Salaries	\$ 226,681.76
Payroll Taxes	\$ 17,995.54
Co. Paid Benefits	\$ 39,044.51
Recovery Coach Program	\$ 28,289.90
Programs/Curriculum	\$ 17,363.07
Media & Advertising	\$ 32,122.34
Software & Subscrip.	\$ 10,126.23
Office & Supplies	\$ 12,592.11
Travel	\$ 670.92
Equipment/Furnishings	\$ 4,527.74
Printing	\$ 11,224.86
Rent	\$ 21,100.00
Contractors & Interns	\$ 34,083.30
Professional Develop.	\$ 7,249.97
Insurance & Prof. Fees	\$ 6,011.50
Repair & Maintenance	\$ 2,215.26
Bank charges & fees	\$ 2,523.12
Cost of goods sold	\$ 87.62

**TOTAL: \$ 473,909.75**





# B O R E D ?

go to the movies ● organize a food drive ● go camping ●  
complete a puzzle ● go bowling ● play a sport ● walk in  
the park ● read a book ● go on a hike ● play a board game  
● enjoy the outdoors ● play video games ● have a yard  
sale ● go to a community event ● take an online course ●  
walk your dog ● research something that interests you ●  
play putt putt ● go to a concert ● try out yoga ● draw a  
picture ● take a nap ● write a story and tell it ● learn

## 50 Things To Do

different ways  
to tie a scarf ●  
listen to music

● volunteer ● try something new ● make a flower arrangement ● rake your neighbor's  
yard ● play lazer tag ● hold a fundraiser for a good cause  
● clean your room ● dance ● try a pinterest project ●  
learn how to meditate ● apply for a scholarship ● call  
someone close to you ● write someone a letter ● learn  
to sew or knit ● make your favorite recipe ● tell your  
mentor thank you ● draw with sidewalk chalk ● help  
someone else do their homework ● visit a nearby city ●  
explore a museum ● build a birdhouse ● make s'mores ●  
babysit ● paint your nails ● spread kindness ● [guideinc.org](http://guideinc.org)

## Besides Drink Alcohol

### *Coaches, Volunteers, Partners . . .*

Without you, we would not be here.

With you - we can change the world.

*With Much Gratitude,*

*Mary, Catherine, Sarah J, Sarah D, Jenna,*

*Jim, Don, Taylor, & Brian*