

20
20

Annual Report

REALITY CHECK

PREVENTION

TREATMENT

RECOVERY

EMPLOYER
SERVICES

TRAINING



603.532.9888
M - F 8:00am - 4:00pm

REALITYCHECKNOW.ORG

17 TURNPIKE ROAD
JAFFREY NH 03452

A NOTE FROM OUR CEO

Passion Keeps Us Here.

Although 2020 was challenging for most people, I am still grateful to be in recovery from alcoholism, able to serve Monadnock region communities with urgently needed addiction services. I have the most incredible team who diligently work all year to develop new services for people with substance use issues. I want to recognize their sacrifices and commitment - without which there would be no Reality Check.

♥ This first Annual Report is dedicated to the 3 brothers of staff who we lost in 2019 and 2020 to drug overdose, suicide, and alcoholism. We are driven by their memory and hope to honor them by continuing our work.

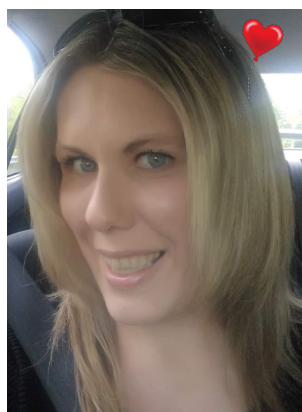


Acts of kindness rekindle our basic instinct to care for others, and help build resiliency and critically needed social connection.

We as humans, have a responsibility to each other and now is the perfect time to act on it."

MARY DREW, MS, MED, CPS
Reality Check, Founder & CEO

MEET OUR ROCKSTARS...



Sarah Johnston, BS
CPS, CRSW Director
of Prevention &
Recovery Services



Nicole Cullinane,
Pharm.D.
Director of
Employer Services



Catherine Todd
Finance Director

BOARD OF DIRECTORS

James (Jim) Beeler, MHSA, Vice Chair
Don Guiou, MPS, CISSP, Board Member
Taylor Beaven, BPS, Board Member



Reality Check was founded by Mary Drew in 2008 shortly after she began her own recovery from alcoholism, as a 501c3 nonprofit with main offices and a Recovery Center located in Jaffrey, NH.

MISSION

Holistically reduce drug and alcohol use, addiction, and overdose, and related social and economic costs to individuals, families, and businesses by providing comprehensive addiction services to residents.

VISION

People and communities help and empower each other.

Accomplishments:

- Developed a hospital-wide On-Call Recovery Coach program serving Monadnock Community Hospital and its 4 affiliate offices in Jaffrey, Rindge, Antrim, and New Ipswich for patients with substance use issues or who have overdosed.
- With a grant through Gov. Sununu's Office, developed strategies for Employers to become Recovery-Friendly, reaching almost 18,000 New Hampshire employees!
- Partnered to provide alcohol education to students in JumpStart Drivers Education
- Opened an online store!
- Secured two federal and one state contract!
- From 2016 to 2020 increased and diversified revenue streams by over 540% from \$111,375 to \$605,280!

PREVENTION

Practice Refusal Skills When You're Offered Drugs or Alcohol.....

**MAKE A JOKE & CHANGE THE
SUBJECT**

MAKE AN EXCUSE WHY YOU CAN'T

**JUST SAY NO, TURN AROUND,
AND WALK AWAY**

SUGGEST DOING SOMETHING ELSE



IGNORE IT

SAY NO - THEN REPEAT YOURSELF

JUST LEAVE

SAY NO THANKS, NOT INTERESTED

**STAY WITH FRIENDS - THERE IS
POWER IN NUMBERS**



2,466
students received
prevention
materials

12
different
prevention and
recovery programs

3,350
pieces of prevention
swag delivered!

RECOVERY



1,568

PREVENTION &
RECOVERY MEDIA
MESSAGES

15

PEOPLE USED A
RECOVERY COACH
TO BEGIN RECOVERY
FROM ADDICTION!

152

SUPPORT GROUPS
SERVING

600
PEOPLE



2 HIKES FOR RECOVERY

* EMPLOYER SERVICES

2019 - 2020

2,500 +

Recovery Materials
Disseminated

2

Statewide Employer
Conferences



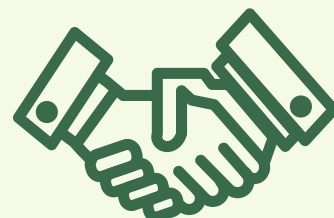
40

EMPLOYERS
ENGAGED

and almost

18,000

Employees Represented!



28

ADDICTION
TRAININGS
PROVIDED TO
EMPLOYERS



VOL. 1

RECOVERY FRIENDLY EMPLOYER TOOLKIT



Welcome

There are 192 drug overdose deaths every day in the US - 95% occur in the working age population (9).

Today, 75% of employers report their business is impacted by opioid use, and less than 20% feel adequately prepared to deal with it (2).

Decreased productivity and increased absenteeism are just some of the costs employers absorb due to addiction. It poses incredible challenges, not only from a business standpoint, but also from an individual one (10).

If you are concerned about preventing drug & alcohol use and supporting employees who may be struggling with it, we can help.

In this toolkit, you will learn about the disease of addiction and its impacts on businesses, and how to create a recovery friendly environment. We provide you with real-time strategies to create a more supportive, more productive workplace.

We are here to help you get back to business.

~ Mary Drew, Founder & CEO
~ Nicole Cullinane, Director Employer Services

CONTENTS

WHAT'S THE PROBLEM?

THE EPIDEMIC:
AN INTRODUCTION

WHY IS IT IMPORTANT?

IMPACT ON EMPLOYERS
& EMPLOYEES

HOW DO WE HELP?

STRATEGIES
TO BE A RECOVERY
FRIENDLY EMPLOYER

RESOURCES

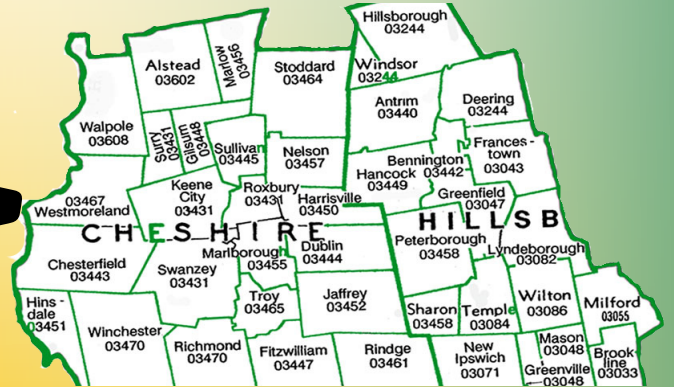
CONTACT
nicole@realitychecknow.org
603.532.9888

LIVE. RIGHT. NOW



from ...

17 TOWNS



14 EVENTS

ENGAGING

400+

PEOPLE

*We couldn't do it
without you ...*

3,492 VOLUNTEER HOURS

*... valued at almost
\$90,000!*



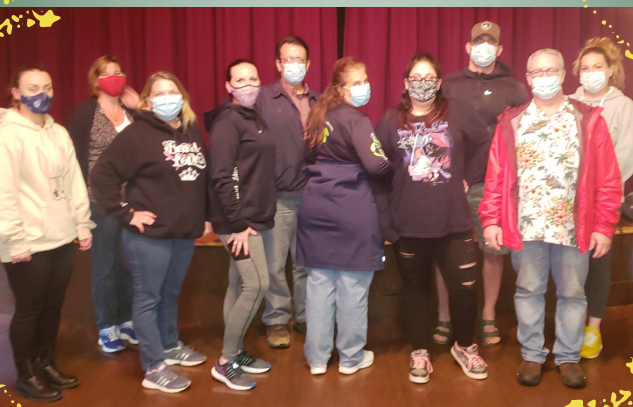
Plus Donations of
Furniture ...
Equipment ...
Hygiene Products
& Training Space ...

valued at

\$45,353!

28 ADDICTION TRAININGS AND PRESENTATIONS COMPLETED

176 PEOPLE TRAINED!



STATEMENT OF ACTIVITY 10/1/2019 - 9/30/2020

REVENUE

Donations

\$37,359

Municipal Support

\$16,814

Contracts

\$22,480

Grants

\$481,701

Merchandise

\$246

Training & Events

\$6,162

Payroll Protection

\$38,800

Rent

\$1,905

Rewards & Interest

\$38

TOTAL: \$605,280

EXPENDITURES

Salaries

\$242,648

Payroll Taxes

\$17,898

Company Paid Benefits

\$38,386

Programs & Training

\$49,370

Media

\$15,122

IT / Software / Subscriptions

\$9,900

Supplies

\$7,697

General Office / Travel

\$23,084

Furniture / Equipment

\$10,971

Rent

\$18,475

Contractors & Interns

\$27,736

Insurance / Prof. Fees / Interest

\$12,198

Student Loan Repayment

\$9,880

COVID-19

\$10,778

TOTAL: \$486,446





REALITY CHECK THANKS:

ALL
OF OUR
PARENTS
STUDENTS
THE MEDIA
VOLUNTEERS
SCHOOL STAFF
RECOVERY CENTERS
DONORS & FUNDERS
COMMUNITY PARTNERS
SUPPORTERS & NAYSAYERS
AND ALL THE
PEOPLE WHO
• USE OUR SERVICES. •

*Without you, we would not be here.
With you - we can change the world.
With Utmost Gratitude,
The Reality Check Team*

