

# Recover Strong Strength in Connection



RECOVER STRONG



**MSCL**

MEN'S SECOND CHANCE LIVING

**2021 ANNUAL REPORT**

# Letter from Sonya



At MSCL House, we provide our residents with a strong foundation for a lifetime of recovery. In our three years of operation, we have fine-tuned our approach and developed a structure for success—one that is based on the Substance Abuse and Mental Health Services Administration's guidelines for sober houses. The safe, stable environment we provide allows our residents to begin the hard work of maintaining their sobriety.

In the early stages of recovery, residents are dealing with a variety of issues—family history, unresolved trauma, grief and loss, emotional immaturity, low frustration tolerance, and other factors—that can make them susceptible to relapse. We offer support to help residents navigate this challenging time. MSCL House also has a dedicated board of directors, a professional staff, and connections to services that promote sustained recovery from substance use disorders.

While the safety of our residents is our top priority, we also believe it is critical to treat all residents with compassion, respect, and understanding. We also make sure the men strive to coexist and support each other in recovery. The social capital that grows out of the group living experience—strong relationships, a network of peers, and shared values—can be a powerful source of strength and motivation. Individuals with greater social capital also show improved recovery outcomes.

During their stay at MSCL House, residents have opportunities to strengthen their own personal foundation. We help them take care of their medical and dental needs, teach them how to prepare nutritious meals, and offer them financial education classes, matched savings accounts, and the chance to attend college. By providing these services and supports, we help residents to improve their lives and move on to brighter futures once they leave MSCL House.

As I look back on the challenges of 2021, I am amazed at the strength and resilience our residents have shown through these tough times, and I am grateful for the steadfast support of our community. There is still much work to be done, but I am certain we can accomplish anything together.

Gratefully,

Sonya Wilander

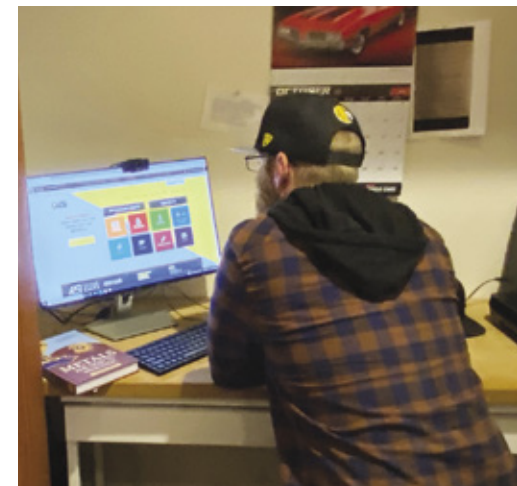
## 2021 HIGHLIGHTS

**\$370,393** of funding received

**ONE** house

**2,768** sober nights

**14** men in early recovery



## PROGRAMS

**The Safe and Sober Living Program** encompasses the majority of what we do for our residents. This involves daily engagement with residents, accountability practices, and coordination of services. In 2021, we offered **14** residents a safe place to recover and heal.

**The Wellness Fund** supports preventative wellness activities that promote healthy living, including nutrition assistance, exercise programs, and access to medical, vision, dental, and behavioral health practitioners. **Eight** residents received counseling, seven were able to get their dental needs taken care of, **eight** engaged in daily physical health programs, and **all 14** participated in nutrition assistance.

**The Compassion Fund** helps residents continue their education, develops skills for improved employability, provides rental assistance in the case of an emergency, and helps residents address their urgent needs. In 2021, **two** MSCL House residents were enrolled in full-time college at CSI. **Three** residents received rental assistance due to COVID-19 funding disruptions. **One** resident was able to rely on the Compassion Fund to support him through a medical emergency. **All** residents were employed or attending school full-time.

**The Matched Savings Program** is a 12-month, dollar-for-dollar savings program paired with a financial literacy course available to all residents. **Eight** residents took part. The men used their savings to pay first and last month's rent on housing and bought reliable cars to transport them to work and school. **One** used the funds to continue his education after transitioning out of the sober house.

# Meet Isaiah

Sonya Wilander, Executive Director of MSCL House, sat down with former resident Isaiah to discuss his experience before, during, and after sober living.

**Sonya (S): Where were you before you came to Men's Second Chance Living?**

**Isaiah (I):** I was homeless and had lost everything, including custody of my child and my job. I was going from fix to fix, getting whatever I could. The doctors told me I wasn't going to live if I kept using. I was petrified. I didn't want to die. I reached out to the one person that I knew would help me: my mom. She pushed me to go to rehab.

At treatment, something clicked. I was tired of that lifestyle. I didn't have anywhere to go after rehab and [MSCL House] was the only place that would take me in. After I got into the house, my whole life felt different. Everything changed.

**S: What was your experience at MSCL House?**

**I:** People at MSCL House looked at me differently. They treated me like a human. You [MSCL House staff and residents] didn't see me as a failure; you saw me as a person. *It was the process of being treated like a human that affected me the most.*

**S: What helped you the most?**

**I:** There were so many opportunities in the house and there was always help when I needed it. I got a job within the first 10 hours I was there. I also used the Wellness Fund. But the most helpful part of living in the house was being around my peers—all these different people trying to be sober and help each other out. That made it easier to bond.

**S: What changes have you noticed since getting sober?**

**I:** When I was in my addiction, I wasn't confident, and I felt like people thought of me as a loser. Now, I feel confident. I can have a conversation with people and feel proud of myself.

**S: What has life been like since leaving MSCL House?**

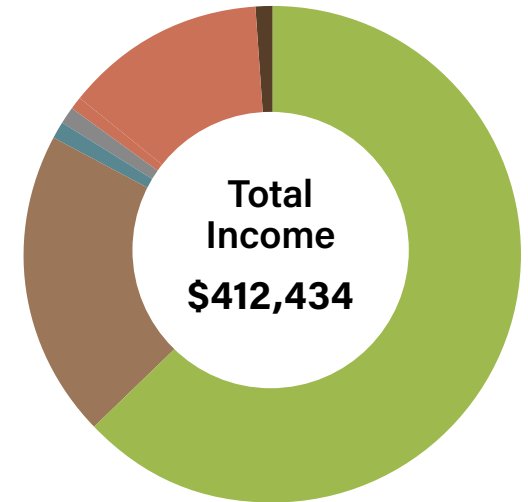
**I:** Ever since I got sober, new doors open every day. The sky has never been so blue for me. I've got money in my pocket, kids at home, dogs, my own place to stay. Others are thinking about how not to relapse. All I think about is getting to go home and play with my son. I got the best gift anyone could get.

**S: Is there anything else you'd like us to know about addiction and the process of recovery?**

**I:** Addiction is a b\*\*ch. You tear everything down and lose everyone and everything. My advice would be, *do not give up on someone. There are cases where people succeed.*

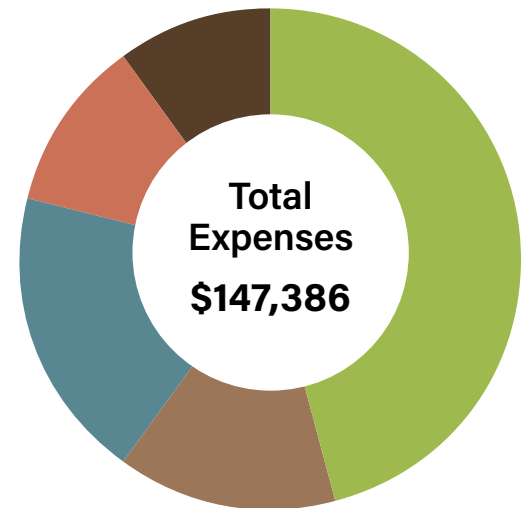
## 2021 FINANCIALS

63%	Individuals	\$261,981
20%	Foundations	\$84,386
1%	Government	\$5,000
1%	Corporate	\$5,500
14%	Programs	\$55,449
1%	Interest Income	\$118



In-Kind Donations	\$15,000
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46%	Safe & Sober Living	\$68,508
14%	Operating Fund	\$20,182
19%	Fundraising	\$27,472
11%	Compassion Fund	\$16,513
10%	Wellness Fund	\$14,709



### OTHER

Funds Invested	\$498,298
Capital Reserve	\$40,000
Matched Savings	\$4,750

# STRENGTH IN CONNECTION

In 2022, we are focusing on Strength in Connection. Together we can support each other during life's highs and lows, ultimately building individual and community resiliency. Here at MSCL House, we consider you our community partners, helping us accomplish our mission to help men living with addiction to succeed in their recovery. Whether you are funding MSCL House programs and operations through donations, providing residents with support services in the community, employing them, or spending time with them at social support meetings, we are stronger because of you. **That's Strength in Connection!**

## DONORS

MSCL House donors care about this community's ongoing health and well-being. They are concerned with others and demonstrate this by showing up and giving a hand to those in need. They understand the complex needs of men in recovery and work to address those needs by providing funds for safe housing, services to address the social determinants of health, and operations. Thank you!

Anonymous  
Sheila and Ben Applegate  
Janet Appleton and GT Thomas  
Susie and Whit Atkinson  
Alexandra Ayer  
Baby & Company  
Baker Family Fund at Spur Community Foundation  
Elisabeth Bartleson  
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Myra Friedman

# THANK YOU

The Gardner Family Charitable Fund  
Susan and Robert Gellatly  
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Alison and John Shulman  
Robin Sias  
Barbara Silver

# THANK YOU THANK YOU

Mary Simms  
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 Sonya and Mats Wilander  
 The Marshall Frankel Foundation /  
 Bex Wilkinson  
 Donna D'Adamo and Judge Ned Williamson  
 Mandie Wilson

## GRANTORS

Our grantors are organizations and foundations that share a common interest—addressing the complex needs of men in early recovery. These organizations provide funding for programs and operations, dissolving barriers to health and well-being.

## THANK YOU TO

100 Men Who Care - Wood River Valley  
 Blaine County Charitable Fund, Inc.  
 Blaine County Commissioners  
 Chichester duPont Foundation  
 Nancy Eccles and Homer M. Hayward  
 Family Foundation  
 St. Luke's Wood River Foundation

## COMMUNITY SUPPORT

We couldn't run our programs without the support of our local community. Individuals and businesses offer items and services at no cost or reduced rates to enrich the lives of MSCL House residents.

## IN-KIND DONORS

The Argyros Performing Arts Center  
 Atkinsons' Market  
 Jason Barbee, LPC  
 Erin Buell / St. Luke's Community Health  
 Clean Science Solutions  
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 Steve Bezdeka, LCPC  
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 Sturtevants of Sun Valley  
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 Sun Valley Realtors Give  
 The Sun Club, Inc.  
 The Haven  
 The Life Church  
 The Wood River YMCA  
 Whitewater Oral Surgery  
 Marie West  
 Alyson Witmer, LPC



Artist Mary Ann Chubb and patron Kathy Carson of Carson International, Inc. attended the installation of the "Solidarity" sculpture at MSCL House.

*"To me, it's a permanent reminder of men working together and giving each other a hand. Two men with hands clasped together are stronger than one."*

— Kathy Carson, Carson International, Inc.

The Carson family, Paul, Kathy and Cassidy, have been generous supporters of MSCL House from the get-go, quietly working behind the scenes and sharing their creative talents, financial support, and unwavering friendship. In collaboration with local artist Mary Ann Chubb, the family gifted MSCL House a beautiful stoneware clay sculpture inspired by our joined-hands logo concept. Mary Ann created the sculpture with guidance from her mentor Rachel Stevens at Boulder Mountain Clayworks. Local tile cutter Fred Burmester cut the granite, and Dane Inman from Sheet Metal Fabrication constructed the pedestal. The sculpture is a spectacular work of art and a permanent reminder to MSCL House residents of the support they receive and give to each other in "Solidarity" for a second chance at a better life.

*"All have their worth and each contributes to the worth of others."*

— J.R.R. Tolkien

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Sonya Wilander, SUDA *Executive Director*  
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# LOOKING TO THE FUTURE

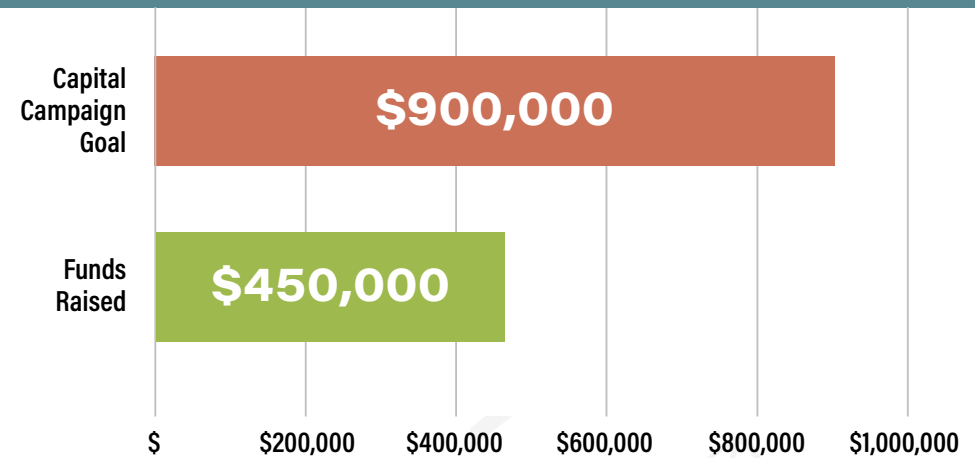
The rise in substance use has increased the demand for sober living in the Wood River Valley. **Building a Better Tomorrow** is MSCL House's capital campaign to purchase a second home that would provide access to services for six to eight additional men, doubling our existing capacity and addressing the increased need for recovery support services in our valley. With the purchase of a house, we will immediately accommodate new residents and continue to provide vital programs and services to men in need. These men are sons, brothers, fathers, husbands, friends, and colleagues. They live and work right here in the Wood River Valley.

If you'd like to learn more or donate, please visit:  
<http://msclhouse.org/capital-campaign/>



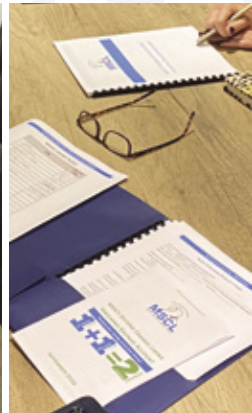
Creating a Strong Foundation for a Lifetime of Recovery

# BUILDING A BETTER TOMORROW CAPITAL CAMPAIGN



## TIMELINE

- Raise 60% of funds by May 2022
- Raise 80% of funds by December 2022
- Raise 100% of funds in January 2023
- Purchase a second house in Spring 2023
- Host an opening ceremony in Summer 2023





Because every day is a second chance to change a life.

## MSCL House Mission

Help men living with addiction succeed in their recovery and achieve sustained sobriety by providing them with safe, affordable sober housing and support services while serving their needs and treating them with respect, compassion, and a belief in the value of each individual.

### MSCL House

P.O. Box 2398 • Hailey, ID 83333 • 208.481.0182  
info@msclhouse.org • www.msclhouse.org

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### HOW CAN YOU HELP?

By offering services or programs that directly benefit the health and wellness of our residents.




By providing volunteer opportunities, as well as community and neighborhood event involvement.

By offering gainful employment opportunities in your company or local business that supports the hiring of individuals in recovery.

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We welcome and recognize the value of YOUR contribution, YOUR support, YOUR engagement, and YOUR willingness to connect with our residents and support them to Recover Strong!

#### FOLLOW US ONLINE:

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