



ALINA LODGE

January 4, 2021

Dear family member:

The end of this tumultuous year led me to the inevitable contemplation that so often accompanies the turning of the calendar. While the year 2020 will indelibly be marked by the coronavirus pandemic and its unprecedented impact on the world we live in, I am mindful of the importance to move away from the singular perspective that the year was “all bad” and offer a more balanced reflection. In doing so I am not diverting attention from the reality of how this pandemic has challenged us here at Alina nor in your own lives, that truth is evident in how we continue to live our daily lives and the challenges that we face. However, if we look close enough there are moments to be proud of and reason to celebrate. As many of you are aware from various letters of communication throughout the year, our entire organization (from our board of trustees, to my leadership team, to every staff member working a shift) responded with intentional urgency to the unfolding health crisis and its impact on our ability to provide premium substance use disorder treatment. While COVID-19 certainly impacted the way that we delivered services, most notably the severe limitations put on our on-site family programming we adapted and moved these services to a virtual platform. While we wish all of you were with us on campus participating in our clinical family programming, altering our Sunday visiting day to a weekly virtual family processing group has allowed us to reach more families, more consistently. The daily herculean efforts by our staff here have been sustained as they deftly adjusted to the demands laid before us to ensure that the quality of care that you and your loved ones received were as seamless as possible. To date at Alina Lodge, we have had no positive COVID cases within our student community and only one part time worker tested positive, though it was back during the summer. At Haley House, our transitional women’s program across the street from our main campus, we had one staff member and two residents test positive. While this invariably had direct impact on the residents’ ability to work for 30 days, they handled the frustrations with grace and dignity, a testament to their strong recovery.

Now, thanks to the priority that the CDC has designated our staff as healthcare providers, our staff became eligible for vaccinations beginning last week with many staff securing their appointments for the next week or two. The students of Alina Lodge and residents of Haley House will still need to wait with the general public for their vaccinations, though the overall expectation is that by vaccinating much of the staff we will have mitigated the risk of infection even more.

I am proud of the collective effort that our staff, students, residents, and you, our families, have made over the last year. The work that we ask our students and families to engage in at Alina Lodge and Haley House is difficult. It takes courage, persistence, commitment, vulnerability, and trust to change. We have a long-standing history of success that I am proud of. In a time where so many other treatment centers promote ideas of making getting sober easy and quick, we know that change takes time and hard work. We commissioned OMNI, a non-profit research organization to design and conduct an independent study to examine Alina Lodge’s success. Those results were reviewed with some of my senior staff in December and the results reflect what we have known anecdotally for decades and based on our own years of data gathering.



Although not directly comparable with the National Association of Addiction Treatment Providers (NAATP)'s 2018 Outcome Study, that data is provided, where applicable, as a point of reference. As you can see our numbers are very favorable. Here are just a few of the highlights from OMNI's research study:

- 89% of Alina Lodge participants reported no substance use in the past month.
- 76% of Alina Lodge participants reported no substance use since leaving treatment with the majority (65%) of these alumni having left over 5 years ago.
- The abstinence rate for Alina Lodge participants was higher than the average 1-month follow-up rate from the NAATP OPP (70%), as well as the 12-month follow-up average abstinence rate (59%).
- Participants' Recovery Capital was measured using the Brief Assessment of Recovery Capital (BARC-10) tool. Scores on the BARC-10 can range from 10 - 60. The BARC-10 is a well validated assessment and research has demonstrated that scores over 47 predict sustained remission.
  - The average recovery capital score for Alina Lodge alumni was 55 on the BARC-10.
- 176 participants responded to the open-ended question: "What did you find the most helpful to you in your recovery at Alina Lodge?" Themes from participants' responses included the following:
  - Time and Separation from Life
    - Separation from the outside world
    - Capable of sobriety
  - Alina Staff and Treatment Program
    - Counselors, staff, and groups
  - Reflection and Healing
    - Time for processing
    - Focus on self-reflection
  - Accountability and Structure
    - Set routines
    - Rules and structure
  - Peers
    - Friendship
    - Community



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So, as I sit here writing to you, I am filled with gratitude for some of the blessings of 2020 and hope for you and your loved one in 2021.

Be well, stay safe.

A handwritten signature in blue ink on a light-colored rectangular background. The signature is cursive and reads "William P. Robbins, LCSW".

William P. Robbins, LCSW  
Executive Director