



LIFEHOUSE

▼ 2022 IMPACT
REPORT

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Mission

To make a significant, measurable impact of the substance use and mental health outcomes in our community

Vision

To develop a complete continuum of holistic care to meet the needs of individuals with substance use and mental health challenges in our area.



I am amazed at all that has happened this year at Lifehouse. Through your support, God's faithfulness, and the tireless work of our staff we have seen more lives transformed through Lifehouse than we could have previously imagined. I am exceedingly grateful that every day I get to be a part of this life changing work and I invite you to be a part of it as well. I truly believe that together we can change the future of our county and area with respect to mental health and substance abuse.

Thanks for your support,
Philip Huston
Executive Director

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LifeHouse Detox



"Opening the detox program has been one of the most exciting projects I have ever been a part of on both a personal and professional level. Providing care to individuals in such need has been a rewarding experience. I feel it has helped our local community tremendously and is the foundational level of care needed to begin the process of whole life recovery. I feel very strongly that everyone is deserving of good care both emotionally and physically and that's what I aim to accomplish as the Medical Director of our program."

Sarah Cordova, FNP-BC
Medical Director

90 Clients Already Served

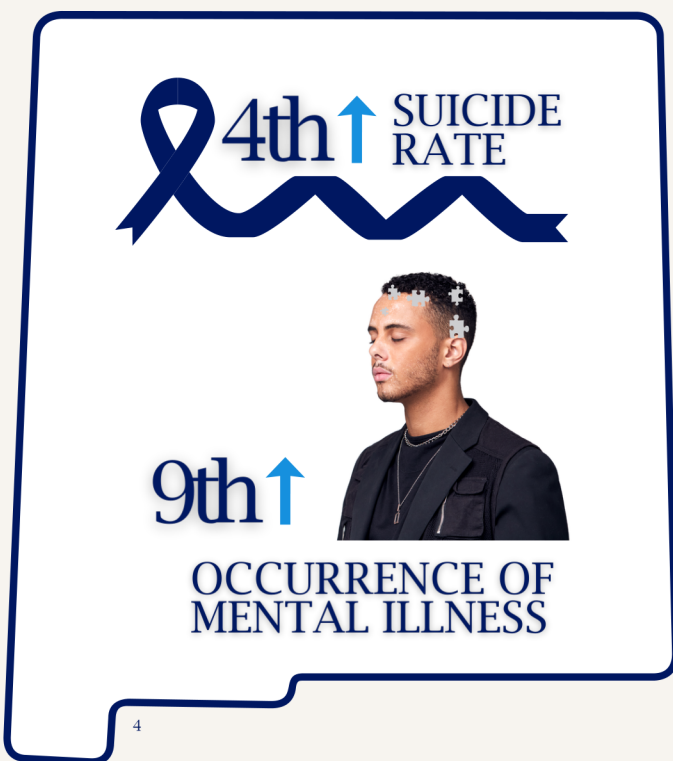
The lack of detox in our area was a major obstacle to individuals seeking help for substance use challenges. To meet that need, Lifehouse opened detox services at the Westridge facility on July 5th, 2022. This 12 bed program offers medically monitored care for individuals experiencing withdraw symptoms and expands Lifehouse's continuum of care. Clients receive around the clock support from a multidisciplinary team of medical, behavioral, and peer staff. Many of the funds raised at the 2021 Lifehouse Gala along with support from the local community made this expansion possible.

Facts

- Most detoxes last about 7 days.
- Detox from alcohol is considered the most dangerous.
- Avoiding detox symptoms is a major obstacle to sobriety.
- Nurses are on site 24/7 365 days a year.
- This is the first time this service has ever been provided in Eddy County.
- The detox and residential treatment programs are in the same building making clients transition simple.

Behavioral Health

HOW DOES NM COMPARE TO THE REST OF THE COUNTRY?



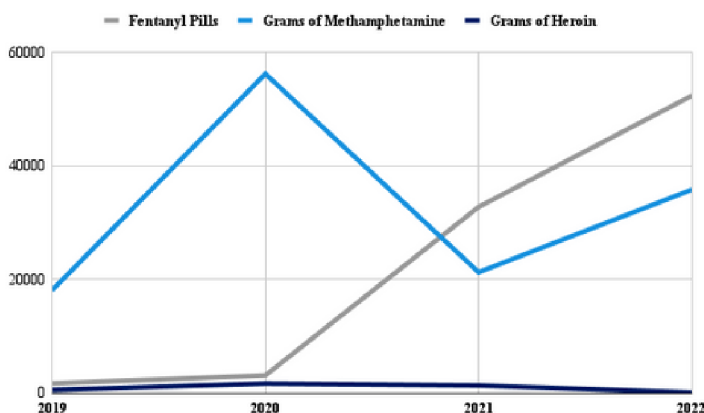
SUICIDE RATE IN EDDY COUNTY MORE THAN

2x

THE NATIONAL AVERAGE

Data shows that substance use disorders and other common mental health disorders such as anxiety, panic, PTSD, stress, depression, bipolar, and ADHD often occur together.

EDDY COUNTY DRUG SEIZURES²



2021 Eddy County had the most fentanyl pills seized in the state.

2

Only 16%

OF NEW MEXICANS ARE GETTING THE MENTAL HEALTH SERVICES THEY NEED³

¹ National Institutes of Health

² Pecos Valley Counter Drug Taskforce Data only

³ Bureau of Health Workforce, Health Resources and Services Administration

⁴ New Mexico Department of Health. New Mexico Substance Use Epidemiology Profile, 2022

Lifehouse Impact

LIFEHOUSE NOW
HAS

85

EMPLOYEES AND
HAS CREATED

40

NEW JOBS IN THE
LAST 18 MONTH



Clients Served

515 Residential Treatment

82 Sober Living

378 Counseling

161 LifeMed

GRADUATION CELEBRATION



In 2022 Lifehouse
will provide over

\$4,000,000

in services.

2022 Achievements



SOBER LIVING HOME FOR MEN OPEN IN ARTESIA

The existing men's sober living program has been consistently full and in high demand. In October 2022 Lifehouse responded to this community need by partnering with The Bridge to open its 4th sober living home; 2nd for men. This 3,500 sq ft home in Artesia was purchased by The Bridge and is operated by Lifehouse. Its four bedrooms accommodates eight men transitioning from Residential Treatment or incarceration to a structured setting that encourages sobriety.

Sober Living is a program that provides accountability and support while individuals with substance use challenges learn and practice a new way of life without drugs and alcohol. Residents work to develop essential life skills such as managing personal finances, proper nutrition, maintaining employment, and other practical life skills. The Artesia community has been fantastic in supporting this effort and the new partnerships will strength both Lifehouse and our community.

LIFEHOUSE GOES TO JAIL



Lifehouse and Eddy County have partnered to provide practical recovery skills to inmates at the Detention Center via group classes taught by certified peer support workers. These efforts are funded by a state grant with plans to expand in the future. This grant will also allow for Lifehouse to begin training correctional officers to understand and deal with mental health and substance use issues, provide transitional case management, and support inmates after released.

“Unfortunately, incarcerated individuals do not have many opportunities to improve themselves and prepare for success. Our hope is to provide these individuals with support and opportunities to make the changes necessary to be successful and overcome the mental health and substance abuse issues that often contribute to their legal troubles.”

Philip Huston
Executive Director

80% of people released from prison each year have a substance use disorder, mental health condition, or chronic physical health condition.

GRADUATE SPOTLIGHT

"My son has his mother back because of Lifehouse."

"When I started this program I had no other option other than to stop drinking or die. I had cirrhosis of the liver, and if I didn't stop drinking, I would die within months, leaving my son with no mom. Then I heard of Lifehouse and I decided to try it. Working through the Lifehouse program has taught me skills that I have carried through my life today, such as budgeting, learning to deal with my anger, everyday life things how to live again, how to be a mom again. Now I am working at a great job that I love. I am a year and a half sober. I still go to meetings every day and work the program. My son lives with me now full-time in an apartment that I can afford, pay all the bills, and be stable."



Debbie

IF YOU HAVE A LOVED ONE WHO STRUGGLES WITH SUBSTANCE USE C.R.A.F.T IS FOR YOU.

3 people attending
in C.R.A.F.T. get
4 their loved one to
go to treatment

Lifehouse launched C.R.A.F.T in early 2022. C.R.A.F.T. is intended to help family members of people with a substance use disorder learn how to steer their loved one away from substance abuse. It is a great method for helping someone that's refusing treatment or refusing to admit they are no longer in control of how much they consume. This method also helps the loved ones prioritize their mental health and improve their happiness.

What's next

2023 LIFEHOUSE'S RAPID GROWTH HAS BEEN DRIVEN BY COMMUNITY NEED. THE NEED HAS NOT CHANGED. NEITHER WILL OUR MOMENTUM.



Sober Living Home for Women and Children

Lifehouse has become a leader providing services to mothers in recovery; a service that is rarely offered in the state. Lifehouse's existing sober living home for women with children is consistently at maximum capacity. Mother's and kids that were ready to get the help they need have been turned away, making the expansion of this service a critical priority. As soon as the necessary \$400,000 is raised to build the home construction will begin. This home will allow 7 more mothers and their children to receive the safe environment, healthy relationships, and practical skills necessary to find sustainably sober, abundant life. Lifehouse doesn't just change lives; it restores families.

Mobile Crisis Response

Lifehouse is 1 of 4 pilot agencies in the state to provide mobile crisis response for behavioral health crises. This is an exciting opportunity and a much needed response. Often in a crisis situation behavioral health professionals can provide the most appropriate response, but in the current first responder system they aren't an option. Lifehouse has already begun working with the city of Carlsbad, the city of Artesia, and Eddy County agencies to coordinate these services to best serve the people of Eddy county.

Expansion of Outpatient Services

The behavioral health needs of our community have continued to grow in the wake of Covid. Lifehouse is working to expand outpatient counseling services in 2023. Lifehouse is increasing recruiting efforts to meet the mental health needs of our community. Lifehouse is working to become a Certified Community Behavioral Health Center which will provide expanded services and improved access to care.

CONTINUUM OF CARE

Too often individuals are lost in transitions of care as they move between agencies and locations. To have such a complete continuum of care especially in a more rural area sets Lifehouse apart. Individuals can move quickly and smoothly to the most appropriate level of care. They can build on the relationships they have formed with their care team rather than starting over with each transition.

Continuum of Care and Corresponding Programs

Harm Reduction	2022 Narcan distribution 2022 Community Reinforcement and Family Training (CRAFT) 2023 Mobile Crisis Response
Medically Monitored Detox	2022 Detox services opened
Residential Treatment	2021 Villa de Esperanza saved from closing 2021 Avalon for Women with Children opened 2022 Villa de Esperanza expanded
Sober Living	2016 Sober Living Men's opened 2018 Sober Living Women's opened 2019 Sober Living Women with Children opened 2022 Sober Living Men's Artesia expansion opened 2023 Second Sober Living Women with Children home
Intensive Outpatient	2021 Intensive outpatient services saved from closing
Outpatient Counseling	2021 Outpatient services saved from closing
Aftercare	2021 LifeMed Clinic opened 2022 Aftercare expanded with Peer Support 2023 Comprehensive Community Support Services

Scan the QR code to apply and be evaluated for the appropriate level of care



Support Opportunities



Scan to donate

Each Sober Living Home Costs About **\$400,000**

All donations support expansion of Lifehouse services. You can help us change lives with your financial support. Donate online at Lifehousecarlsbad.com, scan the QR code or contact Phil at 575-725-5552 ext. 700

VOLUNTEER NEEDS:



Scan for more information on volunteering

Life Skills
Bible Study
Share your story
Childcare
and more

For more information scan the QR code or contact Linda 575-725-5552 ext. 714



This year Lifehouse hosted the JUST SAY YES 5k and Cornhole Tournament to raise awareness

STAFF SPOTLIGHT



Ashley

I entered Villa de Esperanza 30 day Rehab facility three days after Valentine's day in 2020. During my recovery at Villa, I realized that I had to continue my recovery journey in a safe supportive environment. When I graduated from Villa, I was accepted into the Lifehouse Sober Living Home for Women. During my eight months in sober living, I worked a full-time job and also participated in life skills classes, Bible study, and gardening. I learned how to budget and take accountability for my own actions. I am continuing my journey in recovery and have been sober for over 2 ½ years. Today, I work full-time as the Administrative Assistant to Carlsbad Lifehouse's Program Director. I work daily to support the Villa de Esperanza, Avalon, and Detox clients overcoming the ravages of addiction. I mentor clients in recovery and use my life experiences and triumph over addiction as a voice of encouragement.

I attend NMSU 3/4 time and aspire to attain my Master's Degree in Social Work. I will graduate next fall with my Associate in Social Work and currently have a 3.8 GPA. I volunteer countless hours teaching Bible study for women with children, teaching children's church at FUMC and Dayspring, and helping with women's AA. I participate in FUMC Bible Study and with the Carlsbad Rotary. I try to make a difference in the lives of many recovering addicts with my positive attitude and faith in God.

In 2022, Ashley is being honored as one of Carlsbad's Top 40 under 40 young leaders.



Chris

VOLUNTEER SPOTLIGHT

I came from an alcoholic family. I took my first drink when I was six years old. Life in an alcoholic family was normal for me. My parents split up when I was 11 years old. It was then that I started experimenting with other drugs such as weed and meth. My life after that was full of drugs and domestic violence. I dropped out of school and started getting into trouble. This went on for 20 years. Today I have a great job with Mosaic. I get to be a dad not just to my children but to Stephanie's children as well. We go on vacations. We sit and eat as a family at the dinner table every night. Stephanie and I bought a house in 2020. I volunteer at the Lifehouse and continue to work with men from the house. I love volunteering at Calvary Assembly on Monday nights where we serve the Word of God and good food. I no longer have to look over my shoulders wondering when the cops are going to arrest me. Today I get to live the life God intended me to live thanks to Lifehouse and the people who are committed to serving Lifehouse.

Chris was the first Lifehouse sober living graduate.

JUST SAY YES

Just Say Yes is a different way of approaching community action about substance use. We need to move past the war on drugs and into a war for people. We need to be defined by what we are for and not what we are against. We need to realize that our current substance use crisis is a failure of the community and we all have something to contribute to the solution.

TO TALKING ABOUT MENTAL HEALTH
TO STOPPING THE STIGMA
TO GETTING HELP

JUST
SAY
YES