



CATHY'S HOUSE

Getting Started

- Jon Robinson, Executive Director
Cathy's House Inc. Medina OH

Cathy's House Inc

- Founded in 1998
 - Non-profit in 1999
- Originally for 8 Men
- Added 7 Women's beds in 2013
- 2020 renovations increased to 11 Men's Beds



Cathy's House Inc

- 2021 – Level I Men's opening SOON
- 5 beds



Key Points



Build the Team



Determine the Mission



Location



Physical Property



Developing a Program



Sustainability



Referrals

Building the Team

Knowledge of Recovery

- Recovery Community Organization movement – “nothing about us without us.”

Local mental health board (ADAMH board)

- Get them in your corner early
- Determine what the needs/obstacles are

Board of Directors/Core decision makers

- Business, Accounting, Legal, Strategic Community Partners, Experience with non-profits, Recovery Advocates, Recovery Community
- Get the word out
- Provide fundraising legwork
- Assist in large decision making

Staff/Direct Support

- Personal recovery experience
- Peer Support Certified
- Org structure

Determine the Mission



Non-profit or for profit?

Board - North Star



Who are you serving?

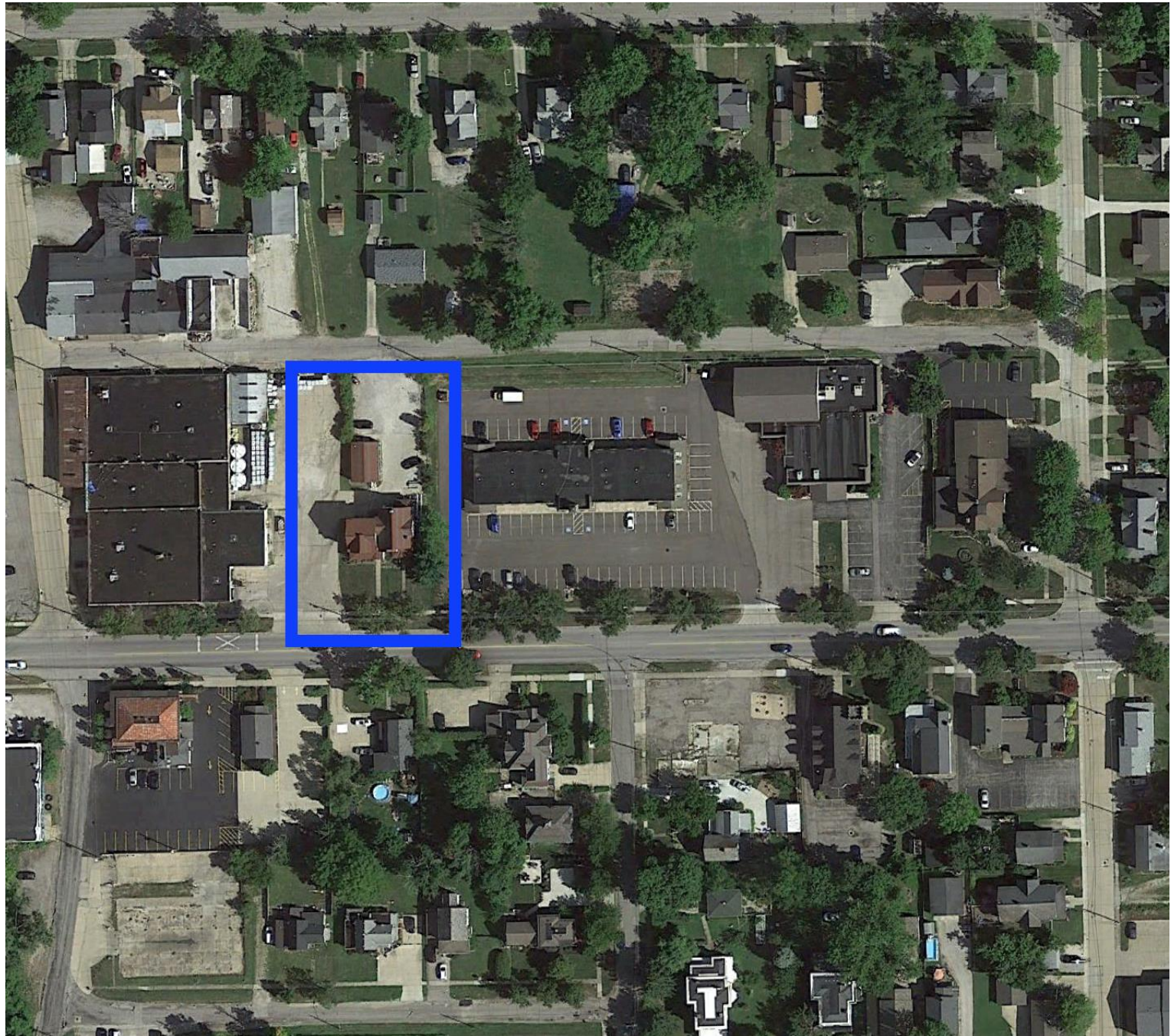


Stay mission focused

Watch out for mission drift

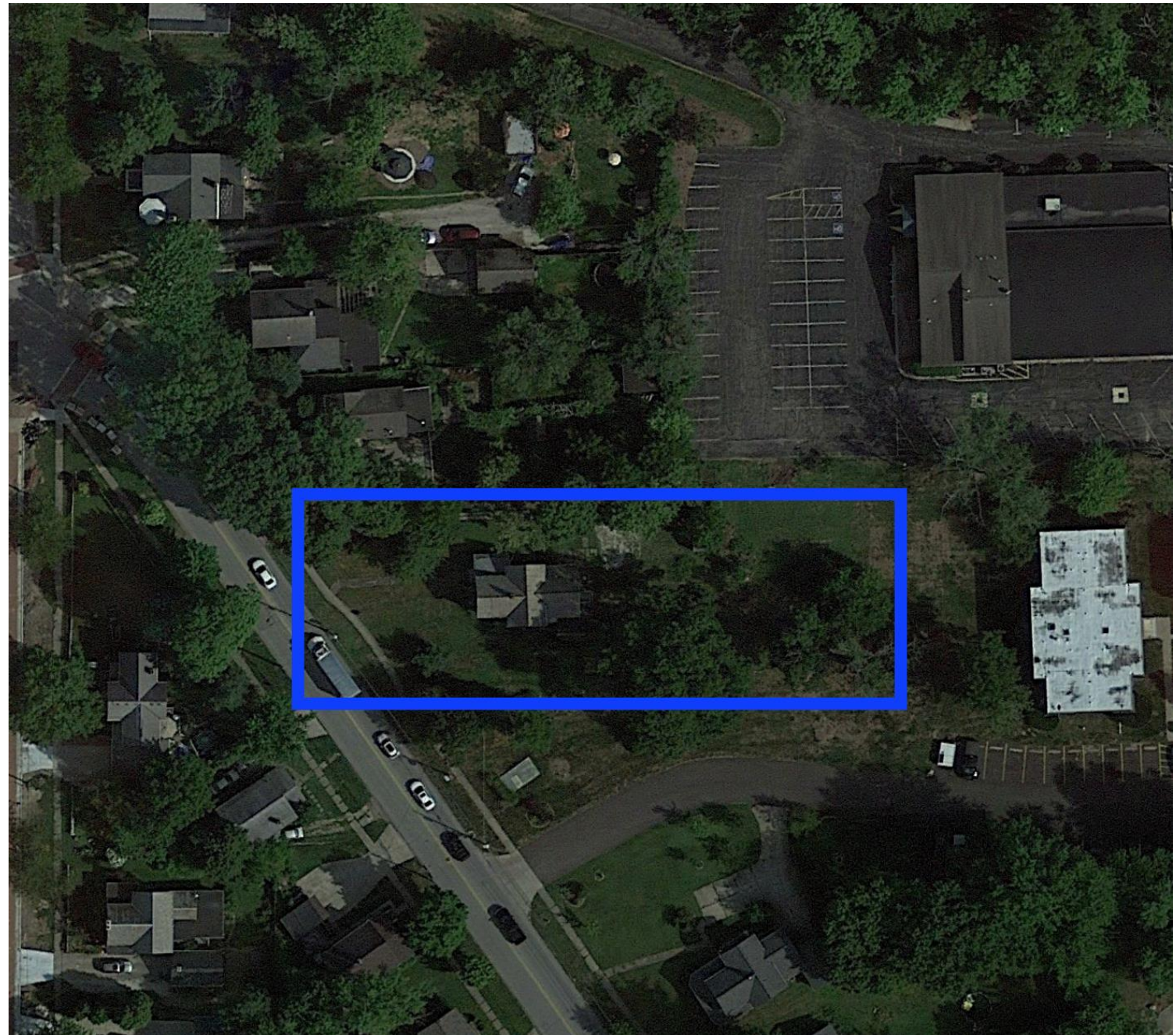
Location

- Not in by back yard (NIMBY)
- Be respectful of where you are looking
 - School zones, day cares, youth programming centers,
 - Residential neighborhoods, what is the layout?



Location

- Planning and Zoning
 - Residential vs Commercial?
 - Know your rights
- Cathy's House
 - R4 Mixed Use Mult-Family, Commercial
 - Fully Sprinklered
 - City requires licensed, bonded contractors to work on the property
- Unnamed House
 - Residential, single family
 - No sprinklers
 - Neighborhood Pledge





Physical Property

- Know the Standards
 - Bedrooms, refrigerators, bathrooms
- Make it nice

Develop a Program

TRAUMA INFORMED

- Policies and Procedures
 - Staff/Direct Support Training
- Transitional Phases
- Drug Testing
- General Rules/Code of Conduct

Keep it Simple

- Can grow in the future

Be Consistent

- Be that example

What happens when someone relapses?

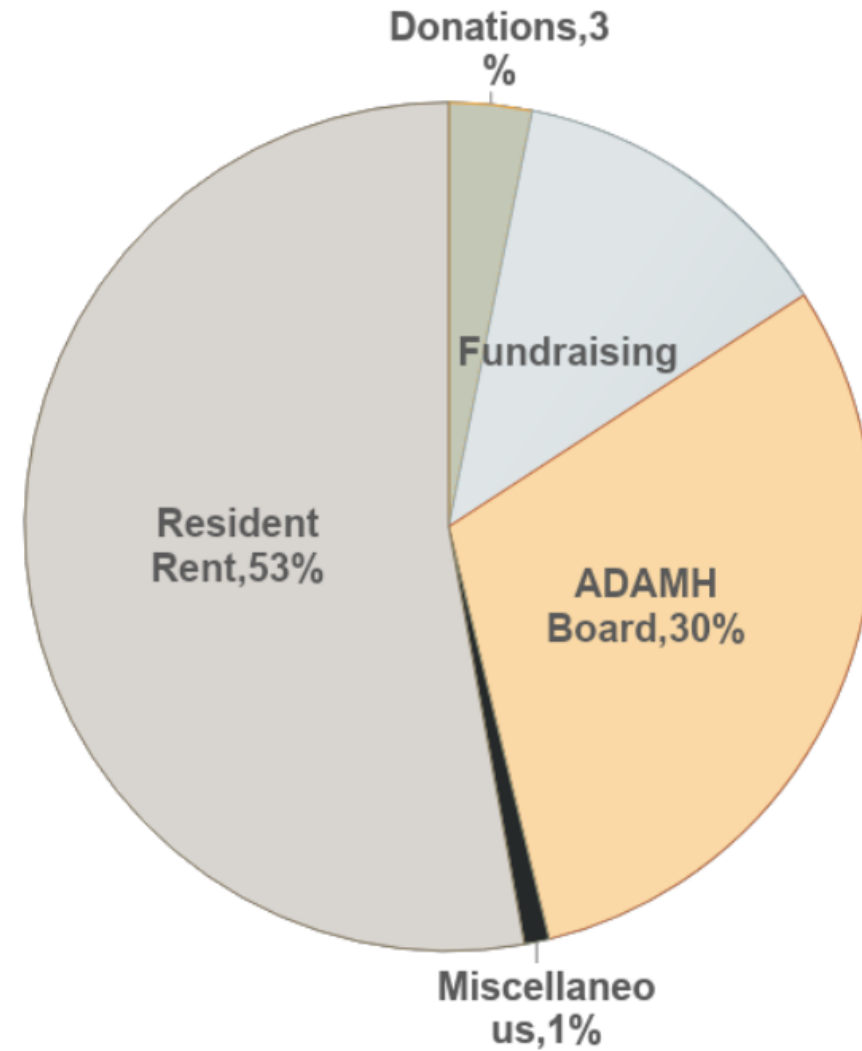
- Prepare for incidents

Know what best practices are

- MAT, Landlord Tenant Laws

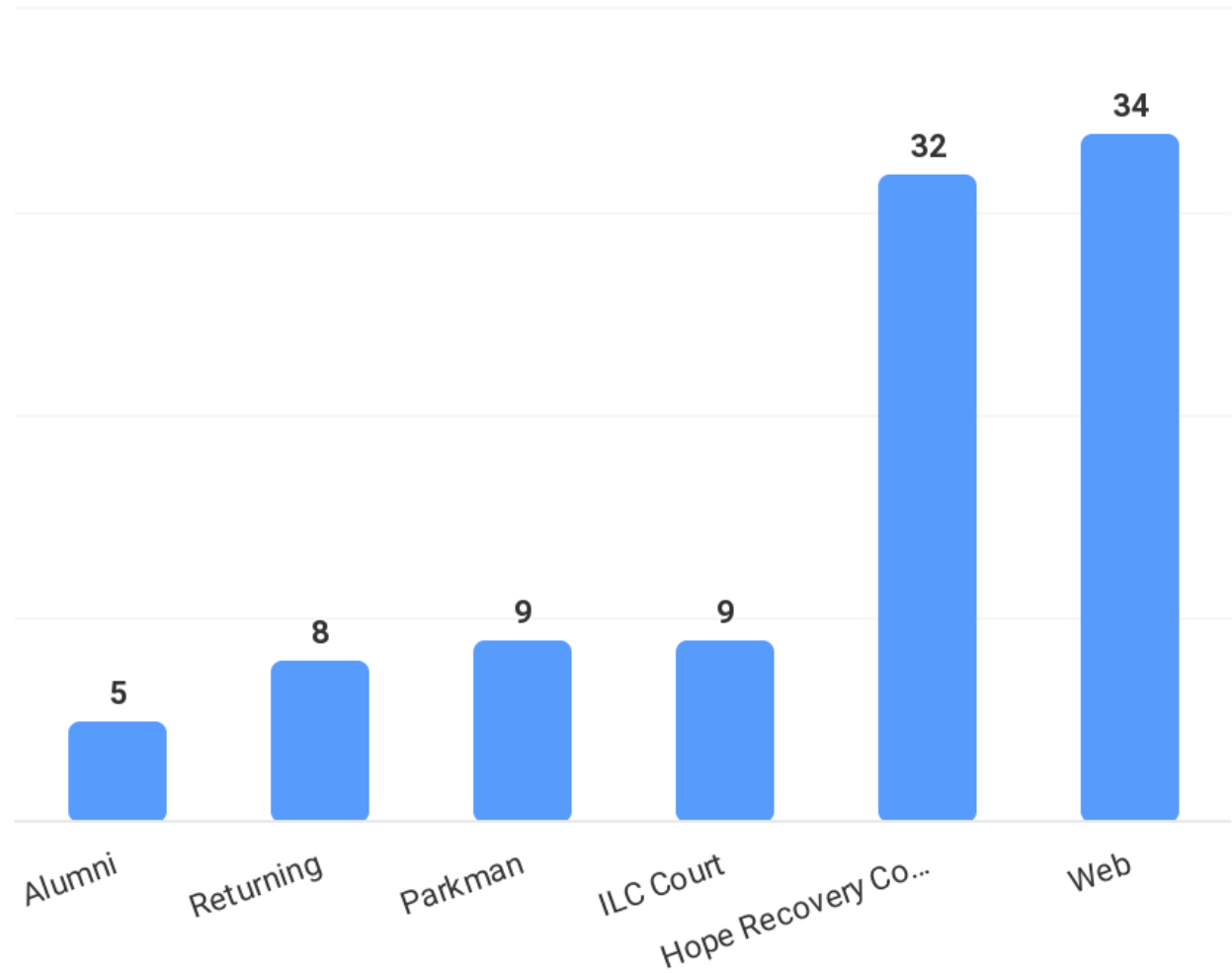
Sustainability

- Affordable isn't cheap
- Rent assistance
- Mental Health Board
- Faith Based Organizations
- Collect your own data



Referrals

- Where is the recovery community in your area?
 - Is there an RCO?
- What are the closest treatment options?
- Are their behavioral health agencies in your area?
- Mental Health Board



Summary

- Build your team, ask for help
- Know your recovery community, find the need
- Mental Health Board
- Keep it Simple, stay trauma informed

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