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## 2018/19 Impact Statement

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~ Dan Hackmeyer

Promise Resource Network (PRN) is a grassroots non-profit agency that was established in 2006 to ignite social change, inspire hope and serve as a catalyst for personal greatness. This is accomplished through Peer Support, which utilizes the voice, experience and resilience of people in recovery from trauma, mental health and substance use, to help others discover their unique path to wellness. Peer Support helps people to RE-IMAGINE their lives, transcend labels and build a life and identity that goes beyond surviving to thriving.

Promise Resource Network's first hand experience with recovery and overcoming the shame and guilt that accompany trauma, uniquely position PRN staff to help people find their voice, explore their choices and build a self-directed life of wellness that supports their recovery.

PRN operates six Peer and Recovery Initiatives, that serve an average of 1,250 people each month who are uninsured and experiencing combinations of complex trauma, as well as mental health and substance use challenges, poverty, homelessness and/or incarceration.

The seventh initiative, Peer Voice NC, was launched in 2019 to build a unified, vocal, and influential statewide peer and "consumer" movement for people impacted by trauma, emotional distress, labels of mental illness and co-occurring substance use disorders to mobilize to improve systems, services, practices and policies that result in greater recovery, resilience and quality of life.

PRN staff have done the work to find Wellness and Recovery after experiencing...

- Trauma related to abuse, neglect, assault, domestic violence, military service, poverty, etc.
- Mental Health Challenges
- Substance Use Challenges
- Homelessness
- Incarceration
- Foster Care
- Former Gang Involvement
- Chronic Health Conditions



PRN is proud to be ranked nationally as one of the Best Nonprofits to work for and the only one in North Carolina by the

*THE NONPROFIT TIMES*



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This Impact Statement highlights Promise Resource Network's accomplishments along with the types of supports utilized to help people build their Super Power of Resilience.

The Eight Dimension's of Wellness, as defined by SAMHSA, serve as the framework for all supports, resources, and opportunities offered through PRN's programs listed below.

Promise Resource Network also provides Consulting, Training and Technical Assistance to agencies expanding their understanding, policies and practices to encompass wellness and recovery from a trauma-informed perspective.

## PRN SUPPORTS HOLISTIC RECOVERY THROUGH THE 8 DIMENSIONS OF WELLNESS

1,250 People visit the Recovery Hub every month. The Hub is an open access Peer Wellness Center offering alternative pathways to healing through peer support, resources, support groups, education and employment supports and daily bus passes. The supports provided are inclusive of all Eight Dimensions of Wellness.

12,000 bus passes were issued to empower people and make wellness accessible.



### **EMOTIONAL: Coping effectively with life and creating satisfying relationships.**

- 100% of those surveyed would recommend PRN to a friend.
- 97% rating by the Behavioral Health Division of Mecklenburg County for Peer Support, advocacy and outreach.\*
- 75,000 viewed a Mental Health Recovery special created by WSOC and PRN.
- 75 people were served through the Recovery Courts S.T.E.P. Program\* partnership, which provides Forensic and Family Peer Support, alternatives to incarceration, recovery and trauma based training.
- 500+ people and providers have been educated about Psychiatric Advance Directives, which convey a person's needs and treatment preferences during a mental health crisis.
- PRN facilitates free, accessible PAD workshops for the community that include PAD development, notary and registry
- 800 people attended PRN's productions of This is My Brave, which was created to end the stigma surrounding mental health issues by sharing personal success stories.
- 20 support groups are attended monthly at the Hub and range from mental health, substance use, DRA (Dual Recovery Anonymous,) to an Asperger's support group.



### **INTELLECTUAL: Recognizing creative abilities and finding ways to expand knowledge and skills.**

- 1,500+ Wellness and Recovery Education classes\* were taught by PRN staff.
- 20+ Partnerships with local agencies and organizations provided wellness education to individuals and the community on mental health and substance use.
- The Hub offered an average of 4 wellness classes per day on topics that encompassed the eight dimensions of wellness and includes topics like Healthy Boundaries, Anger Management, Visioning Recovery, Cooking, and From Surviving to Thriving.
- PRN's Peer Academy\* trained approximately 100 people to become Peer Support Specialists.

*\*These supports encompass all eight dimensions of wellness. However, program stats are listed under the dimension that corresponds with the overall program goal.*



### **SPIRITUAL: Expanding our sense of purpose and meaning in life.**

- Peer Support, yoga (taught by Certified Trauma Yoga instructors), meditation, aromatherapy, and henna tattooing are some of the ways people explore the mind, body and spirit connection at the Hub.



### **SOCIAL: Developing a sense of connection, belonging and a well-developed support system.**

- The Hub provides many social opportunities that include classes like Chocolate Milk and Conversations, as well as open mic events, game tournaments, movie nights, bingo, cook outs and space for hanging out to get to know others.



### **FINANCIAL: Satisfaction with current and future financial situations.**

- PRN partnered with financial entities to provide education on Steps to Financial Freedom, Understanding Debt, The World of Credit Cards, Credit and Credit Reports, Auto Buying 101, Market Outlook- Help planning for what lies ahead, Investment Basics, Understanding the Road to Homeownership.
- 200 people attended a Trauma-Informed Money Management class, offered monthly, that helped people explore their emotional connection to money and spending habits.



### **OCCUPATIONAL: Personal satisfaction and enrichment derived from one's work.**

- 84% of those supported by PRN are employed or pursuing better employment.
- The Supported Employment Team\* indirectly supported hundreds of individuals seeking new skills, work ethics, quality resume building, and how work benefits their lives.
- The Supported Employment Team formally supported 52 individuals. Among those, 41 people secured jobs that span 26 different industries.
- 100 on-going employer relationships have been developed with PRN's dual customer approach, that includes a rapid and tailored job search process.
- The Employment Team also supported people around the business development of a catering, graphic design, freelance writing, consulting, and cleaning businesses.
- PRN has hosted two job fairs at the Hub and connected hundreds of people with local job fairs based upon their interests.



### **PHYSICAL: Recognizing the need for physical activity, diet, sleep and nutrition.**

- PRN has partnered with vision, mental health, dental, substance use, and primary care agencies to provide monthly onsite care and education to over 850 people.
- These partnerships have also provided onsite mammograms as well as Blood Pressure, Diabetes, Cholesterol Screening HEPC/STI/HIV and Syphilis testing and counseling 5 times during the past year to over 250 people.
- PRN also offers a fitness center that is free of charge to the community.



### **ENVIRONMENTAL: Good health by occupying pleasant, stimulating environments that support well-being.**

- 43 people were served through the Shelter Plus Care\* (SPC) partnership, which provides Peer Support and tenancy support for people with SPC subsidy to maintain their home, pursue recovery and move toward home ownership.
- 100 people were served through the Citizen Re-Entry\* Program, which provides Forensic Peer Support during incarceration and after release for successful re-entry.
- 15 people were served through the Supports for People without Homes\* Program, which provides Peer Support for people in shelters, temporary housing, or living in the streets to move into a home.
- PRN works to maintain an environment that promotes learning, contemplation and relaxation in the HUB, while fostering safety through a Trauma Informed lens.



**“I needed help around employment, housing, my emotional wellness, and to be honest, just flat out motivation.”**

Before coming to PRN, I honestly could not muster up enough strength to do anything, much less get out of bed. On top of that, I was estranged from my family and felt like I had no support and was just floating in a black cloud abyss. That's about the time that I got connected to Promise Resource Network.

In the spring of 2016, I was introduced to a brilliant man who would eventually become a mentor to me. That man's name is Robert Livingston and he is a wonderful Peer Support Specialist. I felt like Bobby knew exactly how I was feeling, what I was going through, and where I'd been.

In August of 2016, I made my debut appearance at Promise Resource Network's Recovery Hub, the place that supported me as I resurrected my life. Flowers don't just blossom overnight. The same can be said for me. When I first showed up on the scene, I flat out didn't want to know anyone. I just wanted to be someplace safe without the drama. However, as the weeks and months passed by, I started opening up to staff and my fellow peers. I rediscovered my talent for writing and I started sharing my work. My poems and stories touched many people, as I was somewhat of an eclectic writer, touching on a wide range of topics. I love writing so much, that I revamped the ever popular Ask It Basket class by composing 1,700 random ice breaker questions that prompted great discussions.

I made a connection with virtually every staff member at PRN. The sharing of their pasts was something I relished because it gave me HOPE. In addition, the employment team gave me a kick start to employment. I ended up working for the Panther's, a team that I both admire and love. But in the spring of 2018, I set a goal of moving back to Long Island, NY. Despite all the love and appreciation that I've gotten from PRN in over two years, it was time for me to move back home to reestablish my life and a stronger connection with my son.

There are many places one can go to for the help they seek, but I can assure you that there is no place that comes close to PRN's staff of peer support warriors. The accolades that I can bestow upon this organization go beyond the definition of such words. Most importantly, my self esteem found its way back to me and I have Bobby and all the good folks at PRN to thank.

~ Dan Hackmeyer

**PRN would like to thank the following for their generous grants and funding awards:**

- **Adelman Foundation**  
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Healing from Trauma through Arts Expression
- **SAMHSA (federal 3 year grant)**  
Statewide Consumer-Run Organization
- **BRSS TACS**  
National System Change Capacity Building
- **Novant Health**  
Trauma-Informed Organization Building

Help PRN fulfill its vision...  
That every person will find the hope, inspiration and supports to move through challenges, discover their strengths, live their dreams, and find meaningful purpose in their lives.