

RS
EDEN

2023 Impact

A Year of Growth

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Dear RS EDEN Community,

Holding two conflicting perspectives simultaneously was my experience during 2023. This statement of ambivalence is perhaps not the typical “rah-rah” beginning of an annual report from a President and CEO, but I am not your typical leader, nor is RS EDEN a typical organization. In four years leading RS EDEN, holding multiple and conflicting perspectives at the same time has become a daily task.

Let me begin with some major RS EDEN achievements from 2023; three of the most significant were:

- RS EDEN acquired **Minnesota Trauma Recovery Institute (MN-TRI)**, a leading provider of mental health services in the Twin Cities mid-year. With this acquisition, RS EDEN assertively embraced a full integration of mental health services across our continuum.
- After almost 3 years of planning and partnering, RS EDEN opened our **Withdrawal Management Program** in downtown Minneapolis. This first of its kind “detox” program allows RS EDEN to assist individuals to safely withdraw from their substance use, then seamlessly transition into our residential treatment setting, thwarting the opioid and fentanyl crisis.
- And in December, we opened **Ashland Apartments** in St. Paul. This 17-unit permanent, supportive housing community assists people exiting homelessness and incarceration to have a safe place to call home.

Despite these accomplishments and numerous daily moments of triumph, I am left frustrated by the condition of our community. Fentanyl continues to devastate so many within our care. Recent research has shown that 1 milligram of fentanyl is equivalent to 50 milligrams of powder heroin – **the sheer lethality of this drug challenges all of us at RS EDEN to evolve and adapt**, just as the drug itself has adapted.

Whether residents in our permanent housing or our transitional communities for people exiting incarceration; participants in our mental health programming or those within our various levels of substance use disorder treatment – today’s dangerous and deadly drug use impacts all that we do and all those who we support.

The intersecting challenges of homelessness, mental illness, criminal justice involvement, and substance use disorder are exacerbated and further intertwined by not only the lethality of fentanyl but also our sectors’ challenges to form a collective, cohesive, and effective response. RS EDEN has spent 52 years investing in the Twin Cities community, **and never before have our programs and expertise been needed more.**

The moment for a collective response is now. 2024 is sure to bring more accomplishments for RS EDEN amid more community-wide challenges. I expect ambivalence to continue - to be filled with immense pride for all that RS EDEN is successfully doing for the community, even with ongoing challenges. I remain assured that our dedication and motivation will be unwavering. **RS EDEN will meet these challenges with fortitude and ingenuity.**

Join our staff of 160+ dedicated employees across our 18 locations and become a partner in this fierce pursuit of impact. I challenge you to give of your time, talents, voice, and financial investment to our participants, this organization, and your community. We cannot succeed in isolation - but what we can accomplish together - is limitless.

In partnership,



Caroline Hood
President & CEO



2023 PROGRAM UPDATES



Integrating Trauma-Informed Mental Health Support

While other organizations refer people out for mental health services, as a hub we strive to provide what they need right here at RS EDEN. To further integrate mental health support across all our program areas, in 2023 we acquired the Minnesota Trauma Recovery Institute (MN-TRI), a longtime partner with expertise in culturally-responsive mental health services.

Withdrawal Management: No One Turned Away

After 30 months of planning and assessing our community's needs, RS EDEN opened our Withdrawal Management Program in October 2023 to address the gaps we were seeing in the substance-use treatment system amid the opioid epidemic.

By gaining a Minnesota Statute 245F license for Withdrawal Management (commonly known as “detox”), RS EDEN can now accept nearly 100% of people into intensive withdrawal management. The first of its kind in the state, our program removes barriers to life-saving recovery services for people at the highest risk of opioid overdose and death.

In partnership with YourPath, RS EDEN's 24/7 medical team safely supports a person through withdrawal. From there, they can “step down” seamlessly into residential treatment, where they access mental health support and other services—all under the same roof.



Re-imagining Ashland Apartments

Ashland Apartments originally served as a halfway house for men leaving incarceration, but as the Minnesota Department of Corrections changed its approach to transitional housing, Ashland became underused.

Adapting to those changes, in partnership with the City of St. Paul and Ramsey County, RS EDEN has updated the building to create permanent, supportive housing for people exiting homelessness and incarceration. This approach aligns with RS EDEN's mission to offer person-centered support for people building new beginnings and community connections. The remodeled Ashland Apartments will house up to 17 individuals.



UNIQUE PARTICIPANTS SERVED

1,737

Men, women and children served in 2023 across Recovery, Permanent & Supportive Housing and Criminal Justice Support.

70%

Of our participants **identify as members of communities of color.**



MEALS PREPARED

112,000

Meals were served to program participants and their children.

CRIMINAL JUSTICE SUPPORT

800

People with a history of criminal justice system involvement engaged in and benefited from RS EDEN programs.

PERMANENT & SUPPORTIVE HOUSING

800

Adults and children achieved safe and stable housing after exiting histories of chronic homelessness.

93%

Of participants **completed at least one year of tenancy.**



FAMILY RECOVERY PROJECT

100

Children received backpacks and supplies as part of RS EDEN's back-to-school event.

40

Coats, hats, and mittens were provided to children.

20

Agencies met with families at the inaugural Family Day Community Connection event.

RECOVERY

530 people participated in RS EDEN Recovery programs, receiving comprehensive substance use treatment including mental health, medical, and peer support services

RSI LABORATORIES

37,000 individuals were served at one of the leading, regional drug testing facilities in the Midwest with nearly...

220,000 drug screenings provided in support of prevention and intervention, not punishment.

ORGANIZATIONAL CAPACITY

25

RS EDEN staff members were promoted or moved internally to other roles, demonstrating our commitment to learning and career pathways.

100%

Of staff completed Naloxone training.

7

Multi-day, intensive Crisis Prevention Institute trainings completed.