



# Free At Last: Community Recovery And Rehabilitation Services

*Fiscal Year 2016-2017 Annual Report/Appeal: November 2017*

## OUR MISSION:

*To rebuild the community from within, reclaiming addicts and giving people who failed in the past the chance to succeed in the future.*



**Thank you for helping us advance our mission and for sharing in our successes in the past year!**

Dear friends of the Free At Last family:

It is an honor and privilege to serve our East Palo Alto and Menlo Park communities, and the Free At Last 'community of recovery.' Being a part of an agency that provides community-based recovery services and prevention programs has been a blessing and a humbling experience. We give people who have failed in the past the chance to rebuild their lives, and to become productive members of society. We are in our 24<sup>th</sup> year of service to the community and to friends striving to recover from addiction. We ask that you join us in moving onward and upward in our continuing journey of making a difference, and changing lives, as the model of "Second Chances." We thank you for your past and continued support!

***Vicki Smothers, Board Chair***

### **FY 16-17 Individuals Served:**

- **7,009** drop-in center sign-ins
- **1,233** individuals received prevention and outreach information and/or referrals
- **42** outpatient program clients
- **112** DUI first offender program participants
- **44** women's residential program clients
- **100** men's residential program clients
- **25** transitional clean and sober housing tenants
- **9,064** Alcoholics Anonymous and Narcotics Anonymous sign-ins



## Spotlight: Ján

Ján is a graduate of our Men's Residential Treatment Program and serves as a mentor and guide at Free At Last (FAL). Serving the community both inside and outside of work, Ján works for San Mateo County and he is a part of a Men's Recovery Support Group called, "Staying Connected." Ján stays engaged in our community because to him FAL means "safety, freedom, new opportunities, and a second chance at a first-class life." On a more personal level, FAL also gave Ján the opportunity to be a father to his son again and it gave his mother peace of mind, things that eluded his family for years. When asked what piece of advice he'd give to someone that is just starting their recovery journey, he gave this advice:

*"These, for me, have helped me get me through my recovery, these five things.*

1. *Trust the process.*
2. *Don't take it personal.*
3. *Be present.*
4. *Remain patient.*
5. *Live with purpose.*

*Those five things are something that I say every morning for myself...I added that last part recently, as I ascended from one job that I had been working at since I left the program, to working with San Mateo County. It's making every day of my life count for something, not for me, but for someone else."*

***Ján***  
***Graduate, Men's Residential Treatment Program***

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## Thank you to the generous organizations that support our cause

San Mateo County, Behavioral Health and Recovery Services  
San Mateo County, Department of Housing  
Sequoia Healthcare District  
Palo Alto Medical Foundation  
1 East Palo Alto  
City of East Palo Alto  
Second Harvest Food Bank  
Philanthropic Ventures Foundation  
Facebook Local Community Fund  
Mental Health Service Act  
Atkinson Foundation  
The San Francisco Foundation  
Rebuilding Together Peninsula  
Commercial Casework Inc.  
Heritage Bank of Commerce  
Habitat for Humanity Greater San Francisco  
Silicon Valley Community Foundation (SVCF)  
Woodland Park Communities Foundation (SVCF)  
Maidenherren Fund (SVCF)  
Stanford Memorial Church and Members  
The Benevity Community Impact Fund  
Jewish Community Federation  
Bay Area Black United Fund  
American Online Giving Foundation, Inc.  
Center for Excellence in Nonprofits  
Amazon Smile Foundation  
GR8WORK Builders Inc.  
Bread of Life  
Google Inc.  
Gap Inc.

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## And lastly, thank you to our kind individual supporters:

Vicki Smothers, Dorsey Nunn, Janet Thomas, Jerome Walker, Jose Capistran, Michael Edell, Riaz Taplin, Kathleen & Douglas Alexander, Linda Busek, Allison Eliza Macqueen, Debra & Randy Robinson, Owen Byrd, T.N. & M.R. McKay, Gwendolyn Foster, Clem & Jane Molony, John Michael Doyle, Patricia Oshea, Duane Bay & Barbara Nopartsak, Karl & Nancy Steadman, Dorothy & Theodore Anderson, Sue Etheridge, John Walker, Desiree & Samiuela Finae, Carolyn & Stephen Spitz, Ronald & Soshana Levy, David & Diane Feldman, Shannon Steckel, Martin Krasney, Luisa Buada, Jim Davis, Monica Moore, Mary Ratner, John Schniedwind, Grace Webber, Suzanne Martin & John Doyle, Rich Wohlstadter, Brett Dryer, David Johnson, Courtney Bass, Amanda West, Frans van Ersel, John Foster, Monica Montefiore, Ricardo Benavidez, Relina Bulchandani, Tracy Needles, Kate Berlent, Heather Hopkins, Jennifer Jackson, Palo Alto Friends Meeting, Alvin Hall, Gerardo Barragan, Joanna Johnson, Katie Vavuris, Brook Getachew, and Sri Raga Velagapudt.

*Don't see your name? Let us know!*

## Our Board of Directors

### Special thank you to our Board of Director's for their leadership, time and resources they provide!

**Vicki Smothers**, President and Co-Founder (Community Program Specialist, Prenatal Advantage, Black Infant Health Project, San Mateo County Health System/Family Health Services), an advocate for Women in Prisons and a recipient of the San Mateo County Women's Hall of Fame Award. Ms. Smothers, a longtime resident of East Palo Alto, brings extensive knowledge of community dynamics and resources to the organizations Board table. Ms. Smothers is a Co-Founder of Free At Last, the East Palo Alto AIDS Task Force, and provides expertise in women's recovery.

**Dorsey Nunn**, Vice President and Co-Founder (The Executive Director of Legal Services for Prisoners with Children (LSPC) and well known for his work towards the national [ban the box](#) campaign.)

**Janet Thomas**, Secretary (Job Coach, Kainos Home and Training; Night Manager, Hope House; and Business Owner, Alpine Home)

**Jerome Walker**, Treasurer (Protective Service Worker, Adult Protective Services, Human Services Agency, City and County of San Francisco)

**Jose Capistran**, Member (Steel Burner, R.E. Bormann's Steel), Alumni.

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## We hope you will consider an end-of-year donation!

Without help from our partners and donors we would not be where we are today. We would like you to join our community of donors to help Free At Last provide services to those in our community. Free At Last applies a community-based model for recovery by having counselors in recovery, partnering with many outside agencies, and our alumni forming support groups. We'd love to have you join our recovery community through a donation.

We appreciate a donation of any size. With your support, we can continue to operate and grow our programs, better enabling us to empower those on their path towards recovery.

Compared to the work that clients in recovery are doing, writing a check or donating on Free At Last's website is easy.

[www.freeatlast.org](http://www.freeatlast.org) We can all do a little bit more. Please give what you comfortably can. No amount is too small or too large.

Contact Sue Cortopassi at 650 462 6992 or email [sue@freeatlast.org](mailto:sue@freeatlast.org) with any further questions. Thank you!

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*Your donation is tax deductible to the extent allowable by law. No gifts or services will be provided for your contribution. All donors receive a receipt suitable for your tax records.*



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