

Addiction, Recovery, & Life Outreach (ARLO) Housing Program

RFP for Coronavirus State and Local Fiscal Recovery Funds

The ARLO Organization

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Application Form

Question Group

Buncombe County requests proposals for projects to help the community recover from and respond to COVID-19 and its negative economic impacts.

Buncombe County has been awarded \$50,733,290 in Coronavirus State and Local Fiscal Recovery Funds (Recovery Funding), as part of the American Rescue Plan Act. This infusion of federal resources is intended to help turn the tide on the pandemic, address its economic fallout, and lay the foundation for a strong and equitable recovery.

Buncombe County is committed to investing these funds in projects that:

- Align to county strategic plan and community priorities
- Support equitable outcomes for most impacted populations
- Leverage and align with other governmental funding sources
- Make best use of this one-time infusion of resources
- Have a lasting impact

Proposals shall be submitted in accordance with the terms and conditions of this RFP and any addenda issued hereto.

[Click here for the full terms and conditions of the RFP](#)

Coronavirus State and Local Fiscal Recovery Funds*

Name of Project.

Addiction, Recovery, & Life Outreach (ARLO) Housing Program

Amount of Funds Requested*

\$312,000.00

Recovery Fund Eligible Category*

Please select one:

Small business and non-profit support

Brief Project Description*

Provide a short summary of your proposed project.

The Addiction, Recovery, & Life Outreach (ARLO) Sober Housing project is designed to change the way that halfway houses and sober living facilities operate and provide services. COVID-19 has disproportionately affected and further marginalized the population struggling with addiction. The proposal contained herein, is a new concept that will allow and incentivize individuals suffering from addiction to better their lives after

the traditional detox and treatment is complete. The concept is to provide scholarships for people to have a safe and sober place to live, while meeting requirements in order to leave the house with a proper resume, job, life skills, bank accounts, and money to get a head start in returning to "normal" life. The funds requested will be utilized to provide 100% scholarship-based housing for 48+ individuals for three months over the next 24 months.

Project Plan*

Explain how the project will be structured and implemented, including timeframe.

ARLO is a non-profit 501(c)3 organization governed by a highly qualified Board of Directors with oversight of the Executive Director. This project includes funding to operate the ARLO Housing Program for 24 months, allowing the program to begin immediately and time to secure private funding for future years. ARLO will provide structured sober living in Arden, NC, in Buncombe County. Each Resident will adhere to the program outlined below as well as being responsible for paying a monthly "rent" stipend. This monthly rent will be secured and saved under ARLO's control and deposited into the savings account of the Resident upon completion of the program. If a resident relapses, they are immediately dismissed from the program and all "rent" payments will be donated to the ARLO Community Outreach Fund that will be reinvested directly back to Buncombe County as charitable contributions or community improvement projects. Currently, we are able to house six (6) residents at a time for 90 days per resident.

The following outlines the requirements for completion of the Program over the course of 12 weeks or 90 days:

- MINIMUM 120 days of continued sobriety
- Weekly engagement with, and reporting to an ARLO Housing Program Director & Life Coach
- Participation in ARLO Housing's Recovery Support Group
- 4 outside recovery-related meetings per week
- 2-3 Drug tests per week (minimum)
- Volunteer participation in ARLO's Positive Community Impact Team
- 1 Outward Community Engagement per month
- "Reinvent Yourself" goal setting classes and Workforce/Industry education with a Life Coach
- Stable Employment
- Bank Accounts established
- Credit Improvement Counseling
- Individual "Rent" payments as positive balances in savings

All efforts are documented and combined with staff and resident input throughout the entire process. This allows for ongoing optimization of an individual's program, as well as being used for quality improvement assessments, to govern organizational change, drive best-practices in collaboration with other agencies and community partners, and workforce development.

Statement of Need*

Describe the need that this project will address. Include data to demonstrate the need, and cite the source of the data.

When people lack the resources to seek help for their substance use disorders, unaddressed addiction issues can often lead to costly repeated encounters with local and county law enforcement, emergency or urgent care facilities, rehabilitation centers, or shelters with nothing to cover the cost but taxpayer-backed county indigent funds. ARLO is run largely by peer mentors and provides a cost-free place for these individuals to talk with someone who understands their struggles, get support and advice on navigation to begin and/or continue their process of recovery. We provide connections to local social service resources for assistance in issues like housing, employment, transportation and childcare. We also provide the opportunity

for individuals in recovery to give back by volunteering their time to help others in their recovery, which can be a life-altering commitment and a strong motivation for maintaining recovery.

According to the Buncombe County website:

(<https://www.buncombecounty.org/governing/depts/hhs/news-detail.aspx?id=17135>)

1. “Expecting a person who is addicted to “just quit” cold turkey is not realistic. Changing drug use behavior is a process. First, the person may not think they have a problem. Next, they may realize it’s a problem, but feel conflicted about addressing it. Then they have to figure out how to deal with it and seek professional help, maybe change friends and learn skills to recover from the addiction.

2. Intervening early is more effective than waiting for “rock bottom”. Because behavior change is a process, instead of letting your friend or loved one hit their lowest point, it’s important to help right away. Relapse and setbacks are common and can be a learning opportunity. Studies show those who enter drug treatment programs as a result of loving pressure do better in treatment compared to those who don’t get help.”

The ARLO Housing Program provides a SAFE & ACCOUNTABLE place to DIRECTLY COMBAT THIS ISSUE.

Link to COVID-19*

Identify a health or economic harm resulting from or exacerbated by the public health emergency, describe the nature and extent of that harm, and explain how the use of this funding would address such harm.

The effects of the COVID-19 Pandemic have hit our region hard. It was reported that:

“[due to] Isolation and lack of support...North Carolina as a whole — and Buncombe County specifically — also started seeing an increase in suicide rates and overdoses” Furthermore, “You’ve got quarantine measures; you’ve got people who are having decreased access to their faith community, their social supports; there’s all the stress and anxiety and economic loss that is getting layered,” ... “everyone’s feeling some level of stress related to this, but when you take individuals that are already wrestling with a mental health need or someone who is struggling in recovery from substance use, it makes it even more difficult to retain that stability.” (<https://www.citizen-times.com/story/news/local/2020/08/05/covid-anxiety-depression-tripled-substance-abuse-up-15-nc/5547156002/>)

The ARLO Housing Program is designed to specifically address these issues and to help those suffering from addiction to get a leg up regarding their assimilation back to society.

Population Served*

Define the population to be served by this project, including volume and demographic characteristics of those served.

The population to be served initially are men over the age of 18 that are suffering from Substance Use Disorder and are willing to participate in a program that allows them to learn the skills necessary to assimilate back into society. These residents will come from Buncombe County treatment facilities. ARLO housing does not discriminate based upon race, color, sexual preference, ethnic background, or religion. In fact, diversity and inclusion are concepts that are encouraged and welcomed.

Results*

Describe the proposed impact of the project. List at least 3 performance measures that will be tracked and reported. If possible, include baselines and goals for each performance measure.

The impact of this Program can be astronomical. It is intended that each resident that completes the program will transition immediately to a productive member of the community and give back, positively affecting the lives of others in the area.

All performance measures are listed below and tracked on a weekly basis. Furthermore, alumni of the program are encouraged to participate in alumni check-ins and post-Program surveys.

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Evaluation*

Describe the data collection, analysis, and quality assurance measures you will use to assure ongoing, effective tracking of contract requirements and outcomes.

Data and performance tracking will be done utilizing software specifically geared toward this application. Currently, we are negotiating with a company in California that provides software named "SoberLiving App." This software provides a place to record all data points and can be tracked in real time, including: Initial application and background information, financial data, incident reporting, clinical notes (if needed), drug and alcohol screening, meeting attendance, and other program requirements. This application is fully HIPAA compliant and allows statistical extrapolation at any given time.

Equity Impact*

How will this effort help build toward a just, equitable, and sustainable COVID-19 recovery? How are the root causes and/or disproportionate impacts of inequities addressed?

The mission of the ARLO Housing Program is to provide people struggling with recovery from addiction a base of operation that is safe, sober, and educational to provide the BEST CHANCE POSSIBLE to succeed ONCE SOBRIETY HAS BEEN OBTAINED. We provide the direction and education for life AFTER addiction. Our goal is to directly address marginalization. In the Annals of Internal Medicine, Dr. Nora Volkow writes:

"Persons with SUD are already marginalized and underserved...largely because of stigma. Much of this stigma is based on the erroneous but persistent belief—widespread even among health care workers—that addiction is the result of weak character and poor choices, whereas science has clearly shown it to be a disorder arising from alterations in brain circuitry. Social support is crucial for persons trying to recover from SUD, whereas social isolation is a risk factor for relapse. Even though the social distancing measures being implemented nationwide are important for reducing disease transmission, they may be especially difficult for persons in recovery because they limit access to meetings of peer-support groups or other sources of social connection. Although face-to-face interaction is a key feature of recovery support, virtual meetings may be useful for those with access to the internet.

Persons who are isolated and stressed—as much of the population is during a pandemic—frequently turn to substances to alleviate their negative feelings. Those in recovery will face stresses and heightened urges to

use substances and will be at greatly increased risk for relapse. Peers, family members, and addiction treatment providers should be alert to this possibility. Clinicians should monitor for signs of substance misuse or use disorders in their patients, given the unprecedented stresses, fears, or even grief they may be facing." (https://www.acpjournals.org/doi/full/10.7326/M20-1212?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub++0pubmed.&)

Project Partners*

Identify any subcontractors you intend to use for the proposed scope of work. For each subcontractor listed, indicate:

- 1.) What products and/or services are to be supplied by that subcontractor and;
- 2.) What percentage of the overall scope of work that subcontractor will perform.

Also, list non-funded key partners critical to project.

The ARLO Housing Program will not utilize any official subcontractors. However, some services, such as NCCPSS services, may be performed by outside individuals at times.

Capacity*

Describe the background, experience, and capabilities of your organization or department as it relates to capacity for delivering the proposed project and managing federal funds.

The ARLO Organization was recently formed in 2021 to provide Outreach to those suffering from Substance Use Disorder. It is governed by a Board of Directors who's membership includes recovering addicts and those touched by addiction with vast educational, clinical, and addiction experience and credentials. Our Executive Director has 8 years of experience in addiction, a Master of Science degree, and previously ran operations for a Michigan sober living organization of 9 houses, as well as operations for one of the preeminent 501(c)3 organizations focusing on Substance Use Disorder Recovery and community outreach. We have an existing house in Arden, NC south of Asheville that is available to immediately implement this program. We also will have a vehicle to ensure Residents are able to get to work, attend job interviews, meetings with coaches, 12-step meetings, doctor and therapy appointments, and to go grocery shopping. Staffing has been identified, and the Program could be fully functional within two weeks of award. We also have operating capital identified to begin operations in the case of a reimbursement-style grant.

Budget*

Provide a detailed project budget including all proposed project revenues and expenditures, including explanations and methodology. For all revenue sources, list the funder and denote whether funds are confirmed or pending. For project expenses, denote all capital vs. operating costs, and reflect which specific expenses are proposed to be funded with one-time Buncombe County Recovery Funds.

Download a copy of the budget form [HERE](#). Complete the form, and upload it using the button below.

ARLO Housing - Recovery-Funds-budget-Final.xlsx

Special Considerations*

Provide any other information that might assist the County in its selection.

All of the funding associated with this project will be utilized and affect Buncombe County directly; and may be operational within TWO WEEKS of award.

File Attachment Summary

Applicant File Uploads

- ARLO Housing - Recovery-Funds-budget-Final.xlsx

Coronavirus State and Local Fiscal Recovery Funds Proposed Project Budget

Organization Name:	The ARLO Organization
Project Name:	Addiction, Recovery, & Life Outreach Housing
Amount Requested:	\$312,000

Proposed Project Revenue Funder	Amount	Confirmed or Pending?	Notes
Proposed Buncombe COVID Recovery Funds	\$ 312,000.00	Pending	Operating Capital is in available in the case of a reimbursement grant
Donations and Fundraising	\$ 10,000.00	Pending	
List other sources here			
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Total	\$ 322,000.00		

Proposed Project Expenses	Proposed Recovery Funds	Other Funds	Total	Capital or Operating Expense?	Notes
Rent and Operating Expense	\$ 144,000.00		\$ 144,000.00	Operating	This includes Rent, Vehicle Expense, All Utilities (\$6,000/mo)
Housing Management and Oversight	\$ 72,000.00		\$ 72,000.00	Operating	This includes Housing Manager and Property Ownership Oversight
Program Director & Life Coach	\$ 60,000.00		\$ 60,000.00	Operating	Program Oversight and Life Coaching for Residents
Basic Housing Needs	\$ 12,000.00		\$ 12,000.00	Operating	Includes Paper Products and Household Maintenance
ARLO Startup & Operating Costs	\$ 24,000.00		\$ 24,000.00	Operating	Legal/Professional/Office/Transportation/ad hoc costs
List expenses here			\$ -		
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Total			\$ 312,000.00		