



Fort Lyon Supportive Residential Community celebrates one year with a visit from Governor Hickenlooper.

INTRODUCTION

The Fort Lyon Supportive Residential Community provides recovery oriented transitional housing combined with educational, vocational, and employment services for homeless individuals with substance abuse and mental health disorders. The program is located at the former Fort Lyon Veterans Administration Hospital in Bent County, Colorado. It represents state and local efforts to re-purpose the facility to meet the needs of homeless individuals from across Colorado, with an emphasis on homeless veterans.

This *Year One Annual Report* captures programmatic data identified from September 2013 through August 2014. The 20 charts that follow illustrate resident demographics; physical and mental health characteristics, including quality-of-life improvements; job training and educational participation; resident satisfaction survey results; and, income and/or public benefits sources. Resident statements complete the report—see page 17.

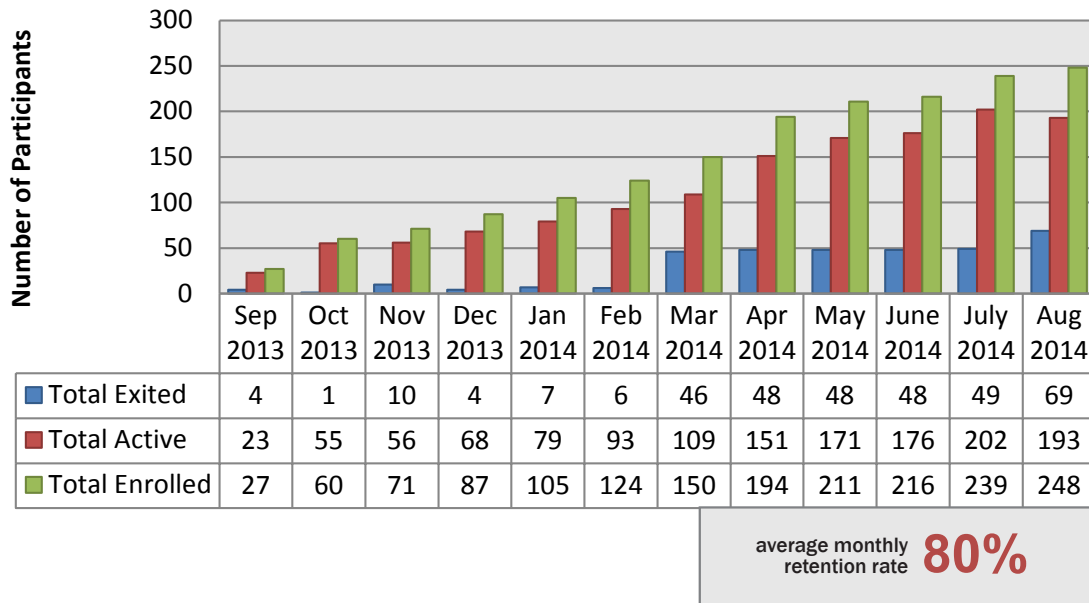
*“Yeah, I’m proud of what I did
and now I’ve got a future.
I’ve got plans for when I leave.
I want to get signed up for a barber
school before I leave here.
Alcohol was killing me and
Fort Lyon saved my life.”*



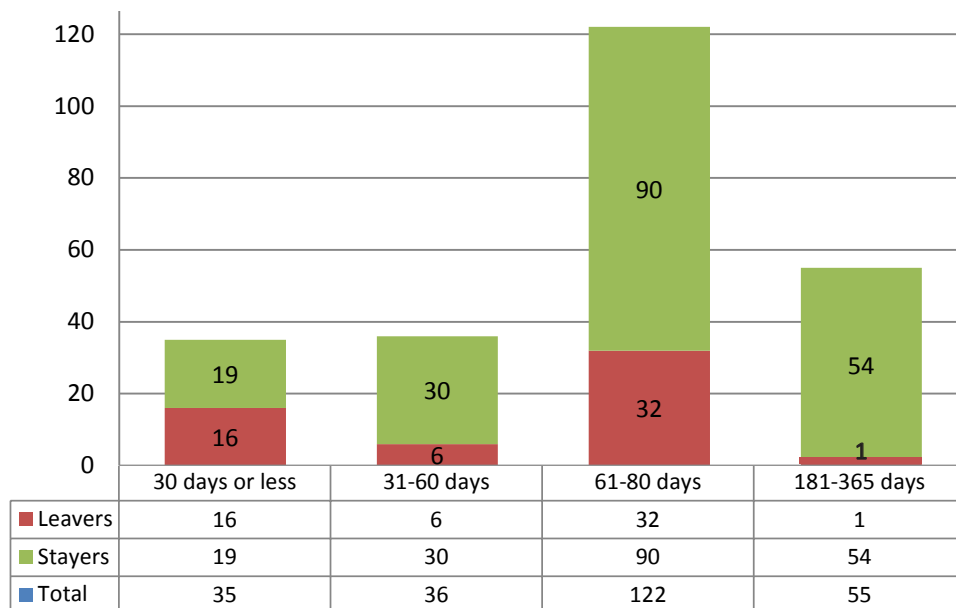
Darrell
Fort Lyon Resident

POPULATION OVERVIEW

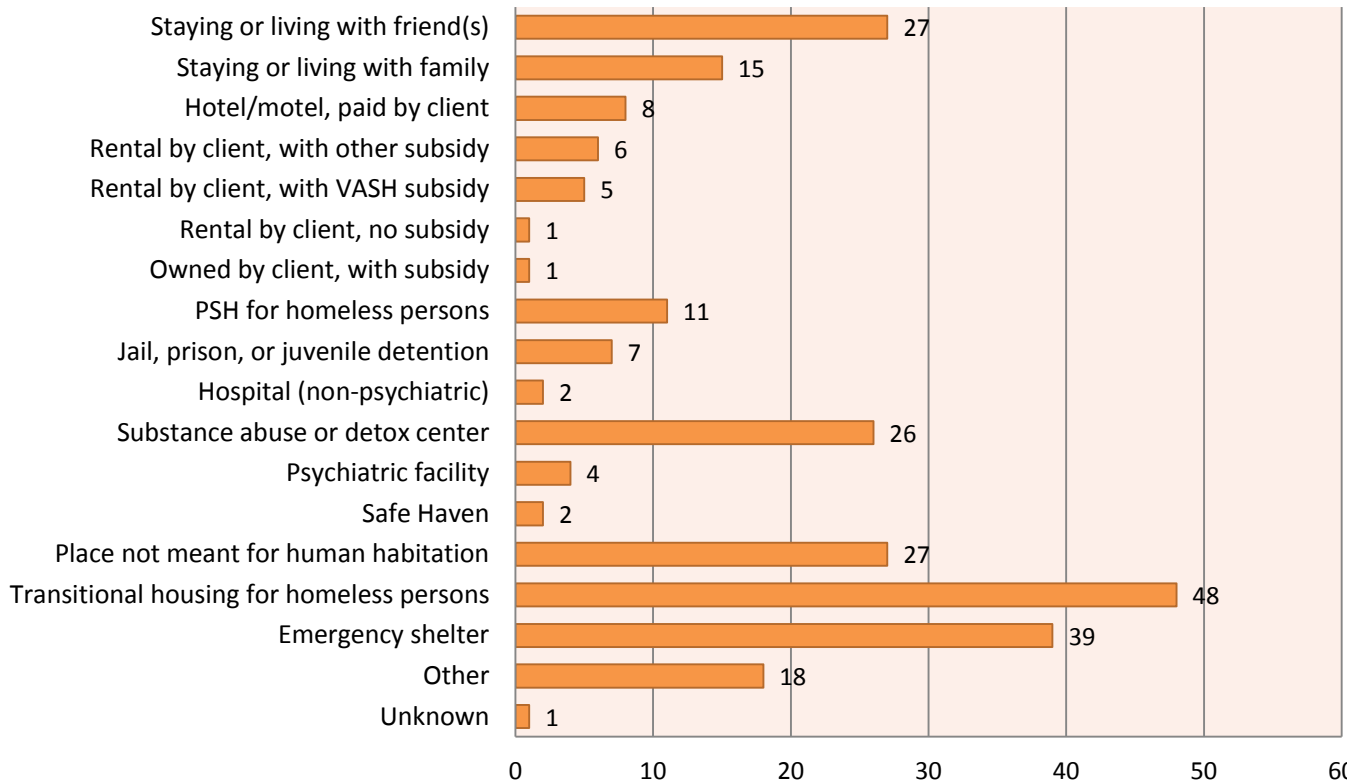
1 Total Residents



2 Length of Residency



3 Residence Prior to Program Entry



4 Residents' Exits: Reasons for Leaving

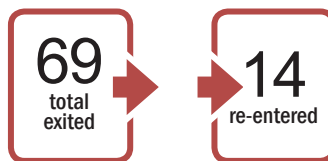
12
completed goals
or graduated

43
voluntarily
discharged

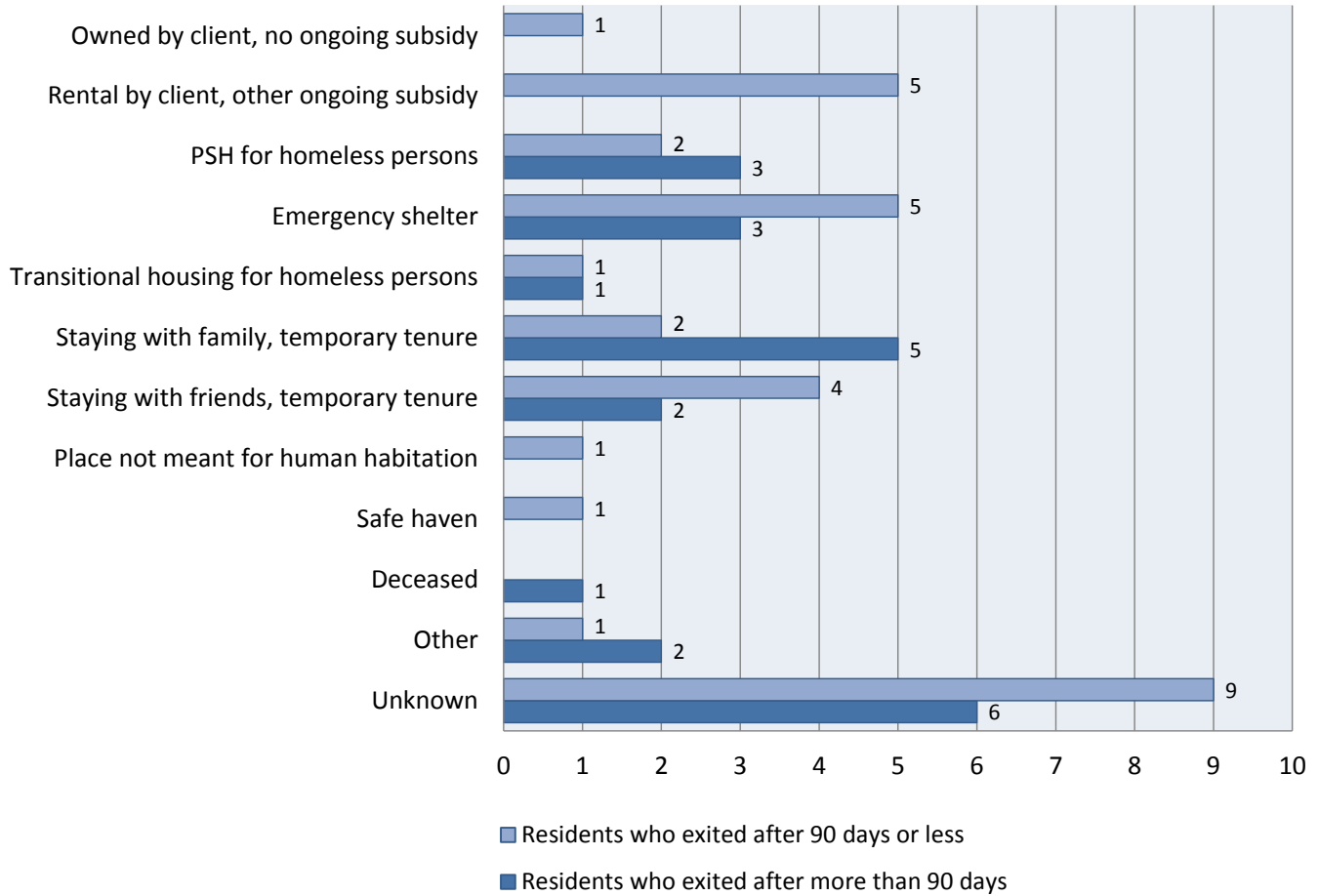
15
involuntarily discharged
or rule violation

1
deceased

104 days
average length of residency
before discharge

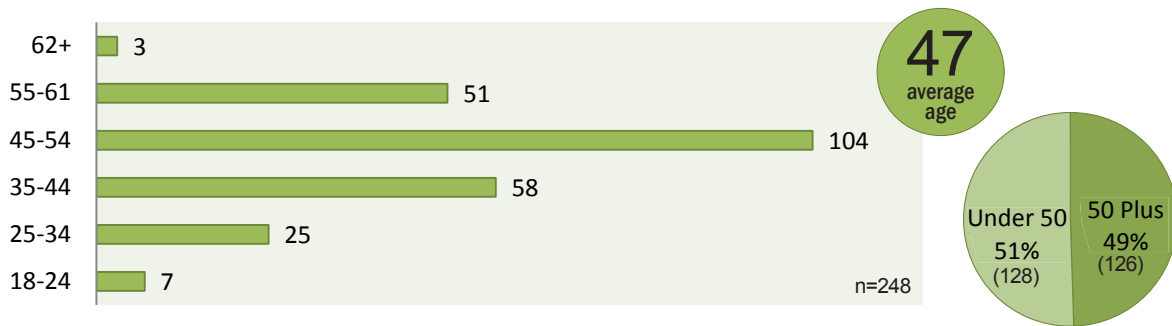


5 Destination at Program Exit

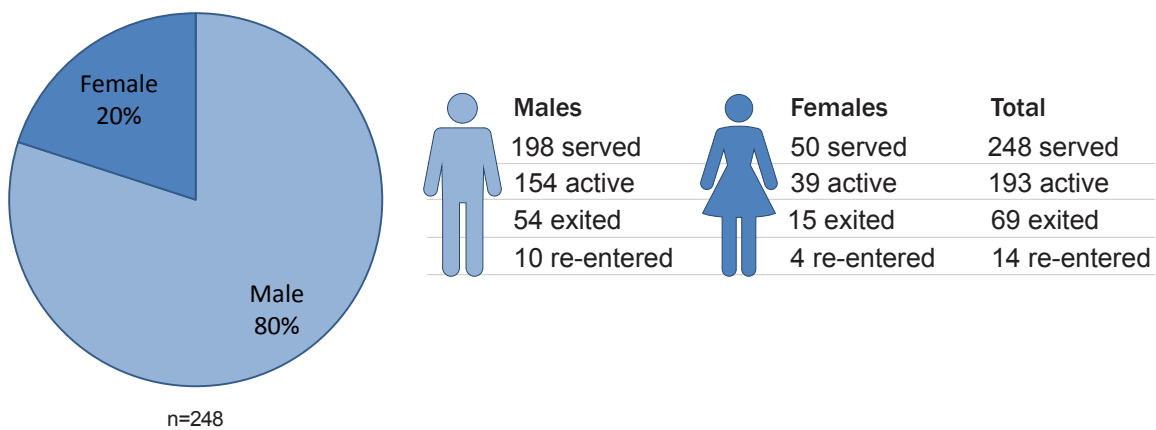


RESIDENT CHARACTERISTICS

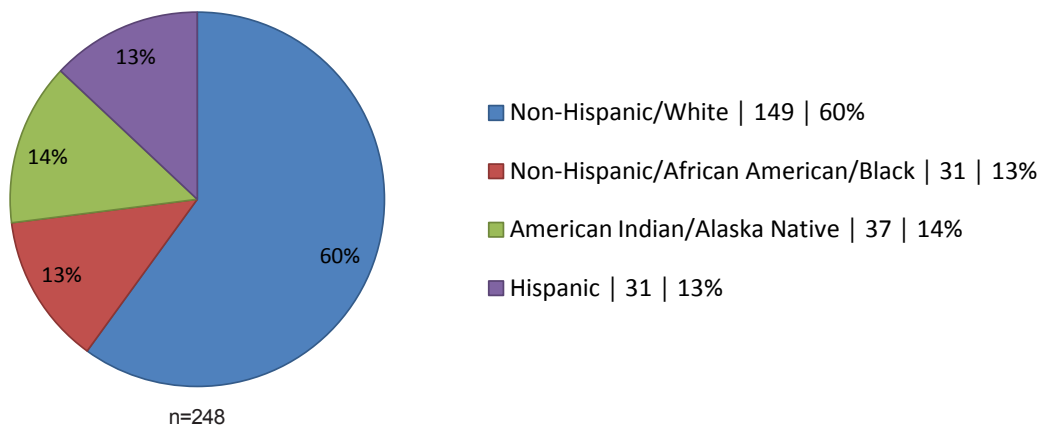
6 Age



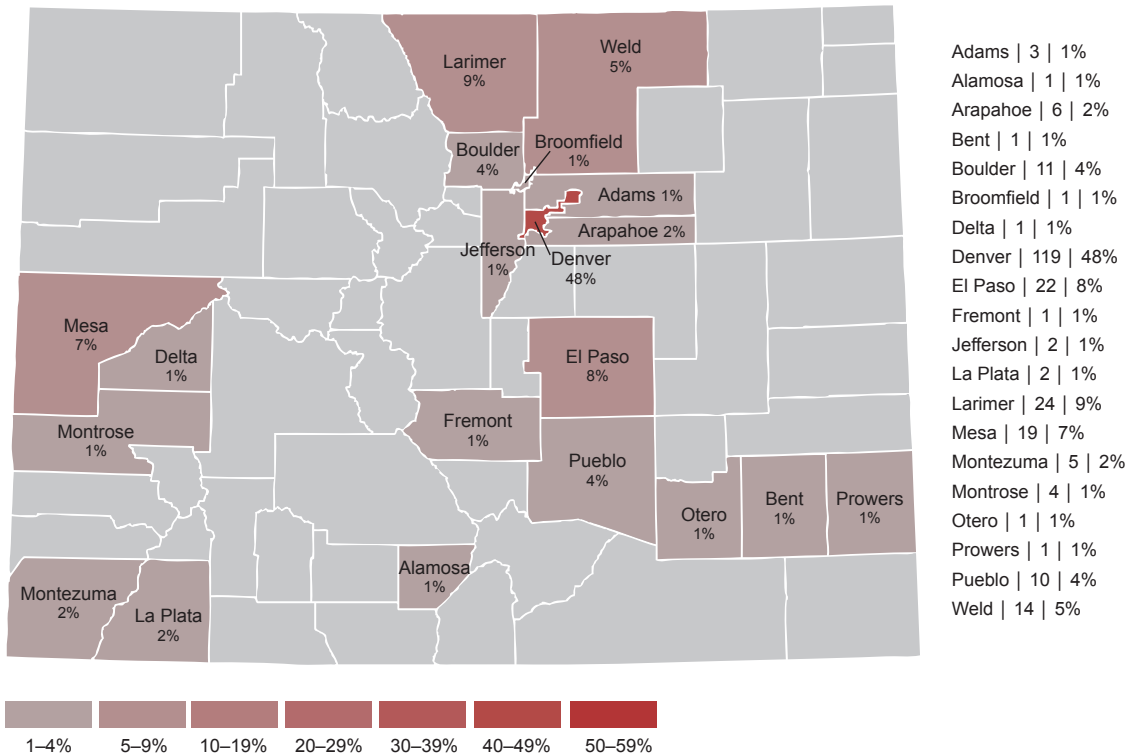
7 Gender



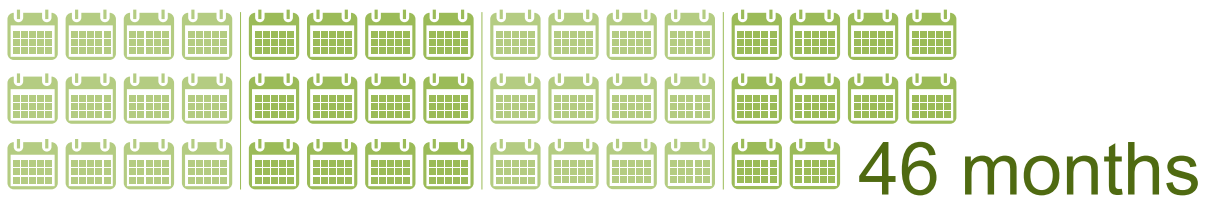
8 Ethnicity



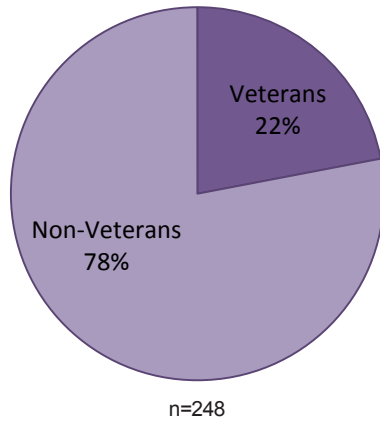
9 County of Origin



10 Length of Homelessness Prior to Entry



11 Veterans

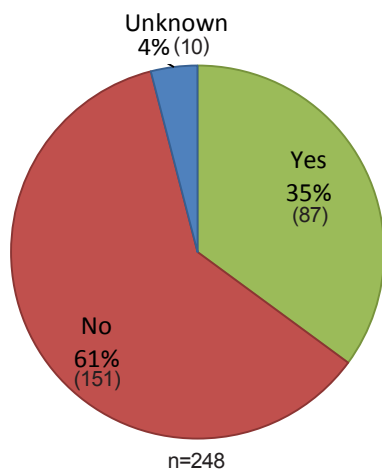


	Veterans	Total
	56 served	248 served
	40 active	193 active
	16 exited	69 exited

NOTE: Veterans make up 11.5 percent of the homeless population in the Denver Metro area, and seven percent in Colorado.



12 Domestic Violence Experience



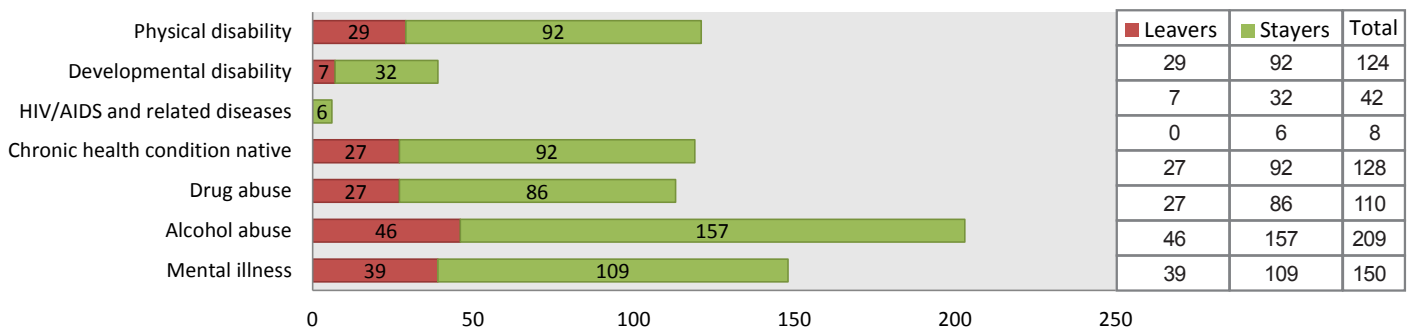
NOTE: Victims of domestic violence struggle to find permanent housing after fleeing abusive relationships. Many have left in the middle of the night, with nothing but the clothes on their backs, and must now entirely rebuild their lives.

PHYSICAL AND MENTAL HEALTH CHARACTERISTICS

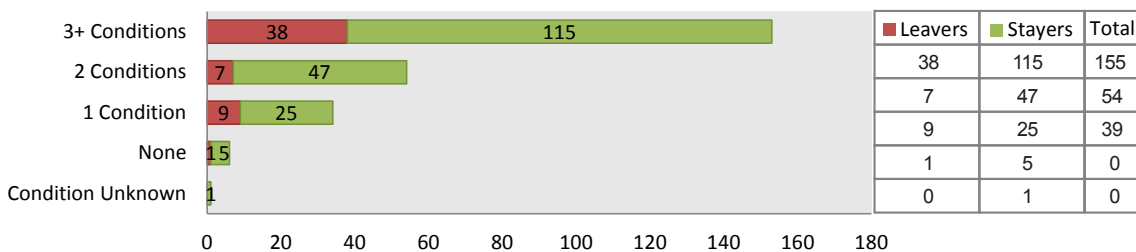
In general, residents saw the biggest improvement in depression, anxiety, and perceived quality of life within the first three months of residency at Fort Lyon. However, those improvements were not only sustained through six months, but clients continued to show improvement in scores. Outcome data will continue to be collected at 12 months, 18 months, and 24 months while clients are in the program. The assessments are also conducted when a client exits the program, and if reachable, at 30 days and six months after exiting. Exit and post-exit data will be reported on the next annual report, once a sufficient number of clients have been assessed at these time points.

13 Physical and Mental Health Conditions at Entry

Known Conditions at Entry



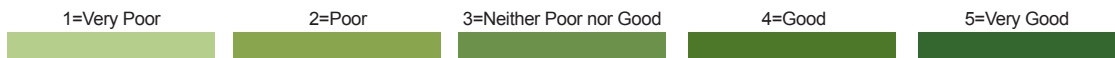
Number of Known Conditions at Entry



14 Quality of Life Improvements

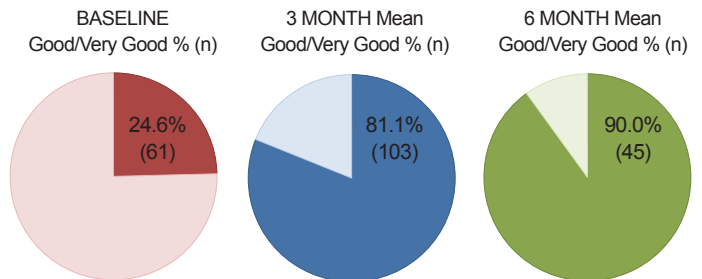
The World Health Organization Quality of Life (WHOQOL) project was initiated in 1991 to develop an international, cross-culturally comparable quality of life assessment instrument. It assesses the individual’s perceptions in the context of their culture and value systems, and their personal goals, standards and concerns. The WHOQOL-BREF instrument comprises 26 items, which measure the following broad domains: physical health, psychological health, social relationships, and environment.

Fort Lyon residents saw a significant increase in overall quality of life and satisfaction of health. Scores on quality of life ratings (on a scale of 1–5, 1=very poor and 5=very good) went from an average of 2.73 (n=248) at baseline to 4.20 (n=50) at six months. Furthermore, at baseline only 24.6 percent of residents rated their quality of life as “good” or “very good” at baseline, compared to 90 percent at six months. Similarly, the mean baseline rating regarding satisfaction of health was only 2.68, compared to 3.60 at six months. At six months, 64 percent of residents rated a higher satisfaction with health, compared to only 24.6 percent at baseline.



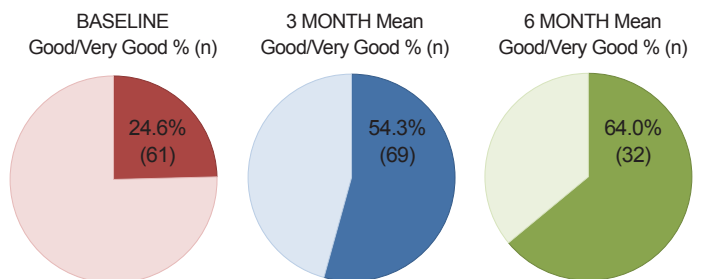
How would you rate your quality of life?

BASELINE Mean (n=248)	3 MONTH Mean (n=127)	6 MONTH Mean (n=50)
2.73	3.99	4.20



How satisfied are you with your health?

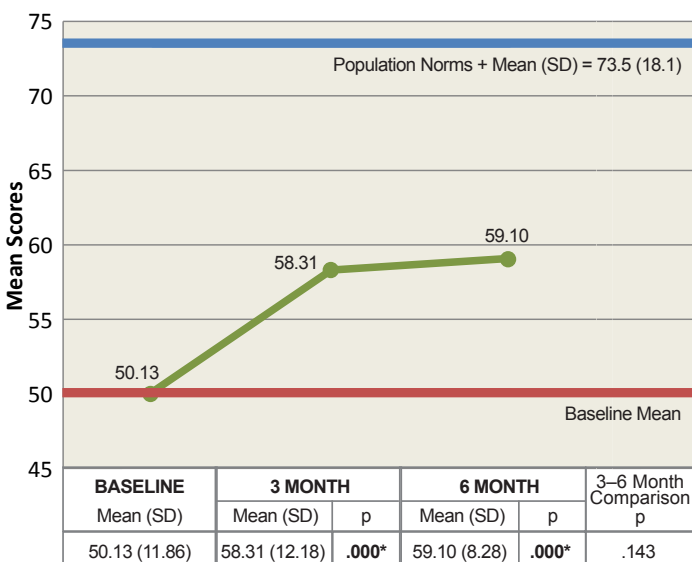
BASELINE Mean (n=248)	3 MONTH Mean (n=127)	6 MONTH Mean (n=50)
2.68	3.34	3.60



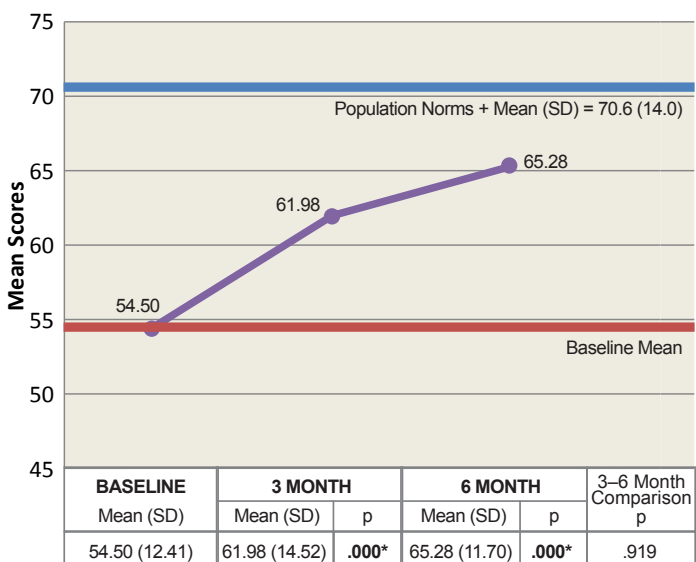
Quality of Life Improvements (cont'd)

Domain scores on the WHOQOL range from 0–100 and are scaled in a positive direction—higher scores indicate a higher perception of quality of life. As a point of reference, the mean scores at baseline for Fort Lyon residents were approximately 20 points below that found in the general population¹ across all four domains. Paired t-tests were conducted to compare means at baseline to the three month and six month follow-ups. Mean ratings in all four domains increased at three months and six months. The differences compared to baseline were statistically significant (p=.000). When comparing mean ratings at three months to those at six months, scores in all domains continued to increase; however, only one domain showed statistical significance. Social relationships increased significantly, from 45.19 at baseline to 52.02 at three months and 60.12 at six months. Interestingly, mean scores of quality of life related to environment were 73.12 at six months, only slightly less than the population average of 75.1.

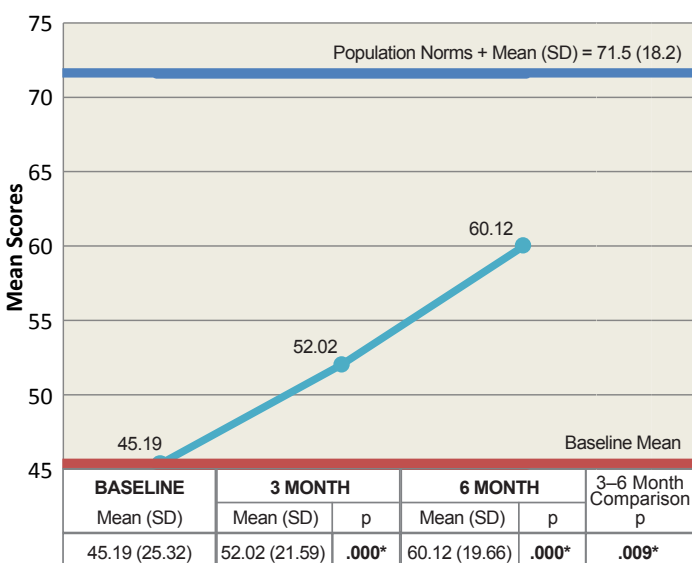
Physical Health



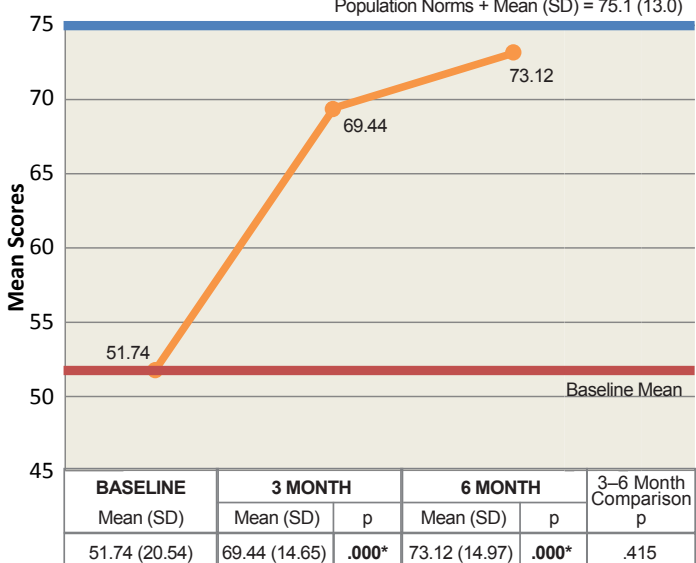
Psychological



Social Relationships



Environment

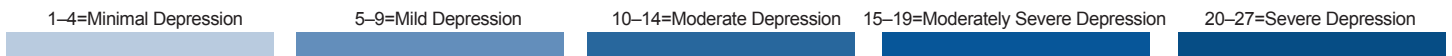


¹ Hawthorne, G., Herrman, H., & Murphy, B (2006). *Interpreting the WHOQOL-Bref: Preliminary Population Norms and Effect Sizes*. Social Indicators Research, Vol 77, issue 1, p37-59.
 * Statistically significant at p < .01.

15 Depression/Anxiety Improvements

The PHQ-9 is a nine item depression scale based on the nine diagnostic criteria for major depressive disorder in the DSM-IV (Diagnostic and Statistical Manual Fourth Edition) validated for use in primary care. The tool identifies overall depression severity as well as the specific symptoms and response to treatment. Together, the Patient Health Questionnaire (PHQ) and GAD-7 screening tools offer clinicians concise, self-administered screening and diagnostic methods for mental health disorders, which have been field-tested in office practice. These tools are quick and user-friendly, improving the recognition rate of depression and anxiety, while facilitating diagnosis and treatment.

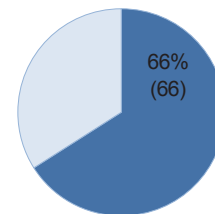
The PHQ-9 captures scores ranging from 0–27, with higher scores indicating more severe symptoms. The baseline mean was 11.53 with a full range in scores from 0 to 27. One hundred clients had baseline scores higher than “minimal depression.” Of those 100 clients, 66 (66.0%) experienced a decrease in scores of 20 percent or higher at three months. Paired t-tests were conducted to compare mean scores across time points. Average scores decreased significantly from baseline to three months (p=.000). While residents continued to show improvement in depression symptoms at the six month time point, the difference between three and six months was not statistically significant (p=.093).



Patient Health Questionnaire (PHQ-9)

BASELINE Range 0–27	3 MONTH Range 0–24		6 MONTH Range 0–21	
Mean (SD)	Mean (SD)	p	Mean (SD)	p
11.53 (7.39)	7.55 (6.02)	.000*	5.04 (5.17)	.000*

3 MONTH
Decrease in scores of 20% and higher**



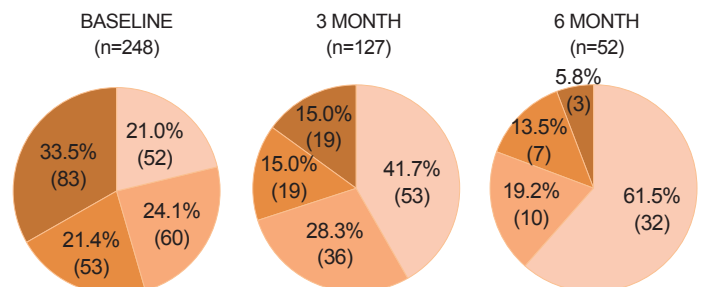
**Clients with baseline score higher than “minimal depression” (n=100)

The GAD-7 is a measure of anxiety with scores ranging from 0–21, with higher scores indicating more severe symptoms. Fort Lyon residents experienced a statistically significant decrease in anxiety symptoms from baseline (mean of 10.83) to three months (mean of 6.98), p=.000. While the decrease in average anxiety scores continued at six months (mean of 4.73), the difference between scores at three and six months was not statistically significant (p=.245). The percent of clients with scores indicating minimal anxiety went up over time, while the percent of clients with scores indicating severe and moderate anxiety went down over time.



GAD-7 Anxiety

BASELINE Range 0–21	3 MONTH Range 0–21		6 MONTH Range 0–18	
Mean (SD)	Mean (SD)	p	Mean (SD)	p
10.83 (6.59)	6.98 (6.11)	.000*	4.73 (5.42)	.000*



* Statistically significant at p < .01.

JOB TRAINING AND EDUCATIONAL PARTICIPATION

16 Job Training

JOB TRAINING PARTICIPATION



EMPLOYMENT MODULES

Food Service

Food preparation, serving, cleaning and customer service, and optional food safety class to obtain certificate

Transportation

Upkeep of vehicle fleet including oil changes, engine repair and cleaning, and repair and maintenance of bicycle inventory

Facilities Maintenance

Painting, drywall repair, sewing and installing window coverings, exterior window screen construction and installation, and plumbing

Groundskeeping

Lawn care, tree trimming, irrigation and concrete work

Housekeeping

General cleaning, floor maintenance and supply management, and floor buffing class for new residents

Office

Office assistance, post office and resident mail management

Arts and Education

Art room, computer lab and learning, library, movie projection, museum, and wood shop

Agriculture

Maintain a 4-acre garden including ditch irrigation, crops and chicken yard



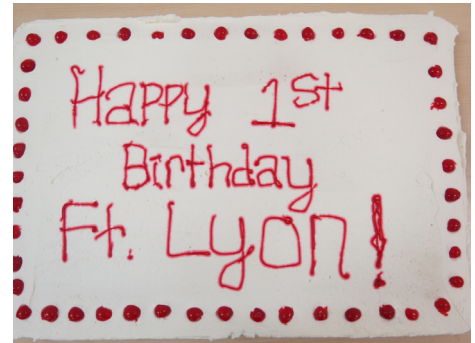
17 Education

EDUCATION PARTICIPATION



COLLEGE CLASSES ENROLLMENT

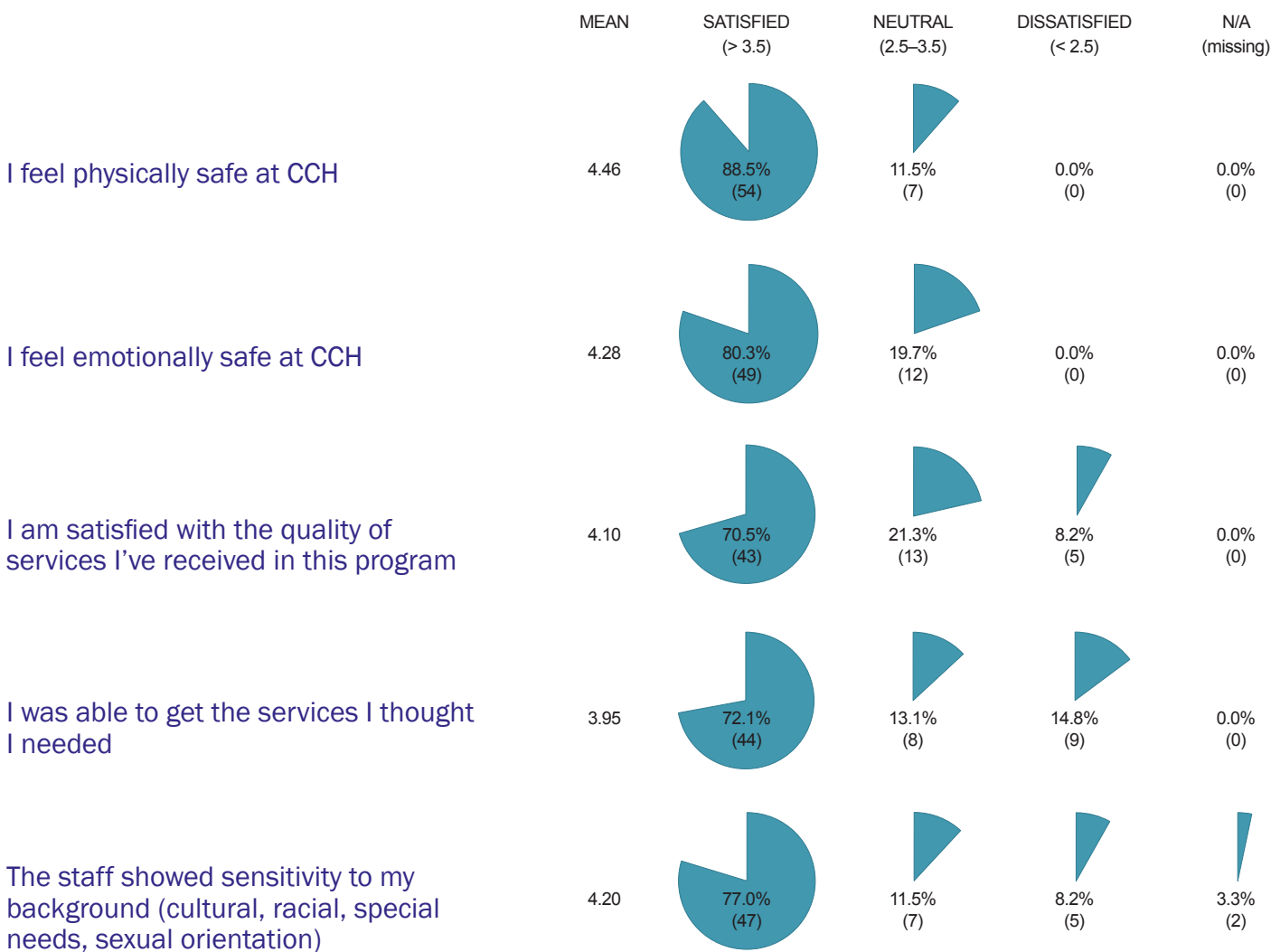
American State and Local Government	1
ASE 161 Engine Repair and Rebuild	1
ASE 162 Automotive Engine Service	1
Automotive Engine Repair	1
Basics of Chronic Disease	5
Behavioral Psychology	1
College 101: The Student Experience	5
College Algebra	1
Community Health Issues	14
Community Health Resources	11
Construction Trades	3
CPR for Professionals	10
Development of Theatre	1
End of Life: Palliative Care	5
English Composition I	22
Historic Preservation	6
Introduction to Business	25
Introduction to Community Health Worker	13
Introduction to PC Applications	45
Manual Drive Train and Axle Maintenance	1
Manual Transmission/Transaxles and Clutches	1
Manual Transmission/Transaxles and Clutches II	1
Math for Liberal Arts	1
Medical Terminology	5
Motivational Interviewing I	4
Patient Navigation	3
Principles of Macro Economics	2
Psychological Impact of Chronic Disease	5
Quantitative Literacy	19
Renewable Energy	3
Studio 121 (Corequisite for English 121)	13
Welding	3
Western Civilization: Antiquity-1650	3



RESIDENT SATISFACTION SURVEY RESULTS

The Colorado Coalition for the Homeless employs a comprehensive and continuous quality improvement program to enhance its capacity to effectively and efficiently serve homeless individuals and families in Colorado. Consumers of services provide some of the most valuable information about the quality and effectiveness of services. They also provide critical insight into how to improve quality to better meet their needs. The Coalition’s Customer Satisfaction Survey asked residents of the Fort Lyon Program to rate their level of agreement with 10 statements using a five-point Likert scale (5 = strongly agree; 1 = strongly disagree). Derived from the Mental Health Statistics Improvement Program Consumer Survey, these items assess consumer perceptions about the appropriateness of services, the quality of services, their participation in treatment, and outcomes they have experienced.

18 Satisfaction Survey Results



* n=61

Satisfaction Survey Results (cont'd)

	MEAN	SATISFIED (> 3.5)	NEUTRAL (2.5-3.5)	DISSATISFIED (< 2.5)	N/A (missing)
The staff treated me with respect and dignity	4.21	80.3% (49)	8.2% (5)	11.5% (7)	0.0% (0)
The staff had the knowledge and ability to help me	3.90	70.5% (43)	16.4% (10)	13.1% (8)	0.0% (0)
The resources/information provided to me by this program were helpful/useful	4.08	75.4% (46)	13.1% (8)	9.9% (6)	1.6% (1)
I was involved in the development of my own treatment goals	4.38	85.2% (52)	9.9% (6)	3.3% (2)	1.6% (1)
The services I've received have helped me deal more effectively with my problems	4.20	78.7% (48)	6.5% (4)	11.5% (7)	3.3% (2)

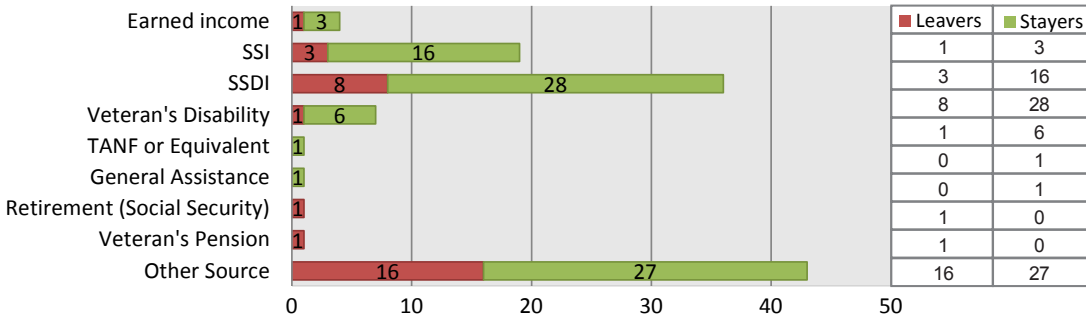


* n=61

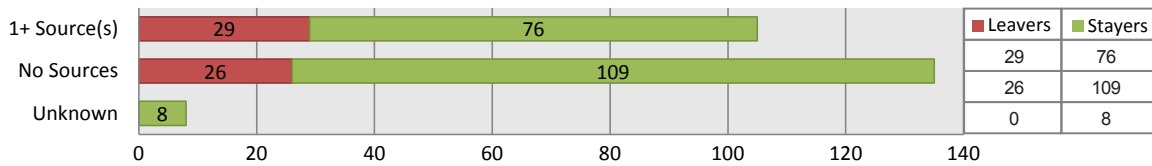
INCOME/BENEFITS SOURCES

19 Cash Income Sources

Type of Cash Income Sources

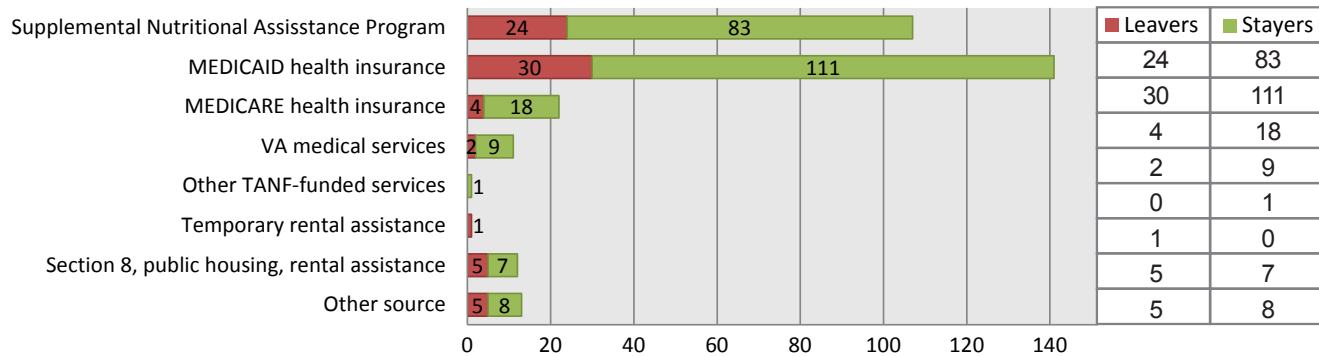


Number of Cash Income Sources

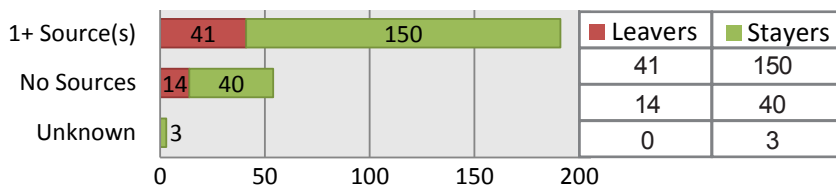


20 Non-Cash Benefit Sources

Type of Non-Cash Benefit Sources



Number of Non-Cash Benefit Sources



FROM THE RESIDENTS



Deanie

I'm very grateful to the Coalition. This has given me the safety that, at this point, I don't wish to go have a drink; I don't need it. I'm okay with being sober. And, the fact that I can go to school and actually learn—that amazes me. I never thought that I had the capability of working and going to school. But having a place to lay my head down, knowing I'm not going to go hungry, knowing that it's okay, I won't get hurt, that's been the hugest thing. If I did not have that stability, I never would have been able to stay sober or able to see that there's a future.



Darrell

I started a barber shop here—I'm pretty close to 700 haircuts that I've done here. And I've got two semesters of college in. I've done the computer college course; I've done the business college course. Yeah, I'm proud of what I did and now I've got a future. I've got plans for when I leave. I want to get signed up for a barber school before I leave here. Alcohol was killing me and Fort Lyon saved my life.



Brian

I'm enrolled in school. I'm going to Lamar College. I'm studying renewable energies—how to install them and do energy audits at homes. So maybe working for a power company eventually, and then, maybe contracting myself. And, I thank this place. I think God led me here and I'm doing well. Everything that they say—recovery, work, and educational collaborative—is what makes it work. I'm really grateful for life and look forward to the future.



John

That staff I can't say enough of because they care about you. I find this place very spiritual, very peaceful. I'm studying to be a Health Care Worker (HCW). I'd like to work with Hispanic populations since I'm bilingual. I'm going to finish the HCW here and I still need two semesters. Then I'll go back to Denver and do probably another two years of Chicano studies. Those are my goals.

FROM THE RESIDENTS



Buck

The longer I'm staying sober the more, the easier it is. I can deal with life easier. Deal with stuff instead of running to get a drink and that. And, I'm actually employed through Bent County right now, so I actually have a paying job. Yeah, I'm happy.



Bart

I've been on the street all my life until I met the Coalition. Fort Lyon has changed me big time. My thinking's changed. There's days if nobody mentions alcohol, then I don't even think of it. That's how much my thinking's changed. Yeah, after a whole life of drugs and alcohol.

Anthony

I'm in my third semester of college and I've done a year of recovery so it's going real well. It never crossed my mind that I would be in school and doing recovery, because I was still in active addiction. And I kinda hit rock bottom there, and it's a good thing that this place came along. It basically saved my life, along with the fellowship of AA. It's a lot easier to recover here than it would be anywhere else. It's basically client-based and the program is recovery, education, and employment. You know, it's putting people back in their communities with some sort of foundation that they didn't have when they came in here.



Dennis

It feels good; it feels nice to wake up in the morning after an eight-hour sleep to think clearly. And to know that I don't have to do dope today. And that was the biggest thing this place was to me was recovery. It kinda clicked and so I work on my own program, I do the AA, NA; I've got a sponsor. I'm working through my steps. I'm very comfortable in my sobriety right now. It's a good program.

FROM THE RESIDENTS



Heidi

My name is Heidi, and I am a proud resident of Fort Lyon Residential Supportive Community. I can hardly express the thankfulness and never ending gratitude that I have for this place. After twenty-three years of addiction, homelessness, trauma, and tragedy, what was next was certain death. Not only am I alive, but I am actually living now. The first thing that I was given upon my arrival was compassion, genuine care and concern for my life. The next thing was a safe place in which I was able to “finally rest.” After the first community meeting, I realized I was actually going to be getting my dignity back. Wow! I did not see that coming; that or my self-respect, which I found in working and interacting with other people just like me, striving to be well. One of my favorite quotes, “we all come with baggage, find someone who cares enough to help you unpack.” Well, I thank God for his love, grace, and mercy on my life because I found an entire community. I evidently was not quite able to handle some of the deep-seeded stuff I had been carrying around; I had to be re-booted, not once but twice. I was then sent away on a 30-day retreat which involved intensive care, coupled with rigorous honesty. Thank goodness I have a whole new perspective and life is amazing. Before my feet even hit the floor, I thank God every day for this place, the powers that be, and everyone here. They not only help to keep me sober, but now life really is worth living.



Howard

I am here not because I was forced to, but because I wanted to be. I thought that it was going to be like any other program that I have seen or heard about, it is not. The support system has allowed me to do something that nobody else in my family has, go to college. I am acing all my classes and am looking forward to next semester. I could not have done this at any other program. The structure has given me the time to get clean, and learn how to live clean on my own. I know the traditional statistics say that a lasting recovery are not in my favor, I feel like I can ignore them since I don't think that they apply to a program like Fort Lyon. Fort Lyon will give me an advantage when I leave here that no other rehab that I have been to has ever done.



Tim

Since coming to Fort Lyon, I can now say I have a plan and goal in life. It has given me a chance to change my life around. Before I entered Fort Lyon I had no desire to change my life around. I can now look forward to the future and to be successful. I just want to thank Fort Lyon and all the staff for being so helpful.

FROM THE RESIDENTS



Leonard

I am a resident here at Fort Lyon. Since my stay here, the staff has been exceptional in helping me with my substance abuse and mental health issues. I am a veteran and I am pleased with all the opportunities Fort Lyon has to offer: schooling and meetings. I can see a great future here for helping homeless and veterans alike.



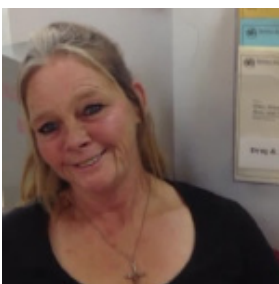
Julia

My name is Julia Ann Roberts. I arrived at Fort Lyon January the 30th. Fort Lyon is really a blessing for me. You know, I never thought within myself that I can do a program and be successful at it, but this place has showed me a better life, a new beginning, and a new me. And I love that. I love it. I wouldn't trade this right now for nothing, for nothing in the world. If I could stay here forever, I would be okay with it because this place has really, really helped me a lot. It really has. And I've got a little fear of going back where I came from, because that's where I've been all my life, you know, and change is hard, but you can do it if that's what you really want. That's all I'm going to say.



Deborah

My name is Deborah Smith. I'm originally from Boulder, as was my mother and my grandmother... And I lived in Boulder, I graduated from Boulder High in 1975 and I started smoking pot when I was 13 years old. I didn't start drinking alcohol until I was 18 but then I got in to it and I started drinking a lot and I quit when I had my babies and just seemed to get worse after my babies. And then when they grew up and went to college I started really drinking and I didn't think I could have fun without drinking- or everybody I knew drank and that was just the way to go. And now I'm 57 and I've tried to sober up before and it just didn't seem to last. So I heard about Fort Lyon through my case worker there in Fort Collins and I was so glad that she told me about this place, I think it's a blessing for me to have found this place, to finally be on my way to freedom from alcohol.



Delora

Hi, my name is Delora Craft and I'm from Montrose, Colorado. And I came here and I weighed 120 pounds. And I had no family, no friends, not one person I could call. My lady in Montrose showed me what this place was, got me set up. I got here, since then I have taken my GED, I am painting full time. I have faith now; I have a reason to stay sober. I am three months, almost four months sober right now. I have a lot of support, the staff as well as my fellow members. These people save lives- they gave me an opportunity to get out of survival mode and get in to a place where I could take care of myself and do the things that I needed to do.

FROM THE RESIDENTS



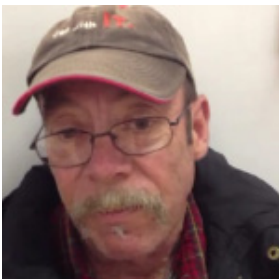
Chris

My name is Chris Hilton. I got here October 8 of last year. I've been in many programs—I'm a veteran of the streets as well as a veteran. And the freedom here, the being treated like an adult, the relationships amongst the staff that is so open, all the way up to the director, the doors are open if we have something we want to talk about. I'm talking for the first time in my life. I just know that for the first time in my life, I've slowed down. My job before this was to get drunk, and that was a job in itself. My job today is to work on Chris. I'm not going to detoxes today. I was a frequent flyer of Denver Cares Detox. The tools are here at my feet, what I pick up is what I'm going to use. I cannot describe what's happening here, but it's definitely positive. I'm not on the street. I've got a little place I call home, I can go in there, and I'm making it comfortable, it's my little domain. I wake up and I don't think I can even show enough gratitude to the people here for what this has done for me. But what I'm really excited about is the community health worker class I'm taking which is a certificate program through the junior college, where I'll actually be on campus there—and I'm going to, I'm definitely staying till that's done, till I get that. I know I've only got today, but my plans down the road as far as that's concerned are to complete that.



Rhonda

My name is Rhonda Rocene Sanders. I was born in 1969, started my addiction when I was about 15 and smoking cigarettes, which was a real bad habit I'm still trying to get rid of. And I couldn't stop using on my own, I've tried going to rehab a few times, couldn't get clean and sober, it just didn't last, wasn't enough for me. Today I have freedom, I can be- I'll have five months clean tomorrow. Which is a blessing, and Fort Lyon is a place of miracles, gave me a second chance. I've been here in September, and I left after six days, and they let me come back in October. I've been here since October 31, on Halloween. I have now grown a whole lot. This place has helped me to grow up and find myself, be who I am. And they've accepted me for who I am and I love this place and it's a blessing for everyone.



Marty

Hi, my name is Marty L. and I'm grateful to be here. It's been a big turnaround for me. I was homeless, living on the streets in the throes of my aggressive disease of alcoholism and this has given me a sense of purpose, some hope. I was in to a deep dark despair. But I'm turning my life around and I'm hopeful for the future. I'm going to college now at this time and see great things in the future. And I'm happy to be here and thankful. Thank you.