The mission of The Herren Project is to provide assistance in taking the first steps toward recovery and a life of sobriety, educational programs and resources to increase awareness on the signs of addiction and bring hope for a better tomorrow.

"I would trade all my basketball awards, titles and accomplishments to be where I am today. I pray each time I speak, reach out to an individual or work with a family that together we can make a difference in the life of just one."

- Chris Herren
After celebrating five years of assisting individuals and families impacted by the disease of addiction in 2016, The Herren Project team took a reflective look at the THP core areas of focus including treatment navigation, education and mentoring to identify ways to make a greater impact in 2017. During this process THP developed new initiatives and added depth to existing programming with the goal of providing increased access to treatment, expanding education and prevention efforts and providing family support services to families utilizing technology and sharing resources.

In 2017 the THP Treatment Team assisted over 550 individuals and families. The recovery housing scholarship program was expanded, allowing increased access to programs vital to maintaining early sobriety and taking a step forward in their journey of recovery. The Give A Bed, Save A Family program was launched, providing much needed scholarships to in-patient treatment program beds and the online virtual support group offerings grew to include additional family and grief support as well as seeking sobriety, a WRAP group and relapse prevention. We will continue to invest resources in family support and services. I know first-hand how impactful these can be to truly make an impact and change the course of a whole family by helping one.

The Herren Project has partnered with the GE Foundation and the Massachusetts Office of the Attorney General, Maura Healey, to launch an educational and prevention project called Project Here. Project Here will be available to every public middle school within the Commonwealth providing substance use prevention education and resources through toolkits and a mobile app experience. It is through these prevention efforts that we can educate students on the first day of addiction and not the last.

To assist more individuals on their recovery journey, the recovery coaching program has expanded and The Herren Project opened an office on Cape Cod to provide on-site counseling and support services. Additionally, THP Runs added an ambassador program with 18 individuals dedicated to promote the power of recovery, provide support to others and share the mission and programs of The Herren Project.

Thank you for partnering with our team to expand the depth of prevention and education programs to facilitate change. We will continue to provide navigation to those individuals and families who are impacted by the disease of addiction. Our team will work to deliver healing packages and family support services to truly make a difference in the recovery process as a whole. Education and wellness initiatives are the key to changing the landscape as we navigate the opioid epidemic and disease of addiction. I am grateful for your support as we continue to assist one person, one family at a time.

Gratefully,

Chris Herren
Founder, The Herren Project
Over the last year, The Herren Project has helped thousands of individuals and families across the United States navigate treatment for substance use disorders. Knowing addiction is a family disease, the THP Treatment Team has dedicated its focus to providing support to both the affected individual as well as their loved ones. Dedicated staff offer support to family members before, during, and after treatment. Our treatment team works to help find treatment options, while advocating for the client during the treatment process. They then work with the facility to assure proper aftercare plans are in place. Concurrently, our family support team offers guidance and encouragement to the family members to help rebuild the family unit. The team is available through one on one phone calls and our virtual support groups. In 2017 THP assisted 558 individuals and families.

**Family Support Program**

Over the last year the THP Family Support Program has grown considerably. We continue to offer ongoing daily support and education to families struggling with the addiction of a loved one. Each family is assigned a Licensed Clinical Social Worker (LICSW) to provide support and education to his or her family as long as there is a need. In addition, we offer multiple virtual support groups that families can access from the comfort of their living room. THP is currently offering: family support groups, a group specific to siblings, a group for those struggling with the addiction of a spouse, a grief group for those who have lost a loved one to addiction, and a group for those still struggling with active addiction. We also offer a Wellness Recovery Action Plan training (WRAP), which is an evidence based approach to relapse prevention. THP is committed to assessing the recovery community and adding supportive services to meet their ever changing needs.

**Recovery Housing Program and Mentoring**

Over 23.5 million people in the United States are in need of treatment while only 1 in 10 will receive the treatment they need. From bed availability to adequate length of stay, there is an ever increasing lack of resources available for those seeking treatment. Transitioning from treatment into a new sober life can be one of the most challenging times for a person leaving treatment. In an effort to support those taking positive steps towards recovery, The Herren Project started its recovery housing and mentoring scholarship program in 2015. The program affords the individual additional weeks in a more structured environment while providing a recovery coach to mentor them in their early sobriety. In 2017, 86 scholarships were awarded. We are proud to say nearly 75% of our recipients are still celebrating long term recovery and are giving back to others in the field of addiction.

**IMPACTING FAMILIES**

“Stephanie Susan Eranio died on November 9, 2014, on a Sunday night. The autopsy reported she died of an accidental overdose of heroin and fentanyl. She is survived by 2 sisters and 2 brothers. She was 27 years old. At the time none of us really understood how powerful this disease was. After she passed I searched for groups and support systems. I found one that only met once a month. Then along came The THP Grief Group. They have endured the same pain, have similar expectation, questions, ups and downs, unexpected horrible tearful days, but they get it. We talk, laugh and cry together every time we get together. We balance each other and rely on each other’s love and knowledge that only we can truly understand.” – Joan Horne

“‘One year ago I was mentally, emotionally, physically, and spiritually broken to a point I felt was unrepairable. I decided that I was finally ready to surrender to something different. I took a chance with a mustard seed of faith to try to get clean again and I went to a detox on Cape Cod. I went with one outfit and a broken spirit. I spoke to a counselor and he suggested a sober house...with no job and not a dime to my name I decided to try anything to stay clean. I heard of The Herren Project and with their help stayed clean through ups and downs. I’m a father again, a son again, and most importantly a productive member of my new society.” – Khristopher Coyle

**EXPERIENCING LOSS**

“Stephanie Susan Eranio died on November 9, 2014, on a Sunday night. The autopsies reported she died of an accidental overdose of heroin and fentanyl. She is survived by 2 sisters and 2 brothers. She was 27 years old. At the time none of us really understood how powerful this disease was. After she passed I searched for groups and support systems. I found one that only met once a month. Then along came The THP Grief Group. They have endured the same pain, have similar expectation, questions, ups and downs, unexpected horrible tearful days, but they get it. We talk, laugh and cry together every time we get together. We balance each other and rely on each other’s love and knowledge that only we can truly understand.” – Joan Horne

**GIVE A BED, SAVE A FAMILY**

There are more than 23.5 million people in the United States currently suffering with substance use disorder and most are lacking the financial means or adequate insurance to get the lifesaving treatment they need and deserve. The Herren Project has partnered with treatment centers across the United States to provide opportunities for individuals to get treatment at no cost to them or their families. All facilities are screened and vetted. To date the program has secured over 180k in free treatment through our partners. For a complete listing of partners visit www.theherrenproject.org/giveabed.

**105k RECOVERY HOUSING & COACHING**

Provided $105k in Recovery Housing & Coaching Scholarships

**109 FAMILY SUPPORT**

On-Going Family Counseling & Support to 109 Families

**70 ONLINE SUPPORT**

70 Families & Individuals Participate in Virtual Support Groups

**$840,450 Full or Partial Scholarships**

**75 Individuals Given a Recovery Coach**

**558 INDIVIDUALS & FAMILIES**

**www.theherrenproject.org/giveabed.**
THP Student Outreach provides students across the United States an outlet for reaching out and sharing their personal experiences in a safe environment after hearing one of Chris Herren’s speaking engagements. Our team, led by a licensed clinical social worker, offers trusted support and advice to every student who reaches out. An average of 180 students per month, from high and low risk areas, were supported in 2017. Student Outreach is a valuable resource for pre-teens and teens to find the courage to reach out for help regarding personal struggles on issues of their own substance misuse, a family member’s substance use, self-harm, bullying, and other mental health and social issues. The team has even been able to actively help some students by intervening in some potentially serious situations. Student Outreach is making an impact in the lives of students, opening up lines of communication and encouraging them to seek the assistance of a trusted adult in their community.

In 2017 The Impact Speaker Series continued to make a difference as Chris shared his story at community events, healthcare symposiums, recovery centers and meetings, on fields and in gyms as well as THP partner events with the hope of reaching just one. The Herren Project partnered with Beth Israel Deaconess Hospital Plymouth, the GE Foundation and the office of the Massachusetts Attorney General to bring educational and awareness programs to youth and communities. In total, over $100k in Impact Speaker grants were awarded across New England.

“Last year I applied for the THP Grant with no expectation of winning it. I applied for the grant in the hopes that your story would make an impact on my students. The gift you have given them is beyond what school education can provide. One student said, “Things just feel different today, for me and my classmates.” I am forever grateful for this experience and cannot thank you enough for taking time to come visit Irving.” – Washington Irving Middle School, Boston, MA

“As you could see during his presentation, we have kids who are dealing with so much in their personal lives. Watching those kids open up and share is the first step with them realizing what are “good choices”. Thank you again for making an impact on our kids and continue the great work that you all do.” – Old Colony YMCA, Plymouth, MA

Project Here is an innovative public-private collaboration funded by the GE foundation and the Massachusetts Attorney General’s Office to make substance use prevention education available to every public middle school in Massachusetts. Through integrated in-classroom and mobile learning experiences, Project Here will educate students about the risks and consequences of using or experimenting with drugs, empower them to help others, and give them the tools they need to make healthy decisions.

The Herren Project, one of the project partners, along with Epicenter Experience and Health Resources in Action, was instrumental in developing the hardcover and online toolkits for Project Here as well as incorporating a video lesson featuring Chris Herren followed by student response questions and a teacher’s guide. The Herren Project will also provide student support services to students and educators who may need additional assistance, access to resources or have questions around substance use disorder and the disease of addiction. To learn more about Project Here visit www.here.world.

“Your story inspired me to be myself... to be the person I want to be and not do drugs or drink just because it’s “cool” thank you Mr. Herren....you truly have changed my life. The message you sent to me today made me realize what truly was important and I wanted to say thank you.”

“This weekend I will tell them that I will not be drinking. That I am fun without that stuff. Thank you for reminding me to be who I am without alcohol and drugs. Thank you for inspiring me to be a better basketball player and better yet a better person.”

Total 1786

58

RADAR

460

HIGH

846

LOW

422

MEDIUM

460

TOTAL

846

RECAP OF 2017 STUDENT OUTREACH
THP RUNS has built a network of individuals and families who run, walk, share, heal and grow together as we raise significant funding and unmeasured awareness for the work of The Herren Project. We are a family, meeting people where they are, helping each other, and others, live stronger, healthier lives while we promote the power of recovery and healing.

THP Runs Ambassador Team

THP’s inaugural Ambassador Team hit the ground running in the fall of 2017. This team of individuals, from all over the country, each go the extra mile to promote the power of recovery, and help others connect to all that The Herren Project offers.

Meet the THP Ambassadors:
Caleb Daniloff, Cambridge, MA; Holly R. Gifford, Fallston, MD; Suzanne Hole, Portsmouth, RI; Pamela Hogue, Encinitas, CA; Danielle Lussier, Jefferson, MA; Meg Navatto, Oceanside, NY; Pete Navatto, Oceanside, NY; Sean MacMullen, Lock Haven, PA; Lisa McNamara, Chesterfield, VA; Rebecca Moxey, Wilmington, NC; Sean Nielsen, Goldsboro, NC; Chad Prichard, Denver, CO; Julie Rogers Phoenix, AZ; Kristie Sievers, Willoughby, OH; Scott Waldrop, Wake Forest, NC; and Mary Caswell, North Dighton, MA.

“My last run of the season! Such an amazing season of running, especially in honor of my brother, Paul, who lost his battle with addiction on April 10, 2016. The Herren Project brought me back from a bad place after his loss and gave me purpose to share his story and help so many that suffer.” – Laney Nee

“THP saved my life...they believed in me when I couldn’t even believe in myself. I am forever grateful for the love and support I received from THP on this journey. I wouldn’t be where I am today without their help! I’m rebuilding my life...one day at a time. Everything I’ve gotten back over the last 7+ months is due to THP believing in me and never giving up on me!” – Tricia Bonzey

“Each day that my husband pours a bowl of cereal, gets our son on the bus, drops our daughter off at preschool, resolves an argument between siblings, wipes a teary baby’s face or kisses me goodnight, is owed much in part to THP. Without this organization we wouldn’t have the chance to be a family with normal ups and downs because he wouldn’t be here. I’m grateful every day to be a part of the THP Runs family so that I might pay forward the opportunity for someone else in crisis to be the person they are meant to be.” – Mary Cassel

““There’s a Somali proverb that says, “Either be a mountain or lean on one.” When I started taking my first steps to sobriety, I was fortunate to be surrounded by family and friends to lean on and encourage me. Now, 7 years later, it’s my turn to support others and ‘be a mountain’ for them. Working with THP Runs is my opportunity to give back to others what was so freely given to me.” – Stefan Barner

“Being a part of The THP runs group has been a wonderful experience. It’s just been one of those things where I think I am the one who is providing a blessing to others, but in the end, I am the one who received the blessing.” – Ed Pry

“I ran for The Herren Project because even though my cousin lost his battle with addiction, I strongly believe the work THP does will help others’ win theirs. Through joining THP RUNS, the stories I heard, both of pain and of hope, truly impacted me for the better. I gained an entirely new perspective around addiction and have since had many conversations with friends, family, and coworkers to help break the stigma. There are so many incredible people that make up the THP family, and I am so grateful for the opportunity to be one of them.” – Eric Croci
THP Project Purple Initiative is an anti-substance abuse campaign that empowers youth to stand up and make a difference. Going Purple gives students motivation and support as they embrace a message of education and awareness around substance use. Students learn that they do not need drugs and alcohol to meet life’s challenges; they are perfect the way they are.

2017 was an expansive year for the THP Project Purple Initiative as it moved into 590 communities nationwide and reached over 885,000 individuals with the “Go Purple” message.

THP’s Project Purple week continued to impact communities who lit their county, town, community streets and even Facebook profiles purple this year. The THP Project Purple Initiative also awarded $6,000 in grants to 3 schools nationwide with the Purple and Proud Post Prom Grant and the Go Purple! Initiative. The THP Project Purple Initiative is an anti-substance abuse campaign that empowers youth to stand up and make a difference by spreading the message of education and awareness around substance use.

In Maryland, Talbot County Sheriff Joe Gamble hears from community members on the risks of recreational use of prescription painkillers.

Education & Impact Speaker Programs
In 2017, The Herren Project partnered with Beth Israel Deaconess Hospital Plymouth, the GE Foundation and the Office of the Massachusetts Attorney General to bring educational and awareness programs to youth and communities. Over $105,000 in Impact Speaker Grants were awarded to schools, community groups, treatment facilities and recovery organizations.

Students Outreach
The Herren Project supported over 1,786 students who reached out to THP after hearing Chris Herren's story and message of good decision making. Our Student Outreach team assisted 58 students who were in immediate crisis and helped link them to services and support back at their schools or within their communities.

The Stats, The Programs and The Impact
In 2017, The Herren Project provided treatment navigation, placement and navigation for over 558 families and individuals impacted by substance use disorder in addition to funding alcohol and drug use prevention and education initiatives reaching over 885,000 individuals nationwide. Over 75 individuals were provided recovery mentors, 109 families received counseling support and 70 people have joined an online virtual support group.

Treatment Navigation
Over $840,450 was secured in treatment scholarships or fee reductions through THP treatment partners that are selected and vetted by the THP treatment team. 558 individuals and families received treatment navigation support with 48 individuals receiving a treatment scholarship or travel assistance and 86 individuals receiving a recovery housing scholarship. Online virtual support groups expanded and assisted 70 individuals and family weekly. Thousands of hours were provided for navigational services to assist individuals obtain quality rehabilitative care and support services.

Recovery Housing Program & Mentoring
The THP recovery housing program provided over $90,000 in scholarships to individuals ready to take the next step in their recovery. The program assisted over 86 individuals and provided no cost recovery coaching to 75 individuals that resulted in attaining milestones in their recovery, gaining employment and returning to their families.

In 2017, THP launched a new Healing Package initiative with the goal of making a difference in the lives of people taking the next step of their recovery, a family member struggling with the impact of addiction and comfort for those who have lost a loved one.

The direct generosity of so many individuals as a result of the 2016 Giving Tuesday Campaign resulted in the distribution of 75 THP Recovery Housing Packages, 40 THP Family Support Packages and 40 THP Grief Packages all which included supplies and resources to share the gift of warmth, support and compassion.

Due to the success of the initiative, THP has expanded its reach and distribution goal for the coming year with the hope of making a greater impact on those impacted by the disease of addiction.

In 2017, The Herren Project launched a new Healing Package initiative with the goal of making a difference in the lives of people taking the next step of their recovery, a family member struggling with the impact of addiction and comfort for those who have lost a loved one.

The direct generosity of so many individuals as a result of the 2016 Giving Tuesday Campaign resulted in the distribution of 75 THP Recovery Housing Packages, 40 THP Family Support Packages and 40 THP Grief Packages all which included supplies and resources to share the gift of warmth, support and compassion.
One Person
ONE FAMILY AT A TIME.

IN HONOR AND MEMORIAM

The following list represents memorial gifts given in memory and honor of a loved one with the hope of making a difference in the lives of others.

James Alesi
Richard Alfano
Ari Allon
Margaret Alves
Kelly Argenbright
Bobby Bessette
Kevin Brennan
Stephen Buco
Christopher Burchell
Craig Colace
Peter Calvin Coleman
Michael Collins
Christy Connell
Thomas Cook
Dennis P. Crowley Sr.
Jacob Czuczwa
Sanilu Davydov
David Deen
Jesse Christian DeRusha
Stephanie Eranio
Christopher Esgrò
Anthony Fairchild
Glenda Elizabeth Ferguson
Rick Finn
Kaitlin Fitzgerald
Emma Franchek
Michael Donovan Frohlich
Alexander Ghiz
Alex Goldman
Michael Gorman
Josephine Graci
Ethan Graham
Kyle Granger
Joseph “Chubby” Gray
Nicholas Huberlein

Terry Haggerty
Ryan Hamed
William Hamlet
Brent Hastings
Russ Haynes
Steven Herren
Andrew Hoffman
Rosemary Hopkinson
Matthew Hutchinson
John William-Louis Johnston
Emily Kage
John C. Keefe, Jr.
Spencer Kubala
Craig LaMond
Jacob Lasorsa
Brad Lawrence
Jerrica Laws
Chris Leveillee
Thomas Lincoln
Adam Lincoln
Tim Lynch
Derek Lyons
Steven Mango
Joseph Marceda
Jacob Margulies
Eric Matlewicz
Adam McArdel
Christopher McEttrick
Eric McNulty
Chris Michols
Orville Mitchell
Christopher Moeckel
Joseph Morgan
Stephen Moyer

Christina Napoleone
Mike Nugent
Michael Orlando
Eileen V. Perreca
Matthew Provensal
Cory Quinn
Brandon Reilly
Alison Reis
Emily Roznowski
Matthew Sanguni
Hunter Sanilu
William “Willy” Sargent
Casey Schwartzmier
Orfeus Shankle
Alexander Sheard
William “Billy” Silva
Lon Steinman
James Albert Stewart III
Casey Stivalaet
Jennifer Stokes
Scott Tamana
Danny Teichman
Richard Thambash Jr.
Michael Thorpe
Cody Trebon
Luke Ulm
Denise Rago Wallace
Ryan Wallace
James C. Walsh III
Brandon Wazzous
Joshua J. Wetherbee
Kyle Wright
Robert Tomlinson Wylie

Since 2011, The Herren Project has developed programs and initiatives to provide treatment navigation, intervention and educational initiatives as well as mentoring programs with the goal of assisting just one person, one family at a time. Please help THP continue to strengthen our programs by considering a tax-deductible gift.

Each dollar can make an impact providing programming, support and hope for a better tomorrow.

Visit www.theherrenproject.org/support to secure your online donation or simply send in the enclosed envelope with your check made payable to The Herren Project. Thank you for your continued support.
THE HERREN PROJECT
P.O. Box 131
Portsmouth, RI 02871