



**PRN**

Promise  
Resource  
Network

## 2021/2022 Impact Statement

2224 The Plaza  
Charlotte, NC 28205  
704.390.7709  
[promiseresourcenetwork.org](http://promiseresourcenetwork.org)

# A Note From Our CEO



*The experience of tech-based peer support, with over 100,000 people joining our online Recovery Hub, demonstrated that PRN's approach to amplifying messages of recovery, wellness, social justice, and hope will continue to include on-line offerings.*

**W**hen I consider the challenges and successes from this past year for PRN, our community and our team, it is one of resilience and re-emergence. Many of our team members have lost loved ones related to COVID and other medical issues and while working through our own grief, have found ways to re-emerge from virtual support to in person connections. The experience of tech-based peer support, with over 100,000 people joining our online Recovery Hub, demonstrated that PRN's approach to amplifying messages of recovery, wellness, social justice, and hope will continue to include on-line offerings. Our in person Recovery Hub re-opened this year with an amazing reunion and reconnection of how the last few years have impacted each of us. Due to the demand, our classes have been offered as hybrid options, with some opting to continue to join us on-line and others at our Hub. In the next year, PRN aspires to purchase our own permanent Recovery Hub space so stay tuned to our progress!

As everyone continued to figure out how to transition back to seeing one another, the demand on PRN to partner and share how peer-run organizations filled a critical gap left by the collapse of many community based behavioral health services, led us to film a PBS special and

documentary. In NC, we have presented at the Provider Council, on the Olmstead Planning Commission, with NC Institute of Medicine, and filmed a provider training series with UNC Center of Excellence. On the national level, PRN has presented at the National Council for Mental Wellness National Conference (NatCon), at On Our Own of Maryland's annual conference, for the NYAPRS executive conference and was appointed a seat on the Pathways to Resilience Expert Advisory committee. PRN has also expanded our work with an awarded Mecklenburg County ARPA contract and a new partnership with Alliance Health Care Managed Care Organization. Among the most exciting innovations this year has been PRN's Peer Voice NC launching forensic peer support training statewide, demonstrating that peer supporters with lived criminal justice experience are an emerging workforce that should be present at all intercepts of the legal system from jail, prison, and hospital prevention and diversion, to supporting people in carceral settings, and with successful re-entry into their community. While workforce development is a critical part of this effort, policy change is needed to create employment opportunities for forensic peer support. We recognize that this will be an on-going process and are excited to be leading the effort in North Carolina.

As we look forward, we can expect PRN to continue to expand our federal policy work while growing our local efforts, particularly in the areas of harm reduction and substance use recovery. As always, we are incredibly appreciative of our local supporters, partners, allies and community for your continued trust, respect, and contributions to PRN's success. Thank you doesn't begin to share our gratitude.

In solidarity,

Cherene

*Cherene Allen-Caraco*

Chief Executive Officer,  
Promise Resource Network





PRN is a grassroots non-profit agency established in 2006 to ignite social change, inspire hope and serve as a catalyst for personal greatness.

Peer Support serves as the foundation for all initiatives. Our goal is to help people to RE-IMAGINE their lives, transcend labels and build a life and identity that goes beyond surviving to thriving.

It utilizes the voice, experience and resilience of people in recovery from trauma, mental health and substance use, to help others discover their unique path to wellness.



# Year In Review

**24/7** WARMLINE

PRN's 24/7 peer-operated Warm-Line to support people through emotional distress, minimize isolation, and provide information and resources.

**21,492**  
WARMLINE CALLS

Support offered through the peer-operated Warm-Line reduced emotional distress and substance use crises related to COVID-19.

**1,459** TELE-PEER SUPPORT

Virtual individual Tele-Peer Support connections benefited 4,674 Charlotteans.

**1,193** In-Person Peer Support

**136**  
RECEIVED 1:1  
TRAUMA-INFORMED  
PEER SUPPORT

PRN's peer support team is available in person and virtually through one-on-one relationships for people that live in Mecklenburg County. No time limits, no insurance is required, no assessments needed, you can self-refer and it's free!

**92** RECEIVED DTC  
COURT PEER SUPPORT

PRN's court-involved peer support team was previously incarcerated due to emotional distress, mental health and/or substance use. They are embedded within all legal and clinical staffing to introduce alternatives to incarceration, sanctioning, and traditional treatments.

**47** ONLINE CLASSES  
PER MONTH

Our Recovery Hub provided 47 monthly classes, support groups and opportunities balanced by the 8 Dimensions of Wellness, for people to focus on their Wellness and Recovery from home or in-person. Open access and no referral needed.

**56**  
TRAINED IN PEER SUPPORT

PRN was awarded the 3-year SCN funding in 2019 to launch a NC statewide consumer/peer movement, Peer Voice NC. Peer specific training, secured and offered to 2,052 Peer Voice NC (PVNC) members. PVNC is a statewide mental health peer and "consumer" organization, funded by SAMHSA and designated to impact policies, practices and systems to facilitate recovery from mental health and/or co-occurring substance use disorders.

# 558 ANNUAL CLASSES

PRN provided over 558 online Recovery Classes in the last fiscal year.

# 48 RECEIVED IPS-SUPPORTED EMPLOYMENT

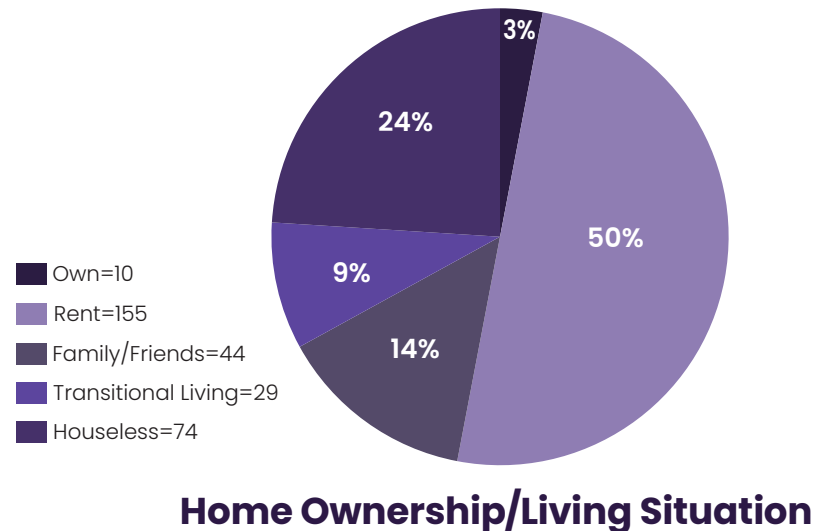
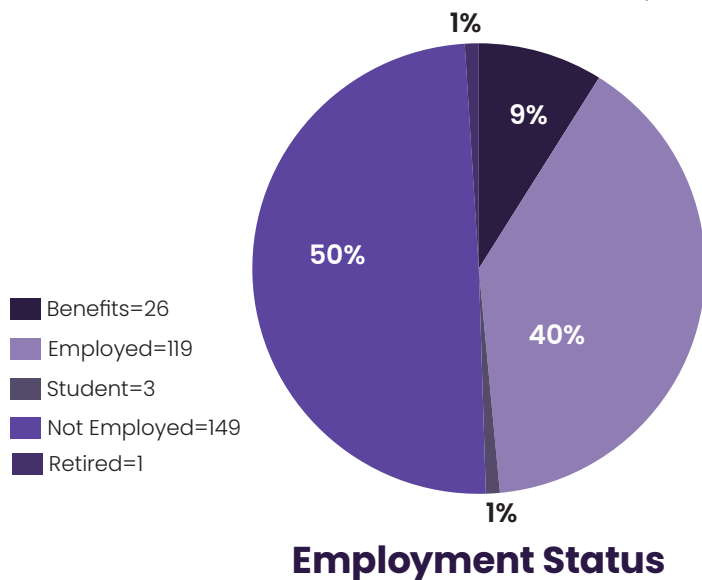
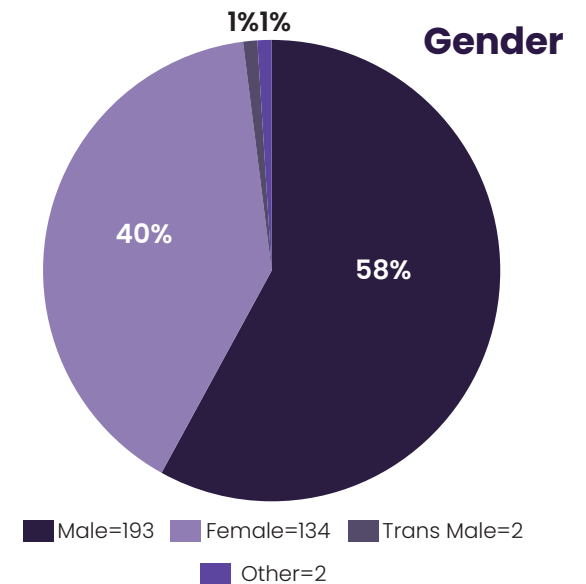
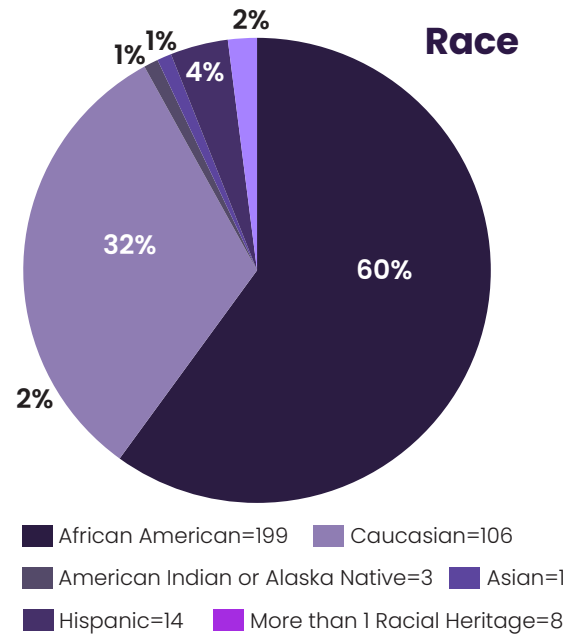
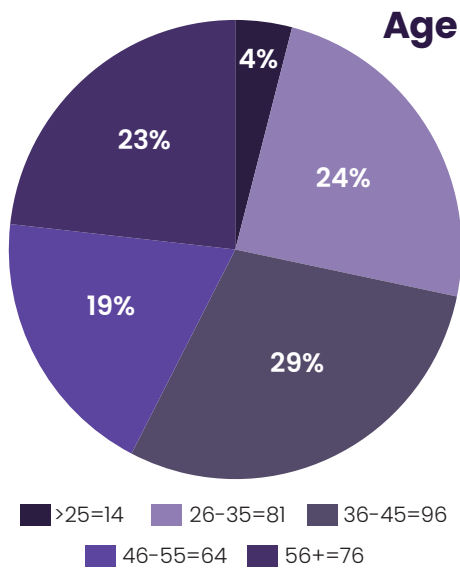
One of the most direct pathways to recovery is through employment and education. IPS is an approach to employment and education that supports upward mobility, exploration of skills and interests, and supports career aspirations.



## THE TOP 3 REASONS DRIVING INDIVIDUALS TO SEEK SUPPORT FROM PRN

1. Coping effectively with life and creating satisfying relationships
2. Improve health by occupying pleasant, stimulating environments that support well-being
3. Finding satisfaction in current and future financial situations

# The Community We Serve







# Stories of Inspiration:

## Deedra Cardea

I have experienced suicidal ideations many times throughout my life. The thought of self-harm was very real to me from a very young age as I always felt the need to escape whatever was going on around me.

This would range from simple thoughts, deliberate actions and plannings of techniques that would relieve me from the reality of a life that I knew I was not born to live.

"There must be more" was a very present thought in my everyday life.

I lost all of my children when my addiction catapulted. I landed in prison, not once, not twice or even three times...So on the fourth they sat me down for 92 months, almost 8 years.

A series of traumatic experiences led to my multiple disorders. From sexual abuse that started at 3 to emotional and physical abuse from a mother with her own mental illnesses topped off with a side of heavy drugs each day. And an absent father who I met at 11 and molested me at 12.

I learned about peer support in the middle of 2016. With this my life was changed. I found a reason for all the mess that I had gone through.

I finally learned that it was only me who could find happiness and that it was an inside job. I learned that I had to be the one in charge of the next second and now have adapted to living life just that way.

I found a way to take all that mess and save lives with it.

### About Peer Support

PRN utilizes the power of lived experience through peer support to make recovery possible for individuals with mental health and substance use challenges. Peer support specialists provide support, guidance, and mentoring to those who are working toward their recovery. Our vision is that every individual will find the hope, inspiration and support to move through challenges, discover their strengths, live their dreams, and find meaningful purpose in their lives.



2224 The Plaza  
Charlotte, NC 28205  
704.390.7709  
[promiseresourcenetwork.org](http://promiseresourcenetwork.org)

## Board of Directors-Roster 2021-2022

**Cherene Allen-Caraco**  
Chief Executive Officer

**Jon Weddell**  
Trainer/Consultant

**Stephanie Adelman**  
Secretary Mecklenburg County  
Courts-Attorney

**Jane Clark**  
Board Chair  
Consultant/Trainer/Clark  
Kinetics

**Ken Schuesselin, Jr.**  
Board Member

## Staff Executive Leadership

**Cherene Allen-Caraco**  
Chief Executive Officer

**Kevin Garrison**  
Chief Financial Officer

**Denise Greene**  
Chief Operating Officer