



# 2025 Year-End Impact Report

## East Lake Recovery Drop-In Center

Prepared for Mark Litvine

## Executive Summary

Throughout 2024–2025, the East Lake Recovery Drop-In Center served as a lifeline for 4,902 individuals navigating substance use, housing instability, and systemic barriers to care. We provided not only immediate essentials, but sustained trauma-informed support rooted in dignity, compassion, and recovery.

### Key Programmatic Highlights:

- Over 12,000 hot breakfasts and lunches served
- Hygiene and clothing access via bags, showers, and closets
- More than 800 Narcan kits distributed, directly saving lives
- Over 1,000 peer-led recovery groups and services facilitated
- Transportation, documentation, and benefit access support
- Referrals and navigation to detox, inpatient treatment, mental health services, housing, and crisis stabilization

East Lake’s integrated approach positions the Center as a trusted hub for resilience and advocacy in Birmingham’s recovery ecosystem.

## Community Partnerships

Our collaborative model remains foundational. We anchored a robust network across nonprofit, faith, health, and civic sectors.

### Highlights:

- Formalized over 25 MOUs with community organizations
- Launched the East Lake Opioid Response Coalition for systemic coordination
- Co-hosted more than 15 community events, including naloxone trainings and health fairs

### Key Partners:

*Faith & Civic:* East Lake United Methodist Church, Created for Greatness, Downstairs Diner, Hope Filled Rooms

*Health & Recovery:* Olivia’s House, SAMHSA Helpline, East Lake Mental Health Initiative, Recovery Resource Center

*Social Services & Advocacy:* SNAP/SSI enrollment agencies, ARMS, Pathways Women's Shelter, UAB Tuscaloosa

These partnerships expand wraparound care and amplify East Lake's impact beyond direct service.

## Demographics & Equity Snapshot

Our services reflect the diversity and complexity of our participants:

- **Age Range:** Primarily 25–55; increased engagement among youth (18–24) and older adults (55+)
- **Gender Identity:** Majority male-identifying; growing support for female and gender-diverse participants
- **Race/Ethnicity:** Predominantly Black and African American; also Hispanic, white, and multiracial individuals
- **Housing Status:** Over 60% report current or recent housing instability
- **Substance Use:** High prevalence of fentanyl, methamphetamine, and polysubstance use
- **Mental Health:** Nearly 50% live with co-occurring conditions including depression, PTSD, or anxiety

## Recovery Outcomes & Impact

Our trauma-informed, harm reduction approach results in tangible progress across recovery pathways:

- Over 1,000 peer-led group sessions facilitated
- 98 individuals referred to detox or inpatient treatment; several remain in active care
- 23 formal mental health referrals, plus ongoing informal navigation and crisis de-escalation
- 72 individuals received ID replacement assistance
- 102 assisted with SNAP, SSI, or health insurance enrollment
- Participant feedback emphasizes increased safety, belonging, and hope — indicators of growing recovery capital

## Staff & Volunteer Acknowledgment

East Lake's impact is powered by a dedicated team of peer leaders, volunteers, and staff — many of whom have lived experience navigating recovery and housing instability. Their insight, compassion, and resilience form the heart of our trauma-informed care.

## **Voices from the Community**

“This place saved me before I even asked for help.” — Participant, Morning Breakfast Program

“East Lake isn’t just services. It’s soul, recovery, and family.” — Peer Group Facilitator

These lived experiences speak volumes about the Center’s relational strength and the trust built over time.

## **Looking Ahead**

As we enter a new fiscal year, East Lake remains committed to expanding access, deepening partnerships, and strengthening pathways to dignity, health, and hope for every individual who walks through our doors.