

Endorphin Power Company Progress Report for 2003 and 2004

Mission: The Endorphin Power Company (EPC) is dedicated to improving the lives of people, with special focus on the homeless and substance-dependent, thus alleviating many of the challenges faced by current emergency medical systems. Additional purposes are the promotion of mental and physical health through exercise, and the promotion of energy consciousness and volunteerism.

The EPC was conceived in May 2002 by Sam Slisnman. Efforts toward incorporation began in late February, 2003. On March 26, 2003, the EPC achieved nonprofit status in New Mexico. On August 14, 2003, it was officially registered by Patricia Madrid, New Mexico's Attorney General. On October 16, 2003, it achieved 501c3 federal tax-exempt status.

Much of 2003 was spent organizing ideas, developing a business plan and gathering interest and volunteers. Weekly meetings were conducted and development strategies were discussed. Gradually, a board of directors was formed. By April 2004, the EPC's board was complete with 11 members.

Political support came first from Mayor Martin Chavez, who assigned his assistant Barry Bitzer to assist the EPC in its development.

Start-up funds of \$20,360 were donated to the EPC by Sam Slisnman in 2003. Additional funds were gathered through private donations and through t-shirt, hat and trekking pole sales. Total contributions in 2003 were \$24,280. End of year net assets in 2003 were \$16,173.

The EPC's website, www.EndorphinPower.org, was developed by Jerome Cordova and Sam Slisnman. Two databases called "Shelter Search" and "Emergency Med Record" were conceived and developed with the assistance of database expert, Jeremy Spray. \$10,000 were spent to develop these databases in 2003 and 2004. However, both will require further financial and time investment prior to launch.

2003 was the EPC's year of invention and organization.

2004 was a time of exponential progress for the EPC, moving from concepts to concrete realities.

Areas of progress will be discussed in terms of the EPC's development phases.

Phase 1: Mobile medical unit

In December 2003, Barry Bitzer referred Sam Slishman to Elizabeth Waltman of United Blood Services (UBS) to pursue the donation of a vehicle to be used for outreach services. In January 2004, a 1991 UBS recreational vehicle was donated to the EPC. On February 2, Mayor Chavez conducted a press conference to support the EPC and to thank UBS. Approximately 6 weeks were spent rehabbing the vehicle's interior. On March 10, EPC volunteers began visiting Albuquerque's homeless shelters providing donated clothing and conducting a needs assessment survey. These activities were very informative, and they exposed EPC volunteers to many of the social dilemmas which exist in Albuquerque.

Unfortunately, the service was temporarily suspended because of delays related to painting the vehicle, and because of rapid progress in other areas of the company. By September use of the vehicle was resumed largely because of interest expressed by UNM medical students. In November, Kitty Juul became an additional driver for the vehicle. By the end of 2004, the vehicle is now used roughly 1-2 times per week to provide basic outreach services and to continue the EPC's needs assessment survey. Use of the vehicle in 2005 will depend entirely upon the interest level of EPC volunteers in further developing outreach services and activities.

Phase 2. Medical

In February 2004, Sam Slishman met John Dantis. Mr. Dantis, who works for Bernalillo County Government, had been leading a team, including Kevin Kinzie, Adan Carriaga, Dwight Diaz, and Irene Serna, to move Albuquerque's Sobering Services Center to a 48,500 sq. ft. abandoned hospital, formerly called Charter Hospital. EPC members had also defined the former Charter Hospital as an optimal location for its headquarters. Because the goals of Mr. Dantis and his group seemed to overlap many of the EPC's goals, the two groups merged their efforts to enable purchase of the facility. In February and March, Mr. Dantis' group pursued the logistics of facility purchase, while EPC volunteers sought neighborhood support by walking door-to-door and by meeting with local neighborhood associations. By April, letters supporting purchase of the facility were written by the South San Pedro Neighborhood Association, the District 6 coalition, as well as Mr. James Lewis, Albuquerque's Chief Operations Officer. A petition supporting the purchase was signed by more than 60 immediate neighbors of the former Charter Hospital.

In July, Bernalillo County closed on the purchase, and renovations began. The facility is now called Metropolitan Assessment and Treatment Services (MATS).

Development of MATS will occur in phases. 1st will be building renovation. By the end of 2004, the hospital's roof is now fully repaired and interior renovations are well under way. In order to use the former gymnasium to monitor inebriates, it has been determined that appropriate bathroom and locker facilities should be built. These may be completed by mid 2005. Once this step is complete, a social model detox program will commence. The program will resemble that of the County's existing Sobering Services Center. However, it will accommodate 2-3 times their current max client load. In addition, there will be no strict criteria for number of male and female clients, i.e. no one will ever be denied entry simply because they are the wrong sex.

MATS also contains 82 additional beds. The future of these is not yet determined. But it is likely that many will be used for longer term (28-30 day) rehabilitation and detox services.

Once sufficient funds have been gathered, it is hoped that basic medical services will be incorporated into the MATS program. Specific services will include medical care for intoxication, withdrawal, lacerations and abscesses. This will permit EMS personnel and police to transport inebriates directly to the new facility, thereby decompressing Albuquerque's emergency departments. The EPC has formed a medical advisory board to facilitate development of this MATS component. Topics addressed by this board have included EMTALA, EMS dispatch, transport protocols, funding and staffing. While the topic of funding is the greatest hurdle, it is common consensus that providing a basic medical service at MATS will greatly decompress Albuquerque's emergency departments and could provide an immense cost savings for Albuquerque's emergency medical system.

To the EPC, it makes no difference who provides such a medical service, whether it be UNM, Presbyterian, Lovelace-Sandia or EPC. The simple existence of such a service fulfills one component of the EPC's mission. EPC volunteers will continue to assist with MATS development any way possible.

Through discussions with Mr. Dantis and his group, it has been determined that the medical service would require one nurse, one tech and one on-call physician, available 24/7. It will also require a medical director as well as a part time pharmacist. Supplies and liability insurance will be the other two greatest expenses. Total yearly cost to add basic emergency medical services to the MATS social model detox program would be in the range of \$1m. However, dollars saved by Albuquerque's hospitals, as well as its other governmentally funded social service programs, would be many times that expense.

Because each hospital will gain from this service, Mr. Dantis' group and the EPC hope to obtain sufficient funding from Albuquerque's hospitals. It is also hoped that additional funds will be gathered from State level government following the 2005 legislative session.

Phase 3. Community Center

While EPC volunteers pursued neighborhood support for the County's purchase of the former Charter Hospital in March, one neighbor contacted Sam Sliselman to offer the sale of his 11,000 sq. ft. facility located at 509 Cardenas, SE. The facility was subsequently purchased on May 20, 2004 for \$330,000 through a real estate contract. With this building, EPC volunteers now have a meeting place as well as a headquarters for many volunteer activities. It makes the EPC a concrete entity and permits its volunteers autonomy and freedom to create.

Eventually, it is intended that this facility will serve as a 24/7 community center, geared largely for graduates of MATS, but open for the general public. Services offered will include exercise training programs and facilities, internet access and instruction, community gardens, numerous life-skills training opportunities, and meeting space for groups such as Alcoholics Anonymous/Narcotics Anonymous.

Progress in renovating the EPC headquarters has been immense since May 2004. It is hoped that doors will be officially opened by mid 2005. But the EPC opening day is being targeted to coincide with MATS' opening day which is not yet determined.

Regina Gallegos, the facility's one remaining resident, has been named the EPC "building manager."

Phase 4. Housing

While attending a meeting focused on solving Albuquerque's homelessness problem, Sam Sliselman met general contractor Ted Waterman. Mr. Waterman was frustrated because for 3 years he had been proposing construction of transitional housing in Albuquerque. He offered to donate half the cost of building materials and construction through his private contacts in the construction business. But he encountered much resistance and numerous obstacles.

After their meeting, Mr. Waterman visited the EPC's new headquarters and later was introduced to Mr. Dantis to view the County's new 6 acre property. Shortly thereafter a 20 bed facility was designed for the EPC property, as well as a 48 bed facility for the County's property, with the help of Rick Bennett Architects.

The County's 48 bed facility would serve as a 4-6 month transitional housing program for individuals who had completed the MATS detox program. Such a program would assist MATS clients as they seek employment and housing and would also help them to maintain their sobriety. The proposed facility would have sufficient meeting space for AA meetings and other activities. Proposed rooms would include 2 bedrooms with 1 shared living and kitchen space to facilitate socialization.

Because the EPC will be open for the general public, the 20 room facility proposed for the EPC site would differ in its use. 2 rooms will likely be used for male and female showers and changing rooms. 3-5 rooms may house staff as well as medical students who choose to study substance-dependence at MATS for month long rotations. Remaining rooms will be used as short term housing similar to an inexpensive hostel.

Mr. Waterman still intends to fund one half of materials and construction for both facilities through his contacts in the construction world. It is hoped that the other half will be obtained through grants, private donations and governmental funds. This will be a prime topic for discussion during the upcoming legislative session.

Phase 5: Exercise

A secondary goal of the EPC is to emphasize exercise as a means for therapy. Once sufficient funding is obtained, a 1500 sq. ft. room within the EPC community center will house exercise equipment. The room is currently in early stages of renovation. Numerous pieces of exercise equipment have been donated. However, most are not of commercial quality. The EPC's central 1600 sq. ft. sanctuary will be used for aerobics, kick boxing, karate and other similar classes. Currently yoga is taught in the sanctuary every Sunday morning, and a yoga class for homeless teens is under way on Wednesdays.

Funds are currently being sought through private donations, and through a United Way grant application, to help develop this component of the EPC.

Phase 6: Human power and renewable energies

The part of the EPC's distant vision that seems to generate the most conversation, is its hope to generate electricity by placing exercycles on generators, and its hope to employ wind and solar power. Progress in this phase of development has been minimal. However, it is still very much in the EPC's future plans. In short, if one were given the choice to use an exercycle that generates heat vs. one that generates electricity, the EPC believes that most would choose the later, even if the electrical output would be minimal. ..And who can argue with wind and solar power?

Projected development timeline:

“When is opening day?” is a frequent question. However, it is difficult to define one specific day when the EPC will be officially “open.” One of the primary goals of the EPC is to encourage volunteerism and creativity. In this sense, the EPC has been open for nearly 2 years.

It is unwise for any agency driven entirely by volunteers to state a rigid timeline. But perhaps the following guesstimates would be useful:

January-March, 2005: New Mexico legislative session

July, 2005: EPC headquarters final inspection and full certificate of occupancy.

August, 2005: MATS facility opening ceremony and first social model detox clients.

August, 2005: Launch of Shelter Search and Emergency Med Record databases.

September, 2005: Break ground on EPC’s 20 bed Waterman construction project.

December, 2005: Exercise center completion.

January, 2006: Break ground on County’s 48 bed Waterman construction project.

March, 2006: Incorporation of medical services into MATS.

January, 2007: Wind and solar power development.

January, 2008: Human power development.

Funding and financial status:

To date, \$50,360 have been donated by Sam Sliselman. \$50,000 have been granted by the Daniels Fund to support mobile medical unit development as well as development of web services. \$35,000 have been granted by the McCune Charitable Fund to support EPC headquarters renovation. Numerous additional material and monetary donations estimated at >\$30,000 in value have been received through 2003 and 2004.

The EPC's chances to receive large federal grants are poor at the current time. However, it is the EPC's intention to pursue these funds once its track record is more fully developed.

The following is a brief financial summary comparing 2004 to 2003.

	<u>2004</u>	<u>2003</u>
Total assets	393,701	16,173
Long term liabilities	302,170	0
Total net assets	91,531	16,173

Form 990 is available for review on request.

